

MUSKAN FOUNDATION FOR PEOPLE WITH MULTIPLE DISABILITIES



Monthly News Letter

November 2023 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

Employee Engagement Program at Muskan Foundation



The Employee Engagement Program, organized by ARES Management in collaboration with the Muskan Foundation on November 2nd, 2023, aimed to introduce ARES employees to the mission and work of the Muskan Foundation, dedicated to supporting children with Multiple Disabilities. This valuable experience sensitized the 18 participating employees to the challenges faced by individuals with disabilities and promoted understanding and respect for their unique needs.

The program's success lay in achieving its goal of fostering empathy and awareness among employees. The hands-on activities with the children of the Muskan Foundation offered a heartwarming and enlightening experience, emphasizing the importance of inclusion and support for those with Multiple Disabilities.

The collaboration between ARES Management and the Muskan Foundation showcased the positive impact of corporate engagement in social causes, paving the way for continued support and awareness.



Open House

On November 4th, 2023, Muskan Foundation hosted an open day across its centers, extending a warm welcome to parents. During this event, teachers presented progress report cards and engaged in insightful discussions about each child's current goals while outlining plans for the upcoming term. The teachers offered valuable insights and recommendations for the optimal development of each child, which received positive feedback from the parents. Additionally, teachers addressed Diwali homework, introduced new activities, and shared effective strategies for achieving goals at home. This comprehensive interaction resulted in overall satisfaction among parents regarding their child's progress and the school's approach.



Diwali Party On November 9th, 2023, Muskan Foundation sparkled with festive joy as we hosted a vibrant Diwali party across our centers. The atmosphere was adorned with creativity, featuring beautifully decorated boards adorned with drawings, cutouts,



and colorful Kandils. Parents were warmly welcomed to join the festivities, creating a harmonious blend of family and community.

To add an extra dose of excitement, we organized games into categories, ensuring both children and parents could partake in the revelry. The musical chair competition proved to be a highlight, with spirited rounds for both individuals and parent-child duos, culminating in the jubilation of winners receiving 1st and 2nd prizes. The enthusiasm didn't stop there; our CP children and Mother-Toddler students also joyfully participated in a special round, earning well-deserved prizes.

Shifting the spotlight to our wonderful parents, a spirited 4-corner game facilitated socializing and laughter, fostering a sense of community among the participants. The night continued with lively dance performances by parents and even group dances, creating lasting memories.

Teachers, too, joined the fun with their own musical chair escapades, contributing to the overall joyous atmosphere. As the event concluded, snacks and gifts were distributed, marking the perfect ending to a Diwali celebration filled with laughter, games, and shared moments of joy. In summary, the Diwali party at Muskan Foundation was a resounding success, bringing together our extended family in the spirit of festivity and celebration.



Educational Visit On November 29, 2023, Muskan Foundation organized an



educational visit to a garden, offering a valuable opportunity for children to enhance their sensory, vestibular, and proprioceptive development. This excursion not only facilitated physical growth but also played a pivotal role in fostering socialization and communication skills among the students. The children explored the lush greenery of the garden and were captivated by mini replicas of

iconic world landmarks such as the Taj Mahal, Statue of Liberty, and the Eiffel Tower. Recreational facilities, including swings, slides, seesaws, and jungle gyms, added an element of joy to the experience. Walking barefoot on the grass allowed the students to connect with nature in a tactile manner. Furthermore, the visit served as a platform for parents to interact with each other, strengthening the sense of community. Both parents and students expressed genuine delight and appreciation for the opportunity to discover a new and enriching environment. The educational visit unfolded seamlessly, leaving a positive and lasting impact on all participants.

