



SRM
INSTITUTE OF SCIENCE & TECHNOLOGY
Deemed to be University u/s 3 of UGC Act, 1956



SENSORY GARDEN

SRM COLLEGE OF
OCCUPATIONAL
THERAPY



SENSORY GARDEN

The Sensory Garden, an extension of the Paediatric Occupational Therapy Unit, was inaugurated on October 27th, 2021, in the esteemed presence of Dr. Lt. Col. A. Ravikumar (Pro Vice Chancellor, MHS, SRM IST), Dr. A. Sundaram (Dean, Medical, SRM IST), and Dr. U. Ganapathy Sankar (Dean, SRM College of Occupational Therapy, SRM IST).

Sensory Garden is a unique and naturally enriched environment has been thoughtfully designed to provide holistic opportunities for both children and adults, offering purposeful sensory experiences. In this therapeutic setting, a variety of carefully selected plants and sensory-enriching equipment are used to provide distinct stimulation of the visual, auditory, tactile, vestibular, proprioception, olfactory, and gustatory systems. Integrating a Sensory Garden into occupational therapy interventions has been resulted remarkable benefits in achieving our therapy goals and outcomes, and promoting physical, mental and social well-being.



Left: Inauguration ceremony of Sensory Garden on 27th October 2021

Right: Dr. Lt. Col. A. Ravikumar (Pro Vice Chancellor, Medical & Health Sciences, SRMIST), with Dr. A Sundaram (Dean, MCH & RC, SRMIST), Dr. U. Ganapathy Sankar (Dean, College of Occupational Therapy, SRMIST) along with staffs and students of SRM College of Occupational Therapy at the inauguration of the Sensory Garden on 27th

UNIQUENESS OF SENSORY GARDEN

- The Sensory Garden stands as a flagship initiative of SRM College of Occupational Therapy, dedicated to enhancing the lives of both children and adults with diverse disabilities through the provision of natural sensory inputs in a structured and nurturing environment.
- Distinguished as one of the first initiatives among Medical College Hospital facilities in Tamil Nadu, India.
- The Sensory Garden marks a significant milestone in fostering inclusive and innovative therapeutic care.
- The Sensory Garden is a unique sensory world that possess natural environments and well equipped with carefully selected plants, specialized sensory pathways and walls, an aquarium, a soothing fountain, and several therapeutic equipment, including trampolines, jungle gyms, rockers, and slides that enhances the sensory processing abilities of the people.
- The sensory Garden is a chief sensory-enriched environment has the power of capacity to stimulate one's intrinsic motivation and fostering active participation and meaningful engagement in day-to-day activities.
- Currently, several research initiatives are also carried out to strengthen the evidence-based practice of Sensory Garden in the field of occupational therapy practice.

