

Ten years of beginnings

How Aarambh Child Care Centre has given 297 young children with disabilities in East Delhi a free, early start in life and learning.

Impact Report 2016–2026

Manovikas Charitable Society and Manovikas Institute of Higher Education, New Delhi
Published September 2026



“Every child deserves a chance to learn, grow and be included.”

Aarambh is made possible by Building Kidz Worldwide through Home of Hope Inc. and was founded with the National Trust.



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Aarambh Child Care Centre (A3C), programme code ECIP, is a programme of Manovikas Charitable Society and Manovikas Institute of Higher Education. Figures come from Manovikas Annual Reports 2021–22 to 2025–26, the A3C Impact Report, A3C monthly reports for 2026 and the A3C Strategic Plan and Budget 2026. Children's names and images are used with their families' written consent.



Aarambh students on a day of celebration.

Ten years, 297 children, one beginning

Aarambh means “the beginning”. Since 2016, Aarambh Child Care Centre (A3C) has given young children with intellectual and developmental disabilities a free early start, and walked 16 of them through the doors of mainstream schools.

A3C began as a small early-learning classroom. Today it is Manovikas’ early-childhood resource centre: daily classroom intervention, home-based therapy, family support, school-inclusion follow-up and free community screening, delivered by one team.

From 2025, A3C has focused fully on the years that matter most, from birth to six. The 2026 plan is ready to serve 30–35 children every day. What stands between that plan and the children is funding for the people who deliver it.



Colouring and fine-motor practice in the A3C classroom.

297

children reached since 2016

37

children enrolled in 2025–26, across five pathways

16

children into mainstream and government schools, 2021–2026

7

children promoted to Preparatory level at MSI, 2025–26

6,464

speech therapy sessions in four reporting years

460

occupational therapy sessions, 2023 to 2025–26

72

children screened at free camps in 2026

₹0

charged to families below the poverty line (BPL)

Easy read

- Aarambh helps small children with disabilities.
- 297 children have come to Aarambh since 2016.
- 16 children now go to a regular school.
- Poor families do not pay anything.

A message from our Founder

When a family first comes to Aarambh, they rarely ask about therapy. They ask whether their child will ever go to school.

For ten years, our answer has been yes, and we have learned how to make that answer true. We start early. We work with the whole family. We stay with the child until the school door opens, and after.

None of this would exist without Mrs Vineeta Bhandari. Through Building Kidz and Home of Hope Inc., her belief in these children has kept Aarambh free for every family in need that walks in. We are equally grateful to the National Trust, which helped us begin in 2016.

This report shows what a decade of beginnings has achieved, and what the next beginning needs.



Dr Alok Kumar Bhuwan

Founder Managing Secretary, Manovikas Charitable Society

“The IFSP is a promise that a family’s strengths will be built on, their values respected, their choices honoured and their hopes enabled.”

The principle behind every Aarambh family plan

Why the first six years matter

A child's brain changes fastest before the age of six. Help that arrives in this window builds speech, movement and self-care; help that arrives later costs more and achieves less.

In the trans-Yamuna belt of East and Northeast Delhi, an area of 30–40 km² and about 3 lakh people, that help rarely arrives in time.

Four barriers A3C removes

Families cannot pay. A3C serves daily-wage and low-income households in Shahdara, Dilshad Garden, Seemapuri, Nand Nagri, Jhilmil and Yamuna Vihar. During the pandemic, 16 A3C families lost their income overnight.

Diagnosis comes late. Many of the 72 children screened at A3C's 2026 camps had never met a specialist.

Schools say no. Without preparation and a bridge, a child with a disability is simply kept at home.

Parents are alone. Most have never been shown how to help their child speak, sit, eat or play.



A free assessment and counselling camp run by Manovikas.

Who A3C works with: children with autism, intellectual disability, cerebral palsy, Down syndrome, multiple disabilities, speech and hearing delay, specific learning disabilities and other developmental delays, including babies at risk from prematurity or low birth weight.

From a classroom to a resource centre

A3C now reaches each child where the child can best be helped: in the classroom, at home, in school or in the community. Every pathway shares one team, one family plan and one goal: school.

Centre-based early intervention	Daily classroom learning with speech, occupational and physiotherapy woven into play. 10–16 children attend each day in 2026.
Home-based intervention	Educators and therapists teach at home, beside parents, for children who cannot travel. 6 children in February 2026.
Family support programme	Counselling, parent coaching, home visits, and help with disability certificates and government schemes.
School-inclusion follow-up	Continued therapy and teacher liaison for children already admitted to mainstream or MSI classes.
Therapy and screening	Free assessment camps, therapy sessions, and referral to Manovikas' Saath-Saath centre for older children with high support needs.

