

Suryoday Trust Newsletter

Quarterly Newsletter

Vol 13 | APR - JUN 2026



Annual Theme:

*Connecting
through
Senses*



Spectrum of Disability

*Understanding
Neurodiverse
conditions*



School Reopening

*New Year of
Learning and
Growth*

Table of Content

3	Principal's Message
4	Annual Theme: Sensory Integration
5	The Disability Spectrum
6	Understanding Down Syndrome
8	Expert Insight
10	Events & Celebration
14	Generous Givers
15	Board of Trustees & Advisory Committee
16	School, VTC & Project Management Team

From the Principal's Desk



Welcome to the first quarter newsletter of FY 2026–27. This Academic Year we will focus on Sensory Integration - **“Connecting through Senses”**. Starting this quarter we will emphasize on Sensory Awareness & Exploration, a foundational aspect of learning and development for children with intellectual disabilities.

At Suryoday Trust, we believe that every child learns differently. Through sensory rich experiences, therapeutic interventions, life-skills training, and inclusive education practices, we create opportunities for our students to explore the world with confidence and joy. This newsletter highlights the importance of sensory integration, our activities during the quarter, and the impact these experiences have on our students.

Warm Regards,

Anusuya Pradhan
Principal

Annual Theme : Connecting through Senses

This year's annual theme focuses on connecting through senses, an essential aspect of child development that significantly influences learning, behaviour, communication, and participation in daily life.

What is Sensory Integration?

Sensory Integration is the process by which the brain receives, organizes, interprets, and responds to information from our senses. These senses include:



When sensory information is processed efficiently, children can respond appropriately to their environment. However, many children with developmental disabilities may experience challenges in processing sensory information, affecting their ability to learn, communicate, and interact with others.

Role of Sensory Integration in development:

Sensory Integration activities aid children's development in several areas:

- Attention and concentration
- Balance and coordination
- Fine and gross motor skills
- Communication and language skills
- Emotional regulation
- Social interaction abilities
- Independence in daily living

As we embark on this year's theme, **“Connecting Through Senses”**, we look forward to sharing more insights in our upcoming newsletter editions.

Disability Spectrum

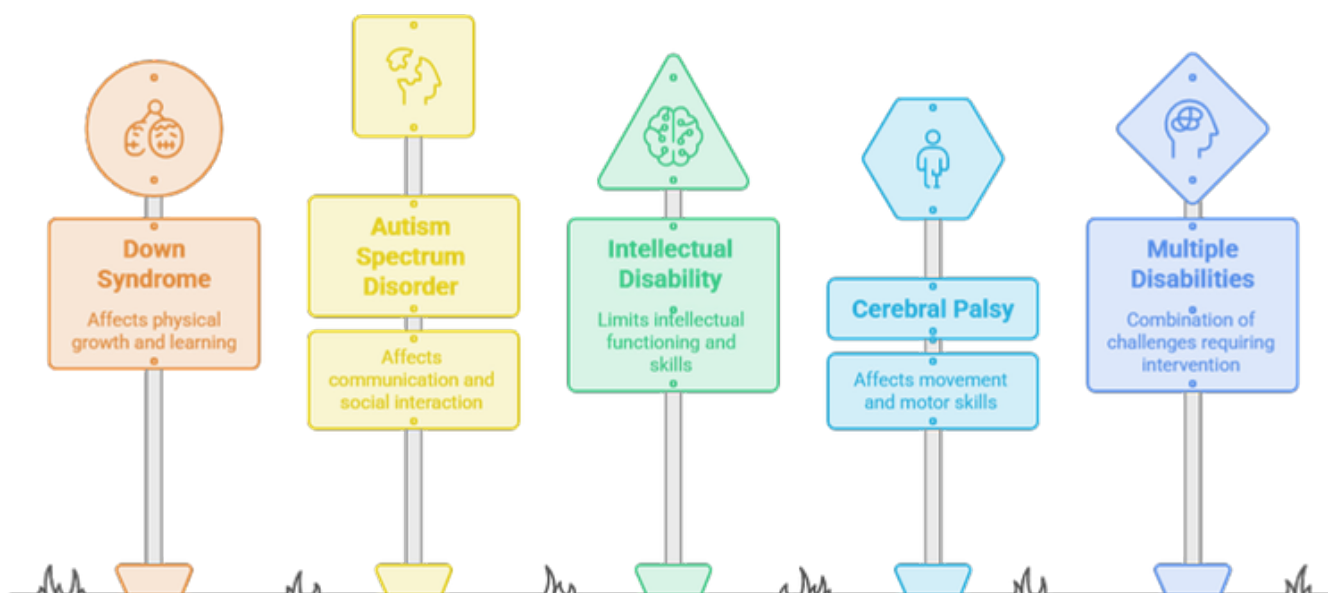
Understanding the Spectrum of Disabilities

The word Intellectual Disability is used to describe a wide range conditions that affect learning, communication, movement, behaviour, and daily living skills. In order to provide appropriate developmental inputs it is necessary to have an understanding of each of these different conditions.

