

Biswa Gouri Charitable Trust Newsletter

WONDER WAVES



October

November

December

2024

BUBBLES | PRAGATI
Empowering Through
Connection

**THIS QUARTER WAS A WHIRLWIND OF
PROGRESS, CONNECTIONS, AND
CELEBRATIONS.**

VOICES That Inspire

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Merry Barua (Action for Autism) and Preeti Siwach (National Center for Autism) visited to understand our vocational training efforts, bringing fresh insights. The CEO of Orient Exchange explored collaboration opportunities.



Volunteering HIGHLIGHTS

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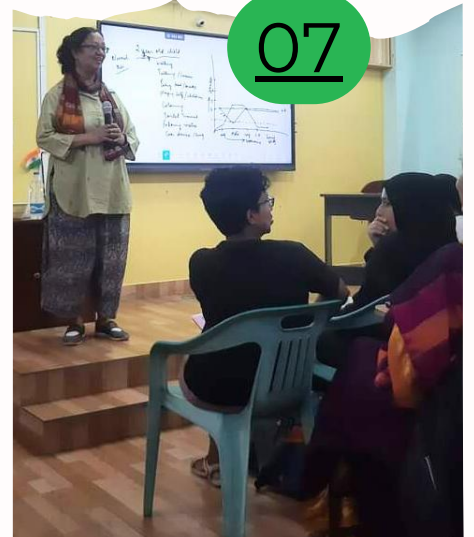
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Motorola volunteers and Vibgyor students engaged with our young adults in diya painting and buddy programs—fostering creativity, confidence, and autism awareness.

Spreading Awareness Page

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“Counseling,” she said, “is not just about guiding others—it’s about walking alongside them.”

Sarbani Mallick delivered an inspiring talk at Banjara Academy, highlighting the power of collaboration and shared learning in counseling.





Bubbles Academy: A Learning Space for All

We introduced Bubbles Academy to support parents, caregivers, professionals, corporates, and the general public interested in learning more about Autism and developmental disabilities.



Our first online session focused on AVAZ, an AAC tool that enhances communication, helping children express themselves more effectively.

Strengthening COMMUNITY TIES



FEST & PERFORMANCES



EXCURSIONS



CELEBRATING INCLUSION

Through self-expression, exploration, and shared experiences, our community continues to grow stronger. With every step, we reaffirm our commitment to inclusion, empowerment, and advocacy, ensuring that every voice is heard and valued.

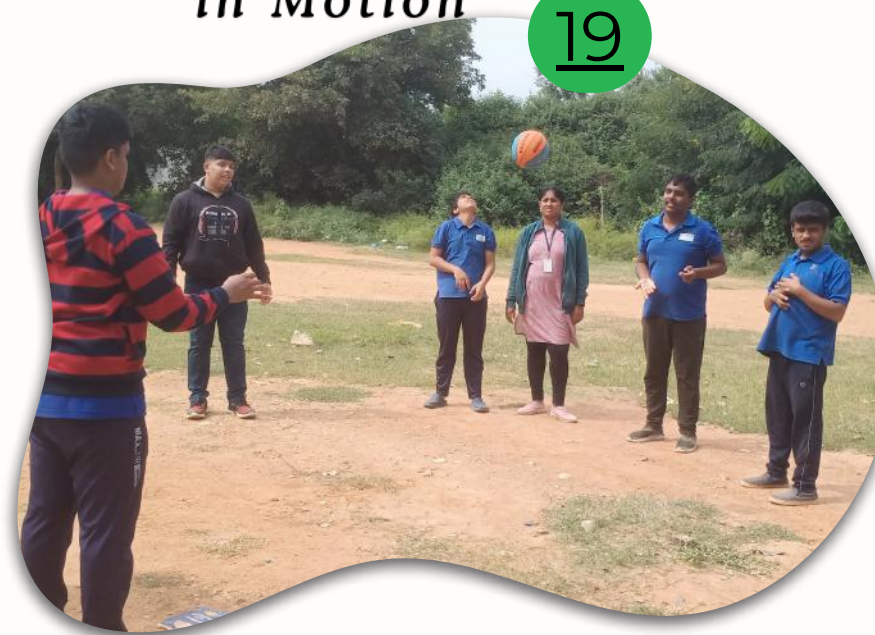
PARENTS the Co-travellers



Parents gained valuable insights on long-term planning, career pathways, and digital literacy to support their children's independence.

