

# Prem Kumar

A Challenger



## Who is Prem?

Prem's progress, despite him being specially abled, has been positive, given that an additional challenge of ADHD persists.

Born to Mr. Arun Kumar and Mrs. Rajamma Kumar, Prem was diagnosed with severe autism at an early age. Initially regarded as a physical deformity, Prem was referred to physiotherapy. With no co-operation from Prem for the therapy and with some behavioral irregularities, call for a detailed diagnosis was made.

Dr. Ashok Pai, a well-known psychiatrist in the area, confirmed that Prem had ADHD and severe autism.

## What lies ahead

Research says that every child diagnosed with Attention Deficit Hyperactivity Disorder (ADHD) found it beneficial to channelize his/her energy in different modes of physical exercise to reduce hyperactivity.

After joining Saadhya in 2016, Prem was taught to independently express what he felt in terms of his basic activities. To channelize his hyperactivity, he was involved in such activities as sports and dancing.

Although he's unable to learn more due to online classes – because of the pandemic – he tries his best to imitate activities around him, which in turn helps him learn through imitation.

Prem's family has been very warm towards Prem and, having constantly supported him through difficult times, have supported Saadhya to help more children like Prem.



## How does Saadhya help?



With over 136 students, Saadhya Trust has come a long way from its inception in 2016 - due to its network of trained professionals and the support and vision of its founders. A systematic approach with a clearly outlined curriculum is responsible for the Trust's success, not only with Prem (where dedication from the Trust, the parents and Prem himself are leading to another success) but also with other students who have improved their vocational, academic and basic skills.

