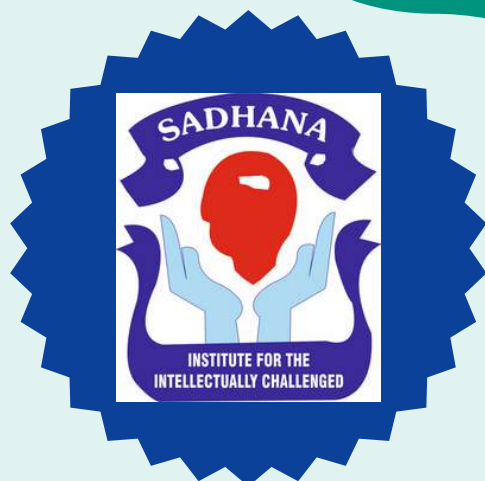


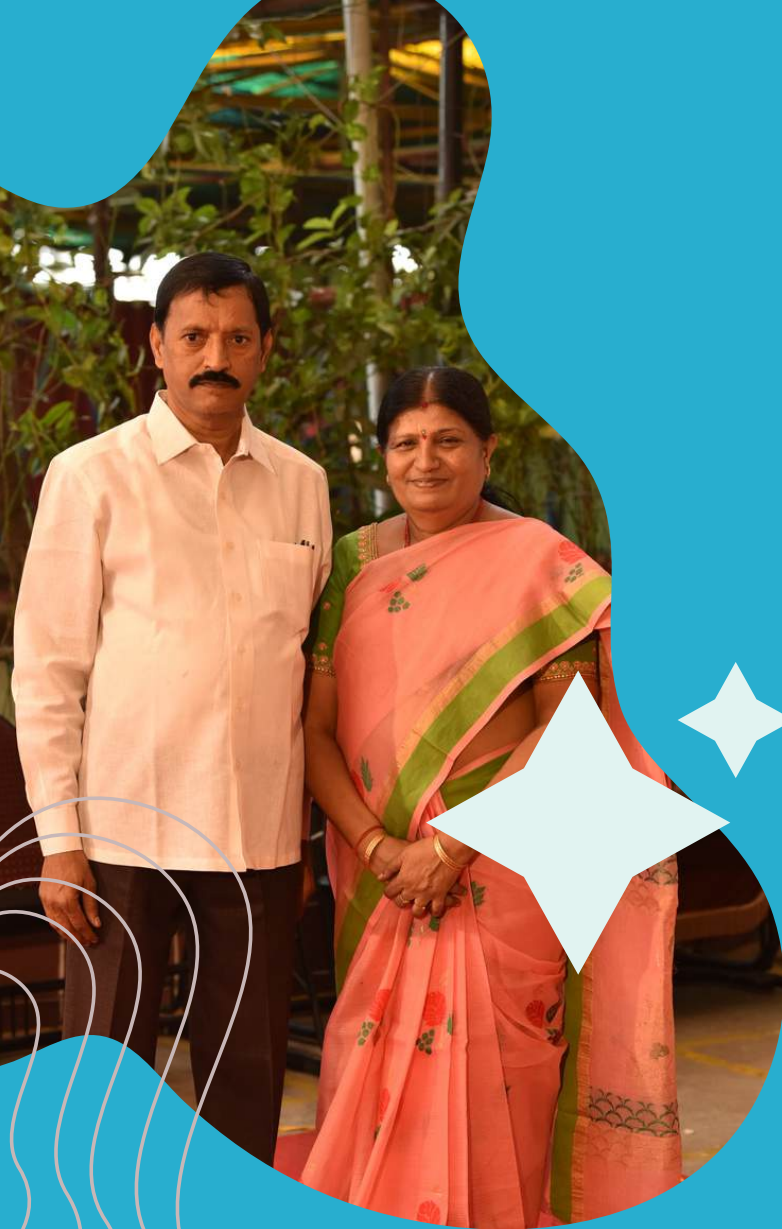


ANNUAL REPORT 2024-25

SADHANA

**SOCIETY FOR THE INTELLECTUALLY CHALLENGED
(RESIDENTIAL INSTITUTION FOR THE
INTELLECTUALLY CHALLENGED)
(REGD AND RECOGNISED BY THE GOVT. OF
TELANGANA)**





FOREWORD FROM THE GENERAL SECRETARY

Dear Friends,
Warm greetings to all of you!

