

Unify



ANNUAL REPORT
2020 - 2021

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Founder's Note



Sooraj Santhosh

Co Founder, Director



Ajay Balachandran

Co Founder

Prajaaahita foundation is taking another leap forward to a new year. At this point, turning back to where it started and the checkpoints cleared are all recalled gratefully. Since it's very outset, every initiative and program had a greater focus on individual as well as community development with the social inclusion of persons with disabilities in center. Societal stigmas in regard to various disabilities were identified and through the implementation of holistic approach initiatives, individuals among diverse disability segments were effectively brought to the mainstream. The active participation of such individuals had made a commendable impact in this short span of time.

Even though, it was observed that a few programs would have been implemented better if it were held offline, majority of them had initiated new trends that can be adopted by different individuals as per their preference by presenting before them the possibilities of modern trends in livelihood ranging from freelancing works to kitchen gardening on a commercial scale.

However, stakeholders from distinct regions with aligned vision and the local community we belong have recognized Prajaahita as a youth innovation for inclusion and they are now open to any discussions. Their support and active contributions are leading us in our further missions on addressing advocacy needs at different levels, promotion of eco-friendly home-based employment along with introducing and integrating assistive technologies that can better impact livelihoods and lifestyle.

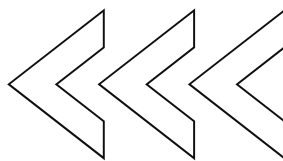


Prajaahita Foundation is a non-governmental organization (incorporated under Section 8 of the Companies Act, 2013) which aspires to create a society of enlightening and compassionate citizens. Prajaahita, is completely aware that this momentous vision can only be executed by reaching out to the grassroots of the society keeping in touch with fellow beings who are bound to the constraints of social and physical challenges. Owing to this reason, the prior objective of Prajaahita is to build an integrated platform:

- To educate the individual's rights and privileges.
- To identify and support individuals who are denied their rights and privilege.
- To help in the rehabilitation of disadvantaged.
- To inspire and make the youth aware of their significant role in social welfare.
- To cater to volunteers for the service of challenged individuals and their careers.
- To develop a sense of compassion among fellow beings of a community.

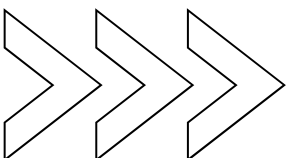
MISSION

Our mission is to build an ecosystem that brings possibilities for persons with disabilities and vulnerable community.



VISION

Enhance the wellbeing of individual and community.





S.M.I.L.E

Supporting **M**obility Identifying **T**alents
Livelihood and **E**ducation

The S.M.I.L.E is an initiative that aims at creating an everlasting smile in the life of persons with disabilities. This program concentrates on providing the required aids in the domain of education, livelihood, and mobility. There are different projects which come under this Umbrella program to prepare persons with disabilities to live a dignified life.

The project ***NamukkuChalikam*** helps persons with disabilities to move out of their confined area and enjoy the world around them.

Identifying the needs and providing skill-based employability training to persons with disabilities is one of the key objectives. The livelihood program helps people to learn different life skills from basket making to Computer Language.

MOBILITY

This is an initiative that provides support to mobility for persons with disabilities. The travel buddies assigned will help to move out of their confined spaces and enjoy the beauty of the outer world. Travel buddies are always their go-to companions for fulfilling all their needs and desires.

LIVELIHOOD

Persons with disabilities are provided semi-skilled training that helps them to attain independence .As a part of the livelihood project, persons with disabilities are taught basket weaving,paperpen making and computer language which will help them to do a job and thereby contributing to the nation's overall development.

EDUCATION

Life is nothing but constant learning. Providing an opportunity for persons with disabilities to learn and know better things in life is a key objective of our program.

IDENTIFYING TALENTS

What comes to your mind when you hear the word 'talent'? Any form of art is considered to be a talent. It can range from singing to solving a Rubik's cube. It is a psychologically attested fact that each person has at least one talent. However, these talents are largely undiscovered and require a little nudge to surface. Our efforts will be directed towards reinforcing such talents to bring the best out of people.

ATHIJEEVANA

Athijeevana project ensures that persons with disabilities spend their quality time with nature. Inclusive Farming is our leading mission under this project, wherein we gave resources and awareness to engage in farming-related activities, to persons with disabilities.

SAUKHYAM

Health is in your hand



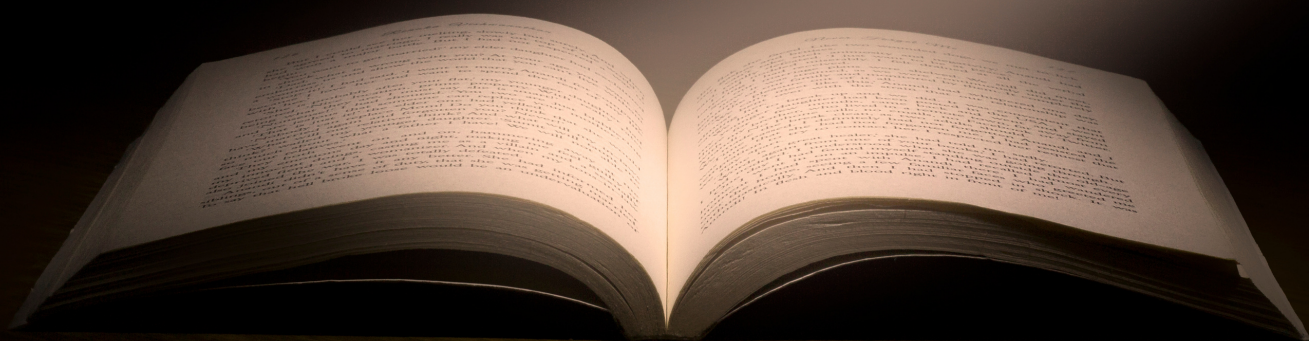
Under Saukhyam, our efforts will be to dispense healthcare facilities for persons with disabilities on an individual as well as institutional level. The main theme of this program is to reach such people and to get an insight into their issues, suggestions, and ideas. We hold their stories and experiences as our primary data which amplifies our efforts to make a change in their lives. Interacting with them on a personal basis has enabled us to realize the potential they possess to accomplish their aspirations.



