

# Monthly Newsletter

July 2025 Edition



## What's New

### Guru Purnima Celebration

On 10th July 2025, the teachers and students of Muskan Foundation came together to celebrate Guru Purnima with joy, gratitude, and a deep sense of connection.

The celebration began with a heartwarming gesture from our students, who offered rose flowers to their teachers and greeted them with smiles and "Happy Guru Purnima" wishes. This small yet meaningful exchange helped our children interact socially with various teachers and express their appreciation in a beautiful way.

As part of the activities, students participated in coloring worksheets of Paduka and the Guru-Shishya theme. Teachers and kids came together to chant the traditional shloka: "Guru Brahma, Guru Vishnu, Guru Devo Maheshwara..." filling the environment with reverence and positivity.

Parents also joined in by sharing warm wishes with the teaching staff, making the occasion even more special. The celebration was a lovely reminder of the power of gratitude, the role of teachers in shaping lives, and the beautiful bond between student and guru that we cherish at Muskan Foundation.



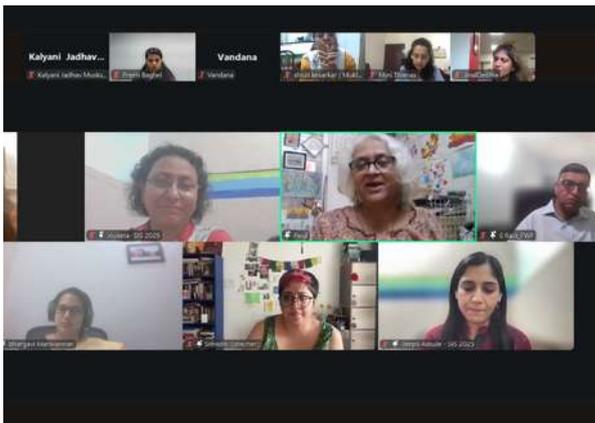
## Staff Picnic

On 11th July 2025, the entire Muskan Foundation team came together for a much-anticipated staff picnic at Visava Resort, Panvel. Employees from all centres joined in, making it a day filled with joy, togetherness, and rejuvenation.

The group arrived at the resort by mid-morning and were warmly welcomed with refreshments. The serene surroundings of the resort set the perfect tone for the day ahead. A variety of fun-filled activities including team games, swimming, and music, kept everyone engaged and energized. The highlight of the day was the buffet lunch, featuring a delightful spread of dishes catering to all tastes. Laughter echoed through the resort as colleagues bonded over shared experiences, stories, and plenty of candid moments.

As the day drew to a close, everyone gathered for group photos to capture the memories made. With hearts full of happiness and smiles all around, the team bid cheerful goodbyes, feeling more connected and refreshed than ever.

The picnic was not just a break from routine but a reminder of the strong sense of community and teamwork that defines Muskan Foundation. Here's to many more such memorable moments together!



## Ummeed Training

A two-day online training session titled "Working with Children and Families with Developmental Disabilities Using Narrative Ideas & Practices" was conducted by Ummeed Child Development Centre on 22nd and 23rd July 2025. This insightful session was attended by special educators, paraprofessionals, counsellors, and other professionals working in the field of developmental disabilities.

The training offered a unique perspective on how narrative practices can be used to understand and support children and their families more effectively. Through interactive interview-style exercises and discussions around real-life child case examples, participants explored the emotional and developmental challenges faced by children with disabilities.

The session also encouraged reflection on empathetic approaches to care and highlighted the importance of collaborative work with families. Overall, it was a thought-provoking and enriching experience that enhanced the participant's understanding of narrative-based therapeutic practices.

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

A combined session of the Parent Meeting and the first MAPP (Muskan Association for Parents & Professionals) Session was held on 26th July 2025 with active participation from parents, teachers, and staff. The meeting began with updates on the fee structure, school rules, academic policies, and

upcoming programs. Parents were encouraged to stay engaged with teachers and support their child's learning at home.

The MAPP session that followed focused on the topic "Effect of Medicine on Children with Disabilities," led by Dr. Vrushabh S. Gavali, Consultant Paediatric Neurologist at B.J. Wadia Hospital, Mumbai. Dr. Gavali explained how medications can help manage certain disabilities while also highlighting the need for accurate diagnosis, regular monitoring, and professional supervision.

The session ended with a Q&A, where parents received expert advice tailored to their concerns. The event was well-received for its practical insights and helped families gain a better understanding of their child's health and developmental needs.



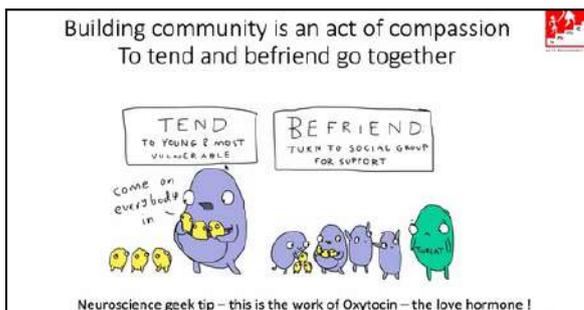
## Ummeed Training on "Exploring Inclusion and Inclusive Education"



On 30th July 2025, Ummeed Child Development Centre conducted a virtual training session titled "Exploring Inclusion and Inclusive Education." The session was attended by special educators, paraprofessionals, counsellors, and professionals from various backgrounds committed to inclusive practices.



