

# CHILD DEVELOPMENT CENTRE



**Vision |:** Creating a generation of prospective and responsive parenthood through Healthy Children and Adolescents

**Mission |:** Reduction of Childhood disability through Novel Scientific Initiatives



Medical College Campus,  
Thiruvananthapuram - 695 011  
Phone : 0471 - 2553540, 2528202  
E-mail : cdctvpm@gmail.com  
[www.cdckerala.org](http://www.cdckerala.org)



The Child Development Centre (CDC) Project at SAT Hospital, Medical College, Thiruvananthapuram was started on 1<sup>st</sup> August, 1987 as a research project. Child Development Centre is providing state-of-the-art Clinical, Research, Teaching and Training services in the area of Child and Adolescent Care and Development since 1987. As per G.O. (MS) No. 60/2017/H&FWD, dtd. 24/04/2017, Government have declared CDC as a “Centre of Excellence in the field of Child Adolescent Development, Research, Teaching, Training, Clinical and Community Services”. The Hon’ble Chief Minister of Kerala is the Chairman and Hon’ble Minister for Health is the Vice Chairman of Governing Body. The Secretary, Health and Family Welfare is the Chairman of the Executive Committee and Secretary, Department of the Finance and Department of Planning are members. The main activities of CDC centers around undertaking Clinical, Training, Research and Community Extension Services under (i) Disability Project, (ii) Pre-school Project, (iii) Adolescent Care Project, (iv) Women's & Youth Welfare Project and (v) New Specialty Unit Projects.

