



Tamahar has been conducting many programs throughout the year along with its daily activities. This is a short summary of the programs.

Annual Report 2010

Most of the steps taken and activities that have been initiated by Tamahar have been mentioned and encapsulated clearly in the donation proposal that has been appended separately. There have been some noteworthy achievements of Tamahar that it would be imperative to mention separately. Some of these programs along with the time period around when it was conducted are:

May 2010 – A ten-day sports camp was conducted for children with special needs. Some of the sports that were taught and at the very least introduced to the children were cricket, football, basketball, cycling and skating, amongst other physical activities.



ANNUAL REPORT 2011

February – Small Fund raising program inviting Mr. Rajanna as Chief Guest, along with a young achiever Ms. Bhakti Parmar. Program was a Hindi songs evening by Roshan and Ritwik. Both siblings have visual impairment and the younger brother has Autism also.

SMay – A one-day workshop was conducted for parents and professionals alike that looked into the concept of sensory integration. This was an invaluable learning experience for all concerned and provided a learning that could be applied while working with children with special needs. This was conducted by Dr. Anjali Joshi, Occupational Therapist and Sensory Integration Specialist from Mumbai.z

A one-day workshop was conducted for parents and professors alike that looked into the concept of sensory integration. This was an invaluable learning experience for all concerned and provided a learning that could be applied while dealing with specially-abled children.

June – We started our School, with 4 students!

September - Sunitha Lele, an eminent special educator from Pune, who works with children with special needs, predominantly for independence in self-care conducted a workshop for parents over two days. It was attended by 23 parents and their children. This hands-on workshop also had detailed lectures by Ms. Lele.

A two-day workshop was conducted for parents that looked into Self-Care and Activities in Daily Living. This was an exceedingly useful workshop which highlighted ways and means to make the lives of parents easier.

December – Support Group started for Mothers by psychologist Sowmya.H.S



ANNUAL REPORT 2012

March - Talk to parents by Dr. Meenakshi Bhat, Geneticist and Dr. Minal Kekatapure, Pediatric Neurologist.

May - A month-long course in Yoga was conducted for children with special needs. Ms. Sowmya Ayyar, Yoga therapist from USA is our consultant Yoga Therapist. A month-long course in Yoga was conducted for children with special needs.

While these are some of the specific highlights that Tamahar has made happen during its relatively short existence thus far, Tamahar has also worked really hard in initiating activities like the Parent Support group, which is an initiative that is new to India and aims to get parents to voice their feelings and work with their peers in an attempt to make each others lives less arduous.

These are some of Tamahar's initiatives and we look forward to carrying out numerous other programs which would benefit not just the children with special needs, but their families as well and also target teachers and educate them as to the best way to help these children with special needs.

June - Art class started as a part of the Pre-school program. Music therapy also started under the guidance of Smt. Rajam Shankar, Music Therapist from Hyderabad, who assesses and guides our in-house Music Therapist, Ms. Deepa Krishnamurthy. What started as group sessions has now evolved in to each child getting their own therapy session according to their needs.

December – A day long picnic was organized at the Cubbon Park Children's play area.



ANNUAL REPORT 2013

January – Our children performed at the Chowdiah Memorial Hall as a part of the 13th Gayana samaj program. This was led by Ms. Deepa Krishnamurthy

April – A 15 day summer camp was organized for our children who learnt dance and cricket, for their siblings, who learnt dance and theatre along with a Support Group program overseen by our in-house Psychologist, Ms. Sowmya H S, and the Mothers learnt dance and did yoga.

May – Tamahar participated in the 27th TCS 10k run where we participated in the dress-up competition.

June - Mr. Ventakesh, President of the KPAMRC parent's charter gave a talk to our parents during the Parent Support Group Meeting, Government aids and appliances camp for children were conducted, Ms. Tripura Kashyap, eminent Dance Therapist had an introductory Dance and Movement Therapy workshop for mothers. Organic Horticulture was started for school children as a subject in their curriculum

July - Badminton started for 3 of our school children at the Canara Union Charitable Trust's Prakash Courts. Here our children receive Badminton coaching formally.

September – Dr. Shankar (psychiatrist) started his consultations for both parents and children, Yoga lecture was organized for mothers

October – In-house training was done for the staff of Tamahar by Vaishali Pai

November - Christ College Psychology students came for a meeting to participate in the research and development program which we are conducting, India inclusion summit was attended by 4 staff, Children's Day organized by Inner Wheel West, along with free toys and games by Mahindra Retail's Beanstalk

December – International Pediatric conference at the Vydehi Medical College was attended by 5 staff, Take A Break Respite Care was formally opened at the current premises at Palace Guttahalli.

Tamahar

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