

# Monthly Newsletter

November 2025 Edition



## What's New

### World White Cane Day Celebration

On November 7, 2025, the Wadia Centre and Hume Centre jointly celebrated World White Cane Day by organizing an impactful awareness program at Nakshatra Mall, Dadar (West). At the same time, the Panvel and Kalyan Centres marked the occasion with a meaningful exposure visit to Reliance Smart Mart, giving individuals an opportunity to experience real-life navigation and mobility in a public space. The event at Nakshatra Mall began with an introduction to the everyday lifestyle and challenges faced by individuals who are visually impaired. To deepen public understanding, participants took part in a live blindfold experience, allowing them to momentarily navigate the world without sight.



Trainers demonstrated basic white cane techniques, followed by guided hands-on practice using blindfolds and canes. Participants engaged enthusiastically, asking questions and showing curiosity about supporting visually impaired individuals. Across all centres, the activities effectively raised awareness about World White Cane Day and highlighted the mobility challenges faced by people with visual impairments, promoting empathy and inclusion in the community.



## Children's Day Celebration

All centres of Muskan Foundation celebrated Children's Day on 14 November 2025 with great enthusiasm and joy. Students joined the celebration along with their parents, creating a warm, vibrant, and cheerful atmosphere. Teachers planned a variety of fun-filled activities, including passing the parcel, dance sessions, and other interactive games that kept the children engaged and entertained. Every student participated wholeheartedly and thoroughly enjoyed the festivities.

Adding to the joyful spirit, snacks were distributed, bringing even more smiles to the children's faces. The young participants were beaming with happiness throughout the event, making it a truly memorable and heartwarming celebration.



## Muskan Association for Parents & Professionals (MAPP) Activity

The Muskan Foundation conducted an engaging MAPP Activity session that used theatre-based activities to address psychological themes and strengthen communication among parents. The session began with an introduction to Ms. Pradnya Mane, highlighting her background and expertise. Parents then participated in a series of interactive activities, including "Tota Pinjra" and "Tufaan," which focused on teamwork and communication. This was followed by a walking exercise involving varied patterns and speeds to encourage self-expression and mindfulness. The "Mother and Baby Penguin" activity further helped participants build trust and improve communication. A short skit addressing life's challenges allowed parents to collaborate and practice problem-solving.



The session concluded with a feedback and sharing segment, where parents described the experience as insightful, fun, relaxing, and highly beneficial. Many shared that the activities helped them unwind, connect with others, and enhance their communication skills. Overall, the theatre-based approach effectively addressed emotional and psychological themes while fostering a strong sense of community among the participants.

## Educational Visit to the Bank

On 24 November 2025, Muskan Foundation Bandra, Goregaon, and Panvel Centres organized an educational visit to a nearby bank. Students attended the visit along with their parents and participated enthusiastically in this practical learning experience. A bank representative explained the basic concepts of banking and common financial processes. Teachers then highlighted the purpose of the visit and guided everyone step-by-step through the session. They conducted a live demonstration with the students, showing how to fill out withdrawal slips, deposit forms, and how to deposit or withdraw money using an ATM.





During the visit, teachers also showed various bank receipts such as withdrawal and deposit slips and explained each document in detail. Parents appreciated the hands-on demonstration, as it helped them clearly understand everyday banking procedures.

The bank staff were very supportive, interacting kindly with both students and parents. They answered all questions patiently and ensured that the experience was smooth and informative. Overall, the visit was a great success and provided students with valuable real-life knowledge about basic banking operations.

## Workshop by Dr. Anjali Joshi

Muskan Foundation conducted an interactive workshop by Dr. Anjali Joshi on developmental delay and the importance of building functional skills. Dr. Joshi shared practical strategies to manage daily challenges, improve communication, and teach children essential day-to-day activities using simple routines and household methods. The session included a Q&A segment where parents clarified their doubts and received thoughtful guidance. Parents appreciated the workshop, describing it as insightful and helpful for understanding both their child's needs and their own emotional well-being.



## Case study of the month

**Name of the Student:** Vivek Anil Parmar (\*Name Change)

**Age:** 7 years

**Disability:** Autism Spectrum Disorder

**Area of Development:** Cognition

**Monthly Goal:** Focusing on visual-motor integration, eye-hand coordination, and pre-academic cognitive skills

**Materials Used:** Pencil, Notebook, flashcards

**Beginning of the Month:** Needed full guidance to trace numbers 1 to 5 and showed emerging visual-motor coordination.

**End of the Month:** By the end of November, he can trace numbers 1 to 5 with reduced guidance, showing clear improvement in coordination and independence.

