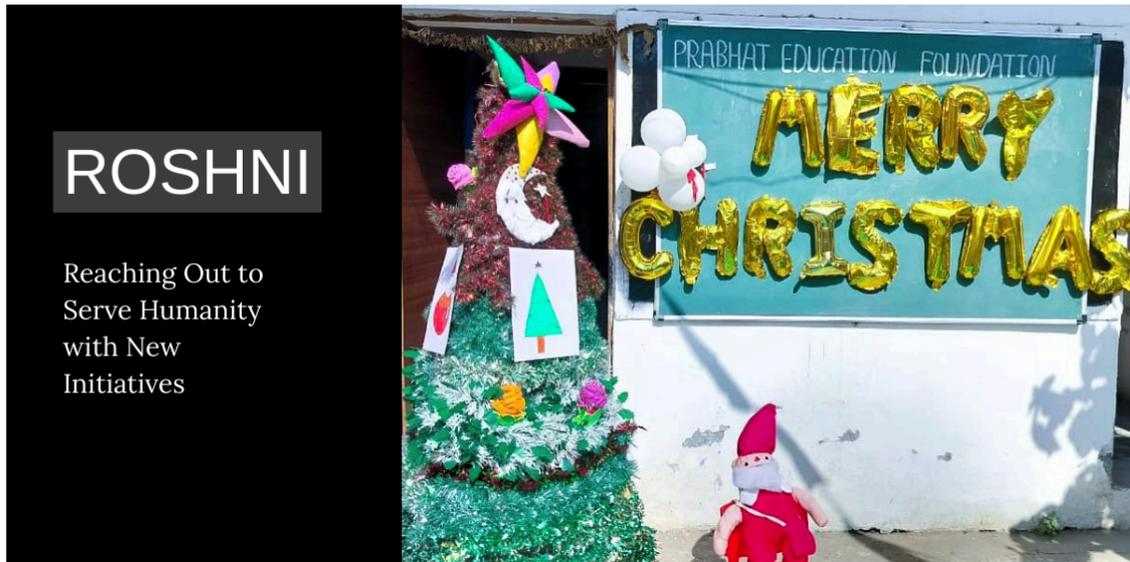


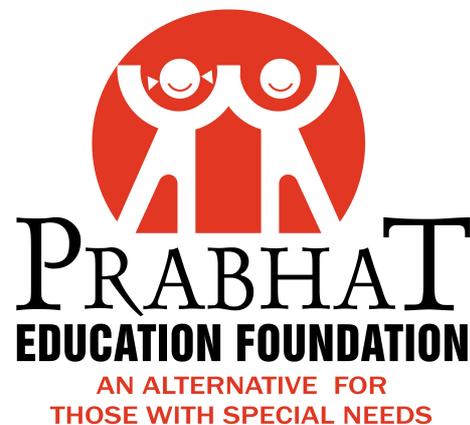
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About Prabhat

Founded in 2003, Prabhat identifies and empowers children with disabilities and learning difficulties, providing accessible learning and rehabilitation services to over 3600 individuals in Ahmedabad. Working closely with local communities, Prabhat fosters inclusive education and support for individuals with disabilities and their families.

[Learn more](#)



December 2025 | Issue No. 73 | A monthly newsletter

Hello readers! Explore community highlights, glean valuable insights, and get inspired to take action. Enjoy the read!

The Geometry of Small Victories ft. Anushka Mourya

Five year old Anushka Mourya's journey reminds us how progress can also look quiet, slow and very human. Diagnosed with Cerebral Palsy, Anushka and her family moved from Bihar to Ahmedabad in search of treatment and support. Through Prabhat, they found a space that understood her pace while providing her with required therapies. When Anushka first began attending sessions, she was extremely hyperactive, struggled to understand even basic

instructions like “yes” or “no,” cried frequently, and sat in harmful postures such as W-sitting. Learning, at that point, felt distant.

