



Bringing Inclusion in the Himalayas

ANNUAL REPORT 2022-23



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Our Vision, Mission and Key Services

VISION

An inclusive world for people with diverse abilities

MISSION

Work with, and in mountain communities to provide key services that eliminate barriers to full integration for children with disabilities.

KEY SERVICES

Assessments, Diagnosis, Early Intervention Therapy, Education, Advocacy, Awareness and Inclusion.



A Message from Founder, Executive Director



Dear friends, supporters, and community members,

Shruti More

Dear Friends, Supporters, and Partners,

As we reflect on the year 2022–23, I feel immense pride and gratitude for how far Samphia Foundation has come in its mission to bring quality therapy services to the last mile. This year has been a defining one for us, with international recognition and new milestones that reaffirm the impact of our collective work.

We were deeply honoured to receive the ZERO Project Award 2022 at the UN Headquarters in Austria for our flagship initiative, Therapy on Wheels. This global recognition celebrates innovative and scalable solutions for disability inclusion, and being selected among initiatives from across the world has strengthened our belief in the transformative power of community-based therapy.

Adding to this momentum, we successfully launched our second Therapy on Wheels bus, extending our reach to more remote regions of Himachal Pradesh. This expansion is a direct result of the unwavering support and belief shown in our work by partners who truly care.

A heartfelt thank you to Mr. Pradeep Das, CMD of IREDA, for his steadfast commitment to the cause of inclusion and his generous support through IREDA's CSR partnership. Therapy on Wheels would not have reached this scale without your trust, encouragement, and investment in social change.

To every team member, community health worker, parent, and child who has been part of this journey—thank you. Your courage, resilience, and dedication are the heartbeat of Samphia Foundation.

With gratitude and hope

Shruti More

Executive Director

Samphia Foundation

Samphia's Journey: Milestones from 2019 to 2023



From a single therapy room in the mountains of Kullu to a movement reaching across Himachal Pradesh — Samphia Foundation's journey has been one of courage, compassion, and constant evolution. Each year, we took small but determined steps toward our vision of a more inclusive world for children with disabilities.

Here's a snapshot of how we've grown:



2019 – The Beginning

Samphia Foundation was born out of a dream — to make quality therapy accessible to children with developmental disabilities in remote mountain regions. We began with one occupational therapist and physiotherapist, one room in a friend's basement in Sood Niwas, Kullu, and a handful of children whose families believed in us.



2020 – Building the Foundation

Despite the challenges of the pandemic, we built trust within the community and moved into our new space, the iconic Blue House at Rambhag and established the Aash Child Development Center, which continues to remain the focal point from which we run all our programs. Primarily the early intervention therapy center for children with disabilities aged 0- 6 years.



2021 – Reaching the Unreached

This year marked a groundbreaking moment in Samphia's journey with the launch of **Therapy on Wheels – Kullu** – **India's first therapy bus for children with disabilities**. This innovative mobile unit brought occupational, physiotherapy, and early intervention services directly to children in remote villages of Himachal Pradesh, many of whom had never accessed therapy before.

This milestone was made possible through **Samphia's first-ever CSR partnership**, with funding support from **IREDA (Indian Renewable Energy Development Agency)** – a collaboration that set the foundation for future public-private partnerships.



2022 – Deepening Roots

Samphia became a recognized name in the disability and development sector of Kullu. We built strong systems, formalized structured therapy plans, and became a referral point for local health workers, Anganwadi centers, and government hospitals.

We were honored to receive the **ZERO Project Award** – an international recognition for our **Therapy on Wheels – Kullu** model, acknowledging its innovation in accessibility and inclusion.

Building on this success, we launched our **second Therapy on Wheels bus**, once again generously sponsored by **IREDA**, reinforcing our commitment to reaching children in the most underserved and remote parts of the region.



2023 – Community Integration & Recognition

This year marked deeper engagement with the community and systems around us. We conducted **large-scale therapy and assessment camps**, partnered with government departments, and initiated **disability awareness sessions in schools** across Kullu and surrounding blocks. Samphia's work was featured on **state-level platforms**, and we witnessed a growing sense of inclusion, awareness, and participation from the community.

A key highlight of the year was a **3-day residential workshop** led by **industry experts**, focused on **parent empowerment and staff training**. This immersive learning experience strengthened our collective understanding of early intervention, inclusive practices, and family-centered care — reaffirming our belief that empowered parents and well-trained professionals are at the heart of a child's progress.

“Every milestone is not just a marker of how far we’ve come — it’s a promise of how far we’re willing to go. Growth is not in numbers, but in the lives we touch, the voices we uplift, and the hope we carry forward.”

