

HRIDYA FROM THE HEART

Tamahar Annual Report

Celebrating Abilities,
Strengthening Families!

20
25



Tamahar



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ABOUT Tamahar

Tamahar is a registered non-profit organization working in the field of childhood disability, specifically those with developmental disability due to brain damage, for example, children who have conditions like Autism, Cerebral Palsy, Down’s Syndrome, many rare diseases, and genetic disorders that cause moderate to severe disability. We provide assessment and rehabilitation services to children with special needs and support services to their families, interventions appropriate to the developmental age of the children and training the parents to be primary therapists. We offer comprehensive trans-disciplinary interventions through various programs.

In India, only 22% of children with disabilities have consistent access to school or therapy. Even then, many still face barriers in accessing rehabilitation services (UNESCO, 2019).

We work to close these access gaps, helping children develop and get the foundational life skills they need to thrive.

We are bridging critical gaps in the sector through

1. Tailored programs and services that meet all the essential rehabilitation needs of children and families.
2. Scientific, structured, skill-based interventions that adapt to each child’s unique learning pace.
3. Supporting overburdened parents with practical guidance, tools, and strategies to build their child’s independence at home—while also prioritizing caregiver mental well-being and resilience.
4. Capacity building, we train the trainers — developing skilled trainers to address the shortage in trained professionals



ART BY MURALI BHAT



ART BY JAYAVIK

Vision

Prevention & Alleviation of developmental disability in children with brain damage.

Mission

To enable children with brain damage and their families to live a happy, healthy, and dignified life in an inclusive society through rehabilitation services, capacity building, community engagement, and advocacy.

DIRECTOR'S NOTE



Vaishali Pai

Founder, Director

With each passing year, our responsibility and the effects of our work seem to become more apparent. As I look back at the year gone by, I see more happy faces - children, their families and the wonderful staff of Tamahar who work so diligently to add quality to their lives.

Our children teach us everyday, and we are happy to learn. They make us strong, tough, and diligent. Happy stories told by the families fill our lives almost every day, and the year gone by was full of it. The calendar through the year seems especially busy with many social activities for the children which they thoroughly enjoy. One particular activity started this year, the Family Sports Day was a hit with everyone. There were sports for our children, their fathers, mothers, siblings, teachers, and volunteers.

The response was amazing, the activities energizing, and by the end of the event, everyone agreed that this should become an annual event. Again, I am grateful to all those who participated and everyone who worked to make it a success. I am sure we will add another such program in the coming year.

On a personal note, I am truly grateful to The Cocoon Initiative that supported my 3-month sabbatical which allowed to return refreshed and raring to go. After 16 years of a 24-hour ticking mind, I was able to shut off and focus on my mental health, also thanks to a ever-supportive team that allowed me leave with a peaceful mind. I always presumed that taking a sabbatical would be an exercise for academic pursuits only, but my time away from Tamahar allowed me to reflect, reorganise, energize and return bursting with many ideas for the next few years to come. I am glad people like The Cocoon Initiative exist that help us look at life differently, adding quality to our life which we can pass on to the people we provide services to.

I thank all our supporters, people who believe in us, who shoulder our responsibilities, and are around when we need additional support. I pray that we all continue to be blessed and are given the opportunity to continue this work.

COO'S NOTE



Tripti B G

COO

Every year brings in joy and hope for our families. 24 of our children (close to 25%) moved up in development. Their developmental ages improved and they moved to the next program in hierarchy. One adolescent moved to Pre-Vocational and Sheltered Workshop to pursue employability skills. We are thankful to all our employees who made it happen and to our donors without whom we could not have reached to our families.

Caregivers are our Champions. They are the ones who bring in the changes in their children and their families. Cheers to them!

We wrote a milestone this year. Our director formalized "Caregivers Awareness and Training Program" and we piloted the first format - Onsite with our own Caregivers at Tamahar. We are excited about the positive feedback they have given us.

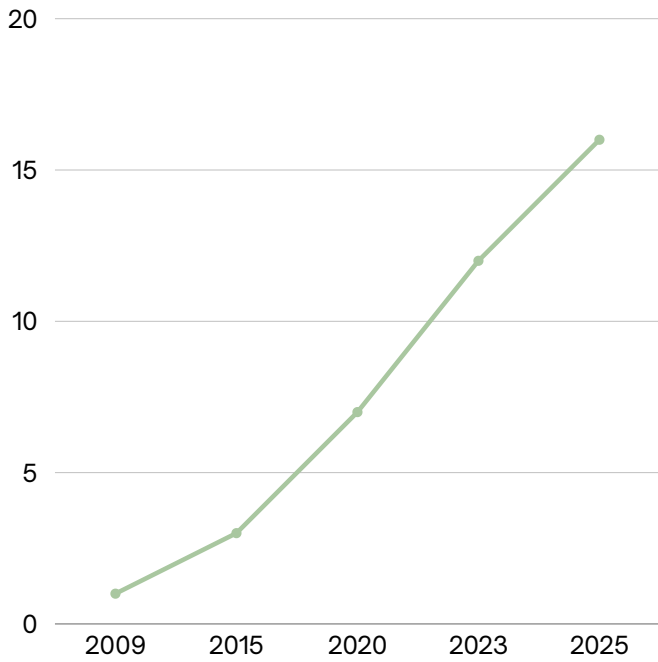
We are excited for more!!

We look forward to another year of milestones!!

