

DISHA CONNECT

Monthly Newsletter

Volume - 4

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Jaipur

February 2026

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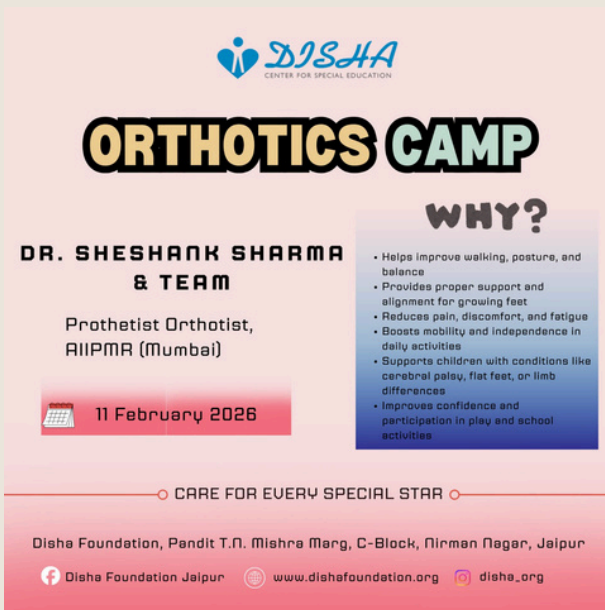
ZOOM MEET- PDTC

On 3 February, a virtual meeting was held with Baal Vikas PDTC for the official launch of their digital platform I-EMERG, which was attended by Dr. Bharti Khunteta, Administrative Director.

ZOOM MEET- VOSAP

On 3 February, a virtual meeting was held with Voice of Specially Abled People regarding health beneficiaries for people with special needs, attended by Dr. Bharti Khunteta.

ORTHOTICS CAMP

ORTHOTICS CAMP

DR. SHESHANK SHARMA & TEAM
Prosthetist Orthotist, AIIPMA (Mumbai)

WHY?

- Helps improve walking, posture, and balance
- Provides proper support and alignment for growing feet
- Reduces pain, discomfort, and fatigue
- Boosts mobility and independence in daily activities
- Supports children with conditions like cerebral palsy, flat feet, or limb differences
- Improves confidence and participation in play and school activities

11 February 2026

CARE FOR EVERY SPECIAL STAR

Disha Foundation, Pandit T.N. Mishra Marg, C-Block, Nirman Nagar, Jaipur

Disha Foundation Jaipur | www.dishafoundation.org | disha_org



On 11 February, an orthotics camp was organized at Disha, led by Dr. Sheshank Sharma and his team, where they conducted checkups for Disha students and provided valuable insights into the children's difficulties and support needs.

SPECIAL SCHOOL EXPOSURE VISIT



On 13 February, the B.Ed. and D.Ed. students of the HRD Department visited an outstation special school for an exposure visit along with their faculty members as part of their practical training programme.

WORKSHOP BY KEYSTONE INSTITUTE





On 17–18 February, Lucky Jangid and Prerak Saini from Disha Foundation, along with faculty member Mr. Ramkaran, attended Keystone Institute India’s “My Voice, My Choice” workshop in Jaipur, where participants explored disability, self-advocacy, and community-building.

SELECTION CAMP CRICKET



On 22 February, Bhanu, Prerak, Nitin, and Rakesh from Disha Foundation, along with sports coach Mr. Ummed Meena, attended the state-level cricket selection camp held at Ryan International School.



CRE

From 23–25 February, a three-day CRE on Inclusive Classroom Strategies was organized at Disha, focusing on approaches and practices that support effective teaching and participation of children with diverse learning needs in the classroom.



TROTZ ALLEM-SPECIAL FEST



On 24 February, 15 students from Disha Foundation participated in Trotz Allem 2026 at Bal Bhavan, Jaipur, taking part in creative sports and stage activities and interacting with volunteers and students from other schools in this programme for differently abled children.

PURPLE FAIR JAIPUR



On 27 and 28 February, students from Disha Foundation participated in the Purple Fair Jaipur held at Mahatma Gandhi University of Medical Sciences & Technology for the empowerment of Divyangjans. The students presented a cultural dance performance, and Disha Foundation also exhibited a stall showcasing handmade products created by its students.

PRESENTATION BY JNU INTERNS



On 28 February, physiotherapy interns from JNU gave their final presentation, discussing their learnings and the progress made during their internship.

INTERNS OF THE MONTH

JNU Interns



Vinayshree Singh



Ananya Gupta



**Rahul Singh
Shekhawat**



Bhavya Jain

IIIM Interns



Urvashi Bharwani



Anushka Mathur



Aayushi Gupta



Khushi Gupta

RU Interns



Aanya Vijay



Kanak Sharma

NLSIU, Bangalore Intern



Raghav Jain

ARTICLE

Prompting Dependency: When Helping Too Much Quietly Reduces Independence

Many parents notice that their child understands what needs to be done but still does not begin tasks independently. The child may know how to complete the activity, yet waits for reminders or cues before starting. This often leads parents to wonder whether their support is helping or unintentionally creating dependence.

