

Volume:33



Indradhanush

E- Newsletter (January-March 2022)



**TRAINEES ON AWARENESS DRIVE TO MARK
WORLD DOWN SYNDROME DAY 2022**

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Director’s Desk

Everyone had started breathing a sign of relief from the havocs of past few months. Everything started moving towards normalization gradually. We also started organizing events and activities offline which our people had been missing for very long. A grand celebration of “Holi” in an unique form of playing with colors, painting mela held in Muskaan campus. This was followed by the World Down Syndrome Day which gave us an occasion for stepping out to not only our neighborhood colonies to spread awareness about Intellectual Disability. We also went in small teams to our employment sites for the same. Our student training programs also shifted to offline mode from online mode. Trainees joined on campus largely only few of them were chose to connect online only. The residents of our Assisted Living Facility had accommodated and adjusted very well in new space at Vasant Kunj in past few months. We hope that the strength realized during pandemic time continue to empower people in dealing with challenging situations.



Back to Normal after Pandemic

MUSKAAN MUSKURATA RAHA

(A document tracing Muskaan's navigation of its journey through Covid-19)

-- Ms. Sudha Parthasarathy
Consultant

AN EYE OPENER

Since I did not personally know any school or college student, I often wondered what online education/training system, driven by the restrictions imposed by the Covid-19 pandemic, was like. All I had heard was that 'it has been a challenging time' and a struggle.

When Muskaan assigned me the responsibility of tracing its journey through the two years of the pandemic, I wondered if this journey too would have been demanding and exacting. Would the various stakeholders involved - parents, teachers, employers - have anything different to say?

What I discovered left me humbled. The pandemic had indeed been exacting, but that did not overshadow all the issues and concerns of the Muskaan team. They saw it as a period of learning, of challenging the self, of discovering each other and bonding together. My interactions with them left me energised and hopeful. The teachers made full use of the opportunities the pandemic gave them. Their eyes sparkled as they proudly shared that they now are tech savvy, they learnt more about themselves – their patience, resilience, creativity and flexibility and, most importantly, their connect with their students. As a parent pointed out, the teachers were always available - both for the students as well as the parents, who too went through challenging times. The conviction that the pandemic cannot let them abandon their students kept the Muskaan team going strong through the two years. The feedback received from parents was all about the trust and confidence they have in Muskaan. What were planned to be ten-minute interactions turned into hour-long conversations. Their acceptance and welcome touched my heart, which was not surprising as my name carried with it the seal of Muskaan. They said they were initially concerned about the Covid-induced confinement and the impact of the lockdown on their wards. This gave way to gratitude over how Team Muskaan connected almost immediately after the lockdown and took their students under their wing, albeit online. Parents saw the teachers in action - not just training but also handling distractions, indiscipline, and emotional outbursts, patiently and with positivity. Often parents sought the teachers' help to put across their viewpoint to their own children! Beautiful stories of families bonding brought tears to my eyes. So strong a mark had Muskaan made that one of the students joined the online classes from the United Kingdom where he had gone before the pandemic. Activities were customised keeping in mind the facilities available, support available, interests and most importantly the functional levels of individual students. Additionally, Plan B and C were always ready in case A did not work out. Muskaan was ready for any exigencies. "I can only reiterate that their dedication, hard work and perseverance were extraordinary," said a parent. Never stop learning as life never stops teaching. Covid -19 has indeed taught us some very essential lessons - and the team at Muskaan has invested this time in furthering their skills and expertise. Nobody can take these learnings away, and Muskaan must ensure these learnings are multiplied and spread for the benefit of many more. I am grateful to the Muskaan management for entrusting me with the study which has opened up a whole new world of learning for me

