

INSIDE ME

ANNUAL REPORT 2024-25

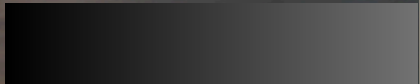


TABLE OF CONTENTS

I	Executive Summary	1
II	Acknowledgment	2
III	Director Reflection	3
IV	About Inside Me	4
V	Our Approach & Thematic Area	5
VI	Our Partners	6
VII	Note from Our Esteemed Partner	7
VIII	The Blind Arts Project	8-11
IX	The Holistic Healing Project	12-15
X	Success Stories	16-17
XI	Awards & Recognition	18
XII	Social Return & Community Impact	19-20
XIII	Visual Highlights Of our Journey	21-25
XIV	Volunteers Testimonials	26
XV	Media Coverage	27
XVI	Looking Ahead	28

Executive Summary

Inside Me, a registered non-profit organization based in Delhi since 2013, continues to lead transformative efforts in the fields of education, empowerment, and employment for underprivileged blind students. Rooted in the belief that visual learning is essential for all, including those without sight, Inside Me has developed an innovative art-based pedagogy that empowers visually impaired students to learn, comprehend, and express concepts using their remaining senses—primarily touch and sound.

In 2023–24, Inside Me successfully operated two core projects:

1. Blind Art Education Empowerment Project
2. Blind Holistic Healing Livelihood Project

These projects, aligned with NEP 2020, are designed to make education accessible, meaningful, and empowering for blind students, especially from economically weaker backgrounds. This year marked a significant expansion in scope, impact, and partnerships, resulting in increased enrollment, greater public recognition, and deepened donor involvement.

Inside Me also expanded its footprint through prestigious collaborations with institutions like Luxottica India, Italian Embassy, NCERT, and Rashtriya Virja Nand Andh Kanya Vidyalaya, New Delhi. Our art-trained students are now recognized as artists, reflexologists, and changemakers, thanks to rigorous hands-on training and community-based practice opportunities.

Key Achievements & Highlights

Educational Impact

- Reached 34 visually impaired students through structured art-based education programs across multiple institutions.

- Developed a customized art curriculum integrated with academic subjects like mathematics, biology, and physics, enhancing comprehension through tactile learning.
- Conducted regular performance evaluations to track student learning progress and adjust training accordingly.

Skill Development & Livelihood

- 6 blind students trained in reflexology and acupressure under the Holistic Healing Livelihood Project.
- 2 certified reflexologists (from the first batch) now working at community centers in Delhi, contributing to their families and local communities.
- Plans initiated to expand vocational training into baking and cane weaving for blind girl students.

Awards & Recognitions

- Honored with the NGO of the Year Award for exceptional contributions to marginalized education.
- Received the Vocational Excellence Award from Rotary Club of Delhi Central.
- Previously awarded the NGO Story Award during the pandemic for remote education and relief support.

Media & Public Engagement

- Featured on PM e-Vidya Channel (NCERT): Live art demonstration by a blind student on Children's Day.
- Participation in major events like Art of India (Times of India), Earth Mela at Italian Cultural Centre, and Purple Fest 2025.
- Covered by Aaj Tak, The Times of India, and other prominent media outlets.

Partnerships & Collaborations

- Strengthened ties with OneSight Essilor Luxottica, Italian Embassy, Rashtriya Virja Nand Andh Kanya Vidyalaya, and Luxottica India.
- Donor engagement enhanced via real-time monitoring dashboards and regular reporting.

Innovation in Pedagogy

- Implemented a data-driven monitoring and evaluation system for students and teachers using cloud-based analytics.
- Created custom tactile tools, vocabulary guides, and sensory-rich experiences including museum visits and live workshops.

Future Plans

- Expand to more blind schools in Delhi-NCR.
- Introduce vocational training in baking and cane weaving.
- Establish an eco-system for commercial skill deployment enabling financial self-sufficiency.
- Identify and support 5 outstanding students annually for advanced vocational and academic sponsorship.

Acknowledgments

We express our heartfelt gratitude to all who supported Inside Me throughout 2023–2024. Your trust and encouragement have been instrumental in advancing our mission to empower visually impaired students through education, art, and skill development.

We thank RailTel Corporation of India Limited, under the Ministry of Railways, for supporting our Blind Art Education Project. Our sincere appreciation also goes to OneSight Essilor Luxottica Group and Luxottica India for funding the Blind Holistic Healing Livelihood Project, enabling students to gain vocational skills and self-reliance.

Special thanks to the Italian Embassy and Italian Cultural Centre for their meaningful collaboration. We are especially grateful to Ambassador Vincenzo De Luca, Mrs. Paola Vincenzo, Ms. Elisa Sartori, and Mr. Shiven Malhotra for their personal contributions, including laptops for students in need.

We acknowledge the invaluable support of our partner schools—Janta Adarsh Andh Vidyalaya, Institution for the Blind, and Rashtriya Virja Nand Andh Kanya Vidyalaya—and our dedicated team of teachers and coordinators.

We also thank NCERT, PM eVidya Channel, and the Ministry of Social Justice and Empowerment for recognizing our work, and the media for sharing our story.

