

NOTHING FOR THE DISABLED WITHOUT THE DISABLED

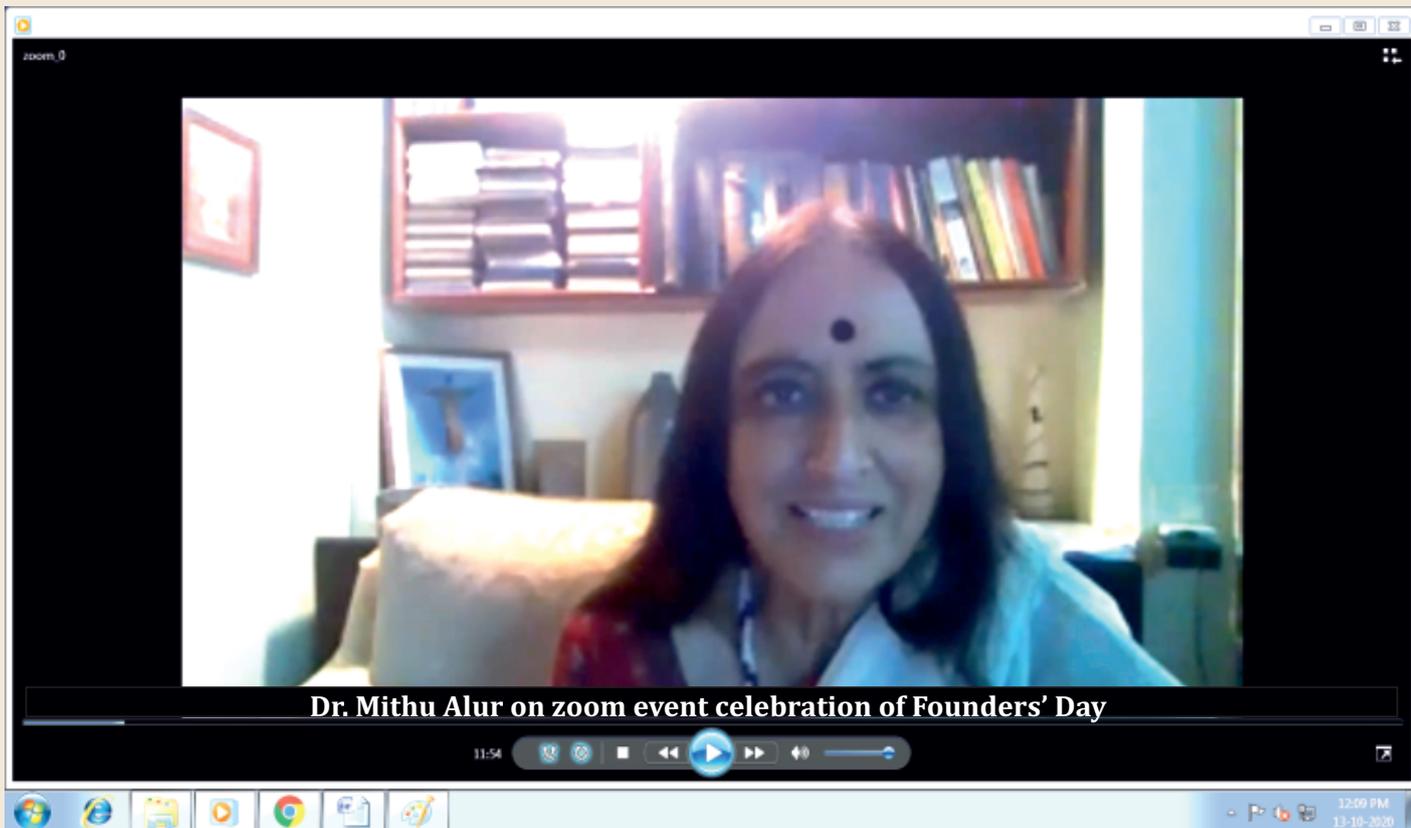


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News letter -October, 2020

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Happy Founders' Day

2nd October 2020

World Cerebral Palsy Day



The World Cerebral Palsy Day (WCP) was celebrated by ADAPT with a panache which is unique to ADAPT. **Dr. Taral Nagda** as Chairperson of the WCP Committee brought it all together, Ms Malini Chib conceptualized the program and Dr. Shabnam Rangwala was a pillar of support. Our Champions of 'Unlock your Hero' during lockdown shared stories of how they faced their challenges and emerged victorious. This was peppered with heart winning performances by parents and beneficiaries during lockdown. The audience was welcomed by **Ms Poonam Natarajan** and **Mrs Shubhra Chatterjee** (both very well known in the world of people with Disability as brilliant professionals). Ms Malini Chib also spoke to the audience. **Ms Kalki Koechelin** was the special guest and this brilliant actor shared details of how she prepared for the role for the film 'Margarita With a Straw' inspired by **Ms Malini Chib** and directed by renowned film maker **Ms Shonali Bose**. A panel of eminent Doctors shared their views on Corona Dialogue: Health and Rehabilitation in Covid19 Pandemic. People with special needs and their families witnessed a turnaround for their Health and Rehabilitation needs and access. The interactive dialogue aimed to have a bird's eye view of the current situation and explore innovative solutions to the challenges and opportunities in socio medico economical context. This panel was moderated by **Dr. Taral Nagda**. It was an intellectually stimulating session. The esteemed panel comprised of **Dr. Samiran Nundy, Dr. Sanjay Nagral, Dr Pravina Shah, Dr Urvashi Shah, Dr. Shabnam Rangwala, Dr Mithu Alur**.

The grand finale was the AV 'One Little Finger' on Malini which inspired every soul present at the zoom event. This event was widely viewed as it was streamed live on Facebook.



SKILLS DEVELOPMENT CENTRE REPORT- OCT/NOV'20

Online Activities

It's almost the end of October, and COVID is still very much lurking in our midst- and as such- we pursue, remotely, with all our Activities at Skills Development Centre.

Contact sessions with our Trainees (and Parents), continue on a daily basis: Sessions in Functional Academics, Computer skills, Vocational Training – Activities of Daily Living, Art and Craft, Music, Song and Dance and Yoga are mostly received with much anticipation, and joy! All online session-timings are flexible: they are dependent on various factors: availability of parents, mobile phones, computers or internet connectivity.

