

# Where Care Starts.



Featured Participant – Supreet Gudula

## Meet Supreet: A True Model of Health, Creativity, and Connection

We are excited to highlight Supreet in this month's newsletter! Two years ago, Supreet joined our community weighing 140 kg and has since achieved an impressive weight loss of 20 kg through his commitment to a healthy routine and lifestyle. His journey is a remarkable testament to perseverance and self-care.

Recently, Supreet participated in the Disco Night organized at SCA, showcasing his joyful spirit. He has also started attending community exercise sessions in the local park every day, further enhancing his active lifestyle.

Supreet enjoys spending time in his backyard, where he loves to walk and unwind with bubble water—a sensory activity that helps him relax. He has a deep appreciation for delicious Indian cuisine, particularly yogurt and fresh fruits, and he treats himself to cake from time to time.

Going on drives is another of Supreet's favourite pastimes; he relishes the joy of exploring new places. One of his greatest passions is swimming, and he often heads to the beach to enjoy the water. With the support of our staff, Supreet makes the most of his beach outings, showcasing the importance of pursuing what we love.

Although he communicates through non-verbal cues and boards, his spirit shines brightly. His story serves as a powerful reminder that every small step matters.

Let Supreet inspire you to embrace your own journey—whether it's taking a walk, trying new foods, or finding activities that bring you joy. Together, we can foster a community of support and motivation for everyone. Keep pushing forward and celebrate your progress, just like Supreet!



## Swimming: A Splash for Mental Well-Being

Swimming is not just a fun activity; it also offers numerous mental health benefits. Here are some ways it can positively impact your mind:

- **Stress Relief:** Swimming calms the mind, reducing stress and anxiety.
- **Boosts Confidence:** Achieving swimming goals can enhance self-esteem and promote a sense of accomplishment.
- **Social Interaction:** Group swimming fosters friendships, reducing feelings of isolation.
- **Mindfulness Practice:** The rhythmic movements encourage focus on breath and body.
- **Endorphin Release:** Regular swimming boosts endorphins, enhancing mood and overall mental well-being.

## Staff Spotlight:



Meet

**Pratham**  
Active Support Staff

This month, we focus the spotlight on Pratham, a dedicated member of our team. At just 20 years old, he demonstrates incredible patience, love, and care for our participants, often working weekends and across various locations to make a difference. Pratham's ability to connect personally with participants truly embodies our mission. Let's get to know him –

■ Describe yourself in one word:

■ **Resilience**

■ What Sports did you play growing up?

■ **I participated in several sports, including soccer, tennis, swimming, and footy, but focused on cricket.**

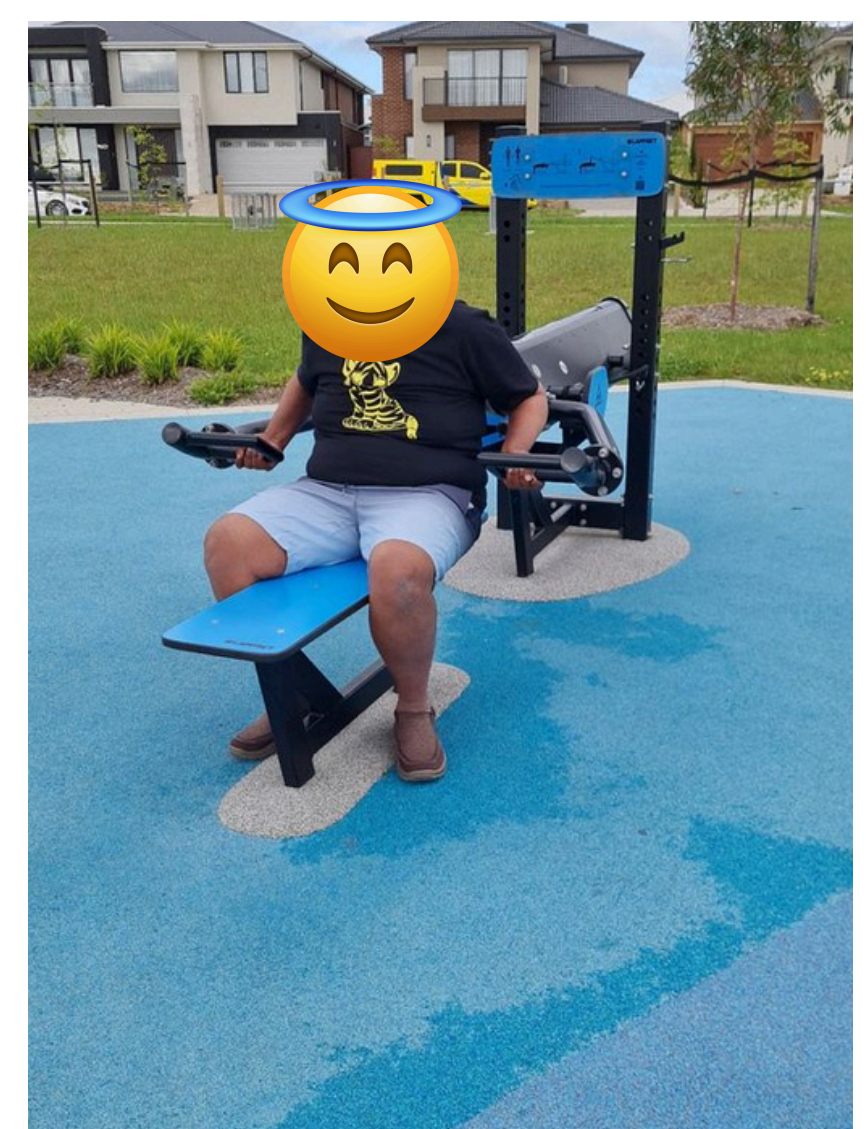
■ Who is your biggest inspiration in life?

■ **I draw a lot of inspiration from my parents, especially their perseverance and the way they've always been there for me every step of the way.**

■ What do people notice most about you?

■ **Others often notice the positive energy I bring and my maturity in various situations.**

*We are grateful for his unwavering dedication and the positive impact he has on our community. Thank you, Pratham, for your exceptional commitment and the difference you make every day!*



## Water Therapy: A Path to Wellness for Special Needs

Water provides a unique sensory experience that can be calming and therapeutic, especially for individuals with disabilities or special needs. Here's how engaging with water can promote relaxation:

- **Sensory Stimulation:** The feel, sound, and movement of water provide rich sensory experiences that can engage and calm individuals.
- **Improved Mobility:** Buoyancy reduces joint impact, allowing freer movement and easier exercise.
- **Enhanced Motor Skills:** Activities like splashing and pouring improve fine and gross motor skills in a fun way.
- **Improved Focus:** Water play can enhance concentration as individuals connect with the sensations around them.
- **Cooling Effect:** Being in water can help regulate body temperature, providing comfort and relief, especially on warm days.

Incorporating water as a sensory activity can greatly benefit emotional and physical health for individuals with special needs.