As the General Secretary of Sadhana, it is with great pride and gratitude that I present to you our Annual Report for the year 2025. This report reflects our ongoing journey to empower individuals with intellectual and developmental disabilities through inclusive education, care, and community engagement.

Throughout the year, Sadhana remained

deeply committed to its mission—providing holistic development, therapeutic support, vocational training, and emotional empowerment to every child under our care. From meaningful celebrations like World Environment Day, Independence Day, and Children's Day to educational visits, workshops, and health camps, each event has enriched our students' lives.

Our collaboration with institutions such as Delhi Public School, St. Joseph's School, St. Francis College for Women, Johnson Grammar School, and Aurora's PG College helped create powerful experiences of inclusion and awareness. The support extended by Tech Mahindra Foundation, Panineeya Dental College, Global Data, Bajaj Auto Parts, and Amul made a significant impact on our programs.

We also participated in inter-school and district-level sports events, where our students proudly earned medals, demonstrating their abilities, determination, and confidence. Workshops on Down Syndrome, autism awareness, and behaviour modification, along with disability sensitization sessions for Aasha workers, strengthened our outreach and capacity-building efforts.

None of these accomplishments would have been possible without the generous support of our donors, volunteers, partner organizations, and the families who continue to trust us.

We thank each one of you with heartfelt gratitude.

Mr. Madhusudhan Reddy
General Secretary, Sadhana

Your donation, no matter how big or small, will make a significant impact. It will bring smiles to the faces of our students, ignite their aspirations, and provide them with the tools they need to succeed. Your contribution will be a powerful investment in the future, not just of our students, but of a society that values diversity and inclusivity.

As we look ahead, let us reaffirm our commitment to creating a more inclusive and compassionate society. Together, we can break barriers, defy stereotypes, and empower individuals with intellectual challenges to lead fulfilling lives.

On behalf of the entire Sadhana family, I extend my heartfelt thanks to each and every one of you for your unwavering support and dedication. Let us continue to work hand in hand, with compassion and determination, to build a brighter and more inclusive future for all.

**With gratitude and warm regards,
Mr. Madhusudhan Reddy General Secretary, Sadhana**



ABOUT US

Sadhana is a non-profit, voluntary organization committed to the welfare of individuals with intellectual challenges. Founded in 1996, our institute is located in Nacharam, Hyderabad, Telangana, India. Led by a dedicated team of professionals passionate about the well-being of the intellectually challenged, we provide comprehensive day-care and residential services for boys and girls with intellectual disabilities.



ORIGIN

In 1996, a group of like-minded professionals united with the purpose of establishing a registered society focused on delivering education, training, and rehabilitation services for individuals with intellectual disabilities.

VISION

Our vision is to ensure that individuals with intellectual disabilities are afforded the same quality of life as their fellow citizens. We strive for their independence, promoting maximum community integration.



MISSION

Through professional interventions and support, we empower individuals with intellectual disabilities to access comprehensive rehabilitation services, including education, therapy, vocational training, employment assistance, and social and cultural activities.

GOAL



Our goal is to serve as a resource center dedicated to protecting rights, ensuring equal opportunities, and facilitating the full participation of individuals with intellectual disabilities.



SCHOOL & HOSTEL-ACTIVITIES



Introduction

The present strength of Sadhana Institute is 93, of which 51 students are boarders and 42 are day scholars. We are dedicated to providing specialized education and behavior modification techniques to empower intellectually challenged children. Our interdisciplinary team of educators offers services such as physiotherapy, speech therapy, music therapy, and yoga therapy to enhance their overall development.

