



Annual Report 2017 – 2018

Snehadhara Foundation (SF) is a registered non-profit organization based in Bangalore. We have a vision to foster a culture of respect and belonging, to create inclusionary spaces that welcome, acknowledge, affirm, and celebrate the value of all learners.

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).

In 2017-2018, we worked with 145 children through direct and weekly interventions, with over 23500 children through indirect interventions in schools and other receptive environments, trained over 1081 professionals in learning institutions in our work with 82 organisations across the country.

The Direct Care Space this year started for Snehadhara with a fresh look at the many existing programs as well as new initiatives that were added on. Classroom without walls, Cafe Obattoo and Sparsh were the three new initiatives under the Uhuru programme this year. Our focus continued with Snehasangiti, our collaborative Gurukul with Kids Corner School; Pipilika, our Saturday programme that maintained our endeavour with inclusive connections and the Overnighter programme that took on a new look at enhancing social capabilities for our children.

Our initiative impART this year has tread an amalgamation of old and new paths in the pursuit of an inclusive society. The paths traversed not just the familiar environs of Bangalore but took us across the country and we even gained an international footprint in Canada. We worked with multiple new organisations in reimagining classrooms and learning through the Arts. Our contribution to the community at large was through 'Travelling with Stories' in collaboration with Drumjam Foundation which reached varied special populations of children in schools, senior citizens, respite care homes in and beyond the city.

Prajñadhara launched the Arts Based Therapy (ABT) certification course for the first time in South India with 17 participants across six locations in the country. This army of practitioners is now ready to embark on the journey of Prajnadhara's intent to take the practice of Arts Based Therapy towards learning and inclusion in many spaces.

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UHURU - Direct Care

The programs in the Direct Care this year included Uhuru - our weeklong programme, Oota Thota – our culinary skill programme, Pipilika - our weekend programme, Snehasangiti – our collaborative Gurukul with Kids’ Corner, JP Nagar and our direct interventions with children in other organisations.

The attempt this year was to create opportunities where children of all the programmes get together to share, learn and buddy each other.

In an attempt to co-locate with other organisations and to share best practices we set out this year to facilitate ABT sessions at Apoorva Centre for Autism and Sharanya Children’s Home. The Direct Care this year also saw three action research ABT projects that showed impressive shifts in the cognitive, expressive and narrative capability domains.

Through direct interventions we worked with about 145 beneficiaries across programs in the Foundation and in other organisations in the year 2017-2018.

A deliberate attempt made this year, for the team, was to bring in experts from various fields to equip the team and build their capacity in deepening the work we do.

The focus of our work at the centre is in co-creating child led therapeutic spaces and introducing group process work with focus on psycho-socio health and well-being of our practitioners and caregivers. Our colleagues from Israel Diana Bergevoy and Omri Gilan and Vikramjeet Sinha from B.O.A.T, Delhi mentored us this year through their sessions with the team, children and parents.

Kala Samvad our session with parents opened avenues of sharing creative dialogue circles with them through the Arts.

This was the first year where we introduced process work using theatre to our parents through a two day workshop titled ‘The Cave Within’ by Vikramjeet Sinha.



Our leading endeavours this year, Sparsh and the Cafe Obattoo, both pursuing greater learning opportunities for the children to enable independence within and in the world around them, were the new experiments for the year in our Uhuru programme.

CAFÉ OBATTOO

Our 'Oota Thota' program evolved into Cafe Obattoo, that enabled children of two groups to cook together, serve together, power their creativity and give us a wide variety of cuisines. The children created recipes, bought ingredients, measured and weighed and roasted and fried and steamed and sautéed mouth watering dishes for their friends and families. They have experienced the complete cycle from the garden to the table as the vegetables and herbs grown in-house have been used in the Café Obattoo. Built into the narrative were learnings on waste management and cleanliness as well. The group took it upon themselves to make lunch for the

team too on Tuesdays as the next level of their stamina in the culinary realm. By the end of the term they were supplying lunch to a nearby office too.



Our Saturday programme Pipilika - Inclusive Connections 2017-2018 welcomed collaborations and exchanges with varied groups of people

working with the Arts. This year we sought to look at the interplay of senses, collectively imagining and expressing ourselves through verbal and non-verbal means with Team Vibhinna in the first term along with the other external facilitators as well as the team from Snehadhara. The Pipilika group this year comprised of 15 children from various centres. The highlight of the programme was the senior Pipilika children facilitating sessions for their peers.



PIPILIKA

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 interweaved 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 a personal space discussion as a form of exploration for girls and physical workout for boys in the form of cycling and basketball. We are hoping to engage parents in the process so that the initiation into shared

conversations about one's body & awareness about one's body is a consistent attempt while being a holistic one too.



