

DISHA CONNECT

Monthly Newsletter

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DEEPAK'S JOURNEY AT DISHA: A STORY OF GROWTH

How it started!



How it's going!

Deepak joined Disha at the age of five, and over the years, his remarkable journey has been one of growth, talent, and kindness. A gifted tabla player, enthusiastic dancer, and a compassionate friend to his peers, he continues to inspire everyone around him. Now 25, Deepak remains an integral part of the Disha family as a tabla instructor, volunteer, and computer learner. We are immensely proud and deeply grateful to have a student like Deepak, whose journey reflects the true spirit of determination, inclusion, and lifelong learning.



PARENTS TEACHER MEETING AND EDUCATIONAL SESSIONS



On 4th July, two informative sessions were conducted on Ergonomics and Niramaya Guidelines for Parents. These sessions aimed to enhance parents' awareness of healthy practices and support strategies for their children. Following the sessions, a Parent-Teacher Meeting (PTM) was held, providing parents with an opportunity to discuss their child's progress with the teachers.



PLANTATION DRIVE





On 7th July, Disha organized a plantation drive in collaboration with the BoxFM team and Bharat Vikas Parishad, Jaipur. Students, staff, and team members came together to plant saplings, promoting environmental conservation and spreading the message of a greener, more sustainable future.

VISIT OF GC MEMBERS



On 20th July, Mr. Paras Kuhad and Mrs. Reeta Kuhad, members of the Governing Council, visited Disha for strategic planning discussions focused on the organization's future growth and advancement. They toured the campus and held meaningful discussions with Mr. Basant Khaitan, Mrs. Mala Khaitan, and Dr. Bharti Khunteta on strengthening Disha's vision and initiatives.

ART WORKSHOP WITH CRAFTI CO



On 21st July, Craftico organized an engaging art workshop at Disha, where students enthusiastically participated in a variety of creative art activities. The workshop also served as a platform to identify talented students for potential internship opportunities with Craftico.

EC MEETING

On 23rd July, the Executive Committee (EC) meeting was held at Disha, where members reviewed ongoing activities and discussed important plans for the organization's growth and future initiatives. The meeting fostered meaningful discussions and collaborative decision-making to further strengthen Disha's mission.

VISIT OF MSW BANASTHALI STUDENTS



On 27th July, MSW students from Banasthali Vidyapith visited Disha as part of their academic curriculum to gain practical exposure to the field of special education and rehabilitation. The visit provided them with valuable insights into Disha's programs, services, and inclusive approach toward empowering persons with disabilities.

INTERNS OF THE MONTH

JNU Physiotherapy Interns



Kshitij Sharma



Preeti Sagar



Vedansh Vyas



Utkrisht Jha



Himanshu Roy



Bhawana Verma

Amity University Clinical Psychology interns



Piyush Jharwani



Shahid Ali Athikavil



Vaidehi Agarwal



Anwasha Bhadra



Divyani Butola



Rajat Poddar



Sharvani Shrighaonkar



Khyati Ramchandani



Habiba Sayani



**Raaga
Chittangiya**
(North London Collegiate
School, Dubai)

ARTICLE

Beyond Screen Time: Nurturing Meaningful Childhood Experiences

Technology has become an integral part of childhood. From educational apps and online classes to entertainment, screens are now a regular part of children's daily lives. While digital media offers many opportunities for learning and communication, recent research reminds us that the early years of childhood are shaped most powerfully by human relationships and real-world experiences.

What Does the Research Say?

A recent study published in JAMA Network Open (Ophir et al., 2023) reviewed findings from several research studies on early childhood screen exposure and autism spectrum disorder (ASD). The researchers found that children with higher screen exposure in early life were more likely to exhibit ASD-related characteristics. However, they also emphasized that this does not mean that screen time causes autism. Autism is a complex neurodevelopmental condition influenced by many genetic and biological factors, and the relationship between screen use and developmental differences is likely to be multifaceted.