Creating a Safe and Supportive Environment

Sadhana Institute takes pride in being one of the few institutions in the region that runs a year-round hostel for intellectually challenged children. Understanding the unique needs of these children, we provide an efficient and well-maintained hostel that serves as a safe haven. Parents trust us to provide a congenial living environment where their children can thrive, learn, and grow.

Special Education and Vocational Training

Our organization is committed to providing quality special education to intellectually challenged children. Our well-trained and qualified staff employ various teaching methodologies and vocational activities like diya making, photo frame making, paper-cup and bag making, and gardening. These activities instill confidence in the children, helping them develop essential life skills and empowering them to face challenges with satisfaction.

SCHOOL & HOSTEL-ACTIVITIES

Holistic Development and Achievements

Throughout the academic year, our students have shown remarkable progress across various domains. Academic skills have improved, ranging from scribbling to letter copying, alphabet writing, and reading. Speech therapy sessions have enabled students to develop their communication skills, progressing from vocalization to phonemes and eventually to sentence construction. Physiotherapy and occupational therapy have contributed to improved motor skills and independent mobility.

Personalized Approach and Goal Setting

This year, we began with fresh academic and rehabilitative goals for our students. Special educators were assigned groups based on individual assessment scores, allowing for tailored support and guidance. Academic schedules and concepts were explained to educators, ensuring effective daily sessions. Intervention services were meticulously planned and executed to maximize the impact on each student's progress.

Engaging Activities and Vocational Skills

At Sadhana Institute, we believe in a well-rounded education that includes recreational and vocational activities. Students enthusiastically participated in singing, dancing, and a variety of craft-making endeavors. Notably, our students excelled in making 8000 beautifully decorated diyas, which received high praise at various events and exhibitions. Through field activities and gardening, students learned about the process of germination, nutrition, and the importance of including vegetables in their diet.



SCHOOL & HOSTEL-ACTIVITIES



Technology and Physical Development

As part of our commitment to their holistic development, we provided computer training to ten students, equipping them with valuable digital skills. Additionally, our students engaged in cycling lessons, which improved their balance, speed control, and neuro-motor coordination.

We are immensely proud of the progress and achievements of our intellectually challenged students. With the continuous support of our dedicated staff, volunteers, donors, and corporate partners, Sadhana Institute will continue to provide a nurturing environment where these children can reach their full potential and lead fulfilling lives.

Thank you for your unwavering support!

EVENTS & ACTIVITIES

WORLD ENVIRONMENT DAY CELEBRATION

On June 5, 2024, Sadhana observed World Environment Day with great enthusiasm and a sense of responsibility towards nature. The students actively participated in a tree plantation drive conducted within the campus premises. Guided by their teachers and support staff, the children planted saplings and learned the importance of environmental conservation. The event not only instilled environmental awareness but also encouraged the students to take small but meaningful steps towards protecting our planet.



INTERNATIONAL YOGA DAY

On June 21, 2024, Sadhana celebrated International Yoga Day with active participation from students, staff, and caregivers. A guided yoga session was organized to promote physical well-being, mental calmness, and overall harmony. The event highlighted the therapeutic benefits of yoga, especially for children with intellectual and developmental challenges, and reinforced Sadhana's commitment to holistic care.

EVENTS & ACTIVITIES

SPORTS AND GAMES PROGRAM BY FCA

On the 27th of June, 2024, Sadhana had the privilege of hosting a workshop on Behavioral Modification conducted by Ms. Deepthi Pochampally from the USA. The workshop provided valuable insights and practical strategies for addressing behavioral challenges among individuals with intellectual disabilities. Attendees gained a deeper understanding of behavior management techniques and learned effective ways to promote positive behavior.



