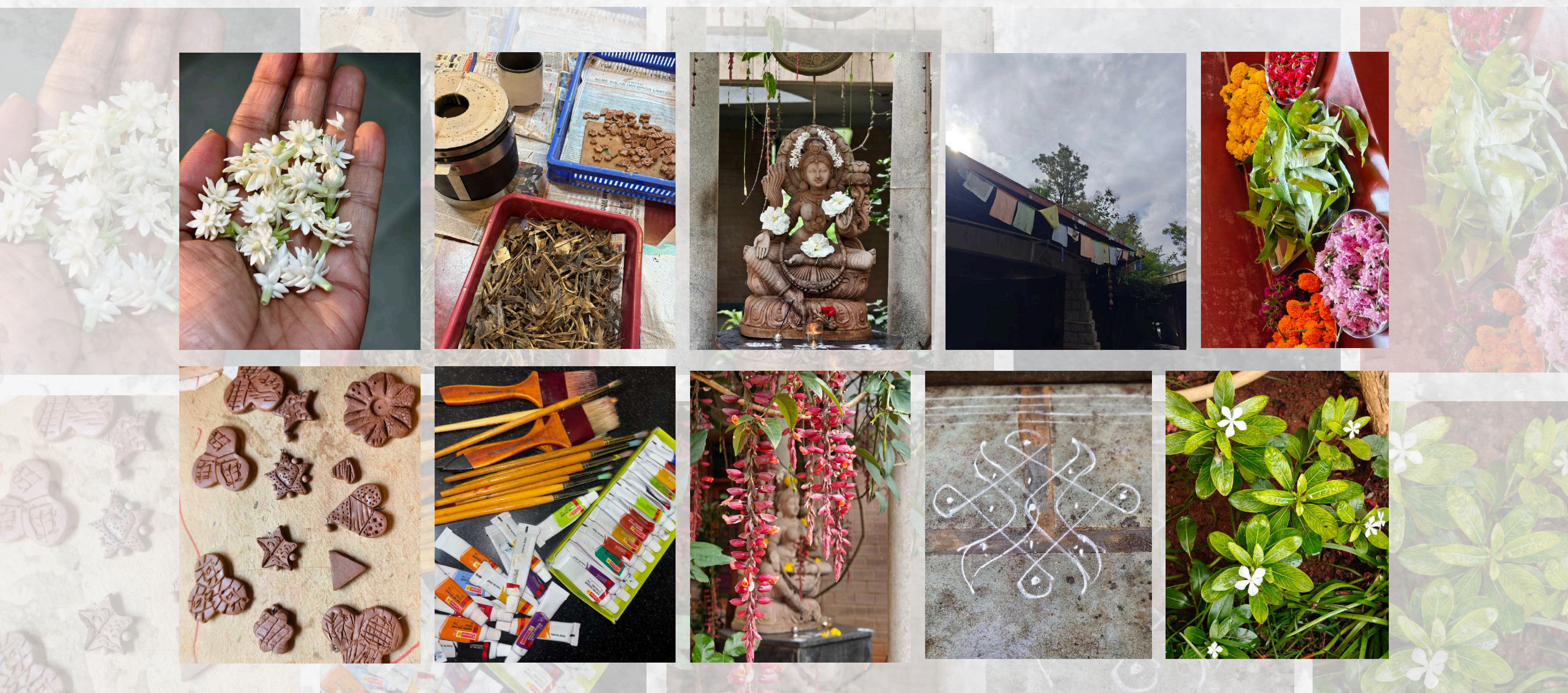




# NEWSLETTER

## APRIL-SEPTEMBER 2025







*"What we build together today shapes the communities of tomorrow."*

As we cross the halfway mark of our 13th year, it feels like a moment to pause in gratitude and wonder at the journey unfolding before us. Though we are only halfway through 2025, the months behind us have been rich with moments of connection, creativity, and transformation—each one a testament to the spirit of inclusion that breathes life into Snehadhara Foundation.

From our immersive Uhuru cohorts where neurodiverse adults have claimed new rhythms of independence and joy, to vibrant social immersions extending care and community into neighbourhoods and schools, this year has been about growing together in dignity and belonging. Our initiatives in government schools and one-on-one sessions continue to nurture young minds with confidence and creative expression, while our partnerships with colleges and organizations deepen the dialogue around empathy, leadership, and inclusive practice.

The Art of Rest has unfolded as a sanctuary of renewal for caregivers, reminding us all that care begins with tending to our own well-being. Across the country, our impART engagements with educators, students, and corporate partners have woven arts into learning and leadership, cultivating spaces where every voice finds harmony.

Each story within these pages is a celebration of collective courage, joy, and the transformative power of the arts to shape lives and communities. We invite you to journey with us through these highlights and reflections, to witness the work of many hearts beating as one, and to imagine what the coming months will bring.

#### **Uhuru**

Page 3, 4, 5

#### **Direct Beneficiary Outreach**

Page 6

#### **impART Trainings and Workshops**

Page 7, 8, 9

#### **impART Creative Connections**

Page 10, 11

#### **Prajnadhara**

Page 12

#### **Awards**

Page 13

#### **About Us**

Page 14



# UHURU

The Uhuru programmes, both the 26-day and 7-day cohorts, have created spaces where shared living, learning, and connection flourish. Through arts, routines, and community engagement, participants have moved from dependence to confident independence rooted in belonging. These experiences show that assisted living is not just a skill but a joyful rhythm nurtured through trust, creativity, and support—with the pillars being Independence Training, Community Living and Experiential Learning.

## The Uhuru 26-Day Cohorts

From April to June 2025, Snehadhara Foundation hosted two 26-day Uhuru residential cohorts, each designed to explore assisted living as a practice of dignity, rhythm, and community. Sessions combined arts-based routines, shared meals, and collaborative tasks with themes of water, States of India, traditional games, and community experiences. A highlight was a dance production guided by Meera Krishnamurthy, where participants performed with grace and confidence. Parents and caregivers joined the journey, witnessing a powerful shift from dependence to agency.



## Social Immersions

The cohorts extended beyond the campus into community spaces—government schools, neighbourhood interactions, and even a city trip to watch a dance production by Nritarutya. These experiences helped participants practice regulation, communication, and reciprocity in real-world contexts. Shared daily tasks such as cooking, cleaning, and gardening built responsibility, while games and rituals fostered joy, belonging, and identity. The immersion affirmed that autonomy grows through connection—with peers, neighbours, and communities.



