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# Brightside Bulletin



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# Visitors at BGCT



## "Bridging Cultures, Crafting Impact: A Sustainable Step Forward"

Dr. Ryuhei Sano and his team from Hosei University, Tokyo, recently visited Pragati to explore potential collaborations and understand the centre's operations for neurodiverse adults. During their visit, they conducted a workshop on crafting traditional Japanese Nuno Zori slippers—eco-friendly footwear with cultural significance in Japanese festivities.



This collaboration marks the beginning of a promising journey, blending cultural traditions, sustainability, and social impact.



The teams from Pragati (BGCT) and Hosei University also visited Sandesh NGO in Bangalore to explore possibilities for future knowledge-sharing. At the end of their enriching visit, Pragati interns accompanied Dr. Sano and his team to the airport, bidding them a warm farewell and wishing them a safe journey back to Japan.





# Volunteering



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## ANZ Visit

“

On 11th July,  
volunteers from  
ANZ paid a visit to  
Bubbles Centre.



We had the pleasure of welcoming our well-wishers from ANZ to the Bubbles Centre as part of their ongoing commitment to community engagement and support for special needs education. During their visit, they enthusiastically participated in activities like races, art sessions, science experiments, and no-gas cooking with our kids. They also took the opportunity to learn about the unique programs and therapies offered at the centre.



# Volunteering



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## ANZ Visit



"Bubbles, You guys are doing an amazing job. Very Happy that I am part of ANZ who is affiliated with you. Thank you."

"Learnt that ABT has to be practiced across all industries across the world to have balance and lead a stress-free healthy life."

"It's a caring environment for the children. Really centered on the children's experience and needs. Wonderful"



"My experience can't be expressed in words. I believe we all have a lot of social responsibility and will start now. IT WAS AN EXPERIENCE OF LIFETIME"



"It was great to be at Bubbles!!! You guys make their lives COLOURFUL!!!"

"Coming here we come back and understand what is real life is all about and not the race out there. Thank you for sharing the experience."

*This heartwarming interaction highlighted the importance of corporate social responsibility while fostering a sense of inclusion and raising awareness about autism within the community.*



# Volunteering Engagement



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## Cisco Campus Volunteering Engagement with Pragati Production Unit



Pragati Production Unit visited the Cisco campus for a meaningful volunteering engagement. The highlight of the day was a fun and creative diya painting activity, where our students collaborated with Cisco volunteers.

Our students also had the opportunity to interact with Cisco interns, fostering enriching conversations and mutual learning.



*These engagements are invaluable, offering our students exposure to the outside world while giving others a chance to understand and appreciate their strengths, talents, and unique perspectives. Together, we build connections that inspire growth and inclusivity.*



# Volunteering Engagement



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## Digit 88 Employee Engagement



Employees from Digit 88 participated in a creative engagement session at Pragati, collaborating with students on mosaic art and block printing. These activities promoted skill development, social interaction, and artistic expression. Such initiatives bridge communities through shared experiences, fostering personal growth and creative learning.



*Together, we create, learn, and grow!*



# Knowledge Sharing (Steps Towards Inclusion)



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## Visit to Amrita Vishwa Vidyapeetham, Mysuru



Ms. Sarbani, Medha, Mubin (Pragati Centre Head), and Meenakshy (Digital Literacy Head) from BGCT's Pragati Centre recently traveled to Amrita Vishwa Vidyapeetham, Mysuru, by train for a significant academic engagement. Ms. Sarbani was invited to address the faculty and students, raising awareness about the neurodiverse population and promoting inclusivity in educational and social environments.

Medha, an intern at Pragati, shared her personal journey, offering an inspiring perspective on her experiences as a neurodiverse individual. She also presented a creative poster she had designed, earning appreciation from the audience.



Additionally, Maria, Pooja, and Meenakshy presented their research papers, contributing valuable insights to the academic discussions. The event was a meaningful platform for knowledge exchange, fostering deeper understanding and advocacy for neurodiversity in higher education institutions.



