

NOTHING FOR THE DISABLED WITHOUT THE DISABLED



I Konnect



Formerly The Spastics Society of India
founded by Dr. Mithu Alur

News letter - July, 2020

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01 A leaf from the Diary of the Chairperson

Difficult times for us. Grants have been withdrawn and stringent measures have been taken to carry on with Dr. Alur's post Covid 19 plan of action. Financial prudence and fundraising are the needs of the hour. Dr. Mithu Alur driving our CSR initiatives and motivating the team to raise scholarships and sponsorships for our beneficiaries. Mr. P.D. Singh, Chairperson & Mr. Ravi Hooja, CSR advisor of our CSR committee guiding the team and taking stock of the situation. Team ADAPT strategising action plan for the same.



Zoom meeting on of CSR - 7th July 2020

Dr. Mithu Alur moving with the times and moving seamlessly into the world of social media. Kalki Kochelin our Goodwill Ambassador and Chair of our Social Media Committee driving this initiative along with team ADAPT. Ms Dedeepya Co-Founder of Fruit Bowl, a very successful digital branding and online reputation management company learning about Dr. Mithu Alur's journey and enormous body of work ' in order to help us strategise.



Zoom Meeting, Social Media on 15th July at 4:30 pm



Ceramics project supported by Worley India Private Limited

Pottery was introduced at all the centres by Dr. Alur to promote creativity. The creations by our beneficiaries were displayed and sold at exhibitions and our own I Can Bazaars.

As an extension of this, a Ceramics & Pottery Project was begun at the Skills Development Centre in 2016, with the support of Worley Parsons India Private Limited. Pottery making is a part of vocational training but it is also therapeutic in nature. Recreation therapy helps children with Cerebral Palsy develop and expand physical and cognitive capabilities while participating in recreational activities.

Mrs. Mamata Mukherjee, an expert in this field has been driving this project and she is assisted by Shankar.



The department has provided basic training in ceramics and pottery to 10 trainees every year. The aim has been to increase employment opportunities including self-employment by the trainees setting up their own pottery unit, and on the other hand to raise funds through the sale of products made by the trainees.

Under this project, the trainees learn about the various stages of production in the ceramic process and there are ample opportunities for practical work. The course was designed according to the ability of trainees, who have reported that they enjoy these sessions.

A variety of ceramic and pottery items are produced by the young trainees and are exhibited and sold at various exhibition through the year including our own I Can Bazaar. The items include eco-friendly Ganpatis, tooth pick holders, soup bowls, oil diffusers, planters, platters, pen stands, jars among other products.



A major outcome of the project has been that 9 trainees and their parents have been empowered and supported to set up their own enterprise. The parents were trained over a year in buying the right material and using the processes. They then set up a cooperative which functioned out of SDC for a year where they were supported in the areas of pricing and marketing. They have now started their own business.



To Russia with Love

There are a great many stereotypes about Russia. People tend to believe that there must be unimaginable horrors taking place in a regimented existence, behind the Iron curtain. This may be partly due to Western propaganda, comments, newspapers. Articles usually written about contemporary affairs in Russia, tend to talk against the political system in derogatory terms, partly due to the fact that the USSR compared to other countries remains a bit of a mystery. Some of my own stereotypes were dispelled during my recent visit to the USSR, and this is an attempt to record some of my impressions.

Our visit took place between the 3rd – 12th of October '77 and it was an Indo-Soviet delegation to Russia. The delegation was through the Ministry of Education, Culture and Social Welfare; members of the team were mainly specialists in the area of the handicapped and social welfare: we were studying the various institutions for the disabled and the aged, but the main object of the visit was to cement ties of friendship and affection the two countries felt for each other. The visit was at a historic moment when the new constitution was being presented at Kremlin. October 7th, '77 was 60 years since the October Revolution and each and every square was decorated with flags and pictures of Lenin. We were received by the Minister for Social Security with a few members of staff and an interpreter. We were taken in long limousines to our hotel, the Hotel Peking, Moscow which was situated in Mayakovsky Square (named after the poet). The same evening we were acquainted with our programme at a meeting in the Ministry itself. The programme was extremely intensive and structured - every moment had been planned to visit institutions related to our field of work; visits to monuments, palaces, art galleries and two other cities Leningrad and Baku in Azerbaijan.

