



ANNUAL REPORT 2025-2026

MAHARASHTRA



Mumbai



Pune



Girls



Boys



PUNE + MUMBAI



Trainers



PUNE + MUMBAI



Orphanages



ORPHANAGES
PUNE + MUMBAI

TRAINERS PUNE +
MUMBAI

Orphanages
19

Trainers
17

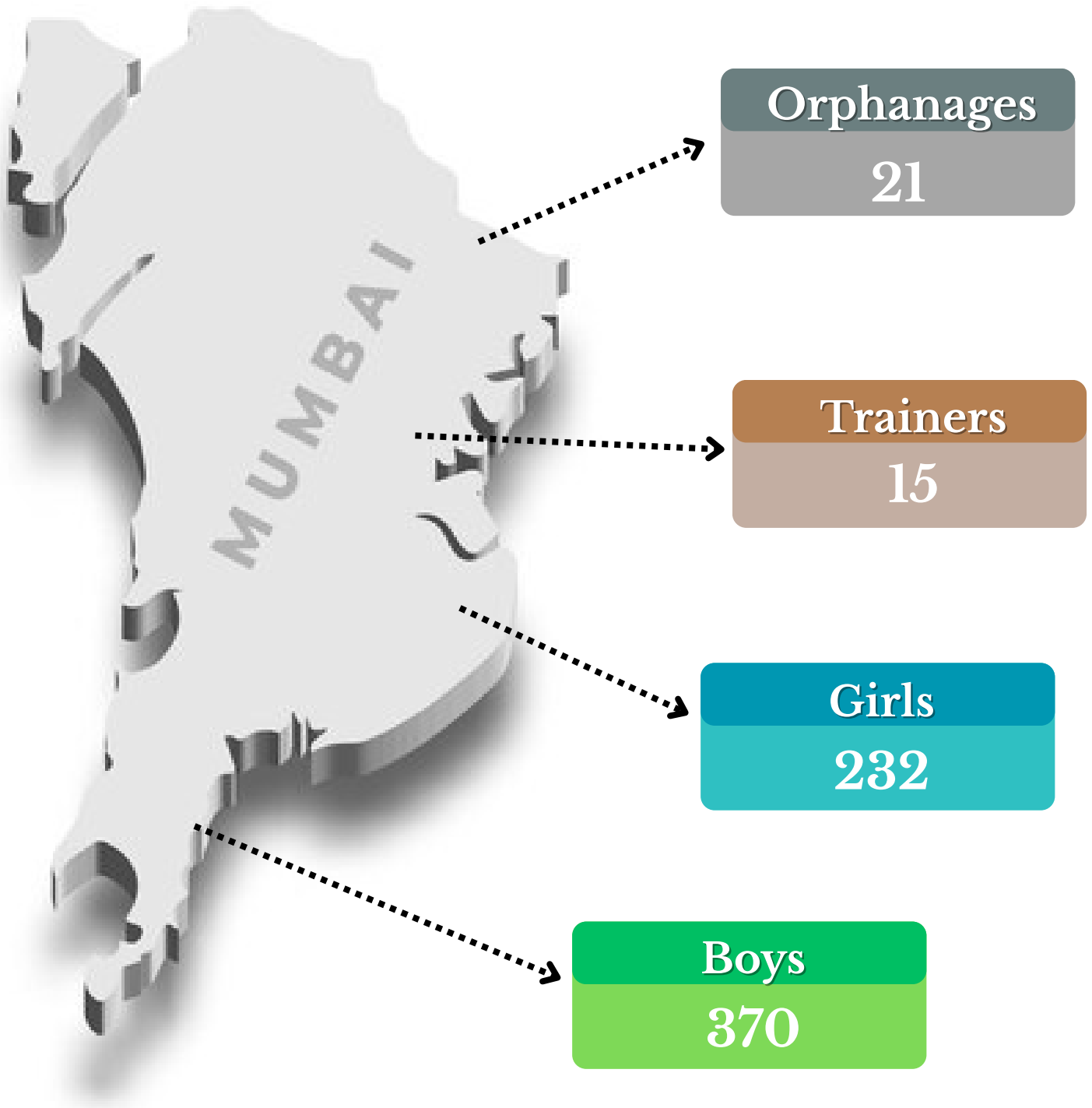


Girls
330

Boys
245

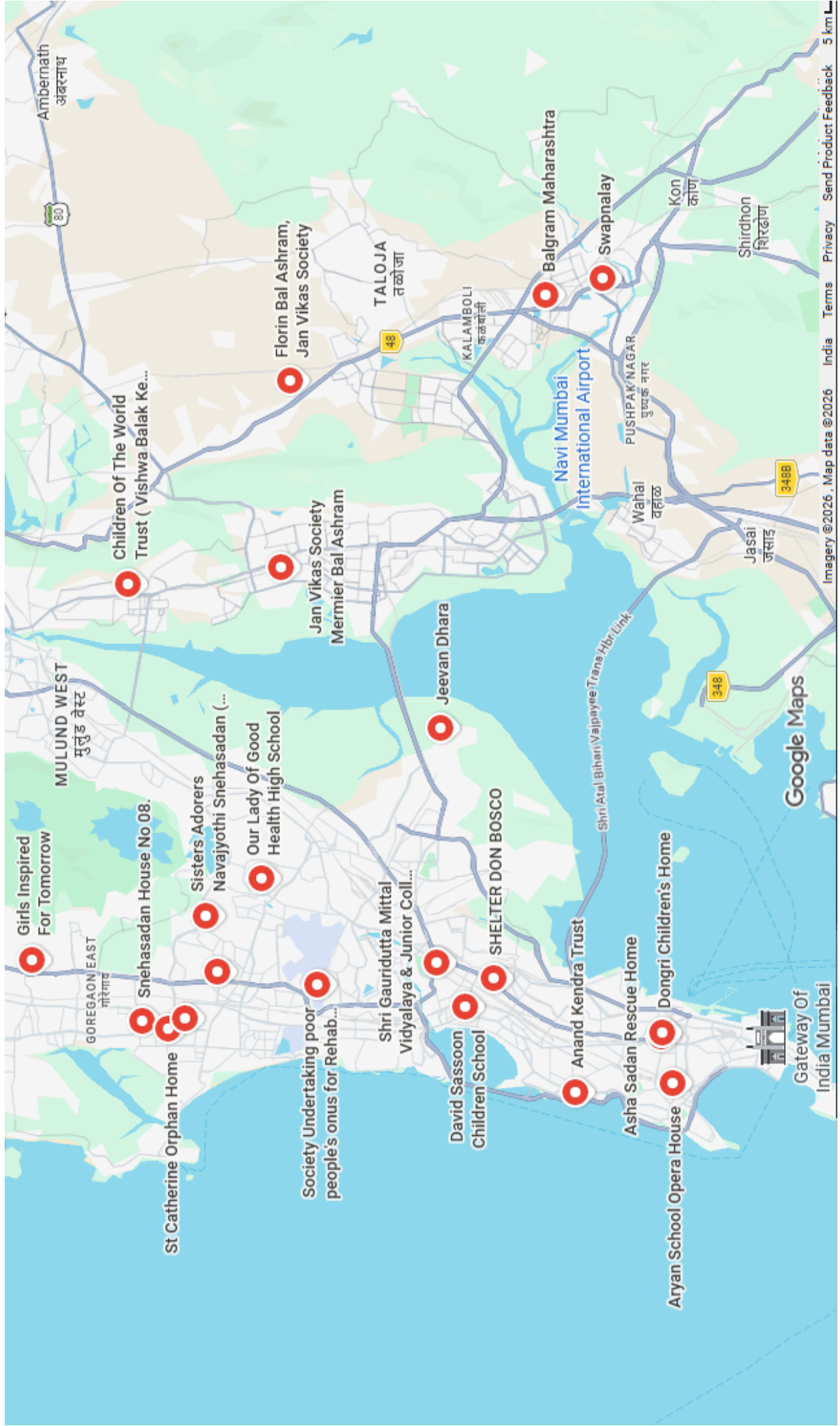
OUR REACH

In Pune, 330 girls and 245 boys from 19 orphanages participated in the yoga program under the guidance of 17 yoga trainers



OUR REACH

In Mumbai, 232 girls and 370 boys from 21 orphanages participated in the yoga program under the guidance of 15 yoga trainers



Girls Inspired For Tomorrow

MULUND WEST मुलुंड वेस्ट

GOREGAON/EAST गोरगाव

Snehasadan House No 08.

St Catherine Orphan Home

Sisters Adorers

Navajyothi Snehasadan (...)

Our Lady Of Good Health High School

Society Undertaking poor people's onus for Rehab....

Shri Gauridutta Mittal Vidyalaya & Junior Coll....

David Sassoon Children School

SHELTER DON BOSCO

Jeevan Dhara

Anand Kendra Trust

Asha Sadian Rescue Home

Aryan School Opera House

Dongri Children's Home

Gateway Of India Mumbai

Children Of The World Trust (Vishwa Balak Ke...

Jan Vikas Society Mermier Bal Ashram

Florin Bal Ashram, Jan Vikas Society

TALOJA तळोजा

KALAMBOLI कळंबोली

Navi Mumbai International Airport

Wahai वहाळ

PUSHPAK NAGAR पुष्पाक नगर

Balgram Maharashtra

Swapnalay

Kon काण

Shirdhon शिरडोण

Jasai जसाई

348

348B

Shri Atal Bihari Vajpayee Trans Hbr Link

Google Maps

Our program structure and approach



Program Monitoring and Evaluation

- Regular Class Check-Ins - Consistent monitoring of classes to ensure quality and effectiveness.
- Trainer Follow-Ups - Regular communication with trainers before and after each session to discuss progress and challenges.
- Attendance Tracking - Monitoring student attendance to identify patterns and areas for improvement.
- Organizational Feedback - Regular feedback from partner organizations to refine the program.
- Maintaining Student master file



Student Assessment and Development

- Quarterly Student Assessments - Regular evaluations to track student progress and identify areas for improvement.
- Capacity Building for Trainers - Ongoing training and development for trainers to enhance their skills and knowledge.



Talent Identification and Development

- Identifying Competitive Yoga Talent - Recognizing students with potential to pursue competitive yoga and providing specialized guidance.
- Supporting Senior Students - Encouraging and supporting senior students to pursue professional yoga courses
- Ayush Examination Preparation - Motivating potential students to appear for the Ayush examination.
- Internship Placements - Placing students as interns at yoga studios and institutions to gain practical experience.
- Capacity building sessions for Trainers on class management and implementation of syllabus

Yoga Program Details- Pune

Regular Yoga Classes in Orphanages					
Sr. No.	Orphanages	Name of Trainers	Number of Students	Yearly Average Attendance %	Status
1	Yashwantrao chawhan - Tribal school	Mr. Kartik Galande	22	40.90%	Closed
2	SASA	Mr. Ramesh Kawatkar	13	67.56%	Closed
3	Matruchaya Balakashram	Mr. Vijay Date	11	77.26%	Closed
4	Maulikrupa Ashram	Mr. Sagar Gaikwad	29	70.38%	Closed
5	Dnyandeep Balgruha	Mr. Nitin Jambegi	38	87.64%	Ongoing
6	Snehchaya Pariwar	Mr. Vijay Date	24	79.66%	Ongoing
7	SOS Boys	Mr. Ramesh Kawatkar	25	88.14%	Ongoing
8	Janseva Boys	Mr. Hitesh Maurya	37	81.42%	Ongoing
9	Maher Boys (Wadgaonsheri)	Mr. Hari Sutar	39	68.47%	Ongoing
10	Maher Boys (Bakori)	Mr. Hitesh Maurya	20	94.10%	Ongoing
11	Samparc Balgram	Mr. Sagar Gade	38	75.67%	Ongoing

Yoga Program Details- Pune

Sr. No.	Orphanages	Name of Trainers	Number of Students	Yearly Average Attendance %	Status
12	Janseva Girls	Ms. Kanchan Bhosale	24	71.94%	Ongoing
13	Maher Girls (Koregaon Bhima)	Ms. Rupali Karale	21	62.13%	Ongoing
14	Maher Girls (Bakori)	Ms. Shreya Gurav	31	68.84 %	Ongoing
15	Maher Girls- Vatslyadham (Manjari)	Ms. Shreya Gurav	21	75.06%	Ongoing
16	Swadhar Foundation	Ms. Snehal Thopate	17	83.93%	Ongoing
17	Sant Ishwar Foundation	Ms. Anjali Deshmukh	20	80.65%	Ongoing
18	Dnyanesh Balsadan	Ms. Snehal Thopate	24	90.76%	Ongoing
19	Mamata Balsadan	Ms. Rupali Shitole	45	65.56%	Ongoing
20	Mother Teresa Foundation	Ms. Anushree Patinge	15	90.84%	Ongoing
21	SOS Girls	Ms. Ujjawala Gaikwad	18	66.09%	Ongoing
22	JNUK	Mr. Rajendra Bhujbal and Mr. Gajanan Dixit	25	Total class 94 total students participated 800	Ongoing

