

## 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

### Ganesh Chaturthi

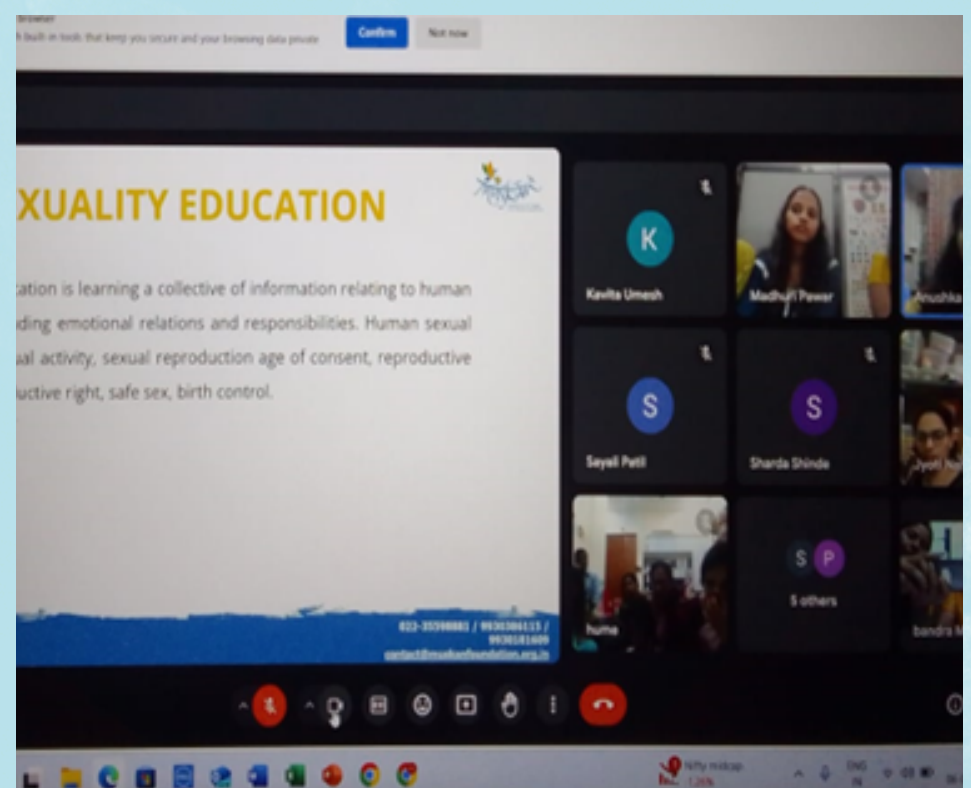
On September 6, 2024, we celebrated Ganesh Chaturdashi at all six centers. During the festivities, the students created a statue of Lord Ganesha with their teachers' guidance. They then painted the statue, learning about the different parts of the body, the names of colors, and more about our beloved deity. Throughout the celebration, we introduced concepts such as fruits, flowers, and colors, as well as the significance of the festival. We also discussed important items like haldi, kumkum, durva, and the flavors of modak and coconut, along with the meaning of flower garlands.

