



Bringing Inclusion in the Himalayas



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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.



Message from the Executive Director & Founder



Dear friends, supporters, and community members,

Shruti More

As I reflect on the year 2024–25, my heart is filled with immense gratitude, pride, and renewed purpose. This year has been a landmark in Samphia Foundation's journey — not only in deepening the impact of our work in Kullu but also in stepping beyond it.

With immense joy, I share that this was the year we expanded our services outside Kullu for the very first time through the launch of Therapy on Wheels – Chamba. This mobile initiative has brought early intervention and rehabilitation services to children in remote corners of Chamba district — reinforcing our belief that every child, no matter where they are, deserves access to quality care and opportunity.

Statewide Expansion has been the central theme for this year — and with Chamba as our first step, we are now building the roadmap for accessible and inclusive therapy services across Himachal Pradesh.

We continued to strengthen our core programs in early intervention, inclusive education, and family empowerment. Our therapists and educators have reached hundreds of children with developmental disabilities — not just within therapy rooms, but in homes, Anganwadi centers, schools, and community spaces. We trained frontline workers, supported families, and advocated for every child's right to dignity and development.

None of this would have been possible without the unwavering dedication of our team, the generosity of our partners, and the trust of our families. To each of you — thank you for believing in this vision.

As we look ahead, we carry forward a powerful truth — that real change begins when we walk toward the margins. And Samphia will continue walking, rolling, and reaching — one child, one village, and one district at a time.

With warmth and gratitude

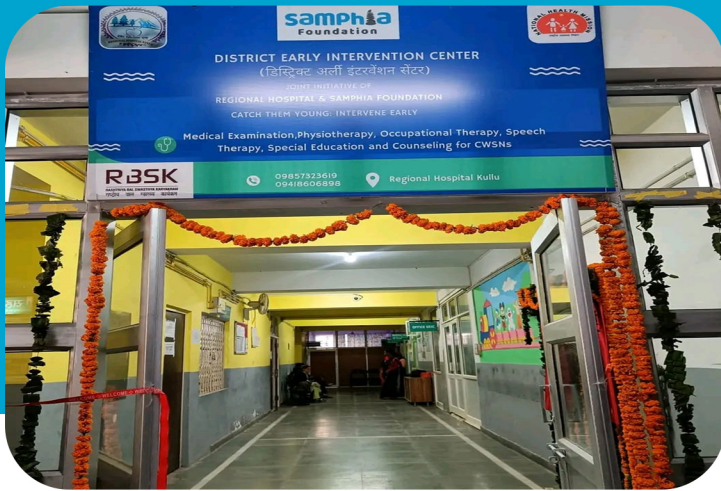
Shruti More

Founder & Executive Director

Samphia Foundation



Samphia's Journey: Milestones from 2019 to 2025



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.



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.

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.



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.



2024 – Strengthening Government Partnerships for Impact

In 2024, Samphia Foundation achieved a landmark milestone by partnering with the **National Health Mission (NHM)** to establish the **first District Early Intervention Centre (DEIC)** at the **Regional Hospital, Kullu**.

This collaboration marked our formal integration into the government healthcare system — a critical step toward ensuring early identification, intervention, and rehabilitation services reach children with developmental delays across the district.

This development deepened our commitment to systemic change and reinforced the belief that **public-private partnerships are essential for inclusive, lasting impact**.

2025 – Stepping Beyond Kullu

This was the year of Statewide Expansion. With the launch of Therapy on Wheels – Chamba, Samphia took its first step outside Kullu to bring early intervention and rehabilitation services to children with disabilities in some of Himachal Pradesh's most underserved and remote areas.

This milestone was made possible through the generous support of our funding partner NHPC (National Hydroelectric Power Corporation). Their belief in our vision helped us extend our reach and impact across district lines — ensuring that geography is no longer a barrier to inclusion and care.

With this expansion, Samphia is now emerging as a leading voice for disability inclusion across Himachal Pradesh, setting the stage for a stronger, more connected network of accessible services across the state.



“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.

Our Center and Programs



Therapy on Wheels – Reaching the Unreachable in Kullu and Chamba

Therapy on Wheels is Samphia Foundation's innovative mobile early intervention initiative, launched to bridge the critical gap in developmental services for children living in hard-to-reach mountain villages of **Kullu** and **Chamba** districts.