Through music therapy and vocational training discussions, families explored new ways to enhance communication, well-being, and employment opportunities, ensuring a holistic approach to growth and empowerment.





Sports Day at Pragati celebrated movement, teamwork, and confidence. From friendly competitions to adaptive activities, the event highlighted the importance of fitness and inclusion.



Dussehra, Diwali, and Christmas were celebrated with creativity, music, and community engagement, ensuring inclusivity and cultural bonding.

Festivals & Joy



SPOTLIGHT ON CHAMPION

Kokila Venkateshan,
Digital Literacy Educator

"Teaching here isn't just a job—
it's a journey of mutual growth.
My students inspire me daily."



Visitors at BGCT



Collaborative Exchanges at the Pragati Unit

Merry Barua, founder of Action for Autism, and Preeti Siwach, Head of Work and Employment at the National Center for Autism, India, visited to understand our efforts in vocational training for neurodiverse young adults. Their insights and encouragement have been deeply motivating, providing us with valuable perspectives to refine and expand our initiatives.



The Pragati Unit recently experienced two inspiring visits that strengthened our vision for fostering inclusion and empowerment.

Additionally, the CEO of Orient Exchange visited to learn more about our vocational training programs and explore potential opportunities for collaboration. Engaging with leaders from diverse sectors helps bridge gaps and creates pathways for meaningful impact.



These visits are a testament to the shared commitment to building an inclusive future. Each interaction brings new ideas and possibilities, reminding us that progress is best achieved when we work together.

Volunteering

Visit by Corporates



“ On 3rd October, Motorola team visited and volunteered in Diya making at Pragati

Buddy program from Vibgyor, Haralur Branch.



At Pragati, we were delighted to host Motorola volunteers for a diya painting activity and Vibgyor students for their buddy program. These engagements offered our young adults opportunities to explore their creativity, improve social interaction, and build confidence. At the same time, the volunteers and students gained valuable insights into Autism, fostering empathy and understanding. Programs like these not only enrich our young adults' experiences but also create a ripple effect of awareness and inclusion in the broader community.

Knowledge Sharing (Steps Towards Inclusion)



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Talk at Banjara Academy



Sarbani Mallick recently delivered an inspiring talk to students from the Diploma in Counselling Skills (DCS) course. The room was alive with energy, filled with learners from diverse backgrounds, each bringing their unique perspectives to the discussion.



Her session emphasized the importance of collaboration, active participation, and mutual learning, leaving a lasting impact on the future counsellors. It was a truly enriching experience for everyone present, fostering an environment of growth and shared wisdom.



Sharing her philosophy on teaching and engagement, Sarbani remarked, "My job was to create the room filled with students' voices. Not be the main voice."



Empowering Voices, Inspiring Futures.

Knowledge Sharing (A New Beginning)



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Bubbles Academy: Expanding Horizons for an Inclusive Society

We are thrilled to introduce Bubbles Academy, a newly launched program designed to extend our support beyond BGCT, reaching parents, caregivers, professionals, corporates, and the general public interested in learning more about autism and developmental disabilities.



At Bubbles Academy, we believe that knowledge is power, and with true knowledge comes the ability to create meaningful change in society. Our mission is to inspire and support the creation of spaces where neurodivergent individuals can thrive. Through awareness, education, and collaboration, we aim to build a more inclusive and supportive world for all.

Our First Online Program: Connection through Communication



We successfully conducted our first online session, focusing on acknowledging all forms of communication and enhancing connections. The discussion emphasized the diverse ways in which individuals express themselves, from gestures and visual cues to assistive technology.

As part of the session, we provided practical training in AVAZ, a powerful Augmentative and Alternative Communication (AAC) tool that helps children with communication challenges. However, our approach goes beyond just technology—we celebrate and encourage all modes of communication to empower individuals in their unique ways.

Who Can Join?



Bubbles Academy is open to parents, caregivers, educators, therapists, professionals, corporates, and anyone passionate about understanding and supporting neurodiverse individuals. Whether you are new to this journey or seeking advanced strategies, our program offers valuable resources tailored to your needs.

