



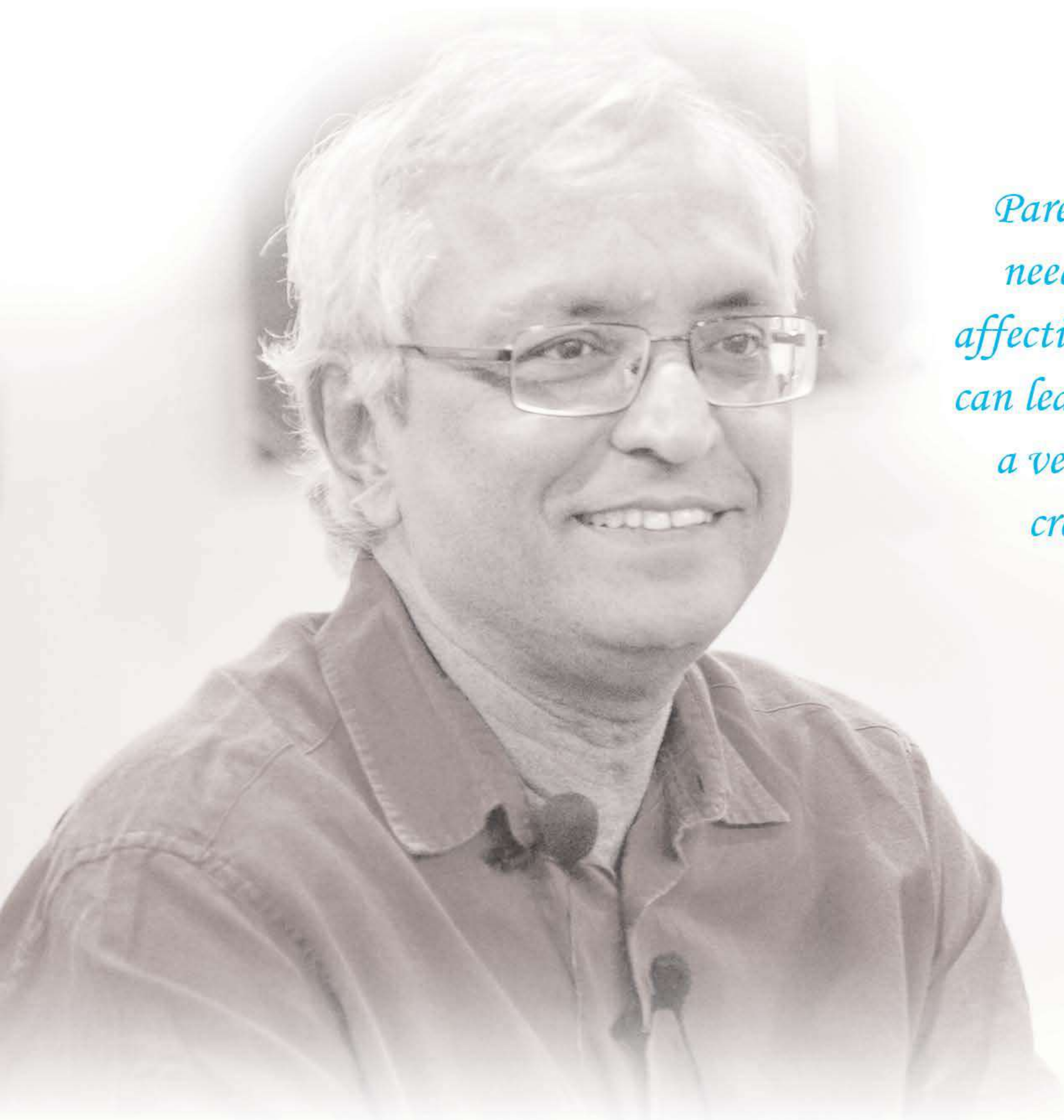
# Nayi Disha

inform · connect · empower



## ANNUAL REPORT 2017-2018

---



*Parents need continuous support to understand their children's needs, as these needs change with age and with the impairment affecting the child. I believe that enabling and supporting parents can lead to improved outcomes for children. Nayi Disha is playing a very important role by identifying these information gaps and creating resources that are practical, useful and of the highest quality and making them accessible to parents.*