How a child moves through A3C

1 Find Screening camp or referral	2 Assess Baseline across development areas	3 Plan Family plan (IFSP) written with parents	4 Support Centre, home or school pathway	5 Review Progress checked every quarter	6 Include Admission to mainstream school or MSI
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What every child receives

An Individualized Family Service Plan (IFSP), written with the parents, scored on a 0–4 quality rubric and reviewed every quarter.

Early learning at the Foundation stage of NEP 2020: Hindi, English, maths, art, yoga, dance and music.

Speech and language therapy on alternate days, with communication devices (AAC) for children who cannot yet speak.

Occupational and physiotherapy for sitting, grip, posture and movement, plus daily-living skills, meals and learning kits.

The team: special educators, a speech and communication therapist, therapy support, caregivers, a counsellor and an inclusion facilitator. Mr Sushil Raj, speech and communication therapist since A3C's early years, leads monthly reporting; educator Ms Bhagwati was celebrated in #BestTeacherTalks for her creative, family-centred teaching.



Speech therapy with an AAC communication app.



Valentine Award for Most Affectionate Student, presented at the Manovikas convocation, 2026.

A decade of beginnings, 2016–2026

A3C grew from a National Trust pilot into the front door of Manovikas' School of Inclusive Education, with Mrs Vineeta Bhandari and Home of Hope beside it since 2020.

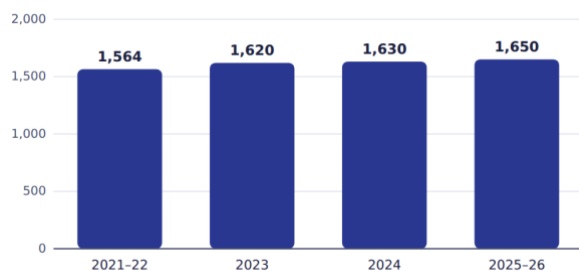


Children reached: 267 by 2023 (Manovikas Position Paper), 297 by 2025.

Steady therapy, growing reach

Every year, about 1,600 speech therapy sessions; every year, children step into school.

Speech therapy sessions per year



Source: Manovikas Annual Reports 2021–22 to 2025–26

Who A3C serves, 2025–26

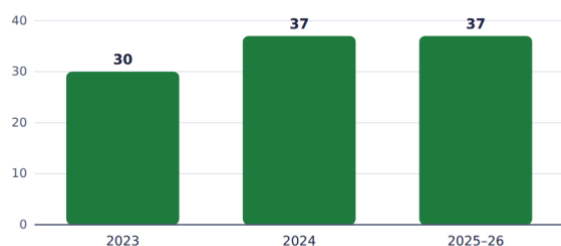


A3C year by year

Year	Enrolled	Speech sessions	OT sessions	Days and sessions	Parent meetings	Into school	Family support
2025–26	37	1,650	155	255 sessions	8	2 mainstream, 7 to MSI Preparatory	20 home visits, 20 counselling sessions, screening camps
2024	37	1,630	155	195 days	5	7 mainstream	4 inclusive-school partners
2023	30	1,620	150	195 days, 255 sessions	6	3 government schools	6 inclusive-school partners
2021–22	—	1,564	—	256 classes	—	4 included in schools	23 counselling sessions, 48 home visits, 20 learning kits

Sessions exceed teaching days because children also receive evening sessions, and home sessions continue through school holidays.

Children enrolled per year



In 2023: 26 boys and 4 girls; 19 with IDD, 7 with autism, 4 with multiple disabilities.

Republic Day celebrations in the A3C classroom.

Growing up with others

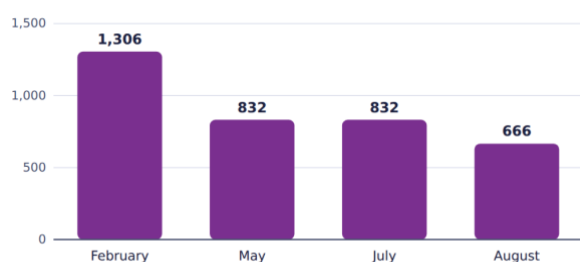
Every year A3C children take part in about 11 festivals, sports days and competitions: the Diwali Mela, Children's Day, World Disability Day, World Down Syndrome Day, Janmashtami and Independence Day, and events at Rainbow Kothari International School and Sunrise Learning School.



