

# Suryoday Trust Newsletter





**“It’s not how much  
we give, but how  
much love we put  
into giving.”**

**– Mother Teresa**



# TABLE OF CONTENT

<b>Details</b>	<b>Pg.No</b>
<b>Trustee Note</b>	<b>4</b>
<b>Balancing &amp; Co-ordination</b>	<b>5</b>
<b>Medical Check up Camps</b>	<b>8</b>
<b>Educational Trip</b>	<b>9</b>
<b>Awards &amp; Recognitions</b>	<b>10</b>
<b>Festive Celebrations</b>	<b>13</b>
<b>Corporate Volunteering</b>	<b>16</b>
<b>Welcoming New Advisory Members</b>	<b>17</b>
<b>Generous Givers</b>	<b>18</b>
<b>Board Of Trustees</b>	<b>19</b>
<b>School, VTC &amp; Support Team</b>	<b>20</b>



# Note from the Trustee

Dear Supporter,

Warm greetings from Suryoday Trust!

We are delighted to share some of the key highlights from the July–September 2025 quarter, a period filled with learning, joy, and recognition. During this quarter, our students participated in medical check-ups, educational visits, and vibrant celebrations of festivals such as Independence Day, Ganpati, Teachers’ Day, and Navratri. We also proudly received two prestigious recognitions - the Teachers’ Warrior Award and being named among Maharashtra’s Most Trusted NGOs to Work With by Times Aspire.

Our heartfelt gratitude goes to our donors and well-wishers like you, whose continuous support makes these achievements possible. Your belief in our mission helps us create meaningful opportunities for our special young adults to grow with confidence, independence, and dignity.

Thank you once again for being a part of our journey of inclusion and empowerment. Together, we continue to make a lasting difference.

With warm regards,

Sundar Iyer  
Founder Trustee.

# Balance and Coordination: Strengthening the Core of Independence

For most people, maintaining balance while standing or coordinating movement during play is second nature. But for children with special needs, these seemingly simple tasks often require immense effort, structured training, and continuous encouragement. At Suryodaya Trust, we understand that balance and coordination are fundamental motor skills that form the foundation for a child's mobility, independence, and confidence.

## What Are Balance and Coordination?

Balance refers to the ability to maintain a stable and upright posture - whether stationary (like sitting or standing) or in motion (like walking or climbing stairs). It involves the integration of the brain, muscles, and sensory systems to help the body remain centered.

Coordination is the ability to move different parts of the body smoothly and efficiently. This includes eye-hand coordination, bilateral coordination (using both sides of the body together), and the timing of movement.

## When balance and coordination are underdeveloped, a student may:

- Struggle with posture while sitting or standing
- Have difficulty walking or climbing stairs without support
- Appear clumsy or fall frequently
- Struggle to catch or throw a ball, button a shirt, or copy from a blackboard



## **How It Affects Daily Life:**

For students with intellectual or developmental disabilities, poor balance and coordination can:

- Limiting independence in activities like dressing and bathing
- Affecting academic performance due to difficulty in sitting upright
- Reducing participation in games or group activities, leading to isolation
- Lowering self-esteem from frustration or fear of failure in physical tasks



## **Suryoday Trust's Supportive Interventions:**

At Suryoday Trust, we focus on early identification, consistent support, and joyful practice to help our students overcome balance and coordination difficulties. Here's how we do it:

### **1. Physical and Occupational Therapy:**

- Structured exercises help improve core strength, body awareness, and balance reactions.
- Therapists work on gait training, posture correction, and bilateral movement patterns.
- Activities include walking on balance beams, stepping over obstacles, and supported jumping.

### **2. Movement-Based Learning:**

- Students engage in rhythmic movement games such as throwing/catching, hopping, or relay walks.
- We encourage movement through dance, yoga, and simple aerobics, which boost coordination and body control.

### **3. Art & Craft for Fine Motor-Coordination:**

- Crafting, folding, threading, and painting help students practice precise hand movements.
- These activities improve eye-hand coordination, essential for writing and daily tasks.

#### 🧩 4. Use of Sensory Tools and Props:

- Therapy balls, balance boards, textured mats, and beanbags are used to enhance spatial orientation and postural stability.
- Sensory integration techniques help students regulate their bodies and respond to environmental stimuli.



#### 👉 5. Personalized IEP Goals:

- Each student at Suryodaya Trust has an Individualized Education Plan that includes physical milestones.
- Goals are set in collaboration with therapists, special educators, and families to ensure holistic development.

#### 💡 The Outcome: Confidence in Motion:

The journey to improved balance and coordination is unique for each child. Whether it's the first time a student walks without support, stands still for morning assembly, or completes a relay game – each moment is celebrated at Suryodaya Trust. These milestones are not just about motor ability, but about freedom, dignity, and inclusion.