Research and Development

A platform where we conduct research to influence pre-existing mechanisms for persons with disabilities and suggest innovations to streamline those mechanisms in sync with present developments. We collaborate with various local, national and international organizations, agencies, and service providers to enhance the lives of persons with disabilities. We hold their stories and experiences as our primary data which amplifies our efforts to make a change in their lives.

NIRAMPAKARAM



Through this initiative, we are constantly adding colors to the life of children with disabilities. Collaborations have been made with the teachers and parents to give individualized training to children with disabilities. This project aims at creating a bright future for children with disabilities by providing individualized training catering to their needs. This individualized training will help the students to learn according to their caliber and aptitudes. Learning skills and the basics of the language will help them to be self-sufficient and independent in the longer run.

Udaan - Dreams Unleashed

Udaan is the need based learning support program for children with disabilities to provide extra care and attention in academics according to their caliber with the help of trained fellows. Udaanfellows are graduates/post graduates/working professionals.

Ever-Read-Day

Ever-Read-Day is a 21- days volunteer driven language proficiency sessions to support children in their language skills while teaching them various dimensions of reading, comprehension and sharing of knowledge.

IV2S

I Volunteer to Share

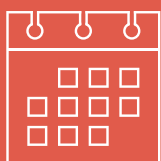


Prajaahita Foundation is for the inclusion of persons with disabilities, For the success of our journey we strongly encourage the voluntary support of service-minded citizens. People who wish to be a part of this initiative can directly sign in and register through our website.



Discover the Artistry

Celebrating talents beyond impairment

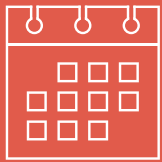


September
2020

Music Talent Hunt for persons with disabilities, by the name '**Discover the Artistry**' as part of the anniversary month celebration. 'Discover the Artistry' is an online talent search to find musical gems among the Persons with disability community. Shabareesh Varma (Music lyricist & Actor) launched the program on 29 August at 7pm. The results announced on 8th October 2020 by Ms. Mridula Warriar.

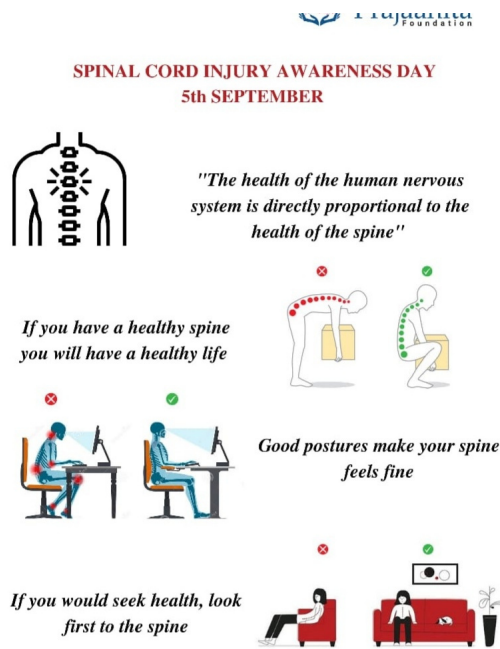


World Spinal Cord Injury Awareness Day



September
2020

"There was an online session for **Spinal cord injured individuals and their care takers** on 5th September 4:30 PM by Dr. Shehadad Kammili (Associate Professor, Department of Physical Medicine & Rehabilitation, Government Medical College, Kozhikode)



Prajaahita Foundation, Pallium India
Presents

**SESSION FOR
SPINAL CORD
INJURED
PERSONS AND
THEIR
CARETAKERS**

September 5 • Saturday
4.30 PM TO 6.00 PM

The session will be conducted in
Malayalam.

Resource Person



Dr. Shehadad
Kammili

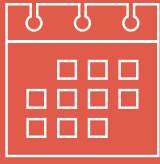
Associate Professor,
Department of Physical
Medicine & Rehabilitation,
Government Medical
College, Kozhikode.

Please join us for the
interactive session on Zoom
Platform
For More details visit:
Prajaahita.org/events

On the occasion of "Spinal Cord Injury Day" on 5th Sept, Prajaahita Joined hands with Preethi Srinivasan's (Founder of Soulfree, and a motivational speaker) 20-20 challenge"

Basic Content Development class



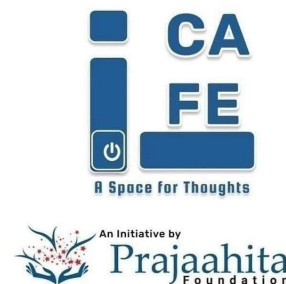
October
2020

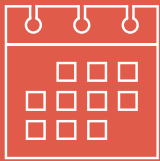
Introduced our classes on 'Basics of Content Writing' for individuals with disabilities. This 50 hours' online course from 15th - 30th of November was focused on the development of their language skills under quality supervision.



iCafe- inclusive Communication platform.

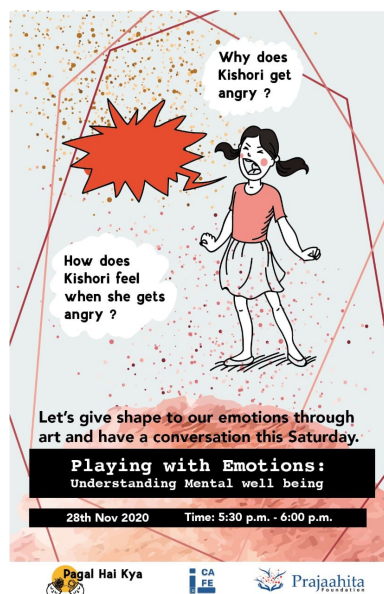
A weekly online platform with the idea of inclusivity and interactive learning of language in mind for the people with disabilities, to talk out their ideas under support and supervision from the faculties. started on 17th October 2020.



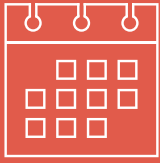


November
2020

A program on emotional and stress management for the young minds. This was a collaborated venture with "Pagal Hai Kya" - An online community to bring together Indian youth on their mental health journeys. In a society where we are encouraged to project a "happy image" we often forget how to experience and manage our emotions leading us to feel stressed and anxious. We are often told not to take Stress. What does stress look like or even anxiety for each of us? We are going to explore some of these questions in our hands-on workshop "Playing with emotions- Understanding Mental wellbeing".



