



Bringing Inclusion in the Himalayas



Contact

+91 9418606898/+91 1902796923



Email

samphiafoundationkullu@gmail.com

ABOUT US

SAMPHIA FOUNDATION



Samphia Foundation is a non-profit organization committed to creating an inclusive world for people with diverse abilities. Based in the mountain communities of Himachal Pradesh, we work to

eliminate barriers so that children with disabilities can fully integrate into society. Anchored by the inspiring journey of our Founder Dr. Shruti More, Samphia delivers holistic services focused on

MISSION

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

VISION

An inclusive world for people with diverse abilities.

Key Services

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

ACTIVITIES

- Early intervention therapy and developmental support
- Mobile "Therapy on Wheels" outreach in remote villages
- Parent empowerment and professional training workshops
- Disability identification and support for frontline workers
- Awareness rallies, community events, and school sensitization
- Advocacy for access, rights, and government linkages



OUR GOALS

We are committed to delivering impactful programs and services in the following sectors

- **Ensure every child with a disability in Himachal has access to quality therapy and support**
- **Build inclusive communities through advocacy, awareness, and partnerships**
- **Empower parents, caregivers, and professionals to champion inclusion**
- **Strengthen public systems for sustainable, systemic impact**



A Message from Founder, Executive Director



DEAR FRIENDS, SUPPORTERS, AND COMMUNITY MEMBERS

As I look back on the year 2023–24, I am filled with deep reflection and heartfelt gratitude. This year marked a pivotal milestone in the journey of Samphia Foundation — a year when we ventured into new territory, navigated complex systems, and took bold steps toward systemic change.

It was the year we embarked on the transformative journey of setting up the **District Early Intervention Centre (DEIC)** in Kullu — a dream that had long been nurtured, and one that finally began to take shape through our unwavering commitment and the partnership of key government stakeholders.

Establishing the DEIC was not without its challenges. From bureaucratic delays to infrastructural constraints, the road was far from smooth. But with every hurdle came a lesson, and with every delay, a deeper resolve. What emerged was not just a physical center, but a symbol of what can be achieved when civil society and government work hand in hand with a shared purpose — **to ensure that no child is left behind**. Through the DEIC, we laid the foundation for structured, multisectoral early intervention services for children in Kullu and beyond. It allowed us to integrate clinical care with community outreach, create pathways for timely screening and diagnosis, and strengthen the ecosystem of support for children with developmental delays and disabilities.

This achievement is the result of tireless advocacy, persistent dialogue, and the incredible dedication of our team and allies within the government system. It reaffirms our belief that lasting change is possible when we anchor our work in collaboration, compassion, and courage.

In parallel, we continued to grow our grassroots programs — reaching more children, training more parents and Anganwadi workers, and anchoring therapy services within the rhythms of rural life.

As I write this, I carry forward immense pride in how far we've come and deep humility for the journey ahead. To all those who stood with us — thank you. Your belief fuels our work.

With strength in partnership and hope in our hearts,
we move forward.

With gratitude and resolve,
Shruti More
Founder & 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.



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**.