At Suryodaya Trust, we believe that movement is not just physical – it's emotional, cognitive, and deeply personal. Through a blend of compassion, expertise, and purposeful training, we help our students move more freely through life – one step at a time.





# Free Medical Check-Up Camp : Promoting Health and Well-Being for All!

Suryoday Trust conducted comprehensive medical check-ups for all students during the quarter of July to September 2025. The initiative aimed to ensure the overall health and well-being of every student through regular monitoring and preventive care.

## The check-ups included:

- Blood Tests – to assess general health and identify any deficiencies or concerns.
- Eye Examination – to detect vision issues and ensure early intervention if needed.
- Dental Check-up – to promote oral hygiene and prevent dental problems.

These health assessments were carried out in collaboration with medical professionals and partner organizations. The initiative reflects Suryoday Trust's continued commitment to nurturing the physical, emotional, and social well-being of its students.





## Educational Trip to a Medical Shop

As part of practical learning, Suryoday Trust organized an educational trip to a local medical shop. The visit aimed to help students understand real-life applications of money management and gain awareness about essential medical items used in daily life. Through hands-on experience, students learned how to identify medicines, read labels, and interact confidently while making small purchases - fostering independence and functional life skills.

For special young adults, such experiences are especially valuable as they bridge the gap between classroom learning and everyday living. These activities enhance social interaction, communication, and decision-making skills, while also building confidence in managing personal health and finances. Exposure to real-world environments helps them develop a sense of responsibility and independence - key elements for leading a more self-reliant and fulfilling life.





## Award & Recognition Organization



This quarter, Suryoday Trust proudly received two prestigious awards, **the Teachers' Warrior Award** and recognition in Times Aspire as one of **Maharashtra's Most Trusted NGOs to Work With**. These honors celebrate the Trust's unwavering dedication to inclusive education, skill development, and empowerment of individuals with special needs.

Such recognitions are not only a testament to the hard work and passion of our teachers and team members but also serve as powerful motivation to continue creating meaningful impact. They reinforce our belief that commitment, compassion, and collaboration can truly transform lives and inspire positive change in society.



Mr. Sundar Iyer (Founder Trustee) has been honoured with the Teacher Warrior Award 2025, presented by ScooNews during the Global Ed-Fest 2025 held in Jaipur. The award recognizes his exceptional dedication and contribution toward creating a brighter and more inclusive future through equitable education for all.



This prestigious recognition celebrates his commitment to empowering students with special needs and inspiring positive change in the field of special education. Such achievements bring immense pride to Suryoday Trust and reaffirm its mission of fostering learning, compassion, and inclusion.



Suryoday Trust also celebrated a significant achievement by being honored in the **Times Aspire** as **one of Maharashtra's Most Trusted NGOs to Work With**. This accolade underscores the Trust's steadfast dedication to empowering individuals with special needs through inclusive education, skill development, and sustainable livelihood opportunities. The recognition serves as a tribute to our team's dedication, the trust of our supporters, and the positive impact we've made together in the community.



# Award & Recognition Students



In recognition of the students' continuous efforts, dedication, and patience, Suryoday Trust distributed Rakhi Bonuses at vVasai and Bhayandar centre. This small gesture of appreciation aimed to encourage and celebrate the hard work and perseverance shown by the students in their vocational and academic activities.

The initiative highlights the trust's commitment to fostering a supportive and nurturing environment. By acknowledging the achievements and progress of its students, we not only boosts morale but also inspires others to strive for excellence. The students, in turn, expressed their gratitude and motivation to continue their journey towards personal and professional growth, knowing their efforts are valued and recognized.

## Bhayandar



## Vasai



# Festive Celebrations

This quarter, Suryoday Trust joyfully celebrated Independence Day, Ganpati Festival, Navratri and Teachers' Day with active participation from students and staff. The celebrations were marked by cultural performances, creative art activities, and heartfelt expressions of gratitude. Each festival provided an opportunity for students to learn about India's rich traditions, values of unity, respect, and togetherness, while fostering joy, inclusion, and a sense of community within the Trust.

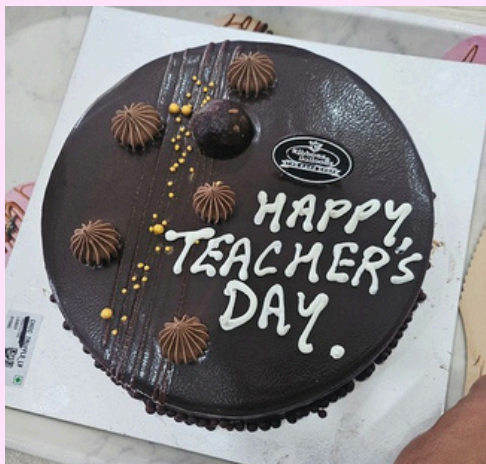
## Independence Day Celebration

Suryoday Trust celebrated Independence Day with great enthusiasm and patriotic spirit. The event began with the hoisting of the national flag, followed by the singing of the national anthem. Students participated in cultural performances, songs, and craft activities reflecting the theme of freedom and unity. The celebration helped instill a sense of pride, respect, and love for the nation among the students, while also promoting teamwork and inclusion.