Snehasangiti has been an endeavour to create spaces in communities where inclusion is the byword of engagement. We began this effort in 2016 with Kids Corner, School in JP Nagar where some children from Snehadhara visited them once a week and demonstrated that children of varied abilities can buddy one another, communicate, receive and share in the joy of learning through play & the Arts. In 2017-18 the goals of social aptitude & acceptance for both groups continued in this model and the children once again showed how they could enter each other's worlds and value the inimitable delight of diverse spaces.

SNEHASANGITI

impART

impART is our endeavour for empathy, change and the Arts. Through impART, we have engaged with schools, learning centres, corporates and communities this year to consolidate our resolve towards inclusion and empathy.

1081

Educators

23500

Children - Indirect Interventions

82

Institutions

The above numbers show our impact this year through trainings for students, teachers, parents, therapists and educationists under impART - Interventions, Methodologies and Practices using the Arts.

The work we do in crafting learner led environments through re-envisioning the classroom has enabled us to work with special schools, mainstream schools, government schools as well as inclusive learning spaces. Our work this year has been in training professionals across institutions in the country and building capacity in working with the Arts to re-imagine learning.



MATRIKIRAN, GURGAON

Our yearlong engagement this year has been with HLC International Chennai, Matrikiran Gurgaon, Makkala Jagriti, Bangalore, and Association for the Mentally Challenged, Bangalore. In association with the team at Headstreams we offered a 12 week certificate course titled Play and Human Development: Perspectives and Practices in four colleges across the city – Christ College, St. Joseph's College, Mount Carmel College and Maharani's College. About 55 students certified this year.

Besides the year-long engagement we facilitated workshops and trainings across institutions in the country. Some of the spaces we worked in this year included Prajayatna in Bangalore, Ananda Niketan in Wardha, Gopalan International School and Gopalan National School in Bangalore, Sankalp in Chennai, R'eussir Trust in Bangalore, Hope - The Early Intervention Centre in Bangalore, SDMC in Haus Khas Delhi, ASMC in Kolkatta, The Heritage School in Kolkatta and Tapovan in Bangalore.



ANAND NIKETAN, WARDHA

The International Conference on Perspectives and Practices in Play, Bangalore and the conference on Arts Based Therapy as a Complementary Healthcare Practice at National Institute for Empowerment of Persons with Multiple Disabilities (NIEPMD), Chennai were platforms where impART showcased its work with special populations through day long dialogues, presentations and experiential learning.

We also got an opportunity to share the Snehadhara Foundation story with the incoming PGP Batch of 2017-2019 at IIMB. The intent of this engagement was to look at how they could contribute towards a more responsible society.



NIEPMD, CHENNAI



INDIAN INSTITUTE OF MANAGEMENT—IIM BANGALORE



PUTTENAHALLI LAKE, BANGALORE

Another highlight this year in the Community Space was the celebration of Teacher's Day and International Literacy Day through the 'One Day - One Story' campaign. This endeavour emphasised the joy of revelling in imagination and creativity through song and dance and music. This year we partnered with Community Drumjam Foundation to align rhythm and beats and music with the tale of 'Kottavi Raja' for the children.

The story started at Puttenahalli Lake and travelled across the city to schools like Kids' Corner, senior citizen centres like Nightingale Sandhya Kiran, Nightingale Centre for Aging and Alzheimers and Belaku Vriddhashrama, organisations working with children at risk namely Sunbeam, Snehadhaan, Desire Society and Bosco home for the girls and govt schools like Konankunte Govt Primary School, Mewa High School, JPA, and Bosco Home Girls to around 800 children and adults in these spaces.

INTERNATIONAL FOOTPRINT



AEE KEYNOTE SPEAKER- MONTREAL



ENTRUST DISABILITY SERVICES—EDMONTON

This year our participation in conferences went beyond the national borders as we placed our footprint on the International platform. Gitanjali Sarangan, our Founder and Executive Director was an invited key note speaker at the 45th International Conference of the Association for Experiential Education at Montreal, Canada. This conference brought together a worldwide community of more than 700 practitioners, teachers, therapists, facilitators, adventure guides and trainers.

She also facilitated a workshop titled "Multi-Arts and Play to Create Empathetic, Inclusive Learning Spaces: An Eastern Psychology Perspective". Snehadhara also presented at Entrust, Disability Services in Edmonton, Canada on sharing best practices in Arts Based Therapy, exploring multi modal Art Interventions and facilitating the understanding of the theory and practice of various forms of art and how these can be used in working with children and adults in inclusive and clinical settings.

PRAJNADHARA

Prajnadhara is a division of Snehadhara Foundation that looks at learning and practice for all. The twin goals of Prajnadhara are the Arts Based Therapy Certification Course and the Study of the Mind.