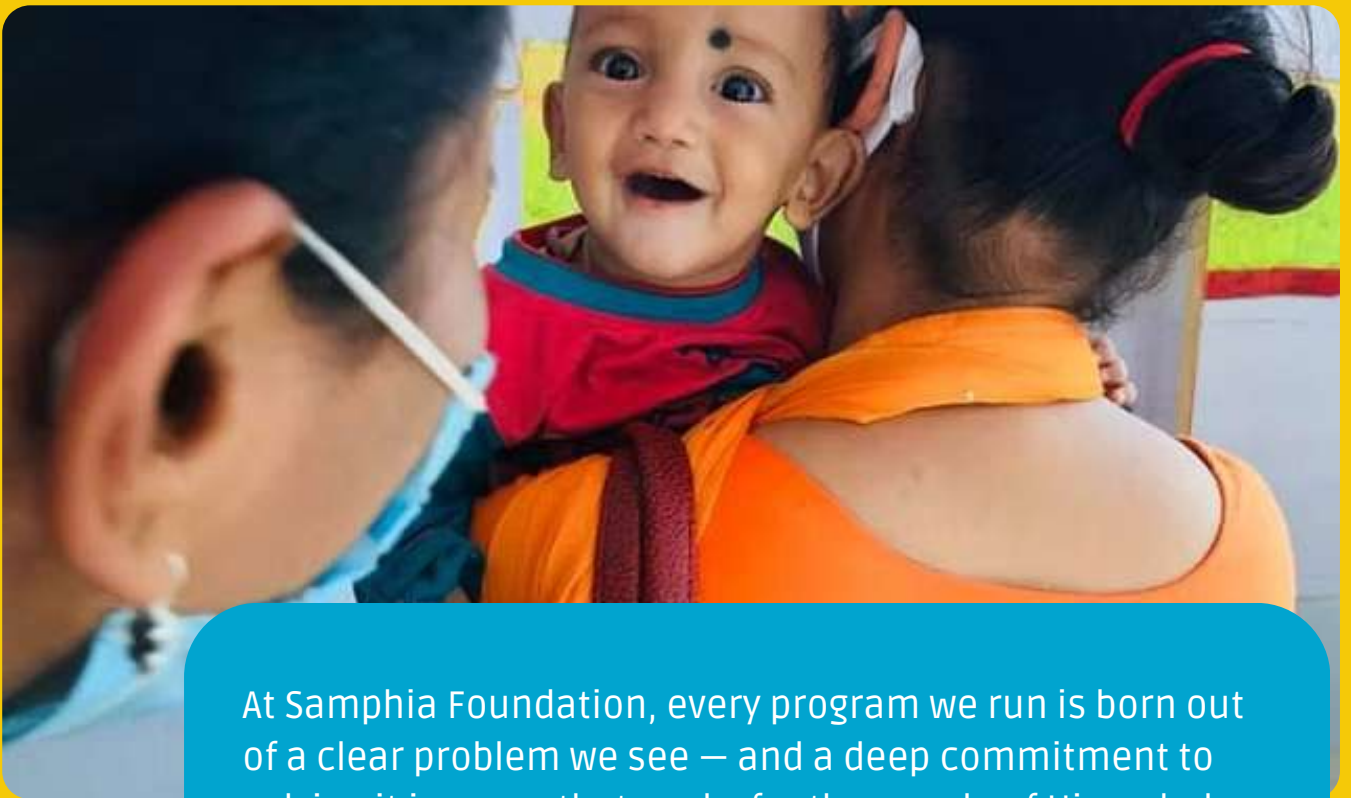
“Every milestone is not just a marker of how far we’ve come – it’s a promise of how far we’re willing to go. Growth is not in numbers, but in the lives we touch, the voices we uplift, and the hope we carry forward.”





OUR CENTER & PROGRAMS

OUR 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.



OUR CENTER & PROGRAMS

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 & PROGRAMS

THERAPY ON WHEELS – REACHING THE UNREACHABLE IN KULLU

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,**



OUR CENTER & PROGRAMS

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 & 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 & 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:



provide:

- 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)

OUR CENTER & PROGRAMS

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



provide:

- 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- 176
- Total Number Of Therapy Session- 5161
- No of Parents Trained- 281
- No of awareness and advocacy Camps- 24
- No of Training and workshops- 14

Aash Child Development Center

- New Children Registered- 88
- Children receiving Therapy - 139
- Total Therapy Sessions: - 5022
- Parents trained: - 183



OUR IMPACT IN NUMBERS

THERAPY ON WHEELS- KULLU

- Children Receiving Therapy - 88
- Total Therapy Sessions: - 5022
- Villages Covered: - 183

District Early Intervention Center- Regional Hospital, Kullu

- Children Receiving Therapy - 49
- Total Therapy Sessions - 835
- Parents counselling - 98

Inclusion Program- Awareness and Advocacy

- Inclusion workshop in educational institute - 8
- No of Aasha/ Aanganwari workers trained: - 204
- Community Events - 24
- People sensitized - 9171



OUR IMPACT IN NUMBERS

STORIES OF CHANGE – VOICES FROM THE MOUNTAINS

Dhruv's Journey Toward Independence

Age: 4 years

Diagnosis: Cerebral Palsy – Right Hemiparesis

Dhruv came to Samphia Foundation with weakness on the right side of his body, affecting both his hand and leg. Despite the challenges, his spirit was full of energy and curiosity. With regular physiotherapy, Dhruv made remarkable progress – from learning to place his feet flat on the ground to running short distances and climbing stairs independently.

He can now kick a ball with both feet, pick up objects from the floor, and even jump from low boxes. His right hand, once barely used, is now actively involved in play and daily activities. Through structured therapy sessions, home exercises, and his family's active involvement, Dhruv has gained strength, balance, and confidence. Beyond physical milestones, Dhruv can now sit steadily to eat his meals, brush his teeth with minimal support, and play happily with his siblings. His joyful interactions and growing independence reflect the impact of early intervention and a strong family-therapist partnership.

