



Snehadhara Foundation (SF) is a registered non-profit organisation based in Bangalore. The pioneers of Arts Practices for Inclusion, Snehadhara Foundation believes that inclusion is the bedrock of a more compassionate and empathetic society. SF advocates inclusionary spaces where arts practices form the primary methodology of teaching and learning. SF aims to create an environment which welcomes, acknowledges, affirms and celebrates the value of all learners. We have crafted three initiatives in pursuit of this goal: Direct Care, impART and Prajnadhara. Through every one of its projects, SF has aimed at meeting the mission statement that has inclusion at its very foundation. The goal has been to create an environment where children and adults with special needs can find autonomy, dignity, build relationships and further build inclusive spaces for themselves and others.

The Direct Care witnessed a lot of movement and changes in the last year. Our classroom sessions saw many different facilitators, including external faculty, bringing their expertise to the children. Some of the children transitioned successfully into other groups where their learning needs would be met more effectively. The sessions on vocational training this year focussed on children being a part of small units like cafes, restaurants, printing presses, cash counters and shops to understand how they work, support their daily workings and find a connection with their own abilities and talents. The senior group worked at a Printing Press, a Provision Store, a Vegetable Outlet and a Laundry and Ironing Service, through the year. This birthed a new program - Kala Avahita that hopes to serve as a bridge to start dialogues between the stakeholders in society to promote inclusion. The academic and functional learning sessions were rooted in a spirit of building independence in the children. All these projects opened our understanding of each other, deepened our awareness about the riches that diversity brings in, taught us what all inclusion encompasses and opened the door to joy and co-learning.

**In 2019-2020, we worked with 273 children through direct and weekly interventions, over 10300 children through indirect interventions in schools & other environments and trained over 700 professionals . This year about 190 organizations in the country and overseas have been introduced to our methodologies.**

impART saw a year of travel – not just within the country but to many new shores that heaped appreciation on our work's intent and implementation. From offering workshops that facilitated the use of the arts for inclusion, empathy and more connected workspaces, to taking forward the year-long programmes designed to build bridges within learning spaces, impART's programmes have covered a range of participants and purposes over the year. Nepal, Qatar, Argentina, Brazil, Himachal Pradesh, Uttarakhand, Maharashtra and Delhi are just some of the countries and states that we took our work to . We worked with children, educators, doctors, psychiatrists, students of medicine, counselling students, farmers, and top level leadership teams .

At Prajnadhara, it has been a joyous and eventful year. From certifying our 3rd and last Batch of students in Arts Based Therapy to reimagining the course itself as 'Arts Practices for Inclusion (API)' – a new course that will work with the arts and inclusion as its core essences, Prajnadhara has opened new pathways in training people already working in helping professions. The inauguration of our new campus that will now house the Direct Care programme of Snehadhara Foundation, serve as an artists' retreat centre and host the students of the API course was another key highlight of the year. We were honoured to welcome Dongsar Khyentse Rinpoche and receive his teachings during the inauguration of the new campus. We were also privileged to have Jetsunma Tenzin Palmo share teachings at the same venue for not just our team but also others who sought to understand the application of spirituality in their daily life.



As part of the Direct Care Programme, students spend time in building life-skills, participating in Activities for Daily Living (ADL) and receiving academic learning through a variety of interventions. These interventions are conducted through the use of various art forms, materials and strategies including the use of sand, paints, drums, songs, stories etc. Students receive hands-on experience in each of these interventions through outdoor visits to nearby stores, home visits, and likewise. An attempt is made to enable learning through regular repetition and application in daily living thereby initiating independence and self-preservation inside and outside of the Centre, and home.

While some of the activities are at the Centre, based on our belief that a lot of learning happens outside of the four walls of the Centre, many sessions are designed to include the outdoors or people from outside who influence the learning space with the unique spirit of their work. The Overnigheters have set the stage for the shift to a semi-residential format of working in the next academic year.

