

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 adults and 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 opened itself to new ideas, adventures and opportunities this year. The first term launched the year with the Summer School - Meil Milaap, a month filled with innovative experiences, high energy, lively activity and enormous fun. It enabled us to flag off our Classroom without Walls program for this year- Kahani Ghar Ghar Ki- Home Visits. June witnessed a change in the structure of the day at the centre and this was well received by the entire group. This year with Oota Thota, cooking is a part of every group's weekly curriculum, deepening relationships with the tool and processes around it. Kala Samvaad—our parent interaction platform is now a monthly event on the 4<sup>th</sup> Saturday of each month. Pipilika- our Saturday program has seen a change in format as we venture out of the centre to organisations, schools, institutions that welcome us, to creatively tread the paths of inclusion together. Snehasangiti, our collaborative Gurukul with Kids Corner School, JP Nagar steps into its 3rd year.

Through impART we have embarked on several new fronts this year while retaining our connect with many on-going endeavours. We have continued working with multiple organisations in reimagining classrooms and learning through the Arts through interventions across cities in the country. We have also diversified our work more concerted with at-risk populations. One such endeavor is our work at the Observation Home in Madiwala, Bangalore that enables us to make an attempt to combine healing, learning and play in a creative and fun manner using dialogue circles. Our work with the corporate world has continued. Through our programme Creative Connections, we welcomed Google employees into our space.

We, at Prajñādhara, were delighted to be a part of Vidyalokey's Talks by His Holiness the 14<sup>th</sup> Dalai Lama on 11<sup>th</sup> and 12<sup>th</sup> of August in Bangalore on 'Courage and Compassion in the 21<sup>st</sup> Century' and 'Indian Wisdom in the modern World'. Prajñādhara's 2<sup>nd</sup> Batch of the Arts Based Therapy (ABT) certification course this year has 24 participants from 11 locations across the country.



### **Centre for Inclusive Policy**

Given our area of work, we at Snehadhara feel duty bound to engage in the field of research on Disabilities and to constructively aid the government in formulating a set of guidelines that will enable and empower all under its ambit.

**The Centre for Inclusive Policy (CIP) aims to sow the seeds for change through the creation of policies in these areas which are niche, new and complex.**

We started with assisting the children at the centre in procuring their Aadhaar Card and Disability certificate. The next step with CIP is the Inclusion Audit which intends to identify and understand the gaps between government policy and the implementation of the directives, and to propose positive action to support and facilitate inclusion in mainstream education.

# UHURU—OUR DIRECT CARE PROGRAM

This year the Uhuru program has added many new practices at the centre and evinced a fresh look at existing practices with the children. The first term witnessed a change in the structure of the day that was adopted with relative ease by the children as well as the team thus paving the way for new initiatives at the centre.

The ABT sessions continue to be conducted across all batches three times a week. This term has been particularly significant for introducing new practices for the seniors. The highlight of circle time for the group was to see how the students can facilitate the circle time. Keeping in mind the Self-Care Practice a yoga programme was initiated with the group, with a focus on mindfulness.

This term with Oota Thota cooking is a part of every group's weekly curriculum. For some the intent is to allow them to look at the process and pre-work to food preparation while others have been looking at fine motor skills and the ability to work at a skill level on dexterity. Gardening has also been an integral part

of the curriculum this term. Our weekly Obattoo Café has been churning yummy recipes every Tuesday.

Sign language has been introduced to three groups as a part of the programme for both the children and the team to teach them the nuances of sign language and to look at their ability to recall and use gestures. These sessions are conducted by a Speech and hearing-impaired sign language instructor.

Whether it was the Home Visits, the Kala Samvaad sessions, the parent observations or the report meetings, each interaction this term gave us a sense of jubilation in realising our vision of a community that works together. The closure of the term was marked by a musical evening where we celebrated the sense of oneness. Children and adults from Snehadhara sat alongside many others drinking in the soulful music that Khalid Ahamed (Parvaaz) and Varun Rao along with House Concert Bangalore brought us on September 22nd at Untitled Space in JP Nagar.



*Our in-house journal SUNFLOWER was the highlight of this term. The senior group at the centre ideate through journaling and have a medium of sharing information-personal, social, updates, happenings at the centre; in varied forms – photography, writing small articles, interviews, poems and more.*



## TRAININGS

**In pursuit of our focus on capacity building for the team we co-located with other organisations.**

- We welcomed our new year with Shraddha program by Mirra from Chennai. In the first part, the focus has been on “The Course of Development” and “Brain and its plasticity”. Significant questions arose and discussions came out of the workshop about ethical practices, knowing the child and the family, involving them in the journey of learning, the importance of observation, data collection and evidence-based practices and sharing best practices.
- An interactive talk was given on ‘Sexuality’ by Krishna, Teacher, Centre for Learning, Bangalore. The crux of the topic was that much of sexuality education begins with reflection first. It is our attitudes that determine how well we navigate this topic with the children we engage with.
- “The Blue Donkey and its secrets” – our workshop on sexuality explored the five circles of sexuality with Vikramjit Sinha of BOAT. It enabled the team to look within at sexuality with respect to the associated concepts of anger, shame and guilt as a compass of needs and not as taboos.