PARENTS-TEACHER MEETING

On June 29, 2024, Sadhana conducted a Parents-Teacher Meeting to review the progress and development of the students. Teachers shared individual updates on academic, therapeutic, and behavioral milestones, while parents were encouraged to discuss concerns and collaborate on strategies for their child's growth. The meeting strengthened the partnership between parents and educators in ensuring holistic care and progress for every child.



WORKSHOP ON SPECIAL EDUCATION BY MRS. K. VATCHALA

On the 29th June, Sadhana commenced a nursery unit as part of its vocational training initiative. This addition aims to equip students with practical skills in horticulture and gardening. Through hands-on experience, students will learn plant care techniques and cultivate a deeper understanding of nature.



EVENTS & ACTIVITIES



VOLUNTEER VISIT BY GLOBAL DATA

On July 12, 2024, volunteers from Global Data visited Sadhana and organized a lively sports event for the students. The children participated enthusiastically in various games and activities, creating an atmosphere of joy and celebration. At the end of the event, the volunteers distributed thoughtful gifts to all the students, making the day memorable and special for everyone involved.

STUDENT VISIT FROM JOHNSON GRAMMAR SCHOOL

On August 2, 2024, 150 students from Johnson Grammar School visited Sadhana as part of an educational and community outreach initiative. The visiting students interacted warmly with our children, participated in activities, and gained awareness about intellectual and developmental disabilities. The visit fostered empathy, inclusion, and mutual respect, creating a meaningful experience for both groups of students.



SAMRATH PROGRAM

On August 8, 2024, Sadhana organized the Samrath Program to express solidarity and best wishes to disabled athletes representing India in the Olympics. Our students participated with great enthusiasm, creating handmade cards, cheering messages, and taking part in cultural performances to honor the spirit of these athletes. The program instilled a sense of pride, motivation, and inclusivity, celebrating the achievements and determination of persons with disabilities.



EVENTS & ACTIVITIES

STUDENT VISIT FROM SLATE – THE SCHOOL

On August 9, 2024, Sadhana hosted a visit by 300 students from Slate – The School, who spent the day engaging with our special children. The visit included interactive activities, games, and conversations that fostered mutual understanding and empathy.



GENERAL HEALTH CAMP BY LIONS CLUB

On August 9, 2024, the Lions Club of Hyderabad conducted a general health camp at Sadhana for the benefit of our students. A team of medical professionals carried out health check-ups, offered consultations, and provided essential health advice to caregivers. The initiative helped in early detection of health concerns and reinforced the importance of regular medical care for children with special needs.



78TH INDEPENDENCE DAY CELEBRATIONS

On August 15, 2024, Sadhana proudly celebrated the 78th Independence Day of India with patriotic fervor. The national flag was hoisted, followed by cultural performances by the students including songs, dances, and speeches reflecting the spirit of freedom and unity.





EVENTS & ACTIVITIES



RAKSHABANDHAN CELEBRATION AT SADHANA

On August 19, 2024, Rakshabandhan was joyfully celebrated at Sadhana Institute, highlighting the bond of love and protection among the students. The girls tied rakhis to their classmates and staff members, symbolizing care and mutual respect. The event fostered emotional connection, inclusivity, and cultural understanding among the children, creating a warm and festive atmosphere throughout the campus.

VOLUNTEER VISIT BY BAJAJ ADVANCED AUTO PARTS

On August 30, 2024, a team of volunteers from Bajaj Advanced Auto Parts visited Sadhana and spent quality time interacting with the students. The visit included engaging activities, games, and meaningful conversations that brought smiles and joy to the children.



TEACHERS' DAY CELEBRATION

On September 5, 2024, Sadhana celebrated Teachers' Day with heartfelt gratitude and joy. The students, with support from the staff, organized cultural performances and expressed their appreciation through handmade cards and messages. The celebration honored the dedication and compassion of the teaching and therapy staff,



ECO-FRIENDLY GANESH IDOL MAKING

On September 6, 2024, the students of Sadhana participated in an Eco-Friendly Ganesh Idol Making activity as part of a creative and environmental initiative. Using natural and biodegradable materials, the children crafted beautiful idols under the guidance of their teachers.