## Vocational Skills with Headstreams

The programme concluded with a vibrant vocational component in collaboration with Headstreams through their livelihood initiative, Asmi Shilp. Participants explored craft and design, creating terracotta jewellery, coasters, fridge magnets, and more. Each project nurtured creativity, collaboration, and confidence, while opening pathways toward independence and self-reliance. These co-created spaces of joy and purpose reflected the values of inclusion and community, reinforcing the transformative power of arts and allyship in assisted living.



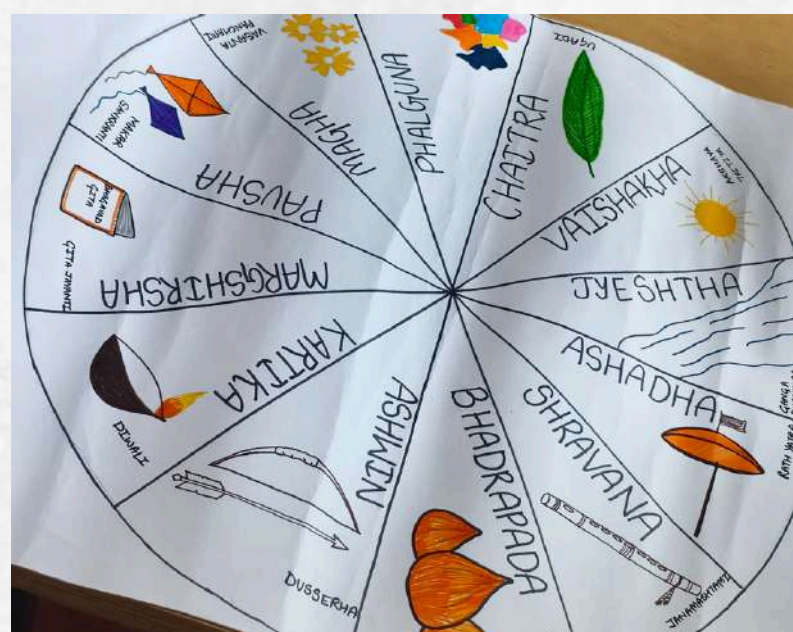
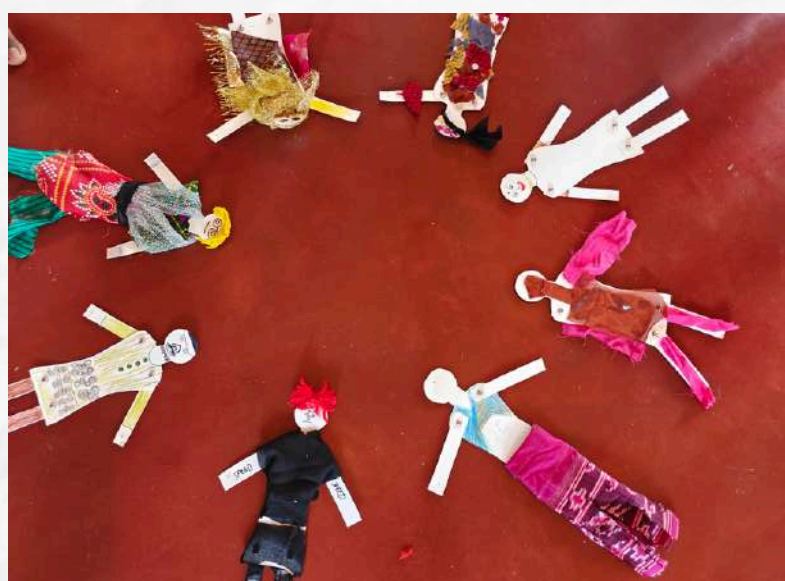


# UHURU

The Uhuru programmes, both the 26-day and 7-day cohorts, have created spaces where shared living, learning, and connection flourish. Through arts, routines, and community engagement, participants have moved from dependence to confident independence rooted in belonging. These experiences show that assisted living is not just a skill but a joyful rhythm nurtured through trust, creativity, and support—guiding each step toward autonomy and inclusion.

## Uhuru 2.0 7-Day Cohorts

To make this model of assisted living training more accessible, the July, August, and September Uhuru 2.0 cohorts brought together participants for seven days of shared living and learning, building on the rhythms of community life. Each cohort was guided by themes like The Little Prince, Indian festivals, and traditional dances, which became pathways for expression, creativity, and self-regulation. Participants explored not just structured activities but also the subtler lessons of living together—sharing routines, supporting each other, and creating systems of trust and belonging. The sessions were vibrant, filled with music, art, movement, and reflection, allowing participants to discover new ways of connecting with themselves and others. These short immersions demonstrated the power of assisted living as a joyful and enabling experience.



## Social Immersions

Social immersions formed a vital part of the Uhuru 2.0 journey, extending the learning beyond campus into the wider community. From neighbours who joined in the celebrations, to volunteers and nursing students from Harsha College who participated in activities, each interaction created moments of exchange, understanding, and inclusion. These engagements allowed participants to experience intergenerational connections and to be seen as active contributors within community spaces. The social immersion experiences also included the group visiting public spaces and doing home visits during the festival times to engage with different perspectives.



## Vocational Skills with Ura

During the September Uhuru 2.0 cohort, the Ura team from Prakash Foundation joined us on campus to facilitate hands-on vocational training in soap-making. Over two immersive days, participants explored every stage—from formulation and scenting to packaging—using purpose-built tools and structured steps. The sessions nurtured task focus, planning, and follow-through, while also celebrating the dignity of making. This collaboration showed how vocational training can be both meaningful and joyful.



The Uhuru programmes, both the 26-day and 7-day cohorts, have created spaces where shared living, learning, and connection flourish. Through arts, routines, and community engagement, participants have moved from dependence to confident independence rooted in belonging. These experiences show that assisted living is not just a skill but a joyful rhythm nurtured through trust, creativity, and support—guiding each step toward autonomy and inclusion.