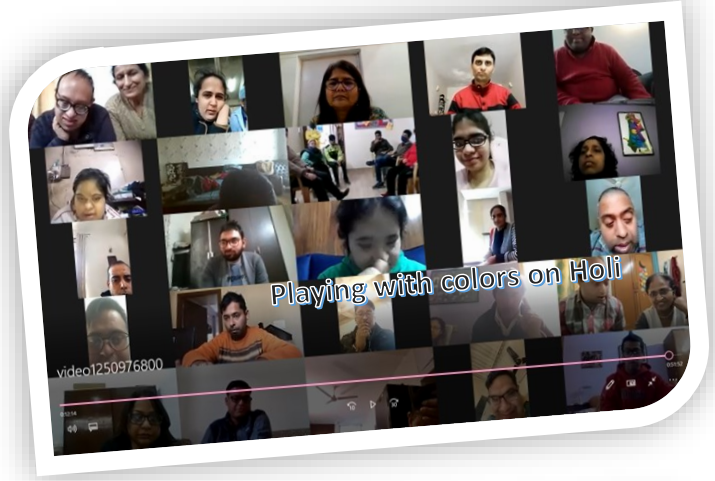
[Read More](#)

उत्सव : Celebrations during this quarter

ऐसे तो हर दिन अपने आप में बहुत महत्वपूर्ण और खास होता है मगर कुछ खास दिन त्योहारों की तरह पूरा देश मानाता है और साथ ही मानाता है मुस्कान।

साल का शुरुआत और शुरू होता त्योहारों का सिलसिला, New year celebration, लोहरी, गणतंत्र दिवस समारोह, Valentine day celebration, रंगों का त्योहार होली, जिसे हम सब मानते हैं पूरे उमंग और उत्साह के साथ जैसे ये पूरे देश में मनाया जाता रहा है। इसके अलावा कुछ खास दिन होते हैं जैसे वर्ल्ड डाउन सिन्ड्रोम डे (World Down Syndrome day- 21 मार्च) एवं विश्व विकलांगता दिवस (World Disability Day- 2 दिसम्बर)। वर्ल्ड डाउन सिन्ड्रोम डे, जो विभिन्न प्रकार से आम लोगों के बीच जागरूकता बढ़ाने के लिए विश्व भर में मनाया जाता रहा है। हालांकि इस साल जनवरी में हमारे दोस्तों के सेशनस अनलाइन हुए इसलिए लोहरी (सांस्कृतिक कार्यक्रम)एवं गणतंत्र दिवस (इंडोतोलन एवं क्विज़) हमने अनलाइन ही सेलब्रेट किया लेकिन 7 फरवरी से हमारे दोस्तों के वापिस कॅम्पस में आ जाने की वजह से वैलेंटाइंस डे फन गेम्स के साथ hybrid mode में मनाया गया। होली रंगों के साथ (painting carnival) मुस्कान सेंटर कोर्ट यार्ड में पूरे उल्लास और उमंग के साथ सेलब्रेट किया। 21st March डाउन सिन्ड्रोम डे , हर साल की तरह इस साल भी इस दिन हमारे दोस्त आस पास के इलाके में लोगों से मिल कर लोगों के बीच जागरूकता फैलाई और दूसरी ओर सोशल मीडिया के द्वारा भी काफी लोगों तक पहुँचने की कोशिश रही।

Valentine Day celebration





Playing Holi differently with colours



Budding Artists



Regular activities: a glance



Reflection

My Secret to Happiness

___ Ms. Zareen Singh

Vasu has been the star of our lives since the moment he was born ✨ So loveable and adorable 🍷 caring and helpful as well 👍 He also has a sharp memory. He often surprises us with the tiniest details that he remembers but we had forgotten or missed 😊



He loves everything and anything 😊!! From eating chicken and pizzas 🍕 to making his own omelettes 🍳 gardening and animals especially dinosaurs 🦖 to going out, hiking and cycling 🚴 colouring his mandalas and simple artworks 🎨 to watching his favourite movies and cartoons 👍 He enjoys playing cricket 🏏 and badminton 🏸 and of course playing non-stop on his tablet 📱

Well, like I said Vasu is a gem of a person 💎 who enjoys life to the fullest 👍 the only thing he doesn't like is reading and writing 📖😊 Our happiness has no limits as we know that Vasu is God's divine blessings on us that rought us endless joy, love and peace 🍷 and we are ever so grateful to God 🙏



With his holiness Dalai Lama



Three generations together



In his favorite Tees



With Iron Man



Posing with his calendar

Experience

The Maker of Champions.....

