



**elevating communities
towards a brighter
tomorrow**
YEARBOOK 2023/24



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At Cognizant Foundation India, we believe in creating a world that thrives on inclusion.

Our commitment is to ensure a better future for all by enabling participation and access to resources and opportunities for the marginalised sections of society.

With inclusion, technology and collaboration at the heart of all that we do, our programmes are designed and implemented to empower persons with disabilities, children and women to lead a better quality of life.

Our objectives are to enable equal access to quality healthcare, promote STEAM, digital and inclusive learning in schools, facilitate access to higher learning, provide techno-centric skilling and foster a sustainable livelihood. These interventions are aimed at elevating communities and creating a brighter future where every individual can lead a life of dignity.

Cognizant Foundation. Elevating communities towards a brighter tomorrow.

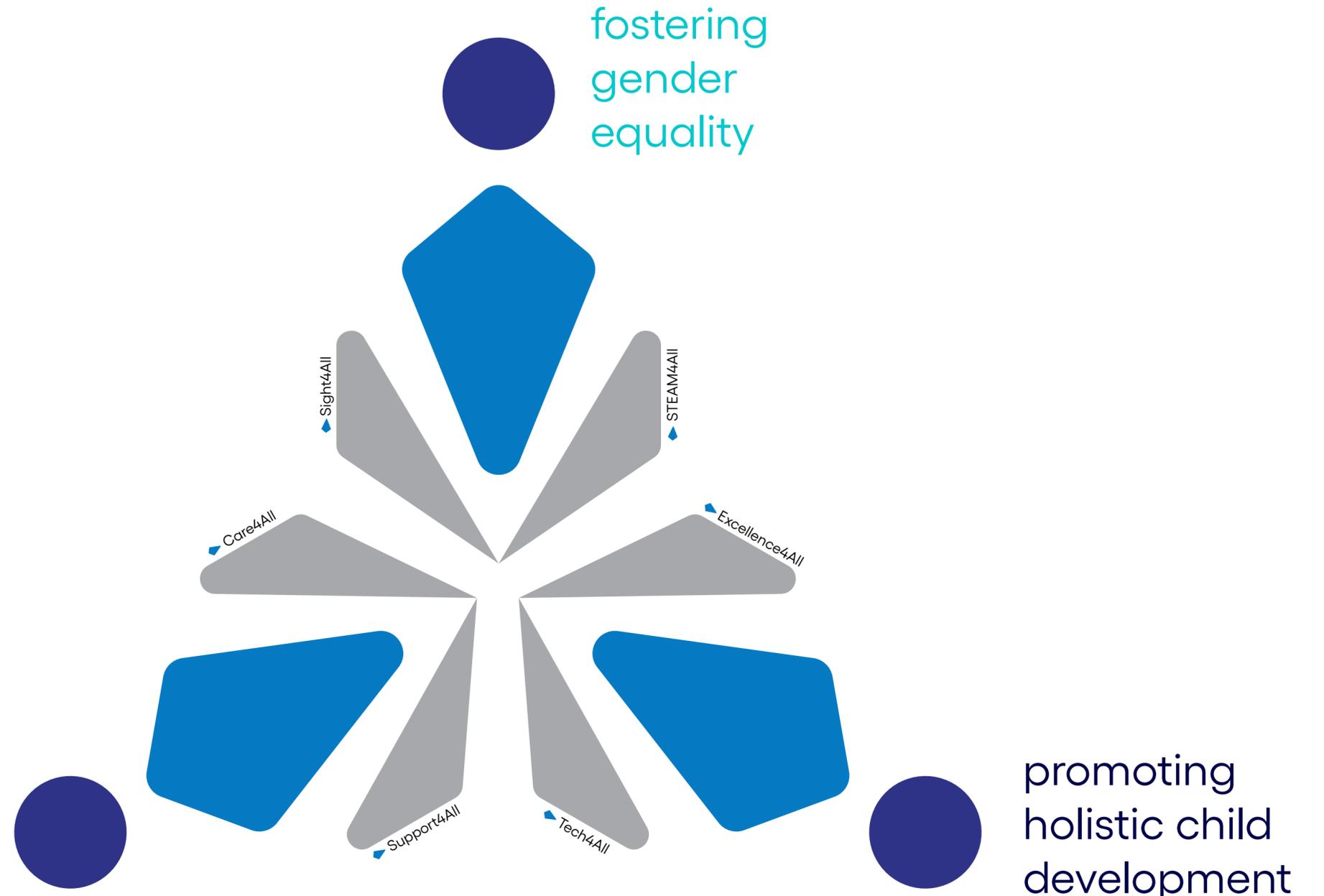


OUR TENETS AND FOCUS

We leverage technology and collaboration

for greater impact and aim to promote a culture of inclusion. Our interventions are focused on empowering the lives of the marginalised, primarily persons with disabilities, children and women.

empowering persons with disabilities





Messages from the board





“Cognizant Foundation’s journey of transformation and impact is a reflection of the power of collaboration. Together, we will continue to build a more inclusive, equitable world, making a lasting difference in the lives of those who need it the most.”

As we reflect on the past year, I am proud of the progress we have made in the 20th year of our commitment to corporate social responsibility. We have focused our efforts on addressing the most pressing challenges of our society, such as healthcare, education, and skill development, with a special emphasis on women, children, and persons with disabilities. Our interventions have improved lives and empowered communities across India.

In my roles as both the CMD of Cognizant India and Chairman of Cognizant Foundation, I can see the immense potential of technology to create positive social impact. That is why we launched Tech4All, an initiative to promote inclusion and diversity in the IT sector, by providing IT-based skills to young girls from underserved backgrounds. When a girl child receives education and pursues a career in technology, it not only breaks barriers but also changes the economic trajectory of her family. Moreover, when more women join the technology workforce, it boosts innovation and progress for the whole nation.

None of this would have been possible without the collaboration and support of our partners and stakeholders. I thank you for joining us in this journey of transformation and impact. As we move forward, let us continue to work together to build a more inclusive, equitable, and prosperous India.

We remain committed to driving positive change and look forward to continuing this journey with you.

Rajesh Nambiar

Chairman, Cognizant Foundation India &
Chairman & Managing Director, Cognizant India



“In the area of public health, the prevention of blindness in children has been most rewarding.”

Given the authority and commitment, high-tech and down-to-earth community service can go together. That has been the experience of Cognizant Foundation in the last twenty years. As funds flowed steadily, community-centred projects in education with exposure to digital literacy could be taken up. In the area of public health, the prevention of blindness in children has been most rewarding.

The role of Outreach, Cognizant’s in-house band of public-spirited youth, has been remarkable. Their selfless service is reflected in the high quality of work accomplished by them.

N. R. Krishnan, IAS (Retd.),
Director, Cognizant Foundation



“Through collaborative efforts with dedicated and passionate partners, we strive to create pathways for empowerment and success across communities.”

My passion for working towards accessible and affordable healthcare in India and my decision to join Cognizant Foundation stemmed from the understanding that health is a basic prerequisite of life. I am proud to say that Cognizant Foundation’s Health4All projects are aimed to promote societal inclusion by bringing quality healthcare within reach of the underserved across India.

Our efforts towards preventing avoidable blindness under our Sight4All programs have enabled thousands of children and infants in the remotest area of India receive better eyecare treatment. Not so long ago, we had a case of an abandoned orphan infant in the Baripada forest in Odisha, discovered by the locals, saved from a near death situation in the hospital, diagnosed with retinopathy of prematurity and treated by doctors over two stages as part of the Cognizant Foundation supported screening program. Stories such as these show the lasting beneficial impact of our work on society.

As we look forward to another year of service, I am inspired by the dedication and passion of everyone involved with Cognizant Foundation. Together, we are creating pathways for empowerment and success across diverse communities.

K. Balaji

Director, Cognizant Foundation



“At Cognizant Foundation, we believe that our projects provide skills for life to individuals from underserved communities.”

Cognizant Foundation is among the unique and very iconic institution, that specifically focuses on the socio-economic parameters or issues that are out there in the country.

Cognizant Foundation supported initiatives particularly Tech4All and STEAM4All promotes technical and inclusive education. Through these projects, we have witnessed the positive impact on young underprivileged girls in higher education institutions. They have been able to benefit from our programs focusing on various aspects of digital and technical education. We believe that through our collective efforts, we have made substantial strides in providing educational resources and opportunities that empower individuals and strengthen communities.

Looking ahead, let us continue to invest in the future by nurturing the potential of all individuals through education and skill development. Together, we can build a more innovative and sustainable world for generations to come.

Dr. Nandini Rangaswamy
Director, Cognizant Foundation



“With the kind of changes that are going on in the world, the rich are becoming richer and the gap between the rich and poor is increasing. We have a long way to go to ensure there is equity and fairness. That’s where Cognizant Foundation plays a crucial role.”

We are celebrating our collective achievements and looking towards the future with a profound sense of accomplishment and anticipation. Cognizant Foundation is involved in education, healthcare, and is systematically promoting inclusivity by providing employment opportunities to individuals who are typically overlooked in the job market. I have had the opportunity to witness first-hand the positive impact our technical training projects are having on people with disabilities. Despite physical disabilities and incomplete education, these individuals were able to receive training and secure employment with leading IT firms thus empowering them to become bread earners for their families.

This year’s achievements reinforce our commitment to continue supporting impactful initiatives that address critical needs and create a long-lasting change.

Looking ahead, let’s continue to push the boundaries of innovation and action.

N. K. Ranganath

Director, Cognizant Foundation



“The true impact of our projects lies in the lives we uplift and the futures we secure.”

As a board member of Cognizant Foundation India, I am proud to be part of a team that focuses on creating a sustainable ecosystem at the intersection of inclusion, technology, and collaboration. Our projects are carefully selected based on viability, reach, and partner credentials, with a clear focus on future outreach to those in need.

We support education programs, including scholarships for higher education and technical education, as well as initiatives to help underprivileged students gain access to quality engineering colleges. As part of project Dhyeya in partnership with Cognizant Outreach, we provide fully funded scholarships to students to pursue a 4-year undergraduate program in Engineering.

With our mission and vision to create a better tomorrow, we look forward to striving for greater heights and deeper impact in the coming year.

Narayanan T.
Director, Cognizant Foundation



Operational highlights



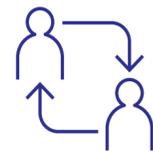
2023/24 at a glance



6,10,142
lives reached



82
projects implemented



46
partners



Focused engagement
in **9 States**



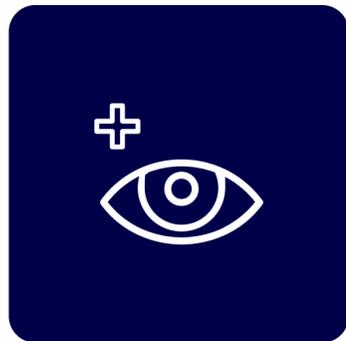
20th year of empowering change

The initiatives at Cognizant Foundation have been dedicated to making a meaningful impact on individuals and communities in India. We have continuously evolved and expanded our programs, focusing on education, livelihood, and healthcare to meet societal needs.

As we look back, we express our gratitude to Cognizant for their unwavering support. We also acknowledge the efforts and involvement of our dedicated team members, partners, and stakeholders who have been integral to the success of our various initiatives. We are thankful to our primary stakeholders (beneficiaries) for trusting us to make a difference in their lives. We are also grateful to Cognizant Outreach volunteers who have participated across Cognizant Foundation supported projects by volunteering their time, talent, and technology. The volunteers have created digital stories, facilitated eye screening in schools, collected toys for donation to children in government medical college hospitals, mentored young women trainees, and took mock interviews for visually impaired trainees.

Moving forward, we remain committed to driving positive social impact, fostering inclusive growth, and creating a better future for all.

2023/24 Impact in detail



Sight4All

4,18,361 lives impacted by preventing avoidable blindness among children and adults in underserved communities



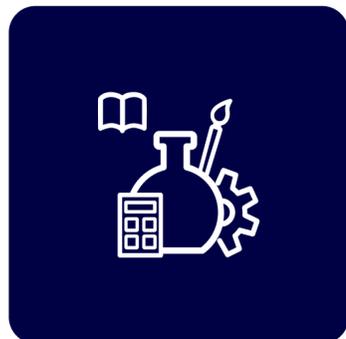
Care4All

93,479 lives impacted by supporting comprehensive maternal and child health programmes



Support4All

2,777 lives impacted by providing comprehensive early intervention and early education support for women and children



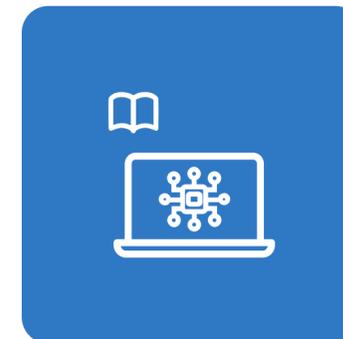
STEAM4All

86,873 lives impacted in government and low-income private schools in underserved communities



Excellence4All

1,826 meritorious students from disadvantaged backgrounds supported through merit-cum-means scholarships



Tech4All

6,826 learners impacted through job-oriented and vocational training, with a focus on technology based training

Awards and achievements



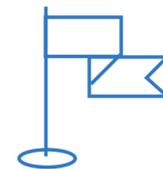
WINNER



Special Category (Small)
9th CSR Impact Awards by CSRBOX

for

Project Blimey (STEAM4ALL)
in partnership with EnAble India



LANDMARK



7000+ babies screened & 765+ treated
Since September 2019 in Odisha

as part of

ROP Initiative (Sight4ALL)
in partnership with L.V. Prasad Eye Institute

**FROM THE CEO'S DESK**

“We are well on our way to pivot to a life cycle of interventions that provides a continuum of support to the underprivileged and underserved communities.”