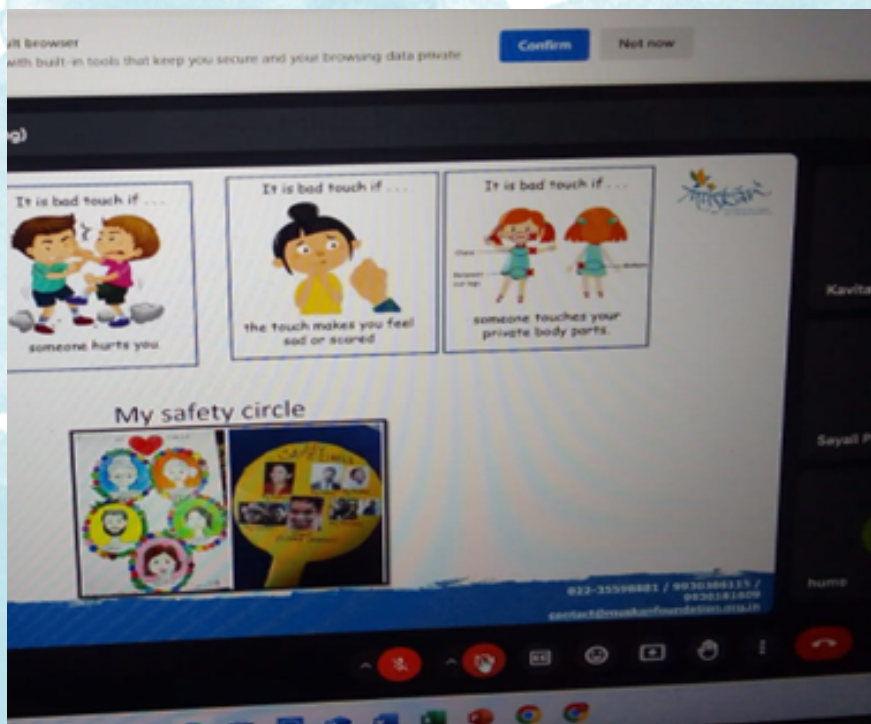


In addition, students colored pictures of a mouse, a jasmine flower, and modak. In a craft activity, they made garlands using durva and modak. It was a joyful and educational experience for everyone involved!

### Internal Teacher Training

The Muskan Foundation conducted an online training on Sexuality Education on September 6, 2024, facilitated by Ms. Anushka Mhatre. During the session, she covered several key topics, including the reasons for teaching sex education and its importance at various stages of childhood—early, middle, late, and adolescence. Ms. Mhatre effectively explained the fundamental concepts and emphasized different techniques that can be used





to teach sexuality education to children with multiple disabilities and visual impairments (MDVI). She also explored the specific need for providing sexuality education to MDVI children, highlighting its significance in promoting understanding and empowerment. Overall, her presentation was informative and well-received, offering valuable insights for parents and educators alike.