--- Ms. Mridula Sakle

Covid19 changed lives, also of people with ID. Lockdown, people in isolation, stress and anxiety in the family was having its effect on everyone. Persons with ID were trying to comprehend



what was happening around them. Muskaan is their world but was closed due lockdown. They could not ask questions, share their anxiety with their friends and teachers. Teachers on other hand could see their students needed their support, but how to reach. Then started the journey of innovation, for one and for all with vision, how to bring composure in their lives and make it meaningful during the pandemic time. Support parents/ caregivers in their attempts.

There were no complaints, no questions, little knowledge about the situation, but what was clear was ' we have to reach'. Passion to move towards the vision. This journey started with WhatsApp video call. Looking at relieved faces of students and their parents encouraged everyone. But no one stopped here as endeavour was to give best available experience to all. WhatsApp video call to Google meet and zoom.

Teachers learned and educated students to use these tools. Reinvented pedagogy for different aspects of Life skills, Vocational training, Hobby classes, workshops, tours, and entertainment.

This journey brought us all together again with our students. We all look forward every day to our sessions, which are our learning and sharing platforms. We continue to learn and innovate.

Teachers are champions of “Enriching lives, Imparting Education, being friends and supporters or you can say has an immense impact with **Just Being There**”.



Reflection

Understanding Surjo

___ Ms. Nutan Sharma

सुरजो, Art & activity centre के Flower plucking group में high support needs का student है। सुरजो को आर्ट एण्ड ऐक्टिविटी सेंटर में आए हुए अभी दो ही दिन तो हुए थे, मैं अभी तो उसे समझने की कोशिश कर ही रही थी कि वो अपनी बातों हमें कैसे बताएगा, या मैं कैसे उसकी जरूरतों को समझूंगी। अभी तो सिर्फ दो दिन ही हमारी आब्जर्वेशन हुई थी और मैं पूरी तरह से उसे समझ नहीं पाई थी हर वक्त एक नजर उस पर रखती थी कि कहीं उसे नए माहौल में कोई परेशानी ना हो इतने में क्रिसमस का उत्सव आ गया।।

हर साल की तरह मुस्कान में क्रिसमस बड़ी धूमधाम से मनाया गया जिसकी पूरी तैयारी हमारी यूनिट ने ही



की थी। जब क्रिसमस मनाया जा रहा था तो मुस्कान को बैलून और बाकी सजावट के सामान से अच्छे से सजाया गया था! सभी स्टूडेंट्स अलग - अलग गतिविधियों में व्यस्त थे, सुरजो भी बारी - बारी से सभी गतिविधियों को कर रहा था मगर वो गतिविधियां कर तो रहा था, लेकिन उसका पूरा आनंद नहीं ले पा रहा था, ऐसा लग रहा था कि बीच में उसका ध्यान हमेशा भटक जाया करता था। मैं, इस चीज को ठीक तरह से समझ नहीं पा रही थी, क्योंकि वो ग्राउंड में कहीं भी रुक जाता और वहा से हिलता ही नहीं था, मैं पकड़ कर कुर्सी पे बैठाने की कोशिश करती वो वापस उठ कर वहीं चला जाता जहां उसे सजावट दिखाई दे रही थी, पर मैं कुछ

समझ ही नहीं पा रही थी। इस बीच सहकर्ता सुषमा दीदी जो की बंगाली हैं, जो इन सब घटना को काफी देर से देख रही थी, वो उसके पास आई और सुरजो को हाथ पकड़ कर बांगला में पुछी (की चाई तोमाके) बोलो (बैलून चाई ना की) उसने ज़ोर से अपनी हुंकार भरी (हूं.....) फिर सुषमा दीदी ने उसे बैलून तोड़ कर उसके हाथ में दी वो तुरंत अपनी सीट पर बैठ गया। ये छोटी सी घटना ने मेरे दिल को छू लिया और ये समझा दिया कि मैं यूं ही घबरा रही थी और ये छोटी सी बात समझने में मुझे इतना वक्त लग गया।

कभी कभी हम बड़ी बातों में इस कदर उलझ जाते हैं कि छोटी छोटी चीजों को नजरंदाज कर देते हैं।

Friends of Muskaan: Inner Wheel Club

— Ms. Seema Chadha

Inner wheel is the largest international women’s organization which is into its 98th year. Here we are talking about a motivated and self-inspired group of women, who has been working for past many- many years to serve the society with whatever resources they are able to collect. It is a well organised group and for past many years supporting Muskaan in bringing change in the lives of persons with



intellectual disabilities.