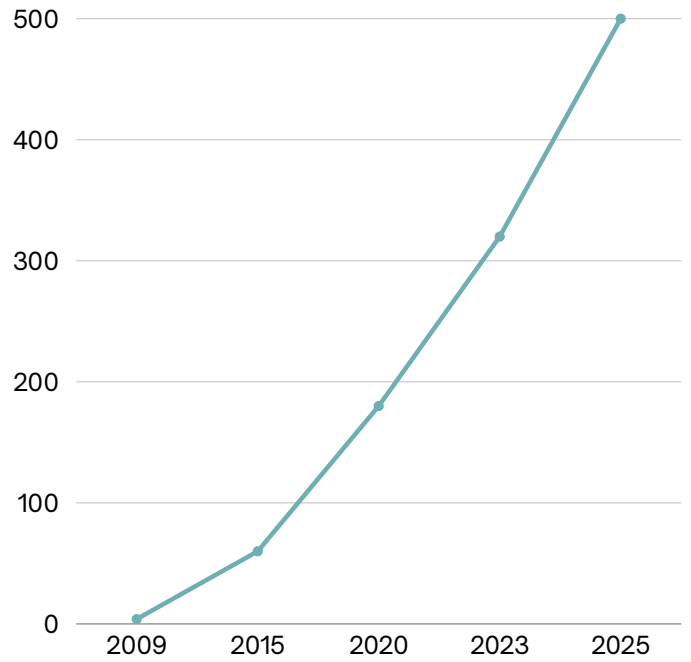
OUR GROWTH

1,00,000+ Lives Touched in 16 years of service

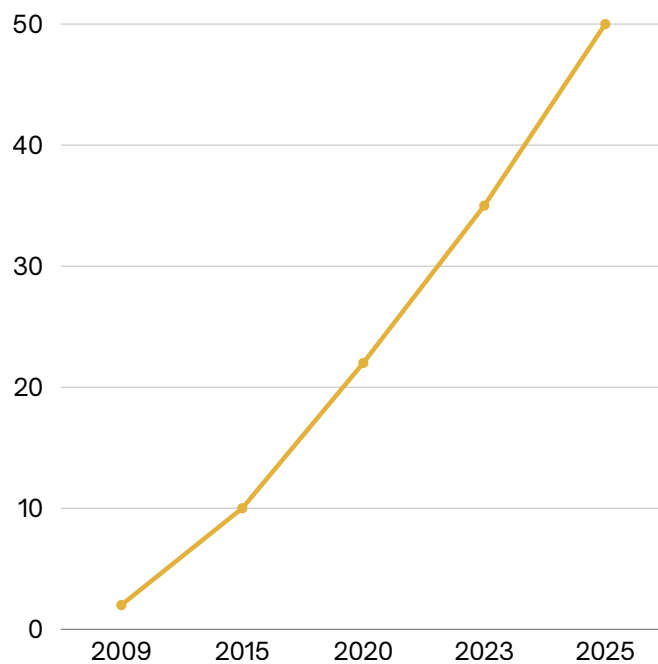
Program Growth



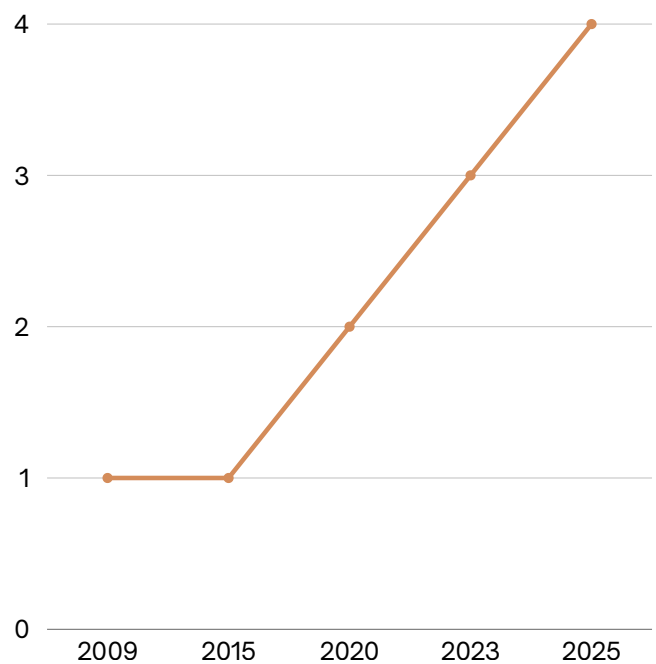
Beneficiaries Growth



Staff Growth



Project Sites Growth



OUR PROGRAMS



**CHILD WITH
DEVELOPMENTAL
DISABILITY**



Special Education & Auxiliary Therapies

CHILDREN PROGRAM

- Early Intervention
- Nursery
- Functional Academics
- Prevocational & Sheltered Workshop
- Auxiliary Therapies
- Recreational Activities
- IQ Assessments



Rehabilitation Professionals

HUMAN RESOURCE DEVELOPMENT

- Train the Trainer
- Staff Training Support



Empowered Family

FAMILY SERVICES

- Caregiver Training
- Mental Health Services
- Skill Development
- Respite Care
- Facilitating govt schemes

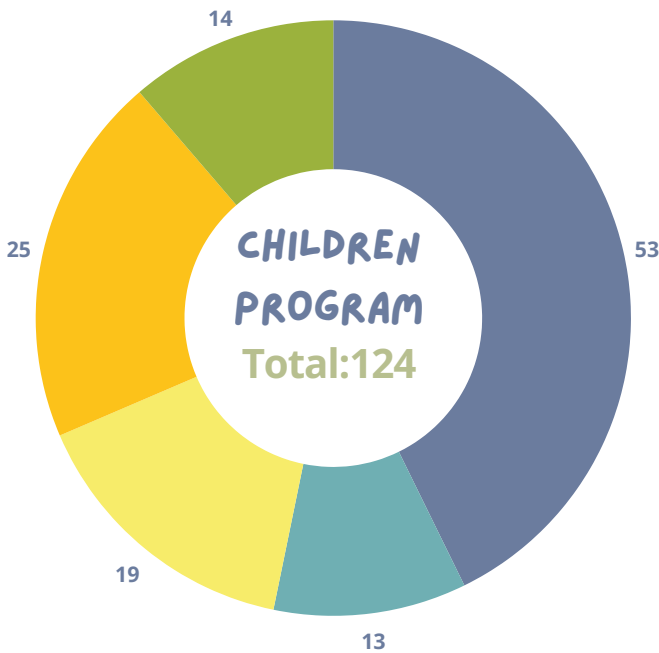


Inclusive Community & Supportive Government

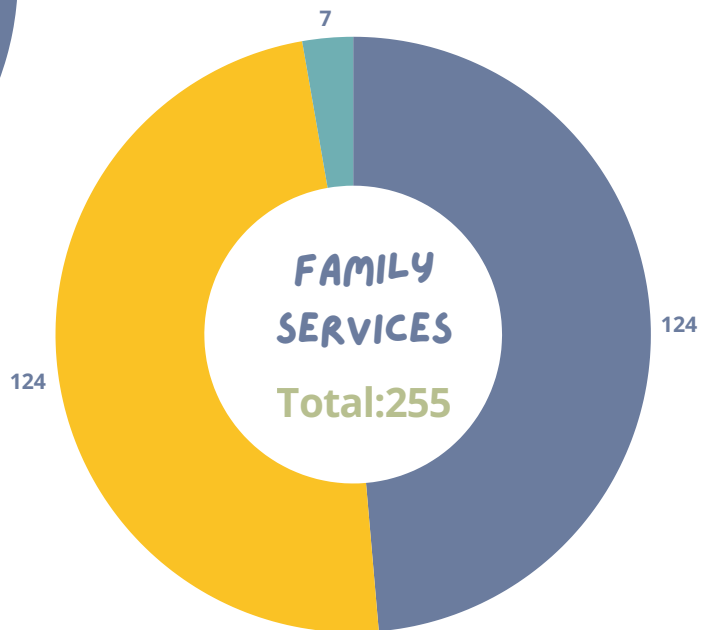
OTHER PROGRAMS

- Advocacy & Awareness
- Research & Development
- Outreach Programs

IMPACT 2024-25



- Early Intervention
- Nursery
- Functional Academics
- Prevocational & Sheltered Workshop
- Outreach



- Mothers
- Fathers
- Siblings

TOTAL REACH : 10,000+ Lives Touched through Community Reach and Awareness Programs.

HIGHLIGHTS

2024-2025

Outcomes	
55,000+	Hours of Intervention
25%	Caregivers with improved mental health
271	Activities for Daily Living Goals
₹96,604	Income Generated by Adult Trainees
805	Work Hours by Adult Trainees

Outcomes	
2762	Developmental goals achieved
57	Recreation sessions conducted
21 Days	Swimming Summer camp
6200	Children development goals worked on
286	Therapy goals achieved
236	Behavioral challenges addressed

Children participated in various events - Kalangana , Cadabams, Appu Kreedothsava, Belakoo, Tandav Dance Festival , World Disability Sports, Cadamabs. They demonstrated various skills like singing, dancing, fancy dress, drama, art, sports and athletic skills and won prizes:

- **Likith from Nursery won 2nd prize for solo dance**
- **Hemadri won special prize in solo vocal**
- **Yuvan won 3rd prize for solo instrumental music**
- **Supriya won first prize in Musical chair**
- **Chinmay won first prize in Ball in the bucket.**
- **Vinayaka took second prize in Ball in the bucket.**
- **Yuvan earned 3rd prize in the slow walking race.**

New Programs and Initiatives

The dreams of our Founder and Director, Vaishali Pai, has always been to reach for the skies. Her unwavering passion and dedication have led to the launch of new programs and events every year over the past 16 years.

That's how Tamahar has grown from just 1 program to 16 in 16 years. And this year was no exception, continuing the tradition of innovation and increasing impact. This year, she introduced:

- Our first-ever Family Sports Day on January 24, 2025, with over 300 participants, including children, families, staff, and volunteers. It was a day of joy, celebration, and inclusion.
- The Caregiver Awareness Training Course. Vaishali Pai's deep belief that an informed caregiver becomes a therapist for their child inspired her to create a structured, impactful program.

Her commitment took shape in January 2025 with the launch of the first full-fledged onsite pilot batch, marking a major step toward empowering families and strengthening support systems for children with developmental and intellectual disabilities.

This formal course is approved by The Department of Persons with Disability under the aegis of the Ministry of Social Justice and Empowerment, National Institute for Empowerment of People with Intellectual Disability, The National Trust. A pilot on-site training followed an online version, which was completed in May 2025.



OUR EVENTS

AAROHAN

“ Disability has never stopped us, on the contrary, it has given us the opportunity to achieve the impossible. ”

Every year, AAROHAN – our Graduation Ceremony – stands as a powerful reminder of what’s possible when children with intellectual disabilities are nurtured with love, empowered with support, and surrounded by a community that believes in them. This year too, AAROHAN 2024-25 held on June 21st, 2025 at Rotary Hall, was no exception. It was in fact a wonderful celebration that filled every heart with pride and joy as 25 of our shining stars graduated to their next level — a dream that once seemed distant to their families, was now a reality.

