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# HEALTHLINE

Paramount's Monthly Magazine



*“You don’t  
have to  
control your  
thoughts.*

*You just  
have to stop  
letting them  
control you”*

— Dan Millman

World Autism  
Day

Resource guide  
for parents

Tongue twisters



## WORLD **AUTISM** DAY 2nd April

Autism, or autism spectrum disorder (ASD), refers to a broad range of conditions characterized by challenges with social skills, repetitive behaviors, speech and nonverbal communication. We know that there is not one autism but many subtypes, most influenced by a combination of genetic and environmental factors. Because autism is a spectrum disorder, each person with autism has a distinct set of strengths and challenges. The ways in which people with autism learn, think and problem-solve can range from highly skilled to severely challenged. Some people with ASD may require significant support in their daily lives, while others may need less support and, in some cases, live entirely independently.

Several factors may influence the development of autism, and it is often accompanied by sensory sensitivities and medical issues such as gastrointestinal (GI) disorders, seizures or sleep disorders, as well as mental health challenges such as anxiety, depression and attention issues.

Signs of autism usually appear by age 2 or 3. Some associated development delays can appear even earlier, and often, it can be diagnosed as early as 18 months. Research shows that early intervention leads to positive outcomes later in life for people with autism.



**What often comes in the way of an early or an accurate diagnosis are **misconceptions** and **misinformation** regarding autism in India. These include:**

- Autism is a western disorder. It is rarely seen in the subcontinent.
- Autism affects only the rich.
- Children with autism do not like being held or hugged.
- Individuals with autism do not speak.
- Autistic children do not have eye contact.
- All children with autism are lost in their own world.
- Autism is a result of poor parenting and a proper home environment can cure the child.



According to report by Economic Times ASD affects approximately 1% to 1.5 percent of children aged 2 to 9 years of age in India. Around 10% of school aged children have been identified with having mild to severe learning disabilities. The fact that the illness is frequently misdiagnosed as mental retardation or even schizophrenia contributes to the delay in diagnosis and management.



## Social Stigma

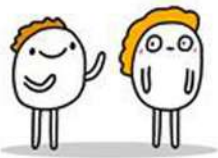
Signs of autism usually appear by age 2 or 3. Some associated development delays can appear even earlier, and often, it can be diagnosed as early as 18 months. One of the main reasons why many parents keep diseases like autism hidden is a lack of information about mental health. Many individuals are unaware that such illnesses can affect children as early as a few months old. Such individuals exhibit abnormal behaviours and a lack of public awareness of the disease makes the society less compassionate and stigmatizes the disorder. In their growing years, these children are subjected to bullying, filthy remarks and humiliation which drives them to seek refuge in their families.



On World Autism Day, there should be focus not only on raising awareness of the illness but also on the importance of providing a positive and supportive environment. The general public should be educated on how to treat such youngsters and how even the tiniest unfavorable remark can have a significant impact on the state of people with autism.

# Autism Awareness

Not responding



Hysterics



Prefer to play alone



Learning disability



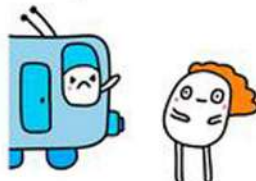
Dyspraxia



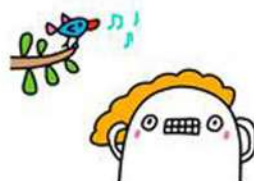
Hyperactivity



Ignoring the danger



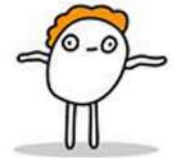
Intolerance to sounds



Epilepsy



ADHD



Depression



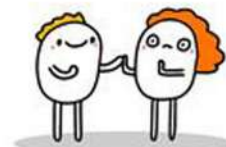
Obsessive compulsive disorder



Sleep problem



Rejecting cuddles



Tiptoeing



# Resource guide for parents

This is a specific resource guide for parents of children with disabilities.

The Ministry of Human Resource Development (Department of Secondary and Higher Education) has been implementing a scheme of 'Integrated Education for the Disabled Children' (IEDC) in formal schools since 1982. The main objective of the scheme is to provide educational opportunities for the disabled children in normal schools so as to facilitate their retention in the school system. The disabled children who are placed in special schools should be considered for integration into common schools once they acquire the communication and daily living skills at a functional level.



The following types of children with disabilities must be integrated in the normal school system- formal as well as in non- formal schools.

- Children with locomotor handicaps (O.H.)
- Mildly and moderately hearing impaired
- Partially sighted children
- Mentally handicapped educable group (IQ 50-70)
- Children with multiple handicaps (blind and orthopaedic, hearing impaired and
- Orthopaedic, educable mentally retarded and orthopaedic, visual impaired and mild hearing impaired)



## Special Schools



This is a programme of the Ministry of Social Justice and Empowerment. Children with severe multiple disabilities who have difficulty in coping with regular schools are referred to such special schools. Most of these special schools are located in urban areas and run by voluntary organizations. A majority of them are residential schools, and boarding- lodging and other services are provided free of cost. At present more than 3000 special schools for the disabled children are functioning

across the country. Out of them approximately 900 institutions are specialized for the hearing impaired, 400 for the visually impaired, 1000 for the mentally retarded and the remaining 700 are for the children with physical disabilities. 40 per cent disability of any such particular types is a benchmark for identification and certification for admission in these special schools.

Get more information regarding right resources through [vikaspedia.in](http://vikaspedia.in) that has a specific resource list for parents of children with disabilities.



# Tongue twisters for mental stimulation



"Pad kid  
poured curd  
pulled cod."

A team of researchers from Massachusetts Institute of Technology say that this is the most difficult tongue twister in the world. Can you say it ten times fast? The psychologists who created this tongue twister said that people who attempted to say it either stopped right in the middle of saying it because it was too difficult or could only get through it once and weren't able to repeat it.



There are a lot of wishes going on here, which makes this a hard tongue twister to tackle!

"I wish to wish the wish you wish to wish, but if you wish the wish the witch wishes, I won't wish the wish you wish to wish."

"Silly Sally swiftly shooed seven silly sheep. The seven silly sheep Silly Sally shooed shilly-shallied south. These sheep shouldn't sleep in a shack; sheep should sleep in a shed."

Another tongue twister about sheep? Sure!

Wasn't cramming a clam into a can hard enough?

"Can you can a canned can into an un-canned can like a canner can can a canned can into an un-canned can?"



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