



Quarterly Newsletter

INDRADHANUSH

January- March 2024



“Step by step we walked together spreading love, acceptance and awareness”



Director's Desk

-- Ms. Neera Chawla

The New Year began with a chilly weather though it could not dampen the spirits of our students as they joined back with full enthusiasm after the winter break. This year we celebrated our Republic Day in a grand way where all participated in parade and did tableaus showcasing of their pride in simple vocational activities. The season was in full rigour as all teachers were busy in doing final term assessments and preparing students reports. Amidst this busy routine we organised another grand event on World Down Syndrome Day, 21st March to celebrate the spirit and capacities of people with intellectual disabilities. This inclusive event included a walk in Vasant Kunj led by BSF Band (50 jawans), followed by more than 200 students, teachers, parents and volunteers and well managed by 200 NSS volunteers. The dignitaries who participated in the walk along with Muskaan team included Mr. Rohit Meena (DCP Southwest District), Sh. Krishan Kumar Gupta (NSS Founder) Mr. Amrit Madan (Chairman of Bhagidari Cell, Delhi), Mr. Rajiv Aneja (ADG of Rotary District 3011), Dr Meenu Kumar (Regional CSR coordinator BNI Gurgaon & Faridabad , Vice President Oisca International, North India and Japanese NGO in consultative status UN), Ms. Kareen Laurent, (President Main Tendue a charity initiative of French embassy), Ms. Laure Viault (Treasurer, of Main Tendue), Ms. Vaidehi Subramani (CWC former chairperson) , Dr. Rupak Das, Mr. Satyajit Sareen (ACP Southwest). This was a great awareness event as its outreach was beyond our expectations.

“If we are to achieve a richer culture, we must weave one in which each diverse human gift will find a fitting place.”

---Margaret Meade

Friendship Walk: A Glance



Donate us: Link for donation <https://rzp.io//muskaanpaepid>



Unit in Focus: Food & Bakery



You all must have relished the tasty mathi and mouthwatering pickles. Our friends at bakery not only produce a large no of products they also participate in extracurricular activities, learning life skills and enjoys outing, birthdays and picnics. Taking care of all the necessary hygiene as per the FSSAI regulation..

A wide range of fresh and authentic home made snacks like mathi, namakpara, variety of cookies, cake, muffins, variety of pickles, marmalade made with organic chinese oranges, chocolates, Masala Idli and Patties for cafe etc. These snacks are hygienically prepared and packed in portable containers by our students. The recipes used are traditional and have been used with original spices to give a unique taste to each snack items.

Supporting Families

1. Parent training cum sharing program held on 23rd february at Gurugram center. where parents come up with their challenges and we can take up that and unanimously tried to find solutions with everyone's experiences.
2. The sensitization workshop on 18th March at St. Mary School marked a significant step forward in promoting awareness and support to persons with intellectual disabilities along with their families. By educating the community about the challenges, opportunities, and support mechanisms available, we tried to laid a foundation for more inclusive, supportive, and empowering environments for persons with intellectual disabilities.



Students' Tale

Aryan- 'Our Diligent Fellow'

Aryan Gupta is known for his exceptional performance in the Bakery Unit where he is placed. His sincerity and passion for his work make him indispensable to the unit. Along with his hardworking nature, he is very enthusiastic when it comes to handling any responsibility in the unit. He not only cherishes his work but also never hesitates to lend a helping hand, portraying his caring nature. He loves to maintain his daily schedule. His zest for keeping things organized extends beyond his routine work. He also organizes his and his family members clothes and other things at home.

Aryan has a clear concept of shape and size which helps him in organising the boxes used for packaging in the unit. His counting skills make sure, numbers are not messed up when reported. Initially, he had fear of sharp objects which gone with training and adaptations. He has shown a huge improvement in his communication skills. At first, it was difficult for Aryan to communicate verbally, and it was a challenge to understand also but with the encouragement and given opportunity to speak helped him to overcome and helped him to come out of his comfort zone and in the process he also developed social skills. He started interacting with his friends and started enjoying the events and group activities with friends .

"We too learn to cherish every moment of life from Aryan and find happiness in small corners of life!"



Mainstream Employment update

Mr. Arpit Jain got his apprenticeship letter from The Lalit on 6th march after completing his training





Hum kisi se kam nahi

1. Twelve of our students participated in Bocce event organized by Aanchal Special school, Kautilya Marg on 15th and 16th January..
2. On the date of 15th February our six students participated in a football competition in Dwarka. Where our students won four silver and one bronze medals.
3. Eight of our students participated in annual art competition organised by Very Special Art on 1st March.
4. Four of our friends participated badminton state championship 2024 organised by Special Olympic Bharat at Kulachi Hansraj Model School
5. Vasudev Sharan, a trainee of stationary unit got featured for his beautiful paintings in Hindustan times on the occasion of World Down Syndrome Day.
6. Twenty people including staff & parents participated in India Art fair at NSIC, Okhla on 2nd feb .
7. Seven of our friends participated in an inter schools cultural event ""LIGHT UP LIVES" organized by Concern India Foundation at Army Public School, Dhaula kuan.



Celebrations

The advantages of celebration are universal, and can be as powerful in a small, quiet gathering as in a big party and we don't leave any occasion to celebrate. Apart from the regular prominent festivals on the day of Pran Pratishtha at Ram Mandir, Ayodhya our trainees lightened Diya in their units to be part of the grand occasion and also attended the ceremony online. .



Lohri



Republic Day



Sarswati Puja



Valentines Day



Pran Pratishtha at Ram Mandir



Sahyogi Diwas



Tattoo & Mehndi stall at Holi



Holi- Painting by trainees

Staff Enrichment program

A day long Managerial training was organised by Muskaan on 24th February at Four point hotel for teachers & managers to upgrade their management skill. The resource persons includes Mr. Brij Chandiramani and Mr. Shailja Ranjan Raj.



In Remembrance



Padma Shree Dr. I C. Verma
25-12-1936 to 08-02-2024

Muskaan is sad beyond words to learn about the demises of Padma Shree Awardee " Dr. I. C. Verma, on 8th February 2024. His contribution to building Muskaan shows his foresight, and vision, which surely shall endure for generations to come

Highlights of Assisted Living Facility

At the Assisted Living Facility of Muskaan we conducted an inclusive meeting between residents and staff(senior staff, associate staff, attendant) where we addressed the issues from both sides.



Celebrating Birthdays & Events



Birthdays of Bindu, Vivek, Beena, Saurabh and Anuj was celebrate with full enthusiasm, they had party and got gifts. Also celebrated each event like Lohri, Saraswati Pooja, Republic day and Holi (played with colours)

Towards Health and fitness

Annual health checkups has been done for all the residents apart from regular exercises and routine weekly medical checkup.

1. Dental checkup at Manav Rachna Dental College, Faridabad on 18th January.
2. Eye check up at Bharati Hospital, Greater Kailash on 16th February.
3. Full body check up at Swan Neelu Angel's, Multi Specialist Hospital, Saket on 15 February.



Parents Corner



यह कर के तो देखो

रास्ते अपने आप मिल जायेंगे,
पहले अपने पैरों की बेड़ियाँ तोड़कर तो देखो ।
लक्ष्य अपने आप नज़र आएंगे,
पहले आँखों पर लगी पट्टी खोल कर तो देखो ।

विश्वास अपने आप जाग जायेगा,
पहले अपने अंधविश्वास को छोड़ कर तो देखो ।
हौसला अपने आप बन जायेगा,
पहले अपनी संकीर्ण सोच को बदल कर तो देखो।

उलझने अपने आप सुलझ जाएँगी,
पहले अपने नज़रिये को बदल कर तो देखो ।
नसीब अपने आप खुल जायेगा,
पहले जीवन के मूल्य को समझ कर तो देखो ।

सफलता अपने आप पास आएगी,
पहले अपने कर्तव्य को निभा कर तो देखो ।
लोगों के कान खड़े हो जायेंगे,
अन्याय के खिलाफ आवाज़ उठाकर तो देखो।

जूनून अपने आप उमड़ पड़ेगा,
पहले अपनी छाती ठोक कर के तो देखो ।
खयालात अपने आप मिलजाएँगे,
पहले परे से हाथ मिला कर तो देखो।

साथ दूसरों का भी मिल जायेगा,
पहले खुद छोटे कदम चल कर तो देखो।
माहौल अपने आप बदल जायेगा
पहले अपने आप को बदल कर तो देखो ।

अँधेरे अपने आप मिट जाएँगा,
पहले एक दीया जला कर तो देखो ।
चेहरा अपने आप उभर आएगा,
पहले दुष्टों को बेनकाब कर के तो देखो।

-- डॉ शशि मोतीलाल

Our Supporters

1. We are thrilled to announce the latest addition to our family of supporters! Recently, we had the pleasure of hosting the Corporate Social Responsibility (CSR) manager Mr Dilip, from Muthoot Finance Ltd.. The highlight of this visit was the generous donation of 15 Eco Friendly heaters, a contribution that will make a significant difference.
2. BNI group donated blanket to our needy friends.
3. Nimmi Trehan, who is continuously working in USA to support, visited on 30th January
4. Dr. B.L.Shailesh, managing trustee of Shailesh Charitable Trust, a donor, donated 11 lakhs in Muskaan.





Awareness Initiatives

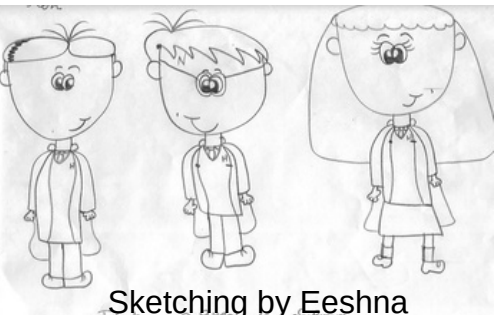
1. Twenty one student from NIPCCD visited for Orientation on 18th January
2. Admission and awareness drive at SKV Mayur Vihar on 25th January. Three team members were attended the annual event at SKV talked to the people there and distribute the leaflets containing information about our Centre. The teachers have further asked us to do an awareness session for the parents some time later.
3. Muskaan participated in 33rd DCWA & the diplomatic community Bazaar, 2024 held on 3rd february at Jawaharlal Nehru Stadium.
4. On 7th February six senior people from Piramal school, Rajasthan visited Muskaan to understand the Training and Employment model of Muskaan.
5. A group of students with teacher visited from Taktse International School, Sikkim on 8th February.
6. Two employee from Air India visited to understand the employment model.
7. An orientation visit was conducted for volunteers from Lady Shree Ram College on 19th February
8. A group of trainees participated in Goody Bag picnic at Nehru Park organised by Society for Child Development
9. Muskaan participated in Purple fest organised by Ministry of Social Justice at Rashtrapati Bhawan on 26th February 2024
10. An orientation Visit was organised for thirty five DEd students from TTISE, Okhla on 6th March.
11. Four person visited us to understand the unique working model from Darden school of business, University of Virginia, USA on 7th March
12. Students attended workshop regarding upcoming Voting at AADI on 13th March
13. A group of DEd students from Amar Jyoti visited to understand the intricacies' of training with PWID on 14th March.
14. To showcase the capabilities of our friends , we installed the stall at
 - a. At Air India office on 22nd March
 - b. At Clix capital Gurgaon during Holi.



Friends' Corner Experiencing outer world



Art- World



Sketching by Eeshna



Sketching by Noopur



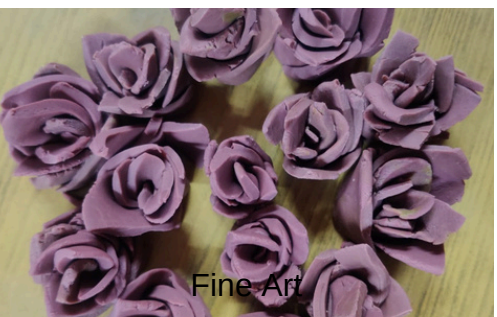
Paintingt by Shivang



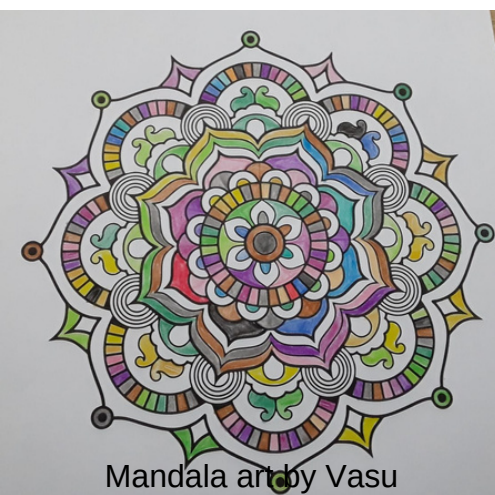
Dancing on Music



Friends



Fine Art



Mandala art by Vasu



Paintingt by Ratandeep



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