*Awareness leads to understanding, and understanding fosters inclusion.*



# Knowledge Sharing (Steps Towards Inclusion)



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## SAMYA Foundation for Special Needs and Jadavpur University

On September 7, 2024, Ms. Sarbani conducted a 3-hour online session for the Certificate Course on Dance and Movement Therapy, organized by SAMYA Foundation for Special Needs and Jadavpur University. The session focused on therapeutic approaches through dance and movement for individuals with special needs, covering theory, practical methodologies, and case studies. Her engaging style and expertise enriched the learning experience, fostering interactive discussions and holistic understanding.



## International Conference on Comprehensive Education



In July 2024, Ms. Sarbani had the privilege of attending the International Conference on Comprehensive Education, a gathering of educators, researchers, professionals committed to advancing inclusive and holistic learning practices.

*The conference fostered idea exchange, innovative strategies, and global success stories. Ms. Sarbani's participation enhanced her perspective and showcased BGCT's dedication to inclusive education.*



*Her involvement underscores our ongoing efforts to empower every learner, ensuring no one is left behind in the journey of education and growth.*



# Knowledge Sharing (Steps Towards Inclusion)



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## International Conference on Comprehensive Education



## Interns Presented Their Posters





## Sports Training at DPS: A Boost to Confidence and Strength



At Delhi Public School (DPS), North Bangalore, BGCT students from the pre-vocational batch recently participated in a sports training session as part of their monthly program. This initiative aims to build both confidence and physical strength, providing valuable exposure to new activities.

This session was a great example of reverse inclusion, where students with special needs engage in mainstream school activities, fostering an inclusive environment. The students enjoyed a variety of activities, including obstacle jumping, running on tracks, and free play.

These monthly visits to DPS are a crucial part of BGCT's commitment to empowering students and encouraging their active participation in the wider community.





## Pragati Interns Visit Mitti Café at Bangalore Airport



As part of their experiential learning journey, Pragati interns from BGCT recently visited Mitti Café at Bangalore Airport. The visit aimed to inspire the interns by showcasing a successful social enterprise run by individuals with disabilities, promoting inclusivity and financial independence.

During their time at Mitti Café, the interns interacted with the café's staff, learning about its mission, daily operations, and the empowerment it provides to its team members. The experience highlighted how meaningful employment opportunities can foster dignity, self-reliance, and a sense of community.

This visit left a lasting impression on the Pragati interns, motivating them to envision career possibilities while strengthening their understanding of workplace inclusivity. It also reaffirmed BGCT's commitment to creating pathways for neurodiverse adults toward a more inclusive and supportive society.





# Community Connect



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## Pragati Stalls

Intel



Carbon Cornerstone

Shobha City



Golden alms



*Setting up stalls for products made at Pragati provides vital visibility for the skills and talents of our young adults with autism. It not only raises awareness about their capabilities but also offers them a meaningful means of livelihood, fostering independence and self-confidence.*



Dr. Chandrashekar Institute



String Mac Hotel  
Enable India  
Celebration of  
Human Spirit



# Parent Empowerment



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## Parent's Support Group

The July Parents' Support Group at Bubbles, themed "Zindagi Na Milegi Dobara," offered a heartfelt space for parents to reflect on life, friendships, and coping mechanisms. Parents shared insights from the film and discussed the joys and challenges of caregiving, exchanging practical strategies to navigate daily stress.



*These sessions are a vital lifeline, fostering a sense of belonging and mutual support. They empower parents with ideas to build strong networks, such as organizing playdates, workshops, and online forums, ensuring no one feels alone on this journey.*



### Immediate Support:

- Foster neighbor relationships for emergency help.
- Train house help and security on emergency protocols.
- Keep an accessible list of emergency contacts.