## Vision Therapy

**Name of the Child:** Alfez Ansari (\*Name Change)

**Disability:** Global Developmental Delay and Visual Impairment

**Area of Concern:** Poor oculomotor skills

**Field Loss:** Right Field Loss

**Goals:** Discrimination with Object

| When Alfez came for assessment :   | With regular Vision Therapy Alfez is now :   |
|--|--|
| 1. His tracking and scanning skill was poor<br>2. He was not sitting in one place<br>3. Not using hand during activity | 1. He is able to track and scan with object left to right and up to down<br>2. Attention span improving<br>3. He discriminates red colour object |

|                           |   |
|---------------------------|---|
| 4.Attention span was poor | 4.Responding to simple command<br>5.Improving visual scanning of moving objects |
|---------------------------|---|

**Parental Guidance:** Mother is guided at home to take the same discrimination activity Red colour give a simple command.

## Speech Therapy

**Name of the Child:** Chitransh Rane (\*Name Change)

**Disability:** Cerebral palsy

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

**Goals:** To develop vegetative functions

| When Chitransh came for assessment :   | With regular Speech Therapy Chitransh is now :   |
|--|--|
| 1.Facial muscle control for oral movements was very poor.<br>2.Chewing, sipping, and swallowing patterns were not developed.<br>3.Receptive language skills were not developed.<br>4.Oral area was highly sensitive. | 1.Shows reciprocal responses during sessions.<br>2.Chewing pattern is developing; able to apply slight pressure while chewing.<br>3.The swallowing pattern is improving.<br>4.Tongue lateral movements are yet to develop.<br>5.Sipping skills are yet to develop. |

**Parental Guidance:** The mother has learned various strategies for developing oral movements and performing oromotor exercises, which she is practicing at home.

## Physiotherapy

**Name of the Child:** Shama Shaikh (\*Name Change)

**Disability:** Cerebral Palsy (Quadriplegic)

**Area of Concern:** Tone - Hypertonia (Dystonia)  
Development of Contractures and Deformity  
Dependent in ADL and Mobility

**Goals:** Maintain therapeutic ambulation,  
Maintain joint mobility and prevent contractures  
Improve hand function

| When Shama came for assessment :  | With regular Physiotherapy Shama is now :  |
|---|--|
| 1.Hypertonia with dystonic movements<br>2.Needed assistance at the pelvis and lower trunk for transfers<br>3.Hand function: midline crossing (Right > Left)<br>4.At risk for scissoring and hip tightness | 1.Improved joint mobility at the hips, knees, and shoulders<br>2.Needs slightly less assistance for transfers; actively participates with weight shifting and trunk initiation |

**Parental Guidance:** Regularly stretch muscles and perform a range of motion exercises. Encourage independent transfers whenever possible with the use of ankle-foot orthoses (AFO). Utilise an abductor wedge or place an object between the feet to prevent a scissoring pattern. Maintain proper positioning at home to avoid contractures.



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

**Disability:** Multiple Disability

**Areas of Concern:**

Sensory integration, postural-motor training, behavior regulation, functional skills

**Goals for the Month:**

To encourage active participation in therapy sessions, improve eye contact, and command

| When Neha came for assessment :  | With regular Occupational Therapy, Neha now :   |
|--|---|
| <ol style="list-style-type: none"><li>1.Hyperactive, inattentive, and restless</li><li>2.Poor understanding and concept formation</li><li>3.Inconsistent eye contact and response to name</li><li>4.Stubborn behavior with poor emotional control</li><li>5.Poor command following</li></ol> | <ol style="list-style-type: none"><li>1.Better eye contact and response to name</li><li>2.Can sit and complete activities</li><li>3.Shows interest in sessions (though not consistent)</li><li>4.Participates in physical activities with prompting</li><li>5.Follows simple commands 2/5 times</li></ol> |

**Parental Guidance:**

Sensory diet, group activities, ADL participation, behavior strategies, distraction-free environment, and regular physical activities.

## Turning Challenges into Successes

When Riya Vipul Boricha (\*Name Change), a 9-year-old child with Cerebral Palsy, Low Vision, and Delayed Speech, joined Muskan Foundation on 1st October 2021, she faced several challenges in her cognitive development. Writing independently was difficult for her, and she required visual support to complete simple academic tasks. At the beginning of this month, Riya was able to write numbers from 1 to 10 only by looking at the book. Her confidence was still growing, and she needed structured support from her teacher to stay focused and complete tasks. Using simple learning materials such as a book, pencil, and eraser, Riya began practicing number writing regularly during her cognitive skill sessions.

During Session 1, she attempted writing number spellings from 1 to 10 with maximum verbal prompts, showing effort but still relying heavily on guidance. By Session 2, she demonstrated noticeable improvement and was able to write the same number spellings with only minimal verbal prompts, reflecting growing independence and better retention.

By the end of the month, Riya achieved a significant milestone—she was able to write number spellings from 1 to 10 independently and without seeing. This progress highlights her increasing confidence, stronger memory skills, and improved ability to complete tasks without visual cues.

Riya's steady growth reflects the impact of consistent therapy, patient guidance, and her own determination. Her journey shows that with the right support and encouragement, every small step becomes a meaningful success on the path toward independence.

## 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.

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**

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