# **MUSKAN FOUNDATION FOR PEOPLE WITH MULTIPLE DISABILITIES**



# April 2024 Edition

### **Our Vision**

Children with MDVI participate and are recognized in their families and communities, and realize their own 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.

Together we shall bring that muskan

# What's New

# World International Autism Awareness Day



Monthly Newsletter

On April 2nd, 2024, Muskan's B. J. Wadia Hospital Centre hosted a special session in honor of World Autism Awareness Day. Dr. Anjali Joshi led the informative event, providing parents with essential insights into autism spectrum disorder (ASD). Through a detailed presentation and interactive discussion, she addressed key features, characteristics, and concerns associated with autism. Dr. Joshi's compassionate guidance and clear explanations left feeling empowered and informed. parents with overwhelmingly positive feedback highlighting the session's effectiveness in raising awareness and fostering understanding.

# **MAPP Activity**

On April 6th, 2024, Muskan Foundation hosted its 6th MAPP activity centered around the theme "Storytelling - The Story about your Child and your Journey." Parents arrived prepared and eager to share their experiences of discovering their child's special needs, navigating challenges, and finding support from loved ones. Despite initial struggles and a lack of support from some family all parents eventually found solidarity members. and encouragement within their circles. Now, with newfound positivity and support, they face each day's challenges with resilience and optimism. The sharing session proved cathartic for many parents, fostering a sense of community and understanding among participants, with overwhelmingly positive feedback indicating the success of the MAPP activity.





#### **Gudhi Padwa Celebration**

On April 8, 2024, we celebrated the Gudhi Padwa festival at Muskan Foundation's respective centers with our students and their parents. Gudhi padwa is a renowned festival in India, marking the first day of the Maharashtrian New Year, predominantly observed in Maharashtra. This festivity falls on the initial day of the Chaitra month. To honor the occasion, all students and parents adorned themselves in traditional attire.

Following this, the students delved into a Gudhi padwa concept book, enriching their understanding of the festival's significance. Subsequently, we gathered all students to collectively raise the Gudhi, symbolizing the onset of auspicious times. Prasad was then distributed, adding to the joyous atmosphere. The children radiated with happiness, thoroughly enjoying the festivities, thereby making our Gudhi padwa Celebration a resounding success.





#### **Parents Meeting**

On April 15, 2024, the Muskan Foundation conducted a parentteacher meeting at their respective center. The center head shared the progress report with each parent They discussed the progress of their child achieved & goals to be targeted for next year. They also shared Home goals, activities & strategies to be used during the summer vacation at home. They gave educational toys from the Toy Library to parents related to the child-planned activities. Next year's plan, feedback & suggestions for changes if any were discussed by parents.

#### **Open House**

On April 15, 2024, the Muskan Foundation arranged a parentsteacher meeting at their respective centers. The center head explained the basic rules and regulations for the upcoming academic year, with specific emphasis on the toy library. Parents were informed to prepare their income certificates by June or July. During the meeting, parents had their doubts clarified regarding various queries. They were also informed about the reopening dates of the school. After the meeting, parents received prizes for the 6th MAPP activity. The meeting proceeded smoothly.





#### **Summer Party**

The Teachers at Muskan Foundation celebrated our annual summer party with joy and excitement. We arranged snacks for our children and together, both teachers and students indulged in games and had a wonderful time. There was lively dancing, adding to the festive atmosphere. We also took lovely photos and videos with the children, capturing precious moments of laughter and joy. Such gatherings help our children socialize with their teachers and enjoy the party. Wishing you all a happy summer vacation filled with warmth and happiness.

#### **Sensory Integration Session**

On April 2nd, 2024, the Muskan Foundation organized a session featuring Mrs. Anjali Joshi, who discussed the topic of sensory integration. Prior to the session, parents were asked to submit questions regarding their concerns about their child's sensory issues. These questions were then collected by their respective teachers. During the session, Mrs. Anjali addressed the parents' questions and provided numerous strategies and suggestions to the challenges related to sensory issues. overcome help Additionally, she offered guidance to teachers on how to incorporate sensory integration techniques into the school environment using various strategies. The parents expressed satisfaction with the answers provided and gave positive feedback about the session, finding it both interesting and informative.



#### **Experience Sharing and Review Meeting (ESRM)**



At the Experience Sharing and Review Meeting (ESRM) held on April 18th and 19th, 2024, all six centers, along with Para-professionals and Counselors, presented their experiences to Dr. Dipti with great enthusiasm. Dr. Dipti provided invaluable insights, clarifying our presentations and offering suggestions for future improvements. Other teachers also shared constructive feedback and strategies to help us navigate challenges effectively.