## Ganpati Visarjan

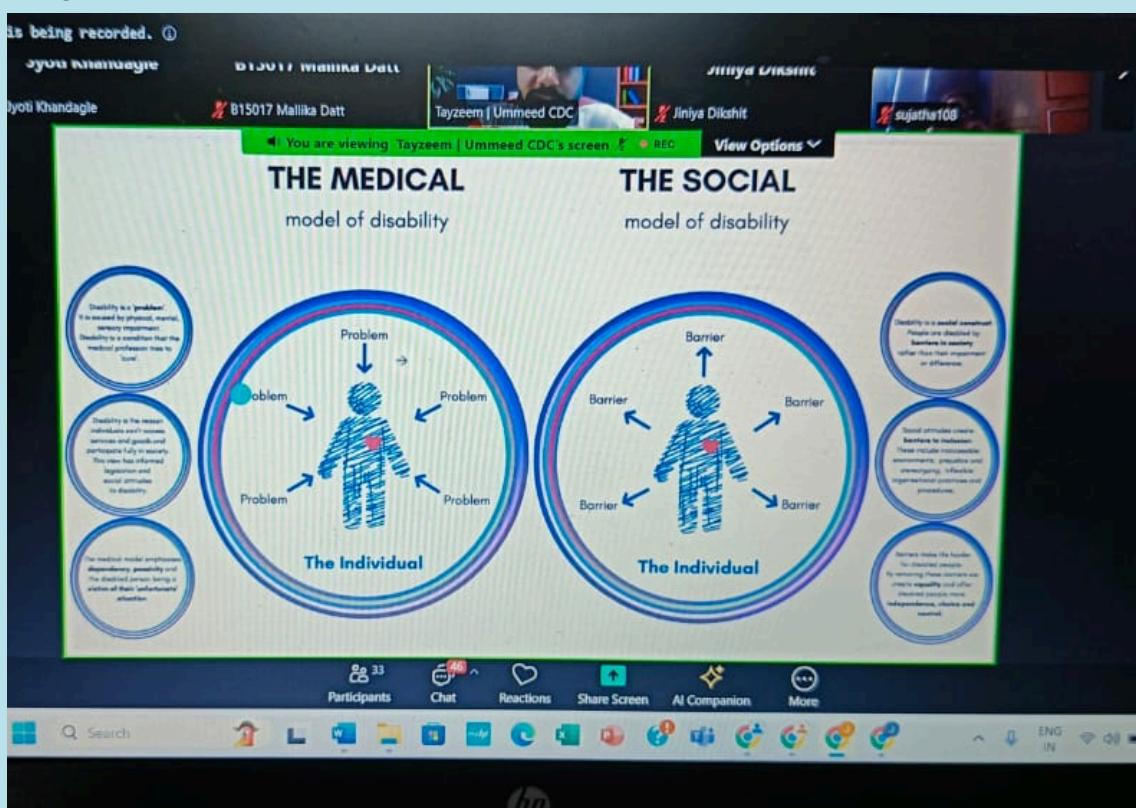
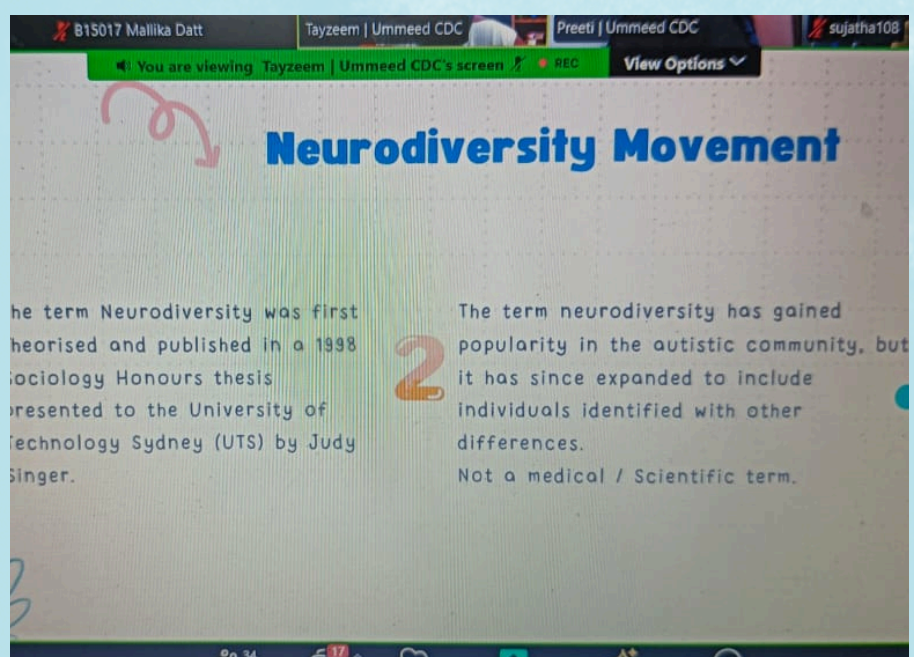
On September 12, 2024, we joyfully celebrated an eco-friendly Ganpati Visarjan at all six centers. The celebration began with an aarti performed by our students. Later, one of the students carefully picked up the Ganesha idol and took it to the immersion area, where a bucket filled with flower petals was ready. The idol was gently immersed in the water, and everyone enthusiastically chanted "Ganpati Bappa Morya!"



This day marked the conclusion of the Ganesh Chaturthi festival, and the teachers took the opportunity to discuss the significance of Visarjan with the students, emphasizing its cultural and spiritual importance.

## External Teacher Training

On September 19, 2024, the Ummed Foundation invited us to attend a workshop titled "Exploring and Understanding Neurodiversity." Mr. Taizeen and Ms. Preeti led the session, beginning with an explanation of diversity and then focusing on neurodiversity, including conditions such as Autism, ADHD, Dyslexia, Dysgraphia, and Dyscalculia.



They provided practical suggestions for supporting children with these special needs in a home environment, such as creating a sensory corner for autistic children and using low-tech strategies. This workshop equipped us with valuable insights for more effective teaching.

## Muskan Activity and Parental Participation (MAPP Activity)



On September 28th, we hosted a MAPP activity centered around a "Best Out of Waste" competition. This engaging event encouraged parents to showcase their creativity by crafting wall hangings using recycled materials.