‘Danthon Danthon Mein’ a dental checkup, was a first step towards building inclusion of our children in the roll out of dental healthcare facilities and options. Kala Samvaad this year saw our parents and facilitators drumming, working with clay, playing with balloons and more. Snehasangiti, our flagship programme on inclusion through the arts, has enabled our children to find their voices, among peers, in an inclusive environment of the Kids’ Corner School.



The intent of Houseful has been to give our children an experience of multiple performing arts while also working with boundaries of self and the other. Over the year, we had a host of artists bringing in a range of artistic genres and delights to our children. This year witnessed Vasu Dixit (renowned musician), Debapriya Das (a belly dancer), Arpita Gaidhane (a Baul singer), Asha Sarella (a Bharathanatyam dancer), Bindu Subramaniam and Ambi Subramaniam (of ‘Subramania’ fame), Adrienn Izsepi (a Ballet dancer), Vishwi (an upcoming musician and composer) and Mridula Rao (a Kathak dancer) enthralled the children with their art.

The second term was extra special with two Houseful events – one which witnessed the loving energy of the children from ACTS Harmony, a Western Music Choir from ACTS Secondary School, Bangalore with their carols and smiles. The other saw a very special performance by K. Swaathi, an adult from our senior group who took her first steps towards understanding performance via this specially curated event. The highlight of Houseful has been that the performing artists not only offered our children a taste of their talents but also shared insights from their artistic practices in small workshops that followed the performance. Getting our children to simply engage in the viewership of a play during the Children’s International Theatre Festival at Ranga Shankara, Bangalore is a happy milestone that could not have been achieved without the preparation that Houseful offered.



Houseful



Café Obattoo that was begun to entice the children towards learning to cook or support culinary work, manage money, clean up, work in teams and relate to “customers” at the Café, moved in the last year towards a definite display of more ownership from the children. Any regular customer of Café Obattoo would vouch for the innovations in the menu and presentation of the food over the last year. From healthy salads and drinks to crisply fried snacks and tangy chaats with spicy chutneys, Café Obattoo has emerged as one of the strongest (and most delicious) programmes in the Centre with respect to at least one group of children.

### Cafe Obatto

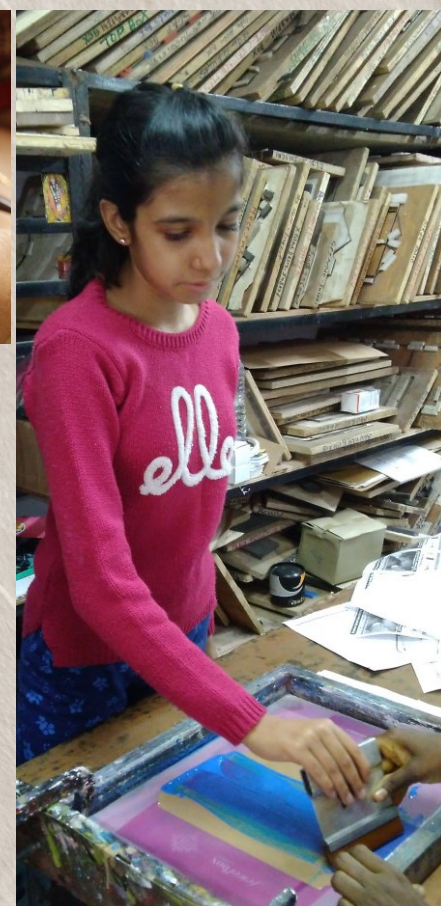
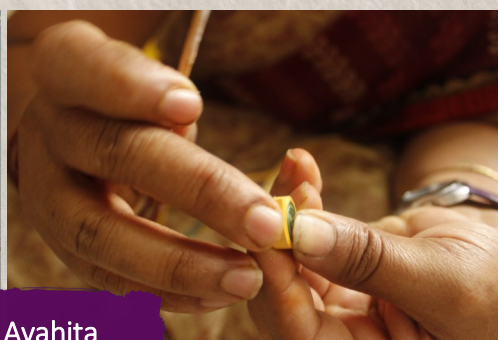