Celebrating Every Child's Unique Journey

Every child is unique with their own set of disabilities but their own strengths, abilities, and ways of experiencing the world. At Suryodaya Special School, we embrace and support children across a wide spectrum of developmental and intellectual disabilities, helping them achieve their fullest potential through individualized education, therapy, skill development, and holistic care. Some of the disabilities supported in our school are shown in the pictorial below.

Navigating Diverse Developmental Challenges



While each child faces unique challenges, every child possesses strengths, talents, and the ability to learn when provided with the right support and opportunities.

In this edition we would like to share about **Downs syndrome.**



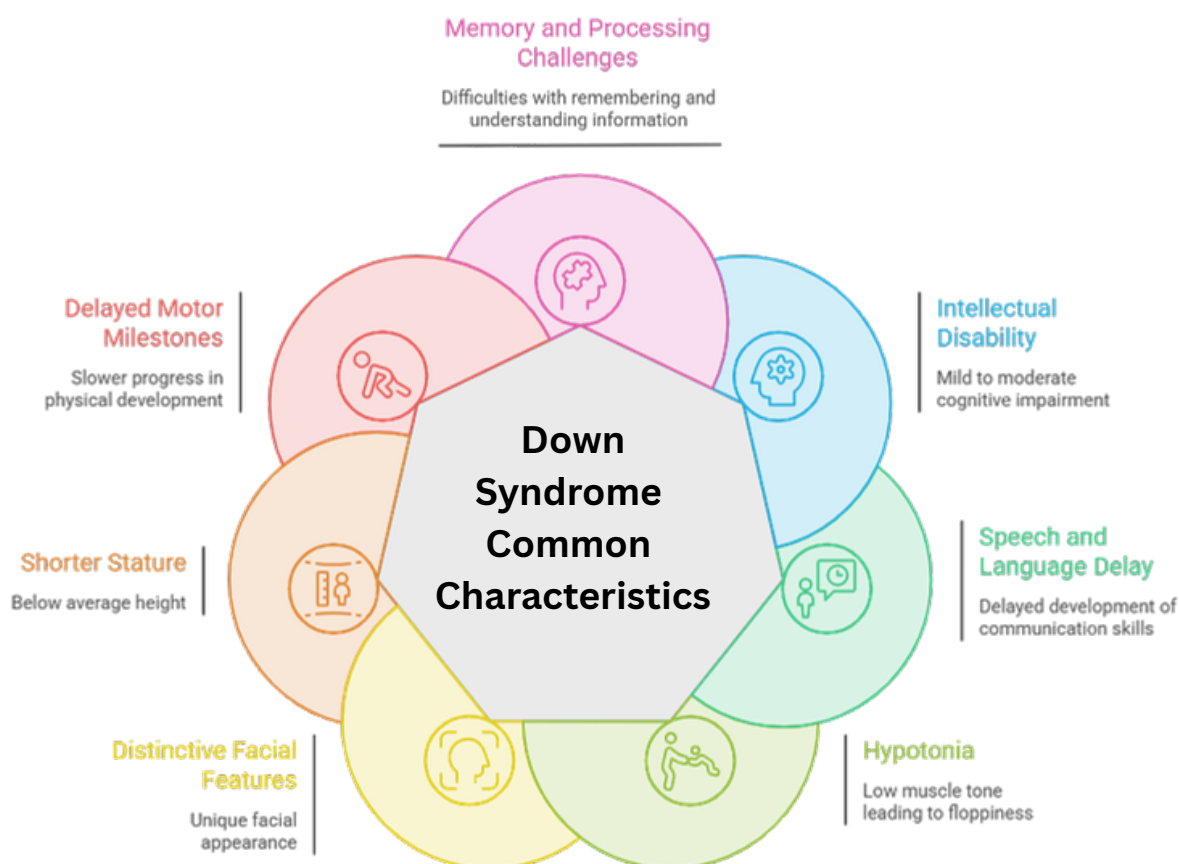
Understanding Down Syndrome

Down Syndrome is a condition that a child is born with due to an extra chromosome in their body. This extra chromosome affects the way a child grows, learns, and develops. Children with Down Syndrome may take a little longer to learn new skills and may have some physical differences, but with proper support, education, and opportunities, they can lead happy, meaningful, and productive lives.

