



## Mental Well-being on TMI Foundation Day 2025

The Malsawm Initiative's 14th Foundation Day Focuses on Mental Well-Being. Unlike previous years, The Malsawm Initiative celebrated its 14th Foundation Day on February 19, 2025, with a special focus on Mental Well-Being in the Workplace. Held at MARC and JP Leisure, the event, titled 'BA' – Learning Space: At the Speed of Trust, brought together staff for a day of self-reflection, stress management, and emotional resilience.

The program began with Organisational Reflections on growth, change, and trust at TMI, followed by a Mental Health Awareness session led by Ms. Lily C. Tangpua (Psychologist, CCI) and Ms. Mercy Lalhmangaihi (Counseling Intern, CCI). Topics included understanding mental health, self-care, managing stress, and setting work-life boundaries. Interactive activities like Myths vs. Facts, Stress Bucket Challenge, and Stress Ball Toss helped staff reflect on their well-being.

The day ended with a team-building session at JP Turf, encouraging relaxation and connection. This year's Foundation Day was a meaningful reminder that caring for our team is essential to sustaining our work in inclusive education. As we move ahead, we remain committed to strengthening trust, well-being, and support within TMI.

## Meet our student



**Thanglalven @ Vena**, a 14-year-old boy from Hiangtam Lamka with mild intellectual disability, struggled in mainstream school, leading to his eventual dropout. In 2015, his mother, an unemployed single parent, enrolled him at The Malsawm Initiative (TMI), where he received the support and services he needed to thrive. Initially shy, Vena gradually improved in reading, writing, and math, gaining confidence and actively participating in school activities.

Now 22, Vena has been a dedicated full-time volunteer at TMI for over three years. Soft-spoken and kind-hearted, he assists teachers, supports students in classrooms and activities, and chaperones children on the school van. While volunteering, he is also pursuing his studies under the Open Basic Education of NIOS at TMI Study Centre. His journey reflects the power of inclusive education and perseverance, transforming him from a struggling student into a mentor for others.

# One-Day Training on Disability Awareness for Teachers and School Heads



On February 11, 2025, a one-day special training program on "Disability Awareness: Teaching Strategies and Management" was successfully held for teachers and school heads under the Aspirational Blocks Program (Tuibong & Lamka South).

The training, organized by the District Administration in collaboration with the Centre for Community Initiative (CCI) and NITI Aayog, Government of Manipur, was conducted at DTC Hall, M. Songgel. It was facilitated by Ms. Hoikim (Special Educator), Ms. Parnei Vaiphei (Special Educator), and Ms. Lily C. Tangpua (Psychologist), who shared their expertise on creating inclusive learning environments and effective teaching strategies for children with disabilities.

A total of 73 educators participated in the session, gaining valuable insights and practical tools to better support children with disabilities in their classrooms. The initiative marks a significant step toward promoting inclusive education and empowering teachers to foster environments where every child can thrive.



## JNV Tuinom Shares Knowledge Through Mobile Library Visit

Led by Librarian Mr. JK Manlun, four students from Jawaharlal Nehru Vidyalaya (JNV), Tuinom, visited The Malsawm Initiative (TMI) as part of their Pace Setting, Mobile Library Programme. Through this resource-sharing initiative, they brought a collection of books, giving TMI students a wonderful opportunity to explore new reading materials and expand their learning.

Along with the Mobile Library, JNV also provided refreshments, creating a warm and friendly exchange between the two schools. TMI extends sincere appreciation to JNV Tuinom for their thoughtful contribution and dedication to promoting inclusive education.

## Home Based Care Update

In February, the Home-Based Care (HBC) team under MARC provided essential support to 37 children with disabilities through regular home visits, therapy sessions, and parent training. Services included physiotherapy, speech stimulation, cognitive activities, and daily living skills, supported by customized Teaching-Learning Materials (TLMs) like display books and shape-matching boards.

We held two parent trainings—one on understanding neurodiverse children with physical disabilities and another on basic sign language at Mercy Home. Therapy focused on improving speech, balance, sensory integration, and fine motor skills through activities like ball passing, animal walks, and beading.

Despite challenges from family relocations and health issues, we are preparing to welcome new beneficiaries and strengthen follow-ups, learning plans, and parent engagement in March. We are grateful to our team, families, and supporters for their ongoing dedication to inclusion and empowerment.



## **PIL on Accessibility at Manipur High Court**

In the meantime, as part of its commDespite persistent requests to the authorities, the Mini Secretariat in Churachandpur District was inaugurated and made functional without adhering to accessibility guidelines. With no other recourse, CCI filed a PIL in the High Court of Manipur through a pro bono Advocate.