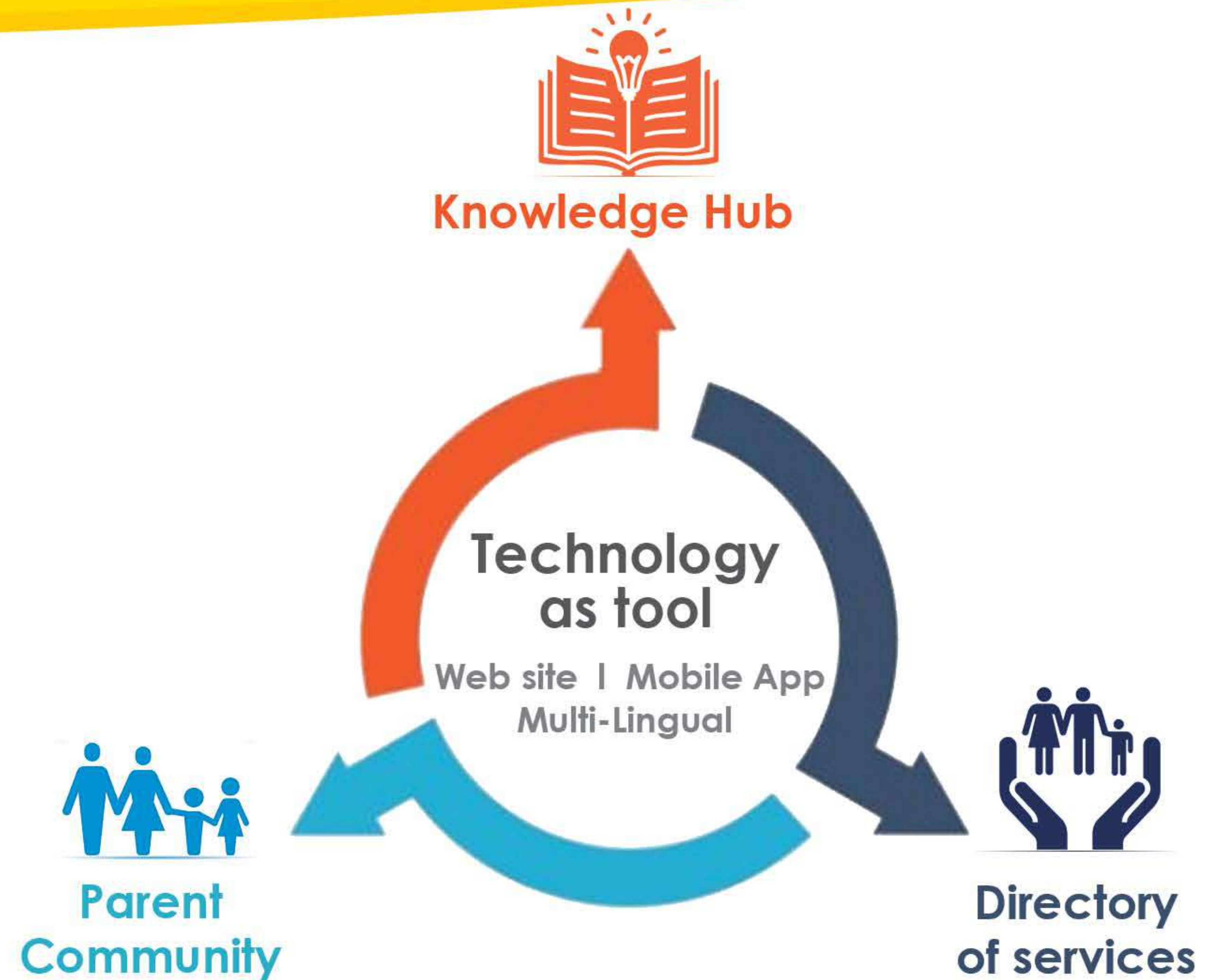
*- Dr Ajay Sharma  
Neurodevelopmental Paediatrician  
Ex-clinical director at Evelina London,  
Guy's and St Thomas' Hospital, UK*

# NAYI DISHA RESOURCE CENTRE

## MISSION: INFORM.CONNECT. EMPOWER

Nayi Disha is an information resource centre which supports families of children and young adults with special needs. At Nayi Disha, we provide a dedicated space for families to share knowledge, access resources and connect with other families for support and encouragement.