At Cognizant Foundation, we remain focused in aligning to our strategy by implementing select projects in the program areas within the themes of Future4All and Health4All. We believe that this approach will enable us to establish project benchmarks and develop knowledge artifacts which will promote knowledge sharing in the CSR and impact ecosystem.

We are committed to strengthening the impact ecosystem as part of our project implementations. We aim for sustainability of our projects as there is no better success of the project than the community and the government institutions adopting it.

I truly believe in the power of volunteers who share their time, talent, and technology to make a positive difference. We continuously work with our partners to enable Cognizant associates to volunteer in various projects thereby nurturing a partnership between the corporate and community ecosystem.

We believe that giving back to the community is our duty. The entire board and the Cognizant Foundation team is committed to increase our positive impact on the society. We don't measure our success just by the money we spend, or the number of hours put in by our volunteers. We measure our success by looking at the number of lives we impact and the difference we make to the lives of the people.

Deepak Prabhu Matti

Chief Executive Officer, Cognizant Foundation India



Health4All

Enhancing accessibility to
quality healthcare

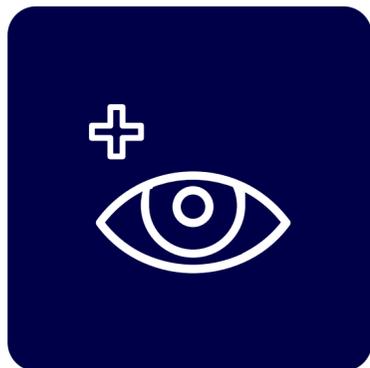


INTRODUCTION

Enhancing accessibility to quality healthcare

The Indian healthcare system has undergone significant transformations over the years, but still has several challenges to overcome including inadequate infrastructure, shortage of trained professionals, and more. Cognizant Foundation collaborates with credible not-for-profit organisations to reduce inequity in access to high-quality healthcare.

INITIATIVES UNDER HEALTH4ALL



Sight4All

Enabling lives through timely eyecare



Care4All

Advancing care for mother and child



Support4All

Improving care for the underserved



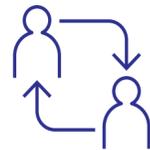
Impact in detail



5,14,617
lives reached



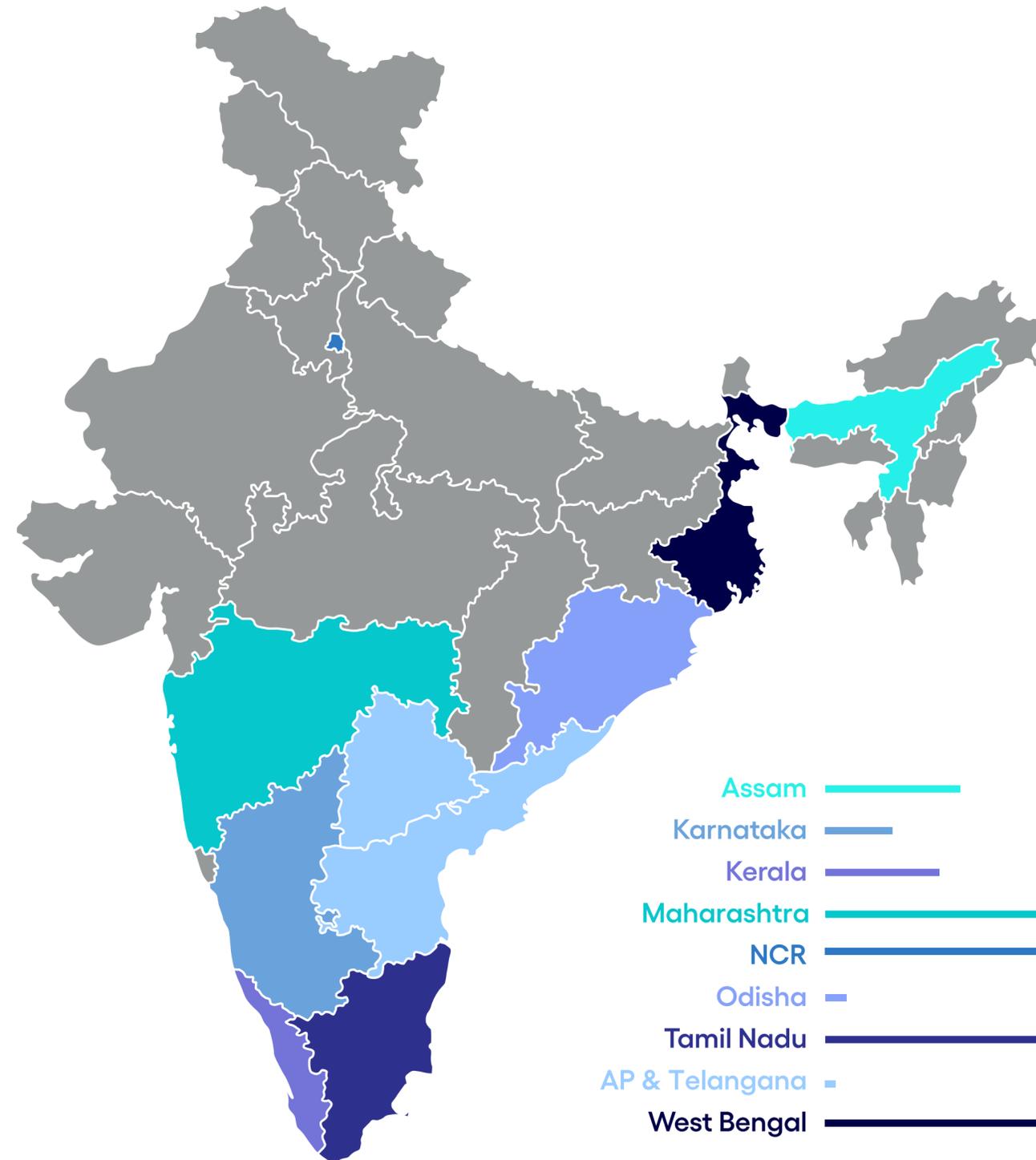
27
projects implemented



21
partners



Focused engagement
in **9 states**



▶ Programme overview

+ Preventing childhood blindness

+ Increasing access to quality eye care



Sight4All

Enabling lives through timely eyecare

Sight4All focuses on preventing avoidable blindness by making timely, affordable and quality eyecare services accessible and affordable to underserved communities, with special focus on children and adults. To this end, Cognizant Foundation supports a number of programmes ranging from screening of newborns and community eye screening programmes for children and adults to equipment support for hospitals.

FOCUS AREAS

Preventing childhood blindness

Increasing access to quality eye care



▶ Programme overview

+ Preventing childhood blindness

+ Increasing access to quality eye care

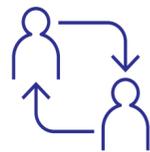
Impact in detail



4,18,361
lives reached



11
projects implemented



8
partners



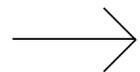
“The level of care and attention I received from the Vision Centre team before, during and after my surgery was wonderful. Thanks to Cognizant Foundation for supporting such a great project.”

Raman Bora*
Assam



“I have a son today and he can see the world only because of the Cognizant Foundation - LVPEI team. I will always have you in my prayers and hope that you’re able to help more people.”

Adoptive father of Baby Niranjan*
Odisha



+ Programme overview

▶ Preventing childhood blindness

Project focus

+ Screening for and treatment of ROP

+ Increasing access to quality eye care

FOCUS AREA

Preventing childhood blindness

Children can suffer from vision impairment due to a variety of reasons ranging from the minor (refractive error) to the major (cataract, ROP, etc.). Early detection and treatment of these eye conditions is critical for ensuring that they can grow up to have fruitful lives of their own. In 2023/24, Cognizant Foundation supported various initiatives which were aimed at preventing avoidable childhood blindness in underserved communities.

KEY PROGRAMMES



School and community eye screenings



Screening for and treatment of ROP



+ Programme overview

▶ Preventing childhood blindness

Project focus

+ Screening for and treatment of ROP

+ Increasing access to quality eye care

FOCUS AREA

Impact in detail



3,23,838 lives impacted in 2023/24

4,600 neonates screened for ROP

3,19,238 children screened for vision defects

12,400 spectacles distributed

265 surgeries performed

759 school teachers trained in eye screening



Partners

Dr. Shroff's Charity Eye Hospital

L.V. Prasad Eye Institute

Mission for Vision, H.V. Desai Eye Hospital and Sankara Eye Hospital

Mission for Vision and Little Flower Hospital

Mission for Vision and Sankara Nethralaya

Mission for Vision, Sankara Nethralaya and Siliguri Greater Lions Eye Hospital

Pushpagiri Vitreo Retina Institute



Locations

Tughlakabad in Delhi

15 districts in Odisha

4 districts in Maharashtra

Ernakulam in Kerala

Tiruvallur in Tamil Nadu

6 districts in West Bengal

3 districts in Andhra Pradesh and Telangana

+ Programme overview

▶ Preventing childhood blindness

Project focus

▶ Screening for and treatment of ROP

+ Increasing access to quality eye care

PROJECT FOCUS

Screening for and treatment of ROP

The ROP screening and treatment initiative by Cognizant Foundation caters to a highly vulnerable target group – prematurely born babies with health issues from underserved communities. The Foundation’s efforts are aimed at ensuring that these newborns don’t experience a lifetime of blindness, while easing the financial burden of parents.

Real-time ROP Telescreening (RRT) is a groundbreaking initiative launched by LVPEI in Odisha, in partnership with Cognizant Foundation. It involves imaging infants by paramedical staff and synchronous monitoring of the images, analysis, and parent counselling by an ROP specialist linked to the screening site in real time over video-conferencing software.

211 newborns treated with injections

185 newborns treated with laser

35 successful surgeries performed

20 SNCUs supported





DID YOU KNOW?

Retinopathy of Prematurity (ROP) is a condition that affects pre-term babies. It can manifest within 2-4 weeks of birth, and if left untreated could lead to irreversible, lifelong blindness.

In 2023/24, Cognizant Foundation supported the screening and treatment of ROP among underserved communities in Maharashtra, Odisha and Telangana.

- + Programme overview
- + Preventing childhood blindness
- ▶ Increasing access to quality eye care

FOCUS AREA

Increasing access to quality eye care

In 2023/24, Cognizant Foundation supported various projects aimed at making eye care more accessible to those from underserved communities. This included supporting Vision Centres in rural areas, implementing a tele-ophthalmology assistance system and donating various advanced equipment including a Phacoemulsification system to carry out safe cataract surgeries.

Grabi: A smartphone attachment developed in partnership with L.V. Prasad Eye Institute to enable efficient ophthalmic imaging and teleconsultation. The device is given to high-risk patients who are trained using simple protocols. In conjunction with a customised imaging software, it allows for greater efficacy and reduced cost. 2,673 patients were assisted using this system in 2023/24.

PROGRAMMES



Setting up and running of Vision Centres



Technology and equipment-based support



- + Programme overview
- + Preventing childhood blindness
- ▶ Increasing access to quality eye care

FOCUS AREA

Impact in detail



94,523 lives impacted in 2023/24

10 Vision Centres supported

55,738 patients screened for vision problems

6,456 spectacles distributed

3,017 surgeries performed

38,785 patients reached through equipment support



Partners

CBM India Trust, Mission for Vision and St. John's Hospital

L.V. Prasad Eye Institute

Mission for Vision, Operation Eyesight India and Sri Sankaradeva Nethralaya

Operation Eyesight India and Community Eye Care Foundation

Operation Eyesight India, Lions Seva Eye Hospital, Sundarban Social Development Centre

Sankara Eye Hospital, Sri Kanchi Kamakoti Medical Trust



Locations

Multiple districts in Karnataka

Multiple districts in Telangana

5 districts in Assam

Pune in Maharashtra

4 districts in West Bengal

Coimbatore and Pammal in Tamil Nadu



DID YOU KNOW?

A Vision Centre is a small, permanent facility - strategically set up at the heart of the community - to provide primary eye care services to remote semi-rural and rural communities. Ophthalmic assistants operate the centre, but patients can consult ophthalmologists at the base hospital for consultation and treatment through telemedicine.

Vision Centres supported by Cognizant Foundation are often the only source of quality eye care in the region and all treatments – from prescription spectacles to surgery – are offered for free to beneficiaries from low economic backgrounds.

▶ Programme overview

- + Enhancing maternal and child health
- + Strengthening heart and kidney health
- + Improving health of adolescent girls



Care4All

Advancing care for mother and child

Under Care4All, Cognizant Foundation focuses on improving health outcomes for mothers and newborns through community-based interventions and awareness programmes to reduce infant and maternal mortality, and infant disability.

