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PODIUM

A QUARTERLY NEWSLETTER BY PRAKHYATA ABHINAND
CHARITABLE TRUST (PACT) INDIA



CREATING
imPACT

PROGRESS UPDATE



ISO 9001:2015 Certified
July 2025 - September 2025



FOUNDERS NOTE

Each month starts with a note of assertive attitude to climb higher from the lessons learnt in the previous one. This quarter was different, we had not just learnings to look at, we dived deeper into our programs to look at the strength and improvise our work methodology. One of our key parallels is caregiver training program. We have been training the caregivers in each child care institute with skills, knowledge to cater the best to the OAS children with special needs. The depth of the need out there seemed more than what was initially seen.

Caregivers have a routine which takes a toll not just on time but their stamina as well. Looking into the practical challenges and pain points was an exercise which led us to looking at bringing in an exclusive edge to caregivers' program at PACT.

Rehab care therapists , the new clan which has joined PACT to make a whole lot of difference to the existing routine. These caregivers are not just trained but are oriented into the CCI culture and routine where the children get seamless everyday customized services beginning from their posture management to exclusive swallowing , rehabilitation , early learning and also therapy sessions. The difference we intend to make is that every child in the CCI should be able to get the tailored services and the regularity should be at par with the quality we provide.

Looking ahead, we can't wait to share stories of children who have aced from level to another, into independence in their areas of need and also children who have found wonderful families and homes. I personally appreciate every single minute you have taken to know about the work at PACT and support for the higher cause. Stay blessed always.



Dr Merlyn Hilda PT
Co-Founder
PACT INDIA

REVIVE-PACT INDIA'S BRIDGE BETWEEN HEALING AND IMPACT

What if healing could stretch beyond the clinic, touching lives you'll never meet?

At Revive, that's exactly what happens. Founded in July 2013 as an independent clinic Revive became the self-generation initiative of PACT India in 2020, born out of a powerful idea – that a therapy session could do more than restore movement or ease pain. It could fuel a larger mission: to support the care and development of orphaned, abandoned, and surrendered children with special needs under PACT's wing.

Revive operates as an independent, public-facing therapy unit, offering comprehensive physiotherapy, occupational therapy, speech therapy, podiatry and rehabilitation services to individuals from all walks of life.

With a strong emphasis on pain relief, pediatric therapy, neurological rehab, and functional recovery, Revive continues to serve a diverse population with quality, accessible and evidence based care. Being more than just a therapy center – REVIVE envisions towards a mission driven platform designed to sustain impact. Revenue generated from Revive contributes directly to PACT India's broader mission, accounting for 10–12% of the organization's total income.

As a part of its inclusive approach, Revive also operates a Subsidized Concession System (SCS) – a gentle bridge for those who deserve therapy but couldn't afford it. Over the last quarter, six individuals benefited through SCS, with concessions of up to 75%.

One of the most inspiring outcomes this quarter has been the positive shift in patient mindset. With consistent follow ups, tailored home programs and patient education, there is growing awareness of prevention, appreciation of progress, and a rising sense of ownership in their recovery journeys. This shift – subtle, yet powerful – is one of Revive's meaningful successes.

Patient voices are also central to Revive's growth, structured feedback systems continue to help the team reflect, refine and raise its standard for care.

Ultimately, Revive is more than just a clinic. It's a space where healing becomes a shared experience – with every life improved, another life is uplifted.



*Dr. Kiruthika G. PT ,
Cluster lead - OAS Programs
PACT INDIA*

MY JOURNEY WITH PACT INDIA

By Venkatesh, Front Desk Executive, PACT India



At PACT India, every story is a reflection of growth, resilience, and purpose. Today, I am grateful to share my journey with this incredible organization that has transformed not just my career, but my confidence and outlook on life.

When I first joined PACT India, I was unsure of how to express myself and communicate confidently within a team. Over time, through constant learning and encouragement, I discovered how to communicate effectively, collaborate meaningfully, and respect every voice in the workplace.

What makes PACT India truly special is its people. Every staff member is supportive, kind, and always willing to help one another. I have been fortunate to receive continuous guidance from Mr. Santosh, my supervisor, Ms. Merlyn, who have both been pillars of strength in my professional journey. Their trust and mentorship gave me the freedom to learn, make mistakes, and grow at my own pace.

As a visually impaired professional, I am deeply thankful to them and to PACT India for believing in my abilities and creating an inclusive environment that values every individual's potential. Their encouragement has empowered me to take pride in my role as a Front Desk Executive and to serve with confidence every single day.

I feel proud to be part of an organization that is dedicated to supporting orphaned, abandoned, and surrendered children—giving them hope, care, and a brighter future. Witnessing the impact of our work reminds me every day that kindness and teamwork can truly change lives.

I extend my heartfelt gratitude to the entire PACT India family for the support, compassion, and opportunities they have given me. I look forward to continuing this journey of learning, service, and impact—and I hope PACT India continues to grow and touch many more lives in the years to come.

AT PACT INDIA, WE BELIEVE IN CREATING INCLUSIVE SPACES WHERE EVERY INDIVIDUAL—STAFF, CHILD, OR COMMUNITY PARTNER—FEELS VALUED AND EMPOWERED. VENKATESH'S JOURNEY REMINDS US THAT WITH THE RIGHT SUPPORT, EVERY CHALLENGE CAN BECOME A STEPPING STONE TO SUCCESS.

