



Swimming Camp 2025 – A Splashing Success!



Sankey Tank, Viyali Kavalu
April 2 – May 2, 2025 / ⌚ **11:00 AM to 12:00 PM**
👤 **Participants: 16 Children** / **Supported by 3 Coaches + Parents**

We're excited to share the success of Tamahar's month-long Swimming Summer Camp 2025, third year in a row. Designed specially for our children which as usual began with tears and restlessness soon turning into smiles, confidence, and cooperation.

At the beginning, many children found it challenging to wait their turn, but just two days in, we saw the first wave of change. A simple turn-taking exercise had the children cooperating, with focus and improved patience.

A heartfelt thank you to our dedicated coaches, supportive parents, and our amazing young swimmers. You've truly made waves of progress!

Staff Training & Empowerment

Building Capable Minds, Compassionate Hearts, & Confident Leaders

Every summer, when the children have their vacation, the most important people making a change in the lives of the families, our staff, get their training. This year too there were some exciting activities lined up.

Mental Wellness & Physical Well-being

The Mental Wellness session by Ashwathi and Alakananda Kala fostered emotional awareness through art, neuroscience lectures, and mindfulness training. Zumba sessions were an exciting add-on

Sign Language Training

Staff also participated in Sign Language training with Sumedha and Nithya of VAANI, Deaf Children's Foundation, learning to communicate with hands.

Generative AI Training

Embracing innovation, Generative AI training was led by Mr. Chandrashekhar Ramamurthy, a Tamahar parent, empowering staff to use AI and keeping us in tune with the times

Core Topics Refresher Course

Learning never stops, and a refresher course on topics related to our core work is an annual program. Lectures covered topics related to Developmental Disabilities, Early Intervention, Communication, Behaviour issues, and Therapies.

Two-Wheeler Training

A month long two-wheeler riding training is being conducted for 13 staff members empowering them to be self-sufficient in travel. This reinforces Tamahar's commitment to building confident professionals in the disability sector.

