



Faizan: A Blessing



Faizan's journey to the state level Powerlifting competition was made possible with the help of Saadhya and its supporters. Saadhya Trust works towards ensuring awareness of personal rights and making students with disabilities self-dependent. The trust's initiatives are sustainable and provide bright future for individuals with Intellectual Disability & make their life meaningful.

How did Faizan do it?

Faizan, a wonderful boy full of potential, was the first person to join us when we started our journey. The only son to Mr. and Mrs. Shashavalli (Assistant Police Sub-Inspector), Faizan was diagnosed with Autism at the age of 4. In spite of the diagnosis, he achieved his developmental milestones on time and learnt alphabets & numbers with little difficulty in a normal school. To combat a few behavioral issues, Faizan was later moved to a special school, where his skills enhanced, pictographically. Diagnosed with ADHD for his hyperactivity, Faizan was prescribed medication which, after a few side effects, was discontinued. After a combination of challenges – with the family moving because of Mr. Shashavalli's job profile, Faizan's behavioral and dietary issues – Faizan's parents decided to admit him to Saadhya Trust. Quality support, access to learning a variety of skills and strong determination to succeed helped Faizan bring out the best in himself, so far.

Challenges, Powerlifting and Badminton

Due to Faizan's eating disorder, Saadhya Trust organized a fundraising campaign to fund a Bariatric Surgery Faizan needed, in order to reduce his weight.

Irrespective of the challenges Faizan faced, his ability to learn self-discipline with the support of the teachers has been phenomenal. Not only has he demonstrated his willingness to further educate himself, but he has also gone ahead and surpassed the basic skills needed – his speedy computer typing skills, ability to effectively manufacture paper bags and candles and kitchen skills (with his mother's help).

To channelize his hyperactivity in sports, Faizan was trained in Powerlifting. Not only did he participate in the state level Powerlifting competition, but he also won a silver medal for his event. Faizan's parents wish to engage him in such sports as Badminton, and wish for him to develop his culinary skills to further his employment chances in the Hospitality industry.

We, at the Saadhya Trust, are proud of Faizan. We also salute the dedication and effort put in by his parents, Mr. Shashavalli and Rehana Begum.



How does Saadhya help?

With over 136 students, Saadhya Trust has come a long way from its inception in 2016 - due to its network of trained professionals and the support and vision of its founders. A systematic approach with a clearly outlined curriculum is responsible for the Trust's success, not only with Faizan (where dedication from the Trust, the parents and Faizan himself, led to a state Powerlifting win, a fund-raised surgery and the development of an employable individual) but also with other students who have improved their vocational, academic and basic skills.