When the challenge is great, so is the joy of triumph — and AAROHAN 2025 was filled with limitless joy, uncontainable pride, and unforgettable moments. Parents rejoiced, their hearts filled with pride, and our staff stood tall, witnessing the fruit of years of dedication and care. Guests were moved and mesmerized by performances in yoga, dance, singing, and drama — each act a testament to the children’s talent, spirit, and determination. The event was graced by our esteemed donors, CSR partners, and strategy partners, who joined us in sharing this moment of collective pride and joy. A special program was a lovely dance performance by the mothers of our children.

PRERANA

Prerana, Tamahar’s annual commemoration of the International Day of People with Disabilities, promotes understanding, awareness, and inclusion for individuals and families of children and adults with intellectual disabilities. The event is designed to bring together parents, children, students, neighbors, and the wider community to recognize diverse abilities and foster an inclusive environment for all.

On 7th December 2024, Tamahar came alive with vibrant performances and activities, engaging over 300 participants. The day reflected the collective spirit of joy, empathy, and awareness that defines our mission. True to their commitment, we were joined by our enthusiastic corporate partners, community well-wishers, and guests.

Prerana: means inspiration, the event served as a powerful reminder of the creativity, growth, and positive change that can be achieved when a community stands together for inclusion and dignity for all.



TAMAHAR'S FAMILY SPORTS DAY A JOYFUL DEBUT



On January 24, 2025, Tamahar Trust proudly hosted its first-ever Family Sports Day at Nadaprabhu Kempegowda Stadium, marking a memorable milestone in our journey of inclusion and community engagement. The event began with a spirited march-past by the children before engaging in sports competitions, set the tone for a day filled with enthusiasm, laughter, and togetherness. Exciting sports had everyone inspired and amazed. Families joined the fun through specially curated games for mothers, fathers, couples, and siblings, strengthening bonds and celebrating unity.

The day stood as a beautiful reflection of teamwork, inclusion, and the Tamahar spirit — proving that when families play together, they grow together.

CHILDREN PROGRAMS Life-cycle approach

Tamahar adopts a comprehensive lifecycle approach in providing assessment, intervention, and rehabilitation services to children and individuals with special needs, alongside structured support services for their families. Services are offered from birth (0 years) onward and are delivered through age- and developmentally appropriate programs that include Early Intervention, Nursery, Functional Academics, Pre-vocational Training, and Sheltered Workshop programs.

Interventions are designed to support holistic development across all domains, including cognition, communication, social interaction, emotional development, self-care, and functional independence. As individuals progress into adolescence and adulthood, the focus gradually shifts toward vocational readiness, skill acquisition, and supported employment opportunities. This lifecycle-based model ensures continuity of care and individualized support, enabling each child and adult trainee to achieve their maximum potential and quality of life.



At Tamahar, we believe children deserve more than survival—they deserve joy, fun, and the freedom to just be kids!

HIGHLIGHTS OF CHILDREN PROGRAM



25

CHILDREN GRADUATED TO NEXT LEVEL



84

TOTAL EXPOSURE VISITS



57

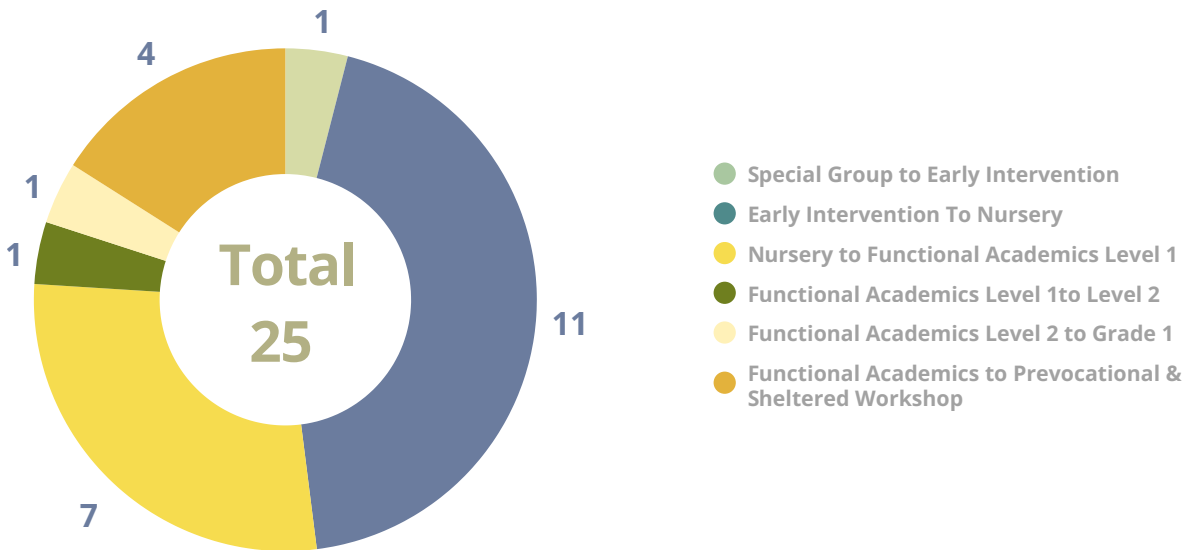
TOTAL RECREATION SESSIONS



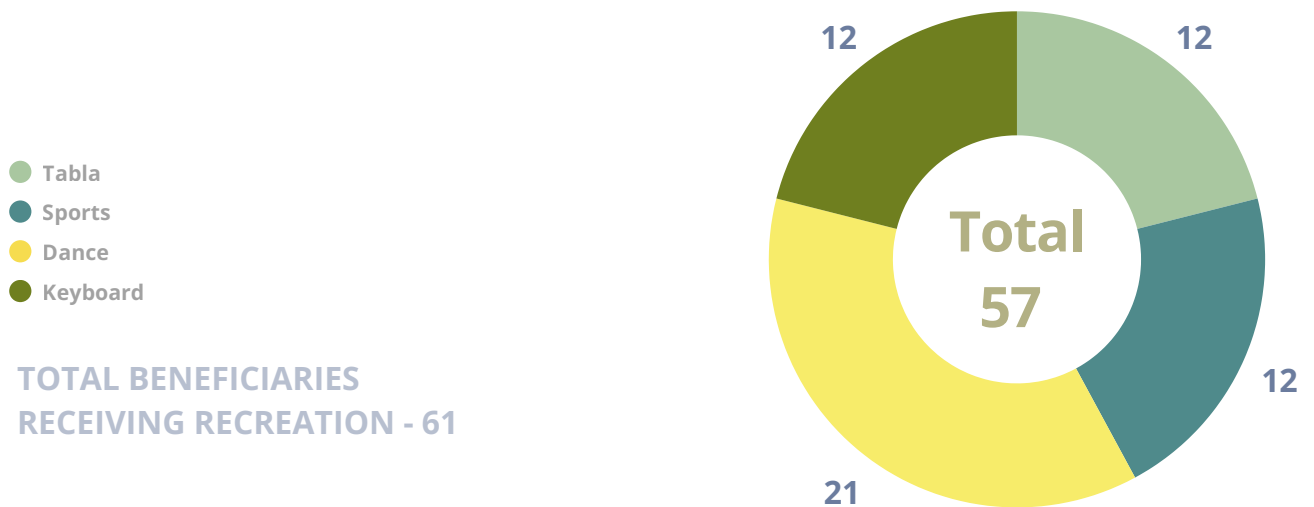
2762

DEVELOPMENTAL GOALS ACHIEVED

CHILDREN GRADUATED TO NEXT LEVEL



TOTAL RECREATION SESSIONS



TOTAL BENEFICIARIES RECEIVING RECREATION - 61

STORY OF JAYAVIK SACHITH S (EI)

A Journey of Hope and Growth

When he first arrived at Tamahar, he was overwhelmed and unable to sit, play, or engage with others. He cried throughout assessment sessions, displayed self-harming behaviors such as biting and scratching, and found it difficult to connect with teachers—even with his mother close by. Our team gently introduced him to toys, supported him in sitting for short periods, and applied consistent behavior strategies. Gradually, the crying decreased, and he began to explore his environment, share toys, and use gestures like “give me” to communicate.



Through patient and consistent toilet training at both school and home, he progressed from wearing diapers to confidently using the toilet every hour. His eating skills also improved; he now uses a spoon and fork with greater control and discipline.

Today, he plays independently, enjoys musical toys, completes simple puzzles, and interacts happily with his peers. The self-harming behaviors have disappeared. His journey is a powerful reminder of what love, structure, and belief can accomplish. At Tamahar, every small step is a big victory.