# Ganpati Festival Celebration

The Ganpati Festival at Suryoday Trust was celebrated with devotion, joy, and creativity. Students actively participated in preparing eco-friendly decorations, crafting handmade Ganpati idols, and offering prayers together. The festival created a vibrant and inclusive atmosphere, allowing students to experience cultural traditions while understanding the values of faith, togetherness, and sustainability. The event beautifully blended spirituality with learning and community spirit.



# Teachers' Day Celebration

On Teachers' Day, students of Suryoday Trust expressed heartfelt gratitude to their teachers through songs, handmade cards, and performances. The celebration recognized the dedication and compassion of educators who play a vital role in shaping the lives of special young adults. It was a day filled with appreciation, joy, and mutual respect – reaffirming the strong bond between teachers and students that forms the heart of Suryoday Trust's learning environment.

# Navratri Celebration

Suryoday Trust celebrated Navratri with great enthusiasm, color, and cultural spirit. Students and staff came together to participate in traditional garba dance, dressed in vibrant festive attire that filled the atmosphere with joy and energy. The celebration highlighted the values of positivity, devotion, and togetherness while giving students a platform to express themselves through music and movement. The event beautifully combined cultural learning with fun, fostering confidence, inclusion, and a sense of belonging among all participants.





# Corporate Volunteering Activity

Suryoday Trust hosted a corporate volunteering activity at its Vasai and Bhy centres, where employees from a partner organization spent a day engaging with students through interactive sessions, games, and creative workshops. The initiative aimed to help employees develop empathy, understanding, and appreciation for the abilities and efforts of special young adults. The experience fostered meaningful connections, breaking barriers and building awareness about inclusion and acceptance. Such collaborations not only bring joy to the students but also inspire corporate volunteers to become advocates for a more compassionate and inclusive society.





# Welcoming New Advisory Board Members



Suryoday Trust is pleased to welcome two distinguished professionals to its Advisory Board, whose expertise and guidance will further strengthen our mission of empowering young adults with intellectual and developmental disabilities.

**Dr. Narendra Rathi**, a Consultant Children & Adolescent Specialist at Smile Children Clinic, Andheri (West), and a leading expert in Mental Health, Developmental & Behavioral Pediatrics, Digital Child Health, and Healthcare Consulting. With his deep experience and insight, Dr. Rathi will play a pivotal role in shaping innovative programs and holistic support systems for our students, ensuring their overall growth and well-being.



We are equally delighted to welcome **Mr. Sarvesh Nayak**, a seasoned Finance & Tax professional with over 18 years of experience, joins the board bringing extensive expertise in tax strategy, compliance, risk management, and stakeholder engagement. Having held leadership roles at LTIMindtree Limited, Siemens, and Ernst & Young, his association with Suryoday Trust is advisory in nature – aimed at strengthening our financial governance and enabling us to focus more effectively on our mission of creating independent and dignified lives for our students.



# Generous Givers

## *Individual*

Aditya Arora	Rahul Ashok Malushte
Arti Ajith Raje	Rakesh Rajendra Kapoor
Devarshi Pathak	Ramchandran Subramaniam
Devendra Shah	Roma Prabhu
Dhrubha Saha	Srinivasan Seshadri
G Rajappan Pillai	Ulhas Deshpande
Guneet Singh Bali	V Ramesh
Kottayam Vijay Bhasker Reddy	Vaishali Rajesh Chavan
Nandan Kashyap	Vikas Kasat
Radhakrishnan Govind	

## ***Corporate***

Croda India Co Pvt Ltd
FUCHS Lubricants (India Pvt Ltd)
GeBBS Healthcare Pvt Ltd
HDFC Life Insurance Pvt Ltd
ICAN BPO Pvt Ltd
SI Group