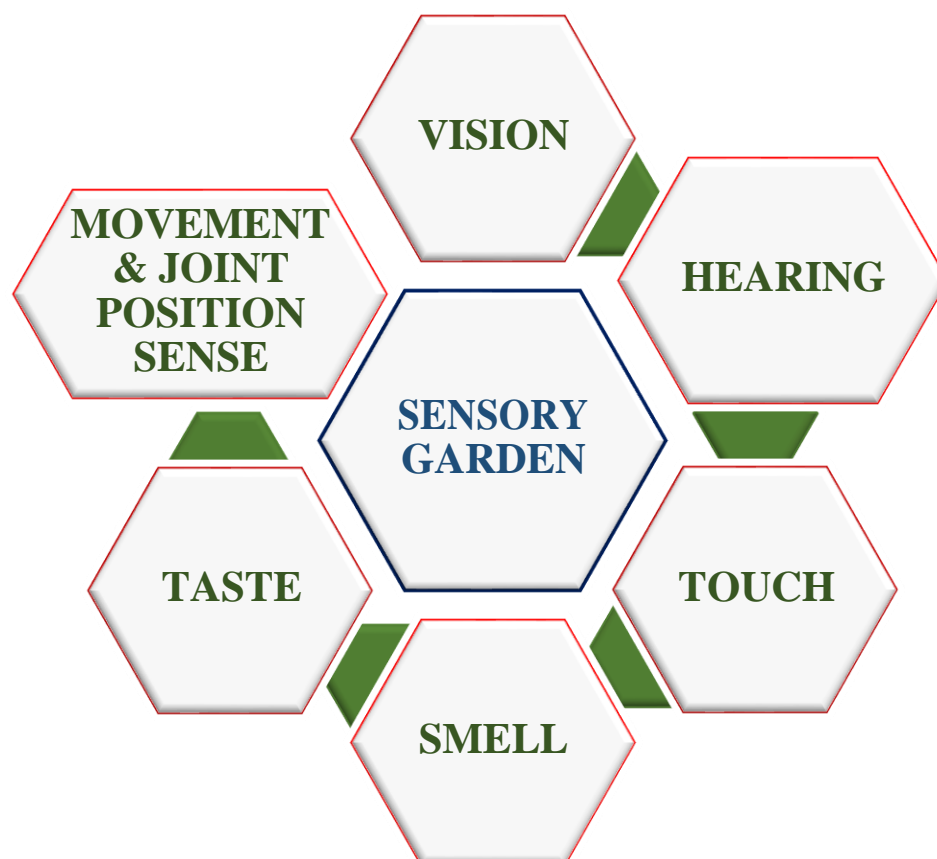


PURPOSE OF SENSORY GARDEN

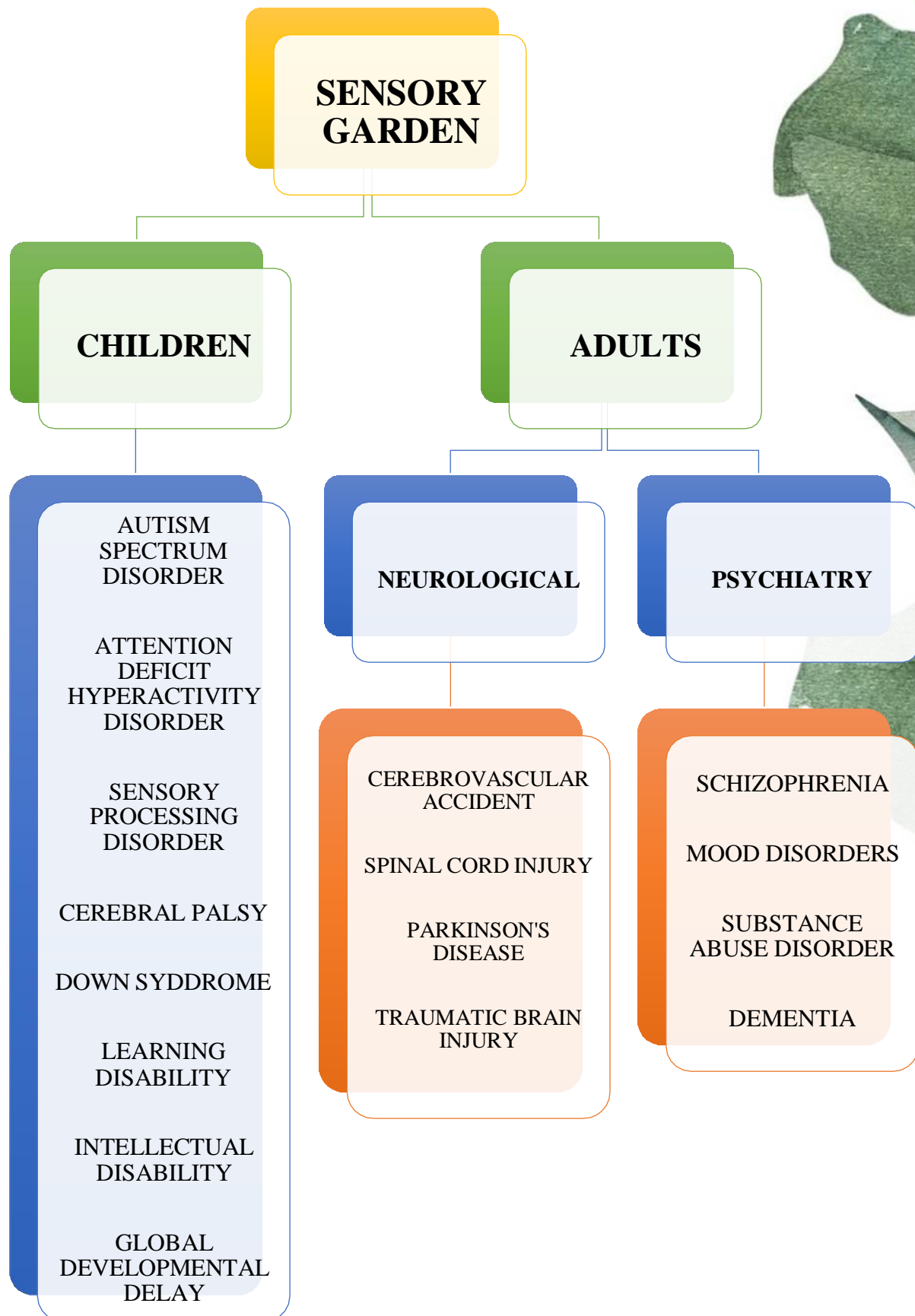
Sensory Garden aims at promoting motor, sensory, cognitive, perceptual, emotional, social and psychological well-being by means of using various therapeutic inputs are provided through vision, hearing, touch, movement, and joint position sense, smell, and taste to create a stimulating and engaging environment.

