

NEWSLETTER

HIGHLIGHTS

WITH VISUAL GLIMPSES

AN ANNUAL 'SPECIAL' EVENT

4th July provided a wonderful opportunity for Kshitij adults to participate in a heartwarming art exhibition organised by **Special Hangout**. The event was dedicated to showcasing the artwork of individuals with special needs, and offering a space to celebrate their self-expression, and inclusion.

A hands-on coaster painting activity had our adults using varied stencil techniques to design their own unique coasters that they displayed with pride. Thereafter invited to explore the vibrant art gallery, a heartwarming moment was witnessed when they came across paintings created by our Kshitij adult Sahil - a source of immense delight for him and the other Kshitij adults. With yummy eats served alongside, our adults connected with peers, families, and organizers in a relaxed and inclusive setting.



DRAWING KITS SPREAD CHEER



On 25th July, our Mumbai Central unit was delighted to welcome representatives from the **Shiv Sena (UBT)** group. Following the distribution of drawing kits to BMC school students, they generously extended the gesture to the adults at Kshitij. In appreciation, our adults presented a lovely handmade birthday card to mark the occasion of Mr. Uddhav Thackeray's birthday.

NEWSLETTER

HIGHLIGHTS

SMART NUTRITION & BALANCED DIET

In response to a recent medical check-up that revealed high blood sugar, cholesterol, hypertension, and obesity in many Kshitij adults, an awareness session was organized for their family members on 7th July at our Mumbai Central workplace.

Dr. Vijay Surlikar, renowned specialist in diabetes and infectious diseases, highlighted the medical risks of uncontrolled blood sugar, and emphasized the importance of early intervention through diet and lifestyle changes. **Ms. Meghana Surlikar**, nutritionist and counselor (TISS), provided nutritional guidance to make sustainable dietary choices. Individual medical reports were reviewed, and recommendations were offered. All the attendees appreciated the informative counsel, and left with the motivation to make positive changes.

WITH VISUAL GLIMPSES



HAPPY TEACHERS' DAY

5th September ushered in a spirit of happiness and reverence for the teachers and all the staff at Kshitij. The adults offered thoughtful gifts in recognition of the enduring love, care, and dedicated service provided by them, over the period of time.

NEWSLETTER

HIGHLIGHTS

HAPPY COLLABORATIONS

Kshitij adults visited the **Mumbai Art Fiesta** on 18th July, which showcased a diverse range of artistic creations, including paintings, sculptures, photography, graphic design, and digital art. Kshitij adult Roshan, who had extended the invitation, had two of his paintings featured there, which attracted considerable attention and appreciation from all.

Our adults showed keen interest in the various works on display and interacted with the artists in the enriching environment. These exchanges provide valuable exposure and a deeper appreciation for creative expression through art, to adults with special needs.



TRIPLE CELEBRATION

Sweta Ranka celebrated the birthdays of her daughter, mother-in-law, and daughter-in-law with the Kshitij adults on 8th September. Occasions like these bring immense joy to our adults, who always cherish the opportunity to spend meaningful time with visitors, while also delighting in the thoughtful gifts and treats shared by them.

NEWSLETTER

HIGHLIGHTS

SUPPORT TO ART THERAPY

Art therapy is a form of expressive therapy that improves a person's physical, mental, and emotional well-being. It is especially helpful for individuals who find it difficult to express themselves in words.

A significant boost was provided to our Art Therapy Project by the eagerly awaited visit from the **Shapoorji Pallonji Group** on 1st August, as part of their Employee Giving Program – iCare School Time. Their interaction with Kshitij and hands-on work alongside them, boosted the spirits of our adults. Their generous donation of art supplies will greatly sustain this Project.



YOUR SUPPORT MEANS A LOT TO US!

YOU CAN DONATE

Your contributions will take our adults closer to a life of dignity and self-reliance. Donations are exempt u/ Sec. 80G of the Income Tax Act.

ONLY REMITTANCES FROM INDIAN RESIDENT ACCOUNTS AND NRO ACCOUNTS ARE ACCEPTED

Donations may be made by crossed cheque or bank transfer as per the following bank details:

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