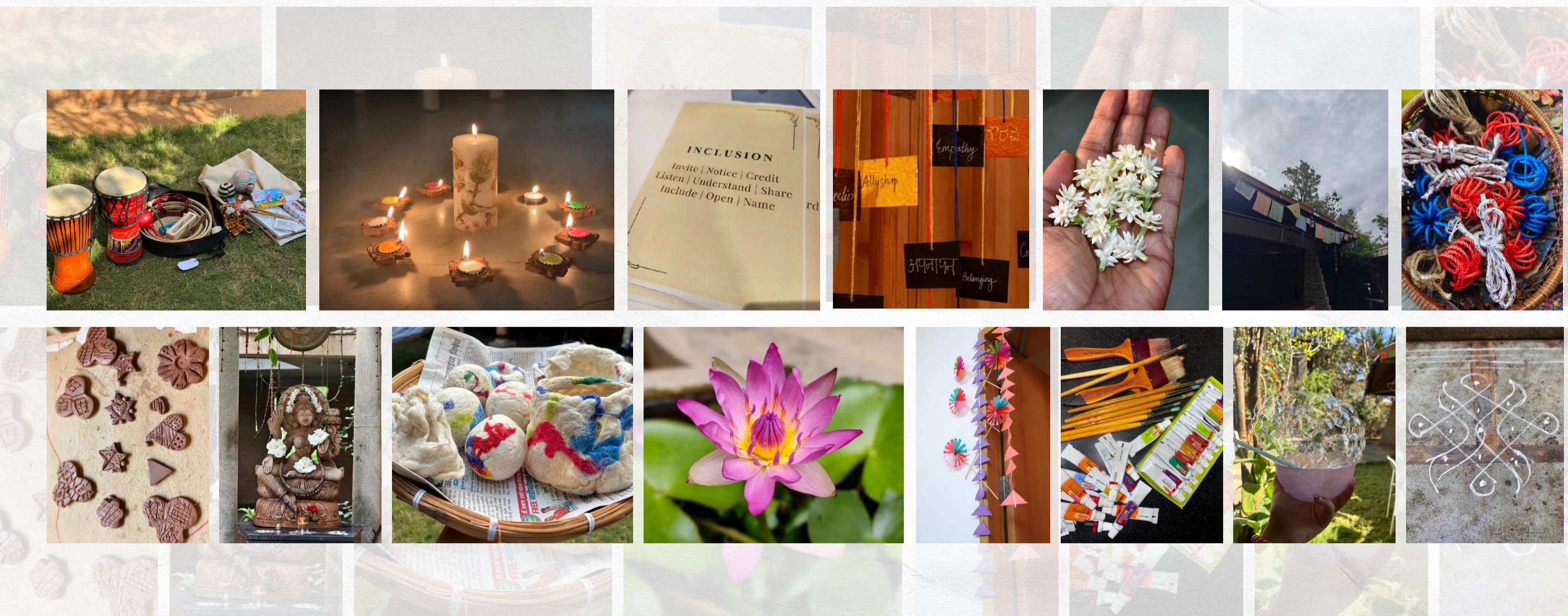




# ANNUAL REPORT

## 2025-2026



## A Note to the Reader

*“When we know ourselves to be connected to all others, acting compassionately is simply the natural thing to do.”*

– Rachel Naomi Remen

This year marked 13 years of Snehadhara Foundation, a journey shaped by the belief that inclusion is not an intervention but a way of living together with dignity, care, and belonging. Since its inception, Snehadhara has worked to build inclusive ecosystems through Arts Practices for Inclusion (API)—bringing together communities, practitioners, families, and institutions in shared learning and practice. What began as a small experiment in arts-based engagement has steadily grown into a movement that places the arts at the centre of conversations around equity, participation, and well-being. Our vision continues to guide us: building inclusive ecosystems of care, dignity, and belonging through the arts.

Guided by our mission to train at least 200 practitioners and strengthen 100 partner institutions by 2030, the past year has been one of deepening both practice and reach. Across programmes such as Uhuru, which reimagines assisted living for neurodiverse adults, community-based learning spaces for children and elders, practitioner training through Prajñadhara, institutional partnerships through impART, and reflective circles for caregivers and professionals, the work continued to grow in both scale and depth.

This year also strengthened our growing ecosystem of practitioners, educators, organisations, and partners across India and beyond. Together, we explored new possibilities for assisted living, inclusive education, caregiver well-being, and arts-based leadership within institutions and communities.

As this report reflects, the past year was not only about programmes and numbers, but about relationships, shared inquiry, and collective responsibility—continuing to shape spaces where people feel seen, valued, and able to participate fully in community life.

### IMPACT

In 2025-26, we worked with 2650 beneficiaries from special needs and vulnerable groups through our programmes, and worked with over 2200 professionals across settings and contexts.

#### Uhuru

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#### Direct Beneficiary Outreach

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#### Programmes for Caregivers

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## The Beginning of a Journey

The Uhuru programme emerged from a question many families of neurodivergent adults quietly carry: What happens after me? At Snehadhara Foundation, this concern surfaced repeatedly in conversations with parents thinking about adulthood and long-term care. Instead of viewing this as a distant crisis, the organisation began exploring how preparation could start earlier.



## The Pillars of Uhuru

The Uhuru model rests on three interconnected pillars. Community Living encourages participants to share everyday responsibilities such as cooking, cleaning, and caring for common spaces. Independence Training focuses on practical daily living skills like personal care, communication, and decision-making. Experiential Learning ensures that learning happens through lived experiences rather than formal instruction. Kitchens, gardens, festivals, and daily routines become spaces where participants practise cooperation, responsibility, and choice. Together, these pillars create an environment where individuals move from being recipients of care to active contributors within a community.



## From Experiments to a Structured Programme

Uhuru took shape as a 26-day immersive experience where neurodiverse adults lived together and engaged in the rhythms of shared life. Participants followed daily routines such as preparing meals, completing chores, and participating in group activities. They navigated differences, celebrated festivals, and built friendships within the community. These shared experiences demonstrated that assisted living is not about separation from families, but about learning to participate meaningfully in collective life while developing responsibility, contribution, and belonging.



## Assisted Living as a Trainable Skill

One of the key insights emerging from Uhuru is that assisted living can be understood as a skill rather than only a service or facility. When individuals are given structured routines, shared responsibilities, and supportive community spaces, they gradually build autonomy and confidence. These experiences show that independence develops through practice, repetition, and relational support. Uhuru continues to evolve as both a programme and a framework, demonstrating that assisted living can be learned over time through participation, community engagement, and everyday shared life.



## Where the Journey Stands Today

As Uhuru evolved, shorter residential cycles of 7 days were introduced alongside the longer programme, allowing more families to begin the process gradually. Observations from recent cohorts show that participants demonstrate steady growth in daily living skills, communication, and emotional regulation when routines are embedded in community life. Peer presence and shared responsibilities support learning, enabling participants to observe, imitate, and guide one another. Over time, community itself becomes a powerful learning environment where individuals build confidence and contribute meaningfully to collective life.