Out of the many, we appreciate their last year's contribution towards construction of the Residential facility wing for the lifelong care of the adults with intellectual disabilities and donation of medical beds, fixing handrails in the corridors, shopping trolley, physiotherapy air compressing machine, comforters for every resident, and masks for Covid prevention.

We especially appreciate Mrs. Shashi Kumar, for building and maintaining the relationship with Muskaan. Muskaan is growing with support of our friends and wish to build the relationship stronger.



Installation of Solar Power System

We have installed 77KWP Solar power System at Muskaan, Vasant Kunj complex.

 <p>RECPDCL CSR Initiative 2021-22</p> <p>RECPDCL has supported MUSKAAN-PAEPID with financial assistance for Installation of 50-kWp grid connected solar power plant at Muskaan Building Vasant Kunj, Delhi</p> <p><small>REC Power Development and Consultancy Limited (Formerly Known as REC Power Distribution Company Limited. A wholly owned subsidiary of REC Limited, a Navratna CPSE under Ministry of Power, Govt. of India)</small></p>	 <p>Bank of America CSR Initiative 2021-22</p> <p>Bank of America has supported MUSKAAN-PAEPID with financial assistance for Installation of 50-kWp grid connected solar power plant at Muskaan Building Vasant Kunj, Delhi</p> <p>Bank of America, N.A. One BKC, A Wing, C Block, Bandra Kurla Complex Bandra East, Mumbai 400051 India Incorporated with limited liability in USA</p>
<p>We express our gratitude to REC power and distribution consultancy Ltd. (RECPDCL) for supporting the cause and financing 50KWP of Solar power system.</p>	<p>Other 27KWP System is funded by Bank of America. BOA has been supporting our programs for many years.</p>

Union Budget 2022 – Persons with Disabilities

[Editor February 1, 2022](#)

Curtsey; <https://enabled.in/wp/union-budget-2022-persons-with-disabilities/>

Tax relief to persons with disability

The parent or guardian of a differently abled person can take an **insurance scheme for such person**. The present law provides for deduction to the parent or guardian only if the lump sum payment or annuity is available to the differently abled person on the death of the subscriber i.e. **parent or guardian**.

There could be situations where differently abled dependants may need payment of annuity or lump sum amount even **during the lifetime of their parents/guardians**. The propose to thus allow the payment of annuity and lump sum amount to the differently abled dependent during the lifetime of parents/guardians, i.e., on **parents/ guardians** attaining the age of **sixty years**.