In the USSR 'Social Welfare', is known as social security; those disabled and aged are the responsibility of the Ministry for Social Security. In Moscow is the Central Institute of Defectology, which has about 14 laboratories. The laboratories are in charge of the special services necessary for the disabled in the field of diagnosis, education, vocational guidance and employment. There is a great spill - over of activity between several ministries, i.e. Ministry of Health, Education, Ministry of Social Security and Ministry of Labour. The responsibility of providing adequate services for a disabled person as soon as he is born is virtually shared by the 4 Ministries. We saw many institutions where the blind, the deaf and people with cardio vascular disorders were employed, and it was thrilling to see how much they were contributing to the economy and now productive the handicapped can also be. What was most impressive was that each handicapped adult was paid a basic of 90 roubles per month (1 rouble = Rs. 12) plus income based on his performance. He did not work for nothing. We also visited schools; of particular interest to me naturally (as it is related to my area of functioning) was a school for children with movement disorders or spastic children, A large residential school of over 340 children, it demonstrated extremely good management and interesting educational programmes in various subjects.

Plenty of entertainment had also been planned. We visited the Bolshoi Theatre, saw several ballets. We travelled by train to the historical city of Leningrad, where Lenin was a student. There we witnessed the most exquisite architecture, the palaces, rich and ornate in its designs belonging to the Czars. We saw

numerous summer and winter palaces, gardens and parks. Among the beautiful monuments, I specially remember the Isaakievsky Cathedral built by a French architect called Monferrant during the reign of Peter the Great. The cathedral took 40 years to build and is the 3rd largest cathedral in the world. What made the most lasting impact on the mind was the Tratyekov Gallery; one only gallery completely full of specifically Russian Paintings. The paintings were soul stirringly beautiful, and I had never known of this beauty. The art of Shaeshkein, Kuyeenji, Levithan in landscape and Bruehlor on portraits will always remain unforgettable, although their names are tongue twisters.

Every hotel and restaurant we visited was always packed with youngsters, dancing and enjoying themselves till the band stopped playing. Russians love music, singing, dancing. The atmosphere was relaxed, informal, sometimes two girls dancing with a man or vice – versa. No tale of Russia can end without a mention of the Metro at Moscow. On our last day we went on the Metro and we observed that each and every station was very differently and beautifully designed. The stations had marble flooring, walls and were centrally heated.

The system was extremely structured, no doubt, but it was wonderful to think there was no poverty, (we had travelled to various parts of the USSR and did not encounter a single beggar). There was 100% employment (The main problem is not enough jobs for people but not enough people for jobs). 80% of housing problem has been solved. 100% of the literacy problem is solved.

Russia is rich with culture, music and art. People do not look like automatic robots. They appear happy and smiling, and it is not forced. They love to see an Indian lady in a saree and come around eagerly to make friends, which was such a lovely change to the recent Western attitude to the Indian.

The hospitality was immense and the Russians greatly value their friendship with India. As regards my own field of the handicapped, services for the handicapped were widespread in Russia - the facilities included provision right from birth, pre - school, school, vocational guidance and employment. No handicapped person would suffer due to lack of services. The State provided house, medicine, even holidays!

It naturally made me painfully aware of the paucity of services for the handicapped in India. Facilities are doled out here as if in charity and not as if it is their right, as part of the population. The attitude to the handicapped is lethargic, apathetic and negligent. Many Indians suffer from a lack of social commitment. We would have to work much harder with a more genuine sincerity to achieve results for our handicapped similar to Russia.

By Dr. Mithu Alur

वारिस

“डॉ मेरे बेटे को बचा लिजिये, खर्चे की चिंता मत करना मैं अपने गहने भी बेच दुंगी” मार्था ने गम्भीर होते हुये कहा.

“चिंता मत करो हम पुरी कोशिश कर रहे है”

“पिछले बीस दिनों से मेरा बेटा आई सी यु में है, तो चिंता तो हो ही जाती है डॉ”

“हाँ हम समझते है मेडम. आप अपने परिवार के दुसरे लोगो को बुला क्यों नहीं लेती है? आप को भी तो थोड़ा रिलेक्स होने की आवश्यकता है”

“जी अपनी बेटी को खबर भेज दी है जल्द ही आ जायेगी वो” कह कर मार्था अस्पताल की कैंटीन से सेंडविच लेने चली गई.

