



Swasthi

Growing Together — Where every ability shines

Estd. 2014

SWASTHI NEWSLETTER

JAN - JUNE SPECIAL EDITION 2026



ABOUT US



Swasthi Foundation registered as a Trust in 2018 was originally founded in 2014 as the Holistic Development Association, dedicated to empowerment and inclusivity.

VISION



To build an inclusive and responsive society, by working with individuals, communities and institutions.

MISSION



To create platforms for individuals, including those with special needs, to utilize their potential through education, sports and cultural activities.



SWASTHI NEWSLETTER

JAN - JUNE SPECIAL EDITION 2026

IN THIS ISSUE

Beloved Members of our Swasthi Family,

“The world is nothing but the mind, and the mind is nothing but the Self. To see the world as it is, is to see the Self.”

— Sri Ramana Maharshi

This editorial reflects on the Swasthi Foundation’s journey from January to June 2026. Dedicated to fostering an inclusive society, we have celebrated significant milestones achieved through the collective spirit of our students and supporters. Our progress is guided by the timeless wisdom of the Bhagavad Gita (2.40):

“Svalpamapyasya dharmasya trayate mahato bhayat”

—reminding us that even a little effort in the path of righteousness protects one from great fear and guides us toward greater purpose. Our identity and mission are deeply rooted in the ultimate blessing of well-being, as beautifully praised in the Sri Vishnu Sahasranama (Verse 96):

*“Swastidaḥ Swastikṛt Swasti Swastibhuk Swastidakṣiṇaḥ
| Araudraḥ Kuṇḍalī Cakrī Vikramyūrjitaśāśanaḥ ||*

—He who is the source, creator, ultimate embodiment, protector, and swift giver of all auspiciousness and well-being. He who is peaceful, wears brilliant earrings, wields the divine discus, possesses immense valor, and commands supreme cosmic laws.”

From seeking spiritual guidance at Venkateshwara Temple to athletic triumphs in January and the launch of the “Diamond Jubilee Special Scouts Troop” in February,

our students have demonstrated profound potential. Spring brought creative flair at the Rotary Cultural Carnival, life-skills development, and moving mythological performances with RASA. We honored our environment on June 7 through plantation drives in Ramanagara, concluding with an inspiring performance by Saksham Bangalore.

The highlight of our creative endeavors, the Kala Vaibhava showcase, stood as a vibrant testament to the hidden talents of our students. Seeing them express their inner light through dance, music, and art reinforced our commitment to providing a platform where every unique voice can resonate with confidence and joy.

As we look ahead, we hold close the heartfelt blessing from our esteemed and beloved Minakshi-ji, our guiding spirit. Her unwavering support and encouragement remind us that our work is not merely a task, but a sacred duty. Her blessing—a gentle prayer for our continued strength and compassion—serves as the foundation upon which we will build our future initiatives, ensuring that love and service remain at the heart of everything we do.

Every act of service reinforces our belief that each individual possesses a divine spark. We thank all who walk this path, proving that harmony allows every individual to make a meaningful difference.

With humble love and gratitude,
THE SWASTHI FOUNDATION TEAM

EXPERT PERSPECTIVE:



UNLOCKING POTENTIAL IN NEURODIVERSE CHILDREN

My journey interacting with neurodiverse children through various skill development activities has been both rewarding and eye-opening. Every encounter has reinforced a simple yet important understanding: neurodiversity is not a limitation, but a different way of seeing, processing, and engaging with the world.

Over time, I have noticed that neurodiverse children have unique strengths, amazing creativity, and great potential. However, these strengths often shine only when learning environments go beyond standard expectations and embrace personalized approaches. Progress is rarely straightforward; it builds through trust, consistency, patience, and meaningful interaction.

One of the most important insights from my experience is that emotional intelligence and social skills are not secondary aspects of development; they are essential. A child's ability to recognize and regulate emotions, build relationships, communicate well, and feel a sense of belonging greatly affects their learning, confidence, and independence. When we nurture these skills intentionally, children become more willing to explore, take risks, face challenges, and show their true selves.

Skill development should go beyond just cognitive or academic success. It needs to include chances for collaboration, emotional expression, problem-solving, self-advocacy, and participation in inclusive community experiences. This well-rounded approach empowers neurodiverse children to gain new skills while also discovering their identity, strengths, and goals.

The role of families, educators, therapists, and communities is also crucial in creating settings where differences are understood, respected, and celebrated. An environment based on empathy,

acceptance, and research-based practices helps children thrive without the stress of fitting into narrow definitions of success. Inclusion is truly meaningful when it sees diversity as an asset rather than a problem to manage.