## DIRECT BENEFICIARY OUTREACH

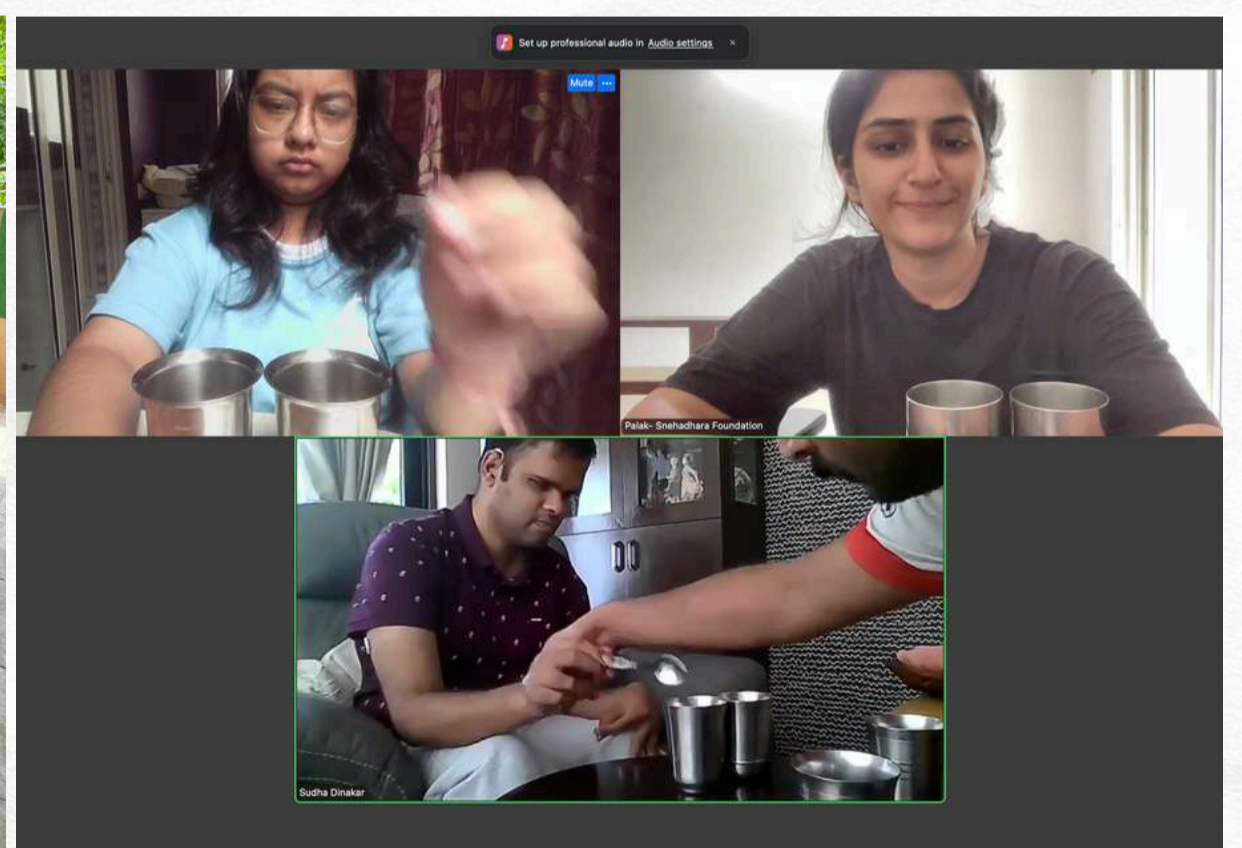
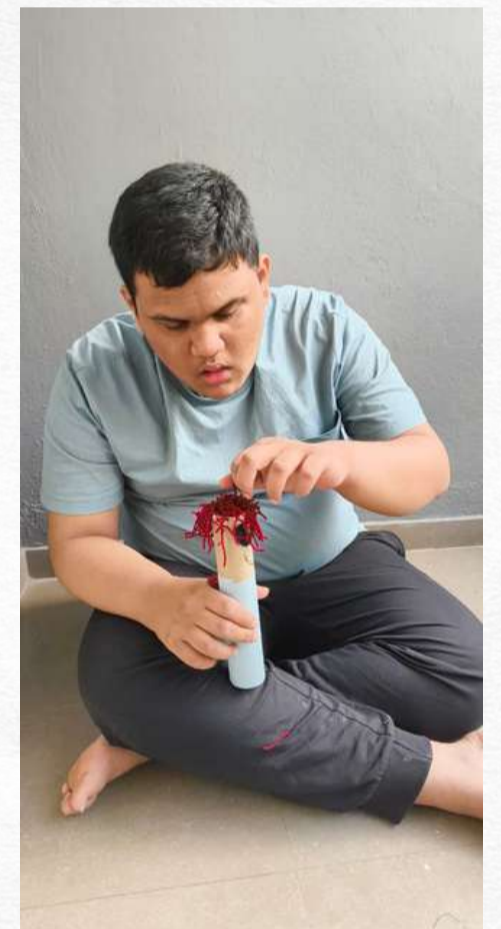
Through community programmes, Snehadhara extended arts-based learning and well-being practices across children, elders, and schools, nurturing creativity, connection, confidence, and inclusive participation.

### Outreach in Schools

Through the Snehasangiti programme, Snehadhara Foundation continued its engagement with schools, creating inclusive and joyful learning spaces for children. The programme was implemented across the school system at Hithachinthana School, working with students from Nursery to 8th Standard, as well as with PU students at Hosalaya College. Sessions focused on strengthening literacy, spoken English, and communication through songs, stories, games, movement, and arts-based learning. These interactive methods encouraged confidence, collaboration, and self-expression, helping students engage with language in playful and meaningful ways while nurturing classrooms rooted in inclusion, creativity, and the joy of discovery.

### One on One Sessions

Snehadhara Foundation's city-based one-on-one sessions supported children who were unable to attend the campus programme. Each session was designed around individual learning goals, using arts-based activities to strengthen academic understanding, therapeutic development, and life skills. Children engaged in hands-on projects such as best-of-waste creations and simple cooking exercises that encouraged creativity and independence. The sessions followed a festival- and theme-based learning approach, exploring topics such as Water and the States of India alongside celebrations like Onam, Ganesh Chaturthi, Pongal, Diwali, and Christmas, helping children connect learning with culture, community, and everyday life.



### Omashram Trust Old Age Home

At Omashram Trust Old Age Home, Snehadhara Foundation engaged residents through arts-based sessions aimed at strengthening psycho-emotional well-being. Activities in music, movement, and visual arts created opportunities for expression, joy, and shared connection within the community. These sessions encouraged storytelling, reflection, and companionship among residents, fostering a renewed sense of participation and belonging. For some, the engagement extended beyond the home into wider community learning spaces, supporting intergenerational exchange. Through these experiences, the arts served as a bridge—bringing people together, nurturing empathy, and affirming that creativity and meaningful engagement remain vital at every stage of life.