Yoga Program Details- Pune

Competition Yoga Classes in Orphanages

Sr. No.	Orphanages	Name of Trainers	Number of Students	Yearly Average Attendance %	Status
1	SASA	Mr. Ajinkya Raut	07	80.15%	Closed Down
2	Dnyandeep Balgruh	Mr. Ajinkya Raut	11	76.61%	Ongoing
3	Snehchaya Pariwar	Mr. Ajinkya Raut	11	79.87%	Ongoing
4	Mother Teresa Foundation	Ms. Siddhi Bachal	10	95.83%	Ongoing

Leadership Yoga Class in Orphanage

Sr. No.	Orphanages	Name of Trainers	Number of Students	Yearly Average Attendance %	Status
1	Dnyandeep Balgruh	Mr. Vijay Date	9	76.05%	Ongoing

Yoga Program Details- Mumbai

Wellness Yoga classes in Juvenile Home					
Sr. No.	Orphanages	Name of Trainers	Number of Students	Yearly Average Attendance %	Status
1	Dongri Boys Home	Harikesh Kushwaha	66	85.65%	Ongoing
2	Asha Sadan	Unnati Vinerkar	20	75.78%	Ongoing
3	David Sassoon	Shubham Mishra	80	93.08%	Ongoing
4	Dongri Girls Home	Rachna Taleja Gami	25	76.73%	Ongoing

Regular Yoga classes in School					
Sr. No.	Orphanages	Name of Trainers	Number of Students	Yearly Average Attendance %	Status
1	Our Lady Good Health School	Harikesh Kushwaha	27	69.70%	Ongoing
2	Aryan School	Saurabh Haldankar	30	80.40%	Closed down
3	Gauridutt School (Boys)	Viraj Dhotre	15	67.41%	Closed down
4	Gauridutt School (Girls)	Priya Kamble	24	78.45%	Closed down

Yoga Program Details- Mumbai

Regular Yoga classes in Orphanages					
Sr. No.	Orphanages	Name of Trainers	Number of Students	Yearly Average Attendance %	Status
1	Don Bosco Shelter	Shubham Mishra	22	68.98%	Ongoing
2	Sneha Sadan Boys	Harikesh Kushwaha	22	79.16%	Ongoing
3	St. Catherine's Home	Soniya Kamble	24	83.07%	Ongoing
4	Jeevan Dhara	Soniya Kamble	30	50.88%	Ongoing
5	Anand Kendra	Saurabh Haldankar	28	89.76%	Ongoing
6	Mermeir Bal Ashram	Amit Utekar	25	85.11%	Ongoing
7	Swapnalaya Girls Home	Madhura Bhujbal	26	61.65%	Ongoing
8	Sneha Sadan Girls Home 09	Aliya Sayyed	28	66.40%	Ongoing
9	Children of the World	Unnati Vinerkar	33	72.97%	Ongoing
10	Florin Bal Ashram	Amit Utekar	25	86.71%	Ongoing

Yoga Program Details- Mumbai

Regular Yoga classes in Orphanages					
Sr. No.	Orphanages	Name of Trainers	Number of Students	Yearly Average Attendance %	Status
11	Sister Adorers Navyajyoti	Anjali Jangid	19	83.55%	Ongoing
12	Sneha Sadan House 12	Nidhish Lahane	20	76.13%	Ongoing
13	SOS Balgram	Swati Gaghe	24	82.98%	Ongoing
14	Abhilasha Foundation	Aliya Sayyed	19	76.73%	Ongoing
15	SUPPORT Children's Home	Abhishek Yadav	35	90.00%	Ongoing
16	Divya Prabha Girls	Unnati Vinerkar	22	53.12%	Ongoing
17	GIFT	Rupa Parmar	20	56.38%	Closed Down

Competition Classes					
Sr. No.	Orphanages	Name of Trainers	Number of Students	Yearly Average Attendance %	Status
1	Don Bosco Shelter	Rudra Datkhide	10	68.11%	Ongoing
2	Mermeir Bal Ashram	Amit Utekar	14	95.23%	Ongoing

Promotional Yoga - Pune

SOSVA in collaboration with Sab Ka Mangal Ho Foundation conducted promotional yoga at various organizations. The promotional yoga session is conducted at new orphanages for students or staff members of the organization.

The objective of the event was to -

- Bring about awareness on benefits of yoga and its impact on holistic wellbeing
- Motivate children/ youth to practice and make yoga as a way of life
- Build a community of like minded individuals keen towards learning yoga
- Motivate the next generation to understand the science of yoga and encourage them to consider yoga as a career

Yoga Promotion Session – Maher Foundation, Wagholi

A yoga promotion session was conducted on 16th December 2025 at Maher Foundation, Wagholi Centre for staff members. A total of 34 staff members attended the session. The session was conducted by yoga trainer Ms. Rupali Karale. She explained how regular yoga can help reduce stress and improve overall health. She also demonstrated some simple yoga practices and explained their benefits, especially for common problems like body pain, digestion issues, tiredness, and lack of flexibility. The session was interactive and useful, and it encouraged staff members to include yoga in their daily routine.



Promotional Yoga session: Mamata Balsadan

A promotional yoga session was conducted on 18 November 2025 at Mamata Balsadan, Sindhutai Sapkal Foundation, Saswad, Pune, from 01:00 PM to 02:00 PM. The session was conducted by Ms. Kanchan Bhosale. During the promotional session, Ms. Kanchan began with a prayer and explained the eight limbs of yoga and their connection to physical, mental, and spiritual well-being. After the one-hour session, participants shared their experiences and reflections. A total of 13 participants attended the session. Following the feedback, yoga bars were distributed as refreshments.

Promotional Yoga Event at Anjuman-I-Islam Girls Orphanage

A promotional yoga event conducted on 30th March 2026 at Anjuman-I-Islam Girls Orphanage, Bund Garden, Pune, from 04:00 PM to 05:00 PM. The session was conducted by Ms. Rupali Karale. During the session, Ms. Rupali began with breathing exercises and gradually introduced basic yoga practices. She demonstrated sitting and twisting asanas that help reduce body pain. She also highlighted the importance of yoga for young girls, especially during puberty, explaining how it supports physical fitness and overall well-being. A total of 13 staff members attended the session. Yoga mats were distributed among the staff members to encourage regular practice.

Promotional Yoga - Mumbai

SOS Balgram, Panvel

A promotional event was conducted on 4.1.2026 was conducted at SOS Balgram. Promotional yoga was conducted by Swati Ghag wherein children and staff were introduced to basic yoga and it can benefit them in their day to day activities. The participants showed keen interest. The session was concluded distribution of Yoga snack Bar

Sneha Sadan Boys Home no 12

A promotional event was conducted on 8.1.2026 was conducted at Snehasadan Boys Home no 12 for 13 boys and 10 staff members The session was led by Nidish Rahane. The session included asanas such as Tree Pose, Stretching, and Trikonasana, Pranayama (breathing exercises). The staff members assured to practice yoga on a regular basis The session was concluded distribution of Yoga snack Bar

Abhilasha Foundation

A promotional event was conducted on 24.1.2026 was conducted at Abhilasha Foundation .Promotional yoga was conducted by Aliya Shaikh. 24 girls were part of the session. Aliya conducted breathing exercises ,meditation and stretching exercises. She also shared about her experience with girls in other orphanages and how yoga has helped them to shape their lives with a positive outlook. The session was concluded distribution of Yoga snack Bar

SUPPORT Children's Home

A promotional event was conducted on 31.1.2026 was conducted at SUPPORT for 23 boys. The promotional yoga was conducted by Abhikshek Yadav. The session focused on meditation, breathing exercise to relax their minds and control their emotions. Standing asanas were performed. The trainer also displayed surya namaskar to aspire the students to learn.The session was concluded distribution of Yoga snack Bar

Divya Prabha

A promotional event was conducted on 21.1.2026 was conducted at Divya Prabha for 22 girls and 5 staff members . The promotional yoga was conducted by Unnati. The session started with a story on Patanjali Maharushi. Unnati shared real life instances of how yoga can enhance one's body, mind and soul. Basic asanas were conducted. The session was concluded distribution of Yoga snack Bar

New Initiative - April 2025 - March 31st 2026

Pune			
2024-2025	2025-2026	Organization closed	Total organizations
16	07	04	19

Sr. no.	Closed Orphanage in 2025- 2026
01	SASA
02	Matruchhaya
03	Mauli Balakashram

Sr. no.	New Initiatives in 2025- 2026
01	Maher Wadgaonsheri - Boys
02	Maher Bakori - Boys
03	Maher Bakori - Girls
04	Mamata Balsadan - Girls
05	Samparc Balgram - Boys
06	Maher Vatslyadham- Girls Manjari
07	Anjuman - I- Islam

New initiative

Maheer Boys Orphanage (Bakori Centre)

Maheer Boys Orphanage (Bakori Centre) is one of the key residential campuses of Maheer, located near Bakori, Pune. This centre focuses on the care and holistic development of children from vulnerable and disadvantaged backgrounds. At the Bakori campus, dedicated homes such as Dayasagar (for girls), Gyansagar (for boys), and Snehasagar (for older boys) provide a safe, nurturing, and family-like environment. Children are supported with formal education, daily care, emotional support, and value-based learning, helping them grow into confident and responsible individuals. The centre strongly emphasizes dignity, discipline, and self-reliance.

Samparc Balgram, Shel-Pimpalgaon

Samparc Balgram, Shel-Pimpalgaon, located in Village Shel-Pimpalgaon, Taluka Khed, District Pune, is a residential children's home run by SAMPARC (Social Action for Manpower Creation). SAMPARC was founded in 1990 by Amitkumar Banerjee and Lata Pande with the aim of supporting children from vulnerable backgrounds. The Shel-Pimpalgaon Balgram was established in the year 2000 and is recognized under the Department of Women and Child Development, Government of Maharashtra. The centre provides a safe, family-like environment for children, focusing on their education, health, and overall development.

The institution primarily accommodates boys, supporting around 35 to 50 children at a time. Along with formal education, children are engaged in various developmental activities such as sports, computer training, and yoga, ensuring their holistic growth and well-being.

Mamata Balsadan

Mamata Balsadan is an orphanage located at Kumbhar Valan, Saswad, Pune, and is run under the Sindhutai Sapkal Foundation. It is dedicated to uplifting, enabling, and empowering orphaned children and destitutes. The organization provides a supportive environment and necessary opportunities to help children become self-sufficient, independent, and capable of leading stable lives.

The Yoga in Orphanages Program was initiated at Mamata Balsadan in December 2025. Currently, a total of 40 girls are participating in the program conducted twice a week.

Maheer Vatslyadham

Maheer is a well-established NGO that has been working since 1997 to support and empower orphaned, destitute, and vulnerable women and children. Over the years, it has positively impacted more than 5,500 individuals by helping them become confident and independent. Those who cannot return to their families continue to stay in Maheer homes and are provided with long-term care and support.

The Yoga in Orphanages Program was initiated at the Manjari (Avalwadi, Manjari BK, Pune) center in January 2026. Currently, 21 girls are part of the program conducted twice a week.

Anjuman - I- Islam

Anjuman-I-Islam, located at Bund Garden, Pune, is a well-established educational and social organization with a legacy dating back to 1880. It has played a pioneering role in promoting education, including vocational, technical, and girls' education, and continues to work towards empowering communities through quality education and value-based learning. Registered as a not-for-profit organization, Anjuman-I-Islam manages several educational institutions and social initiatives across the region.

The Yoga in Orphanages Program was initiated at this center in April 2026. currently, 96 girls are part of the program conducted once a week.

New Initiative - April 2025 - March 31st 2026

Mumbai			
2024-2025	2025-2026	Organization closed	Total organizations
13	11	03	21

Sr. no.	Closed Orphanage in 2025- 2026
01	GIFT (Girls Inspire for Tomorrow)
02	Aryan School
03	GauriDutt School

Sr. no.	New Initiatives in 2025- 2026
01	Children of The World
02	Asha Sadan
03	David Sasson
04	Florin Bal Ashram
05	Dongri Gril's Home
06	Abhilasha Foundation
07	Sister Adorer's Navayajoti

Sr. no.	New Initiatives in 2025- 2026
08	SOS, Balgram
09	Support Boys
10	Snehasadan House 12
11	Divya Prabaha

New initiative

Children of the World

Children of the World (India) Trust, (CWIT), is a public charitable trust registered in 1982 under the Maharashtra Public Trusts Act. CWIT focuses on abandoned and underprivileged children. The organization also conducts holistic support classes for the children of quarry workers at Rabale. These children are the first generation of learners. At present 35 students are part of the yoga program conducted twice a week.