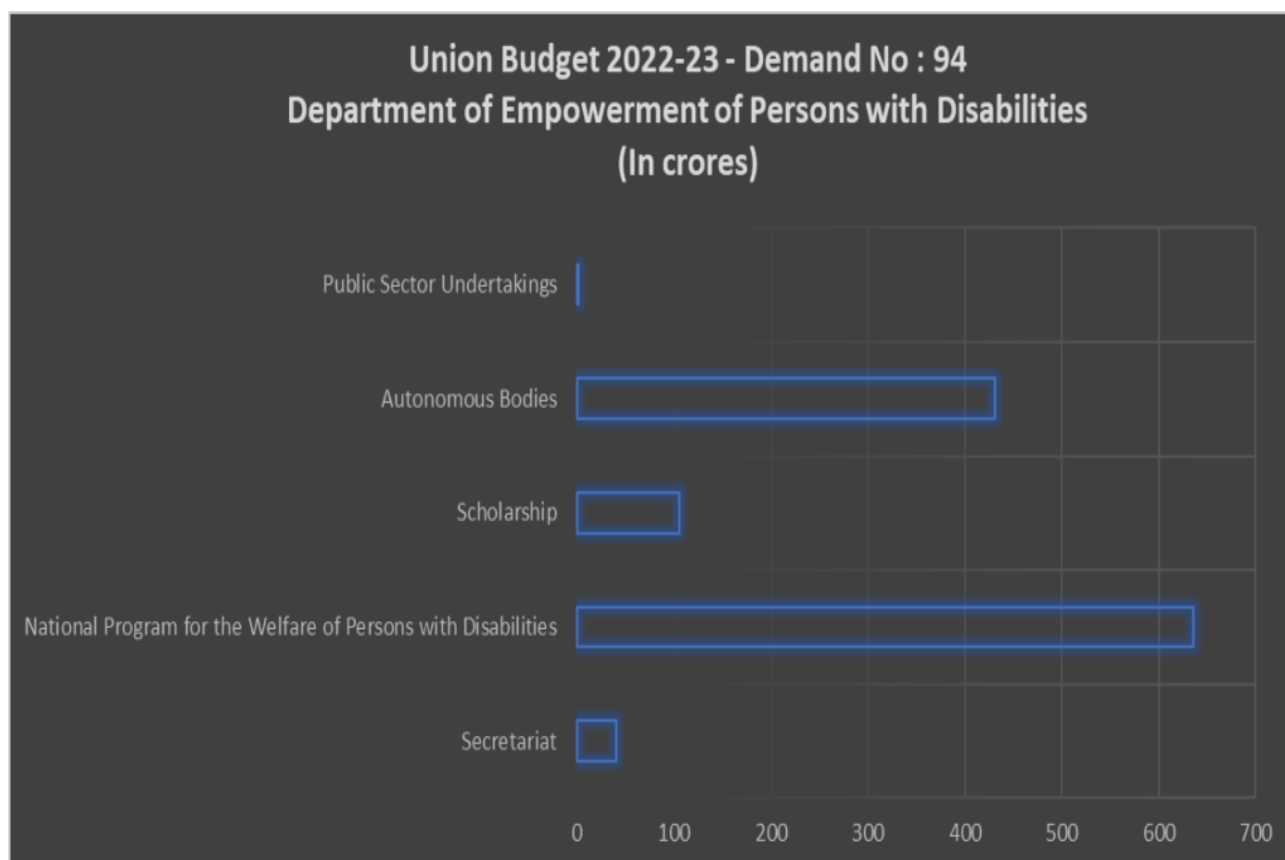
Download Union Budget 2022

[Union Budget 2022 – Tax relief details \(PDF format\)](#)