### Friend Circle:

- Build connections with like-minded parents for mutual support.
- Collaborate on shared activities to strengthen bonds among children and families.

The discussion also highlighted the critical need to plan for a secure future, focusing on sustainable systems that safeguard the independence, emotional well-being, and safety of children. Such meets strengthen the community, equipping parents with the tools, understanding, and encouragement to thrive alongside their children.

### Family Involvement:

- Encourage social interactions to build reliable friendships.
- Involve kids in group activities to foster lasting bonds.



# Parent Empowerment



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## Open House



*Monthly open houses at Bubbles Centre for Autism, are essential for fostering communication and engagement between parents and the school.*

These sessions keep parents informed about their child's progress and upcoming activities, ensuring transparency and trust by updating them on both annual and monthly goals. They also provide a platform for parents to share insights and concerns, contributing to a supportive and collaborative learning environment.



For example, in July, parents were informed about the annual and monthly goals for their children, ensuring everyone is aligned and working towards common objectives.

These open houses help parents connect and feel part of the community. They offer a space for parents to meet, share experiences, and build relationships, fostering a sense of belonging and support.



*This communal aspect enhances the overall experience, making it about more than just updates and goals, but also about creating a strong, supportive network for everyone involved.*



# Creating Safe Spaces

## Child Protection Policy

### What is Child Protection Policy (CPP)?

This Child Protection Policy (CPP) applies to all persons engaged to work in or provide services to the school. This includes part-time and full-time teaching and non-teaching staff, vendors, volunteers, consultants, freelance and other experts and members of the management of BGCT.



The purpose of this policy is to:

- Establish standards for a safe, secure, and caring school environment to prevent child safety violations, including abuse.
- Provide clear guidelines and procedures to swiftly and efficiently address any suspected or actual abuse, ensuring the best interests of the students are safeguarded.



On 9th July, Child Protection Committee held the first meeting of the academic year.



## Committee Members appointed for CPP

### School

Ms. Dhanu John  
(Chairperson)  
Dr. Nikhat Fathima  
(School Counsellor)

### Teachers

Ms. Kirti  
Ms. Hemavathi

### Parents

Mr. Diwakar Rautela  
Ms. Lincy Bose  
Ms. Prerana Mandle

### Students

Ms. Rachel  
Ms. Aleena



# Medical Interventions



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## Consultation with Dr. Shoba Srinath

At Biswa Gouri Charitable Trust (BGCT), we prioritize the holistic well-being of our students, which is an integral part of our life cycle mindset. As part of this approach, we regularly seek consultations with medical professionals to ensure the best care for our students.



*Recently, Dr. Shoba visited BGCT to offer her expertise, providing valuable insights for our students' overall health and development.*

*These consultations have been immensely beneficial, not only improving the well-being of our students but also giving us clearer goals and direction as a school.*



By incorporating medical guidance into our curriculum and care, BGCT continues to strive for a comprehensive approach to student development, ensuring every child receives the support they need to thrive.







## Pragati Students' Overnight Adventure

Pragati students recently experienced an exciting overnight stay at the unit, packed with fun, learning, and life skills. They took charge of their routines—cooking their meals, cleaning, making their beds, and enjoying every moment together.



The evening was lit with a warm and cheerful bonfire, where they shared stories and bonded as a group. The next morning started with a delightful breakfast outing, followed by engaging games and quality time with friends.



*These activities are more than just fun—they're a vital stepping stone in preparing our students for an independent future. Each moment helps them build confidence and essential skills for a fulfilling life ahead.*





# Festivals & Celebrations



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## Independence Day Preparation



*Independence Day at BGCT is a joyous celebration of unity, bringing together students, teachers, and parents. Preparations, from crafting decorations to rehearsing performances, reflect vibrant collaboration and shared enthusiasm.*



These activities not only make the event special but also give every child and young adult a sense of belonging to a greater community. Each contribution, big or small, helps them feel valued and instills pride in their role. The celebration becomes more than an event—it's a collective journey of creativity, teamwork, and shared joy.



