MUSKAN FOUNDATION FOR PEOPLE WITH MULTIPLE DISABILITIES

Monthly Newsletter

Oct 2026 Edition



What's New

Funday Celebration



Muskan Foundation celebrated Funday on 3rd October 2026 at Kala Nagar Hall, Bandra, bringing together teachers and staff members from all six centres – Bandra, Goregaon, Parel, Hume Byculla, Kalyan and Panvel. The celebration was made special with the birthday of our Founder and CEO, Dr. Dipti Gandhi. Various fun games and activities were organised by different centres, encouraging enthusiastic participation from everyone, including the Operations and Programme Teams.

All teachers and team members participated enthusiastically in the games and performances, creating a cheerful atmosphere. The team also presented gifts and greeting cards to Dr. Dipti Gandhi as a token of love and appreciation. The celebration continued with cake cutting and lunch, giving everyone an opportunity to relax, bond and create beautiful memories together.

Ghatasthapana – Seeds Plantation Activity

Muskan Foundation celebrated Ghatasthapana on 9th October 2026 through a seed plantation activity during circle time.



Teachers introduced children to the significance of Ghatasthapana during Navratri and explained the traditional process using a tactile book and real materials. Children explored soil, grains and pulses such as wheat, matki and moong through touch and observation. With teachers' support, they filled pots with soil, placed seeds and watered them carefully. The activity helped children experience the tradition through hands-on learning.

Children enthusiastically participated in the activity and learned that seeds grow into plants with proper care, water and sunlight. The experience encouraged sensory exploration, fine motor skills, attention, observation and environmental awareness. It also helped children understand the importance of nature, plant growth and caring for the environment. Overall, the celebration was a joyful and meaningful learning experience for everyone.

World Cerebral Palsy Day – Awareness Programme

On the occasion of World Cerebral Palsy Day, Muskan Foundation organised awareness sessions at various Anganwadi centres and community locations. The sessions focused on Cerebral Palsy (CP), its causes, types, risk factors, early signs and preventive measures. Anganwadi Sevikas, Madatnis, parents and community members participated in the programmes. Teachers explained the importance of early identification, timely intervention and available therapies. Practical demonstrations and basic sign language activities were also conducted to make the sessions interactive.

Participants learned about regular therapy, medical follow-ups and family support for children with CP. Interactive question-and-answer sessions helped clarify their doubts. The programmes encouraged awareness, acceptance and inclusion of children with disabilities.



White Cane Day – Awareness Programme



Muskan Foundation celebrated White Cane Day across various locations, including malls, colleges and community spaces, to create awareness about visual impairment. The programmes introduced participants to the importance of the white cane, Braille books and independent mobility. Teachers demonstrated Orientation and Mobility techniques, including the sighted guide technique, trailing and tapping. Participants also experienced blindfold activities and simulation glasses to understand the challenges faced by persons with visual impairment.

The activities encouraged participants to develop empathy and sensitivity towards persons with visual impairment. Interactive demonstrations highlighted the importance of accessibility, independence and appropriate assistance. The programmes received positive feedback and promoted inclusion and equal opportunities for all.

Dussehra Celebration

Muskan Foundation celebrated Dussehra on 19th October 2026 across all six centres with great enthusiasm. Students, teachers and parents participated in the celebration dressed in traditional attire. The programme began with Saraswati Pujan, followed by activities highlighting the significance of Dussehra and the victory of good over evil. Children explored flowers, leaves and puja materials through touch, smell and observation.

The celebration included Garba, Dandiya, storytelling and various festive activities, encouraging sensory exploration, communication and social interaction. Children participated according to their abilities and enjoyed the rituals, music and distribution of prasad. Overall, the celebration provided a joyful opportunity to learn about Indian traditions, develop new skills and create happy memories together.



3rd Educational Visit – Exploring the World of Plants



Muskan Foundation organised its 3rd Educational Visit to various plant nurseries as part of the STEM project, with students, teachers and parents participating enthusiastically. Children explored different types of plants, flowers, trees, leaves, seeds, soil and gardening tools. They learned about the importance of sunlight, water and soil for plant growth while observing real-life plantation activities. Teachers used flashcards and TLM materials to introduce concepts such as colours, shapes, sizes, textures and basic plant identification.

