



# Saadhya Insights

**Saadhya means 'possible'.  
Every student here is proof of that.**

## Dear Friends of Saadhya,

None of this happens without the people who believe in us. If you are reading this, you are one of them. Your contribution to Saadhya is not a donation into a void, it is a specific, traceable act of solidarity that shows up in the lives of our students, in the confidence of their families, and in the quiet, daily miracle of human potential given space to grow.

Consider what that has looked like this year. A student who could not hold a pencil six months ago recently completed a data entry task on a computer. A young person who was non-verbal began initiating conversations with peers. Eight students walked onto a stage in Whitefield and danced in front of hundreds. They won. And Gowri, who once rarely made eye contact, stood alone on that same stage and performed a solo dance, unaccompanied and unhesitating, and won a prize.

Bengaluru is home to hundreds of thousands of children with developmental and intellectual disabilities. The vast majority have no access to specialised education or structured skill-building. Saadhya reaches nearly 70 of them. That number is not a limitation we have accepted, it is a distance we are trying to close.

There are children in this city who have not yet had their moment of arrival. We would like to be there when they do. We hope you will stay with us.

Gayathri Vasudevan,  
Chief Impact Officer,  
Sambhav Foundation



# Activities & Transformation Journeys

## International Yoga Day

Sixty students stepped outside their classrooms and into the open air of a nearby park for a morning session of yoga, breath, and stillness. From Parvatasana to Surya Namaskar, every student moved at their own pace: guided, never pushed. The session ended in collective meditation. Teachers noticed students returning to their afternoon classes with noticeably more focus and calm.

**Transformation:** Improved self-regulation, body awareness, and emotional wellbeing across all programmes.



## PayPal Donation Drive

Representatives from PayPal, visited Saadhya to distribute hygiene kits to all students. But what made this more than a donation was the time they spent with the children: listening, engaging, asking questions. Our students, who are not always in the spotlight, responded with warmth and confidence. Every student received a personal kit. Several students initiated conversations independently.

**Transformation:** All 63 students received hygiene kits; sustained hygiene habits reinforced; students reported feeling valued and seen.



## Industrial Exposure Visits

Our vocational students carried their handmade products — candles, jute bags, diyas, aprons, herbal phenyl — into two real corporate environments: Britannia's offices at Prestige Shantiniketan and Britannia Gardens, and the Health & Glow head office in Bommanahalli. Employees engaged genuinely. Students spoke about their work, answered questions, and received appreciation. Several teachers noted marked growth in communication confidence after these visits.



**Transformation:** Hands-on entrepreneurial exposure; measurable gains in communication skills, self-confidence, and workplace readiness.

## Utsava Cultural Competition

Eight students travelled to Whitefield to compete in Utsava — a cultural competition featuring group dance, solo dance, art, and singing. The group dance team won 2nd Prize. Gowri, performing solo, also won 2nd Prize. Nishitha, Saanvi, and Aparna received recognition in art and singing. For students who rarely have a formal stage, this was extraordinary.



**Transformation:** Two 2nd Place prizes; stage confidence, peer recognition, and pride that extended well beyond the event.



# Sagarika's Story: Growth Personified

When Sagarika's parents first brought her to Saadhya in 2014, she was a cheerful little girl with a bright smile and curious eyes. She was also finding the world difficult to navigate. Born with Down syndrome, she struggled to speak clearly, follow instructions, and interact with others. Holding a pencil took effort. Walking steadily took effort. Most things did.



Her teachers did not treat that as a ceiling. They treated it as a starting point. Over years of patient, consistent, individualised support: speech therapy, occupational therapy, daily encouragement, Sagarika began to change. Slowly, then unmistakably. She learned to recognise colours, shapes, and numbers. She found words for what she wanted to say. Her body grew stronger and more confident in its movements. She began joining group activities, singing, helping with tasks around the classroom.

Her parents watched a child who had once struggled with the simplest interactions become someone who participates, contributes, and arrives each morning ready for the day.

Sagarika's story does not have a dramatic turning point. It has something better: a decade of small, accumulated victories, each one built on the last. That is what Saadhya makes possible — not a single moment of transformation, but the conditions for a life that keeps opening up.

# Made by Their Hands, Sold & Gifted with Their Pride



The vocational programme is at the heart of what makes Saadhya distinctive. When a student learns to make something and then sells it, explains it, receives money for it, something fundamental shifts in how they see themselves.



# Where We Are and How Far We Have Come

100+

students engaged since inception

400+

community events participated

## Where are we headed?

Sambhav Foundation aims to reach every individual with disability or is neurodivergent across the country to empower them with mechanisms that enable them to be less dependent, agency-driven, and leap-forward.

This year, we hope to increase the full time students at the centre by 2x, and then eventually scale-up our presence beyond Bengaluru.

The only way we can bring this vision to reality is with your support.

We welcome individual donors, philanthropic foundations, and mission-aligned funders who believe every student, regardless of cognitive ability deserves the best possible chance.

Your contribution enables daily therapies, vocational materials, teacher development, community events, and monthly awareness outreach.

You can make a  
difference, please  
donate to Saadhya.

