

WHAT FELT IMPOSSIBLE YESTERDAY IS SLOWLY BECOMING ROUTINE TODAY.



**SUPPORTING OVER 600+ CHILDREN AND FAMILIES, OUR
REHABILITATION SERVICES CONTINUE TO CREATE
MEANINGFUL, LASTING CHANGE IN THE COMMUNITY.**

1) Cumulative Impact:



Physiotherapy
2865 sessions



Special Education
2232 sessions



Speech Therapy
2591 sessions



Occupational
Therapy
2854 sessions



Home Based
Therapy
82 sessions



Drum & Band
20 children



Community Survey
432 Household



Aids & Appliances
12 Devices



Computer Training
38 youth



Women
Empowerment- 28

2) Other Activity:



Khel Khiladi Day is celebrated every Saturday with fun games and activity-based learning sessions for children. Special educators conduct different activities to improve the children's communication, confidence, social interaction, motor skills, and participation through play and enjoyment. The day creates a happy and inclusive learning environment for all children.



Regular hospital visits are being conducted to support children in accessing different government schemes and medical benefits. Currently, the application and verification process for 7 children is ongoing.

3) Events:

SHG group Training



A training session for SHG women was conducted by , where 18 women participated actively. The session focused on the importance of income generation, savings, and financial management to support women empowerment and self-reliance.

World Autism Day



On the occasion of , celebrations were organized at both and centers. Children, parents, and staff participated by wearing blue clothes to spread autism awareness and support inclusion. The event included dance and singing performances, followed by cake cutting by children with autism, making the celebration joyful and memorable for everyone.

Birthday Celebration



Birthday celebrations were organized for the children at the center to make them feel special and joyful. The celebration included cake cutting, games, singing, and group participation, creating happy moments and encouraging social interaction among the children.

4) Success Stories

• Anam Khatoon – Overcoming Mobility Challenges with Therapy Support

Anam Khatoon, a 5-year-old girl, was enrolled in the rehabilitation program with the diagnosis of knock-kneed. Before starting therapy, she faced difficulty in walking properly and experienced pain in both knees. She also had difficulty sitting in a squatting position, which affected her daily activities and movement.

After regular physiotherapy sessions and ongoing support from the rehabilitation team, Anam gradually began to show improvement in her physical condition. Different exercises and therapeutic activities were conducted to improve her posture, balance, muscle strength, and walking pattern. Her family was also guided through home-based exercises to maintain her progress.

With consistent therapy and care, Anam is now able to walk with better coordination and balance. Her knee pain has significantly reduced, and she is now able to sit in a squatting posture comfortably. The improvement in her mobility and confidence has brought happiness to both Anam and her family. Her progress reflects the positive impact of early rehabilitation and continuous support.



• Hood Alam – Remarkable Progress in Learning and Communication

Hood Alam, a child with Cerebral Palsy, has shown remarkable improvement over the past month in both motor and cognitive development. Through regular therapy sessions, special education support, and activity-based learning, he has become more active, responsive, and engaged during sessions.

One of the major improvements seen in Hood is his ability to grasp objects with better control and coordination. His interest in learning has also increased, and he now actively participates in classroom and therapy activities. He is able to identify and differentiate colors correctly and understands simple concepts such as “before” and “after.”

Hood has made encouraging progress in communication skills as well. He can now use gestures to indicate different body parts, showing improved understanding and expression abilities. His concentration level has improved significantly, and he participates successfully in concentration-based games and learning activities.



Academically, Hood is now able to count numbers from 1 to 10 independently and can recognize letters from A to Z when prompted. Another important achievement is that he can identify his own name, reflecting improvement in his cognitive and memory skills.

Overall, Hood Alam’s progress has been highly encouraging and reflects the positive impact of continuous rehabilitation, special education, and family support in improving his confidence, learning ability, and overall development.

• Nilufar Begum – Recovering Strength and Movement through Physiotherapy

Nilufar Begum, a 45-year-old woman diagnosed with Frozen Shoulder, was facing severe shoulder pain and stiffness before starting treatment. Due to the pain and restricted movement, she had difficulty performing basic therapeutic exercises such as wall climbing and pendulum exercises. Her daily activities were also affected because of limited shoulder mobility.

After receiving regular physiotherapy treatment and guided exercise sessions, Nilufar Begum started showing gradual improvement in her condition. Her shoulder pain has reduced noticeably, and the stiffness has also decreased. She is now able to perform wall climbing and pendulum exercises more comfortably and with better confidence.

There has also been slight improvement in her shoulder movement and flexibility, helping her

carry out daily activities more easily. Her progress reflects the positive impact of regular therapy and consistent exercise in managing frozen shoulder condition.