EVENTS & ACTIVITIES

PANDIT DEENDAYAL UPADHYAYA JAYANTI

On September 25, 2024, Sadhana observed the birth anniversary of Pandit Deendayal Upadhyaya with reverence and reflection. The staff and students paid tribute to his vision of Antyodaya—uplifting the most marginalized in society. A short program was organized to educate the students about his contributions and values.



PARENT INTERACTION SESSION WITH TECH MAHINDRA FOUNDATION

On September 27, 2024, Ms. K. Sumana, Assistant Manager, and Ms. Rechal from Tech Mahindra Foundation visited Sadhana and held an interactive session with parents of girls with intellectual disabilities and autism. The discussion focused on the importance of early intervention, skill development, and future opportunities for the children. The session was informative and encouraging.



BEHAVIOUR MODIFICATION SESSION FOR STAFF

On September 30, 2024, Sadhana organized a Behaviour Modification Session for all staff members as part of its ongoing capacity-building efforts. The session focused on effective strategies to understand, manage, and positively influence the behavior of children with intellectual and developmental disabilities.



EVENTS & ACTIVITIES

CHILDREN'S DAY CELEBRATION

On November 14, 2024, Sadhana celebrated Children's Day with great excitement and cheer. The day featured fun-filled activities, games, and cultural performances that brought smiles to every child's face. Teachers and staff organized special programs to honor the unique talents and spirit of each student, making the celebration a joyful and memorable occasion for all.



DENTAL CAMP BY PANINEEYA COLLEGE OF DENTAL SCIENCES

On November 15, 2024, a Dental Camp was conducted at Sadhana by the team from Panineeya College of Dental Sciences. The dental professionals carried out oral health check-ups for all students and provided guidance on proper dental hygiene practices. The initiative helped in early detection of dental issues and promoted awareness about the importance of maintaining good oral health among children and caregivers.



NATIONAL MILK DAY CELEBRATION WITH AMUL

On November 26, 2024, Sadhana celebrated National Milk Day in collaboration with Amul. The event highlighted the nutritional benefits of milk through engaging activities and informative sessions for the students. Amul representatives interacted with the children and distributed milk products, making the day both educational and enjoyable.



EVENTS & ACTIVITIES

INTERNATIONAL DAY OF PERSONS WITH DISABILITIES

On December 3, 2024, Sadhana observed the International Day of Persons with Disabilities with pride and enthusiasm. Celebrations various activities highlighting the abilities and talents of our students. In addition, selected students from Sadhana participated in the state-level celebrations at Ravindra Bharathi, organized by the Government of Telangana,



EDUCATIONAL VISIT BY ST. JOSEPH'S SCHOOL

On December 4, 2024, students of Classes 10 and 12 from St. Joseph's School visited Sadhana as part of an educational tour. The visiting students interacted with our children, observed various therapy and vocational training sessions, and gained insights into the lives and learning needs of individuals with intellectual disabilities.

EDUCATIONAL VISIT BY ST. FRANCIS COLLEGE FOR WOMEN

On December 4, 2024, students from St. Francis College for Women, Begumpet, Hyderabad, visited Sadhana as part of their educational tour. The group interacted with the children, observed classroom and therapy sessions, and learned about the specialized approaches used in educating and supporting individuals with intellectual disabilities.



EVENTS & ACTIVITIES



VISIT BY DISTRICT WELFARE OFFICER

On December 18, 2024, Ms. K. Swarnalatha, District Welfare Officer, visited Sadhana and interacted warmly with the children and staff. She observed various classroom and therapy sessions, appreciated the efforts of the team, and encouraged the children in their learning and development.