We offer support to families through parent forums, support group meetings and educational workshops. In addition, we host a directory of service providers, and a knowledge repository that caters to the needs of children and adults with special needs.



## ACHIEVEMENTS - 2017-18

Robust platform with **2000+** parents and providers

**600**  
PARENTS SERVED  
THROUGH WORKSHOPS  
AND MEETS

**570+**  
PROVIDERS  
REGISTERED ON THE  
SERVICE DIRECTORY

**700**  
PARENTS ON 5  
ONLINE GROUPS  
ACROSS 2 CITIES

**70 +** articles in the  
knowledge repository in  
form of audios, videos and  
infographics

*“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has.” - Margaret Mead*



**Dear Friends,**

2017 has been an eventful year for us -- more parents, family members, professionals and doctors connected and joined hands with us. We are proud to have partnered with some of the leading organizations such as Latika Roy Foundation (LRMF) and Down Syndrome Federation of India (DSFI). Our first flagship event Abhivyakti saw a gathering of 550 people - becoming a one-of-its-kind platform for bringing special needs families together for celebrations. We have increased scope of the directory services to include providers in Bangalore, Dehradun and Indore, and are all geared up to expand it to Mumbai and Pune.

In the coming year, we feel a great sense of urgency to connect with “hard to reach” families who do not have access to service providers and are at a higher risk of missing out on vital information necessary for their child’s growth and wellbeing. We know that the goals we have set ourselves are not easy. But we believe that we will be able to reach these families by building strong partnerships with other non-profits, parents groups, governments, and funders. In 2018, we will intensify our information dissemination efforts and release an upgraded and mobile friendly version of our website. We are determined to add more content on our platform through online videos, blogs and tools to help families take more informed decisions.

We would like to thank our donors and supporters, especially our early stage volunteers, who have stood by us for the last two years. We are happy to inform that we are now eligible to receive donations under section 80G.

To all our experts who have given their time voluntarily, you have our sincere gratitude and appreciation for your generosity. And lastly, a million thanks to all our parents – without you none of the work that we are doing would have been possible or meaningful. You inspire us with your dedication and joy for life.

Message from  
Nayi Disha Team



**Prachi Deo**  
Founder & Executive Director



**Reema Gupta**  
Co-Founder



**Sudarshana**  
Co-Founder

# FAMILY SUPPORT PROGRAMS



## Parent Empowerment Workshops

Empowerment workshops are targeted towards education and awareness of parents to better understand their child and support his/her needs. Based on parent feedback, workshops during 2017-2018 were focused on condition management through various therapies such as speech therapy, occupational therapy for daily living skills and behavior management.



*600 +parents reached*

## “Meet the Expert” Series:

In addition to empowerment workshops, Nayi Disha provides an informal platform for parents to connect between families and experts in fields like developmental pediatricians, neurologists, psychologists through “Meet the Expert” Series.





## Assessment Camps:

In October 2017, Nayi Disha partnered with Down Syndrome Federation of India (DSFI), Chennai to conduct an assessment camp for individuals with Down Syndrome. Families of 40 children and young adults from four special schools across the city benefited from this camp. Dr. Surekha Ramahchandran, Chairperson and Founder of Down Syndrome Federation, counselled parents on vocational training and employment opportunities that are available for their children. Parents also received personalized inputs from therapists and a home-based plan to guide their child's development. With support and guidance from DSFI team, Nayi Disha has created a range of information resources on Down Syndrome.



*40+ families reached*

## CME with pediatricians at Rainbow Hospitals:

Organizing Continuing Medical Education (CME) forums is a new initiative we undertook this year to reach medical professionals and sensitize them to the challenges faced by parents. Our goal is to create a more empathetic medical community across India and provide a space for medical professionals to share best practices.