The sensory garden offers:

1. Sensory exploration and interaction with nature
2. An inclusive space accessible to people of all ages and disabilities
3. Therapeutic benefits (self-regulation, sensory integration, relaxation, socialization, supports physical habilitation and foster sensory reminiscence, etc.)
4. Safe and controlled environment to promote mindfulness through sensory engagement with nature



WHO CAN BENEFIT FROM SENSORY GARDEN?



GLIMPSES OF SENSORY GARDEN

TOUCH SENSE



Touch (Tactile) inputs provide awareness and differentiation of various textures, temperatures, and discriminative skills.

GLIMPSES OF SENSORY GARDEN

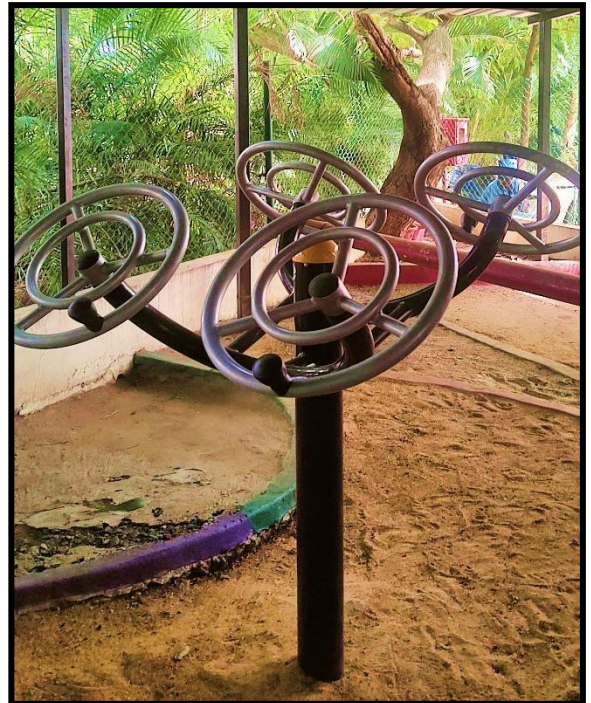
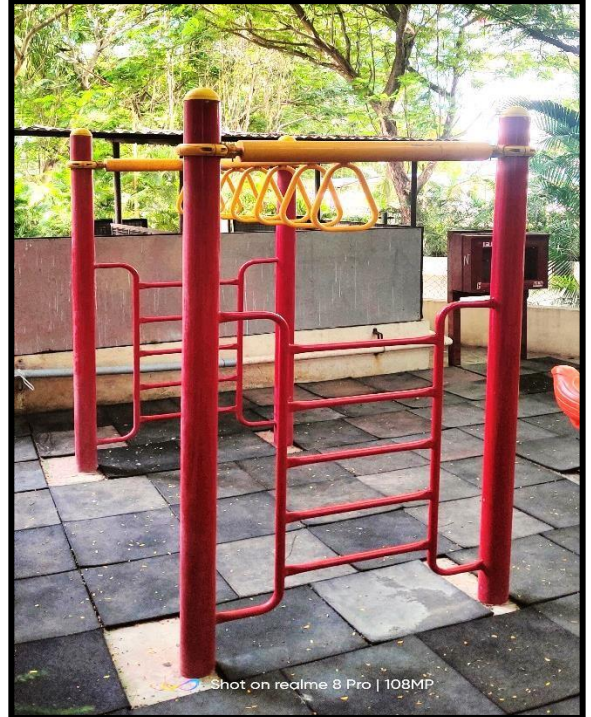
VESTIBULAR AND PROPRIOCEPTION SENSE



Vestibular and Proprioceptive inputs help regulate our sense of Balance, Postural Security, Muscle Tone, Eye Movements, and Alertness

GLIMPSES OF SENSORY GARDEN

VESTIBULAR AND PROPRIOCEPTION SENSE



Vestibular and Proprioceptive inputs also aid in providing sense of Body Awareness, detecting and controlling Force and Pressure, and regulating Posture and Movement Patterns