My experience has repeatedly shown that every neurodiverse child can grow meaningfully when they receive the right support, opportunities, and encouragement. The goal is not to change who they are but to create conditions where they can learn, connect, contribute, and thrive based on their individual strengths.

As we continue to improve inclusive education and child development practices, we must also focus on emotional well-being, social skills, and personalized learning alongside academic success. When we recognize and support the whole child, we do more than assist neurodiverse children; we empower them to reach their full potential and enrich our communities with their unique perspectives, talents, and contributions—all of which is beautifully happening at Swasthi.

Best Wishes,



MINAKSHI

Consultant Rehabilitation Professional (Freelancer)

Advisory Member of Swasthi Foundation

Former Director, Composite Regional Centre for Skill

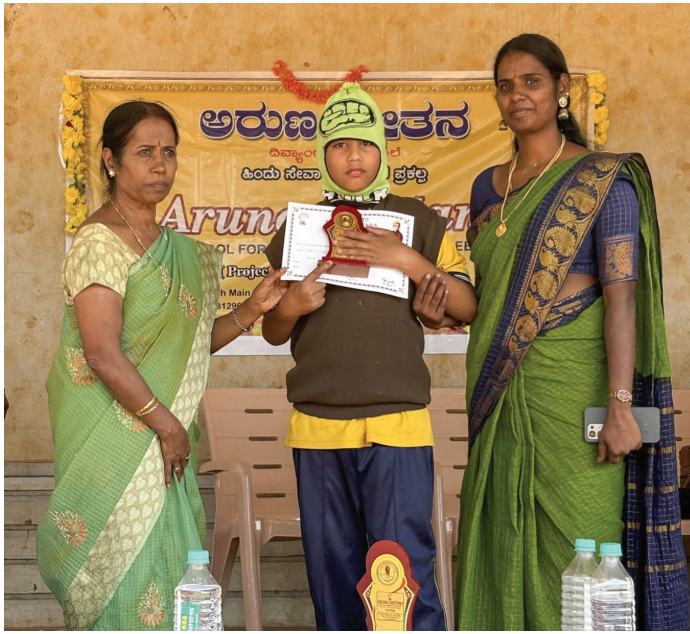
Development, Rehabilitation, and Empowerment of Persons with

Disabilities (Divyangjan) — Davanagere, Karnataka.



SWASTHI EVENT HIGHLIGHTS (2026)

- 01/01: Seeking new year blessings with students and staff at Venkateshwara Temple.
- 23/01: Bringing home 1st and 3rd prizes at the external sports competition!
- 30/01: Immersed in peace and devotion during a day trip to ISKCON HBR Layout.
- 14/02: Stepping up for a cause at Chirantana's Walkathon at Sankey Tank.



- 22/02: Launching the 'Diamond Jubilee Special Scouts Troop' for special needs children, supported by ISGF.
- 06/03: Showcasing vibrant talents at the Rotary Cultural Carnival in Cubbon Park.
- 12/03: Stirring up essential independent living skills during monthly cooking class!
- 10/04: Bringing timeless mythology to life at the RASA outreach program.



- 07/06: Celebrating Environment Day at Ramanagara with trekking, plastic cleanup, and sapling plantation with ISGE
- 20/06: Delivering a powerful cultural performance organized by Saksham Bangalore.

SWASTHI FOUNDATION PRESENTS

Beyond Barriers

SWASTHI KALA VAIBHAVA 2026

Celebrates Inclusive Artistry

OUR COMMITMENT

The Swasthi Foundation remains dedicated to the empowerment and holistic development of children with special needs through tailored education, therapy, vocational training, and active community inclusion. As part of our ongoing commitment to nurturing the unique talents of children with disabilities, we are proud to announce "Swasthi Kala Vaibhava 2026", an Inclusive Cultural Arts Initiative scheduled for August 2026.

THE PREMIER PLATFORM

Swasthi Kala Vaibhava serves as a premier platform where children with special needs can fearlessly showcase their talents across music, dance, drama, fine arts, and various cultural expressions. More than just a talent show, the programme is designed to foster deep self-confidence, creativity, and meaningful social participation, while earning these brilliant individuals the community recognition they truly deserve.

CELEBRATING OUR JOURNEY & IMPACT

The sustained success of this initiative reflects the Foundation's core belief that art is a continuous journey of learning and self-discovery. Through consistent engagement, these children naturally develop vital communication skills and artistic abilities over time. Look back at the incredible reach of our last edition:

1,236+

STUDENTS EMPOWERED
ACROSS KARNATAKA

4 Parts

PRIME-TIME SERIES ON
AYUSH TV

8.62L

ESTIMATED VIEWERS
REACHED

AN ANNUAL MILESTONE

Driven by the profound impact on these children's lives, we pledge to make this an annual milestone and are excited to introduce a new wave of incredible artists to the world.

