VOL 14 | JUL - SEPT 2026

Suryoday Trust Newsletter

Annual Theme
Sensory Integration

Spectrum of Disability
Autism Spectrum Disorder

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The Trustee's Note

Dear Donors & Well wishers,

The second quarter of this year has been an exciting one for us at Suryoday. While **10** new entrants to our school are in the midst of their induction, our vocational centre at Vasai commenced a new training initiative. We have collaborated with Mann, a well known NGO with many years of experience delivering a practical curriculum in vocational training, to train **20** of our senior students. This training program is run with an objective of ensuring that these students have an opportunity for livelihood either in organisations outside or within our internal production program under our Project Unnati initiative.

Our VTCs continued to make progress in skill development and production, with students gaining hands-on experience across art & craft, stitching and other vocational activities. A key highlight was the successful production and sale of handcrafted Rakhis, providing students valuable experience in production, packaging, sales, and customer engagement.

This quarter also included festivities and celebrations. We celebrated **Independence Day, Rakhi and Ganesh Chaturthi** in our school and vocational centres. Our students, teachers and parents took part in all these celebrations with enthusiasm.

Last but not the least, Suryoday Trust was honoured as **"Asia's Best NGO of the Year 2026"** at the Asia's Leadership Awards 2026, hosted by Times Aspire. This recognition celebrates the collective efforts of our students, staff, parents, and partners in creating meaningful opportunities for persons with disabilities.

Thank you for being a valued part of our journey and for continuing to believe in the potential of every child and young adult at Suryoday.

With gratitude,
Sundararaman Iyer
Founder Trustee

Sensory Integration -
Connecting through senses - A recap

Our annual theme, **“Connecting Through Senses,”** highlights the vital role of sensory integration in child development. By helping the brain process and respond to sensory information, sensory integration supports learning, communication, behaviour, and participation in daily activities.

Through engaging sensory activities, children can **develop attention, coordination, motor skills, balance, and communication abilities**. For children with developmental disabilities, these activities play an important role in building confidence and promoting meaningful participation.

Understanding Sensory Integration: Helping Children Connect, Learn & Thrive

Imagine entering a room where the lights feel too bright, the sounds are overwhelming, or a simple touch feels uncomfortable. For some children with special needs, everyday experiences can feel exactly like this. Understanding their sensory world can help us understand their behaviour, emotions, and needs better.

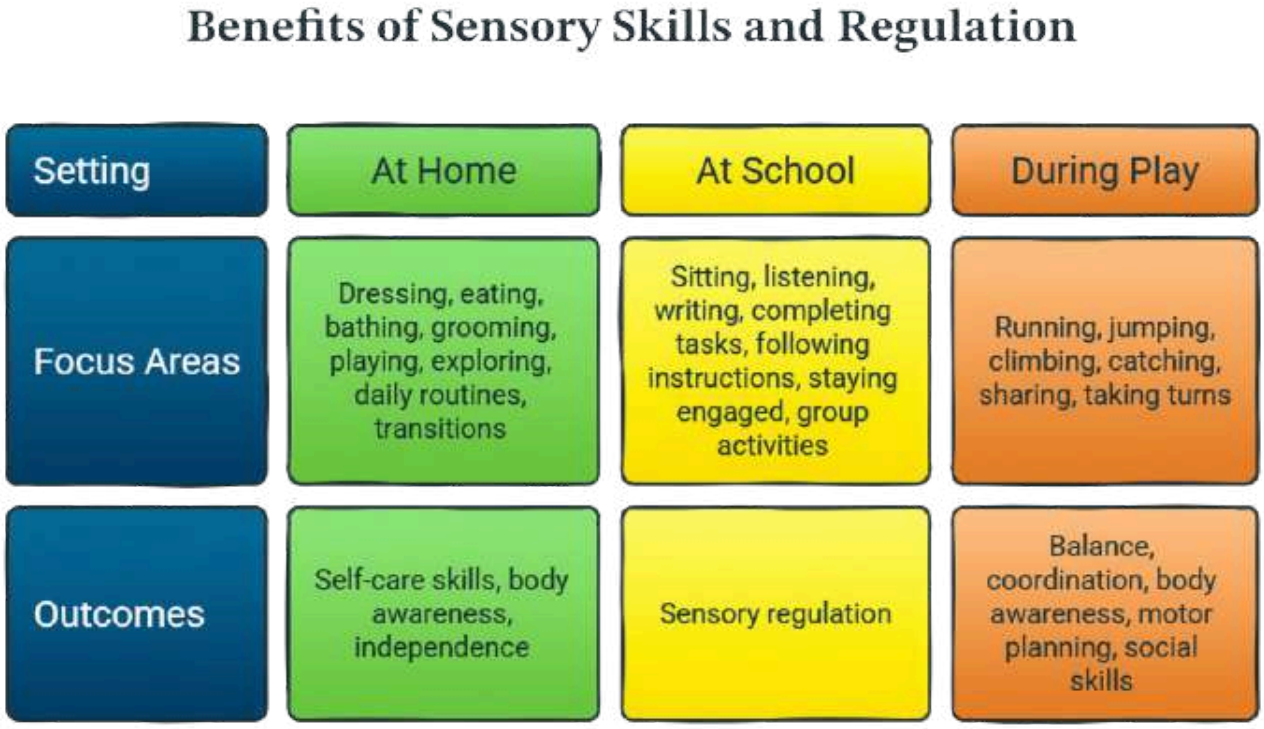
Sensory Integration is the **brain’s ability to receive, organise, interpret, and respond to information from our senses.** These include touch, movement, sight, sound, taste, smell, and awareness of our body’s position. When sensory information is processed effectively, children are better able to respond to their surroundings and participate in daily activities.

