

## Monthly Newsletter

**March Edition 2024**

### 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

**Educational Visit (Visit to a Factory )** In March, Muskan Foundation organized educational visits that proved to be both enriching and memorable for our children. The aim of this visit is to provide a unique and enriching experience and exposure to real-world scenarios. It aims to provide participants with a firsthand experience of various manufacturing or production processes, starting from raw materials and culminating in the final product. The key objectives include sensory learning, Life skills development, career exploration, social interaction.

Our students had the valuable opportunity to visit an Ice Cream Factory, a Garment Factory, and a Chocolate Factory, where they gained firsthand experience and knowledge from witnessing the production processes. Both children and parents thoroughly enjoyed the outing, which not only fostered learning but also strengthened bonds and created lasting memories for everyone involved.



### Holi Celebrating



On March 22nd, 2024, centers of the Muskan Foundation across the region celebrated Holi, the vibrant Festival of Colors, which also heralds the arrival

of spring and embodies the spirit of love. This culturally rich festival began with Holika Dahan, a traditional ritual where families gather to perform sacred ceremonies around a bonfire, symbolizing the victory of good over evil. The Muskan Foundation actively engaged both parents and children in this colorful festivity, emphasizing the educational aspects of Holi through interactive and sensory experiences with kumkum, coconut, and an array of colors. As the children played and learned about the festival's significance, their laughter and enthusiasm reflected the joyous spirit of Holi, leaving lasting memories with everyone involved. We wish everyone a Happy and Safe Holi, filled with learning and jubilation!

**OT Workshop for Parents** On March 26th, 2024, Muskan Foundation organized an Occupational Therapy (OT) Workshop for parents, led by the renowned Occupational Therapist Dr. Anjali Joshi. Addressing concerns related to their children's behavior, parents actively participated, seeking guidance and solutions. Anjali Joshi



provided insightful answers to their queries and equipped parents with effective strategies to support their children's behavioural challenges. Through open dialogue, parents shared their daily struggles, finding solace in the supportive environment. The workshop concluded with a sense of satisfaction and gratitude among the parents, reaffirming the Foundation's commitment to empowering families through education and support.

**MAPP Activity** On March 23rd, 2024, Muskan Foundation hosted its 5th MAPP activity, focusing on the essential skills of soap and sanitizer making. Led by Mrs. Ankur Kumar, the session delved into the ingredients and processes involved in crafting these hygiene products. Parents were grouped to receive hands-on guidance from Ankur Kumar, who expertly demonstrated the techniques. The response from parents was overwhelmingly positive, with many expressing gratitude for the practical knowledge that would enhance their daily lives. The MAPP activity proved to be both impactful and beneficial, earning praise from all participants and further reinforcing the Foundation's commitment to holistic education and empowerment.



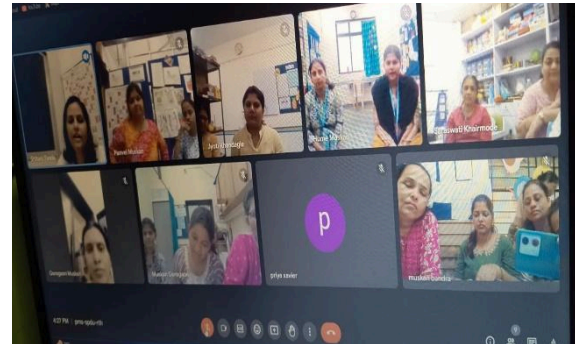
**Jellow App lecture (external Program)** On March 2nd, 2024, Muskan Foundation hosted an external program featuring the Jellow App, led by its founder, Mr. Ravi Poovalah. Ms. Shweta and Vidiya provided



detailed insights into the functionality and benefits of the application. They demonstrated how Jellow aids in cognitive and communication development for our children, with pre-built boards and customizable options. The session highlighted the significance of incorporating day-to-day life pictures and creating personalized boards to cater to each student's needs. Through an interactive approach, teachers clarified their queries, ensuring a thorough understanding by the end of the session. Overall, the program proved to be informative and effective, enriching our approach towards enhancing the learning experience for our students at Muskan Foundation.

## Handwriting Without Tears (HWT)

In March, Muskan Foundation organized internal training sessions on Handwriting Without Tears (HWT) to enhance our teaching methodologies. Led by Ms. Shibani Panda, the sessions focused on the early development of pre-writing and reading skills. Through three insightful sessions, Ms. Shibani introduced effective techniques for teaching handwriting, emphasizing the use of a play-based approach to help children remember letter structures. She also addressed queries from the teachers, ensuring clarity and understanding. The training proved to be informative and invaluable, equipping our educators with practical strategies to facilitate the learning journey of our students at Muskan Foundation.



## Eye Check-up Screening Camp



On March 27th, 2024, Muskan Foundation organized an external Eye Check-up Screening camp at KalaNagar Hall in Bandra. Led by Ms Nicolashirley Menezes and Mr Jonathan Vaz of Lodha Ventures and Dr. Shwetha Venkateswaran- Pediatric Ophthalmologist, Dr. Pooja Kamble along with their team from K.B.H. Bachooali Hospital, the session provided comprehensive insights into the importance of eye health. Before the eye

screening camp commenced, the teacher participated in an online session to become informed about eye health. The screening involved individual assessments for all students, with recommendations for further evaluation at Bachooali Hospital as needed. This initiative not only promoted awareness about eye health but also fostered socialization and communication among parents and students. The smooth execution of the screening left both parents and students satisfied, highlighting the Foundation's commitment to holistic well-being.