The study instead highlights an important message: ***while technology has its place, it should never replace the rich social and learning experiences that children need during their early years.***

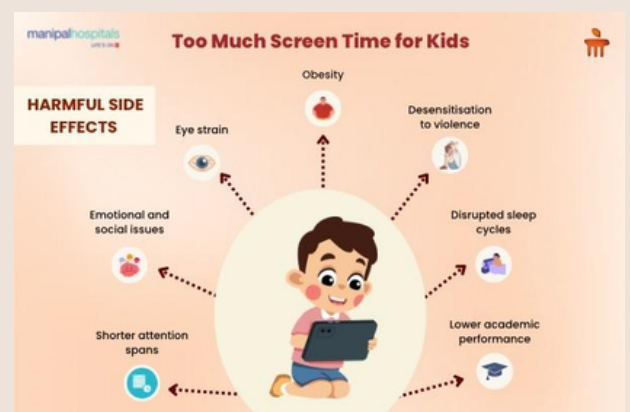
Why Human Interaction Matters?

Young children learn through relationships. Every conversation, shared smile, story, game, and daily routine helps build language, social communication, emotional regulation, and problem-solving skills. These interactions create the foundation for lifelong learning.

For children with developmental disabilities, consistent engagement with parents, teachers, therapists, and peers is especially important. Opportunities to play together, explore the environment, express emotions, and communicate with others foster skills that no screen alone can provide.

Technology: A Tool, Not a Replacement

Technology is not the enemy. In fact, it has transformed special education by providing valuable resources such as augmentative and alternative communication (AAC) devices, visual schedules, interactive learning platforms, and educational applications. These tools can enhance learning, improve communication, and increase independence when used thoughtfully.



The key is to ensure that technology supports learning rather than replacing meaningful interactions. A child benefits most when digital tools are integrated into activities that involve conversation, guidance, encouragement, and shared experiences with caring adults.

Disha's Perspective

At Disha Foundation, we believe that every child learns best through connection. Our classrooms are built on communication, play, sensory experiences, creativity, movement, and individualized teaching. Technology is used purposefully to enrich learning, while ensuring that every child continues to experience the warmth of human interaction, collaborative play, and meaningful relationships. As educators and families, our shared goal is not to eliminate screens but to create a healthy balance—one where technology serves as a bridge to learning rather than a substitute for childhood experiences.



What Educators and Parents Should Learn from This Research

- Prioritize relationships over screens. Children develop language, communication, and social skills through responsive interactions with adults and peers.
- Use technology with purpose. Choose digital tools that encourage learning, communication, and participation rather than passive viewing.
- Create opportunities for active play. Outdoor activities, sensory experiences, storytelling, music, art, and imaginative play remain essential for healthy development.
- Model healthy digital habits. Children learn by observing adults. Setting balanced routines around screen use benefits the whole family.
- Remember that screen time is only one part of a child's environment. Development is influenced by many factors, including genetics, health, relationships, education, and everyday experiences.
- Work together. When parents, educators, and therapists follow consistent and balanced approaches to technology use, children benefit from a supportive and enriching environment.

Reference

Ophir Y, Rosenberg H, Tikochinski R, Dalyot S, Lipshits-Braziler Y. Early-Life Screen Exposure and Autism Spectrum Disorder: A Systematic Review and Meta-analysis. JAMA Network Open. 2023;6(12):e2346775. doi:10.1001/jamanetworkopen.2023.46775.

UPCOMING EVENTS



15 August
Independence Day



28 August
Raksha Bandhan



29 August
National Sports Day

DISHA FOUNDATION

 @disha_org

Pandit T.N. Mishra
Marg, Near JDA Park,
C-Block, Nirman
Nagar, Jaipur, 302019
Rajasthan



Disha Foundation , Jaipur



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www.dishafoundation.org

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future of our children**