Indian Sign Language challenge



November
2020

Sign language campaign with 'Dream of Us' (a Non-Governmental Organization (NGO), registered under the Kerala Trust Act and located in Calicut.) **Samasamam** is a group formed from the members of the WhatsApp community. This campaign was a one month movement in finding equal opportunities for all individuals without differentiating on the grounds of gender, disability or any other physical traits. Program aim to unite people (volunteers) who are willing to donate their time and energy towards ensuring that opportunities are made available to all people. 40+ Volunteers took part on the first day of the campaign.


Samasamam

Indian sign Language challenge


NOVEMBER 1ST - 30TH

Sign language is the equal of speech,
lending itself equally to the rigorous
and the poetic, to philosophical
analysis or to making love.
Oliver Zack

Join together to learn the
language of inclusivity.

 Meeting ID: 943 9529 7655
Passcode: 580145

1 November 2020 Sunday Time : 7.30

 Prajahita

Udaan - Dreams Unleashed

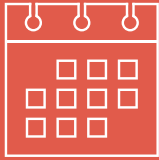


September
2020

Udaan Dreams Unleashed is a need based learning support program for children with disabilities to provide extra care and attention in academics according to their caliber mainly in Science, Maths, English and Social Science with the help of trained fellows. Our target group includes children with locomotive disability, intellectual disability, visual and hearing impairment in the age group of 5-18. Udaan Fellows are graduate/postgraduate students from backgrounds like psychology, social work, science, management and human resources who are selected through a rigorous screening process and provided training by disability experts before being assigned to a child.



UNNATHI -2020



November
2020

To celebrate Children's day, Prajaahita Foundation has organized a two-day conference (UNNATHI 2020) for children with disabilities for their wellbeing.

Parents, teachers and social workers works with children with disabilities were participant of the conference.

PRAJAAHITA FOUNDATION PRESENTS

UNNATHI²⁰²⁰

Two-Day Online Conference on
Wellbeing of Children with Disabilities.

14-Nov-2020
2:00 pm to 3:30 pm

- Services/ schemes available for Children with disabilities

14-Nov-2020
5:00 pm to 6:30 pm

- Early interventions and long term health care plan

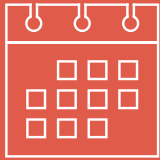
15 - Nov -2020
2:00 pm to 3:30 pm

- Oral health care.

15 -Nov - 2020
5:00 pm to 6:30 pm

- Psycho-Social Care

To Register:
<https://www.prajaahita.org/event-details/unnathi>



December
2020

Launch of **Vidhi's** Study on Exclusion of Children with Disabilities in Education During COVID-19 Pandemic. This study was conducted by Vidhi in collaboration with Ektha Foundation, Prajaahita Foundation, The Association of People with Disability (APD) and Rural Development Trust (RDT)

VIDHI Centre for Legal Policy

REPORT LAUNCH

COVID-19 AND EXCLUSION OF CHILDREN WITH DISABILITIES
IN EDUCATION | INSIGHTS FROM FOUR STATES

TUESDAY, DECEMBER 22, 2020 | 5.00 PM

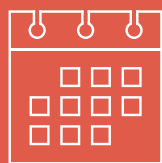
IN ASSOCIATION WITH

Ektha Foundation

Prajaahita Foundation

THE ASSOCIATION OF PEOPLE WITH DISABILITY

Hour with expert



December
2020

Started Hour with an expert program for Children. Mr. Sathish B Krishnan (Third Secretary, Embassy of India-Egypt) was our first expert for the launch happened on on 11th December 2020 from 4:30 P.M. The program brought experts from different fields to interact with children with disabilities. An interactive session scheduled biweekly provides a platform to meet an eminent, successful personality.

" HOUR WITH AN EXPERT" *Udaan*

Indian Foreign Service Officer

Sathish.B Krishnan
(Third Secretary, Embassy of India-Egypt)

An Interactive Session With Udaan Children

Dec• 11•2020 FRIDAY

zoom
Meeting ID: 969 7484 3657
Passcode: 496086

04:30 PM-05:30PM (IST)

FOR ANY QUERIES [+91 95393 20745](tel:+919539320745)

Basic English Course

30 Days Basic English Course started on 1st December 2020 for grammar lessons, language skills and vocabulary and pronunciation. The average duration of every class was 90 minutes. We started with more than 20 members. 12 among those people were able to complete the course successfully.

Prajahita Foundation
Presents

BASIC ENGLISH COURSE

For persons with disabilities

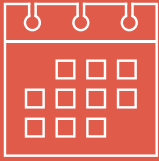
For Registration:
Visit: prajaahita.org @ [+91 95393 20745](tel:+919539320745)

Last date for applying : 30-11-2020

HURRY UP & GRAB YOUR SEAT

Follow us for more updates

"Ageing Disability and Community Health"



December
2020

Bharathidasan University in association with Prajaahita foundation is organized a 3-day webinar on "Ageing Disability and Community Health" 4th December 2020.



Music Community

Sachin Shankar (Music composer, singer, educator) launched the Music Workshop which is part of music community on 22/12/2020 . Workshop covered Vocal Health, Vocal Warm up Exercises, Breathing Techniques.

Athjeevana phase II




January
2021

Athjeevana project Phase II started in Palakkad district with 58 Persons with disabilities from Akathethara, Ottappalam, Faith India School Mannarkkad. Seeds, manures and grow bags were distributed to beneficiaries.



Basic English and Computer literacy Course

30 days Basic English and Computer literacy Course started with a job oriented training perspective. We have included audio visual aids, multiple pedagogies and association of experts in various fields.



Offline course at Ottappalam










Basic English and Computer Literacy Course

For Persons with Disabilities

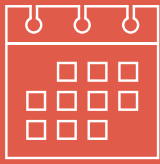
Register on or before 1/3/2020

Register here: www.prajaahita.org/events

For more information: [+919567669911](tel:+919567669911)

REACH OUT TO         

Nutritional care for Children with Disabilities.



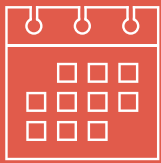
January
2021

One day webinar on "Nutritional care for Children with Disabilities." on January 30, by Dt.Zammiloony Iqbal(Clinical nutritionist and Dietitian) for the children with disabilities and for their caretakers.