To all our parents, volunteers, and well-wishers—thank you for helping us visualize the unseen.

Director Reflections



P. Shivani Bharadwaj
Founder & Chairperson,
Inside Me

When I first entered the Institution for the Blind in 2013, I brought with me a simple vision—to help these children visualize what they had only heard throughout their lives. As I engaged with them to better understand their world, a bell rang around 4 p.m. I casually inquired, “Why does the bell ring now?”

One of the students responded, “Madam, daan ki ghanti hai”—it’s the donation bell; someone has come to distribute food. That moment resonated with me. I gently told them, “Don’t call it daan. It’s your snack time. You deserve this.” Since that day, my mission has been clear: to empower them to rise above a life reliant on charity.

I recognize the reality—these students are young, and donations are vital. The school provides meals for 100 children four times a day. However, my persistent question has been: What happens after school? Who will support them then? This question fuels my every effort.

Over the years, I have worked diligently—applying for CSR support, showcasing their artwork at prestigious fairs, and fostering meaningful relationships. One significant connection was with Paola, the wife of the former Italian Ambassador. With her help and the generosity of Luxottica, this project became a reality.

I am profoundly grateful to the Italian Embassy, Mr. and Mrs. Vincenzo, The Italian Association, and Mr. Akash Goyle, Country Manager and Managing Director at Luxottica India, for believing in our vision. My heartfelt thanks go to our reflexology trainer, Ms. Kusam Aggarwal, for her unwavering commitment.

Most importantly, I want to honor these remarkable students. Many have been with me since childhood. They trust me, and they are putting in the effort—not only for themselves but to realize a shared dream: to live with dignity and independence.

I don’t want the world to perceive them as mere beneficiaries. I want people to recognize them as professionals—to respect them and invite them into your offices, clubs, and communities—not for charity, but to witness the transformative power of their skills.

They do not seek charity; they seek opportunity.



ABOUT US

"Inside me there was everything I had believed was outside. There was the sun, light, and all colours. There were even the shapes of objects and the distance between objects. Everything was there and movement as well."

Jacques Lusseyran, Blind Hero of the French Revolution

Inside Me is a Delhi based registered organisation working since 2013 and was formally registered in 2017. We are working in education, empowerment, and skill development sector for blind. We give visual concepts to what they hear or touch, through drawing. Instead of eyes we use their touch sense to signal the brain. We try to implant the visuals in their brain through audio, touch, and practice. It is a rigorous training of years to make them hold a crayon, draw lines and geometrical shapes. Drawing helps them to understand basic concepts of any skill. In future, if we train them for baking, massage or acupuncture, drawing will play a major part in understanding human physiology, parts, and functions.

The prime objectives of Inside Me are:

- Visual education through Art, for blind students promotes social transformation and equal opportunity by fostering knowledge, skill sets, morals, and principles that promote social wellness.
- To advance their visual learning, we have included their subject contents in our designed art curriculum based on NEP 2020 so that they can understand the concept visually through drawing.
- In India, blind students are limited to subjects like art, which is crucial in science, technology, engineering, and mathematics; it enhances engagement and understanding of concepts. Art makes STEM topics more engaging and solidifies a student's basic understanding of concepts.
- Inside Me have introduced vocational courses for senior students along with their ongoing school education to facilitate an all-round development of these students, like other unchallenged sighted students.
- We identify at least six outstanding visually challenged students each year who could be sponsored for higher studies / scholarships / further skill development.

Vision:

- We quest to improve the learning and understanding capacity of blind individuals by incorporating visual concepts into every subject in all blind schools and institutes, especially in inaccessible areas. To augment their comprehensive capabilities, Art should be a compulsory subject for blind in India.
- To empower every underprivileged visually impaired student to be sufficiently educated, trained and upskilled so that they can lead a financially self-sustained, dignified and undiscriminated life like us.

Our Approach

Inside Me adopts a transformative, multi-sensory approach to education, empowerment, and employment for visually impaired students. Rooted in the belief that the absence of sight should not mean the absence of vision, our methodology integrates art, tactile learning, and personalized training to help blind students understand the world around them.

Our programs use touch-based visualisation techniques where students learn to interpret physical concepts—such as shapes, body systems, and geography—through drawing. By training their hands to hold crayons and draw geometrical figures, students develop a deeper understanding of academic content, aligned with the National Education Policy (NEP) 2020. Concepts are explained using relatable comparisons, familiar objects, and experiential learning methods.

We embed our interventions within existing school systems, working directly in school premises for seamless integration. Our team conducts regular classes, performance evaluations, and continuous progress tracking through structured data collection uploaded to a cloud-based monitoring system.

Further, we combine academic learning with vocational skills, such as reflexology, acupressure, and soon, ensuring students are equipped with livelihood skills by the time they graduate. We prioritize gender inclusion, giving special focus to visually impaired girls, and build pathways toward financial independence and social dignity.

Our model is scalable, replicable, and community-based, designed to adapt to diverse blind schools and socio-economic contexts. Through art exhibitions, therapy practice, and national media showcases, we bring visibility to our students' capabilities and challenge societal misconceptions about blindness.