Asha sadan

Asha Sadan houses less fortunate children from different backgrounds some are lost or abandoned, some come from homes with ailing or terminally ill parents, some have convict parents, some are children who have been rescued from begging, many have been abused, some are children of commercial sex workers and all of them are in dire need for a caring home.

At any time, over 100 children ranging from infants to children to the age of 6 know Asha Sadan to be their only home; many of them form a transitory population, with a few returning to their biological parents and others being adopted. Police bring in minor girls rescued from brothels, or girls who they find in danger of imminent physical abuse. At present 20 students are part of the yoga program conducted once a week.

David Sassoon

The David Sassoon Industrial Home (often referred to as David Sassoon Children's Home) in Matunga/Mahim, Mumbai, is a state-certified special children's home and juvenile correctional institution. Managed by The Children's Aid Society, Mumbai, it houses over 400 boys aged 12-18, including both children in need of care and those in conflict with law. At present 80 students are part of the yoga program conducted twice a week.

Florin Ashram

Florin Bal Ashram is a rehabilitation center and "home for boys" located in the Taloja/Kharghar area of Navi Mumbai, India, dedicated to supporting vulnerable children. It provides a safe, nurturing environment including food, shelter, and education for young boys, with a focus on rehabilitation and empowering them for a better future. At present 35 students are part of the yoga program conducted twice a week.

Dongri Girl's Home

Juvenile Correctional Home for Girls under 18 years of age. The girls have been rescued by social workers and Police from various parts of the city in need of care and in conflict with law. At present 20 students are part of the yoga program conducted once a week.

Abhilasha Foundation

Foundation is a Mumbai-based non-profit organization (NGO) established in 2014 to empower underprivileged children and women. It focuses on education, healthcare, nutrition, shelter and skill development to foster sustainable socio-economic improvement for marginalized communities. At present 20 students are part of the yoga program conducted twice a week.

Sister Adorer's Navayajoti

The organization shelters orphan and single parent girls abandoned by parents due to financial crisis or family conflict. At present 20 students are part of the yoga program conducted twice a week.

SOS Balgram

Balgram Panchdeep Sankul in New Panvel is a child care facility established in 2002 that acts as an orphanage and family-like home for orphaned, abandoned, or underprivileged children. Managed by SOS Children's Villages Maharashtra, it provides residential "Balsadan" homes, education, health care, and holistic development to help children become self-reliant. At present 22 students are part of the yoga program conducted twice a week.

SUPPORT Children's Home

SUPPORT is a deaddiction and rehabilitation centre for children under 18 years. The children under substance abuse are rescued and given a shelter at SUPPORT home. The students undergo an intense rehabilitation program along with educational and life skill support. At present 25 students are part of the yoga program conducted twice a week.

Sneha Sadan House no 12

The organization shelters orphan and single parent girls abandoned by parents due to financial crisis or family conflict. At present 20 students are part of the yoga program conducted twice a week.

Divya Prabha

Divya Prabha is a well-established NGO and shelter home for girls located in Vartak Nagar, Thane West, Maharashtra. Operating for over 26 years, it serves as an orphanage and care center for young girls (roughly ages 5-18), providing them with education, shelter, and nurturing to help them live independently. At present 15 students are part of the yoga program conducted twice a week.

Events and Competition

DISTRICT, STATE AND NATIONAL COMPETITION

District Level Yoga Competition - August 2025 (April 2025 to March 2026)

A district-level yoga competition was organized on 3rd August 2025 at Bhave High School, Pune by the Pune District Yoga and Fitness Institute. The event was affiliated with the Maharashtra Yoga Association and the Yoga Federation of India. Children from different areas participated in the competition.

From the Yoga in Orphanages program, 20 children from Snehcaya Pariwar, SASA, and Dnyandeep Balgruh took part in the event. They performed various yoga asanas with good confidence and discipline. Their performance showed the impact of regular practice and proper guidance. The competition gave children a good opportunity to learn, perform on stage, and build confidence. Their efforts were appreciated by judges and the audience.

From our group, 7 children were selected for the state-level competition, which is a proud moment for the program. Along with this, 4 children secured 4th and 5th ranks and received encouragement awards. All the children participated with full effort and learned from this experience. The trainers also supported them throughout the preparation and competition. This achievement shows the progress of the children and encourages them to continue learning yoga.



Senior National Level Yoga Competition – 2025

The 49th Senior National Yoga Sports Championship 2025 is a national-level yoga competition organized by the Yoga Federation of India in Thiruvananthapuram, Kerala. Participants from 27 states across India took part in this prestigious and highly competitive event. The competition was conducted in a disciplined and professional manner, where participants performed different yoga asanas with proper technique, balance, and flexibility.

The winners of the championship were

1st Place: West Bengal | **2nd Place:** Haryana | **3rd Place:** Kerala

From our Yoga in Orphanages project, Nitin Jambegi from Dnyandeep Balgruha participated in this national competition. He performed well and showed dedication and confidence. His participation is a proud achievement for our project and an inspiration for other children.



District Level

Sr. No.	Name of Children	Age	Orphanage Name
01	Dnyaneshwar Nande	10	Snehchaya Pariwar
02	Kartik Hanuvate	12	
03	Sanskar Ingale	12	
04	Rohit Pawar	13	
05	Kiran Kale	13	
06	Adarsh Dabhade	13	
07	Samarth Agale	13	
08	Kirshor Nande	14	
09	Vijay Pawar	16	
10	Ashish Thapha	11	SASA
11	Vishal Waghari	14	
12	Rajesh Giram	15	
13	Ayush Jalnila	15	
14	Vivek Waghari	15	
15	Chetan Londhe	14	Dnyandeep Balgruh
16	Aaditya Londhe	12	
17	Ritesh Bhagwat	18	
18	Tanmin Shaikh	11	

District Level

Sr. No.	Name of Children	Age	Orphanage Name
19	Pruthviraj Kshirsagar	17	Dnyandeep Balgruh
20	Nitin Jambegi	20	Dnyandeep Balgruh

State Level

Sr. No.	Name of Children	Age	Orphanage Name
01	Vijay Pawar	14 to 16	Snehchhaya Pariwar
02	Ayush Jalnila	14 to 16	SASA
03	Vivek Waghari	16 to 18	SASA
04	Chetan Londhe	14 to 16	Dnyandeep Balgruh
05	Pruthviraj Kshirsagar	16 to 18	Dnyandeep Balgruh
06	Nitin Jambegi	18 to 21	Dnyandeep Balgruh
07	Ritesh Bhagwat	18 to 21	Dnyandeep Balgruh

National Level

Sr. No.	Name of Children	Age	Orphanage Name
01	Pruthviraj Kshirsagar	16 to 18	Dnyandeep Balgruh
02	Nitin Jambegi	18 to 21	Dnyandeep Balgruh
03	Ritesh Bhagwat	18 to 21	Dnyandeep Balgruh

International Yoga Day Celebration - Mumbai

David Sassoon Boys Home

David Sassoon Boys Home - 55 students and 12 Staff were part of the International Yoga Program. The session was conducted by Shubham Mishra. The session started with an introduction to Yoga and its impact in our lives followed by conducting basic asanas and breathing exercises for the students. The session was well appreciated by all.



Gauri Dutt School

Gauri Dutt School - 150 students from Gauridutt school were part of the celebration. The session was conducted by Priya Kamble. The students were given a talk on the importance of yoga followed by performing basic asanas.



Dongri Boys

Dongri Boys - 30 boys from Dongri Juvenile Home Celebrated Yoga Day by performing their acquired yoga skills over the months. The session was conducted by Saurabh Haldankar.



Don Bosco Shelter

The students of Don Bosco organized Yoga Day in their centre. Students showcased their yoga skills through a well organized event.



Swapnalaya Girls

A special Yoga session was held to mark the International Yoga Day by students of Swapnalaya. Along with performing the asanas, the students shared their experience of their learning during the session. The session was conducted by Madhura Bhujbal.

6 Days Yoga Challenge

22 students from Mumbai and Pune orphanages participated in the 06 days challenge held from 12/06/2025 - 17/06/2025. The orphanages participating were.

1. Dyandeep Balgruh, Pune,
2. Dnyanesh Balsadan, Pune
3. Sneha Sadan, Mumbai
4. Swapnalaya, Mumbai
5. GIFT, Mumbai
6. Snehasadan Girls Home, Mumbai
7. Don Bosco Shelter, Mumbai

As part of the challenge, each of the students were given asanas to perform and share in video format. The performance by students were judged by Yoga experts based on 4 criterias - Alignment, Posture, Sequencing and Timing. Based on the performance 3 best students were considered the winners.

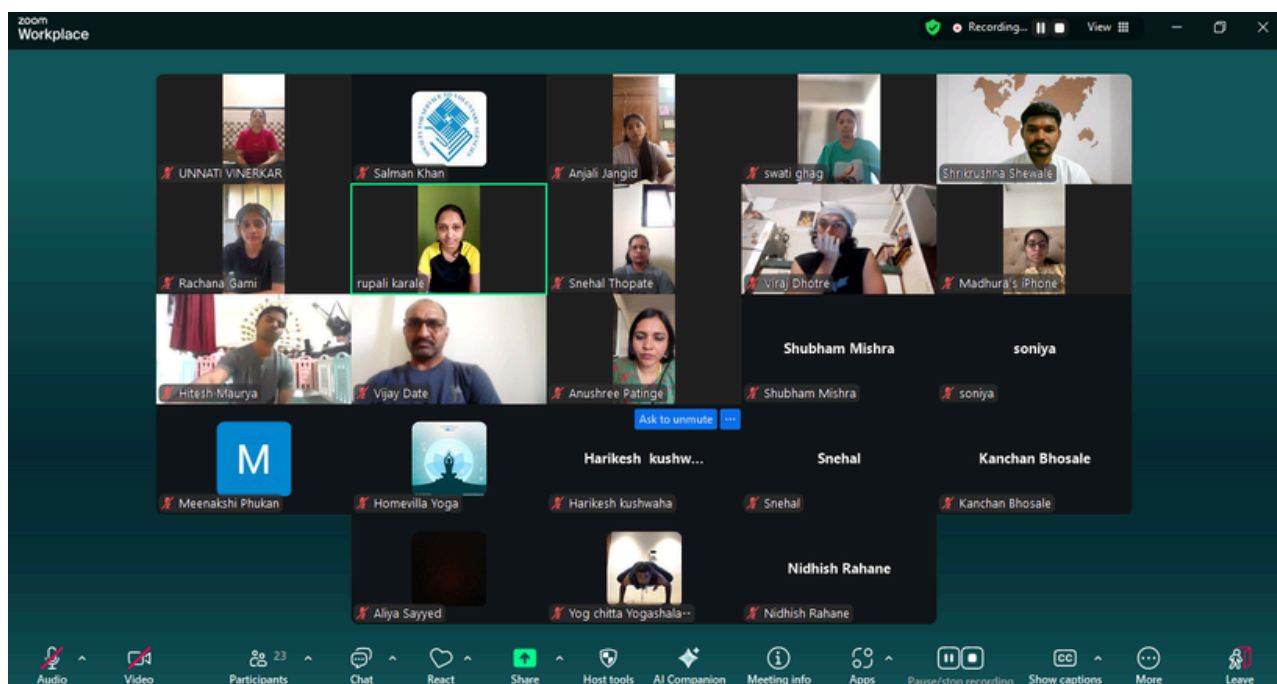
- 1st Prize Winner - Chetan Londhe , Dnyandeep Balgruh, Pune
- 2nd Prize Winner - Bhumika Vaecha,Dnyanesh Balsadan, Pune
- 3rd Prize Winner - Narayan Verma , Snehsadan, Mumbai

As part of appreciation winners were given a gift as token of Appreciation, All the students received participation certificates

Capacity Building Session

14 Trainers' workshops have been conducted between March - September 2025. The online session is being conducted by Mr. Rajendra Bhujbal, REMYI Trainer. The classes are held for 1 hr wherein the trainers are oriented on a month wise teaching module. Asanas are demonstrated and performed by all trainers. As part of the workshop trainers are given assignment to record videos of asanas to assess their understanding and observe their alignment and posture.

Trainer's workshop was conducted by Senior Yoga Trainer - ShriKrushna Shewale on 11/3/2026. The objective of the session was to understand the challenges faced by trainers in Mumbai and Pune regarding teaching syllabus to children. In the 1st session challenges from trainers were addressed by Mr. Shewale. The workshop will be based on monthwise syllabus discussion from April 2026 onwards. A total of 21 trainers were present for the session.