# Board of Trustees



**Sundar Iyer**  
Founder Trustee  
Former CFO  
Henkel India



**Sachin Raje**  
Former-CFO  
Teleperformance  
India



**Anil Dron**  
Practising  
Chartered  
Accountant



**Ulhas Deshpande**  
Alumni-TISS  
Former HR Head of  
Bharati AXA &  
Entrepreneur



**Dr. Ramkumar**  
Medical Practitioner



**Samit Kashyap**  
Founder &  
Co-owner at  
C & C Consultant Pvt  
Ltd



**BC Maheshwari**  
Marketing Head  
Madhumilan  
Industries



**Shanmukha Reddy**  
Ex-IIMA  
Professional in Food  
processing sector



**Shanta Vallury  
Gandhi**  
Ex- President-HR &  
CSR- RBL Bank

# Advisory Committee



**T. Balakrishnan**  
Alumni IIT & IIM  
Ex-Chief Marketing and  
Strategy officer, Diversey  
Inc. USA



**OPK Joshua**  
Ex-Banker  
Executive & Promoter  
Member - Goregaon  
Sports Club



**Reema Gulati**  
Yoga philosophy & life  
school concept teacher at  
The Yoga Institute of  
Santacruz. Member-  
Street Konnect



**Srinivas Narayanan**  
Principal Consultant,  
Ingroup Consulting.



**Dr. Shobha Shetty**  
Ex-Principal  
Punarvas special School



**Amit Potnis**  
IT leader & Group CIO  
(Media/CPG industry)



**Dr. Narendra Rathi**  
Consultant Children &  
Adolescent specialist



**Sarvesh Nayak**  
Finance & Tax professional  
LTI Mindtree

# School Team



**Anusuya Pradhan**  
(Principal)



**Anjali Kumari**  
(Special Educator)



**Gulafsha Shaikh**  
(Computer Teacher)



**Mable Rodrigues**  
(Special Educator)



**Prachi Gemini**  
(Special Educator)



**Preeti Nirmal**  
(VTC Trainer)



**Ramratan Sawarbandhe**  
(Special Educator)



**Samita Harijan**  
(Special Educator)



**Sairina Dabre**  
(Special Educator)



**Sushma Virkar**  
(Special Educator)



**Swati Margale**  
(Special Educator)



**Stephy Tuscano**  
(Special Educator)



**Tejaswini Lopes**  
(Special Educator)



**Mashumi Sankhe**  
(VTC Manager)

# Management Team



**Meera Nair**  
(Sr. Project Mgr)



**Vaishnavi More**  
(Sr. Project Mgr)



**Diksha Ahire**  
(Project Co-ordinator)



**Kangkana Rajbongshi**  
(Project Co-ordinator)



**Sanket Ghawli**  
(Accounts & Admin  
Head)



**Avinash Vichare**  
(HR & Admin)

# Consultants



**Aakash Trivedi**  
(Project Mgr -School Bldg)



**Abhishek Das**  
(Dance Teacher)



**Avinash Mahadik**  
(Sports Teacher)



**Avadhut Magar**  
(Art & Craft Expert)



**Dr. Hetvi Vira**  
(Occupational  
Therapist)



**Dr. Kiran Pal**  
(Occupational  
Therapist)



**Mukesh Ladane**  
(Speech Therapist)



**Simi Shibu**  
(Clinical  
Psychologist)



**Shreya Jaokar**  
(Clinical  
Psychologist)



**Neeta Patil**  
(Merchandizing  
Expert)



**Yashodhan Kadam**  
(Music Teacher)

# Bhayandar VTC Team



**Meena Bansode**  
(Centre Head)



**Sonam Mathkar**  
(Special Educator)



**Mahima Gangoda**  
(Pre-Voc Teacher)



## **Empower Lives by Donating at:**

### **Bank Account Details:**

**Cheque favoring:** Suryoday Trust

**Account no.:** 50100178536761

**IFSC Code:** HDFC0000411

**Bank Name:** HDFC Bank

**Bank Address:** China Link, Ground Floor, Opp.Goregaon Sport Club,  
Link Road, Malad West, Mumbai- 64,Maharashtra, India

## **Reach out to us:**

### **Registered Office Address:**

105, Shraddha Shopping Center,  
Old Nagardas Road,  
Andheri East- 400 069

### **SURYODAY RBL SCHOOL Address:**

Ambedkar Nagar, Bhuigaon, Nalasopara West,  
Bhuigaon, Vasai West, Palghar- 401201

### **Vocational Training & Skill Development Centre Address:**

Gala No. W01-part, Om Sai Commercial Complex,  
Near HP Gas Godown, Bhayandar East, Thane 401105.

### **For more details:**

Sundar Iyer (Founder Trustee) | [sundar.iyer@suryodayschool.org](mailto:sundar.iyer@suryodayschool.org) | 9820339587.

Sachin Raje (Managing Trustee) | [sachin.raje@suryodayschool.org](mailto:sachin.raje@suryodayschool.org) | 9821319810

 [contact@suryodayschool.org](mailto:contact@suryodayschool.org)

 <https://suryodaytrust.org>

 [suryodaytrust](https://www.instagram.com/suryodaytrust)       [Suryoday School](https://www.facebook.com/SuryodaySchool)       [Suryoday Trust](https://www.linkedin.com/company/SuryodayTrust)