

Snehadhara Foundation (SF) is a registered non-profit organization based in Bangalore. With a vision to foster a culture of respect and belonging, Snehadhara aims to create inclusionary spaces that welcome, acknowledge, affirm, and celebrate the value of all learners. It is the only organisation in the country that uses Arts Based Therapy as a primary methodology in working with children and adults with disabilities.

We have crafted three initiatives in pursuit of this goal:

Direct Care, impART and Prajnadhara

The ambit of Snehadhara's mission encompasses working with children across disabilities and across age groups using the Arts (Direct Care); co-creation of empathetic learning spaces in schools, colleges, corporates and the community (impART); as well as certification for Arts Based Therapy to construct a facilitation model for learning and inclusion (Prajnadhara).

The Direct Care Space this year started for Snehadhara with a fresh look at the many existing programs as well as new initiatives to add on. The commencement of the first term for the Uhuru programme was with the Summer School Dhoop Dhamal whose highlight was the 3 day trip to Devaraya Samudra. Classroom without walls and Sparsh are the two new initiatives under the Uhuru programme this year. Snehsasangiti with Kids Corner School every Tuesday has children from SF join the children at the school for an interactive fun filled session of songs, stories and play. Pipilika – inclusive connections, our Saturday programme kicked off this June with 14 children from various schools and centres. Kala Samvaad is our dialogue circle through the Arts that brings together the parents of all our programmes once every 5 weeks. The launch of our weekly once Obattoo Cafe under the Oota Thota programme has seen our master chefs cook and serve a buffet of dishes.

Our initiative impART this year has tread an amalgamation of old and new paths in the pursuit of an inclusive society. Our engagements with schools, learning centres institutions through year long trainings, workshop series and conference have focussed on re-imagining classrooms and therapeutic spaces through learning facilitation. Creative Connections takes our work to the corporate world through customised events and corporate volunteer engagement programmes. Our annual storytelling event 'Travelling with Stories' witnessed interesting engagements and collaborations using the Arts.

Prajñadhara launched the Arts Based Therapy (ABT) certification course for the first time in South India with 19 participants from across the country.



POINTS OF INTEREST

- [Community Drumjam Foundation](#), founded by Roberto Narain and Vasundhara Das is one of our partners this year to take creative interventions in the form of community drum circle to special populations.
- Our new [blog series](#) is a part of our white paper research this year titled : *An analytical study on the status of education of children with special needs in reference to RTE Act 2009 vis-à-vis the Disability Bill passed.*

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UHURU—OUR DIRECT CARE PROGRAM

The Uhuru program has been looked at anew this time with groups that are diverse, across ages and abilities. The focus is very strong on peer learning as the children take more accountability of their actions and many of their goals are organically met in the process. Each day has been assigned with a routine that is directed towards reaching for the goals and the progression therein.

There are ABT sessions conducted across all batches three times a week. The senior batch of the children has been assigned tasks towards organisation of the space and helping out at the centre which they have successfully undertaken.

They set up the space, help during lunch and the Cafe is their responsibility too. Apart from this, sessions on body awareness, oral narrations, film screenings and analysis, outdoor and indoor games form part of the repertoire of their activities.

Combining groups to enhance goals of group interaction is another endeavour underway at the centre. Attaining goals through PLAY is on the cards too for the children. Physical work, gardening, a visit to the grocery store, a cup of tea at Kai-Ruchi or coconut water by the roadside are attempts to introduce the students to their environment and engage in small ways.

“Snehasangiti is our collaborative Gurukul for Inclusive Education, where we seek spaces that walk with us and prepare us for a rich harvest of empathy, interaction, acceptance, participation and legitimacy”

TRAININGS

Capacity building for the team has been a focus area for the centre this year.

In pursuit of this, we co-located with other organisations.