With consistent and structured interventions focusing on motor development, communication skills, activities of daily living, and sensory integration, small shifts began to appear. Today, Anushka understands simple instructions, attempts activities with physical support, and shows visible effort even when assistance is needed. Her progress may not align with conventional ideas of “development,” but each response, each attempt, and each moment of engagement marks meaningful growth.



Her mother shares, “Earlier, I feared she might never be able to do anything. I felt lost. But today, I see her looking at me, really seeing me. When I tell her ‘Don’t do this’ or ‘Sit like this,’ she understands. She is learning in her own way, at her own pace. This has given me a new kind of hope: not for a different child, but for a better life for the child I have.”

We accept the boundaries of her condition without giving up the battle for her dignity. Her journey isn't about reaching a traditional finish line but about the courage to keep moving forward, one "Yes" at a time! Our belief will keep this journey going, even when the path is slow.

Prepared by Namrata Chauhan, Special Educator

Program Updates

World Disability Day celebrations

December began with a vibrant series of celebrations across our centers and Anganwadis to mark the International Day of Persons with Disabilities. In Vatva, the celebration moved outdoors as children enjoyed a sun-filled day at a public garden, filled with rides, games, and shared laughter. Bhaipura Center hosted a vital awareness session led by Shri Neel Chandraben and Sutaria Parul Ben from the District Legal Service Association, empowering our team and families with crucial information regarding their rights and available



services. Berral Market Centre organised a film screening of *Sitaare Zameen Par* for children, parents, and teachers, followed by reflection and discussion.



At the Rajnikunj Anganwadi (Bhaipura), children co-created a "Disability Tree" using their own handprints, while special educators introduced the concept of disability to the little ones through gentle storytelling. Meanwhile, in another Anganwadi, children and parents came together for collage-making and dialogue on disability awareness. True inclusion for Children with Special Needs requires more than just one day of recognition; it demands a shift in the community's perspective. By engaging toddlers in Anganwadis and providing everyone with legal knowledge, we are dismantling barriers of stigma and misinformation. We remain committed to being the bridge between these rights and the children who deserve them.

Support Group workshops yields Results

As an outcome of this capacity-building process of support groups, parents from the Support Groups independently initiated simple learning activities with children at Anganwadis this month as well.



While these were periodic and not part of daily Anganwadi routines, they powerfully demonstrated what parent-led participation can look like in community spaces. These moments reflect growing parental ownership, confidence, and the potential for shared responsibility in sustaining inclusive Anganwadi environments.

Christmas across Centres and Community

Christmas was celebrated across Prabhat's centres, schools, and Anganwadis with warmth, creativity, and community participation. At Bhaipura, students from LJ College and members of the G.C.C.I. Group spent time celebrating with the children, while Vatva Centre marked the day with breakfast support from local shop owners. At Berral Market, children made Christmas stars and shared a festive meal, and at Maninagar Gujarati School No. 4, students created origami Santa Claus. Celebrations extended to Anganwadis, where children engaged in colouring, drawing, and dancing, turning



Christmas into a shared moment of joy and belonging across communities.



Anganwadi Developmental Screening Campaign continues

The Anganwadi screenings aimed at early diagnosis and intervention, continued and covered 25 Anganwadis in the Bhaipura ward, 19 Anganwadis in Khokhra ward, 21 in Maninagar, and 36 in Behrampura ward. A total of 111 Anganwadis went through the process of developmental screenings and identifying children who may benefit from early support.

Menstrual Health Awareness Session

An awareness session on menstruation and menstrual health was conducted at the Bhaipura Centre for adolescent girls and their parents. Dr. Nehal Trivedi, gynaecologist, led the session and addressed the physical and emotional challenges faced by young girls with disabilities during their menstrual cycle. The discussion focused on basic menstrual hygiene, managing discomfort, and practical ways caregivers can provide informed and sensitive support, helping families navigate this phase with greater confidence and care.

Medical Checkups

Medical professionals from the Rashtriya Bal Swasthya Karyakram (RBSK) visited Prabhat's Bhaipura Centre to conduct health check-ups for children, including measurements of height and weight. Regular medical assessments like these play a crucial role in tracking children's physical growth and overall development.



