

# MUSKAN FOUNDATION FOR PEOPLE WITH MULTIPLE DISABILITIES



## Monthly Newsletter

January 2024 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

### Makar Sankranti Celebration

On January 11, 2024, we joyously celebrated Makar Sankranti at our school. The day was filled with vibrant activities, as we engaged in kite colouring and crafting with our students. During the celebration, we introduced them to the concept of creating Tilgud laddus, Harabhara, and Gud (jaggery), as well as Sakhar Bhutan. We encouraged them to exchange greetings and share the festive spirit.



As part of the tradition, while distributing the laddus, we said, "Till gud ghya, God God bola." This beautiful moment took place during our school session's circle time, providing a sense of community and togetherness.

Participating in this event allowed our students to socially interact within society, fostering a sense of unity and cultural awareness.

The celebration's highlight was the kite flying activity, where students thoroughly enjoyed themselves. This engaging activity not only stimulated their senses but also infused them with enthusiasm and happiness. Makar Sankranti Celebration was indeed a memorable and enriching experience for all involved.

## Braille Day

On January 10, 2024, Muskan Foundation experienced a heartening celebration of World Braille Day across all six of our centers. The event, designed as an awareness program, engaged Muskan's parents in the significance of Braille education.

During the celebration, we introduced students from various schools and colleges to essential

Braille tools such as the Brallier, braille slate, stimulation glasses, and cane. Additionally, we demonstrated crucial Orientation & Mobility techniques. To enhance understanding, we prepared an informative presentation outlining the significance of World Braille Day.



Following the presentation, we conducted practical one-on-one sessions with the students. This interactive approach allowed for a deeper exploration of Braille, with students posing questions and receiving clarification on any doubts they had.

The event proved to be not only informative but also highly effective and successful. It was a meaningful opportunity to foster awareness and understanding of Braille. When people are educated about Braille, they become advocates for accessibility and inclusion.

They are more likely to support initiatives that promote the rights and well-being of individuals with visual impairments. Also, it will create a society that values diversity and accessibility.

## Students Picnic

On January 12, 2024, Muskan Foundation organized a delightful picnic for students and parents across all six centers. The picturesque Nisarg Resort in Virar served as our destination for the day's festivities.



From the moment of departure to our safe return, the picnic was executed flawlessly, ensuring a smooth and enjoyable experience for all participants. Students and parents alike reveled in the day's activities, finding joy in every moment.



At the resort, students immersed themselves in sensory experiences, particularly enjoying the swings, play area, and swimming pool. The thrill of riding slides and partaking in a rain dance provided an exciting opportunity for students to explore concepts of wetness and dryness.

Throughout the day, everyone happily indulged in morning snacks, lunch, and



evening tea, fostering a sense of camaraderie as they shared their meals. A photo session captured cherished memories, serving as a memento of the day's festivities.

As the day came to a close, it was evident that the picnic

had been a resounding success. Students had a blast interacting with their peers, and parents expressed their gratitude for the safe and joyful experience provided by Muskan Foundation.

## Ram Pran Pratishtha Ceremony



On January 23, 2024, Muskan Foundation celebrated Ram Pran Pratishtha at the center. The day was dedicated to imparting the concept of Ram Pran Pratishtha to all our students through engaging activities.

To initiate the celebration, we gathered all the students and introduced them to the essence of Ram Pran Pratishtha through captivating photos and videos. The students eagerly explored these visual aids, deepening their understanding of the significance of the event.

Following this, we showcased a beautifully arranged Puja thali, complete with kumkum, rice, Diya, flowers, and sweets. Encouraging active participation, students adorned themselves in the costumes of Ram and Sita, creating a vibrant and festive atmosphere. Memorable pictures were captured, showcasing the joy and enthusiasm radiating from our students.



The event not only provided a platform for cultural enrichment but also facilitated socialization among the students. Their active participation and enjoyment throughout the celebration were truly heartening.