For children with intellectual disabilities, sensory processing may sometimes be different. A child may be highly sensitive to certain sounds or textures, while another may constantly seek movement or touch. These differences can influence attention, communication, emotional regulation, learning, behaviour, and social participation.

Ref: Sensory Integration: *Theory and Practice by Anita C. Bundy (Author), Shelly J. Lane (Author) - A foundational resource on sensory integration, sensory processing, and its application in supporting children’s participation and development in everyday activities.*

How Sensory Integration Helps in Everyday Life?

Sensory Integration helps children process and respond to information from their surroundings, supporting their ability to participate in everyday activities with greater comfort, confidence, and independence.



🌱 Everyday Impact

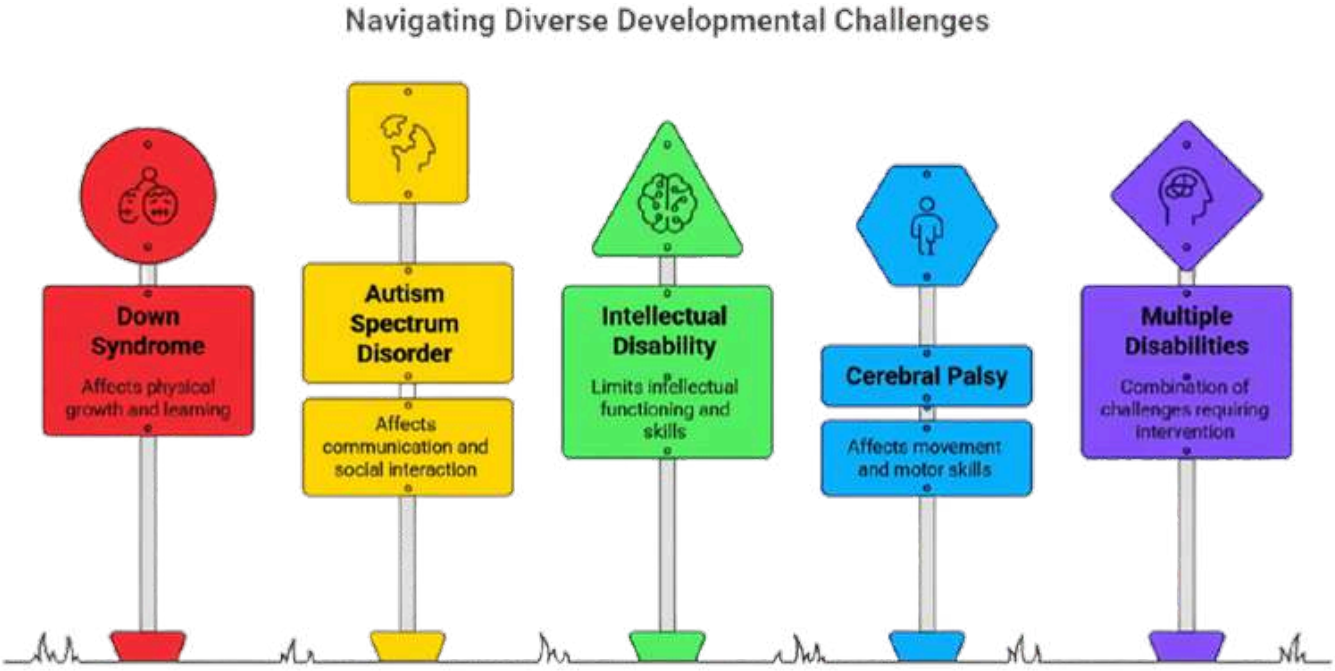
Sensory integration is not limited to therapy sessions; it is a part of training an individual with intellectual disabilities to learn skills needed to live a dignified life. From getting dressed and participating in class to playing with friends, these skills help children learn, participate, connect, and become more independent.

