



# INCLUSION JOURNEY

**A report of our work in FY25-26**

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# Note from the Co-Founder



**S Vaidyanathan**

Founder of The Ganga Foundation

19 May 1965 – 13 May 2021

Dear Well-wisher:

We are pleased to present our inclusion Journey report, which endeavours to capture the breadth of our work in the just-concluded financial year.

Even as it turned out to be another steady year of operations involving strengthening across all our programmes, we highlight key achievements during the year:

- Launch of Phase II of our self-help videos on living well with spinal cord injury [SCI] on our YouTube channel - this repository, containing 28 clips in an animated format, was originally launched in English; subsequently, with the intent of widening its appeal, we leveraged AI tools and released them in Hindi and Tamil as well, which has been encouragingly received by members of the SCI cohort.
- Our flagship online rehabilitation programme, Touch Freedom, was fortified with additional resources and process tweaks undertaken with an eye on improving velocity of graduations – gratifyingly, these changes have resulted in total number of graduations for the year being higher by ~30% compared with the number achieved in the preceding financial year.
- Strong response to our Education Support Programme, attributable to the solid backing of institutions supporting this initiative – we believe that this programme can have a truly transformative impact on both the beneficiary and his/her family.



# Note from the Co-Founder

- Our social media presence continues to make a solid impression, with reach numbers improving sharply over the course of the year across all three platforms we are present on [Facebook, Instagram and YouTube]. Even as inbound requests for support via these platforms have just started to trickle in, we are of the view that such engagements can scale up appreciably in the near-to-medium term.

More details of what we've accomplished across each of the programmes that we run are on the inside pages. Data is presented in the form of charts, tables and photographs to make it visually compelling and facilitate simpler comprehension. We hope you will find this departure from our prior text-heavy annual reports easy on the eye.

Finally, everything that we do is made possible by the generosity of our donors, whose support we cannot be thankful enough for. Coupled with a highly motivated team [of which ~70% are persons who live well with SCI] that is determined to make a difference to the lives of other peers with SCI, we remain steadfast in our belief that we can bring about meaningful change in the space we operate in.

Should you have any questions or suggestions or feedback to offer, please do not hesitate to reach out to the undersigned. We'll be happy to hear from you and implement any ideas that you believe we should pursue.

We look forward to your continued support.

Warmly,

**Nath Balakrishnan**

Co-Founder and CEO

[nb@thegangafoundation.org](mailto:nb@thegangafoundation.org)



# Board of Trustees



**Elango Thambiah**

Co-founder and  
Entrepreneur



**R Sekhar**

Chartered Accountant



**Meera Srinivasan**

Homemaker

## **Philosophy:** *Aagha Vendiya Paaru*

TGF is named after Ganga Singaraman, the mother of our late founder Vaidy, whose philosophy of *Aagha Vendiya Paaru*, a Tamil phrase that emphasises looking ahead, underpins both its thinking and its work





# Snapshot of our programmes

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# Spinal India Peer Trainer Programme

- A peer trainer is a person with spinal cord injury [PwSCI] who has overcome the challenges imposed by the injury and leads an independent and productive life. Their experience makes them ideal mentors for others going through a similar journey and who are seeking to preserve quality of life post their injury
- Genesis of this initiative is the insight that peers are more receptive to feedback from counterparts who've gone through and conquered the injury, than from able-bodied persons
- Team consists of over 25 trainers, including those associated with our pioneering online rehab programme, Touch Freedom [outlined in detail in another section of this report]
- Counselling largely carried out via the phone/video calls, supplemented with physical interactions via home visits/rehab centre visits

Summary of engagements in FY25-26	Interactions	Unique persons
Technology Engagements	25,549	6,571
Physical Engagements	665	257
Individual		
Home + Rehab Visits	578	180
Individual Interactions - Networking Meet	52	45
Group		
Group Interactions - Rehab Visit	10	8
Group Interactions - Networking Meet	25	24
<b>Total</b>	<b>26,214</b>	<b>6,828</b>



# Beneficiary success stories [1/2]



## Gollapally Vijay Bhaskar

 Jagtial, Telangana · T10 · 2016

Severe emotional distress after a 2016 fall was resolved through consistent Peer Trainer guidance. With wheelchair and livelihood support, Vijay now runs a grocery shop — from despair to dignity.

◆ Grocery Shop

◆ Wheelchair



## Mayur Sareyam

 Chhindwara, MP · T12 · 2021

Confined to bed with severe bedsores, a Peer Trainer connected Mayur to Touch Freedom. Bedsores healed. He has now traveled independently for the first time and competed at a state-level sports event.