Hour with an Expert

On 6/1/2021 with Dr Sujith. M. Jose (Urology final year student from Gov. Medical college, Kozhikode) gave his insights on medical career for persons with disability.

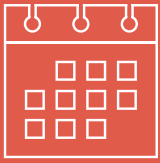


January
2021

Launched our Social stories portal "The Voice" , the story and news portal for the inclusion of people, accounts of violation of rights in people's lives, achievements and success stories which became influence to many from areas like Health, Education, Livelihood, Accessibility.



Occupational therapy for children with disabilities



February
2021

Webinar on "Occupational therapy for children with disabilities" by **Mrs.Arsha Arjun**(Paediatric Occupational Therapist)



Saukhyam Webinar On
Occupational Therapy for Children With
Disabilities.

Speaker



Mrs. Aarsha Arjun
Paediatric Occupational Therapist.

13-02-2021 Saturday
4:00 PM to 5:30 PM

zoom

For Registration:
9539320745

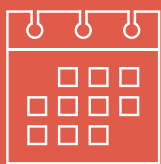
www.prajahita.org/events

Sensitization program

Conducted Sensitization program for
Staffs & faculty members of
MAMO College Mukkam, Kozhikode.



Hour with an expert



February
2021

New episode of Hour with an expert on 15 February 2021 with **Cyril Syriac**(Filmmaker).



Hour with
an Expert



Cyril Syriac.
Film Maker

Feb 15, 2021, Monday
7:00 PM to 8:00 PM

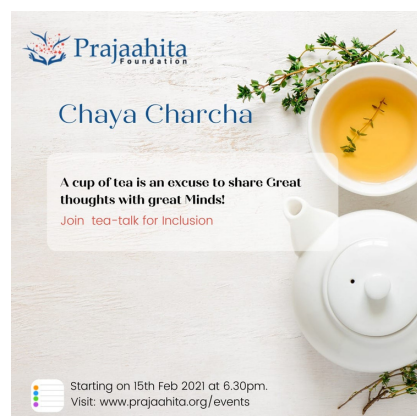
Meeting ID: 915 8252 1179
Passcode 664449

zoom

Visit - www.prajaahita.org

Chaya Charcha

Chaya Charcha Discussions from the people and for the people on areas like Health, Education, Livelihood, Accessibility and Sports/Arts. people with disabilities and volunteers examines the methods to make their place as inclusive to the maximum. Started in Kollam on 15th of February 2021.



Speech therapy



One day webinar on "**Speech therapy**" on March 13th by Mr Jacob pappan (Consultant audiologist & Speech language pathologist)

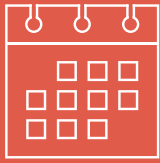


Leveraging our stories for change & everyday inclusion

One day webinar on "**Leveraging our stories for change & everyday inclusion**" for Women with Disabilities by Rekha Saleela Nair [Personal Branding Strategist, Consultant & Coach, Founder of Dragonflies Everywhere] on 29-03-2021



Vision rehabilitation



March
2021

One day webinar on "**Vision rehabilitation**" by Padhmavathi Bashyarangan [Vision Rehabilitation Specialist, MRSc, MSC (Psychology)]. on 27- 03-2021.



Locating the self within the lived experience of disability

One day webinar on "**Locating the self within the lived experience of disability**" for Women with Disabilities and caretakers"by Richa Sharma [Mental health professional, M.Phil. (Psychiatric Social Work) on 30-03-2021

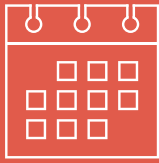


Autism spectrum disorder awareness campaign

Autism spectrum disorder awareness campaign started from 29-03-2021 lasted for 7 days.



International Women's Day



March
2021

In this International Women's Day, Prajaahita foundation is honored women with disabilities in different categories namely Young Achiever, Women influencer, Excellence in Arts and Excellence in Sports.

Prajaahita
Foundation

**WOMEN'S DAY
AWARDS - 2021**
For Women with Disabilities

▶ YOUNG ARCHIEVER ▶ EXCELLENCE AWARD IN ART
▶ WOMEN INFLUENCER ▶ EXCELLENCE AWARD IN SPORTS

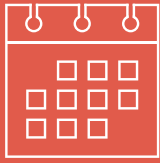
Last Date of Nomination
01st
MARCH 2021

Awards will be Announced on
07th
MARCH 2021

FOR MORE INFO:
<https://www.prajaahita.org/womensday>
Contact: +91 73568 86688



World Health Day campaign



April
2021

World Health Day Campaign The theme for World Health Day 2021 is 'Building a fairer, healthier world'. Stating that our world is unequal. We did a Social media campaign with the support of 150 volunteers to spread the theme of the year on 7th April 2021. we could reach 450 people via social media.



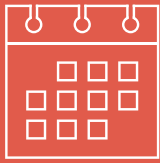
SUM-U-RAYS

SUM-U-RAYS - Toolkits for Talents'.

25-days workshop for fun, play and learn to grow together. Prajaahita Foundation in association with Mohammed Abdurahman Memorial Orphanage College (MAMOC), has carried out a vacation program to cheer up children with disability.



Digital Marketing Class



May
2020

This is a session for the upcoming marketers, existing producers of small scale products and mediators who help in the transaction and customization of these products. The present segment happens with a vision to scale up their business through Instagram marketing. Ms Pavithraa Swaminathan, A freelance Digital marketer and social media expert was the resource person for the classes.



Global Accessibility Awareness Day

Thursday, May 20, 2021, is observed as the Global Accessibility Awareness Day (GAAD)!



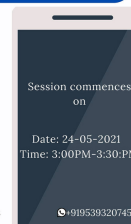
Digital Marketing

For Beginners



PAVITHRAA SWAMINATHAN
Freelance Digital Marketer
and Social Media Expert

www.prajaahita.org/events



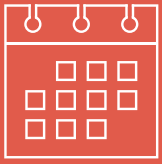
Global Accessibility Awareness Day

Global Accessibility Awareness Day - Thursday, 20th May 2021, is observed as the **Global Accessibility Awareness Day**.