A3C children on stage in a cultural performance.

A3C has run every month of 2026, delivering between 666 and 1,306 hours of classroom and home training a month, and every monthly report records children speaking, sitting and learning more than before.

Training hours delivered per month, 2026

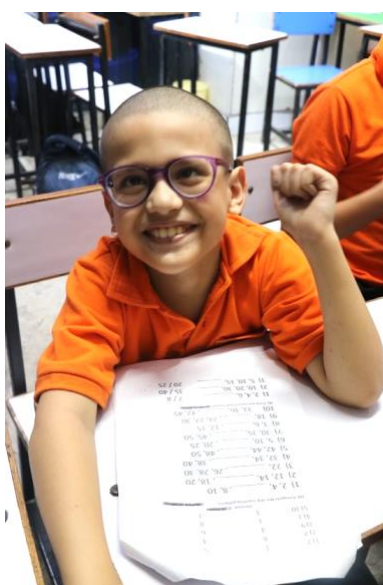


February includes 96 hours of home-based sessions for 6 children.

Screening that finds children early

In 2026 A3C took free assessment and counselling to where families live: two days at Chacha Nehru Bal Chikitsalaya, Geeta Colony, in March, and a camp near Sahibabad on 12 August. 72 children with difficulties in learning, hearing or speech were screened, and their families counselled on next steps.

Children screened at free camps, 2026



A proud moment after finishing a worksheet in class.

What each month's report recorded

Month	Attending daily	Days	Progress recorded
August	10	20	A child now answers in two-word phrases; another follows classroom commands and joins every activity; Independence Day and Janmashtami celebrated together.
July	10	25	Two children now sit and work for 15–20 minutes; one traces letters on his own; daily-living skills improving; 3 home visits.
May	16	22	One child moved from single words to simple sentences; two began two-word phrases; every child arriving on time.
February	11 + 6 at home	22 + 8	Better instruction-following, first sentences, stronger reading; two children competed at Rainbow Kothari International School.

Beyond the classroom walls

Daily centre attendance is only one part of A3C's reach. The 37 enrolled children are also supported at home, through their families, in their new schools and, for older children with high support needs, at Manovikas' Saath-Saath centre. On 25 July 2026, a special educator and the speech therapist visited the homes of children who had paused attending, to coach parents and plan their return.

What would bring every child back daily

Salaries. With more special educators, therapists and a social worker, A3C can run a full daily programme for 30–35 children and follow up every family that drifts away.



One-to-one support in the A3C classroom.

Behind every number, a child

These children now speak, sit, play and learn beside others. Their stories are shared with their families' consent.



From silence to school

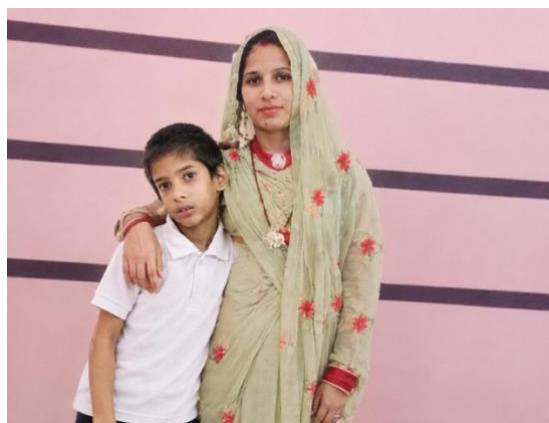
Manas

When Manas joined A3C, he barely engaged and could not speak. Regular speech therapy brought his first words, “mama” and “papa”, then counting to ten and writing numbers and letters. He began winning prizes in sports and painting. In 2025–26 he moved up to the Preparatory level at Manovikas School for Inclusion.

Learning together

Piyush and his mother

At eight, Piyush found it very hard to sit in a group or follow instructions. His mother practised A3C's strategies with him every single day. Today he sits attentively for 15 minutes and solves puzzles. In 2024 Piyush won A3C's Most Affectionate Student award, and his mother the Best Parents Award.



From a few words to a classroom

Afsha

Afsha came to A3C at six with only a handful of words. Speech therapy continued online through the pandemic, even through spinal surgery. She learned to speak in sentences and play with other children, and was admitted to Class 3 in a mainstream school. She has since continued her education through Manovikas' Shuchita programme for girls.

Ready for inclusion

Kajal

When COVID-19 closed the centre, Kajal struggled with online sessions. With her parents trained by A3C, she settled into learning, began to communicate meaningfully, and was assessed ready for formal schooling.



