

# NEWSLETTER

## SEPTEMBER 2023



**“It always seems impossible until it’s done.”**  
**-Nelson Mandela**

Snehadhara Foundation has entered its 11th year. And in reflecting on a decade of being, we take stock of humble beginnings and progress. In wishing to reach more and more people through the work with arts methodologies and for inclusion, SF is proud to say that the work goes on, the hustle continues and the dream grows.

The Direct Care program started the year with the semi-residential and one-on-one city sessions, focusing on socio-emotional, cognitive, and developmental goals. New children joined the programmes, exploring culture, science, and math while interacting with government school children, interns, and visitors. The one-on-one city sessions continued, providing customized interventions. Both groups embraced each other, going on trips to national parks, museums and more. The Sangam and Snehasangiti programmes expanded to places like Golahalli, Hyadalu, Guttepalya, bringing multi-arts experiences to more areas. Open Studio, promoting arts in public spaces, continued to unite strangers in a safe space for creative exploration and connection.

With impART, we continued our engagements with One Billion Literates Foundation and Bubbles Centre for Autism to train groups in various thematic areas. This year saw several trainings and workshops conducted at and by SF, which opened new connections and opportunities through employee engagements and more.

At Prajnadhara, the API Nepal batch celebrated their certification marking the first international certification ceremony for us. The second contact sessions for the API India batch 2023-24 were held at the Nelamangala campus. With great joy and anticipation, the API programme was launched in Sri Lanka welcoming a new batch of participants working with various organisations across East Sri Lanka.

Snehadhara Foundation was also recognised for its work and contributions on various platforms such as the Rotary Club Bangalore Exemplars Awards, Azim Premji University Stories of Change and more. SF expanded its presence with talks and panel discussions, hosted workshops and was invited to many more introducing its work, raising awareness about disabilities and diversity and understanding inclusion.

We embarked on a mission with project ‘Nurturing Hope’ in Manipur during September this year where the team worked with the arts at various relief camps in an effort to strengthen resilience and provide relief through psychological first-aid.

The year so far has been an affirmation of the transformative effect of the arts and the therapeutic power of inclusion. We move forward with gratitude and a purpose to reach as many people as we can!

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## DIRECT CARE

Life on Campus

The children from our Direct Care programme immersed in arts-based interventions on campus and were a part of newer social experiences and celebrations. The first 2 terms of the year saw the children engage with social sciences, science, math and culture. The milestone collaboration with Doctor Parrots also brought the experience of healthcare clowning to the children on campus.

## Campus Life

For the children, life on campus lasts from Monday to Thursday every week and is constituted by the semi-residential programme. The community living setup acts as an opportunity for the group to move towards independence and meet therapeutic and learning goals through the target individual and group goals for development. Each year, the children work with the medium of the arts through a set curriculum geared towards meeting their goals, where new experiences create an inclusive learning environment.

This year, sessions on campus had opportunities for simple summer projects combined with sciences which served to expand the knowledge and skills accessible to the children. The group explored themes of height and size - their measurement and dimensions, enrolled numeracy and quantification into this process while the social sciences opened up opportunities to dive into culture. The children have continued to be an active part of the community living setup, with them contributing to the upkeep of the campus. Through these diverse pursuits, goals of the cognitive, social, body domains were mapped and met for the group of children.



## Celebrations

Celebrations on campus bring a real sense of togetherness with a feeling of belonging and embrace. At Snehadhara, we do not leave any chance of celebrations, be it festivals or milestones. The group enjoyed celebrating festivals like Onam, Ganesh Chaturthi, Gokulashtami, among others, and even commemorated the landing of the Chandrayaan mission together! The group has also been the first to come together and rejoice in milestones achieved by SF, including the Rotary Bangalore Award for Outstanding NGO in 2023!



## Healthcare Clowning with Doctor Parrots

One of our milestone collaborations for the year has been with Doctor Parrots, a healthcare clowning initiative. Healthcare clowning is a form of expressive therapy that uses the skills and techniques of professional clowns to support and comfort patients in healthcare settings and reduce anxiety and stress. The trained healthcare clowns at Doctor Parrots have started work with various healthcare and outreach spaces. They have commenced their work in the Oncology division and the Thalassemia ward at the Indira Gandhi Institute of Child Health with patients. They have also conducted sessions with the children at our Nelamangala campus, and will be doing so at our flagship programme for inclusion, Sangam, and at the government schools we work with.



COLLABORATION



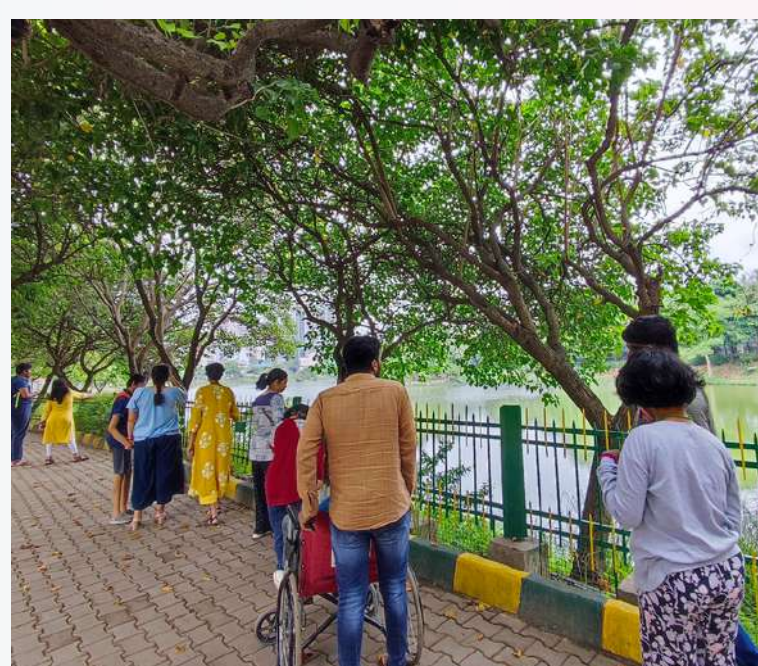
# DIRECT CARE

One-on-Ones

The one-on-one sessions continued in the city as individualized programmes for children, and they were a part of newer social experiences through overnights and field trips! The groups visited and embarked on adventures on campus and picnics in public spaces. Excited footsteps, city bustle, backpacks with goodies, nascent friendships, new learnings and much more!

