



Kshitij

मोटिवेशनल माइल्ड ऑटिज़्म
सपोर्ट सर्विसेज़

छोटे कदम...
बड़ा बदलाव...
उज्ज्वल भविष्य...



ऑटिज़्म से ग्रस्त बच्चे के लिए शारीरिक व्यायाम की भूमिका

स्वस्थ शरीर
खुश मन
मजबूत कल



शारीरिक स्वास्थ्य में सुधार

- शरीर की ताकत और सहनशक्ति बढ़ती है
- समन्वय और संतुलन बेहतर होता है
- स्वस्थ वजन बनाए रखने में मदद मिलती है



एकाग्रता और ध्यान में सुधार

- ध्यान केंद्रित करने की क्षमता बढ़ती है
- आत्म-अनुशासन विकसित होता है
- अत्यधिक उत्तेजना (हाइपरएक्टिविटी) कम होती है



मोटर कौशल

Role of Physical Exercise for an Autistic Child

Story 1: Kshitij Takes the First Step

Small steps, regular practice, and encouragement



- Kshitij begins with simple activities such as walking, ball play, and stretching.
- The family keeps the first goals short and achievable.
- Every attempt is praised instead of focusing only on performance.
- With practice, Kshitij becomes more interested in being active.

✨ **Story:** At first, Kshitij played for only five minutes. His family said, “Every step counts.” Soon, he began asking to play.

Story 2: Building a Stronger Body

Physical health, coordination, balance, and stamina



शरीरिक स्वास्थ्य में सुधार

- शरीर की ताकत और सहनशक्ति बढ़ती है
- समन्वय और संतुलन बेहतर होता है
- स्वस्थ वजन बनाए रखने में मदद मिलती है



मानसिक स्वास्थ्य को बढ़ावा

- तनाव और चिंता कम होती है
- खुशी के हार्मोन (एंडोर्फिन) बढ़ते हैं
- नींद की गुणवत्ता में सुधार होता है



सामाजिक कौशलों में सुधार

- Regular movement can support strength and stamina.
- Walking, running, cycling, and games provide opportunities to practise coordination and balance.
- Active routines can support healthy weight and overall fitness.
- Exercise can make everyday movement more enjoyable.

✴ Story: Kshitij learned to kick a ball. Week by week, his balance and confidence while moving improved.

Story 3: A Calm Mind and Better Focus

Make movement a positive part of the daily routine

- Physical activity may help some children manage stress and restlessness.
- A predictable exercise routine can provide structure to the day.
- After movement, some children may find it easier to settle into a quiet activity.
- The goal is participation and well-being—not perfection.

★ **Story:** Before homework, Kshitij cycled for ten minutes. Afterwards, he was ready to sit calmly at the table.



एकाग्रता आर ध्यान में सुधार

- ध्यान केंद्रित करने की क्षमता बढ़ती है
- आत्म-अनुशासन विकसित होता है
- अत्यधिक उत्तेजना (हाइपरएक्टिविटी) कम होती है



मोटर कौशल का विकास

Story 4: Play Builds Skills and Friendship

Motor skills, communication, turn-taking, and teamwork

- खुशी के हार्मोन (एंडोर्फिन) बढ़ते हैं
- नींद की गुणवत्ता में सुधार होता है



सामाजिक कौशलों में सुधार

- दूसरों के साथ बातचीत को बढ़ाता है
- टीमवर्क की भावना विकसित करता है
- आत्मविश्वास में वृद्धि करता है

- Taking turns
- Playing with peers
- Building teamwork
- Practising balance and flexibility
- Developing gross and fine motor skills



का विकास

- संतुलन बेहतर होता है
- लचीलेपन में वृद्धि होती है
- सूक्ष्म और स्थूल मोटर कौशल में सुधार होता है



आत्मनिर्भरता को बढ़ावा

✨ Story: Kshitij began passing a ball with a friend. During play, he learned to say “my turn” and “your turn.”

Story 5: Exercise Supports Independence

Turn everyday activities into opportunities for confidence



- Carrying and putting away exercise equipment
- Following a simple activity routine
- Recognising when to drink water and rest
- Feeling proud of personal effort

★ **Story: Kshitij began putting on his shoes and getting ready for activity. His family reduced help and offered guidance only when needed.**

Story 6: A Simple Daily Activity Plan

Choose activities according to the child's interests, abilities, and comfort

5 min

Warm-up

Easy walking /
stretching

10 min

Play

Ball / cycling / running

5 min

Motor Skills

Balance / hoops /
obstacle path

5 min

Cool-down

Slow walking / relaxed
breathing

✨ **Story:** Mom asks, “Which activity would you like today?” Kshitij chooses the ball. Giving choices helps him participate actively.

Safety first: match activities to the child's age, interests, abilities, and health needs; seek professional guidance when appropriate.

Final Message: Move • Play • Grow

Every child learns and develops at their own pace



- Physical activity can support health, confidence, participation, and everyday skills.
- Keep goals small, clear, and achievable.
- Include the child's preferences whenever possible.
- Celebrate effort, progress, and participation.

“Every step can open a new possibility for growth.”