Knowledge Sharing (A New Beginning)



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Bubbles Academy: Expanding Horizons for Parents and Professionals

Led by Meenakshy and Smita, our first session was insightful, interactive, and a great start to making learning accessible to all. The program provided hands-on guidance on acknowledging all forms of communication and practical training in using AVAZ as one of the tools to enhance daily interactions.

“
This is a very useful course and is highly recommended for parents facing any kind of challenge in communication with their children. This course provides best training for Avaz (AAC) - Smita Verma
★★★★★

“
Session was excellent. both Menakshy Mam and Smita Mam's was patiently solved all the questions. It was just superb.
- Swastika Swain(Sima)
★★★★★

“
Lovely course. Love the empathy and patience of the teachers .
- Sonal S. Sinha
★★★★★

“
It was fantastic learning. Very polite, patient, knowledgeable and experienced teachers. Sessions were always interactive. Very encouraging too for parents. Strategies for communication were great. Would like to enroll to more such courses and if any option of online schooling is there, we would like to be updated.
- Kavitha Suresh
★★★★★

Moving forward, Bubbles Academy is committed to bringing more engaging and practical sessions, including:

- ✓ Workshops and hands-on training
- ✓ Expert talks and discussions
- ✓ Resources for inclusive workplaces and communities
- ✓ Collaborations to foster neurodiversity acceptance

Together, let's build a stronger, more informed, and empowered community!

WHAT'S
NEXT?

Community Connect



Diya Paiting at Design Barn



We believe in the power of community and never miss a chance to strengthen our bonds with those around us. Building relationships within our immediate community is at the heart of everything we do, helping us expand our impact and network to better serve our mission.

Hope Fest at Asha Kiran Special School



Advocacy is about self-advocacy, self-worth, and empowering neurodiverse individuals to take charge of their lives. At the recent Fest, our young adults showcased their self-advocacy skills by confidently sharing their dreams and talents.

Students from Bubbles and Pragati took the stage with confidence, celebrating inclusion and self-expression. Through music, dance, and creativity, they proved that every individual, regardless of neurodiversity, has a unique voice and the power to shine. Their performance was more than entertainment—it was a testament to self-advocacy, determination, and the impact of a supportive community.



Dive into Sports

As part of their sports activities, PV1 students from Bubbles attended a swimming class at DPS, experiencing the joy of water-based learning. The session focused on building confidence, coordination, and physical fitness in a structured and supportive environment.



Swimming not only promotes overall well-being but also enhances sensory regulation and motor skills, making it a valuable addition to their sports curriculum. A refreshing and enriching experience for our young learners! 🌊🌟

Children's Day at DPS

Students from Bubbles School visited DPS, celebrated Children's Day with a vibrant array of activities! From art and sports to health check-ups and yoga, the day fostered creativity, teamwork, and well-being for all students. With a focus on inclusivity, students actively chose their own activities, making it a truly enriching experience for everyone.



DPS Cadet Day at Bubbles



Delhi Public School NCC cadets marked NCC Day with a special visit to Bubbles Centre for Autism, celebrating inclusion and togetherness. The event featured a vibrant cultural program and a generous donation of sports equipment, reinforcing the spirit of community and shared learning.

Exploring Creativity at the Museum of Art & Photography



Young adults from Pragati recently embarked on an inspiring visit to the Museum of Art & Photography, immersing themselves in a world of colors, textures, and stories. Engaging with diverse artworks, they explored new perspectives and creative expressions, making it a truly enriching experience.

Such visits go beyond art appreciation—they encourage observation, imagination, and meaningful connections with the world around them. A day well spent, sparking curiosity and creativity!



A Rhythmic Adventure at the Indian Music Experience Museum



*A day filled with
rhythm, melody, and
joyful discoveries!*

Young adults from Pragati and students from Bubbles embarked on a musical journey at the Indian Music Experience Museum, immersing themselves in the rich tapestry of India's musical heritage. From exploring traditional instruments to engaging with interactive exhibits, the experience was both educational and inspiring.



Pragati Young Adults at Tandav 2024: A Celebration of Inclusion Through Dance

Pragati young adults had the incredible opportunity to be part of Tandav 2024, India's largest inclusive dance festival, held at Patel Public School, Bellandur. With 1,000 students with disabilities from special schools across Bangalore and 600+ dedicated volunteers, the event was a powerful celebration of movement, expression, and togetherness.