16+ MOTIVATIONAL SESSION

As part of the yoga program conducted in various orphanages, a series of sessions for children aged 16 years and above was organized to provide career guidance, motivation, and awareness about opportunities in the field of yoga. These sessions were designed to help students understand how yoga can be pursued as a career path and to support them in planning their future. The sessions were conducted by Ms. Anushree Patinge, who is a yoga trainer and counsellor.

Objectives of the Sessions

The objectives of these sessions were:

- To motivate children to explore career opportunities in yoga.
- To provide awareness about professional courses in yoga.
- To assess the interest and understanding of students regarding yoga as a career.
- To guide students in setting individual career goals.
- To help children develop a clear roadmap for their future career path.

The program was implemented across four orphanages:

- Maher Girls Orphanage – Koregaon Bhima
- Dnyandeep Balgruh Boys – Dighi
- Snehchhaya Pariwar Boys – Dighi
- Mother Teresa Foundation Girls – Chimbali

22 children above 16 + were part of the motivational program



Session Structure

The sessions were designed in four stages to gradually guide students from awareness to career planning.

Motivational Session

In the first session, Ms. Anushree introduced the concept of yoga as a profession. She explained the importance of yoga in today's world and discussed the growing demand for yoga professionals. She also spoke about different career opportunities in the yoga field such as becoming a yoga trainer, therapist, or instructor.

The session encouraged students to think about yoga not only as a practice but also as a potential career option. Children were also given the opportunity to ask questions and clarify their doubts.

Courses in Yoga and Career Opportunities

In the second session, students were introduced to various yoga certification and diploma courses that can help them pursue a career in yoga.

Ms. Anushree explained:

- Educational qualifications required for yoga courses
- Duration of different yoga programs
- Course syllabus and learning outcomes
- Career scope after completing the courses

The session helped students gain a better understanding of how they can formally enter the yoga profession.

Yoga Career-Based Assessment

The third session focused on assessing the knowledge and interest of students in yoga.

For this purpose, Ms. Anushree prepared a questionnaire-based assessment which included:

- Multiple-choice questions on yoga theory
- Questions related to practical asanas
- Descriptive questions to understand students' interest and motivation towards pursuing yoga as a career

The assessment helped identify students who have strong interest and potential in the field of yoga.

Individual Goal Setting

The fourth session focuses on individual career guidance for each student.

In this session, Ms. Anushree will guide students in:

- Identifying their career interests
- Selecting appropriate yoga courses
- Understanding the steps required to achieve their goals

Students will be provided with a clear roadmap on how they can develop their skills and move towards becoming yoga professionals.

Inputs

The following resources and inputs were used for conducting the sessions:

- Guidance from Ms. Anushree Patinge (Yoga Trainer and Counsellor)
- Structured session plan
- Questionnaire for career-based assessment
- Interactive discussions with children
- Documentation through assessment sheets and records

Outcome

The sessions helped achieve the following outcomes:

- All children developed awareness about yoga as a career option.
- All children gained information about various yoga courses and professional opportunities.
- The assessment helped identify that 68% of the children are interested in pursuing yoga further.
- 45% of the students began thinking about their future goals and career direction.
- The final session supported 45% of the children in creating an individual career roadmap.

These sessions aim to empower children from orphanages by giving them guidance, motivation, and practical direction for their future, particularly in the field of yoga.

Dnyandeep Balgruh, Dighi				
Sr. No.	Name of Children	Age	Marks Obtained	Total Marks
01	Sachin	21	35	45
02	Nitin	21	37	45
03	Ritesh	18	39	45
04	Pruthiviraj	18	42	45
05	Piyush	19	40	45
06	Chetan	15	39	45
07	Moin Shaikh	18	42	45
08	Suraj	17	13	45
09	Pratik	16	34	45

Mother Teresa Foundation, Chimbali				
Sr. No.	Name of Children	Age	Marks Obtained	Total Marks
01	Pratiksha	17	37	45
02	Sonali	21	15	45
03	Sushma	21	19	45
04	Suchita	17	29	45
05	Sayali	16	37	45
06	Poonam	15	28	45

Snehchhaya Pariwar, Dighi

Sr. No.	Name of Children	Age	Marks Obtained	Total Marks
01	Sarthak Agale	17	25	45
02	Vijay Pawar	16	32	45
03	Vikas Kale	16	21	45
04	Navnath Kale	15	Absent	45
05	Samarth Agale	15	33	45
06	Sumeet Jadhav	15	31	45
07	Kishor Nade	15	27	45

List of the students those who are eligible for AYUSH Ministry level 1 certification course

Dnyandeep Balgruh, Dighi

Sr. No.	Name of Children	Age
01	Sachin	21
02	Nitin	21
03	Ritesh	18
04	Pruthiviraj	18
05	Piyush	19
06	Chetan	15
07	Moin sheikh	18
08	Pratik	16

Mother Teresa Foundation, Chimbali

Sr. No.	Name of Children	Age
01	Pratiksha	17
02	Sushma	21
03	Suchita	17
04	Sayali	16

Snehchhaya Pariwar, Dighi

Sr. No.	Name of Children	Age
01	Sarthak Agale	17
02	Vijay Pawar	16
03	Vikas Kale	16

Counselling and Motivational - Mumbai

Motivational sessions for 25 girls were conducted at GIFT, Malad, by Ms. Reenu Mathew, a psychologist. The children were introduced to the concept of mindfulness through hands-on activities in small groups. These activities helped them understand the impact of pent-up emotions on their overall well-being and how to express their inner feelings positively.

The children participated in a Mandala art activity, which increased their attention and focus. Refreshments, arranged by the counselor, were provided to the children. Additionally, an activity on mindful eating was introduced, engaging the children's five senses.

The session concluded with a gratitude prayer and a discussion on how yoga can enhance attentiveness and focus. The children shared their experiences with yoga, highlighting its positive impact. Many students reported feeling physically stronger and more academically focused due to regular yoga practice.

Motivational Session

A motivational session for 25 16 + students was conducted on 20.11.2025 by Dr. Niyati Chatailia, an Ayurvedic Doctor and a yoga practitioner and motivational speaker. The session began with introducing and understanding the student's interest in Yoga.

Most of the students present were keen to explore the world of yoga through competition classes, teacher's training and Ayush Classes. Dr Chatailia elaborated on the scope of yoga as a profession and how it can impact their existing life choices. There were 3 students who were keen to appear for Ayush exam, while 8 students have shown interest towards proceeding with competition yoga classes which was initiated from January 2026.



Yoga Student Alumni Group – Pune

The SOSVA Yoga Alumni Meet is an initiative designed to bring together students who were previously part of the Yoga in Orphanage Program and have now left the orphanage after turning 16 or 18 years of age, as per institutional guidelines. While residing in the orphanage, these students actively participated in yoga sessions conducted under the program. Many of them developed a strong interest in yoga and chose to continue their journey in the field by pursuing yoga practice, training, or related activities.

However, once students leave the orphanage and begin living independently, maintaining a continuous connection with them becomes challenging. The SOSVA Yoga Alumni Meet was therefore initiated to create a platform where former students can remain connected with SOSVA, support one another, and continue their growth in yoga.

The alumni platform aims to encourage networking, peer learning, and career development opportunities for youth who are interested in pursuing yoga professionally.

Objectives of the Alumni Group

The main objectives of the SOSVA Yoga Alumni initiative are:

- To maintain continuous engagement between alumni, SOSVA, and the yoga program.
- To explore and discuss career opportunities in the field of yoga.
- To identify and address challenges faced by alumni after leaving the orphanage.
- To encourage collective learning, mentorship, and peer support among youth interested in yoga.
- To provide guidance on professional certifications and career pathways in yoga

Roadmap for Alumni Engagement

To ensure regular engagement with alumni members, the following roadmap was planned:

- Offline meetings with alumni to discuss their progress, challenges, and opportunities in yoga.
- For the first three months, meetings were planned to be held every month to establish strong engagement.
- After the initial three months, meetings are conducted once every two months.
- Creation of a WhatsApp group to maintain regular communication and updates among alumni.
- Discussion and planning for participation in yoga competitions.
- Guidance on AYUSH certification and other professional yoga certifications.
- Exploration of internship opportunities in yoga studios and institutions.
- Planning of regular sessions, workshops, and skill development activities to enhance their yoga knowledge and practical skills.

Meetings Conducted

As part of this initiative, the following meetings were conducted with alumni members:

- First Alumni Meeting
- Date: Saturday, 08 November 2025
- Second Alumni Meeting
- Date: Tuesday, 27 January 2026

These meetings served as an opportunity for alumni to reconnect, share their experiences, and discuss their interests in continuing their journey in yoga.

Another alumni meeting was scheduled for 11 February 2026. However, due to unavoidable circumstances, the meeting had to be cancelled at the last moment.

Outcome

The SOSVA Yoga Alumni initiative has helped create a supportive platform for former orphanage students who wish to continue their engagement with yoga. Through this initiative, SOSVA aims to build a strong alumni network that supports youth in developing their skills, accessing opportunities, and growing professionally in the field of yoga.

The meetings have enabled alumni to stay connected with SOSVA, share their experiences, and explore future opportunities in yoga-related careers. Additionally, the alumni members have started practicing together in a garden, strengthening their learning and peer support.



Volunteer Program

Volunteering programs for yoga students from various educational institutes at orphanages was initiated to create a transformative bridge between regular practice and community service. The objective of the program is to create a community of like minded individuals who inspire the future generation of young children from orphanages to hone their yoga skills and create a conducive space of learning - teaching. The initiative hopes to create awareness amongst students from various institutions about the passion and hard work displayed by children at orphanages towards learning yoga in spite of past traumatic experiences and lack of resources.

Some of the Educational Institutes who have shown interest towards volunteering program are as follows:

1. MIT - Yoga Department, Pune
2. Tilak Vidyapith - Yoga Department ,Pune
3. Bharti Vidyapith - Yoga Department ,Pune
4. Pune University - Yoga Department ,Pune

Somaiya College, Department of Yoga, Mumbai

1 volunteer from Somaiya College was placed at Swapnalaya for 3 months. The student completed 25 hours of volunteering at Swapnalaya. She helped the students in posture correction and alignment The support provided .Her experience was life changing for her as she got an experience to interact and teach girls from orphanages. The Yoga Department from Somaiya College has approached SOSVA this term for a new batch of volunteers as they want their students to volunteer their time at orphanages.

Our Program Impact

To understand the impact of our program we conducted quarterly Oral Test amongst students to assess their knowledge of yoga theory, concepts of the eight limbs of yoga , clarity of concepts, confidence and overall understanding of yoga philosophy. The assessments are conducted virtually by Mr. ShriKrushna Shewale, REMYI Yoga Trainer.

GRADING TABLE

Excellent (23-25)	Very Good (20-22)	Good (17-19)	Satisfactory (14-16)	Need Improvement (10-13)	Poor (05-09)	Absent
A+	A	B+	B	C	D	Ab

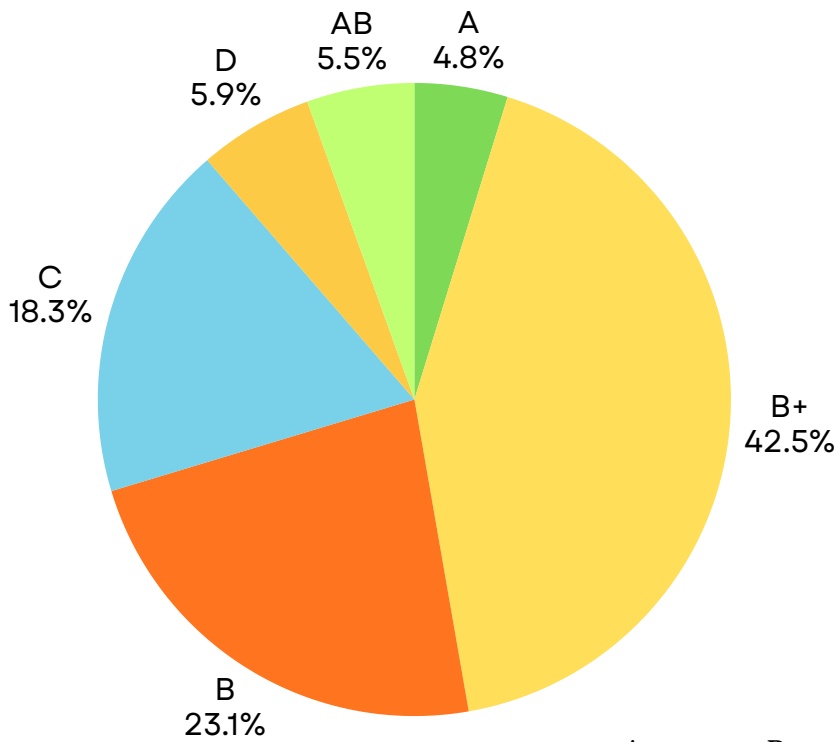
Assessment Pune - July to September 2025

