

# Integrated Muscular Dystrophy Rehabilitation Centre (IMDRC)

**“MANAV MANDIR”**

Solan, Himachal Pradesh



*Offering – Hope, Empowerment and Dignity to the afflicted*  
of  
*Muscular Dystrophy*

Indian Association of Muscular Dystrophy

Integrated Muscular Dystrophy Rehabilitation Centre  
'Manav Mandir', P.O. Box 21,  
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P.O. Shanti, Teh. & Distt. Solan, H.P., PIN-173212  
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## **MUSCULAR DYSTROPHY**

Muscular Dystrophy refers to a progressive neuromuscular genetic disorder where the muscles gradually lose their strength leading to complete immobility and dependence on others for everyday activities. Muscular Dystrophy can occur at any age. Sometimes it affects more than one sibling in a family. In India, more than 4000 children are born with Muscular Dystrophy (MD) each year. Mainly, there are 9 types of MD of varying intensity.

### **Symptoms**

Symptoms vary with different types of muscular dystrophy and include:

- Muscle weakness that slowly gets worse
- Bulged out calf muscles
- Drooping Shoulders
- Scoliosis of Spine
- Frequent falls
- Waddling Gait
- Loss in muscle size
- Loss of strength in a muscle or group of muscles as an adult

### **Treatment**

Physiotherapy and hydrotherapy, Yoga - Pranayam, Panchkarma, proper care and management, correct diagnosis, mass awareness and genetic counseling are the only known treatments and preventive measures for mitigation of this disorder. Researchers are working all over the world to devise curative and preventive measures for this disease towards enhancing the quality of life of the people living with MD

## **INDIAN ASSOCIATION OF MUSCULAR DYSTROPHY (IAMD)**

In the year 1992 a group of people affected with Muscular Dystrophy started an organization to provide relief and rehabilitation to the people afflicted with Muscular Dystrophy in India and also to create public awareness. This organization named 'Indian Association of Muscular Dystrophy' was registered in 1995 with its headquarters at Solan, Himachal Pradesh. It is mainly run by volunteers afflicted with Muscular Dystrophy.

### **Our Mission**

- To create greater awareness about Muscular Dystrophy.
- To reach out to each and every person afflicted with Muscular Dystrophy in India and abroad and attempt to provide as normal, a life as possible by appropriate interventions.
- To set up inhouse scientific research and diagnostic facilities in collaboration with scientists and physicians.

### **Legal Status**

- IAMD is a registered organization with H.P. Societies Registration Act, 2006.
- IAMD has also been registered under the Persons with Disabilities Act, 1995.
- IAMD has been granted tax exemption under section 80G of the Income Tax Act.
- Registered with Niti Ayog (Registration Number: HP/2018/0182095).
- IAMD has also obtained the FCRA clearance for foreign donations.
- Registered with IDRF in the USA (This gives tax benefit to citizens of America upon donating for Indian Association of Muscular Dystrophy).
- IAMD also has 12A registration certificate.
- Registered as Clinical Establishments (Registration and Regulation) Act, 2010.

## IAMD SERVICES

- **PUNAR-SANJEEVAN** - A comprehensive, residential physiotherapy, rehabilitation, orientation and overall personality development program for 7- 10 days for persons afflicted with Muscular Dystrophy at Integrated Muscular Dystrophy Rehabilitation Centre (IMDRC) "Manav Mandir".
- **RAHAT** - Day Physiotherapy and Counselling Centre – at Delhi and Chandigarh.
- **JAGRITI** - Medical and Awareness Camps for afflicts of Muscular Dystrophy - pan India.
- **SATHI** - Facilitating Care Giver support to financially weak.
- **WINGS** - Wheelchair support to financially weak.
- **SAMPARK** - Training of Physiotherapy and other Volunteer students at IMDRC.
- **NIDAN** - Facilitating advanced Diagnostic and Testing Facility for Muscular Dystrophy afflicts.
- **SANDESH** - Extensive Information, Education and Communication (IEC) activities.

## AWARDS and HONOURS

The work and efforts of the IAMD have received wide recognition and acclaim for its humanitarian efforts towards rehabilitation and mainstreaming of the Muscular Dystrophy sufferers. Some of the major awards given to IAMD are listed below:

- National Award by President Dr. A.P.J Abdul Kalam in 2004
- Himotkarsh Award in 2006
- Award by Inner Wheel Distt., in 2006
- Ryan International Award in 2006
- Fylfot Award in 2008
- Rotary Honors in 2009
- State Award by the ministry of social justice and empowerment, Govt. of him Pradesh in 2009
- CNN IBN 7 Award in 2010
- Long Service Achievement Award "SAKSHAM" By B.J.P. Mahila Morcha in 2011
- Social Activist 2011 Award by Divya Himachal Group
- Vishalakshi Award by Art of Living in 2014
- State award by the Ministry of Women & Child Welfare, for working outstandingly for the society in 2014
- Mahila Ayog Award 2018
- Vishvakarma Award by ICDS 2018



### **Rahat Centers**

IAMD is running two Physiotherapy and Counseling centers called 'RAHAT' at Chandigarh (from April 2010) and another one at Delhi (from February



2014). These centers are supported by dedicated volunteers of IAMD and are

Run by two MD afflicts- Prof. Bipin Kaushal, of Punjab Engineering College, Chandigarh, and Sh. Virender Kalra, Senior Manager, Canara Bank, Rajauri Garden Branch, of New Delhi. These centers are devoted to changing the lives of people with Muscular Dystrophy and their caregivers. Here, all the services like transportation from home to the Centers and physiotherapy and counseling are offered free of cost.