Mohan Krishna is an adult trainee in our Pre-Vocational Training Program. Earlier, his father assisted him with grooming activities. Following a detailed discussion on Activities of Daily Living (ADL) with his father, and under the guidance of Thushara, our Occupational Therapist, Mohan Krishna was trained step by step. He initially received hand-over-hand support, which was gradually faded as his skills improved. In a short span of time, Mohan Krishna learned to shave independently—a significant milestone that greatly enhanced his confidence, independence, and self-esteem.

Adding to this achievement, Mohan Krishna recently volunteered to make dosa on his own. With his mother present only for safety, he completed the task independently without assistance. Witnessing his enthusiasm and growing self-reliance, his family now feels very hopeful and positive about his future vocational journey.

WORDS OF A GRANDMOTHER

(Grandmother of Lalithesh, Functional Academics Program)

I am very happy and grateful to share the progress of my grandson, Lalithesh. Recently, we attended the Maha Chandi Homa at a temple that lasted nearly two and a half hours. Lalithesh sat calmly with his uncle throughout the pooja and participated quietly, showing patience we had never seen before. This change is truly because of Tamahar’s guidance and support.

For the first time in his 12 years, Lalithesh also communicated his needs in public—requesting biscuits at a shop and asking for a seat on the bus. These milestones mean everything to our family. We are deeply thankful to Tamahar and its dedicated staff for transforming his life.





STORY OF SAMBHRAM

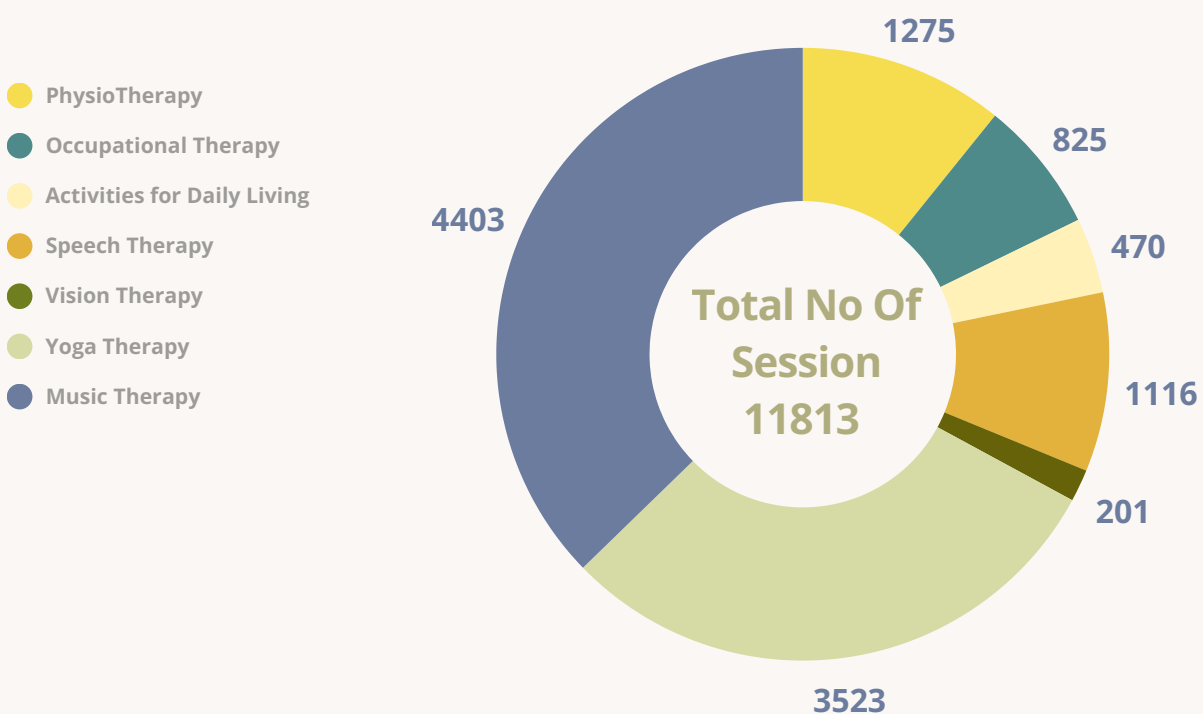
(Nursery)

When Sam, a bright and energetic child, moved to nursery from the Early Intervention program, every routine was a challenge. His restlessness, difficulty focusing, and need for his mother’s presence made progress seem slow. But with endless patience, love, and creative strategies — from using picture cards and role-play to gently reducing his mother’s involvement — the team helped him learn to focus and express himself. Slowly, his cries turned into words like “Please give me water” and “Can I go to the washroom?” — powerful signs of his growing independence.

Earlier, Sambhram would eat only bananas and a few favorite snacks. We asked the parents to send rice and other foods to school, and with encouragement and gentle persistence, Sambhram began tasting and accepting them. Today, he enjoys different foods, eats slowly and has learnt social behaviour during snack time. During park visits, he listens to bird sounds instead of plucking leaves, and shows care when friends get hurt. His journey reflects how patience, creativity, and teamwork can turn small steps into life-changing progress.

AUXILIARY THERAPY

2024-2025



PHYSIOTHERAPY DEPARTMENT

KEY OUTCOMES

- Observed improvements in **walking ability, standing balance, core strength, and overall independence.**
- For children with severe disabilities, emphasized **comfort, safe positioning, and prevention of secondary complications.**
- Empowered parents through **home-based therapy guidance** for continuity of care.

THERAPY STORY OF MAHANTH

Mahanth joined Tamahar at the age of 4 years, his development was only 12 months at that time. He had just started crawling and couldn't balance himself even with support. Through consistent physiotherapy at the centre and support from his parents at home, Mahanth progressed to walking 10–20 steps on his own. His first steps not only marked his independence but also brought tears of joy to his parents, who felt it was their independence too.



OCCUPATIONAL THERAPY DEPARTMENT

KEY OUTCOMES

- Enhanced independence in Activities of Daily Living (ADLs) such as eating, dressing, and toileting through structured, activity-based interventions for self care activities, through task analysis and foster independence as much as possible.
- Improved grasp, coordination, posture, and participation in daily routines.
- Empowered parents with home programs for consistent skill reinforcement.
- For children with severe disabilities, prioritized comfort, safe positioning, and sensory regulation.

THERAPY STORY OF VINAYAKA

With only one functional hand, there was little hope for Vinayaka to manage daily living tasks independently, but through focused Occupational Therapy for hand functions, ADL sessions, and a customized home plan, Vinayaka has made remarkable progress—he can now pull up his shorts on his own. What once seemed impossible has been achieved. His mother, overjoyed and moved, now continues training him with renewed hope, working toward independence in other areas of self-care.



YOGA THERAPY

KEY OUTCOMES

- Children demonstrated improvements in body awareness, flexibility, and stamina.
- Many showed better focus, attention span, and participation in structured routine.
- Reduction in anxiety, hyperactivity, and self-talk behaviors was noted in several participants.
- Caregiver involvement helped extend practices into home settings, reinforcing therapeutic benefits.

YOGA THERAPY STORY

Aradhya VH – From Tantrums to Tranquility



Aradhya started yoga therapy with frequent crying and tantrums, often refusing to join the class. Over time, her progress has been remarkable. She now sets up her mat on her own and even helps other children prepare for practice. Most notably, she can now rest peacefully in Śavāsana for several minutes, a true sign of inner calm and self-control. Her transformation is a joyful example of yoga's power to bring balance and peace.

SPEECH THERAPY DEPARTMENT

KEY OUTCOMES

- Children showed progress in chewing, swallowing, vocalization, word use, and clarity of speech. Children who had a drooling problem have improved and are able to swallow better
- For children with severe delays, therapy emphasized oral-motor strengthening, safe feeding, non-verbal communication, and gradual skill development.
- Some children advanced to using words, short phrases, or even sentences, while others improved in speech clarity, loudness, and imitation skills.
- Introduced speech stimulation and intensive home-based programs to extend therapy beyond sessions.

IMPACT STORY – VAISIRI

When Vaisiri began speech therapy two and a half years ago, cerebral palsy made everyday oral movements extremely difficult. She experienced severe drooling, limited tongue movement, poor chewing and swallowing, and was non-verbal.

Therapy focused on strengthening her oral muscles through massages, tongue exercises using honey and soft foods, and chewing practice with tubes to improve biting and swallowing. With steady effort and family support, Vaisiri made remarkable progress. Her drooling stopped, tongue and lip control improved, and eating became much easier.