Key Thematic Areas

EDUCATION

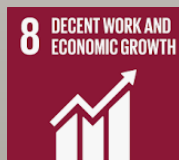
- Delivers inclusive education to visually impaired students using tactile and arts-based.
- Integrates NEP 2020-aligned content into accessible formats.

SKILL & EMPLOYABILITY

- Integrates NEP 2020-aligned content into accessible formats.
- Providing vocational training in reflexology

LIVELIHOOD

- Offers livelihood skills training in areas such as reflexology, acupressure, and other holistic therapies.
- Focuses on job-readiness and financial independence for blind youth by age 18.



Our Partners



**Perfetti Melle,
IndiVana**



**French Embassy
New Delhi**



**Environmental
Design Solutions,
New Delhi**



**Isgec Heavy
Engineering Ltd.**



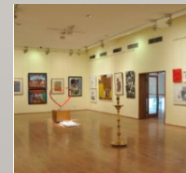
**Kokuyo Camlin
Ltd.**



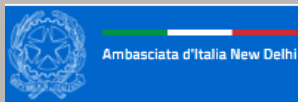
**Estater Private
Limited**



**India Art Festivals
Mumbai**



**Galerie Art Eternè
New Delhi**



**Italian Embassy
New Delhi**



**OneSight Essilor Luxottica
Foundation**



**RailTel Corporation
of India**



Note from Our Esteemed Partner

I got to know about Inside Me through Geraldine, the former French Ambassador's wife, and met Shivani soon after. I had the chance to meet blind students at a dance workshop held at the Italian Embassy—and honestly, it was incredibly moving. Seeing their energy and joy was something I'll never forget.

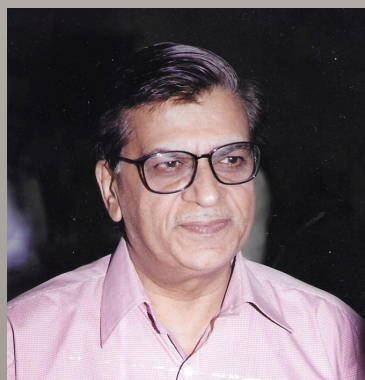
I truly admire the amazing work Inside Me is doing with visually impaired students. Their artwork, displayed at the Italian Cultural Centre, left everyone in awe. It was beautiful and inspiring—something that's rarely seen in India. This kind of initiative gives blind students a chance to imagine and understand things they've never seen before, even complex things like science diagrams.

I also really appreciate the work they're doing in helping these students build livelihoods. Finding employment can be tough for someone who is completely blind, but with the skills they're learning—like reflexology—they stand a much better chance. I watched a few of them in action, and I was so impressed.

Wishing Inside Me and Shivani all the very best in their journey. The work they're doing at the grassroots is truly incredible, and it's clear how much heart and effort Shivani has put into making these students self-reliant.



***Mrs Paola Vincenzo, Ex
Italian Ambassador's wife to
India***



***A.K. CHOPRA,
General Manager Indian
Railways (Retd.) &
Founder Managing Director
Railtel Corporation of India***

Ms Shivani Bhardwaj of INSIDE Me had interacted with me, as Chairman of Janta Adarsh Andh Vidyalaya Sadiq Nagar New Delhi, for many years, supporting visually impaired children to have a feel of drawing experience with colours. Making such children aware of their surroundings has been one of their most wonderful experiences they could ever imagine. In spite of initial apprehension about utility of this experiment, it was the perseverance of this organisation to create interest in children as a hobby and make them appreciate the world around. This initiative spread over many years created enthusiasm in children, which also resulted in showcasing their art in ART exhibitions through INSIDE ME.

Needless to say, these children performed better in studies to understand diagrams in science. In livelihood project, and has

added skills in their hands to pursue this art either as a hobby or even professional later in their life. My best wishes to INSIDE ME to continue with such initiative which is indeed unique in all aspects.



Education Through Art:

We empower visually impaired students through inclusive education and creative expression.

Under the JAAV School, Sadiq Nagar, South Delhi & RVAKV, New Rajinder Nagar, Delhi, Blind Arts & Educational Empowerment Project, 38 blind and visually impaired girls aged 8–18 are receiving structured training in art, drawing, and creative skills alongside their regular curriculum. This initiative blends education with artistic expression, nurturing imagination, confidence, and cognitive development. It exemplifies how inclusive education through art can open new pathways for learning, expression, and empowerment.



The Blind Arts & Education Project

The Blind Arts & Educational Empowerment Initiative, launched at JAAV School, Sadiq Nagar, South Delhi & Rashtriya Virja Nand Andh Kanya Vidyalaya, New Rajinder Nagar, Delhi, aims to provide inclusive and holistic learning opportunities for visually impaired students aged 8 to 18 years. Through this initiative, 38 students are receiving structured training in arts and drawing alongside their regular academic curriculum. The core objective is to use art not only as a creative outlet but also as a powerful educational tool that helps students better comprehend their physical environment. By incorporating arts into their learning, students are able to enhance their understanding of key academic subjects such as mathematics, physics, and biology through sensory-based interpretation.