MAGIC SHOW FOR CHILDREN

On December 25, 2024, a magic show was organized at Sadhana to bring joy and celebration to the children on the occasion of Christmas. The magician captivated the students with fun tricks and engaging performances, creating moments of wonder and laughter.



CHRISTMAS CELEBRATION

On December 25, 2024, Sadhana celebrated Christmas with joy and festive cheer. The campus was decorated with lights and a Christmas tree, and the students participated in carol singing, dance performances, and gift exchanges. Santa Claus made a special appearance, delighting the children with sweets and surprises. The celebration brought warmth, togetherness, and happiness to all at Sadhana.



EDUCATIONAL OUTING TO RASHTRAPATI NILAYAM

On December 26, 2024, Sadhana organized an educational outing to Rashtrapati Nilayam, Bolaram, for the students. The visit offered the children a unique opportunity to explore the historic premises, enjoy the scenic gardens, and learn about the significance of the Presidential retreat. The outing was both educational and recreational,



EVENTS & ACTIVITIES

AUTISM AWARENESS AND ORIENTATION WORKSHOP

On December 30, 2024, Sadhana conducted an Orientation and Awareness Workshop on Autism and Intellectual Disabilities for parents. The session focused on early assessment, appropriate placement, and guidance on therapeutic and educational interventions. Experts provided valuable insights to help parents better understand their child's needs and access suitable support systems.



PARTICIPATION IN SPORTS AT NIEPID

On January 7, 2025, Sadhana students participated in the sports and games event organized by NIEPID (National Institute for the Empowerment of Persons with Intellectual Disabilities). Competing with enthusiasm and determination, our students won 5 medals, showcasing their abilities and sportsmanship. The event was a proud moment for the institution.



PONGAL CELEBRATION

On January 15, 2025, Sadhana celebrated the Pongal festival with traditional fervor and cultural joy. The students and staff came together to decorate the campus with rangoli, sugarcane, and festive elements. A symbolic Pongal pot was prepared, and the significance of the harvest festival was shared with the children through stories and activities.



EVENTS & ACTIVITIES



PAINTING COMPETITION BY YOUNG INDIANS

On January 23, 2025, Young Indians (Yi) organized a painting competition at Sadhana as part of the Republic Day celebrations. The students participated enthusiastically, expressing their creativity and patriotism through colorful artworks. The event encouraged self-expression and artistic skills while instilling a sense of national pride among the children.

REPUBLIC DAY SPORTS MEET AT BISON ASHA SCHOOL

On January 25, 2025, students from Sadhana participated in the sports and games event held at Bison Asha School as part of the 76th Republic Day celebrations. Competing with enthusiasm and team spirit, our students won 5 medals, making the occasion a proud and memorable one. The event highlighted their physical abilities and reinforced the importance of inclusion through sports.



REPUBLIC DAY CELEBRATION

On January 26, 2025, Sadhana celebrated the 76th Republic Day of India with pride and patriotism. The national flag was hoisted, followed by cultural programs presented by the students, including patriotic songs, dances, and speeches. The event fostered a sense of national unity and respect for the Constitution, while giving the children a platform to showcase their talents.

EVENTS & ACTIVITIES

EDUCATIONAL VISIT BY DECCAN SPRINGS GLOBAL SCHOOL

On February 28, 2025, students from Deccan Springs Global School visited Sadhana as part of an educational tour. The visiting children interacted with our students, observed therapy and vocational training sessions, and learned about the care and education of children with intellectual disabilities. The visit promoted empathy, awareness, and inclusivity, creating a meaningful learning experience for all.



DISABILITY AWARENESS PROGRAM FOR AASHA WORKERS

On March 7, 2025, Sadhana conducted a Disability Awareness Program for Aasha workers, focusing on early identification, intervention, and community-based support for individuals with disabilities. The session aimed to equip frontline health workers with knowledge and sensitivity to better assist families and refer children for appropriate services.