Pipilika is Sanskrit for ‘ants.’ True to its name, this programme has been steadily marching towards giving an experience of joyful arts-based learning to children at Snehasadan (Boys Home), Sunbeam (Girl’s Home) and Desire Society (A home for HIV Positive children) through the year. This year’s interventions looked at consistent engagement, a need to plan the sessions in ways that more children participate and reaffirmed the power of arts practices in facilitating inclusion. The weekly sessions at the Government Girls Home aimed to use ABT towards improving the psychosocial wellbeing of the girls.

### Pipilika



### Kala Avahita



September 5th, 2019 saw the launch of our new programme 'Kala Avahita' – envisioned as a new milestone in empowering the students with new ways of manifesting aspirations towards independence and livelihood skills. It was a take-off from the existing Vocational Training programmes where the students were getting trained to work at HOPCOMS, Maya Printers, Glow - a dry cleaning unit and Chowdeswari Traders – a local provision store. It was remarkable how over the year, the students all learnt many skills including social skills, interacting with customers, negotiating a public space that made no special allowances for any of their requirements even while sensitively accommodating their special needs at a very basic level of acceptance.

Within a month of the launch, the group was able to create 60 earrings and complete their first order from a customer. The creation of miniature fridge magnets shaped as books is another Kala Avahita project that is progressing well. Some of the students’ Kala Avahita creations also sold in Jamarko, a store in Nepal that showcases handmade products made from recycled paper and materials.



Through our outreach work we facilitated year-long programmes and workshops at organisations, and also participated in national and international conferences. Our work was well-received and also received awards and recognition.



Some of the workshops facilitated by the impART team this year in Bengaluru included 'Arts Practices for Inclusion' with the Parent Support Group at Brindavan Education Society, at Christ University, School of Business Studies and Social Sciences, Bannerghatta Road Campus (on the occasion of Prav- the mental health awareness week) and at the ICCY 2019 at the main campus of Christ University. The workshops saw students, therapists, staff from organisations working in social inclusion fields come together to experience the application of arts in creating a sense of belonging and inclusion.

## Workshops and Trainings

We also had the opportunity of taking our workshops to other cities in the country. Shailaja Bedi facilitated a workshop at Sri Aurobindo School, Chandigarh, titled 'Mandala - Dialogue Circles through the Arts' for teachers from Grades Nursery to Tenth. This year we engaged in a four-month long programme (offered over a week each month) at Vana, Dehradun titled 'Young Vanavasis Retreat,' The days were packed with a variety of artistic experiences with multiple opportunities for the children to partake of pursuits for wellbeing. A creative space was also created for parents, which was in synergy with the experiences that the children were a part of.

Over the last year, the impART team conducted three sessions on drumming for wellness at Prameya Health, an organisation that offers cancer support and preventive healthcare services to women in Bangalore. The impART team of SF made a short presentation about the possibilities of using the arts to create empathetic healing spaces in hospitals, at Kidwai Memorial Institute of Oncology, Bangalore.

The three year long engagements that we took up this year included our work with Smart Wonders, Mohali, our offering of the certificate courses with Headstreams and Creative Connections with Vana, Dehradun. Each of these three engagements were with different groups of professionals and students.

## Certificate Course in 'Play and Human Development'

For the fifth consecutive year, we continued to collaborate with Headstreams to offer the Certificate Course in Play and Human Development: Perspectives and Practices. The Course was offered in three colleges in Bangalore - St Joseph's College, Mount Carmel College and Christ University. The intent of the Course is to prepare students of humanities to become facilitators who use the arts in their work with vulnerable populations. Our sessions were facilitated by a team of practitioners who introduced visual arts, treewelling, percussion circles, theatre, community dancing and sign language to the students.