# HIGHLIGHTS FROM DIRECT CARE

## PIPILIKA

Pipilika - Inclusive Connections - 2018-2019 wishes to be the driving force and reach out to communities which support and practise the ideals of inclusion as we envision it. This year we moved from working with children and groups in our premises to discovering spaces that invite us to explore the richness of their environment. We are venturing out of the centre to organisations, schools, institutions that welcome us, to add the flavours of the Arts to creatively tread the paths of inclusion together.



This term we took our pitara of artistic media – songs, stories, visual arts, theater, play, dance and movement to Shivabalayogi Ashram, Ragiguda Basti and the Government Girls Home. Each group led from the front creating their own session of togetherness, interaction and participation.

## KALA SAMVAAD

The 4th Saturday of every month has been calendarized for us to come together as a large group through Kala Samvaad. Each Saturday constitutes a twofold initiative Firstly- working together as a group through creative expressions and secondly, an open forum for parents to meet the team.

We hope these interactions will continue to serve as a space that opens up creative, introspective and practical dialogues to identify, innovate and build a collective together.



We started this year's journey by Vikramjeet Sinha of BOAT with a workshop 'The Secret Garden' for parents to explore questions around growing up, sexuality and vulnerabilities.

The Kala Samvaad sessions also saw white sneakers undergoing a massive transformation as parents created colourful and vibrant designs on them, vibrations of pulse and rhythm in the drum circle and working with clay on the potter's wheel.

## HOME VISITS

As a part of our Classroom without Walls programme, every Thursday, children of each group visit one of their group mates' homes, meet their friends and families, have lunch and return to the centre. Group facilitators and support staff accompany the groups each week. Each parent hosts a group once in two months at their homes.



The intent of the Home Visits for the students is to look at peer interaction in a more deliberate fashion for the group. The groups looked at independence with travelling experiences by cab, bus, van or on foot. Social engagements in different settings, relatives visiting them at their friend's house, their preparedness to welcome their friends, develop a confidence in making conversation with family members, to present themselves well were a key part of the learning this term with the Home Visits. It has also been an experience of sorts to see how the parents understood the needs of other children and made their adjustments accordingly.

# IMPART – THE OUTREACH PROGRAMME

Our purpose towards fostering an empathetic society was reinforced in our engagements with schools and organisations over the past few months through a gamut of ideas, experiences and experiments.

The year began for us over a series of sessions titled 'Inclusive Classrooms- Learning through the Arts' where we worked with the MA Education students at Azim Premji University, Bangalore. The objectives of the workshop series with the students were to understand inclusion in a larger perspective than as applicable to the disabilities sector alone and to understand the role of the Arts in innovative facilitation and in the process relook at 'learning' vs 'treatment'.



*Our yearlong projects this year include 'Creative Interventions in Re-imagining Classrooms through Dialogue Circles' with Smart Wonders, Mohali; a yearlong engagement with AMC, Bangalore to design and implement the Arts Curriculum and a six – month certificate course titled 'Learning Facilitation for Special Needs through Arts Based Interventions' with SEN division at DPS Srinagar.*



We continue our association with Headstreams into the 4<sup>th</sup> year and this year too we are offering the certificate course 'Play and Human Development: Perspectives and Practices in Christ College, Mount Carmel College, and St. Joseph's College. In addition to that we flagged off 'The Facilitator's Course in Play and Human Development' in May at the Malur Campus of Headstreams for a team of inspiring facilitators who are set out to enrich lives of over 2500 children in the schools that Arivu programs run in Kolar, Hoskote, Malur and Bangalore Urban.



We took a step in taking Arts Based Interventions to children-at-risk and in conflict with law with The PIPAL Open Learning and Free Play Space ( a project of Headstreams) at the Observation Home at Bangalore. The inauguration of PIPAL Open Learning and Free Play Space at the Observation Home for Boys, Madiwala on May 7, 2018 brought together dignitaries and the inmates experience the Arts. The members of the Committee for Welfare of Juveniles and implementation of the Provisions of the Juvenile Justice in Karnataka - Hon'ble Mrs. Justice B.V.Nagarathna, Hon'ble Mr. Justice B.Veerappa and Smt. Uma M. G., Member Secretary (Karnataka State Legal Services Authority accompanied by Smt. Kalpana Purushothaman, Juvenile Justice Board (JJB) Member graced the evening. They participated in an inclusive session with the boys and the Observation Home staff.



We facilitated two workshops titled ' Oral Language development and Teaching Aids' at Aarohan and 'Learning - the play way' at Maithry Vidyaniketan, Bangalore with teachers who got together to discover the myriad ways learning could take on a different hue on the canvas of cognition using multi art forms.