GLIMPSES OF SENSORY GARDEN

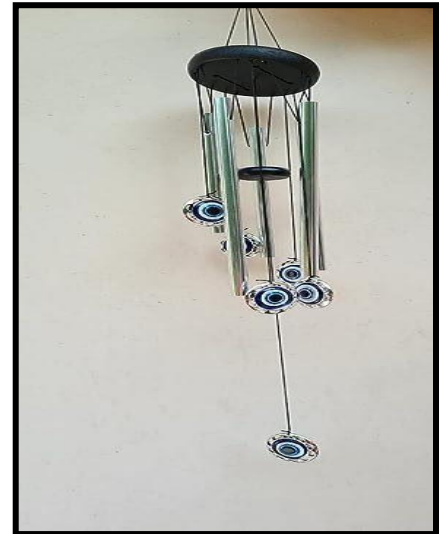
VISUAL AND AUDITORY SENSE



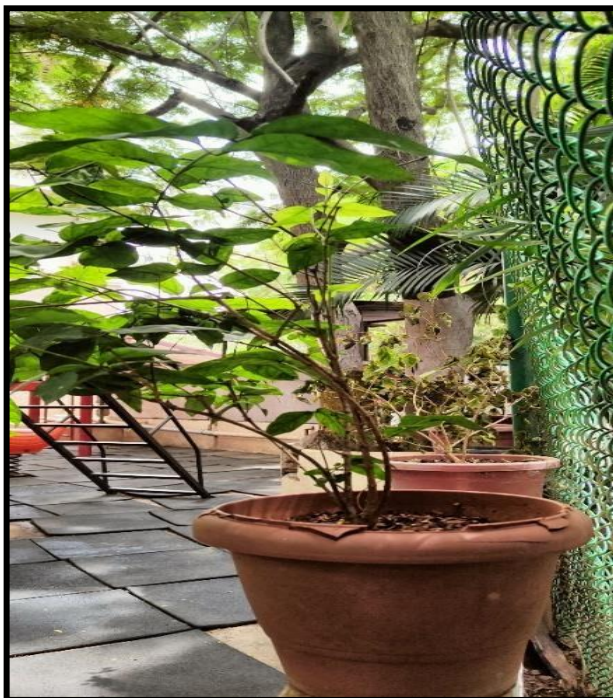
Visual and Auditory sense help in the detection and differentiation of environmental cues, stimulate visual tracking & perceptual development skills

