

# MUSKAN FOUNDATION FOR PEOPLE WITH MULTIPLE DISABILITIES



## Monthly News Letter

July 2022 Edition

### Our Vision

Children with MDVI participate and are recognized in their families and communities, and realize their unique abilities in life.

### Our Mission

Muskan maximizes the potential of MDVI children, by providing customized, low-cost therapies and special education under one roof, and by empowering parents with the knowledge, skills, and confidence to support their child's unique needs and development.

## NEWS & UPDATE

### Guru Purnima

Muskan Foundation celebrated guru purnima with gratitude for the guiding light, support, strength and inspiration which helps manifest the graceful functioning of Muskan Foundation's Mission. Children celebrated Guru Purnima with wishes and respect for their teachers.



### Muskan Foundation's new 5<sup>th</sup> Centre Inauguration



On 14<sup>th</sup> July, Muskan Foundation inaugurated its 5<sup>th</sup> center in association with MGM Medical College Hospital, Panvel.

This Center will cater to the special needs of children with multiple disabilities. The services offered will be special education, vision rehabilitation therapy, behavior therapy, communication enhancement program, and counseling for parents. The center will work in collaboration with MGM hospital's Physical medicine & Rehabilitation service center (PMR) to provide Physiotherapy, Clinic Psychology & other rehabilitative services.

The Center was inaugurated by Honourable Trustee and Medical Director Dr. Sudhir Kadam, Dean Dr. Narshetty, Hospital Director Dr. Salgotra and our Founder, CEO Mrs. Dipti Gandhi, in the presence of parents, & the Muskan team.

## Staff Picnic to Palm Paradise, Badlapur



Muskan Foundation organized an overnight staff picnic at Palm Paradise, Badlapur for 15<sup>th</sup> July & 16<sup>th</sup> July.

It was a cordial meet-up with work colleagues in an environment different from the work roles which helped understand the staff, unique differences among the team members. Muskan Foundation provided a jovial opportunity & gathered all the staff members for picnic. All the staff members are thankful to our Founder, CEO Mrs. Dipti Gandhi for giving an opportunity to the Muskan team to spend time together, to enjoy and rejuvenate around nature.

## Parent Teacher Meeting



Muskan Foundation held a parent-teacher meeting for parents from all the centers of Muskan. Every year Muskan conducts parents-teacher meeting where parents get a chance to meet the special educators & Our, Founder CEO Mrs. Dipti Gandhi, with whom they can personally address their queries and concerns. The Parent Meeting 2022, was conducted on 23<sup>rd</sup> July and this year was uniquely organised to acquaint parents with the foundation by hosting a Lucky Draw for Parents. Around 100 parents attended the meeting and the competition. Our Founder, CEO addressed the parents and warmly acknowledged their words as they interacted. The Lucky Draw for parents was held right after the meeting and children who came along with parents drew the lucky winner's names. We had two winning prizes and three consolation prizes for winners of Lucky Draw.

## MAPP Activity

“Understanding Difficult Behaviors in Children and their Management” was the topic of First MAPP activity organised on 23<sup>rd</sup> July, by Muskan Foundation for the academic year. The Program was conducted by Ms. Praful Sudarshan, who works as a behavior therapist at Muskan Foundation. She conducted an interactive session where parents came forward and learned to speak about their child's behaviors with a different outlook. Mothers actively, participated & asked various questions & shared their experiences throughout the session taking valuable input. The newly joined parents were content with surprise to be part of the MAPP activity organized by the Muskan Foundation for the parents.



## Mental Health Workshop

Mental Health for all has become the need of the hour! Be it parents, children with special needs or professionals. Our Founder, CEO Mrs. Dipti Gandhi attended a Mental Health Workshop organised by Sense International, India. As she believes in sharing knowledge, thus conducted the Mental Health Workshop for all the staff of Muskan Foundation on 30<sup>th</sup> July. The session-oriented all staff members about the need to understand the difference between special needs and emotional needs of children with special needs. She also emphasized on the importance of maintaining emotional stability in daily life and to approach situations positively. Various techniques with examples were shared and participants were asked to work in pairs. The practical session helped better understanding of the techniques. Few techniques learned through the session were the benefits of meditation, deep breathing, Balloon Release, and Emotional Freedom Technique (EFT) tapping. The session was an eye opener for all participants and a good learning experience.