*"Together, we weave a beautiful community,  
where every thread adds  
its unique color and strength."*



# Festivals & Celebrations



## Independence Day Celebration

The Independence Day celebration at Biswa Gouri Charitable Trust was a heartfelt tribute to the theme of Freedom. The event was a vibrant display of unity, talent, and emotion, as students, staff, interns, and volunteers came together to honor the spirit of India's independence.

Pragati interns, trainees, and staff delivered skits and dance performances, creatively interpreting the theme of freedom.

The Bubbles students showcased their strength and coordination through an impressive drill performance, while parents and kids participated in joyful dance and instrumental performances. A student from BGCT also sang a beautiful song, filling the air with a deep sense of pride and unity.



# *DifferentNotLess*



# Festivals & Celebrations

## Independence Day Celebration



The celebration also included a special convocation ceremony, honoring students who graduated from Pragati as trainees and are now interns. This moment was a significant milestone in their journey, symbolizing growth, achievement, and the beginning of new roles and responsibilities.



Volunteers played a crucial role in bringing the event to life, helping with decorations and transforming the venue into a festive and patriotic space. The celebration culminated in a powerful march past by all participants, followed by the hoisting of the flag. This was followed by the National Pledge, reaffirming the collective commitment to the values of independence and unity.

Post-event, the Pragati interns displayed the posters they had created, sharing the stories and messages behind their artwork with the audience. Stalls from Pragati were set up, offering attendees the chance to buy products made by the interns, as well as enjoy delicious bhel. A special sprouts corner also served up fresh, healthy sprouts for everyone to enjoy.



The event brought many moments of pride for the students, fostering a deep emotional connection to the values of freedom, unity, and resilience.



*It was a beautiful celebration of independence, celebrating every individual's unique contribution to the community and the nation.*



# Festivals & Celebrations (outside)



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## Celebration by 18 Not Out at Cubbon Park



On August 23rd, Biswa Gouri Charitable Trust (BGCT) participated in the Independence Day celebration organized by 18 Not Out at Cubbon Park. The inclusive event brought together special needs schools, promoting unity and celebration.

BGCT had a stall showcasing products from Pragati, its vocational training initiative, alongside other organizations. The event also featured a group dance performance by BGCT, which won the prize for Best Performance in Group Dance, highlighting the hard work and creativity of the students and staff.

*This vibrant celebration emphasized inclusivity and the empowerment of individuals with special needs, reinforcing BGCT's commitment to creating spaces where everyone can shine and be celebrated.*





# Festivals & Celebrations



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## Teachers of BGCT



At BGCT, Teacher's Day was a heartwarming celebration of the dedication and efforts of our wonderful teachers. Parents expressed their gratitude through a touching video, while children conveyed their wishes with love—verbally, through gestures, or using Avaz. The event highlighted the invaluable role teachers play in nurturing and empowering our children.

*“Behind every confident, capable child is a teacher who cared, inspired, and nurtured with*  
**ENDLESS COMPASSION.**



Watch the video : <https://youtu.be/VyN9qoWXevQ?si=IrkT9n4v8XdUvNN->



# Festivals & Celebrations

## Ganpati - The Making



Each year, our young adults at Pragati create beautiful eco-friendly Ganesha idols using sustainable materials like pulses and natural colors. This tradition not only showcases their remarkable talents but also supports environmental conservation.

By choosing eco-friendly materials, we help reduce water pollution and preserve natural resources. These idols are designed to dissolve harmlessly in water after immersion, reflecting our commitment to a greener planet.

We thank all who supported this initiative, allowing us to honor Lord Ganesha in a sustainable and meaningful way. Together, we continue to celebrate Ganesh Chaturthi with love for both our community and the environment.