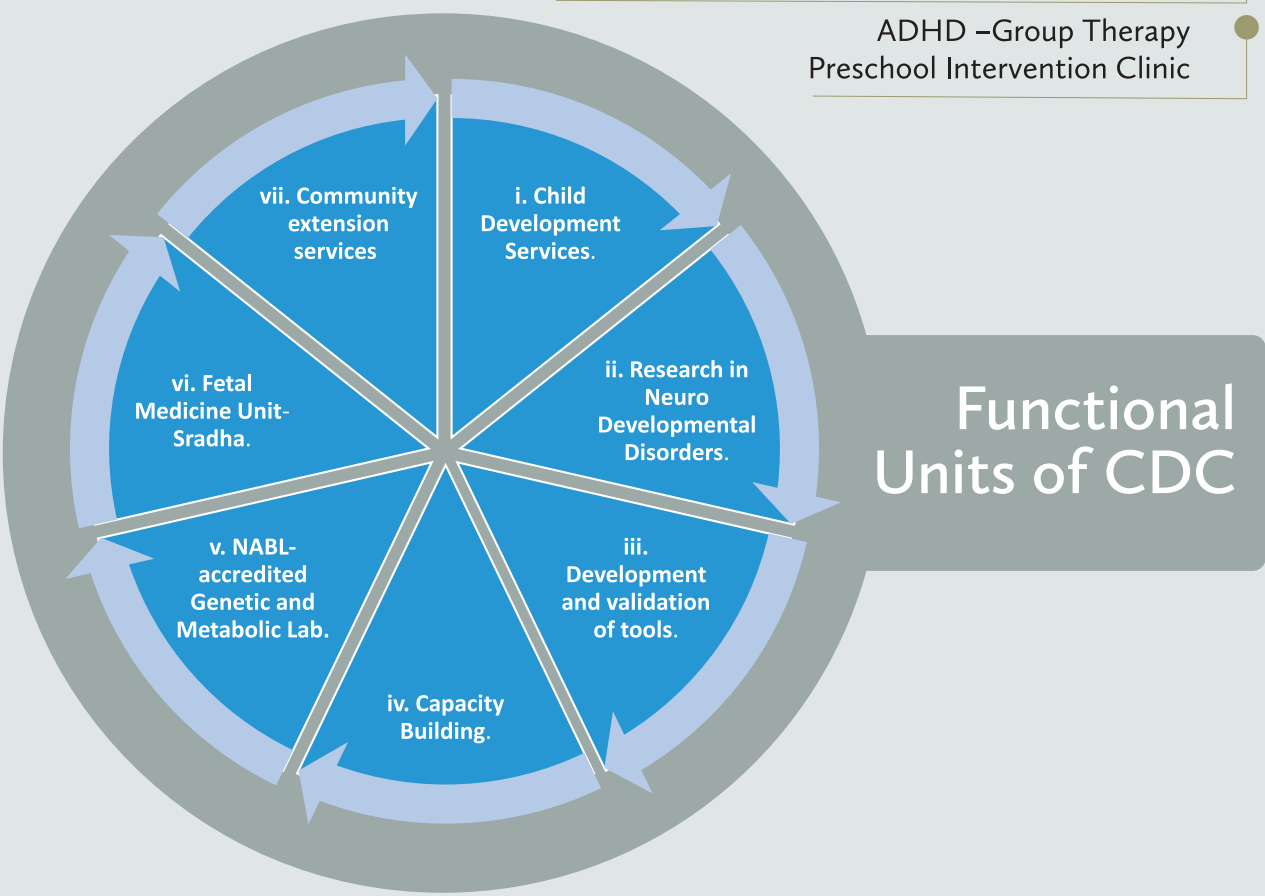
## Objectives

- To organize and conduct undergraduate, post graduate doctoral and post-doctoral training for medical and non-medical personnel in specialties of human development.
- To organize and conduct diplomas, graduate, post graduate and doctoral courses in human development
- To organize paramedical courses in clinical child development
- To provide modern and advanced diagnostic laboratory referral facilities for mother for prevention of low birth weight babies
- To institute professorship, resident-ship and fellowship and other research positions for the above purposes
- To conduct lectures, seminars, study groups, workshops, conferences, etc...
- To organize a ‘perinatal epidemiology unit’ in modern lines, a childhood disability registry and newborn follow-up programmes.
- To institute and maintain libraries, to publish research papers, treatises, books and periodicals, newsletters and other literature.
- To work in collaboration with institutions for children needing special care.
- To co-operate with other societies and professional bodies in pursuit of all or any of the above objectives.
- To design preventive and early intervention services for women, child and adolescent care and development, pre-marital counselling service system, throughout the country through ICDS network in collaboration with health, social welfare, education and woman and child development departments of state governments and Government of India.



# Facilities Available for Patients

- Developmental evaluation and treatment for children of various ages (0-3 years, 3-6 years and 6-12 years)
- Growth assessment and management of growth deviation
- Newborn follow up programme for At-risk babies
- Late Preterm Clinic & Early Stimulation Clinic for Prevention of Childhood Disabilities
- Speech Therapy for children with Speech & Language Impairment
- Autism Clinic for assessment and management
- Learning Disability and ADHD assessment and management
- Ophthalmology and Neurology evaluation for the children attending CDC clinics
- Karyotyping and chromosomal analysis and basic biochemical tests
- Adolescent Clinic for children for the age 12-19 years (mental health, Reproductive health, physical health assessment, counseling and further management or referral)
- Sradha Clinic (Foetal Anomaly Scanning)
- Down Syndrome Clinic
- ASD Group Therapy
- Occupational Therapy Facilities
- Deeptham Clinic: Child & Adolescent Psychiatry
- Diya Clinic : Cerebral Visual Impairment
- ADHD -Group Therapy
- Preschool Intervention Clinic



CDC was established with the focus on Early Child Development (ECD), Adolescent Care, Women's Welfare, and other related fields. To provide the same at low cost, CDC has adopted a strategy of one specialty clinic per day, which has also helped us train medical and paramedical staff systematically.

## Child Development Services :: Clinics ::



**I. Newborn Follow-up Unit**  
Three clinics are functioning under this unit.

**Early Stimulation Clinic**

The Early Stimulation Clinic at CDC provides developmental intervention for newborns weighing less than 1800 grams until one year of age.

**b. Late Pre-term Clinic**

The Late Pre-term Clinic at CDC follows up infants born between 34 weeks and 36 weeks 6 days, who are known to have a higher risk of short-term developmental issues compared to term babies.

**c. At-risk Babies**

At-risk infants have a higher likelihood of developmental delay, making regular, scheduled developmental follow-up essential. Evidence shows that early intervention significantly improves developmental outcomes in these children.

