

**MUSKAN FOUNDATION FOR PEOPLE
WITH MULTIPLE DISABILITIES**
Monthly News Letter



October 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

Cerebral Palsy Day

An awareness Program on Cerebral Palsy was conducted on 6th October 2023. It was a well-attended session by the Anganwadi workers. The session was conducted by center heads and special educators of the centers. It was an enlightening session where all the relevant information regarding Cerebral Palsy was explained with the help of a PPT.



The PPT explained the meaning of Cerebral Palsy, its causes, characteristics, types of Cerebral Palsy, types of motor-associated conditions, care and prevention as well as management of the condition. It was an interactive session and all the queries that the Anganwadi workers had were solved satisfactorily. The Anganwadi workers were happy and satisfied with the information provided and promised to refer children from their locality. Muskan Foundation People with Multiple Disabilities provided a checklist to



those present to make it easier to identify children in their area. Pamphlets giving information about the Muskan Foundation were distributed.

Fun Day on October 7th, 2023, the community of Kala Nagar in Bandra East came together for a delightful Fun Day Celebration in honor of Dipti Madam's birthday. This special occasion brought together teachers, administrative staff, and paraprofessionals from the center to commemorate a remarkable individual. The day was filled with an atmosphere of joy, as participants engaged in fun games, shared laughter, and strengthened their bonds of camaraderie.



A highlight of the celebration was the sumptuous lunch spread, which was savored by all, adding to the warmth and joy of the occasion. Dipti Madam's birthday celebration became a memorable and heartwarming day, not only marking the passage of time but also the spirit of togetherness and appreciation within the community. It was a day of merriment and reflection, celebrating the essence of friendship and the cherished moments shared among the dedicated individuals who contribute to the center's success.

White Cane Day

An impactful awareness program was organized on White Cane Day across the various centers of Muskan. The event saw dedicated preparation from all the teachers involved, ensuring its success. College students and passersby on the road were educated about the significance of the white cane, including who utilizes it and how to assist someone using a cane. This initiative not only raised



awareness about visual impairments but also promoted a more inclusive and empathetic community.

In addition to the white cane, attendees were introduced to other vital aspects of accessibility, such as Sign Language and Braille, further emphasizing the importance of communication and



education for those with visual or hearing impairments. The use of Simulation glasses provided a unique insight into the challenges faced by individuals with visual disabilities, fostering a deeper understanding and empathy among all participants. This comprehensive awareness program served as a stepping stone towards a more inclusive and compassionate society, where everyone's needs and abilities are acknowledged and respected.



Dussehra Celebration



On the 23rd of October 2023, a vibrant Dussehra Celebration took place at the Muskan Foundation, bringing together children, students, and parents for a memorable event. The festivities began with a heartwarming act of nurturing life, as children planted mixed grains and diligently watered the plants for eight days, witnessing the beautiful growth of these seeds into green saplings.

A puja ceremony was conducted, adding a spiritual and auspicious touch to the occasion. The creative spirit shone as some students enthusiastically colored dandiya sticks, while others adorned them with beautiful decorations. Following an insightful understanding of the significance of Dussehra, all participants, including students and parents, joyfully engaged in the traditional folk dance, Garba, filling the air with the vibrant colors and rhythms of this lively celebration. The event was a testament to the spirit of togetherness, learning, and enjoyment, where everyone, both young and old, reveled in the festivities, creating lasting memories and strengthening the sense of community.



Red Flag event



A Red Flag event was held at Sanmitra Vidyalaya, Goregaon East, on the 27th of October 2023. This event garnered significant participation from Sanmitra teachers, with 10 teachers and the school principal actively engaging in the session.

The event proved to be an enlightening and informative experience. It featured a comprehensive presentation, where all the pertinent details regarding the Muskan Foundation and its services were provided. The PowerPoint presentation elaborated on various aspects, such as the meaning of low vision and blindness, their causes, characteristics, types of visual impairments, and associated conditions. It also delved into the concept of slow learners and effective teaching methods for their care and development. Additionally, the presentation covered aspects of prevention and management of visual impairments.



The teachers in attendance found the session highly informative and expressed their commitment to integrating the knowledge gained into their classroom practices. This event served as a valuable platform for sharing essential information and fostering a deeper understanding of visual impairments, aligning with the Muskan Foundation's mission of creating a more inclusive and informed educational community.

MAPP- Warli Painting

The 3rd MAPP Activity took place at Bandra Kala Nagar Hall on the 28th of October 2023. The session focused on skill-based and engaging content. Amruta, the resource person, guided participants in creating Warli Paintings using a simple yet captivating approach. Parents were





actively involved in the activity, and their enthusiasm was palpable as they enthusiastically displayed their creativity.

The workshop brought immense joy to the parents, and their excitement was evident throughout the session. With Amruta's guidance, they successfully crafted beautiful Diwali greeting cards, adding a personal touch to their celebrations. This event not only

promoted artistic expression but also fostered a sense of community and shared creativity among the participants, making it a memorable and enriching experience.

Understanding challenging Behaviour in the classroom

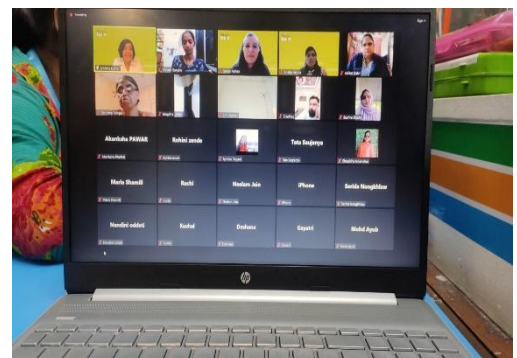
On the 5th of October 2023, the Umeed Foundation organized a webinar titled "Understanding Challenging Behaviors in the Classroom." This insightful session provided valuable insights into identifying and comprehending challenging behaviors. Participants were introduced to the ABC technique, which aids in understanding the antecedents, behaviors, and consequences of these behaviors, along with effective strategies for managing them in a positive manner.