## Creative Connections at Vana

Another of our yearlong engagements was with the teams at Vana, Dehradun. The sessions were designed to work with well-being through the Arts, facilitate a search for equilibrium, strengthen the steps of participants on the inner journeys and learning that are at the heart of Vana's style of working. The program 'Vakshana - Collaborative Mindful Leadership' with the Vana Sabha leaders at Dehradun kept the focus on exploring and demonstrating parallels between arts experience, self-reflections and the work environment.

## Smart Wonders School, Mohali

Our 2-year engagement titled 'Mandala - Dialogue Circles through the Arts' at Smart Wonders School was aimed to create opportunities for communication and learning for both adults and children and enable possibilities to achieve independence and empowerment. The participants planned, reflected independently and took a deeper look at the process leading to the creation of mentors from within the group to take the programme ahead.



## Awards and Recognition

Snehadhara Foundation received the NGO Leadership Award 2019. The award is presented to leaders who are impactful and believe in a MAD (Making A Difference) approach towards Social Change. The Award is endorsed and certified by World Federation of CSR Professionals.

Gitanjali Sarangan was also awarded the 2nd Creative Art Therapy Award 2020 for her outstanding contribution to the field of Art Therapy as an Arts Practitioner for Inclusion at the Sancheti Healthcare Academy Awards for 2019-2020.



## Conferences

Our Executive Director, Gitanjali Sarangan was a speaker at the 2nd Round Table 'Reaching out: Towards a relevant response to Mental Health', at Azim Premji University (APU), and at the Round Table Discussion on 'Training and Capacity Building on Play in various settings' at the International Conference on Multidisciplinary Approaches to Nurturing Children and Youth (ICCY-2019) at Christ University, Bengaluru. The largest TA event Instahiring 2020 witnessed our participation at their panel on Diversity and Inclusion.







The international footprint for this year's impART work has brought us a lot of encouragement and inspiration from different parts of the world. It has been a humbling experience to discover that our programmes in Direct Care have sparked curiosity about improvement and innovation in a variety of contexts, not necessarily similar to ours. From working on recreating some of our best programmes at Casa Angelman, Argentina to being honoured as the one of the world's most progressive institutions by Qatar Foundation, Doha – it has been a year of rediscovering our work in very new spaces and settings.

## Argentina— Buenos Aires



At Conferencia Internacional, Lincoln School, Buenos Aires our workshop titled 'Kala Samvaad - Creative Dialogues' saw us handling one of the largest groups we had ever worked with. The 100 odd participants included educators, professionals, organisational heads, therapists and others.

## Argentina—Tigre



Working with a team consisting of a physiotherapist, psychologist, horticulturist and therapist from Casa Angelman, Buenos Aires, 'Kala Samavaad' - Creative Dialogues sharing of the inner journeys, fears and challenges. Working with translators, who played a pivotal role in the implementation of the workshop plan, was a rich learning experience in itself.

## Oota Thota at Casa Angelman, Tigre



It was indeed humbling for us to see how Oota Thota finds its place in an organisation in South America. With so much diversity the anchor in the kitchen classroom was the joy of cooking together. Be it buying the vegetables, walking across the road, locking the gates or learning to cut Yucca together, Oota Thota celebrated social inclusion.



## Nepal

Taking forward impART's objective of spreading the use of Arts Based Practices and enabling the creation of a significantly more inclusive society, we took our work to 4 organisations in Nepal this year through the API workshop series. We got an opportunity to showcase the value of the arts in opening conversations not just with others but also the self. Many well-oiled tools from the kit of artistic practices were used to empower doctors, counsellors, counselling students, students of Psychology, researchers and more, with ways to strengthen their own work, practice or study.