The voice

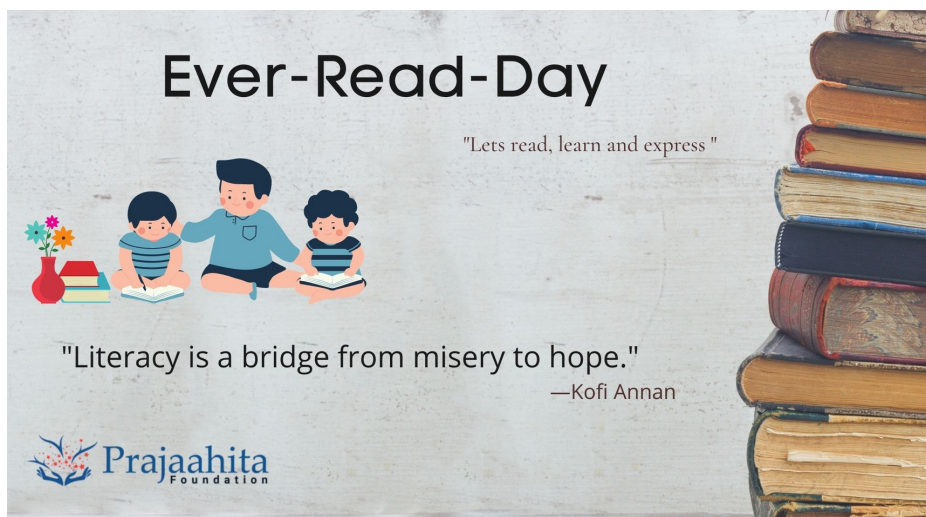
The Voice Social stories portal, a new website launched on the day. "The Voice" looks at an in-depth search on the lives of people who are marginalized due to impairment.





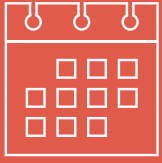
June
2021

Prajaahita foundation has identified the need to help children with their reading skills. We identify their challenges and help them overcome the comprehensive development of the brain, problem-solving and analysis skills happen with regular reading. We have understood the necessity to give that 'tiny push' to all our young minds so that they can lay the steps of success.



Ever-Read-Day Storytelling Competition Prajaahita Foundation's Ever-Read-Day reading initiative has launched a storytelling competition for children with disabilities between the age group 8- 17. An online storytelling competition is conducted for children with disabilities in commemoration of National Reading Day-2021 with 124 entries overall from South India. Result were announced on 15 July 2021-22 children with disabilities and 3 special school were recognized.

"Ottachodhyam"



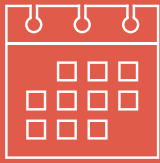
June
2021

We have launched "Ottachodyam"- weekly disability awareness video series for creating inclusive society."



Scan the below code to access Ottachodyam episodes





July
2021

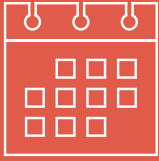
We were invited to the brainstorming session of 'Karmapadham' scheme of **Social Justice Department, Kerala.** and submitted our recommendations. The session happened on 14th July 2021. Karmapadham is an Online Livelihood Portal to provide job opportunities and job security for persons with disabilities.

Research on healthcare challenges faced by persons with disabilities.

Created profile of various disability for the caretakers of children with disabilities that include all the health information. Medical assistance was provided to four persons with disabilities from low financial background.

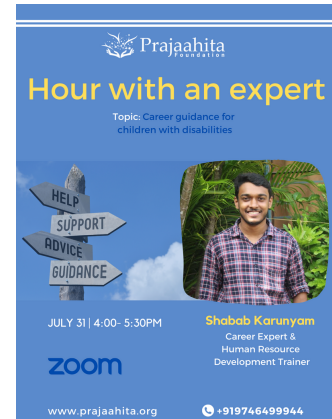


"Hour with an expert"



July
2021

Conducted a career guidance session for children with disabilities in connection with the latest SSLC and Plus two results by Shabab Karunyam (Career Expert & HR Development trainer) on 31st July 2021, Saturday."



Digital support for online classes

Mobile Phones for children with disabilities 14 mobile phones were distributed for children with disabilities in Palakkad region to support their education.

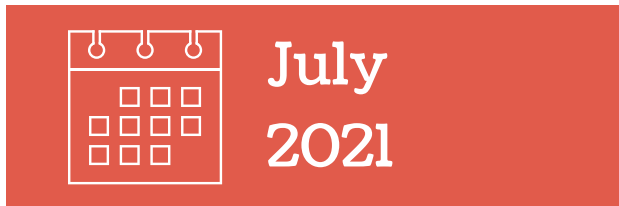


Booklet for reading assessment

Booklet for reading assessment published for students, parents, teachers and language trainers on 24 July 2021.



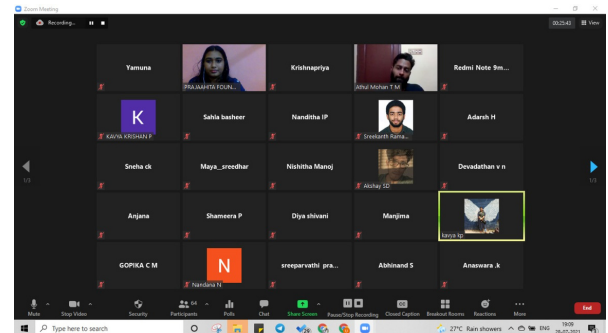
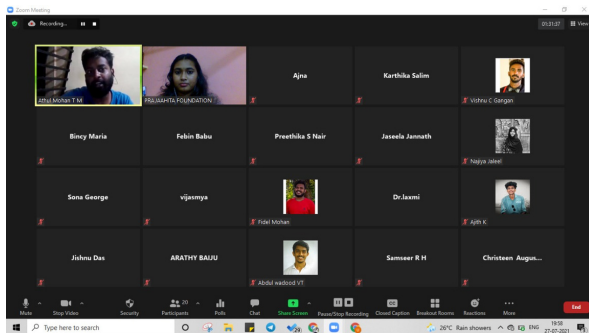
Sum-U-Rays Gifts distributed



Gifts were distributed to the children those who successfully completed online summer camp Sum-U-Rays.

Two webinars organized

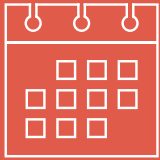
1. Health issues of children with disabilities
2. Government schemes and policies for persons with disabilities.



Volunteers sensitization

Conducted online inclusive education awareness session in four Colleges.

- St Joseph's College Devagiri, Calicut
- Zamorins Guruvayurappan college, Calicut,
- Farook college, Calicut.
- Central university of Kerala, Kasargod.