## One-on-One Sessions

The one-on-one sessions in the city host a number of diverse, energetic and enthusiastic individuals with a wide range of special needs. The heterogeneity of this group has informed and drawn out the rich programmes and lesson plans developed for the individual needs and preferences of its participants. Individual goals are focussed on and mapped out through the curriculum in place. Everything from arts and crafts to short stories and dance, molding atta dough and sand to puzzles and more, have been the material of activities. To deepen the learning and challenge their individual abilities, activities have revolved around the themes of the alphabet, plant and animal biology, sports, geography, basic economics, history and language.



## Field Trips

This first two terms of the year have been abundant with field trips and outdoor experiences for the children on campus and in our one-on-one sessions, bringing them together to expand their social worlds. These included trips to the Jawaharlal Nehru Planetarium, Bannerghatta National Park, Puttenahalli Lake, Lalbagh Botanical Gardens, amongst others. Field trips such as these have provided many opportunities for the children to advance their learning while practicing their social skills including impulse control, self regulation and social interaction.



## Overnights on Campus

The opportune moments for a crossover saw the children from the city one-on-one sessions visit campus for an overnight stays. The coming together of these two groups during the day had occurred in the city but this was the first of its kind residential experience. The initial exploration and warm welcome by the campus children was evident in the space and accommodations made by them for their city friends. By the end of the experience, two groups had become one and as they parted, the potential and spark for more such experiences was highly promising!





At the heart of the Snehasangiti programme is the belief that every student deserves access to arts practices that creates opportunities for a learner to belong, learn together and meet learning outcomes with a sense of togetherness and acceptance. In our true SF way, we are taking the language of the arts to express our emotions, share our stories, and bridge divides- to government schools, communities, observation homes, and more!

## Government Schools and Communities

This July, we were able to scale up our direct beneficiary work by offering Arts Practices for Inclusion (API) sessions across a few communities and government schools in Nelamangala, Gollahalli, Gopalapura, Arjunbetahalli and Guttepalya. This groundbreaking initiative, possibly the first of its kind, worked with the power of arts to create a learning space where everyone feels seen, heard, and included. With the belief that every student deserves access to opportunities for a learner-led space of belonging and togetherness to meet learning outcomes, SF began work with children across primary, middle and high schools in these areas.

Children from various age groups in primary, middle, and high schools have been engaged in sessions focused on empowering them, exploring interests and strengths, and enhancing academic and social skills. Through music, play, and stories, they have strengthened their English and teamwork abilities. The program has also fostered new friendships, including visits from children in other schools. The ongoing success of this inclusive program is surely a cause for celebration! The schools and communities we work with are:

**Gollahalli** Hitha Chintana School

GLPS Government School, **Arjunabetahalli**

**Gollahalli** High School

Lower Primary School Hyadalu, **Nelamangala**

**Gopalapura** Higher Primary School

Lower Primary School, **Guttepalya**

Community at **Arjunabetahalli**



## Boys Observation Home

SF has been invited by Headstreams to be a part of their Hola Tarang program that works with children in CCIs (Child Care Institutions) to create safe and empathetic spaces of learning where they can increase their agency and autonomy, through Play-n-Learn Spaces. This programme is being implemented in observation homes and government homes across Bangalore. SF began work in this space with a group of 30 boys at the Madiwala Observation Home (out of a total of 60 children in the space), with 15 of them have varying special needs and disabilities. Our engagement worked towards creating opportunities for meaningful learning and providing an empathetic, non-judgmental environment with an unmistakable sense of belonging.





Our Direct Care programme continued to use opportunities to create inclusive experiences for our groups. Government school children were invited to our campus, and our children visited their classrooms; the Sangam programme also continued to invite diverse groups of individuals to the campus space. Through Open Studio, we also took the arts to public spaces this year.

## Inclusion in Government Schools

The group on campus welcomed new friends through various visitors while they welcomed the children from the government schools and communities to the space, to experience the impact of the arts on inclusion. Sessions were designed to bring groups together and create a collaborative and inclusive learning space. The government school children have become regular visitors to the campus, where they interact with and buddy the children with special needs on campus, creating opportunities of various levels of learning together and expanding the social worlds of both groups. Children from campus have also visited the government schools and been a part of classroom spaces that they may not have access to otherwise.



## Sangam

Sangam is SF's flagship programme for inclusion, that invites children from various groups, including children with disabilities and those from vulnerable backgrounds to be a part of a collaborative and artistic learning environment on campus once a month. This year has had themes of Indian tribes and Indian rivers as the two naturally flowed from one another. This programme scales higher each year as it has now welcomed children from various government schools from around the campus and has opened its doors to people from across the city. The steady success of its reach and the absolutely heartening experiences of the children and their sharings only cement it as a steadfast guardian of the doors to inclusion.



## Open Studio

Open Studio is an attempt by SF to take the arts practices to public spaces and created spaces of inclusion and belonging for participants. This is a regular programme at Cubbon Park with children and adults joining to explore the magic of the arts. Coming together in the therapeutic embrace of community, the group have had opportunities to work with repurposing scrap cloth into twine, jewellery and coasters, using tissue paper to create flowers, dabbling in water colours, crochet and stitching and in experiencing a safe space for sharing.