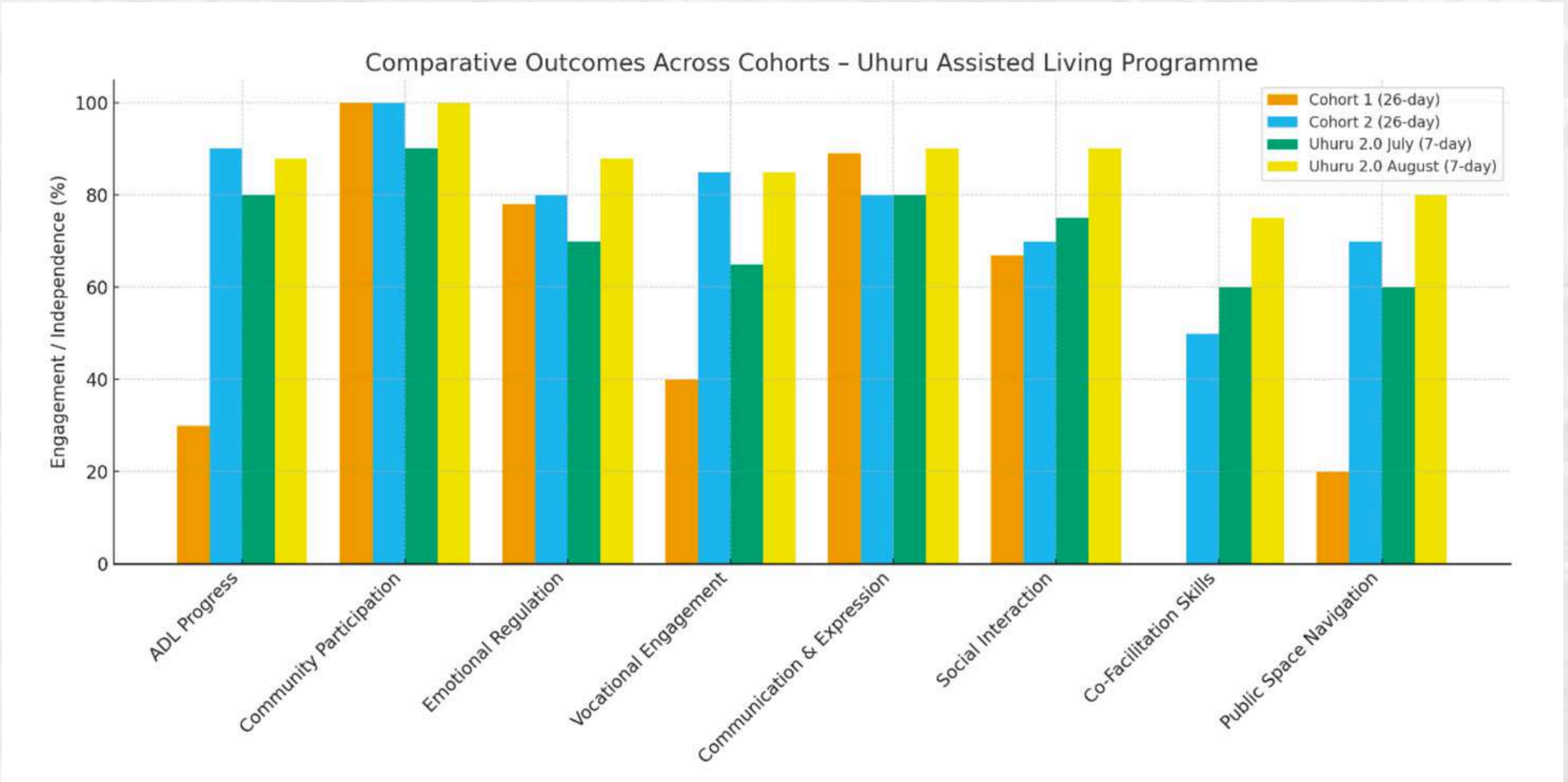
## Research Introduction

The collectives researches explored how neurodiverse adults acquire, sustain, and deepen assisted living skills within immersive, arts-based residential programs. By tracking four distinct cohorts across two long-term (26 days) and two intensive short-format modules (7 days), the studies aimed to understand not just what changes for participants, but how and why those changes occur. Using mixed-methods—combining facilitator observation, participant narratives, and quantifiable growth indicators—the research offers a rich portrait of what dignified, inclusive, community-based assisted living truly means.

Domain	Cohort 1 (26-day)	Cohort 2 (26-day)	Uhuru 2.0 July (7-day)	Uhuru 2.0 August (7-day)
ADL Progress	30% increase, still reliant on scaffolding	90% demonstrated independence	80% adapted rapidly	85–90% independence, consolidation
Community Participation	100% engaged through modeling and rhythm	100% engaged, initiated tasks	Many initiated tasks without prior training	100%, with festival-linked enrichment
Vocational Engagement	Initial engagement in clay, kitchen	Daily sustained engagement (clay, kitchen, garden)	Task-based contribution via play and kitchen roles	85% engaged in festival-linked tasks (idol-making, decorations)
Emotional Regulation	79% regulated with co-regulation support	80% regulated independently	Regulation through rhythm and peer modeling	85–90% regulated through rituals and peer anchors
Communication Expression	89% used verbal, non-verbal, art-based modes	80% expressive with improved articulation	Storytelling, metaphors & role-play widely used	90% expressive with songs, dramatization, visual art
Social Interaction	67% initiated, others responded with prompts	70% initiated peer interactions	High responsiveness, trust-building	90% including peer interactions and visitor engagement
Co-Facilitation Skills	Not applicable	50% led public school sessions, games, rhythms	Emerging leadership in rhythm and social immersion	75% showed mentoring and leadership cues (prayers,
Public Space Navigation	Limited exploration	90% managed public spaces and transitions	Campus immersion with nursing students	80% exhibited semi-public immersion resilience and poise

## Looking Forward

The layered approach of alternating deep-dive and short-format immersions offers a replicable pathway for designing inclusive, sustainable assisted living models. This research affirms that assisted living is not a passive state, but a rhythm of life that can be learned, practiced, and sustained—offering neurodiverse individuals and their families new hope and belonging.





## DIRECT BENEFICIARY OUTREACH

Snehadhara Foundation's outreach has blossomed across diverse communities—reaching children through personalised one-on-one sessions tailored to nurture growth wherever they are, and embracing caregivers with the restorative Art of Rest programme. Our work extends to elderly residents in old age homes, cultivating joy and connection through arts, and continues within government and aided schools where we foster confidence, communication, and inclusion. These interwoven efforts embody our commitment to building vibrant, compassionate spaces where every individual is empowered to thrive.