FOCUS AREAS

Enhancing maternal and child health

Strengthening heart and kidney health

Improving health of adolescent girls



▶ Programme overview

- + Enhancing maternal and child health
- + Strengthening heart and kidney health
- + Improving health of adolescent girls

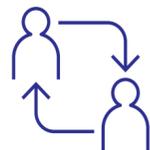
Impact in detail



93,479
lives reached



13
projects implemented

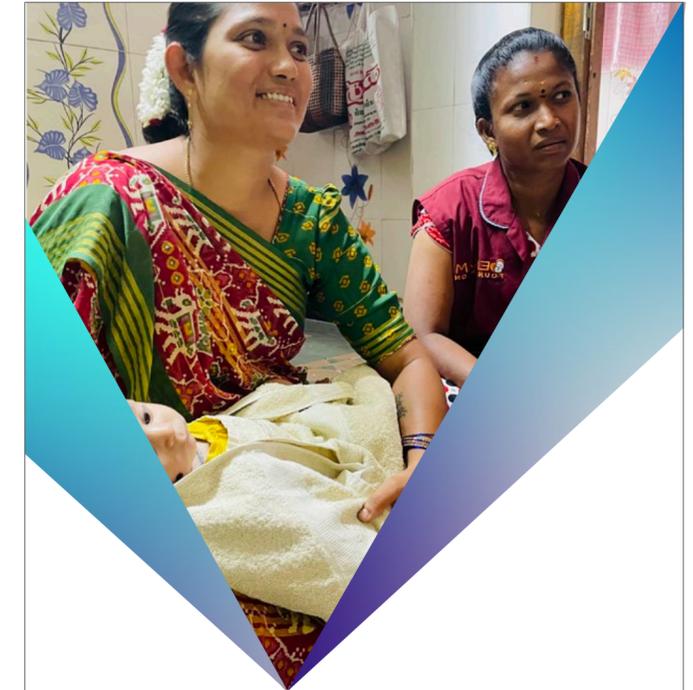


10
partners



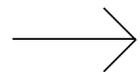
“Thanks to the counselling I received from the outreach worker, I was able to take care of myself better and give birth to a healthy baby.”

Seema Khan*
Maharashtra



“There was a point, right before my daughter was born, that I thought we would lose her forever. Thanks to Cognizant Foundation’s help, she will have a long, beautiful future.”

Jagadeeshwari*
Tamil Nadu



+ Programme overview

▶ Enhancing maternal and child health

+ Strengthening heart and kidney health

+ Improving health of adolescent girls

FOCUS AREA

Enhancing maternal and child health

Cognizant Foundation supported numerous initiatives aimed at improving health outcomes for mother and child, with special focus on high-risk pregnancies in underserved communities. Project Suraksha, a five-year initiative, used technology to improve impact while Project SAMARTH used capacity building and community awareness efforts – from training of frontline health workers to home-based counselling of beneficiaries – to improve access to maternal, newborn, child health and nutrition.

KEY PROGRAMMES



Leveraging technology for newborn post-discharge care



Free automated voice calls on preventive healthcare



Capacity building to transform labour and delivery care



+ Programme overview

▶ Enhancing maternal and child health

+ Strengthening heart and kidney health

+ Improving health of adolescent girls

FOCUS AREA

Impact in detail



86,962 lives impacted in 2023/24

9,032 lactating and high-risk mothers supported

16,224 children provided with improved nutrition

38,325 individuals reached through automated voice calls on preventive healthcare

23,381 lives impacted through equipment support



Partners

ARMMAN, Committed Communities Development Trust

EKAM Foundation, IIT Madras, Rotary Club of Madras East, Round Table India Trust

People to People Health Foundation



Locations

4 districts in Maharashtra

6+ districts in Tamil Nadu

West Bengal



DID YOU KNOW?

Cognizant Foundation partnered with Ekam in January 2023 to implement a project to reduce neonatal, child, and maternal deaths in Tiruvallur district of Tamil Nadu. Spread over 3 years, it aims to reach 13,500 beneficiaries comprising 6000 high-risk pregnant women and 7,500 high-risk children.

Capacity building is done by improving delivery care in the labour room and maternity operation theatre at the Tiruvallur Government Medical College Hospital and Kadambathur PHC. The project endeavours to strengthen the existing Government system and create a sustainable model by capacity strengthening of key health workers to improve maternal and childcare services.

- + Programme overview
- + Enhancing maternal and child health
- ▶ **Strengthening heart and kidney health**
- + Improving health of adolescent girls

FOCUS AREA

Strengthening heart and kidney health

To make quality treatment accessible and affordable to underprivileged children suffering from Congenital Heart Diseases, Cognizant Foundation supported screening camps, diagnosis, treatment, corrective surgeries and post-treatment review. The Foundation is also supporting a research project to develop a non-invasive left ventricle pressure loop (PV loop) using machine learning, for a period of 2 years. The Foundation also provided dialysis support and haemoglobin injections for patients suffering from Chronic Kidney Disease.

KEY PROGRAMMES



Screening & treatment of children with Congenital Heart Disease



Leveraging Machine Learning to assess ventricular volume



Medical support for patients with Chronic Kidney Disease



- + Programme overview
- + Enhancing maternal and child health
- ▶ Strengthening heart and kidney health
- + Improving health of adolescent girls

FOCUS AREA

Impact in detail

 **5,414** lives impacted in 2023/24

2,919 children screened for heart defects

44 heart surgeries performed

24 patients provided dialysis support

850 patients provided free haemoglobin injections

1,621 lives reached through equipment support



Partners

Aishwarya Trust,
MGM Healthcare

Tamilnad Kidney Research
(TANKER) Foundation



Location

Chennai,
Thiruvannamalai and
Vellore in Tamil Nadu

Multiple districts in
Tamil Nadu



DID YOU KNOW?

Analysing the pressure-volume (PV) loop of the left ventricle is critical for monitoring heart health, especially of those who have suffered heart failure. Currently, there are no non-invasive techniques that can accurately assess ventricular volume in a clinical setting.

The outcome of the research project supported by Cognizant Foundation could have critical applications in patient monitoring systems in the Intensive Care Unit.

- + Programme overview
- + Enhancing maternal and child health
- + Strengthening heart and kidney health
- ▶ Improving health of adolescent girls

FOCUS AREA

Improving health of adolescent girls

Implemented to enhance the overall health of adolescent girls in the urban slums of Kolkata, this project mainly targets girls between 10-19 years of age (and some in the 20-21 category). Through various interventions, it demonstrates the importance of a healthy diet, hygienic menstrual practices, vaccinations, effective use of the internet and more. Along with awareness sessions the entire population (divided into 2 groups of 10-14 years and 15+ years) also gets medical and nutritional support.



1,103
girls supported in 2023/24

Partners

Calcutta Rescue

Locations

Tangra, Garden Reach, Anandapur, Canal East, Canal West and Topsia slums in Kolkata



► Programme overview

- + Building future potential of children with special needs
- + Supporting persons with mental illnesses and their caregivers



Support4All

Improving care for the underserved

According to the WHO, an estimated 16% of the global population has a significant disability. Consequently, they are more likely to have poorer health and experience greater challenges on a day-to-day basis. Under Support4All, Cognizant Foundation focuses on improving overall health and everyday functioning of persons with disabilities, especially children and those with mental illnesses.

FOCUS AREAS

Building future potential for children with special needs

Supporting persons with mental illnesses and their caregivers



▶ Programme overview

- + Building future potential of children with special needs
- + Supporting persons with mental illnesses and their caregivers

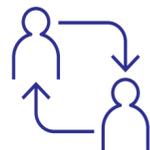
Impact in detail



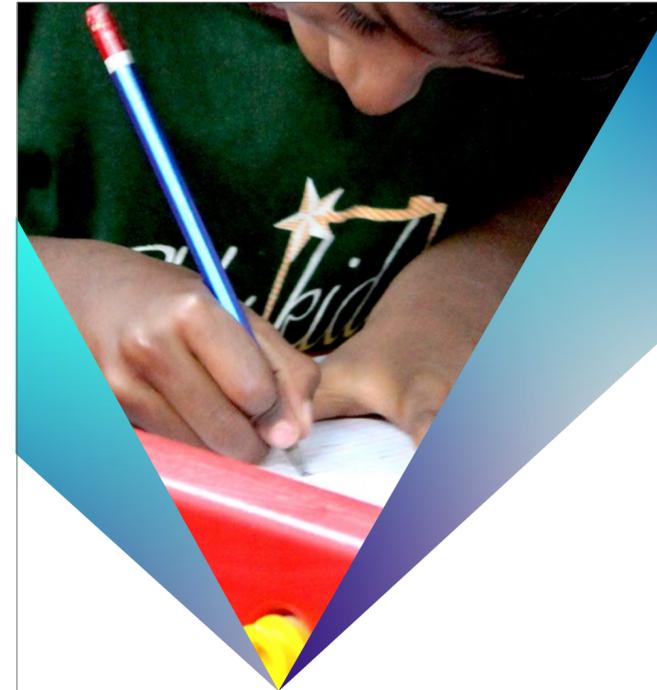
2,777
lives reached



3
projects implemented

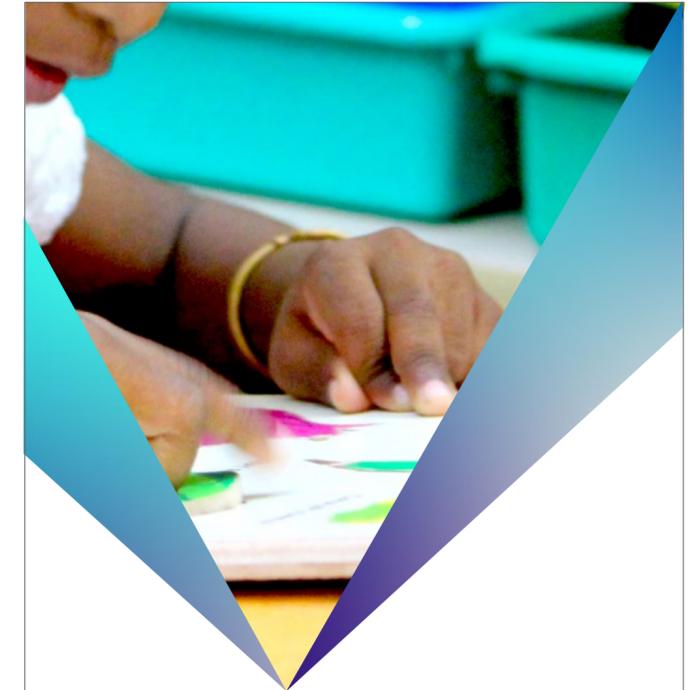


3
partners



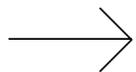
“The change that this therapy has brought in my son is unbelievable. I am thankful to Cognizant Foundation for giving us hope when it seemed lost.”

Father of Suraj*
West Bengal



A lot of people told us that our child will never be able to talk or walk properly. Thanks to Cognizant Foundation’s support, she is growing into a beautiful child.

Mother of Shraddha*
Karnataka



+ Programme overview

▶ Building future potential of children with special needs

+ Supporting persons with mental illnesses and their caregivers

FOCUS AREA

Building future potential of children with special needs

In order to help children with special needs enjoy a happy childhood and bloom into self-reliant and dignified members of society, Cognizant Foundation supported projects which provide appropriate rehabilitative and multi-therapy support without straining the parents' financial resources. This was also augmented by awareness programmes that sensitise the community to the need for early intervention. Ensuring access to government support was also an important part of these initiatives.

KEY PROGRAMMES



Rehabilitative services for children



Early intervention and multi-therapy support



+ Programme overview

▶ Building future potential of children with special needs

+ Supporting persons with mental illnesses and their caregivers

FOCUS AREA

Impact in detail

 **1,320** lives impacted in 2023/24

885 children supported through rehabilitative programmes

435 children reached through multi-therapy programmes

7 Government resource centres supported



Partners

Hope Kolkata Foundation

Association for People with Disability



Locations

Kolkata in West Bengal

6 locations in Karnataka



DID YOU KNOW?

For Children With Developmental Delays (CWDDs), early intervention is essential in building a foundation for physical, cognitive, language, social and emotional growth. If these children are provided therapies that cater to their specific disability, there is no reason why they can't enjoy a happy childhood and bloom into self-reliant and dignified members of society. But unfortunately, due to lack of available resources and high costs, many CWDDs from socio-economically challenged families don't get the required support, leaving them staring at a lost childhood and bleak future.

To improve the lives of children with special needs, Cognizant Foundation has partnered with The Association of People with Disability to implement a comprehensive early intervention and early education programme which will support 1000 kids in 6 locations in Karnataka.

+ Programme overview

+ Building future potential of children with special needs

▶ Supporting persons with mental illnesses and their caregivers

FOCUS AREA

Supporting persons with mental illnesses and their caregivers

Persons below the poverty line who suffer from mental illnesses, and their caregivers, are given clinical and after-care outpatient services through this project supported by Cognizant Foundation. Created with an aim of decreasing the burden of disease and reducing homelessness, this project promotes health and well-being among the marginalised and provides beneficiaries with security, worthiness, and a sense of identity.