On 10th November 2017, Nayi Disha in partnership with Rainbow hospitals conducted a CME for pediatricians in the twin cities to raise awareness and focus towards intellectual and developmental disabilities. This CME was conducted by Dr. Ajay Sharma. This was followed by a panel discussion moderated by Dr. Lokesh Lingappa that had Dr. Nikit Shah and leading pediatricians from Rainbow hospitals as panelists.





# COMMUNITY BUILDING & SUPPORT GROUP DISCUSSIONS



It has been our endeavor to host parent support group meetings at regular intervals so that parents can share their unique journeys and experience with each other.

One such meeting in April 2017 included a panel discussion with representatives from Lemon Tree and Synchrony Financials on employment opportunities. In July 2017, a parent meet dealt with the important issue of menstruation and puberty challenges amongst girls with special needs. We thank Dr. Kavya and Ms. Sunita Deshpande for their guidance.

In September 2017, a parent meeting was conducted at the Army Special school in Golkonda where a video series on Epilepsy Management was screened. In January 2018, parents of teenage children got together to discuss challenges during adolescence in special needs.



*700 parents across 5 online community forums 25 parent anchors moderating these forums*

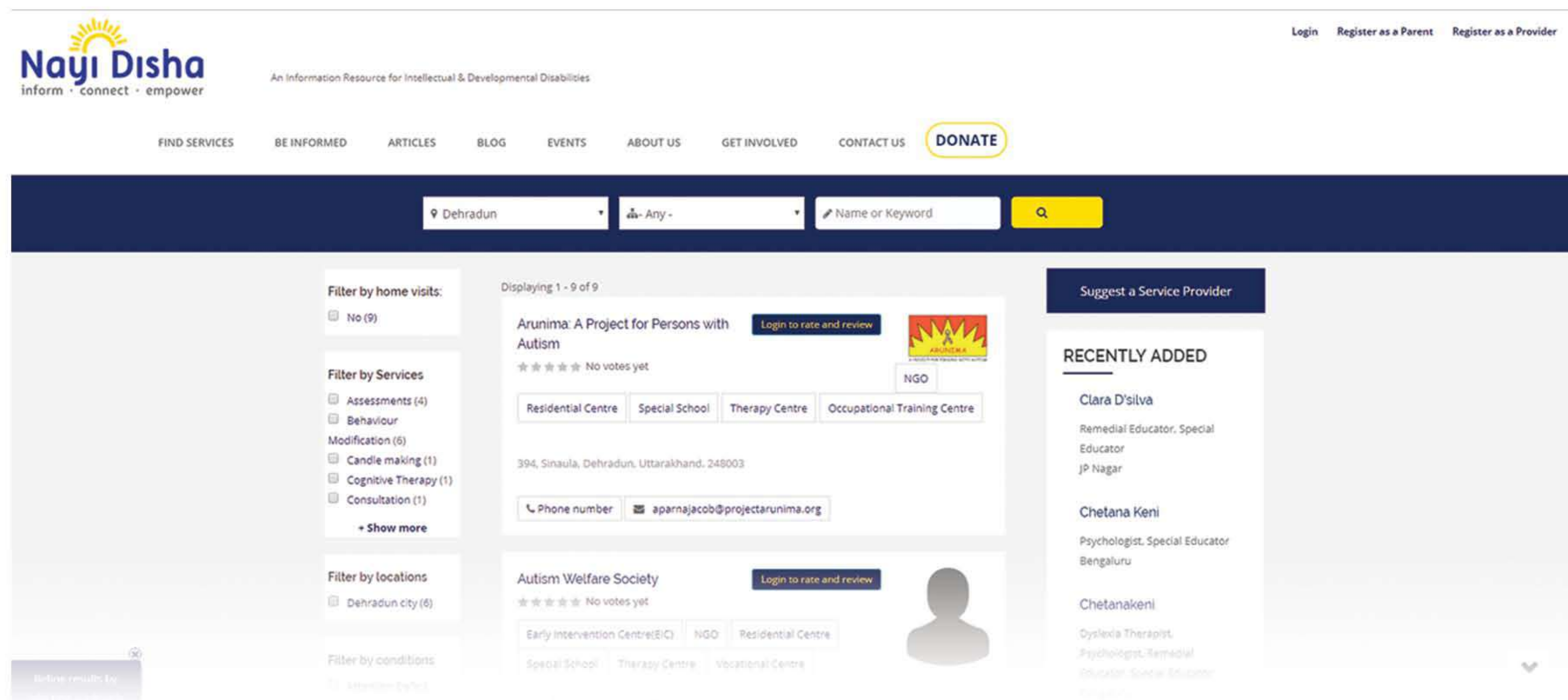


# DIRECTORY LISTING OF SERVICE PROVIDERS



Over the past two years, Nayi Disha team has worked hard on building an extensive service provider listing for the Hyderabad region. This directory listing was curated using on ground visits, surveys and phone interviews and includes listing of sports coaches, art therapy centers, etc. in addition to therapists and medical professionals. We have increased geographical reach of the directory services to include providers in Bangalore, Dehradun and Indore, and are all geared up to expand it to Mumbai and Pune.

Community involvement is key to value creation. We encourage our parent community to actively participate in creating more value by rating the services and providing feedback which fellow parents will appreciate.



*More than 565+ service providers with 365+ in the Hyderabad region, 135+ in Bangalore*