Yoga Instructor Ms Janavi Bhumkar, a BSc graduate, has stepped in to volunteer her services to our trainees and parents . Trainees also receive lessons on Warli Art and Madhubani Painting by volunteer Pallavi Waingankar, Basic cooking lessons by Ms Durriya, Yoga lessons by Ms Priti , our Centres volunteer Yoga Instructor, and Ms Khushboo Pandit – a renowned Ceramic Artist and her son Anant Pandit impart their extensive knowledge and guidance on their subject.

Song, Music and Dance Therapy brings immense joy to all those who participate! It's a de-stressor for Parents and Trainees alike, more so during this pandemic. Watch them sing along and move gracefully as they follow steps to Bollywood beats and tunes!

With an aim to encourage Peoples Participation and to fight against the COVID-19 outbreak, its arrest and further spread, especially during the upcoming Festive season, HPCL- our long standing Partner, endeavoured to run a 'Low Cost High Intensity' Campaign with Key Messages of 'Wear a Mask, Follow Physical Distancing and Maintain Hand- Hygiene'- in keeping with the Hon. Prime Ministers call for "Jan Andolan for COVID-19 -Appropriate behaviour". Our trainees and Staff participated in this by taking pledges, in support of the campaign.

Fund raising efforts continue at the Centre. With the onset of the Festive Season, products from our Textiles and Ceramic Department and Production Unit are being circulated and advertised online.

Parents are our Pillars of Strength and Support: Our partners in all that we aim to achieve. Our fund raising efforts during this bleak period saw a few parents step in to assist in this endeavour. Funds have come in from across borders as well, after Letters of Appeal were sent out.

We thank our Donors as well as our Parents for their unbridled assistance and for their giving spirit- during such difficult times.

by Omrika Rohra

COMPREHENSIVE SERVICES FOR SEVERELY MULTIPLY HANDICAPPED CHILDREN AND ADULTS*- By Dr Mithu Alur*

'Comprehensive services for cerebral palsied children in India, with Bombay as a model of the first program created'. Paper given at the 16th. World Conference on Rehabilitation Japan 1988.

Madame Chairperson, Anne Melgrain, Co-Chairperson and Host, Dr. Okada, Friends of the Disabled.

I'm very pleased to be here in Japan, and it is a great honour to be addressing this August assembly. I'd like to thank Rehab International and the Japanese Government for planning this Congress and giving me the opportunity to get some upto date knowledge of international perspectives.

My involvement with handicap over 22 years has been both professional as well as personal.

Personally, I am proud to be the mother of a 22-year old spastic daughter, called Malini who has just passed her Bachelor of Arts Degree. I have learnt a great deal from her; she is a person full of the joie-de-vivre, and has faced her severe disabilities with a smile. Her attitudes have affected me and many others deeply.

Professionally, I am an educationist - and have been instrumental in pioneering a new concept of education / treatment for the handicapped, under the roof of a special school setting, new in India in 1972, which later spread to different parts of our country. It has been both an enlightening and enriching experience, where I have gained more than I have given.

India, as you know, is a vast subcontinent, mammoth in its complexity, size, diversity. Its two-thirds the size of Europe, its population is greater than the masses of Africa, New Zealand and Great Britain combined. An African found India just too overwhelming, "Too many people, too many customs, too many gods - too much of everything". British historian, Arnold Toynbee called India, 'a society of the same magnitude, as our western civilization... a whole world in herself' and according to Mark Twain, "India is a land of fabulous wealth, and fabulous poverty, of splendour and rags. That's the way my country is: contradictory, confusing, elusive, beyond easy description or analysis. The handicapped in this complex set up tend to be neglected, as in most developing countries.

Numbers and statistics vary: our own and U.N. surveys show 10% of the population disabled - nearly 70 million; the world's largest democracy has the world's largest population of handicapped people.

Factors dominating are religion, illiteracy, joint family systems, casteism, rampant poverty and inadequate funding. These social and fiscal impediments cannot be brushed aside, because if one has to work with the disabled in their own communities, they compound to make the problem, an acutely difficult one. Added to this, is a certain lack of awareness policy and low priority given to the disabled by Government, which still relies rather heavily on non-governmental agencies like us, to raise funds as well as provide services. This becomes hard to bear. When I wanted to begin services for spastic children, I can never forget that a senior official asked me if I was talking about "plastics". It was mixed feelings of trauma, sadness, anger of a parent intensely involved, which led me to get people together to form a society for spastics and alert the country about their needs. Since then, I see a welcome change in the attitude of the Government. They now provide more funds and wish to work closely with us; they have been able to set up half a dozen National Institutes all over the country, and they are trying hard to reach out and help. But neglect of the handicapped still is a very tangible reality. Usually, an attempt is made to obscure it, through the idealistic rhetoric of policy makers.

Anyway, let me now tell you about the Spastics Society and how voluntary effort attempted to spearhead a country into action. The Spastics Society is a scientific and technical organisation urban based and I'm happy to add, part-funded by the Government. It is fairly generic and deals not only with a complicated condition such as Cerebral Palsy, but also with other types of handicap, like Muscular Dystrophy, Down's Syndrome, Ataxia Telangiectasis, Arthrogryphosis and of course polio, which as you know, is the major crippling condition still in India. We haven't yet eradicated polio.

The Society runs early infant clinics, child development centres in slums, special schools, employment units, training centres for teachers, therapists, community workers. It also has departments doing research, handling publication, press, community awareness, liaising with Government, Corporate Sector and taking care of the administrative needs of what is today, one of India's largest charities functioning.

Since each C.P. child or individual varies and many areas get affected, the person has to be considered, in his or her totality, and a holistic approach worked out. A large team of specialists work together with doctors, and of course parents are now widely recognised as important members of the team.

EARLY DETECTION AND A LINK UP WITH THE FAMILY is most important in the first 2 years. Sometimes, our parents 'shop around' for a cure endlessly. They believe in faith healing, advice from gurus, strong medication, as a quick panacea. All this play a very powerful part, prolonging the beginnings of management.