Art also serves as a medium of emotional expression and well-being, offering students a joyful and therapeutic experience that supports their mental and emotional growth. In addition to nurturing creativity, the program identifies outstanding students each year who demonstrate exceptional potential in the arts. These students are then guided towards pursuing art as a potential career path, with opportunities for additional sponsorships or grants to support higher-level training and specialization. The initiative continues to promote confidence, independence, and long-term development through a unique blend of education and creativity tailored for visually impaired learners.

Blind Arts Project: Implementation, Evaluation, and Teaching Methodology

Project Implementation and Execution of the Blind Arts Initiative :

The Blind Arts Project commenced on 6th February 2023 with the first class conducted for visually challenged students at JAAV School, Sadiq Nagar, South Delhi. This initiative is led by a dedicated project head, supported by field supervisors and a team of specialized teachers who conduct art and drawing classes twice weekly. Classes are held on school premises, focusing on empowering visually impaired students through tailored art education.

Project Monitoring and Data Collection:

To ensure effective implementation, every class session is meticulously documented. Multiple data points are captured in real time, including student attendance, behavior, artwork produced, and GPS-enabled photographs. At enrollment, each student's profile and initial art capability are recorded. Teachers' attendance and teaching topics are also tracked. All data is uploaded to a cloud-based server for analysis, enabling continuous monitoring of individual student progress and teacher performance.

Evaluation and Reporting:

Periodic assessments are conducted approximately every 6 to 8 sessions to evaluate students' comprehension and artistic skills. Students demonstrate their learning by creating artwork based on recent lessons, and their performance is categorized as satisfactory, requiring improvement, or unsuccessful. These results are uploaded and analyzed to identify learning gaps and inform instructional adjustments. Comprehensive reports, including attendance and performance trends, are generated and shared with the donor school through an accessible online dashboard.

Teaching Methodology and Pedagogy

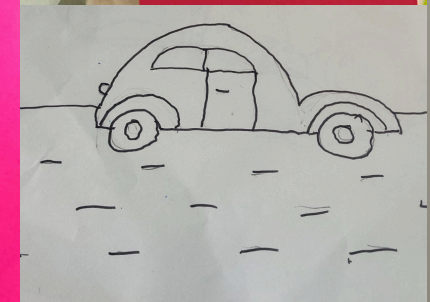
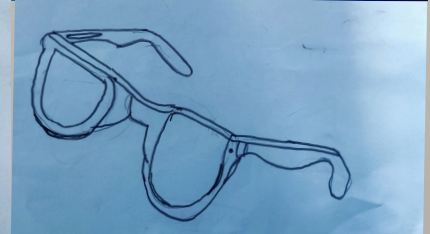
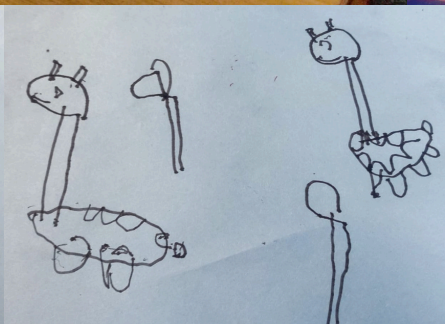
The project employs a customized curriculum designed specifically for visually challenged students. The pedagogy emphasizes multisensory learning—using touch, hearing, smell, and taste—to help students visualize shapes, sizes, and textures. Concepts are explained using consistent vocabulary and relatable comparisons.

Practical, experiential learning opportunities are integral, including exploring everyday objects within the school and attending museums and art workshops. Students are also taught to write alphabets, aiding their literacy development alongside artistic skills.

Class Structure and Beneficiaries

Ideal class sizes range from 15 to 20 students, ensuring an optimal student-teacher ratio. Students are grouped based on the degree of visual impairment, with tailored attention for fully blind and younger students who require more intensive guidance. Since its inception, 34 students have enrolled in the project, with some dropouts and mid-term admissions reflecting the dynamic nature of participation. The program's growing popularity underscores its positive impact on visually impaired learners.

GALLERY





Skills for Tomorrow:

We empower visually impaired youth with hands-on training in reflexology.

Under the Skill Development initiative supported by OneSight EssilorLuxottica, six visually impaired students were trained in reflexology and acupressure over one year. This project exemplifies inclusive skill-building and economic empowerment."



Holistic Healing Project

The Blind Holistic Healing Project, supported by OneSight EssilorLuxottica Group in 2023, is a CSR livelihood initiative designed to empower visually impaired students through skill training in reflexology and acupressure. In alignment with the National Education Policy (NEP) 2020, the curriculum was tailored to help blind students interpret and practice subject content through sensory learning methods. The project selected six visually impaired students for a year-long training program conducted within their school premises, ensuring a safe and familiar learning environment.

The objective was to equip these students with a sustainable livelihood skill that enables them to earn independently after the age of 18. Out of the six students, two have successfully completed the course and have been awarded certificates, officially recognizing them as certified trainers in reflexology and acupressure.

To support practical application and earning opportunities, a partnership was established with a community wellness centre in Saket. The certified students now offer reflexology services to the community, combining livelihood with service. This initiative showcases the power of inclusive skill development, helping visually impaired youth build confidence, financial independence, and community connection through meaningful work in the wellness sector.