◆ First Solo Travel

◆ State Sports



## Jallela Ramesh

 Mulugu, Telangana · C5 Quadriplegia · 2011

*"A phone call to a Peer Trainer in August 2025 may have saved Ramesh's life."*

Experiencing symptoms of autonomic dysreflexia — a potentially fatal emergency — Ramesh's immediate call to his TGF Peer Trainer led to rapid, correct intervention that stabilised his condition. Continued support helped him secure government housing assistance, moving his family from a fragile hut to a safer home.

⚡ Crisis Resolved — Life Saved

◆ Government Housing Secured



# Beneficiary success stories [2/2]



## Varsha Chouhan

📍 Ghaziabad, Uttar Pradesh · SCI · 2016

A serious bedsore and no proper wheelchair made life after injury overwhelming. TGF Peer Trainer guidance healed her bedsore, and The Right Wheelchair Programme restored her mobility and confidence.

◆ Bedsore Healed

◆ Wheelchair Provided



## Mandeep Singh

📍 Fazilka, Punjab · SCI · 2019

Struggling with a bedsore and no proper wheelchair, Mandeep's bedsore healed within two months through peer trainer guidance. The Right Wheelchair Programme then restored his mobility and confidence.

◆ Bedsore Healed

◆ Wheelchair Provided



## Guddulata Praveena

📍 Sangareddy, Telangana · L1-L4 · 2013

Resumed education, opened a petty shop with TGF support, and now serves as District Coordinator — advocating for SCI rights across the district.



## Venkatesan A

📍 Arakkonam, Tamil Nadu · T12 · 2016

From being confined at home to delivery executive. Peer Trainer guidance led to rehabilitation, stable income, and active community participation.



## Rajmohan

📍 Tiruvallur, Tamil Nadu · L1 Incomplete · 2016

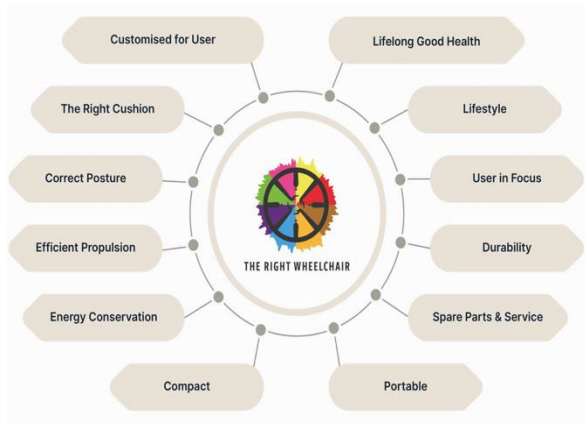
Launched a tea stall, works as delivery executive, runs marathons. Government schemes and housing assistance secured through TGF peer support.



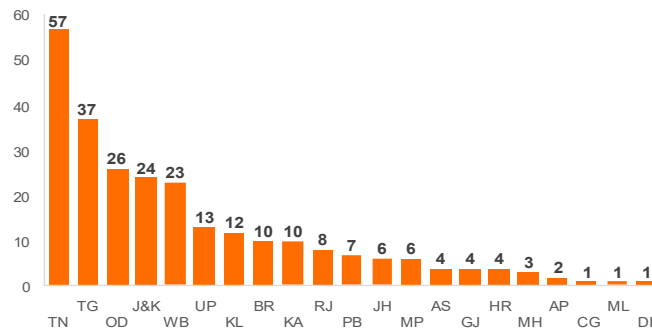
# The Right Wheelchair Programme

- TGF's key programme that provides a PwSCI with both a mobility solution and independence
- Wheelchairs distributed include entry level [Forza Medi], high-end motorized [Neopower/Neobolt by Neomotion] and paediatric type – total for the year stood at 259, of which two were paediatric

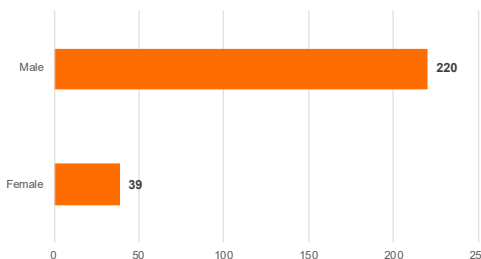
## Attributes of a good wheelchair



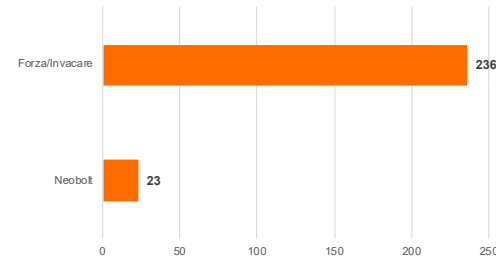
WC distribution by state



WC distribution by gender



WC distribution by type



# Beneficiary success stories



## Poonam Ekka

📍 Sundargarh, Odisha | NeoBolt Wheelchair

*"The NeoBolt didn't just give Poonam wheels — it gave her back her work, her community, and her independence."*

After returning home following her injury, Poonam depended on others for every basic need. The NeoBolt wheelchair changed everything. She resumed tailoring, independently visits markets, meets friends, and attends church — fully reclaiming her community life.