COUNSELLING is a crucial area of my work. During the assessment period my team and I would spend a long while with parents, getting to know about the family dynamics. What is the socioeconomic level of the household? How many members of the family live together? Many of you will know, that, in India, we have large joint families. Parents-in-law, uncles, aunts, grandparents, all live together, a tradition we love. In a typical home, the mother-in-law dominates. The son would have to have complete obeisance to his mother – her word is law! We can never change traditions existing in India for centuries. Rehab can only be considered in its own set up and not out of it.

While observing and assessing the needs of the family, we must never forget though, that parents are in a state of rude shock about their child; a time of acute crisis when they learn that their child is handicapped for life. As a well known paediatrician has said, they are our "primary patients" they need immediate care and attention. Sensitivity, understanding, kindness are vital ingredients to be added to specialisation. The aura of professionalism must be discarded when one is face to face with suffering. I am sorry to say, that, in the early '70s, this attitude to parents was completely new.

After battling over a decade, we have managed to get our children very young. Pam Stretch, my Deputy from U.K. who has pioneered services in India for 14 years, is able to evaluate children from as early as 2 months. Dr. Vojta and his team have come from Germany and have helped train our therapists to diagnose development delays at a very early and difficult stage. Infants are referred to me for educational evaluation from around 1-2 years. They then go through intensive home management and later pre-school programme and are admitted to a regular nursery by 1½.

FOR TREATMENT AND EDUCATION, an eclectic approach is used. Bobath, Vojta, modified Peto, all have their place in our treatment plans - modified Vojta which Pam Stretch is doing research on and calls it Intrinsic Development or I. D. is also being used.

Perceptuo - motor remediation, based on various exponents like Brereton, Frostig, Kephart, et al, is done by teacher and therapist.

We know that spastic children cannot hold a pencil and write sometimes, so educational technology used to break barriers in the classroom are inexpensive ones - like rubber stamps, Bliss Charts, or more expensive - electronic pointers, manual typewriters and electric ones, etc, The curricular and syllabii are geared to Indian needs. (The Centre is officially recognised under the Board of Education, Maharashtra). Recently, 4 of our students have obtained their Bachelor of Arts degrees, showing that the system has worked.

Post-graduate courses for teachers and therapists from all over India were set up soon after the schools. Consultants from U.K. Leslie Gardner, Klaus Wedell, Sophie Levitt and many lectured and helped to make it on par with western models, again geared to Indian needs. The main idea behind the training was to decentralise services and professionalise special education and I think we've achieved this. To date, more than 300 specialists have been trained all over the country, helping considerably in the spread.

VOCATIONAL REHABILITATION begins from the age of 13-15 for children from the non-academic streams. They move into a pre-vocational programme and, later into the Work Training Units. We have been functioning from sheds and porta cabins, now our employment centre - a joint venture between us, the Spastics Society U.K., C.E.C., is ready. This project will be called the Job Development Centre, and the main thrust will be again, to set up a model of employment services in the rural and district areas which can be replicated on a national level.

Research into low cost aids goes on, as we work closely with young brains from technical institutes devising appropriate technology and inventing indigenous aids. The Research Department also indicates to us where new services are needed. A survey of 10,000 families gave us stunning results, that 63% of handicapped children come from very poor families, their net income is less than Rs. 1,000/- or \$ 70 per month. It also showed that the largest concentration of handicap is in the slums. Therefore we moved towards one of Asia's largest slum, a place called Dharavi, made up of a migrant population, diverse backgrounds, religions, caste, crammed together in sub-human conditions, no hygiene, no sanitation, and rampant with disease, sickness. In this slum background of thieving, fighting, gambling, and stark cruelty lies our handicapped child. We would have to establish a rapport with the slum lords or dada to reach the families. It's a very difficult scene to work with. The slum culture its rules must be understood before we can begin our work. Most crucial of all, our studies have shown that poverty is closely related to disability and majority of the people we serve, are the poorest of the poor.

RURAL REHAB: Our studies show that services for the multiply handicapped get even more complicated in the rural set up. In the rural areas, casteism, still rears its ugly head. For instance, leather cannot be touched by the Brahmin or the higher caste, but only the lowest caste or the chandals could work on it.

We have learnt that the person's entire world cannot be changed because he is handicapped. Acceptance, tolerance are essential keynote qualities we have to develop towards community's attitudes, if we wish to serve the handicapped children in the remote corners of India.

An important lesson, I have learnt from my involvement is that, it is crucial to make the handicapped, however rich or poor, feel emotionally and socially strong. They will always need determination, grit and moral stamina, to face upto the lifelong battle of not only a chronic handicap, but the social handicaps of poverty, illiteracy, and the stigma attached by community.

A fatuous spastic who became a doctor - Earl Carlson said, "success depends not on what you lack, but what best use you make of what you have." Religious studies and extra-curricular activities are an essential part of the curriculum. Children excel in painting, drama, music, singing, arts and crafts, swimming, etc. which helps to build up their self esteem, courage, confidence. And this does not cost in terms of money,

Leo Tolstoy once said, "The most important thing in life is to love life, to love it even if one suffers, because life is ALL, Life is God and to love life means to love God".

This element of love is what I find runs through India, rich or poor, high or low. This makes our services different. I have travelled extensively and seen some of the best centres in the world, with specialists and hi-technology aids, but often what is lacking is not money, but emotion. Emotion, feeling is essential in the rehab process, and most important, contact with your patient. Human suffering needs a large dose of nurturing through love and affection to build up self-confidence to rise upto the struggle.

To love means to serve and sacrifice said one of our sages - another strong element that runs through the services is a spiritual one. Specialists work for a pittance. They feel strongly about the spirit of service, as if it is their religion. Hundreds have come forward to serve and sacrifice for the cause of the handicapped, hundreds more will, I am sure.

Services such as I described are now available in all major cities. Government has come forward to help eagerly as much as their funds and policies permit. Other governments who have helped have been Britain and Sweden. We have brought the handicapped? out of institutions, hospitals bedrooms and slums and humanised them, shown them as people ... people who can think, laugh, cry who feel sorrow, pain and above all joy - just like you and me.

The road ahead may be stormy, tempestuous and we have miles to go, but as Confucius said... "a journey of a thousand miles begins with one single step..."

I think we've taken that important step, in India.

The Handicapped need have no territorial boundaries and I hope on this platform our hearts reach out to one another, in a sincere and genuine fashion for this hopeless suffering humanity, helplessly dependent on you and me. If there's anything I can do in any country, where there is paucity, I will feel privileged to serve. Meanwhile, I invite you all, come to India - I promise you it will be a happening in your lives, which you will not forget.

This interested me because of the name ADAPT and glimpse into the history and turmoil of the disability rights movement.

"WE WILL RIDE!" THE ORIGIN OF THE DISABILITY RIGHTS MOVEMENT IN DENVER

by KATIE RUDOLPH on May 18, 2015

Disability rights ADAPT Atlantis Community Wade Blank Molly Blank Civil Rights
Written by Calli Force, University of Denver MLIS Practicum Student

This year marks the 25th anniversary of the Americans with Disabilities Act (ADA), and to commemorate the dedication of those involved in making this legislation a reality, the Denver Public Library's Western History/Genealogy department is currently processing a collection (Wade and Molly Blank Papers, WH2283) that intimately details the history and turmoil of the disability rights movement. Some of the foundational protests that ignited the movement took place on July 5-6, 1978, just around the corner from the Denver Public Library at Colfax and Broadway. Men and women of the Atlantis community, known as "The Gang of 19," threw themselves in front of buses in an attempt to convey their disenfranchisement. This group blocked the intersection all day and night, chanting their mantra, "We will ride!" until representatives of the Regional Transportation District (RTD) were willing to talk about the absence of wheelchair-accessible buses. It was this initial protest that brought public light to the many other kinds of discrimination and abuse faced by the disabled community.

ADAPT Bumper sticker supporting the Disability Rights movement. From the Wade and Molly Blank Papers (Wh2283), Box: 8, Folder 20

Wade Blank, a Presbyterian minister from Ohio, first found his passion for civil rights when he marched with Martin Luther King, Jr., in Selma, Alabama. But it wasn't until 1971 when he began working as the Recreational Director of the youth wing for Heritage House, a nursing home for people with physical and mental disabilities, that he found his calling as an advocate for disability rights. Wade devoted his time and effort to improving the quality of life for the Heritage House youth and was resolute about liberating them from the less-than-ideal conditions of the nursing home. Heritage House refused to accept Blank's insistence on helping the nursing home patients live independent lives, and he was fired for his progressive agenda. He refused to give up what he had started, so Blank founded Atlantis Community, Inc. in 1975 – an organization dedicated to providing free, individualized care to those in need including housing, meals, in-home care, and job training. Blank inspired a national movement for the differently-abled by advocating for equal opportunity rights ranging from humane, independent care to wheelchair-accessible public transit. In order for these people to live independently, they needed transportation, and so ADAPT was born.

ADAPT members march in Los Angeles to protest the American Public Transportation Association (APTA) in October of 1985. From the Wade and Molly Blank Papers (Wh2283), Box: 9, Folder 46

The overarching mission of the Atlantis Community was, and still is, to provide as many of life's necessities—the necessities often taken for granted by those who do not live life with a physical or mental disability—as possible. Blank and those who resided at Atlantis decided to form an activist group to garner as much attention as possible for disability rights – ADAPT (American Disabled for Attendant Programs Today; once known as the American Disabled for Accessible Public Transit). The members of this militant-style activist group first focused their efforts on the Regional Transportation District (RTD), the origin of the initial rallies, which drew major attention to the cause. ADAPT members traveled across the nation protesting the American Public Transportation Association (APTA) and various bus companies, like Greyhound, to get wheelchair lifts installed on buses. Many ADAPT members were arrested during these protests, calling further attention to the lack of preparedness of local police departments' inaccessible squad cars and facilities. Police officers erected makeshift barriers to detain the ADAPT members in wheelchairs because they had no other way of arresting and transporting the protestors. The second major wave of ADAPT protests targeted Social Security, health care policies, and Medicaid. Their ultimate goal was to obtain government support for attendant care and independent living funds. Eventually, ADAPT began protesting restaurants, schools, parking lots, post offices, housing communities, casinos, churches, and more. Wherever wheelchairs could not go, ADAPT was there to take action and demand access.

ADAPT members block a bus with their wheelchairs to demonstrate RTD's inaccessible buses on February 15, 1985. From the Wade and Molly Blank Papers (WH2283), Box: 10, Folder 7.

It took Blank and members of ADAPT decades to encourage legislation that demanded equal access to public transit, in addition to accessible public rest rooms, airlines, and courthouses, for patrons using wheelchairs. Even after Blank's tragic death in 1993, his family and the members of both the Atlantis Community and ADAPT continued his legacy by fighting against the discrimination that differently-abled people still face to this day.

Shared by Mrs. Bhavana Mukherjee

Parent's Point of view

मैं, विनिता गुर्जर, अपने बेटे वैभव को लेकर २५ साल पहले स्पोर्ट्स सोसायटी कुलाबा में गयी। वहा स्कूल में उसकी अच्छी तरह से प्रोग्रेस हुई। मुझे उसके साथ वही पर रुकना पडता था। अतः मैं धीरे धीरे स्कूल के साथ जुडती गयी। उसी समय बडे बच्चों के साथ मदर्स किचन की शुरुवात हुई। जिसमें बडी उम्र के बच्चोंकी मदद से सबके लिये खाना बनाना शुरू किया ताकि बच्चे आगे जाकर कुछ अपने आप बनाकर खा सकें। उसी समय बिना गॅस जलाये कुछ रेसिपी मैंने तैयार की ताकि सभी बच्चे उसमें भाग ले सके।