The visit provided hands-on sensory experiences through touching, smelling, observing and exploring nature. Children connected their classroom learning with real-life experiences, developing observation, communication, cognitive and social interaction skills. Overall, the visit encouraged curiosity and environmental awareness.

3rd MAPP Activity – Fruit Dressing Competition

Muskan Foundation organised its 3rd MAPP (Monthly Activity for Parents' Participation) on 31st October 2026, featuring a Fruit Dressing Competition. Parents participated enthusiastically and showcased their creativity by designing attractive fruit arrangements in different shapes and forms. The activity provided a platform for parents to explore their talents, express creative ideas and build self-confidence. It also highlighted the importance of healthy eating and including fresh fruits in children's daily diets.

The competition encouraged interaction, bonding and active participation among parents. Three winners were selected based on creativity, presentation and hygiene. The activity offered parents a refreshing break from their daily responsibilities and created a joyful and positive experience for everyone.



Case study of the month

Name of the Student: Vishal Sharma (Name Changed)*
Disability: Autism Spectrum Disorder
Monthly Goal: To develop keyboard familiarity, letter recognition and sequencing skills by learning to type his own name independently.

Beginning of the Month: Vishal was introduced to the laptop keyboard and could identify a few letters with verbal and visual prompts. He required support to locate and type the letters of his name in the correct sequence.

Age: 8 years
Area of Development: Digital Learning – Typing Own Name
Materials Used: Laptop, Keyboard, Name Card (Visual Reference)

End of the Month: Vishal is now able to type his own name on the laptop with minimal verbal and visual prompts. He has shown improvement in keyboard familiarity, letter recognition and sequencing skills.

Vision Therapy

Name of the Child: Imran Khan (Name Changed)*

Age: 7 Years

Disability: Intellectual Disability + CVI

Area of Concern: Tracking, Scanning and Eye-Hand Coordination

Goal: To improve tracking, scanning and visual discrimination skills.

When Imran came for assessment:	With regular Vision Therapy, Imran can now:
1. Imran demonstrated difficulties with visual tracking and scanning. 2. He was easily distracted and required frequent verbal prompts and redirection. 3. His visual attention span was limited. 4. He had difficulty with eye-hand coordination during reaching, matching and tracing activities.	1. Follow moving targets with improved attention and focus. 2. Demonstrate better visual scanning and object-finding abilities. 3. Perform eye-hand coordination activities with greater accuracy. 4. Successfully complete tracking and scanning tasks 3 out of 5 times.

Parental Guidance:
Parents are advised to practise eye-hand coordination activities regularly at home. They should minimise distractions during activities to help improve Imran's focus and provide simple, clear verbal cues to support his understanding and task completion.

Speech Therapy

Name of the Child: Gauri Kadam (Name Changed)* **Field Loss:** NA

Disability: Autism Spectrum Disorder

Area of Concern: The child's social interaction and eye contact, where relevant, are observed along with their attention span, sitting tolerance, and ability to understand and follow simple instructions.

Goal: The programme aims to improve the child's attention and participation in structured activities, develop functional communication through speech, gestures, pictures or other appropriate methods, encourage social interaction and joint attention, and strengthen the ability to understand and follow simple instructions.

When Gauri Kadam came for assessment:	With regular CEP therapy, Gauri Kadam:
1. Gauri was referred for speech therapy to work on communication, attention, social interaction and joint attention. 2. Based on the initial observations and identified areas of concern, therapy activities and goals were planned according to her developmental and communication needs.	1. Engaged in structured and play-based activities to improve communication and interaction. 2. Practised attention, sitting tolerance and joint attention through interactive activities. 3. Encouraged expression of needs through gestures, pictures and speech. 4. Developed understanding and ability to follow simple instructions.

Parental Guidance:
Parents should spend 15–20 minutes daily in interactive play, encourage Gauri to express her needs through words, gestures or pictures, practise simple instructions, and engage her in activities like bubbles, ball play and peek-a-boo to improve communication and interaction.

Physiotherapy

Name of the Child: Ashif Khan (Name Changed)*

Disability: GDD – Hypotonic with Visual Deficits

K/C/O: Joubert Syndrome with Retinitis

Area of Concern: The child presents with hyperactivity, inattention, impulsivity, visual impairment and speech delay, along with difficulties in eye contact, motor planning, cognition and participation in physical activities. Gravitational insecurity and behavioural concerns are also observed. Improvements are noted in head control, fine and gross motor skills, muscle stability and postural control. The child is partially dependent on others for activities of daily living (ADL).