We extend our gratitude to everyone involved in making this event a success and contributing to the holistic development and happiness of our students.

## Republic Day Celebration

Muskan Foundation celebrated Republic Day with patriotic fervor on January 25, 2024. The center organized a special event, encouraging students to dress up as iconic freedom fighters like Mahatma Gandhi, Bharat Mata, Lokmanya Tilak, and Ram Prasad Bismil Khan. Each participant infused the celebration with a unique essence of national pride.



Teachers utilized the occasion to impart knowledge about the significance of colors, smells, and the Indian flag, sharing a brief four-line overview of Republic Day. A hands-on activity had children crafting the Indian flag with green leaves, orange, and white flowers, adding vibrant hues to the festivities.

The main event featured the proud hoisting of the Indian flag, with enthusiastic parent participation. Students, adorned as freedom fighters, delivered a patriotic dance performance. Following cultural festivities, snacks were distributed, fostering a sense of communal celebration.



The entire Republic Day event unfolded seamlessly, leaving lasting memories and a deepened appreciation for India's history and values. Gratitude is extended to everyone involved for making it a truly memorable experience at Muskan Foundation. Teacher Training

## Satya Narayan Puja

On January 26, 2024, Muskan Foundation orchestrated a Satya Narayan Puja, bringing together all centers at the Bandra center for this auspicious occasion. The puja commenced with active participation from all teachers, each playing a vital role in ensuring the smooth execution of the ceremony.

Taking on various responsibilities, the teachers worked harmoniously to create a seamless and spiritually enriching environment. Following the puja rituals, all staff members participated in the



aarti, seeking blessings individually. Teachers then distributed Prashad, sharing the sanctity of the occasion with everyone present.



The day concluded with a delightful and sumptuous lunch, fostering a sense of community and togetherness among the participants. The Satya Narayan Puja at Muskan Foundation unfolded flawlessly, creating a spiritually uplifting experience for all involved.

## MAPP Activity

On January 27, 2024, Muskan Foundation organized its 4th MAPP activity, Allergy and Children with Disabilities. Dr. Shilpa Nayak, the founder of ASTHMA & ALLERGY Clinic, Andheri west, led the session and addressed our parents. The informative session covered various aspects, including types of allergies, preventive measures, and valuable suggestions.



Dr. Shilpa patiently clarified queries from parents, ensuring a thorough understanding of the topic. The impact of the session was evident as parents expressed positive feedback. They found the information highly useful for their daily lifestyles and believed it would aid in identifying potential allergies in their children.

The overall response to the MAPP Activity was extremely positive, with parents appreciating the valuable insights and knowledge shared during the session. Muskan Foundation remains committed to conducting impactful and beneficial activities for the well-being of our community.



## Open House

On January 27, 2024, Muskan Foundation held an Open House event across all our centers, providing a valuable opportunity for parents to engage with the educational progress of their children. Teachers actively participated in the event by sharing detailed progress report cards with the parents. The Open House was a platform for constructive discussions, allowing parents to gain insights into their child's academic and overall development. We appreciate the active involvement of parents and the collaborative efforts in ensuring the best for our students. The event reinforced our commitment to transparency and fostering a strong partnership between educators and parents.



## Case Study of the Month

**Name of Student-** Tahniyat Khan

**Age-** 16 years

**Disability-** Visual Impairment

**Area of Development** - Number Writing on Abacus

**Goal of the Month-** she will be able to write 2digit number on Abacus independently

**Material:** Abacus, Cards & Braille Slate and Stylus

**Beginning of the month:** - She has learned to handle Abacus. And learned to arrange the number of Abacus with minimum physical and verbal prompts

