



SANDESH ANNUAL REPORT

2023-2024

*“There is no passion to be found playing small in
settling for a life that is less than the
one you are capable of Living.”*

Nelson Mandela



May was a tough month for all of us in Sandesh.

Sashamma who was with us from the first day onwards was sick for a while. She had been the strongest pillar for us with her beautiful smile always ready to help and welcome whoever comes to Sandesh. We Miss you Amma...

She passed away on 30th May 2023

Rest in Peace ...



Vasanthi had a long journey with Sandesh being wife of Robert. She had been sick for a while but her passing away was a big shock to all. No one was prepared for this. Robert her husband and Rachel their daughter will take time to accept this loss. Vasanthi passed away on 5th May 2023.

We miss you Vasanthi... Rest in peace

Sandesh Director's Note

To all my dear Friends,

Life is a journey and we all are together in this.

Let me share, Sandesh Pray with all of you. We say this prayer every day.

“God you call us together,

You invite us, to be your channel of peace,

We trust that you are with us, all the time,

Be our Hope as we continue this Journey together.

This prayer connects us with all of you, no matter how far you are, we remember all the special occasion, all that's going on in our world, for all the students, families and for our well-wishers.

I am aware that it's your thoughts and kindness towards Sandesh Mission that's keeps us going. Each one out there is very important for us in our Journey of Sandesh.

Our year has been a blessing, though losing 2 of our loving staff was very hard. Life goes on and we had to move forward with heavy hearts. Time is the most important healing tool that's given to all of us, new members joined Sandesh and our activities grew.

Support from new companies gave us more hope and challenges too.

Our team is growing and we are looking forward for the coming year, with new dreams to add on to our canvas.

Sometimes you may find us bit laid back and not very communicative, it doesn't mean that we have been stagnant, there is constant movement in Sandesh and you will see in the following pages that we have been very active whole year.

Will do our best to share more news about our activities in the coming future.

Taking this time and space to Thank all of you for Journeying with Sandesh. jenny



ACTIVITIES AND PROGRAMS

EARLY EDUCATION UNIT

Early childhood education (ECE) programs include any type of educational program that serves children in the preschool years and is designed to improve later school performance. Early education takes care of educable/trainable individuals. Most of the members under this wing are able to eat, drink, express their needs and move around independently others are still dependent in eating, toileting, going about etc. Training goes on every day.



EARLY INTERVENTION

The purpose of Sandesh introducing early intervention program is mainly to identify children with special needs at early stage so that they can be assisted in their overall development in order to reduce the deficits and secondary problems. Sandesh works very closely with nearby Government hospitals, Aganwadis, Asha worker and community leader in the process of identifying children with special needs. After the child is identified, with the consent of the parent's intervention program is planned by a team of professionals (therapists).

CARE AND THERAPEUTIC UNIT

Rehab/therapeutic and care unit members continue to receive their Individualized and group oriented trainings and therapies. Aims of all these training programs are implemented to facilitate member's growth and improvement in activities of daily living, speech /alternative ways of communicating, self-propelling a wheelchair, walking, interacting with others at home or community, attention and concentration, assistance to adapt in changes/ learning new skills, fine and gross motor and more.



PRE –VOCATIONAL UNIT

Members in Pre- vocational are trained in obtaining new skills including paper Mache, block printing, paper cutting, paper folding, stringing beads with different shapes and size, sorting and matching color, braiding, weaving, tailoring, embroidery and overall wellbeing of the members are taken care of. After the member attends 18 years old and they already mastered the basic skills required in Vocational then they are prepared for transition process.



VOCATIONAL UNIT

Vocational unit has been dedicated to empowering individuals with Intellectual and Developmental Disabilities through skill development, fostering independence, and promoting inclusion in the workforce. Over the years Sandesh Vocational unit continue to focus on craft based products including paper craft, embroidery, rigid box making, decorative diyas, handmade stationery items and do-it-yourself (DIY) product making etc.