Down Syndrome is one of the most common chromosomal conditions worldwide and occurs across all ethnicities, cultures, and socioeconomic backgrounds.

Common Characteristics

Every individual with Down Syndrome is unique and possesses their own personality, strengths, and abilities. However, most people with down Syndrome also have some of the characteristics shown below.



Pathways to development:

Individuals with Down Syndrome are capable of learning, developing meaningful relationships, participating in community life, and achieving personal goals when provided with appropriate support and opportunities. Many children and adults with Down Syndrome demonstrate strengths in:



At Suryodaya Trust, we have a special occupational Therapy room, with sensory board and other equipments to develop childrens senses. Through individualized education, therapeutic support, life-skill development, vocational training, and inclusive opportunities, we strive to nurture confidence, independence, and social participation. Our goal is not merely to address challenges but to empower each child to discover their abilities, achieve meaningful milestones, and become valued members of society. Together with families, educators, volunteers and the community, we continue to build a future where every individual is respected, included and given the opportunity to thrive with dignity and purpose.



Expert Insight : Occupational Therapist Interview

Expert Name: Dr. Kiran Pal

Profession: Occupational Therapist

Objective: To gather expert insights into the psychological, social, and emotional aspects of transitioning from school to employment among young adults, particularly those needing behavioural or therapeutic support.



Occupational Therapy (OT) plays a vital role in helping children with intellectual become more independent, confident, and engaged in daily life. We spoke with our Occupational Therapist to understand how therapy supports the growth and development of our students.

The Scope of Occupational Therapy



Q. Could you briefly explain what OT is and why it is important for children with special needs?

A: Occupational Therapy helps children develop the skills needed for everyday activities such as learning, communication, self-care, and social participation. It supports their overall development and helps them become more independent and confident.

Q. What is Occupational Therapy (OT)?

A: OT helps children develop skills needed for learning, daily activities, play, communication, and independence.

Q. What challenges does OT help address?

A: OT supports children facing difficulties with attention, sensory processing, motor skills, coordination, communication, and everyday tasks.

Q. How does OT benefit children at school and home?

A: It improves learning, self-care, social interaction, and participation in daily routines, helping children become more independent and confident.

Q. What is sensory integration?

A: Sensory integration is the brain's ability to receive, organize, and respond to information from the senses, helping children better understand and interact with their environment.

Q. Why is sensory development important?

A: It improves focus, emotional regulation, communication, learning, and social participation, providing a strong foundation for overall development.

Q. How do sensory activities help children?

A: They help children stay calm, focused, engaged, and improve behaviour, communication, and learning outcomes.

Q. What sensory activities are conducted at Suryodaya Trust?

A: Activities include texture exploration, clay modelling, music and movement, sensory bins, water play, and art-based learning experiences.

Q. What positive changes are seen in students attending OT sessions?

A: Students often show better attention, coordination, independence, confidence, and participation in classroom and social activities.

Q. How can parents support their child at home?

A: Parents can encourage sensory play, maintain routines, involve children in everyday activities, and work closely with therapists to reinforce progress.

Events & Celebration

SUMMER CAMP 2026:

Suryoday RBL School held its 1st Summer Camp in Apr-2026, providing a vibrant experience for students and young adults with intellectual disabilities. Activities included art, music, dance, games, and life-skill sessions, helping participants explore talents, build confidence, and enhance social skills in an inclusive environment. The camp fostered independence, teamwork, and celebration, reflecting Suryoday Trust's commitment to nurturing abilities and creating meaningful opportunities for all individuals.



ANNUAL STAFF PICNIC:

Suryoday Trust's teachers and project management team travelled off-site for a day of relaxation, recreation, and bonding in Apr 2026. Staff enjoyed activities and games that strengthened relationships and fostered collaboration. This event celebrated the team's dedication, boosted morale, and created lasting memories while advancing Suryoday Trust's mission.



WELLBEING WORKSHOP FOR TEACHERS IN APR-2026 :

Suryoday Trust held a well-being workshop for teachers. This workshop was conducted by our Clinical Psychologist Ms. Shreya Jaokar & Ms. Simi Shibu emphasizing self-care and mental wellness in education. The interactive session covered stress management, emotional resilience, mindfulness, and work-life balance. Teachers participated in activities and discussions to prioritize their well-being and gain practical tools for personal and professional enhancement, promoting a supportive work environment.