Excellent	Very Good	Good	Satisfactory	Need Improvement	Poor	AB
A+	A	B+	B	C	D	AB
0	13	116	63	50	16	15

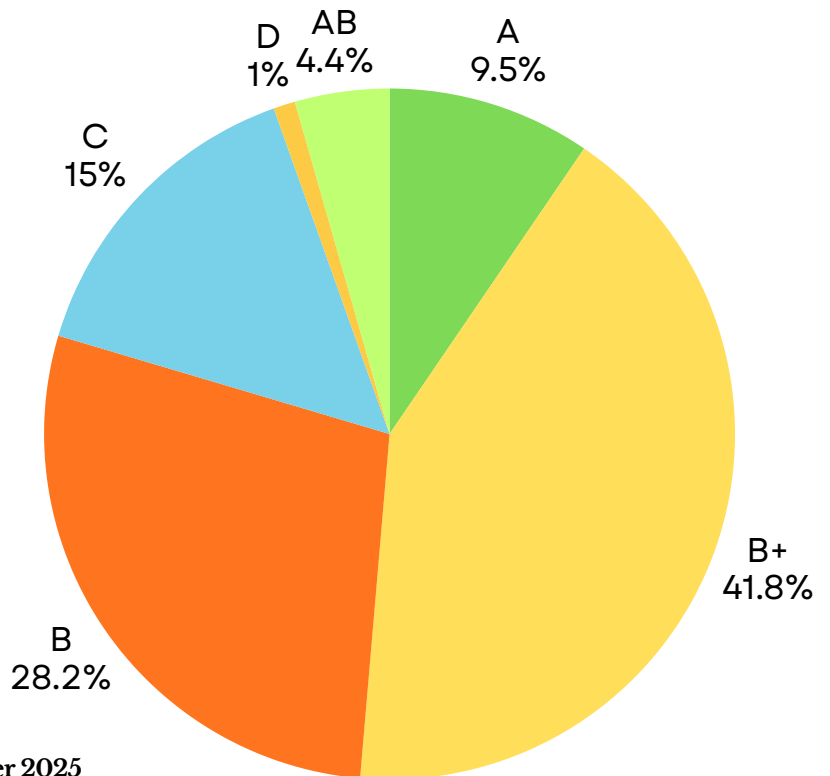
Assessment Pune - January to March 2026

Excellent	Very Good	Good	Satisfactory	Need Improvement	Poor	AB
A+	A	B+	B	C	D	AB
0	28	123	83	44	3	13

Our Program Impact- Pune



Assessment Pune - July to September 2025



Assessment Pune - July to September 2025

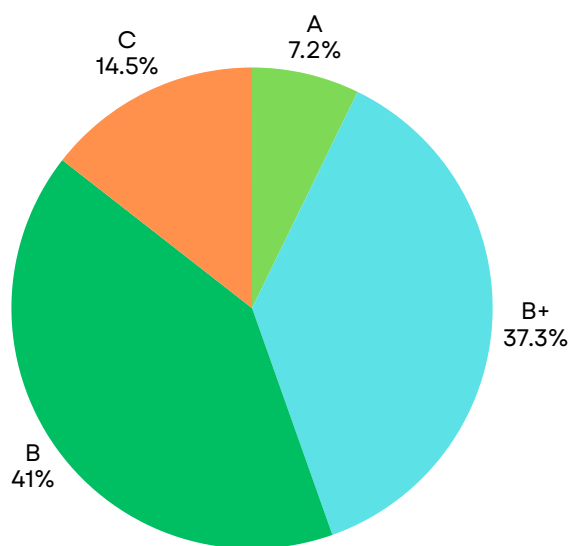
Our Program Impact- Mumbai

Assessment Mumbai - July to September 2025

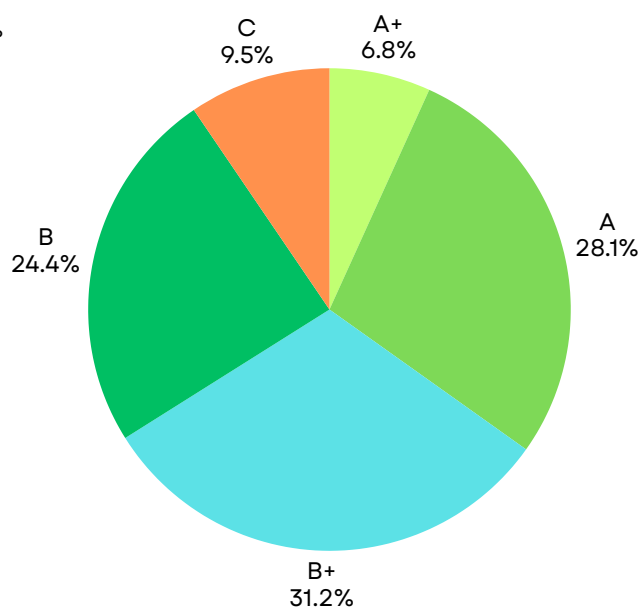
Excellent	Very Good	Good	Satisfactory	Need Improvement	Poor	AB
A+	A	B+	B	C	D	AB
0	12	62	68	24	0	0

Assessment Mumbai - January to March 2026

Excellent	Very Good	Good	Satisfactory	Need Improvement	Poor	AB
A+	A	B+	B	C	D	AB
15	62	69	54	21	0	0



Assessment Pune - July to September 2025

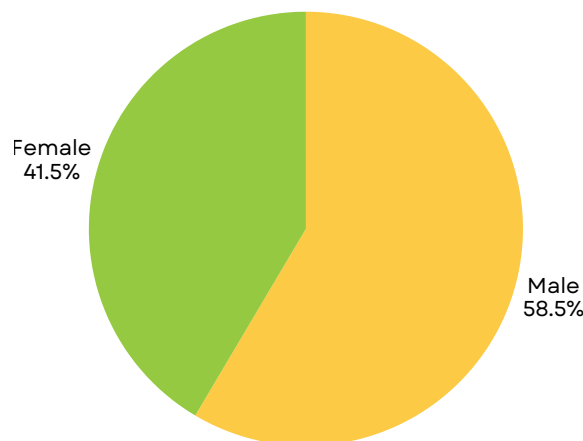


Assessment Pune - July to September 2025

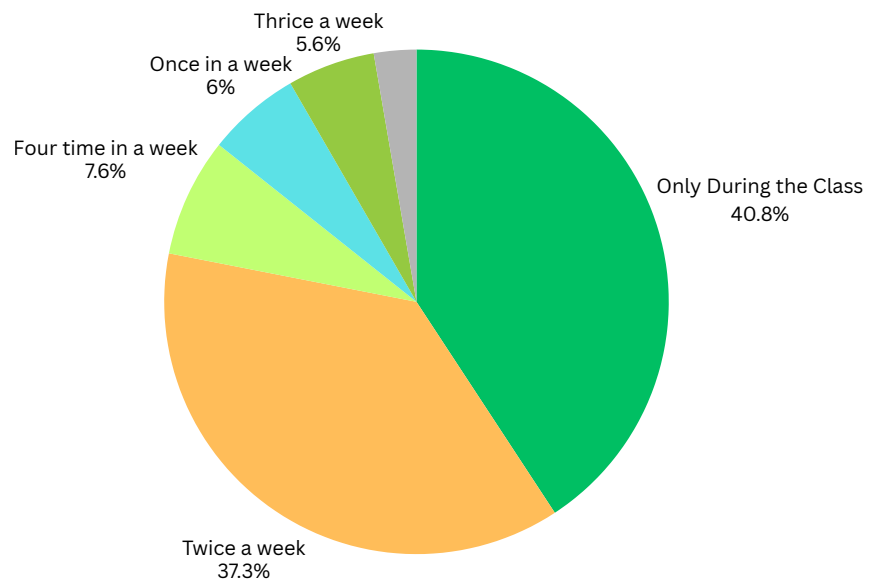
Feedback from Students

A feedback survey was conducted amongst the children part of the Yoga program to understand their overall experience and impact of yoga in their day to day activities. The survey also provided a pathway to improvise the quality of program. The survey was conducted amongst 552 students from Mumbai and Pune. The recently joined organizations (after 1st November 2025) were not part of the feedback survey

Gender	
Male	58.50%
Female	41.50%

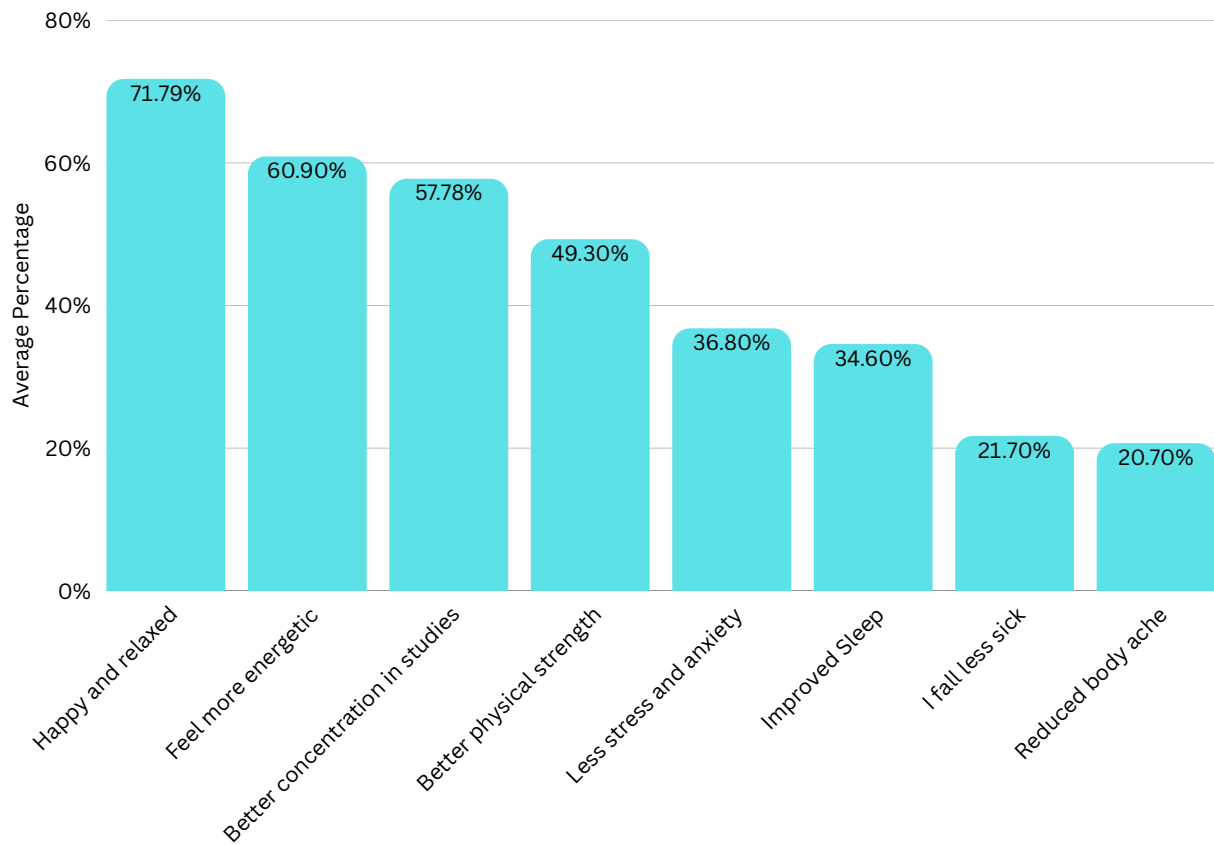


How many days do you self practice yoga?



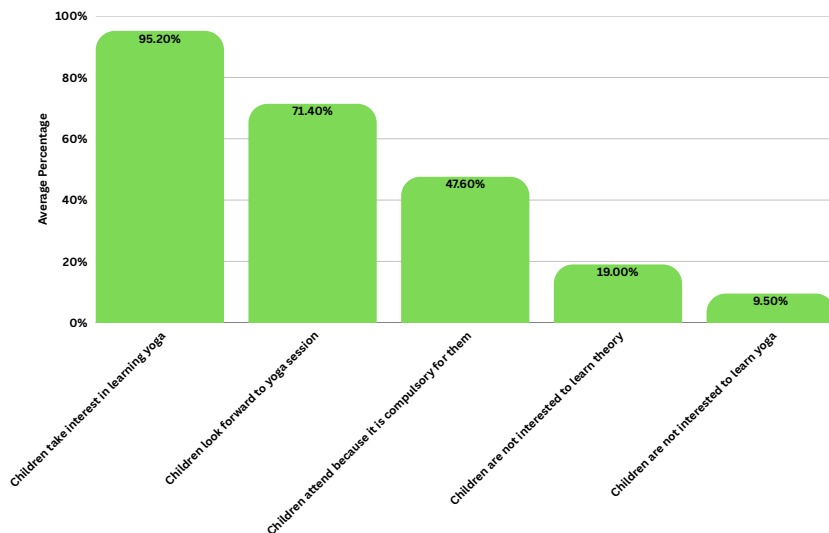
How has yoga impacted children?

Happy and relaxed	71.79%
Feel more energetic	60.90%
Better concentration in studies	57.78%
Better physical strength	49.30%
Less stress and anxiety	36.80%
Improved Sleep	34.60%
I fall less sick	21.70%
Reduced body ache	20.70%



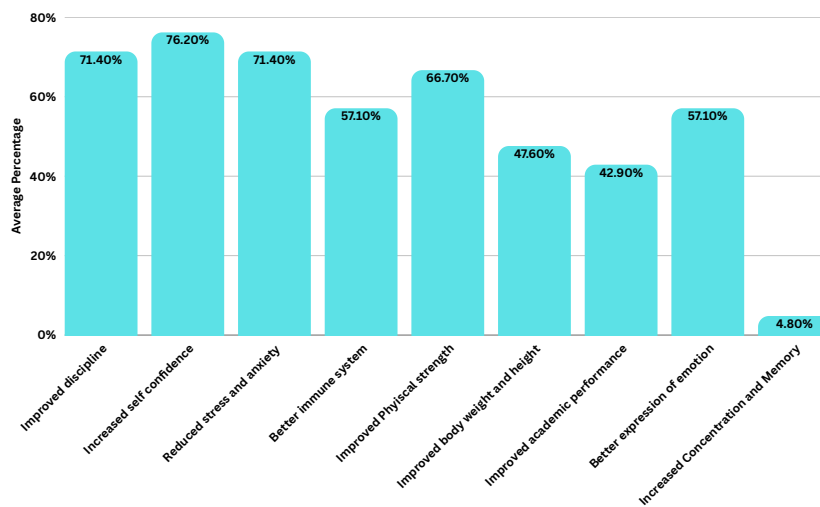
Feedback From Organization

A feedback survey was conducted amongst 20 old orphanages from Mumbai and Pune who are part of Yoga program. The objective was to understand the children's overall experience and impact of yoga in their day to day activities.

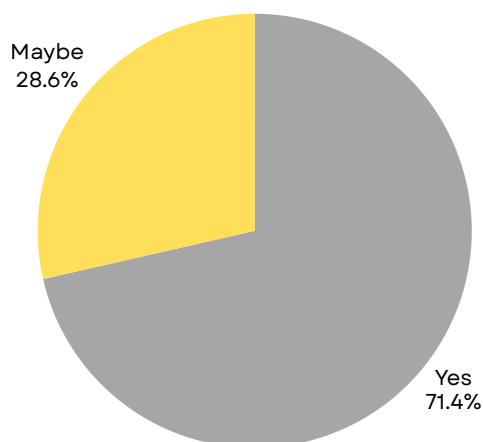


How do your children feel about the ongoing yoga program?

Have you noticed any positive change in the students?



Do you think children in your organization will opt for yoga as their future career ?



STRIVING TOWARDS COMMUNITY BUILDING

THE POWER OF YOGA

Dnyanesh Balsadan

The girls from Dnyanesh Balsadan demonstrated yoga practice in their school in front of the entire school on International Yoga Day. Whenever there is a yoga-related program in their school, they also demonstrate yoga practices in front of the whole school creating an awareness about yoga amongst their peers

Mother Teresa Foundation

Pratiksha, a girl from the orphanage who is currently studying in 12th standard, had syllabus related to yoga and the eight limbs of yoga during her Physical Education oral assessment/session exam. As she was aware of the concept, Pratiksha helped her classmates to understand the concept of 8 limbas and prepare for the examination.

Janseva Foundation Boys

On 26th January 2026, Republic Day was celebrated at the orphanage with great enthusiasm and patriotic spirit. The Founder and President of the organization, Dr. Vinod Shah, along with other respected dignitaries, also graced the program with their presence.

The celebration included a special yoga presentation by the children, which was appreciated by all attendees. The children performed with confidence and discipline, reflecting their regular practice and interest in yoga. The event also served as an opportunity to emphasize the importance of incorporating yoga into daily life. All present were encouraged to practice yoga regularly for better physical health, mental well-being, and overall development.



Snehchaya Pariwar Boys

Eleven students from the Snehchaya Pariwar, who are actively engaged in regular yoga practice, participated in a special yoga demonstration on the occasion of Republic Day, held on 26th January 2026 at Shri Chhatrapati Shahu Maharaj Vidyalaya, Dighi, under the Pimpri Chinchwad Municipal Corporation. The students performed a series of yoga asanas with great confidence, coordination, and discipline. Their performance reflected their continuous practice and dedication towards learning yoga.

The demonstration was highly appreciated by the audience, teachers, and dignitaries present at the event. This opportunity not only allowed the students to showcase their skills but also helped in spreading awareness about the importance of yoga for physical fitness, mental well-being, and overall development. Their participation served as an inspiration for others to adopt yoga as a part of their daily routine.



Don Bosco Shelter (Mumbai)

Students from Don Bosco Shelter Home, Mumbai participated in a special yoga demonstration on the occasion of Republic Day, held on 26th January 2026. The performance was attended by donors and well wishers of the organization. The students also presented a talk on yoga and its impact in their daily lives.



Our RISING STARS

VIJAY

For seven years, Snehchaya Pariwar has been home to Vijay. Coming from a tribal background, the transition into formal education wasn't easy for him. As a 15 year old student, the classroom felt like a place of struggle rather than opportunity. His confidence was low, and his academic progress felt stagnant —until March 2024.

When yoga classes were first introduced at the orphanage, Vijay felt an instant connection towards it. What started as a spark of curiosity quickly turned into a passion. Vijay didn't just show up for the class regularly ; he involved himself. As time passed by, he showed interest in learning the theoretical concepts of Yoga. During his free time, he practiced asanas for posture correction and alignment. The turning point came during the District Level Yoga Competition in 2025.

In his very first attempt, Vijay was selected for the State Level Competition. That moment of recognition changed everything for him. It was the first time Vijay truly felt proud of his achievement and his inner potential. Today, Vijay is a confident child. His health and immunity have strengthened, but more importantly, he has developed a deep sense of patience and calmness within him. Over the years he is steadily improving in his academics. He aspires to become a yoga teacher in future. He is an inspiration to many of his fellow mates at the orphanage. His transformation has motivated him to encourage other students to practice yoga and together they believe they can sparkle with each of their own inner potential.

MEGHANA RAJGURU

Meghana Rajguru is a resident of a Janseva Foundation orphanage, where she has been participating in the Yoga in Orphanages Program since June 2025. Initially, Meghana displayed challenging behaviour and resistance towards structured activities. At the beginning of the program, she strongly opposed attending yoga classes and once attempted to slap her coordinator when asked to join a session. Along with her friends, Swapnali Jadhav and Sarika Sukle, she often used inappropriate language towards the coordinator and demonstrated aggressive and defiant behaviour.

In addition to this, Meghana and her peer group maintained poor personal hygiene and did not keep their living or practice spaces clean. They would also discourage other children by teasing, laughing, and demotivating them during yoga sessions, which created a disruptive environment.

Recognizing these behavioural challenges, the yoga trainer adopted a supportive and corrective approach. After one such incident, the trainer had a detailed discussion with Meghana and her friends, helping them understand the importance of respect, discipline, and participation. Following this interaction, they apologized to the coordinator and gradually began to change their behaviour.

Over time, with regular yoga sessions and continuous guidance, significant positive changes were observed in Meghana's behaviour and attitude. She started maintaining personal hygiene, keeping her surroundings clean, and taking responsibility for the practice space. Before each session, she and her group now take the initiative to clean the yoga area, reflecting a sense of ownership and discipline.

Our RISING STARS

Her behaviour during classes has also improved considerably. Earlier, she used to distract others, but now she remains focused and does not disturb the class. Instead of demotivating her peers, she actively participates and encourages others. Meghana has developed a genuine interest in learning yoga and now expresses a desire to learn more asanas and new techniques.

She has also demonstrated strong leadership qualities. When given the opportunity, she confidently demonstrates asanas in front of the class, following proper techniques as taught by the trainer. She observes others carefully, helps correct their postures, and supports them in improving their practice. When asked by the trainer, she is capable of conducting sessions independently, both in practical and theoretical aspects.

Additionally, notable improvements have been observed in her personal behaviour. She has become more disciplined, honest, and respectful. She no longer engages in negative behaviours such as lying, creating disturbances, or troubling others.

Our RISING STARS

RAJESH

A 17-year-old boy from Paithan, Maharashtra, is currently at JNUK Observation Home. He ran away with a girl he was in love with. They had a physical relationship. He worked at a lodge as a housekeeper. While traveling from Paithan to Satara, Pune police caught them, and he's been at JNUK, Yerawada, Pune, ever since. For the first four or five days, he did nothing but cry. He was a boy agitated by raw impulse and hidden anger.

In the beginning, Rajesh resisted the yoga sessions but as he began to show up for yoga, something in him started to calm down. The boy who couldn't stop crying or arguing with his peer mates began to find a strange kind of sanctuary in the practice. He eventually found his "anchor" in Shirshasana. With the steady support of the wall, he practiced shirshasana regularly. "My mind is calm, and I don't get irritated. I always attend sessions, so my anger has also reduced."

He wants to sit for his exams and eventually wants to join the police force. For Rajesh, yoga didn't just reduce his anger; it gave him the clarity to see a better version of himself that serves his community rather than running from it. A child to parents who work as daily wage earners, Rajesh feels his stay at Juvenile home was a blessing in disguise to learn yoga and become a much calmer and a better person.

RITESH BHAGWAT

19 year old Ritesh Bhagwat is currently studying in F.Y. B.A in Yoga. He has been associated with the yoga program for the past 6 years. Growing up in a simple household, he was sent to the orphanage due to financial issues as a child to a single mother.

Ritesh had a natural tilt towards sports. In the initial year he joined yoga sessions at the orphanage to improve his flexibility and strength for his sports practice. Over the years, he developed a keen interest towards Yoga. He realized that through yoga, his physical fitness, strength, flexibility and stamina had improved along with better focus and concentration. His curiosity to learn and explore the world of yoga led him to enroll in a Yoga Therapy course, which he is currently pursuing.

Over the years, Ritesh has earned accolades in various yoga competitions at district, state, and national levels. He has received recognition for his performance. Recently, Ritesh has started his internship at Aadyam Yoga Studio, a reputed yoga studio in Pune, on 9th March 2026. The hands-on experience of learning new techniques and asanas will pave a way for Ritesh's dream of becoming a Yoga Trainer. He hopes to pursue Ph.D in Yoga in near future.

PRITHUVIRAJ

Prithuviraj comes from a middle-class family and developed an interest in yoga at a young age. He was residing at Dyandeep Balgruh during his childhood. As a child he was shy in nature and had low confidence.

Over the years, yoga became his bridge and the rigidity in his body began to dissolve, taking his lack of confidence with it. What started as a struggle became his greatest skill with improved flexibility and confidence he was ready to spread his wings into the world of Yoga. He participated in competitions leading up to National level with appreciable performance. Currently he is pursuing internship at Adyam Yoga Studio, Pune apart from attending the Leadership Class once a week

SACHIN JAMBEGI

Sachin Jambegi has been pursuing his internship at Prana, a reputed yoga studio, since August 2023 under the guidance of Mr. Amit Pawar. Through this opportunity, he is gaining valuable exposure to yoga therapy practices and real-time client interaction. During his internship, he observed therapy sessions, supported the trainer, and helped clients by understanding their health concerns and guiding them accordingly. These hands-on experiences have helped him to upscale his skills.

Over time, Sachin has developed the ability to effectively handle both Indian and international clients. He understands their problems and supports them in providing appropriate yoga therapy practices. For him, seeing positive changes in clients' health and well-being is one of the most rewarding experiences. His growth is reflected not just in the doubling of his stipend from Rs 5000 to Rs 10000 but in the patience and consistency he now brings in every interaction with his clients. Sachin worked as Assistant trainer at Janseva Boys During his tenure, he reflected a professional approach towards teaching the students as per the structured guidelines. However, due to a change in class time schedule he had to leave the class. Sachin has not only learned yoga therapy techniques but has also developed important life skills such as patience, communication, and consistency. He strongly believes that yoga therapy is not just an exercise, but a holistic lifestyle.

NITIN JAMBEGI

Nitin Basavaraj Jambegi has been practicing yoga since 2018. His journey began as a student at Dnyandeep Balgruha, where he was first introduced to yoga.

Over time, he actively participated in yoga competitions. He secured 1st rank at the district level and later achieved 1st rank at the state level as well. He also represented at the national level and participated in national competitions four times over the years. In his academic journey, Nitin completed his 11th and 12th (Arts stream) after which he pursued a Diploma in Yoga and Ayurved from Tilak Maharashtra Vidyapeeth, Pune.

To further strengthen his practical skills, he completed Leadership Training at M.M. Yoga Academy. During this period, he gained hands-on experience in conducting general yoga classes. He independently handled morning and evening batches, where he guided participants on weight management, improving immunity, breath control, and mental stability. This experience was gained over a period of six months, from December 2024 to May 2025.

Later, he enhanced his knowledge by studying Yoga Therapy at Aananda Jeevana Yoga Institute, Hadapsar. Here, he learned techniques such as Shoulder Traction, Knee Traction, and proper Upper, Middle, and Lower Bending methods, along with yoga-based therapeutic approaches for various health conditions. Currently, Nitin has come full circle in his journey. At the same place where he once learned yoga as a student, he is now working as an Assistant yoga trainer under SOSVA. He conducts weekly yoga sessions for children every Thursday from 6pm to 7pm. Along with teaching, he continues his personal yoga practice regularly. Today, yoga has become an integral part of his life, and he aspires to spread its benefits to more people in the future.

JIYA SINGH

17 years old Jiya Singh resides at Swapnalaya Girl Orphanage in Panvel. She has been practising yoga since January 2025. Over the months, as she participated in the sessions, her interest towards yoga developed.

Jiya started practising during her free time and is always curious to learn and improvise her postures. Since the past two months she has been assisting the yoga trainer during the session. Jiya conducts practice yoga sessions on other days in absence of a trainer.

Jiya is determined to take up yoga as a career. Although she has taken admission for a graphic designing course her focus remains Yoga. Hence, a qualified Yoga Trainer from Somaiya College has been placed at Swapnalaya as part of the Student volunteering program to support Jiya to improvise her yoga posture and learn. This initiative by SOSVA has provided a platform for Jiya to strive a step ahead towards her goal of becoming a Yoga Trainer.

Our RISING STARS

FLORIN BALASHRAM

The Yoga program at Florin Ashram was initiated in the month of July 2025. Under the guidance of Trainer Amit Utekar, children were introduced to yoga. However, our trainer faced major challenges in the next few months as children refused to sit for more than 10 minutes, most of the children were restless.

Trainer Amit realized the children had to be taught in a more play way method along with teaching them discipline and manners. It was observed during the session children used slang words amongst themselves. Hence, Amit Sir, introduced new asanas challenges for them in every class, taught them about discipline and basic manners. There were days, Amit Sir would get frustrated as the children were not showing progress. However, after three months of constant support and guidance to the children, they slowly started showing interest towards yoga. On the day of assessment our entire team was a bit nervous for the assessment.

However on arrival our Coordinator found 25 students seated with uniform, in a disciplined manner. As the assessment progressed each student performed beyond expectation. Their confidence, communication skills and discipline during their interaction with Krushna Sir was overwhelming. All the students secured A , A+ grades. It is the sheer dedication and support of our Trainer Amit who believed in each child's potential and gave his best to hone their skills. As a gesture of appreciation, children were gifted stationery sets for their immense hard work and sincerity



Testimonials from Trainers



I've been working with SOSVA NGO for over a year now, and it truly feels like home. It's a space with no politics or negativity, just pure support, kindness, and people uplifting each other. This journey has made me more grateful, aware, and compassionate, and helped me grow in so many ways. I believe everyone should experience working with an NGO at least once in their lifetime. It teaches you the real value of life and the joy of giving back.



**ALIYA
SAYYED**

*Yoga teacher
Mumbai*



My name is Soniya Kamble. I have been working with the SOSVA foundation for the last one year. I teach Yoga at Jeevan Dhara and St. Catherin's home. My experience there has been really wonderful. I have seen great positive changes in the children. Earlier, they used to feel bored and sometimes wouldn't participate, and they were not very interested in Yoga theory, But gradually their progress has improved a lot.



**SONIYA
KAMBLE**

*Yoga teacher
Mumbai*

“

नमस्ते! माझं नाव हरी सुतार आहे. मी वडगाव शेरी येथील माहेर अनाथ आश्रम या ठिकाणी गेल्या काही महिन्यांपासून योगा क्लास घेत आहे. येथे क्लास मध्ये येणारा वयोगट 9 ते 22 वर्षे असा आहे जो योगासारख्या ॲक्टिव्हिटी साठी अगदीच अनुत्सुक आहे अस मला सुरुवातीला जाणवलं. त्यांची दुपारची दुपारची झोप खराब करून त्यांना मॅट वर बसवणं आणि पूर्ण एक तासासाठी त्यांना क्लास मध्ये गुंतवून ठेवणं मला जरा कठीण वाटलं होत.

क्लास मध्ये होणारी वेगवेगळी आसने त्यासोबतच त्यांच्या अभ्यासक्रमात येणाऱ्या वेगवेगळ्या गोष्टी माहिती मुळे त्यांना यात रस निर्माण झाला आहे. लवचितकता, एकाग्रता, मन शांत राहणं असा फरक तर पडलाच सोबतच मुल यम, नियम जाणून घेऊ लागली. वर्गातल्या चर्चेत सहभागी होण, प्रश्न विचारण, शंका निरसन करून घेणं यामुळे मुल योगासाठी किती उत्साही आहेत हे दिसून आलं.

मी स्वतः विद्यार्थीदशेत असल्यामुळे एखाद्या शिक्षकाच विद्यार्थ्यांप्रती असणारी तळमळ मला अनुभवायला मिळाली. मलांची मानसिकता समजणं, त्यानुसार सर्वांचा उत्साह वाढेल अस वर्तन ठेवणं, आणि अशा अनेक गोष्टी मुलांकडून शिकायला मिळाल्या. मला मुलांसोबत काम करण्याची संधी दिलीत त्याबद्दल मी ' द सोसायटी फॉर सर्विस टू व्हालेंटरी ॲजेन्सी ' (SOSVA) आणि माहेर अनाथ आश्रम चे नेहमी ऋणी राहीन. धन्यवाद!!

Hari Sutar

Yoga teacher - Pune

”

“

I recently had the wonderful opportunity to conduct motivational sessions at different orphanages, guiding students on career opportunities in yoga. It was truly inspiring to see the enthusiasm and curiosity among the students. Nearly 30 students participated in these sessions from different organizations showing great interest in learning yoga not just as a practice, but as a future career path.

The students are highly enthusiastic and eager to grow. With proper guidance, training, and support, they can definitely gain confidence, develop knowledge, and become skilled yoga teachers.

This initiative is not just about teaching yoga it's about empowering young minds and contributing towards a healthier and more mindful future generation. Grateful for this opportunity to serve and inspire.

Anushree Patinge

Yoga teacher - Pune

”

Amit Utekar

(Yoga teacher Mumbai)

Namaste everyone

My name is Amit Utekar. I am very grateful for this opportunity to express my experience.

For the past one year, I have been teaching yoga to young children at Mermeir Ashram and Florin Ashram. This journey has been very special and meaningful to me. Yoga is not just a form of exercise, but a way to connect our body, mind, and soul.

In today's fast-paced life, we all face stress at some point. For children, it is even more important to grow in a peaceful and healthy environment. Yoga helps them improve their concentration, strengthens their body, and keeps their mind calm and balanced.

When I first started teaching, many children were very restless and found it difficult to focus. But slowly, with regular practice of yoga, I saw a lot of positive changes in them. Today, they are more disciplined, confident, and happy.

Yoga teaches us patience, self-control, and positive thinking. It is truly a way of life. I feel very happy when I see these children practicing yoga with enthusiasm and eagerness to learn. Their innocent smiles and energy motivate me to continue doing this work with dedication.

In the end, I would like to say that everyone should make yoga a part of their daily life. Even a few minutes every day can bring a big positive change.

Thank you!



Testimonials from Students

संक्रांत

पन्नासतन ताम आश्रम में हर सोमवार और मंगलवार निधामित रूप से इन ताम लोग स्वबद्धत दीसमपति, समथ के पबंद और निमेषर व्यक्ति हैं। वे हमेशा समथ पर आकर पूरा लोपाका के साथ बच्चों को सेवा सिखाते हैं। उनका पढ़ने का तरीका बद्धत समथ और समझने में आसान है जिसे छोटे बच्चों भी आसानी से सीख पाते हैं।

वे हर सेवा अड्यासको धैर्यविक समझाते हैं और बच्चों की गलतियों को द्वाह से सुधारते हैं। वे प्रेतामजारी, विक द्वाचाम दी नदी सिखाने, वनिक सैदा संसु बने की विधि, द्वाचान (मोडिद्वेन) और मन को शांत करने के तरीके भी ज्ञातवाते हैं। इससे बच्चों का शारीरिक स्वास्थ्य दी नदी, वनिक मनसिक विकास भी हो स्या है।

सेवा समकदा में अड्या अनुशासन बजाए रखते हैं और समथ बच्चोंको भाग के लिए प्रेरित करते हैं। उनका व्यवहार बद्धत दी समथ, मिमनस्यार और हेला। दासक है, जिससे बच्चे उनसे जुड़ाव महसूस करते हैं और अड्या के साथ लोग वासते हैं।

विशेष रूप से सुत्र मधुप ने सेवा सम के मर्गद्वेशन में से अड्या समान दिवारी है। उनका विकासता, लटीमिापन और आत्मविश्वास में स्पष्ट सुधार देखा गया है, जो सेवा सम को मेधन और सैदा मर्गद्वेशन का परिणाम है।

उनके मर्गद्वेशन से सभी बच्चों में स्वास्थ्य, अनुशासन और सकारणमक सेवा का विकास हो स्या है। हम उनके इस निधामित सेवा, समपति और आश्रम के प्रति उनके महत्वपूर्ण योगदान के लिए दिन से धन्यवाद करते हैं और उनके अड्या स्वास्थ्य व अड्याम अतिथ्य के लिए प्रार्थना करते हैं।

Testimonials from Students

- नाव : सुरेश अनिल जाधव.
- इयत्ता : सातवी
- वय : 14
- संस्थेचे नाव : संपर्क बालग्राम, शेळीपिंपळगाव.

मी लहान पणापासूनच योगा करायला सुरुवात केली. आमच्या संस्थेत प्रथमता हनुमंत झगडे सर हे आम्हाला खुप आदिपासून योगा शिकवत आहे. ह्या सरांनी आम्हाला खुप वेगवेगळ्या आसणांची चांगल्या प्रकारे ओळख करून दिली. ते आसन कशाप्रकारे करायचे हे ही आम्हाला शिकवले. हे सर प्रत्येक रविवारी येत असं. आता ही ते सर एतात.

त्यानंतर आले आमचे नवीन सर, ते म्हणजे सागर सर. ह्यांनी आम्हाला खुप म्हणजे खुप चांगल्या प्रकारे योगा शिकवले. ते दर गुरुवार आणि शनिवार तसेच सोमवारीसुद्धा ही येतात. त्यांनी आम्हाला थोरी व प्रॅक्टिकल या दोनी प्रकारे योगा शिकवला. त्यांनी आम्हाला कोणत्या आसणेचे काय फायदे आहे व ते आम्हाला मोठ्यापणी त्यांचा आमच्यावर काय फायदा होईल हे ही सांगत असं. योगाचा शोध कोणी लावला तसेच ही सजीवसृष्टी कशाप्रकारे बनवली हे ही सांगितले. योगा केल्यामुळे खरच माझ्यावर खुप फायदा झाला. योगा केल्यामुळे माझ्यातली अभ्यासवृत्ती खुप सुधारली. धन्यवाद सर तुम्ही आम्हाला शिकवायला येतात. पुढे ही येतच राहा.

Testimonials from Organization

CHILDREN'S AID SOCIETY

Children's Home/Observation Home, Umerkhadi
(Authorized Institution of the Government of Maharashtra)
(Received the National Award "Best Child Welfare Institute" in 1983)
Infront of Habib Hospital, Old Jail, Umerkhadi, Dongri, Sandhurst Road(W), Mumbai-400009

Ref NO.OHU/T.L./371

Date: 02/04/2026

To,
Ms. Radha Vedantam,
CEO, SOSVA,
Mumbai.

Subject : Appreciation for the ongoing Yoga Program at Children's Home.