## Qatar – LEAPS SUMMIT



Snehadhara Foundation (SF) was honoured to be part of the LEAPS (Leading Educational Advancement through Progressive Schools) Summit hosted by Qatar Foundation (QF), Doha in November 2019. The intent of the Summit was 'to explore how traditional methods of teaching and learning can be disrupted in order to support children's creativity, curiosity, self-development, and future path'. Snehadhara Foundation was chosen as a participant and presenter at this unique and prestigious event after being declared one of the 6 global progressive institutions in the world, along with Lumiar Foundation, South America and UK; Hub School 21, France; NuVu, US; Kingsland Pre-Prep, UK and Agora School, Netherlands.

At the LEAPS Summit's Round Table, Gitanjali Sarangan shared the story of Snehadhara Foundation's innovation in education and in reimagining classrooms using the arts. This was followed by a panel discussion which opened an interesting debate on challenges with mainstreaming innovations and the way forward to build learners for life.

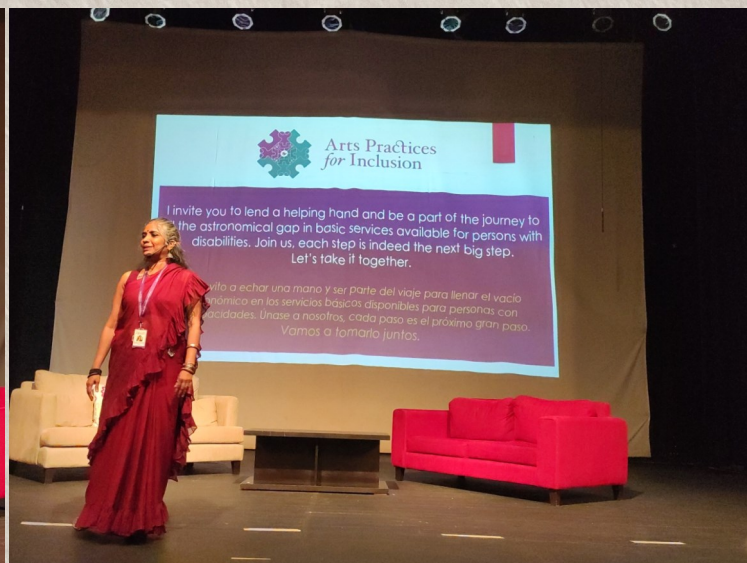
## Qatar - Academyti



In a presentation at Academyti, an innovative, child-centred school, we demonstrated our Arts Practices for Inclusion model by getting the group to dance and sing together. It was interesting to see the Academyti team's energy levels and willingness to learn. Academyti's approach is to expose the children to experiences and challenges that will fuel their growth towards independence, empathy, curiosity, and creativity.



API is a series of methods which facilitates the creation of Inclusive Spaces. Such spaces are created when vulnerable populations are integrated in mainstream spaces through the arts. Over the past 8 years our Direct Care model has birthed many inclusion projects with special needs children and adults and API is a culmination of those learnings and effort. API is a first-of-its-kind course which looks at therapeutic practices and social inclusion through the arts. Based on Prajñadhara's experience in training over 62 ABT practitioners, a need was felt to design and implement a course that looks specifically at social inclusion through the Arts. API is a result of this vision and it facilitates the creation of inclusive spaces for children and adults with disabilities through student led projects.



The API course was launched at the habilidades del Ser (translated as For an Education that displays the abilities of Being) held in September 2019 at Buenos Aires, Argentina. The conference saw over 100 participants which included educators, teachers, policymakers, therapists, storytellers and professionals who spent the day re-imagining learning spaces that will facilitate inclusion.

Further to this we onboarded 11 specialist supervisors and commenced a yearlong intensive supervisors training in November 2019. Our supervisors come in with significant experience in the fields of special education, mental health, life-skills, psychology, therapy and support for sexual abuse victims. Prajñadhara's bespoke training in supervision of arts practices has taken their skill sets from strength to strength. Our Supervisors have already begun applying API methods with beneficiary populations in order to facilitate their inclusion in communities. These are direct interventions by specialists which will continue in tandem with student led projects.