The webinar also shed light on the distinction between emotions and behavior, offering a clear understanding of this crucial differentiation. The session was not only interactive but also highly informative, equipping educators and participants with essential tools to address and manage challenging behaviors in the classroom effectively.

Understanding Cerebral Palsy

On the 20th of October 2023, the Umeed Foundation conducted an online workshop focusing on "Understanding Cerebral Palsy." Renowned experts, namely Dr. Anaita Hegde, Jyotsna Kumar, and Darshana Ramgiri, provided comprehensive insights into Cerebral Palsy. The workshop covered essential aspects, including the types and causes of CP, associated conditions, effective strategies for handling CP students, and the significance of proper sitting posture.



A key highlight of the workshop was the introduction and explanation of the "six F words" - Functioning, Family, Fitness, Friends, Fun, and the Future of Child Development. This information-packed session not only enhanced understanding but also equipped participants with valuable knowledge for supporting individuals with Cerebral Palsy, reinforcing Umeed Foundation's commitment to education and awareness in the field.

Understanding challenging behaviors in the classroom 05/10/2023 (Online mode)



On the 5th of October 2023, the Umeed Foundation organized an online workshop titled "Understanding Challenging Behaviors in the Classroom." Ms. Preeti and Dipti expertly oriented the participants, providing insights into the nature of behaviors and elucidating the distinction between emotions and behaviors. Following a fruitful discussion, Ms. Preeti delved into the components of behaviors, introducing the ABC technique.

The participants expressed satisfaction with the answers provided, highlighting the interactive and informative nature of the session. This workshop served as a valuable platform for enhancing understanding and equipping educators with effective strategies for managing challenging behaviors in the classroom, aligning with Umeed Foundation's commitment to fostering a supportive and inclusive learning environment.

Case Study of the month

Name of the Student: Shivam Raj Sirsat

Disability: - Autism Spectrum Disorder

Age of the child: 7 years

Area of the development: Identifying fruits with their colors verbally. (Apple – Banana; Red – Yellow)

Goal of Month- Cognition

Material: peg board, real fruits, flashcards

Beginning of the month: Shivam was first shown a fruit peg board, fruit flashcards, fruit 3D model, and colour flashcards.

Sessions: - Shivam with regular sessions fruit peg board, fruit flashcards, and colours flash cards we showed real fruits (Apple, Banana) to Shivam to match the real fruits with fruit peg boards and fruit flashcards also he identified the colours of the fruits with colours flashcards.

End of the month: - Now Shivam can identify apple and banana fruits independently also he can identify the colours of fruits red and yellow via finger pointing and verbally.

Case Study of the Month

Name of the child- Keshavi More

Disability: Global Developmental Delay + Low Vision + Delay Speech.

Age of the child: 4 years.

Area of development: Communication Skills.

Goal of the Month: Greeting Words.

Beginning of the month: Just Smiling Gesture.

Session - She is able to raise her hand & replying with a smiling gesture. She started giving bite of verbal replies with different gestures.

End of the month: She started giving verbal replies with different gestures & Giving reply to peers & others (Hii, Hello, Achi hu)

Therapies and Activities

Vision Therapy

Name of the child: Aswin Bhavanthade

Disability: Cerebral Palsy + Visually Impaired

Area of Concern: poor ocular motor skills

Field loss: peripheral field loss

Goal: Visual Discrimination

| When Aswin came for assessment: | With regular Vision Therapy Aswin can now: |
|---|---|
| Tracking and scanning very poor He was not using hands socialisation and communication is poor | <ol style="list-style-type: none">1. Now Aswin has improved tracking and scanning. Socialization improve now he understands give and take command2. He discriminates object with help of teacher |

Parental Guidance: Mother has been taught how to make object book and how to use at home.

Physical Therapy

Name of the child: Sashank Saharaj

Disability: Encephalopathy, delayed milestone

Area of Concern: Dynamic standing balance

Goal: Single leg Stance, jumping, hopping

| When Sashank came for assessment: | With regular Physical Therapy Sashank can now: |
|--|---|
| 1) Frequent falls 2) poor standing dynamic balance 3) no single stance 4) Poor dynamic balance in walking 5) No staircase climbing | 1) Falls have reduced to once in a while if unattentively 2) stands independently on tilt board and trampoline 3) Kicks with either leg 4) Does obstacle course independently 5) Ascends and descends staircase |

Parental Guidance:

Home Program taught. The importance of therapies, medications, and schooling explained

HELP US CHANGE A STORY

When Aryansh first visited Muskan Foundation, he faced challenges in tracking, scanning, and making eye contact. His responses were limited, and progress seemed distant. However, with dedicated Vision Therapy and the unwavering support of his parents, Aryansh's journey took a positive turn. He gradually started responding, and the once-elusive eye contact became more frequent—his ability to track and scan improved significantly, especially when guided physically and verbally. Aryansh's mother played a pivotal role in his progress, taking an active role in the therapy activities at home. Her commitment and collaboration with the therapy team have been instrumental in Aryansh's remarkable development. This story highlights Aryansh's incredible determination and the collective efforts of his family and the Vision Therapy team at Muskan Foundation, offering hope and inspiration to others facing similar challenges.

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

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

Bandra: +91 9930386115

Goregaon: +91 7506094898

BJ Wadia Hospital: +91 8657205174

Hume School: +91 9930385114

MGM Hospital: +91 9930386610

Kalyan: +919930386711