# OUR JOURNEY



**Follow-up workshop**  
on Occupational therapy  
*Greens Special School, # Parent 12*

**Parent Support Group Meet**  
*Minerva Coffee shop, # Parents 18*

Feb  
2017

**Parent Empowerment Workshop** on Speech  
Therapy: Tabitha Wolfe  
*Progressive Rehab, Begumpet*  
# Parents 44

**Parent Support Group: Menstruation and  
Special needs**  
*Phoenix Arena, # Parents 14*

Jul  
2017

**Parent Empowerment  
Workshop** on Behavior  
Management  
*Progressive Rehab, Begumpet,*  
# Parents 14

Aug  
2017



2017 →

Jan  
2017

**Parent Empowerment  
Workshop** on Occupational  
therapy: Snehal Vaidya  
*Greens Special School,*  
# Parents 25

Apr  
2017

**Parent Support Group:**  
Interactive session on  
Employability and vocational  
opportunities  
*Progressive Rehab, Begumpet, #  
Parents 45*

**Abhivyakti 2017**  
*Phoenix Arena, 550 people*



Awareness session about special  
needs  
*ORO Sports Village, 100 students  
and sports persons*

**Workshop on Speech Therapy  
for children with Down  
Syndrome**  
*Phoenix Arena, # Parents 25*

Oct  
2017

**Assessment and Evaluation for  
Down Syndrome in association  
with DSFI**  
*Phoenix Arena, # Parents 25*

Meet the experts: Autism  
Management: Dr.Padma Palvai  
(Rainbow Hospital) &  
Ms.Snigdha Indukuri  
*Phoenix Arena, # Parents 14*



Meet the expert: Interactive session with Dr Ajay Sharma  
*Progressive Rehab, Begumpet, # Parents 11*

CME with pediatricians- Child Development in the Indian Context in association with *Rainbow Hospitals, # Parents 40*

Nov  
2017

Info-session on health conditions with Down syndrome  
*Greens Special school, # Parents 14*

Info-session on health conditions with Down syndrome  
*BHEL Special School, # Parents 10*

Feb  
2018

2018 →

Jan  
2018

Info-session on health conditions with Down syndrome  
*ARMY School # Parents 7*

**Parent Support Group**  
 Challenges with # Parents 11

Mar  
2018

Info-session on health conditions with Down syndrome  
*Shradha Special School, # Parents 25*

## ABHIVYAKTI - CELEBRATING THE DIFFERENCE



Abhivyakti, which means “expression”, was the apt title for the event conceived with the idea of providing an exclusive platform for differently-abled individuals and their families.



