

Newsletter: January 2026

Welcoming the New Year with Smiles



The Garden Reach KFC Owner Hosted 100 of Our Children for a Special Feast, Sharing Love Through Delicious KFC Treats



Key Activities & Success Stories

1. Physiotherapy (3213 Sessions): Small Steps, Big Progress: Rijja Ali's Therapy Journey

Rijja Ali, a young child diagnosed with Cerebral Palsy, was enrolled in our therapy programme due to developmental delay and movement difficulties. At the time of assessment, she had poor response to activities, was unable to walk properly, showed tightness in the TA muscles, and appeared hyperactive.

With regular therapy and guided activities, Rijja has shown encouraging improvement. She is now able to respond better and interact during activities, and her walking has improved significantly. Muscle tightness has reduced, allowing her to move with greater ease.



Rijja's progress reflects how early intervention and consistent therapy can help children with developmental challenges take confident steps towards independence.

2. Special Education (2,265 Sessions): Munna Raj's Step-by-Step Learning Journey

Munna Raj, a 9-year-old child diagnosed with Intellectual Disability, was enrolled in our Special Education programme to support his learning and development. When he started, his social interaction was very poor. He was unable to recognize colors, shapes, alphabets, or numbers, and could not arrange objects from big to small. His attention span was limited, and he was unable to write his own name.

With regular special education sessions, Munna has shown encouraging progress. He can now recognise and name colours and shapes, arrange objects correctly, and greet others confidently in the classroom. He is able to write his name and simple words like fruits and colors and can identify the alphabet and numbers. His socialisation has improved, and he is more confident and engaged.



3. Occupational Therapy (1643 Sessions): Hasnain Esthesam's Journey of Growth

Hasnain, an 8-year-old child with autism spectrum disorder, has shown encouraging progress after one year of occupational therapy. Earlier, he faced challenges in communication, social interaction, play, and self-regulation.

With regular therapy and family support, Hasnain has begun to initiate interactions with peers and adults using gestures and simple words. He can now maintain engagement for longer periods and shows growing interest in people around him. His play skills have improved, as he actively participates in imaginative play and explores a wider range of toys with flexibility and creativity.



Hasnain has also made noticeable progress in emotional regulation. He can recognise and express his feelings verbally and uses calming strategies, such as deep breathing, to manage his emotions. His fine motor skills have strengthened, and he can now use scissors to cut straight lines and simple shapes with better hand control.

Additionally, Hasnain has become more independent in basic daily living activities, reflecting increased confidence and functional skills.

4. Speech Therapy (2213 Sessions): From Few Words to Clear Speech-MD Ayaan Qadir's Story

MD Ayaan Qadir, a bright-eyed 5-year-old child with Autism Spectrum Disorder, began speech therapy with difficulty in speaking clearly and forming sentences. His parents were concerned about his communication and future school readiness.

With one year of regular speech therapy and consistent support, Ayaan has shown remarkable improvement. He has gained confidence in expressing himself and now speaks more clearly, using words and sentences with ease. From mumbling a few words, Ayaan has progressed to chatting with family and friends and has even started reading aloud in class.



This positive change has boosted his self-esteem, and his teachers have noticed better participation and engagement in classroom activities. Ayaan's journey highlights how timely speech therapy and dedication can help a child find their voice and confidence.

Other Activities & Their Impact

1. Home-Based Therapy 243 Sessions: Ahsan Raza's Journey Towards Independence

Ahsan Raza, a 6-year-old child, was enrolled in our Home-Based Therapy programme due to severe balance and mobility challenges. Before intervention, he experienced frequent falls, poor balance, low confidence, and required continuous support for walking and daily activities.



With regular home physiotherapy sessions and parental guidance, Ahsan showed steady improvement. His balance improved, falls reduced, and walking became more stable. Strength and coordination increased, helping him move with greater confidence.

Today, with continued home-based therapy and family support, Ahsan is becoming more independent in daily activities.

2. Adult Physiotherapy Services 64 Sessions: Hazrat Khatoon's Recovery Journey

Hazra Khatoon, a 75-year-old woman from Garden Reach, suffered a Cerebrovascular Attack (CVA) that caused severe knee pain and difficulty in movement, making her dependent on others.



With regular home-based physiotherapy and pain management therapies, her knee pain reduced, mobility improved, and confidence returned.

She is now able to sit cross-legged with greater comfort, which was not possible earlier.

Her progress shows that consistent physiotherapy can support functional recovery even in elderly stroke patients.

3. Aids and Appliances (Orthotics)

This month, 5 children received orthotic appliances as per their disability. These orthoses help in correcting gait and improving posture and walking ability, leading to better mobility and confidence.



4. Functional Activities for Children (Every Saturday)

Every Saturday, functional activity sessions are conducted at the centre. On this day, children participate in indoor games, fun activities, and group interactions instead of regular studies. These sessions help children relax, enjoy, and improve social and functional skills.



5. Women Empowerment – The Silai Gully

Under the Women Empowerment initiative, 18 women are currently receiving stitching training at our Silai Gully unit. Along with training, the women are also preparing designer kurti samples, which are fully made by them. This initiative supports skill development and income generation.



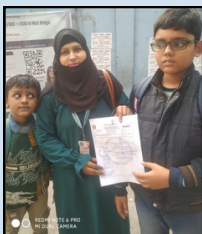
6. Community Survey and Awareness

Community surveys are conducted to identify new children with disabilities and to create awareness about rehabilitation services among families who are not aware of available support and treatment options.



7. Disability Certification & Railway Concession Support

To ensure access to government benefits and travel support, disability certificates are being processed for children at our centre. During this period, **12 children received their disability certificates, enabling them to avail government schemes and welfare services. Additionally, 18 children applied for railway concession certificates**, which will help families travel at reduced cost for medical treatment and rehabilitation services.



8. Mobile & Computer Training for Youth with Disabilities

To promote digital skills and livelihood opportunities, mobile and computer training programmes are conducted for youth with disabilities and their siblings. During this period,



28 participants received computer training, gaining basic digital knowledge and practical skills. In addition, 8 youth completed mobile repairing training, equipping them with technical skills that can support employment and self-reliance.

9. Band & Drum Training

To encourage creativity, teamwork, and confidence, **24 children** at our centre participate in drum and band training. These sessions help develop rhythm, coordination, and concentration while providing a fun and engaging environment.



10. School Admission Support

To promote inclusive education, the process of school admission for children has been initiated. During this month, 4 children were successfully admitted to government schools. This step will help them continue their education and move towards better learning and social inclusion.



Events and Celebrations

1) Inclusive Sports Event

Bangali Bazar High School invited our children for an inclusive sports event. Ten children participated and actively took part in different sports activities.



2) Art and Craft Activity

An art and craft activity was organised by Ms. Sakina Hussain, an expressive art therapist, with our children. The children enjoyed the session a lot and expressed themselves creatively.



3) Distribution Activity by Rotary Club of Mahanagar

An art and craft activity was organised by Ms. Sakina Hussain, an expressive art therapist, with our children. The children enjoyed the session a lot and expressed themselves creatively.



4) Dengue Awareness Rally

Our 20 children attended a rally organised by Mehermanzil School to spread awareness about dengue. The rally helped children understand the importance of dengue prevention.



5) Monthly Birthday Celebration

Birthday celebrations were organised for 25 children during the month. These celebrations are conducted every month to make children feel happy and special.



Donor Engagements

1. Visit by CESC Team

A team from CESC visited our centre to review the project funded by them. They observed the activities and interacted with the children and staff. The team appreciated the work and expressed satisfaction with the project progress.



2) Meeting with the SVP-Team and the Indian Autism Centre

A meeting was held with the SVP team and the Indian Autism Center to understand their aims and goals. It was discussed that they plan to open a branch at Amtala and are seeking technical support from GRIRR. Further discussions on this collaboration are still pending.



• ***With immense gratitude to all our supporters, we are proud to share that our organisation completed 10 years of meaningful service on 30th January. Thank you for being part of our journey.***



Howrah Mini Branch – Overview

Therapy and Educational Activities

During the reporting period, the Howrah Mini Branch provided the following services:

- **Physiotherapy Sessions: 1,231 sessions**

Physiotherapy focuses on improving mobility, muscle strength, balance, posture, and functional independence. Regular sessions helped children achieve better movement control and reduced physical limitations in daily activities.

- **Special Education Sessions: 1,043 sessions**

Special education sessions aimed at enhancing cognitive skills, literacy, numeracy, attention, and daily life understanding. Individualised teaching plans supported learning abilities, communication, and independence in daily routines.

- **Occupational Therapy Sessions: 643 sessions**

Occupational therapy focuses on improving fine motor skills, sensory integration, hand functions, self-care skills, and daily living activities. These sessions helped children become more independent in routine tasks and better adapt to their environments.

- **Speech Therapy Sessions: 432 sessions**

Speech therapy sessions are aimed at improving speech clarity, language development, comprehension, and communication skills. The therapy supported children in expressing their needs better and enhancing social interaction.

- **Adult Therapy Sessions: 95 Sessions**

Adult therapy focused on improving functional skills, independence, cognitive engagement, and daily living abilities of adults with disabilities. These sessions supported confidence building, routine management, and overall quality of life.

- **Aids and Appliances:** One child received assistive aids and appliances to support daily functioning and mobility.



The Power of Early Therapy

Arham Ahmed, a bright 6-year-old, came to our NGO struggling with Autism Spectrum Disorder. He found it hard to sit or stand, follow instructions, or adjust to new surroundings. His parents were worried but hopeful.

With a structured Occupational Therapy plan, Arham began learning to focus, balance, and respond to simple commands. Sensory activities and gentle guidance helped reduce his fears and anxiety.

Within a month, Arham started following instructions, sat and stood confidently, engaged more during sessions, and displayed calmer, positive behavior. His journey shows how early intervention, consistent therapy, and family support can spark remarkable growth.

When Education Builds Confidence

Adil Iftekhar, 24, has Down Syndrome and comes from a supportive family, with his parents, Mr. Iftekhar Ahmed and Mrs. Zubaida Khatoon, actively involved in his development. He attended 70 special education classes at our centre. Initially, he could recognize capital letters (A-Z) and numbers 1-30 but could not write his name and struggled with attention and daily tasks.

With consistent, individualized support, Adil has made remarkable progress. He can now write his name, address, parents' names, simple words, numbers 1-200, and perform basic addition. He participates in daily routines confidently, enjoys learning, and takes pride in his achievements.