◆ Tailoring Work Resumed

◆ Community Reintegration



## Masud Ali

📍 Murshidabad, West Bengal

Fell from height in 2019, rehabilitated at SVNIRTAR. TGF provided NeoBolt - bringing joy to him and his family.



## Ayyanar

📍 Kallakurichi, Tamil Nadu

Injured in a fall in 2022. TGF provided NeoBolt - now travels independently to teach NEET aspirants.



## Suparna Hazra

📍 Kolkata, West Bengal

T8 injury 2016. Received Forza Freedom 5000 + enrolled in Touch Freedom. Continuing education with determination.



## Gagan

📍 Karnal, Haryana

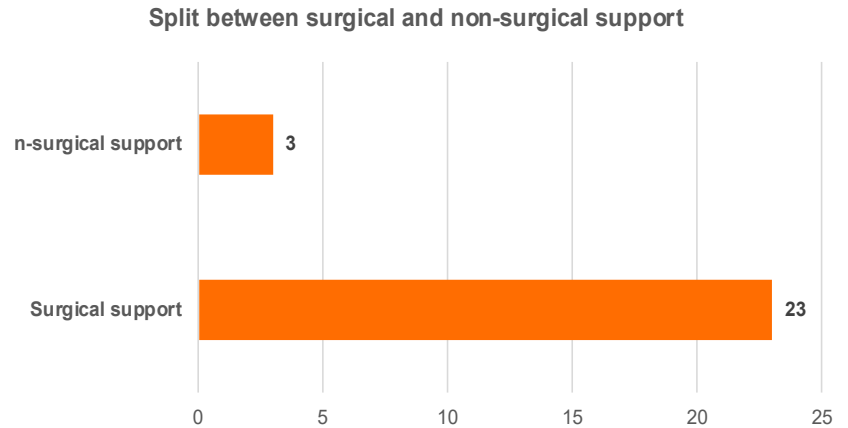
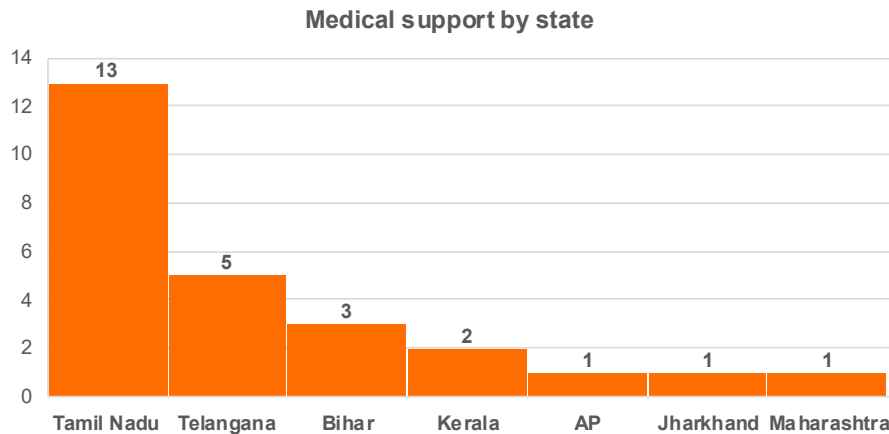
SCI in 2018 due to road accident. Damaged wheelchair replaced with Forza Freedom 5000 — all daily tasks restored.



# Medical Support Programme

- Programme encompasses support for hospitalization expenses, both surgical and non-surgical
- Extended nutritional support to a few beneficiaries who were part of our Touch Freedom Programme
- Supported patients at CMC Vellore and Thee Trust [Odisha], apart from engaging with smaller hospitals across the country

**Impact/outcome:** Better health ► longer sitting on wheelchair ► lesser caregiver dependence ► ability to seek livelihood



# Beneficiary success stories



## Palle Rajaiah

 Karimnagar, Telangana

Hip fracture in 2025 accident. TGF funded emergency surgery at Shashikant Hospital — critical support 20+ years post-injury.

