



# Trinayani Report

## March 2015 to April 2020

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## FOUNDER'S NOTE



### **DISABILITY is more than just a Social Issue today**

If you have picked up this report, flipped over the first page and read beyond the title you are already a stakeholder to the issue of disability and you have already made a difference. Disability is much more than just a social issue today. The roots of **Trinayani** are deeply embedded in creating awareness, inculcating diversity and inclusion and demystifying disability. The greater our reach of people who recognize disability for what it truly is instead of stigmatizing it, the closer we reach our goals. So, I would like to thank you for your interest in learning more about the multiple facets of what we do at Trinayani and of course the bigger cause we stand for.

Here's a little something to give a faithful representation of the battle we're fighting. At least 1 crore persons in India have irreversible conditions of different Physical, Mental, Cerebral or Learning disabilities, and more than 4 crores of other human lives are directly affected by that 1 crore of lives. This population of 5 crores, which deals with the difficulties of different disabilities on a daily basis is a staggering 7 ½ TIMES the entire population of the United Kingdom. Creating a conducive environment for them is not a pressing priority on just humanitarian grounds. We need to create inclusive societies as it is the right thing and the smart thing to do. The economic, financial, societal benefits foregone if we leave out this entire population, it would be extremely unfortunate and damaging.

It gives me immense pleasure to share with you some highlights of our work during the course of the last five years.

In 2020, Trinayani completes **13 wonderful, event-filled years** in the field of **disability awareness and advocacy**. It has been a busy, exciting and satisfying time working with the disability community, as well as the rest of society. So far, we have worked with **students, educators, service providers and employers**, to empower them with information and support that would help them **include people with disabilities in their domains**.

As a Consultant in Disability Inclusion, I have designed and conducted workshops for Bangalore International Airport Limited (BIAL), for Air India Sats Staff (Trivandrum, Hyderabad, Gurgaon and Bangalore) for the Security Staff at Bangalore Airport, for YES Bank among others.

In the year 2015-2016, we designed and conducted the first of its kind, year-long Disability Awareness Campaign titled '**Celebrating Diversity: The Difference is in Knowing**' for 4 DPS schools run by Takshila Educational Society. In 2019, we supported the Chief Electoral Office,

Maharashtra to create awareness about voting rights among the disabled community by creating the 'Think Ink' awareness booklet and film in accessible format.

Carrying forward the essence of what we do at Trinayani, creating awareness about disabilities and compelling the issue into the public sphere, we organized and participated in many innovative, fun filled and interactive inclusive events these past few years. These include the Diversity Inclusion Month for HPCL, Inclusive treasure Hunt, Tata Mumbai Marathon and of course, our on-going Inclusive Monthly Meetups aimed to keep the social life of people with disabilities, active and enriching.

We have also developed some novel games, products and productions, like our room sized game of **Snakes and Ladders**, our **Towards Inclusion Disability Awareness Game kit** and our Musical Puppet play production '**The Learning Factory**'.

Of course, our **Sparsh Foot Spa** started in 2011, is being successfully run and managed by blind therapists. They continue to flourish and empower themselves and are able to independently contribute to their family.

This is only a factual summary of what we do, but the true far reaching, consequential results are barely quantifiable. We hope to produce some of it in this report to follow and create a lasting impact on readers like you.

All our endeavors are made possible due to tremendous engagement of our friends with disabilities, our core team, generous and valuable support from donors, friends, well-wishers and sometimes total strangers. No amount of gratitude will ever be enough for your kind thoughts and action, and I say this not just on behalf of Trinayani but every soul who has been a beneficiary of the work we do.

We are positive we will continue to have such productive and useful engagement with the disability community and a rising support in the creation of a truly inclusive society.

Trinayani is happy to customize any training material regarding disability awareness for your specific needs. If you have any questions, require any clarifications or wish to contribute to us in absolutely any way possible please feel free to reach out to us.

Always looking forward to new ideas, friends and collaborations.

My Best,

*Ritika Sahni*

Founder-Trustee



# MISSION & VISION

## Mission Statement:

**To Include, Honour & Empower Persons with Disabilities (PWDs)**

## Vision Statement:

**To live in a world where PWDs are understood and respectfully included to live a meaningful life, on justified terms**

## Vision Tag Line:

**A Disability Friendly World for a Better Me**

## OUR TRUSTEES

### Chairman: Indranil Goswami



Mr. Indranil is a professional Filmmaker, Writer and a Creative Consultant. He works as an independent Director and a freelance Creative Head for various production houses and organizations in the Mumbai Entertainment Industry.

As a trustee, Indranil is involved in the development processes of all contents created by Trinayani pertaining to disability awareness that ranges across Short films, Booklets, Posters, Radio Programs, Biographies and other presentation packages.

Almost three decades of a bright professional career has earned Indranil several awards of national and international repute.

Recently, a short film about disability, made by him for Trinayani, has been awarded as the Best Film at the WE CARE FILM FESTIVAL (UNESCO) in 2013.

### Vice-Chairman: Rakesh Sahni



Rakesh is a Consultant in Indian Contemporary Art, involved in curatorial and archival ventures in his own creative space called “Gallery Rasa” in Kolkata. Rakesh has spearheaded some noteworthy Art Exhibitions, curated by him. Information on the same is available on his website [www.galleryrasa.com](http://www.galleryrasa.com).

He has also been involved with different welfare activities as the National Convener, Human Resource and Development of Round Table India and is currently actively involved as a member of Rotary.

**Founder-Trustee: Ritika Sahni**

Ritika has an interesting dual career, dividing her time between playback singing, live stage shows and spearheading advocacy initiatives for Trinayani, where she also works as a Trainer and a Consultant in Disability Inclusion. She has a Master's Degree in Music from Rabindra Bharti University, Kolkata and a Bachelor's Degree in Deaf Education from Ali Yavar Jung National Institute for the Hearing Handicapped, Mumbai. She has taught and lectured at various institutions dealing with disability.

She is the first Indian female artist of Sony Music in India, with a host of solo albums to her credit in both Hindi and Bengali. Notable among her many hits is "Tume Mili Nazar" from the film "Main Madhuri Dixit Banna Chahti Hun". She performs regularly with her Inclusive Music Band "Pehli Baarish" comprising disabled and non-disabled artists and passionately produces original music for children.

She has been awarded the Rex Karamveer Puraskar, a Global Award for Social Justice and Citizen Action by ICONGO. In March 2020, she was recognized at the Top Global Diversity & Inclusion Leaders awards function by World HRD Congress and ET Now.

To know more, please visit [www.ritikasahni.com](http://www.ritikasahni.com)

## OUR VARIED ADVOCACY CAMPAIGNS

The essence of AWARENESS is the realization that there is a huge world out there with amazing people who live very different lives.

We at Trinayani believe that if one is made aware of the several ways in which people differ, we will learn how to embrace diversities and the importance of respecting and tolerating differences among us. When it comes to Persons with Disabilities (PWDs) we need to also learn how to overcome age-old stereotypes, negative attitudes and prejudices about them and their abilities. These prejudices are sown into our minds at a very young age, and if they are not altered, we carry them along for a long time and they continue to cloud and obscure our judgment throughout.

**Right to Education** is a fundamental right. Today schools have a growing need to develop skills to handle differences. In India, we have a government policy in place for **Inclusive Education** called **Sarva Shikhsha Abhiyaan**.

But unfortunately, fear of laws does not necessarily change reality. What we need is a collective will and desire from within to bring in a radical positive change in us and our environment. In today's world, the biggest barriers for equality of the people with disabilities are archaic, One-track attitude towards them.

At Trinayani, we believe that proper communication is needed to **raise awareness on disability**, which is too often perceived as merely a health issue, approached with pity, stigma and basically unknown to the public at large. We design **Communication Campaigns** to **educate people on disability** and **encourage acceptance of disability as part of the diversity of the human condition** (gender, religion, culture, etc.).



**Celebrating Diversity- the Difference is in knowing-March 2016 to April 2016.** A year-long campaign for Delhi Public School, Pune, Ludhiana, Patna and Coimbatore, run by Takshila Education Society (TES)



Our Founder-Trustee Ritika Sahni at Delhi Public School, Pune

Addressing the academic community and sharing the message of equality and diversity to allow students to go on to include this knowledge in every walk of life is of paramount importance to us. As a step towards **demystifying issues** pertaining to disabilities, we partnered with **Takshila Education Society** which manages and runs four **Delhi Public Schools**, each in **Patna, Pune, Ludhiana and Coimbatore** to conceptualize and design their Annual Theme for the academic year March 2015-March 2016, which we aptly titled **Celebrating Diversity- the Difference is in knowing**.

We worked closely with the coordinators and teachers of the 4 Delhi Public Schools to infuse disability awareness lessons in the entire length and breadth of the school curriculum, be it geography, history, sports, arts, media, robotics, annual concert etc.

We incorporated the theme of this **disability awareness campaign** in as many aspects of the school as we could. We designed a dedicated space in the library of each school for materials pertaining to the theme. The First Assembly of every month was dedicated to the theme and detailed lesson plans to further the themes during schools weekly Thursday Activity and joint classroom sessions.



Display Boards, Classroom doors across schools were used by children to express their idea of Diversity through drawings, illustrated poems and graffiti. We hosted a variety of quizzes, debates and elocution competitions to further reiterate this knowledge. Moreover, we designed the stories to be enacted at the Annual Concert by ALL children.

Furthermore, we developed two illustrated workbooks, titled **I AM SPECIAL SO ARE YOU** for primary school students and **CREATING A BETTER WORLD** for secondary school students as teaching tools, to be used as a starting point for teachers/parents to develop lessons on



understanding disabilities along with providing **This-Ability** articles for its inclusion in their **ORBIT Magazine** distributed in all 4 schools.

<https://goo.gl/photos/8w74ahXiLLN9Hkc28>

Our motto was not only to spread awareness to the pupils but also to the teachers of the schools, through power point presentations, healthy discussions, case studies and interactions in order to deepen their understanding of disabilities and diversity. We organized **Learning Disability Simulation Lab** workshops, conducted by **Padma Shastry of Samam Vidya**, to give teachers knowledge about how **invisible difficulties affect the learning process** and expand their understanding of the actual trouble experienced by students who struggle during the process of learning.



Workshops for different stakeholders in Delhi Public School, Coimbatore, Patna and Ludhiana





Apart from this, the administrative, ancillary, housekeeping and transport staff attended sessions on the role that language plays in the way we think about disabled people, words that need to be avoided and positive empowering words/phrases that should be used.

To add a fun element, we created our version of the **Snakes and Ladder** game. A 10 by 10 feet flex with a custom-made dice, where the students become pawns themselves and play the game in teams, to enhance knowledge and respect for disabilities and build a moral compass for themselves; differentiating right from wrong.

Film screening session, like the screening of the audio described version of '**The Little Terrorist**' was held to show how entertainment is provided to persons with visual impairment.

**For the celebration of World Disability Day, we arranged the following:**

- **DPS, Ludhiana-** A deaf instructor- Harpriti from Deafway, Delhi to conduct a Sign language workshop in DPS, Pune- Bhushan Toshniwal who is blind and a Chartered accountant and singer to address the school staff
- **DPS, Coimbatore-** Akila Vaidyanathan from the Amaze Charitable Trust, to organize a workshop and exhibition on understanding Autism
- **DPS Patna-** Embracing Diversities workshops for all students in the secondary section throughout the day



### **Musical Puppet Play “The Learning Factory” - 2019**

Keeping the vision and mission of Trinayani in mind, we wanted to urge educators to question their policies on Inclusive Education and respect for Diversity and wished to share the message of equality to students, through the playful yet powerful medium of Puppetry.

