

## Sinchana Foundation Impact Assessment (2021–24)

### 1. Background

- Founded in **2014** in Bengaluru by **Ms. Charitha Kudige**, Special Educator.
- Focus: Therapy, education, and holistic development of children with Autism, ADHD, genetic syndromes, and intellectual disabilities.
- Vision: Enable independent living for children with special needs.

### 2. Core Programs Assessed

- **One-on-One Therapy Program (OOP):**
  - Personalized sessions for ages 2–8.
  - Focus on speech, cognition, language, play, and developmental milestones.
- **School Program (SP):**
  - Academic instruction for slow learners and children with learning disabilities.
  - Karnataka State Syllabus + functional academics (math, literacy, life skills).
  - Includes group activities, games, origami, exposure visits, and celebrations.

### 3. Methodology

- Conducted by **Own2Feet Association (O2F)**.
- Mixed methods: telephonic/virtual interviews with parents, staff, and founder.
- Census-based approach (small beneficiary pool).
- Stakeholders: Parents, children, supervisors, interventionists.

### 4. Key Findings

- **Child Development:**
  - 86% (SP) and 90% (OOP) parents reported significant progress in children.
  - Improvements in speech, reading, writing, cognition, and social skills.
- **Parent Quality of Life (QOL):**
  - Parents reported increased awareness, confidence, and ability to manage child needs.
  - High satisfaction with program delivery and professionalism of staff.
- **Mainstreaming:**
  - 3 children successfully transitioned into regular schools.
- **Interventionists:**
  - Parents rated staff as knowledgeable and professional.

- On-the-job training effective, but need for structured training modules.
- **Infrastructure:**
  - Current facilities inadequate compared to quality of interventions.
  - Larger, improved space required.
- **Parent Counseling:**
  - Informal counseling exists; structured program recommended for better engagement.

## 5. Challenges

- Limited infrastructure and space.
- Need for more comprehensive staff training.
- Societal barriers and stigma around disability.

## 6. Recommendations

- Develop a **strategic blueprint** for scaling services.
- Strengthen infrastructure and expand reach.
- Introduce structured parent counseling programs.
- Regular training workshops for interventionists.
- Enhance extracurricular and physical activities for children.

## 7. Overall Impact

- Both programs (SP & OOP) are **meeting objectives**:
  - Improving developmental progress in children.
  - Enhancing family quality of life.
- Parents express **high satisfaction** with interventions and delivery.
- Sinchana Foundation is well-positioned to **scale up and strengthen services**.