### API Introductory Course- Batch 2

The first batch of the introductory course on Arts Practices for Inclusion saw professionals in arts practices from five different states from across India come together to talk about the cross-roads between inclusion, therapy and the arts.

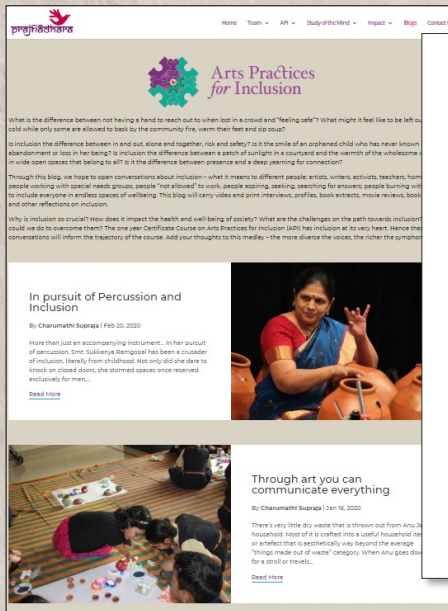
### API Introductory Course- Batch 1

The first batch of the introductory course on Arts Practices for Inclusion saw professionals in arts practices from six different states from across India come together to talk about the cross-roads between inclusion, therapy and the arts.



The second milestone in the journey towards the API course was the commencement of three-day introductory courses in API. These are taster courses but also stand-alone offerings to strengthen skills of persons who wish to practice the arts for inclusion. Courses follow a three-day workshop format where students experience the therapeutic, inclusive, self-care and capacity-building modules of API through visual art, play, drama, rhythm, sound and voice, story and movement. Learning is located within the goal of facilitating social inclusion for special needs and other vulnerable populations. The first API introductory course launched on 29th November 2019, saw professionals from the mental health, counselling, social work, health, wellness and medical sectors attended the course. The second API introductory course in February was also well-attended and opened up many channels of thinking about arts practices and inclusion in the daily routine of many participants' workplaces. Prajñadhara plans to offer at least 5 such introductory courses in 2020 across the country.





The intent of the API Blog is to open conversations and new perspectives on inclusion, through interviews with arts practitioners, writers, activists, policy makers and others working towards inclusion through the arts.

The Arts Practices for Inclusion Blog Series is rooted in the belief that awareness and advocacy work coupled with consistent, published documentation of dialogues on the subject can only foster more work that connects arts practices and inclusion. The first of the API blogs opened with a filmed sharing by Dr. Indumathi Rao, one of the country's best-known advocates for inclusion. This was followed by a sharing by Mr. V. S. Basavaraju (State Disabilities Commissioner) on how he looks at Inclusion and the Arts. The series followed with interesting posts that accounted a review of the film Perambu (a moving story of a father's struggles to safeguard and bring up his adolescent daughter, living with Cerebral Palsy), an account of Bangalore's Pride March, an interview with Anu Jain (an artist and teacher who has overcome severe physical disabilities), an interview with Sukkanya Ramgopal (the country's first woman ghatam artist) - among other subjects. The featured articles, interviews, reports and reviews on this blog hope to offer more questions and thoughts on inclusion in society. The blog has been well-received and created a unique platform for people working with inclusion through the arts.

## API Workshops - Nepal

### Tribhuvan University Teaching Hospital (TUTH)

At Tribhuvan University Teaching Hospital (TUTH) the session focused on 'Counselling through the Arts'. The aim was to look at effective, reflective listening and communication beyond speech. It was heartening to see how the group of Psychiatry students challenged their own learning boundaries throughout the session. TUTH is the first hospital and a landmark in the evolution of medical education in Nepal.



### Transcultural Psychosocial Organization Nepal (TPO)

The session at Transcultural Psychosocial Organization Nepal (TPO Nepal), one of Nepal's leading psychosocial organizations, was attended by 12 participants who are undergoing a year-long counselling training on working in conflict areas with children and their families. They strive to develop local psychosocial, mental health and conflict resolution capacity and systems that promote community resilience, quality of life and self-reliance through education, research, service delivery and advocacy.