Holistic Healing Project: Implementation, Evaluation, and Teaching Methodology

Implementation Strategy

The Holistic Healing Project, launched in February 2023 by Inside Me Trust, focuses on building employable skills among visually impaired youth aged 15 to 19 years from marginalized communities in Delhi. The project was implemented at institutions for the blind in Amar Colony, Lajpat Nagar IV, with a structured plan of 144 sessions over 12 months. Class sizes were intentionally limited to 2–7 students to ensure personalized attention.

The implementation followed a phased structure:

1. Mobilization & Counseling: Beneficiaries were identified through community outreach and school partnerships.
2. Training Execution: Sessions blended theory and hands-on practice in reflexology therapy, with adaptive tools and materials suited for the visually impaired.
3. Expert Sessions & Exposure: Guest lectures, industry visits, and public wellness events provided real-world exposure.
4. Final Assessments: Skill-based evaluations led to certification and post-training income generation opportunities.

Evaluation Process

Monitoring and evaluation were integral to the project:

- Baseline Survey: Conducted pre-launch to assess student readiness, motivation, and institutional support.
- Continuous Monitoring: Attendance, curriculum coverage, student progress, and teacher activity were documented per session and uploaded to a centralized digital system.

- Formal Assessments: Conducted after every 6–8 sessions to evaluate students' comprehension, skill development, and readiness for public engagement.
- Outcome Measurement: Indicators included certification rates, income generation post-training, behavioral changes, and increased self-reliance.
- Among 10 youth trained, 7 were certified and 4 began earning an average monthly income of ₹8,000 through reflexology services—an outcome demonstrating economic empowerment and social transformation.

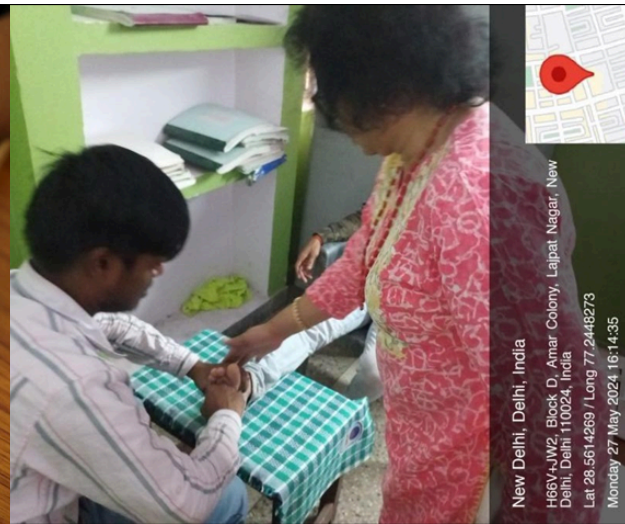
Teaching Methodology

- Multisensory Approach: Used familiar textures and analogies to explain concepts (e.g., almond-shaped eyes, tissue-like butterfly wings).
- Hands-on Learning: Included practical sessions with everyday objects and visits to museums, art fairs, and wellness events.
- Adaptive Support: Provided personalized assistance, especially for totally blind and younger students.
- Inclusive Delivery: Lessons conducted using audio instructions, verbal cues, and peer mentoring.
- Holistic Development: Focused on motivation, personality building, and communication skills.

This approach helped transform participants from aid-receivers into skilled, confident, and contributing members of society—proving that with the right tools and support, visually impaired youth can achieve both economic independence and personal fulfillment.



Training their hands to hold a crayon and draw geometrical shapes so that they understand their subjects visually



Chandra Bindu, Arvind Kumar and the trainer Kusam Agrawal during training session at IFB, Amar Colony, New Delhi. Holistic Healing Project, where we are training six Blind students for livelihood



From our first batch of Livelihood Skill Development Project, Blind beneficiaries Chandra Bindu and Arvind Singh received Certificate after completing reflexology course



We are grateful to Italian Embassy and Luxottica India for an impactful collaboration to support visually impaired students towards livelihood. Ambassador Vincenzo Deluca, Mrs Paola Vincenzo, Mr Akash Goyle, Country Manager and Managing Director, Luxottica India, P Shivani Bharadwaj, Founder Inside Me along with beneficiaries of Holistic Healing Project.

Success Stories



Gulshan Kumar (UDID: DL0950220110021129)

I never thought that I could earn something with my own hands. This training taught me that I am capable. Now, I dream of helping more people through healing and making my parents proud. Thank you to everyone who believed in me. This is just the beginning.



Ritik Kumar (UDID: DL0950220060038865)

Healing with Heart. An 18-year-old blind student from Bihar, Ritik Kumar joined Inside Me's Holistic Healing Project with uncertainty. Through dedication and peer support, he became a certified reflexologist, now using his skills to ease pain and support his family.



Pardesi Kujur (UDID: DL0950220090013998)

Born blind with Buphthalmos and Corneal Decompensation, Pardesi Kujur from Jharkhand lost his father early and supports his family alongside his mother. Through the "Inside Me" initiative, he became a certified reflexologist. Despite hardships, he now heals others through touch, inspires fellow visually impaired youth, and dreams of spreading healing to villages. Pardesi is proud to be a healer.