Ref: Sensory Integration and the Child. Western Psychological Services (WPS). - *A foundational work on sensory integration by A. Jean Ayres, an occupational therapist and psychologist, explaining how the brain processes sensory information and how sensory integration influences children's learning, behaviour, motor skills, and everyday functioning.*

Disabilities Spectrum

Every child is unique with their own strengths, abilities, challenges, and way of learning. Understanding different developmental and intellectual disabilities helps us provide the right support for each child. At Suryoday Special School, we focus on every child's potential through individualized education, therapy, skill development, and holistic care.

In our previous edition, we explored the spectrum of disabilities and understanding about Down Syndrome.



In this edition, we turn our focus to Autism Spectrum Disorder — understanding the condition, celebrating abilities, and supporting every child's journey.

Understanding Autism Spectrum Disorder

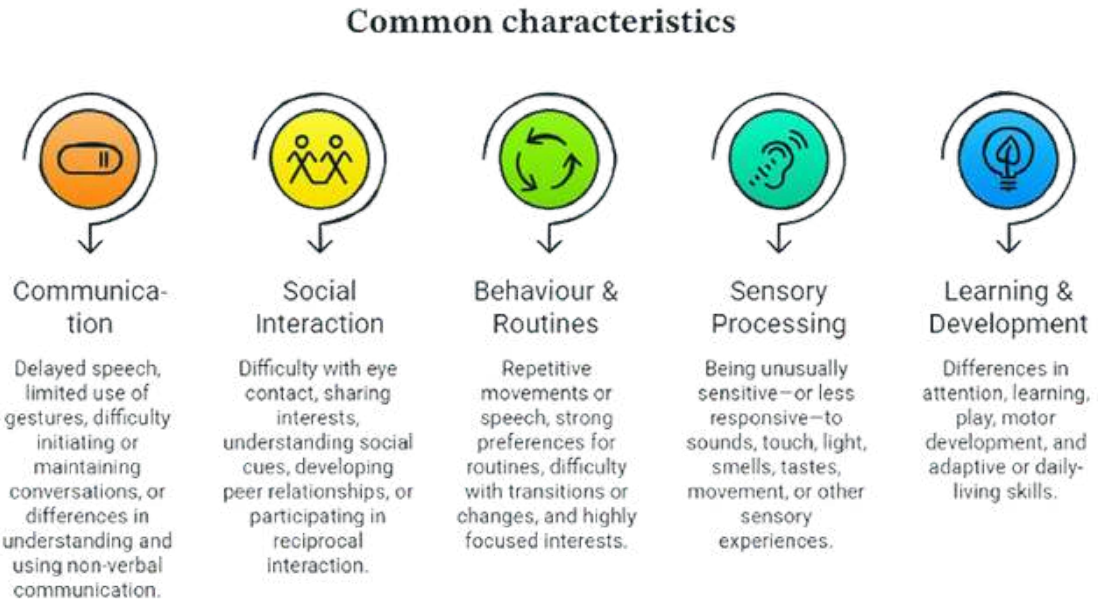
Autism Spectrum Disorder (ASD) is a developmental condition associated with differences in social communication, interaction, behaviour, and sensory processing. The term “spectrum” reflects the wide range of strengths, abilities, challenges, and support needs among autistic individuals.