The workshop focused on key concepts such as the definition of inclusion, the importance of inclusive education, and the foundational steps involved in building an inclusive learning environment. Through engaging discussions and examples, the session helped participants understand how to initiate and implement inclusive education in practical settings.



A Q&A segment allowed attendees to clarify doubts and deepen their understanding. To reinforce learning, participants were also provided with a worksheet containing a working QR code for completion after the session.

Overall, it was an enriching and thought-provoking experience that empowered educators to reflect on their roles in creating more accessible and inclusive spaces for all learners.

## Muskan Gupshup

On 25th July 2025, the entire Muskan Foundation team, including our CEO and Deputy CEO came together online for a heartwarming and engaging session of Muskan Gupshup. This informal gathering provided a space for staff across centres to connect, reflect, and celebrate the Muskan spirit. New team members introduced themselves, while others shared their experiences and what they've been learning in their roles. The Founder of Muskan Foundation sparked a meaningful discussion by asking each participant to share





two things they love most about working at Muskan. The answers were filled with gratitude, laughter, and appreciation for the inclusive and supportive environment that defines our organisation.

From funny anecdotes to inspiring stories, Muskan Gupshup was a beautiful reminder of the power of connection, team bonding, and shared purpose. The session left everyone smiling and motivated, strengthening the sense of unity and joy that runs through every Muskan initiative.

## Empowering NGO Staff with Digital Skills

On 31st July 2025, Sage Foundation organised an insightful and practical training session for NGO professionals on the topic "Free MS Word and Excel Training." The session aimed to build basic digital literacy among staff and enhance their reporting and documentation skills.

The training was hosted by Ms. Nameeta and co-hosted by Ms. Sudeep Rastogi, both dedicated volunteers from Sage Foundation. The session covered essential topics such as the basics of MS Word and Excel, hands-on guided practice, and effective use of these tools for daily documentation and reporting.

Facilitators Sharvan Kumar, Souvanna Dutta, Rishav Dutta, and Shambhavi Kaushal led the training using simple language and practical demonstrations, ensuring it was easy to understand for all participants. The session was well-received for being informative, engaging, and highly relevant to the daily work of NGO staff. Overall, it was a valuable learning experience that helped strengthen digital competencies across the team.

## Case study of the month

**Name of the Student:** Asim Akhtar Khan (\*Name Change)

**Age:** 7 years

**Disability:** Intellectual Impairment

**Area of Development:** Pre-Writing

**Monthly Goal:** To identify the letters A to D, Identifying and Tracing.

**Materials Used:** Objects, Writing pad, Book & Pencils, Eraser

**Beginning of the Month:** He used to scribble with maximum verbal and physical help. He identifies the alphabet with maximum physical support

**End of the Month:** His skills have improved significantly. He is now able to identify the letter 'A' with minimal verbal assistance. Additionally, he has begun tracing the letters 'A' to 'D.'

## Vision Therapy

**Name of the Child:** Sameer Mali (\*Name Change)

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

**Area of Concern:** Poor Depth Perception

**Field Loss:** Left Field Loss

**Goals:** Improve Tracking and Scanning

When Sameer came for assessment :	With regular Vision Therapy Sameer is now :
<ol style="list-style-type: none"> <li>1.No visual tracking or scanning observed.</li> <li>2.The neck holding has not developed.</li> <li>3.Poor attention span noted.</li> </ol>	<ol style="list-style-type: none"> <li>1.Now responds to light and prefers yellow colour.</li> <li>2.Neck holding and scanning are improving with regular physiotherapy.</li> <li>3.Attention span and hand use during activities are gradually developing.</li> </ol>

**Parental Guidance:** The mother engages the child at home by showing them red and yellow colours and supporting one complete activity from start to finish. She ensures proper positioning—seating the child on her lap or laying them on a mat for tummy time during activities.

## Speech Therapy

**Name of the Child:** Aslam Hussain (\*Name Change)

**Disability:** Intellectual Disability

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

**Goals:** To Develop Expressive Language

When Aslam came for assessment :	With regular Speech Therapy Aslam is now :
<ol style="list-style-type: none"> <li>1.Lip and tongue movements were underdeveloped, affecting speech production.</li> <li>2.Receptive language skills were limited, making it difficult to follow multiple instructions.</li> <li>3.The child communicated only at the phrase level.</li> <li>4.Initially, the child felt shy to open up with the teacher.</li> <li>5.Articulation errors were observed during speech.</li> </ol>	<ol style="list-style-type: none"> <li>1.His vocabulary is gradually developing.</li> <li>2.He has started to speak meaningfully.</li> <li>3.He imitates correct sounds and words after the teacher.</li> <li>4.He is showing improved cooperation during sessions.</li> <li>5.He can independently speak alphabets, numbers, and color names.</li> <li>6.He has started speaking at the sentence level.</li> <li>7.His speech clarity is improving.</li> <li>8.Lip and tongue movements are developing, and articulation errors are reducing.</li> </ol>

**Parental Guidance:**

The mother has been guided with various strategies to develop expressive language, which she is consistently implementing at home.