1,457
lives impacted in 2023/24

Partners

The Banyan

Locations

Chennai, Tiruvallur and Chengalpattu districts of Tamil Nadu





Future4All

Creating a better tomorrow
through education and skilling

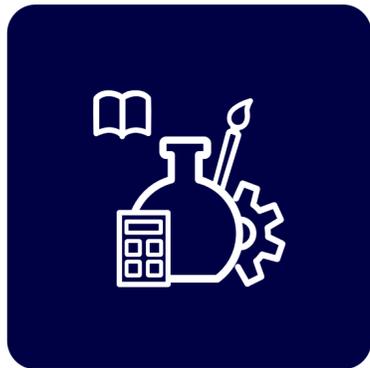


INTRODUCTION

Creating a better tomorrow through education and skilling

Through Future4All, Cognizant Foundation supports programmes that are aimed at uplifting individuals from underserved sections of society by improving access to higher education, promoting digital and STEM learning, and facilitating skilling and vocational training in domains relevant in the modern world.

INITIATIVES UNDER FUTURE4ALL



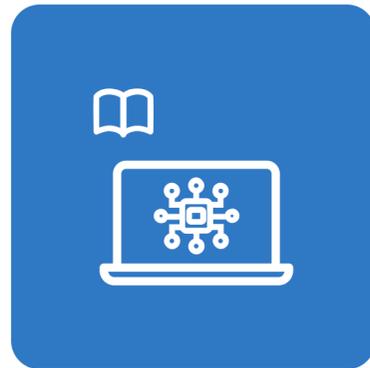
STEAM4All

Enabling 21st century learning



Excellence4All

Nurturing aspirations through higher learning



Tech4All

Inclusive growth, powered by technology



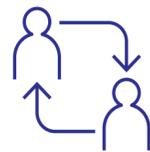
Impact in detail



95,525
learners supported



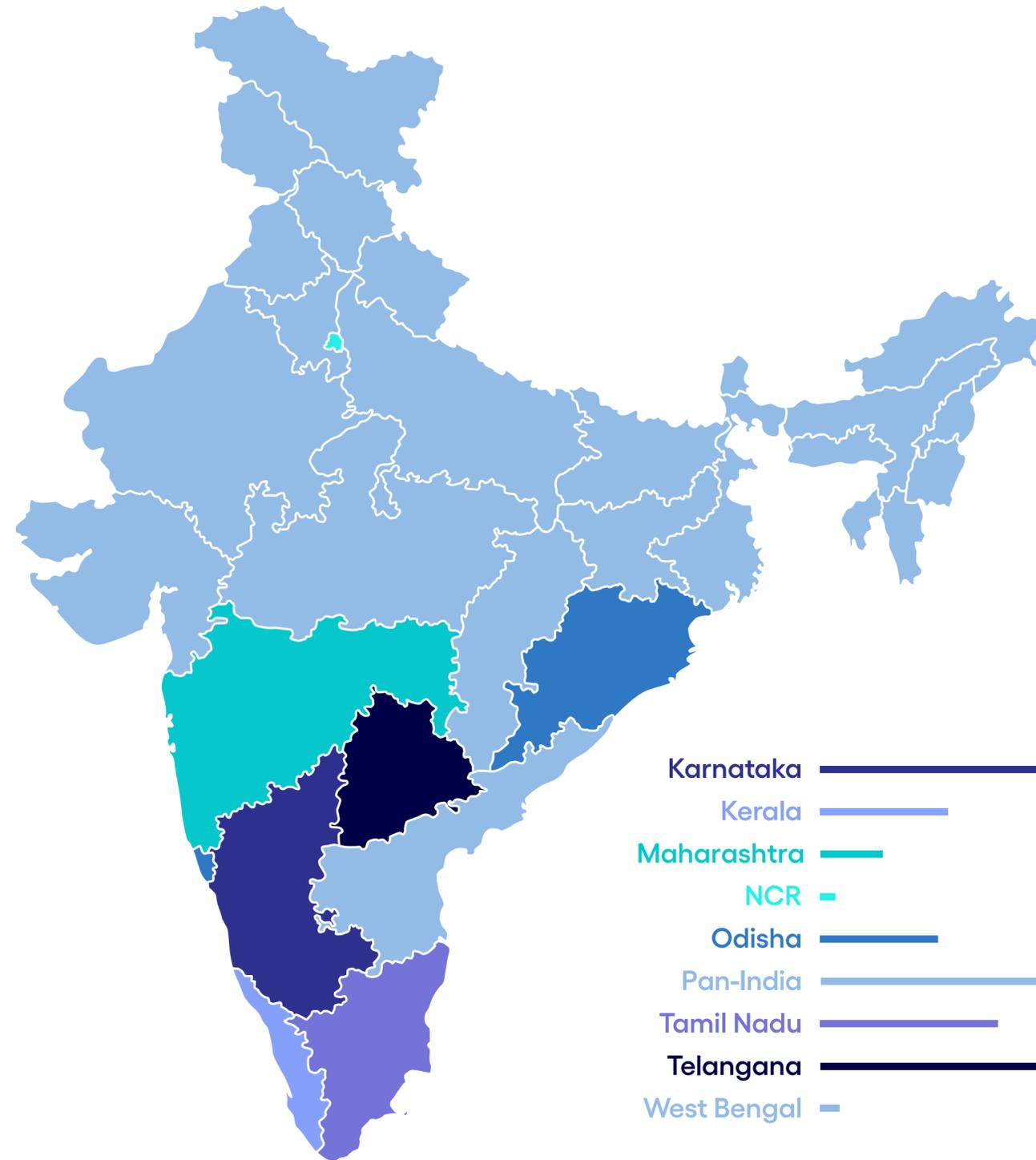
55
projects implemented



27
partners



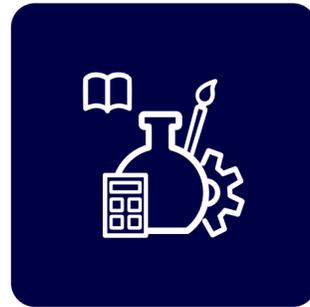
Pan-India impact with
focused engagement
in **8 states**



► Programme overview

+ Promoting science and digital learning

+ Promoting inclusive education



STEAM4All

Enabling 21st century learning

In the modern world, the importance of providing quality STEAM education cannot be overstated. To drive inclusive education and digital-based learning in schools, Cognizant Foundation has partnered with reputed organisations to develop programmes that focus on capacity building of educators, enhancing digital literacy, creating accessible STEAM learning resources and more.

FOCUS AREAS

Promoting science and digital learning

Promoting inclusive education



▶ Programme overview

+ Promoting science and digital learning

+ Promoting inclusive education

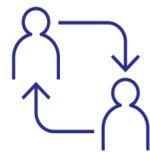
Impact in detail



86,873
lives reached



15
projects implemented

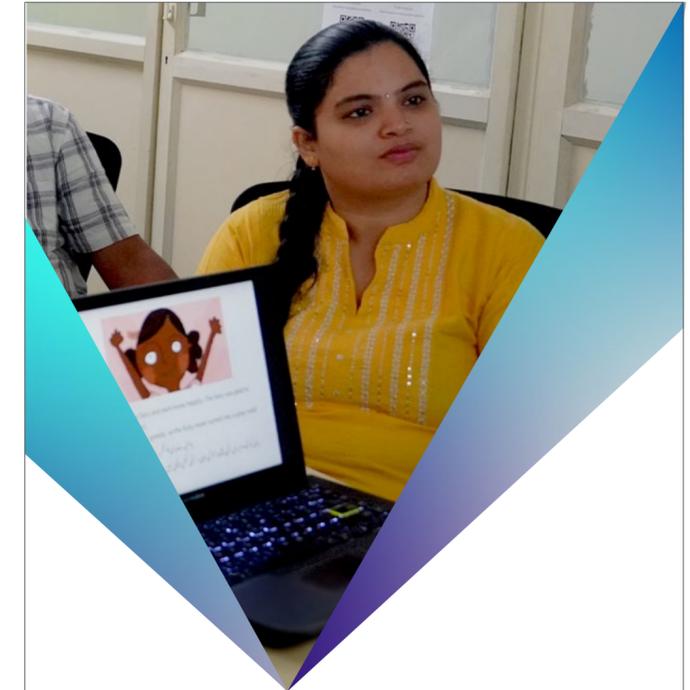


10
partners



“Science used to be my weakest subject. But, because of the hands-on method of learning, I am able to understand concepts better, and it’s now my favourite! I hope to grow up and become a doctor now!”

Praneesh Goud
Class 8 student, Telangana



“The workshop was a transformative experience for me. The children are now more engaged and the kind of questions they ask in class show how interested they have become.”

Pushpa
School teacher, Bengaluru



+ Programme overview

▶ Promoting science and digital learning

Project focus

- + Blimey
- + Experiential science learning

+ Promoting inclusive education

FOCUS AREA

Promoting science and digital learning

To improve access digital literacy and technology-based education, Cognizant Foundation supported various initiatives which included providing digital devices to school children, teacher training, empowering children from migrant communities, and more. Persons with vision impairment were provided with the opportunity to learn and develop digital skills using tech-enabled platforms.

KEY PROGRAMMES



Digital learning for persons with visual impairment



Digital learning for underserved children



Experiential science learning



+ Programme overview

▶ Promoting science and digital learning

Project focus

+ Blimey

+ Experiential science learning

+ Promoting inclusive education

FOCUS AREA

Impact in detail



86,873 lives impacted in 2023/24

34,147 visually impaired learners supported through Blimey platform

50,385 school children reached

2100 teachers trained

180 community members trained

61 children with visual impairments supported through early intervention programmes



Partners

Agastya International Foundation

EnAble India

Help The Blind Foundation

NIRMAAN Organization

The American India Foundation Trust



Locations

Sirsi in Karnataka, Coimbatore in Tamil Nadu and Medchal in Telangana

Pan-India

Pan-India

Multiple districts in Telangana

Ganjam in Odisha

+ Programme overview

▶ Promoting science and digital learning

Project focus

▶ Blimey

+ Experiential science learning

+ Promoting inclusive education

PROJECT FOCUS

Digital learning for persons with visual impairment

Blimey is a cloud-enabled, digital self-learning platform, developed with support from Cognizant Foundation, that enables visually impaired users to learn new-age skills.

This open platform uses screen readers like NVDA, JAWS and magnifiers to help learners master hundreds of topics at their own pace. The in-built “test mode” also allows users to independently evaluate their progress using real world scenarios and job simulations. It’s accessible in both online and offline versions and in multiple Indian languages to cater to the needs of students from the remote parts of the country.



34,147

visually impaired learners empowered in 2023/24

Partners

EnAble India

Locations

Pan-India



+ Programme overview

▶ Promoting science and digital learning

Project focus

+ Blimey

▶ Experiential science learning

+ Promoting inclusive education

PROJECT FOCUS

Experiential science learning

As part of Cognizant Foundation’s focus on enabling access to STEAM education for underprivileged students, a science centre and mobile science lab have been set up for schoolchildren and teachers. The science centre acts as a hub for visitors from nearby schools to have access to the models and experiments while mobile science lab acts as a spoke extending the reach of the science centre to remote areas. Science fairs, teacher training sessions and young-instructor training are also conducted as part of the programme.



8,369

learners supported in 2023/24

Partner

Agastya International Foundation

Locations

Sirsi in Karnataka, Coimbatore in Tamil Nadu and Medchal in Telangana





DID YOU KNOW?

In 2019, to improve career prospects of visually impaired learners, Cognizant Foundation supported the expansion of the existing scholarship programme (implemented through Help The Blind Foundation) to include Education Mobility and Employability Training. Since 2022, students have also been given smart vision glasses - a unique AI-powered wearable that allows for real-time object identification, facial recognition, and more.

In 2023-24, the existing EMET was enhanced into an Early Intervention Training programme to support visually impaired students at a school level. The pilot phase was launched in Poonamallee Blind School, Chennai, for students of grades 9 - 12. Based on positive outcomes, it will be expanded to other Government schools.

+ Programme overview

+ Promoting science and digital learning

▶ Promoting inclusive education

Project focus

+ Resource centres for dyslexic children

FOCUS AREA

Promoting inclusive education

An inclusive schooling system will not only improve learning outcomes for children, but can also be critical in promoting social integration and reducing discrimination. In order to promote inclusivity, Cognizant Foundation supported initiatives aimed at capacity building for teachers, and creating and supporting inclusive pedagogies with special focus on children with special needs and building computational thinking.

KEY PROGRAMMES



Connected Learning & Research on Inclusive Education



Teacher development for inclusive schools



Resource centres for dyslexic children



+ Programme overview

+ Promoting science and digital learning

▶ Promoting inclusive education

Project focus

+ Resource centres for dyslexic children

FOCUS AREA

Impact in detail



21,816 lives impacted in 2023/24

20,084 students supported

1,732 teachers empowered



Partners

IT for Change

Madras Dyslexia Association

Sri Ramcharan Charitable Trust

Tata Institute of Social Sciences

Vision Empower Trust



Locations

Bengaluru in Karnataka

Multiple locations in Tamil Nadu

Chennai in Tamil Nadu

Mumbai in Maharashtra

Multiple locations in Tamil Nadu and West Bengal

+ Programme overview

+ Promoting science and digital learning

▶ Promoting inclusive education

Project focus

▶ Resource centres for dyslexic children

PROJECT FOCUS

Resource centres for dyslexic children

Dyslexia is a specific learning disability that affects almost 15% of all children in India. However, through early intervention, specialist teaching techniques, and specialised strategies, the condition can be overcome. To attend to the needs of dyslexic students from low-income backgrounds, Cognizant Foundation has supported the creation of special resource rooms in Government schools. Since its launch in 2020, the project has helped create a well-structured process of monitoring and hand-holding of school management and special educators to ensure children receive quality remediation.