SHELTERED WORK UNIT

This unit works very closely with Vocational section. The unit provides skill training in stitching for members and also contribute in production on products related to textile. Members from Pre- vocational and Vocational unit are getting training in tailoring. The progress they exhibit is worthy applause. Looking forward for the next batch to start their training.

This unit work on production whereby the products produced include varieties of bags, table mat, aprons, pot holders, yoga mats, eye pillows, book marks, pouches etc.



DIGITAL LEARNING

The DL sessions have helped members to strengthen the concepts learnt in the class. The worksheets on MS paint using shapes and colors, the coloring activities and the naming of different birds and animals and number repetition activities have all helped them reinforce the learnings that happen otherwise. The sessions have also helped enhance their communication, typing and reading skills as they express their interest to work on specific areas.



THERAPIES

ACUPRESSURE

The treatment continues for all members with the guidance of Ms. Sherli Agarwal. The follow up and regular consultation of parents and members of Sandesh takes place at least once a week. Acupressure is administered to all members daily. Effectiveness of acupressure is mind blowing Sandesh is witnessing tremendous change in members

SPEECH AND LANGUAGE THERAPY

Members from all the units privileged having one to one session of 30 minutes with a speech therapist. The focus of these sessions are not only limited to improving the member's speech and language but also to help with their attention, pragmatic skills, use of expressive language, pre requisite behavior etc. There is a tremendous progress on speech clarity, number of vocabulary, improvement in eye contact, attention. Many members who were initially opting to communicate through gestures are communicating verbally.



PHYSICAL AND OCCUPATION THERAPY

The focus of this unit is to work with members and promote independence and easy challenges associated with day today activities. Physiotherapy work mostly on the developmental, motor and fitness aspects of the members. Some members from all the units in Sandesh benefits from the services provided in this unit



DANCE AND MOVEMENT THERAPY

Sandesh has considered dance as a tool to elevate, express or relax members' moods. As it obvious that most of our members have limitation with their mobility but that doesn't stop them from using the platform provided to them for expression. Sandesh has implemented dance as one of the instrument to improve members muscle tone, improve balance, improve mobility and give them peace of mind.

Members get one hour twice a week where by a professional dance coach extend her attention to the members.



SANDESH WELLNESS TEAM

Sandesh wellness team of Doctors from “ Sarv Aveksha”and counsellor continue to work closely with parents, members and staff of Sandesh through medical & counselling intervention once a week where their personal health, emotional needs are taken care of. The parents get chance to share the challenges and their children’s medical needs whereby medical advice is provided. These sessions are individualized;

Health workshops are conducted by doctors at least once in three months.

PARTICIPATION AND OUTING

Outing: On 23rd of June2023 we had a delightful day visiting Banneraghatta park. Enjoyed being together in a greenery and bountiful place. Members were happy to see different animals and also to have a beautiful walk around the park. Again in the month of February 2024 members and staff from Care and therapeutic and Early education unit were privileged to take part in a day outing with an intention of having a relaxed time in a blissful nature. The members enjoyed their time moving around a greenery garden of Mr and Mrs Jothi Sahi home in Silvepura.



Day out for Sandesh staff

Staff went for a day refreshment at Club Cabana. It was a remarkable day which will be remembered for long.



Colour of concern:

Sandesh member participated in a drawing competition which took place at Rangoli Metro art station, MG Road Bangalore. The competition was organized by Concern India Foundation.



Autism awareness program

Sandesh members were privileged to be part of an awareness mega events for children with Autism organized by Rotary club of Bangalore. All the members participated in different activities.



IN HOUSE TRAINING AND WORKSHOPS

Staff awareness training and workshops

Sandesh continue to conduct ongoing training and workshops for staff with the main purpose being to keep the team up to date on the matters related to the professional life, balanced work life and creativity and many more. Awareness trainings takes place once a week mainly Friday while workshops once in three months.

CELEBRATIONS

International disability day (3/12/23)

Sandesh was one of many organizations who came together to celebrate International Day of Persons with Disabilities organized by Gunnerian father in Bangalore on 3rd December 2023..Their dance performance was well appreciated. Theme of this year was **“United in action to rescue and achieve Sustainable Development Goals for, with and by persons with disabilities”**



World Downs syndrome day

Sandesh celebrates the life of everyone in the community but this day was specially dedicated to individual with Downs syndrome.