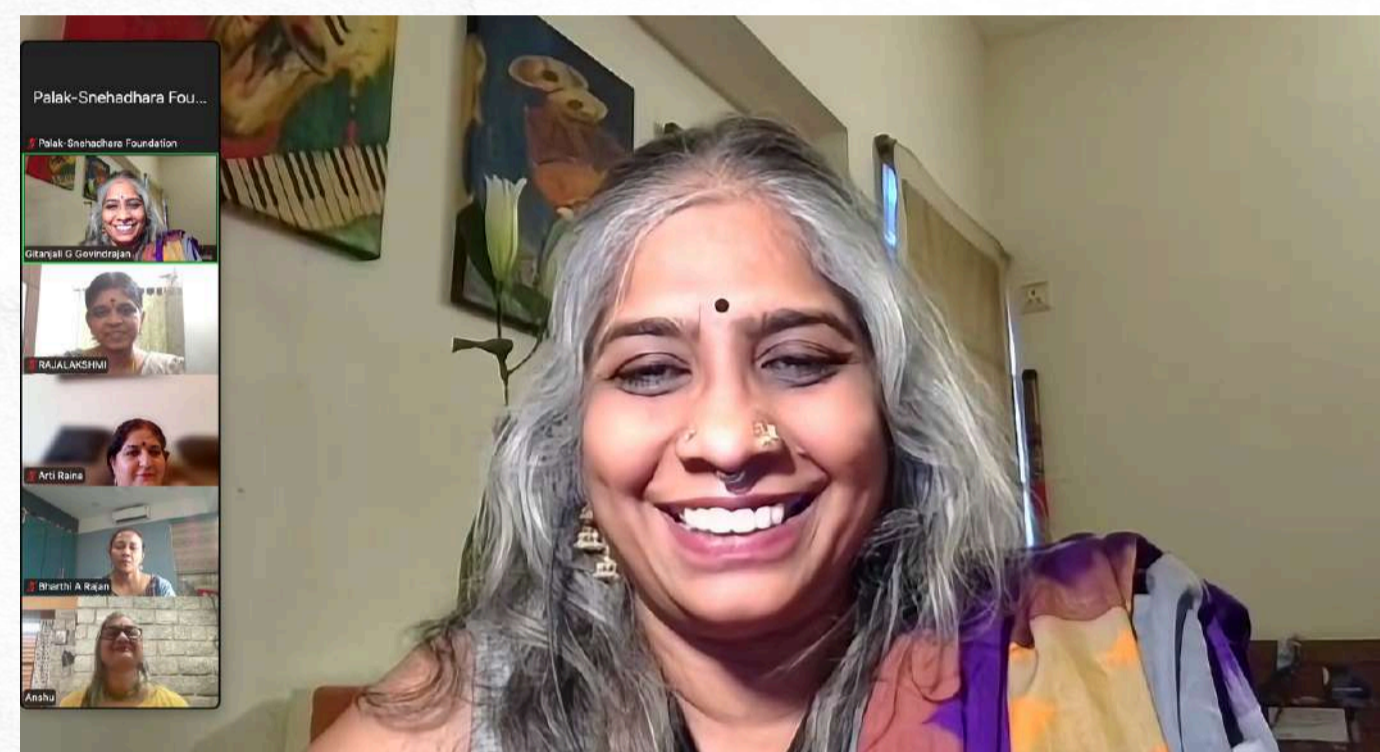
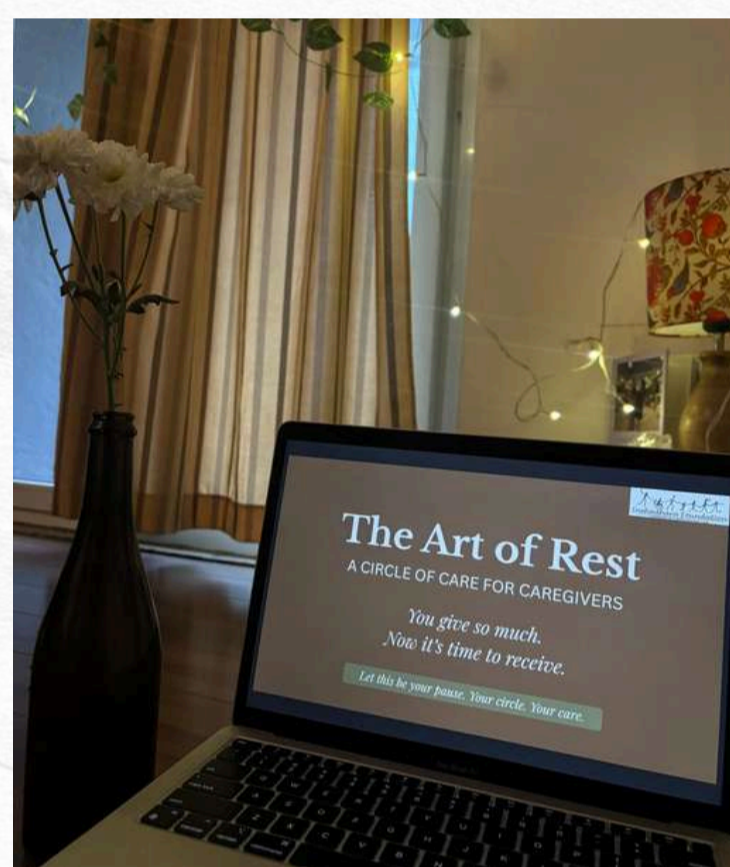
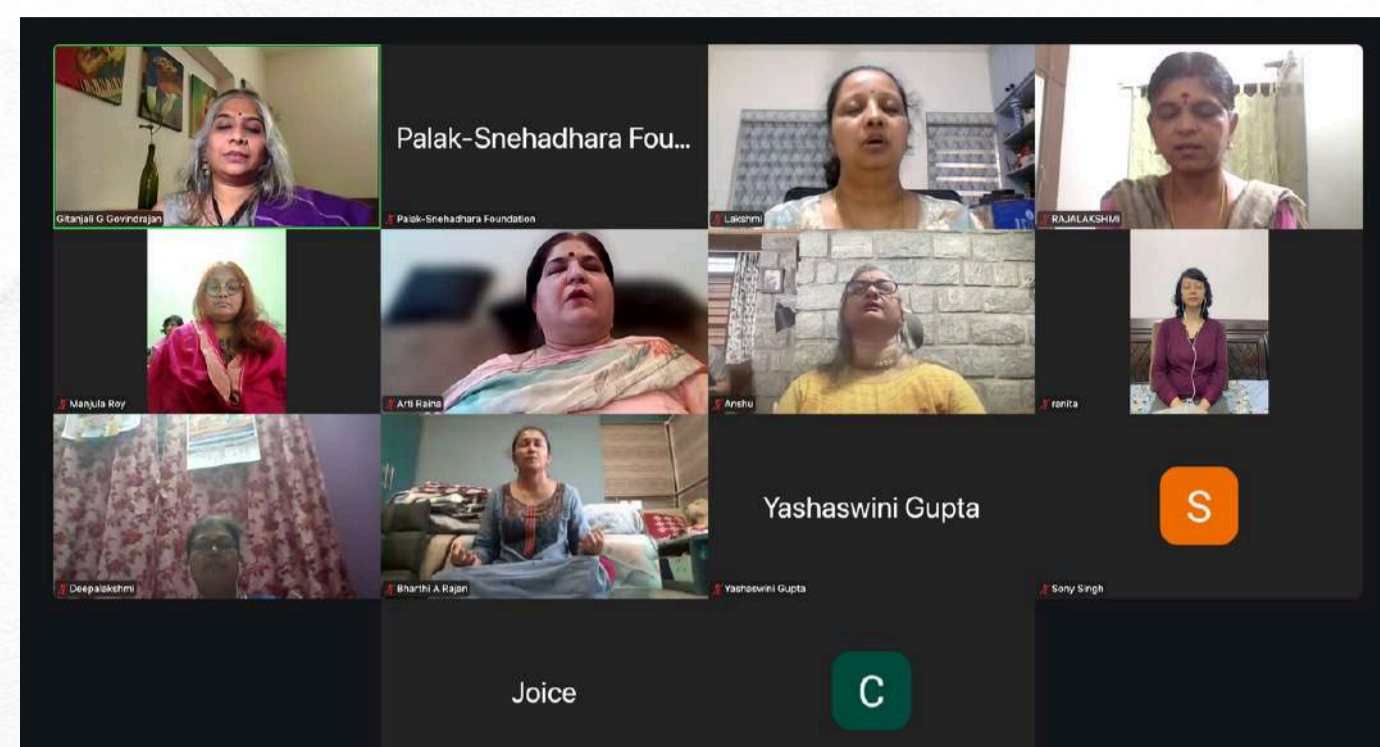
# PROGRAMMES FOR CAREGIVERS

Through reflective spaces like The Art of Rest and Baithak, Snehadhara nurtured care, dialogue, and community, supporting practitioners and caregivers in pausing, reflecting, and learning together.