The results were truly inspiring, as the parents presented an array of imaginative and beautifully designed wall hangings. Each creation reflected unique artistic expressions and innovative uses of waste materials, demonstrating the potential for sustainability and creativity. The event fostered a sense of community and collaboration, making it a memorable and impactful experience for everyone involved.



## Awareness Program Held in Airoli & Rabale, Navi Mumbai Organized by TATA Consulting Engineers on September 28, 2024

On September 28, 2024, TATA Consulting Engineers organized an awareness program in Airoli and Rabale, Navi Mumbai, inviting the Muskan Foundation for People with Multiple Disabilities. The session focused on "What is a Disability? How to Identify, Prevent, and Show Etiquette Toward Persons with Disabilities," engaging 90 participants in total. Key topics included defining disabilities, prevention strategies during various stages of development, effective communication with individuals with disabilities, and relevant acts and schemes like the National Trust Act and RPWD Act. The program aimed to foster understanding and support within the community.



## Case study of the month

**Name of the Student:** - Aiza Bhore (\*Name Change)

**Disability:** - Autism Spectrum Disorder

**Age of the child:** - 4 years

**Area of development:** - Activities of Daily Living (ADL)

**Sub Area:** - Eating

**Goal of the Month:** - At the end of the month, Aiza will learn to eat at least 4-5 spoonfuls of poha and sheera with verbal prompts from the teacher and assistance on her wrist.

**Material:** Lunch box, poha, water bottle, sheera, plate, spoon, and mat.

**Beginning of the month:** - Aiza was only consuming liquid foods, such as kheer, liquid dal khichdi, and vegetable soup.

**Sessions:** During the session, Aiza first opened her tiffin and saw chapati-bhaji, but she threw the chapati-bhaji away.

**End of the month:** - Aiza has successfully learned to eat poha with verbal prompts from the teacher and minimal physical assistance (3/4 help) on her wrist.

---

## Vision Therapy

**Name of the Child:** Veer Kokare (\*Name Change)

**Disability:** Cerebral Palsy, Visual Impairment

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

**Goal:** Tracking and scanning with objects

**Field Loss:** Left field loss

When Veer came for assessment :	With regular vision Therapy Veer is now :
<ol style="list-style-type: none"><li>1. He was not able to track and scan light.</li><li>2. During therapy, he was not sitting for long periods.</li><li>3. His attention span was very poor.</li></ol>	<ol style="list-style-type: none"><li>1. He is able to focus on light and objects.</li><li>2. His attention span has improved.</li><li>3. During therapy, he is completing his activities.</li><li>4. He likes to see contrast pictures.</li></ol>

**Parental Guidance:** The mother has taught him to do the same activities at home.

---

# Occupational Therapy

**Name of the Child:** Debraj Bhoslae (\*Name Change)

**Disability:** Autism Spectrum Disorder

## Areas of Concern:

1. Hyperactivity
2. Poor sitting tolerance
3. Weak grip strength and fine motor skills
4. Fleeting eye contact

## Goals:

1. To reduce hyperactivity
2. To improve sitting tolerance
3. To enhance fine motor skills and grip strength
4. To build cognitive abilities and concept formation

<b>When Debraj came for assessment :</b>	<b>With regular Occupational Therapy Debraj is now :</b>
<ol style="list-style-type: none"><li>1. Proprioceptive and vestibular seeking</li><li>2. Inattention</li><li>3. Fleeting eye contact</li><li>4. Poor sitting tolerance</li><li>5. Poor fine motor skills</li></ol>	<ol style="list-style-type: none"><li>1. Has almost no hyperactivity</li><li>2. Maintains sitting throughout a 30-minute session</li><li>3. Maintains eye contact when spoken to</li><li>4. Grip strength: Fair; fine motor skills: Fair</li><li>5. Identifies shapes and colors and navigates through a maze</li></ol>

## Parental Guidance:

- Continue regular speech therapy and schooling.
- Implement a home program that includes weight-bearing positions and alone time without the father for activities.
- Avoid carrying the child around.
- Encourage playtime with neighborhood kids.