### Outreach in Schools

Through the Snehasangiti programme, we have continued our work with government and aided schools and colleges, creating inclusive and joyful learning spaces for children across different communities. This year, the focus has been on strengthening literacy, spoken English, and communication—building the confidence children need for meaningful self-expression. Sessions have integrated songs, stories, games, and the arts to make learning playful and engaging, ensuring that every child feels seen and valued. By weaving creativity into the curriculum, children not only develop language skills but also learn to collaborate, listen, and express themselves freely. We have also expanded to working with Government Aided colleges towards the same goals for the group.

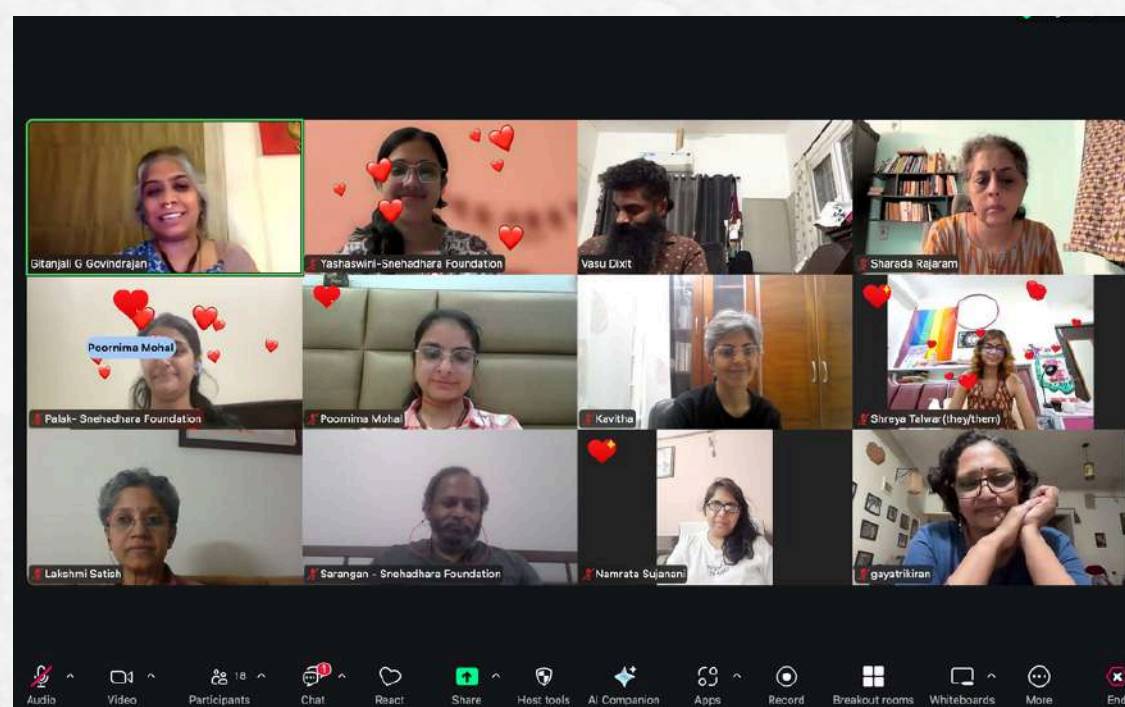


### Omashram Trust Old Age Home

At Omashram Trust Old Age Home, Snehadhara Foundation's engagement centred on enhancing psycho-emotional well-being through arts-based practices. Residents actively participated in music, dance, and visual art sessions, which created moments of joy, self-expression, and connection within the community. These creative spaces not only encouraged emotional resilience but also nurtured a sense of belonging and companionship among the residents. Some participants extended their journey further by joining external community learning spaces, fostering intergenerational bonds and inclusion. Through these experiences, the arts became a bridge—connecting generations, cultivating empathy, and reaffirming that creativity continues to inspire at every stage of life.

### One on One Sessions

Snehadhara Foundation's city-based one-on-one sessions provided a hybrid learning opportunity for children unable to attend the campus. Each session has been tailored with specific goals, integrating arts-based activities to support academic and therapeutic development. Hands-on projects, including best-out-of-waste creations and simple cooking exercises, encouraged creativity, independence, and life skills. These personalised engagements ensure that every child continued to grow, explore, and build essential skills in a nurturing and inclusive environment, regardless of location.



### The Art of Rest: Circle of Care

Snehadhara Foundation launched The Art of Rest, a unique offering designed for caregivers whose roles often leave little room for pause. Conducted online, the programme comprised five sessions each with two batches of 18 participants, creating slow, spacious circles that invited reflection and renewal. Through lullabies with Gurupriya Atreya, Zentangle-based creative expression, and explorations of silence and song with Vasu Dixit, participants discovered simple yet profound ways to reconnect with themselves. The sessions also delved into myths and archetypes of rest—figures like Hypnos, Krishna, Shiva, and Nidra—encouraging participants to explore symbolic practices through journaling, storytelling, and movement. Across the journey, participants shared laughter, stillness, and collective care, experiencing rest not as an indulgence but as a vital act of sustenance. The Art of Rest became more than a programme—it was a sanctuary that reminded caregivers that to nurture others, one must first hold space for one's own renewal.

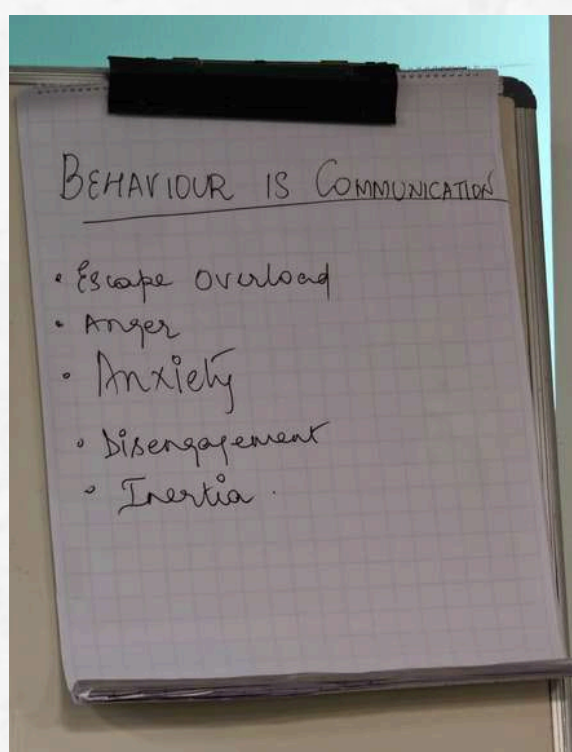


## impART Trainings and Workshops

The impART trainings and workshops continue to be vibrant spaces where educators, professionals, and community members come together to explore the transformative power of arts-based practices. These sessions foster deep reflection, creative expression, and inclusive methodologies that nurture empathy, belonging, and resilience. Through collaborative learning and shared inquiry, impART empowers participants to reimagine classrooms, workplaces, and communities as nurturing environments where every individual can thrive and connect authentically.