ART AS THERAPY

By fostering a safe space for creative expression, we ensure every child discovers their inner potential and connects meaningfully with the wider community.

"Get ready to witness innspiration in motion"

COMING TO YOU THIS AUGUST 2026



CHETANA LALITKALA MAHAVIDYALAYA
(Affiliated to Hampi University)

IN COLLABORATION WITH
SWASTHI SPECIAL SCHOOL FOUNDATION
NURTURING ABILITIES, EMPOWERING LIVES

ADMISSIONS OPEN
for Special Kids

FOR **B.V.A. PAINTING**
— Bachelor of Visual Arts (Painting) —

100% PRACTICAL BASED LEARNING

STUDY CENTER
Swasthi Special School Foundation

Quality Education in a Nurturing, Inclusive & Supportive Environment

Exclusive for Special Children with Special Needs

WHAT MAKES IT SPECIAL?

- Inclusive Learning Environment
- Hands-on Painting Training
- Building Confidence & Independence
- Recognized Degree for a Bright Future
- Caring Mentors & Personalized Support
- Develop Creativity & Talent

Join us and turn every stroke into a brighter tomorrow!

For Admissions & Enquiries
6364 376337 | 6364 591337

Together, Let's Build a Brighter, Inclusive & Empowered Future!



ADMISSION OPEN

Swasthi Foundation
Supporting children with special needs through care, therapy, and education.

Our Services:

- Physiotherapy
- Speech Therapy
- Yoga Therapy
- Dance Therapy
- Music Therapy
- Story Based
- Scout Activity
- Skill Development

Special Curriculum:

- THD Method Based Teaching
- Individualized Learning Approach

We Provide:

- Holistic Development
- Skilled & Caring Professionals
- Friendly Learning Environment

Enroll Now - Limited Seats Available!

9980453390 / 6363645411

No. 35, 2nd Cross, NTI Layout, Next to Sunrise School, Doddra Krishna Layout, Nagasheyyahalli, Bengaluru - 560094



SWASTHI PRODUCTS
Eco-Friendly and Handmade

Through Skill Development Program Launches New & Updated Products

1. Camphor (100% Kanchi)
2. Long Cotton Wicks
3. Round Cotton Wicks
4. Stocking Cloth Flower
5. Organza Cloth Flower
6. Fancy Candles
7. Eco-Friendly Pen Stand
8. Cloth Bag
9. Paper Bag
10. Jute Bag
11. Silk Thread Bangles
12. Kundan Clips

Buy for Neurodiverse Needs

theswasthifoundation
9980453390

Swasthi Foundation

Empowering Potential

Dedicated to fostering holistic development for individuals with special needs through compassionate care, specialized therapy, and inclusive education.

Services

Therapy: Physiotherapy, Speech & Occupational Therapy, Yoga, Dance/Music Therapy.

Education: Individualized Learning Approach, NIOS, Fine Arts, and BVA (Painting) degree.

Support Our Mission

Purchase our student-made, eco-friendly products:

- **Rituals:** Pure Kanchi Camphor, Cotton Wicks, Candles.
- **Crafts:** Silk Thread Bangles, Kundan Clips, Pen Stands.
- **Bags:** Eco-friendly Cloth, Paper, and Jute bags.
- **Decor:** Handmade Organza/Stocking flowers.



Swasthi

Growing Together — Where every ability shines

Together, we can make a difference

At Swasthi Foundation, we are dedicated to inclusion and empowerment. If our mission speaks to you, we would love to have you on board! Whether through volunteering, collaborating, or sponsoring our projects, every bit of support helps us create a better future.

How to support Us

We welcome contributions via bank transfer:

Bank: **Canara Bank**
A/c Name: **Swasthi Foundation**
A/c No: **2834101009375**
IFSC: **CNRB0002834 (Lottegollahalli Branch)**



Get in Touch

35, 2nd Cross, NTI Layout,
Near Sunrise School, Nagashettihalli,
Sanjaynagar, Bangalore - 560094



+91 9980453390



@theswasthifoundation



www.swasthifoundation.com

Swasthi Foundation: Trust Reg No: 526/2018 | NGO ID: KA/2019/0240438 | CSR: CSR00056519

Published by Founder Secretary M Murugan | Edited & Designed by Rajan BST

