GARDEN REACH INSTITUTE FOR THE REHABILITATION AND RESEARCH



NEWSLETTER MAY 2026

SVP INDIA

TRISYS COMMUNICATIONS PRIVATE LIMITED

Blind Date: An Inspiring Interaction and Life Story Sharing Session

As part of the 'Blind Date: Interaction' initiative, Faizan was invited by SVP to share his personal journey and experiences. He spoke about the challenges he faces, the support that has helped him progress, and his aspirations for the future. The session highlighted the resilience, determination, and potential of young people with disabilities.

Celebrating Assistive Technology Day Through Digital Advocacy



In collaboration with Bangladesh Disabled Development Trust, we celebrated Assistive Technology Day through an online awareness campaign. A total of 102 persons with disabilities participated by sharing inspiring posts about their assistive devices and how these technologies support their independence and daily lives.

Participants were encouraged to raise awareness by highlighting the positive impact of assistive technology. Winners were selected based on the number of likes, comments, and shares their posts received. The top three participants were awarded cash prizes in recognition of their impactful advocacy efforts:

1st Prize: Tanveer Alam, **2nd Prize**: Swati Singh, **3rd Prize**: Faizan Mumtaz. The campaign successfully promoted awareness about assistive technology and showcased the experiences and achievements of persons with disabilities within the community.

Financial Inclusion and Disability Rights Awareness Program

An awareness program organized by the Reserve Bank of India educated participants about the rights of persons with disabilities to access banking and financial services. A total of 70 youth with disabilities participated in the session.

The program highlighted the importance of financial inclusion, accessible banking services, and the rights of persons with disabilities in the financial sector. During the interactive session, several participants and parents shared banking-related concerns and challenges, which were addressed and resolved by the resource persons. The program enhanced participants' understanding of available banking facilities and empowered them to access financial services with greater confidence and independence.



G.R.I.R.R
EHABILITATING, MAINSTREAMIN
INSPIRING TO GO BEYOND

Celebrating ONE YEAR OF IMPACT

HOWRAH MINI BRANCH

1st ANNIVERSARY

A Journey of Hope, Growth & Empowerment

The month of May marked a proud milestone as our Howrah Mini Branch completed its first year of dedicated service to children and families in need. This journey has been possible through the trust of parents, the dedication of our team, and the support of our well-wishers and community.

Here's to many more years of making a difference together!

1 Year of
Compassion
Commitment
Change









SERVICES WE PROVIDE

PHYSIOTHERAPY
Improving mobility, strength, posture and functional independence.

SPECIAL EDUCATION
Enhancing learning abilities, communication and adaptive skills through individualized educational support.

SPEECH THERAPY
Supporting communication and language development for better expression and social interaction.

OCCUPATIONAL THERAPY
Building fine motor skills, sensory integration and independence in daily living activities.

OUR IMPACT IN 1 YEAR

- Many children supported in their developmental journey
- Families empowered with knowledge and resources
- A supportive community built around inclusion and care
- Countless small steps towards a brighter and independent future

> "Alone we can do so little; together we can do so much."

HEARTFELT THANKS TO

- Our Children
- Our Parents
- Our Dedicated Team
- Our Supporters & Well-wishers



One Year Down, A Lifetime of Impact Ahead!

Physiotherapy

Physiotherapy sessions helped children improve mobility, balance, strength, and functional independence. During the reporting period, ***2,437*** physiotherapy sessions were conducted.



Special Education

Special education supported children's learning, communication, and daily living skills through individualized interventions. A total of **2,684** special education sessions were delivered.



Speech Therapy

Speech Therapy supported children's communication and language development through individualised interventions. A total of 2,109 speech therapy sessions were delivered.



Occupational Therapy

Occupational therapy focused on enhancing fine motor skills, sensory integration, and independence in daily activities. During the reporting period, 2,291 occupational therapy sessions were conducted.



Appliances Distribution

Assistive appliances were provided to support mobility, independence, and participation in daily activities for children with disabilities. During the reporting period, a total of 5 assistive appliances were distributed to beneficiaries based on their individual needs.



Door to door survey

Door-to-door surveys focused on identifying children with disabilities, understanding their needs, and connecting families with available services. During the reporting period, 456 door-to-door visits were conducted.



Success story

The Impact of Consistent Physiotherapy



Sakina Khatoon, a two-year-old child from Metiabruz, Kolkata, was diagnosed with cerebral palsy. At birth, she did not cry immediately and was admitted to the Intensive Care Unit (ICU) for one month. As she grew, developmental delays became noticeable. Her family had previously accessed therapy services elsewhere, but later enrolled her at our centre after learning about the rehabilitation support available.

When Sakina first came to the centre, she had poor neck and trunk control, was unable to lift her head independently, and experienced significant tightness throughout her body, particularly around her ankles. These challenges affected her ability to perform age-appropriate motor activities and limited her overall mobility.