Finding his voice in song

Anant

Anant's communication has grown slowly and steadily. Along the way he discovered singing, and in February 2026 he took part in the singing and sports competitions at Rainbow Kothari International School.

The first words

Preet

Preet began speaking during A3C's online classes in 2020. She learned to count and to eat on her own, and she still dances whenever she can.



Families as partners, and the road to school

A parent spends far more hours with the child than any therapist, so every trained parent multiplies every session.

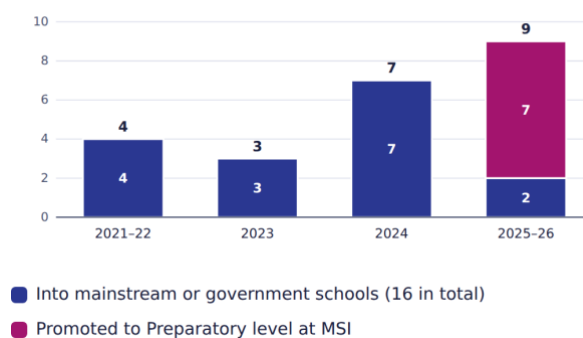
A family plan for every child. The IFSP records the family's own worries and hopes, and is reviewed with them every quarter.

Coaching at home. Educators and therapists show parents simple daily routines in their own homes: 48 home-training visits in 2021–22 and 20 home visits in 2025–26.

Counselling and meetings. 23 family counselling sessions in 2021–22; 20 counselling sessions and 8 parent–teacher meetings in 2025–26.

A hand in hard times. During COVID-19, families received rations, hygiene items and learning kits, and 20 families were helped to learn online.

Children moving into school each year



Coaching parents during a home visit.

How children reach school

Admission to school is the reason A3C exists. The quarterly IFSP review judges readiness; the inclusion facilitator then prepares the family and the school, and keeps supporting the child after admission. A3C works with 4–6 inclusive schools in Delhi each year.

A path that keeps going. Children who continue within Manovikas can progress to NIOS Open Basic Education, secondary school and, through Think College, university. In 2025–26 eight Manovikas School for Inclusion students were admitted to Sanskriti University.

Easy read

- We teach parents how to help at home.
- We visit families in their homes.
- When a child is ready, we help them join a school.

Learning through play and therapy



Learning through play: fine-motor and sensory boards.



Individual support for a child who uses a wheelchair.

Seen, measured and trusted

Seen and heard

Between 2024 and 2026, Manovikas published 24 Instagram posts and reels from Aarambh, alongside its Facebook page, the Aarambh website and the Manovikas newsletter, which reaches more than 50,000 subscribers. Visibility brings families who have never met a specialist to A3C's screening camps, and mainstream schools that once hesitated now tell A3C they are willing to admit their children.

[Aarambh website](#) [Facebook](#) manovikasfamily.org

How progress is measured

Each child's IFSP is scored on a 0–4 quality rubric and reviewed every quarter. From 2026, the IFSP is digital and linked to Manovikas' Whole-person Support Needs Assessment (WSNA). Staff log attendance in the staff portal, and families follow progress on the Manovikas Family Portal in English and Hindi.

Safeguarding. A3C follows the Manovikas Safeguarding Policy. No child's or family's information is shared without consent.

2026 targets donors can hold us to

Outcome	Target
Children enrolled (0–6 years)	30–35
Sessions per child per month	12 or more
Children with measurable gains	70% or more
Families in counselling or training	80% or more
Children moving into MSI or inclusive schools	8–10
Children retained through the year	90% or more
Services free to families below the poverty line	100%
Substantiated safeguarding incidents	0

Our partners



Principal donor: Building Kidz, through Home of Hope Inc.

Aarambh's principal donor is **Mrs Vineeta Bhandari**, Founder and CEO/CMO of **Building Kidz Worldwide** (USA and India). Her support reaches A3C through **Home of Hope Inc. (HOH), USA**, a partner of Manovikas since 2000 and of A3C since 2020. In 2025–26 this support to Aarambh was USD 27,524, and it is the reason families below the poverty line receive A3C's services free.



National Trust

Ministry of Social Justice and Empowerment, Govt. of India. Helped found A3C in 2016; Manovikas is its State Nodal Agency Centre for Delhi.



Manovikas

Manovikas Charitable Society and MIHE, serving people with intellectual and developmental disabilities since 1997. A3C is part of its School of Inclusive Education.



Community partners

Chacha Nehru Bal Chikitsalaya, Rainbow Kothari International School, Sunrise Learning School and 4–6 inclusive schools in Delhi.

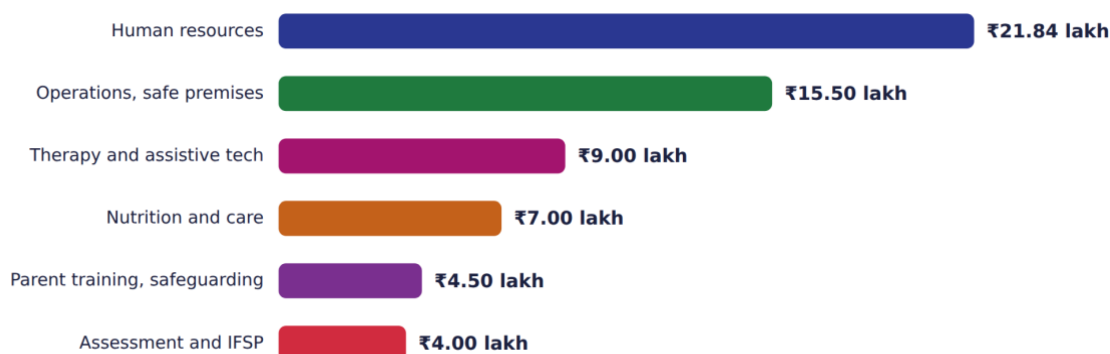
Registrations of Manovikas Charitable Society

Registration	Number and validity
Society Registration Act 1860, Delhi	S-36719/2000, 7 March 2000
Income Tax 12AB	AABTM0217G25DL01, granted 16 February 2026, AY 2027–28 to 2036–37
Income Tax 80G	AABTM0217G25DL02, granted 15 February 2026, AY 2027–28 to 2031–32
PAN	AABTM0217G
FCRA (overseas donations)	231660824
CSR registration	CSR00002610
NGO Darpan	DL/2017/0153137
National Trust	Registered organisation; State Nodal Agency Centre for Delhi since 2021
RPwD Act 2016	FN82/1228/RPwD-Regd/DSW/ADIII/18-19/14161
Rehabilitation Council of India	Approved centre DL021

What a full year of Aarambh costs

A full year of A3C for 30–35 children costs ₹61,84,000 (USD 70,273 at ₹88 to the dollar). Our 2026 request to Mrs Vineeta Bhandari through Home of Hope covers the full programme; every co-funder lets us hire staff sooner and reach more children this year.

2026 budget by area



Source: A3C Strategic Plan and Budget 2026

Budget detail, 2026

Area	₹	USD
Human resources	21,84,000	24,818
Operations and child-safe environment	15,50,000	17,614
Therapy, learning materials and assistive technology	9,00,000	10,227
Nutrition, care and child support	7,00,000	7,955
Parent training and safeguarding	4,50,000	5,114
Assessment, IFSP and documentation	4,00,000	4,545
Total	61,84,000	70,273

One child's year costs ₹1.77–2.06 lakh, or ₹14,700–17,200 a month (about USD 167–195). That buys daily therapy, early learning, nutrition, home visits and a guided road into school.

Help the next child begin

Every gift is reported against the targets in this report. Choose the beginning you want to make possible.

₹2,00,000

A child's whole year

About USD 2,270. Daily therapy, learning, nutrition, home visits and a guided road into school.

₹17,200

A child's month

About USD 195. A month of classroom learning and therapy for one child.

A salary

A teacher, therapist or social worker

The single change that brings every enrolled child back to daily sessions.

20 places

A classroom of beginnings

Sponsor 20 A3C places, plus a second set of AAC communication devices.

₹4–7 lakh

Adopt a budget area

Such as nutrition (₹7 lakh) or screening camps and assessment (₹4 lakh).

CSR

Partner for the full programme

With quarterly KPI reports, utilisation statements and site visits. In-kind gifts of therapy equipment, hearing aids or transport are welcome.

Tax benefits. Donations qualify under Section 80G (approval AABTM0217G25DL02). Overseas donors can give through Manovikas' FCRA account or through Home of Hope Inc., USA.

Donate online: pages.razorpay.com/manovikas

Aarambh Child Care Centre

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manovikasfamily.org

सरल भाषा में सारांश

- आरम्भ 0 से 6 साल के दिव्यांग बच्चों की मदद करता है।
- 2016 से अब तक 297 बच्चों को मदद मिली है।
- 16 बच्चे अब सामान्य स्कूल में पढ़ते हैं।
- गरीब परिवारों से कोई फीस नहीं ली जाती।
- आपकी मदद से और बच्चे रोज़ सीख सकते हैं।