Sports Day for Differently Abled - by Concern India Foundation



On November 30, 2023, Concern India Foundation extended an invitation to Muskan Foundation's students to participate in the 'Sports Day for Differently Abled.' Various organizations joined this inclusive event. Fourteen students from Muskan

Foundation enthusiastically participated, showcasing their talents in two different types of races. Participants were categorized based on their disabilities, including cerebral palsy and low vision, and further grouped according to mild, moderate, severe, and profound disability levels. Remarkably, our students excelled and secured 1st and 2nd positions in the moderate level category. The event provided a wonderful opportunity for our students to socialize with peers from different backgrounds. They thoroughly enjoyed the event, displaying great enthusiasm in their performances.

Best practices for inclusive education - 24/11/2023 online mode

On November 24, 2023, Umeed Foundation conducted a workshop on 'Best Practices for Inclusive Education,' inviting participation from various organizations. Our teachers attended the online workshop, which focused on creating support for diverse learners and delved into what inclusive practices look like in classrooms. The workshop, facilitated by speakers Ms. Preeti, Ms. Tayzeem, and Ms. Seema, commenced with Ms. Preeti introducing the topic and explaining the fundamentals of inclusive practices. She elaborated on different ways to support the learning environment, such as providing predictability, suitable seating arrangements, maintaining the flow of sessions or activities, and avoiding sudden changes in the regular routine. Ms. Preeti emphasized initiating the inclusive education journey with a focus on accessibility, teaching and learning, and collaboration. She stressed that starting with 2 or 3 ways to support is crucial, and consistency is the key. The session concluded with an interactive Q&A, where the speakers addressed doubts raised by participants. Overall, the workshop was informative and engaging.



Jellow and POSH lecture



On November 25, 2023, Muskan Foundation organized a workshop in the first half focusing on the Jellow App. Ms. Shweta and Vidiya provided an orientation on how the Jellow application functions and highlighted its benefits. The application comes pre-loaded with several boards that aid our children in developing cognition and communication. Additionally, it allows the creation of new boards tailored to individual student needs, including the insertion of pictures related to daily life. After the orientation, the speakers provided a practical demonstration, and all teachers

downloaded the Jellow application, creating new boards. This session was informative, and interactive, and successfully addressed any doubts the teachers had.





Post lunch, the topic shifted to the POSH Act (Prevention of Sexual Harassment). Mr. John Sircar provided an orientation on what POSH entails, emphasizing the necessity of understanding how it works, particularly concerning women.

POSH primarily focuses on ensuring the safety of women in the workplace, and Mr. Sircar explained the key domains covered by this act. The session proved to be very informative and effective in raising awareness about the importance of the POSH Act.

Case Study of the month

Name of the Student: Shivam Raj Sirsat

Disability: - Intellectual Impairment

Age of the child: 8 years

Area of the development: Maths

Goal of Month- He will be able to solve before and after numbers 1 to 50 in a worksheet with verbal prompting.

Material: Navnirmit, flash card with object, counting object cards and worksheet
Area- : Maths

Beginning of the month: He was counting to 70 and also counting with objects till 50 independently.

Sessions: - Now Rohit can count the number with objects till 50 with verbal prompting.

End of the month: - Now he can do before and after numbers. missing number and dictation number till 50 independently.

Therapies and Activities

Vision Therapy

Name of the child: Pravin Harke

Disability: Cerebral Palsy + Visually Impaired

Area of Concern: poor ocular motor skills

Field loss: Right field loss

Goal: Tracking and scanning

When Pravin came for assessment:	With regular Vision Therapy Pravin can now:
1. He was not able to Track and scan light	1. He can be Tracking with light from left to right side.
2. During activity unable to use his hands	2. During the activity able to use his hands.
3. Latent response	3. Attention span improve
4. Attention not here.	4. Distance vision also improves
	5. He likes to see contrasting pictures.

Parental Guidance: The mother has taught at home to show contrasting pictures and talk about pictures.