HIGHLIGHTS FROM THE QUARTER

- Timely monthly meetings were held to help the team stay on track, plan and execute activities for the month, and reflect on the achievements and learnings from the previous month.
- A two-day residential training program was conducted with 42 dedicated caregivers, focusing on enhancing their skills, confidence, and caregiving practices for children with special needs.
- A joyful team potluck followed the monthly review meeting, fostering togetherness, appreciation, and connection among team members.
- Internal training sessions were held on the Modified Ashworth Scale, an essential tool used to assess muscle spasticity and enhance therapeutic outcomes for children.
- The team celebrated Talisman, an event symbolizing creativity, inclusivity, and joy, bringing smiles to children and caregivers alike in collaboration with Rotary Club
- Two impactful caregiver training sessions were organized, reaching 15+ caregivers from five childcare institutes, led by three expert trainers. Hosted by Infant Jesus Children's Home, the sessions focused on strengthening caregiving approaches and emotional resilience. A heartfelt thanks to the Ms. Anjana from Adhyan Charitable Trust for visiting and engaging with the PACT team and children.
- A comprehensive caregiver training session was conducted in partnership with two Child Care Institutions (CCIs), where 10+ caregivers were empowered by four experts through sessions on behavioral psychology, soft skills, trauma-informed care, and effective communication.
- MPT (Pediatrics) students from Ramaiah College visited PACT to understand our holistic approach to child care and rehabilitation. They also spent meaningful time interacting with the children and learning from our team's hands-on practices.



NOTABLE ACHIEVEMENTS

- More than 75 caregivers, from 5+ CCIS's empowered.
- 1564 activities with partnered CCI's conducted.
- An internal ISO audit was carried out with valuable insights and guidance from Mr. Rajendra, ensuring quality, accountability, and continuous improvement across our systems.
- PACT proudly celebrated the graduation of four certified caregivers by RCI and are deployed in the CCI's.
- Dr. Reuban Daniel, Founder of PACT India, was invited to share his insights and lead a discussion on Understanding Disabilities and Creating Inclusive Spaces under the theme "Beyond The Limits", organized by St. Vincent Pallotti College, Bengaluru.
- Additionally, our Associate Co-Lead, Mr. Pristy Paul, conducted a training session on First Aid organized by St. Vincent Pallotti College, Bengaluru.



JOB OPENINGS

- Occupational therapist
- Rehab specialist
- Speech and language
Therapist (Msc/Bsc required)

Job Location: Bangalore
(Including traveling to the rural community)

Date of Joining: Immediate
Selection based on interviews
and competency mapping.

AARAV'S FIRST STEPS: A STORY OF PERSEVERANCE

This is the story of Aarav, a bright-eyed boy whose journey began with a significant hurdle: a diagnosis of Developmental Delay at just 6 months old. His path to mobility was challenging, as he struggled to meet the simplest gross motor milestones.

The Initial Challenge

At six months, Aarav couldn't hold his world steady. His head control was poor, preventing him from lifting his head while lying on his tummy. His trunk control was weak, making the simple act of sitting an impossibility, even with a helping hand. Standing and walking were distant dreams, yet to be realized. Essentially, the foundations of movement, the core strength and stability were missing.

The Journey of Intervention

Aarav's therapists became his guides, designing a focused, persistent regimen to build his strength from the ground up. The first step was stabilizing his neck. He spent time on wedges and a theraball to strengthen his neck and shoulder muscles, turning prone time from a struggle into a strengthening exercise. Next came the core: curl-ups on the theraball taught his trunk muscles how to engage, giving him the internal scaffolding needed for posture. Once stability improved, the focus shifted to sitting. Through balance exercises and supported sitting, he learned the subtle shifts and adjustments required to stay upright. Standing followed, facilitated by toys placed on a chair to encourage sit-to-stand movements, a fun game disguised as muscle training. Finally, his therapists offered their hands, guiding him through assisted walking until his little legs remembered the pattern of movement on their own.

The Triumph

The dedication of Aarav and his team paid off in wonderful, tangible milestones. The wobbly head firmed up, achieving good control. The weak trunk gained stable core strength. The inability to sit transformed into independent sitting without support. Soon after, he learned the joy of standing independently. The ultimate triumph came when Mayank pushed off without the support of a hand or a chair. He took a few wobbly, beautiful steps, he was walking independently.

Aarav's journey is a powerful reminder that with early intervention and unwavering commitment, a delay is not a denial. It is simply a different path to the same extraordinary goal: independent movement and a lifetime of exploration.

Domain Partners



Funding Partners



Knowledge Partners



Program Partners



Service Partners



BE A HERO

Support PACT

PACT India is committed to rehabilitating OAS children with special needs in CCIs. Contribute and bear the cost towards the betterment of the abandoned, surrendered and orphaned children with special needs at PACT

- A Child's Rehab Care for a month @ Rs 3800/-
- A Child's Healthcare Requirements for a month @Rs. 1200/-
- Child Care Institutes' (CCI) annual rehab care needs Rs. 45500/-
- Support a child with a recurring donation ranging from Rs. 100- Rs. 1000.

Make an open donation for PACT to use the funds based on urgent and important needs

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