◆ Emergency Surgery Funded



## Arul Kumar

 Wayanad, Kerala

Paraplegic for 10 years. Developed bedsores. TGF funded surgery at St. Vincent De Paul Hospital, Thrissur.

◆ Bedsores Surgery Funded



## Punitha

 Pondicherry

Diagnosed with spina bifida. TGF provided medicines. Now offers home tuitions, completed Touch Freedom, and is preparing for a government job.

◆ Medicine Support



## Hiralal Das

 East Champaran, Bihar

SCI due to fall 2024. TGF funded rehabilitation at The Duncan Hospital, Raxaul — quality care close to home.

◆ Rehabilitation Funded

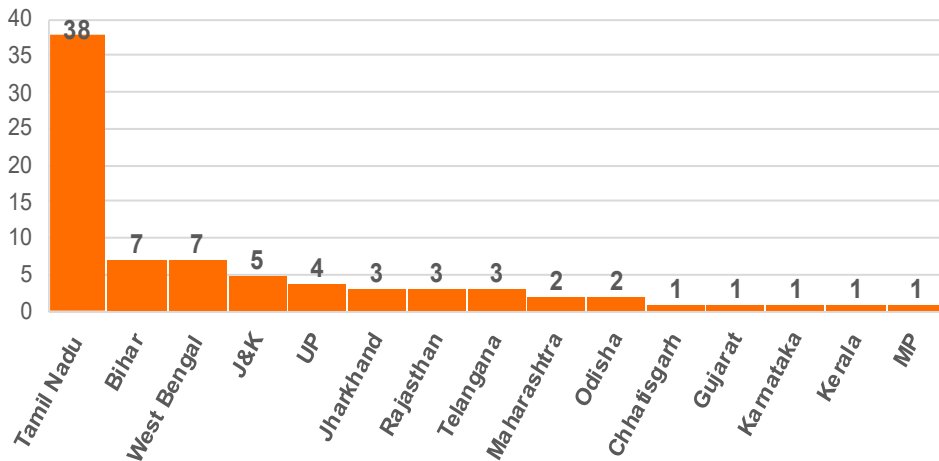


# Cot and Mattress Programme

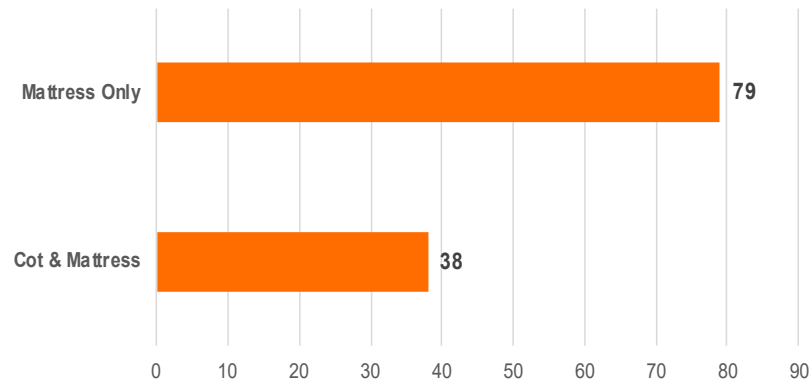
- Rationale behind the programme is to help beneficiaries have postural stability and prevent the breakout of bedsores, a significant health challenge for PwSCI that can, on rare occasions, pose a fatal risk
- Protection from insect/rat bites and from flooding of living areas, a challenge during the monsoons

**Impact/outcome:** Better skin health ► ability to sit longer on wheelchair ► improved independence ► ability to seek livelihood

Cot and mattress distribution by state



Cot and mattress distribution by type



# Beneficiary success stories



## Ziaur Rahman

Murshidabad, WB · T9 · 2023

Fell from electric pole during work. TGF provided a pressure-relief mattress to protect his health during recovery at home.

◆ Mattress Provided



## Chanduru

Tirupathur, Tamil Nadu · SCI · 2022

Rehabilitated through CMC Vellore. TGF provided cot and mattress — medically appropriate rest at home post rehabilitation.

◆ Cot & Mattress Provided



## Eid Mohammed

Muzaffarpur, Bihar · D7-D8

Sustained SCI in a road accident. TGF mattress ensures appropriate support, reducing life-threatening pressure sore risk.

◆ Mattress Provided



## Pasunuri Shashi Kumar

Warangal, Telangana · T8 · 2024

Construction worker injured in fall from height. TGF mattress provided during his critical recovery period.