GLIMPSES OF SENSORY GARDEN

VISUAL AND AUDITORY SENSE



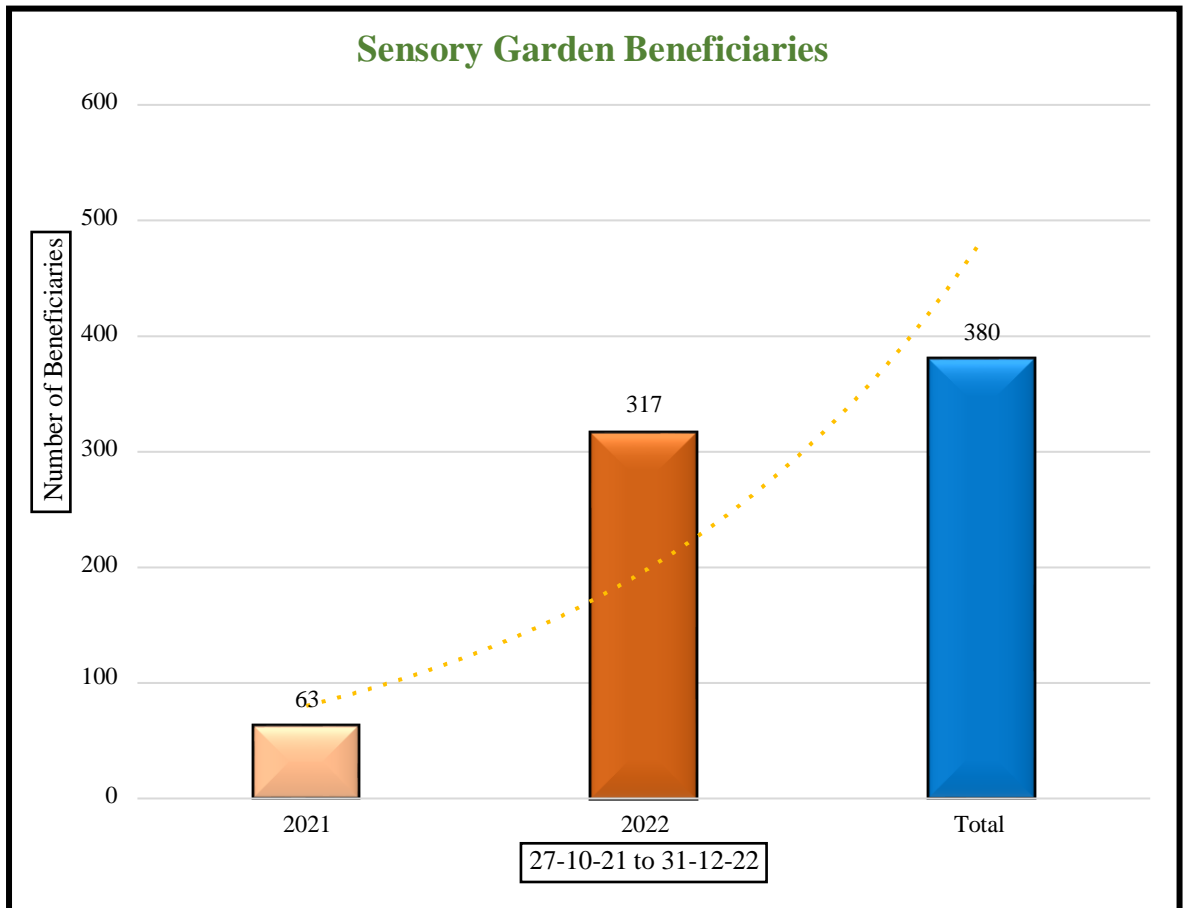
TASTE AND SMELL SENSE



Taste and Smell inputs provide natural sensory exposure to various ranges of Aroma and tastes. There are plants in our sensory garden (lemon and mogra) that provide these inputs

BENEFICIARIES

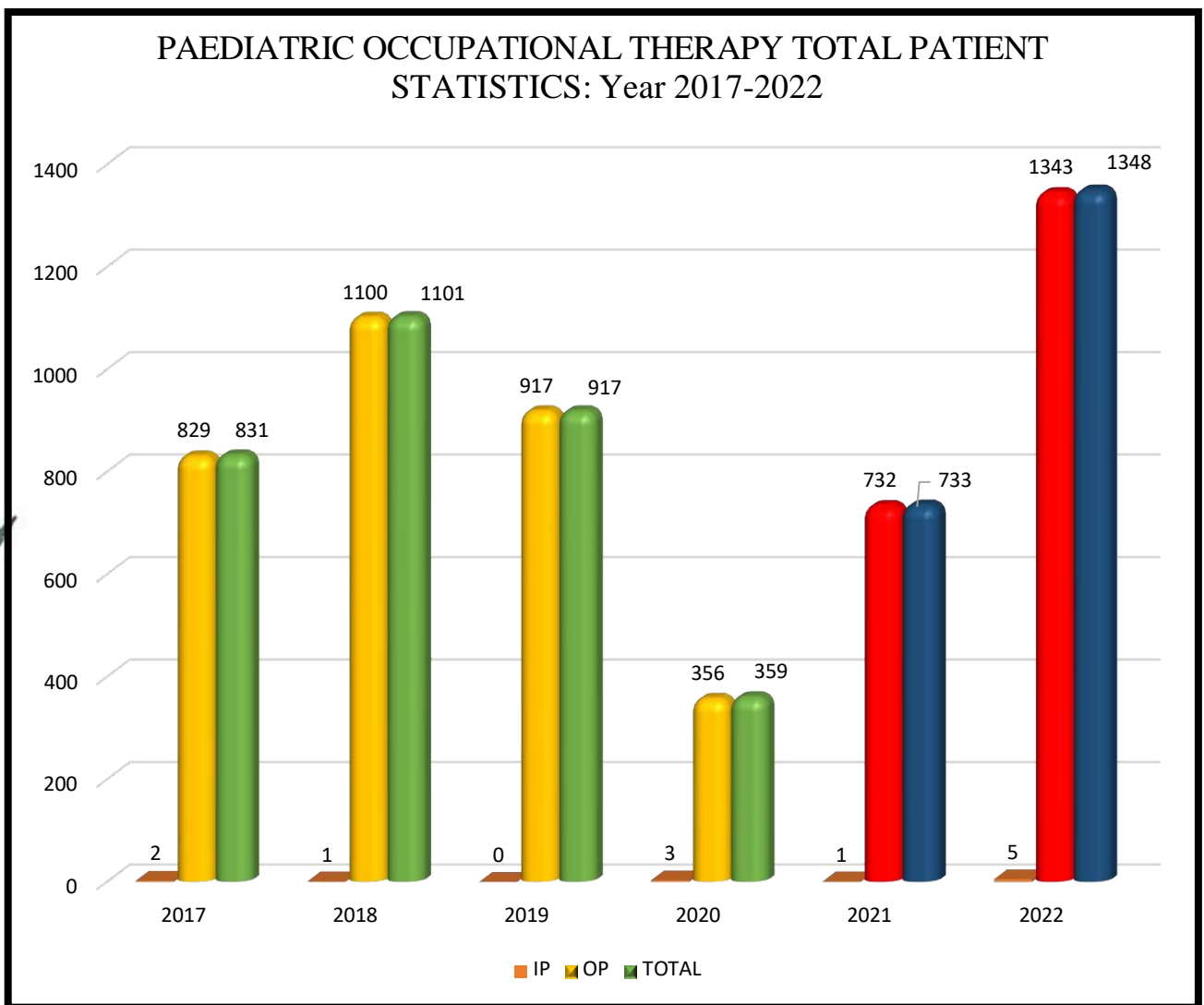
Year	Beneficiaries
Oct 2021-Dec 2021	63
Jan 2022- Dec 2022	317
Total	380