Physical Therapy

Name of the child: Jishant saharaj

Disability: Cerebral Palsy

Area of Concern: Transitions, standing and walking

Goal: independent floor-to-stand transition, standing balance, and independently supported gait

When Jishant came for assessment:	With regular Physical Therapy Jishant can now:
1) Frequent falls	1) Falls have reduced
2) no independent standing	2) stands independently holding a support
3) No transition	3) independent in floor-to-stand transition holding a surface
4) not independent in walking	4) Walks independently in a parallel bar. Cruises independently holding a rod
5) No still sitting and attending to a toy	5) Sits for 5 minutes and attends to play

Parental Guidance:

Home Program taught. The importance of therapies, medications, splints, weighted jackets and schooling is explained

Speech Therapy

Name of the child: Anshu Yadav

Disability: speech difficulty

Area of Concern: speech and language development

Goal: Expressive language development

When Anshu came for assessment:	With regular Occupational Therapy Anshu can now:
1)He was unable to frame the sentences 2) Unable to read English language 3) grammatical errors were present 4) some consonants were affected.	1)Able to frame sentences during conversation 2) Started to read English during the session. 3) Speech clarity is developing 4) Self-confidence is developing during conversation with others. 5) Expressive language is developing.

Parental Guidance:

The father has been taught different strategies to develop language and communication. Also advised to read aloud small story books with intonation pattern during study time and the same is being done at home by father.

Occupational Therapy

Name of the child: Rutvik Pethe

Disability: Autism Spectrum Disorder

Area of Concern: Sensory Seeking (mainly tactile and vestibular)

Goal: Reduce Sensory Seeking to improve attention on the current task.

When Rutvik came for assessment:	With regular Occupational Therapy Rutvik can now:
<ol style="list-style-type: none">1. Had a habit of continuous rubbing of fingers.2. Flapping was present.3. Touches all objects and textures around him so unable to focus on the activity.4. Standing up repeatedly or rocking during activity.	<ol style="list-style-type: none">1. Work on the current task without rubbing fingers.2. Does not deviate from the activity to touch objects around him3. Able to sit down till the activity is completed without standing up or rocking.

Parental Guidance:

1. The mother has been shown how to use different textures to rub on her hands and body to reduce tactile seeking.
2. Using different grains, atta dough, sand, and household items in boxes to allow him to explore.
3. Regularly visit the garden- swings, and slides and walk on pillows for vestibular inputs.

HELP US CHANGE A STORY

When Bhavyam Deepak Gupta first embarked on his journey with Muskan Foundation, he faced formidable challenges associated with Global Development Delay and Cortical Visual Impairment at the tender age of 1 year and 9 months. His initial assessment revealed difficulties in tracking, scanning, and neck holding—a combination of obstacles that seemed insurmountable.

With the implementation of a consistent and dedicated Vision Rehabilitation Program, Bhavyam's progress has been nothing short of remarkable. During the early stages, he struggled to engage in tracking and scanning activities, and neck holding was a significant challenge. However, through the persistent efforts of the Vision Therapy team and the unwavering support of his parents, Bhavyam has undergone a transformative journey.

Presently, Bhavyam has made substantial strides in his visual abilities. He can now engage in tracking activities, albeit with some assistance, and has gained significant improvement in neck holding. The progress signifies not only his growing physical strength but also a heightened level of engagement with his surroundings.

Crucially, Bhavyam's parents, particularly his mother, have played a pivotal role in this journey. Taking inspiration from therapy sessions, she has seamlessly integrated therapeutic activities into their home routine. Her commitment to Bhavyam's development has been instrumental in the positive changes witnessed.

This narrative is a testament to Bhavyam's determination, the efficacy of Vision Therapy, and the collaborative efforts of both his family and the dedicated team at Muskan Foundation. Bhavyam's story serves as a beacon of hope and inspiration, showcasing that with perseverance, guidance, and a supportive community, even the most challenging journeys can lead to remarkable achievements.

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.

CLICK ON: <https://rzp.io/l/Vr7KhNQ>

Help us to spread Muskan on our children's faces. Donate Now

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