### Tribhuvan University

Snehadhara's session at Tribhuvan University, Nepal, had the Post Graduate students of Psychology participating. Tribhuvan University is the oldest university in Nepal. It was established in 1959. The sessions were very well-received as play is always a magnet for energetic participation. From body sculpting to voice work, visual art to play, the participants invested completely in the workshop.



### Autism Care Nepal Society (ACNS)

Autism Care Nepal Society (ACNS) believes strongly in empowering parents and caregivers of children living with autism for which it runs parent child training programmes through the year. Our session at ACNS focused on Arts Practices for Self Care with volunteers, staff and parents (mostly mothers) participating. The workshop reaffirmed the need to





The process of building the new space over the last one and half years was rewarding in itself, with generous donors coming forward to contribute in big and small ways to the building fund. The architects of the building have woven in their ethos of causing minimum or no damage to the earth while making an aesthetic structure that reflects the values of the people who will inhabit the space. This new campus will not just house the Direct Care Programme of Snehadhara Foundation but also host various courses including the unique Arts Practices for Inclusion (API), while also serving as a haven for artists and seekers of wellbeing.

## A blessed beginning

It seemed more than apt that Smt. Sukkanya Ramgopal, one of the country's foremost ghatam artists and advocates for women percussionists, should have inaugurated the space that will be a training ground for people working towards using arts practices for inclusion. Having fought stereotypes and crossed the barriers that gender posed, Smt. Sukkanya Ramgopal has developed an idiom of percussive expression that not only takes rhythm well and truly into the realm of melody but also encourages more women to bravely take up the art of the Ghatam.

Sunaadam Trust's 'Antaranga' concert opened the space with its unmatched and unique musical performance that melded poetry, percussion and melody. The ensemble led by Smt. Sukkanya Ramgopal was supported by her talented students Sumana Chandrashkar, Ramesh Iyer, Sachin Deviprasad and Srinidhi R Koundinya. They were beautifully supported by the versatile Saitejas Chandrashekar on vocals. The musical offering was made not just to inaugurate the new space but also to Dzongsar Khyentse Rinpoche who was our special guest at the opening ceremony. Rinpoche is not only passionate about Carnatic Music but also working tirelessly towards taking Indian Mind Traditions out into the world.



## ABT batch 2019-2020

23 new ABT Practitioners completed the Arts Based Therapy Course, the last in the series conducted by Prajnadhara. This batch had 24 participants from 19 different organisations across 11 locations in the country. Due to the virus scare and sudden changes in the health environment across the world, the certification ceremony had to be deferred. Over the last 3 years, Prajnadhara has certified 62 ABT Practitioners and each of them have continued to practice ABT with varied groups of special populations.



## 11th Indian Buddhist Retreat, Deer Park, Bir

Gitanjali Sarangan, our founder and Executive Director, facilitated a session each day on 'Wisdom and Wellbeing through Multi-Arts' at the 11th Indian Buddhist Retreat at Deer Park, Bir, Himachal Pradesh. The session allowed the participants to look at the Paramita of patience through play, visual arts, theatre and movement. The Retreat brought together 55 participants from Rajasthan, Assam, Punjab, Uttar Pradesh, Himachal Pradesh, Karnataka, Gujarat, Orissa, Tamilnadu and Jharkhand.





## Dzongsar Khyenste Rinpoche's Teachings and a Public Talk

Prajnadhara was honoured to host Dzongsar Khyenste Rinpoche on January 4th (at Shankaraa, Bangalore) and January 5th (at Snehadhara Foundation's new campus in Nelamangala).