Notes on Demands for Grants, 2022-2023

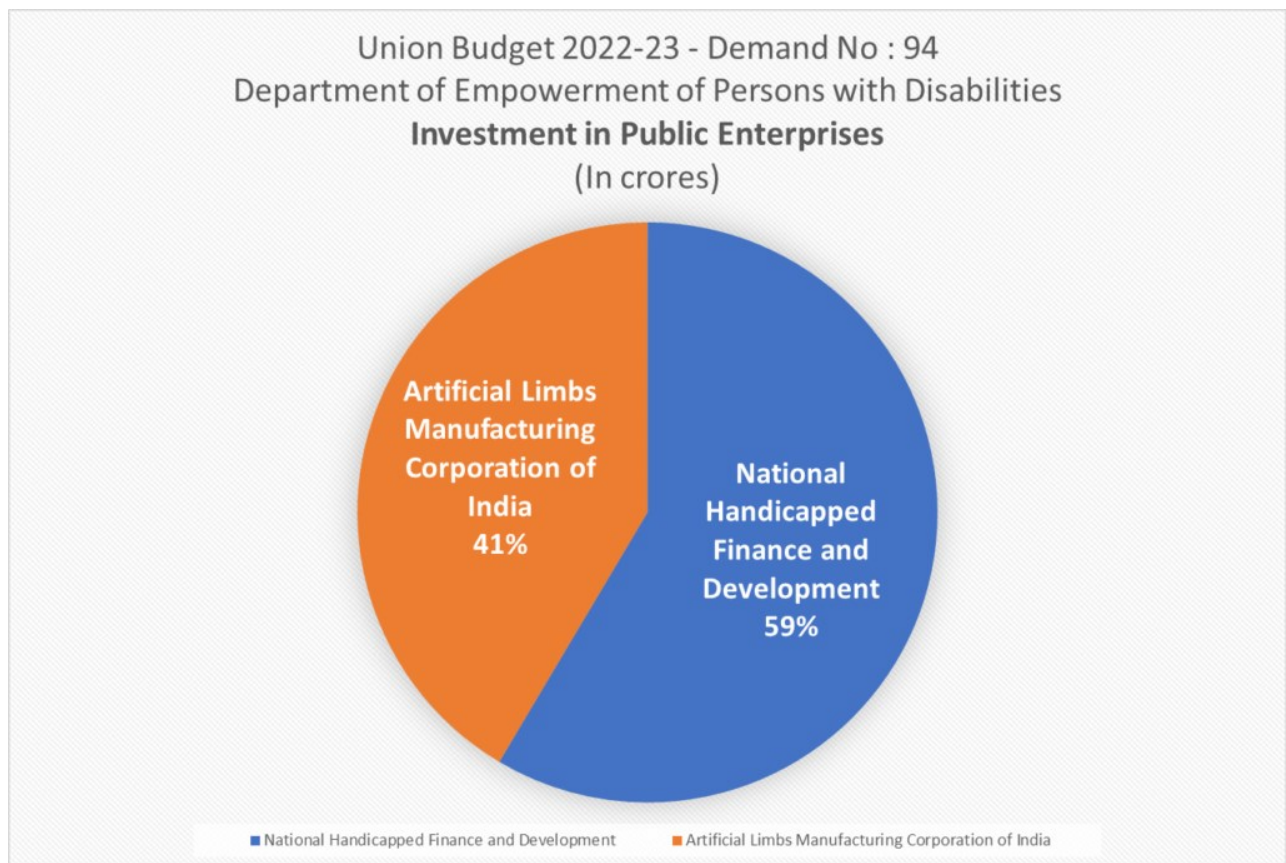
Total **1212.42 Crores**

Budget Demand	Budget 2022-23 (Crores)
Secretariat	40.50
National Program for the Welfare of Persons with Disabilities	635.39
Scholarship	105.00
Autonomous Bodies	431.42
Public Sector Undertakings	0.11
Total	1212.42



Investment in Public Enterprises

Investment	Budget 2022-23
National Handicapped Finance and Development	120.00
Artificial Limbs Manufacturing Corporation of India	85.00
Total	205.00



Download – Demand No: 94

[Ministry of Social Justice and Empowerment – Demand No: 94. Department of Empowerment of Persons with Disabilities](#)

New Placement



*Proud to share that our friends
Susheela, Vaibhav & Anshul Successfully
completed their six month training as F&BOJT at
DLF, The Aralias Club and now they all are
appointed as Guest Service Associate (GSA) 😊*



Vaibhav, Anshul & Susheela at Aralias Club DLF

Our Learnings: Interns' from NIIMS

Prashant Singh Tomar

When I entered the premises of Muskaan on the first day of my internship, I saw something which I did not expect. My perception of an NGO was always old buildings and not a very visually appealing atmosphere. Muskaan gave me a new line of vision from the very first day when I saw their beautiful and clean circular building which is full of positive vibes. People are the first thing that make an organisation. The main reason behind the success of Muskaan has been its people too. It's very easy to assume that we can make/start an organisation the very next day; its idea is accepted but only when you study about their years of struggle you realise how challenging it can be. Starting from a garage to a wonderful infrastructure, the journey is one that can only be achieved by a great team. Speaking to the team at Muskaan, I realised how every individual brings something special to the table. I was fortunate enough to get an opportunity to come offline and meet our friends at Muskaan and learn more about their lives. This is when I realised that the words 'Normal' and 'Abnormal' are nothing but stigmas in our heads because not even for a minute I felt any student of Muskaan was different. Every student here receives the right treatment by not just the Educators but by their fellow students as well. In the last three and a half weeks I understood how we stress about the small stuff in life and do not appreciate the small things. Whereas every person here understands happiness and the importance of maintaining it. With respect to the work I did here, and the skills I acquired, I can say that this was a great learning experience. I was able to do extensive primary and secondary research and further improved my content development skills. As a result, I was able to identify with Muskaan's ethos and recognise the significant progress the company has made in such a short amount of time. My observations and reflections are summarised in this short essay, but the experience was unforgettable and will be cherished for the rest of our lives.