The young adults experienced the joy of dance in a truly inclusive space, witnessing how rhythm and energy bring people together beyond barriers. It was a day of inspiration, connection, and unfiltered happiness!

Making an Impact!

BGCT Recognized as India's Most Trusted NGO! 🌟



We are honored to announce that BGCT has been awarded the title of Most Trusted NGO in India at the National Economic Growth Summit and Awards, held at Radisson Blu, Mumbai. Our founder, Sarbani Mallick, accepted this prestigious award on behalf of the entire BGCT family.

This recognition is a testament to our unwavering commitment to empowering lives within the autism community. Thank you to everyone who believes in our mission and supports our journey—we couldn't have done it without you! 💙🌟

A Prestigious Honor for Ms. Sarbani Mallick at Unit of Hope , St. John's Hospital

Ms. Sarbani Mallick was recently honored by Unit of Hope, St. John's Hospital, for her nearly three decades of dedicated work in the disability sector. This recognition holds deep emotional significance, as Unit of Hope was founded by the late Dr. MV Ashok, a pioneer in autism care.

Adding to the moment, Dr. Shoba Srinath, BGCT's medical advisor, acknowledged Ms. Mallick's unwavering commitment to empowering individuals with autism and their families.



This honor reaffirms BGCT's mission of collaboration and inclusivity, paving the way for a brighter future for the neurodiverse community. 💙

Community Connect



Community presence for creating awareness & sale of products

AnZ



Capgemini



Hindustan Unilever

Setting up stalls for products crafted by young adults at Pragati plays a crucial role in showcasing their skills and talents at NGO melas hosted by corporates and gated communities. These stalls serve as powerful platforms to raise awareness about their abilities while also providing valuable opportunities for livelihood, independence, and self-confidence. By engaging with the community, these young adults not only demonstrate their creativity and dedication but also foster greater inclusion and acceptance in society.



Microsoft Research



Shobha City



Prestige Augusta

Parent Empowerment



Future Planning for Our Children: An Inspiring Session with Ms. Sarbani Mallick

Ms. Sarbani Mallick led an insightful session on future planning for children, filled with valuable discussions, sharing of ideas, and strategic planning aimed at securing a brighter, more independent future for children with autism.



Her expertise and vision left attendees inspired and motivated, reinforcing the importance of early action and thoughtful planning for our children's long-term well-being. 🌟

Music Therapy Workshop for Students and Parents



Students and their parents recently participated in a music therapy workshop as part of the #Svaritha project, commissioned by the Indian Music Experience in partnership with Svarakshema Foundation and generously supported by a CSR grant from Kotak Mahindra Investments Ltd.

During the workshop, children and parents were introduced to a specially designed music kit comprising five instruments. The sessions utilized the healing properties of music to address challenges faced by individuals on the autism spectrum, including communication, social understanding, fine motor skills, and sleep patterns.

A special thank you to Indian Music Experience for being a part of this journey! ❤️

Parent Empowerment



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Spotlight on Digital Literacy at BGCT Bubbles



The Spotlight on Digital Literacy Program at BGCT Bubbles brought together parents, teachers, board members, and experts to explore how technology can empower students and bridge gaps. The event focused on enhancing resources, improving teacher training, and creating meaningful opportunities for students.



These workshops not only help the institute enhance resources and improve teacher training but also serve as a platform for parents, our co-travelers, to gain valuable insights on supporting their children's growth through digital tools.



Empowering students, enriching families, and building an inclusive future through digital literacy.

Parent Empowerment

Next Steps After Vocational Training at Pragati:

On December 21st, a parent meeting was held to discuss the next steps for students after completing vocational training at Pragati. The session provided valuable insights into the transition process, helping parents understand how to continue supporting their children's growth and independence in the workforce.



The meeting focused on building a pathway for further skill development, career opportunities, and fostering continued progress beyond vocational training.

Exploring Employment Opportunities

Sarbani Mallick and Pragati parents visited 7 Star Wedding Decor Mall to explore potential job opportunities for young adults. The visit focused on identifying suitable roles that align with their vocational skills, offering a pathway toward meaningful employment and independence.



This initiative marks a significant step in expanding inclusive work opportunities for individuals with autism.

