

# A Thoughtful Start to the Year

January at GAET Counselling Centre unfolded with quiet purpose and intention. The month reflected our continued focus on inclusive care, structured routines, and opportunities that allow every child to grow at their own pace. Through consistent support, creative expression, and community engagement, we began the year by reinforcing what matters most i.e stability, confidence, and belonging.

## GAET Day Care for Special Children – A Safe and Supportive Space

The GAET Day Care for Special Children continues to provide a secure and inclusive environment designed to meet the diverse needs of every child in our care. Our approach supports holistic development across social, emotional, communication, motor, and cognitive areas, while encouraging independence and self-confidence.

Children benefit from a sensory-friendly infrastructure with thoughtfully created quiet spaces that support emotional regulation and reduce overstimulation. Individualised care strategies are implemented by trained special educators and support staff, ensuring each child's needs are understood and respected.

Nutritious, wholesome meals form an important part of the daily routine, supporting healthy habits in a nurturing setting. Regular communication between caregivers and parents remains central to our approach, helping track progress and maintain consistency between home and the Centre.



## What parents shared with us

### Samarth's Parent

Our experience with Counselling Centre Daycare has been great! Samarth loves going there, and we're happy with the daily activities agenda. The teachers and tai's are helpful and caring, and we get regular updates. Thanks for creating a positive environment! 👍

### Riddhima's Parent

I'm loving the daycare experience! My daughter's happy, growing, and learning, and that's all that matters. The teachers and staff at Counselling Centre Daycare are amazing - supportive and cooperative. Thanks to everyone for making it a great place for her!

## Festival at The Steps – Art in the Public Space



The 6<sup>th</sup> edition of Festival at The Steps, held at St. Stephen's, Bandra, continued its tradition of celebrating art, community, and inclusion in an open and welcoming public setting.

Our CC students were invited to participate once again, with NIOS Grade X students delivering a performance that stood out for its confidence and presence. More than the applause, the experience offered students visibility and affirmation, reinforcing the belief that meaningful inclusion begins when opportunities are shared.

## Lezim Performance – Learning Through Movement

Students from Level B onwards explored India's cultural heritage through a Lezim performance, a traditional Maharashtrian folk dance rooted in rhythm, coordination, and teamwork.

The activity supported physical development by improving stamina, agility, and strength. Equally important, it nurtured discipline, cooperation, and collective responsibility - values that extend beyond performance and into everyday learning experiences.



## Impact Meter

This Month -



Individualised care routines supported daily growth across developmental domains



CC students performed at a large public community festival



Movement-based learning strengthened physical coordination and teamwork



Strong parent-Centre collaboration reinforced consistency and confidence

January reminded us of the power of consistency and care in shaping meaningful progress. We remain grateful to our parents for their continued trust and partnership, and to our dedicated team for the patience and commitment they bring to their work each day. As the year unfolds, we continue forward with purpose, optimism, and a shared belief in every child's potential.

Warm Regards,  
GAET Counselling Centre