## Case study of the month

**Student's Name:** Raj Shah

**Age:** 6 years

**Disability:** Visual Impairment + Intellectual Impairment + Cerebral Palsy

**Area of Development:** Cognition - Matching Circle Shapes

**Beginning of the Month Progress:** At the beginning of the month, Raj is expected to start exploring, understanding, and matching circle shapes using objects, receiving extensive support through both physical and verbal prompts.

Session 2 Progress: In the second session, Raj should be exploring and matching circle shapes using objects with only a few verbal prompts needed.

End of the Month: By the month's end, he has successfully met the goal of independently matching circle shapes with various objects.

## Therapies and Activities

### Occupational Therapy

**Name of the child:** Rudra Penkar

**Disability:** Attention deficit hyperactivity disorder (ADHD) with epilepsy and Intellectual Disability

**Area of Concern:** Sitting Tolerance is less than 5 minutes

**Goal:** Sitting tolerance of 5 to 10 mins

<b>When Rudra came for assessment:</b>	<b>With regular Occupational Therapy Rudra can now:</b>
<ul style="list-style-type: none"><li>● Impulsivity and hyperactivity present</li><li>● Sitting Tolerance 2 - 5 mins</li><li>● Attention Span &lt;5 mins</li><li>● Fleeting eye contact</li><li>● Unable to identify all colours</li><li>● Able to follow 1 step command</li></ul>	<ol style="list-style-type: none"><li>1. Smoother transitions in activities</li><li>2. Able to complete one activity without getting up - Sitting tolerance 5 mins</li><li>3. Attention span: 5 mins</li><li>4. Able to follow one-step command</li></ol>

#### Parental Guidance:

1. Regular vestibular stimulation in the form of swings, slides, and running and walking.
2. Joint compression, hand stands up to 20 counts, and deep pressure massage.
3. Focus on introducing colours and common object names consistently.
4. Follow regular sleep and food patterns.

## Vision Therapy

**Name of the child:** Aksu Shaikh

**Disability:** Delayed milestone VI

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

**Goal:** visual tracking

**Field loss:** center field loss

<b>When Aksu came for assessment:</b>	<b>With regular Vision Therapy Aksu can now:</b>
<ol style="list-style-type: none"><li>1. He was not able to track center</li><li>2. Jerky movement</li><li>3. Attention not there</li></ol>	<ol style="list-style-type: none"><li>1. He able to track light</li><li>2. He is tracking with jerky movement</li><li>3. He able to do activity hand-over and hand under</li><li>4. hand technique</li></ol>

**Parental Guidance:** The mother has taught at home to take same activity and brain Gym activity every day

## Speech Therapy

**Name of the child:** Hamdan Kureshi

**Disability:** ASD

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

**Goal:** To develop receptive language

<b>When Hamdan came for assessment:</b>	<b>With regular Speech Therapy Hamdan can now:</b>
1) He was unable to use his facial muscles for oral movements. 2) Receptive language was not developed. 3) Eye contact was poor. 4) Only some gestures were present for communication. 5) Attention, and sitting tolerance were not developed. 6) Oral sensory issues were present	1) His vocabulary is developing. 3) Started speaking 5-6 words meaningfully. 4) Speech clarity is developing. 5) Receptive language is developing through simple verbal instructions. 6) Started to repeat words after teacher, but not yet achieved fully. 7) Oral sensitivity is reducing

**Parental Guidance:** The mother has been taught different strategies to develop Language, and the same is being done at home by the mother.

## Physiotherapy

**Name of the child:** Nayara Khan

**Disability:** Global Developmental Delay

**Area of Concern:** Trunk control, sitting, transitions, rolling

**Goal:** independent in sitting and rolling

<b>When Nayara came for assessment:</b>	<b>With regular Physical Therapy Nayara can now:</b>
1) Had no head and trunk control 2) No rollover 3) No sitting control 4) No come to sit 5) No grasp and release	1) Full control of head and fair trunk control 2) rolls over independently 3) Does tripod sit for 10-12 seconds 4) Initiates come to sit 5) Has both grasp and release

### **Parental Guidance:**

Home Program taught. Importance of therapies, adjuncts explained.



## HELP US CHANGE A STORY

As the month progressed at Muskan Foundation, Ashraful's journey of transformation unfolded. Initially tentative, he began responding more consistently to therapy prompts. His gaze grew more focused, reflecting newfound curiosity. By the second week, Ashraful's tracking skills improved noticeably. With guidance, he followed objects with precision, filling his parents with pride. By the third week, Ashraful's progress accelerated. He responded confidently to prompts, his interactions becoming more assured, dispelling past uncertainty.

In the final week, Ashraful's journey became a beacon of hope. His once unresponsive gaze now reflected understanding, and he explored his world with growing confidence.

As the month ended, Ashraful's story showcased perseverance and love's transformative power. In the embrace of Muskan Foundation, uncertainty blossomed into hope, inspiring all who witnessed his journey.

**Our dreams are big. But we cannot travel ahead to complete the mission without your generous support. Therefore, we request you to support the Special Education Program of children with multiple disabilities by sponsoring a Child's Monthly Education Program or Therapies on the following details.**

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

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

## DONATE NOW

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