Prajnadhara along with Sangha partners – Siddhartha's Intent and Vana Foundation, was humbled to host Dzongsar Jamyang Khyentse Rinpoche at Shankaraa, Bangalore and facilitate a Public Talk on the 'Way of Vipassana' to a 350 strong audience that had gathered from different parts of the world. In this Talk, Rinpoche described the 'Way of Vipassana' as being more about cultivating a deep, moment to moment awareness of the truths - impermanence or Anicca, lack of satisfaction or Dukkha and Anatta or non-self, rather than about sitting on a cushion for nine days and pursuing calmness. "Walking around, dancing, cooking – anything that brings you to the truth is Vipassana," he said, inviting seekers to look at Vipassana in a "much deeper and vast sense."

On the morning of January 5th Rinpoche led the consecration ceremony of the Tara statue that he gifted Snehadhara Foundation and that is now housed in our new campus at Nelamangala. It seemed very well-suited that a space created, nurtured and built through the expression of feminine energies should house Tara, the "mother of liberation," who represents the virtues of success in work and achievements. Rinpoche's consecration of the Tara statue was followed by a Teaching in which he spoke about the importance and beauty of a culture that is curious about or values "Prajna" which is "inexpressible, untranslatable." He pointed out the emphasis on "common sense" that could easily derail one's recognition of Prajna "which we are and that is always with us." About 130 people from team Snehadhara attended the Teaching along with guests from different parts of the world, collaborators, donors, Board Members and their families.



## Jetsunma Tenzin Palmo's first Public Talk in Bangalore and a Two Day Retreat at Nelamangala

Prajnadhara in association with its Sangha partners Vana Foundation and Siddhartha's Intent, hosted Jetsunma Tenzin Palmo's first public talk in Bengaluru titled 'Making daily life our spiritual practice'. The event was held on the 2nd of February 2020 in our Nelamangala campus with participants from many parts of the city. Jetsunma took the participants through Geshe Langri Thangpa's 'Eight verses of training the mind'. She pointed out in her teachings that obstacles in life are indeed opportunities for spiritual practice and described why it is important to sit on the banks of the river and watch it flowing by.

The 2– day Retreat on 'Practice in Daily Life – Advice of Atisha in 21 lines' saw participation from the Snehadhara Foundation team, Deepika School team and some other students of spiritual practice. At the teaching delivered in her gentle style, mixed generously with humour and abundant compassion, Jetsunma said that "the motivation of a spiritual life should be for the benefit of others. Just as a doctor does not become a doctor to heal herself, a spiritual seeker and genuine practitioner practices to benefit others over many lifetimes." She emphasized the need to befriend rather than force the mind which does not take kindly to force but laps up a nurturing friendship. The first day of the Retreat concluded with a beautiful Mehfil that explored many thoughts and philosophical ideas pointed at in the Teachings.

The second day of the Retreat saw participants inquiring into questions on compassion, mindfulness, intention and even lucid dream practices. Speaking of intentions, she emphasized their importance in meditation for they give direction and meaning to the practice. Intention is the "why" that sets the stage for the "how" and "what" of meditative practice, she said. The two day Retreat opened up new vistas of hope for those wanting to nurture their spiritual practice or even simply find ways to deal with life's daily challenges.

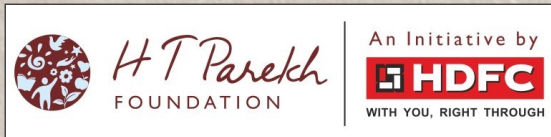






Join hands with us as we work towards creating an inclusive world, a world where we are able to re-look at ourselves and are inspired to live differently and compassionately, a world where everyone belongs.

All our programmes have been possible through the generous support of our donors and friends. Thank you dear donors for walking this journey with us.



## CONTACT DETAILS

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### 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)  
[www.facebook.com/ABT.Snehadhara](http://www.facebook.com/ABT.Snehadhara)

### Youtube Channel

[www.youtube.com/user/SnehadharaFoundation](http://www.youtube.com/user/SnehadharaFoundation)

## 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 with National Trust of India

Reg No: KSNE16512252414

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

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ITO(E)-3NOL. 2012-13. DTD 06-03-2013.

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