**August
2021**

iCafe is the social interaction portal for inclusion of persons with disabilities. Operations in the month of August include the creation of forum of artists with disabilities from 4 different areas such as;

- Literature
- Painting
- Theatre and Performance Arts
- Music.

Portraying their stories on our own website "Voice for Inclusion"- in order to identify the challenges and percentage of inclusivity of the existing system, understanding the necessary changes to be implemented.

22 Stories- 4 Weeks - 4 sectors

The stories are presented in a framework of interview reports. The events and achievements project the success and efforts of individuals. The responses presented in chronological order and degrees of importance help the society to understand those artists better.

4 Workshops - Sessions with experts.

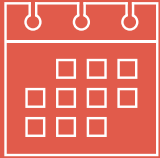


Scan the code read stories

- Started with a discussion on Creativepreneurship by **Sajan Raj**, Corporate Relations Officer, **Clubby** on 01/08/21.
- The Saturday sessions followed with the Writers' iCafe on 7th September With poet **Prof.Veerankutty** and **Shoukath Master**.
- "Chaayakkoottukal" (with painters) took place on 14th with **Tom Vattakkuzhi** - a veteran painter and printmaker, **Majni Thiruvangoor**- an art curator and **Pranav Alathur**- an artist.
- "Arangu" discussed the situations and problems in the sector of theatre and performance arts. **Gokul Ravi** - Sub-editor of 24 News & Alumni of NSD Bangalore was the chief guest. The discussion was on the issues of inclusion and methods to adapt to rectify those.



Athjeevana New phase

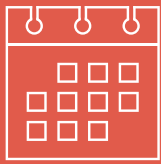


August
2021

The new phase of Athjeevana Project started on August 2021. 135 Persons with disabilities were selected from Palakkad, Ernakulam districts. The materials for selected persons with disabilities were distributed and conducted online training .



Nirampakaram

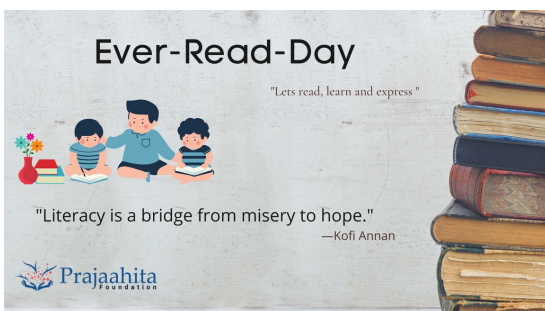


August
2021

The new batch of Udaan program has begun with 127 students and 25 volunteers.

Ever-Read-Day

Ever-Read-Day is Continuing with the support of 41 students and 20 volunteers.



Volunteers are graduates, post graduates, working professionals from different educational backgrounds such as psychology, social work, arts, science were applied for the new batch.

Volunteer selection procedure

- Conducted screening and interview of Nirampakaram volunteers
- Conducted initial assessment of Nirampakaram new batch students.
- Conducted training session for selected volunteers.

Feedback

S U M - U - R A Y S

About the Program

Our children are our most valuable assets. How we guide them today will shape their tomorrow. However, most of the children tend to hide under their capes, which will be twice in children with disability. Therefore it is essential that we help them to discover their true potential and brush up their innate talents.

A vacation is always a colorful memory for every child. Unfortunately, while this is refreshing for most people, it can be overwhelming for children with disability, especially in this current scenario.

Prajaahita Foundation in association with Mohammed Abdurahiman Memorial Orphanage College (MAMOC), Kozhikode has implemented an innovative idea to cheer up the vacation of children with disability through the vacation program; SUM-U-RAYS - Toolkits for Talents. A 25 days of fun, play and learn to grow together.

Parent's Feedback

This camp really helps to improve my daughter's social skills, sharpen her coloring and painting. Manha is very happy with SUM-U-RAYS, she consider SUM-U-RAYS team as her family.

- Sajina mother of
Manha Fathima

SUM-U-RAYS helps my son to improve his social interaction. One thing I noticed in this program is that the team make sure every child is getting attention and following their instructions.

- Sherin mother of
Juan Kriff

Nikhil was really sad that his regular classes were discontinued due to the pandemic, but after enrolling in the SUM-U-RAYS program he is really happy and he even make friends through the program.

- Shylaja mother of
Nikhil Menon

Aaron was really a restless child, I have faced so much difficulty in making him engaged in activities. SUM-U-RAYS program really helped to engage him in activities almost all the day. It was a nice initiative. The team even helped us with his health concerns

- Kenneth father of
Aaron Basil Cohelo

Parent's Feedback



Sini Teacher Prajaahita

Thanku so much it was an exciting journey of reading ❤️ 🙏 Adhila Fathima

20:05

Muhammad Riyas Everreadday

Thankyou sir.. Especially reshmi chechi...
Thankyou so much

20:19

Angel Everreadday

🙏🙏 it was s good initiative from the part of prajaahitha foundation and Angel improved a lot in reading

20:22

Sum-U-Rays Students

Muhammad Riyas Everreadday

Thankyou sir.. Especially reshmi chechi...
Thankyou so much

Thank you so much for your support



20:34 ✓

Angel Everreadday

🙏🙏 it was s good initiative from the part of prajaahitha foundation and Angel improved a lot in reading

We understand it. We are so happy knowing the progress

20:35 ✓

+91 97780 10630

~Sunil

Thank you so much for your support
Devika chechi I am happy

20:45

Saaradhi Krishna



0:07

20:48



+91 97478 97826 ~Sebi Sebi

Tku so much

20:52

Mia Parent

Hi! Good afternoon. Mia is fine. 14:56

But I'm not sure if the reading program is working for her 🤔 14:57

Because of its online nature. 14:58

Is it, ma'm? 14:58 ✓✓

Sad but true. 🤔 14:59

We are so sorry to hear that 15:01 ✓✓

She needs more personal interaction for this to work. So I am confused too. 15:01

You are free to suggest any methods you think which are feasible 15:01 ✓✓

No no. Don't be sorry. 15:02

SAUKHYAM





Saukhyam is a health initiative for persons with disabilities. Health is one of the fundamental rights of any human being.

