

EARLY INTERVENTION

SARTHAK BEGINNINGS

EARLY STEPS TOWARD BRIGHTER FUTURES



Journeys of Growth and Hope



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PREFACE: A PATHWAY TO POSSIBILITIES

The journey to a brighter future begins with a single step, and for children with special needs, that step is transformative when guided by compassion, expertise, and early support. Sarthak Beginnings: Early Steps Toward Brighter Futures celebrates the extraordinary progress made by young children and their families as they navigate unique challenges with strength, hope, and determination.

In these pages, you'll discover stories of children who are learning to communicate, to move with freedom, to express their thoughts and dreams—milestones that fill each family with joy and pride. From the first word to a newfound independence, each child's journey demonstrates how early intervention can be a turning point.

Sarthak Educational Trust has become a place of promise for these families, offering not only therapies but also the encouragement to keep reaching higher. This book captures the heartwarming progress made by these young learners and honors the dedication of families who support them and the team who believes in every child's potential.

We hope this book inspires you as much as these journeys have inspired us. Together, let's keep opening doors to brighter futures for every child who walks through them.



GROWING WITH GUIDANCE: ATISHA'S STEPS TOWARD INDEPENDENCE

Atisha Naik's story is one of hope, resilience, and transformation, offering reassurance to every parent navigating the uncertainties of raising a child with special needs. Diagnosed with hearing impairment at the age of two, her parents' world was suddenly filled with fear and doubt. But with the timely and compassionate early intervention provided by Sarthak Educational Trust, Atisha's life took a remarkable turn. Within months, she began speaking, reading, and expressing herself, reminding us that with early diagnosis, love, and the right support, every child has the potential to thrive.



Atisha was born healthy, bringing immense joy to her parents, who eagerly looked forward to watching her grow and explore the world. For the first two years, everything seemed on track. But soon, subtle signs of concern emerged —Atisha remained unusually quiet, unresponsive when called, and appeared disengaged from the world around her.

Troubled by these changes, her parents sought medical advice. After a series of tests, including the BERA test, they were met with devastating news—Atisha had a hearing impairment. The diagnosis was a heavy blow, leaving them overwhelmed with questions about her future. How would she communicate? How would she learn and navigate a world that often overlooks children with special needs?

Determined not to give up, they immediately sought solutions. The doctor prescribed binaural hearing aids and speech therapy. But months passed, and Atisha's progress was slow. She struggled to recognize her name, couldn't string together sentences, and found it difficult to follow even simple instructions. Her parents, battling growing despair, feared they would never see the breakthrough they hoped for.

That's when Sarthak Educational Trust entered their lives.

The Early Intervention (EI) team at Sarthak reached out to offer not just support, but a lifeline of hope. They assured Atisha's parents that with timely intervention, there was a real chance for her development to flourish. The team provided an assessment and created a personalized plan that included regular speech therapy and special education, tailored to her unique needs.



What followed was nothing short of transformative. Over the next five months, Atisha's world brightened. She began responding to her name, forming simple sentences, and even reading short texts. Her speech improved significantly—she could now say "Namaste," count numbers, and do basic math problems. The joy on her parents' faces was unmistakable as their once-silent child began expressing her thoughts and desires verbally.

Early intervention, combined with the dedication of Sarthak's team, had unlocked Atisha's potential. Her parents now look to the future with renewed hope, deeply thankful to Sarthak for guiding their daughter through her developmental journey.

Atisha's story is a powerful example of the impact early intervention can have. It's not just about therapy—it's about giving children like Atisha the opportunity to thrive, to discover their voices, and to embrace a world full of possibilities.



UNLOCKING POTENTIAL, ONE SKILL AT A TIME: PIYUSH'S PROGRESS

Eight-year-old Piyush, diagnosed with Autism Spectrum Disorder, faced challenges in communicating and engaging with the world. His parents, battling stigma and limited resources, found hope at Sarthak Educational Trust's Early Intervention Center. With dedicated therapy, Piyush has made incredible progress—he can now focus and communicate through signs. His journey is a powerful example of the need of early intervention, bringing hope and a brighter future.



Piyush, a bright eight-year-old diagnosed with Autism Spectrum Disorder (ASD), lived in a world where communication felt out of reach. Each day was a struggle, with limited words and difficulty connecting with others. The small joys of childhood—laughing, playing, and sharing moments—seemed distant for Piyush and his family.

His parents watched helplessly, as each attempt to engage him left them feeling further from their son. Facing stigma around disabilities and a lack of support, they were unsure of where to turn. Their journey was one filled with uncertainty and challenges, but they never gave up hope.

Then, everything changed when they found Sarthak Educational Trust's Early Intervention Center. From the moment Piyush joined, the team at Sarthak welcomed him with warmth and optimism. While his early days were difficult—marked by restlessness and minimal communication—the therapists knew that beneath these challenges was a child full of potential.

Through consistent, patient therapy, Piyush began to make progress. His ability to focus improved, and he started using signs and gestures to communicate. These small breakthroughs, like asking for water using a sign, filled his parents with joy. For the first time, they saw the possibility of a future where their son could navigate the world with confidence.

Sarthak's Early Intervention Center became a place of hope for Piyush and his family. The therapists worked closely with him, offering personalized care that saw beyond his diagnosis and focused on unlocking his abilities. Piyush's journey didn't just stop at small

victories—it was the beginning of something bigger.

His progress shows that early intervention is not a quick fix but a continuous process of growth and learning. Every day, Piyush continues to break through the barriers of autism. His parents, once uncertain about the future, now see a world of possibility for their son.

Through Sarthak Educational Trust, Piyush's story is a reminder that with the right support, every child can overcome obstacles and thrive. His journey, while still ongoing, is filled with hope and promise for a brighter, more inclusive future.





MASTERING MOVEMENT, BUILDING DREAMS: DAKSH'S TRANSFORMATION

Daksh's story is one of love, resilience, and hope. Born with Down syndrome, his family faced an uphill battle as they navigated the challenges of delayed developmental milestones. But with the support of Sarthak's Early Intervention program, Daksh has transformed. He is now sitting independently, following commands, and stepping into a brighter, more hopeful future.

Like any parents, Daksh's mom and dad eagerly waited for the day their child would take his first steps or utter his first words.

But those dreams were shaken when Daksh was diagnosed with Down syndrome at birth. A wave of uncertainty washed over them, replacing their joy with worry about the future. Could their child ever achieve the milestones that others take for granted?



As the years passed, the gap between Daksh and his peers became more evident. While other children began to explore their surroundings, play, and interact, Daksh was struggling with simple movements. His body resisted him—he couldn't sit up on his own, and walking seemed a distant dream. He also found it difficult to communicate, often throwing tantrums out of frustration. The frustration in his eyes mirrored the helplessness his parents felt. They saw their son's potential, but the barriers in his way seemed insurmountable.

It wasn't just the physical challenges that weighed heavily on his parents. The emotional toll of watching their child struggle every day was immense. Every missed milestone felt like a reminder of what their child might never achieve. Yet, amidst the uncertainty, they held onto hope, determined to find a way to help Daksh overcome the limitations imposed by his condition.

That's when Sarthak's Early Intervention program came into their lives—a source of hope in an otherwise bleak situation. When Daksh arrived at the center, the therapists saw a boy who couldn't sit by himself, who had difficulty understanding simple instructions, and who expressed his frustration through uncontrollable outbursts. His challenges weren't just physical; they were emotional and behavioral as well.

Under the care of Sarthak's dedicated team, Daksh's journey toward a better life began. Little by little, changes started to unfold. One day, as Daksh's parents watched, he finally managed to sit upright on his own. The tears in their eyes were not of sadness but of pure joy. This moment, something so simple for most children, marked a profound milestone for Daksh. His body, which had previously refused to cooperate, was now finding balance and strength.

Through occupational therapy, Daksh gained more control over his motor skills. He began to move with more confidence, his muscles responding better to the tasks at hand. As he participated in speech therapy, his world slowly expanded. He started to mimic words and actions, each one a triumph for him and his family. His tantrums became less frequent, replaced by an eagerness to follow commands and engage with the people around him.

The journey, though filled with challenges, was not one of despair. Instead, it became a story of perseverance and love. Daksh's parents, who once feared for their son's future, now saw the possibilities unfolding before them. His progress didn't just change his life; it transformed the lives of everyone around him. His struggles were turning into successes, and his setbacks into stepping stones toward a more fulfilling life.

The Sarthak Early Intervention program didn't just help Daksh; it gave his family the tools and support they needed to dream again. What once seemed impossible—Daksh walking, talking, or engaging with the world—was becoming reality.

As Daksh continues to progress, his story becomes a powerful example of hope for countless families facing similar challenges. It's a story that reminds us all that disabilities are not the end of the road—they are simply hurdles that, with love, care, and the right interventions, can be overcome.



FIRST MOVEMENTS, FIRST WORDS: MAYANK'S LEAP FORWARD

Mayank Tiwari, a spirited 3-year-old boy, faced significant developmental delays that hindered his early milestones. With the help of Sarthak's Early Intervention program, he transformed from a child struggling with basic skills to one who can vocalize his thoughts and engage with his surroundings. This is the story of hope, resilience, and the power of support.

In a brightly lit room, a 3-year-old boy named Mayank Tiwari sits quietly, his big brown eyes filled with curiosity but unable to express what he feels. Diagnosed with developmental delays

shortly after birth, Mayank struggles to engage with the world around him. He avoids eye contact, has trouble with neck control, and is hypersensitive to sounds and textures.

As Mayank's parents watch their son, their hearts ache at his struggle to reach milestones that seem just out of reach. They long to hear his laughter, to see



him sit up and play like other children, but despite attending various private therapy sessions, progress remains minimal. The helplessness they feel is overwhelming.

In April 2024, a glimmer of hope appeared when they were referred to Sarthak Educational Trust by Pt. Deendayal Upadhyaya. At Sarthak, a compassionate team of professionals assessed Mayank's needs and designed a customized plan. The warmth of their welcome and the promise of dedicated support instilled a renewed sense of hope in his parents.

With focused occupational therapy, Mayank began exercises to strengthen his muscles and improve his neck control. Through activities like half-sitting and neck support drills, he slowly started to gain confidence. Meanwhile, speech therapy targeted his drooling and communication challenges. The therapists used orofacial massages and fun phonation exercises to encourage vocal sounds.

Weeks passed, and with each session, Mayank's world began to open up. Visualize him now—sitting with support, proudly making eye contact, and interacting with his surroundings. He starts to vocalize basic sounds like "aa," "pa," and "ka." His family is filled with joy, witnessing their son's progress.



What followed was nothing short of transformative. Over the next five months, Atisha's world brightened. She began responding to her name, forming simple sentences, and even reading short texts. Her speech improved significantly—she could now say "Namaste," count numbers, and do basic math problems. The joy on her parents' faces was unmistakable as their once-silent child began expressing her thoughts and desires verbally.

Early intervention, combined with the dedication of Sarthak's team, had unlocked Atisha's potential. Her parents now look to the future with renewed hope, deeply thankful to Sarthak for guiding their daughter through her developmental journey.

Atisha's story is a powerful example of the impact early intervention can have. It's not just about therapy—it's about giving children like Atisha the opportunity to thrive, to discover their voices, and to embrace a world full of possibilities.



FROM SILENCE TO SELF-EXPRESSION: TANYA'S JOURNEY BEYOND AUTISM

Tanya, an eight-year-old with autism, struggled with speech, focus, and social interactions. Her family found support at Sarthak's Early Intervention Center, where tailored therapies—occupational, speech, and special education—helped her build foundational skills. Today, Tanya can sit calmly, recognize letters and numbers, and express herself in short phrases, marking a heartening journey of growth and resilience.

In the heart of a bustling town, a ray of joy was born to the Singh family—Tanya. With her arrival, the house bloomed with laughter, love, and hope.



Tanya, a bright-eyed girl with an infectious smile, became the center of her parents' world. But soon, her parents noticed that Tanya's journey was different from other children her age. While other toddlers were babbling their first words, Tanya remained silent, gazing at the world around her with curious but

unspoken wonder. She struggled to make eye contact and stayed distant from her peers, retreating into a world of her own. Despite their immense love, her parents felt helpless, unable to bridge the gap growing between their little girl and the world around her. Tanya's mother often watched from afar, her heart heavy as her daughter faced struggles other children seemed to breeze through.

As the years passed and Tanya reached school age, the challenges deepened. In the classroom, her peers chatted excitedly, but Tanya would often be found alone, withdrawn, and frustrated. She struggled with her studies; numbers and letters seemed like an unsolvable puzzle. Her little hands would tremble, and her face showed the frustration of not being able to make sense of what others found so easy. The simplest instructions became mountains for her to climb, and her frustration often burst out in fits of tears or anger. Everyday tasks like sitting quietly, focusing, or participating in activities felt overwhelming for her.

Desperate for guidance, her family consulted Tanya's teacher, who recommended exploring specialized support. It was then that they came across Sarthak Educational Trust, a center with a strong reputation for early intervention. With a glimmer of hope, Tanya's parents reached out to the team at Sarthak.

Upon meeting Tanya and listening to her story, the team at Sarthak crafted a personalized approach to address her unique needs. Her journey at Sarthak began with Occupational Therapy, where her therapist introduced playful yet therapeutic activities, like jumping on a trampoline with weight cuffs that allowed her to channel her energy. Simple exercises like wheelbarrow movements and pegboards were cleverly disguised as games but significantly strengthened her attention and motor skills. Gradually, Tanya began to focus better, her energy channeled into purposeful activities—a breakthrough her parents had only dreamed of.

In Speech Therapy, Tanya's therapist worked patiently, focusing on small achievements that over time transformed her ability to communicate. Each session was a gentle step toward self-expression. Slowly, with encouragement, Tanya moved from single words to short phrases. The first time she confidently said "Mama come" brought tears to her mother's eyes—it was a moment of triumph and relief, a sign that her voice was finally emerging.

With Special Education, Tanya began recognizing letters and numbers. The days of confusion and frustration over simple concepts slowly gave way to tiny victories. She now proudly identified "A" and "B," and could sit quietly for up to 30 minutes during sessions—a feat that had once seemed impossible.

Today, Tanya's family marvels at her progress. Her tantrums have softened into calm concentration, and her quiet moments now sparkle with newfound abilities. Tanya's parents are deeply grateful to the team at Sarthak, who not only helped their daughter find her voice but also gave her the strength to begin navigating her world.

Tanya's journey presents the case for the transformative power of early intervention. For children like her, places like Sarthak become more than centers; they become the bridge between dreams and reality. Through every milestone, Sarthak has helped pave the way for Tanya's future, and her story reminds us of the endless possibilities that come with the right support, dedication, and love.

EARLY INTERVENTION PROGRAM



STRENGTH IN SMALL WINS: RUDRANSH'S PATH TO POSITIVITY

Rudransh Kumar, a bright seven-year-old, struggled with communication and social interactions due to autism. His family's journey changed at Sarthak's Early Intervention Program, where tailored therapies and guidance empowered Rudransh to grow and his parents to support him confidently. Today, Rudransh's progress brings hope, showing how early intervention uplifts not only the child but the entire family.



Meet Rudransh Kumar, a joyful seven-year-old whose story reminds us that, sometimes, the most meaningful progress is a journey shared. Rudransh was born healthy, and his early years overflowed with love and laughter. But around age four, his parents began noticing a difference: he was often lost in his own world, struggling to communicate while his peers leaped ahead in play and conversation.

It was a time of searching, uncertainty, and questions, until a diagnosis of autism spectrum disorder gave a name to their concerns. His parents watched as Rudransh's communication hurdles and academic difficulties made school overwhelming, and social interactions were often strained. After trials with private therapy yielded minimal progress, hope began to fade. Yet, they never gave up on Rudransh. Their search for specialized support finally led them to Sarthak Educational Trust.

At Sarthak's Early Intervention Program, the family was welcomed as partners in Rudransh's progress. Instead of isolated sessions, they became part of an approach that extended support beyond therapy rooms and into their daily lives, allowing them to see how each small improvement was a milestone for the family as a whole.

Occupational therapy sessions with Sarthak helped calm Rudransh's hyperactivity and improve his focus through engaging activities like deep-pressure exercises and weighted stair-climbing. For his parents, these were exercises they could reinforce at home, turning therapy into playtime. Special education introduced him to letters and numbers, setting the stage for learning in a way that felt accessible and fun. And as he engaged in speech therapy, his unclear speech slowly grew into words his family could cherish, bringing much-anticipated communication into their everyday lives.

With each new skill and the gentle guidance of Sarthak's therapists, Rudransh's family saw a future filled with possibilities. His parents felt empowered by the knowledge they gained, no longer just watching from the sidelines but actively supporting him each step of the way. At home, they adapted, encouraged, and celebrated each small victory, from his clearer words to his newfound calmness in social situations.

Today, Rudransh's journey represents the impact of holistic support where family and therapeutic care intertwine. The difference is not only in Rudransh's life but in the confidence his parents now feel as they walk beside him, hand in hand, with renewed hope. Early intervention has been their guiding light, showing them that together, they have the strength and tools to overcome any challenge, one step at a time.



STEPS OF STRENGTH: PRINCE'S JOURNEY WITH THERAPY AND HOPE

From silent fears to joyful milestones, Prince's journey embodies resilience and hope. Diagnosed with Cerebral Palsy, he and his family faced countless hurdles. But with Sarthak's guidance, each small victory became a tribute to his strength. His story is a powerful reminder that with love and support, incredible transformations are possible.

Prince's journey with Cerebral Palsy has been filled with heartbreak and hope. His parents' dreams were clouded by worry when, at birth, his first cry came late. Their fears deepened when doctors mentioned developmental delays, and as he grew, their concerns multiplied. At three months, Prince's body appeared rigid, his movements restricted, and each day left his parents wondering about his future and longing to help him in ways they couldn't yet understand.



The diagnosis confirmed their fears—Cerebral Palsy. Life became a string of uncertainties. Therapy centers were far, resources limited, and their hearts weighed down by helplessness. Just as their hope began to falter, the Sarthak Early Intervention team entered their lives, offering not only support but also a renewed sense of purpose. With Sarthak's help, Prince's family found a hope in the darkness, one that lit the way with compassion, guidance, and the promise of small, precious milestones.

Once enrolled, Prince's progress became a journey of celebration, with every step forward illuminating his path and reinforcing his family's faith.

For Prince, each movement was a battle. Initially, standing or walking seemed unreachable. But with relentless occupational therapy, he began to find his balance—first standing with assistance, then walking with a walker. His body, once tight and unyielding, gradually became more responsive. Holding objects, coloring, and drawing simple lines became profound victories, each one lifting his family's spirits.

Speech therapy was a turning point, transforming his ability to express himself. Prince worked tirelessly to develop his oromotor skills, which not only reduced his drooling but also allowed him to chew comfortably. Now, he proudly names fruits and vegetables,



greet everyone with a cheerful "Namaste," and charms all around him, showing his blossoming personality and growing confidence.

Prince's intellectual growth has been equally inspiring. Today, he can identify numbers from 1 to 10 and recognize a range of fruits and vegetables. With crayons in hand, he brings his imagination to life through bright colors and playful drawings. Each discovery fills his parents with pride and opens a world of hope they once feared was beyond reach.

Prince's journey with Sarthak is a story of transformation—a tribute to the strength within him and the power of love, patience, and expert guidance. His family, deeply

Today, Prince's story shines as a source of inspiration for families facing similar challenges, showing that even the hardest journeys are filled with beauty, resilience, and possibility. His journey, far from over, is unfolding with promise, proving that with unwavering support, every child has the potential to soar.



STANDING TALL, GROWING STRONG: KESHAV'S PATH TO NEW ABILITIES

From the very beginning, Keshav's journey has been one of courage, love, and small victories that shine brighter with each step. Diagnosed with cerebral palsy, he and his mother faced a road filled with challenges. But through the steadfast support of Sarthak's Early Intervention Program, Keshav's milestones remind us that with hope, even the smallest steps lead to remarkable transformations.

Keshav was born full-term, his radiant smile lighting up his family's lives and filling his mother with dreams of a bright future. Yet, when Keshav's birth cry came late, a small yet ominous cloud of worry began to settle. As months passed, her concern deepened. By his first birthday, Keshav still couldn't hold up his neck—a milestone most babies reach in their early months. Watching other children take their first steps while her son struggled to lift his head broke her heart and left her desperate for answers.



The diagnosis was a devastating blow: cerebral palsy. For Keshav's mother, it felt like her dreams had shattered in an instant. But beneath the weight of her sadness was an unbreakable resolve—she would find the best support for her son, no matter the obstacles.

In the beginning, Keshav's only access to therapy was through a government hospital. The long wait times and limited resources compounded her fears, and she knew her son needed more than what was available. Relentless in her determination, she searched tirelessly for a better option. That's when she found Sarthak.

The moment they connected with Sarthak's Early Intervention Program, everything changed. The team sat with Keshav's mother, listening intently to her concerns, assessing Keshav's challenges, and crafting a path forward with a tailored therapy plan. Occupational therapy was the way ahead, and with every session, Keshav's potential began to blossom.

The journey was challenging, but with consistent therapy, Keshav achieved one of his earliest goals—holding his neck. Soon, he progressed to sitting up on his own, a moment that brought immense pride and joy to his mother. Today, he can stand with support, a

feat that once seemed impossible.

One of Keshav's most significant challenges was excessive drooling. Through specialized therapy exercises, he learned to gain better control, and his drooling has decreased significantly, improving his comfort and confidence.

For Keshav's mother, each small victory is extraordinary. Each milestone, no matter how modest, affirms that her son is full of potential, and that his future is brighter with every day.

Keshav's journey with Sarthak stands as an example of hope for families facing similar challenges, showing that with the right support, patience, and a mother's love, any

obstacle can be overcome. Keshav's story is a reminder that every child, no matter the challenges they face, can shine through when surrounded by love, determination, and dedicated support.





FOCUS, SPEECH AND SELF-CONTROL: MD. ASAD SAIFI'S PATH TO PROGRESS

From restless energy to calm focus, Asad's journey with Sarthak has turned struggles into strides. Diagnosed with ADHD, he once grappled with impulsivity and unclear speech, leaving his family worried for his future. But today, through structured therapies and unwavering support, Asad's every milestone is a reminder that with the right help, children like him can flourish beyond expectations.

The therapy room hums with focus as Asad carefully places weighted cuffs on his wrists, settling into another day of exercises meant to

build not just his strength but his attention span. Games like chess have become his allies, channeling his restless energy and teaching him patience in ways words never could. With each move, he gains more control—not only over the chessboard but over his once impulsive reactions.



Today, he even tries his favorite phonation exercises with a smile, enunciating "aa," "pa," and "ka" with pride. For his parents, every sound he makes is a victory, proof of the progress they once feared was out of reach.

Asad's story began like any other, his birth bringing immense joy to his family. His laughter filled their home, and his parents cherished each moment, believing in a bright future for their beloved son. But as Asad grew, the signs became clear: he was not reaching the milestones they had hoped for. Conversations at home were often interrupted by his impulsive reactions, and he struggled to connect with peers. By age five, his speech was unclear, and simple academic tasks like learning letters and numbers felt nearly impossible. His once-playful nature turned into bouts of rigid behavior and, at times, aggressive outbursts. As worries multiplied, his parents asked themselves: How can we help our son? What will his future look like?

Determined, Asad's parents initially sought private therapy. But rather than improvement, they saw his behaviors grow even more rigid, and they left each session feeling a little more disheartened. Then they heard about Sarthak's Early Intervention Program—a place of renewed hope. They decided to give it a try, and this choice changed everything.

From their first meeting, Sarthak's team worked to understand Asad's unique challenges, crafting an integrated plan that offered a fresh start for his family. The program brought in occupational therapy to help channel his energy and improve his focus, and speech therapy to work on his articulation. The occupational therapist introduced him to activities like wheelbarrow exercises, which strengthened his body and mind. Gradually, his attention span increased, and tools like weighted cuffs helped him stay engaged. Chess games, carefully selected for their calming effect, became a part of his therapy, teaching him patience and control, qualities that had once seemed out of reach.

Speech therapy sessions focused on phonation exercises and orofacial massages, working tirelessly to help him articulate sounds. The therapist's joy was mirrored by his parents when Asad finally pronounced "aa," "pa," and "ka." These small words marked giant steps forward. His special educator also focused on building a strong foundation for learning, slowly guiding him through letters and numbers and instilling confidence in his academic journey.

Today, Asad's transformation shines brightly. Where there was once rigid behavior, there is calm; impulsivity has given way to laughter and grace. His parents, who once felt hopeless, now brim with optimism as they watch their son embrace each day with newfound resilience and joy.

While Asad's journey is far from over, he now faces his future with the support of a dedicated team and a family filled with hope.



NAVIGATING A NEW WORLD - IFFAT'S JOURNEY BEYOND AUTISM AND ADHD

Iffat Irfan's story is one of resilience and transformation. Diagnosed with mild autism and ADHD, Iffat struggled with hyperactivity and communication. Her parents, overwhelmed and unsure, found hope in Sarthak's Early Intervention Program. Through dedicated therapies in speech, motor skills, and education, Iffat's progress was profound. Today, she's breaking through her challenges, offering her family hope for a future filled with possibilities.

When Iffat first arrived at Sarthak's Early Intervention Program, her family was at a loss.

She was withdrawn, hyperactive, and would rarely respond to her name. Simple interactions were challenging, and her uncontrollable crying was a constant worry. The distance between their world and hers felt unbridgeable, and her parents' attempts to connect seemed to drift unanswered.



Born healthy in 2018, Iffat initially gave no signs of concern. But over time, she displayed behaviors that were difficult to ignore. She would fixate on screens, ignore her name being called, and struggled to follow basic commands. Confused, her parents sought help, leading to a diagnosis of mild autism and ADHD. While they quickly began therapy, the pandemic halted these efforts, leaving them isolated and uncertain about how to help her progress at home.

Sarthak's Early Intervention Program came as a big relief. With a team skilled in occupational therapy, speech support, and special education, the program offered Iffat the holistic support she needed. Through occupational therapy, her progress began. The simple act of responding to her name,



the power of early intervention, structured support, and a family's unwavering love. With each milestone, Iffat redefines what is possible, inspiring her family and others who face similar challenges. Speech therapy provided the final piece of her development puzzle. Iffat started forming simple sentences, like "Yeh apple hai" (This is an apple), and "Laal apple hai" (The apple is red). These phrases were much more than words; they were a

lifeline that connected her to the world around her. Her parents, who once worried they might never hear her voice in conversation, found themselves celebrating each sentence as a symbol of the future that was opening before them.

Watching Iffat's transformation has left her family with a profound sense of gratitude. Sarthak has become more than a place of therapy; it is a support system that has empowered them to navigate Iffat's unique journey with renewed confidence. Her journey is one of resilience—a testament to the power of early intervention, structured support, and a family's unwavering love. With each milestone, Iffat redefines what is possible, inspiring her family and others who face similar challenges.

Sarthak has unlocked Iffat's potential, instilling in her parents a newfound optimism for the future. Through their journey with her, they have come to believe that with the right support, nothing is out of reach. Iffat's story is a reminder that no diagnosis is definitive; with patience, love, and early intervention, possibilities can flourish, creating a world of hope where once there was doubt.