- The team ushered in the new year with a three day training by Vikramjeet Sinha of B.O.A.T (Building on Art Therapy)
- In July, a 4-day engagement brought together our colleagues from Israel – Diana Bergevoy and Omri Gilan to work with the team.

Our leading endeavours this year have been the launch of the program Sparsh and the Cafe Obattoo, both pursuing greater learning opportunities for the children to enable independence within and in the world around them.

Cafe Obattoo

Our ‘learning in the kitchen’ program has evolved into Cafe Obattoo, a weekly venture that enables children of two groups to cook together, serve together, power their creativity and give us a wide variety of cuisines from vaadams, papads, laddoos and cutlets during the Dhoop Dhamal phase and parathas, chaats, doughnuts, idiyappams, momos etc. as the skills have developed.

The children create recipes, buy ingredients, measure and weigh and roast and fry and steam and sauté mouth watering dishes for their friends and families. Built into the narrative are learnings on waste management, cleanliness as well as the concept of Seva Cafe.



Sparsh

Our work with using Arts Based interventions over the past few years have paved way to our program **Sparsh – stories that live in our bodies.**

The sessions will interweave drawing and painting with body & movement, voice meditations, guided visualisation, ritual and personal story telling to empower the children in achieving simple activities of daily living as well as understand sexuality.

We began with personal space as exploration for girls and physical workout for boys. We are hoping to engage parents in the process so that the initiation into conversations about body awareness is a consistent and holistic attempt.



IMPART – THE OUTREACH PROGRAMME



The engagements with schools, learning centres, corporates and communities over the past few months have strengthened our resolve to create a canvas for ideas, experiences and experiments towards building an empathetic inclusive society.

Our work this year comprises of year long projects with four organisations, HLC, Chennai, Matri Kiran, Gurgaon, Makkala Jagriti, Bangalore and Amar Jyoti, Delhi. Partnering with Headstreams we are offering the certificate course, PLAY AND HUMAN DEVELOPMENT: PERSPECTIVES AND PRACTICES in Christ College, Mount Carmel College, St. Joseph's College, Bangalore. We also facilitated workshops on learning facilitation using the Arts at Gopalan National/International School, Bangalore, Tapovan, Hope – The Early Intervention Center, Bangalore and Sankalp, Chennai.

The International Conference on Perspectives and Practices in Play, Bangalore and the Workshop on Arts Based Therapy as

a Complementary Healthcare Practice for at National Institute for Empowerment of persons with multiple disabilities (NIEPMD), Chennai were two conferences we participated in earlier this year.

Apart from this, our interventions with the corporate world comprised of sessions with 3S, a Saraplast initiative in Hyderabad, Bangalore, Mumbai and Delhi through our Creative Connections program. Our Executive Director & Founder, Gitanjali Sarangan anchored a session at the Roof and Floor (a part of The Hindu Group) team outing on 1st Sep to speak about the journey at Snehadhara and reinforce the joy of committing and working on a goal that is bigger than oneself. Gitanjali Sarangan along with Vinayaga Raman, Ramesh Agarwal and Mohan Sundaram shared the Snehadhara story to usher in the incoming PGP Batch of 2017-2019 into IIMB to contribute to a more responsible society.



Snehadhara Foundation has been awarded the Millennium Alliance Grant—Round 4



The journey of the story started with Puttenhali Lake and has travelled across the city to schools, senior citizen centres and organisations with children at risk. The energies of the children & teachers at schools like Konankunte Govt Primary School, Mewa High School, Kid's Corner, Sunbeam and JPA was commendable. Centres like Desire Society, Snehadaan and Bosco Home Girls gave us an opportunity to take rhythm and music to them and humbled us with the joy and gratitude in their faces. The senior citizens at Nightingale Bagchi Center for Active Ageing, Shiv Balayogi Ashram, Nightingale Sandhya Kiran, Nightingale Centre for Aging and Alzheimers and Belaku Vriddhashrama filled us with interesting stories from their own rich experiences.