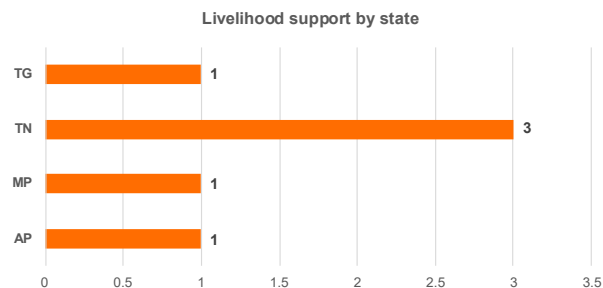
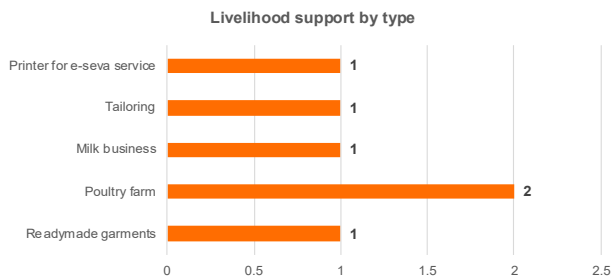
◆ Mattress Provided



# Livelihood Support & Education Support Programmes [LSP & ESP]

LSP - Funded existing businesses run by PwSCI after conducting personal interviews

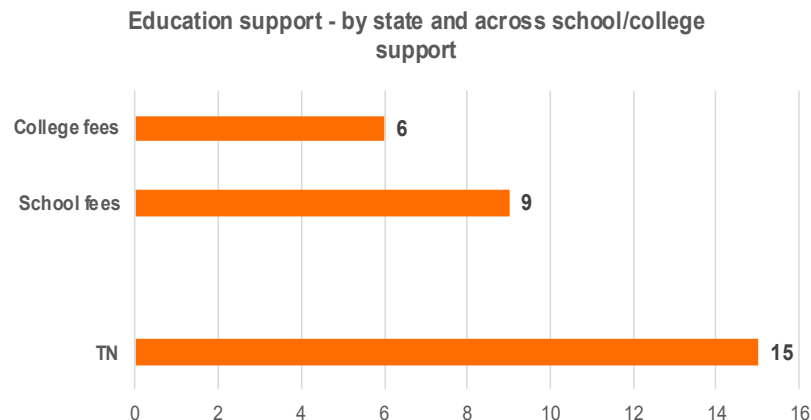
**Impact/outcome:** Kickstarting livelihood and financial independence ► a means to dignified, self-sufficient living



ESP – Tuition fee support for school/college fees, either for a PwSCI or child of a parent with PwSCI

All students funded are from the state of Tamil Nadu

**Impact/outcome:** Best shot at livelihood ► a multi-year initiative with a back-ended payoff



# Beneficiary success stories



## Pandiyam

📍 Trichy, Tamil Nadu

TGF funded expansion of Pandiyam's poultry farming — giving him a stronger financial foundation and greater independence.

◆ Poultry Farm Expanded



## Mohammed Jahangir

📍 Medchal-Malkajgiri, Telangana

TGF funded expansion of his readymade garments business — scaling a livelihood built since 2005.

◆ Garments Business Scaled



## Rajkumar

Class V

Rajkumar sustained SCI in January 2024. TGF funded Rajkumar's son Ragavan's annual school fee, ensuring his education continues despite his father's injury.

◆ School Fees Supported



## Karthik

Class V

Karthik has lived with T12 paraplegia since 2017. TGF funded Karthik's daughter Dhanalakshmi's school fee — supporting the next generation's future.

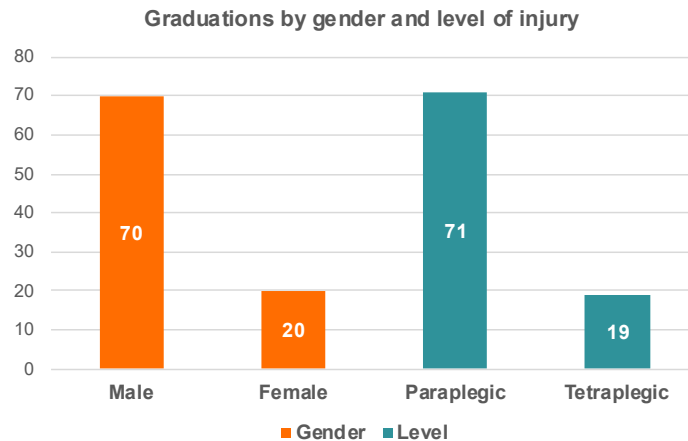
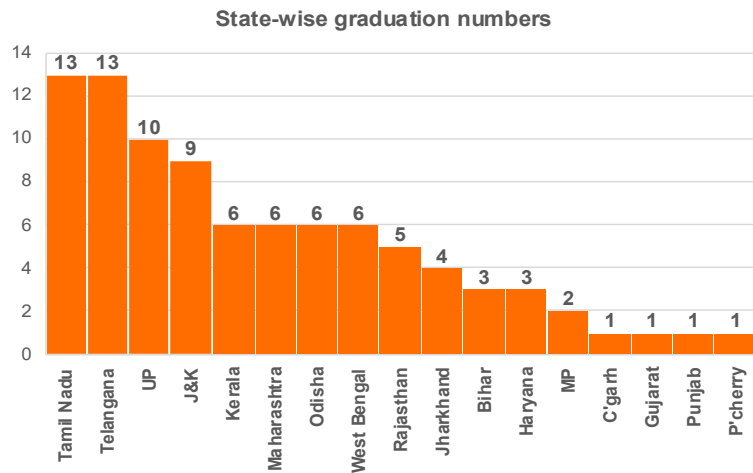
◆ School Fees Supported