Children with autism may communicate, learn, play, and respond to their surroundings differently. Some may experience challenges with speech, social interaction, routines, or sensory experiences, while others may demonstrate strong interests, unique learning styles, and individual strengths.

At Suryoday Special School, individualized education, therapies, communication support, life-skills training, and social opportunities help children develop skills according to their needs and potential.

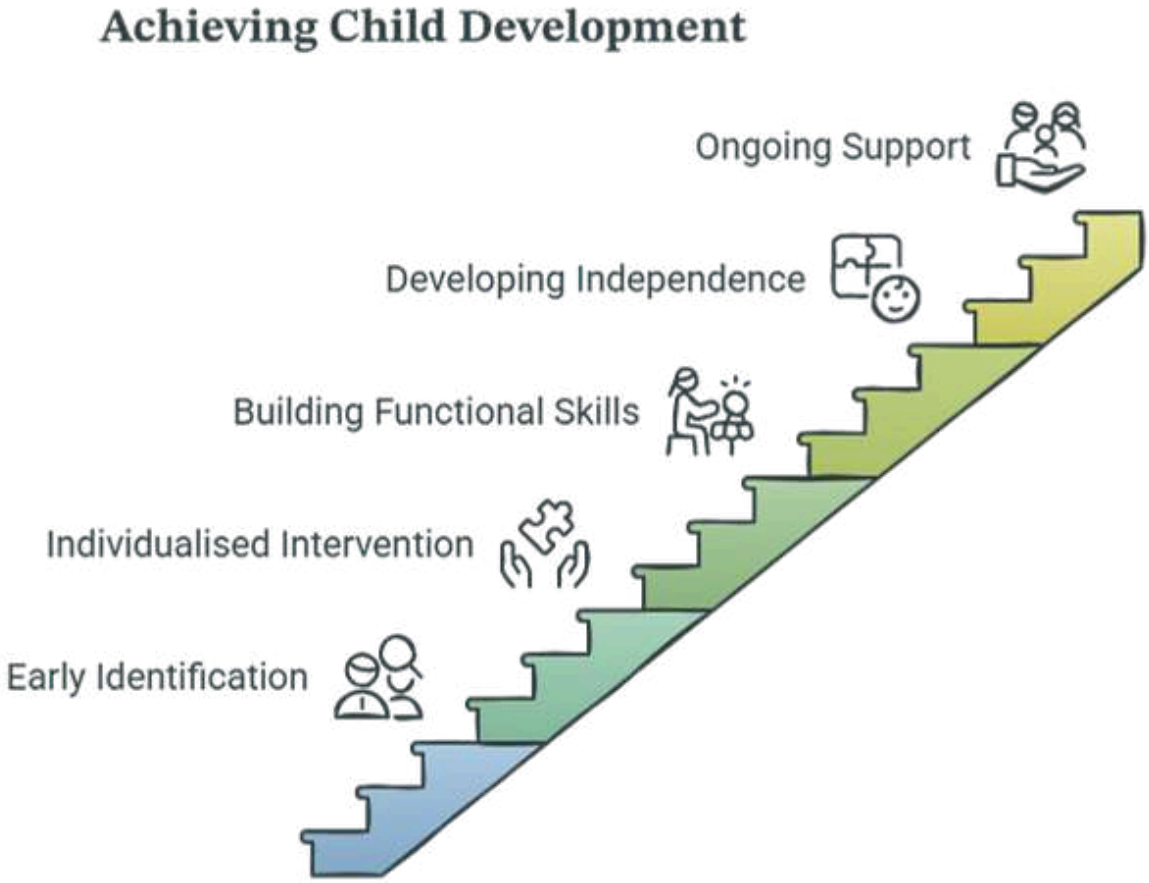
Common Characteristics of Autism Spectrum Disorder

Autism Spectrum Disorder (ASD) is a developmental condition characterised mainly by differences in social communication and interaction, together with restricted or repetitive patterns of behaviour, interests, or activities. Sensory differences may also be present:



Pathway to Development

There is no single developmental pathway for every autistic child. A more useful approach is to identify the child's individual strengths, needs, and priorities, and build support accordingly.



The key message for families is the goal is not to make every child develop in the same way, but to provide the right support for each child to communicate, learn, participate, and become as independent as possible.

