

From Crawling on the Streets to Cycling to School

Harshavardhan (8 Years) – Spina Bifida

Peapully Village | Peapully Mandal | Nandyal District

Harshavardhan was born with Spina Bifida, a congenital spinal condition that resulted in lower limb weakness, reduced sensation, and urinary incontinence. A spinal sac was surgically removed soon after birth at the Government Hospital, Kurnool. Doctors advised regular physiotherapy for long-term functional improvement.



However, due to financial problems and dependence on agricultural labour, his parents were unable to continue consistent rehabilitation services. Because of reduced sensation in his legs, Harshavardhan dragged himself along the cement road outside his home while playing with other children. Repeated friction injuries led to the loss of two toes on his right foot and one toe on his left foot.

SACRED's Intervention

In 2024, SACRED identified Harshavardhan during a house-to-house survey and enrolled him in the Parents & Children Rehabilitation Camp.

Support provided included:

- Range of Motion (ROM) and lower limb strengthening exercises
- Pelvic strengthening and bowel control awareness
- Regular home-based physiotherapy follow-up
- Parental counselling and monitoring
- Provision of customized Ankle Foot Orthoses (AFOs) through the Orthotic Workshop

Outcomes Achieved

- Improved muscle strength in lower limbs
- Ability to walk short distances with support
- Reduced leg dragging and decreased frequency of injuries
- Increased parental confidence in home-based rehabilitation

Recognizing his desire to attend school, his father modified a small bicycle by adding side wheels for stability. With assistance from his sister, Harshavardhan now travels to the nearby Government School and is studying in 3rd standard.

Ongoing Needs

- Continued physiotherapy
- Provision of long callipers and mobility training
- Gait training with parallel bars and crutches
- Support for diapers due to urinary incontinence

Impact

Harshavardhan's journey reflects a gradual transition from injury-prone crawling to assisted walking and school participation. Sustained rehabilitation and assistive support are enabling him to move toward greater independence, dignity, and inclusion.



Case Study of “Baby Lasya’s Journey”

Background

Baby Lasya, just 11 months old, was born in Molagavalli village, Aluru mandal, Kurnool district. Her parents, Raju and Ramanjinamma, were stressed when they discovered she had a cleft lip and palate. Feeding her was extremely difficult, and she below weighed only 2 kg.

Challenges

- Inability to feed properly due to cleft lip and palate
- Very low weight and malnutrition at risk of infections
- High cost of surgery (₹80,000+), which the family could not afford

SACRED Staff identified Lasya 2 month old, during medical assessment camp and referred to GSR Hospital, Hyderabad.

SACRED provided:

- Nutrition support to help her gain weight and prepare for surgery
- Medical counselling for her parents on feeding methods and post-surgery care
- Financial support through GSR schemes to cover surgical expenses

On 25 August 2025, Lasya underwent surgery for cleft lip at GSR Hospital. The operation was successful, and after 10 days her stitches were removed. Doctors from GSR Hospital advised Lasya parents, she required 6 times surgery up to the 16 years age.

- Parents: *“We never imagined our daughter could have this chance. When we saw her after surgery, our hearts were filled with joy. We are grateful that she will grow up with a smile.”*
- Staff: *“Lasya’s case shows how vital early intervention is. From being severely underweight and malnourished, she is now recovering well and ready for a brighter future.”*

Impact

- Lasya successfully underwent cleft lip surgery
- Her feeding ability improved, and she began to gain weight
- Parents regained confidence and hope for her future
- She is on track for further treatment for cleft palate correction when she grows Stronge

- Continuous nutritional support to maintain healthy growth
- Second stage surgery for cleft palate repair at the right age
- Speech therapy and regular follow-up for developmental milestones

Lasya's story is one of healing and hope. A child once too weak to feed is now smiling and gaining strength, thanks to timely intervention and the generosity of donors. With continued support, she will go on to live a healthy, confident life.

Over the past months, SACRED has journey alongside children with disabilities and their families, turning fear into hope and helplessness into possibility. Through therapy, surgeries, parental guidance, and community support, children who were once silent are now speaking their first words, and those who were once unable to stand are taking their first steps.

For parents, this transformation is more than medical progress — it is the joy of watching their child smile, move, and dream of a future with dignity. For communities, it is the beginning of inclusion, where families no longer feel isolated but connected to networks of support and opportunity.

This programme is not only about rehabilitation; it is about rebuilding lives. Every milestone achieved by a child becomes a celebration of resilience, reminding us that with compassion and care, disability can be transformed into possibility.

Before Surgery :



After Surgery:

