

Volunteering Work with Kshitij



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Kshitij, co-founded by my grandmother in 1996, is a learning and skills training center for adults with intellectual disabilities such as my uncle. It offers vocational training, therapeutic activities, and daily living skills to promote holistic growth and self-reliance. The center provides a nurturing environment where individuals learn to create products like snacks and eco-friendly gifts, fostering independence and dignity. Therapy, including art, music, and physical activities, supports emotional and cognitive development. Kshitij also organizes offsite excursions to enhance social skills. Additionally, the organization plays a key role in raising awareness about intellectual disabilities through partnerships, seminars, and discussions.

My involvement with Kshitij has been a transformative experience that spans over a decade. Since I was 4, I've been visiting the NGO, assisting with small tasks such as organizing materials, painting *diyas* (small oil lamps made of clay), and sorting chocolates. Kshitij, for me, was always a place of acceptance and belonging, and I credit my experiences there for my current understanding of inclusivity, empathy, and compassion.

As I matured, my role within Kshitij evolved from participant to active contributor. During the COVID-19 pandemic, the wards within the organization faced a major challenge - social isolation. With the adging co-founders struggling to adapt to new technologies, I stepped in, initiating a series of virtual events aimed at maintaining connection and boosting morale! I spent hours weekly preparing scavenger hunts, quizzes, and game shows, while also explaining the setup and workings of Zoom and Google Meet to parents and guardians. Occasionally, I helped with Kshitij's social media presence, raising awareness and increasing engagement with the broader community.

My work with tech during COVID-19 led to me interacting more with the administrative side of the NGO, assisting with a variety of digital challenges. These interactions gave me a fresh perspective on the challenges the neurodivergent community faced, inspiring me to make an app called Neuro+ for my MYP 5 Digital Design ePortfolio. Neuro+ is a forum where users can connect, ask questions, and learn more about those on the neurodivergent spectrum.



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Later that year, after learning about the struggles faced by therapists at the NGO in managing detailed logs, and after talking to 10 other therapists I was able to connect with, I began development on *NeuroNotes* - a mobile app designed to centralize and streamline the therapists' record-keeping processes.

More details about the app are available on its tab on my website!

An appreciation post Kshitij put up discussing our help during the Lockdown:

[https://www.facebook.com/story.php?story\\_fbid=10158509326182982&id=210317472981&rdid=2Jy13mnK1pIx6lYv](https://www.facebook.com/story.php?story_fbid=10158509326182982&id=210317472981&rdid=2Jy13mnK1pIx6lYv)

**Kshitij**  
15 April 2021 · 🌐

Kudos to Sibling support 🙌🙌



*We are thrilled to present to you the youngest torchbearers of Kshitij, Rohan and Varun (nephews of our ward, Vikram). Since one year, these two young boys along with their mother, Reshma have been instrumental in supporting Kshitij in their own ways. You ask them for any help and they are all charged up. Be it, organizing online games like housie, quizzes for our adults or be it helping with social media, they always come up with fresh ideas. Our adults always look forward to interact with them. Kshitij is so grateful and proud of them.*



*Rohan & Varun with their Mama*



*Rohan & Varun with their Mother*

 18

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