अगले दिन उसकी बेटी और दामाद दोनों ही आये और मार्था से एलन का हाल-चाल पुछा. मार्था को उन्हें देख कर राहत मिली.

“एलन अस्पताल आया तभी मैंने वेरोनिका को बता दिया था, तुम दोनों ने वापस फोन भी नहीं किया सबठीक तो है ना” मार्था ने चिंता से पुछा.

“माँ हम तो ठीक ही है, मगर तुम तो जानती ही हो मैं और जेकब कितना व्यस्त रहते है. समय ही नहीं मिल पाता है हमें आपस में मिलने का भी.

“डॉ क्या कह रहे है” जेकब ने पुछा.

“अभी कुछ निर्णय पर नहीं पहुंचे है. कुछ और टेस्ट करेंगे फिर बतायेंगे”.

“बीस दिन से यहाँ चक्कर काट कर थक गई हूँ. अब तुम लोग आ गये हो तो थोड़ा आराम मिल जायेगा मुझे”

“बीस दिन से आई सी यु में है! बहुत खर्चा हो गया होगा फिर तो” वेरोनिका ने गम्भीर आवाज़ मे कहा.

“हाँ खर्चा तो हो ही रहा है, क्या करूं. मैंने तो कह दिया डॉ से कि जरूरी हुआ तो अपने गहने भी बेच दुंगी” मार्था ने दर्द भरी आवाज़ में उत्तर दिया.

“माँ एक बात कहनी है, आप क्यों इतना खर्चा कर रही हो उस पर. वो कभी भी सामान्य इंसान तो बन नहीं सकता है. पिता के जाने बाद बचपन से आज तक आपने उस पर ही अधिक ध्यान दिया है. मैं बड़ी बेटी हूँ आपकी किंतु आपकी जायदाद का वही वारिस है. अब जो कुछ गहने मुझे देने वाली थी वो भी बेच दोगी उसके इलाज़ के लिये”.

“भाई है तेरा और तु ऐसी बात कह रही है. लगा था तुम लोग आओगे तो कुछ मदद मिलेगी मुझे. अकेले भाग-दौड़ करते-करते थक सी गई हूँ. लेकिन तुमसे तो आशा करना ही बेकार है. अरे तुम से अच्छे तो पड़ौसी है जो कम से कम रोज़ हाल-चाल तो पुछ लेते है. इतने दिनों बाद आई हो और इलाज़ के लिये खर्चा ना करने की नसीहत दे रही हो. मेरा बेटा विकलांग है तो क्या हुआ? है तो मेरा बच्चा ना. चले जाओ यहाँ से”. उदास मार्था चुपचाप आई सी यु के वेटिंग रूम में आ कर बैठ गई.

दो घंटे बाद डॉ ने मार्था के थके और उदास चेहरे को देखते हुये कहा “मेडम ये कुछ और दवाइयां लिखी है, अभी चाहिये. आप कुछ थकी सी लग रही है. आप की बेटी आने वाली थी आज तो”

“नहीं डॉ मेरी बेटी अब इस दुनियां में नहीं है. एलन ही मेरा वारिस है”. कह कर मार्था दवाई लेने चली गई.

- सुजाता वर्मा



Inclusive Education

Continuing with our topic of universal design in our last article, the focus of this article is on inclusive education and its importance. Before dwelling on inclusive education, it is important to note that universal design does not only cater to physical access but also to areas like attitudes and accessible curriculum. Therefore, it is an important part of inclusive education.

Inclusive education is inclusion of all children regardless any discrimination/barriers in learning and participation. It is not a term only for children with disability. However, the focus of this article is on the important and benefits of the inclusion of children with disability into regular schools for both the children with and without disability. The term inclusive education has originated from the west. In developing countries, it has evoked huge interest, debate however its implementation is still not successful due to many exclusionary practices ranging from the non-operationalisation of government's policies to doubts and negative attitudes of society regarding its implementation and outcome. However the application of inclusive classroom settings and inclusive education clearly need to be context and culture specific to each country. Successful inclusive education happens primarily through accepting, understanding, and attending to students' differences and diversity, which can include physical, cognitive, academic, social and emotional aspects.