Arts Based Therapy (ABT) Certification Course

Arts Based Therapy is the evidence-based use of art forms to accomplish individualized goals within a therapeutic relationship. The practice of ABT is based on use of various art forms like music, drama, visual arts etc, to address specific therapeutic goals. The ABT model for India was customized and was structured by WCCL Foundation in 2005-06.

Study of the Mind

The Study of the Mind series propagates the eastern philosophical mind traditions and makes these unique traditions and sciences accessible to people from all walks of life by hosting Teachings from Masters in the field of Indian Mind Traditions and bringing together a Sangha.

On March 10th 2018 we had the honour of having Pema Karen Schaefer's teachings titled 'Applying Wisdom and Compassion in our Pursuit of Happiness' that took us on a journey of contemplation and self reflection.



March 2018 was a proud moment for us as the first batch of certified ABT Practitioners graduated with flying colours at a beautiful Certification Ceremony held in Bangalore. This batch had participants from 16 organisations across six locations in the country.

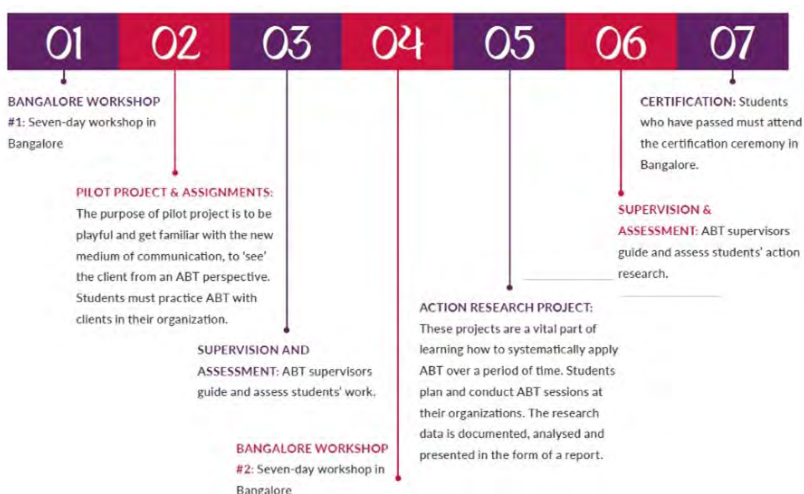
The populations that were served by this batch included young adults, children and adolescents with special needs and teenage girls at risk. This army of practitioners is the harbinger of Prajnadhara's intent to take the practice of ABT towards learning and inclusion in as many spaces as possible.

Their research projects spoke volumes about unlocking hidden potentials and supplementing the endless possibilities of interventions

through multi art forms, targeting therapeutic goals like Narrative Capability, Attention system or Coping with Emotions.



ABT Certification Course Format



Features of ABT

Intensive 9 month training in theory, skills and practice of ABT spread; which includes supervised long-term guidance and practice

The course is designed for therapists, social workers, caregivers, educators, special educators, clinical psychologists, psychiatrists & doctors

ABT works for various special populations and addresses issues in learning disabilities, intellectual challenges, in mental health, in de-addiction, palliative care and pain management, in rehabilitation for trafficking, domestic violence issues, issues around LGBT communities, etc

For further information on the ABT Course, please visit <http://prajnadhara.snehadhara.org/>

Awards & Recognition

2017-2018 was a year of accolades and awards for Snehadhara. Our work was recognised and felicitated at different forums.



MILLENIUM ALLIANCE AWARD FOR TOP 5 INNOVATIONS IN THE COUNTRY

Awarded to us for being one of the top five Innovations in the country for Education. This is the first time MA has recognised and awarded a project for disabilities and inclusion. Our Executive Director, Gitanjali Sarangan also received an award for being an Innovator for the project 'Kala Samavesh—Inclusion and education of disabilities'. Millenium Alliance is an inclusive platform to leverage Indian creativity, expertise, and resources to identify and scale innovative solutions being developed and tested in India to address development challenges that will benefit base of the pyramid populations across India and the world.

SUPER ACHIEVER AWARD

We received the Super Achiever Award from the Association of People with Disability (APD) in recognition of the work done, which was worthy of national and international recognition and whose contribution to the sector has been immense and inspiring. Five NGO's this year were recognised as Super Achievers.

This award is instituted by the Association of People with Disability (APD) in memory of its founder N.S Hema, who established the organization in 1959. This Award is to recognise outstanding work of Karnataka based NGOs in the field of Disability in and outside Karnataka.

NGO LEADERSHIPS AWARDS

The NGO Leadership Awards 2017 was awarded to Snehadhara Foundation on 20th Sep 2017 by The World CSR Day. The Bengaluru NGO Leadership Awards recognises leaders who have contributed value & made a change as a strategic tool for sustainable growth.



Be a part of Snehadhara's Journey

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.



HT Parekh
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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

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Registered under section 12AA of the Income-tax Act, 1961

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