Notably, Dr. Dipti commended our commendable efforts, such as securing confirmation for next year's enrollment with fees and establishing the toy library. Each center thoroughly discussed its reviews, identified learning points, implemented new practices, and set ambitious upcoming term. This collaborative goals for the environment fostered increased socialization among the centers, facilitating the exchange of ideas and promoting collective learning. The meeting was characterized by a positive atmosphere, promoting a culture of sharing and improvement. continuous All centers actively participated, contributing their unique perspectives to the discussion.



#### **Handwriting Without Tears**

On April 19th, 2024, the Muskan Foundation organized an internal training session on Handwriting Without Tears (HWT). Ms. Shibani Panda, having completed an entire book on HWT, led the session by revising the set of letters that children can write easily and remember through a playful approach. Following the revision, Ms. Panda engaged the teachers by posing questions, to which all actively participated and provided answers. The HWT session proved to be both informative and captivating, characterized by its interactive nature.





#### **Buddy Training**

On April 23rd and 24th, 2024, the Muskan Foundation organized buddy training for all six centers, each presenting on various topics. The topics covered were exceptionally interesting and informative. Following the presentations, attendees gained a clearer and deeper understanding of disabilities.

On the first day, Bandra Center presented students with DB and Multiple Impairments, elucidating the distinctions between impairment, disability, and handicap, as well as different syndromes. Hume Center covered the topic of Sample Assessment, providing insights into different assessment methods. Goregaon Team 1 discussed Transition/Visual & Multiple Impairment, focusing on the transition of MDVI students to appropriate programs. Wadia Team presented on Infants and Mother Toddlers (Visual & Multiple Impairment), covering screening, assessment, communication techniques, ECI, IEP & IFSPs, strategies for MDVI children, and demonstrations of brain gym exercises for mother-toddler pairs.





On the second day, Panvel Center presented on Comprehensive Individual Assessment, expanding knowledge on different assessment methods. Kalyan's Team covered Orientation and Mobility for children with multiple impairments, detailing orientation and mobility techniques. Goregaon's Second Team presented on Biobehavioral State Management for students with Profound Impairments, focusing on strategies for managing biobehavioral states. All topics were both engaging and informative, contributing to the overall success of the buddy training.

#### **Behaviour Modification training**

On April 27th, 2024, the Muskan Foundation organized a training session on Behavior Modification, facilitated by Mrs. Praful Sudarshan. Before the session, teachers were asked to submit their questions regarding concerns they had about their students' behavior. Mrs. Praful Sudarshan addressed these questions, providing numerous interesting strategies and suggestions to help overcome behavioral challenges. Additionally, she provided a case study for discussion among the teachers, further enhancing the learning experience. The session proved to be both informative and interactive, fostering meaningful dialogue and learning opportunities for all participants.



# **Case Study of the Month**

Student Name: - Abdul Waris Chauhan

Disability:- Autism Spectrum Disorder

Age:- 4 years

Material - Colorful objects like building blocks, beads, and color flashcards.

Area: Cognition (Color - Yellow)

**Goal of Month:-** He will be able to discriminate and identify the color yellow with verbal and physical prompts.

**Before working on Him-** He was able to sort colors and engage in coloring activities with verbal assistance.

**After working on Him-** He can now identify and discriminate the color yellow among objects. He can also differentiate it from other colors with verbal and physical prompts.

# **Vision Therapy**

Name of the child- Ayushi Gaud

Disability: Global Developmental Delay (GDD) with Visual Impairment (VI)

Area of Concern: Poor Depth Perception

**Goal:** Visual Discrimination Field Loss

<sup>H</sup> When Ayushi came for assessment	With regular vision Therapy Ayushi is now
1.Ayushi can track and scan efficiently 2.Her depth perception has improved 3.She exhibits lower field loss	<ol> <li>Ayushi can discriminate objects based on light</li> <li>She actively engages in activities with verbal prompts and displays enthusiasm for them</li> </ol>

**Parental Guidance:** Mother has told at Brain Gym activity and discrimination activities using available material at home

Occupational Therapy

Name of the child: Renuka Sable

Disability: Cerebral Palsy with Visual Impairment

Area of Concern: Delayed Development Milestones

Goal: Develop Voluntary Grasp and Release

When Renuka came for assessment	With regular Occupational Therapy Renuka can now
<ol> <li>She was unable to hold her head independently</li> <li>Renuka couldn't turn from prone to supine</li> <li>She showed no interest in holding objects and kept her fists tightly closed</li> <li>Sitting, even with support, was not achievable</li> <li>Extensor thrust was present and</li> </ol>	<ol> <li>Renuka can now independently turn over from prone to supine</li> <li>She attempts to assume the all-fours position</li> <li>Renuka can sit supported for up to 5 minutes</li> <li>She is developing a voluntary grasp.</li> <li>Renuka can release objects on command independently, albeit</li> </ol>
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#### **Parental Guidance:**