More than 40 children and young adults with special needs showcased their artistic talents on 2nd April 2017 in our flagship event, “Abhivyakti – Celebrating the Difference”. Centred around autism awareness, it was a one-of-a-kind platform for children with special needs to exhibit their skills. The event was attended by 550 people at Phoenix Arena in Hyderabad.



One need that usually gets ignored, and which this event fulfilled, was giving the parents and family of these individuals a chance to share their pride and confidence in their children with the society at large. This event acts as a social reinforcement for society to see beyond the individual challenges and discover the ability despite the disability.

Families experienced a roller coaster of emotions during Abhivyakti – moments of anxiety were followed by tears of pride and joy. At the end of the show, families went back home with a sense of accomplishment and togetherness.



Our heartfelt gratitude to all the mothers who curated the event from beginning to end and made it such a grand success.

# PARENT TESTIMONIALS



## Rashmi Nishthala

*Once I started exploring the web platform of Nayi Disha. I was amazed at the wealth of information right from details on service providers, expert insights and as well as parent feedbacks on the different service providers.*

*Much needed expert insights have also been gained by attending the 'meet the expert' workshops that Nayi Disha has conducted from time to time. Practical workshops by speech and behaviour therapists are a beneficial for parents like me who have so many questions on our day to day scenarios.*

*And I can never forget the breather Nayi Disha provided in form of Abhivyakti - an event especially our kids, where they could freely be themselves without any rules and we parents too got a breath of fresh air.*

*For all this and so much more. Thank you Nayi Disha.*

## Sheeba Chaudhary

*If a parent is looking out for options for their kids then NAYI DISHA is a one stop storehouse of all the therapists, therapy center, special schools, physiotherapists, speech therapist etc.*

*Visited "Abhivyakti" event last year and I was almost in tears, seeing and knowing such incredible souls. Going to the event I learned so many things and at the same time realized that how much hard I have to work with my child.*

*Nayi Disha team is doing an incredible job of helping the parents like us.*

*I wish them Best of luck for making a difference in the lives of special needs parents and their kids.*

# PARENT TESTIMONIALS



## Parent of a four-year old child on the Autism Spectrum

*Nayi Disha is a great repository for parents who are seeking information, support, and direction during their fight for a Better future for their special kids. This organization and the support group brings a ray of hope to parents who despair, by bringing those who are in the same boat, who may or may not be in the same stage of their struggle, but each one understanding of the challenges and ever supportive. It allows for candid sharing of views, opinions, reviews and suggestions on the various aspects that concern us parents of blessed children like therapies, medications, alternative medicines, doctors, advocacy, educational challenges, what to expect,, and above all how to assimilate and deal with it all. It's great to be a part of a platform that lets parents share their experiences, seek out help, and enable others in an open, encouraging and non-judgmental space.*

*It is a safety net and a support system that saves time by warning us of frauds and quacks, and sharing of real life experiences. We are thankful to be a part of it.*

## Snehlata Deshpande Principal of Special Care School, BHEL

*Special care school is associated with Nayi Disha since 2014. Nayi Disha brings in subject matter experts to guide the parents of our school by conducting different workshops on various topics related to special field. They are conducting counseling sessions for the parents and are constantly in touch with parents of special children and solving their queries. Nayi Disha organization is interacting with special educators and therapists of our school and exchanging ideas with each other. Recently they conducted an assessment camp for children with Down Syndrome and guided and counseled the parents. They have created the awareness about Down Syndrome and specified the health issues faced by Down Syndrome children. Through these interactive sessions, our parents have acquired knowledge to deal different problems of their children.*

# FUTURE PLANS



**Directory of services**



**Knowledge Hub**



**Parent Empowerment Workshops & meets**



**Connect with 30,000 Parents**



**Develop a New mobile app to increase outreach**

At Nayi Disha, we conduct support group events and educational workshops for free or at highly subsidized fees where parents pay a very nominal amount. All the information on our website is available for free for benefit of special needs families.

Nayi Disha Resource Centre is a non-profit organization that depends entirely on the generosity of individuals and organizations to help cover its costs and ultimately support our commitment to special needs families and their loved ones.

Your donation – however big or small – matters, will help us towards our vision.