Holistic Well-being



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Sports Day at Pragati: Celebrating Strength and Spirit 🏆

Pragati recently hosted an in-house Sports Day for its young adults, creating an exciting and inclusive space for physical activity, teamwork, and fun. The event featured a range of engaging activities tailored to different abilities, encouraging movement, confidence, and a spirit of healthy competition.



Beyond sports, the day was a celebration of perseverance and joy, reinforcing the importance of fitness and well-being in daily life. A memorable experience for all!



Festivals & Celebrations



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Dussehra Celebrations at BGCT: A Tapestry of Joy, Community, and Learning

BGCT's Dussehra celebration was a vibrant success! The event featured colorful decorations, traditional music, and energetic dance performances, creating a joyous atmosphere for everyone. Beyond the festivities, we focused on social skills, community awareness, and showcasing opportunities for our students.



*It was a day of learning and sharing,
strengthening our sense of togetherness.*

Beyond the colorful celebrations, Dussehra provided a valuable opportunity to focus on important community initiatives. This year's event incorporated elements designed to enhance social skills, raise community awareness, and showcase the diverse possibilities available to our students. It was a day where celebration and education intertwined seamlessly, creating a richer experience for all.



#

Together we make a difference

Festivals & Celebrations



Diwali Lights Up BGCT: Creativity and Celebration Shine Bright

BGCT celebrated Diwali with a burst of creativity and joy as students engaged in a heartwarming diya-painting activity. The festive spirit was palpable as children eagerly chose their colors and carefully added their personal touches to plain clay diyas. From vibrant hues to intricate designs, each diya became a unique expression of the students' artistic flair.



At BGCT, we believe in fostering creativity and cultural understanding. The Diwali diya painting activity perfectly embodied this philosophy, blending artistic expression with a meaningful celebration of tradition. We wish everyone a joyous Diwali filled with light, warmth, and togetherness.



Seeing the children's joyful faces as their painted diyas became symbols of light and hope made Diwali a cherished memory.



Festivals & Celebrations



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Christmas Carnival at Bubbles, BGCT: A Celebration of Peace, Love, and Joy

Christmas is about spreading peace, love, and joy, and the Christmas Carnival at Bubbles, BGCT, beautifully reflected this spirit. It was a day of celebration, connection, and giving back, bringing together our community and other NGOs for a shared experience of happiness.



BGCT invited NGOs to share the stage, fostering inclusion and unity among participants.

The Christmas Carnival at Bubbles, BGCT, was more than just a festive event—it was a celebration of inclusion, community, and shared joy. Thank you to everyone who contributed to making this day so special! ❤️



Spotlight on Champions



Kokila Venkateshan

The Digital Dynamo at Pragati

Kokila Venkateshan is more than an educator—she's a guiding light in digital literacy. With passion and determination, she empowers young adults with essential skills, turning challenges into opportunities. Her sessions foster trust, teamwork, and lifelong learning, creating a supportive community. Kokila's dedication inspires all, proving that education and digital empowerment can transform lives. Thank you for your brilliance and compassion!

Interviewer : What moment made you realize the true impact of your work?

Kokila: The moment the young adults I trained started communicating their needs to me, I knew I was making a difference. But the most emotional milestone was during our proofreading training. When they earned their first stipend, their joy and pride were immeasurable. Seeing their hard work turn into real opportunities was a powerful reminder that this journey is not just about teaching skills—it's about transforming lives.

Interviewer : How has your approach to teaching evolved over the past ten years?

Kokila: I truly love my work, and over the years, I've realized that teaching is a continuous cycle of learning and sharing. I learn from others just as much as I teach them. Every interaction, every challenge, and every success story has shaped me into a more compassionate and adaptable educator.

Interviewer : What is the most rewarding part of your job?]

Kokila: Training more young adults and seeing them grow in confidence is incredibly fulfilling. But the greatest reward is knowing that I am contributing to creating livelihood opportunities for them. Watching them gain independence and take charge of their futures fills me with pride and purpose.



Be the Change



**DONATE TO MAKE A
DIFFERENCE TODAY**

Your kindness has the power to transform lives and create a lasting impact in the autism community by helping build a more inclusive and supportive world for individuals on the spectrum.

Donate Now >>



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