530 lives impacted in 2023/24

Partners

Madras Dyslexia Association

Locations

Multiple districts in Tamil Nadu



► Programme overview

Project focus

- + Graduate study in special education



Excellence4All

Nurturing aspirations through higher learning

More often than not, the dreams and aspirations of youth who come from low economic backgrounds, especially those who suffer some form of disability, are stifled by their inability to access higher education in reputable institutions. Cognizant Foundation's Excellence4All programme provides scholarships to deserving candidates in NAAC-accredited colleges across the country.

FOCUS AREAS

Graduate study in STEAM

Graduate study in special education

Post-graduate study in social sciences



► Programme overview

Project focus

- + Graduate study in special education

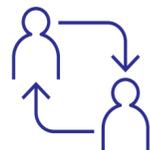
Impact in detail



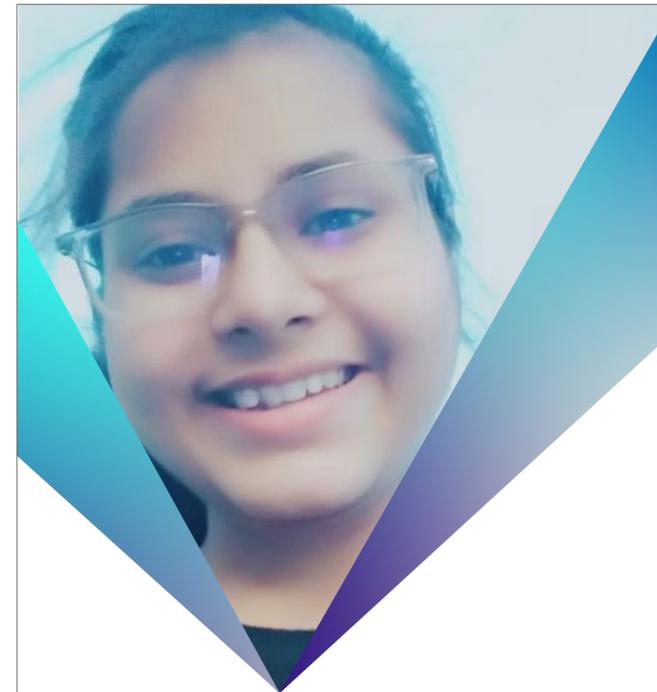
1,826
learners supported



22
projects implemented



4
partners



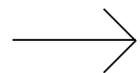
“You gave me the hope that I’ll reach my goal and I promise that I will do the same as a donor in the future. I don’t have enough words of gratitude for Cognizant Foundation’s kind gesture.”

Sonali Gupta
MNNIT, Allahabad



“Cognizant Foundation’s trust in my abilities has been a driving force in my academic journey. I intend to continue working hard and striving for excellence in all aspects of my life.”

Dipak Kanzariya
IIT BHU, Varanasi

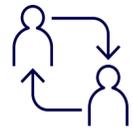


▶ Programme overview

Project focus

- + Graduate study in special education

Partner focus



Partners



Reach

Buddy4Study India Foundation	115 scholars
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Christel House	36 scholars
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Cognizant Foundation Excellence Programme	291 scholars
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Foundation for Excellence	578 scholars
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Help the Blind Foundation	806 scholars
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[▶ Programme overview](#)[Project focus](#)[▶ Graduate study in special education](#)**PROJECT FOCUS**

Graduate Study in Special Education

The prevalence of children with disabilities in India is on the rise, with UNESCO's 2019 State of the Education Report indicating around 79 lakh affected children. In stark contrast, there are only around 1.20 lakh registered special educators under the Rehabilitation Council of India (RCI). Therefore, it is imperative to establish comprehensive training programmes for general educators to effectively address diverse learning requirements.

B.Ed. Special Education is a 2-year full-time undergraduate programme that trains teachers to teach differently-abled children. This scholarship program supports students in pursuing this course at NAAC-accredited and RCI-approved institutions, enabling them to become special educators.

**52**

scholars supported in 2023/24

Partners

Andhra University, Sri Padmavati Mahila Visvavidyalayam, Alagappa University, The National Institute for Empowerment of Persons with Multiple Disabilities (Divyangjan) [NIEPMD] and others

Locations

Pan-India





DID YOU KNOW?

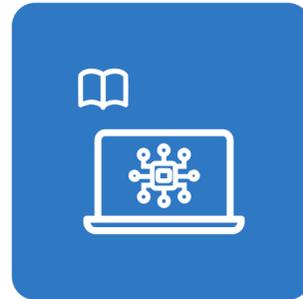
It was back in 2008 that Cognizant Foundation initiated a merit-cum-means scholarship for graduate study in engineering. The programme supported aspiring engineers not only with financial assistance but also mentoring and job readiness skills. Over time, this programme was extended to include deserving students pursuing other undergraduate courses in arts and sciences as well. This was particularly crucial as graduates from non-engineering courses are a significant portion of India's job market.

▶ Programme overview

+ IT/ITeS skilling

+ Employability skilling

+ Vocational technical education



Tech4All

Enabling 21st century learning

Tech4All is one of Cognizant Foundation's signature initiatives which aims to tap into the growing demand for skilled employees in India's tech sector. Relevant training is provided to persons with disabilities and women from economically weaker backgrounds to promote inclusion and help them build a successful career in IT/ITeS. While the foundation supports non-tech skills training programmes as well, most of the projects under Tech4All have a strong tech component when it comes to training and placement.

KEY PROGRAMMES

IT/ITeS skilling

Employability skilling

Vocational technical education



▶ Programme overview

+ IT/ITeS skilling

+ Employability skilling

+ Vocational technical education

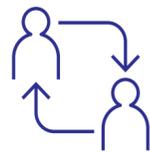
Impact in detail



6,826
lives impacted



18
projects implemented

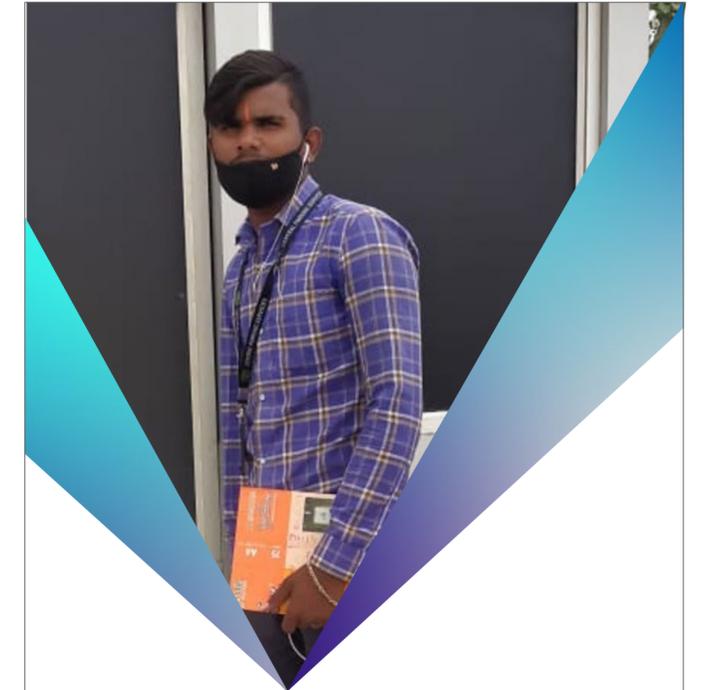


14
partners



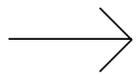
“Without the support I received from Cognizant Foundation and Sarthak, I wouldn’t have been able to support my family. I am now determined to pay it forward and help others in need.”

Jahnvi
Sarthak Educational Trust trainee



“Thanks to Cognizant Foundation, people now see my abilities, not my disability. I finally have the confidence that I’ll be successful in life, both personally and professionally”

Mahesh
Cheshire Disability Trust trainee



+ Programme overview

▶ IT/ITeS skilling

Project focus

+ Advanced IT training for young women

+ Employability skilling

+ Vocational technical education

FOCUS AREA

IT/ITeS Skilling

India is among the fastest growing digital economies in the world and offers a lot of employment opportunities for individuals who have sufficient tech skills. Through this initiative, Cognizant Foundation supports relevant training to women and PwDs from economically weaker sections of society for a successful career in technology and technology-enabled services.



5,820

lives impacted in 2023/24

4,764 women trained

956 PwDs trained

1,901 candidates placed



Partners

Dr. Reddy's Foundation

ICT Academy of Tamil Nadu

New Resolution India

Centum Foundation

Magic Bus India Foundation

Anudip Foundation for Social Welfare

Lok Bharti Education Society

Sarthak Educational Trust



Technical skills

BPO voice and non-voice

A.I., data analytics, robotic process automation, cloud networking, CRM

ITeS and web design

Java/XML/Python

AWS

Java/Dot Net/Cloud Computing

Digital marketing and web design

IT-ITeS, organised retail, and tourism & hospitality

+ Programme overview

▶ IT/ITeS skilling

Project focus

▶ Advanced IT training for young women

+ Employability skilling

+ Vocational technical education

PROJECT FOCUS

Advanced IT training for young women

Young women from low socio-economic backgrounds in India often face significant challenges in accessing training in advanced IT skills because of financial constraints, limited access to technology, educational inequities, etc. These barriers also further widens the gender gap in education and employment opportunities, particularly in the tech industry. To address this issue, Cognizant Foundation supported the establishment of Centers of Excellence for Women Empowerment in selective colleges/institutions, through which free of cost training has been imparted to young women students in 6 advanced IT skills. The project was able to place 60% of the trained women enabling them to achieve financial independence and contribute to the well-being of their families.



3,712 women trained within **71** Centers of Excellence for Women Empowerment in 2023/24

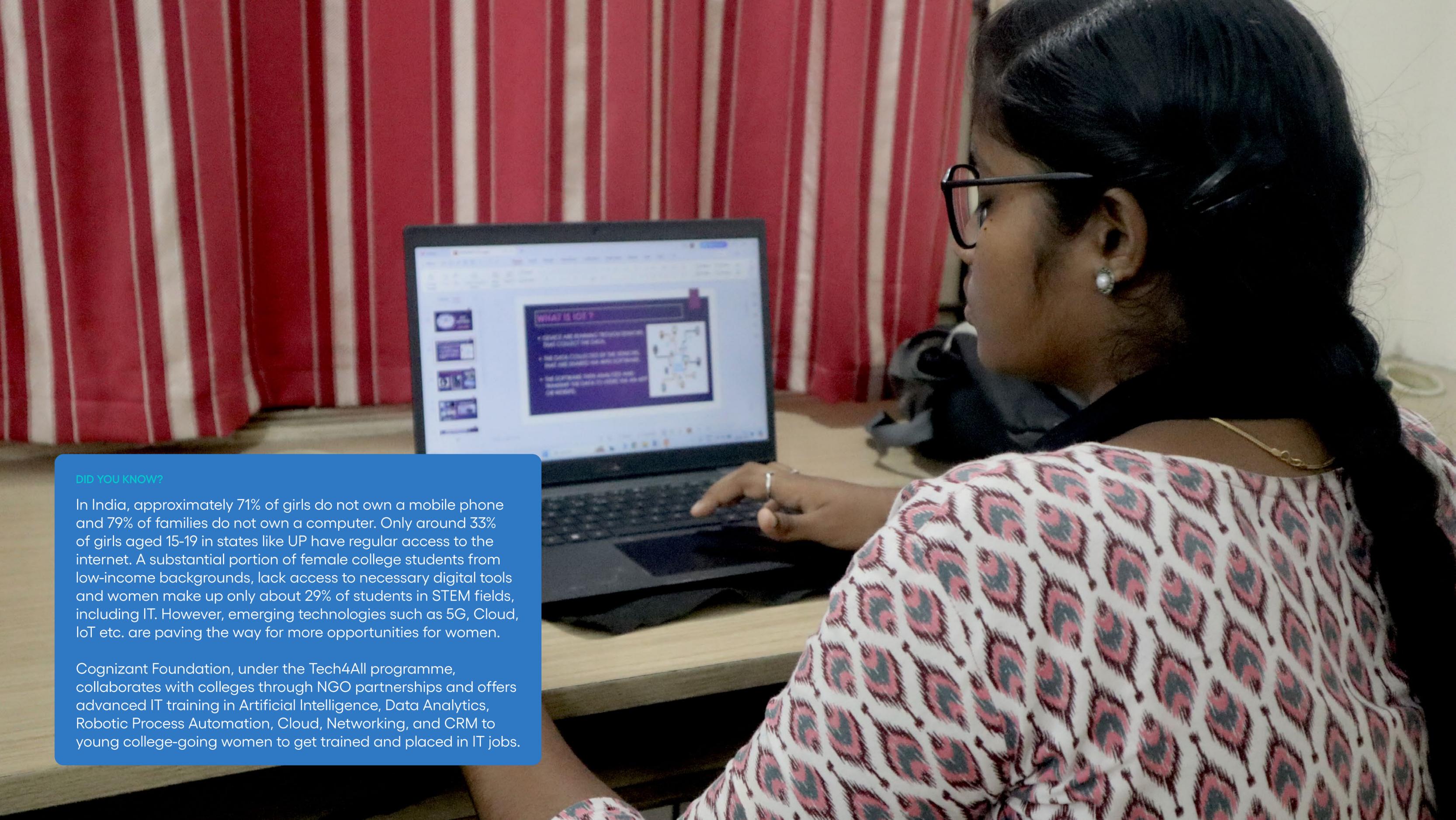
Partner

ICT Academy of Tamil Nadu

Locations

Karnataka, Kerala, Tamil Nadu, Telangana





DID YOU KNOW?

