

NEWSLETTER

NOVEMBER 2025

A Proud Achievement of our Howrah Mini Branch *Two Children, Two Surgeries, Two Life-Changing Transformation*



Before



After



Before



After

Aksha Noor's (12yrs) life has been marked by quiet courage. Living in a small rented house at 77, Jola Para Masjid Lane, she grew up watching her mother, Tarannum Parveen, work in other people's homes—washing, cleaning, and doing household chores, just to feed her three daughters. After her husband divorced her and walked away, Tarannum became both mother and father, carrying every burden alone but with endless love.

Aksha suffered from Genu Valgum (knock knees) so severe that even simple walking became difficult. Her inward-bending legs affected her posture, her mobility, and, slowly, her confidence. Tarannum longed to help her daughter, but treatment was far beyond what she could ever afford.

Then came the turning point.

GRIRR (Garden Reach Institute of Rehabilitation & Research), in collaboration with ISHWAR – International Society for Human Welfare and Rehabilitation, arranged Aksha's surgery completely free of cost.

For a mother who had struggled for years, this support felt like a miracle. Tears of relief rolled down her face as she realised her daughter finally had a chance at a better life.

Aksha bravely underwent the corrective surgery, marking the beginning of her transformation.

Today, she is continuing her recovery through post-surgery physiotherapy to strengthen her legs and correct her gait. She is also receiving orthosis support, helping her maintain proper alignment as she heals. Now,

Little **Inaya Azam**, just five years old, had spent her early childhood **walking on her toes**. Due to **Cerebral Palsy–Hemiplegia**, the tightness in her heel cord made every step painful and unsteady. Her parents, living in a small rented home at Gangaram Bairagi Lane in Howrah, spent years going from one place to another, hoping someone would guide them correctly. But all they found was confusion and misdirection. Still, they never stopped fighting for their daughter.

When they finally learned that a Tendo Achilles Lengthening surgery could help Inaya walk properly, it felt like sunlight after a long storm.

GRIRR (Garden Reach Institute of Rehabilitation & Research) collaborated with ISHWAR – International Society for Human Welfare and Rehabilitation to support Inaya's surgical intervention, giving her the chance her parents had prayed for. In November 2025, Inaya was admitted, and the surgery was successfully performed.

But her true transformation began afterwards.

Post-surgery, Inaya entered physiotherapy with fear and hesitation. She clung to her mother, unsure how her leg would respond. Her therapists gently guided her—helping her stretch tight muscles, place her heel on the ground, and regain balance through simple, playful activities. With every session came small victories: a proper heel strike, a steady step, a growing smile. Slowly, the little girl who once walked only on her toes began walking with balance, strength, and confidence.

Today, Inaya's steps are smoother, her posture improved, and her future brighter.

Disability Categories of Children We Serve 608 children

153
Locomotor
Disability

148
Cerebral
Palsy

198
Intellectual
Disability

67
Autism

26
Speech &
Hearing
Impairment

12
Muscular
Dystrophy

4
Visual
Impairment

Cumulative Impact of the Month



Physiotherapy
3703 Session



Special Education
2321 Session



Occupational Therapy
1640 Session



Speech Therapy
1854 Session



Home Based Therapy
153 Session



Home Visit Survey
1148 Household



Stitching Training
18 ladies



Birthday Celebration
24 children



Basic Computer Training
18 Youth with Disabilities



Mobile Repairing Training
6 Youth with Disabilities



Rugby Training
14 Children



Drum and Band Training
24 Children

Cumulative Impact- Mini Branch (Howrah)



Physiotherapy
1983 Session



Occupational Therapy
1239 Session



Speech Therapy
923 Session



Special Education
1843 Session



Home Visit Survey
534 House

Picnic at Science City:

We organized an educational **picnic to Science City with 100 children, 100 parents, and 27 staff members and volunteers.** The children had a wonderful and joyful experience throughout the day. Opportunities like this are rare for many of them, and for some, almost impossible to access. Therefore, our purpose behind conducting this annual picnic is to ensure that children step out of their homes, explore the world, and enjoy moments of happiness.

At the same time, parents of children with disabilities often remain consumed by constant worry and responsibilities. This picnic gives them a chance to relax, enjoy with their children, and reconnect with their own happiness. When our children smile, and their parents share that joy, our satisfaction becomes even greater.

We express our heartfelt gratitude to the generous sponsors who made this picnic possible: Ms Nandita Gupta, Mr Rumman Khan, Mr Sandip Kantha Mukherjee, Trash to Treasure, and Ms Ayesha Izhaar.

Their support helped us create a memorable and meaningful day for all the children and their families.



Maternal & Child Health Awareness Program:

A total of 42 women, including pregnant mothers and mothers with newborn babies, attended the awareness program held at Ekra Club, Shyamlal Lane, Garden Reach, Ward No. 135, Kolkata.

The session focused on key topics related to Swasth Janam (Healthy Birth), including:

- Prevention of disabilities through proper care during pregnancy
- Importance of family planning, emphasizing that raising one or two children ensures better care and development
- Risks of early marriage and its impact on maternal and child health
- Nutritional requirements during pregnancy for the well-being of both mother and baby

The program aimed to empower women with knowledge that supports healthy pregnancies, safe motherhood, and improved child care practices.