डॉ आलूर की मदद से हमारे यहाँ पर "नारिका शक्ति" की शुरुवात हुई जिसका मैं भी एक भाग रही। यहाँ पर हमने सिलाई, बुनाई, कढाई, स्क्रीन प्रिंटिंग, ब्लॉक प्रिंटिंग और कुछ स्नॅक्स आईटम बनाना सिखाया ताकि मम्मी लोगों को रोजगार मिल सकें। इसका सभी को आगे जाकर फायदा ही हुआ। कुछ पैसे कमाने से आत्मविश्वास भी मिला और साथ साथ अपने सुख दुःख की बातें भी करने से भावनिक आधार भी मिला। बच्चों को सम्हालने में भी एक दुसरे की मदद करते थे। नारिका शक्ति हमारे लिये हमेशा प्रेरणा बना रहा। यहाँ मुझे भी बहुत कुछ सिखने मिला। इसलिये मेरा बेटा "वैभव" अब दुसरे Residential N.G.O. में है पर मैं अभी भी यहाँ पर हूँ। मुझे यहाँ पर बहुत अच्छा लगता है। डॉ आलूर मॅडम हमेशा मेरी प्रेरणा रही। इसलिये उन्हें धन्यवाद देती हूँ।

- विनिता गुर्जर



The Intouchables

The Intouchables is an award-winning French movie based on the true story of a genuine friendship between Philippe (played by Francois Cluzet), a millionaire, who became paralyzed from the neck down in a para-gliding accident and Driss (played by Omar Sy), who was selected as Philippe's caregiver, although he applied for the job only to be rejected and get a signature on his application so as to be able to continue getting his welfare benefits.

It touches on themes of presumptions, social class difference, disability, care takers, emotional connections, health, and the universality of humanity. Although the movie deals on a heavy subject but like Oscar Award Winning movie, Parasites, the message of the movie was delivered in a very subtle yet impactful way. It makes one laugh, occasionally shed tears, of joy! It highlights worthwhile lessons about how the men affect one another as they engage in a truly honest relationship that cut across the socio-economic differences, race, education and disability.

When the movie starts with Philippe interviewing one boring job applicant after another only to select Driss, who gave his interview very informally, we begin to understand that the former needs not only physical help but someone to cheer him up. Moreover, as their relationship got closer and better with time, a friend of Phillippe told him about Driss's criminal record but he still chooses to not fire him and instead states that it is because he is the only one who doesn't treat him with pity and that there shouldn't be any problem as long as he does his job properly.

With time, Driss learns the extent of Phillippe's disability and assists him in all the ways he needed. And not just that, from enjoying song and dance together to strolling around the city past mid night together to paragliding together, there were so many moments in the film where they both helped each other to live their life to the fullest. There was also one instance where when Driss came to discover the relationship that Phillippe has with a woman called Elenore based purely on letters, he encourages him to talk to her on the phone and eventually sets up a date, although that didn't happen as Phillippe changed his mind at the last minute. At the same time, one also gets to see how Phillippe didn't care about Driss's race, which is black nor his past criminal records.

To conclude, what makes this movie so special, must-watch one is that it has moved away from a typical movie on disability and surrounding themes, which mostly had medical approach to disability to social approach to disability. This is evident from the kind of bonding they share, where Driss (the caretaker) sees and treats his boss, Philippe, as a human first who has emotions, and not look at him through the prism of pity or someone less or need physical help only. Moreover, not only differences like disability, but as aforementioned on other superficial differences like race and socio-economic status. The Intouchables will touch one in a very unforgettable way. It celebrates diversity and differences which is so much needed for an inclusive society.

Contributed by Tsuknugtula, Tsewang under the guidance of Ms. Malini Chib

One child, one teacher, one book
One pen can change the world !
(Malala Yousufzai)

MY TRYST WITH ADAPT

“Pre-Primary teacher”, “caretaker”, “baby sitter”, “facilitator”.... are just few in the list of epithets for a pre-school teacher . My stint with ADAPT and my association with Dr Alur in particular , introduced me to new one -“Miracle Worker”. That avatar of a pre school teacher who was somehow empowered to bring about a welcome positive change not just in the existing condition of a needy family but was also able to nurture hope in their otherwise dejected hearts.

As the Pre-Primary Inclusive Nursery In charge at ADAPT, I got a great opportunity of enriching people's lives right at their doorstep. My physical association with ADAPT lasted only for a year as I had to move from Mumbai to Delhi , but the impact of the fruitful days I spent in that institution has left me with the warm feeling of a life long association with the ADAPT family . The task was hugely rewarding and highly stimulating as it involved working one's way through myriad challenges on almost a day to day basis .

The most enriching part professionally was the opportunity I got to train the Integrated Child Development Scheme (ICDS) Sevikas, who were an integral part of the families living in various slum settlements across Mumbai. These slums were thickly populated, grossly over crowded, filled with people who were forced to follow unhealthy living practices , had to face acute water shortages and to top it all some of them had very rigid mindsets.

Our task was to reach out to these families through the Aganwadi staff, a brilliant idea of Dr Alur. As a trainer, I thoroughly enjoyed spending quality time with these hard working and dedicated women. Through our sessions with them we were able to successfully transform their ideas about classroom and curriculum management . This insight was absolutely necessary for effectively running an inclusive nursery. The well-researched 12-point enrichment programme curated by Dr Alur had to be shared with them as a part of the training session. Activities like introducing fine and gross motor enhancing exercises, pre- reading, pre-writing and pre-number skills, music, dance and yoga made the session very entertaining and interesting for both the trainer and the trainees .

The interactive sessions were structured in a manner so as to be full of fun, laughter and entertainment but they were very informative and enriching also . At the end of every session I was flooded with requests from the trainees to conduct such sessions more often. I consider it my singular good fortune that together with Dr Alur we could reach out to many more families who were otherwise cursing their misfortune and hiding the disabled member of their families from the world. For me the most important takeaway at the end of each session was the steadfast promise made by the sevikas to make their Anganwadis as inclusive as possible. Their staunch commitment to practise the social model of disability so that they become the harbingers of a more accepting society was indeed very heartening to note .

I will be always be eternally indebted to the ADAPT family for giving me this beautiful opportunity. Let me sign off by saying that I am looking forward to hopefully having many more such fruitful interactions in the future .

By Bhargavi Ajit

The Man in the Glass

When you get what you want in your struggle for self
And the world makes you kind for a day
Just go to the mirror and look at yourself
And see what that man has to say.

For it isn't your father, or mother, or wife
Whose judgment upon you must pass
The fellow whose verdict counts most in your life
Is the one staring back from the glass.

He's the fellow to please-never mind all the rest
For he's with you, clear to the end
And you've passed your most difficult, dangerous test
If the man in the glass is your friend.