Howrah-Mini Branch

Empowered Through Therapy: Swati Singh's Story of Progress

Swati Singh, a 13-year-old girl diagnosed with Cerebral Palsy, has been undergoing regular physiotherapy intervention for the past one year. At the initial stage of assessment, she demonstrated the ability to sit independently; however, she was unable to stand without assistance due to poor lower limb strength, reduced balance, and impaired postural control. Over the course of consistent physiotherapy sessions, significant improvement has been observed in her functional abilities. At present, Swati is able to stand independently for approximately 10–15 seconds, which marks a considerable milestone in her rehabilitation journey. In addition, she can now maintain a standing position with the support of a wall, an activity that was previously not achievable for her.

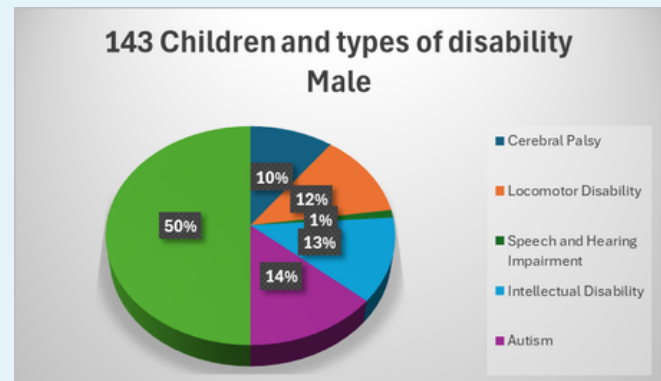


Despite these improvements, mild balance instability persists during unsupported standing. She continues to require supervision and assistance for prolonged standing and dynamic activities. Therefore, ongoing physiotherapy focusing on balance training, core strengthening, postural stability, and lower limb muscle strengthening is recommended to further enhance her functional independence.

Overall, Swati has shown gradual, consistent, and positive progress through structured physiotherapy intervention. Continued therapy and caregiver support are expected to further improve her mobility and quality of life.

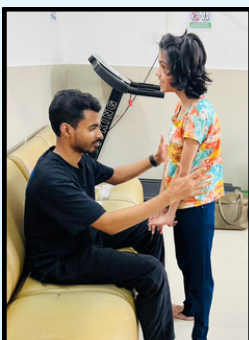
Number of children and types of disabilities

Out of 143 children, Cerebral Palsy accounts for a total of 33 children (18 males and 15 females). Locomotor Disability is the highest, with 41 children (22 males and 19 females). Intellectual Disability includes 36 children (22 males and 14 females). Autism has 28 children (24 males and 4 females). Speech and Hearing Impairment has the lowest number, with 5 children (2 males and 3 females).



Overall, Locomotor Disability has the highest number of children, while Speech and Hearing Impairment has the least.

Services



Physiotherapy
720 session



Occupational Therapy
460 session



Special Education
442 session



Speech Therapy
192 session

Other Activities

Adult patients' therapy: 74 Sessions



- Helps reduce pain and stiffness, improving comfort in daily life.
- Restores movement, strength, and flexibility after injury or surgery.
- Prevents complications such as muscle weakness, joint stiffness, and bed sores.
- Improves balance and coordination, reducing the risk of falls.
- Enhances independence in daily activities like walking, sitting, and self-care.
- Supports faster recovery and promotes active lifestyle.
- Improves mental well-being by reducing stress and increasing confidence.

Community Survey: 435 Houses visit



- Community surveys and home visits play a crucial role in identifying children with special needs at an early stage. They help professionals understand the child's home environment, family background, and daily challenges. This information supports better planning of individualized intervention programs.
- Such visits also create awareness among parents about available therapies, educational support, and government schemes. They provide an opportunity to guide caregivers on basic home-based exercises and training techniques.
- Community outreach ensures better follow-up, regular monitoring, and continuity of care. It also helps in connecting families with rehabilitation services, promoting inclusion and equal opportunities for every child.

Assistive Devices: 5 devices



Assistive devices support children with special needs by improving mobility, communication, and daily functioning. Tools like walkers, wheelchairs, orthotic supports, and communication aids help children perform tasks more safely and independently while increasing participation in school, therapy, and social activities. With proper assessment, regular follow-up, and caregiver support, these devices also help maintain posture, prevent deformities, and enhance overall development. Early use, combined with therapy, improves confidence, independence, and inclusion in everyday life.

Events

On the occasion of World Autism Day, a small awareness and celebration program was organized with children and their caregivers. All the children participated by wearing blue-colored clothes, showing unity and support for the cause. The color blue represents calmness, acceptance, and solidarity with individuals with autism, and is globally associated with autism awareness. Various engaging activities were conducted to encourage participation and social interaction among the children. Caregivers were also guided about the importance of early intervention and continuous support. The event helped raise awareness and created a positive, inclusive environment for children with autism.



Next Month Plan (Howrah):

- Facilitate UDID card registration for all beneficiaries.
- Conduct follow-ups to track disability certificates and access to available government schemes and facilities.
- Organize a small celebration to mark 1 year of operations.
- Carry out a door-to-door survey to identify more children with special needs and connect them to services.

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