Account details for wire transfer  
Name of the NGO : Nayi Disha Resource Centre  
Account No : 058201000079  
IFS Code : ICIC0000582  
Bank Name : ICICI Bank, ISB Branch, Gachibowli  
Account Type : Savings Account

Cheque in favor of : Nayi Disha Resource Centre

Donations are tax deductible in India under Section 80G of the Income Tax Act.

# OUR SUPPORTERS



## Contributions up to INR 10,000

B. Sreenivas  
 Parul Vipparthi Sheth  
 Pavan Kumar P  
 Sandhya Reddy  
 Sowmya Challa  
 Triveni Goswami Vernal  
 Vasi Reddy Prakruthi



## Contributions between INR 10,000-25,000

Madhavi Bollepalli  
 Prashanthi Vankamamidi  
 Srikanth Chilukuri  
 Tharappel Mathew Sunil  
 Vikranth Bhatkar



## Contributions of INR 1 lac and above



## Contributions between INR 25,000 -50,000

Vandana Devireddy & friends



## Contributions between INR 50,000-75,000

medwellventures





# PARTNERS & FRIENDS



## NGO Partners



Latika Roy Foundation



### Experts

Dr. Ajay Sharma  
Ms.Chitra Thadathil  
Dr. Gouri Reddy  
Dr. Janak Nathan  
Dr. Kavya Priya Vazrala  
Dr Lokesh Lingappa  
Dr Nikit Shah  
Dr.Nina Piyush Vaidya  
Dr. Padma Palvai  
Dr Pranathi Gutta  
Dr. Ram Kairam  
Snehal Vaidya  
Snigdha Indukuri  
Ms.Shruti Kelkar  
Mrs. Sunita Deshpande  
Dr. Surekha Ramachandran  
Ms.Tabitha Maria Wolfe

### Video partners

Raasta Studios  
Venkat Reddy M  
Neelima Goel

### Venue Partner

Phoenix Arena, Hitec City  
Progressive Rehabilitation  
Centre, Begumpet

## Staff



**Ambika Srinivasan**  
Content Manager

### Student Interns

Aishwarya Joshi  
Chonbeni Shitiri  
Dihrin Bharvani  
Harishna Goka  
Nagaraju Nandivada  
Roseleen Aind  
Simran Jain  
Simran Chhabria  
Souptik Garai  
Students of Psychology from  
*St. Mira's College for Girls*  
Tania Mallik  
Vashishta Pintu

### Consultants

**Drupal Consultant:** James P J  
**Mobile App design Consultants:** F1 studios

### Volunteers

Anil Kumar (Financial Associate)  
Anitha Shankar (Bangalore Directory)  
Anvita Mathur, Prasad Khose & Rahul Mohan  
(Design consultants )  
Satyanarayana Nagula (Graphic Designer)  
Sivakumar Vondivillu (Technology Advisor)  
Shilpa Bhalerao (Indore Directory)  
Tehnaz Ragi (Pune Directory)  
Youth For Seva Volunteers (Abhivyakti Support)

### Abhivyakti Team

Aarti Singh	K S Lavanya
Aparna Srinivasan	Padmaja Vadavalli
Arundhati Shenoy	Prashanthi Vankamamidi
Jaya Balaji	Rashmi Nishtala
Bala K Natesaiyer	Sailaja Nori
E Siva Bharati	Vandana Devireddy
Deepa Desai	Vidya Krishnamkumar
Jiji Sunil	Rani Chigurupati
Kiruthika Srinivasan	N.S.Yamini







Nayi Disha is a charitable society with registration no 1319 of 2015 under the Andhra Pradesh Societies Registration Act., 2001. Donations are tax deductible in India under Section 80G of the Income Tax Act.

🌐 [www.nayi-disha.org](http://www.nayi-disha.org)    ✉ [contactus@nayi-disha.org](mailto:contactus@nayi-disha.org)    ✉ [registration@nayi-disha.org](mailto:registration@nayi-disha.org)

📍 Hogwarts, Vindhya - C4, CIE-IIITH, IIIT, Gachibowli, Hyderabad - 500032