### Bangalore International School

Snehadhara Foundation conducted its first outreach training of the year with 15 teachers and special educators from the Learning Centre at Bangalore International School. The two-part sessions, Integrating Arts, Play, and Movement for Inclusion and Addressing Behavioral and Emotional Concerns Using Arts-Based Interventions, used experiential practices of play, movement, and visual arts to explore how arts-based interventions can support emotional regulation, self-expression, and social connection for neurodiverse learners. Drawing on stories and reflection, the training emphasized that behaviours are not problems to be fixed but clues to deeper understanding. The workshop marked an important step in reimagining classrooms as inclusive, nurturing spaces where every learner can thrive.



### Mirra Trust

Snehadhara Foundation began its ninth year of engagement with Mirra Charitable Trust's Shraddha programme for special educators in Chennai by facilitating the opening session for the 9th cohort. Through art, movement, and reflection, participants explored themes of resilience and mindfulness—painting their “Tree of Resilience,” moving as trees, and writing from their “Tree-Self.” The session emphasized simple yet profound practices: pausing for “Root Moments,” holding space for self-compassion, and recognising rest as restoration. This ongoing partnership with Mirra Trust continues to nurture special educators, deepening roots, widening branches, and building resilient, compassionate communities of practice.

### Azim Premji University

As part of the Fourth Annual Summer Course for TeachTE hosted by the School of Education, Azim Premji University, Dr. Gitanjali G Govindrajan facilitated a session on Arts Practices for Inclusion in Schools and Teacher Education. Twenty teacher educators from across India participated in this workshop, which explored how arts-based practices can create classrooms of belonging, empathy, and choice. Drawing from Snehadhara Foundation's work with neurodiverse learners, government schools, and educator training, Dr. Gitanjali shared stories and methodologies that highlighted the arts as intentional and structured practices for inclusion. The session sparked deep reflection, dialogue, and collective inquiry, leaving participants not only with practical tools but also with renewed purpose and connection in their journey as educators.



### Harsha College of Nursing

Snehadhara Foundation facilitated two experiential sessions at the National Conference on Mindful Compassionate Care and Empathetic Patient Engagement at Harsha College of Nursing. Over 300 nursing students and professionals participated in sessions on Empathy and Storytelling in Patient-Centered Care and Mindfulness and Self-Care for Nursing Professionals. Through storytelling, role-play, and movement-based mindfulness, participants explored the neuroscience of empathy, empathy fatigue, and the importance of narrative medicine in fostering trust, personhood, and emotional safety. The sessions also highlighted self-care as vital in a profession defined by constant, often unseen, emotional labor.

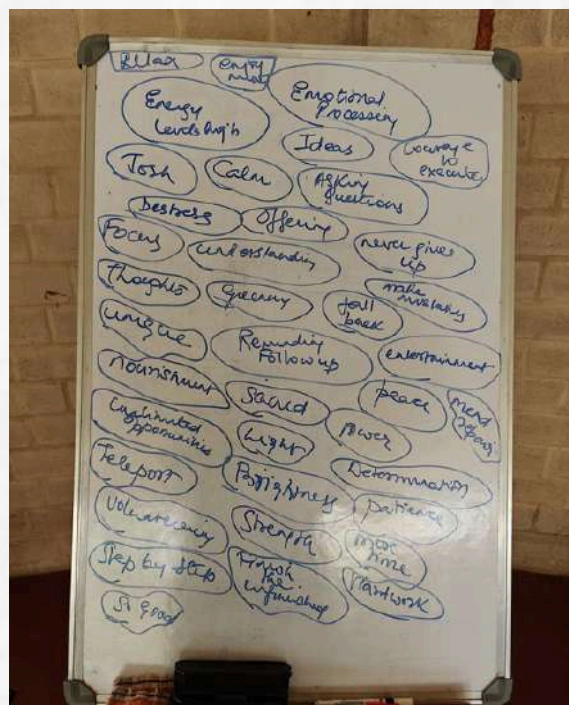


## impART Trainings and Workshops

The impART trainings and workshops continue to be vibrant spaces where educators, professionals, and community members come together to explore the transformative power of arts-based practices. These sessions foster deep reflection, creative expression, and inclusive methodologies that nurture empathy, belonging, and resilience. Through collaborative learning and shared inquiry, impART empowers participants to reimagine classrooms, workplaces, and communities as nurturing environments where every individual can thrive and connect authentically.

### Ishanya India Foundation

Snehadhara Foundation launched the 10 Gifts for Growth training series with the 36-member team of Ishanya India Foundation, marking their 10th year of work in the field of neurodiversity. The opening session, Starting With Us: Vision, Voice, and the Power of Who We Are, focused on reconnecting with purpose and building leadership rooted in care, joy, and collaboration. Through movement, drama, music, rhythm, and storytelling, the team explored grounding rituals, shared vocabularies of care, and reflections on personal and collective growth. The day fostered openness, honesty, and community, setting the tone for a meaningful journey of learning and togetherness through the arts.



### Christ Service Learning Cell

In collaboration with CHRIST (Deemed to be University), Bannerghatta Road Campus, we inaugurated the Service Learning Training Programme with 45 students from the Service Learning Cell. The interactive session invited participants to reflect on the meaning of service, engage with Snehadhara's journey, and explore their roles as changemakers. Through dialogue, sharing, and a case study exercise, students examined how meaningful change can be created by identifying problems, working on solutions, and implementing them for marginalised communities. The session set the tone for a deeper exploration of service learning, opening up a space of curiosity, compassion, and determination as students prepared to continue their journey through lived experiences.