# Touch FREEDOM [TF]

TF is a structured tele-rehabilitation model delivered directly to beneficiaries at home through digital platforms. Conceptualised in 2020 during COVID-19, this programme has become the flagship module of TGF and is the principal tool in its rehabilitation repertoire. Over 300 persons have benefited from the programme since its inception.

- **Peer-trainer led:** Individuals with SCI who have successfully progressed in their rehabilitation act as role models. They demonstrate exercises and functional skills, bridge communication between therapists and trainees, and enhance motivation and adherence
- **Context-sensitive care:** The program emphasizes context-sensitive care, adapting training to real home/workplace/education environments and focusing on achieving functional independence rather than just pursuing clinical recovery.



# Beneficiary success stories [1/2]



## Md. Sabir Ansari

Dhanbad, Jharkhand · T8 Paraplegia · 2016

*"From bedridden and dependent to independent and self-sustaining"*

Recurring bedsores, financial hardship and complete dependence ended when a peer trainer connected Sabir to TGF. Touch Freedom training and a Forza Freedom wheelchair transformed his daily life. Today, he repairs and sells fishing nets — contributing to his family's income and his own dignity.

◆ Bedsores Healed

◆ Full Independence

◆ Fishing Net Business



## Pathan Ashiq Hussain Khan

Kheda, Gujarat · T10 Paraplegia · 2023

*"From fear and uncertainty to three gold medals at Khelotsav Para Edition 2025."*

A workplace accident in 2023 left Ashiq overwhelmed with uncertainty. Joining Touch Freedom in 2025 rebuilt his confidence and restored full independence. He went on to win three gold medals — javelin, discus throw, and shot put — at Khelotsav Para Edition 2025, Pune.

◆ Full Independence

3 Gold Medals — Khelotsav Para 2025



# Beneficiary success stories [2/2]

## Omkareshwar Prasad

 Korba, Chhattisgarh · T7 Paraplegia · 2012

Confined at home for 14 years with a damaged wheelchair and mental distress, TF training taught him self-catheterization, skin care, and independent living. Today he delivers food with Zomato, competes in weightlifting, and is opening a grocery shop. Another example that it is never too late to rehabilitate a person who believes that there can be a meaningful life after a life-altering injury.

◆ Freedom Wheelchair

◆ Employment & Sports



## Ponnala Sandhya

 Peddapalli, Telangana · T9 Paraplegia · 2016

Touch Freedom gave Sandhya bed mobility, wheelchair handling, and transfer skills. She now visits her children's school, attends social activities, and independently manages the grocery store she opened herself.



◆ Grocery shop owner

◆ Full social reintegration

## Aniket Dhake

 Pune, Maharashtra · T4 Paraplegia · 2024

A road accident in 2024 left Aniket dependent for nearly a year. Online Touch Freedom sessions retrained him in transfers, personal care and daily management. He has now restarted his career as a civil engineer.