ImpART's connect with society is a quest for a truly inclusive community. We have been over the past years enabling this through the celebration of Teacher's Day and International Literacy Day through the 'One Day - One Story' campaign. Our teachers embark on a voyage that epitomises the joy of giving, giving words, music, imagination and fantasy to as many children and groups as possible. This year we take a vibrant world of wonder, rhythm and imagination through the story of "Kottavi Raja and his Sleepy Kingdom" (written by Yasaswini Sampathkumar and illustrated by Henu). We have partnered with Community Drumjam Foundation to align rhythm and beats and music with the tale for the children.



PRAJÑĀDHARA

Prajñādhara is a division of Snehadhara Foundation that looks at learning and practice for all. Wisdom and Compassion are two wings of the bird of awakening; inseparable, each needing the other to be its truest self.

Prajñādhara offers:

1. A certificate course in Arts Based Therapy (ABT). ABT is the evidence based use of art forms to accomplish individualized goals within a therapeutic relationship.
2. "Study of the Mind", which takes eastern philosophical mind traditions and makes these unique traditions and sciences accessible to people from all walks of life via workshops, talks, dialogue and so on.

These sessions will include teachings from masters in the field of eastern mind traditions. Further, under the "The Study of the Mind", we offer an eight sessions program on wisdom based mindfulness titled Prajñā Smṛiti.

ABT was initiated by World Centre for Creative Learning Foundation (WCCLF), Pune, India in 2001 to respond to needs in psychosocial rehabilitation and neuro-physiological rehabilitation in India through the use of multiple art forms. The dynamic combination of traditional and modern artistic material, with an interdisciplinary basis of Indian Psychology, Philosophy and Modern Science makes ABT a viable and meaningful therapeutic practice.



Prajñādhara launched the 1st batch of the Arts Based Therapy Certificate Course on July 1st, 2017 to collaborate with other NGOs, learning centres, schools and institutions to implement ABT.

HIGHLIGHTS

Our first ABT batch has 19 participants with 14 special educators, 1 social worker and 4 teachers and therapists.

The students of the 1st Batch are from:

- Tamahar Trust, Bangalore
- We Can, Chennai
- Trio World Academy, Bangalore
- Marthoma Opportunity School, Bangalore
- Sankalp - The Learning Centre, Chennai
- Baby Blossoms Nursery, Goa
- Ishanya, Bangalore
- Dil Se, Cochin
- Shristi Special Academy, Bangalore
- Bangalore International School, Bangalore
- Chrysalis High School, Bangalore
- Thyai Foundation, Salem



SNEHADHARA FOUNDATION

All our programs have been possible through the generous support of our donors and friends, who have and continue to walk this journey with us.

All donations made to the Snehadhara Foundation are tax exempted. The Foundation is registered under Section 12A and 80G of Income Tax Act 1961 and also registered under FCRA, 2010.

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www.facebook.com/impARTsnehadhara

YOUTUBE CHANNELS

www.youtube.com/user/SnehadharaFoundation

<http://snehadharafoundation.org>



<http://prajnadhara.snehadhara.org>



<http://impart.snehadhara.org>



Each of us have a role to play in building an inclusive society , in co-creating the community where each one has a unique place and role to play. A community of people who can join hands, share stories, offer solution, help each other or simply offer services at a cost, every little bit of this is needed for this community to lead a life of acceptance.

At Snehadhara, we have been piloting and building a ecosystem for the children/adults in our direct care. Success in these programs has given us the strength and belief to take this to the next logical level, to create an online community that is tied together as a support system for each other.

You could be a doctor, para-med, educator, therapist, art practitioner, hair stylist, technologist, researcher, lawyer or just about anyone with something to offer to this ecosystem. We invite you to lend a helping hand and be a part of the journey to fill the astronomical gap in basic services available for persons with disabilities.

Join us, each step is indeed the next big step, let's take it together.

We can't help everyone, but everyone can help someone.