OCT - DEC 2022

Glimpses

A QUARTERLY NEWSLETTER OF BISWA GOURI CHARITABLE TRUST

Celebrations

RANGOLI GARDEN VISIT

As part of life skill training program for young adults, small trips are organized for trainees at Pragati. This time it was to the unique and beautifully created North Karnataka village-theme based space called Rangoli gardens. These trips serve a dual purpose. It provides the trainees a platform to practice their social skills, manage changes in their routine, eat out, and the best part, have fun and enjoy themselves. Also, it helps in spreading awareness in the community and sensitizes people to the needs of individuals with special needs.

ART CAMP

An exciting and fun-filled three-day Art Camp was organized for the student of Bubbles, wherein the kids were exposed to specially curated activities which would engage all their 5 senses. The thought was that these new experiences in a calm environment would enable them to become emotionally more grounded. The event was divided into 5 stations: Story, Games, Sensory, Food making and Art covering more than 40 activities. Each section was designed in a manner to give them the required exposure in playful manner. The children were divided into 5 groups of mixed ages and each group went through the planned activities in a round-robin sequence, engaging in a new set of activities in a hands-on manner.

CHRISTMAS CELEBRATION

The annual Christmas celebration as usual saw a flurry of activity with both kids from Bubbles and trainees from Pragati came together to celebrate the festival. It was fun-filled event where the trainees of Pragati sang carols and danced alongwith the students of Bubbles. Not to be left behind, Bubbles teachers also put on a dance show. The highlight of the event was that everything inside goody bag ie the cookies, chocolates and popcorn was made by trainees of Pragati and not just that it was beautifully packed by them too. In truest of Christmas spirit there was fun, laughter and great festivities all around.

Sharing That Inspires Caring

MICROLAND – CORPORATE SENSITIZATION SESSION

An Online session was organised for the employees of the Microland Ltd on spreading awareness about people with Autism and Intellectual Disabilities. It was an interactive session where a lot of myths surrounding Autism were busted. It is part of BGCT's mission to create awareness among communities, so that they can support in the process of inclusivity for individuals with ASD. For many of the attendees it was really an eye-opening event.

TALK @ BANJARA ACADEMY

Sarbani Mallick (Founder Director and Managing Trustee) spoke with the students Banjara Academy pursuing Diploma in Counselling service. Banjara Academy offers courses on psychological counselling, life-skills training and career guidance.
She shared her learnings on how to counsel parents with children identified with ASD and how to best to manage them. She also pointed out that the importance of handling one's own mental well-being during the talk.

LECTURE @ HOSEI UNIVERSITY

Sarbani Mallick was also invited to speak on online event conducted by the prestigious Hosei university in Tokyo, for the students pursuing Disability and International Best Practises at the university. She spoke about the latest policies and practises on Disability and Development in India.

Sharing That Inspires Caring

NEXT STEPS TOWARDS EMPLOYABILITY

As part of the vision of Pragati, some trainees have completed their skill training and employability training. As the next step, these new graduates would be helped into the role of an intern at the newly launched workstation at Pragati. To better prepare the parents of these trainees, a session was conducted to take them through the next steps of the internship phase and also to update them on the learning we have had in the past from this program.

PRS (PSYCHIATRIC REHABILITATION SERVICES) OF NIMHANS VISIT

We had a team of senior psychiatrists and psychiatrists-in-training pursuing their M.Phil. from NIMHANS visit Pragati. The team was there to see first-hand the processes being followed at the grassroots level and wanted to understand how we @ BGCT undertake rehabilitation aspects in particular. They also freewheeling interaction with the trainees.

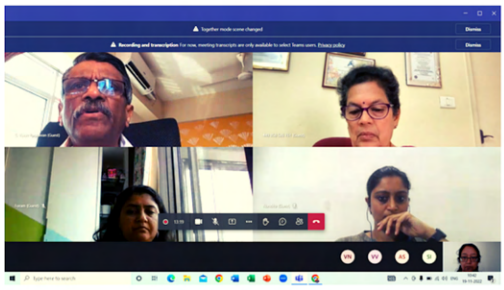
Sharing That Inspires Caring

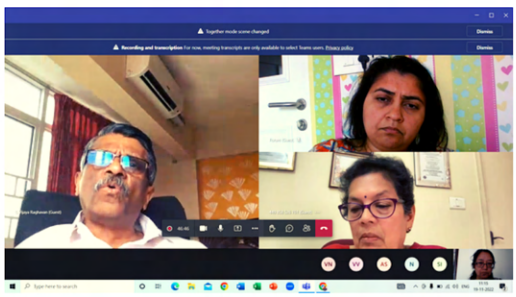
PSBB MILLENIUM SCHOOL SENSITIZATION SESSION

