

Project Title	Sponsorship Support for Sunera Performing Arts Workshop Gourawila
Grantee Name	Sunera Foundation
Donor	India Sri Lanka Foundation
Project Duration	June 25 th 2023- March 25 th 2024
Grant Reference	347/22
Grant Amount	LKR 500,000
Project in Brief	<p>Individuals with disabilities encounter social marginalisation, often deprived of opportunities to make meaningful contributions to society. Sunera has undertaken an innovative approach founded on the belief that 'Arts Can Transform the Lives of the Differently-Abled.'</p> <p>Our strategy focusses on harnessing the therapeutic power of performing arts, aiming to cultivate self-confidence of the differently-abled and shape positive public perceptions. Through regular performing arts workshops, Sunera provides a platform for the differently-abled to develop their self-confidence and talents and thereby facilitate their social integration.</p>
Summary of activities performed	<div data-bbox="506 1041 750 1474" data-label="Image"> </div> <p>The project engaged 18 differently-abled participants enrolled at our Sunera workshop in Gourawila.</p> <p>The reporting period saw the holding of Sunera workshops for these differently-abled members on a weekly basis for nine months during the period from June 25th 2023- March 25th 2024.</p> <p>At the weekly workshops, routine activities such as Therapeutic exercises, Art therapy, Dance/Drama training, Movement Therapy & Yoga for the differently-abled workshop participants, focus building activities such as games, drawing etc, activities that develop Gross and Fine Motor skills were conducted. Some of the activities were designed and taught to address participant's specific disability.</p> <p>The workshop activities include warmup, stretches, exercises, meditation & yoga <i>conducted</i> to develop physical fitness, muscle movement and the flexibility of the participant. Our workshops also enable the participants gain independence needed to do their daily activities. These activities help improve the phycological wellbeing.</p>


As a result of these activities, the young disabled participants progressed both physically and mentally, depending on their level of disability.


The workshop activities enabled them gain self- confidence and overcome the withdrawn and shy personality they initially came with.

We have also encouraged the participation of few Non-Disabled members in the workshop, as this facilitates our efforts to help the differently-abled members learn to integrate with the society.

We also conducted drama training and dance to develop their skills in theatre, acting & dance which would in turn enable them gain confidence to perform before the general public on instances where Sunera organises public shows or when invited for events outside such as those invited by plantation companies, social services, private organisations etc.



	<p>Additionally, in the month of December, workshop participants embraced the festive spirit being a part of a vibrant Christmas event where the participants enjoyed food, gifts, games, joyful tunes and Santa's presence.</p> 
Project Outcomes	<p>The outcomes of the project were as follows:</p> <ul style="list-style-type: none"> • Nurturing the diverse abilities of the participants. • Integration to the mainstream society. The exposure they get being a part of Sunera workshops facilitated opportunities and integration within mainstream society, aligning with Sunera's mission of empowerment and inclusion for differently-abled. This awareness promoted the understanding that disabled individuals are valuable contributors to society, leading to increased acceptance and recognition of their rights and needs. • Advocacy and campaigning for the rights of the differently-abled and raising awareness about Sunera's activities to sustain our work. This was achieved through showcase of Sunera workshop participants and their talents to outside organisations such. • In addition to the direct beneficiaries, the project has benefited their parents/ caregivers of the differently-abled project beneficiaries offering them hope. Families seeing the progress of their children - parents of the participants expressed how they gained confidence about the capabilities of their children. This provides much needed hope for their families too.
Impact story	<ul style="list-style-type: none"> • Vijayakumar Reshmiya 12 years (visually impaired and with learning disabilities)

	<p>She was following the Sunera workshop since 2019 while attending school.</p> <p>Her mother Annapoornam says that her daughter had no competencies when she initially enrolled but with time, she showed a vast improvement in her behaviour and attitude.</p> <p>“She happened to be very aggressive and preferred to spend time in isolation. But after she started attending the Sunera workshop we noticed a remarkable change in the way she behaves and speaks to others. The workshop helped her learn to do activities in groups and as a result she is now able to get along and work with others specially with her siblings at home.</p>
Publicity	<ul style="list-style-type: none"> Sunera’s quarterly news letter Art Hope Magazine provided exposure regarding the assistance.  <ul style="list-style-type: none"> Sunera Facebook page provided exposure on the sponsorship: https://www.facebook.com/SuneraFndn