## Case study of the month

**Name of the Child:** Soham Shrotri

**Age:** 5 years

**Disability:** Autism Spectrum Disorder

**Area of Development:** Sitting Tolerance

**Goal of the Month:** The child will be able to follow commands and sit in his chair and complete his activities.

**Beginning of the month:** Soham tried to step down the chair and if forced would be cranky, he would bite and scratch. So, to engage him, Soham was taken for physical activity first for 10 mins and then made to sit with his favorite activity of coloring and then get the rest of the activities done.

**During the sessions:** Soham was given a choice to pick an activity from two options and sit on the chair, which he started continuing after he did his physical activity for 5 mins.

**End of the month:** Now Soham is eager to start off activities as soon as he comes and sits on the seat and points to the teacher to pull the flap and give him activities. He now enjoys doing activities and sits in one place.

## Therapies and Activities

### Physiotherapy

**Name of the Student:** Bhavya Dharmik

**Disability:** Diplegic cerebral palsy

**Area of concern:** Trunk control, floor-to-stand transition, standing and walking

**Goal:** floor-to-stand transition, standing, cruising and walking

| <b>When Bhavya came for assessment:</b>                                                                                                                                                     | <b>With Regular Physical Therapy program Bhavya can now:</b>                                                                                                                                                                                                                                                           |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1) He could not pull to stand<br>2) He could not stand with support<br>3) He couldn't cruise or walk even with support<br>4) Poor balance and coordination<br>5) He had a crouching posture | 1) Pulls to stand while kneeling & from half kneel posture to standing<br>2) Stands independently holding a surface with a mild crouch<br>3) Cruises independently by holding a surface with a mild crouch<br>4) Walks while pushing a walker with moderate help and a crouch gait.<br>5) Has decreased fear of falls. |

**Parental Guidance:** Home program techniques & frequency to conduct are explained and taught to the mother. The child's need of performing splints & medications was explained.

## Vision Therapy

**Name of the Child:** Shambhavi Sumedh

**Name of the Disability:** Growth Developmental Delay, Cortical Visual Impairment

**Age of the child:** 10 Months

**Field loss:** Right field loss

| <b>When Shambhavi came for assessment:</b>                                                            | <b>With a regular vision rehabilitation program:</b>                                                                                            |
|-------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|
| 1) She was not doing tracking and scanning<br>2) She was refraining from touching or grabbing objects | 1) She started giving a little bit of response and she is also doing tracking and scanning<br>2) She completes the activity with physical help. |

**Parents Guidance:** The mother takes all the activities at home as taught in therapy.

## HELP US CHANGE A STORY

Mihira has Cerebral Palsy, and along with special education, she is taking speech therapy at Muskan Foundation. When she came for assessment, her tongue was in a lateral position, she wasn't able to move her tongue properly.

With regular speech therapy, her tongue movements have improved, she can now use her tongue while chewing & her mouth closure time has developed. Her mother has been taught strategies to develop her oromotor function, with regular exercises, she will learn to swallow the liquid and her drooling control will improve with further therapy.

Children with special needs require consistency with the special education programs and therapies to be functionally improving and attain maximum independence. With your trust and constant support, Muskan Foundation has been able to work towards providing low-cost services for children with special needs.

**Our dreams are big. But we cannot travel ahead to complete the mission without your generous support. Therefore, we request to support the Special Education Program of children with multiple disabilities by sponsoring a Child's Monthly Education Program or Therapies on the following requirements.**

|                                                                          |          |
|--------------------------------------------------------------------------|----------|
| Support one therapy session                                              | Rs. 400  |
| Support therapy assessment of one child                                  | Rs. 1000 |
| Support monthly therapies of one child with a disability for one month   | Rs. 7200 |
| Support a special education of one child with a disability for one month | Rs. 8000 |

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**Help us to spread Muskan on our children's faces.  
DONATE NOW**

-----We are at-----

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