Over the years many research studies on inclusive education have found that students with disabilities have higher achievement and improved skills through inclusive education and their peers without challenges benefit too. As teachers take into greater consideration their diverse students with disability (SWD) learners, they provide instruction in a wider range of learning modalities (visual, auditory, and kinesthetic), implement numerous teaching method which benefits their regular students as well. While segregation teaches children to be fearful, ignorant, inclusion has the potential to reduce fear and build friendship, respect and understanding.

Therefore, Inclusive education stresses on the social model of disability argument that highlights the rights of children with disability to study in a mainstream school and focus on the “enabling environment” rather than “dysfunctioning individual” that limits the potential of the individual. Inclusive education prepares a society that celebrates differences and diversity.

ADAPT Diaries

Stress & joyful times....mixed emotions

Sushant Singh and Karan Dingrejatwo bright intelligent young boys were eager to appear for their SSC - Std X exams in the 2004. However, there was a huge hurdle they needed to cross!

Both the boys had Cerebral Palsy Athetiods . Due to their condition they were unable to neither write nor type. Their only form of communication was a hand made communication board!

This was the most stressful period for me, as I, was then the Head of Education of the Bandra center, it was my responsibility to liason with the Maharashtra state board to get the required permission from the board to allow them to take their exams using this communication board! And it was a humongous task!

After months of trying to connect with the respective officials, various phone calls and trips to the Maharashtra state board office at Pune we managed to get an appt to meet the Chairman of the board.

I visited the office with Karan and his parents Mr and Mrs Dingreja. During the meeting, Karan communicated with the Chairman using the communication board and convinced the Chairman that this was the only way for him to speak. This was the best way I could think of to convince the chairman and other officials. Experiencing this form of communication was an eye opener for all present in the meeting room. Mr Chairman was touched and convinced and immediately gave the permission.

Thus, Karan became our star.....this was the end of stressful times and the joy knew no bounds for me, our staff and the parents as well.

IT WAS A PATH BREAKER! We had paved way not only for Karan and Sushant but also for the many children who would need this concession for SSC and higher education as well.

At this point I must acknowledge Dr Alur and her faith in my ability. She supported me by trusting me and giving me a free way in dealing with the state board officials. Her words "Sangeeta you have to get the permissions for the boys and you will do it" proved to be an encouragement as well as a blessing for me!

The joy and pride to see the boys excell in their board exams and at higher education later made me forget the stressful times we had during those days!

By Sangeeta Jagtiani Vaswani



Remember friends we had shared pictures of a webinar Ms Malini Chib had done for Bloomberg !Well the outcome of that was fantastic! Not only Malini endeared herself to them but also provoked them into thoughtful action.They approached us for practical tips for making their place an access friendly place for people with disability. Wonderful isnt it! Surefooted she moves on and will make footprints on the sands of time.

Congratulations Malini!



Fear

Khalil Gibran

It is said that before entering the sea
a river trembles with fear.

She looks back at the path she has traveled,
from the peaks of the mountains,
the long winding road crossing forests and villages.

And in front of her,
she sees an ocean so vast,
that to enter
there seems nothing more than to disappear forever.

But there is no other way.
The river can not go back.

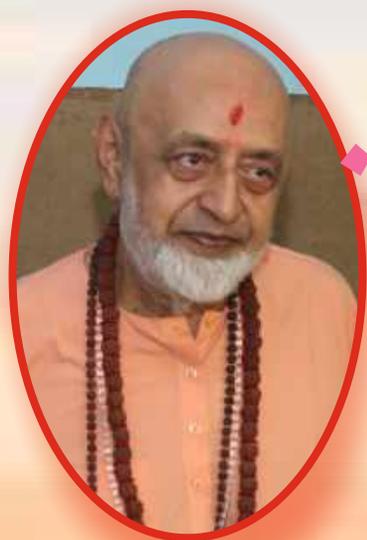
Nobody can go back.
To go back is impossible in existence.

The river needs to take the risk
of entering the ocean
because only then will fear disappear,
because that's where the river will know
it's not about disappearing into the ocean,
but of becoming the ocean.



Happy Birthday

to



*Dada/Babaji/
Swami Mounanada*

Our spiritual guide and mentor

From

Dr Mithu Alur and Team ADAPT



Ms. Malini Chik

Dr. Maneeta Sawhney

Ms. Tsuknungtula (Atu)

Ms. Theresa D'costa

Ms. Amina Marker

Ms. Veena Dhaifule

Ms. Annamarie Shepherd

From
All at ADAPT

Our Hero!

