



**SANDESH**

**ANNUAL REPORT**

**2024-25**



Dear RYAN

Our little Prince, "We Miss You Dearly. Ryan's sound full of excitement used to echo all around in our community. Working on his goals, Ryan used to work hard giving his all in the therapy sessions, taking rounds with the walker, learning to eat non his own, finishing a given activity with full concentration. When it used to get enough Ryan was very honest by just throwing the items in front of him, being clear that he is not wanting to work anymore.

Ryan didn't give much time to anyone to prepare for his departure. He was sick for a day and by the time he was taken to the hospital early morning of 17<sup>th</sup> April, it was too late. Without making any fuss our little one just silently taken his onward journey. The news was a Big Shock for all of us, His Parents and Brother in deep sadness became silent. We all had difficulty to express our feelings. Ryan was dear to all, full of life his eyes spoke so much.

Dear Ryan we thank you for giving us a chance to know you and be your friend. Thank you for sharing your excitement with us, for filling our home with love.

May you rest in Peace.

**Director's Note:**

*It's only with the heart that one can see rightly; what is essential is invisible to the eye"*

This precious quote is from the book "The Little Prince" and I keep it as a treasure. This little quote is very important for us in Sandesh and our work. Many times it's not easy to show the well-wishers or the parents what exactly is happening in Sandesh, in time you see the changes in your heart, see the changes in our members. The impact is not really visible to the eye, until you experience it in the heart.

I know this all sounds bit philosophic, but it is the reality. One needs to believe in the mission and vision of the community to support it. Sandesh is blessed to have you in its journey, without you all its not possible to carry on.

I am often filled with the memories of our dear ones who have left us, I have caught myself talking to them for guidance and for peace. These moments are miraculous.

Last year was beautiful and a lot of stepping stones were taken in Sandesh. We have started new partnership to support our members in education and digital knowledge. Our staff team received more skill training. Sandesh has more new members specially in early education unit.

We made a conscious choice to visit other NGO's working in the same sector. It's remarkable to see how much good work is going on. We have learnt so much and we will do this more. It's always good to be together in the journey.

Our campus looks beautiful and we are wishing to have more of birds & butterfly to join our team. The flowers, vegetables and our dear pets are an invitation to make this environment a welcoming place for all.

In the flowing pages you will be able to see how each unit is growing and how Sandesh is continuously making ripples of joy and blessings.

Thanking each one of you my dear friends for Journeying with Sandesh. Jenny



## ACTIVITIES AND PROGRAMMES

**Early Education Unit** (Ages 3 to 12)- The main goal of the Early Education unit is to lay the groundwork for future learning and participation in the society by supporting physical, cognitive and socio-emotional development of the members. This is also a place where skills are developed and some of the members are prepared to smoothly transition to schools/pre vocational to maximise their potential. This is the section in which all the members benefit from different types of therapies provided at Sandesh including speech and language, physiotherapy, occupational therapy, acupressure, sensory integration therapy to name a few.



**Care and Rehabilitation Unit:** This unit provides a space dedicated to care and therapies for the most vulnerable individuals. The unit provides various therapies and training for members to sustain and improve their day to day life and gain certain skills in their little precious world. Based on the strengths of the members, goals and activities are planned with objectives being to improve self- help skills, independence, mobility and other positive attributes.



**Tailoring Unit:** This unit provides training for members to develop and improve stitching skills. The main focus of this unit is to empower members through a structured and supportive environment that nurtures skill development. Here the members are prepared in such a way

that if they get employment outside Sandesh they will be able to cope up hence they have a timeline for each product they are working on. They are encouraged to meet the target set for them. Two members from the unit are proficient in stitching different types of bags, aprons, pot holders, yoga and meditation mats etc while the other two their skills are developing slowly. This year we have witnessed more production in the products because the team is more efficient and confident in the work.



**Vocational Unit and Pre-Vocational Unit:** The section continues to focus on promoting independence, developing practical job skills, and fostering self-confidence in a supportive and inclusive environment. Over all the unit comprises individuals with mild to moderate disabilities. Individuals in the vocational unit are engaged in new skill-building activities like weaving, paper bag making, and rigid box making and paper Mache. These hands-on tasks provided meaningful learning experiences that promote fine motor development, concentration, independence, and a sense of accomplishment.

New craft-based training modules were introduced by the vocational unit throughout the year 2024/2025 with the goal of improving their creativity, fine motor skills, focus. Our primary focus is on creating paper bags, training in embroidery, weaving, screen printing, and rigid box construction Candle making, painting Diyas. Paper - Mache covering can be completed independently through individualized support, hands-on training, and collaborative partnerships with community leadership teams, professional individuals and other organizations, we have made steady strides toward our goal of preparing members for meaningful employment opportunities and greater community involvement. We remain committed to empowering each individual by recognizing their abilities, celebrating their

successes, and providing the tools necessary for personal and vocational growth .