Yoga day

This day was celebrated in a special way with team SHREE YOGA VIJNANA KENDRA (SYVK). Yoga instructors from this center conducted a session where by Sandesh members and staff were immensely active in performing different Asanas. It was a remarkable and memorable day.



Onam 2023

This year Onam was celebrated in a grand mode. Varieties of entertainments took place and all the members were involved in one or two activities including dance, skit, singing and of course with delicious food.



Birthdays and community day celebrations

It is Sandesh tradition to celebrate the life of each member of the community in a special way. The last Friday of the month is dedicated to this cause whereby a team of individuals celebrating birthdays in that particular month cut cake together and birthday gifts are given to them. On the same day the community spend time together having fun playing games, group painting and more.



Diwali

The festival of light which depicts the victory of light over darkness. Diwali season is very special to Sandesh as we get a platform to show the community the creative work of our hands by sharing our ecofriendly products. During this time Sandesh members and staff put their energy together to make sure that they meet the required orders of our products. It is usually a busy time which ends with splendid celebration. Diwali celebration took place in November 2023. During this event One member and one staff were recognized as best workers of the year where by a token of appreciation was facilitated to them. All staff and members received Diwali gifts including diyas.

Christmas Celebration

It is the season of sharing and celebrating. A time of the year that every one waits to embrace. In Sandesh we exchange gifts and appreciate each other for who we are. The moment was joyfull with lots of performance, drama/skit ,singing etc and then ended with special meal for all. In this ocassion eve the members who were not active were invited to celebrate with us.

OTHER ACTIVITIES

CSR Activities

Sandesh is thankful to all the companies who constantly support us, the smiles, positive energy you bring in when you visit Sandesh is very much appreciated. Selco, Sony, Sapient, Confluent, PVH Services India etc

Washing of the feet

As a sign of care, love and humbleness Sandesh community wash eachother's feet before they break for Easter celebrations. It is the day of reflecting our relationship to one onother.



Friendship and bonding with other NGOs

On 9th June 23 Sandesh invited Asha Niketan to spend a day with the community. It was a well spent time where music and singing bajans enlightened the atmosphere. In return Sandesh was invited to visit Asha Niketan located in Bangalore, A group of members and staff had a great experience spending a day with members of Asha Nikethan.

Exhibitions

Sandesh community was fortunate to be invited in various places to exhibit its precious hand made products. It was a good experience and exposure to connect with other organizations serving the society. Going for these exhibition helped us to get direct feedback from the customers, we were able to showcase our various products from tailoring unit products, handmade notebooks, coaster, gift boxes and Diwali Diyas to name few.

Parents meeting

Parents meeting were organized and successfully conducted as it was planned for all 4 units. The first meeting was May, October & November 2023 with the purpose of updating the parents on their children's progress and plan together for the next quarter. First meeting of the year 2024 took place January. This meeting focused on setting goals and individual plan for the first quarter. Parents response was very good. The next meeting will be on the third week of April 2024.



Parents' Association

Representative parents from all units are active members of this association. They were part of one-day workshop organized by Sandesh in collaboration with DNA and facilitated by Fr. M.C Abraham director for training at Peyton Institute for families. This workshop was mainly to guide the parents on discovering and developing their inner resources and strengths.



New members and staff to Sandesh Team

Sandesh family is growing and, we have five new staff. We are so obliged to have this team on board as their contribution and expertise will bring in lots of exchange in learning and relearning new ideas which will help Sandesh grow in right direction. New members with Disabilities are joining

Expansion of our networking with other NGOs

We were looking forward to expanded our network with organization working with individuals with disabilities. This year we have added few NGOs in the list and Sandesh is keeping this relationship vibrant. These NGOs include Asha Kiran, Asha Niketan and Snehalaya, Naphils Therapy Centre, Bubbles & Pragati.

