



1ST QUARTERLY NEWSLETTER 2026

Bahaal Foundation: A Year of Building Hope, One Step at a Time

The first year of the Bahaal Foundation has been a journey of resilience, learning, and purpose. What began as a vision rooted in lived experience has steadily grown into a movement focused on restoring dignity, independence, and hope for individuals with spinal cord injuries.

Starting from the ground up came with its share of challenges. Establishing systems, building credibility, and navigating the complexities of the nonprofit ecosystem required patience and persistence. With limited resources, every step demanded careful planning, whether it was initiating programs, reaching beneficiaries, or forming partnerships. There were moments of uncertainty, where the scale of the need felt overwhelming, and the path forward seemed unclear.

Yet, these struggles shaped us. They pushed us to innovate, adapt, and stay grounded in our mission. Over the year, Bahaal Foundation has taken meaningful strides. From initiating rehabilitation support efforts to conceptualising programs like Mind over Matter and Spine in Motion, we have begun addressing both the physical and psychosocial needs of individuals with spinal cord injuries. Each interaction, each story of resilience, reinforced the importance of community-based, person-centred care.

One of our greatest successes has been building connections with individuals, caregivers, professionals, and institutions who believe in our vision. These relationships have not only strengthened our work but have also created a growing support network for those we serve.

This journey would not have been possible without the support we received along the way. From mentors who guided us, to partners who opened doors, to well-wishers who believed in us even before we had tangible results, every contribution has mattered. Most importantly, the trust of individuals with spinal cord injuries and their families has been our strongest foundation.

As we complete our first year, we do so with gratitude and renewed commitment. The road ahead is long, but this year has shown us that change is possible when resilience meets collective effort.

Bahaal Foundation moves forward, stronger and more determined, continuing its journey of rebuilding lives and restoring hope.



From the Founder
Sijo Varghese

As we complete the first year of the Bahaal Foundation, I am filled with gratitude and reflection. What began as a vision rooted in lived experience has grown into a collective journey shaped by resilience, learning, and purpose.

This year has not been without challenges, but each step has strengthened our commitment to supporting individuals with spinal cord injuries. The trust, encouragement, and support we received have been invaluable in helping us take these first steps.

This year has been about laying a foundation—not just as an organisation, but as a community. Through our early initiatives, conversations, and outreach, we have begun to create spaces of support, understanding, and empowerment for individuals with spinal cord injuries and their families.

As we move forward, we remain committed to building a more inclusive and empowering future together.

Inspiration on Wheels - Mr. Aneesh K



My name is Aneesh K. On December 21, 2014, when I was 24, my life changed forever. While climbing a tree as part of my work, I slipped and fell. I immediately lost sensation in my lower limbs and was taken to the hospital, where I spent nearly two months.

One of the hardest moments was when the doctors told me that I would not be able to walk again. At first, I believed that I would recover and walk again, but over time, I realised that my spinal cord injury was permanent. I also developed a pressure sore, which made my recovery even more difficult.

Slowly, I began learning about spinal cord injury and how to adapt to my new reality. Karunya Charitable Trust for the Disabled played an important role in my rehabilitation. Their support and encouragement helped me regain confidence and learn how to live more independently.

One of my proudest achievements was learning to use an adaptive scooter. Today, I can independently transfer onto the scooter and travel long distances on my own. I also completed wheelchair skills training and now have the opportunity to support others as a peer trainer.

My journey has taught me that independence does not necessarily mean doing everything exactly as you did before. Sometimes, independence means learning a new way of doing things and discovering that you are capable of much more than you initially believed.

My family and friends have been an important source of strength throughout my journey. I was also inspired by Mohan Nair, whose life and determination encouraged me to keep moving forward. Today, I live independently and manage my daily activities on my own. Looking back, I realise that although the accident changed my life, it did not end my ability to live a meaningful and independent life.

I am deeply grateful to Karunya Charitable Trust for the rehabilitation and support they provided during my journey.

My message to anyone going through a similar experience is simple: Don't give up. Keep learning, keep moving forward, and believe that you can achieve your goals.