Resourceful , devoted and so humble Anand Singh ji is a pillar of support at ADAPT SSI. Always ready to help. His problem solving skills are worth emulating. His positive attitude and willingness to deliver despite odds has endeared him to all. Undeterred and unperturbed he works on and on. He surely is the coolest one!



The Old Tamboura Player – A Sufi Story

At the of one of the sufi gatherings, the shaykh(spiritual leader) Abu Sa 'id and his elect servant, Hasan, were standing at the doors as usual, saying good-bye to those who were leaving. Hasan was preoccupied with thoughts of a sum of money he owed and was worried that he had no means of paying the loan back on time. He was wishing in his heart that the shaykh would give him some advice. Hasan was brought out of his reverie when he heard Abu Sa 'id say, "Look, someone is coming. Go and see what you can do for her." It was an old woman, whom Hasan took inside and offered some tea. The woman then gave Hasan a bag of gold coins to give to the shaykh in exchange for some prayers for her soul.

Happy with the thought that this money might help relieve him of his debt, Hasan took the bag back to Abu Sa 'id. To his chagrin, however, he discovered that the money was to be used for another purpose. Abu Sa 'id told Hasan to go the city's cemetery. There, in a corner of the only building there, he would find an old man. Hasan was to wake him up, give him the shaykh's regards, and deliver the coins to him. Hasan did accordingly, and when he gave the old man the gold, the man cried and begged Hasan to take him to Abu Sa 'id.

The man told Hasan, "I am a tamboura player. When I was young, I was popular and everybody loved my music. People used to pay me well, and I was constantly invited to celebrations and gatherings. As I grew older, I became less and less popular, and finally nobody wanted be and my music. Eventually, I was thrown out of my own home by my family. I found my way to this cemetery. And now I beg for my food. Last night, I came here tired, hungry, and desperate. I had no one to turn to but God. I wept and prayed and told Him that no one wanted my music. I told Him that I was going to play for Him, in the hope that He would pay me. I played, sang, and cried all night and finally fell asleep near sunrise. And now you have shown up with a bag of money."

Hasan took the tamboura player to the khanaqah. Upon seeing Abu Sa' id, the old man dropped to the shaykh's feet, praising God and asking Abu Sa 'id to pray for his soul. Abu Sa 'id treated him with great kindness, and later told Hasan, "No one has ever lost when he has put his trust in God. Just as the money was provided for this man, it will be provided for you as well."

K. Harish



Mubarak ho Leander for scoring 81.20...
in his SSC Exam
Congratulations to the proud Dad Lucas!



Name: Leena Gomes

Department: Admin & Training

Years at ADAPT?

Ten years

What brought you to ADAPT?

Social Activity

Who inspires you?

My friend Nigel, who has Down's Syndrome

Where's your favorite place in the world?

ADAPT

What are you passionate about?

Serving the elderly people who are in age Homes

What's your favorite movie?

Taare Zamin par based on Children's education how parents are unable to understand the Children's mind and feelings.

Who would you like to swap places with for a day?

Kiran Bedi

If you could visit any place in the world, where would you go?

Mecca

What's your favorite family tradition?

Meeting up with entire family on feast of EID

Which 3 individuals, living or dead would you like to eat dinner with the most?

Nadeem, Anas, Ayaan and definitely my dad if he was alive.

What's your secret talent that no one knows about?

That is still a secret.

Which is your favorite book?

None

At home we would find you doing.

Enjoying with my sons, Mother and of course chatting with my husband and doing the household chores.

The best meal you have ever had is.

Maharashtrain dish Zunka Bhakar and Chatni

Your most memorable moment at ADAPT.

14th November 2016 when my entire ADAPT family tied my knot with my husband Nadeem Khan

You have your own late night talk show; who do you invite as

your first guest.

My Husband

What would be the title of your autobiography?

Successful Life

As a child what did you want to be when you grew up?

I always wanted to join Indian Army

Name the first 3 things on your bucket list.

To visit Mecca with my husband and sons

To take my Mum to Pashupatinath in Nepal

To buy a bigger house for my family

What is the one thing we don't know about you?

