

# MUSKAN FOUNDATION FOR PEOPLE WITH MULTIPLE DISABILITIES



## Monthly Newsletter

## February 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

**Maskan Gupshup** On February 8, 2024, Muskan Foundation organized a lively "Maskan Gupshup" meeting, bringing together all staff members for an engaging discussion on various general topics. The session served as a platform for team members to connect, share ideas and foster a sense of camaraderie. The meeting also provided an opportunity to warmly welcome the new staff members to the Muskan family. Through this Gupshup, the organization reinforced a collaborative and communicative work culture, promoting open dialogue and team cohesion among its dedicated staff.



## Parent's Meeting



On February 9, 2024, Muskan Foundation conducted a highly successful online parents' meeting, where participants were both present at the center and some joined virtually. This gathering was an opportunity to discuss important matters related to the progress and well-being of the students, as well as updates about the organization. The Chief Program Officer and Program Officer comprehensively addressed parents, elucidating essential aspects such as rules, discipline, timetable, fees, donor documentation, therapy guidelines, regular attendance, Annual Day, Disha IEP, certificate courses in multiple disabilities and the Toy Library. The meeting facilitated an open dialogue, with parents raising queries that were promptly addressed, resulting in a positive and effective session, ensuring a smooth flow of information and engagement.

## Annual Day Celebration



On February 10, 2024, Muskan Foundation orchestrated a heartwarming Annual Day celebration at the Bandra location, bringing together the Wadia, Goregaon and Bandra Canters, while other centers such as Hume, Panvel, and Kalyan celebrated the occasion at their respective locations.

Dr. Dipti Gandhi, CEO and founder, graced the event as the Chief Guest, setting the tone for the festivities with a poignant speech following the ceremonial lamp lighting. Parents from all centers actively participated in a collaborative song paying homage to Lord Ganesha, while the children, including those with Cerebral Palsy, enthralled the audience with captivating



drill performances.



The event concluded on a high note with a lively prize distribution, acknowledging the dedication of teachers and parents, followed

by delightful snacks for everyone. The celebration radiated with energy, as all participants embraced the spirit of the occasion wholeheartedly.

## Gender and Equality (External Training)



From February 12 to 14, 2024, Muskan Foundation hosted an external training program on "Gender and Equality" from 9:30 AM to 5:00 PM. Sense International India facilitated the insightful sessions in Kozhikode, Kerala, with Ms. Gunjan as the esteemed speaker. Notably, Ms. Sonam and Amruta Mane, a parent representing Muskan Foundation, actively participated in this enriching program.

The training delved into both practical and theoretical aspects of "Gender and Equality," fostering a comprehensive understanding among the attendees. Ms. Gunjan's expertise shone through as she navigated the group through discussions and activities related to the topic. Her approach was not only informative but also inclusive, encouraging participants to actively engage and seek clarity.



Ms. Sonam and Ms Amruta Mane found the training to be exceptionally beneficial, with Ms. Gunjan readily addressing queries and providing valuable insights. The session proved to be a valuable opportunity for learning and collaboration, contributing to

the ongoing commitment of Muskan Foundation toward promoting gender equality and inclusivity in its educational initiatives.

## World Epilepsy Day



On February 12, 2024, Muskan Foundation marked World Epilepsy Day with a collaborative celebration across all six centers, joined by Anganwadi. To raise awareness about epilepsy, a presentation was shown



to parents, supplemented by an informative video illustrating the challenges associated with the condition and the dos and don'ts during the seizures. Following these educational elements, parents actively participated by sharing their personal experiences, seeking clarification on queries, and engaging in meaningful discussions.

The event received widespread appreciation, and positive feedback and excellent response underscored the success of the occasion,

affirming the event's effectiveness in fostering understanding and support for those affected by epilepsy. Overall, the celebration was a resounding success in spreading awareness, leaving a lasting impact on all participants.



## Educational Visit (To Sea Beach)



On February 23, 2024, Muskan Foundation organized an enriching educational visit to a sea beach. The aim was to provide a unique and enriching sensory experience and exposure to real-world scenarios.

