Garden Reach Institute for the Rehabilitation and Research

MONTHLY NEWSLETTER · Rehabilitating · Mainstreaming · Inspiring to go beyond

SEPTEMBER 2026

STORY OF THE MONTH

From his mother's lap to running free

Md. Ahmed · Age 5 · Garden Reach Centre · with GRIRR since 1 February 2024

When Ahmed first came to GRIRR, he arrived in his mother's arms. He could not stand on his own, and his parents did not know whether he ever would. Ahmed is their only child. His father works as a labourer and the family lives in a small rented home, so specialised therapy was far beyond their reach.

Day after day, Ahmed came for therapy. Slowly his legs grew stronger. First he stood with support, then on his own, and then he took his first steps. Today Ahmed stands, walks and even runs, and he enjoys his life the way every five-year-old should.

His journey is not over. Our therapists are now working on his gait through treadmill and walking practice, as long distances are still hard for him. Speaking is difficult too, but speech class has become his favourite: he enjoys every session and learns something new each day.

For his parents, every step Ahmed takes is a gift. Their gratitude belongs to the GRIRR team and to every supporter who made these steps possible.

Ahmed



The early days



Standing on his own



Today, all smiles

THEN
Came in his mother's arms; could not stand alone.

NOW
Stands, walks, runs and loves speech class.

NEXT
A steadier gait and clearer speech.

Physiotherapy at GRIRR



Learning through play



Building strength and trust



Gait training

HIGHLIGHT OF THE MONTH

Swachhata Hi Seva 2026

In collaboration with GRSE · 17 September – 2 October 2026

For one fortnight, our children, families, schools and neighbourhood came together to keep our surroundings clean, give old things a second life and spread the message of a Swachh Bharat.

60	40	22	2
students & teachers at the debate	children in Sports for Swachhata	toys given to our children	walls painted with clean-India messages



01 Debate: Yuva for Swachhata

At Dhan Kheti High School, around 60 students and teachers debated the role of young people in keeping India clean. The best speakers received prizes.



02 Collection Drive

Families and well-wishers donated old clothes and toys instead of throwing them away. Every box was sorted so that nothing went to waste.



03 Sports for Swachhata

About 40 children with disabilities played hoop race, lemon collection and ball passing, each game adapted to every child's ability.



04 Wall Painting

A "Say No to Plastic" mural at Mahemanzil School, and a Clean India, Green India wall in the community, now remind everyone who passes by.



05 Toy Distribution

The 22 toys collected in the drive were handed to children at our centre, turning things no longer needed at home into new favourites.



06 Recycling & Distribution

Collected clothes became laptop covers, potlis, bag charms and tote bags, shared with community members and GRSE members.

Rights & Outreach

Aadhaar Card Camp

67 children received a new or corrected Aadhaar card, the first step towards government disability schemes. **5 UDID cards** are in process and **3 children** received railway concession cards.

Door-to-Door Survey

Our field teams visited **3,285 households** in Garden Reach and **134** in Howrah to find people with disabilities who are not yet receiving care and connect them with help.

Therapy & Education

Garden Reach Centre

3,421	2,854	2,852	1,453
physiotherapy	occupational	special education	speech therapy

Plus **47** home-based therapy sessions and **5** children fitted with assistive devices.

Howrah Centre

1,566	1,869	1,453	765
physiotherapy	occupational	special education	speech therapy

Plus **5** children in process for government schemes.

Health, Skills & Inclusion



Health Check-up Camp

With DITO Social Welfare Association, **51 people** received free check-ups at their doorstep.



Eye Check-up Camp

A follow-up camp examined the **10 patients** missed at the previous camp.



Computer Training

32 youth with disabilities and their siblings are building digital skills for study and work.



Arya Parishad Workshop

27 students learnt anger management and SWOT analysis; several asked for counselling.



Birthdays & Drum Class

We celebrated **22 birthdays**, and **18 children** played in drum class.



Silai Gully

Our women are stitching Diwali orders for Dakshini Prayas and our special puja products.



Rupayan · Learning to connect

Age 9 · Autism · Howrah Centre

Rupayan found it hard to communicate, make eye contact and join in activities. With an individual plan for communication, attention, social, motor and learning skills, he now focuses longer, joins in and is more comfortable with others. With his family's support, he is moving towards greater independence.

With Gratitude to Our Supporters

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BHIM UPI

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Support a Child like Ahmed

Scan the QR code to donate directly with any UPI app (Google Pay, PhonePe, PayZapp). Your gift funds therapy, assistive devices and hope for children with disabilities.

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Howrah Centre: 234 Belilious Road, Tikiapara, Howrah 711101 (within Rebecca Belilious Charitable Dispensary & Hospital)