The 8th edition of the Manipal Marathon, held on 8 February 2026, highlighted the importance of making community sporting events accessible to people of different abilities. Organised by Manipal Academy of Higher Education (MAHE). Trained volunteers and support teams were also available to assist participants and ensure a safe and inclusive experience.

With more than 20,000 participants, the event demonstrated how sport can bring people of different ages and abilities together. The dedicated disability categories provided an opportunity for participants with disabilities to take part in a major community sporting event alongside the wider public, promoting inclusion, participation, and equal opportunities in sport.

Spine in Motion: Upcoming Wheelchair Mobility Training in Kannur, Kerala.

In a significant step toward promoting mobility, independence, and inclusion for individuals with spinal cord injuries, Bahaal Foundation in association with the National Center for Assistive Health Technologies (NCAHT), IIT Madras, is set to conduct a 5-day intensive wheelchair mobility training at the Good Samaritan Rehabilitation & Training Centre, Kannur, Kerala, in August 2025.

The Spine in Motion program, known for its evidence-based and peer-led training approach, aims to equip wheelchair users with essential mobility skills that foster confidence and social participation. This upcoming session will mark a collaborative milestone, blending NCAHT-IIT Madras's technical expertise with Bahaal Foundation's grassroots experience and community trust.

The training will feature hands-on modules designed to enhance everyday mobility, including:

Basic and advanced wheelchair handling

Transfers and navigation over obstacles

Safe outdoor and road mobility

Peer mentorship and self-advocacy techniques

By offering a practical, intensive, and inclusive learning environment, the program will empower participants not just to move confidently in their wheelchairs but to reclaim autonomy in their personal and social lives. The choice of Good Samaritan Rehabilitation & Training Centre as the host venue reflects a shared commitment to accessibility and inclusion in disability spaces. Bahaal Foundation, with its deep engagement in spinal cord injury rehabilitation, will play a crucial role in outreach, participant support, and follow-up, ensuring the impact of the program extends well beyond the five days of training.

The programme aims to bring together persons with spinal cord injury, rehabilitation professionals, and peer trainers in a practical and supportive learning environment. Through hands-on training, peer learning, and real-life mobility practice, participants will have the opportunity to develop their wheelchair skills, improve confidence, and work towards greater independence.

The initiative will also create opportunities for participants to connect with one another and build a stronger peer support network, while providing a foundation for similar wheelchair mobility programmes in the future.



Upcoming Plans for Bahaal Foundation (Next Quarter)

- Building peer support networks by connecting newly injured individuals with trained SCI survivors who can offer practical guidance, encouragement, and emotional support during rehabilitation.
- Strengthening family and caregiver support through structured sessions covering everyday care, emotional well-being, communication, and caregiver self-care.
- Taking SCI awareness to the community through interactive programmes in schools, colleges, workplaces, social media, and public events, with a focus on prevention, inclusion, and disability rights.
- Mobilising community support through fundraising initiatives to help improve access to assistive devices, rehabilitation resources, and essential equipment for persons with SCI.
- Strengthening disability advocacy by developing a small team to follow policy and legislative developments affecting persons with disabilities and share simplified updates with the SCI community.
- Expanding wheelchair mobility training through the Spine in Motion programme in association with NCAHT–IIT Madras and rehabilitation partners, providing participants with practical skills for greater independence.
- Growing the Bahaal Foundation team by bringing together staff, volunteers, rehabilitation professionals, peer mentors, and experts in advocacy, communications, and fundraising.
- Amplifying lived experiences by documenting and sharing stories of people with spinal cord injury who are rebuilding their lives, through written stories, photographs, and videos to create awareness, representation, and hope.

Stay Connected & Support Our Mission

Your support plays a vital role in restoring freedom, dignity, and hope for individuals with spinal cord injuries. Join us in making a difference by visiting our website and following us on our social media pages. Stay updated on our initiatives, success stories, and upcoming events. Together, we can create a more inclusive and empowering future!



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**Bahaal Foundation is now officially
registered as a Section 8 not-for-profit
organisation**