



SUKRITAVAANI

February 2026



Dear Friends and Supporters,

Warm greetings to you all!

January is always a bustling month. The New Year brings fresh beginnings, Pongal fills our homes with celebration, and for families with school-going children, Republic Day adds to the excitement. At Sukriti too, January was especially busy with one of our most cherished annual events—the **Children's Carnival**.

The Children's Carnival was born from a deeply felt, often unspoken need of children with disabilities and their families—the need to participate in a joyful community event without fear of judgement. After the wonderful response last year, we repeated the same format this year, and the outcome was even more heartening.

One mother shared a moment that stayed with us. She said her son usually does not allow her to do anything when they attend family functions. But at the carnival, he insisted that she apply mehendi on her hands. She was amazed and kept wondering if it was really him. All through the day, he proudly held on to the photograph taken at the photo booth and happily showed it to his father and other family members.

Another mother grew emotional as she spoke about her experience. She said that during most family celebrations, she is only waiting for the event to end so they can return home. But at the Children's Carnival, they did not want to leave at all—it was pure joy. In fact, the first thing her son did after reaching home was to paste his carnival photo on the wall.

These stories reveal a stark truth. Our society still remains insensitive towards persons with disabilities—children, adults, and their families alike. While there have been visible changes at a broader level, much more needs to change at the everyday, human level.

This is what gives meaning to our work. We will continue to strive—not only to improve the lives of children and their families, but also to transform the way society looks at persons with disabilities.

And we know we are not alone in this journey.

Thank you for believing in us and standing with us

With gratitude,
Sowmya Simhan



Children's Carnival - A Day of Joy, Belonging, and Celebration

Our Children's Carnival is designed to be a space of joy, happiness, and acceptance—free from judgement. This is what makes the event truly unique. At the same time, it also provides an opportunity to showcase our work to the larger community, so that many more children and families can benefit from it.

This year's carnival was graced by Mr. S. Srinivasan, District Differently Abled Welfare Officer as Chief Guest and our long-time supporters Ln. N. S. Sankar, Past International Director, Lions International, and Mr. Murali Srinivasan, Managing Director, Techno Products Development Pvt. Ltd., who joined us as Guests of Honour. The dignitaries were given a warm and ceremonious welcome, accompanied by the children and a lively marching band.

As part of the event, assistive aids, appliances, and grocery kits were distributed to around 30 beneficiaries. We also released a specially designed board game aimed at sensitising the community about the importance and need for physiotherapy.

Following the formal proceedings, the floor was opened for everyone to relax and enjoy the festivities. The carnival featured popcorn and sweet candy stalls, a photo booth, mehendi and tattoo counters, a DJ, cartoon characters for the children, and fun games for mothers. It truly was a day filled with laughter and togetherness.

All children received gift hampers sponsored by Heartfulness International School, Omega Branch. We extend our heartfelt thanks to our long-time supporter Ms. Prema Sankar for taking the initiative to sponsor the gifts, as well as the marching band from Heartfulness International School, Omega Branch. We are also deeply grateful to the trustees of Maharashtra Building Trust, who have generously provided the venue free of cost for over fifteen years.

[Click below for a short video](#)



Ladders of Progress, Snakes of Setbacks

One of the biggest challenges we face in providing physiotherapy is ensuring regular attendance. Some parents are deeply committed—rain or shine, they bring their child for therapy and encourage them to participate, even on difficult days. In these children, we see remarkable and consistent improvement.

However, there are others who attend therapy irregularly, fitting sessions in only after all other priorities are addressed, or missing appointments altogether. In several cases, we have seen children make good progress, only to slip back to square one due to irregular attendance.

To sensitise parents and caregivers to the importance of regular physiotherapy, we designed a simple yet powerful board game inspired by the classic Snakes and Ladders. The idea is simple and relatable. When a child attends physiotherapy regularly, they make steady progress—just like climbing up a ladder step by step. But when sessions are missed or therapy is not given priority, the child can lose the progress they have made, much like sliding down a snake in the game.

Currently, when a child comes to the centre for the first time, the caregiver plays this game along with our therapist, who explains the role and long-term impact of consistent physiotherapy. With sponsor support, we hope to provide a copy of this board game to every child enrolled in our rehabilitation programme, reinforcing this message at home.

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