The most exciting milestone came when Vaisiri began to speak — using words like “amma,” “appa,” and “akka” with confidence. Today, she continues to grow in her communication and oral skills. Vaisiri’s journey is a testament to how persistence, care, and therapy can unlock a child’s ability to express and connect with the world.



VISION THERAPY: 2024-2025 HIGHLIGHTS

- The vision box program was implemented this year to provide visual stimulation and encourage children to develop observation skills. The program aimed to assess and address vision issues in children, focusing on cortical visual empowerment.
- The therapy sessions indicated that some children showed improvement in visual tracking and focusing. To determine whether the vision issues were due to eye-related problems or cortical visual empowerment, ophthalmic reports were suggested by a vision therapist for few children.
- The vision box program shows promise in stimulating visual development in children.

PRADEEP'S VISION JOURNEY- STORY

Pradeep, a bright 22 year-old trainee in Pre vocational had always struggled with a noticeable left-eye squint. His left eye would wander outward, making it hard for him to focus. After a thorough assessment by Dr. Anand- an Ophthalmologist and Vision Therapist, right eye occlusion was started—a patch over his stronger eye to force his left eye to work harder.

The plan was simple: 30 minutes of occlusion therapy during activity sessions at the center, with the same practice at home, gradually increasing the time to 1 hour both at the center and home. At first, Pradeep was hesitant. His left eye hadn't been used properly for so long that it felt foreign. But with every session, something magical happened. His left eye began to engage, slowly but surely.

During therapy, Pradeep practiced focusing on lighted candles, tracking moving illuminated objects in a dark room. The patch on his right eye made his left eye work overtime. Pradeep journey wasn't easy, With continued therapy and support, Pradeep vision is on the path to improvement, one patch at a time.



MUSIC THERAPY

KEY OUTCOMES

- Students have shown improved calmness, reduced crying, and better listening skills during sessions.
- Increased enjoyment and engagement with music through singing, humming, clapping, and dancing.
- Noticeable improvement in eye contact, interaction, and responsiveness.
- Emerging musical abilities, including pitch, rhythm, memory, and chanting.
- Some challenges still remain. A few students are very quiet, moody, restless, distracted, or inconsistent in participation, with occasional behavioural concerns; however, overall progress is positive with clear scope for further improvement.



AVYUKT'S JOYFUL JOURNEY THROUGH MUSIC

When Avyukt first began music therapy, he would often cry and withdraw into a corner. Over time, the healing power of ragas gently opened his heart — today, he smiles, dances, and immerses himself in every rhythm. His motor skills have strengthened, his mood has brightened, and both his Heart and Basic chakras find balance after each class. Music has truly become his bridge from shyness to self-expression — a beautiful transformation in harmony.

FAMILY SERVICES

2024-2025 Outcomes	
300	Mental Health Services Hours
20	Number of Mothers in Skill development
700	Number of Caregiver Training Hours
84	Number of Caregivers Benefited
1,00,000	Skill Development Program Revenue
60	Home Visits
6	Medical Camps 75 beneficiaries

Caregiving is a 24/7 job, especially when there is a child with special needs in the family, with hardly any respite care. This is enough to wear down the strongest of individuals. We have various family services to empower parents to develop their sense of self-worth, self-esteem, and personal fulfilment that can have a positive ripple effect on the entire family. We encourage parents to engage in skill development and train them in entrepreneurship and product development. At Tamahar, we believe supporting parents of children with special needs is crucial for improving family dynamics and overall well-being. Tamahar also trains parents to become primary therapists for their children.



MENTAL HEALTH SERVICES

A STORY: SHE FINDS HERSELF AGAIN

A whirlwind of endless responsibilities, and her mind often felt like a tangled web. Life with a special needs child demanded more energy than she had, and her husband although a supportive companion seemed more like a distant partner. Her frustration grew with every passing day, often erupting into harsh words and stormy fights. She felt trapped in a cycle of irritation and exhaustion, wondering if this was all life had to offer.

Her breaking point came one evening after yet another argument with her husband. When she showed up the next day at school she burst out crying. In that moment, she realized that her struggles were stifling her and she didn't just want change—she needed it.

She immediately came up to the counselor at Tamahar. Of course, she wondered if she would be judged? Would her problems actually disappear? Though skeptical initially, she was determined to change and something inside urged her to speak her heart out. With apprehension and a small flicker of hope, she went to take a counseling session. Her First Step in the safe, non-judgmental space of her therapist's room, she found herself opening up in ways she never had before. Through patient listening and gentle guidance, her therapist helped her see the patterns that governed her life—how her unexpressed emotions were fueling her reactions, how her feelings of inadequacy as a mother and partner were driving her frustration.

Building insights in therapy, she worked on identifying the roots of her struggles. She began to untangle the mess in her mind, explored techniques for managing stress, learned how to regulate her emotions, and understood the importance of self-compassion.

The Process of Change wasn't an easy road. Therapy brought up emotions she had buried for years. There were times she wanted to quit, but Tamahar helped her build resilience and the unwavering support kept her going. Slowly, she began to apply everything she learned in sessions to her daily life. She practiced mindfulness to remain calm during challenging moments, learnt to express her feelings constructively and most importantly, learned to prioritize her own well-being. Instead of frustration, she began approaching challenges with patience and understanding. Her child responded positively, sensing the change in her demeanor.

Her husband noticed the difference too. She started sharing her thoughts and feelings more openly, breaking the cycle of arguments and misunderstandings. They began carving out time to reconnect—simple things like sharing a cup of tea in the evening or taking a walk together. They even went out on lunch dates which they had never thought of. These small moments rekindled the love that had been overshadowed by their struggles. She also learned the art of self-care, which helps her recharge and approach her responsibilities with a renewed sense of energy.

Embracing the new self, she was no longer the same person. The once-irritable, frustrated woman had transformed into a calm, compassionate, and empowered individual. She smiled more, laughed often, and found joy in the little things. Her family thrived in the warmth of her positive energy.

Counseling and Therapy gave her the tools to navigate the challenges in her life. She now says she is able to love herself, her family and the journey, no matter how imperfect it may be.

HUMAN RESOURCE DEVELOPMENT

WHO estimates that there are less than ten skilled rehabilitation practitioners per 1 million population in low and middle income countries like India. This means that the majority of people with disabilities in the country do not get access to the services that they so desperately need. Hence there is an urgent need to massively improve capacity and strengthen existing infrastructure in service of the disability sector.

Number of Staff : **50**

Number of Hours of Training : **500**



STAFF SPEAKS:

DEEPA J – INTERVENTIONIST FA

(SHE GOT PROMOTED AS PROGRAM MANAGER IN JUNE 2025)

I am Deepa working in Functional Academics Program, I am associated with Tamahar from 2017 as a parent to a special child. Later joined as an interventionist in 2023 as I wanted to become financially independent, but was not aware what I would do hadn't worked before and had no prior experience before Tamahar, but I slowly learnt from everyone. My colleagues and my team are great supporters who encouraged me. Vaishali mam and Tripti mam have guided me, trained me how to do behaviour modification, how to work with children who need different approaches to find their abilities. Have learnt to use adaptations when the child needs it for better performance so that they can become independent. I have learnt how to handle tantrums of children so that they can lead a disciplined life. I can say I am alive because of Tamahar, working with children has given me a purpose for my life. A small change in a child gives me immense happiness. I work every day with all my heart for the betterment of children. In Tamahar there is a positive environment where your hard work is appreciated, recognised and given a platform to shape yourself into a better person. I was a housewife with no goals in life then, but now I am a financially independent woman who can take care of my children and family with courage. All this was because of Tamahar.

I would be forever grateful to Vaishali mam and Tripti mam for giving me an opportunity in Tamahar.

OTHER SERVICES

AWARENESS & ADVOCACY

We actively promote awareness and advocate for the rights of individuals with developmental disabilities through campaigns, collaborations with like-minded organizations, and participation in forums and panel discussions. Our goal is to promote inclusion, shift perspectives, and influence positive change at both community and policy levels.

Govt Schemes Facilitated- **40**

Medical Camps Conducted- **6**

Beneficiaries- **75**

OUTREACH

Our mission of providing services to underserved communities led us to starting a program at Madanayakanahalli, a suburb of Bangalore city. Through proactive community engagement and by connecting with local families, we ensure that children with developmental disabilities have access to the support and resources they need for a brighter future.