INTERNATIONAL WOMEN'S DAY CELEBRATION

On March 8, 2025, Sadhana celebrated International Women's Day to honor the contributions of women within the institution and the wider community. The event featured cultural performances, motivational talks, and expressions of appreciation for women staff, caregivers, and mothers of the children. The celebration emphasized empowerment, equality, and the vital role women play in nurturing and transforming lives.



EVENTS & ACTIVITIES



EDUCATIONAL VISIT BY AURORA'S PG COLLEGE

On March 19, 2025, 30 students from Aurora's PG College visited Sadhana as part of their educational outreach program. The students interacted with children, observed various therapeutic and educational activities, and gained deeper insights into the field of special education and disability care. The visit fostered awareness, compassion, and a sense of social responsibility among the visiting students.

ORIENTATION ON DOWN SYNDROME BY DR. DEEPA

On March 21, 2025, in observance of World Down Syndrome Day, Sadhana organized an orientation session led by Dr. Deepa, Senior Gynecologist. The session focused on understanding the causes of Down Syndrome, methods for early identification, and preventive strategies to reduce its incidence. Attended by staff, parents, and caregivers, the session was informative and enlightening, reinforcing the importance of awareness and early intervention.



DISABILITY AWARENESS PROGRAM FOR AASHA WORKERS

On March 21, 2025, Sadhana conducted a Disability Awareness Program for Aasha workers from Medchal-Malkajgiri District. The session focused on building awareness around intellectual and developmental disabilities, early signs of identification, and the importance of timely intervention. The program aimed to empower community health workers with the knowledge.



ACKNOWLEDGEMENTS

We extend our heartfelt gratitude to:

Tech Mahindra Foundation: We thank Ms. K. Sumana and Ms. Rechal for conducting an insightful session for parents of girls with intellectual disabilities and autism, encouraging awareness and support.

Fellowship of Christian Athletes (FCA): Our gratitude to FCA and the coaches from Canada and across India for organizing a spirited sports program at Delhi Public School.

Global Data and Bajaj Advanced Auto Parts: We appreciate the volunteers for engaging our children through fun activities and distributing gifts that made the day memorable.

Panineeya College of Dental Sciences: Thank you for organizing a dental camp and promoting oral hygiene awareness among our students.

Lions Club of Hyderabad: We are grateful for conducting a general health camp, ensuring timely checkups and guidance for our children's well-being.

Amul: We thank Amul for celebrating National Milk Day with our students and sharing the importance of nutrition in a fun and engaging way.

Dr. Deepa, Senior Gynecologist: We appreciate Dr. Deepa for leading an orientation on Down Syndrome, focusing on early identification and preventive awareness.

Young Indians (Yi): Thank you for conducting a painting competition on the occasion of Republic Day, encouraging creativity and patriotism.

Bison Asha School and NIEPID: Our students proudly participated in sports events at these institutions and won medals, showcasing their abilities and enthusiasm.

Johnson Grammar School, Slate - The School, St. Joseph's School, St. Francis College for Women, Deccan Springs Global School, Aurora's PG College: We thank these institutions for visiting Sadhana and engaging with our children, promoting empathy and inclusivity.

District Welfare Officer Ms. K. Swarnalatha & Medchal-Malkajgiri Aasha Workers: We appreciate their visit and support in conducting awareness programs.

Teaching and Non-Teaching Staff: Our sincere thanks for their dedication, compassion, and tireless efforts in nurturing our students.

Parents and Guardians: We deeply value their trust, support, and active involvement in their children's growth and development.

Executive Committee Members: We thank them for their consistent guidance and commitment to Sadhana's mission and initiatives.

All Other Supporters and Volunteers: To everyone who has contributed their time, resources, or encouragement—we are sincerely grateful.

We apologize if we have unintentionally missed anyone. Your support has been instrumental in creating a nurturing and inclusive environment at Sadhana.

With heartfelt gratitude,
Mr. Madhusudhan Reddy
General Secretary, Sadhana



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