Shravan Kumar (UDID: DL8390220060007244)

Shravan Kumar, a 100% visually impaired student from Jharkhand, discovered his passion for reflexology through the Inside Me initiative. Now a skilled practitioner, he participates in wellness events and aspires to return to his village to heal and support his community.

Success Stories



Rakhi Kumari (UP0410220120106912)

Rakhi Kumari, a 13-year-old from Moradabad, U.P., has triumphed over spatial and artistic challenges. "I couldn't see shapes before, but with embossed drawings and my teachers' guidance, I learned to feel and draw them," she shares. "Now I enjoy creating art and understand my lessons better too. Inside Me has made me believe that I can achieve anything."



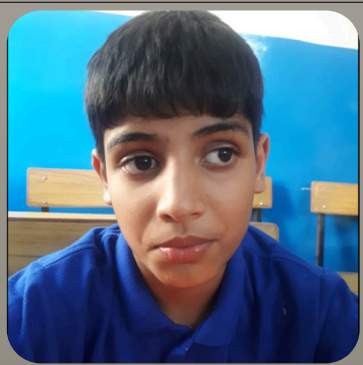
Anjali Pal (UP0910220100137422)

A 14-year-old girl from Ghaziabad, passionate about science and drawing, faced challenges due to visual impairment. Through Inside Me, she gained access to tactile learning tools and creative support. "Now, I believe in myself and know I can achieve anything I dream of," she says, reflecting the program's impact on confidence and learning.



Himani Vohra (DL6720220150007028)

A 10-year-old third-grade student once felt upset when her drawings weren't perfect. After joining Inside Me, she learned it's okay to try again and express creativity without limits. "Now I feel confident. I love drawing huts, birds, and even aliens—because in my world, they can have four hands too!" she says, embracing imagination with joy.



Kasim Chaudhary (DL7840220130002699)

Drawing was hard because I couldn't see clearly, but Inside Me gave me tools I could touch and feel. Now I can draw cars, animals, even mountains! I enjoy learning through art and feel proud when others see my work. It makes me happy and confident to try new things every day.

Awards and Recognition

	<p>Rotary Club of Delhi Central</p> <p>Vocational Excellence Award to</p> <p>P. Shivani Bharadwaj</p>
 <p>This Award has been presented to Inside Me as the "NGO of the Year- Empowering Education" For their outstanding contribution in Empowering Education for the marginalised communities</p>	<p>NGO of the Year- Inside Me</p> <p>Empowering Education</p> <p>Awarded for Inside Me's outstanding contribution in Empowering education for the marginalised communities</p>
<p>Let us fight #COVID-19</p> <p>Teaching Learning Interventions for Inclusive Classrooms Children's Day Special-Drawing for all (Class: I-XII)</p> <p>Live Interactive session with</p> <p>Ms. P. Shivani Bharadwaj Founder, Inside Me</p> <p>Mr. Aditya Varun Student (Janta Adarsh Andh Vidyalaya)</p> <p>Ms. Payal Saini Interpreter</p> <p>We had 3 live telecasts at PM e vidya Channel, at NCERT. Aditya, a blind student drew digestive system live on Children's Day</p>	<p>Participation in national telecasts (PM eVidya Channel) and Purple Fest 2025.</p>

Social Return and Community Impact

Empowering the Unseen: A Path to Dignity, Education, and Livelihood

Inside Me, a Delhi-based non-profit, has transformed the lives of visually impaired children and youth by turning art into a powerful tool for education, empowerment, and livelihood. In a world where 90% of blind individuals in India come from low-income backgrounds and only 30% are part of the formal education system, Inside Me bridges a critical gap by equipping blind students with the ability to "see" through touch, sound, and imagination.

Core Impact Areas:

1. Inclusive Visual Education through Art

- 34 visually impaired students enrolled in the Blind Arts Education Project.
- Students trained to interpret complex STEM concepts using tactile and auditory learning methods.
- Visual art introduced as a pedagogical tool in CBSE-aligned curriculum for better subject understanding.

2. Livelihood Skill Development

- 6 blind students trained in Reflexology and Acupressure as part of the Blind Holistic Healing Project.
- Two students certified and now practicing in community centers.
- Initiated baking workshops in collaboration with the Italian Cultural Centre to explore alternative livelihoods for visually impaired girls.

3. Gender Inclusion

- 56% of beneficiaries were female.
- Special focus on supporting visually impaired girls with skill development, devices (laptops), and career pathways.
- Partnership with Rashtriya Virja Nand Andh Kanya Vidyalaya supports 23 blind girl students aged 8–18.

4. Awareness & Inclusion in Society

- Art exhibitions featuring blind students' work at venues like India Habitat Centre and Earth Mela.
- Participation in national telecasts (PM eVidya Channel) and Purple Fest 2025.
- Over 10 national and international events increased visibility and changed public perception about blindness and ability.

5. Public-Private Partnerships

- Collaborations with Railtel, Essilor Luxottica, Italian Embassy, and Rotary Club enabled financial support, training, and exposure.
- Donor dashboards (like the one for JAAV) allow real-time transparency and impact tracking.