In India, approximately 71% of girls do not own a mobile phone and 79% of families do not own a computer. Only around 33% of girls aged 15-19 in states like UP have regular access to the internet. A substantial portion of female college students from low-income backgrounds, lack access to necessary digital tools and women make up only about 29% of students in STEM fields, including IT. However, emerging technologies such as 5G, Cloud, IoT etc. are paving the way for more opportunities for women.

Cognizant Foundation, under the Tech4All programme, collaborates with colleges through NGO partnerships and offers advanced IT training in Artificial Intelligence, Data Analytics, Robotic Process Automation, Cloud, Networking, and CRM to young college-going women to get trained and placed in IT jobs.

+ Programme overview

+ IT/ITeS skilling

▶ **Employability skilling**

Project focus

+ Training in home nursing

+ Vocational technical education

FOCUS AREA

Employability skilling

Cognizant Foundation partnered with credible skill-training providers and organisations to identify, train, and support job placements for non-tech-related roles. These strategic programmes continued our efforts to improve inclusivity, with a large portion focused on women and persons with disabilities.



851

lives impacted in 2023/24

419 PwDs trained

488 women trained

79.6% overall placement



Partners

Association for Non-traditional Employment for Women

Cheshire Disability Trust

Pratham Education Foundation

The Association of People with Disability



Non-technical skills

Fin-tech (TALLY), home-nursing and auxiliary nursing care

Banking and finance

General duty assistance training

BPO, e-commerce, horticulture, and hospitality training

+ Programme overview

+ IT/ITeS skilling

▶ Employability skilling

Project focus

▶ Training in home nursing

+ Vocational technical education

PROJECT FOCUS

Training in home nursing

The demand for home nurses in India has been growing significantly, especially in the wake of the COVID-19 pandemic. To cater to this demand, Cognizant Foundation has supported the training of women as professional home nurses. These women come from underprivileged background with minimal educational qualifications. They are trained in core nursing skills, life skills, self-defence & English over 6 months. The project was able to place more than 80% of these trained women in individual patient care at homes, hospitals and clinics. This free of cost training, offered in offline mode, is a good opportunity for these women to climb up the socio-economic ladder and contribute to the well-being of their families.

 **75** women trained and
70 women placed in 2023/24

Partner

Association of Non-Traditional Employment for Women (ANEW)

Location

Chennai, Tamil Nadu





DID YOU KNOW?

According to the 2011 Census, only about 36% of PwDs in India had meaningful employment. More recent estimates suggest that this number has remained relatively unchanged in the years since. High-skill jobs remain largely inaccessible to PwDs due to a lack of education and training opportunities tailored to their needs. Meanwhile, according to the ILO, over 90% of working women in India are in the informal sector. Enhancing skill development programs for these groups, with a focus on employability and industry alignment, could significantly improve their chances of finding meaningful employment.

The employability training programmes funded by Cognizant Foundation equip women and PwDs with skills relevant to sectors like Fin-tech, Home Nursing, General Duty Assistance, Horticulture, E-commerce, BPO, and Hospitality.

CUIM
C B - RM206

- + Programme overview
- + IT/ITeS skilling
- + Employability skilling
- ▶ Vocational technical education

FOCUS AREA

Vocational technical education

In India, there is a growing recognition of the importance of vocational education to address the country’s unemployment challenges and meet the demands of a rapidly changing job market. As part of the Foundation’s inclusion initiatives, institutions were identified to improve access to vocational technical education among young women and persons with disabilities (PwDs). Various trade based technical skilling programmes, benchmarked with industry standards and approved by skill sector councils, were supported during the year.



155
lives impacted in 2023/24

Partners

Dr. Shroff’s Charity Eye Hospital and
Nettur Technical Training Foundation

Locations

Delhi, NCR and
Bengaluru, Karnataka





DID YOU KNOW?

Despite progress, only around 10% of India's workforce has undergone any form of skill training, indicating a significant gap in vocational education coverage. Women's participation in vocational education is growing, but it remains lower than male participation. While there are programmes like DDU-GKY, PMKVY and NSDC's training to support vocational training of PwDs, the actual participation and outcomes are still below desired levels. According to NSSO 2018-19 survey only 0.1% of PwDs received formal vocational training.

Cognizant Foundation funds Certified Ophthalmic Paramedics (COP) training for young women and ITI in Electronic Mechanics for PwDs supporting them to complete education and making a sustainable impact on their lives by placing them in decent jobs.

Leveraging the power of volunteers to make a difference

At Cognizant Foundation India, we are committed to elevate our communities towards a brighter tomorrow. We also support organisations in capacity building and community engagement initiatives driven by the dedicated volunteers of Cognizant Outreach, who have generously contributed their time and skills to a variety of initiatives, ranging from digital literacy, creating audio stories for school children, mock interviews, school eye screening, toy donations, to pro-bono volunteering and more. Through their efforts, we have fostered positive change and development.

As we look ahead, we remain committed to expanding our volunteer initiatives, encouraging even greater participation, and making a difference in more lives.

Thank you to all our volunteers for their dedication and passion.

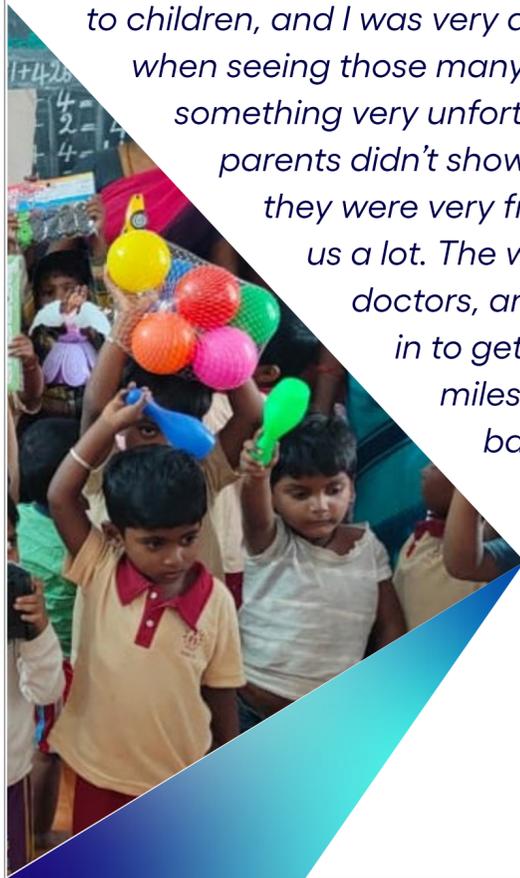


Volunteer Testimonies

"I honestly don't know how to start with the details. I had initially assumed that it was a 1-hour activity where I had to go to a hospital and give toys to kids. But I was totally wrong. The impact of this event will stay with me forever.

As a kid, I had a wonderful time, and lots of love and care. I am basically a sensitive person when it comes to children, and I was very disturbed and worried when seeing those many children going through something very unfortunate. But the children and parents didn't show any distress or sorrow, they were very friendly and interacted with us a lot. The willpower of the parents, doctors, and the daily efforts they put in to getting their children to reach milestones, and to send them back to schools taught me something which is very important and will be preserved in my mind and heart forever."

Lavanya Thumilan



"It was indeed a special experience addressing two batches of Diploma & College grads (Nursing and B. Com). We are sure the laptops that were distributed (Batch 1 – 10 laptops) are in the right hands and would help them level up in their respective specialisations.

I was happy to see the energy, enthusiasm and inquisitiveness of this group of students and how motivated they are to face the challenges that await them in their career. It was an inspirational and proud moment for all of us. This in turn gives us the next batch of college graduates who are trained by the NGO and ready to start in their roles as finance associates."

Nithya Srivatsan

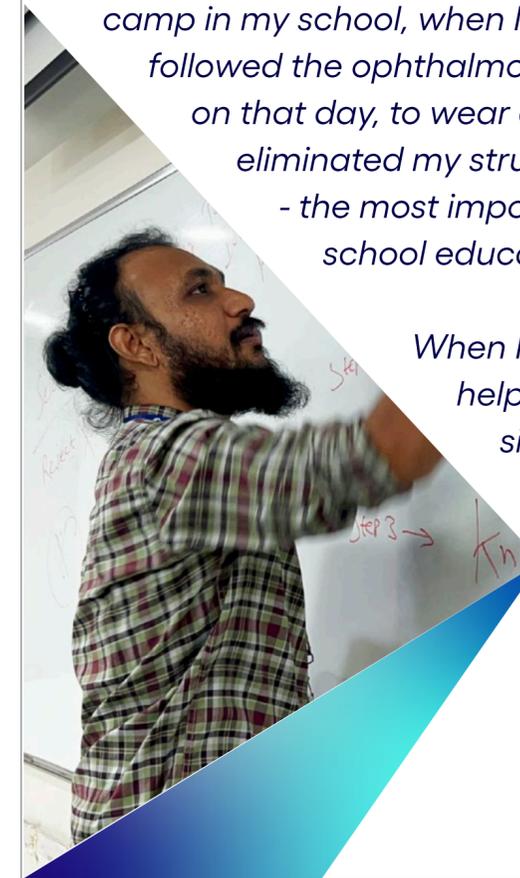


"Through Cognizant Foundation & Outreach, I got the opportunity to support our friends with visual difficulties. The first time, on January 24, 2024, I was in a Government School in Tiruvallur, where we were organising an eye-screening camp.

I remember the first time I was screened in one such camp in my school, when I was in Class 2. If I had followed the ophthalmologist's recommendation on that day, to wear a spectacle, it would have eliminated my struggles over the next 4 years - the most important phase of my primary school education.

When I got the opportunity to help our kids to avoid such a situation, through the eye-screening camp, it was almost like travelling through time to fix my past."

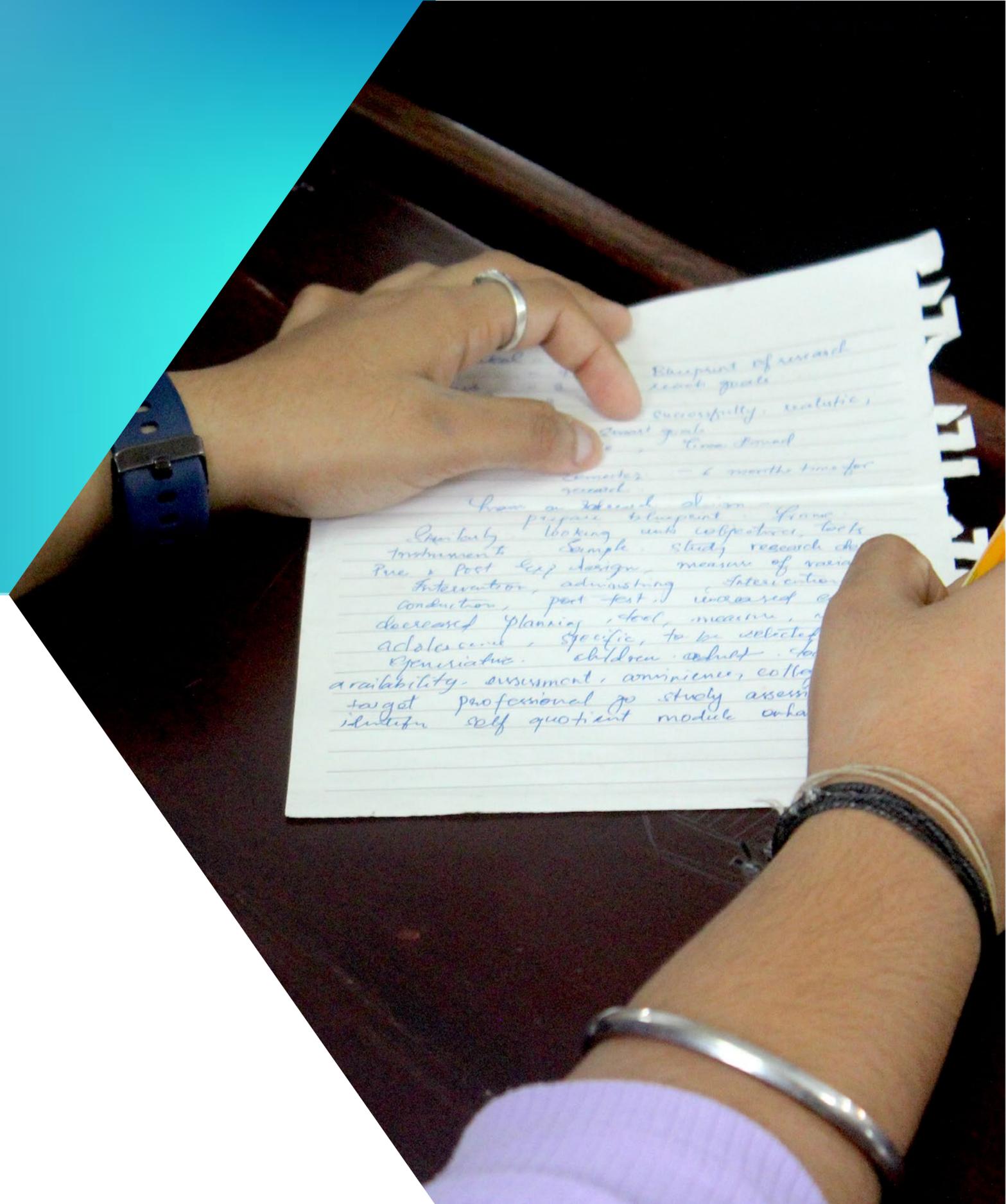
Dhilip Kumar K.M.