Dear Ms. Vedantam,

I am writing to express our sincere gratitude for the yoga program SOSVA has been conducting at the Children's Home over the past year.

The initiative has been a resounding success. Over the last twelve months, we have seen a significant increase in the number of participants, with the children showing genuine enthusiasm and commitment to each session. Beyond the physical benefits, the program has contributed immensely to their mental and emotional well-being.

We would like to specially commend the trainers for their exceptional work. Their ability to guide the children toward inner focus and mindful reflection has been remarkable. This practice is helping our students develop the tools they need to navigate their daily lives with greater calm and clarity.

Thank you for your continued support. We look forward to sustaining this partnership for the long-term benefit of the children at our home.

Yours faithfully,


Superintendent,

Observation / Children's Home,
Umerkhadi, Mumbai-400009.
MUMBAI-400009.

Website-casmumbai.in, Central Office Email -childrenso@yahoo.com, Contact-022-24302514/24328279

Observation Home Email-chohu27@gmail.com, Contact-022-023775895

(Donation to the Society are exempted from Income Tax U/Sec 80-G of Income Tax Act)

Tel. : 2754 3335
(M) : 9819541233

JAN VIKAS SOCIETY

MERMIER BAL ASHRAM

(HOME FOR STREET CHILDREN AND RAG-PICKERS)

REGD. OFFICE :
ST. JOSEPH'S CHURCH,
New Mill Road, Near Municipal Market,
Kurla (W), Mumbai - 400 070.
☎ : 2650 2981 / 2650 8749



Mailing Address :
MERMIER BAL ASHRAM,
Plot No. 18-A, Sector - 11,
Bonkode Rd., Koparkhairane,
Navi Mumbai - 400 709,
Maharashtra, INDIA.

Ref. No. : _____

Date : _____

TO
Society for Service to Voluntary Agencies
Sion
Mumbai

Subject: Appreciation for the Yoga Training Programme at Mermier Bal Ashram

Dear Sir/Madam,
On behalf of Mermier Bal Ashram, I would like to express our sincere gratitude to the Society for Service to Voluntary Agencies for conducting the Yoga Training Programme for our students.

The sessions, which were held from were attended by approximately 28 boys ranging Standard 2nd to 10th. We are particularly grateful to Amit Utekar for conducting the sessions and Salman Khan for his excellent coordination throughout the program.

The Yoga training helped our students in reducing stress, improved focus & concentration. We also look forward to some students taking up yoga as a hobby or career in the long run.

Furthermore, we would like to extend a special thanks to Radha Vedantam and Meenakshi Phukan for their seamless organization and support in making this initiative a success.

We look forward to continuing our association with your esteemed organization.

Warm regards,

Yours Sincerely,

Fr. Francis Mulackal

Director of JVS





A Regd. Society under Societies
Registration Act, XXI of 1860
and Public Trust Act 1950
Trust Registration No.: F/6399/Pune
Society Reg. No.: MAH/5296-90/Pune

SAMPARC

SOCIAL ACTION FOR MANPOWER CREATION

BALSADAN - SHEL PIMPALGAON

Shelpimpalgaon, Tal. Khed, Dist. Pune 410501

Mob.: 9766343458 / 9309925473 E-mail: samparcchakan@gmail.com

जा.क्र. 2026-27/04

Date : 05/04/2026

प्रती,
मा. अध्यक्ष,
SOSVA संस्था,
मुंबई

विषय : फीडबॅक देणेबाबत...

मा. महोदय,

उपरोक्त विषयास अनुसरून आपणास फीडबॅक देणेत येतो की, आपल्या SOSVA संस्था, मुंबई यांच्यामार्फत संपर्क बालग्राम शेलपिंपळगाव येथे दिनांक २२ डिसेंबर २०२६ पासून ते आजतागायत योगाचे क्लास सुरु आहेत. आपल्या योगासन क्लासमुळे बालकांच्या नेहमीच्या जीवनशैलीत निश्चितपणे सकारात्मक बदल झाल्याचा दिसून येतो आहे. तसेच वेळोवेळी योगासनाचे फायदे आपल्या प्रशिक्षकांमार्फत सांगितले जातात. याचाही सकारात्मक परिणाम दिसून येतो आहे, बालकांमध्ये ध्यान धारणा होऊ लागली आहे.

नक्कीच आपल्या योगाच्या क्लासचा आमच्या बालकांना फायदा झाल्याचे दिसून येत आहे. असेच क्लास यापुढेही सुरु राहावेत ही अपेक्षा. यास्तव आपणास संपर्क बालग्राम शेलपिंपळगाव मार्फत फीडबॅक देणेत येतो आहे.

धन्यवाद....

A.K. Ganguly
अध्यक्ष

संपर्क बालग्राम शेलपिंपळगाव
ता.खेड, जि.पुणे-४१०४०१

President : Mr. Anil Singhvi

Secretary : Mr. Amit Banerjee

Secretarial office : Samparc, 9 Varad Apartment, Flat no.9, Plot no.292, S.No.37- 45, Yashwant nagar,
Talegaon Dabhade Station, Pin 410507, Dist. Pune (Maharashtra), India. Tel. Fax : (02114) 227335, 231472

E-mail : samparc6@gmail.com Website : www.samparc.org

Donations to Samparc are exempted from Income Tax u/s 80G

Dr. Vinod Shah

M.D.
Chairman

☎ : +91 98230 11760
☎ : 020 2453 8787, 2453 7272 / 7373
✉ : janasevafoundationpune@gmail.com
🌐 : www.janasevafoundation.org
www.kmsnursingschool.org

MENTOR

Dr. R. A. Mashelkar
Padmavibhushan Awardee

PATRONS

Smt. Meena Nitinbhai Desai
Desai Brothers Ltd., Pune
Dr. K. H. Sancheti
Padmavibhushan Awardee
Smt. Anu Aga
Padamashri Awardee
Dr. Narendra Jadhav
Former MP Rajyasabha
Dr. Abhay Firodia
Shri. Bharatbhai Sanghavi
Shri. Madan Bafna
Smt. Shobha Dhariwal
Shri. Madan Bhosale
Shri. Krishnakumar Goyal
Shri. Ratnakar Gaikwad
Shri. Dawoodi & Mrs. Rashida Abid
Shri. Jaysinh G. Patil
Shri. Devichandji Jain
Shri. Rajkumar Chordia
Shri. Mukesh Malhotra
Dr. Vijaybhai Mehta
Shri. Vijaykant Kothari
Shri. Nallesh Nandu
Shri. Purushottam Lohia

BOARD OF TRUSTEES

Mrs. Meena Shah
Secretary & Incharge (Administration)
(R) 2453 8484 (M) 94206 96401
Dr. Rajesh Shah
Trustee & Treasurer
(M) 98220 25999
Shri. Jaiprakash Shroff
Trustee & Incharge Construction
(M) 83800 05800
Dr. Subhash Salunke
Trustee & Incharge Research
(M) 96899 07636
Shri. Jaydev Naik
Trustee & Incharge Government Programmes
(M) 98220 13846
Shri. Danesh Shah
Trustee & Incharge Skill Development Centre
(M) 98220 22250
Adv. Vijay Saraf
(M) 98220 33660
CA Dr. Vardhaman Jain
(M) 98230 24922
Mrs. Kailash Patel
(R) 2683 3264 (M) 94204 96540
Prof. J. P. Desai
(M) 94235 28786
Mrs. Ketaki Deshpande
(M) 98201 66300
Shri. Nitin Kothari
(M) 98230 63737

- Late Kundagauri Manaharlal Sanghavi & Late Manaharlal P. Sanghavi Complex
- Shri. Haribhai V. Desai Old Age Home Wing I & II
- Shri. Rasiklal Manikchand Dhariwal Old Age Home
- Late Mrs. Kanchanben Hirabhai Shah (Chokhawala) Sanskrutik Bhavan (Rural Hub)
- Com. Late Govindrao Dhapare Janaseva Foundation Rural Hospital • Rural Health Services
- Mobile Medical Units • Late Pravinchandra K. Shroff - Long Term Care Centre
- Icharajbai Chunilal Khinvasara Home • Shrimati Achala Sachdev Institute Of Education
- Mrs. Kumudben Madanbhai Sura Nursing School • Day Care Centres
- Hira Kanchan Complex : "Shri Bahri Malhotra" Residential & Vocational Training Home for Girls, Skill Development Centre, Bhilarawadi, Katraj
- Century Club • Naturopathy Centre • Anubhav - I Radio
- Regional Resource & Training Centre (RRTC)
(Ministry of Social Justice & Empowerment, Govt. of India.)
- Organization In Special Consultative Status with the
Economic & Social Council, United Nations Since July 2015



1st Floor, Above IDFC First Bank, Indulal Complex, L. B. Shastri Road, Navi Peth, Pune - 411 030.
Date: 06/04/2026

Ref.No.:

To,
The President,
SOSVA,
Mumbai.

Dear Sir,

Greetings from Janaseva Foundation.

We would like to express our sincere gratitude to you and your team for conducting yoga classes regularly for the children of our destitute home.

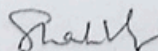
The children are thoroughly enjoying the classes and are attending them regularly with great enthusiasm. Your yoga teacher's patient guidance and caring approach have created a positive and encouraging environment for them.

We are happy to share that we can clearly see positive changes in the children. The yoga sessions have helped them become more disciplined, calm, confident, and focused. These improvements are helping them not only in their day-to-day life, but also in their studies and academics.

The children look forward to every class, and the sessions have become an important and meaningful part of their routine. We truly appreciate your dedication, commitment, and valuable contribution towards the overall development and well-being of our children.

Thank you once again for your continuous support and service. We look forward to your continued support in the future.

With regards,


Dr. Vinod Shah (MD)
Chairman,
Janaseva Foundation

DONATIONS ARE EXEMPTED FROM INCOME TAX UNDER SECTION 80G OF THE INCOME TAX ACT HAVING UNIQUE REGISTRATION NUMBER AAATJ0715HF20215 APPROVED ON 24/09/2021 FOR THE ASSESSMENT YEARS 2022-2023 TO 2026-27. FOREIGN CONTRIBUTION ACT REG. NO. 083930238

Scanned with CamScanner

Our Challenges

01

Limited staff support during classes as caretakers are not always present.

02

Due to tight schedules, classes are mostly conducted on weekends.

03

Difficult for one trainer to manage large groups of students.

04

Classes get canceled or interrupted when donors visit during class time.

05

Many students find theory difficult to conceptualize.

06

Identify quality trainers with limited resources for competition and leadership class.

07

Matching the allotted class time schedule with that of Trainer's availability.

08

Drop out of students due to transfer to other organization by CWC or opting out of orphanage hinders the consistency and impact of the program.

PHOTO
GALLERY

Photos of Pune Chapter

Regular yoga classes



Competition yoga classes



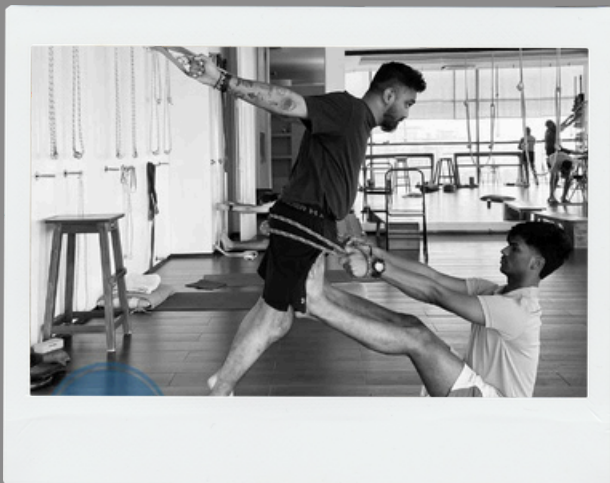
Leadership yoga class



Promotional sessions



Students internship



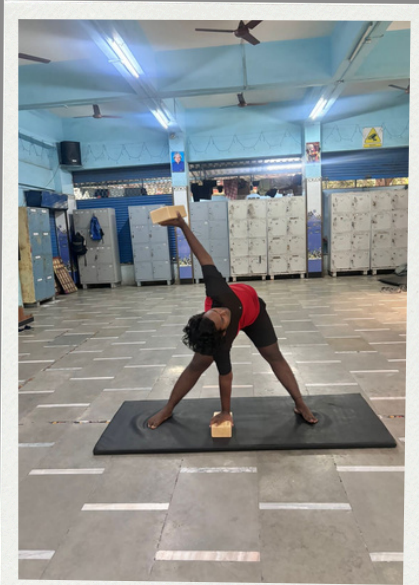
Photos of Mumbai Chapter

Regular Yoga Classes





Competition Yoga Classes





THANK YOU