In everyday situations, this pattern appears in subtle ways. The child may wait for a physical cue before starting to write, look at the adult's face before speaking, or repeatedly check the adult's reaction while completing a simple task. In response, adults often provide additional prompts so the task gets completed. While this works in the moment, it can gradually shape how the child learns to begin actions.

Prompting can feel protective because it produces quick results. The child begins once the instruction is repeated or once a cue is given. Over time, the child starts waiting for signals rather than beginning on their own.

Supporting the Child Without Creating Dependency

Adults can help the child develop independence by making small adjustments in how support is provided.



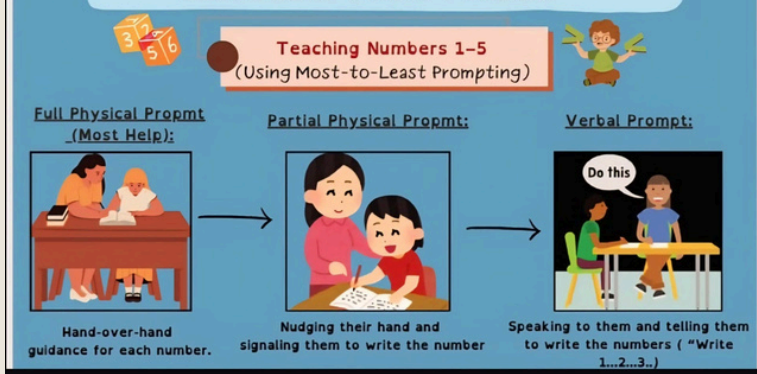
Pause after giving an instruction

Instead of repeating instructions quickly, give the instruction once and allow the child time to process. The pause may feel long to adults, but it gives the child an opportunity to initiate the action independently.

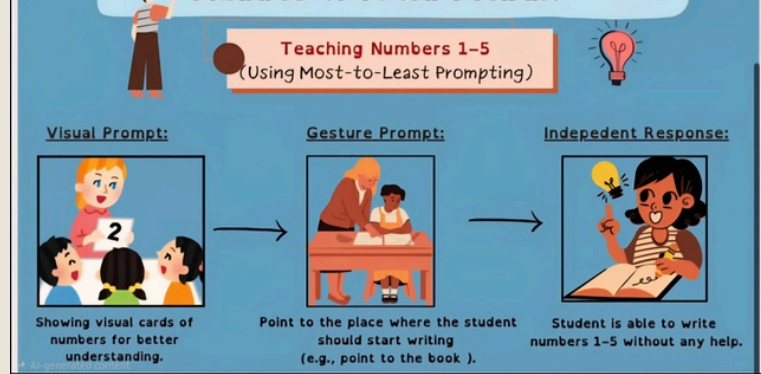
Replace repeated reminders with predictable structure

Simple structures, such as a calm countdown or a consistent routine, help the child prepare for action.

EXAMPLE OF PROMPT FADING



EXAMPLE OF PROMPT FADING



Encourage thinking through indirect cues

Rather than immediately telling the child what to do, guide the child toward recalling the expected action. Preparing materials or offering gentle cues allows the child to think through the next step.

Reduce task demands when needed

If a task feels overwhelming, simplifying it can help the child succeed. Starting with easier versions of the activity builds competence and confidence before moving to more complex tasks.

Create small opportunities for choice

Allowing the child to make simple daily decisions—such as choosing between two activities or selecting from limited options—helps build autonomy and internal organization.

Include one daily activity without prompts.

Choose an activity the child already knows how to do and allow it to be completed without reminders or assistance. This gives the child the experience of beginning, continuing, and finishing independently.

The goal is not only for the child to comply with instructions but to develop the ability to initiate actions. When adults gradually reduce prompts and allow space for thinking and decision-making, the child slowly builds confidence in starting and completing tasks independently.

GET READY FOR SOMETHING EXCITING THIS APRIL....

DISHA FOUNDATION PRESENTS

कैंटरविल

The haunted & Hilarious Journey
A Theatrical Performance by our **SPECIAL STARS**

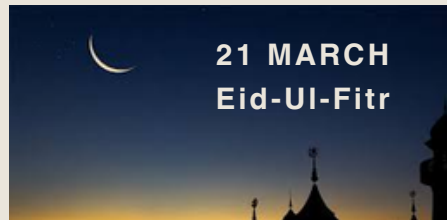
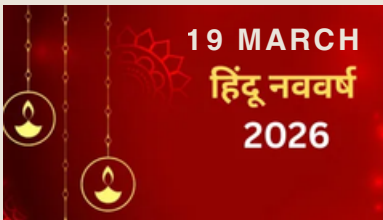
Where courage finds expression,
and abilities take centre stage.

Sunday, April 5, 2026, at 6:00 PM
Venue: Birla Auditorium, Jaipur

CSR PARTNERS



UPCOMING EVENTS



DISHA FOUNDATION

 @disha_org

Pandit T.N. Mishra
Marg, Near JDA Park,
C-Block, Nirman
Nagar, Jaipur, 302019
Rajasthan



Disha Foundation, Jaipur



disha@dishafoundation.org



www.dishafoundation.org

Make a donation to secure the
future of our children