## The Art of Rest: Circle of Care

Through the Art of Rest initiative, Snehadhara Foundation created gentle circles of care designed especially for caregivers and individuals navigating emotionally demanding roles. During the year, four batches were conducted online, reaching nearly 50 participants. Each batch consisted of reflective sessions that invited participants to pause, reconnect with themselves, and explore rest as an intentional practice.

The sessions used arts-based processes such as Zentangle drawing, music and sound exploration, reflective writing, collage-making, and gentle movement and breath work. These practices created a quiet, supportive space for participants to slow down, express inner experiences, and engage in shared reflection. The programme emphasized that caring for oneself is not separate from caring for others, but a necessary foundation for it, offering participants practical tools and a sense of community for renewal and well-being.



## Baithak - The Quiet Uprising

Snehadhara Foundation hosted Baithak - The Quiet Uprising, a series of reflective gatherings that created intimate spaces for dialogue, listening, and shared inquiry. During the year, six Baithaks were conducted, bringing together around 70 participants from diverse backgrounds including educators, artists, practitioners, and community members.

Each Baithak was designed as a conversational circle rather than a formal event, where participants explored themes of inclusion, identity, care, and the role of the arts in shaping more humane communities. The gatherings encouraged deep listening, storytelling, and collective reflection, allowing participants to engage with lived experiences rather than abstract ideas.

Through these circles, Baithak nurtured a culture of thoughtful conversation and relational learning. The series reaffirmed the importance of slow dialogue and community reflection in building shared understanding, strengthening networks of practitioners, and cultivating spaces where diverse voices could meet with openness and respect.

## Museum of Art and Photography

Our engagement with the Museum of Art & Photography (MAP) this year included a series of training sessions for frontline staff, support teams, and volunteers. The sessions focused on building empathy, sensitivity, and inclusive practices through simple, experiential, arts-based activities. Conducted in English and Hindi, they created accessible spaces for reflection on engaging with visitors of diverse identities, including those with invisible disabilities. As part of this collaboration, the team also facilitated sessions on holding spaces at MAP's Beyond the Headcount conference, using music and community dance to create moments of collective reflection and connection.



## Spastics Society of Karnataka

Snehadhara Foundation conducted a two-day RCI-recognised workshop with around 50 special educators at the Spastics Society of Karnataka. The immersive sessions explored music and visual arts as tools for learning, therapy, and inclusion. Through voice, rhythm, movement, drawing, and collaborative art-making, participants experienced how arts practices support cognitive, motor, communication, social, and emotional development. Grounded in theory and practice, the workshop created space for reflection, experimentation, and reimagining inclusive learning environments for children and adults with disabilities.



## 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 sessions explored integrating arts, play, and movement to support inclusion, emotional regulation, and self-expression among neurodiverse learners. Through experiential activities, reflection, and storytelling, participants engaged with arts-based approaches to understand behaviour with empathy and insight. The training encouraged educators to view classrooms as nurturing spaces where creativity, connection, and inclusive practices support every learner's growth and participation.



## Azim Premji University

As part of the Fourth Annual Summer Course for TeachTE at 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. Drawing on Snehadhara Foundation's work, the session explored how arts-based practices foster belonging, empathy, and choice in classrooms. Through stories, reflection, and dialogue, participants engaged with the arts as structured practices for inclusion, leaving with practical insights and renewed purpose in their work as educators.



## Project Arunima

Snehadhara Foundation began a learning journey with the Project Arunima team, an assisted living facility in Dehradun, through a Hindi session titled "Sambhalna, Khelna, Aur Apne Aap Ko Pehchanna (Care, Play, and Self-Awareness)." Drawing from the learnings of Uhuru, the session used play, movement, and dialogue to explore care as relationship, self-awareness as strength, and rest as essential to caregiving. Caregivers reflected on what truly tires them and one commitment toward self-care, creating a space of honest sharing, mutual respect, and collective learning within a community of care.

Through impART, Snehadhara extended arts-based practices into institutions, classrooms, and communities, training educators, caregivers, and professionals to build inclusive, compassionate, and responsive environments.

## India Autism Centre

Snehadhara Foundation facilitated a staff training titled “Caring with Dignity: Understanding Aggression, Sexuality, Ethics & Self-Care” at the India Autism Centre, Kolkata, in February 2026. Nearly 70 staff members participated as part of preparations for their assisted living programme. The experiential session explored behaviour as communication, safe responses to escalation, and approaches to sexuality and safety with dignity and clarity. It also emphasised ethical caregiving and caregiver wellbeing, highlighting the importance of empathy, boundaries, and self-care in sustaining compassionate and responsible support for neurodiverse adults.



## 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. Through storytelling, role-play, and movement-based mindfulness, the sessions explored empathy, empathy fatigue, and narrative medicine in patient-centered care. Participants reflected on building trust, emotional safety, and person-centered practice, while also recognising the importance of self-care in a profession shaped by constant emotional labour and responsibility.



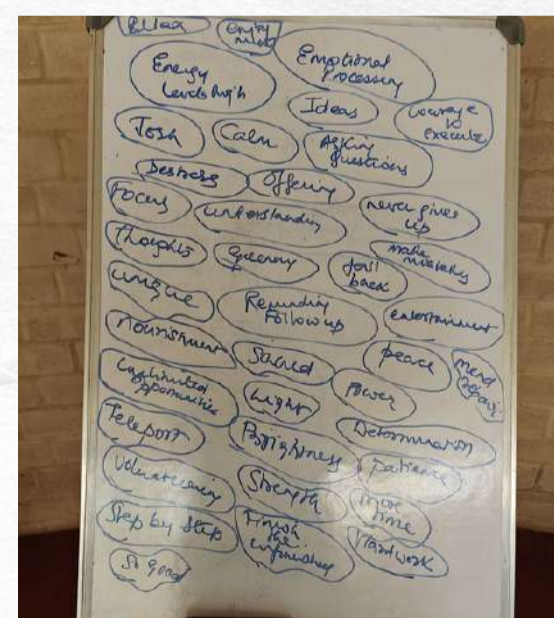
## Mirra Trust

We 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 ninth cohort. Through art, movement, and reflection, participants explored resilience and mindfulness by creating their “Tree of Resilience” and engaging in reflective writing. The session highlighted practices such as pausing for “Root Moments,” self-compassion, and restorative rest. This long-standing partnership continues to nurture special educators, strengthening resilient and compassionate communities of practice.



## Ishanya India Foundation

Snehadhara Foundation launched the 10 Gifts for Growth training series with the 36-member team of Ishanya India Foundation, marking their tenth year of work in neurodiversity. The opening session, Starting With Us: Vision, Voice, and the Power of Who We Are, focused on reconnecting with purpose and strengthening collaborative leadership. Through movement, music, storytelling, and reflection, participants explored shared values, grounding practices, and collective growth, setting the tone for a thoughtful journey of learning and togetherness through the arts.



## Vidya Niketan School

Snehadhara Foundation conducted “Boards & Balance: Exam Readiness Through Play, Reflection & Practical Tools” with 10th-grade students at Vidya Niketan School. Across three activity-based sessions, the programme supported students in understanding and managing exam-related stress. Through movement, group activities, discussion, and reflection, students explored how the brain responds under pressure and learned simple grounding techniques, anxiety resets, and practical study habits. The sessions helped students approach Board preparation with greater awareness, balance, and confidence.

## Christ Hosur Thanksgiving Event

Snehadhara Foundation participated in a gathering at the School of Psychological Sciences, Christ University, Main Campus, bringing together educators, community leaders, NGO professionals, counsellors, and students. Dr. Gitanjali G Govindrajan joined Naveen Thomas from Headstreams for a panel titled “Centring Well-being at the Heart of Practice in Schools and Communities.” The dialogue explored well-being as a lived practice through play, the arts, emotional safety, and everyday care. Audience questions deepened the conversation, highlighting the need for collaboration across institutions to embed well-being meaningfully within schools and communities.