### Christ Sociology Department

Dr. Gitanjali was invited by the Department of Sociology, Christ University, to deliver a talk on Harmony in Diversity: Embracing Neurodiversity through Artistic Expression. Addressing over 100 students and faculty, she challenged dominant narratives around neurodivergence and inclusion, urging a shift from seeing difference as deficit to embracing it as diversity. The session highlighted what it truly means to create inclusive spaces—where people feel seen, heard, and valued—and explored the transformative role of the arts in building belonging and connection. Drawing from Snehadhara Foundation's Arts Practices for Inclusion (API), Dr. Gitanjali emphasised that the arts are not just expressive tools but powerful practices that make every learner visible, valid, and included.

### Jyoti Nivas College

Snehadhara Foundation engaged with over 190 students from the Department of Psychology at Jyoti Nivas College through a session on Harmony in Diversity: Embracing Neurodiversity through Artistic Expression, organised by Manasi, the Psychology Association. The talk explored neurodiversity, equity, and inclusion, emphasising that difference is not deficit and inviting students to reflect on shifting from fixing people to fixing systems. The team also introduced the Value-Added Course in Arts Practices for Psychology and Inclusive Development, which blends theory, experiential learning, and fieldwork to foster empathy, belonging, and dignity. The session concluded with a musical offering, leaving the group with shared perspectives and the connection through the arts.



## impART Trainings and Workshops

The impART trainings and workshops continue to be vibrant spaces where educators, professionals, and community members come together to explore the transformative power of arts-based practices. These sessions foster deep reflection, creative expression, and inclusive methodologies that nurture empathy, belonging, and resilience. Through collaborative learning and shared inquiry, impART empowers participants to reimagine classrooms, workplaces, and communities as nurturing environments where every individual can thrive and connect authentically.

### Inclusion Movement

Snehadhara Foundation welcomed eight volunteers from the Inclusion Movement to campus for a day of collaboration and shared learning. The volunteers spent time with Uhuru participants, embodying the buddy model through gentle presence, working alongside the vocational unit, and helping create teaching-learning materials. Their sensitivity, joy, and commitment brought warmth to the space and highlighted the power of inclusion when diverse communities come together. The visit was a meaningful exchange of care and collaboration, and we look forward to building on this journey together.



### DEI & Leadership Workshop

We facilitated a workshop on “Diversity, Inclusion and Leadership for Future Changemakers” with students of Christ University, Bannerghatta. This marked an important next step in our engagement with the community. The two-part workshop invited participants into reflective dialogues, storytelling, embodied practices, and hands-on tools to explore lived experiences of Diversity, Equity, Inclusion, and Social Belonging. It also introduced frameworks of Youth Leadership and Social Entrepreneurship, encouraging young changemakers to reflect on their identities, embrace allyship, build resilience, and step confidently into their leadership journeys.



### Purple Ink Studio

The Snehadhara team had the joy of facilitating a 34-member drum circle at Purple Ink Studio. What began with rhythm soon unfolded into an afternoon of laughter, shared bonds, and collective energy. The group came together beautifully—finding connection through beats, discovering joy in play, and learning through the language of music. It was a celebration of community, creativity, and the spirit of togetherness.





## impART Creative Connections

The impART Creative Connections programme has blossomed into a dynamic platform that unites diverse communities through the transformative power of the arts. Bringing together corporate partners, educational institutions, and social organisations, these sessions foster collaboration, empathy, and social responsibility. Through creative engagement, participants co-create inclusive experiences that deepen understanding, build bridges across differences, and inspire collective action toward more compassionate and connected communities.

### Cisco On Campus

Snehadhara Foundation hosted the Cisco team on campus for a day of collective learning and joy. Employees worked alongside the team to sort learning materials, create resource manuals of songs and stories for government school children, and join drum circles with students from Classes 1 to 6. The session was filled with energy, enthusiasm, and a spirit of giving back. At Snehadhara, CSR is seen as Collective Social Responsibility, where such engagements expand the circle of care for children and communities. We are grateful to Cisco for their continued support and for inspiring their teams to be part of building a more inclusive and compassionate world.



### ITC Agra, Jaipur, Mumbai

Creative Connections facilitated the Mumbai, Jaipur and Agra editions of ITC's Making New Choices programme through Svasti, an arts-based initiative for retirees, continuing our work from the previous year. About 40 participants in each city came together over two days of theatre, movement, storytelling, and play—rediscovering curiosity, imagination, and the joy of connection. The groups explored the child within, and reflections on routine, rest, and renewal opened up conversations on how to embrace this stage of life with openness and resilience. Across both cities, participants shared personal journeys, celebrated community, and reimagined retirement as a space of growth and creativity.

### Cisco On Premises

We hosted two engaging sessions with Cisco employees, bringing together over 170 participants across teams and activities. In the first engagement, the Emerging Talents Team explored Snehadhara's work through community arts, play, and movement, creating vibrant story cubes that will be used in government schools and other programmes. In the second session, employees from the Finance IT Team focused on assembling Uhuru Assisted Living Readiness Kits—life skills boards, community maps, communication passports, and dream walls—to support neurodiverse adults in living with dignity, autonomy, and connection. Framed by the question “What after me?”, the day was alive with laughter, reflection, and a shared sense of purpose.

### Google Serve

Snehadhara Foundation hosted a group of Google Serve employees at its Nelamangala campus as part of ongoing employee engagement initiatives. The volunteers spent time with participants of Uhuru—the 26-day residential programme for neurodiverse adults—engaging in games, community activities, shared meals, and buddying experiences that fostered connection, presence, and empathy. Participants experienced play-based activities highlighting how creativity can cultivate empathy, understanding, and community. Corporate volunteers became co-travellers in the journey of assisted living, expanding the social universe of participants and reinforcing belonging.

