



# SUKRITAVAANI

November 2025

Dear Friends and Supporters,

Greetings from Sukriti! We hope you are doing well.

In this update, we would like to share a closer look at the work happening every day at our Baby Cure Centre. As you know, this free physiotherapy centre supports children with limb deformities, delayed milestones, and other physical challenges to move towards greater independence, confidence, and comfort in their daily lives.

## **Our Process of Care**

Every child who come to us receives a detailed assessment to understand their needs, abilities, and goals. From there, our physiotherapist designs an individualized therapy plan. Parents are also guided and trained on how to continue the exercises at home, because progress happens not just at the centre, but every single day in their natural environment. We also make therapy playful. Using simple games, balance activities, and sometimes even table-tennis rackets, we keep the child engaged so that therapy feels joyful rather than tiring.

This patient, consistent process has led to many children taking their first steps, improving posture and strength, and becoming more confident in movement.

## **Visitors' Day**

We would like all of you to visit our centre. In order to make your visit easy we have designated:

**2nd and 4th Saturdays of every month, between 10:00 AM and 1:00 PM, as Visitors' Day.**

You are welcome to meet the children, observe a session, speak with our therapists, and see how your support is making a difference.

(If you wish to visit on other days, you are warmly welcome — just let us know in advance.)

Your continued support has helped create a space of hope, patience, and progress. Every smile of a child, every small step taken, and every milestone reached holds your contribution behind it.

Thank you for being a part of this journey.

With gratitude

Sowmya Simhan



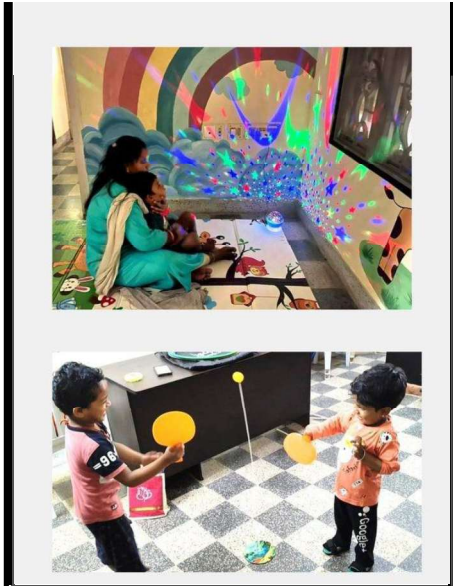
### **Children's Day Celebration**

Children's Day is a special occasion cherished by both children and parents. It is a day filled with joy, laughter, and togetherness. It's also a time when everyone enjoys being around the happiness children bring.

This year, the Lions Club of Silver Pearls celebrated Children's Day at our Baby Cure Centre. The centre was beautifully decorated with balloons and streamers, giving it a bright and festive look.

Fun games were organized for the parents, making the celebration lively and engaging for all. Every child received a gift, and the Lions Club also generously donated toys that will be used in therapy to support the children's growth and development.

It was a heartwarming day filled with smiles, encouragement, and joyful moments shared by all.



### **Making Physiotherapy Fun through Play**

Physiotherapy is essential for our children's growth and mobility, but it can sometimes feel challenging or tiring for them. To make the experience more enjoyable, we keep introducing new play-based therapy tools at our centre at frequent intervals. These are very inexpensive items but engage the children very well. We have added a bunch of toys like indoor floor table tennis, hopscotch game, jumper fun stick, galaxy night projector lamp and many more.

These toys are carefully chosen to encourage movement, balance, hand coordination, and strength — all while the children are simply having fun. When therapy feels like play, children participate more willingly and confidently, without even realizing they are exercising.

By adding these engaging learning toys, we aim to make therapy sessions happier, motivating, and more effective for every child.



[Subash — Watch the Video](#)

### **A Step Toward Independence**

Subash was developing normally until a fever at age two led to meningitis, which caused severe cognitive and muscle weakness. He also became extremely sensitive to sound, often getting frightened and falling. When he came to Sukriti, he was unable to change positions on his own, and his mother struggled to carry him as he grew heavier.

Through consistent physiotherapy, Subash has made encouraging progress — he can now stand for about a minute without support and walk with minimal assistance. Therapy has also included sound desensitization activities, helping reduce his fear responses.

Watch this video for the supportive role of Sukriti in his ongoing journey toward greater independence.

# Support our work

UPI ID: sukritisocial@mahb

## Net banking:

### Sukriti Social Foundation

SB A/C No: 20017963656

Bank of Maharashtra

Mount Road Branch

IFSC Code: MAHB0000400

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Our website

<https://www.sukriti.org/>

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