Many families in these areas face long travel distances, lack of awareness, and limited access to specialized care. To overcome these barriers, Therapy on Wheels delivers **essential services directly at the community level** through scheduled monthly visits. Each mobile outreach includes a team of **occupational therapists, special educators, and community mobilizers**, who provide:

- Developmental screening and early identification
- On-the-spot therapy sessions for children
- Parent and caregiver training for home-based stimulation
- Guidance on nutrition, behavior management, and school readiness
- Referrals to Samphia's base centers or health services when needed

Our Center and Programs



District Early Intervention Center (DEIC) – Strengthening Early Childhood Care at RH, Kullu

The **District Early Intervention Center (DEIC)** at **Regional Hospital, Kullu**, is a vital part of Samphia Foundation's collaborative effort with the **Rashtriya Bal Swasthya Karyakram (RBSK)** to provide early detection, intervention, and rehabilitation services for children aged 0–18 with developmental delays and disabilities.

Functioning within a government hospital setting, DEIC serves as a **link between medical care and therapeutic intervention**, offering specialized support to children identified with developmental concerns through routine RBSK screenings across Kullu district.

Samphia's team of **occupational therapists, speech therapists, special educators, and clinical psychologists** stationed at DEIC provide:

- Developmental and functional assessments
- Individual therapy plans and intervention sessions
- Parent counseling and training for home-based care
- Coordination with pediatricians and district health officials
- Referrals to specialized services where needed

DEIC Kullu is a powerful example of **public–civil society partnership**, where Samphia brings in specialized developmental expertise to strengthen the government's child health mission. Together, we are ensuring that every child in Kullu receives timely care, no matter their socio-economic background or diagnosis.

Our Center and Programs



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 and Empowerment



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 **2024–25**, we conducted a series of capacity-building initiatives that laid the foundation for long-term, high-impact intervention work across the region.

One of the most significant milestones was the **training program led by Marie Brin**, a renowned **pediatric occupational therapist from Canada**, who visited Samphia to train our clinical team in **Individual and Family-Centered (IFC) practices and home-based intervention models**. Her sessions brought international best practices into our local context, deeply enriching the skills of our team.

This training marked the beginning of a long-term mentorship journey—**Marie has now joined Samphia as a pro bono Clinical Mentor**, and will guide our therapy team through a structured mentorship program in the coming years. This collaboration is a major step toward strengthening the quality of early intervention services in 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	350
Total Number Of Therapy Session	7904
No of Parents Trained	301
No of awareness and advocacy Camps	19
No of Training and workshops	11



Aash Child Development Center

Children receiving Therapy	69
Total Therapy Sessions	4594
Parents trained	160



Therapy on Wheels- Kullu

Children Receiving Therapy	107
Total Therapy Sessions	859
Villages Covered	17

Our Impact In Numbers



Therapy On Wheels- Chamba

Children Receiving Therapy	126
Total Therapy Sessions	409
Villages Covered	41



District Early Intervention Center- Regional Hospital, Kullu

Children Receiving Therapy	48
Total Therapy Sessions	2042
Parents counselling	141



Inclusion Program- Awareness and Advocacy

Inclusion workshop in educational institute	7
No of Aasha/ Aanganwari workers trained	61
Community Events	19
People sensitized	6717



Stories of Change – Voices from the Mountains



“ 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.



Anuj

Walking Toward Possibility

At first glance, Anuj, a bright and cheerful 9-year-old, is just like any other child—playful, curious, and full of energy. Diagnosed with Cerebral Palsy, Anuj’s journey hasn’t been easy. Though his speech and cognitive skills are fully intact, he faces physical challenges due to increased muscle tone and reduced coordination in his limbs. His condition, categorized under MACS Level II, means he can handle most daily activities, but with reduced speed and quality.

When Anuj first came to Samphia, he was seen at both our AASH Child Development Center and through Therapy on Wheels—our mobile outreach program that brings therapy services to children in remote villages. This dual approach ensured consistent care and follow-up, even when travel to the center wasn’t possible for his family.

At the beginning of his intervention, Anuj struggled with balance, coordination, and independent mobility. However, what stood out was his joyful nature, strong motivation to improve, and deep trust in the therapy team.

Under the care of Samphia’s Physical Therapy team, using the Gross Motor Function Measure (GMFM) framework, Anuj has made incredible progress:

- ✓ He can now walk forward 10 steps with a stick, even while carrying a large object in one hand.
- ✓ He squats independently, picks up objects from the ground, and returns to standing with minimal support.
- ✓ He has learned to kick a ball with both legs, climb stairs using alternate feet while holding a railing, and maintain high kneeling for up to 15 minutes.
- ✓ Most recently, Anuj initiated a 30 cm jump with both feet, a major milestone for a child with CP.

Anuj's steady gains are the result of not just therapy sessions, but a system of consistent, community-rooted care. His story is a powerful reflection of how center-based intervention, supported by mobile outreach, can change the lives of children in underserved mountain regions.

With every step he takes, Anuj reminds us that possibility begins when access meets determination.



Yashmin

Rising Beyond Limits

Yashmin, a 10-year-old girl with **Cerebral Palsy – Quadriplegic type**, faces physical challenges and **speech difficulties**, though her cognition remains intact. Classified as **GMFCS and MACS Level II**, she can walk, handle objects, and perform daily tasks—but with reduced speed, coordination, and balance.

Yashmin is seen **exclusively through Samphia's Therapy on Wheels program on the Banjar route**, which brings therapy services to her doorstep in a remote village. With consistent support from the **Physical Therapy team**, she has made remarkable progress:

- ✓ Walks 10 steps while carrying objects
- ✓ Picks up items and returns to standing
- ✓ Climbs stairs and initiates jumping
- ✓ Eats, dresses, brushes, and manages toileting independently
- ✓ Attends school on her own and enjoys learning

Despite her speech challenges, Yashmin expresses herself joyfully through gestures and play. Her journey highlights how **community-based care and mobile outreach** can transform lives—bringing progress, dignity, and confidence to children in even the most remote corners.



A Life-Changing Moment

Early Detection at 1.5 Years

During an early intervention awareness workshop held in Kullu, an observant Anganwadi worker identified a 1.5-year-old girl showing signs of developmental delay. Recognizing the urgency, she immediately referred the case to Samphia's therapy team.

Thanks to this timely referral, the child began receiving early therapy intervention without delay. In just a few months, she has shown remarkable progress in motor and social skills—progress that may not have been possible had the delay gone unnoticed.

This case highlights how Anganwadi workers serve as a vital bridge between young children and support systems like Samphia. Their role in identifying concerns early—especially in children under 3—is critical for good developmental outcomes.

It also reinforces the importance of community-based screening and training. Workshops like these don't just spread awareness—they change the course of children's lives, one early referral at a time.

From Grief to Grit

A Father's Journey of Empowerment

Mr. **Rakesh Upadhyay**, father of **Veeraj**, a child with **Cerebral Palsy**, has been a pillar of strength and transformation at Samphia's **Aash Child Development Centre**. For the past two years, Veeraj has been receiving consistent therapy both at the center and through **Therapy on Wheels**, showing steady developmental gains.



But beyond Veeraj's progress, it is Mr. Rakesh's **inspiring involvement** that stands out. From participating in therapy sessions to learning home-based strategies, he has evolved into a confident, informed, and deeply engaged caregiver. Today, he not only advocates for his son but also uplifts others—serving as the **President of the Aash Parents Association**.

His journey—from early grief to active leadership—has empowered many parents to break the silence, seek help, and build a collective voice for children with disabilities. Mr. Rakesh Upadhyay is a powerful reminder that **empowered parents are the greatest champions of inclusion**.

"When I found strength in Veeraj, I found purpose for many others."

— Mr. Rakesh Upadhyay



Finding His Way

Early OT Support for a Child with Autism

At just 3 years old, a young Ayushman was brought to Samphia with concerns of limited speech, sensory sensitivities, and difficulties in engaging with others. After thorough assessment, he was diagnosed with Autism Spectrum Disorder and Sensory Processing Disorder. He showed signs of distress to sound, touch, and routine changes—often withdrawing or becoming overwhelmed.

The child was enrolled in occupational therapy at Samphia's Early Intervention Center, with a plan focused on sensory integration, communication readiness, and social play. The therapy team worked closely with the parents, building routines at home to support regulation, attention, and interaction.

Over time, he showed marked improvement—he began responding to his name, tolerated new textures and sounds, and slowly developed functional speech. His tantrums reduced, eye contact improved, and he started engaging in play with peers.

By the age of 5, he transitioned into a mainstream preschool—on time and with confidence.

This story stands as a powerful example of how early diagnosis and timely occupational therapy can unlock a child's potential. For children with autism, early sensory and communication support can make the difference between isolation and inclusion—between struggle and success.



Our Team



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Program Manager



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Dr. Tanu
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Special Educator



Sita
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Jyoti
Special Educator



Dhaneshwari Thakur
Social Worker



Riju
Therapy Assistant



Jyoti Sharma
Therapy Assistant (DEIC)



Nisha Chauhan
Therapy Assistant



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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Support Staff



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Leela Devi
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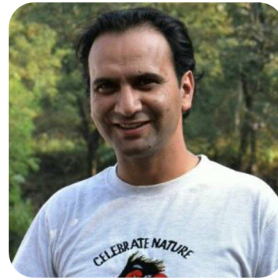
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