- II. ASD Evaluation & Intervention Clinic
- III. Intervention Clinic/ Developmental therapy
- IV. Speech & Hearing Impairment Unit
- V. Visual Impairment Unit
- VI. Developmental Evaluation Clinics
- VII. Behavioural Pediatrics & Scholastic Backwardness Unit
- VIII. Adolescent Care Counselling Clinic
- IX. ADHD Clinic
- X. Paediatric Neurology Clinic
- XI. DEEPTHAM - Psychological Medicine Clinic
- XII. Cerebral Visual Impairment (CVI) Clinic
- XIII. "KUDE" - Palliative Care Clinic
- XIV. Pediatric Ortho Clinic

The Foetal Medicine Unit (SRADHA) was established at CDC in 2019–2020 as the first such government-sector unit in Kerala, created in collaboration with SAT Hospital, functioning three days a week. It expanded to full operational capacity on 1 January 2020. It offers anomaly scans, growth surveillance, and—since 2023—diagnostic procedures such as amniocentesis, have been started around 1,400 high-risk pregnancies are benefited annually. Subsequently, recognizing its growing scope and impact, the unit was upgraded by the Government to a full-fledged Department of Fetal Medicine on 18 September 2024.

## Foetal Medicine Unit



### Services Offered

#### Key Services

- 1 Pre and periconceptual counselling and care
- 2 Screening for Down syndrome (11-14 weeks)
- 3 Early assessment of the mother and fetus in high-risk pregnancy
- 4 First Trimester Target scan (11-14 weeks) and Early Target scans (16-17 weeks)
- 5 TARGET/TIIFA/Anomaly scan (18-20 weeks)
- 6 Surveillance for Fetal Growth Disorders
- 7 Surveillance of complicated Multiple pregnancies.
- 8 Detailed assessment of certain organ systems
- 9 Invasive procedures and foetal intervention- amniocentesis, chorionic villus sampling
- 10 Cross consultation with the geneticist, neonatologist, paediatrician, and other paediatric subspecialties as and when required

## NABL-accredited Genetic and Metabolic Lab



The Genetic and Metabolic Unit of the Child Development Centre (CDC, has evolved into a state-of-the-art facility offering comprehensive diagnostic services for genetic and metabolic disorders in children. Over the years, the centre has achieved several significant milestones in the establishment and expansion of genetic clinical services, cytogenetics, and molecular diagnostics. Standardizing and diagnosis based on FISH (Fluorescent Insitu Hybridization), the first of its kind in Government sector in Kerala was started. The introduction of this new testing facility will help in diagnosing new diseases and to rule out Aneuploidy conditions and Microdeletion syndromes prevailing among children and adolescents.

The major milestones are outlined below.

Year	Milestone
2007	Establishment of Genetic Clinic
2013	Establishment of Cytogenetics Laboratory (Karyotyping)
2015	ICMR Multicentric Project on Gaucher, Achondroplasia & Apert Syndrome
2017	Establishment of Molecular Genetics Laboratory
2019	Installation of Genetic Sequencer Facility
2021	Introduction of SMA Diagnosis by MLPA
2023	NABL Accreditation for Cytogenetics & Biochemistry
2023	Centre of Excellence (CoE) for Rare Diseases - SAT Hospital
Ongoing	Expansion of Diagnostic Tests (Hemophilia, FISH, SRY, etc.)
Ongoing	Collaborative Advanced Testing (Microarray & NGS)

In 1995, a two-year full-time **postgraduate diploma in clinical child development (PG-DCCD)** course was started at CDC Kerala, as a paramedical course under the Government of Kerala, to meet the need for competent trainers in developmental assessment and intervention. This Diploma in Clinical Child Development is the first course of its kind in India, designed to create qualified community-level trainers in clinical child development for the prevention of childhood disability. Over the last 30 years, over 240 persons completed this two-year full-time paramedical course and are currently managing neuro-developmental follow-up clinics, developmental evaluation and intervention clinics at mini CDCs and community extension services in Kerala and other parts of India.



### **IAP Fellowship Programme in Development and Behavioural Paediatrics**

From 2016, the Centre has been offering a regular course - the IAP Fellowship programme in Development and Behavioural Paediatrics, started in association with the Indian Academy of Paediatrics, Mumbai. The duration of the course is one year. The training is conducted at the Child Development Centre, Medical College Campus, and Thiruvananthapuram. Two students from all over the country admitted every year for this programme. A total of 18 paediatricians have been trained through the programme so far, and they are currently practising Developmental Paediatrics in various parts of the country.

## Courses

### **Courses in association with the Centre for Adult and Continuing Education & Extension (CACEE), University of Kerala**

In 2019, the CDC in association with the Centre for Adult and Continuing Education & Extension (CACEE) revamped the following four courses.