You may fool the whole world down the pathway of years
And get pats on the back as you pass
But your final reward will be heartache and tears
If you've cheated the man in the glass

-Peter Dale Wimbrow Sr.

Once again Gulab Sayyed on behalf of ADAPT received an award from International Human Rights Association for helping and supporting people in need during the time of covid-19 pandemic.

Congratulations Gulab!





SUJATA VERMA (1st October)

JANVI SATAVASE – Raji (2nd October)

ASHWINI SHRIVASTAVA (4th October)

OMRIKA ROHRA (10th October)

ARCHANA KOLAMBKAR (16th October)

RASHMI CHONDE (23rd October)

REKHA VIJAYAKAR (24th October)

UTPAL SHAH (28th October)

From
All at ADAPT

Ramesh Tiwari



Pradeep Zore



&



Radhika Patil



Thank you

For serving ADAPT with commitment and love during the lockdown

Osho Katha ...Samarpan

बड़ी पुरानी यूनानी कथा है, मुझे बड़ी प्यारी रही है।

एक बड़ा चित्रकार था, बड़ा मूर्तिकार था। जब उसकी मौत आने के करीब आयी, तो उसने अपनी ही दस मूर्तियां बना लीं और वह इतना बड़ा मूर्तिकार था कि कहते थे कि वह जब किसी की मूर्ति बनाता था, तो जिसकी मूर्ति बनायी उसको उसके पास खड़ा कर दे, और अगर वह आदमी सांस साधकर खड़ा हो जाए, तो लोग बता न पाते थे कि कौन असली है और कौन नकली है? कौन मूर्ति है और कौन मूल है?

उसे याद आया, जब उसे लगा...चिकित्सकों ने कहा, अब तेरी मौत करीब है, तो उसने कहा कि ठीका दे लेंगे धोखा। उसने अपनी ही दस मूर्तियां बना लीं, उनमें छिपकर खड़ा हो गया।

मौत आयी। दरवाजे से घुसी, वह बड़ी घबड़ायी—इधर ग्यारह आदमी थे, ले एक जाना था। और बिलकुल एक जैसे थे। कौन असली है, पता करना मुश्किल था। उसने बड़े गौर से सबको जाकर देखा, वह श्वास साधे खड़ा रहा, खड़ा रहा। जब उसके पास से निकल गयी, तो वह निश्चिंत हुआ।

मौत तो थककर लौट गयी। उसने परमात्मा को जाकर कहा कि बड़ी मुश्किल है, वहां ग्यारह आदमी एक जैसे हैं, ऐसा कभी हुआ नहीं। तुमने कभी एक जैसे दो आदमी भी नहीं बनाए। वहां ग्यारह हैं, यह कैसी भूल-चूक हो गयी। अब मैं किसको ले आऊं? परमात्मा हंसने लगा। उसने कहा कि दस नकली हैं, एक असली है। उसने कहा, अब कैसे पहचानें? तो परमात्मा ने कहा, यह रहा सूत्र—उसके कान में एक मंत्र बोल दिया—कहा, यह मंत्र तू जाकर कमरे में बोल दे, असली अपने से बाहर आ जाएगा।

वह मौत वापस लौटी। वह आकर कमरे में खड़ी हुई, उसने चारों तरफ नजर डाली। उसने कहा, और सब तो ठीक है, एक भूल रह गयी। वह आदमी बोला, कौन सी? उसने कहा, यही कि तुम अभी अपने को नहीं भूलो। चलो, बाहर निकलो।

अगर तुम मिट जाओ, फिर तुम्हें मौत नहीं ले जा सकती है। फिर वह लाख कहे कि बड़ी भूल हो गयी, एक भूल रह गयी, लाख भूल रह गयी, तुम खड़े हो। तुम खड़े हो सो खड़े हो। शायद बहुत सिर मारे, तो कोई नकली मूर्ति बोल उठे कि अब हो गयी बहुत बकवास, तो वह उसी को ले जाए, लेकिन तुमको न पकड़ पाएगी। तुम हो ही नहीं, पकड़ेगी कैसे? पकड़े जाने के लिए होना जरूरी है। वह आदमी भूल गया एक क्षण को, भूल ही जाओगे, धोखा दिए न चलेगा। श्वास साधने से न होगा काम, अहंकार गिराने से होगा। खूब साधो प्राणायाम और खूब करो योगासन, कुछ भी न होगा। जब तक कि समर्पण न सधे। जब तक कि मौत स्वीकार न कर लो।
एस धम्मो सनंतनो-(प्रवचन-60)

Contributed by
Mrs Manju Thakur....

TOGETHER WE ARE CORONA CHAMPIONS

ADAPT

on occasion of

World Cerebral Palsy Day



Supported by
ORACLE



Facilitated by
CAF Charities Aid Foundation India

Our Corona Champions



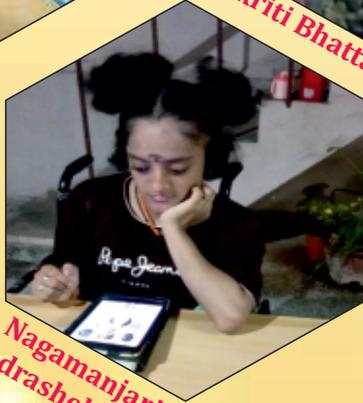
V. Suryaprakash Trivedi



Prakriti Bhattarai



K.B Vishwadharani



C. Nagamanjari Chandrashekhara



Apeksha Parmar

Together we are Corona Champions



Swati Khan



Kartikeyan Kuppan



Ananthaxmi Bharath



Pinki Jain



Jayashree Venkateswaran

Name : Gulabjan Sayyed
Department : ADAPT Community Services

Years at ADAPT?
 31 years

What brought you to ADAPT?
 Passion to serve others which I always had in my mind

Who inspires you?
 My Mother

Where's your favorite place in the world?
 Himalaya's

I am passionate about:
 Music

What's your favorite movie?
 Kill Bill

Who would you like to swap places with for a day?
 With my husband and Grandson

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

What's your favorite family tradition?
 Enjoying traditional Muslim meals like Biryani and sevaiyaan with my entire family

Which 3 individuals, living or dead would you like to eat dinner with the most?
 My parents and my husband

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

Which is your favorite book?
 Godaan by Munshi Premchand

At home we would find you doing.
 Preparing new food dishes and listening to music

The best meal you have ever had is.
 Peking duck and Korean Bibimbap
 (Which I enjoyed with Dr.Alur and Malini in London)

Your most memorable moment at ADAPT.
 When I met Dr. APJ Abdul Kalam and Mr.Sunil Dutt when they visited ADAPT and were discussing about the movie Miljhulke 1 with my two more colleagues ,Ishwar Tayade and Shraddha More and suddenly Mr.Sunil Dutt said you are the one who was narrating in the movie ,I just saw and he said "Dekha maine kaise aap ko pehchaan liye"

You have your own late night talk show; who do you invite as your first guest.
 Barack Obama

What would be the title of your autobiography?
 Not yet taught

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

Name the first 3 things on your bucket list.
 To travel to the nearest hill station as soon as the lockdown lifts (feeling like house arrest)
 Visit mecca to do Hajj
 To go to world tour with my family

What is the one thing we don't know about you?
 That I am very emotional person

if you could rename yourself, what name would you pick?
 I do not want to rename my name

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

Which lines or lyrics sum up your view on life?
 "Zindagi ke safar mein guzar jaate hain jo makaam, woh phir nahi aate"



The Hugging Judge

Don't bug me! Hug me!' - Bumper Sticker

Lee Shapiro is a retired judge. He is also one of the most genuinely loving people we know. At one point in his career, Lee realized that love is the greatest power there is. As a result, Lee became a hugger. He began offering everybody a hug. His colleagues dubbed him "the hugging judge" (as opposed to the hanging judge, we suppose). The bumper sticker on his car reads, "Don't bug me! Hug me!"

About six years ago Lee created what he calls his Hugger Kit. On the outside it reads "A heart for a hug." The inside contains thirty little red embroidered hearts with stickums on the back. Lee will take out his Hugger Kit, go around to people and offer them a little red heart in exchange for a hug.

Lee has become so well known for this that he is often invited to keynote conferences and conventions, where he shares his message of unconditional love. At a conference in San Francisco, the local news media challenged him by saying, "It is easy to give out hugs here in the conference to people who self-selected to be here. But this would never work in the real world."

They challenged Lee to give away some hugs on the streets of San Francisco. Followed by a television crew from the local news station, Lee went out onto the street. First he approached a woman walking by. "Hi, I'm Lee Shapiro, the hugging judge. I'm giving out these hearts in exchange for a hug." "Sure," she replied. "Too easy," challenged the local commentator. Lee looked around. He saw a meter maid who was being given a hard time by the owner of a BMW to whom she was giving a ticket. He marched up to her, camera crew in tow, and said, "You look like you could use a hug. I'm the hugging judge and I'm offering you one." She accepted.

The television commentator threw down one final challenge. "Look, here comes a bus. San Francisco bus drivers are the toughest, crabbest, meanest people in the whole town. Let's see you get him to hug you." Lee took the challenge.

As the bus pulled up to the curb, Lee said, "Hi, I'm Lee Shapiro, the hugging judge. This has got to be one of the most stressful jobs in the whole world. I'm offering hugs to people today to lighten the load a little. Would you like one?" The six-foot-two, 230-pound bus driver got out of his seat, stepped down and said, "Why not?"

Lee hugged him, gave him a heart and waved good-bye as the bus pulled out. The TV crew was speechless. Finally, the commentator said, "I have to admit, I'm very impressed."

One day Lee's friend Nancy Johnston showed up on his doorstep. Nancy is a professional clown and she was wearing her clown costume, makeup and all. "Lee, grab a bunch of your Hugger Kits and let's go out to the home for the disabled."

When they arrived at the home, they started giving out balloon hats, hearts and hugs to the patients. Lee was uncomfortable. He had never before hugged people who were terminally ill, severely retarded or quadriplegic. It was definitely a stretch. But after a while it became easier, with Nancy and Lee acquiring an entourage of doctors, nurses and orderlies who followed them from ward to ward.

15 Chicken soup for the soul

After several hours they entered the last ward. These were 34 of the worst cases Lee had seen in his life. The feeling was so grim it took his heart away. But out of their commitment to share their love and to make a difference, Nancy and Lee started working their way around the room followed by the entourage of medical staff, all of whom by now had hearts on their collars and balloon hats on their heads.

Finally, Lee came to the last person, Leonard. Leonard was wearing a big white bib which he was drooling on. Lee looked at Leonard dribbling onto his bib and said, "Let's go, Nancy. There's no way we can get through to this person." Nancy replied, "C'mon, Lee. He's a fellow human being, too, isn't he?" Then she placed a funny balloon hat on his head. Lee took one of his little red hearts and placed it on Leonard's bib. He took a deep breath, leaned down and gave Leonard a hug.

All of a sudden Leonard began to squeal, "Eeeeehh! Eeeeehh!" Some of the other patients in the room began to clang things together. Lee turned to the staff for some sort of explanation only to find that every doctor, nurse and orderly was crying. Lee asked the head nurse, "What's going on?"

Lee will never forget what she said: "This is the first time in 23 years we've ever seen Leonard smile."

How simple it is to make a difference in the lives of others.

Jack Canfield and Mark V. Hansen

From Law of Attraction Haven...

Contributed by Manju Thakur



Riddles

1. Forwards I am heavy. Backwards I am not.
What am I?
2. What question can you never answer “yes” to ?
3. It is black, but you say it is clean. It is white, but you say it is dirty. What is it?
4. What's never used until its broken?
5. What belongs only to you and yet is used more by others than by yourself ?
6. Why is a river rich?
7. I have cities but no houses, forests but no trees; rivers but without water; what am I ?
8. What part of London is in Brazil?
9. What is that you ought to keep after you give it to somebody else?
10. When will a net hold water ?
11. A hungry donkey was tied to a rope eight feet long. About thirty feet away there was a basket of fresh carrots. The donkey wanted to eat those carrots. How did he reach them?
12. What can you hold in your left hand, but not in your right hand ?

October was originally the eighth month of the Roman calendar. It comes from the Latin word "octo" meaning eight. Later, it became the 10th month when January and February were added to the Calendar.

The beauty of the changing leaves. Every year, nature puts on the ultimate show as the leaves change colour. There's no better month of the year than October to enjoy the vibrant colours of the leaves.

October is a very exuberant time in India. The monsoon rain eases in most places and the festival season is in full swing, events filled with lights, music, and dance from the northern Himalaya regions all the way down to the southern tip. The overarching holiday is the Navaratri and Dussehra festival, which encompasses countless regional celebrations and events that vary from state to state.

Ramnagar Ramleela

The Ramleela refers to the many plays, performed in the lead-up to Dussehra, that reenact the life story of Lord Ram in the Hindu epic The Ramayana. The Ramleela in Ramnagar - just across the river from the holy city of Varanasi - is the most notable one in India. It has been running for about 200 years, making it the world's oldest Ramleela, and it takes place over a whole month concluding on the full moon night after Dussehra.



India Music Summit

India Music Summit

The India Music Summit returns for its fourth edition this year. Started by a group of India's top music professionals, this event provides an outstanding opportunity for music lovers and musicians to engage with music from diverse genres. It's a wonderfully immersive event with morning baithaks (informal performances and gatherings), masterclasses, concerts, conversations, and night sessions.)



Bathukamma

The state festival of Telangana in South India, Bathukamma is a flower festival that celebrates life and the Mother Goddess during Navaratri. It's devoted to Goddess Maha Gauri, an incarnation of Goddess Durga that's considered to be the life-giver and goddess of womanhood. She's worshiped in the form of "Bathukamma", which are floral arrangements stacked to resemble a temple tower. The festival especially celebrates womanhood and femininity, and women dress up, sing devotional songs, and take the Bathukammas out in processions to immerse them in water.



Navaratri

Navaratri is a nine-night festival that celebrates the Mother Goddess, or Shakti, in all her manifestations, including Durga, Lakshmi, and Saraswati. It's a seasonal festival in Hindu culture that occurs four times per year, but the post-monsoon festival in the fall is the most important one of them all.

Navaratri celebrations take place across India but vary from state to



region. In fact, many of the festivities are actually local Navaratri celebrations. Worship and fasting are typical during the daytime, while the nights are usually reserved for feasting and fun. Observances include the Ramleela plays that take place across northern India, garba dance events in Gujarat, and Durga Puja in Kolkata.

Durga Puja

Sharad Navratri coincides with Durga Puja festivity which is a 5-day long festival, widely celebrated across the globe. It is a major festival for Bengali community.

In honor of mother goddess Durga, beautifully handcrafted statues of the goddess and her children are installed in homes and public podiums, and worshiped on each day of the festival. People flock to the streets to view the displays amid mesmerizing light shows, cultural performances, and aromatic food stalls. On the last day of the festival, the statues are paraded through the streets, accompanied by drumming and dancing, before being submerged in the river. Durga Puja is the biggest and most anticipated festival of the year in the city of Kolkata.



Dussehra

The day after the Navaratri festival is known as Dussehra. It widely commemorates the defeat of the demon king Ravan by Lord Ram and huge effigies of Ravan go up in smoke all over India. However, there are other more unusual celebrations of the festival, too. Some start at the beginning of Navaratri, such as Mysore Dasara, while others kick-off on the main day of Dussehra and continue on for weeks.



Navratri Golu

Golu is the festive display of dolls and figurines in South India during the autumn festive season, particularly around the multiday Navaratri (Dussehra, Dasara) festival of Hinduism. ... They are also known as Kolu, Gombe Habba, Bommai Kolu or Bommala Koluvu.



Mysore Dasara

The annual 10-day Dasara festival is the feature of Navaratri and Dussehra celebrations in the city of Mysuru-or Mysore-in the southern state of Karnataka. The festival has royal origins and can be traced all the way back to 1610 when it was started by Wadiyar King, Raja Wadiyar I. It honors the Goddess Chamundeswari (another name for Goddess Durga) of Chamundi Hill, who killed the powerful demon Mahishasur. The royal family is still involved in celebrating it. Mysore Palace is illuminated with thousands of dazzling lights. There's an elaborate regal procession, fireworks, light shows, and even food festivals and vintage automobile shows as well.



Ashwa Poojan

Known as the Worship of the Horse, this unique Rajasthani festival is grandly celebrated by the Mewar royal family of Udaipur on the last day of Navaratri. It honors the special relationship between warrior and horse. See the royal horses being worshiped by the current head of the royal family, accompanied by the palace band. A highlight of the festival is the mouthwatering Rajasthani cuisine.



Jodhpur RIFF

This eclectic festival, which is the first of its kind in India, showcases regional roots music and the arts. It's a heady fusion of interactive educational events, staged performances, and late-night jam sessions held in the city of Jodhpur. Performers include singers, dancers, instrumentalists, and storytellers from various Rajasthani folk communities, as well as nationally and internationally recognized artists.



Marwar Festival

The Marwar Festival recognizes the culture of Rajasthan's Marwar region. It's held for two days over the full moon in memory of the state's medieval heroes. The highlight of the festival is classic folk music and dance, which brings alive the myths and legends of the area. The festival also includes horse riding, horse polo, and even camel tattooing.

Men and women dress in traditional Rajasthani garb, including elaborate head turbans for the men. One of the festival highlights is a turban tying contest, which is considered an art form.



Tawang Festival

The annual Tawang Festival is organized by the Arunachal Pradesh Tourism Department to showcase the cultural diversity of the state and promote adventure tourism. Highlights include a huge fair, chanting by the monks of Tawang Monastery, and folk and tribal dances.

Arunachal Pradesh, in Northeast India, is the most remote state in the country. The town of Tawang is located in the mountains and is even more remote. The Tawang Festival began in 2012 as a way to attract visitors and share the local culture of the Monpa people who inhabit the area. Tibetan Buddhist traditions are a huge part of the festival, and Tawang is home to the second-largest Buddhist monastery in the world.





*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

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

Solution to the Puzzle :

ANSWERS

1. Ton
2. Are you asleep/ dead?
3. Blackboard
4. Egg
5. My name
6. It has two banks
7. Map
8. L
9. A promise
10. When the water is frozen
11. It's not tied to anything else!
12. Your right hand