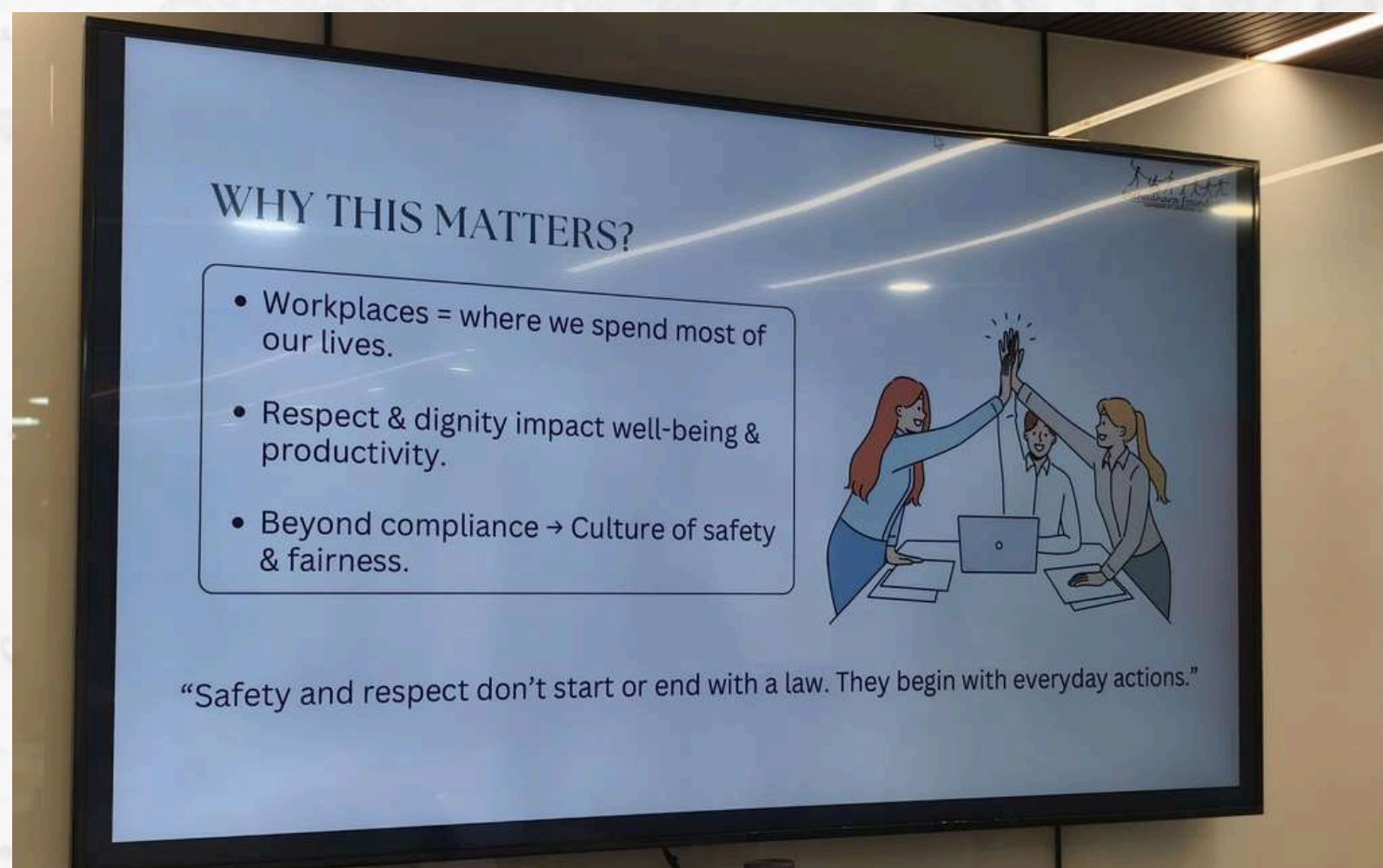


## impART Creative Connections

The impART Creative Connections programme has blossomed into a dynamic platform that unites diverse communities through the transformative power of the arts. Bringing together corporate partners, educational institutions, and social organisations, these sessions foster collaboration, empathy, and social responsibility. Through creative engagement, participants co-create inclusive experiences that deepen understanding, build bridges across differences, and inspire collective action toward more compassionate and connected communities.

### Eicher Trucks and Buses

At the Eicher Trucks & Buses plant in Pithampur, over 75 senior leaders—including EVPs, VPs, and GMs—participated in Speaking Respect: Gender Sensitivity and Everyday Leadership, a training facilitated by Snehadhara Foundation. Moving beyond compliance, leaders engaged in courageous conversations on unconscious bias, affinity bias, and workplace silence, reframing the dialogue as all of us versus bias. Through activities like the Circle of Trust and real-life caselets, they re-examined assumptions about the POSH Act, fairness, and dignity. This dialogue reflected Eicher's commitment to building culture from the top—linking respect and inclusion to trust, well-being, and business growth.



### UC Inclusive

We led a series of transformative sessions at UC Inclusive Credit, beginning with a POSH (Prevention of Sexual Harassment) training for senior leadership and ICC members, focusing on rethinking leadership's role in shaping workplace culture around safety, dignity, and fairness. Participants explored landmark legal updates, unconscious bias, power dynamics, and contemporary scenarios—including digital harassment and LGBTQIA+ inclusion—moving from compliance to proactive cultural stewardship. This was followed by an employee training on Gender Sensitization and Inclusion, emphasizing that inclusive workplaces are built not only through policies but through everyday choices, reflection, and dialogue. Participants practiced strategies to call out and call in bias, co-created safe spaces for conversation, and engaged deeply.

### Capillary Technologies

Snehadhara Foundation launched Root & Rise, an arts-based personal leadership programme for Capillary Technologies employees with 1-4 years in the ecosystem. The programme engages participants in exploring time and stress management, work-life balance, feedback, fear, and fearlessness, using tools such as the Eisenhower Matrix and the 5-5-5 mindfulness technique. Through reflection, small group discussions, and role-plays, participants connected with their personal leadership styles and shared experiences. This was part of Capillary's broader commitment to well-being, allyship, and collaborative leadership, fostering purpose, confidence, and care in the workplace.



The Arts Practices for Inclusion (API) programme embodies a transformative journey for educators and practitioners committed to fostering inclusive environments. Through immersive learning, reflective practice, and community engagement, participants develop deep insights and practical skills to support diverse learners. By integrating arts-based methodologies, API cultivates spaces of empathy, dignity, and belonging, empowering individuals to become catalysts for change in education and beyond.

## Arts Practices for Inclusion Batch 7 & 8 Certification

The 2024-25 cohort of the Arts Practices for Inclusion (API) course celebrated a year of learning, creativity, and community engagement at their certification ceremony. Fifteen participants from eight cities across India were recognized for completing a year-long journey working with vulnerable and beneficiary populations through arts-based interventions.