Following a comprehensive assessment, Sakina began receiving regular physiotherapy sessions focused on neck control training, trunk strengthening, stretching exercises to reduce muscle tightness, and rolling practice. Her parents were actively involved through education sessions and a home-based exercise program designed to support her development.

With consistent intervention, Sakina has shown remarkable progress. She has developed improved neck control and can now lift her head independently. Her trunk control has improved, and the tightness in her body and ankles has reduced significantly. She has also started raising her hand to say “bye,” demonstrating improved motor skills and increased interaction with others. Sakina’s parents are happy with the progress she has made and appreciate the support provided by the centre. They shared that earlier access to intervention services could have led to even greater improvement. Sakina’s journey reflects the positive impact of early rehabilitation, regular therapy, and active family participation in helping children achieve their developmental potential.

Breathing Easier, Moving Better: Aradhya’s Journey of Recovery



Aradhya Kumari, a two-year-and-eight-month-old child with cerebral palsy, came to our centre facing significant physical and respiratory challenges. She experienced severe tightness in both her upper and lower limbs, which restricted her movements and affected her overall comfort. In addition, she suffered from excessive lung sounds caused by the accumulation of mucus in her chest, making breathing difficult and increasing the risk of respiratory complications.

To address these concerns, Aradhya was enrolled in regular physiotherapy sessions conducted on a daily basis. Along with exercises aimed at reducing muscle tightness and improving mobility, specialized chest physiotherapy techniques, including percussion and vibration therapy, were incorporated into her treatment plan to improve respiratory health.

With consistent intervention, Aradhya began to show encouraging progress. The tightness in her chest reduced considerably, and the abnormal lung sounds caused by mucus accumulation gradually decreased. Airway clearance techniques helped loosen and remove secretions more effectively, leading to easier breathing and improved chest expansion. These improvements contributed to her overall well-being and comfort.

Aradhya’s parents are happy with the positive changes they have observed in their daughter. They appreciate the regular support and guidance provided by the rehabilitation team and are encouraged by her progress. Her journey highlights the importance of consistent physiotherapy and early intervention in improving both physical function and respiratory health for children with cerebral palsy.

Howrah Mini Branch









Success story

Unlocking Potential Through Consistent Support – Soham's Journey



Soham Das, an eight-year-old boy from Howrah, was diagnosed with Moderate Autism Spectrum Disorder (ASD) along with Mild Intellectual Disability. Living in a supportive nuclear family, Soham's parents were concerned about his difficulties with communication, learning, behaviour, and social interaction. Before joining our centre, he displayed hyperactive and impulsive behaviour, had poor sitting tolerance, and often struggled to regulate his emotions. He found it difficult to pay attention, complete tasks, and communicate effectively with others.

Following a comprehensive developmental and psychological assessment, Soham was enrolled in a structured intervention program that included Occupational Therapy, Speech Therapy, and Special Education. Through more than 32 intervention sessions, targeted support was provided to strengthen his communication abilities, social skills, pre-academic learning, writing skills, instruction-following, and task completion.

Over time, Soham began to show remarkable progress. He developed the ability to sit and participate in activities for 15–20 minutes, follow simple instructions with less support, and maintain better attention during sessions. His learning skills improved significantly, enabling him to write his name and address with guidance, count numbers, understand English and Bengali numbers, and begin learning basic Bengali through Borno Porichoy. He also learned to recognize colours, fruits, and animals and showed great enthusiasm for colour-based and singing activities.

Equally important were the positive changes in his behaviour and communication. Soham became better at controlling his emotions, showed reduced impulsive behaviour, and interacted more effectively with therapists and others around him. His increased participation and interest in learning activities reflected growing confidence and engagement.

Today, Soham demonstrates improved behaviour, stronger learning abilities, and better communication skills. While he continues to require support and supervision, his progress highlights the impact of consistent intervention and family involvement. His mother expressed satisfaction with the improvements she has observed, sharing that regular practice and repetition have helped Soham learn, remember, and respond more effectively in daily life.



Computer Training Program

Computer training sessions continued to equip youth with disabilities with essential digital skills, helping them improve their confidence, employability, and access to future livelihood opportunities.



UDID Card Facilitation

The process of obtaining Unique Disability ID (UDID) Cards is currently underway for 8 children to ensure access to government benefits and disability-related entitlements.



Birthday Celebrations

Birthdays of children enrolled in the program were celebrated with enthusiasm, creating joyful and inclusive moments that strengthened their sense of belonging and participation.



Khel Khiladi Day

On Saturday, Anika, daughter of Snigdha Shah Ma'am, spent quality time with our children and supported them in art and craft activities, making the session enjoyable, interactive, and enriching for everyone involved. Her warm interaction and encouragement motivated the children to participate actively and express their creativity with confidence.



Capacity Building & Training by IAC

Our team was invited by the Indian Autism Center to participate in an awareness and capacity-building program focused on supporting children with autism. Experts highlighted effective approaches for engaging children in functional activities, yoga, and structured routines that promote independence, communication, and overall well-being. The session strengthened our understanding of autism and enhanced our ability to support children and their families more effectively.

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