

# DISHA CONNECT

Monthly Newsletter

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**A monthly update on stories, impact & inclusion from Disha**

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## TiE GLOBAL SUMMIT



From 3rd to 5th January, DISHA participated in the TiE Global Summit with an exhibition showcasing its initiatives and innovations.

## MEETING WITH ANAT BERNSTEIN



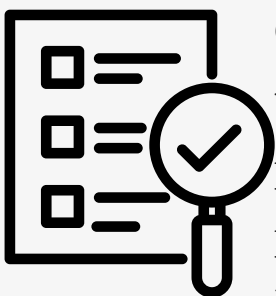
On 6 January, a meeting was held with Anat Bernstein to discuss collaboration with Israeli institutions. The focus was on knowledge exchange, training, assessment, and joint research initiatives.

## SESSION ON SELF-AWARENESS



On 7 January, Dr. Bharti Khunteta and Ms. Darshana Sharma attended an interactive HDA session at the Department of Home Science, Rajasthan University. Conducted by Mr. Arpit Sharma, the session focused on self-awareness, personal effectiveness, and holistic development.

## ANNUAL THERAPY OVERVIEW



On 9 January, therapists from the Disha Foundation delivered the annual therapy presentation, highlighting students' progress over one year. The presentation was held in the presence of Mrs. Mala Khaitan (Chairperson, Disha) and Dr. Bharti Khunteta.

# LOHRI & MAKAR SAKRANTI CELEBRATION



On 13 January, Lohri and Makar Sankranti were celebrated at Disha with great enthusiasm. Everyone enjoyed the Lohri celebration, flew kites, and later shared a traditional lunch together.

## ONLINE MEETING WITH MAHINDRA TECH

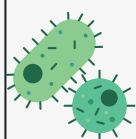
On 16 January, Dr. Bharti Khunteta had a Google Meet with Aarushi from the Tech Mahindra Foundation to discuss the ecosystem for enabling persons with disabilities and their caregivers.

## INDIA@100 PANEL DISCUSSION

On 21 January, Dr. Bharti Khunteta attended the virtual panel discussion “Involve. Inspire. Impact. — Volunteering for an Inclusive Future” by CII India@100, focusing on scaling volunteerism as a strategic tool for sustainable and participatory development.

# WEBINAR BY FLIPKART FOUNDATION

On 22 January, a webinar in the Samvad Series titled “Effective Communication for Lasting Impact” was organized by the Flipkart Foundation, featuring experienced communication practitioners who shared practical frameworks, examples, and tools for immediate use in donor updates, case studies, proposals, and program communication.



# SESSION BY YAKULT



On 22 January, a session on the importance of gut health was conducted by Pranjal Garg from Yakult Danone India Pvt. Ltd. The session helped children understand good and bad bacteria, the importance of a balanced meal, and healthy digestion.

# BASANT PANCHAMI CELEBRATION



On 23 January, Basant Panchami was celebrated at Disha, where everyone joyfully performed Saraswati Aarti for knowledge, wisdom, and spiritual growth.

# REPUBLIC DAY CELEBRATION



Republic Day was celebrated at Disha with members of Shera Energy Ltd, Ms. Shivani Sheikh (Director), Mr. Sanjay Rai (HR Head) and Mr. Karanveer Narang (Digital Marketing Manager). Students presented cultural performances, dressed as freedom fighters and the Indian Army, recited motivational poems, and showcased their sports talent. After the flag hoisting, everyone proudly sang the National Anthem, making the celebration memorable.



On 25 January, students and staff of Disha visited Anand Mela organized by Geeta Baal Sanskar. The event aimed to raise funds in support of Disha and other NGOs, through which a contribution of ₹74,000 was provided to Disha.

## SPECIAL ASSEMBLY



On 30 January, a special assembly was held at Disha by the students of Primary I & II. Students dressed as community workers—teacher, doctor, policeman, traffic police, and army personnel—to learn their roles and importance.



## VISIT TO NABI CERAMICS



On 30 January, a few students of Disha visited Nabi Ceramics by Ankita International for factory exposure as part of their pottery skill class.



# PARENT TEACHER MEETING

On 31 January, a PTM was held at Disha to share each child's progress with parents and to discuss their feedback and concerns.

## INTERNS OF THE MONTH

### JNU Physiotherapy Interns



**Vaishali Dadhich**



**Bhavya Jain**



**Farhan Khan**



**Riddhi Sharma**

### St. Xavier's Psychology Interns



**Apeksha Rai**



**Aashvi Sharma**



**Isha Mamodia**

### Kanoria Psychology Interns



**Ariba Fatima**



**Honey Bhausar**

### NMIMS Mumbai MBA Interns



**Parija Gupta**



**Palak Jain**



**Garvita Mathur**



**Srishti Jain**

# ARTICLE

## When Doing Less Changes Everything

Therapeutic work often focuses on techniques, exercises, and structured interventions. While these are important, there are moments that remind us that meaningful change does not always come from doing more. Sometimes, change begins when the way therapy is offered shifts.

In one therapeutic interaction, a parent who had been working with her child for a long time approached the session differently. Earlier efforts were driven by the need to complete exercises and perform techniques, often guiding the child's body to make therapy happen. The intention was care, but the pace left little room for the child's nervous system to settle.

### Consent Over Force

After some time, the child initiated participation: she offered her foot first, then her hand. She chose when to engage in exercises and massages, responding without resistance or distress.

The techniques themselves hadn't changed. The difference was in the approach: boundaries were respected, consent was prioritized, and the child felt secure.



### Key points from this approach:

- Respecting boundaries allows the child to participate willingly.
- Pausing and observing helps the child regulate.
- Offering rather than imposing creates trust.

# ARTICLE

## Safety Unlocks Potential

This session revealed an essential lesson: beneath visible behaviors lies the child's nervous system, constantly assessing safety. When safety is present, regulation and engagement become possible.

For example, self-stimulatory

behaviors—often a concern—were absent. Not because they were suppressed, but because the child felt secure. True change often happens beneath the surface, at a physiological and emotional level.

## Doing Less, With Awareness

Techniques matter, but how they are offered matters more. Pausing, waiting, and observing give the child space to lead when ready. Meaningful progress often comes from doing less with greater awareness rather than doing more.

Therapy is not only a set of actions; it is an art. Sometimes, the most profound shifts occur when the child is given permission, presence, and safety. That is when real learning and connection unfold.



# CSR & COMMUNITY CONNECT

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## UPCOMING EVENTS



**11 FEBRUARY  
ORTHODICS CAMP**




**NIOS EXAMS**



**B.ED. D.ED. PRACTICAL  
EXAMS**

### DISHA FOUNDATION

 @disha\_org

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