**PG Diploma in Adolescent Pediatrics (PGDAP):** Adolescent Paediatrics is an emerging sub-specialty of paediatrics essentially for creating a cadre of doctors who can effectively deal with the psycho-medical, emotional, growth, and development of children between 10-20 years. This one-year course is mainly focused for Paediatricians. Eligibility : MBBS, MD /Dip.NB/MNAMS/DCH

**PG Diploma in Child, Adolescent and Family Counseling (PGD CAFC):** Many counselors who are working in the field have not necessarily had formal clinical counselling training, but have shown interest in undertaking long-term training, provided the mode of training is distance education. Hence, a “PG Diploma in Child, Adolescent & Family Counselling” was started for master’s degree holders in any of the branches of science, B.Sc. Nursing or personnel already working in the field.

**Post Graduate Diploma in Developmental Neurology (PGD DN):** Another Postgraduate programme offered is the PG Diploma in Developmental Neurology, which is of one year duration. The basic qualification for getting admission is a MBBS, MD / Dip.NB / MNAMS / DCH.

**PG Diploma in Health Science Research (PGD HSR):** PG Diploma in Health Science Research, is a One year course. The basic qualification for getting admission is any Health Science related Degree (MBBS, BDS, B.Sc.Nursing, B.Pharm., BSMS, BAMS, BHMS, BV.Sc., BSc. MLT) from any recognized University in India The major objectives of P.G. Diploma in Health Science Research (PGD HSR) are to equip health professionals to interpret and apply the principles of epidemiology confidently to their particular needs.

For course-related details please contact Ph: 9446553540 or email: [cdccourse@gmail.com](mailto:cdccourse@gmail.com)

**New Course :** Certificate Course in Autism Spectrum Disorders (ASD) offered by the Child Development Centre (CDC), a Centre of Excellence under the Government of Kerala, aims to build strong theoretical knowledge and practical skills in assessment and intervention for children with ASD. The four-month program includes one month of online theory sessions followed by three months of supervised clinical training, covering areas such as etiology, early identification, evidence-based interventions, and parent counselling. Designed for multidisciplinary professionals, the course equips participants to deliver autism-specific services across clinical, educational, and community settings.



## Achievements

- As per G.O. (MS) No. 60/2017/H&FWD, dtd. 24/04/2017, Government have declared CDC as a “Centre of Excellence in the field of Child Adolescent Development, Research, Teaching, Training, Clinical and Community Services”.

- NABL Accreditation to CDC Clinical Research Lab (Genetic & Metabolic Lab) CDC – Genetic and Metabolic Laboratory has certified as NABL Accredited Laboratory in 2023. This lab is the first clinical lab in Government sector in Kerala to obtain NABL Accreditation

- Foetal Medicine Department (2024) : The Fetal Medicine Department has been established at SATH by Government in association with the CDC-Foetal Medicine Unit(started in 2019).

- UNICEF Project- As part of the UNICEF initiative of ‘Creating Awareness and Strengthening Systems for Screening, Surveillance and Management of Developmental delays or disorders in Kerala’ done in collaboration with NHM, CDC has been recommended as a “Centre of Excellence in Neurodevelopmental Disability in collaboration with UNICEF”.

- As part of the CDC National Conference – DISHA 2024, held on 21<sup>st</sup> and 22<sup>nd</sup> October 2024 at Child Development Centre. Nearly 200 delegates /experts have attended the conference and also shared knowledge and experiences. The Hon'ble Health Minister announced that CDC would be upgraded as a Centre of Excellence in Neurodevelopmental Disability in collaboration with UNICEF.

- Indian Academy of Pediatrics-Fellowship programme in Development and Behavioural Pediatrics Course: In the 2023-24 academic year, the two pediatricians from our Centre achieved 1<sup>st</sup> (Dr. Nagee) and 2<sup>nd</sup> ranks (Dr. Indu Viswanathan), respectively and Dr. Ashok B. secured the first rank in the 2025–26 batch.

- As per G.O. (Ms) No. 359/2025/H&FWD (October 20, 2025), the CDC received formal designation as Kerala’s apex institution for neurodevelopmental disorders, solidifying its role in shaping future policy, research, and implementation frameworks. The CDC today stands as a model for integrated neurodevelopmental services-combining clinical excellence, public health innovation, research leadership, and compassionate, family-centered care.

- Haritha Kerala Mission issued an A Grade certificate to CDC for the eco-friendly

- 2025: Infrastructure Growth & Statewide Capacity Strengthening Autism Park (CSR-funded)- inclusive, sensory-integrated therapeutic park for children with ASD, featuring structured play, VR-assisted learning spaces, and sensory pathways.