Social Return and Community Impact

Quantifiable Returns

Metric	Value
Total students enrolled	38
Livelihood trained students	6
Dropout rate addressed	74% retained
Artworks created & displayed	250+
Schools engaged	3 major institutions
National recognitions	2 awards, incl. NGO of the Year & national telecasts (PM eVidya Channel) and Purple Fest 2025.
Community engagement events	10+

Social Change Delivered

- From Dependence to Dignity: Students are becoming self-reliant professionals, practicing healing therapies and exploring income generation.
- From Stigma to Self-Expression: Blind students now create artwork and express complex scientific and emotional concepts through visuals.
- From Margins to Mainstream: The initiative has inspired educators, artists, and policymakers, reshaping how society views and supports the visually challenged.

Visual Highlights of Our Journey



From 29th January to 4th February, 2024 Minister of Civil Aviation and Steel, Mr Jyotiraditya Madhavrao Scindia along with Priyadarshini Raje Scindia visited Inside Me at Art of India, organised by The Times of India @India Habitat Centre. Dr Alka Pande, curator of the Fair along with P Shivani Bharadwaj, founder Inside Me in discussion.



A baking workshop was conducted at Italian Culture Centre, Italian Embassy where Life Empowerment Project and Inside Me came together to see a possibility of baking skills for visually impairment persons in future. February 24, 2023

Visual Highlights of Our Journey



Inside Me at Italian Embassy. Students who belong to EWS were given laptops. Our special thanks to Ms Elisa Sartori and her husband, Mr Shiven Malhotra for helping beneficiaries with laptops. May 2024



Minister of State for Culture of India Meenakshi Lekhi, Italian P Shivani Bharadwaj at The Week of Italian Cuisine in the World, Italian Culture Centre, New Delhi.



Earth Mela @Italian Cultural Centre, 9th & 10th December 2023

Former Italian Ambassador to India Vincenzo de Luca along with wife Paola with Inside Me at Earth Mela.

Inside Me displayed the art works created by visually impaired students and some goodies for Christmas and New Year.

Visual Highlights of Our Journey



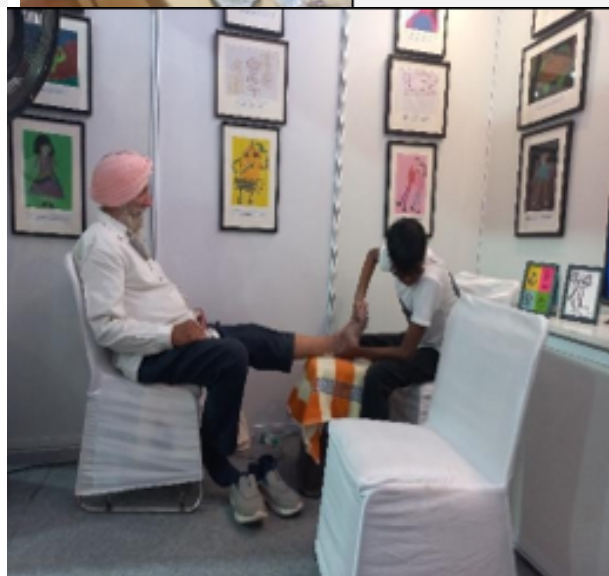
Delhi Network Group at Hyatt Regency Dehi, we spread the awareness about the importance of visualisation for visually impaired students. May'2024



National Symposium cum workshop: Disabilities and Art, The Possibilities and Prospects, Delhi University.



Inside Me, explaining the visual concepts to Mr Sudeep Sinha, Director - Programme and Evaluation · The Hans Foundation



Pardesi, a certified reflexologist from the second batch of Inside Me's Holistic Healing Livelihood Project Performing at Purple Fest 25, organised by Ministry of Social justice and Empowerment, President Estate, New Delhi.



Sravan Kumar, a certified reflexologist from the second batch of Inside Me's Holistic Healing Livelihood Project Performing at Earth Mela, Vasant Vihar Club, New Delhi. We equip students with skills during their schooling, enabling them to either earn while continuing their studies or pursue reflexology as a career.

Visual Highlights of Our Journey



Livya and Chaya from Janta Adarsh Andh Vidyalaya, Sadiq Nagar, New Delhi. We give our beneficiary students an exposure to the art world so that they can adopt art as their career. This way we empower visually impaired girl students in education throughout as well as give them livelihood exposures.



Students from the Institution for the Blind, Amar Colony, find art as a form of therapy, a tool for visualization, and a pathway to livelihood. The blind Art Education Empowerment project aims to enhance visual understanding of subject content through the incorporation of art into the learning process.



Students of IFB, at TOIAOF touching and feeling the Sculptures with different medium. It will enhance their understanding and widen their horizons towards art.



Nalini Singh, Journalist and author appreciating Blind students' art work

Visual Highlights of Our Journey



Inside Me at Diplomatic Night with Prof. K V Thomas (Former Minister, Govt of India & Kerala) Special Representative of Kerala Govt in New Delhi and with Mr Shine Antony.