That I am quite a serious person and can be left by myself for months together

if you could rename yourself, what name would you pick?

I would never like to change my name

What would you choose: Power to become invisible OR Power to read people's minds,?

Power to read People's minds, so that I could help them and help Society.

Which lines or lyrics sum up your view on life?

Give the World the best you have and the best will come back to you





MIND TRICK QUESTIONS

Question 1: A man dressed in all black is walking down a country lane. Suddenly, a large black car with no lights on comes around the corner and screeches to a halt. How did the car's driver know he was there?

Question 2: A man lives on the 100th floor of an apartment building. On rainy days he rides the elevator all the way up. However, on sunny days, he goes half way and takes the stairs the rest of the way. Why?

Question 3: Complete this series of numbers: $9 = 4$, $21 = 9$, $22 = 9$, $24 = 10$, $8 = 5$, $7 = 5$, $99 = 10$, $100 = 7$, $16 = ?$, $17 = ?$

Question 4: There are three important rooms in a house. The first one is filled with money. The second one is filled with important papers. The third one is filled with jewelry. One day all of these rooms burst into fire. Which room did the policemen put out the fire in first?

Question 5: You are driving a bus. When you begin your route, there is an old woman named Mrs. Smith and a young boy named Raymond are on the bus. At the first stop, the old woman leaves, and a salesman, named Ed, enters. At the next stop, Jack and his sister Jill get on, as well as three women with shopping bags. The bus travels fifteen minutes, then stops and Raymond gets off and a man and his wife get on. Next, a woman with a bird in a cage gets on the bus. What is the name of the bus driver?



Question 6: What is the maximum number of times a single page of a newspaper can be folded in half by hand?

Question 7: On a Sunday morning, the oldest girl in a family was murdered. The father was reading the paper, the mother was in the kitchen cooking breakfast, and the girl's brother was playing video games. Uncle George was visiting and was out getting the mail. Who murdered the girl?

Question 8: If you divide 30 by half and add ten, what do you get?

Questions 9: There are eight men sitting on a couch. Three legs break and six men leave. How many legs are remaining?

Question 10: Robert, my neighbor, a forty-five-year-old blacksmith is seven feet tall, and eats all day long. What does he weigh?

HE IS MY BROTHER



Once upon a time there was a small hill. A path went up the hill. It went through thick and lovely woods of pine and fir trees. People often walked on it to a holy place.

One day when the sun shone high in the sky, many people were seen climbing up the hill. They were climbing slowly and carefully.

A girl also climbed the hill with them. Her name was Meena. Meena was twelve years old. She carried a small boy on her back.

He was four years old. His hair was curly. His eyes were black and his face was as fresh as the morning dew.

As the sunshine danced through the trees, Meena climbed the hill slowly and steadily. Meena was happy. The boy was also happy.

A man in the group looked at Meena. He felt sorry for her. He asked her, "My child, why are you carrying a boy on your back? Don't you feel his load?"



Meena looked at him in wonder. She could not understand him. (Her brother was unable to walk). Meena asked. "Load? Of course not! He is my brother!"



July has a number of religious days, celestial events and remembrance days lined up in it. Some of them have been described below for our newsletter – I Konnect.

Karsha Gustor Festival: A Unique Buddhist Festival

The largest and the most important monastery in Zanskar, Ladakh, the Karsha Monastery celebrates this festival annually to recognize the victory of good over evil. From a Black Hat Dance performance to a Masked Dance performance by the monks, this festivity is full of uniqueness. Apart from the joyful music and dance, one also gets to witness the vibrant colors of the region.



Behdienkhlam Festival: A Traditional Meghalayan Festival

Behdienkhlam, important Indian festival celebrated in July by the Pnar tribe of Meghalaya, Jowai, Jantia hills, which is done after the agricultural sowing is over. Behdienkhlam is a traditional celebration true to its name, wherein 'khlam' means plague and 'behdien' means to drive away with sticks; this festival is held to drive away the negative things that may affect the crops.

Drupka Teshi Festival: A Northeastern Festival

Begun by the Buddhists, this festival is held to praise the three ultimate truths on the fourth day Teshi of the 6th month Drukpa of the Tibetan date-book. The celebrations include petitions that are held at the Deer Park, an amusing Yak Race in Muguthang, Gangtok Sikkim.