Celebrating Every Milestone

For a child with autism, progress can be seen in everyday achievements - from expressing a need and following a routine to playing with peers or completing a task independently.

Every child has their own pace and pathway. With understanding, acceptance, and the right support, children with autism can communicate, learn, participate, and grow towards greater independence.

Expert Insight: Oral Sensorimotor Integration Therapy

Expert Name: Dr. Mukesh Ladane
Profession: Speech Therapist
Objective: To improve a child's communication, speech, language, voice, and feeding skills. Also help children develop effective communication and greater confidence and independence in everyday interactions.

Speech therapy supports children in developing effective communication, speech, language, voice, and oral-motor skills. It helps children express their needs, understand others, improve clarity of speech, and participate more confidently in social and learning environments.

At Suryoday Trust, speech therapy is tailored to each child's individual needs and may focus on following things during speech therapy:

- Improving speech clarity and articulation
- Developing receptive and expressive language
- Enhancing vocabulary and communication skills
- Supporting alternative and augmentative communication (AAC), when required
- Strengthening oral-motor and feeding-related skills
- Improving social communication and interaction
- Building functional communication for everyday activities

Ref: *American Speech-Language-Hearing Association (ASHA), Pediatric Feeding and Swallowing – Practice Portal.*

Q. What is Oral Sensorimotor Integration Therapy?
A: It is an approach that supports awareness, coordination, and control of the sensory and motor systems involved in oral functions such as eating, chewing, swallowing, and speech.

Q. Which children may benefit from this therapy?
A: Children experiencing difficulties with oral sensitivity, food-texture acceptance, chewing, feeding coordination, or specific speech-motor challenges may benefit, depending on individual assessment.

Q. What does therapy involve?
A: Activities may include appropriate tactile and proprioceptive experiences designed to support movement and awareness of the lips, tongue, jaw, and other oral structures.

Q. Can oral-motor activities improve speech?
A: Not necessarily. For speech difficulties, oral-motor activities should be selected based on an assessment of the child's specific speech and communication needs. They should not be routinely prescribed for speech-sound improvement.

Q. What is the ultimate goal?
A: The goal is to support functional abilities such as feeding, chewing, swallowing, and communication, helping children participate more comfortably and independently in everyday activities.

Highlights & Celebrations

Joy, Events & Celebrations:
At Suryoday, every festival is an opportunity to learn, express, connect, and create joyful memories! This quarter, students of Suryoday RBL School and the Vocational Training Centre.

From expressing gratitude to teachers during **Gurupurnima**, to celebrating the spirit of freedom on **Independence Day,** our students participated in cultural performances, patriotic activities, and creative celebrations.

Raksha Bandhan brought smiles and warmth as students made and exchanged colourful handmade rakhis, celebrating the beautiful bonds of care and affection. It also gave our vocational students an opportunity to showcase their creativity and skills.

The festive spirit continued with **Ganpati celebrations,** where students participated in decorations, art and craft activities, music, and cultural programmes. These experiences helped nurture creativity, teamwork, social interaction, confidence, and a sense of belonging.

For our students, festivals are more than traditions they are moments to participate, learn, celebrate their abilities, and celebrate each other.

🌱 Learning, Growing & Empowering Through Workshops:

At Suryoday, continuous learning is an integral part of creating a safe, skilled, and empowered community. This quarter, a series of workshops and training sessions were conducted for our staff and young adults at the Vocational Training Centre, providing valuable opportunities to learn new skills and strengthen existing ones.

💻 API Workshop – Strengthening Professional Skills

Our staff participated in an **"Arts Practices for Inclusion"** training, focusing on the use of creative arts as a meaningful tool for promoting inclusion. The training encouraged educators and facilitators to explore art-based approaches that support self-expression, creativity, communication, confidence, and social engagement. It provided practical insights into creating more inclusive and accessible learning experiences where every individual can participate, express themselves, and showcase their unique abilities.

🩺 First Aid Workshop – Prepared to Respond

A First Aid workshop was organised for our staff to build awareness and confidence in responding to common emergencies. The session focused on basic first-aid practices, emergency response, and the importance of timely action—helping create a safer environment for our students and team.