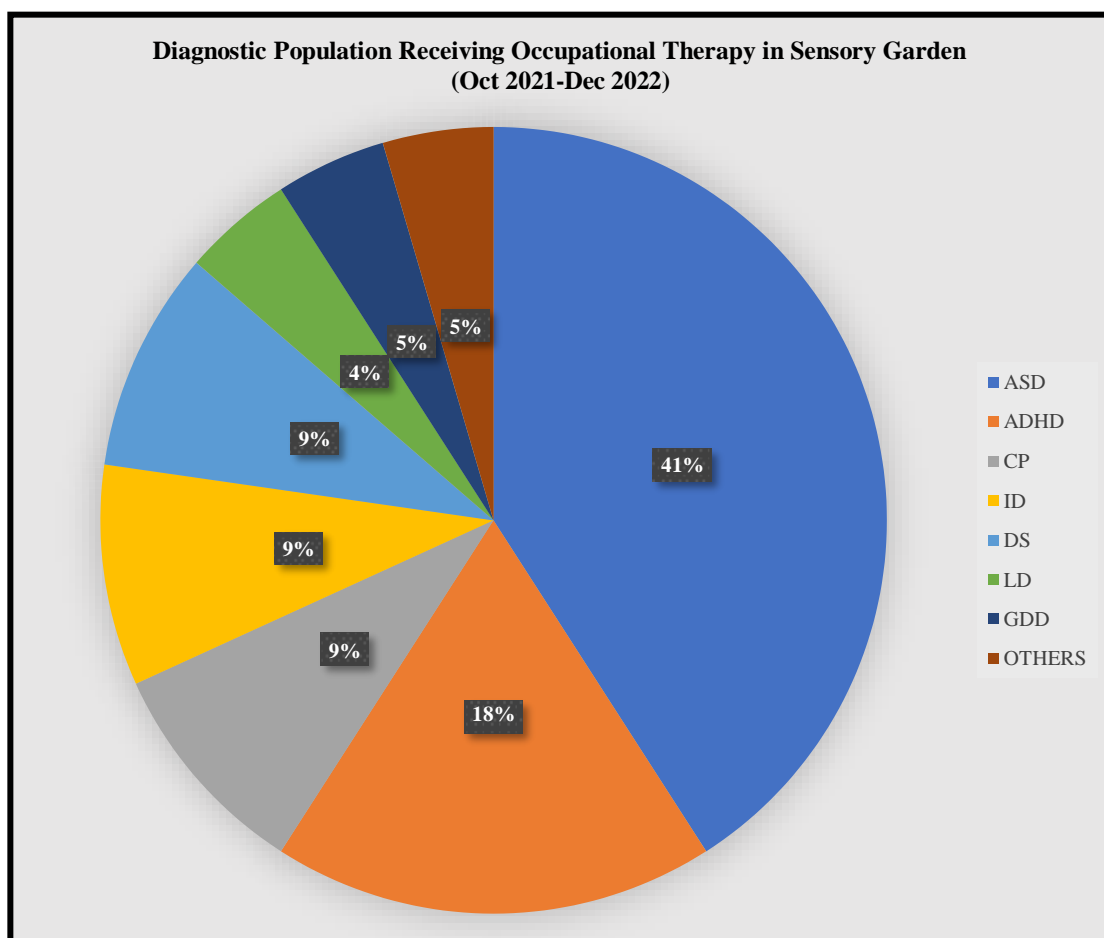
Progress of Paediatric Occupational Therapy Sessions After Establishment of Sensory Garden

From October 2021- December 2022, there has been a tremendous increase in the number of sessions provided to our clients, especially through interventions in the sensory garden.