◆ Online Rehab

◆ Career Resumed



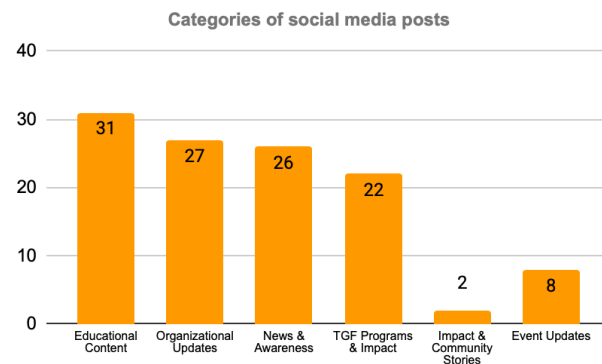
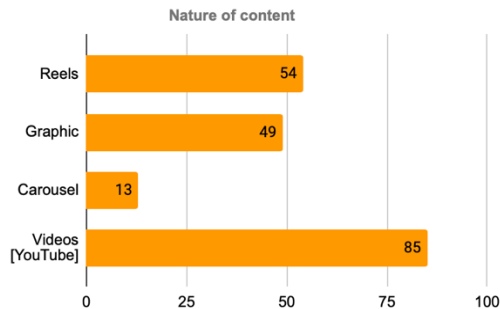
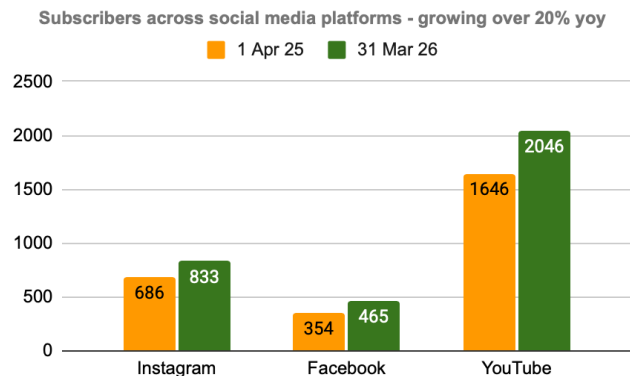
# Our social media initiatives

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# Leveraging platforms to raise awareness

- Dedicated two-member team for social media – this platform is key to raise awareness about SCI and TGF’s work in the space
- Phase II self-help videos [launched in March 2025 in English] were dubbed in both English & Hindi to widen reach; this has resulted in connecting with a more dispersed audience, evidenced in a sharp jump in YouTube subscriber count
- Averaging a post every three days, across a range of categories
- Received a handful of inbound requests across our various programmes; believe this can scale up meaningfully.





# Sporting accomplishments

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# Proud podium finishes in individual events [1/2]

## Nuruddin [aka Goldy] | Peer Trainer | Para Archery



**8th Asian Para Archery Championships 2025**

Men's W1 Doubles · Beijing, China · July 2–7, 2025



**European Para Archery Cup – Leg II**

Men's W1 Doubles · Czech Republic · Aug 23–31, 2025



**7th NTPC National Para Archery Championship**

Men W1 Open · Patiala · Jan 28 – Feb 3, 2026

ARCHERY KIT SUPPORTED BY TGF

## Kamalakanta | Peer Trainer | Para Athletics



**Javelin Throw**

World Abilitysport Games 2025 · Thailand · Nov 17–24, 2025



**Shot Put**

World Abilitysport Games 2025 · Thailand · Nov 17–24, 2025



**800m T53–54 Wheelchair Race**

World Para Athletics Grand Prix 2026 · New Delhi

## Manoj Kumar | Para Shooting



**R3J 10M Air Rifle Prone**



**R1J 10M Air Rifle Men**

TRAVEL & FEE SUPPORT

# Proud podium finishes in individual events [2/2]

## Allepu Bharath



May 4, 2025

**GOLD** Taekwondo

2nd Telangana Para Taekwondo Championship

## Priya Sharma



Aug 23–26, 2025

**GOLD** Javelin Throw  
 **SILVER** Shot Put

15th MP State Para Athletics Championship

## Tarun Kumar



Dec 27–30, 2025

**GOLD** Club Throw

15th Rajasthan Senior State Para Athletics

## Viveka Mishra



Feb 1, 2026

**GOLD** Shot Put  
 **BRONZE** Discus Throw

26th Bihar State Para Athletics Championship

## Udaya Kumar Rout



Jan 22–25, 2026

**BRONZE** Table Tennis

3rd National Ranking Para Table Tennis

## Anurodh Delikar



2026

**SILVER** Trap Shooting

West Bengal State Open Trap Shooting



# Participation in multiple marathons

## Wheelchair Athletes on India's Biggest Stages



### Chennai Marathon 2026

January 4, 2026

**61**

Wheelchair  
Runners

**4**

Full  
Marathon

**56**

10 km  
Run

- 3 Quadriplegic athletes
- 4 Women wheelchair participants
- 3 Prosthetic-leg runners
- 6 States represented



### Manipal Marathon 2026

February 2026

**22,000**

Total  
Runners

**60**

Athletes with  
Disabilities

**37**

Wheelchair  
Athletes

- Special Category Run
- Interstate mobilisation
- Peer-led support coordination
- TGF led participation