Beyond these benefits, the excursion aimed to facilitate Cognitive skills, socialization and communication skills. Amidst the serene beauty of the beach, children joyously learned many educational concepts as per their IEP in a play way method.



Walking barefoot on the sandy shores added a tactile dimension to their experience. The visit not only fostered individual growth but also encouraged social interactions among parents, creating a warm and supportive community. Both parents and students expressed genuine delight and appreciation for the opportunity to discover and enjoy a new and stimulating environment. In summary,



the educational visit unfolded seamlessly, leaving lasting positive impressions on all participants.

**Internal Teacher Training** In February, Muskan Foundation organized an internal training session focused on "Handwriting Without Tears." Mrs. Shibani Panda, a seasoned expert, conducted four insightful sessions throughout the month. The training aimed to equip teachers with the knowledge of initiating pre-writing and reading skills effectively. Mrs. Shibani shared valuable insights on the optimal timing for introducing these skills and provided a detailed overview of the play way method to help children grasp the structure of letters effortlessly. The sessions included a practical demonstration of the initial set of letters that children can easily write and remember. Mrs. Shibani also addressed queries from the participants, ensuring a comprehensive and interactive learning experience. The training was not only informative but also proved instrumental in enhancing the educators' understanding and approach toward fostering foundational skills in children.



## Case Study of the Month

**Name of Student-** Abdul Khan

**Age-** 5 years

**Disability-** Autism Spectrum Disorder

**Area of Development** - Cognitive Skills - Shapes and Colors Recognition

**Goal of the Month-** He will be able to identify basic colour and shapes with different types of material with verbal and physical promoting.

**Material:** Shape peg board, shapes and colour flashcards, and 3D objects.

**Beginning of the month:** - He was doing a palmer grip peg board activity with verbal prompting.

**Sessions:** - He identifies and matches colours and shapes with maximum help.

**End of the month:** - Now he can identify and match colours and shapes with a flash card to objects and do shapes peg board activity with minimum verbal help.

## Case Study of the Month

**Name of the Student:** - Ayush Ghogle.

**Disability:** - Intellectual Disability

**Age of the child:** - 7 years

**Area of development:** - Pre literacy (HWT)

**Goal of the Month:** - At the end of the month Ayush will identify vertical & horizontal alphabets & will make alphabets with big lines & little lines.

**Material:** Mat, big line, little line, tray, ice cream stick, whiteboard, marker.

**Beginning of the month:** - Ayush was putting big & little lines everywhere.

**Sessions:** In the session first he understands which line is little & which is big. Then the teacher gave him shapes to make. Then we made the same. Also, the teacher made lines on white board & put ice cream sticks on those lines.

**End of the month:** - Now Ayush matches the big & little lines with big & little lines. Also, start making L, F, E, T, I, etc. alphabets with teachers' verbal prompts & copy.

# Therapies and Activities

## Vision Therapy

**Name of the child:** Ayansh Dawre

**Disability:** Cerebral Palsy with Visual Impairment

**Area of Concern:** Poor ocular motor skills

**Field loss:** Right field loss

**Goal:** visual Discrimination

<b>When Ayansh came for assessment:</b>	<b>With regular vision Therapy Ayansh is now</b>
<ol style="list-style-type: none"><li>1. He was not able to discriminate between objects.</li><li>2. During activities, he was unable to use his hands.</li><li>3. Latent responses were observed.</li><li>4. Attention was lacking.</li></ol>	<ol style="list-style-type: none"><li>1. Able to discriminate objects with good contrast.</li><li>2. During activities, he can use his hands effectively.</li><li>3. Latent responses have improved.</li><li>4. Attention span has increased.</li><li>5. Tracking skills are showing improvement.</li><li>6. Sitting tolerance has also increased.</li></ol>

**Parental Guidance:** Mother has taught at home to show contrast cards and Discrimination activities using available material at home.