We have accomplished over **1572 sessions** for our clients



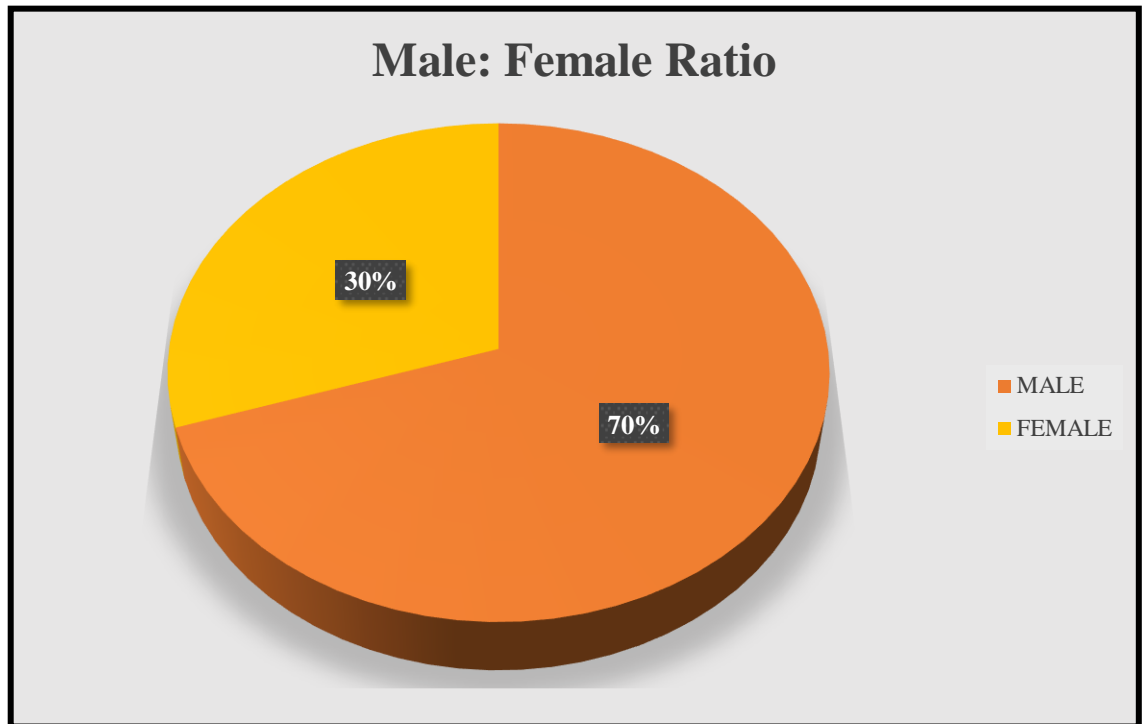
DIAGNOSTIC POPULATION



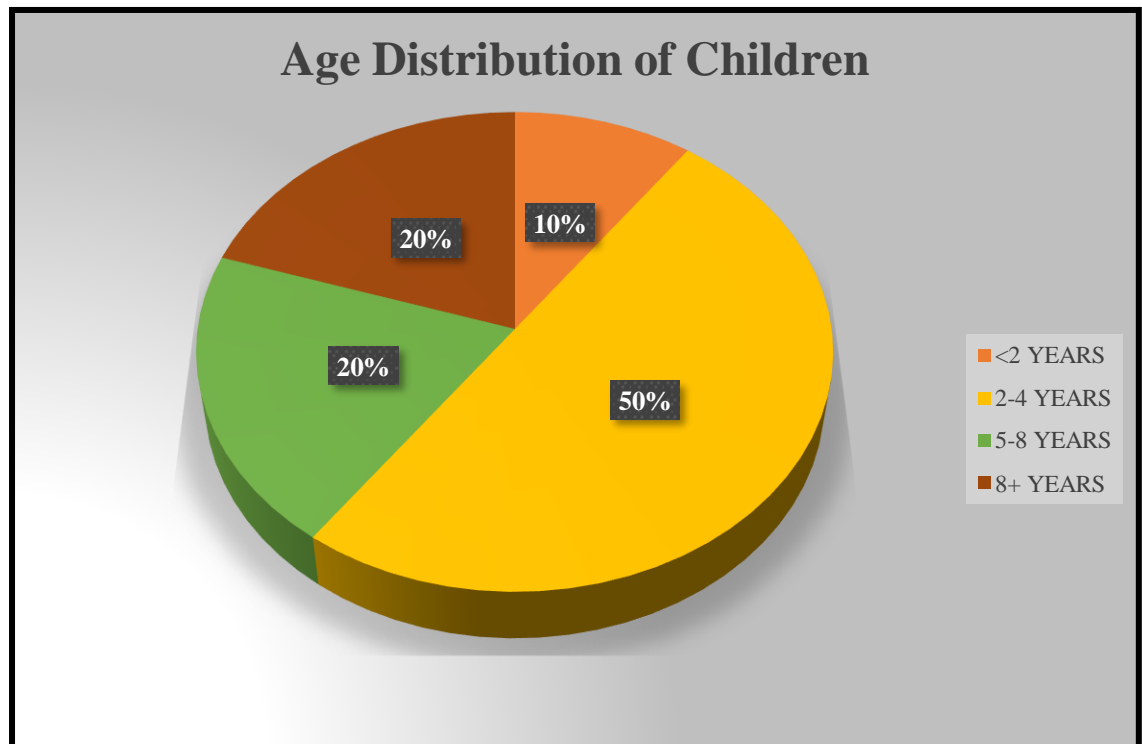
DIAGNOSIS	PERCENTAGE (%)
ASD	41
ADHD	18
CP	9
ID	9
DS	9
LD	4
GDD	5
OTHERS	5

ASD: Autism Spectrum Disorder, ADHD: Attention Deficit Hyperactivity Disorder, CP: Cerebral Palsy, ID: Intellectual Disability, DS: Down's Syndrome, LD: Learning Disability, GDD: Global Developmental Delay

GENDER



AGE



Parent Feedback

Dear Sir,

My son Keshav Anand Raja, has been diagnosed with autism. He has been receiving occupational therapy at SRM Autism Centre of Excellence from the last 6 months. He has improved tremendously on several domains.

He is now able to give frequent eye contact, follows simple commands, his fear of heights has reduced and he attends to most of our instructions.

He also receives group therapy sessions in occupational therapy and enjoys the sessions done in the sensory garden. He's social skills have improved while playing with peers. He's sensory issues have also subsided then before. I am happy about the improvements.

Thank you

Bavani

(Mother of Keshav Anand Raja)