## Physiotherapy

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

**Disability:** Cerebral Palsy with Epilepsy

**Area of Concern:** Delayed milestones, gross motor affection, Spasticity, Epilepsy

**Goals:** Veer will walk and climb stairs independently with support

<b>When Veer came for assessment :</b>	<b>With regular Physiotherapy Veer is now :</b>
<ol style="list-style-type: none"> <li>1.Veer presented with delayed developmental milestones and was unable to roll over, hold his head, or sit independently.</li> <li>2.He exhibited poor sitting tolerance, weak trunk control, and gross motor difficulties. He was unable to bear weight on his hands or use both hands effectively.</li> <li>3.Following seizures, Veer showed reduced voluntary control over his trunk and limbs, along with decreased motivation and limited environmental awareness.</li> </ol>	<ol style="list-style-type: none"> <li>1.Improved trunk control and both Upper limb and Lower limb voluntary control.</li> <li>2.Comes to sitting and sits independently without support.</li> <li>3.Crawls for floor transition 1-2 inches with support.</li> <li>4.Weight is borne on the upper limb and maintained quadruped for 5 mins</li> <li>5.Initiates standing from sitting on a bench.</li> <li>6.Takes steps for walking with both hands held and moderate support.</li> <li>7.Reaches for toys and grasps them properly, and tries to do hand manipulation.</li> </ol>

**Parental Guidance:**

Ensure regular stretching at home and follow up on medications. Avoid asymmetrical sitting\standing positions and support the trunk in an upright posture to prevent kyphoscoliosis. Encourage independence in daily activities.

## Occupational Therapy

**Name of the Child:** Shravan Bamne (\*Name Change)

**Disability:** Autism Spectrum Disorder (ASD)

**Areas of Concern:**

Mild hyperactivity, occasional response to name (mostly to mother), and poor eye contact.

**Goals for the Month:**

- 1.Improve response to name and eye contact.
- 2.Reduce hyperactivity.
- 3.Enhance grip strength and fine motor skills.
- 4.Minimise reliance on visual prompts.
- 5.Encourage full weight-bearing on feet.

<b>When Shravan came for assessment :</b>	<b>With regular Occupational Therapy Shravan is now :</b>
<ol style="list-style-type: none"> <li>1.Hyperactivity – Needs a break after 15-20 mins</li> <li>2.Eye contact – Poor</li> <li>3.Walks on toes</li> <li>4.Needs visual prompts and repetition on commands</li> <li>5.Grip strength – Poor. Visual-spatial skills - Fair</li> </ol>	<ol style="list-style-type: none"> <li>1.Hyperactivity reduced.</li> <li>2.Responds to call (2/5)</li> <li>3.Takes weight on heels intermittently while walking</li> <li>4.Grip strength – Fair</li> <li>5.Visual-spatial skills - Fair</li> </ol>

### Parental Guidance:

- Encourage heavy work activities like gymnastics, swimming, and running to improve body awareness and regulation.
- Practice handwriting skills regularly at home to enhance fine motor development.

## Turning Challenges into Successes

When Arham Khole (\*Name Change), a bright-eyed 6-year-old, first walked into Muskan Foundation in June 2025, he was full of energy but faced significant challenges. Diagnosed with Cerebral Palsy and Intellectual Disability, Arham struggled with basic pre-writing skills. Simple concepts like drawing standing or sleeping lines, curves, or even understanding the size and shape of letters seemed confusing to him.

He was hyperactive, found it difficult to focus, and had no awareness of where to begin writing or how much space to use. Every line he attempted felt like a mountain to climb.

But Muskan believes in nurturing every child's unique abilities, and Arham was no exception. With the patient guidance of his teachers and the consistent use of specialised teaching tools like wooden pattern boards, Handwriting Without Tears (HWT) worksheets, notebooks, and basic stationery, Arham slowly began to understand the world of lines and shapes.

Day by day, with gentle encouragement and structured support, he started making sense of what once felt impossible. He learned that writing begins from the left side, and eventually, he began drawing standing lines all on his own, without any hand-over-hand support.

Today, Arham walks into school with confidence, eager to trace, draw, and learn. His journey from confusion to clarity, from hesitation to independence, is a beautiful reminder of what patience, dedication, and the right environment can achieve.

Arham's story is not just about learning to write—it's about believing in progress, no matter how small the steps. At Muskan, every line he draws is a line toward a brighter, more independent future.

### 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**  
**Scan to donate**  
**UPI ID:muskan01@ucobank**



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

**Follow us at:**    

**Bandra: +91 99303 86691**  
**Goregaon: +91 7506094898**  
**Parel: +91 8657205174**

**Byculla: +91 9930385114**  
**Panvel: +91 9930386610**  
**Kalyan: +91 9930386711**