We curated an English musical puppet play “**The Learning Factory**” on Diversity and Inclusion based on the popular fable ‘**The Animal School**’ by **George Reavis**, wherein the animals make common rules for all and later realize that a school with the same rules for all students is dysfunctional since every student has different strengths and they cannot be forced into fixed categories.

Producing and staging the show was made possible by the gracious and able support of **team MUKTANGAN**, run by Muktangan Education Trust. Our heartfelt gratitude to **Sunil and Liz Mehta**.

We premiered the show at Godrej Dance Theatre NCPA on 15<sup>th</sup> of February with 2 shows at 4 pm and 6 pm respectively. We had 43 teacher trainees from Hashu Advani College of Special Education, 32 B.Ed. students from Department of Special Education, SNDT University, teachers from Muktangan, anganwadi workers and staff from various branches of YWCA. 60 students of Kendriya Vidyalaya, Colaba, teachers from Maharashtra Dyslexia Association and the general public attending these 2 shows.



Premiere of "The Learning Factory" at Godrej Dance Theatre, Mumbai

green tea  
EXCEPTIONAL, EXCELLENT, VERY GOOD, GOOD, AVERAGE. Tasse de Thé didn't know we were there. The Guide reviews anonymously and pays for meals

# Message through marionettes

A theatre production on diversity and inclusion in education features women from different walks of life as puppeteers

**SNIGDHA HASAN**  
snigdha.hasan@mid-day.com

IN the seventh-floor auditorium of the YWCA in Andheri, familiar tunes of Boney M's Brown Girl In The Ring and MJ's smash-hit Black or White fill the air. But when you listen in carefully, the lyrics turn out to be, "Rules of the Animal School/ Tra la la la.../ All must do all things." Five women, seated in a circle, are being instructed about whether the squirrel enters before the elephant and when the lion steps in. Once the stage marking is done, they pick up animal marionettes, ready to bring them to life with a pull of strings.

"They have learnt how to manoeuvre the puppets well. We are now working towards helping them internalise their character and the story,"

Ritika Sahni tells us, as she takes a break from the rehearsal of The Learning Factory, a puppet theatre production by the NGO Trinayani, of which the singer is a founder-trustee. The play marks the organisation's foray into projects around inclusive education, creating awareness about disability being its core area of work. To be staged this Friday, the play revisits George Reavis's classic, The Animal School, which was written as an allegory in 1940, and highlights the plight of children who have unjustly suffered the fate of standardised tests and curricula.

"We wanted to use a creative medium to start a conversation around education, and that the idea of one size fits all does not work. Puppetry, when used as an educational tool, has done wonders. So we thought why not rope in those individuals as puppeteers who can gain from learning the art?" shares Sahni, who invited educators and professional puppeteers Charu Prasad and Sudipta Mukherjee-Mandal to come on board to teach the art to five women from different walks of life, many of them being community workers with the YWCA.

"Puppetry is a sensory experience, and so little of what we do today is sensory. It tends to calm the body and the soul. It sparks the imagination, boosts confidence, and can even be used as a language learning tool, as was the case with some of the women here, who were not too familiar with English," explains Prasad, referring to the motley group, which includes a Class 10 student, a make-up artiste, a mother who is doing her graduation with her son, and a special educator.

"I have used finger puppets in the past as part of my workshops. But using string puppets at a professional level is a first," says Yojana Wavikar, who acquired her degree in special education after her daughter was diagnosed with Down Syndrome. She adds, "It is easy to capture children's attention with puppets. The message gets through without being preachy." Another puppeteer, Shaifa Mobin Sheikh, tells us that handling 13 puppets among the five of them was a challenging task, while homemaker Chitra Shirke adds how manoeuvring the marionettes was also a lesson in teamwork.

Teamwork is also what has helped bring the production together. Mukherjee-Mandal, for instance, who is also the creative resource person for Trinayani, is behind the aesthetically designed puppets. "Creativity is therapeutic," she tells us, as she gives finishing touches to the bear puppet, for which actor Ashish Vidyarthi has lent his voice. Reavis's story has been adapted for the play by Pune-based Deepak Morris, who has also reworked the lyrics of the popular songs. The songs have been sung by Sahni, some of which she will perform live tomorrow.

"After this public performance, our aim is to take The Learning Factory to as many schools as we can," Sahni shares, "a step closer to our dream of an inclusive education system that celebrates diversity."

**ON Tomorrow, 6 pm AT Godrej Dance Theatre, NCPA, Nariman Point. LOG ON TO bookmyshow.com ENTRY ₹250**

(From left) Play directors Sudipta Mukherjee-Mandal, Ritika Sahni and Charu Prasad; (from right) Shubhada Pawar, Chitra Shirke, Shaifa Mobin Sheikh, Shaikh Saba and Yojana Wavikar have been trained as puppeteers. **PICS/SAYEED SAMEER ABEDI**





Article in Mid-day by Snigdha Hasan



Puppet Show in Pragya Bodhini Int School and at Navi Mumbai circle





A scene from "The Learning Factory"

Since then we have been regularly offering and performing the show for schools and public in Mumbai. Here is the link to the promo <https://youtu.be/uUp63jzwcZI>

The show puts a strong front about the fact that not everyone has the same amount or kind of ability. Some people can be different than others and that, in any way, does not imply that they cannot be acknowledged.

Live musical narration and synchronised puppetry helped rekindle the imagination of the younger generation and allowed us to continue the legacy of our age-old techniques, protecting them from extinction.

Coverage on Newzhook, India's 1<sup>st</sup> accessible news app <https://newzhook.com/story/21270>

We thank Takshila Educational Society (TES) for sharing the script and the songs. The play was adapted for stage by Mr. Deepak Morris.



We had Ms. Charu Prasad from Iris Creative Education and Ms. Sudipta Mukherjee Mandal from Meeraki, professional puppeteers training our team of puppeteers.

They also designed and created the 13 Marionettes representing 13 animal characters. YWCA, Asha Sadan, Andheri West, graciously provided us their venue for our rehearsals. For the first seven shows our team of puppeteers comprised of Yojana Wavikar, Shaifa Shaikh, Shaikh Saba, Chitra Shirke, Shubhada Pawar. Uzma, Mehak and Ayesha were trained and joined us for the seventh show. Our current team comprises of Yojana, Chitra Shubhada, Kimaya Wawikar, Sonal Rai and Ritika Sahni.



Students of Mount Litera International school watching our puppet play



The songs were orchestrated by Joy Raha, background music by Arun Krishnan, dubbed at Boom Studio, recorded by Shridhar Nagraj, mixed by engineer Aman Moraney at Studio Flying Carpet Production.

We are thankful to our friends who lent their voice to bring the puppets to life. Piloo Vidyarthi arranged and coordinated the dubbing and also played the character of the Fish. We thank Mahua Ray, Ashish Kolwadkar, Shridhar Nagraj, Sudipta Mukherjee Mandal, Meera Mandal, Chayan Gupta, Soumya Maradona Ghosh, Danika Saha, Abhijoy Gupta, Errol Rodrigues, Nitesh Kumar and celebrated actor-coach Ashish Vidyarthi for lending their voices to the character.

Thank you, Archana Rao, for facilitating the poster design and for your advice.

Songs were sung by Meera Mandal, Aarsha Mukherjee, Sidarth Bhat and Ritika Sahni.



Since our premiere, our travelling musical puppet play in English 'THE LEARNING FACTORY' has performed at the below events and locations:

1. For all families, children, resident staff and committee members of Asha Sadan, YWCA Andheri Branch 4<sup>th</sup> Feb 2019
2. Kalaghoda Arts Festival 5<sup>th</sup> Feb 2019 at M.C. Ghia Hall, as part of Resonance
3. Paper clipping - Asian Age
4. Newzhook article Midday article
5. ADAPT Auditorium, Bandra West for friends with and without disabilities 24<sup>th</sup> March
6. Pragya Bodhini International School Goregaon East 2<sup>nd</sup> April
7. Beacon High School, Khar West 4<sup>th</sup> June
8. SNTD Mini auditorium, for Department of Special Education, SNTD University, Juhu 5<sup>th</sup> October
9. Bhartiya Vidyapeeth Agricultural College, Navi Mumbai 7<sup>th</sup> December
10. B.D. Somani International School, Mumbai, 17<sup>th</sup> Jan 2020
11. For Teachers Task Force held at Mount Litera International School, 2<sup>nd</sup> Feb 2020
12. Show junior school children and parents of Mount Litera International School on 13<sup>th</sup> of Feb 2020
13. Show senior school students and teachers of Mount Litera International School on 13<sup>th</sup> of Feb 2020
14. Show for participants of National Conference by Dept of Special Education
15. SNTD University auditorium on 29<sup>th</sup> Feb 2020.



Muktangan being acknowledged within the puppet play





The Learning Factory being staged for students of B.D. Somani International School



Show for teachers at the Teachers Task Force, Mumbai



Rehersals in full swing with puppetters at YWCA, Asha Sadan

### **"Think Ink" Electoral Awareness Campaign-2019**

The involvement of people with disabilities in contemporary events like voting is one of the finest examples of inclusion and a true reflection of what we work for. This campaign was a first of a kind experience for Trinayani and definitely one of our most impactful achievements, where we worked directly with government officials.

**Our Founder Trustee Ms Sahni**, participated and attended several meetings and workshops, at the Mantralaya, Mumbai at the CEO Office, and represented **Maharashtra** in the **National Consultation in Delhi**, and finally our NGO was appointed by the **Chief Election Officer, Maharashtra** to design the THINK INK campaign for the General Elections 2019, encouraging the disabled community to exercise their right to vote. We got on board as Consultant and partner, Dr Asmita Huddar, Principal, Hashu Advani College of Special Education. Together, we created 2 **Electoral awareness Brochures** and **Think Ink electoral awareness film** in English, Hindi and Marathi. The first **Think Ink** brochure targeted the **voters with disability to urge them to cast their votes during the Parliamentary Elections in 2019**. The second Brochure was created for **Booth Officers** providing them suggestions and pointers to keep in mind to facilitate smooth voting by persons with disabilities.

The Think Ink film was created in accessible format with subtitles as well as sign language interpretation. Signex, then, represented by Amaresh and Sunil Sahasrabudhhe did the Sign language coding. The translation in Hindi and Marathi from the original English script, was done by Krutika Gandhare and Madhumanjiri Gatne respectively.

The original English audio script along with its Hindi and Marathi versions were recorded in the Studios at National Association for the Blind campus in Worli, Mumbai. We thank Ms Pallavi Kadam of NAB and recordist Robinson for their support.

**The Think Ink Film and the Brochure was widely circulated amongst NGOs at city and district level.** We received appreciation for the same from Mr. Umesh Sinha, Deputy Election Commissioner, Delhi. The film and the Brochure is available on the website of Election Commission of India website was used widely across the country for awareness purposes.