NEW VOCATIONAL TRAINING CENTRE @ VASAI IN MAY 2026:

Suryoday Trust is proud to expand its mission of empowering young adults with intellectual disabilities through the launch of its new Vocational Training Centre in Vasai. The centre provides structured skill-development programs in areas such as hospitality, retail, computer skills, art & craft, and life skills, helping students build confidence, independence, and employability.



CELEBRATING WORLD ENVIRONMENT DAY IN JUN 2026:

Teachers at Suryoday Trust engaged in a "Best from Waste" activity, turning discarded materials into useful items. This initiative emphasized sustainability, recycling, and responsible resource use, inspiring students and staff to embrace eco-friendly practices. The celebration highlighted that small actions can significantly impact the planet's protection.



DENTAL CHECK FOR STUDENTS IN JUN 2026:

Suryoday Trust held a Dental Health Camp for students to raise awareness about oral hygiene. Qualified dental professionals conducted check-ups, assessed dental conditions, and offered personalized care advice. Students learned proper brushing techniques and the importance of regular dental visits. The camp aimed to identify dental issues early and promote healthy habits for overall wellbeing.



CELEBRATING INTERNATIONAL YOGA DAY ON 21st JUN 2026

Parents and young adults at Suryoday Trust celebrated International Yoga Day with guided yoga and mindfulness sessions. Activities aimed at enhancing physical fitness, flexibility, concentration, and emotional well-being, promoting healthy lifestyle habits. Participants practiced yoga postures, breathing exercises, and relaxation techniques, gaining benefits like balance and self-awareness. The event emphasized holistic wellness and the positive impact of yoga on individuals with intellectual disabilities.



Generous Givers Q1 APR 26–JUN 26



Individual

Aditya Arora

Dr Ramkumar Murthi

Anish Sampat

Kalpana Mazumdar

Aryaman Arora

Purnima Vinod Moovankara

Chandrashekhar Viswanath

Srinivasan Seshadri

Devashri Pathak

V.Ramesh

Dhruba Saha

Vikas Kasat

Corporate

Creative Newtech Limited

ICAN BPO Pvt. Ltd

Pathai Foundation

Rukmani Social Welfare Trust

The Bombay Community Public Trust

Board of Trustees & Advisory Committee



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



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
LTIMindtree



Adv. Sunita Angadi
Founder &
Managing partner of
Law Veritas West

TEAM

School Team



Anusuya Pradhan
Principal



Riya Dsa
Special Educator



Stephy Tusciano
Special Educator



Ramratan S.
Special Educator



Tejaswini Lopes
Special Educator



Mable Rodrigues
Special Educator



Aditya Patil
Special Educator



Sairina Dabre
Special Educator



Debora Wadia
Special Educator



Sara Patnoskar
Special Educator



Sushma Virkar
Special Educator



Prachi Gemini
Special Educator



Ritika Bhoir
Special Educator



Gulafsha Shaikh
Computer Teacher

Vocational Training Team

Vasai



Preeti Nirmal
Vocational
Co-ordinator



Samita Harijan
Vocational
Trainer



Smita Alphanso
Vocational
Trainer



Archana Kanojia
Asst.Vocational
Trainer



Meena Bansode
Centre
Head



Payal Boke
Vocational
Trainer



Kajal Sonawane
Pre-Voc
Teacher



Sakshi Dhaigude
Pre-Voc
Teacher

Bhayandar

Project Management Team



Meera Nair
Sr. Project Mgr



Vaishnavi More
Sr.Project Mgr



Diksha Ahire
Comm Outreach
Co-ordinator



Kangkana Rajbongshi
Project
Co-ordinator



Sanket Ghawali
Accounts Head



Avinash Vichare
HR & Admin



Royal D'cruz
Admin Manager

Admin & Accounts

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 Jaakar
Clinical Psychologist



Yashodhan Kadam
Music Teacher



Kiran Badhe
Tailoring & Merchandizing
Expert



EMPOWER LIVES. FUEL THE ENGINE.

The journey from learning to earning is about profound empowerment. Your contributions translate directly into specialized educators, vocational materials, and the infrastructure needed to guide these students toward dignity and independence.

BANK ACCOUNT DETAILS:



Cheque favoring:
Suryoday Trust



Account no.:
50100178536761



IFSC Code:
HDFC0000411



Bank Name:
HDFC Bank



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

CONNECT WITH OUR ECOSYSTEM



REGISTERED OFFICE

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



SUYODAY RBL SCHOOL

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



**VOCATIONAL TRAINING &
SKILL DEVELOPMENT CENTRE**

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