



# SUKRITAVAANI

May 2025



Dear Friends,

Greetings from Sukriti!

We're happy to share with you the first newsletter of the year.

April was a particularly busy month for us at Sukriti, with summer holidays just around the corner and many families seeking support before schools closed. Thanks to your continued generosity, we were able to reach more children in need.

In April alone:

**52 children** received orthopaedic aids

**17 children** benefited from physiotherapy session

Every rupee you contribute goes directly toward creating mobility, independence, and dignity for children with disabilities. Your support is making a real and lasting impact.

Even as we continue this important work, we are deeply concerned about the recent developments along our borders. Our thoughts are with everyone affected, and we share our hope for peace all around.

Thank you for being with us always

With best regards

Sowmya Simhan



### **Mother's Day Celebration & Grocery Kit Program Update**

This past Friday, we celebrated Mother's Day in a heartwarming and thoughtful way. Each mother was invited to prepare her favorite dish—just enough for four people—to keep it simple and stress-free. The goal was to foster bonding and create a nurturing space for mothers to connect and support one another. The joy of sharing was palpable, and to make the day even more special, the children presented their mothers with a delicate string of pearls. The happiness on the mothers' faces spoke volumes, and many expressed a strong desire for more such gatherings in the future.

Alongside this celebration, we also launched our Grocery Kit Program aimed at supporting children facing nutritional challenges. In partnership with a local supermarket, we are distributing monthly grocery tokens worth Rs 1000/- to our beneficiaries. These tokens can be redeemed for essential groceries from a pre-approved list, helping families access nutritious food with dignity. The supermarket will bill us directly against the tokens used.

Both initiatives reflect our ongoing commitment to strengthening families and creating a caring, supportive community.



### **A Step Toward True Accessibility: An Inclusive Gym for Persons with Disabilities**

*Author : Lalita A Vasudevan*

A month ago, while I was in Delhi, I heard about a newly inaugurated inclusive gymnasium for persons with disabilities—an initiative by Chennai-based NGO Dorcas Centre. Intrigued and eager to understand how such a space supports accessibility, I made visiting the gym my first item on my Chennai itinerary.

From the moment I entered the facility located at Kamdar Nagar, Nungambakkam, it was clear that this gym had been thoughtfully designed with disabled individuals in mind. The spacious layout, adaptive equipment such as wheelchair-accessible treadmills, and machines tailored for strength training all reflected an environment built to accommodate diverse physical needs.

Most importantly, the gym's flexible timing and individualized approach empower users to pursue fitness on their own terms.

For far too long, people with disabilities—especially those in the Paralympic community—have voiced the urgent need for inclusive fitness spaces. Traditional gyms often overlook basic accessibility features, making it nearly impossible for many to participate in routine physical activity. This inclusive gym marks a significant shift toward recognizing that everyone deserves equal access to health, strength, and community.

This vision was made possible through the leadership of Dr. Aiswarya Rao, who championed the creation of a space where inclusion is the norm, not the exception.

This space stands as a powerful reminder that accessibility is not a luxury—it's a right. It's a place where dignity meets physical well-being, where disabled individuals can build not only muscle, but confidence, camaraderie, and independence.

*The author is Sukriti's long time supporter and Sowmya's sister*



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