---

## Speech Therapy

**Name of the Child:** Renuka Kamble (\*Name Change)

**Disability:** Cerebral Palsy

**Area of Concern:** Speech and Language Development

**Goal:** To develop vegetative functions.

When Renuka came for assessment :	With regular Speech Therapy Renuka is now :
<ol style="list-style-type: none"> <li>1. When Renuka Came for Assessment:</li> <li>2. She was unable to use her facial muscles for oral movements.</li> <li>3. Chewing, sipping, and swallowing patterns were not developed.</li> <li>4. Receptive language skills were not developed.</li> <li>5. The oral area was very sensitive.</li> </ol>	<ol style="list-style-type: none"> <li>1. Started to show reciprocal responses during the session.</li> <li>2. Chewing patterns are developing.</li> <li>3. She is able to apply slight pressure for chewing.</li> <li>4. Tongue movements are yet to be developed.</li> <li>5. Swallowing patterns are developing.</li> </ol>

**Parental Guidance:** The mother has been taught different strategies to develop oral movements as well as oral motor exercises, which she is implementing at home.

## Physiotherapy

**Name of the Child:** Siddiq Kureshi (\*Name Change)

**Disability:** Dystonic Cerebral Palsy

**Area of Concern:** Delayed Milestones, Gross Motor Impairment, Dystonic Posturing, Tightness

**Goal:** He will be able to sit, stand, and walk independently with support.

When Siddiq came for assessment :	With regular Physiotherapy Siddiq is now :
<ol style="list-style-type: none"> <li>1. He had delayed milestones and could not roll over, hold his head up, or sit independently.</li> <li>2. He had poor sitting tolerance, inadequate trunk control, gross motor delays, did not weight bear on his hands, and did not use both hands.</li> </ol>	<ol style="list-style-type: none"> <li>1. Do side sitting with head support and upper limb weight bearing on one side.</li> <li>2. Maintain quadruped position with upper limbs and trunk supported for 5 seconds.</li> <li>3. Maintain kneeling position with head support and reach for toys in front.</li> <li>4. Independently rolls over partially and completes with support.</li> <li>5. Holds head up and sustains it for 3-4 seconds in a supported standing position.</li> <li>6. Grips and releases objects with both hands after a few attempts; uses hands in midline for a few seconds.</li> </ol>

**Parental Guidance:** Stretching at home, support the head and upper limbs to prevent neck hyperextension during hand activities. Increase sitting tolerance in a corner chair and provide more midline activities.

## HELP US CHANGE A STORY

Meet Vedashree Raj Holmuke (\*Name Change), a spirited 4-year-and-3-month-old girl diagnosed with cortical visual impairment. When she first came to Muskan Foundation, Vedashree faced significant challenges; she struggled to track and scan with light and objects, rarely used her hands to reach for items, and exhibited very poor eye-hand coordination. However, with a dedicated vision rehabilitation program tailored to her needs, Vedashree began to show remarkable improvements. Her ability to track and scan with light improved, especially from left to right, and she started engaging in activities with newfound confidence. She enthusiastically participated in light board activities and could touch objects, both verbally and physically, enhancing her awareness of her surroundings. To support her progress at home, her parents were guided to practice tracking and scanning with light and to use blue mats for similar exercises, encouraging hand-to-hand coordination. Vedashree's journey illustrates the transformative power of dedicated support and intervention. Though she initially faced many challenges, she is now on a path of significant improvement, showcasing her incredible potential for a brighter future.

**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.**

**Help us to spread Muskan on our children's faces.**  
CLICK ON: <https://rzp.io/l/Vr7KhNQ> to donate now

or  
Scan to donate  
UPI ID:muskan01@ucobank



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

**Follow us at:**    

**Bandra Head Office: +91 9930386115**  
**Bandra: +91 99303 86691**  
**Goregaon: +91 7506094898**  
**BJ Wadia Hospital: +91 8657205174**

**Hume School: +91 9930385114**  
**MGM Hospital: +91 9930386610**  
**Kalyan: 99303 86711**  
**Govandi: +9930386115**