Dree Festival: An Agricultural Festival

One of the best and famous July month festivals, Dree is an agriculture-related celebration of the Apatani Tribe of Ziro, Arunachal Pradesh. Held annually, it is celebrated to seek the blessings of the Gods & Goddesses of crops for good harvest and comprises of singing, dancing, sacrificial offerings, prayers, and other cultural performances.

Palkhi Festival: A Unique Maharashtrian Festival

Highlighting a unique feature of the Maharashtrian culture, this 1000-year old festival celebrated in July in India in Pandharpur in Maharashtra is absolutely one-of-its-kind. The Palkhi begins at the start of the month, and it comprises of people singing and dancing until they reach Pandharpur, and ends on the 22nd day.



Teej Festival: For married women

Teej Festival is mainly a festival for married Hindu women in Jaipur and other states of UP, Bihar, Orissa, Jharkhand etc. Dressed in their best colourful clothes, women pray and celebrate for the well-being of their partners. The festival is known by several other names Hartalika Teej, Haryali Teej, and Kajari Teej

Bonalu Festival: For Everyone's Well-Being

One of the top festivals of this month, Bonalu is Celebrated in the Telangana state, mostly in Hyderabad and Secunderabad. Bonalu Festival is dedicated to Goddess Mahakali, which goes on for the whole month of July. During this festival, women carry painted pots on their head that are filled with offerings to thank the Goddess and to bless them. During the celebration they dance and organise a feast.



Holy month of Shravan

After the scorching heat of May and June, the breezy days of July and August are a sign of the arrival of the month of Shravan- an auspicious month dedicated to Lord Shiva. This month is very important for the entire sub-continent of India as it is connected to the arrival of the South-West monsoons. It is believed that worshipping Lord Shiva and observing fast during this month brings prosperity and happiness. During this auspicious occasion, lakhs of devotees go on the Kanwar Yatra, singing and dancing Shiva Bhajans to seek blessings, which is widely popular in the north-eastern part of India. As per mythology, during the churning of the ocean, Lord Shiva consumed poison to save the world and Goddess Parvati quickly held his throat to stop the poison from moving further in his body. As a result, his throat turned blue and he came to be known as Neelkantha.



Guru Purnima

Guru Purnima, an auspicious Hindu festival, is celebrated on the full moon day (Purnima) in the month of 'Ashadha'. Disciples pay respect to their gurus. The word 'guru' is derived from two Sanskrit words, Gu and Ru, which together means the one who dispels the darkness and takes towards the light.

Guru Purnima is also known as Vyasa Purnima because sage Veda Vyasa - son of Satyawati and Parashar, who wrote Mahabharata, was born on this day and hence celebrated as a day of knowledge and wisdom.

Harela

"Harela" - literary meaning "Day of the Green," is a Hindu festival celebrated all across the Kumaon region. The festival is related to the agrarian calendar of the region and marks the growing and harvesting periods.





*Onwards
we march together*

Thank You

ADAPT Mission Statement:

ADAPT's mission is to influence and change public policy in order to create an inclusive, accepting, disability friendly India by demonstrating and promoting the philosophy of inclusion through model innovative techniques guided by the key principles and practices of inclusive education, employment, social justice and human rights.

Vision:

ADAPT's (Formerly The Spastics Society of India) vision is to establish rights and entitlements for children and youth with disability, to introduce policy and legislative changes combined with reformative actions so that all existing services of education, health, welfare and employment are inclusive and to ensure that youth and adults with disability are mainstreamed and employed so that they too can become contributing citizens of India.

Solution to the Puzzle :

ANSWERS

1. It was day time.
2. The man is short and can only reach the button for the 50th floor on the elevator. On rainy days, he uses his umbrella handle.
3. $16 = 7$ and $17 = 9$ [(Each number equal the number of letters in their spelling, i.e. 16 (sixteen) is 7 and 17 (seventeen) is 9.)]
4. None of them, because policemen do not put out fires; firemen do.
5. Well, remember that you are the one driving the bus!
6. Only once, because after that you will be folding it into quarters, eighths, etc.
7. Uncle George, because it was a Sunday and mail is not delivered on Sunday.
8. 70. Half is .5. If you divide 30 by 0.5, you get 60. Add ten and you have 70.
9. Five; the legs of the two remaining men (4) and the remaining couch leg.
10. Iron