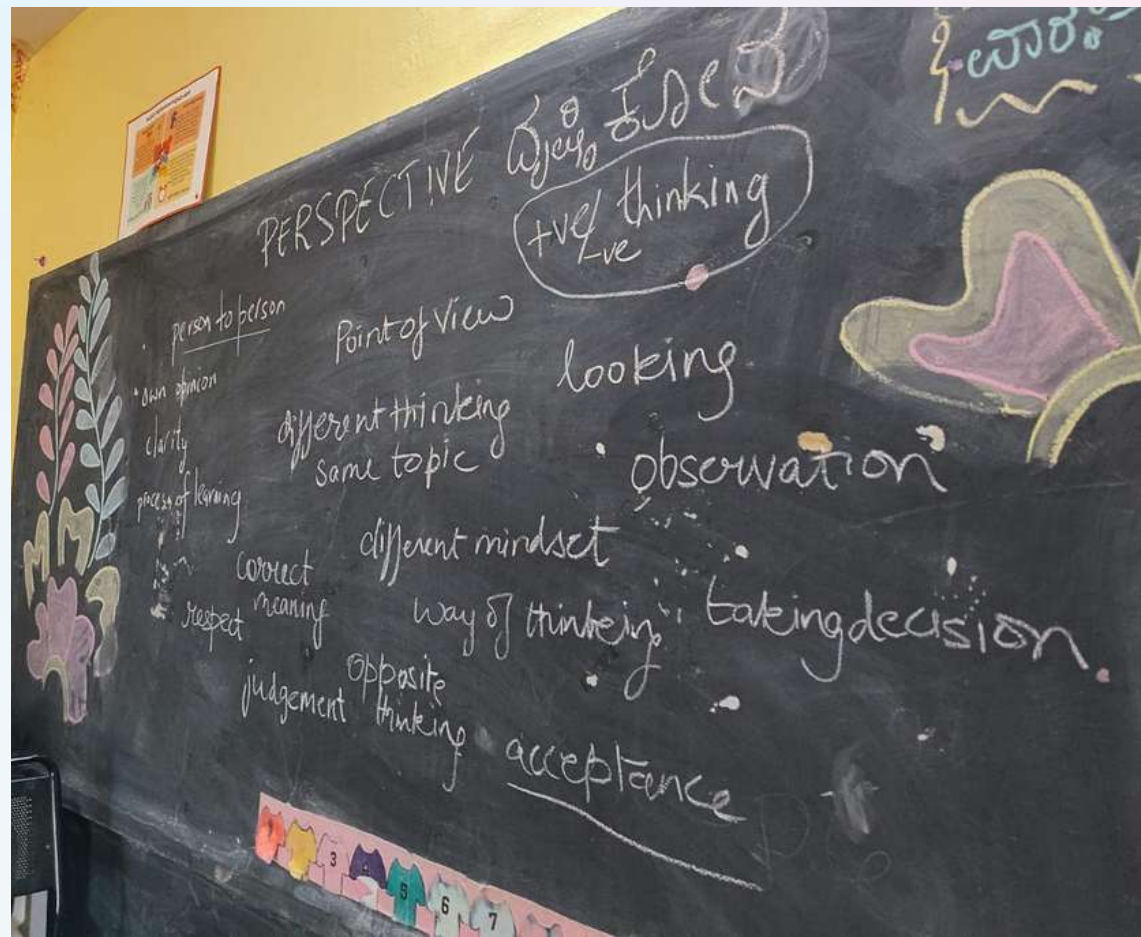


## Yearlong Trainings

Through impART, Snehadhara has collaborated with organizations and offered yearlong trainings that focus on specific goals of the partner organizations. Training modules are designed based on the goals and a team of expert trainers implement these modules with groups like teachers from One Billion Literates Foundation and Bubbles Centre for Autism.

## One Billion Literates Foundation

Our ongoing collaboration with the One Billion Literates Foundation continued through the programme Mandala: Creative Dialogue Circles through art and play. A group of government school teachers from Chandapura and Anekal began the second module within the programme as they explored self-care, communication, well-being and empowerment, through multi-arts based sessions. This module introduced the 8 pillars of joy as given in 'The Book of Joy: Lasting Happiness in a Changing World' by the Dalai Lama and Archbishop Desmond Tutu. In this journey, the group has opened themselves up to perspectives, picked up skills such as non-violent communication, analysed the idea of humility and embraced humour. Attempting to shift their viewpoints, the group has resolved different ways of conflict management with the ultimate choice to establish self-care and move towards new learning and harnessing creativity. In their journey so far, the group has developed the ability to reflect and be comfortable with one's own reflections. This extraordinary group has applied themselves to the module-based learning, taking an active and open approach to their own growth and engagement.



## Bubbles Centre for Autism

Early this year, Snehadhara Foundation began its year-long engagement with the teachers and team at Bubbles Centre for Autism. The first session of the engagement focused on working with the group to make spaces for creative self-reflection and build motivation towards creating inclusive learning spaces for children that they worked with. Play and visual arts provided the perfect tool kit for this energetic group to look within and understand what it means to come together as a team, communicate, set and achieve goals towards self care and self reflection, moving towards a facilitator role, building a sense of belonging, developing team work, cultivating self-motivation and broadening knowledge networks.





## Workshops & Trainings

Snehadhara Foundation has taken its best practices to reach out to communities and other organizations to offer workshops and trainings on specific themes. Engagements with Involve Edu and Mrityunjay Foundation have been opportunities to expand our work to and work with children associated with these organizations in areas of leadership, learning and capacity building.

### Involve Edu

In August, Snehadhara Foundation conducted a workshop for student leaders through Involve Edu, at the Harapanahalli Higher Primary Government School. Appropriately titled 'Artful Allies: Empowering Peers to Facilitate Buddy Models through the Arts', it aimed to deepen and empower students by introducing creative tools that bring together conceptual, artistic and creative elements of learning. Working with students empowered by Involve Edu, the session helped students develop their ability to mentor, guide and be a supportive friend, a "buddy" as they explored group dynamics, strengths, ways to foster group confidence, risk-taking while encouraging and motivating each other.



### Mrityunjay Foundation

An engagement with Mrityunjay Foundation, an organisation that offers a supportive and nurturing learning space for first generation learners from disadvantaged sections of rural Bangalore, took place with Dr Gitanjali leading the session for a group of 50 children. Being a mix of age groups, these children came together to explore and talk about what makes learning fun, how we work with and deal with things that are uncomfortable, uneasy, or new in our lives, and look for opportunities of learning within these experiences. This wonderful opportunity to engage with a foundation that was started by parents of a child SF works with, was a shining example of glimpsing how the arts has the potential to go beyond boundaries.







Creative Connections

Through our Creative Connections programme, our impART initiatives have seen us enable companies and institutions to walk the talk of diversity and inclusion, employee engagement and volunteering, and inclusion at the workplace. This year, our engagements have been with corporates like Alation, Google Serve and Cisco.

## Alation Pvt Ltd

Our engagement with Alation Pvt Ltd marked the first corporate engagement of the year. The group of 145 employees of this software development firm from California, through our programme “Conscious Connections: The meeting of Business and the Arts”, explored a space for their team to come together and experience the world of our children and the spellbinding world of the arts. Through the multi-arts, the group was able to experience love, joy and freedom from judgment as the opportunity to provoke new insights, connections, possibilities and directions arose in a group that came together in their composition for the first time.



## Google Serve

In July, Snehadhara Foundation marked an engagement with Google Serve as a part of Google's initiative to give back to communities through their individual volunteering efforts. The SF team worked with 20 Google volunteers at their office and gave them a unique experience of community arts through play and dance. The group was also sensitized towards the needs of the children and the need for inclusive and compassionate learning spaces while understanding what their contributions mean to the groups we work with.



## Cisco

Through two separate engagements through the year so far, SF hosted employees from different teams at our Nelamangala campus for a day of coming together, experiencing the joy of community space and forming bonds of friendship and partnership.

A group of 30 employees of Cisco joined us as part of Cisco's Networking Day to Give, an event across different geographies that took place on 15th June. They joined our children at the Nelamangala campus along with the Arjunabettahalli government school children. On the second occasion, SF hosted a group of 52 employees from the Emerging Talent team at Cisco, along with our group of children from campus and the Arjunabettahalli Government School. From doing gardening and campus upkeep, to cooking lunch for children as a community, and joining the children for sessions, the employees did it all. Engaging with the children and being a part in creating an inclusive space, the group was left with a newfound sense of empathy and compassion towards those different from them, and the hope of a more inclusive world.





Prajnadhara aims to extend the reach of Arts Practices for Inclusion (API) certificate course through certificate courses, and various programmes to reach beneficiaries across the country and beyond. Our project in Nepal completed its course and we held a milestone certification for the graduating batches, and the ongoing India batch engaged with their second contact sessions in Bangalore.

## API Nepal Certification Batch 2021-22 & 2022-23



June marked the culmination of three years of work in Nepal through the Arts Practices for Inclusion course by Snehadhara Foundation. Twenty eight participants from different grassroots organisations in Nepal were certified at the first ever International Certification Ceremony held in Kathmandu. These diverse individuals, aiming to work towards social inclusion for special needs and vulnerable groups, were certified as Arts Practitioners for Inclusion. With the theme of red to signify the amalgam of Prajnadhara with Nepal, the ceremony was an event that celebrated the wonderful work that the group of participants have done over the past years with persons with disability, sexual abuse survivors, the blind and people with visual impairments, Dalit women, at-risk children and many other groups at risk of social exclusion in Nepal. This group of practitioners have touched the lives of 5820 persons from special needs and vulnerable groups. The ceremony was a bubble of jubilation as the group caught up with each other, shared their experiences over the years and received their certificates, all commemorated with a group photo.



## API India Batch 2023-24 Second Contact Sessions

The end of June marked the second contact sessions for Arts Practices for Inclusion India batch 2023-24. It was a homecoming in many ways for the students, and a chance to bring to the space their own experiences of the Social, Emotional, and Inclusion domains so far. This group of practitioners-in-the-making has been working with different special needs and vulnerable groups in 11 cities in India. The work will reach various populations, including persons with disabilities, children from lower socio-economic backgrounds, children at risk, senior citizens, shelter homes, government schools, and more. Through their work across the year, the group will reach 1200 direct beneficiaries across the country. This project has been supported by boAt.

Full of sessions that focused on upskilling the participants, the group covered a range of topics like self care through practices like Quigong, various art forms, learning to facilitate voice & drum circles with body percussions, improv & theatre, play, dance & movement through Cheraw and Patta Kunitha, and visual art through olfactory senses and traditional tie and dye. It was a beautiful start to a new beginning for the participants, who now go out into the world to continue on their inclusion journeys through the art forms.





This year marked the milestone achievement of taking the Arts Practices for Inclusion (API) course to Sri Lanka. In the mission to expand the reach of the methodology, trainings were held in Sri Lanka this year, along with engagement with grassroots organizations within the country to promote the practice of inclusion through the arts.

# API Sri Lanka



The API programme launched in Sri Lanka invited participants to look at community health in a holistic way. The programme began with 20 individuals from 18 diverse organisations working with over 5200 beneficiaries across East Sri Lanka.

Facilitating communication within the community and between stakeholders, building dialogue and building bridges between people and communities, the training programme welcomed social workers, support workers, community workers, mental health professionals and other social sector staff to promote these important areas of intervention. The group explored the arsenal of arts as a universal language of care and togetherness to elicit participation in community practices. A safe space was built steadily as the group grew unified while experiencing sessions through play, visual art, voice, rhythm and movement.



The API team had many opportunities to visit, interact and engage meaningfully with local organisations doing essential and important work in Sri Lanka. Some of the organisations included Ampara District Women’s Network and Human Development Organisation in Ampara as well as YMCA and St Joseph’s Special Education Centre in Batticaloa. In Ampara, the organisations work towards empowering and sustaining women’s roles in decision making within the district, human rights and peace, education with solidarity training while lobbying and protesting for the upholding of human rights, promoting gender equality and livelihood initiatives. In Batticaloa, the YMCA works on multiple projects related to community based rehabilitation through working with various marginalised groups and the Special Education Centre works with special needs children in its Montessori and therapy setup. The API team’s engagements with these organisations through music, rhythm, play and dance opened up various opportunities to explore, understand and work through challenges being faced on the ground while beginning to work towards dealing with and mitigating their effects. The sharings from the teams of the local organisation and the interactions of teams reflected the joyous setting of this new partnership and promised great initiatives to look forward to.



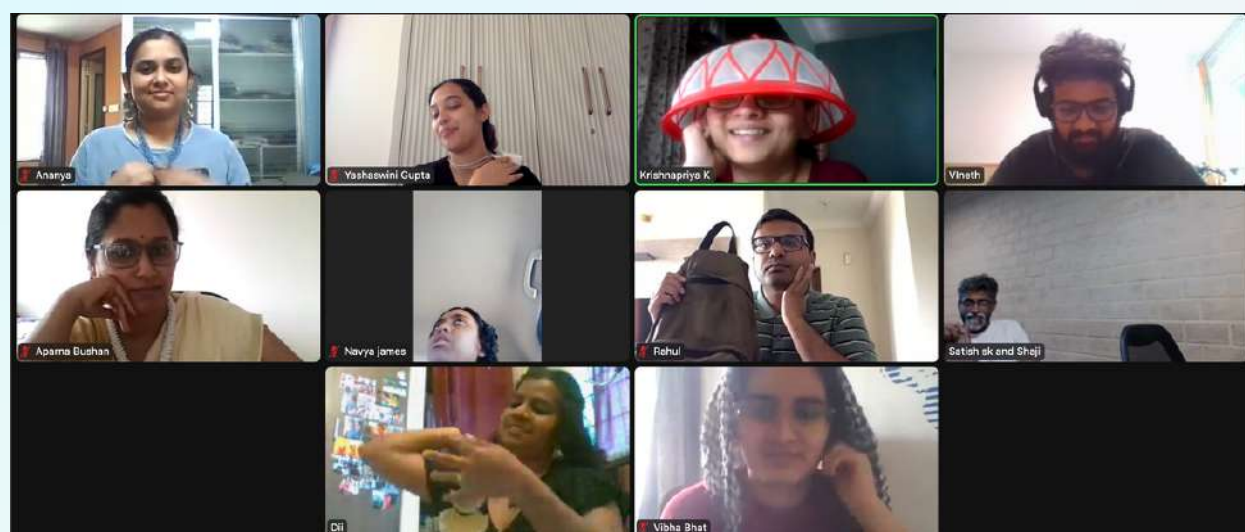


# TRAININGS

Practice is a culmination of effective training via pre-work, and consistent updating of skills. In the case of our team, this training and updating revolves around practical and socio-emotional skills and abilities. We had the chance to conduct capacity-building and training workshops for the team, and also involved parent communities in our learning journeys through Study Circles.

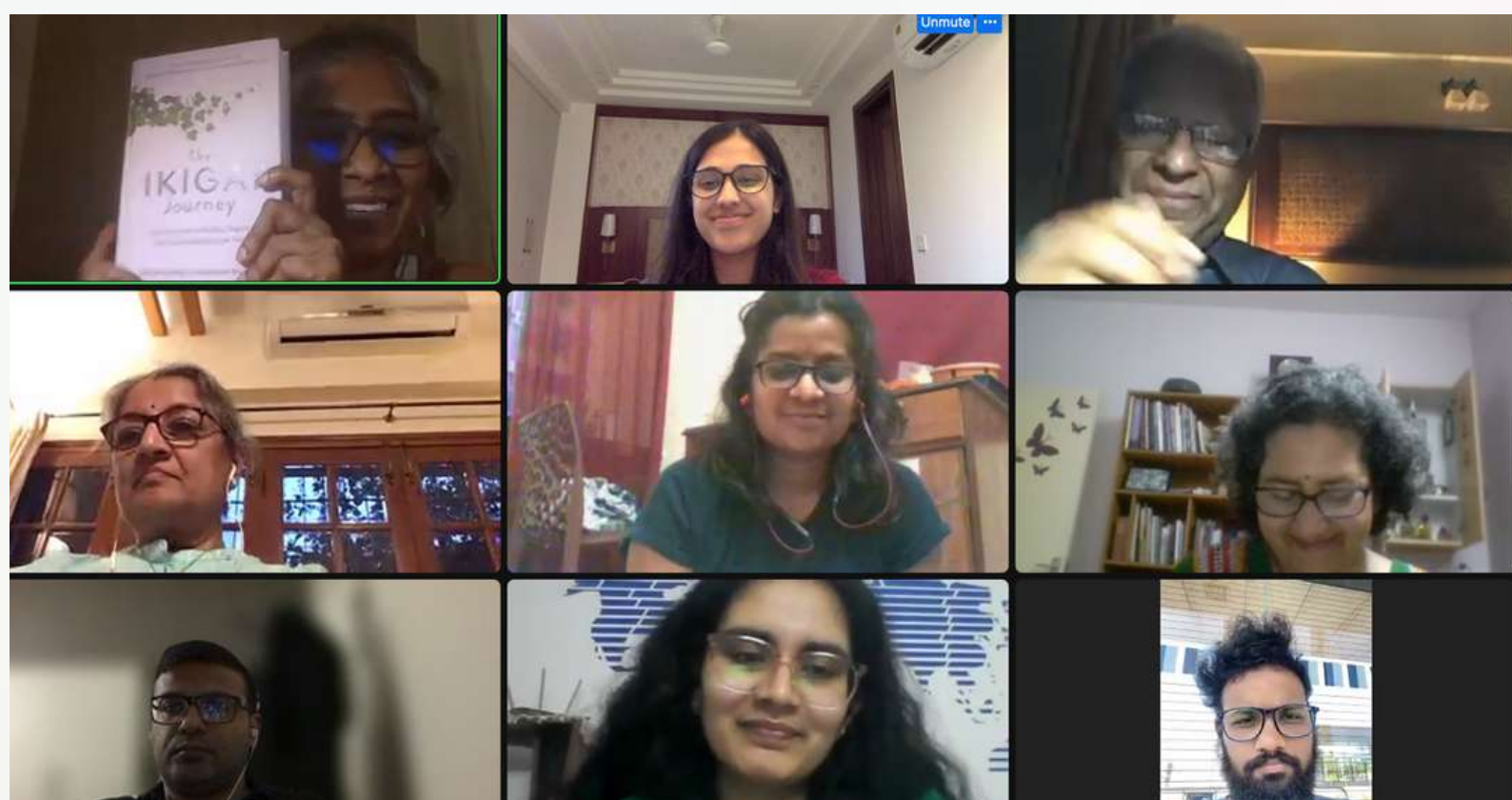
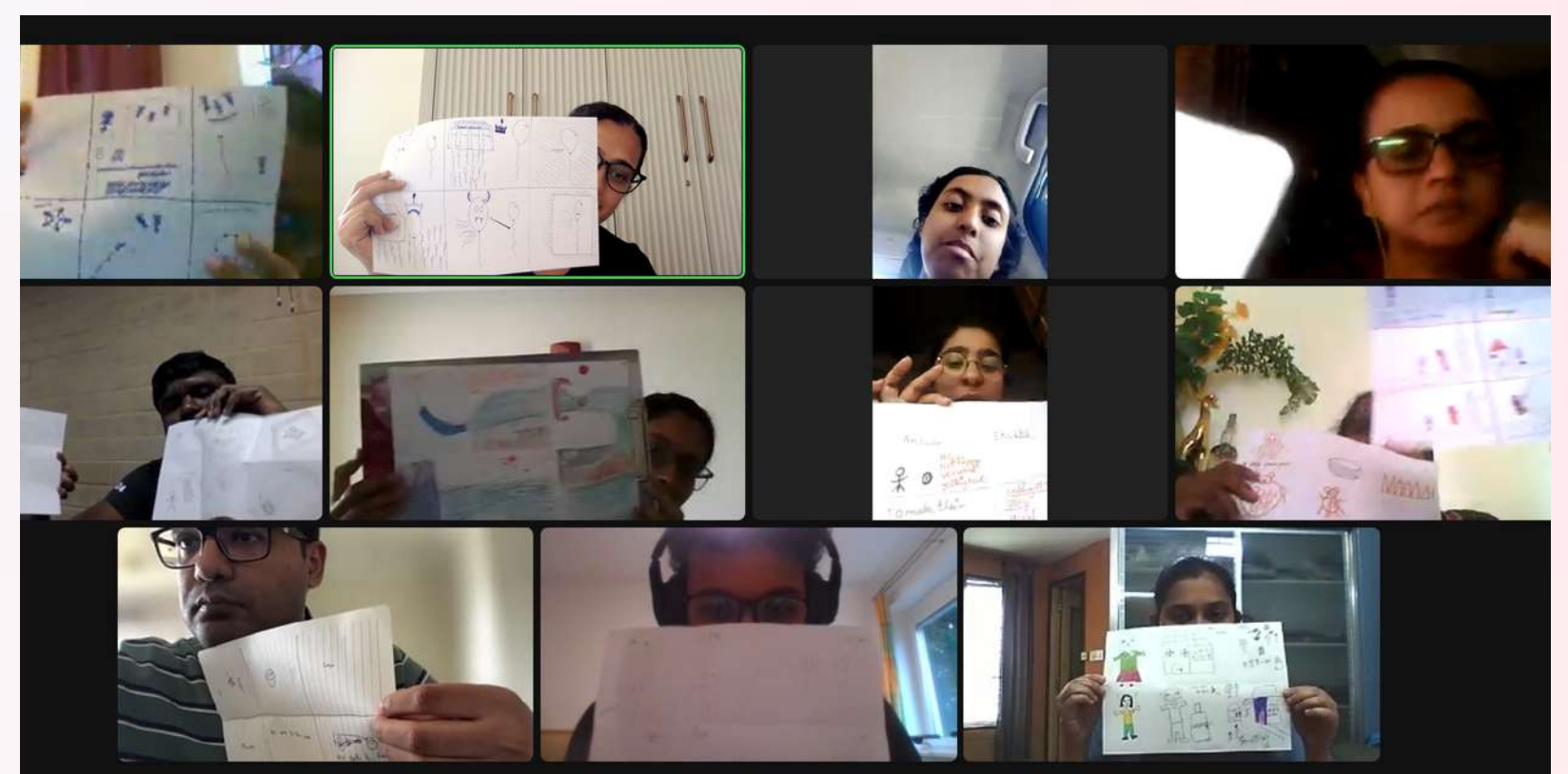
## Ball'ed Over: Rebuilding, Reconnecting, Recreating

This two-day team training on the eve of term 2 was the coming together of trainers, facilitators, support team and interns to connect with each other, reconfigure and draw afresh to the work that we do. Beginning with a new skill, weaving, the training began with material preparation for Snehadhara's groundbreaking course, Arts Practices for Inclusion. An informative session on understanding sexuality and sexual development for persons with special needs with extensive discussions was a key highlight from this training. Unwinding was just as important as the team whipped up a delicious dinner followed by a terrific and extraordinary costume and dance party.



## Term End Training- September

Team trainings were held at the end of September to mark the half way point of the academic year and the beginning of the new term. With each individual member of the team holding sessions for the others, this training highlighted the expert knowledge and unique skill set of the team. From simple art experiences for the self to new techniques, materials and methods of working with the arts, from social psychology and language and cognition to technical skills and design, the range of learning was vast and rich in its expansion of the team's knowledge and abilities.



## Study Circle 3.0

Study Circles are a space for our Snehadhara community to come together to share, learn, unlearn, question, ponder and vent while opening communication and supporting each other. Held online and beginning during the pandemic, they have continued online convening a space of belonging to each one. Study circle 3.0 began this year in term 2 with the first session Ikigai and exploring purpose and fulfillment.



Outside the walls of our campus, Snehadhara Foundation has been making waves across India and beyond. Here, we have a collection of awards that we have received, exclusive workshops we have organized, and our media presence this year.

## Rotary Club of Bangalore - Exemplars Award for Outstanding NGO

Snehadhara Foundation received the Rotary Club of Bangalore Exemplars Award for Outstanding NGO of the year, for our work towards creating social inclusion for children with disability and those from marginalised populations. The Exemplar Award honours individuals and organisations who work relentlessly, pursue their dreams, overcome challenges and achieve the impossible. The occasion was graced by Chief Guest Mr Savyasachi Srinivas, Executive Director of Collins Aerospace and prestigious Rotarians, including Bangalore President Mr Sanjay Adani, Vice President Mrs Gowri Oza, Secretary Mr M C Ganesh, and former President Mr Ranga Rao.

## Djembe Workshop with Grand Master Babara Bangoura @ Bangalore

Djembe Grand Master Babara Bangoura, a highly respected djembe player and teacher from Guinea, West Africa, was hosted by SF and learndjembe.com in a first-of-its-kind workshop in Bangalore. It was an enriching day of learning rhythms and techniques of playing the djembe and an exposure to other West African instruments like the Dununba, Sangban and Kenkeni. Grand Master Babara Bangoura graced a group of 50 djembe players and enthusiasts with his presence and wisdom as he spoke on the joys of immersing oneself within the magic that music can create and taught the Kono and Koredjuga (also called Komodenu) rhythms from Guinea in Africa.



## Stories of Change Radio- APU

Snehadhara Foundation was featured in the first episode of the radio broadcast 'Stories of Change' by Radio Azim Premji University (APU). A team from APU made visits to campus and the city office to speak with the team, parents and board members as they observed and sought to represent the story of Snehadhara's Uhuru programme. The podcast symbolises a shared journey of Snehadhara through the years and is a tribute to Sneha and all who have walked with us since.

The radio broadcast is available on Radio Azim Premji University's YouTube channel as part of the Stories of Change series [here](#).



## Rotary Noble Service Award

Our Senior Programme Facilitator, Krishnapriya K, was awarded the prestigious "Noble Service Award 2023-24" celebrating outstanding educators, by Rotary Bengaluru DownTown, for her selfless and generous contributions to the field of education over the years. The award was presented by Geetha Narayanan, Founder and Director - Srishti Institute of Art, Design and Technology, Usha Selvaraj, President of Rotary Bangalore DownTown, Aravind R D, Secretary, and Ramdas K S, Chair of Awards.





Snehadhara Foundation has continued to work with other organizations, corporates and universities and expanded its presence at various events, forums and panels to talk about our work taking the arts practices to these spaces.

## One Day One Story

This September, Snehadhara Foundation was back with 'One Day One Story' event in association with Pratham Books and PNLIT. This was the 10th year of conducting this storytelling event, and we were back to the Puttenahalli Lake for the first time after the pandemic for the same. The powerful art of storytelling was a means to deliver the magic enclosed within the pages of two stories 'Hakeem's Hiccups' and 'Hello Sun'. From the Hakeem ji's trusted "nakko, nakko!" to the little boy's wondrous adventure of the world around him, the audience was captivated and simply could not turn away!



## JP Morgan Chase

Dr Gitanjali was invited to speak at a panel on 'Autism Awareness: Early Intervention and Support' at JP Morgan Chase. The panel discussed childhood, education and vocations for children and adults on the autism spectrum. Dr Gitanjali shared the panel with imminent personalities from the sector including Janaki Vishwanaath, Founder of Antarbhaava Foundation and Managing Trustee at FAME India; Dr Sana Smriti, paediatric practitioner at Oyster Clinic and Child Development Centre; Shalini Saran Gupta, founder of the social venture The Art Sanctuary for neurodiverse individuals and the pan-India parent support group SAATH.



## Aroha Christ University

Our Founder and Executive Director Dr Gitanjali inaugurated Aroha, the annual event organised by the Department of Psychology, Christ (Deemed to be University) Bannerghatta Road. Being invited as the chief guest of the event with two other dignitaries, Rajini Padmanabhan from Brindavan Education Trust and Ashwini Tadpatrikar from NIMHANS, the event kicked off with a lamp-lighting ceremony followed by addressing the crowd about the great possibility of creating real change in this world as Dr Gitanjali encouraged students to think on well-being in everyday life and the nuances of resilience and community.

## Consultative Workshop @ APU

Snehadhara Foundation was invited to Azim Premji University this May for a Consultative Workshop as a partner organization for field internships being offered to students of M.A. Development Studies, along with 15 grassroots organizations from across the country. Bringing together various organizations partnering with APU, the day unfurled with sharing experiences, working on plans to enrich the experience of the interns, and learning about the work being done by other organizations within the field all towards thinking forward on creating innovative and enriching environments for young minds.

Our Nelamangala campus has also opened its doors to groups from other organizations for retreats, workshops, trainings and events. This 'Space for the Soul' offers an opportunity for reflection and learning away from the hustle bustle of the city.



Given the turbulent times of violence and unrest that Manipur has been undergoing, Snehadhara's project Nurturing Hope was a response to conduct relief work with women and children in the state. The goal of the project was to provide psychological first-aid, emotional support and a sense of emotional safety and stabilization to the affected groups.

## Project Manipur

Snehadhara Foundation undertook the project "Nurturing Hope – Relief and Recovery Initiatives" in Manipur for children and women from the 24th September to the 29th September. The ongoing ethnic conflict since May 2023 in the state has inflicted unimaginable trauma on many who are either caught in the crossfire or have lost loved ones and/or have been displaced from their homes, all this while navigating deep-seated mistrust and an abject erosion of human rights.

SF's week-long project saw our team of practitioners offer psychological first-aid to trauma-affected children and adults through arts-based interventions. These interventions provided a creative outlet that allowed children and adults to communicate and cope with their experiences in a non-verbal and therapeutic way.

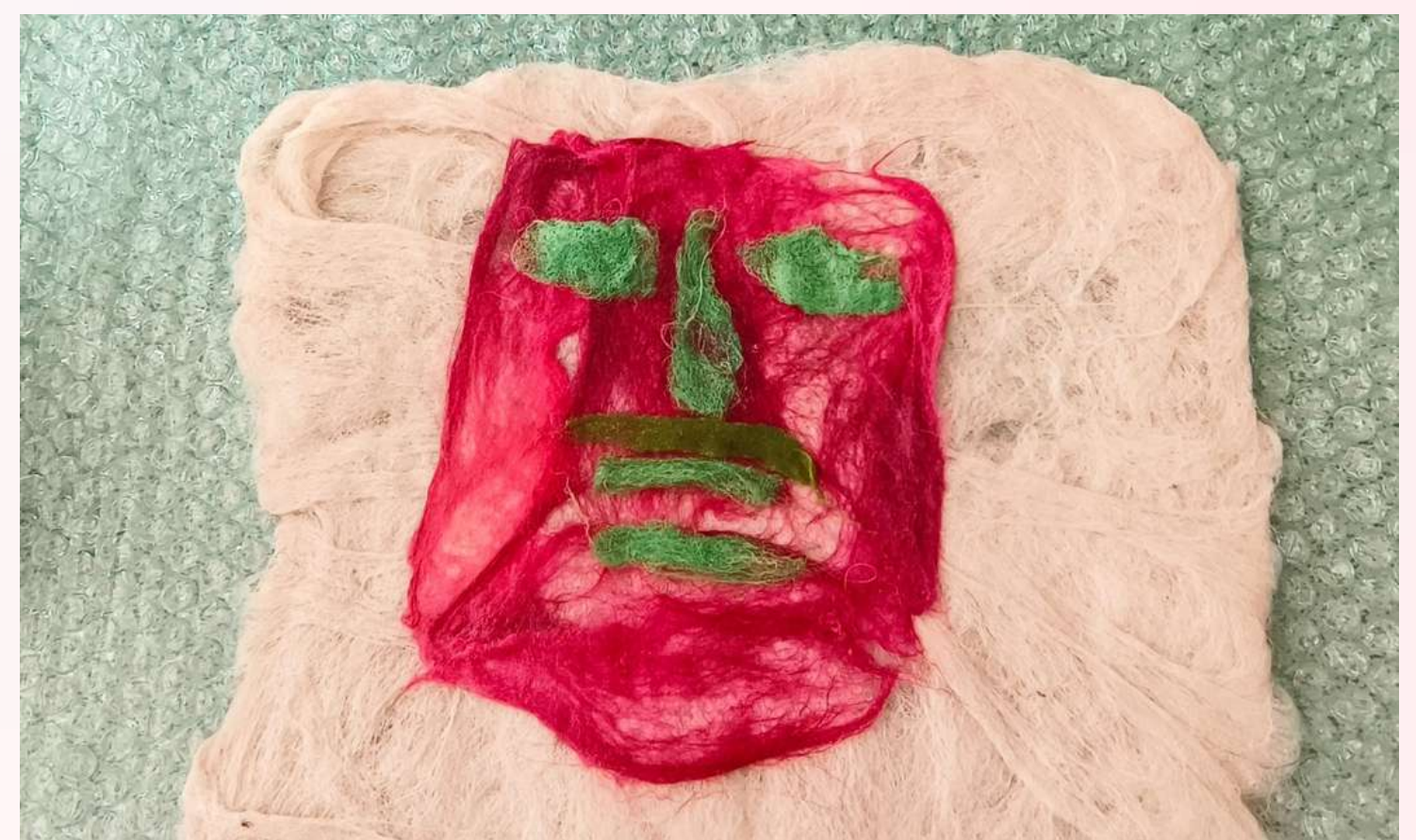


In the camps, teeming with people fleeing conflict and seeking not only refuge but a return to the normal, the tentativeness to the unfamiliar was evident. Meeting the children and adults, the images of violence was quickly replaced with the real aftermath that one rarely sees - that of grief, loss and suffering. To the people in these relief camps, the arts were the invitation that opened the door for expression, communication and relief. As they were introduced to music, dance, play, visual arts and voice, the children and adults stepped up and welcomed the opportunities that arose. In embracing the arts, they began to illustrate their stories, found means to heal, if only to begin the journey and seized moments of community. There was laughter and giggles among the children playing and smiles and movement among the adults while singing and dancing. The resilience of the individual and group was evident in the many spaces where the bond between people was strong and sheer will secured the way for therapeutic experiences to flow.



Over the course of the week, the team worked across 7 relief camps in Imphal, Moirang and Kangpokpi with over 1800 children and adults. Along with working with the children, there was a one-day workshop with the volunteers at Moirang to build their capacity in terms of tools for selfcare and mental health as well as knowledge transfer on working towards therapeutic outcomes with the arts.

Healing is a required, along with a great many things. And the journey of healing has just begun with the arts. Snehadhara Foundation intends to pursue and persevere this journey in Manipur.





## ABOUT US

Join hands with us as we work towards creating an inclusive world, a world where we are able to relook at ourselves and are inspired to live differently and compassionately. A world where everyone belongs.

Snehadhara Foundation (SF) is a registered non-profit organisation based in Bangalore. The pioneers of Arts Practices for Inclusion, Snehadhara Foundation believes that inclusion is the bedrock of a more compassionate and empathetic society. SF advocates inclusionary spaces where arts practices form the primary methodology of teaching and learning. SF aims to create an environment which welcomes, acknowledges, affirms and celebrates the value of all learners. We have crafted three initiatives in pursuit of this goal: Direct Care, impART and Prajnadhara. The major thematic area of the organisation's work is service- and community-based. We directly work with the beneficiaries in our Direct Care space and also in other organisations working with children at risk. impART and Prajnadhara look at capacity building, training, certifications to re-imagine classrooms and learning facilitation in schools and colleges, and building lifelong partnerships by introducing corporate citizens to the goals of a socially-inclusive society.

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### CONTACT DETAILS

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contact@snehadharafoundation.org

#### Websites

<https://snehadharafoundation.org>  
<https://prajnadhara.snehadhara.org>  
<https://impart.snehadhara.org>

#### Facebook Pages

[www.facebook.com/SnehadharaFoundation](http://www.facebook.com/SnehadharaFoundation)  
[www.facebook.com/snehadharaconnect](http://www.facebook.com/snehadharaconnect)  
[www.facebook.com/impARTsnehadhara](http://www.facebook.com/impARTsnehadhara)

#### Youtube Channels

[www.youtube.com/user/SnehadharaFoundation](http://www.youtube.com/user/SnehadharaFoundation)  
[www.youtube.com/@prajnadhara6046](http://www.youtube.com/@prajnadhara6046)

### LEGAL STATUS

#### Karnataka Trust Registration Act

Reg No: BK IV BNG-BMH 470/2012-2013  
Date of Establishment: 05.12.2012

#### Registered under Section 51,52 of Persons with Disabilities Act,1995

Reg No: #125  
Date of Establishment : 25.03.2013

#### Registered with National Trust of India

Reg No: KSNE16512252414

#### Registered u/s 12A of the Income-tax Act, 1961

Registration No.: AAMTS2250AE20214  
Dated 28.05.2021

#### Exemption u/s 80G of the Income Tax Act, 1961

Registration No.: AAMTS2250AF20214  
Dated 28.05.2021

#### Registered under FCRA, 2010

Registration Number : 094421625

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