Interns and Volunteers

Sandesh receives interns and volunteers from different angle including Educational institutions, individuals, cooperates in and outside India. From April 2023 to March 2024. Sandesh provided opportunities to 46 volunteers and interns who were involved in Early education training, classical singing, craft work in our vocational and sheltered work unit. Sandesh would like to thank each and every one for collaborating with us and offer their expertise with the community.

Professional volunteer who devoted and some of them continue to share their precious time and experience with Sandesh team. Ms. Shiny Augustine- Nurse, Ms. Roshini -Early Education Educator and Mr. Davis – Music Teacher.

TEAM SANDESH

No	NAME	NUMBERS
1	Members with Disabilities	80+
2	Permanent Staff	13
3	Consultant	8
4	Interns	1
5	Volunteers/Interns	46

DONOR INFORMATION:

“It’s not how much we give but how much love we put into giving”

Mother Teresa

Sandesh will be ever grateful for all the well-wishers who continue to support us in different ways. Without you all it will be very tough to carry on in our mission.

Abraham V.A	Aarati Gupta	Annie Dsouza (KPMG)
Anil K.Somaiya	Abigail	Aparna Dixit
Apoorva Singh	Annie Bevla	Aparna Ramachandra
Br.Alexandre Yesudas Noronha	Chandana	Charan
Disability NGO's Alliance (DNA)	Deepu Ramesh	De John Dominic
4TF Consulting LLP	Harman Inspired Charitable Trust	Hotel Grasshopper
Harshni	HCAH Suvitas	Jacob
Jyothi Bishnoi	Jai Prakash Rama	Knod Tech Solutions Pvt.Ltd.
Kishore Kumar	Dr.Lochan Surita	Mrs.Lucy Dsouza Krone
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Monica	Namita Shahi	Lt.Col.Narendra Tripathi
Neha Firoz Sora	Nitin Gupta	Nimma Nayyar
Navina Anand	Nitin Prasad	Nupur Singh
Prachi Mehra	Prashant S Dighe	Pamela Sunawala
Rajeshwari	Rayan	Soumya kaushik
Sandeep Agarwal	Sheela	Sangeeta
Santhosh Thazhathu	Selco	Sharvanee
Jose	Shriya Singh	Subramanian A
Susanto Banerjee	Swarnalata dasgupta	Vikas Tarneja
Vidhya prasad	Varsha Tarani	Vinoth Rajendra
Abhinav Mohan	Sandesh Sawant	Sharan
Shoba Suresh	Sundar Devi Verma	

FCRA DONORS LIST

Charities Aid Foundation of America,

Global Remittance

Ombrie Foundation

UK Online Giving Foundation

Fr.Vincent Moolan

CSR SUPPORT

This is an important support that Sandesh is receiving. We are grateful to all the companies that Trust our work and agreed to support us with Funds and their Time.

Enabling Human Potential Society	Federal bank	Gokhush Trust
Whizdm Innovation	Nutanix Technologies Pvt Ltd	Nextgen Project
WestBridge Advisors LLP	Affirmed Network India Pvt Ltd	Filtrex Technologies Pvt Ltd
Glance Digital Experience Pvt Ltd	Harman Inspire Charitable Trust	Hevo Technologies
InMobi Technologies services Pvt Ltd	Mashreq Global Services Pvt Ltd	Mountain Managers Pvt Ltd

DONATION IN KIND

Many of our friends help us out in sharing with us their well-used clothes, furniture's, provisions, toys, books, stationery. Thanking all of you who think of us in your special days of celebration by Sponsoring food for the day. This is important for us as we are connected to you all in a special way.

RESOURCE PARTNERS

DNA

Dhwani Foundation

PVH

Sarv Aveksha

Selco Foundation

WAY FORWARD

Sandesh team is dreaming to grow into having more branches...This way we will reach to more people and families in need. We are also hoping that soon our Parents group will be stronger and take more responsibilities towards their child as well as help others. We are also looking forward for increasing our staff team as well as recourse partners.

THANK YOU FOR GIVING US THIS SUCCESSFUL YEAR.

