



SRI ARUNODAYAM
Home for Mentally Challenged Destitute



Nithya's Story

We often find that making a difference for others makes the biggest difference in us. That's Nithya's story in a nutshell. It's a story that gives hope to children living with mild forms of intellectual disability.

When Nithya came to live with us, the effects of rejection made her crave attention in awkward ways. We enrolled her in Prayatna, our in-house vocational training center, where she learned to constructively focus her energies. It's here that the transformation took place. Nithya evolved into a multitasking person – a tailor, a dancer, a sports champion, and a nurse!

Nithya loves to care for the little ones at our home and she expressed her desire to do a course in nursing. We enrolled her at the Association for Non-traditional Employment for Women (ANEW), in Anna Nagar, Chennai. As part of her internship, she trained at 4 top hospitals under the direct supervision of the hospitals' nurses. Having successfully completed her course, Nithya now works with our in-house medical team.

Her boundless energy drew her to sports, giving it her all just as she does at nursing. And she's a champion today! In March 2023 she won the Gold medal and a cash prize of Rs. 3000/- at the Chief Minister's Trophy, District Level Competition for the differently abled. On



the 17th of July 2023, she went on to win the Chief Minister's Trophy, State Level Competition at the Physical Education University, Kelambakkam. The event was organized by the Sports Development Authority of Tamil Nadu, and Nithya did us proud by competing with skilled athletes to win the Gold medal and a cash prize of Rs. 1,00,000/- this time. Nithya is now training for the Paralympics!

It's hard to imagine that this is the same troubled youngster who entered our home almost six years ago. What a radical transformation! We did not give up on her, and she did not give up on herself either.

It's been a long yet worthwhile journey to see her find her place under the sun.

Nithya's story illustrates how children can blossom with a little love and direction. Working the rehabilitation programs at Sri Arunodayam and outside has helped her become a self-confident young lady with a very promising future!



Nithya wins the trophy and cash prize at the Chief Minister's Trophy, State Level Competition, July 2023

This child is a ward of the Government of India and her identity is recognized and protected. Using her picture or story without permission from Sri Arunodayam Charitable Trust is a punishable offence.