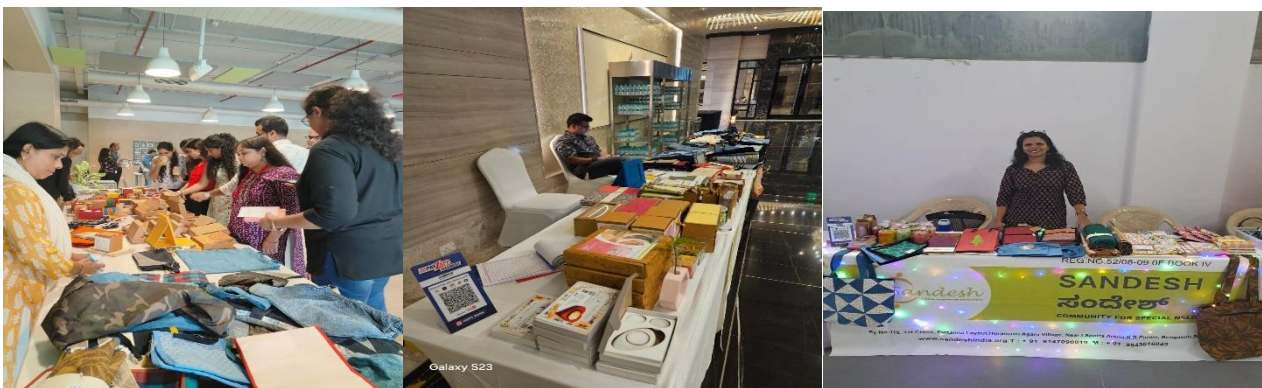


### **EXTERNAL PROGRAM AND PARTICIPATION**

Sandesh team was invited in different places to participate in various celebrations including World Disability day, Dance performance (Participation in Fest program at Asha Kiran Special school), annual day at Praxis Learning Centre. Members were happy to show their dance talent to different audiences. A team of staff went to Asha Kiran during their “Open house” program which turned out to be a very good experience.



**Exhibition:** There were more opportunities for exhibitions compared with last year. We were invited to exhibit our products in various places such as schools, church, companies, apartments. Through exhibitions many people got to know about Sandesh.



**Connecting with other NGO's:** Visited Srishti Special academy, Divya Downs Trust, Asha Kiran, Asha Niketan, whereby staff of both sides shared their experiences and challenges in the field , exchange ideas and learn from one another.



**External work exposures and Training:** Sandesh has sent two staff to get work exposure with the purpose of learning new skills, approaches towards work from other people and work in a different setup of environment whereby one of the staff was placed in the tailoring section while the other one was in Pre- vocational and vocational section.

Another staff member was sent for weaving training and the outcome is promising.



## **INTERNAL FORMATION PROGRAMS:**

Sandesh continues to offer in-house training to empower, enhancing performance, addressing gaps relating to work and relationship among the staff which in return cultivate self-motivation. The training includes Formation Training, Workshops, Awareness and skill training etc.

**Awareness and Skill Training for Staff:** There is nothing more important than being aware and having understanding of the community one works for. Sandesh provides opportunities for staff to learn about different types of disabilities and different approaches, therapies and techniques that can be implemented to support members for their overall development. The

training takes place once a week (Fridays). Staff from Vocational section are being trained in different skills with the main focus being empowering them so that they can train others whenever possible.

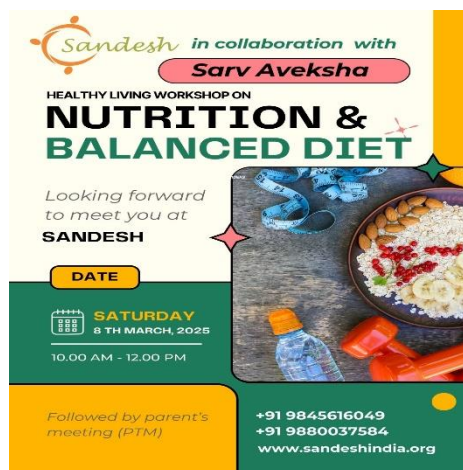


**Parents meetings:** Sandesh has organized three parent's meetings in the year 2024/2025 to discuss members' progress and set goals for each quarter. The response and participation of the parents was very good.



**Health care program:** Wellness team has played a great role to ensure that members and staff health and overall wellbeing is given priority. Sandesh made sure that Doctors and counsellor meet members who require health and emotional intervention. Hence the Doctors have a clinic at Sandesh once a week (Thursdays) and the counsellor comes once a week on Tuesdays.