Towards building inclusive spaces and communities using the Arts, a workshop 'Wear it, Walk it, Own it – Self Expression through Sneaker Art' was facilitated by us as a creative canvas for ideas and experiences that uses the arts to bring about empathy and change.

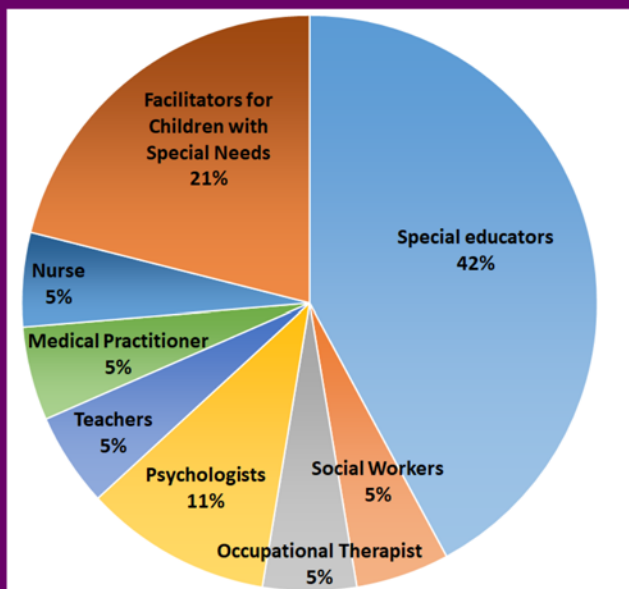
# PRAJÑĀDHARA

## Highlights of 2018

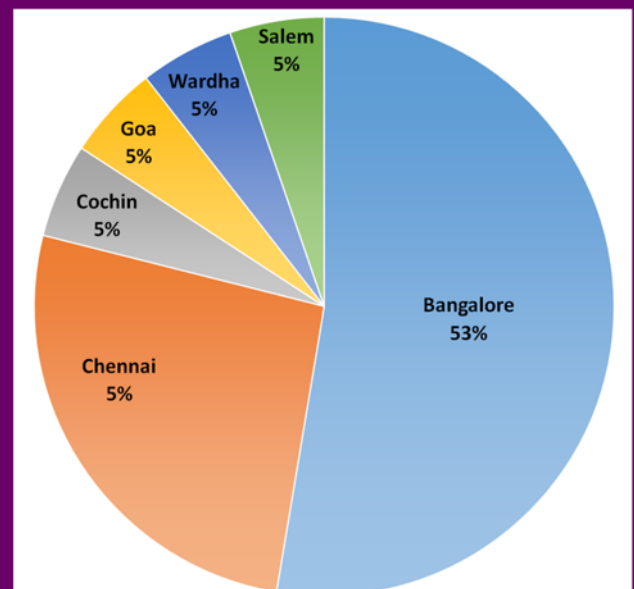
- ◆ We, at Prajnadhara, were delighted to be a part of His Holiness the 14<sup>th</sup> Dalai Lama's teachings on 11<sup>th</sup> and 12<sup>th</sup> of August in Bangalore on 'Courage and Compassion in the 21<sup>st</sup> Century' and 'Indian Wisdom in the modern World'. He addressed 800 people on each day of the event organised by Vidyaloke Talks.
- ◆ Our Founder & Executive Director, Gitanjali Sarangan was one of the esteemed panelists for a discussion on "Courage and Compassion in our Daily Lives" on 11th August, 2018. The panel comprised of eminent Buddhist Scholars and Experts. The team from Snehadhara provided invaluable support by their unconditional ownership of the program as well as proactive participation.
- ◆ In keeping with the principle of propagating Indian Mind traditions, and under the aegis of WCCL, WISDOM FIRST (WiFi) is a project that mindfully integrates key concepts into therapeutic work. Under the Study of the Mind series we are taking the ABT sessions through the SEG lens to two centres in Bangalore as a part of our pilot study. The first is bi-weekly ABT sessions with a group of ten children from Sharanya childrens' home of 6 to 12 years of age and the second at Apoorva centre for autism, our Wisdom First Project titled SamAsana – Togetherness (2017-2018), where the ABT sessions are with a functional academic group of children between 9-12 years of age.



*Our second ABT batch has 24 participants from 20 different organizations across 11 locations in India. This batch comprises of students who are working with special needs children, children-at-risk, senior citizens, de-addiction and mental illness. Post the two residential contact sessions in Bangalore, 24 action research projects commence starting Oct 2nd 2018.*



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# ABOUT US

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

**All our programs have been possible through the generous support of our donors and friends.**

**Thank you dear donors for walking this journey with us.**



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## 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 (EQUAL OPPORTUNITIES, PROTECTION OF RIGHTS AND FULL PARTICIPATION) ACT, 1995

Reg No: #125  
Date of Establishment : 25.03.2013

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