# Festivals & Celebrations

## Ganpati - The Celebration

Celebrating Ganesh Chaturthi at Pragati and Bubbles Centre for Autism

This Ganesh Chaturthi, both Pragati and Bubbles Centre for Autism celebrated in their own unique and meaningful ways, showcasing the creativity and spirit of our young participants.

At Pragati, our young adults decorated eco-friendly Ganesha idols using sustainable materials like pulses and natural colors. These idols, designed to dissolve harmlessly in water after immersion, highlight our commitment to environmental conservation while celebrating Lord Ganesha's blessings.



Meanwhile, at Bubbles Centre for Autism, our students had the opportunity to engage in sensory-friendly activities by making clay models of Ganapati. Many of our students, who have sensory sensitivities, were able to explore the sticky and wet texture of clay in a controlled, comfortable space. With limited instructions, they shaped the clay at their own pace, contributing to a beautiful final display.



*Our experience has shown that when provided with a structured environment and clear expectations, autistic children become more engaged and participative. They not only enjoyed the creative process but also took part in the puja and visarjan, celebrating the festival with joy and enthusiasm. As we witnessed their involvement, it became clear that there is a "Bappa" in each one of them—full of curiosity, creativity, and spirit.*



# Festivals & Celebrations

## Onam - A Festival of Togetherness and Joy



At BGCT, the Onam celebration was a delightful blend of tradition and togetherness. The vibrant Pookolam (floral rangoli) created by participants symbolized unity and creativity, while engaging games brought laughter and excitement to the festivities.

Festivals like Onam hold immense significance in fostering a sense of community and enhancing social interactions. They provide a platform for individuals and families to come together, celebrate shared traditions, and build cherished memories. For everyone at BGCT, such occasions are not just cultural observances but opportunities to strengthen bonds and nurture a sense of belonging.



*Through celebrations like these, BGCT continues to emphasize the importance of connection, joy, and inclusivity in all aspects of life.*



# Birthday Celebrations



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**Tanav**  
1<sup>st</sup> July



**Advika**  
2<sup>6</sup>th July

*Birthdays are more than just celebrations; they create cherished moments that make a child feel truly special. These occasions provide a unique opportunity for children to share joy with peers, build lasting memories, and engage in meaningful social interactions. Through these gatherings, they experience belonging, learn the value of relationships, and grow in confidence and connection.*



**Vismay**  
4<sup>th</sup> Aug



**Jiwan**  
20<sup>th</sup> August

*Birthdays are more than cake and gifts,  
They're moments the heart forever lifts.*



# A Heartfelt Tribute



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*In Loving Memory of*  
*Renu Singh*



It is with deep sadness and heavy hearts that we share the news of the passing of Renu Singh, the Director of the Suvidha Project at Enfold Proactive Health Trust. Renu, who dedicated her life to empowering others and advancing health initiatives, tragically passed away after suffering a severe brain hemorrhage on the afternoon of Thursday, August 22nd, 2024. She left us on the morning of August 29th.

Renu was also a valued parent-professional at Biswa Gouri Charitable Trust, where her commitment to supporting families and improving the lives of children with autism made a lasting impact. Her compassion, kindness, and dedication to both her professional work and her community will forever inspire us all.

We extend our heartfelt condolences to her family, friends, and all those who were blessed to know her. May her soul rest in peace, and may her memory live on in the hearts of all who knew her.



# Spotlight on Champions



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## Jyoti Akka

### *The Heart of BGCT's Kitchen*



At the heart of BGCT is Jyoti Akka, our beloved chef whose food is as warm and comforting as her nature. Every meal she prepares is infused with love and care, making each bite a reflection of her dedication. Her cheerful smile lights up the kitchen, and her kindness creates a welcoming space for everyone.

Jyoti Akka goes beyond cooking—she ensures everyone is well-fed and cared for, embodying the spirit of selflessness. Her magical touch and nurturing presence make her an integral part of the BGCT family. Thank you, Jyoti Akka, for filling our plates and hearts with love!

