

MUSKAN FOUNDATION FOR PEOPLE WITH MULTIPLE DISABILITIES



Monthly Newsletter

December 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

International Day of Persons with Disabilities

On December 5th, 2023, Muskan Foundation joyously celebrated the 'International Day for Persons with Disabilities,' inviting various schools to join in the festivities centered around 'Diversity, Equity, and Inclusion.' The event commenced with a symbolic lamp-lighting ceremony, followed by the felicitation of esteemed judges. Gratitude was expressed to all participants and the attentive audience.



Dr. Dipti Gandhi, CEO, and founder of Muskan Foundation, inaugurated the program with an enlightening speech on the theme 'Diversity, Equity, and Inclusion.' Three competitions – Drawing, Elocution, and Fashion Show – were organized, all revolving around the same theme.



For the Drawing competition, participants from St. Thomas, Sanmitra High School, Hume School, Mahatma Gandhi School, SGT School Kamothe, Subhedarwada School, Saraswati Vidyalaya, Purshottam High School, and Blossom School showcased their artistic talents. Judges for the Drawing competition included Mr. Sanjay Gandhi, Mr. Sagar Mohapatra from ACG Cares Foundation, Mr. P. S. Burde, and Mr. Raghav Chawla from Ares Management.

Elocution saw participants from St. Thomas, Sanmitra High School, Hume School, Mahatma Gandhi School, SGT School Kamonte, Subhedarwada School, Saraswati Vidyalaya, and Purshottam High School. The judging panel for Elocution comprised Mr. Dhairya Tanna from Ares Management, Mr. Tushar, and Mrs. Asha Kumar



The Fashion Show featured students from all six centers of Muskan Foundation and participants from Sadaphuli, Helen Keller, Arushi, Sahayogini, National Association for the Blind (NAB), Priyanj School, Jai Vakeel, and Kamla Mehta from locations like Kalyan, Bandra, Byculla, Panvel, and Goregaon. Judges for the Fashion Show were Mr. Pinkesh Kapadia, Mrs. Anjani Jhunjunwala from Ares Management, Mr Rajnandini from HDFC Credila



Following the spirited competitions, prize distribution ceremonies recognized the outstanding performances with 1st, 2nd, 3rd, and consolation prizes. The festivities concluded with a delightful snacks' session, fostering a vibrant and enthusiastic atmosphere among all participants. The event, marked by energy and inclusivity, showcased the collective spirit of celebration and support within the Muskan Foundation community.

Sports day

On the 8th of December 2023 in Kalyan, followed by the 14th in Panvel, the 13th in Goregaon West, and concluding on the 16th at Wadia Hume, Muskan Foundation orchestrated a vibrant Sports Day across all six of its centers. The event commenced at 8 am and wrapped up by 1 pm, witnessing enthusiastic participation from both students and parents alike.



Structured to cater to the diverse needs of our students, we organized different categories based on their special requirements and age groups. Early intervention activities were tailored to specific age brackets, while hyperactive students engaged in games suited to their energetic nature. Similarly, students with Cerebral Palsy were provided with games that aligned with their abilities and strengths.

The individual participation of most students, supported by cooperative and understanding parents, added to the success of the event. The delicious snacks provided were enjoyed by all, creating a cheerful atmosphere. Winners of the games were felicitated with 1st, 2nd, and 3rd prizes, adding a sense of achievement and encouragement.



Overall, the Sports Day proved to be a resounding success, thanks to the energetic efforts of our dedicated teachers and the collective spirit of joy and participation that reverberated throughout the event.

Christmas Celebration

On December 22nd, 2023, Muskan Foundation joyously celebrated the Christmas festival across its respective centers, bringing together our students and their parents for a heartwarming event. The festivities began with the children adorning our Christmas tree and creating a Christmas crib, providing them with a hands-on understanding of the festive traditions.



To enhance the festive atmosphere, we embraced a red cloth theme, immersing our students in the traditional colors synonymous with the Christmas festival. Following the conceptual activities, all students were gathered to meet and be introduced to the jovial figure of Santa Claus.



The Christmas party commenced with the melodic tunes of Christmas songs, creating an atmosphere of joy and merriment that resonated with all the children. A variety of snacks were provided, delighting the young ones and adding to the overall festive cheer. The happiness and enjoyment radiating from the faces of all the kids illustrated the success of our Christmas celebration, fostering a sense of togetherness and celebration within the Muskan Foundation community.

Inauguration of Toy Library

On December 22, 2023, a significant milestone was reached as we inaugurated our Toy Library at Muskan Foundation, exclusively designed for students of Muskan. During the inauguration, we detailed the fee structure and outlined the fundamental rules for accessing these enriching activities.