Appendix

Impact stories



Appendix

Index of impact stories



Health4All

Sight4All

How Raman, a tea plucker, overcame blindness
Story of Baby Niranjana - abandoned at birth with ROP

Care4All

Story of Seema, a malnourished mother-to-be
Story of Jagadeeshwari's pregnancy journey

Support4All

Story of Suraj, a differently-abled child
How Shraddha is overcoming growth challenges

Future4All

STEAM4All

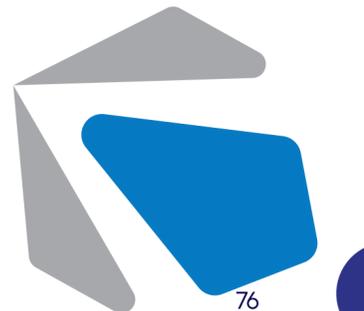
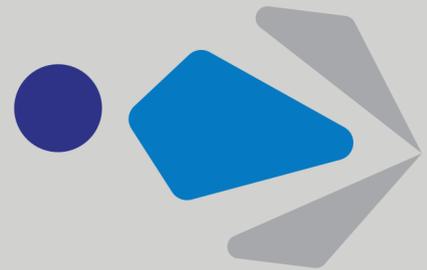
How experiential education has helped Praneesh
How tech-enhancements are helping Pushpa teach

Excellence4All

Story of Sonali, a computer science student
Story of Dipak, a chemical engineering student

Tech4All

How Jahnavi overcame her disability to work in IT
How Mahesh got the confidence to pursue his dreams



Appendix

Health4All >
Sight4All



Case story

“The level of care and attention I received from the Vision Centre team before, during and after my surgery was wonderful. Thanks to Cognizant Foundation for supporting such a great project.”

Raman Bora*, a daily-wage labourer from Assam

For 29-year-old Raman Bora*, his family was his world. After his wife’s tragic passing, Raman had to take complete responsibility for raising three young daughters, not to mention caring for his elderly father and uncle. His daily wage, earned as a tea plucker in the Bokakhat Tea Estate, was what the family depended on for their livelihood.

Around four years ago, Raman had started to notice that his eyesight was getting blurry. Things that used to look sharp started having fuzzy edges. To get a medical check done would mean travelling long distances and spending money he did not have, not to mention the loss of earnings. So, like most people in his situation, Raman ignored the increasing blurriness and focused on the day-to-day instead.

Darkness crept up faster than Raman could imagine, though. Within a few months, his eyesight had deteriorated so much that he could only perceive light and vague movement. He could no longer work properly and the vibrant tea gardens that were once a source of joy was no longer accessible to him.

For over two years, the family struggled to survive with whatever meagre earnings Raman’s father and uncle could get, and with the help of other relatives and friends. Raman was completely blind and depended on others for the simplest of tasks.

A ray of light emerged when an eye screening camp was held in the tea estate by the Bokakhat Vision Centre team, supported by Cognizant Foundation. With his father’s help, Raman attended the camp where he was diagnosed with cataracts. When he was told that the condition was reversible and that all treatment would be given free of cost, Raman was overwhelmed with happiness.

Within a day of diagnosis, Raman was shifted to Chandraprabha Eye Hospital for surgery. The procedure went smoothly, and his life was illuminated once again. Raman followed all post-operative requirements diligently and the Vision Centre team soon happily declared that his eyesight was back to near normal.

“The day I stopped being able to see my daughters’ faces was the day I stopped feeling alive. All I could think about was how I was being a burden to those I love the most. I have stepped out of that darkness thanks to your support. I can return to work again and care for my family,” Raman says. “The level of care and attention I received from the Vision Centre team before, during and after my surgery was wonderful. Thanks to Cognizant Foundation for supporting such a great project. I have gotten a second chance at life and will forever be thankful for it,” he added.

* Name changed to maintain privacy.

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Appendix

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Sight4All



Case story

“I have a son today and he can see the world only because of the Cognizant Foundation - LVPEI team. I will always have you in my prayers and hope that you’re able to help more people.”

Adoptive father of Baby Niranjana*, a newborn with ROP from Odisha

The forests of Baripada in Odisha are known for their vibrant flora and fauna. Covered by a network of perennial streams, it is a habitat for tigers, elephants, deer, and numerous tropical birds, and is always filled with sounds of life. For locals of the region, the evergreen forest is a source of livelihood as well. One of them, Rajbir*, had the habit of going into the jungle before sunrise to collect medicinal plants for his small stall in the local market.

Early one morning, in April 2023, Rajbir’s routine was broken by a spine-chilling sound - the wail of a baby in distress. Without a second thought, he went hunting for the source of the sound and what he found broke his heart - an abandoned newborn in a clearly malnourished state. The baby was rushed to DHH Mayurbhanj and was immediately admitted into the SNCU for emergency care and stabilisation. The paediatric team burned the midnight oil to bring the newborn back from a near-death situation.

After his condition started improving, the baby boy for ROP Telescreening - a programme that was being run in the district by Cognizant Foundation and LVPEI. The team at Bhubaneswar detected the presence of Aggressive Retinopathy of Prematurity (AROP) in both eyes. Since there were no parents or guardians, shifting the baby would be a challenge and so the ROP specialist and the nursing staff travelled to Mayurbhanj with

a mini-operation setup. The baby was given intravitreal injections to both eyes to control the condition.

Once the baby had regained health, he was handed over to a local adoption agency. During this time, the team continued to ensure that the child was regularly monitored and given appropriate care. Within six months, he was adopted by a loving couple and was named Niranjana*.

The Cognizant Foundation - LVPEI team ensured that the new parents knew of baby Niranjana’s eye history and requested that the baby be brought in for a detailed examination after his first birthday. The parents were more than happy to oblige and the baby was evaluated through refraction and fundus fluorescein angiogram to detect any reactivation of retinopathy. ROP was detected in both eyes and this time, doctors were able to treat it immediately using laser photocoagulation. Niranjana is now growing up well and is the apple of his parents’ eyes.

“I have a son today and he is able to see the world only because of the Cognizant Foundation - LVPEI team. The amount of care and follow-ups the team did for my son was more than I could’ve ever imagined. I will always have you in my prayers and hope that you’re able to help more people,” says Mr. Mukesh*, Niranjana’s adoptive father.

* Names changed to maintain privacy.

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Appendix

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Care4All



Case story

“Thanks to the counselling I received from the outreach worker, I was able to take care of myself better and give birth to a healthy baby.”

Seema Khan*, a 32-year-old mother from Malegaon in Maharashtra

A resident of Malegaon in Maharashtra, 32-year-old Seema Khan* is a mother of two. Her first child is 12 years old, while her second has just turned two. She delivered both her children at home, with her mother-in-law acting as the midwife. Their small, one-bedroom chawl is also home to four adults—Seema, her husband, and his elderly parents—and the family was already struggling to make ends meet.

Most of Seema’s day was spent taking care of her family, leaving her little time to focus on her own health. In September 2023, as part of the community screening effort supported by Cognizant Foundation, she was visited by an outreach worker (ORW). After spending time with her, the ORW discovered that Seema had been experiencing nausea, weakness, and secondary amenorrhea for the past few months. Further medical examinations at the local clinic and civil hospital revealed that Seema was in her fifth month of pregnancy. She was also found to be extremely anaemic, with a dangerously low haemoglobin level.

Given that she was a high-risk mother, Seema was immediately enrolled in Project Suraksha. During regular follow-up visits, she was counselled on the importance of eating nutritious food, the first 1000 days of life, dietary supplements like folic acid, iron, and calcium, as well as best childcare practices and more. The importance of institutional delivery was also emphasized. These sessions were not just for the expectant mother, but

also for her family, to raise awareness about good antenatal care. After rigorous counselling over the next few months, the family agreed to opt for an institutional delivery.

Seema overcame all health complications and gave birth to a healthy baby at the local civil hospital. The Project Suraksha ORW continued to provide counselling to ensure the family was aware of beneficial practices like exclusive breastfeeding for six months. As a result of the awareness sessions, Seema opted for tubal ligation as a family planning measure.

“My life had reached a point where I was so overwhelmed by everything that I had lost focus on my well-being. So much so that I didn’t even realize that I was five months pregnant!” Seema said. “Thanks to the counselling I received from the outreach worker, I was able to take better care of myself and give birth to a healthy baby.”

* Names changed to maintain privacy.

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Case story

“There was a point, right before my daughter was born, that I thought we would lose her forever. Thanks to Cognizant Foundation’s help, she will have a long, beautiful future.”

Jagadeeshwari*, a 29-year-old high-risk expectant mother from Thiruthani in Tamil Nadu

Mrs. Jagadeeshwari*, a 29-year-old expectant mother from Thiruthani, Tamil Nadu, was going through a challenging time. She was excited about becoming a mother, but her health made the journey more complicated than she had hoped. Jagadeeshwari suffered from severe anaemia—a condition that put both her and her unborn child in danger—and she didn’t know how to address this crisis.

Amidst the shadow of uncertainty, a ray of hope emerged in the form of an outreach worker (ORW) from the maternal and child health project run by Ekam, with support from Cognizant Foundation. The ORW embarked on a mission to support Jagadeeshwari in her journey and, recognizing the importance of nutrition in fighting anaemia, advised a change in diet.

Incorporating iron-rich foods like leafy greens was easier said than done, however, as these foods made Jagadeeshwari nauseous. The Ekam ORW persisted and found creative solutions, such as boiling green vegetables into a soup to make them more palatable.

Vitamin C is also important in promoting iron absorption, so her intake of tomatoes, lemons, and guava was increased. During every step of the process, the ORW made sure that the mother-to-be understood the reasons behind the dietary changes and had all the information needed to make better nutritional decisions in the future as well.

Slowly but steadily, a remarkable transformation came over Jagadeeshwari. Her haemoglobin levels surged, which not only alleviated the threat of anaemia but also paved the way for a healthier and safer pregnancy. She has since given birth to a beautiful, healthy baby girl.

“There was a point, right before my daughter was born, when I thought we would lose her forever. Thanks to Cognizant Foundation’s help, she will have a long, beautiful future,” Jagadeeshwari says. “This initiative has taught me a lot about nutrition, both for me and for the baby, and I am going to share this knowledge with as many people as I can.”

* Names changed to maintain privacy.

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Support4All



Case story

“The change that this therapy has brought in my son is unbelievable. I am thankful to Cognizant Foundation for giving us hope when it seemed lost.”

Father of Suraj*, a specially-abled child from Kolkata in West Bengal

“Around the time my son Suraj turned one year old, it became clear to all of us that he would not be a normal child. As he grew older, it became very hard for us to handle him too. I am a daily wage worker in a local factory and the only earning member of the family – which meant that most of the time, it was my wife’s responsibility to take care of him.*

Suraj never learned to speak properly, and he would drool a lot and make bubbling sounds. I tried to enrol him in the local government school, but his condition meant that they couldn’t handle him. I can’t afford to send him anywhere else to study. He was not able to focus on anything, which also made him hyperactive. He never looked anyone in the eye and couldn’t walk properly either. Because of this, I was never able to send him to school.

It was last year, when he turned 12, that I got to know about the Government resource centres supported by Cognizant Foundation for children like him. I took him there, and he was assessed by therapists who set various goals for him that we could achieve together. I started taking him to the centre twice a week to access speech therapy, physiotherapy, behavioural, and dance movement therapies.

Time with the speech therapist has helped decrease his drooling and improve eye contact. The physiotherapist had him do various exercises like standing on one leg and squats to improve strength and build flexibility.

In the last three months, his drooling has almost completely stopped, and he has started saying our names and some small phrases when required. He can even walk for a bit now! The change that this therapy has brought in my son is unbelievable. I am thankful to Cognizant Foundation for giving us hope when it seemed lost.”

Mr. Ramkumar*
Father of Suraj

* Names changed to maintain privacy.

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Case story

“A lot of people told us that our child will never be able to talk or walk properly. Thanks to Cognizant Foundation’s support, she is growing into a beautiful child.”

Mother of Shraddha*, a 5-year-old with impaired development from Karnataka

Five-year-old Shraddha* lives with her parents – both daily-wage labourers – in a small village in Karnataka. In the early months, her development had seemed normal. But, as she approached her first birthday, her parents noticed that she was not walking or talking like other kids her age. However, due to a lack of financial resources and understanding, they did not seek proper diagnostic treatment or rehabilitation. Instead, they relied on traditional practices, visiting temples and performing rituals in the hope of a miracle.

Unfortunately, the lack of timely medical intervention caused Shraddha’s condition to worsen. Her parents, burdened by misconceptions and the belief that medicine would not help, could only watch on as her disabilities became more pronounced.

Shraddha’s situation changed when she was visited by a community early interventionist as part of a project by the Association of People by Disability, supported by Cognizant Foundation. The interventionist assessed her situation, and with empathy and patience, addressed all her parents’ misconceptions and emphasized the importance of rehabilitation services.

Specific rehabilitation goals were set for the child and the team started supporting Shraddha’s growth. They also empowered Shraddha’s parents

by teaching them basic therapy skills so they could continue her treatment at home, following the concept of “mother as the interventionist.”

With regular intervention, Shraddha’s progress has been remarkable. She has started walking independently and can now say words like “Appa” (father), “Amma” (mother), and other common phrases. Her parents are overjoyed to see their daughter reaching developmental milestones and improving each day.

Talking about Shraddha’s growth, her mother shared, “A lot of people told us that our child will never be able to talk or walk properly. Thanks to Cognizant Foundation’s support, she is growing into a beautiful child.”

* Names changed to maintain privacy.

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STEAM4All



Case story

“Science used to be my weakest subject. But, because of the hands-on method of learning, I am able to understand concepts better, and it’s now my favourite! I hope to grow up and become a doctor now!”

Praneesh Goud, a Class 8 student from Telangana

A Class 8 student at ZPHS Machavaram, Praneesh comes from a modest background. His family of 4 consists of his father - an RTC driver and sole breadwinner of the family, his mother - a dedicated homemaker, and his sister who is currently in class 10. However, his family’s limited means has never been a stumbling block in his determination to excel in his education.

One of the major reasons for his interest in studies is the experiential classes offered by Agastya International Foundation, in association with Cognizant Foundation. He is an active participant in various scientific activities at school, such as soil percolation, magnetic force experiments, and electric circuits. These hands-on experiences bring him joy and help him grasp scientific concepts with ease. His curiosity doesn’t stop at the classroom door—at home, he constructed an electric circuit model to deepen his understanding of conductors. His commitment to learning extends to group activities, where he values the power of collaboration and its role in his personal and academic growth.

“I was not always like this in class,” Praneesh says. “I always wanted to study, but I was not able to fully understand what the teachers were saying. But, Agastya classes are different. There are a lot of interactive sessions and experiments and that helps me fully grasp the concepts.”

Although Praneesh has not yet participated in Agastya’s science fairs, his enthusiasm for applying what he’s learned is clear. He eagerly built a grass cutter model for his school’s science fair, showcasing the concepts he absorbed during Agastya sessions. His growing interest in science is also reflected in his everyday life—he even explains different soil types to his parents, helping them understand the best conditions for cultivating vegetables in their home garden.

“Science used to be my weakest subject. But, because of the hands-on method of learning, I am able to understand concepts better, and it’s now my favourite!”, Praneesh continues. “I hope to grow up and become a doctor now!”

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STEAM4All



Case story

“The workshop was a transformative experience for me. The children are now more engaged and the kind of questions they ask in class show how interested they have become.”

Pushpa, a science and language teacher from Bengaluru

Pushpa, the science and language teacher at Chunchagatta Government Higher Primary School in Bengaluru, has dedicated over 20 years of her life to her passion for teaching. Her commitment to her students is evident in her constant quest for new and innovative teaching methods that make learning more engaging and impactful.

With a strong interest in mathematics as well, Pushpa was quick to seize the opportunity to attend a workshop organized by IT for Change and Cognizant Foundation. She knew that any new insights she gained could transform the way she taught and, in turn, benefit her students.

During the workshop, Pushpa was introduced to the idea of incorporating technology into her teaching methods. She learned how digital tools and resources could be seamlessly integrated into her lessons to make complex concepts more accessible. One of the most exciting discoveries for her was the kiwix application, which allowed her to access a wealth of language lab story resources directly on her mobile phone. This made it easy for her to bring these resources into the classroom, helping students with proper pronunciation and enhancing their language skills.

But it wasn't just language that benefited from this technological integration. The workshop also introduced Pushpa to PhET simulations, specifically the simulation of electric circuits. These interactive tools

allowed her students to experiment with concepts like voltage and the flow of electricity, without any expert intervention.

The impact of these new teaching methods was immediately evident in her classroom. Students who were usually quiet began to engage more actively in the lessons. Those who were typically talkative were now intrigued by the opportunity to explore answers independently through technology. The deeper understanding and excitement were palpable, with some students even conducting experiments at home, eager to test what they had learned in class.

Reflecting on her experience, Pushpa said, “The workshop was a transformative experience for me. The children are now more engaged and the kind of questions they ask in class show how interested they have become. I plan on incorporating these teaching resources more into my lessons so that my students are able to learn better.”

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Excellence4All



Case story

“You gave me the hope that I’ll reach my goal and I promise that I will do the same as a donor in the future. I don’t have enough words of gratitude for Cognizant Foundation’s kind gesture.”

Sonali Gupta, a computer science student from Uttar Pradesh

Dear Cognizant Foundation,

My name is Sonali, and I am from Bareilly, Uttar Pradesh.

I am someone who embraces challenges with positivity and determination. I am career-oriented, a quick learner, and face obstacles with courage. Since childhood, I have dreamed of becoming a software engineer and creating computer applications that make a difference.

My family has faced many financial challenges. My father earns a modest income, which often falls short of covering our expenses. At times, we have had to borrow money, and I’ve seen my parents struggle to pay it back. This reality has been my driving force to work hard and pursue my goals.

Every student, especially those from low-income backgrounds like mine, encounters moments when financial assistance is crucial. For me, that moment came when, after months of hard work, I secured admission to the Computer Science programme at Motilal Nehru National Institute of Technology, Allahabad. But I knew the fees would be too much for my father to bear.

Just when I was considering not enrolling in the course, I learned about the scholarship programmes offered by the Foundation for Excellence in partnership with Cognizant Foundation. The day my application was accepted was one of the best days of my life. The scholarship has lifted

the burden of fees, allowing me to fully focus on my studies. I am happy to share that I have been performing well academically, maintaining a CGPA of 8.9 across four semesters. I have also actively participated in Skill Training and Mentorship programmes.

My father has always been a source of strength for me. He advises me to stay grounded and take things step by step, without fear of failure. Even when I stumble, he encourages me to try again, and his unwavering belief in me gives me the strength to face any challenge. Thanks to your support, I am confident that I can make him proud one day.

I aspire to start my own company in the future, but first, I plan to secure a high position in an MNC to gain the necessary experience and funds. Your support has given me the hope and determination to reach my goal, and I promise to pay it forward as a donor in the future. Words cannot fully express my gratitude for Cognizant Foundation’s kindness.

Sincerely,

Sonali Gupta

III year, MNNIT, Allahabad

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Case story

“Cognizant Foundation’s trust in my abilities has been a driving force in my academic journey. I intend to continue working hard and striving for excellence in all aspects of my life.”

Dipak Kanzariya, a chemical engineering student from Gujarat

Dipak Kanzariya hails from a small village near Jamnagar in Gujarat. Growing up in a middle-class family that struggled to make ends meet, Dipak’s life was marked by financial challenges. His father works as a farm labourer, and with a family income of just INR 80,000, covering basic expenses—including the educational fees for Dipak and his brother—was a constant struggle. Despite these obstacles, Dipak remained focused on his dream of pursuing higher education.

From a young age, Dipak demonstrated remarkable dedication to his studies, maintaining a CGPA of 9.13 across six semesters in college. His hard work and determination paid off when he secured a job with Digit Insurance as an Engineering Trainee, with a starting CTC of INR 10 LPA.

Reflecting on his journey and the support he received, Dipak penned a heartfelt letter:

Dear Cognizant Foundation,

I am writing to express my heartfelt appreciation for the incredible opportunity you have given me through your generous scholarship. Your assistance has had a significant impact on my life, allowing me to devote my full attention to my studies without the burden of financial constraints.

I come from a village near Jamnagar, Gujarat. My family consists of five members: my parents, older brother, older sister, and myself. My parents

work as farm labourers, my brother completed his MBBS this year and is now pursuing further education, and my sister recently got married and is now a homemaker. I want to express my deep gratitude to the FFE team and to you for providing me with financial support and opportunities for skill development, particularly through the mentorship program and Coursera courses.

I am pleased to report that I have maintained an outstanding academic record. Your encouragement has inspired me to strive for excellence in everything I do. I have joined several clubs and organizations that align with my interests and passions. These activities have not only improved my skills but also instilled in me invaluable leadership qualities.

Please accept my heartfelt gratitude once more for your unwavering support. Your confidence in my abilities has been a driving force in my academic journey, and I am determined to make you proud. I intend to continue working hard and excelling in all aspects of my life.

Thank you once again for making my dreams come true. May you continue to inspire and make a difference in the lives of many others.

Yours sincerely,
Dipak Kanzariya

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Appendix

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Tech4All



Case story

“Without the support I received from Cognizant Foundation and Sarthak, I wouldn’t have been able to support my family. I am now determined to pay it forward and help others in need.”

Jahnavi, a Tech4All trainee with locomotor disability from Karnataka

Jahnavi’s story beautifully illustrates the power of courage, resilience, and the unwavering support of family in overcoming life’s challenges.

Born with a locomotor disability affecting both her legs, Jahnavi’s early years were fraught with difficulty. Coming from a middle-class family where her father was the sole breadwinner for a family of four, finances were tight. Yet, her father ensured she received a quality education, even when society offered little support. Throughout her schooling, Jahnavi faced constant discrimination and ridicule, making her journey all the more challenging.

Amidst these hardships, her father’s unwavering support stood as a beacon of hope. His encouragement allowed her to complete her education, eventually earning an MBA. However, societal prejudices and misconceptions resurfaced as she began applying for jobs. Countless rejections and demoralizing experiences led her to withdraw, questioning the value of her hard-earned education.

A turning point came when Jahnavi received a call from Sarthak Educational Trust in Bengaluru, offering her enrolment in their skill-building programme supported by Cognizant Foundation. Initially hesitant, it was her father who recognized the opportunity and encouraged her to seize it. She enrolled the following month and spent the next three months undergoing employability training.

In the supportive environment of Sarthak, Jahnavi regained her lost confidence and honed her soft skills. With renewed determination, she resumed her job search and soon landed a position as a CRM Domestic Voice with a competitive salary at a leading IT company.

Reflecting on her journey, Jahnavi shared, “The fact that I was not getting a job was making me extremely anxious. My father was getting older, and I wanted to earn to ease the burden on his shoulders. Without the support I received from Cognizant Foundation and Sarthak, I wouldn’t have been able to support my family. I am now determined to pay it forward and help others in need.”

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Tech4All



Case story

“Thanks to Cognizant Foundation, people now see my ability and not my disability. I finally have the confidence that I’ll be successful in life, both personally and professionally.”

Mahesh, a Tech4All trainee with disability from Karnataka

Mahesh, a 21-year-old from Koppal, Karnataka, has experienced more challenges in his relatively short life than most people can imagine. His father, a daily wage worker, and his mother, a homemaker, did their best to support their three children. While his brother and sister got married and moved on, Mahesh’s life took an unexpected turn when he was involved in an accident that left him unable to move his right hand.

The accident not only affected Mahesh physically but also had a profound impact on his education. Writing became a struggle, and he had to endure the cruel jokes and ridicule of his classmates. Despite these hardships, Mahesh showed incredible resilience and determination, completing his SSLC (Secondary School Leaving Certificate).

Unfortunately, the financial strain at home meant he couldn’t pursue further studies.

In search of work, Mahesh took a job at a mobile shop in his hometown. However, the job paid poorly, and his salary was often delayed. Disheartened, he eventually quit and spent a year at home, unemployed and unsure of his future.

He had not lost hope, though, and determined to find a way forward, Mahesh started searching for jobs again. His disability led to repeated rejections, and the constant disappointment eventually pushed him into a deep depression.

Just when things seemed hopeless, a friend introduced Mahesh to Cheshire Disability Trust (CDT) and there, he got to know about the IT/ITeS training programme supported by Cognizant Foundation. Training was being provided at the Devanahalli centre. It was a long way away from home, but he decided to give it a try anyway - a decision that would change his life.

At the centre, Mahesh learned the basics of computers, MS Office, and essential life skills such as positive thinking, grooming, and work ethics. The training also included sessions on interview preparation and mock interviews, which together boosted his confidence and prepared him for the job market.

Thanks to the skills he gained, Mahesh was able to secure a job with Central Parking Services at the Bengaluru International Airport. He has since started as a member of the Logistic Support Services and earns a competitive salary. He sends a part of it home to ensure that his parents are safe and happy.

“Thanks to Cognizant Foundation, people now see my abilities, not my disability. I finally have the confidence that I’ll be successful in life, both personally and professionally,” says Mahesh reflecting on his journey.

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