The enjoyment of the highest attainable standard of health is one of the fundamental rights of every human being without distinction of race, religion, political belief, economic or social condition. Even then, people with disabilities (PWD) can either access it or are not aware of it or are unable to access it. Through this project we create awareness about various disabilities by posting knowledge shots on social media. This helps the common people to know more about the causes of disability and proper solutions to manage particular disabilities.

As part of awareness building, we conduct 18 webinars last year on different topics. Each session provides new knowledge to the caretakers of persons with disabilities as well as children with disabilities. They seem it's an opportunity to clarify their doubts.

List of webinars conducted

1	September	05/09/2020	Session for spinal cord injured persons and their caretakers	Dr. Shahdad Kammili
2	August	22/08/2020	Beginning of an era of precision therapy	
3	November	14/11/2020	Services and schemes available for children with disabilities	Mr. Sureshan Pudhiyedath
4	November	14/11/2020	Early Interventions for children below five years and long-term health care plan for children with disabilities	Dr. MKC Nair
5	November	15/11/2020	Oral health care for children with disabilities	Dr. Sreedevi
6	November	15/11/2020	Psycho social care	Dr. Priya Treesa Thomas, Dr. Majusha Warriar, Mr. Arun Sadhashivan
7	December	4/12/2020	Role of creative ageing on quality of life for the elderly	Prof. Manika Walia
8	December	5/12/2020	Caring for Caregivers of Adults with Disabilities	Dr. M. R. Rajagopal
9	December	5/12/2020	Leveraging technology for empowering caregivers of the elderly	Prachi Deo
10	December	6/12/2020	Creating Inclusive communities for Elders with disabilities	Meenakshi. B
11	December	6/12/2020	Physical activity and health programmes for the active ageing	Ms. Padmini Chennapragada
12	January	30/01/2021	Nutritional Care for Children with Disabilities	Dt. Zammiloony Iqbal
13	February	13/02/2021	Occupational therapy for children with disabilities	Mrs. Aarsha Arjun
14	February	28/02/2021	Early Detection of Rare Disease	Dr. Javed Anees
15	March	13/03/2021	Speech Therapy	Jacob Pappan
16	March	27/03/2021	Vision Rehabilitation	Padhamavathi Bashyarangan
17	March	29/03/2021	Leveraging our stories for change and everyday inclusion	Rekha Saleela Nair
18	March	30/03/2021	Locating the self within the lived experience of disability	Richa Sharma

Participants feedback

Sajan Raj

"Vision Rehabilitation Webinar was really an eye opener for persons with low vision as well as high myopia. It was very usefull in their day to day activities. Many of the techniques described by the narrator was really inevitable in the life of a visually impaired person" 🙏🙏😊😊

6:31 pm

Resource person feedback

Mr. Arun Sadasivan, NIMHANS.

I was really feel privileged to be part of the Unnathi Conference on Psych. social problems of Children with Disabilities. Appreciate Prajaahita Foundation and Saukhyam project team for organising such a wonderful conference which is equally important to familes and professionals.

As a resources person, it was a great opportunity to interact with needy people and learn from them.

It was well thought and organized program.

9:18 PM

CAPD

(Covid Action plan for Persons with Disabilities)

In this second wave of the Covid-19 pandemic, we have identified that people with disabilities are facing more challenges than any other person. The persons diagnosed with locomotive disorder, muscular dystrophy, spinal cord injury and so forth are not able to get adequate physical engagement like therapies or even assistance in day to day activities results in physical issues such as bed sores and mental issues like anxiety, stress, depression. Additionally, most of the people with disability doing menial jobs for living lost their earnings which made their living worse.

How can we find solutions for the plight of person with disability? What are we missing in our responds? How can we bridge the gap? Prajaahita foundation is trying to approach the situation in a prolific way. We are studying the scenario in depth and analyse the challenges faced by person with disability and actions that can be provided for them to overcome the problems.

Our Action Plan

- **Analysis** - We are analysing the covid 19 situation.
- **Empower** - We empower the community for their rights.
- **Ensure** - We ensure the information and services to be inclusive.

Media Coverage



To read News
scan the code.

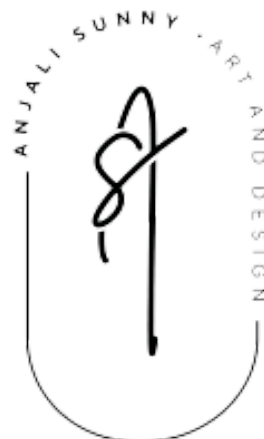
Partner Organization



Technical Support



Design partners



Our Team



S H Balagovindan
Board of Advisory



Adv. K V Narayanan
Board of Advisory



Krishnakumar P
Mentor



Ajay Balachandran
Co - founder



Sooraj S
Director



Santhosh Kumar S
Director



Gangadevi K V
Board of advisory



Rejin Jose K
Project Lead, iArt



Poornima C P
Project Lead,
Athijeevana



Rajeshwari N V
Project Lead
iV2S



N Arun Vaidyanath
Project Coordinator,
Advocacy



Athul Mohan T M
Communication
Associate



Jaseela Jennath
Project Associate
S.M.I.L.E



Sreelekshmi S
Project Associate,
Nirampakaram



Arathi R
Project Associate, H.E.A.L



Shinu K
Project Associate,
Nirampakaram



Kripa S Kunjumon
Project Associate,
Saukhyam



Krishnadas P
H R Manager



L Umadevi
Project Associate,
Nirampakaram



Priya Prasad
Project Associate,
Nirampakaram



Archana Vijayan S P
Project Associate,
Saukhyam



Rahul Sajeevan T
Project Associate,
S.M.I.L.E



Sivaprasad N P
Field Coordinator



Sajjan Raj N
Field Volunteer

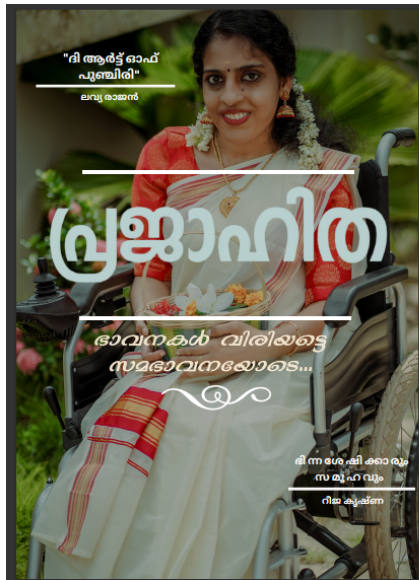
Interns

1. Aparna S Nair
2. Anandakrishnan S
3. Suchithra V
4. Athira Raj B
5. Akhil John
6. Anand R S
7. Gayathri Subramoniam
8. Aparna Sree Prakash
9. Sangeetha T
10. Ayana V S
11. Devamgana K P
12. Serin P Jimmy
13. Ajai R Krishna
14. Aswin Das T M
15. Sam B Samuel
16. Avani O C
17. Bhadra Ajithkumar
18. Sreeganesh K M
19. Cinniya Babu
20. Mary Rysel PP