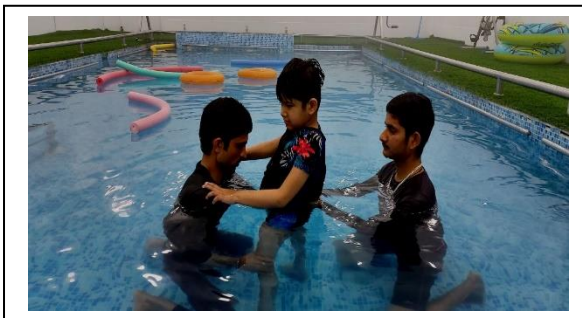


(Solar passive, earthquake resistant, innovative and cost-effective design)

The Indian Association of Muscular Dystrophy has established a 50 bedded Integrated Muscular Dystrophy Rehabilitation Center- “Manav Mandir” in Solan (H.P), for the rehabilitation and management training for the patients of Muscular Dystrophy and their families. The outdoor and indoor services, at this center, for the persons afflicted with Muscular Dystrophy from across the country started in January 2017.

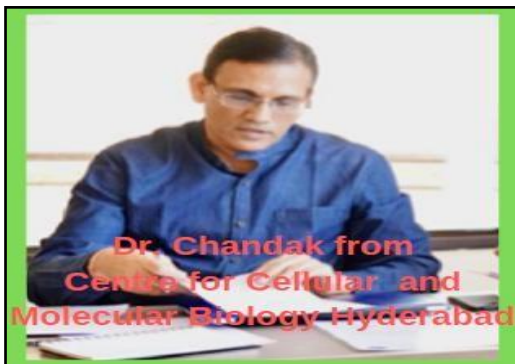
The organization has completed six stories of this building and construction work of seventh story is in progress. The center is sunny and scenic and is surrounded by beautiful hills and valleys. The entire building is wheelchair accessible.

- ❖ **Physiotherapy:** Physiotherapy is the only known cure for muscular dystrophy, and we are now offering state of the art therapy with special gadgets.
- ❖ **Regular Medical Check-ups:** General medical check-ups are being carried out at IMDRC on a regular basis for MD afflicts.
- ❖ **Hydrotherapy:** Hydrotherapy has been outlined by doctors as excellent treatment. It is believed that it improves and maintains mobility, strength and flexibility of muscles and is a good form of aerobic exercise. IMDRC has an indoor heated pool and Steam facility for all its patients.



**Hydrotherapy**

- ❖ **Psychological Counseling:** An important part of the Rehabilitation Process. At “Manav Mandir” Muscular Dystrophy afflicts who are managing their lives successfully are contributing their valuable time and support to counsel others having similar conditions.



**DNA & Carrier testing**



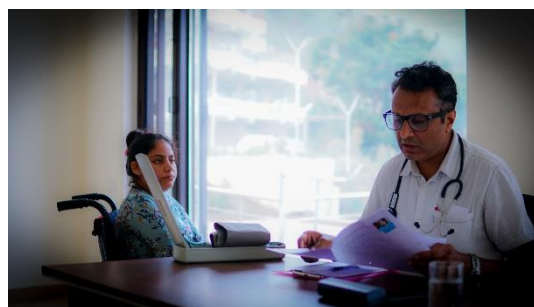
**Psychological Counseling**

- ❖ **DNA & Carrier testing:** We facilitate DNA-based genetic testing, carrier analysis, and prenatal diagnosis, in consultation with our long-term partners. G.R Chandak at CSIR-Center for Cellular AND Molecular Biology at Hyderabad

- ❖ **Dental Check-up:** For a person afflicted with Muscular Dystrophy, dental care gets neglected as it tends to become their last priority. Keeping this in view free dental check- up and hygiene counselling is provided from time to time.



Dental Check-ups



Regular Medical Check-up

- ❖ **Meditation and Yog Pranayam:** When all hopes are lost, meditation gives tremendous support to the family and afflicts of Muscular Dystrophy. The Meditation and Yog- Pranayam sessions are mandatory at IMDRC.



Meditation and Yog Pranayam

- ❖ **Diet Plan:** A planned and nutritious diet is an integral part of the residential camp at “Manav Mandir”. The afflicts also receive nutritional guidance and detailed diet plans to take back with them.