🎨 Vocational Training – Creating Skills, Creating Opportunities

Young adults at the Vocational Training Centre participated in a hands-on Block Printing Training programme. Through practical demonstrations and guided practice, students explored block-printing techniques while developing creativity, coordination, patience, and vocational skills.

These workshops reflect Suryoday's commitment to continuous learning and capacity building and equipping our staff with knowledge while creating meaningful opportunities for our young adults to develop skills that can contribute to greater independence and livelihood opportunities.

🏆 "Asia's best NGO Award".

Suryoday Trust has been awarded "**Asia's Best NGO of the Year 2026**" at the Asia's Leadership Awards 2026, hosted by Times Aspire. The award ceremony was held on 9th September 2026 in Bengaluru.

This recognition is more than an award; it celebrates the people and collective efforts behind Suryoday's journey. Our teachers, therapists, vocational teams, support staff, parents, and most importantly, our students have made this achievement possible.

Every skill learned, every step towards independence, every vocational opportunity, and every barrier overcome has contributed to this milestone.

Generous Givers
Q2 Jul 26–Sept 26

INDIVIDUAL

Aditya Arora	Ramachandran Subramanian
Aiman Kler	Rekha Kulkarni
Ashwajeet Singh	Roma Prabhu
Athirav Sagar Gupta	Sachin Raje
Chandrashekhar Viswanath	Satyakala Ramachandran Iyer
Dhruba Saha	Sivakumar Kunnath
Keyur Parimal CareTroopers	Srinivasan Seshadri
Makarand Mhaiskar	Subhash Kulkarni
Jyothula Somasundaramurthy	Sumit Narayanan
Raj Chheda	Vikas R Kasat

CORPORATE

Azelis (India) Private Limited	Rukmani Social Welfare Trust
GeBBS Healthcare Solutions Private Limited	SI Group India Pvt Ltd
HDFC LIFE Insurance Co. Ltd	TPAC Packing India Pvt. Ltd
ICAN BPO	TRAYDO LOGISTICS PVT LTD
Impel Services Pvt Ltd	

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Founder Trustee
Former CFO
Henkel India

Sachin Raje
Former-CFO
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Ulhas Deshpande
Alumni-TISS
Former HR Head of
Bharati AXA &
Enterpreneur

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

Sriniwas 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

SCHOOL TEAM

Anusuya Pradhan
Principal

Riya Dsa
Special Educator

Stephy Tuscano
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

Sariga Bhaskar
VTC
Manager

Preeti Nirmal
Vocational
Co-ordinator

Samita Harijan
Vocational
Trainer

Smita Alphanso
Vocational
Trainer

Archana Kanojia
Asst.Vocational
Trainer

Bhayandar

Komal Sutar
Centre
Head

Meena Bansode
Vocational
Trainer

Payal Boke
Vocational
Trainer

Kajal Sonawane
Pre-Voc
Teacher

Project Management Team

Meera Nair
Sr. Project Mgr

Vaishnavi More
Sr.Project Mgr

Diksha Ahire
Comm Outreach
Co-ordinator

Kangkana Rajbongshi
Project
Co-ordinator

Admin & Accounts

Sanket Ghawali
Accounts Head

Ajay Chavan
Admin Manager

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

Yashodhan Kadam
Music Teacher

Kiran Badhe
Tailoring & Merchandizing
Expert

Trust Details for Donation

FCRA Bank account details :

Account No: 39980063908 (FCRA Savings)
Branch Code: 00691
IFSC Code: SBIN0000691
SWIFT: SBININBB104

***Note : For FCRA donation do not convert the amount to INR it should be in US $ (US Dollars)**

FCRA Remittance Details – Suryoday Trust

NRE Account Donation
An NRE (Non-Resident External) account is rupee-denominated but funded through foreign income. Therefore, donations from an NRE account qualify as foreign contributions under FCRA and must be received only in our FCRA-designated bank account, not in the domestic donations account.

NRO (Non-Resident Ordinary) account
An NRO account holds both India-sourced income and foreign-remitted funds. If the donation comes from India-sourced income, it is not a foreign contribution and can go into our domestic (non-FCRA) account. If it comes from foreign remittances, it becomes a foreign contribution and must go into our FCRA account.

NRO Account Donation
Donations from an NRO account using India-sourced income are not foreign contributions and can be received in our domestic (non-FCRA) account.