The Art of India, sponsored by Kotak at Visual Art Gallery, Habitat Center, New Delhi. Inside Me participated in this prestigious Art Fair by The Times of India.



The Purple Fest 2025,

Shri Rajesh Aggarwal, IAS, Secretary, Department of Empowerment of Persons with Disabilities, Ministry of Social Justice and Empowerment.

inside
me



"Inside me is a place I want people to know about as it's a world where you not gonna help other kids but you yourself as well.

Inside me has taught me that what we see is not always the reality but just a starting point to realise the whole truth.

For me getting to know their world helps me find the real meaning of living and loving. Kids out there, can't see but if you gonna look into their eyes they still speaks of curiosity.."

Anshika Dogra, B.A. (H) Psychology 1st yr -
KNC

Volunteers Testimonials

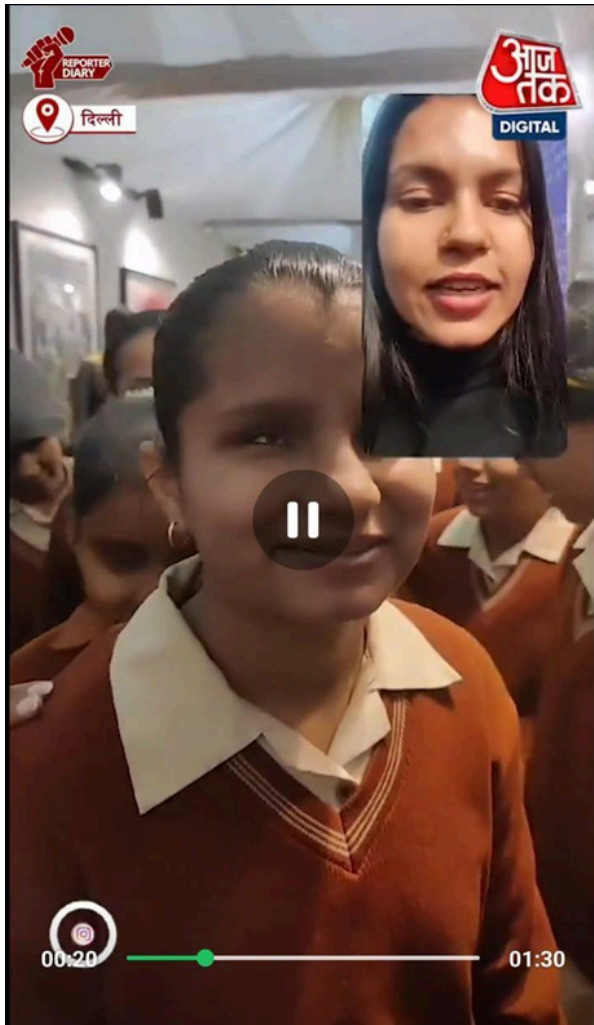
inside
me



"My experience with Inside Me has been incredibly amazing till now. I learnt to appreciate small things in life and realised that I can contribute to the society in many ways. After joining Inside Me I also learnt to deal with kids more patiently, and this helped me with my personality development."

Shivi Sharma, BA, Philosophy Hons, 1st yr,
KNC

Media Coverage



Aj Tak coverage by Neetu Jha at Times of Indis, Art of India fair at Habitat Centre New Delhi. The students from Janta Adarsh Andh Vidyalaya visited the exhibition where their works were displayed. Here is 12 years Naina, whose doll was displayed.

Click on the link to watch the coverage
<https://twitter.com/aajtak/status/1753398092110721148?t=4y3hQ40LvujeYzDwOjzxng&s=19>

Art of India organised by The Times Of India at Habitat centre, Lodhi Road, New Delhi. Inside Me displayed the works of blind children. It was covered by the Media.

Published in The Times of India, 01st February 2024



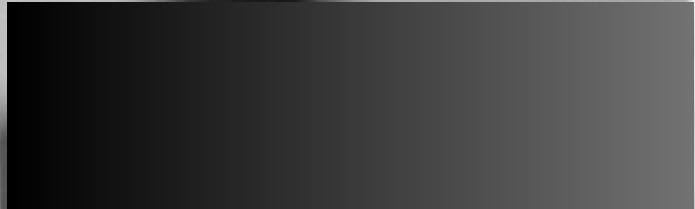
Looking Ahead

In the coming years, Inside Me plans to expand its programs to more blind schools across Delhi NCR, offering visually impaired students greater access to inclusive education and skill development. This initiative aims to bridge the gap for underserved children lacking exposure to creative and vocational training.

The organization will introduce vocational courses in holistic therapies such as reflexology and acupressure—skills chosen for their tactile nature and income-generating potential. These holistic therapies, already piloted successfully, will be scaled with certification for employability.

To ensure sustainability, Inside Me envisions a self-sustaining vocational ecosystem where students can apply their skills, earn income, and serve their communities. Collaborations with local centers will provide practical exposure.

Each year, the organization will sponsor at least five outstanding students for higher education or advanced training, empowering them to lead and inspire others in the visually impaired community.



INSIDE ME

ANNUAL REPORT 2024-25