### Dream Runners Half Marathon 2025

July 20, 2025

**8**

Wheel chair  
Users

**10K**

Distance  
Completed

- All 8 wheelchair users completed 10K
- Strong community showing



# Events, Activities & Community Engagement

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# Showcase for leadership, awareness building and community inclusion

## National Dance Inclusion Initiative



Led by Priya Sharma • Jaipur • December 17, 2025

Nine girls with disabilities from six states came together for a nationally coordinated dance performance. Priya Sharma led the initiative — managing full training, mentoring, interstate travel coordination, and stage preparation. For every participant, stepping onto the national stage for the first time marked a profound moment of visibility, confidence, and cultural inclusion.

First-Ever Stage Performance for All

## World SCI Awareness Month

World Spinal Cord Injury Awareness Month

Interactive Session on "The Journey to Empowerment After SCI"

Speaker: S. Guru Nagarajan, PhD  
Rehabilitation Social Worker (Co-Chair)

Winners Announce  
Creative Showcase by  
Undergoing Rehabiliti

Friday, Sep 26, 2025  
8:00 PM Onwards

thegangafoundation @tgf.sc

September 26, 2025 • Live Session

*"The Journey to Empowerment After SCI"*

Speaker: Dr. S. Guru Nagarajan, PhD

Q&A & Creative Showcase

## Love Beyond Limitations



Viveka Mishra & Kumaresan • February 22, 2026

TGF Peer Trainer Viveka Mishra (Bihar) began a new journey with Kumaresan (Tamil Nadu).

Their union reflects dignity, partnership, and inclusive living.

Inclusive Marriage Celebration



# Team

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# The people driving change [1/2]

## Peer Trainers



Allepu Bharath



Anil Amrawat



Tarun Kumar



Anurodh Delikar



Atul Wadhane



Nuruddin



Pasunoori Sridhar Raju



Balageetha G



Beena Kurup



Binod Kumar Lohar



Priya Sharma



Kamalakanta Nayak



Rayan Fernandes



Satnam Singh



Kasinathan A



Madhankumar P



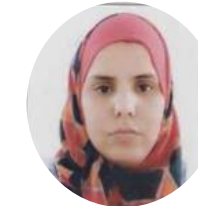
Mohammad Rafee



Naresh S



Nilesh Yadav



Shamsunnisa Khan



Subbulakshmi V

# The people driving change [2/2]



Udaya Rout



Viveka Kumari



Thiruselvan



Laxmipriya



Ramya



Sandeep

## Therapists



Ruth



S S Rajalakshmi



Samson Daniel F



Sarah Sundararaman



Shirley Betsy V

## Operations and Administration



Md Dastagir Fasihuddin



Nath Balakrishnan



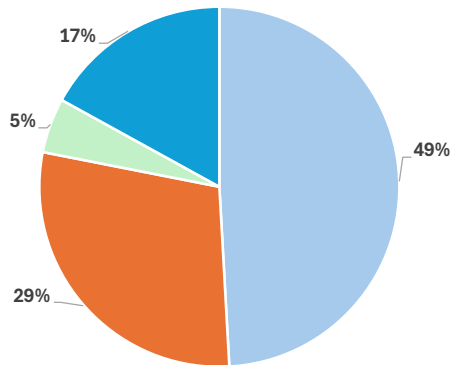
# Additional information

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# Financial and regulatory information

## How your monies were spent in FY25-26\*



■ Fees and salary ■ Programme expenses ■ SCI welfare and sports ■ Surplus

\* Based on unaudited figures

## Our top CSR donors for the year



## How you can help us

<b>Beneficiary Name</b>	The Ganga Foundation
<b>Bank</b>	Kotak Mahindra Bank
<b>Branch</b>	Porur, Chennai
<b>Savings Account No</b>	3845950370
<b>IFSC Code</b>	KKBK0000472
<b>UPI Code</b>	gangafo undation@kotak
<b>PAN No</b>	AABTT8436G

- Donations accepted only from Indian passport holders
- For donations above the UPI-permitted limit, please register our bank account as a beneficiary and effect the transfer via IMPS/RTGS/NEFT
- The donation receipt [Form 10BE] to claim tax deductions on your contribution will be emailed in June of the financial year following the one in which the donation was made

gangafo undation@kotak



## Legal Status

The Ganga Foundation is a Public Charitable Trust [PAN No: AABTT8436G] registered under Section 12AB(1)(b) of the Income Tax Act, 1961. Donations made to The Ganga Foundation qualify for exemption under Section 80G of the Income tax Act, 1961.