Number of outreach Beneficiaries: **14**

Number of Awareness & Advocacy Events :**50**



STORY OF SHIVAM

(Madanayakanahalli - Outreach Project)

Shivam's Journey of Growth and Independence

When Shivam first came to Tamahar in August 2023, he found it difficult to connect with others. He played with only one toy, didn't share, and needed his mother's help even to dress. His parents avoided taking him to hotels because he would snatch food from others, and he was unaware of road safety rules. He also needed full assistance for toileting and cleaning.

By February 2024, with patient guidance and structured play, Shivam began exploring different toys and playing with his brother and friends. Through snack-time sharing activities, he learned to offer his food to others. His mother actively participated in ADL (Activities of Daily Living) training and, with consistent verbal prompts, helped him become independent in dressing.

In June 2024, Shivam showed beautiful progress — he stopped snatching food and learned to wait patiently at restaurants, and holding his mother's hand beside the road for safety. His communication blossomed too, as he began using words like apple, ball, car, and mango both at school and at home.

By November 2024, Shivam proudly became fully independent in toileting and even started unbuttoning his own shirt. From a shy child who struggled with daily tasks to an expressive and independent boy, Shiv's journey reflects the power of patience, consistent practice, and the loving teamwork between his mother and the Tamahar family.



TESTIMONIALS

PARENT TESTIMONIAL

JENNIFER P. MOTHER OF DHARSHITH C



One of the greatest moments of my life in Tamahar Trust as Parent

I am Jennifer P, parent of Dharshith C (8 years). My son's journey at Tamahar started with fearfulness, hopelessness, and many such emotions, but with assessments and observation of my child I received hope through Tripti mam and the HR team. I was asked to take a Medical test (EEG) to find out medical issues, where I received full support from doctors and lab Technician in doing the test. After the test we were asked to give medicines for seizures for my son which was very helpful in getting him good sleep and not getting jerks frequently. I am not much worried now of my son falling down on the ground like earlier.

Early Intervention was started after assessment based on his mental age. In the beginning my son didn't like to come to class, always crying, hyperactive, always wanting to go outside the classroom and not sit in a place, fearful, but with gentle and patient intervention by everyone, he now enjoys coming to school. He comes happily, wishes his teachers, sits in the chair for an hour and does activities. He points out for the things he wants and makes some babbling sounds, he uses gestures for more, give, bye, help. He was scared of musical toys, he didn't like to touch and play, but now he switches the toys on and off and plays with them independently. His understanding has improved. I thank teachers and staff for their efforts in achieving his goals.

ADL - Activities of daily living

In the beginning, he didn't eat by himself, toilet training was not done, and he didn't bathe or dress up by himself, and couldn't wear his slippers. With the help of Tripti mam and Thushara mam he is now independent in eating, toileting, dressing, grooming.

Yoga

My son in the beginning did not sit in one place or do yoga asanas, which was very difficult for me, but now he is very happy to go for Yoga class. When he sees the Yoga teacher he is very excited and happy. He takes a yoga mat and sits by himself and does some of the yoga asanas by himself and he knows what to do next, all yoga positions and he folds his mats and gets a star from his teacher every time. He is proud to show the star to everyone in class.

Speech therapy

As a mother I was worried about his speech, language and communication. I expected my child to talk verbally, which did not happen, but after attending a training program for caregivers, I understood that 80% of communication is non-verbal and only 20% is verbal. This helped me to understand my child's communication through pointing, gestures, and some babbling sounds. I also thank Vaishali mam, Tripti mam and Speech Therapist for helping me to learn how to communicate with my child in better ways and understand his language. Speech therapy is very helpful for my son in mouth movements, blowing, massages etc.

Diet (food snacks)

Snacks timetable helped me and my son towards healthy snacks and taught him how to use spoons, fork, and eating with fingers.

Mother's support group

The support group helped me become stronger emotionally and mentally. I thank Umaina mam and team for helping us to grow in a positive environment as family and friends. Involving us in all activities, meetings, workshops, outings, runs, potluck lunches, etc. The support group made me happier, helped me take care of myself, became independent and made me a super mom of my child.

DONOR TESTIMONIAL



**KAVYA V
ALCON
SR. ASSOCIATE,
ACCOUNTING & REPORTING**



**RAVAL MIHIR
ALCON
MANAGER - STRATEGIC
ACCOUNTS**

Alcon's Journey with Tamahar: Creating Brighter Futures Together

Our journey with Tamahar started with a simple but powerful mission—to support their Early Intervention (EI) program, which helps children under the age of three who face intellectual impairments and developmental delays. What makes this program so special is its approach: play-based therapy, group activities that spark social interaction, and parents actively involved every step of the way. Through Alcon's support, many little ones gained access to these essential interventions—a small step that can make a big difference in their lives.

On June 21st, 2025, we had the privilege of attending Aarohan 2025, Tamahar Trust's Graduation Ceremony. It wasn't just an event—it was a celebration of resilience, hope, and the incredible strength of these children and their families. Standing there, watching their smiles and achievements, was truly humbling and inspiring.

Tamahar is more than an organization—it's a family. Their inclusive environment, personalized care, and unwavering commitment to empowering children and supporting their families is remarkable. They don't just provide therapy; they create a space filled with love, acceptance, and light.

We are proud to walk this path with Tamahar and deeply grateful for the opportunity to contribute to such a meaningful cause.

Thank you, Tamahar, for inspiring us and reminding us what true impact looks like. Together, we're helping remove darkness and

DONOR TESTIMONIAL

SANKARA MAHALINGAM **GLOBAL LEAD - COMMUNITY OUTREACH** **- FIRSTSOURCE**



Tamahar Trust stands out as a beacon of hope for children with developmental disabilities and their families. Their work goes beyond therapy—it creates an ecosystem of care, education, and empowerment. By combining evidence-based interventions with compassion, Tamahar ensures that every child is given the opportunity to reach their fullest potential. The team’s dedication to inclusion and dignity is truly inspiring, and their impact on the community is both measurable and meaningful. Supporting Tamahar is not just philanthropy—it is an investment in a more inclusive future.

We hope to continue working with them and support their incredible work. I wish them more impact making outcomes and thank their entire team, volunteers and donors for the commendable efforts. Happy Volunteering!

Supporter:

DR. SHEETAL RAMESH MHAMUNKAR **Director & CEO, SP Nutrition and SP Enterprises**

A Tribute to Tamahar Trust and Dr. Vaishali Pai

I had the privilege of meeting Dr. Vaishali Pai in 2017 during a conference, where she introduced herself and shared her mission at Tamahar Trust—an organization dedicated to supporting children with developmental disabilities. From our interaction, I was deeply moved by her vast knowledge, unwavering commitment, and genuine passion for helping these children and their families.



Tamahar Trust stands as a beacon of hope, delivering holistic, evidence-based programs that integrate therapy, education, vocational training, and family support. Under Dr. Pai’s visionary leadership, the team employs innovative methods—from occupational and music therapy to practical life-skill activities like preparing ragi malt—that empower children and uplift entire families. Their impact resonates both locally and globally, and the dedication of their staff reflects the trust’s exceptional standards.

As a clinical genetic dietician and consultant sports nutritionist, I have been working in the field since 1979 and managing genetic disorder cases since 1985. Through SP Nutrition and SP Enterprises, we’ve developed specialized nutritional products to support individuals with genetic conditions. I deeply appreciate the synergy between Tamahar’s therapeutic approach and nutritional care, both of which are vital in enhancing quality of life.

I wholeheartedly congratulate Tamahar Trust for its meaningful contributions and wish them continued growth and success in their noble journey.