When Ashif came for assessment:	With regular Physiotherapy, Ashif's status:
1. Hyperactive, inattentive, restless and impulsive behaviour. 2. Inconsistent eye contact, response to name and difficulty following instructions. 3. Poor motor planning, balance, posture and gravitational insecurity. 4. Speech delay and difficulty understanding concepts. 5. Reluctance to participate in physical activities and poor emotional regulation.	1. Improved eye contact and response to his name. 2. Increased interest and participation in therapy activities, with prompting. 3. Improved ability to follow simple commands (2 out of 5 times). 4. Improved fine motor skills. 5. Distraction, impulsivity and behavioural concerns continue to require attention.

Parental Guidance:
Parents are advised to follow a sensory diet that includes group activities and participation in activities of daily living (ADL). Regular balancing activities should be encouraged to improve postural control and stability. Parents should also provide opportunities for social interaction through play and everyday activities.

Occupational Therapy

Name of the Child: Ankit Saw (Name Changed)*

Disability: Autism with ADHD

Area of Concern: The child exhibits hyperactivity, restlessness, distractibility and behavioural concerns. Motor planning, fine motor skills and conceptual understanding are developing. Sensory-seeking behaviours and auditory defensiveness are present. The child eats independently but requires support with other daily living activities.

Goal: The goals are to improve attention, sitting tolerance, sensory modulation, eye-hand coordination, concept understanding and motor planning, while reducing behavioural concerns and encouraging active participation in therapy and daily living activities (ADL).

When Ankit came for assessment:	With regular Occupational Therapy, Ankit's status:
1. Poor eye contact, inconsistent response to name and limited sitting tolerance. 2. Hyperactivity, restlessness, distractibility and difficulty participating in activities. 3. Sensory-seeking behaviours (proprioceptive, vestibular, visual and tactile) with auditory defensiveness. 4. Behavioural concerns, including crying, screaming, stubbornness and stereotypical movements. 5. Poor conceptual understanding, eye-hand coordination and attention.	1. Improved eye contact, response to name and attention span. 2. Increased participation with reduced sensory-related and behavioural concerns. 3. Improved ability to wait for instructions, with reduced screaming and aggressive behaviour. 4. Improved conceptual understanding, shape, number, alphabet identification and colour sorting. 5. Improved motor planning and sitting tolerance (15–20 minutes), with occasional assistance and cues.

Parental Guidance:

Parents should follow a regular sensory diet, encourage physical and balancing activities, and promote interaction through one-to-one and group play. They should also encourage independence in daily activities and practise behaviour-management strategies at home.

Turning Challenges into Successes

When Rahul Mishra, (*Name Change) a 4-year-old child diagnosed with Autism Spectrum Disorder (ASD), came for assessment at Muskan Foundation, he presented with difficulties in fine motor skills, particularly tripod grip development. He required support to hold the rings and place them on the rods during the ring-stacking activity. He needed verbal, gestural and physical prompts to perform the activity and required assistance to coordinate his hand and finger movements while picking up and placing the rings.

At the time of assessment, Rahul required assistance with grasping, holding and releasing objects. His finger coordination and hand-eye coordination needed further development. He also required support to perform controlled hand and finger movements and participate in fine motor activities.

Based on his assessment, structured fine motor activities were planned to develop his tripod grip using the thumb, index finger and middle finger, improve finger strength and coordination, encourage controlled finger movements, and develop grasping, releasing and hand-eye coordination skills. Therapy sessions used a ring stacking board, red and yellow coloured rings, and an activity table to encourage picking up, holding and placing objects. Activities also focused on wrist and hand movements, bilateral hand coordination, finger control and gradually reducing physical and verbal prompts to encourage independent participation.

With regular therapy, Rahul has shown progress in participating in the ring-stacking activity by reaching for, holding and placing the rings on the rods. He is now making attempts to handle and position the rings during the activity. These activities provide opportunities to improve his grasping, releasing, finger coordination and controlled hand movements. Therapy continues to focus on developing his tripod grip, finger strength and hand-eye coordination. Continued practice and encouragement will help him improve his accuracy and 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

OR

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