**Sessions:** - She was able to write 1 digit number on Abacus with minimum verbal prompt

**End of the month:** - She could write 2 digit numbers on Abacus by following the teacher's instruction independently



# Therapies and Activities

## Vision Therapy

**Name of the child:** Vaibhav Gada

**Disability:** Intellectual Disability + Visual Impairment

**Area of Concern:** poor perception skills

**Field loss:** Right field loss

**Goal:** Enhance visual memory

<b>When Vaibhav came for assessment:</b>	<b>With regular Vision Therapy Vaibhav can now:</b>
<ol style="list-style-type: none"><li>1. He can track and scan</li><li>2. He was unable to do visual memory</li><li>3. Has lower field loss</li><li>4. Poor depth perception</li></ol>	<ol style="list-style-type: none"><li>1. He can track left to right and up to down</li><li>2. He can memorise 3 objects when visually presented before him visual memory with 3 Objects</li><li>3. Depth perception improving</li><li>4. He likes to do activities</li></ol>

**Parental Guidance:** The mother has been taught to take memory activities at home.

## Speech Therapy

**Name of the child:** Keshav Nagur.

**Disability:** Global Developmental Delay

**Area of Concern:** Speech and language development

**Goal:** to develop vocabulary and receptive language

<b>When Keshav came for assessment:</b>	<b>With regular Speech Therapy Keshav can now:</b>
<ol style="list-style-type: none"><li>1. He was unable to use his facial muscles for oral movements.</li><li>2. Receptive language was not developed.</li><li>3. Eye contact was poor.</li><li>4. Only some gestures were present for communication.</li></ol>	<ol style="list-style-type: none"><li>1. His vocabulary is developing.</li><li>2. Started to speak 5-6 words meaningfully.</li><li>3. Speech clarity is developing.</li><li>4. Receptive language is developing through simple verbal instructions.</li><li>5. Started to repeat words after the teacher.</li></ol>

**Parental Guidance:**

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

## Physiotherapy

**Name of the child:** Rajeshree Ghosvi

**Disability:** Delay milestone

**Area of Concern:** Trunk, core muscle

**Goal:** hand and eye coordination, different types of objects hold, crunches, weight-bearing, sitting,

<b>When Rajeshree came for assessment:</b>	<b>With regular Physiotherapy Rajeshree can now:</b>
<ol style="list-style-type: none"><li>1. she is not able to sit</li><li>2. she is not to hold the object</li><li>3. she is not able to transfer object</li><li>4. she is not cooperative</li><li>5. she is not able to eye contact</li><li>6. Sitting is challenging for her.</li><li>7. Holding objects poses difficulty for her.</li><li>8. Transferring objects from one hand to the other is a struggle for her.</li><li>9. She lacks cooperation during the assessment.</li><li>10. Establishing eye contact proves to be difficult for her.</li></ol>	<ol style="list-style-type: none"><li>1. she can sit</li><li>2. she can hold object and release</li><li>3. she can transfer of an object</li><li>4. now she's cooperative</li><li>5. able to make slight eye contact</li></ol>

**Parental Guidance:** Parents were provided with guidance on the Home Program, which included explanations and instructions on posture awareness, positioning, proper diet, and sensory training to be implemented at home.

## HELP US CHANGE A STORY

When Siddharth first joined Muskan Foundation, he was a vibrant 6-year-old facing the challenges of autism spectrum disorder and attention deficit hyperactivity disorder. His journey began with difficulties in cognition, specifically in color matching.

At the start of the month, Siddharth engaged in scribbling activities with the guidance of teacher verbal prompts and assistance on his wrist. However, through a series of carefully crafted sessions, including peg board activities, color pattern boxes, and hands-on experiences with real object colors like fruits and vegetables, Siddharth's progress became evident.

As the month unfolded, Siddharth not only learned to identify and match colors (specifically Red and Yellow) with teacher verbal prompts, but he also showcased independent color matching skills. His newfound ability to recognize and sequence colors independently marked a significant transformation.

Through the thoughtful use of materials such as flashcards, color objects, crayons, and engaging coloring activities, Siddharth's cognitive development flourished. Muskan Foundation's tailored approach, coupled with Siddharth's determination, has rewritten his story. Today, Siddharth stands as a testament to the transformative impact of inclusive education and personalized support.

**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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