Two awareness and sensitization sessions were organised for the high school students of PSBB Millennium School. The objective was to provide the students about the differences that exist in society, differences that exist in the way people communicate, how each and every one of us learns and how despite the challenges we have our strengths and are capable to play a socially valued role in society.

TATA POWER – PAY AUTENTION INITIATIVE

Sarbani Mallick(Founder Director/ Managing Trustee) was also invited by Tata Power under their Social Capital initiative Pay Autention, which aims to empower parents and primary healthcare workers to help in early identification and intervention in ASD symptoms in children. Ms Sarbani was invited in her capacity as an expert in the field to provide consultation shaping strategies to augment Tata Power's Autism Support and Network Development initiative.





Parent Engagement

EMOTIONAL REGULATION SESSION BY BIJAL MODI

Bijal Modi an Occupational Therapist, took a session for parents on Emotional Regulation. In her session she introduced to the parents the concept of identifying and bracketing emotions into zones. She spoke about the importance of creating self-awareness in individuals with ASD so that they can identify their emotions. As a next step she shared evidence-based strategies that the parents can use to regulate their children's emotions.

TRANSITION AND POSSIBLE SOLUTIONS SESSION - DR SHOBA

Dr.Shoba Srinath (retired professor from Dept. of Child and Adolescent Psychiatry National Institute of Mental Health and Neurosciences (NIMHANS), our medical advisor and a reputed Child and Adolescent Psychologist, took a session on Transitions and Possible Solutions at Pragati. This session was specially conducted for parents of students aged 10 years and above as they would be stepping into the adolescent stage. The idea is to give support to the parents as their wards step into the next phase of their life and to prepare them for job readiness skills. Practical suggestion on how to continue the positive reinforcements at home and how to prepare for the physiological changes that is sure to come along and handle them especially in an ASD scenario were shared. Dr Shoba was also kind enough to inaugurate our upcoming workstation where the first batch of trainees who have completed their training would be working from.

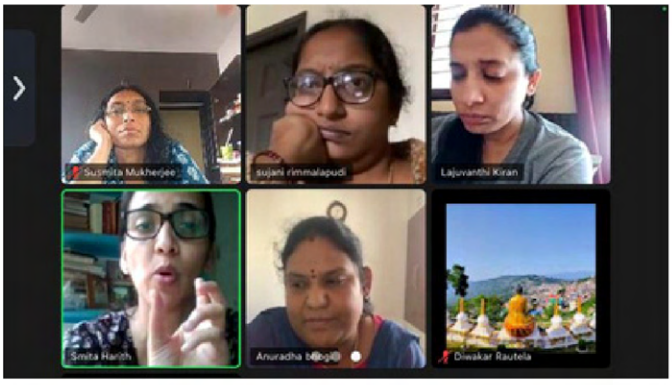
Parent Engagement

PROCESS EXPOSURE AND TRAINING

We opened up Pragati for parents and provided them with hands-on training on all the production activities undertaken at Pragati. This was done to empower the parents to support the trainees who, as part of life-skill training will stepping into more livelihood-based opportunities. The parents were taken through trainings on Digital Printing, Proof Reading, Mosiac Arts. In the end it turned out to be a wholesome experience for many parents.

AVAZ TRAINING

Avaz is a picture and text based AAC(Augmentative and Alternative Communication) app. This is an app developed specially to give individuals with special needs the freedom to express themselves freely and effectively. BGCT partnered with Avaz to provide training to 6 of its trainers who have now become Avaz trained educators. BGCT is also providing this training to parents so that they can use this platform at home also.



Out In The World

CONRAD CAKE MIXING

Conrad hotel a well-known luxury hotel, as part of their annual event, organise a gala cake mixing event to usher in the festive season. For this wonderful occasion they were kind enough to invite our students from Bubbles. This event put them in the middle of new experiences and they enjoyed themselves at this one-of-a-kind social event.