This team took one step ahead to organize workshops for staff on every 2nd Saturday of the month, staff have sessions with the topics relevant to care and parents regarding nutrition and balanced diet so that the overall health of members, staff and parents can improve through a balanced diet.



## **THERAPIES**

**Dance & Movement;** We included dance and movement therapy in our twice a week schedule as part of the holistic development program at Sandesh. This therapeutic approach uses dance, rhythm, and expressive movement to support emotional, social, cognitive, and physical integration. Over time, the dance group has been performing in the community and other locations, and many people have expressed their appreciation for it.

**Speech Therapy:** The speech therapy session is of 30 minutes' duration, where the initial days of the therapy consists of a quick assessment of speech, swallowing and oro- motor skills, followed by proper observation of the client's behaviour during the session and building good rapport with the therapist. Therapy sessions consist of targeted oro- motor exercises, eg: blowing bubbles, lip pressing, lip trills, tongue and jaw resistance, in cases of excess drooling as well as to strengthen the muscles needed for proper articulation. This is one of the important therapy and we can see a steady improvement in our members.



**Physiotherapy:** The goals and objectives of the physiotherapy department at Sandesh for the focus on enhancing member care, improving clinical outcomes, and ensuring professional

growth. These goals are designed in alignment with the department’s mission to deliver quality, personalized physiotherapy services. The key objectives included Improving Mobility and Independence, Enhancing Coordination, Balance, and Posture, Developing Specialized Rehabilitation Programs, Monitoring and Evaluating Treatment Outcomes. The primary goal was to increase member’s functional independence by addressing mobility issues through customized exercise programs, strength training, and gait training for members with developmental and neurological conditions.



**Celebrations:** Sandesh is a vibrant community that does not miss a chance to celebrate and cherish traditions and cultural festivals. Yoga Day, Onam, Pongal, Diwali, World Disability Day, Women’s Day, Community Day, Birthdays etc.



☐ മനോരമ! അനേകരും സന്ദേശ് സർവ്വതും ഫസ്റ്റ്-ഹാൻഡ്-മാറ്റേണൽസ് വിദ്യാർത്ഥികളും അധ്യാപകരും ചേർന്ന് കൃത്യൻ കാർട്ടൂൺ ആലപിക്കുന്നു

**Women’s Day**

Team Sandesh (men) organized a remarkable event to celebrate women’s day. The day was celebrated in a special way with roses and chocolates as a token of love from the organizers. This gesture approves the saying “Together we rise, divided we fall”



Sandesh welcomed 16 new members and 3 new staff in the year 2024/2025. There were 18 enquiries whereby 10 of them were referred to other NGOs where they can be accommodated for better training depending on their needs and the other 8 are yet to come back.



### **Collaboration with Academic Institutions:**

The department of physiotherapy worked with Garden City University of Physiotherapy to offer students practical experience in clinical and rehabilitation settings, to support their educational journey.

### **Gratitude:**

Some journeys are not about the road but the people who are there to walk the road with you by supporting and encouraging you to move forward. Sandesh would like to express a sincere gratitude to all friends and well-wishers who were ready to walk with us and share their blessings in terms of provision, sponsoring meals, snacks, travel suitcase, blankets, wheelchairs, newspapers, clothes, T-shirts to name a few. Sandesh will always remember and cherish your friendship.

**“Sharing is Caring”**, Our Friends and well-Wishers know this very well and we are really cared by all.

Thank you.



Sandesh is blessed and humbled with our Friends and Well-Wishers. Thanking you for all, your support in every way possible is precious to all of us.

<b>Local Donors List 2024-25</b>		
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CSR support is very specific and we are happy to work with many companies. This grant has helped us to upgrade our units. Hoping that we will get a chance to work with more companies and take Sandesh to more people with better facilities and better opportunities. Thanking you all for Trusting Sandesh with this support.

<b>CSR Grant 2024-25</b>		
Harman Inspired Charitable Trust	Filtrex Technologies Pvt Ltd	Hevo Technologies India Pvt Ltd
Mashreq Global Services Pvt Ltd.	Publicis Sapient	Whizdm Innovations Pvt Ltd
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<b><u>Donation in Kind 2024-2025</u></b>	
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Spiritual Insights Vision And Awakening (SIVAA)	Stationery
Nutanix Technologies India Pvt Ltd.	MacBook's
PVH Services India Pvt Ltd.	Provisions
4TF Consulting LLP	T-Shirts
Mrs. Jyothi Nayyar & Friends	Provisions
Shumee	Teaching Aids
Adarsh Palm Retreat Friends	Well used clothes and News paper
Prime Focus Technologies	20 Trolley Bags

Thank you for giving us a successful year.



*Living is not just enough said the Butterfly*  
*“One must have Sunshine, Freedom and a little flower”.*