Diet Plan

- ❖ **Picnics with a purpose:** In order to bridge the social gap, we have introduced outdoor picnics that help us bond with each other, with our community and our environment.



- ❖ **Recreational Activities:** Volunteers from regional Educational Institutions regularly participate in the evening recreational activities. This enhances the spirits and motivates the afflicted and their families.



## PROPOSED SERVICES – FLOOR WISE – AT MANAV- MANDIR –

Service	Location	Status
Alternative Therapies	Ground Zero Floor	Constructed
Parking	Parking Floor	Constructed
Multi therapy Unit Physiotherapy, Occupational Therapy, Hydrotherapy, OPD, Doctors Room, Administration Block, Cafeteria.	Ground Floor	Constructed
Patient Ward-I Unit Dormitory-I, Dormitory-II, Dormitory-III, Common toilets, Kitchen and Dining Hall.	1st Floor	Constructed
Special Wards and Multiactivity hall- -Unit-III	2nd Floor Constructed	
Proposed Diagnosis and Research unit & Residential area for researchers-Unit-IV Right now, being used as “Boccia” a sport court for muscular dystrophy affected	3rd Floor	Constructed
Auditorium and nature cure center, Panchkarma Area- Unit-V	4th Floor	Under construction

### Ground Zero



### Parking





**Administrative Block**



**Male and Female Dormitory**



**Special Rooms with attached Toilets**

## ***Major Contributors to the building and equipment***

- ❖ Sutej Jal Vidyut Nigam Limited, (SJVN) a PSU, has provided funds those are being utilized for constructing a 7- Story R.C.C. framed structure, roof and rain harvesting tanks of Manav Mandir. They provided finances to complete the second floor as well.
- ❖ The expenditure on land development and construction of Ground Zero was generated through IDRF and our other donors.
- ❖ The Power Finance Corporation (PFC) has extended its support to complete ground floor and related infrastructure along with parking and the boundary wall.
- ❖ Oil and Natural Gas Commission (ONGC) has contributed towards the civil work of the 1st floor. ONGC has also supported for furniture.
- ❖ IREDA has contributed towards equipment and furniture.
- ❖ REC has sponsored the construction of the third floor.
- ❖ NTPC has sponsored the construction of fourth floor.
- ❖ Sai Engineering Foundation supported IAMD in constructing Manav Mandir with architectural design assistance, Construction supervision and financial assistance from the very beginning of this project.
- ❖ IAMD also receives financial support from some of its regular donors which helps in meeting out its regular day to day expenditure and to bridge the shortfall in civil works when required.

### **Our Beloved Donors:**

- Gopi Krishan Maliwal
- Indian Development Relief Fund- USA
- Piyush Bhai Desai
- Sai Engineering foundation
- Seth Anand Ram Jaipuria
- Kandhari Beverages Ltd
- Gajanand Karwa Charitable Trust
- Jaypee Group
- Balaji Electronics
- Reliance Industry
- Vardhaman Group
- Microtek International Pvt Ltd
- Shivalik Bimetal Controls Ltd.
- ABC Overseas Pvt Ltd (Dev Giri Export)
- Somany Ceramics
- Meridian Medicare Pvt Ltd
- Shriman Kisan Lal Ji Sarda Pratisthan
- State Bank of India

### **OUR BELOVED VOLUNTEER GROUPS -**

We are extremely thankful and grateful for the contribution and hard work of all our volunteering organizations, which include:

- Centre for Cellular Microbiology Hyderabad for providing free genetic testing.
- Shri Hari Seva Trust
- Art of Living Foundation
- Patanjali Yog Peeth, Haridwar
- Mattu Ram D.A.V Dental College
- Maharishi Markandey University, Solan
- Pine Groove School, Subathu Road
- SHEDS College of Hotel Management, Solan
- Rangers and Rovers from Govt. Degree College, Solan
- Shoolini University, Solan

## We Look Forward to Your Financial Support




For completion of the remaining work of this project we require substantial funding. We cannot achieve this objective without the active support of philanthropic and compassionate organizations/ individuals like you. We seek your kind assistance, guidance and association for this noble cause. Your invaluable contribution will help us in realizing this dream by working towards improving the quality of life of the needy people afflicted with Muscular Dystrophy.

### OFFICE BEARERS –

- President – Ms. Sanjana Goyal
- Vice President – Mr. R.S. Chandel
- Secretary – Mr. Vipul
- Treasurer – Mr. Ravinder
- Spokes Person – Mrs. Urmil Thakur

## Contact Us:

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- Indian Association of Muscular Dystrophy
- IAMD Bank Account no - A/c. No. 30560503263 at State Bank of India, Solan.
- IFS CODE of the Bank is SBIN0006401
- IAMD PAN is AAAATI4948K.
- For foreign donations – State Bank of India, New Delhi main branch, A/C No.40070279730
- IFS CODE SBIN0000691
- Swift Code SBININBB104