AWARDS

TAMAHAR CONTINUES TO RECEIVE ACCOLADES:

- In June 2024, our founder director Vaishali Pai received the prestigious Nadaprabhu Kempegowda Award
- She was appointed as a member of the Karnataka State Allied and Healthcare Council, representing Occupational Therapy
- Tamahar Trust secured 2nd place in the Niranthara Sahayak Karnataka Batch final assessment, evaluated across 205 parameters in 8 categories

These recognitions reflect the transparency, diligence and impact of our work



TRUSTEES

Board of Trustees



Dr. K Bhaskar Pai
Managing Trustee
Senior Consultant, General &
Laparoscopic Surgery
Apollo Hospital, Seshadripuram



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Committee – South Zone
Ministry of Environment, Forest &
Climate Change (MoEF), Government of
India

OUR TEAM



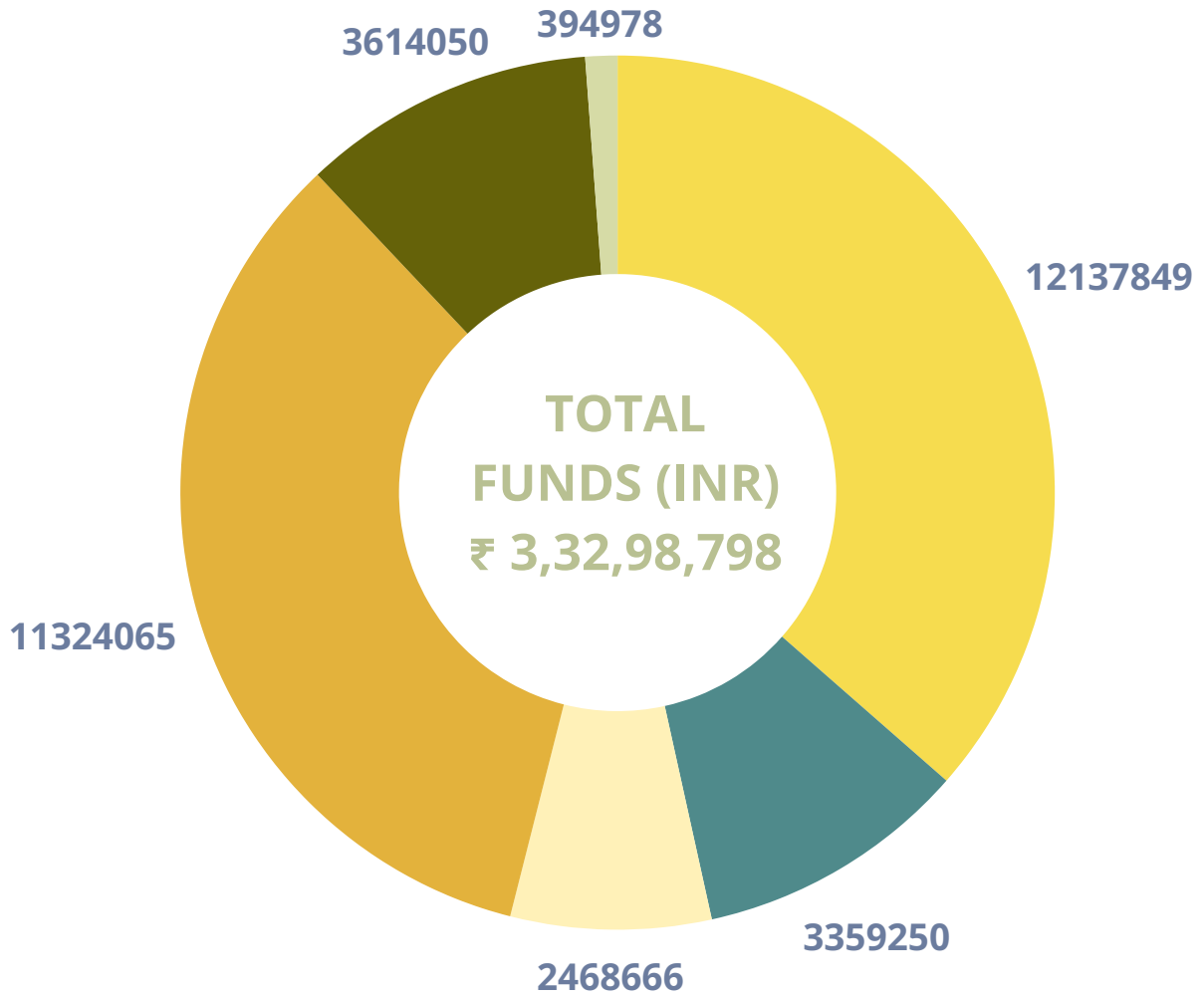
OUR MOMENTS







FUNDS 2024-2025



- CSR
- FCRA
- Individual
- Trusts/Foundations
- Parents Donation
- Other Income


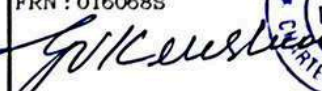



DONORS 2024-2025







Azim premji Philanthropic Initiatives	Alcon
Sudhir Shenoy	Vijaykumar Nirani
IHS Global Pvt Ltd	SVP Philanthropy Foundation
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Powerquip Marketing Pvt Ltd	Quinte financial technologies Pvt Ltd.
IMA-PG	Prateek Bhaskar Pai
RSA security Applications Pvt Ltd	AES Venkateraman Trust
Primavera	Yagati Badarinarayana Ramakrishna
Aspect Technologies(Alvaria)	Vasanthi Shenoy
Deluxe Entertainment Distribution Ind Pvt Ltd	Sudha Mahesh Grants
STG Labs Pvt. Ltd.	Alten(Jules Brown)
ION Foundation	JD Engineering Steels
Dr Dayanand S Rao Eductional Trust	Deccan Steel Agency
F5 Networks	Zenith Foundation
Rentoki PCI	Kamini Kares Foundation
Kamakshi Rajesh Kumar	Mohini Dayananda Pai
Giving Circle	

Thank you to all our donors, funders, and supporters for your generosity and continued support. Your kindness helps create brighter opportunities and a more inclusive future for our children.

We are deeply grateful.

TEAM TAMAHAR

 <p style="text-align: center;">TAMAHAR TRUST Apartment No 301, No 23, Venkat Vihar 12th Main, 15th Cross, Malleshwaram, Bengaluru - 560055</p> <p style="text-align: center;">CONSOLIDATED Balance Sheet as on 31.03.2025</p>		
Particulars	CONSOLIDATED FY 2024-25	CONSOLIDATED FY 2023-24
Liabilities		
Corpus Fund		
Opening Balance	17,51,376	7,48,902
Add : Additions for the Year	32,67,734	10,02,474
	50,19,110	17,51,376
General Fund		
Opening Balance	1,16,09,878	1,09,56,996
Add : Excess of Income over Expenditure	1,15,14,260	12,47,722
Addition of the Year	-	4,500
Less : Excess of Expenditure over Income	-	5,99,341
	2,31,24,138	1,16,09,877
Current Liability		
Duties & Taxes	2,76,707	2,41,600
Sundry Creditors	-	-
Outstanding Expenses	29,500	1,86,785
Other Current Liability	1,25,797	68,292
Total	2,85,75,252	1,38,57,931
Assets		
Fixed Assets		
	43,09,029	29,45,731
Investments		
	1,65,99,376	69,80,000
Deposits		
	24,50,000	23,00,000
Current Assets:		
Debtors		
	-	-
Cash and Bank Balances		
Cash in Hand, Happay & Prepaid Card	5,535	47,722
Bank Balances	48,52,003	13,28,261
Loan and Advances:		
	1,70,797	1,21,235
Receivables		
	1,88,511	1,34,982
Total	2,85,75,252	1,38,57,931
As per our report of even date		
<p>For G.V. Krishna & Associates Chartered Accountants FRN : 016068S</p>   <p>G.V. Krishna Proprietor: Membership No :028109</p> <p>Place: Bengaluru UDIN: 25028169BMOCR H3468 Date: 30/08/2025</p>	<p>For and on behalf of Tamahar Trust PAN: AABTT8544P</p>   <p>K Bhaskar Pai Trustee</p> <p>Place: Bengaluru Date: 30/08/2025</p>	