## Occupational Therapy

**Name of the child:** Rudra Bansode

**Disability:** Autism Spectrum Disorder with Attention Deficit Hyperactivity Disorder

**Area of Concern:** Attention span and Sitting Tolerance

**Goal:** Attention span and sitting tolerance up to 10 mins

<b>When Rudra came for assessment:</b>	<b>With regular Occupational Therapy Rudra can now:</b>
<ol style="list-style-type: none"><li>1. Impulsivity and hyperactivity present</li><li>2. Unable to concentrate on an activity for more than 2 minutes</li><li>3. Vestibular seeking present - Continuously moves around the room.</li><li>4. Sitting tolerance is poor- 5 minutes even with an activity of own choice.</li></ol>	<ol style="list-style-type: none"><li>1. Complete one activity with complete attention with minimal assistance.</li><li>2. Able to sit for up to 5 mins without getting up.</li><li>3. Reduced Vestibular seeking.</li><li>4. Able to transition easily from one activity to another.</li></ol>

### **Parental Guidance:**

- Regular visits to the park for vestibular stimulation.
- Sit-ups and stair-climbing activities twice a day
- Reduce food with sugars
- Give a clutter-free environment during academic tasks

## Speech Therapy

**Name of the child:** Keshavi More

**Disability:** Global Developmental Delay

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

**Goal:** To develop vegetative functions

<b>When Keshavi came for assessment:</b>	<b>With regular Occupational Therapy Keshavi can now:</b>
<ol style="list-style-type: none"><li>1. She was unable to use her facial muscles for oral movements.</li><li>2. Chewing and sipping patterns were not developed.</li><li>3. Receptive language was not developed.</li><li>4. The oral area was very sensitive.</li></ol>	<ol style="list-style-type: none"><li>1. Started babbling during sessions.</li><li>2. Initiated speaking with one word - "Mumma."</li><li>3. The chewing pattern is developing.</li><li>4. Can apply a little pressure for chewing.</li><li>5. Receptive language is developing for simple verbal requests (give, take).</li></ol>

### **Parental Guidance:**

Keshavi's mother has been taught different strategies to develop oral movements and Oro-motor exercises. The mother diligently implements these strategies at home, contributing to Keshavi's progress.

## Physiotherapy

**Name of the child:** Nishka Dhotre

**Disability:** Spastic Hemiplegic (left)

**Area of Concern:** left upper limb, left lower limb strength.

**Goal:** lower limb coordination, use of left side limb, decrease tightness, increase range of motion in left leg.

<b>When Nishka came for assessment:</b>	<b>With regular Physical Therapy Nishka can now:</b>
<ol style="list-style-type: none"><li>1. Gait abnormality was noted.</li><li>2. She was not able to jump.</li><li>3. She was not able to use her left hand properly.</li><li>4. An increase in tightness was observed.</li></ol>	<ol style="list-style-type: none"><li>1. Gait abnormality has significantly reduced.</li><li>2. She is now able to jump.</li><li>3. She can use her left hand properly.</li><li>4. Tightness has decreased.</li></ol>

**Parental Guidance:**

Home program was implemented, focusing on posture awareness, positioning, proper diet, and a strengthening program.

## HELP US CHANGE A STORY

Vivaan joined Muskan Foundation as a new member on his developmental journey. At the age of 1 year and 11 months, he faced unique challenges associated with Global Developmental Delay and Microcephaly. Upon initial assessment, Vivaan struggled with engagement, exhibited hyperactivity, and lacked eye contact – hurdles that demanded a tailored intervention.

A key factor contributing to Vivaan's positive trajectory is the unwavering commitment of his mother. Actively involved in implementing therapy activities at home, she applies the techniques learned during therapy sessions, extending the benefits beyond the center's walls.

These early positive changes underscore the success of the vision therapy program in enhancing Vivaan's visual and sensory capabilities. With ongoing support and personalized interventions, Vivaan embarks on a journey of further improvements, offering hope and encouragement to both him and his family as they navigate this transformative experience together at Muskan Foundation.

**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.**

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

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

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