- Encourage supported sitting on an inclined surface for eating or hand activities
- Utilize textures over hands and legs as instructed during individual counseling sessions
- Encourage Renuka to maintain the all-fours position for 10 counts with support thrice a day
- Provide variously sized and shaped objects for Renuka to hold and command her to release them

# **Speech Therapy**

Name of the child: Rishabh Tambe

Disability: Autism Spectrum Disorder (ASD)

Area of Concern: Speech and Language Development

#### Goal: To Develop Receptive Language

When Rishabh came for assessment:	With regular Speech Therapy Rishabh can now
<ol> <li>He couldn't use his facial muscles for</li></ol>	<ol> <li>Rishabh's vocabulary is expanding</li> <li>He has begun to use 5-6 words</li></ol>
oral movements <li>Receptive language development was</li>	meaningfully <li>Rishabh is starting to imitate sounds</li>
lacking <li>Poor eye contact was noted</li> <li>Limited gestures were observed for</li>	and words after the teacher <li>His receptive language skills are</li>
communication <li>Attention span and sitting tolerance</li>	developing through simple verbal
were underdeveloped <li>Rishabh exhibited oral sensory issues</li>	instructions <li>Oral sensitivity issues are decreasing</li>

# **Parental Guidance:**

Rishabh's mother has been instructed on various strategies to foster language development, which she is implementing at home.

# **Physiotherapy**

Name of the child: Aanand Gohil

Disability: West Syndrome, Delayed Milestones

**Area of Concern:** Independent sitting, Fine Motor Skills, Eye Contact, and Social Interaction

**Goal:** Sitting Activities, Playing with Objects, Weight-Bearing Exercises, and Core Strength

When Aanand came for assessment	With regular Physiotherapy Aanand can now
<ol> <li>Inability to sit to stand</li> <li>Unable to stand independently</li> <li>Difficulty in gripping fine motor</li></ol>	<ol> <li>1. Aanand can now sit to stand</li> <li>2. He can stand for 1 minute with</li></ol>
activities <li>Lack of social smile</li>	support <li>3. Aanand can grip fine motor activities</li> <li>4. He now exhibits a good social smile</li>

**Parental Guidance:** Home Program - Regular stretching exercises, sensory training, engaging in playing activities, maintaining regular exercise routines, ensuring a balanced diet, and adhering to proper medication protocols.

# HELP US CHANGE A STORY

In a bustling town nestled between rolling hills, Gaurang, a seven-year-old boy with a radiant smile, embarked on a journey unlike any other. Born with both intellectual impairment and cortical visual impairment, his path seemed veiled in uncertainty.

When Gaurang first entered Muskan's vision therapy clinic, the world appeared as a blur of shapes and shadows. Simple tasks like tracking and scanning proved to be daunting challenges, and the dream of independence felt like a distant star in the night sky.

But Muskan, a dedicated therapist with a heart as warm as the sun, saw beyond Gaurang's struggles. With her gentle guidance and innovative techniques, she crafted a tailored rehabilitation program, igniting a spark of hope within Gaurang's heart.

As the days turned into weeks, and the weeks into months, Gaurang's journey unfolded like a blossoming flower. With each therapy session, his once hesitant responses transformed into confident strides. His fingers traced shapes with newfound precision, and his eyes danced with delight as he distinguished colors and forms.

Supported by his loving parents, especially his devoted mother who embraced therapy as an integral part of their daily lives, Gaurang flourished. Every milestone, no matter how small, was celebrated with joy and pride.

Then, one magical day, amidst the cozy confines of Muskan's clinic, Gaurang achieved a triumph beyond imagination. With steady determination, he not only tracked smoothly but also scanned with precision, his gaze painting a vivid picture of the world around him.

As the sun dipped below the horizon, casting a warm glow over the town, Gaurang took his first independent steps. He shattered the barriers that once confined him with each stride, emerging as a beacon of resilience and possibility. Today, Gaurang's story echoes through the hills, a testament to the transformative power of vision therapy and the boundless potential within every child. In the heart of uncertainty lies the seed of triumph, waiting to bloom under the nurturing care of hope and perseverance.

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.