 <p style="text-align: center;">TAMAHAR TRUST Apartment No 301, No 23, Venkat Vihar 12th Main, 15th Cross, Malleshwaram, Bengaluru - 560055</p> <p style="text-align: center;">CONSOLIDATED</p> <p style="text-align: center;">Income and Expenditure Account for the Year Ended 31.03.2025</p>		
Particulars	CONSOLIDATED FY 2024-25	CONSOLIDATED FY 2023-24
Income:		
Donations	3,31,19,771	1,79,65,364
Participation Fees	3,43,800	3,90,000
Interest Income / Receivable	4,53,515	2,71,296
SDP Sales	1,80,348	-
Other Income	1,36,665	1,17,658
Total Income	3,42,34,098	1,87,44,318
Expenditure:		
Employee Cost	1,19,22,079	1,01,48,025
Rent	23,39,774	20,54,980
Accounting Fees	1,41,600	1,41,600
Audit Fee	29,500	29,500
Computer Maintenance	12,301	19,667
Consultancy & Professional Charges	36,81,155	24,98,175
Event Expenses	3,11,065	3,93,839
Internet and Telephone Charges	72,952	30,696
Postage and Courier Charges	8,016	3,671
Power, Fuel & Water	1,98,581	1,96,008
Printing Stationary	2,88,978	3,24,860
Program Expenses	6,76,500	2,18,628
Program Materials	10,47,932	3,61,766
Rates & Taxes	7,500	51,316
Repair and Maintenance	1,80,403	3,42,003
Staff Welfare Expenses	1,31,475	1,34,874
Subscription and Membership	34,753	14,348
Training Expenses	71,951	42,470
Travelling & Conveyance	2,25,883	75,173
Website Expenses & Social Media	1,29,373	2,51,800
Park, Exposure and other visit	30,688	82,605
Other Expenses:		
Bank Charges	27,102	5,536
Gateway Charges	29,795	6,881
Medical Expenses	18,291	63,992
Office Expenses	2,78,955	79,785
Uniform Charges	-	44,640
Round Off	84	11
Written Off	2,951	-
Depreciation	8,20,202	4,79,088
Total Expenditure	2,27,19,839	1,80,95,937
Excess of Income over Expenditure	1,15,14,260	6,48,381
As per our report of even date		
For G.V. Krishna & Associates Chartered Accountants FRN : 016068S  G.V. Krishna Proprietor Membership No : 028109 	For and on behalf of Tamahar Trust PAN / AABTT8544P  H. Bhaskar Pal Trustee	 
Place: Bengaluru UDIN: 2502810913MOCRH3468 Date: 30/08/2025	Place: Bengaluru Date: 30/08/2025	

TAMAHAR TRUST
 Apartment No 301, No 23, Venkat Vihar
 12th Main, 15th Cross, Malleshwaram, Bengaluru - 560055
CONSOLIDATED
Receipt and Payment Account for the Year Ended 31.03.2025

Particulars	CONSOLIDATED FY 2024-25	CONSOLIDATED FY 2023-24
Receipts		
Opening balance		
Cash in hand	47,722	1,697
Balance with banks	13,28,261	69,98,207
	13,75,983	69,99,904
Current year Receipts		
Donations	3,31,19,771	1,79,65,364
Participation Fees	3,43,800	3,90,000
Interest Income	2,90,800	1,77,546
Other Income	3,17,013	1,17,658
Corpus Fund Receipts	32,67,734	10,02,474
Income tax refund received	-	-
Rent Deposits/Fixed deposits received	-	1,40,000
FD Matured	79,94,932	44,20,880
Total - A	4,67,10,033	3,12,13,827
Payments		
Employee Cost	1,16,24,011	1,03,06,601
Rent	23,39,774	20,54,980
Accounting Fees	1,41,600	1,41,600
Audit Fee	29,500	80,000
Computer Maintenance	12,301	19,667
Consultancy & Professional Charges	36,77,155	24,98,175
Event Expenses	3,11,065	3,93,839
Internet and Telephone Charges	72,952	30,696
Postage and Courier Charges	8,016	3,671
Power, Fuel & Water	1,98,581	2,08,169
Printing Stationary	2,88,978	3,24,860
Program Expenses	6,76,500	2,63,268
Program Materials	10,47,932	3,61,766
Rates & Taxes	7,500	51,316
Repairs & Maintenance	1,80,403	3,48,989
Staff Welfare Expenses	1,31,475	1,34,874
Subscription and Membership	34,753	14,348
Training Expenses	71,951	42,470
Travelling & Conveyance	2,25,883	75,173
Website Expenses & Social Media	1,29,373	2,51,800
Park, Exposure and other visit	30,688	82,605
Other Expenses:		
Bank Charges	27,102	5,536
Gateway Charges	29,795	6,881
Medical Expenses	18,291	63,992
Office Expenses	2,78,955	79,785
Duties and Taxes Paid	3,08,462	1,08,540
Round Off	84	11
Purchases of Fixed Assets	21,99,781	24,81,289
Rental Deposit	1,50,000	2,70,000
Fixed Deposit	1,75,54,635	80,80,000
Other Deposit	-	-
Loan Repayment	-	10,00,000
Employee Advance	45,000	52,943
Total	4,18,52,495	2,98,37,844
Closing Balances:		
Cash in hand	5,535	47,722
Balance with bank	48,52,003	13,28,261
Total - B	4,67,10,033	3,12,13,827

As per our report of even date

<p>For G.V. Krishna & Associates Chartered Accountants FRN : 000668S G.V. Krishna Proprietor Membership No : 028109</p> <p style="text-align: center;"> V. KRISHNA B'lore-20 CHARTERED ACCOUNTANT </p> <p>Place: Bengaluru UDIN: 25028109BMO CRH3468 Date: 30/08/2025</p>	<p>For and on behalf of Tamahar Trust PAN : AMHTT541R K. Bhaskar Pal Trustee Bangalore</p> <p style="text-align: center;"> Tamahar Trust Bangalore </p> <p>Place: Bengaluru Date: 30/08/2025</p>
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TAMAHAR TRUST
 Apartment No 301, No 23, Venkat Vihar
 12th Main, 15th Cross, Malleshwaram, Bengaluru - 560055

Consolidated Fixed Asset and Depreciation As On 31.03.2025

Particulars	WDV As On 01.04.2024	Before Sept	After Sept	Deletion	Total	Rate of Dep	Depreciation	WDV As on 31.03.2025
Block - I (10%)								
Furniture	8,69,784	-	3,14,140	16,280	11,67,644	10%	1,01,057	10,66,587
Block - II (15%)								
Office Equipment	6,96,522	1,22,846	4,67,277	-	12,86,645	15%	1,57,951	11,28,694
Medical Equipments	2,15,990	-	2,12,246	-	4,28,236	15%	48,317	3,79,919
Mobile Phone	-	-	1,39,174	-	1,39,174	15%	10,438	1,28,736
Two Wheelers	3,26,420	-	-	-	3,26,420	15%	48,963	2,77,457
Toys	1,49,031	-	-	-	1,49,031	15%	22,355	1,26,676
Television	-	-	2,63,140	-	2,63,140	15%	19,736	2,43,404
Block - III (40%)								
Computer and Laptops	4,83,440	-	6,80,958	-	11,64,398	40%	3,29,568	8,34,830
Block - IV (0%)								
Lease Hold Premises Improvement	2,04,544	-	-	-	2,04,544	40%	81,818	1,22,726
Grand Total	29,45,731	1,22,846	20,76,935	16,280	51,29,232		8,20,203	43,09,029
Previous Year	9,43,530	1,81,692	22,99,597	-	34,24,819	-	4,79,088	29,45,731

As per our report of even date

For G.V. Krishna & Associates
 Chartered Accountants
 FPN : 0160685

 G.V. Krishna
 Proprietor
 Membership No : 928109



For and on behalf of
 Tamahar Trust
 PAN : ABTT8544P

 K. Bhaskar Pai
 Trustee


 Nilima Rao
 Trustee


Place: Bengaluru
 UDIN: 25028109BMOCRH3968
 Date: 30/08/2025

Place: Bengaluru
 Date: 30/08/2025

DONATE

Your contribution is a powerful statement of support towards building a more inclusive society.

Donate through Bank Transfer

Donate through UPI

Account Name: **TAMAHAR TRUST**
Account Number: **007805008884**
IFSC Code: **ICIC0000078**
ICICI Bank, 5th Cross, Malleshwaram
Branch, Bangalore 560003



Avail tax benefit. Donation is tax exempt under section 80G of Income Tax Act

KNOW MORE ABOUT US



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tamahar@gmail.com
www.tamahar.org

TamaharTrust
@tamahartrust



Project site 1
Early Intervention
Centre:
#15/2, 11th Main, 13th
Cross,
Malleshwaram ,
Bangaluru-560003

Project site 2
Pre Vocational &
Sheltered Workshop
(PVSW) Center, No.
55/1, ground Floor,
East park road,15th
cross, Malleshwaram,
Bangaluru -560055

Project site 3
Outreach Project
Center
No 89, Mahalakshmi
Newtown
Layout, Tumkur Road,
Madnayakanahalli,
Madavara Post,
Bangaluru 562162

Project site 4
Tamahar Trust -
Nursery Centre
'Saikripa', 11/2,
Ground floor
14th 'A' cross
Malleshwaram
Bangaluru - 560003