21. Aleena George
22. Ishana Aisha
23. Praisys Elsa Alex
24. Milen George Lalu
25. Christeen Augustus Alphones
26. Karthika Salim
27. Ajna Salim
28. N K Job
29. Devi Krishna. R
30. Ashin Davis
31. Abhijith. S Kumar
32. Tony Jose
33. Richu Elsa shabu
34. Sandra Eliswa Naduvilaparambil
35. Kavya Nair
36. Snithiya Saji

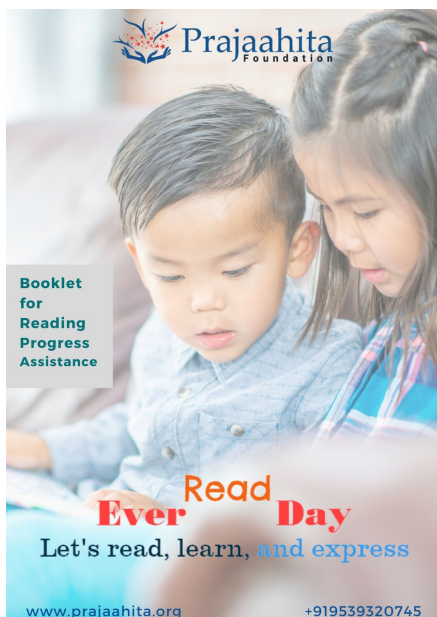
Publications



Prajaahita Digital magazine launched which includes articles from various perspectives.



The latest edition of Prajaahita magazine has launched on 5th April 2021



A booklet for reading progress assessment of children



Scan the code to read our publications

Awards and Recognitions

Prajaahita foundation was honoured by **the Rotary club of Palghat East** for their work in the field of **Vocational training programs**. Mr Sooraj Santhosh, Director of Prajaahita foundation was awarded a shield for his contributions in Vocational training.



Ms Veena Venugopal project lead at Prajaahita Foundation was rewarded with honour for being the **Woman motivator** by the rotary club of Palghat East.

Prajaahita Foundation's director Mr Sooraj Santhosh Kumar is selected as an **"Inclusion Fellow 2020"** by the **India Inclusion Summit**.



Trainings attended by team members

Prajaahita Foundation's Director **Sooraj Santhosh Kumar** and Co-founder **Ajay Balachandran** attended an online disability professional course "**Discover the Success Factors for Disability Livelihoods: The Enable India Way**" conducted by Enable India, Bangalore held from July 2020 to March 2021.

Team members have attended the 3 days workshop on '**the TEACCH to working with individuals with Autism**' organized by Insighte and Allinclusive Foundation on the 20th of March 2021.

- **Priya Prasad** (Project Associate, Nirampakaram)
- **L Umadevi** (Research Associate, Nirampakaram)
- **Shinu K** (Project Associate, Nirampakaram)
- **Athul Mohan T M** (Communication Associate)

Prajaahita Foundation's HR Manager **Krishna Das P** and Project Associate **Rahul Sajeevan T** attended the training program "**Capacity Building Program on Employability Training for PwDs**" organized by Enable India held from 15th July 2021 to 20th August 2021.

Impact

S.M.I.L.E

- Trained 90+ Persons with disabilities in various aspects such as basic English, content development, basic computer skills and social media marketing.
- Found employment for 15+ persons with disabilities.
- Providing agriculture support for 190+ persons with disabilities in various districts of Kerala. (in Athijeevana project.)
- Identified market for 45+ persons with disabilities products.
- Six persons with disabilities were taken out of their homes. (in *Namukkuchalikkam* project)
- Providing transportation for regular clinic/hospital visit to two persons with disabilities.

SAUKHYAM

- Organized 18 webinars that make all aware on health care of persons with disabilities and children with disabilities.
- 1000+ persons with disabilities were part of these webinars.
- 17Saukhyam knowledge shots were reached to 450+ Persons through our social media.
- Providing medical support to 10 needed people as part of Covid Action Plan for Persons with Disabilities (CAPD).
- Organized sensitization program for 50 faculty members of MAMO college, Mukkam, Kozhikode.

Impact

NIRAMPAKARAM

- Provided need-based educational support for 70+ students as part of Udaan program.
- 25+students are getting reading buddy support in various languages with the help of volunteers in Ever-Read-Day program.
- Launched a booklet to assess the reading progress of children.
- 25 children with disabilities were part of the online summer camp named Sum-U-Rays.
- 124 children with disabilities participated in the Ever-Read-Day storytelling competition.
- The new integrated batch of Nirampakaram ie, both udaan and Ever-Read-Day is continuing with 129 students with disability.

IV2S

- 40+ Volunteers were part of the Nirampakaram project.
- 10+ Volunteers were the resource persons in Sum-U-rays summer camp.
- 120+ volunteers were part of the World Health Day campaign.
- 45 students completed their internship last year.
- 35 volunteers are now serving as volunteers in Nirampakaram project.

Gratitude

Grateful and grateful...

Smiles of satisfaction, gratefulness, thanking words and acts of love from the beneficiaries and stakeholders, It has been a wonderful journey so far. We could reach out to various organizations with similar aspirations, learned from them, served what we have and collaborated earnestly for the cause of inclusion. Even in the midst of pandemic uncertain eighties, we could implement new initiatives, sustain our previously implemented projects and stretch our hands to the needy. The support we could offer, training sessions provided, journeys conducted, changes advocated, challenges resolved...

All these experiences are adding much to our way as we move together and we're grateful, grateful and far more grateful for all the lives we could touch and all those lives moved for that cause.

Love !



Support the dream of inclusion



UPI Handle: PRAJAAAHIT.09@cmsidfc

Get In Touch

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