Our aim is not only to provide a space filled with toys but also to emphasize how these activities contribute to the educational development of our students at home. We elucidated how parents can make the most of these resources to enhance their child's learning experience. Teachers actively engage with parents, offering personalized suggestions on which activities are most beneficial for their children.

Each respective teacher passionately communicated to parents about the myriad benefits of the toy library, emphasizing its role in supporting the achievement of Individualized Education Program (IEP) goals. We are pleased to share that, inspired by this initiative, some parents have already enrolled their children in the toy library program. This step forward marks our commitment to providing comprehensive and engaging educational support for the holistic development of our students.



Teacher Training

On December 26th and 27th, 2023, Muskan Foundation orchestrated an insightful Buddy Training program across all six centers. Each center delivered compelling presentations on diverse topics, contributing to a deeper and more nuanced understanding of disabilities.



On the first day, the Bandra center shed light on Career Education, Recreation, and Leisure, offering valuable insights into effectively utilizing a child's free time in activities they cherish. Panvel center focused on autism spectrum disorder, providing an introduction and guidance on identifying autism in children with visual impairments.

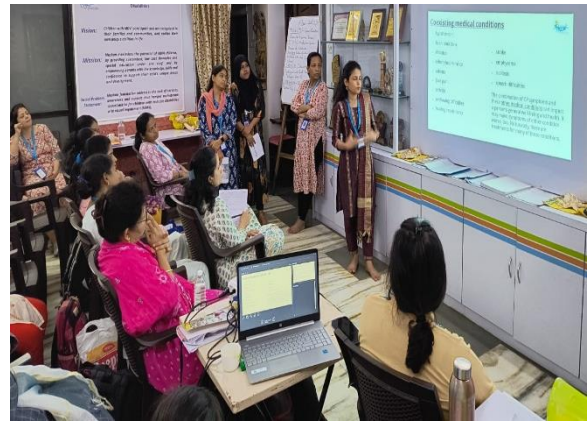


The Goregaon team, on the other hand, delved into Intellectual, Psychological, and Social Development, elucidating the intricate aspects of human cognitive, emotional, intellectual, and social capabilities. Simultaneously, Wadia's Team 1 addressed The Adult with

Cerebral Palsy, offering insights into the use of assistive devices, adaptive equipment, computer skills, and various strategies tailored to their needs.

The second day continued with equally engaging presentations. Hume School covered An Overview of Early Child Development, detailing medical problems associated with

Cerebral Palsy, including symptoms, causes, and treatments. Wadia's Team 2 tackled the topic of Challenging Behavior, exploring the distinctions between communication and behavior, accompanied by discussions on real-life cases encountered during sessions.



The informative session on Hemiplegia, Diplegia, and Quadriplegia provided a comprehensive understanding of how these conditions affect different body parts and the challenges faced by children with physical limitations.

The presentations not only proved to be interesting but also enriched our collective knowledge, fostering a more profound comprehension of disabilities among our dedicated team at Muskan Foundation.

ESRM

On December 28th and 29th, 2023, Muskan Foundation brought together all six centers, paraprofessionals, and counselors for a collaborative initiative, the 'Experience Sharing and Review Meeting.' Each center passionately presented their individual experiences, insights, and achievements.



The ESRM sessions provided a comprehensive overview of the center presentations. Dr. Dipti Gandhi, our founder director, offered valuable suggestions, positive feedback, and guidance for refining and enhancing future presentations. Not only did the teachers, paraprofessionals, and counselor share strategies, but Dr. Dipti Gandhi also



contributed insights on overcoming various challenges and provided positive guidance for effective coordination with parents.

The gathering served as a platform for all six centers to discuss their reviews, highlight key learning points, showcase new practices, and establish goals for the upcoming term. The exchange of ideas not

only enhanced collaboration but also fostered a more profound sense of socialization among the various centers.

The overall atmosphere was positive, emphasizing a culture of sharing and learning. Dipti Ma'am facilitated a Maypole Meditation activity for mind relaxation, contributing to stress reduction and promoting a serene environment. The activity garnered active participation from all centers, and each shared their unique perspectives, contributing to a holistic and enriching learning experience.



Case Study of the month

Name of the Student: Ahi Amit Patayane

Disability: - Autism Spectrum Disorder

Age of the child: 10 years

Area of the development: Cognition

Goal of Month- She will be able to identify colours with different types of material with verbal and physical promoting.

Material: - 3D Object, flash card, fishing activity, photo and video

Beginning of the month: She was doing peg board activity.

Sessions: - She identifies and matches colour with maximum help.

End of the month: - She can identify and match colour with minimum verbal help. She can match and identify colours with picture to Objects.

Therapies and Activities

Vision Therapy

Name of the child: Vishal Satish Pawar

Disability: Global Development Delay+ Nystagmus

Area of Concern: poor ocular motor skills

Field loss: Lower field loss

Goal:To track and scan light source

When Vishal came for assessment:	With regular Vision Therapy Vishal can now:
<ol style="list-style-type: none">1. He was not able to Track and scan light2. During activity unable to use his hands3. Latent response4. Attention not here.	<ol style="list-style-type: none">1. He can be Tracked with light from left to right side.2. During the activity able to use his hands.3. Attention span improve4. Distance vision also improves5. He likes to see contrasting pictures.

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

Physical Therapy

Parental Guidance:

Name of the child: Bhargav Dhale

Disability: Cerebral Palsy

Area of Concern: Dynamic standing and walking balance, staircase

Goal: improved standing and walking balance, independent staircase

When Bhargav came for assessment:	With regular Physical Therapy Bhargav can now:
1) No transitions	1) Independent in all transitions
2) no independent standing	2) stands independently
3) No walking	3) walks independently
4) poor balance	4)kicks the ball, plays catch and throw in standing
5) No cruising	5)Cruises independently
6) No staircase	6) Does staircase independently hold the railing

Parental Guidance:

Parents have been explained on the Home Program as well as the significance of Schooling, therapies, medications, and splints.

Speech Therapy

Name of the child: Keshavi Sarojini

Disability: Global Developmental Delay

Area of Concern: speech and language development

Goal: Oro- motor development

When Keshavi came for assessment:	With regular Speech Therapy Keshavi can now:
1)Her oral muscles was very weak. 2) vegetative functions were not developed. 3) chewing pattern was not developed 4) lip movements were not developed. 5)Tongue movements were not developed.	1)Her oral area is desensitizing 2) chewing pattern is developing. 3) tongue movements are developing during feeding. 4) Has begun to occasionally utter words like "mama."

Parental Guidance:

The mother has learned oro-motor exercises to enhance vegetative functions, and she is actively practicing them at home.

Occupational Therapy

Name of the child: Abhishek Gladson

Disability: Autism Spectrum Disorder, Attention Deficit Hyperactivity Disorder

Area of Concern: Sensory seeking -Vestibular and Tactile

Goal: Reduce seeking to improve attention span up to 10 minutes

When Abhishek came for assessment:	With regular Occupational Therapy Abhishek can now:
<ol style="list-style-type: none">1. He could not pay attention for more than 5 minutes.2. Unable to follow command in one turn.3. Rocking and other forms of seeking by asking for activities like jumping and swinging.4. Playing with fine objects in hands and touching all surfaces and people.	<ol style="list-style-type: none">1. Able to focus on commands in one turn.2. Able to pay attention to an activity for 10 minutes.3. Reduced vestibular seeking and improved sitting tolerance.4. Recognizes and uses self-regulatory techniques for tactile seeking using texture boards and cups.

Parental Guidance: Parents have been provided with an explanation of what a sensory diet is and its importance for the child. This includes regular park visits, sit-ups, and handstands. Tactile-seeking activities with various sensory textures are recommended to be incorporated three times a day.

HELP US CHANGE A STORY

When Vishal first stepped into the warm embrace of the foundation, his struggles were evident – poor tracking, difficulty scanning, and a constant battle with neck holding. However, the team at Muskan Foundation saw beyond the challenges and envisioned a path to unlock Vishal's hidden potential.

The journey began with the initiation of a regular vision rehabilitation program, tailored to address Vishal's specific needs. The first milestone on this path was tracking improvement. Initially, Vishal faced an uphill battle, showing little to no progress. Yet, with the dedicated efforts of the therapy team, Vishal began to actively engage in tracking activities. His eyes followed lights and objects with a newfound precision, showcasing remarkable improvement.

Neck holding was another mountain to conquer for young Vishal. His struggles with neck control impacted his overall mobility. However, through perseverance and the guidance of the rehabilitation program, Vishal not only conquered neck holding but displayed improved control. This triumph not only enhanced his motor skills but also opened doors to a world of newfound possibilities.

As Vishal continued his journey, a significant transformation unfolded – independence in activities. In the beginning, he relied on assistance to navigate through various tasks. Today, Vishal is a beacon of growing independence, requiring less help and actively participating in therapeutic activities. His progress was nothing short of extraordinary, a testament to the power of resilience and structured intervention.

The impact of Vishal's success story extended beyond the walls of Muskan Foundation. At the core of this transformation was the unwavering commitment of his mother. She became an integral part of Vishal's rehabilitation journey, diligently incorporating therapy techniques into their daily routine. Every corner of their home turned into a classroom, every activity into a learning opportunity for Vishal.

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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