CHRISTMAS TREE LIGHTING @ CONRAD

Continuing our association with Conrad Hotels, we were invited to another of their major occasions of lighting of the Christmas tree. The highlight of the event was 23 feet high Christmas tree. And our kids added cheer by singing Christmas carols which were liked by all.

TANDAV DANCE FESTIVAL

A dance festival with a difference, Tandav is the India's only inclusive dance festival. A full day event saw students from various schools showing off some enviable dance moves. The whole atmosphere was full of energy and music and dance. Our students from Pragati performed a dance show based on the theme of Inclusivity on the wonderful tunes of the hit song 'Love u Zindagi'.

Out In The World

MICROLAND CAMPUS VISIT

As an extension of our interactions with Microland Ltd., trainees of Pragati were invited for the Diwali celebration event at their premises. In keeping with the truest spirit of Diwali festivities, there was dancing, singing and all-round happiness.For the trainees it was unique experience and some even showed off their dance skills. These types of interactions are extremely important for developing the life skills of the trainees and is a testament to the training being imparted at Pragati.

WORKSHOP FOR GINNY'S PLANET

An online art session was organized for our partner NGO Ginny's planet. This workshop was conducted by Pragati on doll making for the volunteers at Ginny's which added to their learnings. The theme was Christmas and, in that spirit, showcased their expertise as making dolls as Angels and other Christmas ornaments.

POP -UP CAFE @ ACCENTURE

An idea is being explored to get our trainees to work at café. A big thanks to Dr Sushama Nagarkar and Café Arpan team for giving our young adults an opportunity to work at the pop-up café at the Accenture campus.

Out In The World

STALLS
@ MULTIPLE VENUES

To spread awareness about our organization our teams visit various events to showcase BGCT and the work that we do. This time we put up stalls at Bosch, PSBB, Rotary Club and Mantri Splendor. This was possible because of our association with DNA (Disability NGO Network), which allows us to become part of such events and gives us a platform to show the wonderful products made by the children at Pragati

BOSCH

Bosch
Bosch Ltd. celebrated December as a disability month and for that purpose they invited few NGOs across different sectors to keep stalls at their huge campus Hosur Road Adugodi. BGCT also participated and kept a stall at the event.

PSBB MILLENIUM SCHOOL

PSBB Millenium School
As part of the Annual Project Day at PSBB Millenium Schools, BGCT got the chance to become a part of event. A stall was also kept as part of the event.

ROTARY CLUB

Rotary Club
We got the opportunity to showcase our products at Kala Utsav organized by the Rotary Club. This was again a very good event were the products generated a lot of interest.

MANTRI SPLENDOR

Mantri Splendor – Christmas carnival
Pragati participated in the Christmas Carnival at Mantri Splendor by putting up a stall. All our products were well received by the community and used the

Aadhar4.0

The third wing of our trust is Aadhar – a rural outreach project. This project strives is to empower grassroot NGOs in rural and semi urban areas to provide early intervention and primary education to children with Autism and intellectual disabilities in age group of 2-10 years.

Under Aadhar, a trained team works with 20-25 children at each of these sites. Most of these places never had access to any intervention services. The families are from the lower economic group strata of the society. A full-fledged centre is set-up with all the facilities to provide early intervention and primary intervention services to children in these centres.

The program has been designed in such a manner that definite outcomes are achieved which is measurable and tracked through scientifically based templates using technology. Each team has been provided with laptops, technology training and all the necessary support services to implement the project on ground.

Two new centres have been started in this quarter as incubation sites, one in Bata Nagar, West Bengal and another in RON, Gadag District, Karnataka. Rachana Iyer CSR Head - IDFC FIRST Bank and Ms Vidhi Singh, Program Manager- CSR IDFC FIRST Bank inaugurated these sites.

Aadhar, in the coming years strives to grow in impactful ways by engaging with the rural partners to reach the last child.

SIGNING OFF

The end is near. Yes, it is the end of another year. But the end also means new beginnings. So, give yourself a pat on your back for going through all the difficulties, trials and tribulations and coming out stronger. Now, with a prayer on our lips, let us look forward to the start of a new year.

Wishing you all the very heartiest of season's greetings and a

HAPPY NEW YEAR