The event highlighted reflections on both individual and collective journeys, showcasing the transformative impact of inclusion, creativity, and compassion. Participants received their certificates in the presence of peers and mentors, alongside audio-visual glimpses of community projects and training experiences.

The ceremony also marked the launch of the API Research and Community Inclusion Project books, documenting a year of thoughtful practice. Cultural performances—including Kathak, multilingual musical offerings, and reflections by Romana Shaikh, author of *Weaving Wholeness*—added grace and depth to the occasion. This cohort now steps forward as certified Arts Practitioners for Inclusion, ready to carry this transformative work onwards and upwards.



## API India Batch 9: Contact Sessions

The second contact session of API Batch 9 marked a deepening of the journey begun earlier this year. Building on the strong foundations of Term 1, participants returned to campus and came together with renewed energy, carrying experiences from their fieldwork into the shared learning space.

Over the course of the week, the group immersed themselves in refining facilitation practices, applying arts-based tools in real-world contexts, and engaging in collaborative exploration. What stood out most was the spirit of togetherness—participants supported, challenged, and inspired one another, weaving their diverse journeys into a collective fabric of learning.

This session reinforced not only the methodologies of inclusion but also the strength of community and co-creation that lie at the heart of the API programme.



# AWARDS

The recognition garnered by Snehadhara Foundation this year reflects the depth and impact of its commitment to inclusive education and community empowerment. Honoured with prestigious accolades such as the NeuroUnity Ally Award and celebrated as finalists in the Namma Bengaluru Awards, these acknowledgments affirm the foundation’s leadership in cultivating dignity, belonging, and transformative care. Each award is a testament to the collective passion and dedication driving the journey toward a more inclusive, compassionate society where every individual’s potential is nurtured and honoured.

## NeuroUnity Award

Snehadhara Foundation was honoured with the NeuroUnity Ally Award in recognition of its work in inclusive education and caregiver support. The award was presented at NeuroUnity, organised by Not That Different – Bookosmia and the India Autism Center, which brought together changemakers and advocates in the field of neurodiversity. The celebration highlighted collective efforts to uplift neurodiverse voices and build inclusive communities. Snehadhara is grateful to be part of this growing movement and to share the platform with others committed to advancing inclusion.



## Namma Bengaluru Awards

At the 14th Edition of the Namma Bengaluru Awards, over 4,000 nominees were recognised for their contributions to the city, with 19 finalists honoured across categories. Snehadhara Foundation is proud that its Founder & Executive Director, Dr. Gitanjali G Govindrajan, was a finalist in the prestigious Namma Bengalurean of the Year category. The awards celebrate citizens who embody compassion, commitment, and courage in making Bengaluru a better city. Sharing the platform with changemakers such as Dr. Alexander Thomas (Association of Healthcare Providers India), Dr. Sriram P (Bangalore Kidney Foundation), and Dr. Susheelamma (Sumangali Seva Ashrama), the recognition was an honour in itself. Snehadhara celebrates Dr. Gitanjali’s leadership in championing inclusion through arts practices and her tireless efforts in building ecosystems of care.

## SF Team Training

At the beginning of the year, the team came together for a training that became a sacred space of reflection, connection, and alignment. From cooking together and tracing rangolis to exploring MBTI and setting collective intentions, the time spent together grounded the group in care and purpose. The final day, led by facilitators Remya and Arunima from Will at Work, invited the team into a process of “Discovery” through stories and metaphors—reflecting on the narratives that shaped them, what they let go of, and what they chose to nurture. The co-created artwork of a metaphorical tree stood as a symbol of growth, rootedness, and shared commitment. With hearts full and intentions aligned, the team stepped into the year ahead carrying forward a promise of belonging, care, and possibility.





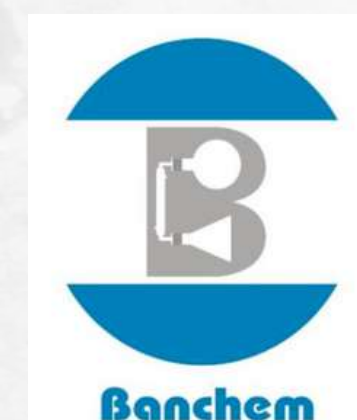
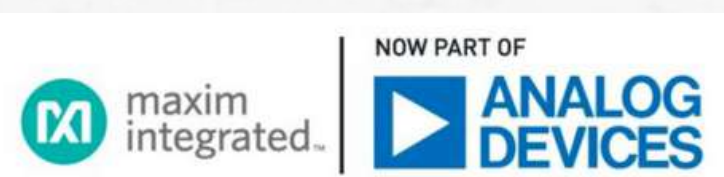
## ABOUT US

Come together with us in building a more inclusive world—one where we reflect deeply on ourselves and find inspiration to live with greater kindness and understanding. A world where every individual feels valued, seen, and truly belongs.

Snehadhara Foundation (SF), established in 2012 and headquartered in Bangalore, is a pioneering non-profit dedicated to Arts Practices for Inclusion (API). SF places arts at the core of teaching and learning, fostering inclusion as the cornerstone of a compassionate society. Through service-based initiatives, community engagement, and policy advocacy, SF has directly impacted over 12,500 children and adults, reached 75,000 individuals globally, and trained over 3,500 professionals from 500 organizations across eight countries, including India, Nepal, and Canada.

SF works with neurodiverse individuals and vulnerable groups, offering direct care and training for educators, psychologists, practitioners, and corporate leaders. Its mission is to empower individuals through arts practices, foster Sustainable Development Goals (SDGs), and influence policies to promote a compassionate, inclusive society. Using the arts as a transformative tool, SF creates spaces that support the social, emotional, and cognitive development of individuals with special needs and marginalized communities.

## SOME OF OUR PAST AND ONGOING FUNDERS



### CONTACT DETAILS

#### Campus Address

Prajnadhara – Snehadhara Foundation Plot #157&158  
Cliffton Park Byrashettihalli Village, Kasaba Hobli  
Nelamangala Taluk, Bengaluru, Karnataka 562123, India

#### Phone & email

+91 9880114551  
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

Content: Yashaswini, Gitanjali  
Design and Layout: Yashaswini

All donations made to Snehadhara Foundation are  
exempted u/s 80G of Income Tax Act 1961.