Our Founder-Trustee Ritika Sahni with Mr. Sushil Chandra, Election Commissioner, ECI and Mr. Umesh Sinha, Secretary-General ECI in Delhi



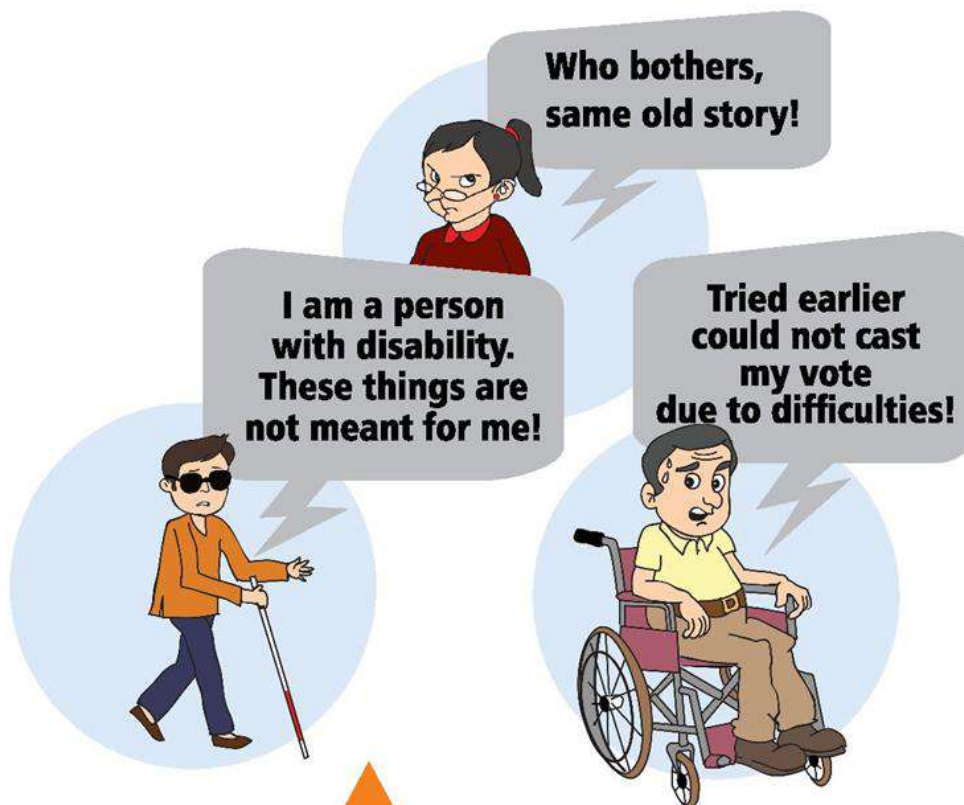
with Mr. Ajay Srivastav, Chairman of Umang Foundation, Shimla



THINK INK Electoral brochure in English for persons with disabilities



## Loksabha Elections 2019 What is your take?



**Don't let your **DISABILITY****  
**keep you away from casting your vote this 2019.**  
**Give democracy a fair chance!**  
**Give India an opportunity to move towards inclusion!**



**All citizens over 18 have the right to vote.**

**DISABILITY – No Bar.**

**Let's make it happen.**

**Your disability may be invisible, not you!**

**Be seen! Be heard!!**

### **How can I register my name in electoral roll?**

The basic process to register in electoral roll is to fill up a form. This is known as form 6. One needs to fill this up and attach necessary documents like photo identity proof, residence proof etc.



### **Where does one get this form?**

- If you have access and working knowledge of internet technology, then you can go to National Voters' Services Portal (NVSP) <https://www.nvsp.in/Forms/Forms/form6> and fill up the form. Information here is available in English as well as in Indian languages. Here, you fill the form online and submit it online

OR

- You can visit [https://eci.nic.in/eci\\_main/forms/FORM6.pdf](https://eci.nic.in/eci_main/forms/FORM6.pdf). Take a print of form 6 from website and fill it with a pen. Attach necessary documents and submit the hard copy by visiting a VHC (Voter's Help Center)

### **How do I find a convenient Voter's Help Centre (VHC)?**



Visit <https://ceo.maharashtra.gov.in/Lists/VHCs.aspx>. Select your district. You will get a list of VHCs. It will also give you complete address with phone numbers. Select a center and go there to submit your form 6.

### **What if one is not an internet user?**

Form 6 is available at your nearest VHC. One can collect the form from there and submit it after filling it up.



### Where do I get more information?



- <https://eci.nic.in> for information regarding Acts, Rules and Guidelines related to election process
- <https://ceo.maharashtra.gov.in> for information regarding election updates for the state of Maharashtra (VHCs, Search your name in Electoral Roll, etc.)
- <https://ceo.maharashtra.gov.in/Lists/ListPSs.aspx> for list of polling stations
- <https://www.nvsp.in> for online registration
- <https://eci-citizenservices.eci.nic.in> for grievances



### What support will I get while casting vote?

- All the polling booths are being made accessible to PwDs
- The election officers are being sensitized to provide necessary assistance
- Separate queue and priority voting for PwDs
- Positive and proactive attitude towards the possible difficulties on the voting day by the staff, volunteers and community

**Give an opportunity to the system to learn ways and means for Inclusive Voting! Turn up in big numbers. Let the system get used to YOU!**





**Are you 18  
on 1st January 2019?  
Prove it!**

**Here is how:**

- By registering and voting yourself
- By inspiring others to register and vote
- By studying competing political parties, individuals and their manifestos to stand by issues close to your heart

**Here is why:**

- Since 2001, People with Disabilities have been included in the Census. (Many had to raise voice THEN)
- Since 2014, active training of electoral staff on disabilities began (Many had to push this agenda tirelessly THEN)
- In 2015, The Accessible India Campaign was launched (Many had to run extra miles to make that happen)
- In 2016 RPwD (Rights for Persons with Disabilities) Act was enacted with improved features (Many were roped in towards this milestone development THEN)

There is no reason why things would not take desirable steps **NOW**.

 <p><b>VOTE</b> (in Indian sign language)</p>	<p><b>You are citizens of India. Your voice was heard and will continue to help make the difference. MAKE YOUR PRESENCE FELT YET AGAIN. CAST YOUR VOTE</b></p>	 <p><b>VOTE</b> (in Braille)</p>
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For more information, contact helpline number 1950 (toll free)  
or log on to <https://ceo.maharashtra.gov.in>.

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Published in the public interest  
on behalf of Chief Electoral Officer,  
Maharashtra State.

Created by [www.trinayani.org](http://www.trinayani.org) in collaboration with <http://www.hacse.org.in>



### **'TOWARDS INCLUSION' Disability Awareness Family Game kit: 'Instilling Disability Awareness in Education'-2019**

Since the essence of what we do lies in educating masses, we firmly believe this is something that must be embedded into formal education. We launched our TOWARDS INCLUSION DISABILITY AWARENESS GAME KIT, developed by Ritika Sahni, Trainer, Disability Inclusion Consultant, NGO Trinayani, Mumbai and Padma Shastry, Inclusive Education Specialist, Samam Vidya, Bangalore at the Teachers Task Force conducted by TeachersHelpTeachers at Mount Litera International School, Mumbai on 2nd Feb 2020 in the presence of



(from left to right) Mehara Goel - Primary Head - Fazlani International School, Jyoti Ramachandran- HM, Mahapragya Public School, Kusum Kanwar- Head - Billabong Preschool, Zarin Virji - Principal - Universal International School -Tardeo, Joy Chauhan - Principal - Thakur International School and Kavita Sanghvi - Principal - CNM School.



The Game kit includes, 6 thrilling Card Games, a Workbook and an Answer booklet. It is now available for the general public as well as for use in schools for familiarizing non-disabled students about various facets of disability. It aims to impart values, provide appropriate information and change attitudes in low pressure and fun way to all, specially our Teachers who need help to understand the issues, barriers, language and other facets of disability.



Contents of our "TOWARDS INCLUSION" Disability awareness game kit

We are indebted to our friend Shaheen Desai who so magnanimously connected us to Little Big World, Germany especially Ms. Assal Badiyi and team, who then facilitated the donation from The German Consulate, Mumbai towards printing of 750 kits.

We also thank our consultant Dr Asmita Huddar, Principal, Hashu Advani College of Special Education and our advisor Shobha Sachdev for their valuable inputs and to friends who gave ideas for improvements and participated in early play sessions for testing and played cheer-leading roles during the development process. It was a year-long development process, and a labour of love and passion for the developers.



We now hope to see it disseminated widely, and used to raise awareness of disability issues among the non-disabled population.

We are available to conduct training workshops for teachers in the use of the game kit with their students. Schools interested in getting the game kits, can contact us, and we'll set up a training session. Every training session comes with 2 free game kits.

Looking forward to hearing from you. Towards Inclusion!

## INCLUSIVE EVENTS

**“Diversity is being invited to the party; Inclusion is being asked to dance”.** This one line illustrates with precision the mindset that most of us have acquired, maybe even inevitably so. While diversity is more an explicit phenomenon of involving all people, inclusion is more subtle and hard to quantify, bias free environment where everyone is treated and viewed as an equal. By definition inclusion captures, in one word, an all-embracing societal ideology. When it comes to individuals with disabilities, inclusion stands for opportunities for employees, students and just members of the society with disabilities to co-exist alongside their non-disabled peers. **It is almost shocking to think that we need to strive to achieve something that is in reality the bare minimum birth right.**

At Trinayani, we believe that disregarding the inclusion of disabled people in the mainstream of social life, happens due to ignorance, misinformation and incorrect notions of people with disabilities. Our primary focus lies in changing perceptions, altering mindsets, erasing fears, demystifying confusions and ending unfair and unfounded prejudices about the world of people with disabilities. To accomplish this we are constantly curating, designing and conducting events which are inclusive in nature, promote interaction and put into action all that we stand for. **Often, we are also commissioned to design specific need-based events for organizations who share the same vision as us.**





### **Include Vidya program-October 2015**

On the 7<sup>th</sup> of October 2015, in Rabindra Sadan, Kolkata, Trinayani presented a half hour module of 4 songs and dances designed by our Founder-Trustee **Ritika Sahni** for the finale ceremony of the **Include Vidya Campaign** of CBM Saro.



Prominent singer and friend Vijaya Shankar and her student Pulkit Rajvanshi



Include Vidya campaign show featuring blind singers from "Premasree" and dancers with intellectual impairment from "Anwesha-the Quest" dance group

The playlist consisted of Hindi, English and Bengali songs, the Hindi song '**Sab ki hai dharti**' written and composed by Ritika Sahni and the Bengali song '**Koruna Chai na aro kichu**' written and composed by Deb Choudhury. We thank our Music director friend, Shamir Tandon for giving us access to his Music Room, where we recorded the songs with our singer friends Pulkit Rajvanshi, Ahan Shah, Ansh Radia along with our singer-friend Vijaya Shankar, who has been supporting us in myriad ways.

For the finale at Rabindra Sada, **blind students from Premashree Vidyalaya** sang the Hindi songs with Ritika on Karaoke tracks, **deaf students from Oral School for Deaf Students** signed the English song while **intellectually disabled dancers from Anwesha-The Quest group** danced to the Bengali song.

The show put up was highly appreciated by all the guests present and we went on to creating a Music Video of Sab Ki Hai Dharti in 2017 for Christian Blind Mission CBM, Bangalore. We thank Ashish Manchanda and Flying Carpet Productions for mixing and mastering the songs for us.

### **Kalaghoda Art Festival-6<sup>th</sup> to 4<sup>th</sup> February 2016**

Trinayani was thrilled to participate in the *Kalaghoda Art Festival in 2016* to disseminate awareness on disabilities, diversities and inclusion through 3 of our creative efforts. We are grateful to Geeta Castelino Brinda Miller, Rachna Iyer, Yogesh Bhatt and Shobha Sachdev for all their support.

1. We exhibited 5 of our 'Let's Talk' sculpture crafted by Hasmukh K. Angari (a deaf blind artist), Shankar M. Bhoya (an artist and trainer) and Nantu Behari Das (a professional sculptor from Kolkata) installed on the Rampart Row of Kalaghoda Arts Festival, as part of their Visual Arts initiative. American Sign Language alphabets were molded out of human hands and integrated into a fibre glass cast in the form of this sculpture which allowed us to represent the world of persons who are deaf and deaf-blind in a stimulating manner.



Top pediatric orthopedic surgeon Dr Taral Nagda modified our Let's Talk sculpture to create a podium for his office

2. Our founder-trustee **Ritika Sahni** conducted the **Rhythm and Rhyme** workshop titled **HALLAM CHALLAM** at Museum Gardens. She set up an amicable and inviting ambience by urging children to playfully sing, dance while learning original nursery

rhymes and songs. Apart from this, they also learned to sign few popular nursery rhymes in Indian Sign Language. We thank Sunil Sahasabudhhe, our deaf friend and self-advocate who taught Ritika the signs for these songs.

3. That year, Trinayani's Inclusive music band **Pehli Baarish** also performed at **Cross Maidan**. This short but empowering 15 minute long performance on karaoke tracks featured singers- **Mangala** and **Ritika Sahni** as singers and **Compere Kishor Gohil**. **Mangala** and **Kishor Gohil** were both blind performers. Volunteer **Helen Mukhath** provided able support at the event.

### **Improv-Ability workshop-12<sup>th</sup> March 2016**

We organized the **Improv-Ability** workshop to celebrate **International Women's Day** on the **12th of March, 2016**. This was a collaborative and inclusive workshop that used **Improv comedy** as a medium and tool for our women friends with and without disabilities, to build their self-confidence and to develop a new skill in creative expression. The workshop conducted by **Adam Dow** and **Gavin Methalaka** of **Improv Comedy House Mumbai** was supported by **Rachna Iyer** and **Rohan Sabharwal** of **Crayon Impact**, and was conducted at **The Den, Khar**, who were our venue partner. 14 women with and without disabilities participated and tried their hand at doing **Improv**; most of them, for the first time. A sign language interpreter was present to facilitate the event for our deaf women friends.

The workshop culminated in a performance where established improv artists shared the stage with the workshop students. Film on the workshop was created by **Rohan Sabharwal**

<https://www.youtube.com/watch?v=sT49IYH4Ghk&t=45s>



THE HINDU covered our Improv-Ability workshop



### **World Chocolate Day-7<sup>th</sup> July 2016**

7th July of every year identifies as International Chocolate Day and we at Trinayani decided to celebrate this event by inviting our wheelchair user friend Dinkle Shah, a professional chocolate maker and a national level basketball player, to share her knowledge on chocolate making in a workshop for a group of high school deaf students of Sanskardham College of Deaf Education, who attended the workshop along with their sign language interpreter Sayali Parab Saou. We thank Ms Lata Nayak Principal. The workshop was coordinated by our friend Sunita Sancheti who also celebrated her birthday with us.



Sunita Sancheti and resource person Dinkle Shah (both wheelchair users) with deaf students of Sanskardham College of Deaf Education

The idea was to involve participants in a sweet and delectable workshop where they learn the skill of chocolate making as well as a fancy way to wrap and pack them as a take away.

Documentation: [https://www.youtube.com/watch?v=JZ2dLO\\_bC1s&t=22s](https://www.youtube.com/watch?v=JZ2dLO_bC1s&t=22s)

### **Hindustan Petroleum Corporation Limited (HPCL) Diversity Month**

#### **Celebration-July/August 2016**

We were happy when Hindustan Petroleum Corporation limited, (HPCL) asked us to design and conduct their Disability Inclusion month, with activities at their HPCL colony in Chembur, Mumbai. The following is what we finally executed for them.

On 17<sup>th</sup> July, 4 blind therapists of Sparsh Foot Spa provided foot and back neck shoulder massages to about 40 members of the Ladies Club of HPCL colony.

19<sup>th</sup> July, in the first half, we conducted a disability awareness session for children of the colony through our Snakes and Ladders Floor Game.



Disability awareness through our Snakes and Ladder game with HPCL colony children



Winners of the Inclusive treasure Hunt at HPCL diversity month celebration

**19<sup>th</sup> July**, in the second half, **we designed the Inclusive Treasure Hunt for older children** at the campus. Blind students of Victoria Memorial School for the Blind, Tardeo, were invited to participate in the Treasure Hunt. Our friends, Ms. Shobha Sachdev and Ms. Sunita Sancheti charted the treasure hunt route, designed the clues and helped execute the event. We thank Ms. Swati Tamhankar from the HPCL, Ladies Club, Chembur for coordinating the same from their end.

**20<sup>th</sup> July** evening our Inclusive Music band, **Pehli Baarish** put up a 30-minute-long performance filled with music, glee and cheers for the **Ladies club**.

On 6<sup>th</sup> August, we hosted the dance performance of **Kolkata** based dance group '**Anwasha-The Quest**' wherein the **intellectually disabled dancers** put up a mesmerizing piece on stage, their first ever performance in Mumbai. Thank you Sharmila Basu and Ruma Roy and all parents and dancers.



<https://www.youtube.com/watch?v=d3HnORDBzjQ> Diversity Month Celebration for HPCL

### **Daan Utsav-2<sup>nd</sup> to 8<sup>th</sup> October 2016**

Trinayani decided to participate in the Daan Utsav, but in our own unique way. **The agenda was to drive home the message that people with disabilities are not mere receivers of support but also capable of giving back to the society.**

To achieve this, we invited our friends with disabilities to become Resource persons and conduct sessions for an inclusive audience of various organizations in Mumbai over the Daan Utsav week. We thus celebrated the joy of giving week, spreading awareness about how all of us are interdependent on each other and **that by giving to others, we all are poised to gain.**






## NGO Trinayani

CELEBRATES

# “Joy Of Giving”

along with our friends with disabilities

  
 Dr. K. Mehta

  
 Lata Sadashiv

  
 Sunita Sancheti

  
 Oliver Dsouza

  
 Isuru Kowlani

  
 Bande Nawaz

  
 Madhu Singh

  
 Bijoli Shah

‘When you learn, teach.  
When you get, give.’ - maya angelo

**Blind Therapists of Sparsh Foot Spa**  
Providing Massage therapy to residents of Adhar Vrudhashram, Boriwali East  
2nd October, 9am to 1pm

**Dr. Ketna Mehta**  
Teaching CV writing & interview skills to disabled candidates  
NASEOH, Chembur  
3rd October, 2pm-3pm

**Bijoli Shah**  
Teaching Paper quilling to disabled girls  
NASEOH, Chembur  
3rd October, 3pm-5pm

**Bande Nawaz**  
Foot & mouth painting session for non disabled children  
Edora, Puvai  
4th October, 4pm to 6pm

**Emon (Indian Idol performer) & Ritika Sahni**  
Singing together with blind girls of Industrial Home for Blind Women, Andheri West  
5th October, 10.30am to 12.30pm

**Oliver Dsouza**  
Interaction with non disabled children on Paralympic swimming  
Kamla Vihar Sports Club, Kandivli West  
5th October, 6pm to 7pm

**Rotary Sanskardham Academy for Deaf Adults**  
Conducting Sign language session for students of Sanskardham Vidyalaya English Medium School  
6th October, 10am to 11am

**J.M. Patel College Goregaon West**  
6th October, 10am to 11am

**Sunita Saancheti & Neenu Kewani**  
Workshop on Universal design for students of Rizvi College of Architecture, Bandra West  
7th October, 10.30am to 1pm

**Madhu Singh**  
Motivational talk & teaching diya decoration to non disabled teenage girls of Vacha Resource Center for Women and Girls, Andheri East  
8th October, 2pm to 4.30pm

**Blind Therapists of Sparsh Foot Spa**  
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8th October, 2pm to 4.30pm



Dr Ketna Mehta, Bijoli Shah and Sunita Sancheti at the workshop at NASEOH



Wheelchair user Oliver Dsouza at the Kamla Vihar Sports Complex conducting the swimming workshop



Children of Eldora Building, Powai, foot painting in a workshop by Foot Painter Bande Nawaz



Madhu Singh conducting Diya Making workshop for Vacha Resource Center for women and girls

### **Daan Utsav-2nd to 8th October 2019**

We are thankful to our friend Chandni Parekh for involving us in ‘Giving Tuesday India” Daan Utsav initiative in partnership with Mumbai Metro. The Metro station allotted to us was D. N. Nagar in Andheri West.

Trinayani had 2 blind therapists of Sparsh Foot Spa at the station for a week servicing interested commuters.



Visually impaired therapists of Sparsh Foot Spa servicing clients at D.N. Nagar metro station

We had our **LET's TALK sculpture** installed for public viewing, which evoked interest in many commuters. We were thrilled with the random responses we received from different commuters a different time and were happy to be engaging with them, sharing messages of Disability Equality with all.





A commuter examining our "Let's Talk" sculpture installed at D.N. Nagar Metro station, Andheri

Mumbai Metro One

**This #JoyofGiving week**  
 Trinayani wishes to start a conversation  
 around diversity with commuters, visitors  
 and friends at D. N.Nagar Metro station..

an initiative of GivingTuesday India Daan Utsav - Joy of Giving Week  
and Mumbai Metro

Catch me along with my team.

Drop by to enjoy a relaxing 15 mins massage by our Blind therapists  
for a nominal fee of Rs 100. (2nd to 5th October 3 to 7 pm)

Walk around our #LETSTALK sculpture exhibit to understand  
the world of deaf and deafblind persons 2nd to 8th October (all day)

Enjoy the performance of our Inclusive Music Band  
 #PehliBaarish lead by Singer-Activist Ritika Sahni  
 4th of October between 5 and 6 pm

ALL AT D. N. NAGAR METRO STATION (Versova end)

Those of you wish to visit us... remember... You do not need to buy a ticket  
or travel by metro.. you can enter the D.N. Nagar Metro station  
from the link road end.. either by the lift at the crossing or the  
stairs, to visit us.

We are near the ticketing counter... next to JumboKing... in the unpaid area...

You can come... enjoy a massage... see the exhibit  
and leave without buying a ticket or entering the train area...

Come, celebrate, engage with us...

#HappyNavratri #HappyDurgaPuja

a DaanUtsav initiative by

Creating Awareness about Disability  
www.trinayani.org

#GIVINGTUESDAY INDIA



2 blind musicians, percussionist Augustine Chettiar and keyboardist Rahul Gujjalrom from our Inclusive Music Band Pehli Baarish Band lead by Singer-Activist Ritika Sahni performed in the spirit of giving at the Metro station.



Blind Compere, Kishor Gohil with Ritika Sahni at Pehli Barish performance at D.N. Nagar Metro Station along with blind musicians Rahul Gujjal on keyboard and Augustine Chettiar on octopad



Volunteer Kalpana Maheshwari interacting with a client at the Sparsh Foot Spa counter at D.N.Nagar Metro station

## Valentine's Day Event-14<sup>th</sup> February 2017

Love knows no boundaries and it should remain unfiltered; **free of judgment and prejudice**. To support and spread the word about how everyone deserves to be loved and be in love, we hosted an event with a difference called **"Love Knows No Disability"** on **Valentine's Day, 2017**. We gifted five couples (where at least one of the them had some disability) across India (**Mumbai, Kolkata, Hyderabad and Ahmedabad**) to a Lunch date, courtesy Mainland China, as an effort to promote the togetherness of such couples in the public and encouraging people to alter their perspective regarding disability. *Our gratitude to Shri Anjan Chatterjee and staff at Mainland China for their support and hospitality. Thank you to Sunita Sancheti, Snigdha Sarkar of Anwasha Kolkata, Bhavna Kapoor and Sweety Bagga in Hyderabad for helping in coordination.*



Arnab & Nupur, Janardhan & Sumitra in Mainland China, Kolkata



Mahendra & Shibani at Global Desi Tadka Ahmedabad



Rajeshwari & Nazeem, Utpal & Kiran in Mainland China, Mumbai







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We decided to curate a more innovative and fun filled way to push our cause, bringing together friends with and without disabilities on a platform that not only promoted equality but also attempted to embed a sense of realization of interdependence between different communities.

**TOGETHER FOR TREASURE**, a first of its kind Inclusive Treasure Hunt Event was organized by us on the 12th of March 2017, in Powai on occasion of International Women's Day. Organized in Powai, this event attracted, 30 women participants from different communities. Persons with visual, intellectual and mobility impairment, senior citizens, persons from the LGBTQI community and our non-disabled women friends were all a part of this initiative.

The objective of an outdoor event like this one is to reach beyond the people that are participating in the game. Those who witnessed the participants on the roads, as well as readers of the media coverage help spread awareness about how persons with disabilities face discomfort at several public places even in a so called 'modern Mumbai'. 5 teams with 6 members each (which comprised of equal disabled and non-disabled participants) were chosen by lottery. The idea was to design the clues and the route of the treasure hunt in such a manner, that taking inputs from each and every other group member became a requisite in the game. This raises awareness regarding how we all are, in so many ways dependent on each other and also mutually benefit from one another as we work in tandem.

The hunt started from **Heritage Gardens at Hiranandani, Powai**. Prior to the event, our team had done extensive recce to decide the route and the participating shops. Clues, which were written in braille as well as sign language, were kept at various commercial locations around the area such as **Aromas, Haiku, Mainland China, Mirchi & Mime, Hyper City, etc.**

During the hunt, every group member gained a sense of achievement and realization as each contributed not only to cracking a clue but also understanding that no one is truly self-sufficient and that everyone has something to offer.

<https://goo.gl/photos/NG5iUoVnhcXbw5z97> pictures from the event

<https://www.youtube.com/watch?v=nDlm9kKZctl&t=11s> Documentation of the event created as a volunteering effort by 5 students of MET Institute of Mass Media.

Afternoon Despatch & Courier was our media partner and gave us a full-page coverage of the event.

# 14 | **Afternoon** MUMBAI DESPATCH & COURIER **THOSE WHO DARE-WIN!**

Afternoon Despatch & Courier  
www.afternoon.in  
MUMBAI | TUESDAY, MARCH 14, 2017

By Binaisha M. Surti

The magnificent term 'unity' is all about mental strength irrespective of challenges. Where there is teamwork and collaboration... wonderful things can be achieved. So, all though we sail in different boats, we share the same river of life and when we enlarge our view of the world...we deepen our understanding of our own lives. Every human being is born with some unique and wonderful talents, when polished these in turn shine and get converted into beautiful gems.

NGO 'Trinayani' formed in 2006 works towards creating awareness about disability issues and empowering such people through meaningful employment. Hence they look to break stereotypes, bust myths and remove cobwebs of ignorance. They conduct specially designed disability sensitization workshops for different segments of the society along with self-advocates, make short awareness films, broadcast 'Mud Mud Ke Na Dekh' a radio show on cross disability issues, manages the 'Spash Foot Spa' run by blind therapists, performs with their inclusive music band 'Pehli Barish' and do what it takes to get the disability issues into the public purview. People with disabilities are profoundly ordinary people sharing the same need to feel included, recognized and loved by society.

On 12th March 2017, Heritage Garden Powai was witness to all the action... a unique concept as NGO Trinayani presented 'Together for Treasure' an inclusive treasure hunt to celebrate International Women's Day. The aim of the treasure hunt was to bring together women and various people with and without disabilities and diversity on a platform that not only promoted equality but also attempted to embed a sense of



**"Ritika asked me for a fun filled idea where people could participate. So I shared the idea of having a treasure hunt as I had organized one previously for a family function. First time we had done a treasure hunt at HPCL Colony for kids. So that is how it all happened and this event came about. Whenever there is an upcoming event of any NGO and I feel that it will raise awareness and it will make a lot of difference then I join in. It is good to do events like these which create awareness amongst the masses. Due to a complete team effort, this event has been a grand success."**

**Sunita Sancheti (Brain behind the event)**

realization and interdependence between the two groups. The morning kicked off with some great musical entertainment followed by which Ritika Sahni, Founder-Trustee of Trinayani, a singer and consultant in disability inclusion... welcomed everyone and explained the rules of the event.

5 teams - Turquoise, Jade, Diamond, Quartz and Cats Eye were formed with six members in each side which included the blind, a wheelchair user and people with intellectual disability. Representatives from the LGBTQ community were also present. They were selected



**"My mother has always been a social worker, helping people and even in our school we learn to give back to the community. We were helping the wheelchair bound people in getting from one place to another safely during the treasure hunt...and we were specially trained for this."**

**Sidhanth Chandra (Volunteer)**

on the basis of picking numbers. T-shirts depicting the teams colour and caps were presented. Further specifying about the treasure hunt, Ritika explained that there would be 7 clues, each leading to a landmark location in Powai which in turn would lead them to acquiring the

coveted treasure. Clues were in braille, a singing clue, there were others in numeric order, props and written too. One of the tasks was also learning a sentence in sign language. At four locations, the participants were required to complete various activities as a team. Followed by which the volunteer would hand over the next clue. The team who reached the treasure first and also successfully demonstrated the activities at the finish point would be crowned as winners.

The game required all to walk on the roads and pavements. The participants on the wheelchairs were helped by young volunteers. The electric mix of people from different backgrounds were seen having a gala time. The excitement and enthusiasm portrayed by all these young at heart talented individuals spoke volumes. They showed great competitiveness and played in the right sportsmanship spirit. Within no time the teams assembled back one after another at the starting point.

The winners of the treasure hunt were 'Team Quartz' in pink t-shirts. They were awarded gift hampers by Anju Tikekar, the participant t-shirts and a gift voucher was awarded by Honey Lulla Hair Salon and Make up Lounge (wheelchair accessible salon) run by Bharti Gehani and Honey Lulla. Next, Bijoli Shah a paraplegic handed out 'Bijoli's Authentic Art Hamper', a photo frame was gifted by wheelchair user Deepa Sachdev who runs the Shehnaaz Beauty Salon in Kandivali, while wheelchair user Nehal Thakkar of Media Creative House gifted West-side vouchers. A poster designed by a group of disabled and non-disabled artists was gifted by Trinayani. Four jars and a tray set for all participants was sponsored by Aloke Rub Plast Pvt Ltd. Discount Vouchers were given by Mirchi and Mime restaurant in Powai and finally food packets for all were sponsored by Sweet Bengal.

## A CHAT WITH RITIKA SAHNI FOUNDER/TRUSTEE OF TRINAYANI



**What was behind the idea of the treasure hunt event?**

We at Trinayani have events like these all the time. I feel that the only way people's perception about disabilities and diversities will change if they are forced to deal, look at that issue and have conversations about them. We want to provide such occasions. So we are very interested in doing ground events like these. This is one of our biggest events. When Sunita Sancheti put forward this idea, I readily agreed for the treasure hunt event... Later I spoke to Sudipta and we went ahead to the Hiranandani office and requested them and they readily agreed.

**Speaking more about Trinayani**

Trinayani is the third eye, it is the higher consciousness which makes you do the right things. It was started in 2006 and be it parents, siblings or family... it is everyone's dream that people with disabilities gets to live a normal life like everyone else. That can happen if non disable people change their thinking because they are the majority. Trinayani is an advocacy driven organization, interested in creating awareness about disabilities and diversities amongst normal people and in the 10 years that we have grown we are also training people because even they need to change in their attitudes. Anything we do is inclusive and I had the wonderful opportunity of working with people who have had various disabilities. I made it clear that from the beginning Trinayani will be a cross

disability organisation.

**The idea of disabled people being sponsors of the event**

All the treasures were gifted by various disabled people. It is all the mindset. Everyone co-operated with us and came forward to help out. All of them were present to give away their individual prizes. The participants are from various diversities. A lot of well-wishers have come forward to support us too.

**What makes the treasure hunt one of a kind and unique event**

This is very unique because so many diverse people are a part of it. We have transgender, intellectual impairment, wheel chair users, and the blind and other senior citizens etc. This is a hugely diverse group participating in this one of a kind event. I will also say that along with women we have men on board also, making this very inclusive. The idea was that everyone gets together and celebrates Women's Day. It is an effort of bringing all types of people together. We plan to have more such events like these in the future.

**Helping hands on board**

Along with me, Sunita Sancheti and Sudipta Mukherjee Mandal were at it together. A lot of hard work went into get this together. We had a social media promotion which happened. Then all the volunteers too have done a commendable job.

**TELL US WHAT YOU THINK**  
@Afternoon\_News



**"Today's treasure hunt has been an amazing experience and I would love to be a part of such a thing again. We participated in unearthing the clues, meeting a lot of people on the way, also involving ourselves and knowing each other and our strengths and finally it was not about winning...it was all about taking part. We all have treasures within us and we discovered them within ourselves."**

**Dr Ketna Mehta (Participant and Founder Trustee of Nina Foundation)**

The success of our Treasure hunt was due to the immense support from our friends and well-wishers. We would like to thank the following contributors:

- *Sunita Sancheti* for initiating the idea, overall support, especially in creating the clues
- *Sudipta Mukherjee Mandal of Meeraki* who was part of the planning process and with us till its execution, coordinating the essentials in Powai.
- *Hiranandani Administration, Powai, specially Mr. Sudipto Lahiri*
- *Bharti Gehani of Honey Lulla Salon* for sponsoring with the T, Shirts, Caps and gift vouchers for the winning team.
- *Mr Ajay Tanna*, for sponsoring gifts for ALL participants.
- *Anju Tikekar, Nehal Thakkar, and Bijoli Shah* for generously helping out with gifts
- *Principal, Shamali Gupta and student filmmakers of MET*, Media Department for volunteering to make the film
- *Sailesh Mishra of Silver Innings, Pradyna and Pallavi Kadam of NAB* for helping us with participant selection
- *Swati Rajput, Shaurya Chauhan and Kaushal Ayare* for entertaining all of us
- *Prashant Issar of Mirchi and Mimes*, for gifting restaurant vouchers for the winning team
- *Mr Anjan Chowdhury of Mainland China* for his generous support with lunch boxes for all participants, volunteers and the Powai administration staff
- *Aroma, HyperCity*, and all participating restaurants
- *Sushmita Shri and Student Volunteers* from Powai
- *Nehal Parekh of Yellow Communication* for design support
- *Afternoon Dispatch and Courier* for coming on board as media partner
- *Volunteers Dyuti Basu, Kalpana Maheshwari, Shobha Sachdev, and young Meera Mukherjee Mandal* for designing the thank you cards for us.



### **UDAAN, a Rotary Event-25<sup>th</sup> September 2017**

At the UDAAN 13th interact district conference, on 25th September, 2017, organized by Rotary Club of Juhu, Mumbai, 3141, Trinayani presented a short skit titled **PARK BENCH**, showcasing that disability is not a stigma. It tried to get across the fact, that disability does not take away the normalcy or the social aspect from someone's life, nor does it bar non-disabled people to befriend people with disabilities. We would like to thank President Sumana Menon and Secretary Varsha Baradiya for this opportunity.



The play was written by Tanmay Bahulekar and directed by Max Fernandez featuring Sunita Sancheti, Kaustubh Tapal and Ritika Sahni.



## **Tata Mumbai Marathon-January 2018**

Trinayani garnered a team of friends with varying disabilities and their buddies to participate in the *Champions of Disability* category of *Tata Mumbai Marathon in 2018*. All the participants carried banners that had messages about awareness for disabilities and its sensitization and wore headgears which were designed by our creative consultant, Sudipta Mukherjee Mandal.



Here are the names of our friends who showed solidarity with our cause.

Sr. No.	Disabled Participant	Non -disabled Buddy	Disability
1.	Mr. Rahul Ramugade	Chinmayee Ajgaonkar	Wheelchair user
2.	Ms. Geeta Chouhan	Pramod Waghmare	Wheelchair user
3.	Mr. Mitesh Shah	Debosmita Shah	Physical disability
4.	Ms. Khushbu Ganatra	Ritika Sahni	Wheelchair user
5.	Mr. Ajay Kharva	Sudipta Mandal	TRINAYANI
6.	Mr. Deepak Khubani	Shahida Mogar	Intellectually Disabled
7.	Ms. Vishakha More	Kalpana Khubani	Blind
8.	Mr. Ramesh Mishra	Louis Meprath	Physical Disability
9.	Mr. Kaushik Sampat	Vrishali Kadam	TRINAYANI
10.	Ms. Fatema Manthalkar	Mangesh Shirpurkar	Blind
11.	Mr. Parth Kadam	Kanchan Rohera	Down Syndrome
12.	Mr. Dhruv Shirpurkar	Aman Gohil	Wheelchair user
13.	Mr. Kishor Gohil	Heneil Sampat	Blind

**Maharashtra State Level Seminar-March 2018, held at the accessible Prabodhankar Thackeray Krida Sankul, Vile Parle East, Mumbai**

2016 was a landmark year for the disability sector with the creation of the **Rights for Persons with Disability Act 2016**, recognizing 21 conditions as disabilities compared to the earlier 7. Events like these are huge milestones for the disability fraternity and are a true representation of efforts turning into actual results. Trinayani organized the **Maharashtra State Level Seminar on the Rights of Persons with Disabilities Act 2016** on 10<sup>th</sup> March, 2018 in partnership with **National Centre for Promotion of Employment for Disabled People (NCPEDP)** supported by **ONGC**, with active support from Lawyer Kanchan Pamnani. The presence of Sign Language Interpreter aided our deaf friends to participate fully in the proceedings.

**86 Participants** from across the state attended this seminar and participated in the deliberations. We invited experts such as Shilpi Kapoor, Director BarrierBreak Technologies and members of prominent NGOs working across disabilities, to gain their perspective on working with the newly recognized disabilities and to give a short presentation of their work. The seminar was interactive and soaked with dynamic discussions regarding the disabilities. It was a highly insightful, day long, meeting that covered multiple facets of the sector and discussions around the Act.



Sign Language Interpreter Shabina Choudhary interpreting for Advocate Kanchan Pamnani



Ms Sheela Chitnis, Chairperson, Multiple Sclerosis Society of India addressing the participants



The following table is an overview of the daylong event and the agenda. It states the topics that were broadly discussed and the Resource persons representing different disabilities and NGOs



**Maharashtra State Level Seminar on Rights of Persons with Disabilities (RPWD) Act, 2016  
10<sup>th</sup> March, 2018 Mumbai**

<b>AGENDA</b>		
9.00 am	Breakfast and Registrations	
9:45 am	Welcome address by state partner	<b>Ms. Ritika Sahni</b> <i>Singer-Activist, Founder Trustee, Trinayani</i>
9.50 am	Address by NCPEDP	<b>Ms. Kanchan Pamnani,</b> <i>Advocate and Solicitor</i>
10:00 am	COUNT ME IN: Introductions by representatives of <ul style="list-style-type: none"> <li>• Autism Spectrum Disorder</li> <li>• Multiple Sclerosis</li> <li>• Parkinson's Disease</li> <li>• Thalassemia</li> <li>• Hemophilia</li> <li>• Sickle Cell Disease</li> <li>• Dwarfism</li> <li>• Leprosy Cured</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Mrs Chitra Iyer</b></li> <li>• <b>Ms. Sheela Chitnis</b></li> <li>• <b>Dr. Sharmila Dhonde</b></li> <li>• <b>Mr. Vinay Shetty</b></li> <li>• <b>Mr. Balshiram Gadhave</b></li> <li>• <b>Dr. S.L. Kate</b></li> <li>• <b>Mr. Mark Dharmai</b></li> <li>• <b>Mr Rasul Mulla</b></li> </ul>
11.00 am	<b>TEA BREAK</b>	
11.15 am	"Employment of PWD - The business case"	<b>Mr. Anuj Shah</b> <i>Co founder, Mirchi and Mime</i>
11.30am	Legal capacity	<b>Mr. Jamshed Mistry</b> <i>Advocate, Bombay High Court</i>
12.00 noon	Strategies for Inclusion of women with disabilities	<b>Ms Amba Salelkar</b> <i>Equals Center for Promotion of Social justice</i>
12:20 pm	Invisible – Uncared for and the Potential Stakeholders "Children with disabilities"	<b>Dr. Vibha Krishnamurthy</b> <i>Medical Director- Ummeed Child Development Centre</i>
12:40 pm	"The Rights that were often denied to us"	<b>Dr. Ketna Mehta</b> <i>Founder Trustee, Nina Foundation</i>
1:00 pm	<b>LUNCH BREAK</b>	
2.00 pm	"Accessibility - The future"	<b>Ms. Devanshi Shah</b> <i>Architect, Writer, Designer</i>
2:20 pm	"The New Frontier- Access to Information"	<b>Ms. Shilpi Kapoor</b> <i>Founder Barrierbreak &amp; 247 Accessible Documents</i>
2.50 pm	"The Travails of Education and Skill Development"	<b>Dr. Sam Taraporevala</b> <i>Director, Xaviers Resource Center for the Visually Challenged</i>
3.45 pm	"Going beyond the RPD Bill: Learnings and Challenges"	<b>Mr. Vineet Saraiwala</b> <i>Assistant Manager Future Retail Ltd</i>
4.05 pm	"Employment- the contentious issue and the complexities of redressal for our rights"	<b>Mr. Uday Warunjikar</b> <i>Advocate, Bombay High Court</i>
4.45 pm	Question and answers Tea and Snacks	

Grateful for the support we received from our friends and well-wishers, Ms Shobha Sachdev and Shri Arvind Prabhoo and the entire staff of Prabodhankar Thakrey Sports Complex. We deeply appreciate the efforts of Umesh Arora, Mili Shah and Paresh Shah for their substantial donation towards the gifts for all the participants. We would like to thank our friend Neenu Kewlani and her Toastmaster friends Gaurav Vasani, Harsimran Singh, Ambuj Tripathi, Yogesh Jeswani, Jainam Gandhi and Shekhar Khobrekar for their support.



Registration desk being manned by Shobha Sachdev and volunteers



Shilpi Kapoor of BarrierBreak Technologies addressing the participants



Group picture of all participants attending the RPWD seminar, from across Maharashtra

### **ANDHADHUN Inclusive film screening-7th October 2018**

Carnival Cinemas (a multiplex chain) extended an invitation to Trinayani to attend the premiere of Hindi Bollywood film Andhadhun featuring a Blind protagonist embroiled in a murder. We ensured smooth execution of this and 20 of our friends with visual impairment along with volunteers watched the film. Since, the film was not audio described, our sighted friends sitting along with our blind friends, explained the scenes of the movie to them. They were treated with snacks and even got a chance to meet the protagonist, the well-known Bollywood actor Ayushmann Khurana.



Our visually impaired friends at Carnival Cinemas, Andheri enjoying the film screening



## INCLUSIVE MONTHLY MEETUPS

Despite the crores of persons with disability in India, many remain '**invisible**' for various reasons. Having a disability can also contribute to feelings of social isolation and not being understood or acknowledged. At Trinayani, we had long been thinking of organizing meet-ups for our friends with and without disabilities with the simple motive of '**being seen**', dissolving barriers, having conversations and of course, celebrating with food, cinema, music and outings.

**We finally launched our Inclusive Monthly Meetup Initiative in Mumbai in May 2017.**

For the first few meetups we were grateful to have the support of **EZYMOV** as they volunteered to send their accessible taxi service to ferry some of our wheelchair user friends to meetup venues.

The **23 meetups** we have so far curated and meticulously planned has facilitated people to come together despite their challenges and share suggestions for supporting each other in a welcoming, fun filled, joyful, non-judgmental and safe environment and of course return more aware.

Most importantly our monthly get-togethers keep the social lives of our friends with disabilities active and provides opportunity to interact with each other and with non-disabled persons in a safe space.

It is indeed challenging to source venues accessible for our wheelchair user friends in Mumbai and to come up with meetup ideas to keep the interest going for both our disabled and non-disabled friends. Despite the challenges faced we have always managed to curate special, unique and exciting events for every meet up, none of which would be possible without the relentless support of our friends. **Here are the details of some of our monthly meetups.**

Meetup	Date, time and venue	Event Description	Supported by:
1st meet-up	MUSICAL EVENING 21st of May, 2017 4 to 7 pm at Bandra West	Songs by talented singers Emon Chatterjee, Manjima Goswami, Mukesh Pancholi, Meera Mandal, followed by a drum session by members of the Mumbai Drum Circle all regaling our audiences. Singers were accompanied by blind musicians of our Inclusive music Band- Pehli Baarish. We had the honour of having veteran actress Tanuja Ji as our chief guest	Mitu Bidichandani, Kanchan Rohera, Sudipta Mandal, EZY MOV, Veteran actress Tanujaji Shamali and Aaheli Gupta Shobha Sachdev, Rachna Raj Sethi. Ms Bala Sethi of Mumbai Drum Circle Marita and Joshua D'mello and Malay Desai, Emon Chatterjee, Mukesh Pancholi, Manjima Goswami
2nd meet-up	ANTAKSHARI 18th June 2017 2 to 6 pm at RIMS International School Andheri west	Conducted by Mr Suhail Mohammed. Highlight of the day was a lot of laughter and a bunch of high-fives at the event.	Ms Reshma Hawa and staff of Rims International School, Shobha Sachdev, Mitu Bidichandani, Anita Bandopadhyaya, Rachna Raj Sethi, EZY MOV, Akruti Lunia, Disha Sancheti, Arvind Vishwakarma & students of MMMI Institute, Pehli Baarish blind musicians Ashok Arya, Dhawal and Augustine, Loveleena Joshi of PODS

<b>3rd meet-up</b>	23rd July 2017 2.30 to 6 pm at Adapt, Bandra	One-minute indoor games organized for all	Saurav Mukherjee and his team at Seventeen Events Training and promotions, EZY MOV, Mangesh Shirpurkar, Photographer Abhijeet Devadiga
<b>4th meet-up</b>	20th August 2017 2.30 to 6 pm at Adapt, Bandra	Bollywood Quiz and Film making	Seventeen Events Training and promotions along with Vishakha More Photographer Abhijeet Devadiga
<b>5th meet-up</b>	24th September 2017 2.30 to 6.30pm Prabhodhankar Thackeray Sports Complex, Vile Parle east	Garba and Dandiya Raas	Videographer James Roy, Arvind Prabhoo, President & Staff of Sports Complex Ajay Tanna, Ami Shah Col Sundaram, Dipti Doshi and Sangita Jagtiani
<b>6th meet-up</b>	29th October 2017 Gossip G-7 Bandra west	"Golmaal Returns" film screening	Neenu Kewlani, Dipti Doshi and Sangita Jagtiani
<b>7th meet-up</b>	26th November 2017 2.00 to 6.00pm Mahalakshmi Race Course	A day at the Mahalakshmi Race Course, Mumbai	Management of the RWITC, Mr. Bergis Desai, Dipti Doshi and EZY MOV Car Service
<b>8th meet-up</b>	10th December 2017 11.00 am to 3.00 pm T2, International Airport	Visit to the JAYA HE Museum at the International Airport to celebrate International Human Rights Day	Rekha Nair and team International Airport
<b>9th meet-up</b>	13th January 2018 11.00 am to 3.30 pm	A refreshing talk by Self Advocate Aditi of Aditi's	Hema Ganachari and TEAM IDOBRO



	MIG Club Bandra east supported by RISE	Corner. Ramp walk by the KIMKAN girls. Musical Performance by C Sharp Special kids, mimicry music by our friends, Talk by Shilpi Kapoor	Singer-Actor Piloo Vidyarthi, Shilpi Kapoor of Barrier Break Technologies, Veteran Bengali Actor Shakuntala Barua,
<b>10th meet-up</b>	25th Feb 2018 3.30 pm to 7.00 pm at Adapt, Bandra	Karaoke Evening	Kala Sridhar and her entire team at ARK events and Mitu Bidichandani
<b>11th meet-up</b>	31st March 2018 3.30 pm to 7.00 pm at Adapt, Bandra	BRAIN GYM session	Sushant Mysorekar from Brain Rhyme, Rekha Balgi and Sandeep Sarang Photographer Abhijeet Devadiga
<b>12th meet-up</b>	29th April 2018 4.00 pm to 7.00 pm At Chilli's American Grill & Bar, Bandra	Learning the art of making Mocktail & Cocktails	Ace Mixologist- Shatbhi Basu, Management of Chilli's American Grill and Bar
<b>13th meet-up</b>	26th May 2018 4.00 pm to 7.00 pm at Adapt, Bandra	Mental Hygiene and Soul Thumka	Lopa De, Ritika Sahni
<b>14th meet-up</b>	21st July 2018 1.45 pm to 4.30 pm Dosti House, U S Consulate, Bandra	Screening of American showcase film "Becoming BulletProof"	U.S Consulate General, Mumbai. Geeta Castelino, James Ferrell, Tejaswini Karalkar and Shamali Gupta
<b>15th meet-up</b>	30th September 2018 10.30 to 4. 30 pm The Yoga Institute, Santa Cruz East	Mindful Movement, Asanas, Pranayam, Games, Relaxation techniques, talk by Hansaji, Flute recital with	Hansaji J Yogendra, Director Yoga Institute Yoga instructor-Neelam Vaswani, Sudipta Mukherjee Mandal of Meeraki, Celebrated flutist

		satvik lunch and evening refreshments	Naveen Kumar and pianist Gauri Deshpande Rekha Balgi, Mrs Desai and all at the Institute
<b>16th meet-up</b>	23rd Dec, 2018 11 am Metro INOX	Special subtitled screening of the Shah Rukh Khan starrer film-ZERO.	Sangeeta Gala, Shalini Gupta and team INOX
<b>17th meet-up</b>	3rd February, 2019 Balkan-ji-badi, Juhu	Inclusive Sports Meetup where popular games were thought of and modified for our participants having different disabilities and non -disabled participants. Lagori was explained to all by our deaf college students in sign language. We had a relay race, lemon and spoon, dog in the bone.	Supported by Hema Ghanachari, Karon Shaiva Rise World Summit, 2019. Sunita Sancheti and Santosh Shriyan for their creative inputs. Principal Lata Nayak and students of Sanskardham College of deaf education Event conducted by Saurav Mukherjee of Seventeen Events.
<b>18th meet-up</b>	ADAPT, Bandra	Inclusive viewing of our puppet show- The Learning Factory for non-disabled children and their parents along with our friends with disabilities together. Followed by a session on puppet making hosted by Sudipta Mukherjee Mandal	Shaheen Desai, Street Konnect, Mangesh Shirpurkar, Aruna Shahane and Rekha Balgi

Our 1<sup>st</sup> Inclusive Monthly meetup was a Musical evening, held on the 21<sup>st</sup> of May at St Pauls Media where a crowd of people with and without disabilities registered. Among them were persons who were deaf, blind, wheelchair users, adults with autism, adults who had epilepsy, senior citizens, non-disabled friends and professionals from other NGOs and our friends from the LGBTQ community. Two musicians from our Inclusive music band **Pehli Baarish** were in attendance. The evening was lined with performances by Indian Idol finalists, **Muskesh Pancholi**, **Emon Chatterjee** and singer **Manjima Goswami**. **Mumbai Drum Circle** and veteran actress **Tanujaji**. <https://goo.gl/photos/5SQyqwPsrVUmjSTQ9>



Veteran actor Tanujaji was our chief guest at our 1st meet up



In LOKMAT



In THE AFTERNOON



The 2<sup>nd</sup> Monthly Meetup was held on the 18<sup>th</sup> of June at RIMS International School at Andheri West. The winning team was awarded certificates and gift hampers.

<https://goo.gl/photos/aNXHmAWGcnz8bawC7>



We organized Antakshari, professionally conducted by Mr Sohail Mohammed

The 3<sup>rd</sup> Monthly meetup was held on the 23<sup>rd</sup> of July at Adapt Bandra (west). Seventeen Events Training and Promotions Team designed fun filled One min games for all which were played in teams.

<https://photos.app.goo.gl/hxejW0L7Vm1ix4Vn1>



The 4<sup>th</sup> Meetup took place on the 20<sup>th</sup> of August, once again supported by Team Seventeen events headed by Saurav Mukherjee who organized Film Scene creating followed by Bollywood quiz. <https://photos.app.goo.gl/pBZCrQBDZc8moMNU2>



Friends across disabilities got together to enact scenes from Bollywood films in this Meet up

For our **September monthly meetup** which was **5<sup>th</sup>** in our series held on **24<sup>th</sup> September**, we decided to host the very popular **Dandiya** for our friends, some of whom would have stepped out for the Garba dance for the first time in their lives. Our friend **Arvind Prabhoo** supported us by providing the **Prabodhankar Thackeray Sports Complex Basement** for the event and also sponsored the refreshment for all. A professional DJ provided the much-needed music for all to have fun. Once again people having different disabilities and non-disabled friends were present. We also had **Deaf reporters**, from the **Newzhook Team** covering the event.

<https://photos.app.goo.gl/HtuVL0wgHI52IUWd2>



Wheelchair user Sunita Sancheti and friends enjoying Garba in our Dandiya Meet up



For our 6<sup>th</sup> Monthly Meetup on 29<sup>th</sup> October we decided to step out and watch a film together. So Golmaal 2 screening at Gossip theatre in Bandra west, which is 50 percent accessible for our wheelchair user friends, was chosen as the film and venue.

<https://photos.app.goo.gl/I2LBHX9HsPenrfdA2>

With the commencement of the Racing season in Mumbai, supported by our friend Mr. Bergis Desai, the 7<sup>th</sup> Monthly Meetup was held at the Mahalakshmi Racecourse Worli on the 26<sup>th</sup> November. A first time for many of our friends with disabilities at the Course and many tried their hand at betting. <https://photos.app.goo.gl/rvIMO0LNxfRg4Km23>



Meetup attendees enjoying the races at the Mahalakshmi Race Course, Mumbai



All in it together, this picture captures the spirit of our monthly meetups

To celebrate Human Rights Day on the 10<sup>th</sup> of December, our 8<sup>th</sup> Monthly Meetup was made possible by an invite by the GVK International Airport for a Museum Tour inside the Airport for a group of 20. <https://photos.app.goo.gl/jvB1Aw8yR08nU7Yi1>





Meetup at the "Jaye He" GVK new museum at Chhatrapati Shivaji International Airport

For our **9<sup>th</sup> Monthly meetup** on **13<sup>th</sup> January 2018** we received support from **RISE INFINITY** and hired the **MIG Club hall** in Bandra and invited Singer/Actor **Piloo Vidyarthi** and veteran Bengali actor **Shakuntal Barua**. We had live music by Young Adults with autism from **C Sharp Special Kids World** and a refreshing talk by Founder **BarrierBreak Technologies** **Shilpi Kapoor**.  
<https://photos.app.goo.gl/B6bnVTP6U5I5FqCy1>



Usaid Shaikh and students with autism of C Sharp Music club regaling audiences at our 9th meetup

Everyone tried their hand at singing at the **Karaoke tracks** at our **10<sup>th</sup> Inclusive Monthly meetup** supported by **Kala Sridhar** of **ARK EVENTS** on **25<sup>th</sup> Feb, 2018**.  
<https://photos.app.goo.gl/vCQydzgWJ5CFolpH2>





Sushant Mysorekar from BRAIN GYM conducted a session for our meetup members as part of our 11<sup>th</sup> Meetup on 31<sup>st</sup> March, 2018.

<https://photos.app.goo.gl/AMxwIO2Hs3uvCzg52>





Our 12<sup>th</sup> Meetup was a refreshing Mixology session conducted by ace mixologist Shatbhi Basu at Chili's American Grill and Bar.

<https://photos.app.goo.gl/fJmeViV77ZxUKxzn1>



Regulars at our meetups, Bibhu Roy and Menka assisting wheelchair user attendees, Prasad Phanasonkar and Balraj Kaur with refreshments



On a slightly thought provoking note, the 13<sup>th</sup> Meetup was conducted by Regression therapist- Lopa de and a session on Soul Thumka was conducted by Ritika Sahni  
<https://photos.app.goo.gl/jxLkxngVDLGPFxVW9>



Life coach Lola Banerjee conducting a session at our 13th meetup

14<sup>th</sup> Meetup was held at Dosti House, inside the US Consulate General Mumbai, wherein we screened the documentary **Becoming Bulletproof** a film with the entire cast of actors with disabilities.



Friends with and without disabilities at the US Consulate library for a screening of "Becoming Bullerproof"

Our 15<sup>th</sup> Meetup was held on 30<sup>th</sup> September, 2018 at the Yoga Institute in SantaCruz east where everyone learned relaxation techniques like Pranayam, Mind movement and witnessed performances by celebrated flutist Naveen Kumar and pianist Gauri Deshpande along with a talk by Hansaji.

<https://photos.app.goo.gl/bUEnQc8c865DsRcw5>



Adaptive Yoga at The Yoga Centre, Santa Cruz for all



Celebrated flutist, Naveen Kumar, enthralled audiences at Yoga Centre, accompanied by ace pianist Gauri Deshpande



The 16th Meetup on 23rd December, 2018 consisted of watching the Shah Rukh Khan starrer film- **ZERO** as a celebration for **World Disability Day** with our disabled and non-disabled friends at **Metro, INOX**.



Enjoying an inclusive screening of sub-titled Bollywood film "Zero" at Meteo Inox

For our 17th Meetup on 3rd February, 2019 at Balkan-ji-bari, Juhu, we planned a **Sports Meetup** where popular games were thought of and modified for our participants having different disabilities. **Lagori** was explained to all by our deaf friends in sign language. We had a relay race, lemon and spoon, dog in the bone. A healthy competition helped every disabled participant in understanding the advantages and limitations made by certain disabilities in some of the games.



Saurav Mukherjee of Seventeen events and wheelchair user friends Sunita Sancheti and Santosh Shriyan conducting our Game Meetup at Balkam-Ji-Bari





Karon Shaiva of Idobro, sponsors of our Game Meetup, addressing the participants

The **18th Meetup** held at **ADAPT, Bandra** was an extremely entertaining one as we showed the audience our puppet show **The Learning Factory** based on the classic fable by **George Reavis- The Animal School**



A customary selfie after a Trinayani event

## SPARSH FOOT SPA-LIVELIHOOD INITIATIVE

Being blind is inevitable, but having a vision is completely in our control. Sparsh is a living example of this. Started by Trinayani in 2011, Sparsh Foot Spa is our self-sustaining Foot Reflexology spa, run and managed by trained Blind therapists. Situated in Kandivali, Sparsh supports and empowers individuals with disabilities in making their mark as part of the society by being independent and active.

Massage gives blind people a highly valued and specialized role in society, and provides them with the means to make a living. Trained in Acupressure and Massage therapy under the supervision of National Association for the Blind, or the Victoria Memorial School for the Blind, our therapists are adept in stress relieving and rejuvenating massage therapies for the foot, neck- shoulder- back, head and full body.

This *enhanced sense of touch* of persons with *visual impairment* is what has been inspiring us to continue running the Spa. We are regularly approached by Corporates, Malls and Event organizers and are able to provide employment to many freelance massage therapists.



Therapists at Red Pen office, Worli



Therapists at BNP Endurathon at Borivali National Park

Currently we have blind therapists Ramesh Mangilal Chavan and Lata Sadashiv who have been with us for over 4 years. So far, we have been able to provide employment opportunities to more than 70 therapists in Mumbai through our various events.





At the Grooming Babies event at NCPA



At Growels Mall



Corporate event at Hotel

We use this initiative to spread **awareness** so that they are not constantly seen as co-dependents **receiving support** but instead as contributors to society, whose disability has not held them back from being independent and working like the rest of those around them.

**The Sparsh Foot Spa stalls at Malls, Marathons, Melas, Corporate offices and Celebratory events provide us a unique opportunity:**

- Of igniting the curiosity of visitors who chance upon our therapists at work.
- Of changing attitudes of those who actually take a session and realize the expertise/skill of our therapists.
- Of clients paying a fee for a service rendered which is contradictory to the age-old convention of giving alms to blind persons.



Date	Details of the Event / Program	No. of Therapists
8th November, 2015	NGO mela at CCI	5
21st November, 2015	Diwali Mela at HPCL Colony	2
2015	Gorai Marathon	2
2015	Private party At NSCI	2
2015	First Source Corporate at Mind space, Malad	
22nd January, 16	Saraswati Puja Mela at Lokhandwala Andheri	2
8th March, 16	Ketchum Sampark Women's Day Event	3
17th July, 2016	HPCL, HP Nagar	2
12th November, 2016	Hannover Re Asian Conference at the Hyatt Regency, Gurgaon, NCR	4
2016	BNP Endurathon 25.0 at Borivali National Park and Sanjay Gandhi National Park	25
2017		15
2018		15
January 2017 to June 2017	Chalet Hotels for 6 months corporate service twice a month	1
8th March, 2017	Reliance Nippon Corporate Event, Santacruz East, for Women's Day Celebration	15
26th September to 30 <sup>th</sup> September, 2017	Craftwood Events Lokhandwala Durga Puja	4
19th November, 2017	Red Pen Nirlon House Corporate Event	2
1st December, 2017	S Factor at the Resort Powai Corporate Event	16
8 <sup>th</sup> to 11 <sup>th</sup> March 2018	Growels Mall	2
17 <sup>th</sup> April 2018	MRSS Ltd	4
From 2012 till April 2018 (6 yrs)	Keys Hotel Berggruen Hotels Pvt Ltd	2
15 <sup>th</sup> August 2018	For runners at Shivaji Park, Dadar	6
11.03. 19	Valuefy Solutions	3
21.04.19	Grooming Babies	3
29.08 19	BNP Green Runners	15
03.12.19	Shobiz Experiential Communications	4
06.12.19	S Factor	6
07.03.2020	Shoppers Stop, Malad InOrbit Mall	3
09.03.2020	Shoppers Stop R City Mall	4
09.03.2020	Shoppers Stop, Big India Mall	3
06.03.2020	BTS, Goregaon West	2
06.03.2020	First Abu Dhabi Bank	3
13.03.2020	Ingram Micro India SSC Private Limited	5

## PEHLI BAARISH-INCLUSIVE MUSIC BAND

We, at Trinayani believe that music is the strongest form of magic. Pehli Baarish, the brainchild of singer-activist Ritika Sahni, is our unique, inclusive music band comprising of artists with and without disabilities. Launched in Mumbai in 2014, and Kolkata in 2018, it aims to change perception and representation of people with disabilities as merely receivers of support and welfare and recreation, to individuals who also give back and can also effectively contribute.

The band spreads joy and optimism through its music, just like the first rain shower of hope and relief after a scalding summer. This is where it gets its name from, '**Pehli Baarish**' meaning the **first rain**. The band performs different genres of music to cater to preferences of specific audiences, with professionally hired sound, once a month at unconventional venues like old age homes, hospitals for incurable diseases, rehabilitation centers for drug abuse, for cancer patients in hospitals, different shelter homes, and orphanages and so on.

All our Pehli Baarish performances are very positively received and bring immense delight to our audience and every show we witness a sea of smiles. We mingle with the crowd, get them to perform with us and wrap up on a satisfactory note along with the hope to see the same as well as new faces in the next one. **The humble cost of these monthly shows is borne by generous donors allowing it to be offered free to the recipients.**



Pehli Baarish performance for Fazlani at Birla Matushree

**Blind musicians from National Organization of Disabled Artists (NODA)** founded by our blind compere friend Kishor Gohil are an integral part of the band. We have had Sachin Gaikar,

Ashok Arya and Deepak Pandit on Tabla, Congo and Dholak, Augustine Chettiar on Octopads, Dhawal Bhavsar, Rahul Gujjal, Sarfaraz Qureshi and Nitesh Patidar on Keyboards, Ashok Parmar, Jayant and Sapna on vocals and Kishor Gohil and Budhha as the compere for our shows. We thank Dyuti Basu for coordinating with all the Pehli Baarish performances and accompanying the band during the show along with volunteer Kalpana Maheshwari.

THE TELEGRAPH CALCUTTA WEDNESDAY 5 SEPTEMBER 2018

XXCI

# MUSIC the great leveller

CHANDREYEE GHOSE

**Taratata:** Cheering students, clapping teachers and an inclusive band belting out favourite numbers — that's the kind of school day Debojyoti Roy, a Class VI student of the Indian Institute of Cerebral Palsy, would like every day.

More than 100 students from all classes and departments of the institution were treated to some popular music by an energetic band of 10 that made its debut on Tuesday.

Six of the band members are from the Welfare Society for the Blind (WSB). Among them, harmonica player Manoj Sarkar turned out to be a favourite with the crowd. As Manoj played *Hain apna dil to awara* on his harmonica to fellow musician Mamta Sharma's singing, the crowd shouted for an encore.

"I felt proud when the crowd loved me. Rain had often curtailed our practice sessions but not our spirit," said Manoj, who has just finished his master's in Bengali.

The Calcutta chapter of inclusive band Pehli Baarish, an initiative of NGO Trinayani and the Rotary Club of Calcutta Midtown, is the brainchild of singer-activist Ritika Sahni.

The band seeks to empower musicians with disability and groom them for stage performances. The Mumbai chapter was launched four years ago.

Ritika, the founder of Trinayani, and singer-actor Silajit joined the musicians on stage, belting out a heady mix of Bollywood, English and Bengali songs.

Putting the band together

had been a challenge. "I had to establish trust and instil a sense of discipline in the musicians. Initially, they would land up at different times for rehearsals. They were not sure the effort was going anywhere. Most of them had no instruments of their own. They would only practise at the blind society. Building the team spirit and helping them coordinate with the regular members yet another challenge," she said.

The band rehearsed once a week for a month. "Four days were enough to get all of us in sync. We are all balancing

music with our studies, so time management was sometimes a challenge," said Ratul Basak, a student of computer applications who plays the tabla.

The response of the students and teachers at IICP has filled the blind musicians with hope. "I dream of singing live before a larger audience in future," said Surajit Mondal.

The band has also fired musical dreams in the students of IICP. "We have an in-house band at our school. I want to be like these musicians one day," said Bittu Sen.

For Suvangi Mitra of Class VI, it was the most memorable

day of her life. "The band honoured most of our song requests," she smiled.

The music was interspersed with simple tips from Ritika. "A guide should never pull a blind person. Just lead him from the front," she said, as Surajit was led to the stage to sing *Sadher lau* and other hits.

Sonali Nandi, the chief operating officer and director (technical service) of IICP, was happy with the show. "Music is a great motivator. It acts like therapy for our students. Seeing them happy and cheerful is a big thing for us," she said.

▲ Pehli Baarish, an inclusive band, performs at the Institute of Cerebral Palsy on Tuesday morning. They were joined on stage by Shilajit and Ritika Sahni

◀ The students of the institute cheer the band

Pictures by Bishwarup Dutta

An article covering our Pehli Baarish Kolkata launch event in "The Telegraph", Kolkata

In addition, since 2017, we have started to undertake commissioned performances and perform professionally on invitation, for events and celebrations.





PB at Forum mall, Thane



PB at IICP, Kolkata



PB performing at Dum Dum Correctional Home



PB at Asha Sadan Juvenile center



Group picture with Mr. Arun Gupta, Director General, Dum Dum Correctional Home, members of Rotary Club of Kolkata, Midtown and Pehli Baarish musicians

Date	Name of Organization / NGO where the Program was conducted	Supported by
February 2016	At Kalaghoda Arts Festival, Mumbai	Trinayani
19 <sup>th</sup> June, 2016	Umerkhadi Children's Home, Dongri	Kiran Gera
26 <sup>th</sup> July, 2016	David Sassoon's Children Home, Matunga	Sultan Trust, Bandra
6 <sup>th</sup> August, 2016	Ladies Club at HPCL Colony	HPCL
August, 2016	Chembur Children Home	Sultan Trust, Bandra
11 <sup>th</sup> November, 2016	Grandparents Day, 10th year celebration, Birla Matushree, Mumbai	Fazlani L'Academie Globale.
December 2018	FICCI Flo Hyderabad World Disability Day Celebration	commercial
17 <sup>th</sup> February, 2017	Family Day Celebration Vishkhapatnam	Hindustan Petroleum Corporation Limited
18 <sup>th</sup> February, 2017	CavinKare Ability Awards Ceremony, Ability Foundation, Chennai	Sultan Trust, Bandra
21 <sup>st</sup> May, 2017	1 <sup>st</sup> Inclusive Monthly Meetup Musical at St Pauls Media Complex	Sultan Trust
18 <sup>th</sup> May, 2017	2 <sup>nd</sup> Inclusive Monthly Antakshari Meetup at RIMS International School	Sultan Trust
3 <sup>rd</sup> December, 2017	World Disability Day Korum Mall, Thane	Lokmat
23 <sup>rd</sup> June, 2018	Kishangopal Rajpuriya Vanaprasthashram, Gorai	Mrs. Sonaa Singh
20 <sup>th</sup> August, 2018	Open Arms Foundation; Project partner- Asha Sadan	Mrs. Sonaa Singh

4 <sup>th</sup> September, 2018	For staff, students and parents of Indian Institute of Cerebral Palsy, Kolkata	Rotary Club of Kolkata Midtown
28 <sup>th</sup> September, 2018	For children and staff of ADAPT, