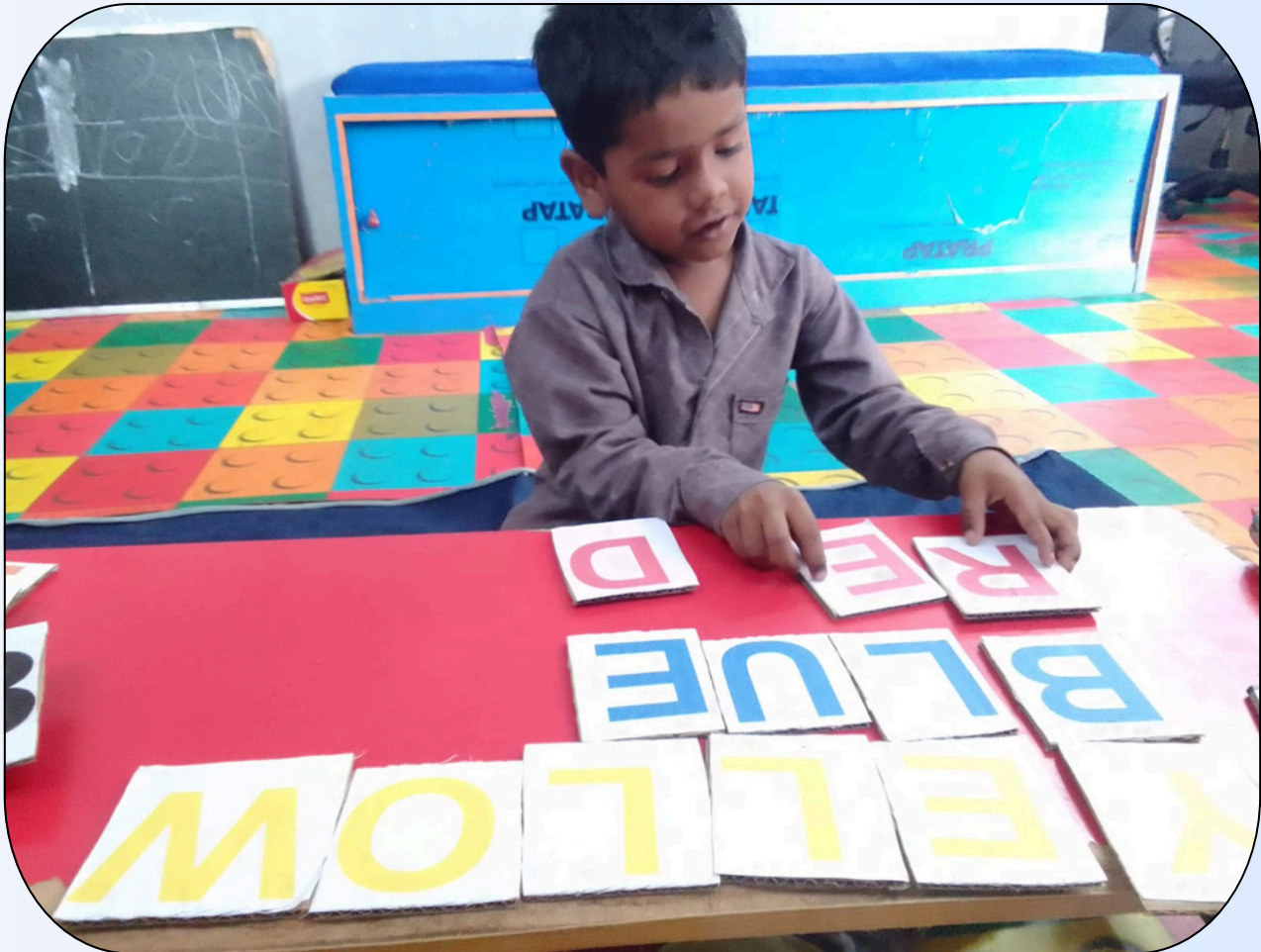


# GARDEN REACH INSTITUTE FOR THE REHABILITATION AND RESEARCH

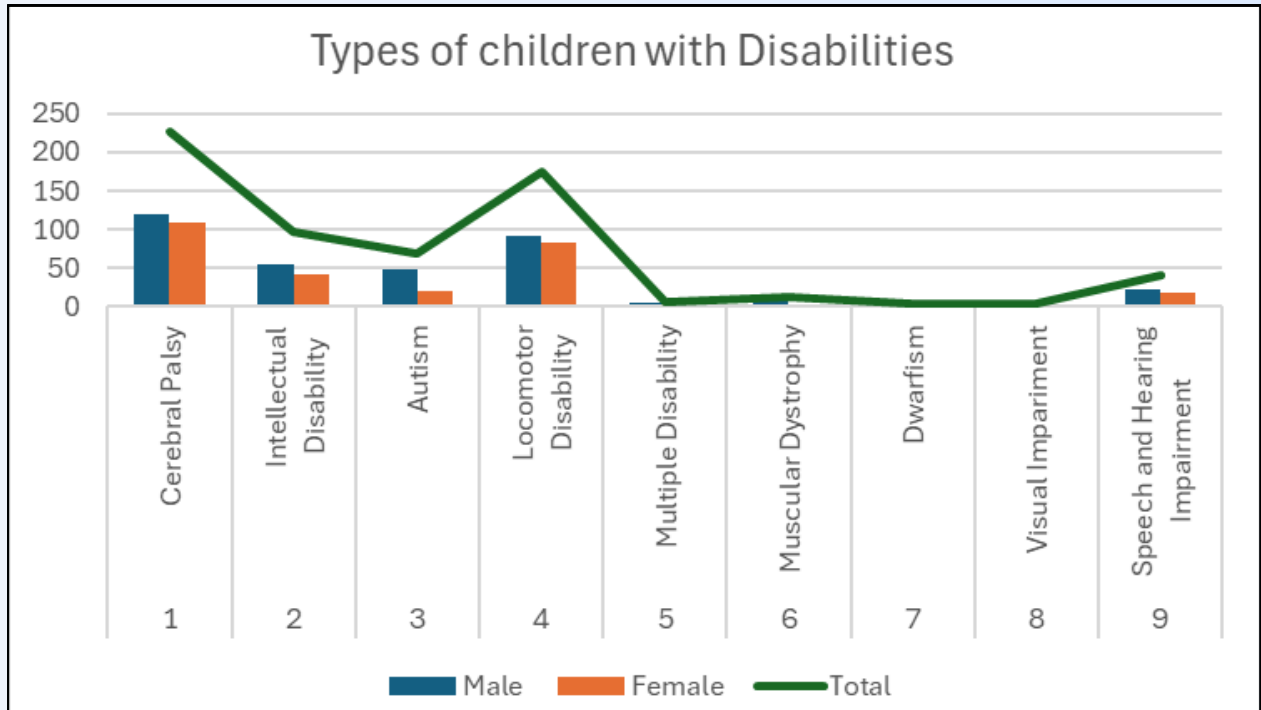


## *Newsletter*

MARCH 2026

A MONTH OF DEDICATION, PROGRESS, AND IMPACTFUL BEGINNINGS,  
DRIVEN BY OUR COMMITMENT TO CREATING MEANINGFUL CHANGE

# Graphic Data



We are currently supporting **633 children with disabilities** through our rehabilitation services, working towards improved mobility, independence, and quality of life.

## Rehabilitation Services



Physiotherapy  
2941 Sessions



Occupational Therapy  
1865 Sessions



Special Education  
2205 Sessions



Speech Therapy  
1284 Sessions



Home-Based Therapy  
322 Sessions



Community  
Survey  
482 House



Aids &  
Appliances  
4 children

# Success Stories

- **Little Steps, Big Progress**

Salar Ahmed, a 2-year-old child, came to us with delayed development. He is the beloved son of Mr Sk Israfil Ahamed and Mrs Khusnuma Khatoon, residing at H115/1, Shyam Lal Lane.

When Salar first started his rehabilitation journey, he faced significant challenges. He was unable to sit without support and had difficulty crawling properly, which are important milestones



for a child of his age. His parents were concerned about his growth and development, but they remained hopeful and committed to supporting him.

With regular therapy sessions, guided exercises, and continuous encouragement, Salar slowly began to show progress. Step by step, his strength and balance started improving.

Today, Salar has achieved a beautiful milestone – he can now sit without support for 5 to 10 minutes. Not only this, but he has also started crawling properly, marking an important step towards his physical independence.

- **A Journey of Growth and Confidence:**

Jannat Khan, a 4-year-old child with cerebral palsy, began her journey with many developmental challenges. In the beginning, her social interaction was very limited, and she found it difficult to engage with others around her. Sitting in a proper posture during class was also a major challenge for her.



She was unable to identify colours, body parts, or arrange shapes from big to small. Holding objects in her hands was difficult, and her speech was unclear, with very low and vague sounds. Communication was a struggle, making it hard for her to express herself.

With consistent therapy, patience, and ongoing support, Jannat gradually began to show improvement. Step by step, she began gaining strength, coordination, and confidence.

**Today, Jannat has made remarkable progress. She can now sit properly in class without support and actively participate. She is able to hold objects firmly and arrange items part-to-part independently. She can identify body parts by speaking and is now able to clearly name fruits and vegetables in a louder, more confident voice.**

**She has also learned to arrange numbers from 1 to 10 and letters from A to Z, and she can organise colours and beads on her own. Her independence has improved significantly, and she can now walk with others with a little support.**

**Jannat's journey is a beautiful example of how dedication, therapy, and encouragement can bring meaningful change.**

# Other Services



## **Mobile Repairing Training (PumSense Project):**

The six-month mobile repairing training program supported by PumSense has been completed. A final evaluation was recently conducted, based on which certificates will be distributed to the participants. A total of 14 youth with disabilities appeared for the evaluation.



## **Computer Training Centre:**

The computer training centre continues to function regularly, with 32 youth with disabilities currently enrolled and actively participating in the training program.



## **Stitching Unit – Silaigali:**

At the Silaigali stitching unit, 22 women are currently learning stitching skills. Additionally, 15 women are supporting the unit by assisting in sampling and production activities, helping them gain practical exposure.



## **Drum and Band Classes:**

Drum and band classes are being conducted regularly with the participation of 24 children. These sessions help in improving their confidence, coordination, and teamwork.



## **Saturday Activity Sessions:**

Every Saturday, activity-based sessions are organized in place of regular education. These sessions make learning enjoyable, keep children engaged, and enhance their interest in participating.



## **School Admissions:**

A total of 6 school visits were conducted to facilitate the admission of children with disabilities. As a result, 2 successful admissions were completed during this period.

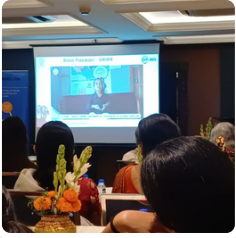
- **Featured in The Times of India:**

A vibrant moment of Sadia and Rina enjoying cotton candy at Deodar Street was featured in The Times of India.



The concept was inspired by **Mr. Mudar Patherya (CEO Trisys Foundation)**, highlighting the blend of city art, culture, and everyday joy.

# Events and Celebrations



## **International Women's Day Celebration:**

This month, on Women's Day, SVP organized a meaningful program where SVP partners, NGO partners, and community women came together. The event provided a platform to share and understand each other's journeys and struggles.



## **Monthly Birthday Celebration:**

This month, we celebrated the birthdays of 18 children, creating a joyful and inclusive environment where they felt special and value.



## **Ramadan Iftar Kit Distribution:**

During the month of March, we distributed Iftar kits to 150 needy children with the support of Trash to Treasure.

This initiative ensured that children from underprivileged backgrounds could observe Ramadan with dignity and proper nourishment.

# Visitor & Donor Interactions



- **Visit by Mr Rumman Khan:**

Mr Rumman Khan, along with his sons Mr Zaeem Khan and Mr Humza Khan, visited GRIRR and donated a TV for official use. They were also shown the Thrive Stronger portal and key challenges, which they will help highlight in April.



- **Visit by Mrs Gargi Saha:**

Mrs Gargi Saha, Child Protection Officer, UNICEF Patna, visited GRIRR, observed our services, and assured support by connecting us with relevant links and networks.

## Mini Branch Howrah



Occupational Therapy



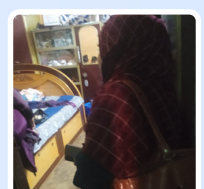
Physiotherapy



Special Education



Speech Therapy



Community Survey

## **From Fragility to First Control: Toshali's Journey**

Toshali Mitra, an 8-year-old child with Cerebral Palsy, came to our centre with poor neck control, very limited sitting balance, and extremely low muscle strength. She was fully dependent on support for basic postures, and previous therapies had shown very little improvement.

With 20 days of regular, structured physiotherapy at GRIRR focusing on neck control, core strength, and sitting balance, Toshali began to show encouraging progress. Her neck control improved by around 50%, and she was able to sit with partial support, showing 20-30% improvement in balance.

Her journey highlights that even a short period of consistent and targeted therapy can bring meaningful changes and open the path towards greater independence.