Parent Feedback

We are coming here for our daughter's occupational therapy sessions for almost a month's period as she is seen to have autistic features and speech delay. We are glad to get proper guidance and timely updates on what we need to do for our daughter.

We are thankful to the entire team here for all their great support and work. We are looking forward to further guidance and continued support for the betterment of our daughter.

We understand it takes time to see changes, however, we appreciate all your efforts.

Thank you,

Jonita

(Mother of Samriddhi Sinha)



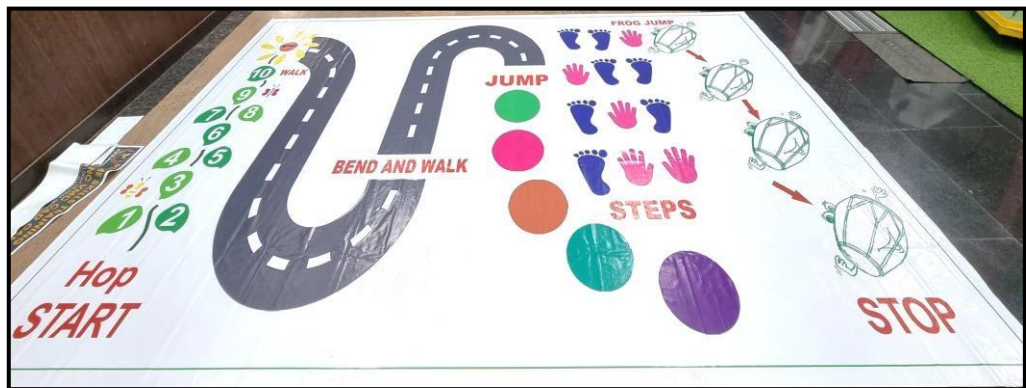


Research Activities

Currently, 2 postgraduate students will be conducting research in Sensory Garden with an aim to promote evidence-based practice.

1. Effect of vestibular and proprioceptive activities in children with autism spectrum disorder in Sensory Garden

By Dharini K (RA2222238010001): Batch of 2022



2. Effect of tactile and auditory activities in children with autism spectrum disorder in Sensory Garden

By Haran Prasath E (RA2222238010003): Batch of 2022



Occupational Therapy Interventions in Sensory Garden