Srishti Rastogi

I had the opportunity to intern at Muskaan – PAEPID. Muskaan's vision is to create a society which recognises human diversity, and the team works relentlessly to empower and improve the quality of life of intellectually disabled adults. The three and a half weeks I spent here have been an eye-opening experience. Interacting with the various team members has given me an understanding of ID and the role that Muskaan has played to improve the lives of those with ID. The passion and dedication with which each individual at Muskaan works to build an inclusive society for them is deeply inspiring. Speaking to the students and the residents at Muskaan has shown me that they are no different than us. They like to do the same things, they feel the same emotions as us, the only difference is in the way it is expressed. All that is needed is for someone to facilitate them to live the life they deserve. Over the course of the internship, while it was heartening to see the kind of acceptance and environment Muskaan has built, it was heart-breaking to learn just how individuals with ID and their families struggle just to ensure that they lead a quality life. I got an insight into the challenges they face in their day-to-day lives and discovered how Muskaan helps to overcome those challenges. Irrespective of the challenges and struggles, I found the students and residents a happy bunch of people, and that was a beautiful thing to witness. Having completed my internship here, I feel that I am more aware and cognizant towards the rights and inclusion of people with ID into mainstream society. I hope that through my experience here and with all that I have learnt, I am able to educate my peers, friends, and family. There is still a long way to go in my understanding of ID and I hope that I can continue the learning process in the years to come. Lastly, the team at Muskaan have been very welcoming and interacting with each one has been incredible. I consider myself lucky to have had the chance to intern here and I look forward to someday working with the organization again.

Tejaswi Kalra

My experience at Muskaan has been an eye-opening one. I wasn't expecting an NGO to change my worldview on things. The students I met here were so full of enthusiasm and love for life, whenever I received a smile from these students, it filled my heart with happiness. I will try not to take life's little things for granted. The service models that Muskaan has been able to develop with limited resources and government support is a commendable feat. Muskaan's Training & Employment Model is in the process of being replicated pan India for the training of Persons with Intellectual disabilities. Muskaan's objective is to maintain its dual role: A responsive and efficient organization and the catalyst for social change. Being able to achieve these objectives is a demanding and ever continuing process. It means several things e.g., constant vigil at the quality of services, critical review and up-gradation of training programs and management systems, capacity building of the team, and honest and objective self-examination on the part of all the team members (i.e., executive members, staff, parents and also volunteers) about the role that everyone is playing with a focus on the mission of Muskaan that is "improving the quality of life of persons with intellectual disability and families." Besides learning a lot about how Muskaan's operations run successfully, I hope to have contributed like the proverbial squirrel in the building of the 'setu'. It has also been a great pleasure and privilege to meet some passionate and genuine people and I hope that some of that passion has rubbed off me. I am thrilled that I was given the opportunity and Muskaan will always bring a smile to my face.

Saumya Pokhariyal

My time at Muskaan has been extremely rewarding. Every day, I felt like I learned something new, thanks to the positive working environment of the NGO. My perspective on intellectually disabled people has been broadened in the last 25 days. I am grateful to Muskaan for having the internship in offline mode, which allowed us to conduct extensive primary research and create a connection with the organisation which would not have been possible otherwise. Muskaan's staff was very welcoming and kept in constant communication with us. Their feedback and support vastly improved our contribution to the organisation. While researching Muskaan's journey, I realised how much effort goes into building an organisation from the ground up. Overcoming difficulties and maintaining motivation in difficult times is what has made Muskaan the NGO it is today. I'd like to thank Muskaan for the opportunity to work with them, and for providing me with skills and experiences that will serve me well in the future.



Parents orientation program on 16th Feb 2022

World Down Syndrome Day 22



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110070



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MuskaanPAEPID



MuskaanPAEPID



Muskaan-PAEPID



Muskaan-PAEPID



Muskaan-PAEPID



<https://vyaparapp.in/store/MuskaanPAEPID2022>