Multifaceted Assessments

Speech assessments of 55 children were conducted across Bhaipura and Berral Market centres, covering both centre-based and home-based children, by Dr Killol. Psychological assessments were carried out at the Bhaipura Centre by Dr Malav, strengthening individualized planning and therapeutic support.

Kidz Corner

Participation in Science–Math Fair

Students from Maninagar Gujarati School No. 4 recently visited the URC Math–Science

Exhibition, a gathering of schools from across the South Zone. The fair featured innovative student models ranging from solar car systems and water purifiers to 3D geometry and waste segregation. For our children, these visits are a vital exercise in social integration and multisensory learning. By exploring hands-on models, abstract concepts become tangible, sparking a curiosity that textbooks cannot reach.



Most importantly, being part of a mainstream educational event reinforces a sense of belonging among their peers, building the social confidence necessary for true community inclusion.

Advocacy and Networking



Internships

25 students from Ahmedabad University visited the centre this month to understand how inclusive education takes shape in practice. Over multiple days, the students worked in small groups to design and create TLMs for colour concepts, Math activities, Birthday, sensory-based materials, Fine Motor activities that will directly support educators in everyday classroom and therapy sessions.

This activity offered a first hand understanding of how children learn differently and how teaching methods must adapt with sensitivity and intention. By interacting closely with educators and children, the students experienced what inclusion looks like in real life: not as a theory, but as a shared process of learning, patience, and creativity.

Students pursuing the CBID course from CRC Odhav, who are currently interning with Prabhat, were taken on field exposure visits to local Anganwadis and Civil Hospital. The visits helped them understand community-based screening, the process of obtaining medical certification, and the practical aspects of conducting surveys.



E-Cooking Research Update

The month was dedicated to intensive field follow-ups for the e-cooking research project. Team members conducted regular home visits to collect data using tools such as telediaris, cooking diaries, surveys, interviews, and photovoice. Participants



shared varied experiences using appliances like EPCs, induction stoves, and rice cookers —some adapting with ease, others navigating challenges, and many still learning. These lived experiences have been insightful and enriching for the organisation.

Capabilities showcased at ‘Kalash’

We participated in *Kalash – Ek Anokhi Pratibha*, an initiative by Sarathi A Drive and Joy of Helping, which offered a public platform to celebrate the abilities of persons with disabilities. Through a stall showcasing handcrafted clay and screen-printed products made by Prabhat’s students, the focus remained on confidence, dignity, and self-reliance rather than charity.



The presence of students Ronak and Dhvani, along with their parents, highlighted the importance of visibility and appreciation in building inclusion and shifting social perceptions.



Engagement with Anganwadis

A meeting was held with a total of 35 Anganwadi workers this month. The team members introduced Prabhat’s work and our programs to them, with special focus on identifying children with special needs in their Anganwadi centres.

Spotlight on Visitors



We welcomed distinguished Mr. Mukim Kazi (Zonal Head) & Mr. Rahul Soni (Sr. Branch Manager) from Jana Small Finance Bank at Bhaipura to learn about Prabhat’s work.



Sri Balaji Divyalay charitable trust’s representative Jigna ben visited Bhaipura centre to meet the children.



Prabhat’s well wishers Chintan Sheth and Anjali Sheth visited Bhaipura Centre for class observations.

Community Based Rehabilitation

Counselling Session with Parents

Our regular monthly Counselling session with Parents was organised at Bhaipura Centre with Dr. Killol this month as well. A one-on-one facilitation was provided to address the challenges that Parents faced at an individual level with their child.

Community Survey in Amraiwadi Ward

A community survey conducted in Amraiwadi ward identified 24 children with special needs. The team will follow this up through parent counselling and linkage to appropriate support and services.

Assistive Services

Following documents were processed this month:

Railway Pass (online): 4

ST Pass (online): 6

Medical Certificate: 3

Additionally, 6 online forms were filled for government aid schemes.



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