After multiple hearings, the Public Works Department of GoM, constructed a ramp for the first floor of a two-storey building occupied by the DC/CCP. However, the ramp did not meet accessibility standards. In pursuit of justice, CCI submitted an affidavit through its Advocate, highlighting the issue.

During a hearing, the Hon'ble Chief Justice of the HC asked the Petitioner's Advocate if they had any objections to expanding the PIL's scope to include accessibility across all infrastructure in the State.



## **Training on Understanding & Supporting Neurodiverse Children**

A training session on "Understanding & Supporting Neurodiverse Children (ASD, ADHD, LD & ID)" was recently organized by CCI at the Malsawm Ability Resource Centre (MARC), Pearsonmun. The session was facilitated by Ms. Lily C. Tangpua (MSc in Clinical Psychology), who provided parents and caregivers with valuable insights into the unique needs of neurodiverse children, including those with Autism Spectrum Disorder (ASD), Attention Deficit Hyperactivity Disorder (ADHD), Learning Disabilities (LD), and Intellectual Disabilities (ID).

The training focused on helping families better understand their child's behavior, challenges, and strengths, while offering practical strategies and tools to support their development at home and in daily life. Participants shared their experiences and gained guidance on how to create more supportive, nurturing environments for their children.

CCI remains deeply committed to empowering families through awareness and capacity-building programs like this. Parents, caregivers, and anyone interested in attending future sessions are warmly encouraged to contact the CCI Admin Office for more information.

## **Training on Self-Care and Mental Health for TMI Staff**

TMI conducted an in-house training session for its staff on the topic "Self-Care and Mental Health for Educators". Facilitated by Ms. Mercy Lalhmangaihi, MSc in Counselling Psychology, the session highlighted the importance of self-care and mental well-being in managing daily responsibilities effectively.

Through practical tips and interactive discussions, the training equipped TMI staff with strategies to maintain their mental health while continuing to provide dedicated support to the children. This initiative reflects TMI's commitment to fostering a supportive and healthy work environment for its team.



## OUR CLASSROOM | Level A | TMI



In Level A of The Malsawm Initiative (TMI), five remarkable students with Hearing Impairment embark on a journey of learning, communication, and personal growth. Each day, their schedule includes four periods, with two dedicated to academics and two focused on communication, co-scholastic activities, social skills, and life skills through engaging role-playing activities that spark curiosity and creativity.

Sign language serves as the primary mode of communication, fostering an inclusive and supportive classroom environment. To meet the diverse learning needs of students, teachers use visual aids, real objects, textbooks, Teaching Learning Materials (TLMs), and pictures, ensuring active participation and effective learning.

A beloved feature of Level A is their passion for reading, with a colorful bookshelf filled with picture books and simple sentences, allowing students to explore the world of imagination and knowledge. Beyond academics, the students build friendships by sharing meals during lunchtime, engaging in coloring and playtime, and supporting one another in various activities.

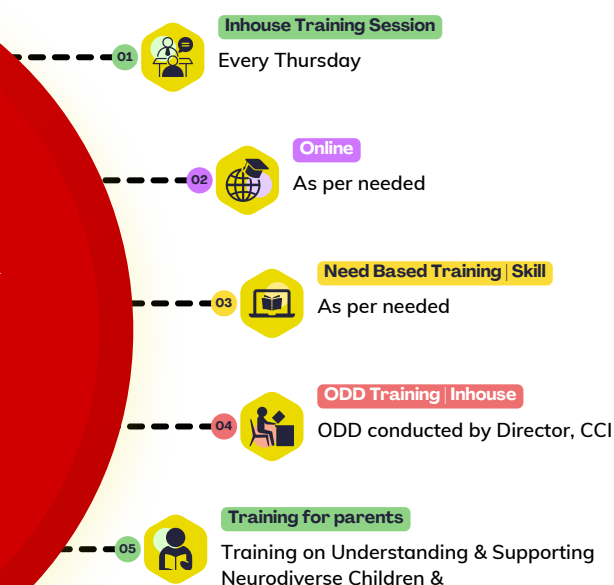
Each day in Level A is filled with laughter, learning, and meaningful interactions, creating a warm and empowering space where students thrive together on their unique educational journey.

## All India Radio Features MARC: Amplifying Voices for Inclusion

On February 7, the All India Radio (AIR), Churachandpur team visited the Malsawm Ability Resource Centre (MARC) to feature our work and experiences in their upcoming radio segments.

During the visit, AIR conducted interviews with our teachers and volunteers, focusing on their roles, challenges, and insights in working with children with disabilities. It was a meaningful opportunity to highlight the importance of inclusive education and raise awareness about the services provided by MARC to a broader audience. We are grateful to AIR for helping amplify our voices and sharing our story with the community.

## February: Training & Capacity Building



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