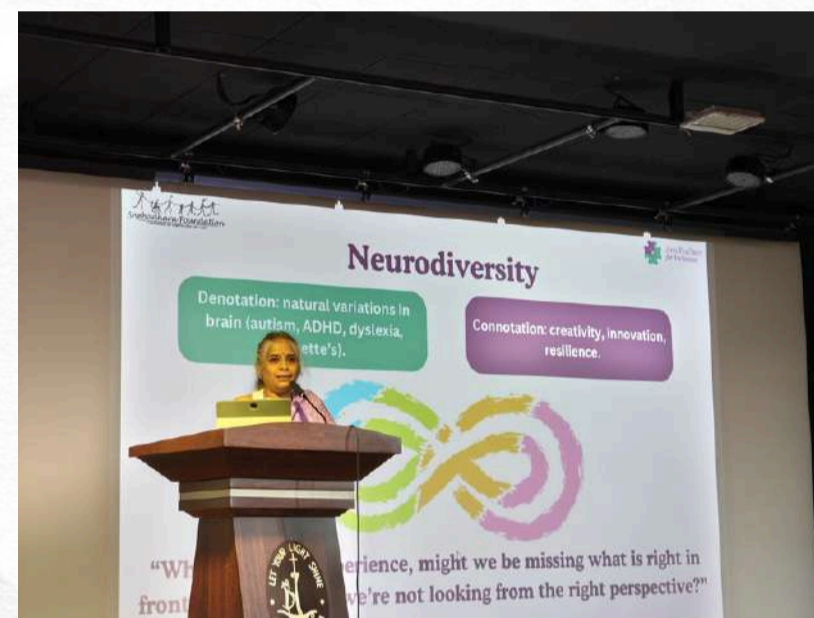


## PES University

We had the opportunity to be at PES University for their hackathon Intentia 2026.

Gitanjali G Govindrajan spoke about the human side of innovation, drawing from ideas in psychology on what truly sustains motivation in creative work in particular the role of autonomy, mastery, and purpose.

The session “Hack the Hacker: The Human Side of Innovation, Leadership, and Change” invited students to reflect on how innovation is not only about building solutions, but also about understanding the motivations that drive curiosity, persistence, and meaningful engagement with problems.



## 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 session explored neurodiversity, equity, and inclusion, inviting students to rethink difference as diversity rather than deficit. The team also introduced the Value-Added Course in Arts Practices for Psychology and Inclusive Development, highlighting how arts-based approaches can foster empathy, belonging, and more inclusive ways of understanding human difference.



## Christ Hosur Sociology Department

Dr. Gitanjali G Govindrajan 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 deficit-based views of neurodivergence and encouraged a shift toward embracing diversity. Drawing from Snehadhara Foundation’s Arts Practices for Inclusion (API), she highlighted how the arts can help create spaces where individuals feel seen, heard, and valued, fostering belonging, empathy, and deeper human connection.

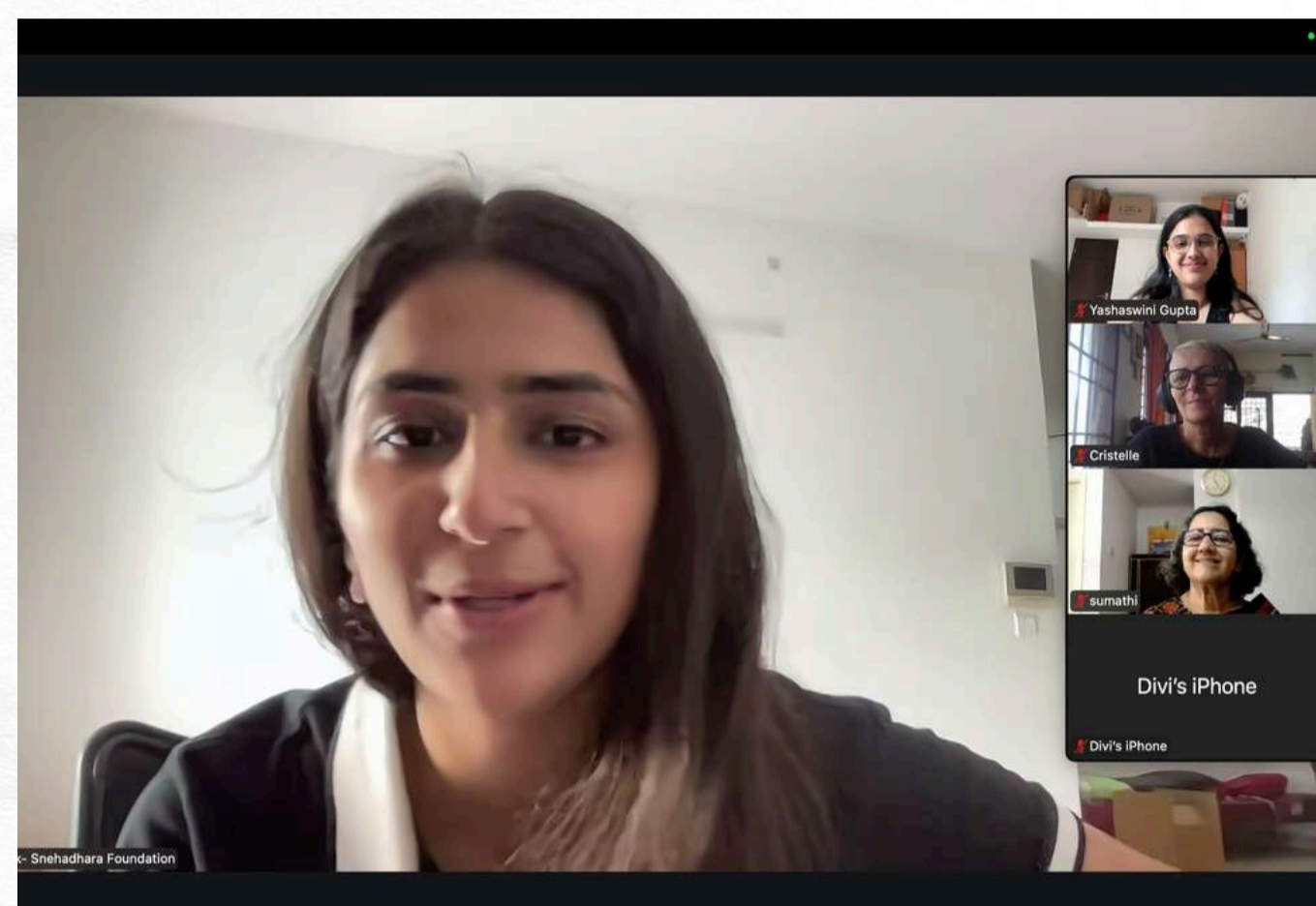
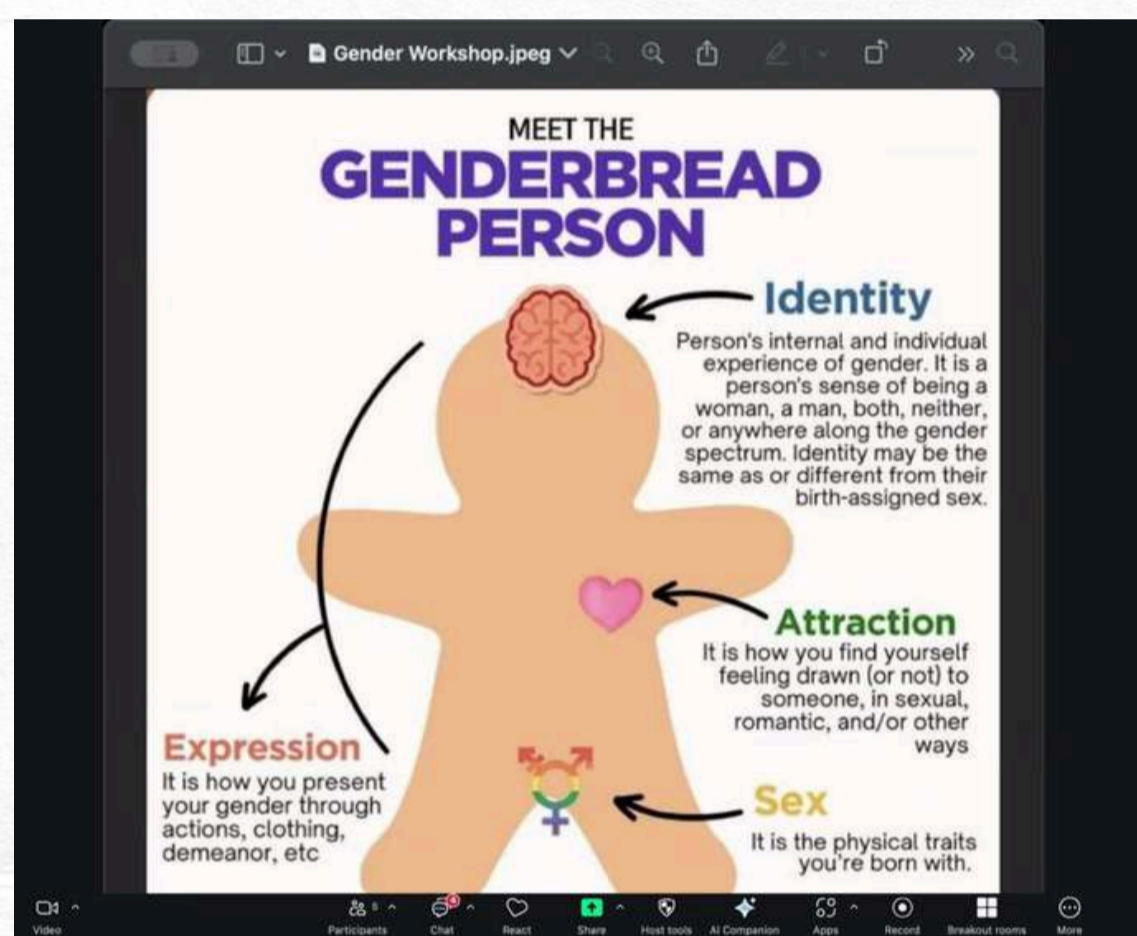