Our Center and Programs



Designed for Impact, Rooted in the Mountains

At Samphia Foundation, every program we run is born out of a clear problem we see — and a deep commitment to solving it in a way that works for the people of Himachal Pradesh. Our work is shaped by the realities of remote, mountainous communities, where access to quality therapy, education, and information is often limited by terrain, awareness, and resources.

We don't believe in one-size-fits-all solutions. Instead, our programs are context-driven, community-led, and designed to meet children and families where they are — both geographically and emotionally.



AASH Child Development Center – Samphia’s Early Intervention Hub

AASH, meaning hope, is Samphia Foundation’s dedicated Early Intervention Center in Kullu, Himachal Pradesh. It supports children aged 0–8 with developmental delays and disabilities through timely, family-centered, and inclusive care.

The center provides developmental screening, occupational therapy, speech therapy, special education, and parent training. Children from remote villages across Kullu, Mandi, and Lahaul access services through regular sessions and outreach camps.





Therapy on Wheels – Reaching the Unreachable in Kullu

Therapy on Wheels is Samphia Foundation’s flagship mobile early intervention initiative, designed to bridge the critical gap in developmental and rehabilitation services for children living in the remote and hard-to-reach mountain villages of Kullu district, Himachal Pradesh.

In these regions, families often face significant barriers—long travel distances, lack of awareness, and limited access to specialized therapy and support. To address this, Samphia Foundation operates two Therapy on Wheels buses, which travel deep into the interiors of Kullu to bring services directly to the doorstep of children and their families.

Each mobile outreach, conducted through scheduled monthly visits, is led by a trained and committed team of **occupational therapists, special educators, and community mobilizers**, who provide:

- ✓ **Developmental screening and early identification**
- ✓ **On-the-spot therapy sessions** for children with developmental delays or disabilities
- ✓ **Parent and caregiver training** for home-based stimulation and play-based therapy
- ✓ **Guidance on nutrition, behavior management, and school readiness**
- ✓ **Referrals** to Samphia’s base therapy centers or local health services when specialized intervention is needed

By reducing the burden of access and building trust within the community, **Therapy on Wheels is transforming early intervention into a right, not a privilege**, for hundreds of children across rural Himachal.



Inclusion Program – Awareness, Advocacy & Community Empowerment

Samphia Foundation's **Inclusion Program** focuses on building an inclusive society by shifting mindsets, raising awareness, and advocating for the rights and dignity of children with disabilities. Recognizing that therapy and education alone are not enough, this program addresses the social barriers that prevent children from participating fully in their communities.

Through targeted campaigns, school and Anganwadi sensitization drives, capacity-building workshops for government workers, and storytelling-based engagement, the Inclusion Program works to make **disability a visible, understood, and accepted part of community life** in Himachal's remote areas.

A key pillar of this effort is the launch of the **Divyang Mitra Kendra** – a unique **community-led disability resource and support center**. Located in Kullu, the Kendra serves as a local hub for:

- ✓ Disability-related information and government scheme guidance
- ✓ Support for documentation like UDID cards and disability certificates
- ✓ Parent counseling and peer support networks
- ✓ Community mobilization and inclusive event hosting
- ✓ Training of Divyang Mitras (local inclusion champions)



Training & Empowerment – Building Capacity for Sustainable Impact

At Samphia Foundation, we believe that quality care begins with empowered caregivers and skilled professionals. Our **Training & Empowerment Program** is designed to build the knowledge, confidence, and capacity of the people who support children with disabilities—be it therapists, educators, or parents.

In **2022–23**, we conducted a series of capacity-building initiatives that laid the foundation for long-term, high-impact intervention work across the region.

In parallel, we conducted several **parent empowerment workshops** focused on:

- ✓ Understanding child development and early warning signs
- ✓ Practical techniques for home-based therapy and stimulation
- ✓ Emotional support and building peer networks
- ✓ Navigating government schemes and disability documentation

Samphia's Training & Empowerment Program is not just about skill-building—it is about **creating a confident, compassionate ecosystem of support** for every child. With strong mentorship, continuous learning, and parent partnerships, we are investing in a future where **local professionals can lead with excellence and families feel fully equipped to support their children's journeys.**

Our Impact In Numbers



At Samphia

✓ No of Children Registered	422
✓ Total Number Of Therapy Session	4872
✓ No of Parents Trained	207
✓ No of awareness and advocacy Camps	10
✓ No of Training and workshops	16



Aash Child Development Center

✓ New children registered	83
✓ Children receiving Therapy	120
✓ Total Therapy Sessions	3793
✓ Parents trained	169



Therapy on Wheels- Kullu

✓ Children Receiving Therapy	372
✓ Total Therapy Sessions	1079
✓ Villages Covered	22



Inclusion Program- Awareness and Advocacy

✓ Inclusion workshop in educational institute	12
✓ No of Aasha/ Aanganwari workers trained	95
✓ Community Events	10
✓ People sensitized	9200

Stories of Change – Voices from the Mountains



Sonali – A Journey of Resilience and Small Victories

Name: Sonali

Age: 26 years

Diagnosis: Spastic Quadriplegic Cerebral Palsy

Functional Level (GMFCS): Level 5

Cognition: Normal

Speech & Language: Significant delay

When Sonali first joined the Samphia Foundation's therapy program, she faced considerable physical challenges. Being diagnosed with spastic quadriplegic cerebral palsy and classified at GMFCS Level 5, Sonali had extremely limited mobility and required complete assistance with daily activities. Her speech was significantly affected, although her cognitive abilities remained intact.

Despite these challenges, Sonali's spirit and determination stood out. With the support of Samphia's **interdisciplinary therapy team**—comprising occupational and physical therapists—a tailored intervention plan was created using the **Canadian Occupational Performance Measure (COPM)** and **Gross Motor Function Measure (GMFM)** frameworks.

Therapy Goals and Achievements

- ✓ **Eating:** Initially, Sonali required full assistance during meals. Today, she can sit stably and eat with partial support.
- ✓ **Tooth Brushing:** What once needed full caregiver assistance has now progressed to minimal guidance, allowing her greater independence in daily hygiene.
- ✓ **Fine Motor Skills:** She has shown remarkable improvement in fine motor tasks—using her left hand efficiently and performing tasks with the right hand with minimal support.
- ✓ **Mobility Milestones:**
 - Can maintain supported sitting for functional tasks
 - Capable of supported squatting and kneeling for up to 15–20 minutes
 - Actively tries to pick objects from the floor while seated

Beyond physical improvements, Sonali's social and emotional development has flourished. She exhibits cooperative behavior, engages in play, and participates willingly in therapy routines.

Sonali Today



Sonali's journey is one of resilience, not just of the body but of the spirit. Through consistent therapy, a supportive environment, and her own determination, she has made small but meaningful strides toward a more independent life. Her progress is a testament to the impact of community-based, person-centered therapy interventions—and to the belief that **every individual, no matter how complex the need, deserves a chance at dignity and growth.**

Change doesn't happen in policies alone—it begins in the hearts of people.

Behind every program and intervention at Samphia are powerful stories of transformation—of children finding their voice, families discovering hope, and communities embracing inclusion. This section captures real stories from the ground, highlighting the human impact of our work across therapy, awareness, and empowerment.

These case stories reflect the spirit of resilience, the strength of local communities, and the possibilities that emerge when care, knowledge, and compassion come together.

Therapy on Wheels Success Story: Dinesh – Gaining Strength, One Step at a Time



- ✓ **Age:** 13 years
- ✓ **Diagnosis:** Muscular Dystrophy (Mayopathia pattern)
- ✓ **Cognition & Speech:** Normal
- ✓ **Functional Status:** MACS Level II (Handles most objects with reduced speed and quality)

Living in a remote village of Kullu, Dinesh had limited access to therapy services due to long travel and financial constraints. Through **Samphia Foundation's Therapy on Wheels** program, he began receiving regular physiotherapy at his doorstep—a game-changer for him and his family.

Over months of consistent sessions, Dinesh has made remarkable progress:

- Can now sit to stand with support,
- Perform squatting, kneeling, heel walking,
- Sit on and get up from the floor and small chair with minimal assistance.

He is a cooperative and cheerful child, and his increased mobility has boosted his confidence and daily independence.



Dinesh's journey is a testament to how mobile therapy can transform lives—bringing hope, strength, and opportunity to children in the mountains who would otherwise be left behind.

Our Team



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Executive Director



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DEIC Incharge-cum-Director



Beeju Himdal
Program Manager



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Occupational Therapist



Dr. Anu Rana
Physiotherapist,TOW



Dr. Tanu
Physiotherapist,TOW



Divya
Special Educator



Sita
Accountant-cum- Office Assistant



Jyoti
Special Educator



Dhaneshwari Thakur
Social Worker



Riju
Therapy Assistant



Jyoti Sharma
Therapy Assistant (DEIC)



Nisha Chauhan
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Rajni
Therapy Assistant



Anjali Devi
Therapy Assistant



Shivali
Therapy Assistant



Maan Chand
Driver TOW-II



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Our Team



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