Dhruv's story is a reminder that with the right support, every child can move toward their full potential – one step, one smile, one small victory at a time.



OUR IMPACT IN NUMBERS

STORIES OF CHANGE – VOICES FROM THE MOUNTAINS

Priya's Steps Forward

Age: 2 years 5 months

Diagnosis: Down Syndrome

Priya Sharma joined Aash Child Development Centre at the age of 2.5 years with delayed developmental milestones, minimal speech, and challenges in daily self-help activities. Her initial sessions focused on building core strength, motor coordination, and fostering social engagement. Within months of consistent therapy, Priya made remarkable progress. She can now walk 6 steps independently, kick a ball with both feet, and pick up toys from the floor and return to standing without help. She also learned to high kneel and lift her legs alternately – significant milestones for her age and diagnosis.

Beyond physical development, Priya's independence in daily tasks has grown. She now brushes her teeth with minimal support, dresses herself partially, and sits steadily to eat, though occasional spilling occurs. Most heartening is her budding social interaction – Priya has begun initiating play and responding to others around her.

Priya's journey is a celebration of persistence, care, and early intervention. Her growing abilities and cheerful spirit remind us that every small step is a giant leap when it comes to a child's development.



OUR IMPACT IN NUMBERS

STORIES OF CHANGE – VOICES FROM THE MOUNTAINS

A Mother's Courage – Shambhavi's Journey

Child: Shambhavi | **Age:** 12 years

Diagnosis: Infantile Spasm, Developmental Delay, and Autism Spectrum Disorder

Year of Enrollment at Samphia: 2019

Shambhavi has been coming to the Aash Child Development Centre since 2019. Diagnosed with infantile spasm in early childhood, accompanied by developmental delays and autism, her journey has been full of challenges. Even at the age of 12, Shambhavi has not begun to walk independently – but today, she walks with support, and **that alone is a milestone built on the strength of one woman: her mother.**



For nearly 9 years, **Shambhavi's mother carried her on her back** – to therapy sessions, community meetings, and doctor visits – determined to leave no stone unturned in her child's care. Her tireless involvement in every therapy session, her deep understanding of her daughter's needs, and her refusal to give up are what enabled Shambhavi to achieve supported walking. But her strength didn't stop at home. Today, **she serves as the Secretary of the Kullu Parents Association**, a voice for many caregivers like her. She shares her story openly, offering guidance, strength, and hope to other parents walking similar paths. **Her journey is not just Shambhavi's story – it is a story of a mother's unwavering love, resilience, and leadership.** She reminds us that behind every child's progress stands a pillar of strength – a caregiver who chooses courage every single day.

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.



OUR TEAM



Dr Shruti More
Executive Director



Dr. Rekha Thakur
DEIC Incharge-cum-Director



Beeju Himdal
Program Manager



Dr. Arya.M
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
Therapy Assistant



Rajni
Therapy Assistant



Anjali Devi
Therapy Assistant



Shivali
Therapy Assistant



Maan Chand
Driver TOW-II



Tek Chand
Driver TOW-I



Reecha Singh
Volunteer



Kriti Kapta
Volunteer



Dr Abhinav Sharma
Physiotherapist
Chamba TOW



Suraj Kumar
Program Manager
Chamba TOW



Soniya Chona
Special Educator
Chamba TOW



Kiran Kumari
Therapy Assistant
Chamba TOW



Abhishek Kumar
Driver Chamba TOW

OUR TEAM



Manav Choudhary

Audiologist and
Speech Therapist



Dr Jagriti Bhateja

Physiotherapist



Pushpa Devi

Support Staff



Reena Devi

Support Staff



Leela Devi

Support Staff

Our Board of Advisors



Aditya-Mishra (IPS)
Advisor & Mentor



Anuj Sharma
Legal Advisor



Cynthia-Hunt
Advisor & Mentor



Devendra More
Founder Emeritus
and Advisor



Dr. Gaurav Bharadwaj
President, YATN



Dr. Marie-Brien
Clinical Program Mentor



Yogendra Chaudhry (IRS)
Advisor

Our Funders



Contact Us



+91 9418606898



samphiafoundationkullu@gmail.com



www.samphiafoundation.org



Rambagh, Akhada Bazar, Kullu-175101