## Christ College Service Learning Cell

Snehadhara Foundation, in collaboration with CHRIST (Deemed to be University), Bannerghatta Road Campus, 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 and their role as changemakers. Through dialogue and a case study exercise, students explored how meaningful change can emerge from identifying problems, developing solutions, and working alongside marginalised communities. The session opened a space of curiosity, compassion, and responsibility as students began their service learning journey.

## Purple Ink Studio Drumming

The Snehadhara team facilitated a 34-member drum circle at Purple Ink Studio. What began with rhythm soon unfolded into an afternoon of laughter, connection, and shared energy. Through beats and playful music-making, participants experienced the joy of collaboration, discovering how rhythm can bring people together in celebration, creativity, and community.



## Inclusion Movement

Snehadhara Foundation welcomed eight volunteers from the Inclusion Movement to campus for a day of shared learning and collaboration. The volunteers spent time with Uhuru participants through the buddy model, supported the vocational unit, and helped create teaching-learning materials. Their warmth, sensitivity, and enthusiasm enriched the space, highlighting the power of inclusion when diverse communities come together. The visit became a meaningful exchange of care, learning, and connection.

## DEI and Leadership Workshop

We facilitated a workshop on “Diversity, Inclusion and Leadership for Future Changemakers” with students of Christ University, Bannerghatta. The two-part workshop invited participants into reflective dialogue, storytelling, and embodied practices to explore lived experiences of diversity, equity, inclusion, and social belonging. Students also engaged with ideas of youth leadership and social entrepreneurship, reflecting on identity, allyship, and resilience. The workshop encouraged young changemakers to think critically about their roles in creating more inclusive communities.

Through Creative Connections, Snehadhara partnered with corporates to use arts-based experiences for leadership, inclusion, empathy, and community engagement, strengthening workplaces rooted in care.

## Cisco On Campus

Snehadhara Foundation welcomed a team from Cisco to its campus for a day of hands-on engagement and shared learning. Volunteers worked alongside the Snehadhara team to organise learning materials and develop resource manuals of songs and stories for use in government school programmes. They also joined lively drum circles with students from Classes 1 to 6, creating moments of music, laughter, and connection.

The day reflected Snehadhara's belief that CSR stands for Collective Social Responsibility, where partnerships expand networks of care around children and communities. By contributing time, creativity, and enthusiasm, the Cisco team helped strengthen resources that support inclusive education. We remain grateful for Cisco's continued encouragement of employee engagement and for their commitment to building more compassionate and connected communities.



## Cisco On Premises

We engaged with Cisco employees through two vibrant sessions that brought together more than 200 participants. The Emerging Talents team explored our work through play, storytelling, and collaborative arts, creating colourful story cubes that will be used in government school classrooms and learning spaces, as well as a hybrid sensitivity training session on inclusion and diversity.

In another engagement, members of the Finance IT team assembled Uhuru Assisted Living Readiness Kits designed to support neurodiverse adults preparing for shared living. These kits included life-skills boards, communication passports, community maps, and dream walls that encourage independence and self-expression. Guided by the reflective question "What after me?", the sessions invited participants to consider care, community, and long-term support systems for neurodiverse adults, combining thoughtful reflection with collaborative action.



## ITC Agra, Jaipur, Mumbai, Kolkata and Corporate

Creative Connections facilitated the Agra, Jaipur, Mumbai, and Kolkata editions of ITC's Making New Choices programme through Svasti, an arts-based initiative designed for retirees. In each city, around 40 participants came together for two days of theatre, movement, storytelling, and playful exploration. These sessions invited participants to reconnect with curiosity, imagination, and forms of expression often set aside during their working years. Through reflective activities and conversations around routine, rest, and renewal, participants began to reimagine retirement not as withdrawal, but as a phase of continued growth, creativity, and meaningful engagement. The gatherings became spaces of companionship, shared stories, and rediscovering self in community.

Extending this engagement, Snehadhara Foundation also partnered with ITC Limited during their International Women's Day celebrations at the Corporate Office. As part of the programme Belonging Begins with Me - Allyship in Action, we facilitated an interactive space with employees to explore ideas of hierarchy, boundaries, and belonging in the workplace. Through creative and embodied experiences such as the Belonging Mirror, Role Play Labs, and Creative Memory Circles, participants reflected on allyship in everyday moments, deepening their understanding of inclusion as a lived and shared practice.

## Capillary Technologies

Snehadhara Foundation launched Root & Rise, an arts-based personal leadership programme for employees of Capillary Technologies with one to four years of professional experience. The programme encouraged participants to reflect on time management, work-life balance, feedback, and navigating fear and uncertainty in early career stages. The sessions created space for honest dialogue around professional challenges and personal aspirations. As part of Capillary's wider commitment to well-being and collaborative leadership, the programme supported employees in strengthening self-awareness, confidence, and resilience while cultivating thoughtful and empathetic leadership practices.



## Google Serve

As part of the Google Serve initiative, Snehadhara Foundation hosted a group of Google employees at its Nelamangala campus for a day of volunteering and shared experience. The volunteers spent time with participants of Uhuru, the 26-day residential programme for neurodiverse adults, joining games, community activities, and shared meals.

Through buddy interactions and play-based activities, the volunteers experienced how creativity, presence, and collaboration nurture empathy and understanding. The engagement expanded opportunities for social connection for Uhuru participants while offering volunteers a deeper insight into inclusive living practices. The group became co-participants in the journey of assisted living, reinforcing the importance of community participation in building spaces of dignity, belonging, and mutual learning.

## Eicher Trucks and Buses

At the Eicher Trucks & Buses plant in Pithampur, Snehadhara Foundation facilitated Speaking Respect: Gender Sensitivity and Everyday Leadership, engaging over 75 senior leaders including EVPs, VPs, and GMs. The session moved beyond policy compliance to encourage deeper reflection on workplace culture and responsibility. Participants explored themes such as unconscious bias, affinity bias, and the dynamics of silence within organisations, reframing the conversation as people working together against bias rather than individuals confronting one another. Through exercises like the Circle of Trust and real-life workplace scenarios, leaders reflected on fairness, dignity, and the spirit of the POSH Act.

## UC Inclusive

Dr. Gitanjali G Govindrajan facilitated a series of sessions at UC Inclusive Credit through the Creative Connections programme. The engagement began with a POSH training for senior leadership and ICC members, focusing on how leadership can shape workplace cultures of dignity, safety, and fairness. Participants examined evolving legal frameworks, unconscious bias, and contemporary challenges such as digital harassment and LGBTQIA+ inclusion.

This was followed by a wider employee session on Gender Sensitization and Inclusion, which emphasised that inclusive workplaces emerge through everyday behaviour as much as formal policies. Through dialogue and practical exercises, participants explored ways to recognise bias, engage in respectful conversations, and contribute to building environments where every individual feels valued and respected.

## Arts Practices for Inclusion Batch 7, 8, 9 Certifications

This year saw the certification of practitioners from Batches 7, 8, and 9 of the Arts Practices for Inclusion (API) programme, along with participants from the API Manipur group, reflecting the continued growth of a community of arts practitioners working across diverse regions and contexts. Over the course of the year, practitioners engaged in intensive training, reflective practice, supervision, and fieldwork with their beneficiary groups, exploring how arts-based processes can nurture participation, creativity, and meaningful inclusion. As API continues to evolve, the focus ahead is on expanding the practitioner network across new geographies and embedding arts-based inclusion practices within institutions such as schools, NGOs, healthcare systems, and workplaces, so that inclusion becomes part of organisational culture and everyday practice.

The certification ceremonies honoured these journeys through reflections and audio-visual glimpses of community projects created by practitioners across the country. The occasion also marked the release of three publications: *Community Inclusion Projects, Facilitation Research and Community Practice (2025–26)*, and *Positioning Arts Practices for Inclusion as a National Framework for Relational and Systemic Inclusion (2011–2025)*—each documenting different dimensions of practice, facilitation, and the evolution of API as a framework.

As each cohort steps forward as certified Arts Practitioners for Inclusion, they join a growing network across India and South Asia committed to strengthening inclusive ecosystems through creativity, care, and collaborative practice.



## API India Batch 10: Contact Sessions

The Arts Practices for Inclusion (API) programme reached an important milestone this year with the launch of Batch 10. Participants from nine cities came together for the First Contact Session, beginning a shared journey rooted in inclusion, creativity, and community practice. Over the week, they engaged in immersive explorations of visual arts, play, music, drama, community dance, and self-care practices. The focus extended beyond learning techniques to experiencing how arts can transform spaces and relationships.

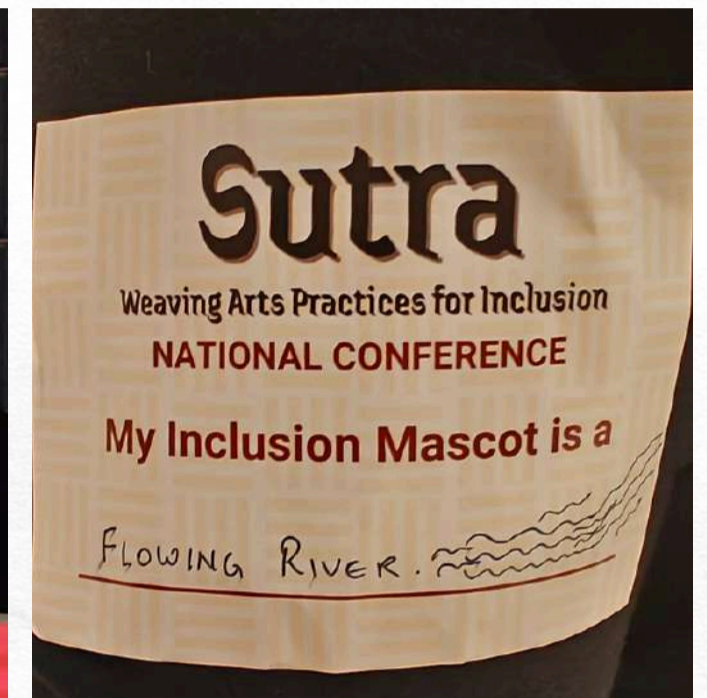
Discussions centred on questions such as “Why arts?” and “How can the arts support inclusive environments?”, with particular attention to the social and emotional dimensions of inclusion. Participants have now returned to their communities to continue grassroots work with neurodiverse groups and vulnerable populations, and social justice spaces carrying forward arts-based approaches that nurture dignity, belonging, and collective voice.

## SUTRA CONFERENCE

This year marked a significant moment for Snehadhara Foundation as we hosted SUTRA – Weaving Arts Practices for Inclusion, the first national conference organised by the organisation. Conceived as a space for dialogue, reflection, and shared learning, SUTRA brought together practitioners, educators, artists, researchers, and community leaders from across the country to explore the role of the arts in shaping inclusive societies.

### Creating a National Platform for Arts and Inclusion

Across India, many practitioners use the arts to support learning, healing, and community connection in schools, healthcare spaces, community settings, and social sector organisations. Yet these efforts often remain scattered and disconnected. SUTRA was envisioned as a platform to bring these voices together, offering a space to share grounded practices, exchange ideas, and build a collective language around arts-based inclusion. The conference welcomed around 150 participants and featured immersive sessions, conversations, and arts-based experiences that reflected the depth and diversity of this work. It was also a space for the launch for the “Positioning Arts Practices for Inclusion as a National Framework for Relational and Systemic Inclusion” Compendium as a part of the Conference.



### Three Weaves and One Song of Conversation and Inquiry

The conference unfolded through three thematic “weaves,” and an inclusion song that was created together, each exploring a different dimension of inclusion. The first weave examined how belonging and exclusion are experienced in the body and everyday life, particularly in contexts shaped by trauma, conflict, and marginalisation. The second weave turned inward to explore the inner work of practitioners, reflecting on the resistance, habits, and assumptions that shape how inclusion is practiced. The final weave explored how institutions might transform when they embrace the arts as a way of cultivating cultures of presence, play, and reflection.



### Voices that Wove Conversations

SUTRA brought together a diverse group of speakers whose work spans arts, education, community practice, activism, and social change. The conference featured Cristelle Hart Singh, Kumam Davidson, Romana Shaikh, Ashita, Neelansh Sethi, Anuradha H. R., Vasu Dixit, Gurupriya Atreya, Dr. Naveen I. Thomas, and Meghana Rao. Together, these voices created a rich tapestry of experiences, inviting participants to reflect on how the arts can nurture dignity, agency, and belonging across communities and institutions.

### Towards a Collective Movement

More than a conference, SUTRA was a step toward building a national conversation around Arts Practices for Inclusion. By bringing together voices from diverse sectors and geographies, the gathering seeded new collaborations and strengthened a growing community committed to exploring how creativity, care, and relational practice can reshape the ways we learn, work, and live together.

Through awards, conferences, and public forums, Snehadhara continued sharing its work, strengthening dialogue on neurodiversity, arts-based inclusion, and community-led care.

## Namma Bengaluru Awards

At the 14th Edition of the Namma Bengaluru Awards, Snehadhara Foundation celebrated a proud moment as its Founder and Executive Director, Dr. Gitanjali G Govindrajan, was named a finalist in the Namma Bengalurean of the Year category. Selected from over 4,000 nominees, the awards recognise individuals who contribute to making Bengaluru a more compassionate and vibrant city. This recognition honours Dr. Gitanjali's leadership and her continued work in advancing inclusion through arts practices and community-centred initiatives.



## Creative Art Therapy Awards

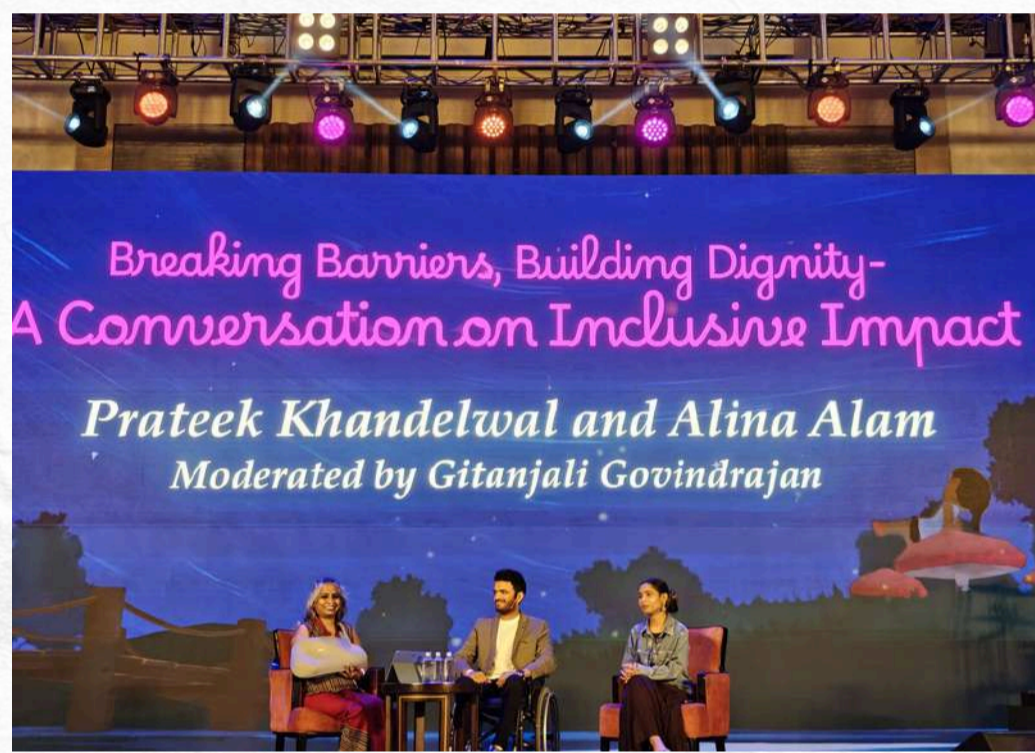
Dr. Gitanjali G Govindrajan received the 4th Creative Art Therapy Award (2025-2026) from the Sancheti Healthcare Academy, recognising her contributions to creative and expressive arts in healthcare and community practice. Instituted by the Sancheti Group, the award honours practitioners whose work demonstrates meaningful social impact through the healing arts. The recognition celebrates Dr. Gitanjali's long-standing commitment to arts-based practices that centre inclusion, care, and lived experience, and reflects the collective efforts of the Snehadhara community in advancing the arts as a language of healing and social transformation.

Through awards, conferences, and public forums, Snehadhara continued sharing its work, strengthening dialogue on neurodiversity, arts-based inclusion, and community-led care.

## India Inclusion Summit

The 13th Edition of the India Inclusion Summit took place as a space filled with like-minded individuals and organizations all working, dreaming, and collaborating toward a shared vision of an inclusive world. It was an energising space of people who hold inclusion not just as an idea, but as a lived practice.

One of the highlights of the day was the powerful panel “Breaking Barriers, Building Dignity” featuring Prateek Khandelwal, Founder of Ramp My City, and Alina Alam, Founder of Mitti Café, and moderated by our Founder and Executive Director, Dr. Gitanjali G Govindrajan.



## International Conference on Redefining Abilities

Ms. Yashaswini Gupta, Director – Operations and Business Relations, represented the Foundation at this prestigious international conference organised by Amar Jyoti Charitable Trust, Delhi, in collaboration with Rehabilitation International, New York. Under the conference theme “Emerging Paradigms in Learning and Inclusive Education,” Yashaswini presented our paper on Uhuru – Snehadhara’s Assisted Living Programme, a pioneering model that redefines assisted living for neurodiverse adults that answers the "What After Me?" question of parents of neurodiverse individuals..

## 3rd Global Autism Convention

Snehadhara Foundation participated in the 3rd Global Autism Convention organised by St John’s Hospital, where Ms. Yashaswini Gupta and Ms. Palak Chanana presented a symposium titled “Answering the ‘What After Me?’ Question: The Uhuru Model.” The session addressed a concern often carried by families of neurodivergent adults—what happens when caregivers are no longer present. The presentation reframed this question by sharing the Uhuru perspective, where assisted living is understood as a skill that can be learned, practised, and strengthened through community-based experiences over time.



## Mannifest

Snehadhara Foundation participated in Mannifest, the annual event hosted by Mann – Center for Individuals with Special Needs. Dr. Gitanjali G Govindrajan facilitated an experiential circle on Expressive Arts for Inclusion, engaging over 150 participants. Using the ribbon metaphor and body percussion, the session explored how inclusion is intentional and practiced through everyday relationships. Participants reflected on patterns of comfort, choice, and connection, gaining insight into how small actions can shape belonging and foster more inclusive workplace environments.

## India Neurodiversity Summit

We participated in the India Neurodiversity Summit 2025, hosted by Ishanya India Foundation, a national platform that brings together practitioners, educators, policymakers, families, and neurodivergent individuals to reimagine inclusive futures. Representing Snehadhara, Yashaswini Gupta, Director of Operations and Business Relations, served as a panelist for the discussion “From Care to Continuity: Envisioning the Future of Neurodiversity.” The conversation explored long-term support systems that move beyond care toward dignity, independence, and sustained inclusion for neurodivergent individuals.

# 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.

Founded in 2012 and based in Bangalore, Snehadhara Foundation (SF) is a pioneering non-profit advancing Arts Practices for Inclusion (API). Placing the arts at the heart of teaching and learning, SF views inclusion as fundamental to building a compassionate and equitable society. SF has directly impacted over 14,500 children and adults, reached more than 80,000 individuals globally, and trained upwards of 4000 professionals across 500 organizations in eight countries, including India, Nepal, and Sri Lanka.

SF works closely with neurodiverse individuals and vulnerable communities, while also building the capacities of educators, psychologists, practitioners, and corporate leaders. Its work is rooted in the belief that the arts can be a powerful medium for transformation—enabling expression, connection, and learning. By integrating arts-based approaches, SF creates inclusive spaces that nurture social, emotional, and cognitive development, particularly for individuals with special needs and those from marginalized backgrounds.

## SOME OF OUR PAST AND ONGOING FUNDERS



### CONTACT DETAILS

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<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.: AAMTS2250A25BL01  
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#### Exemption u/s 80G of the Income Tax Act, 1961

Registration No.: AAMTS2250A25BL02  
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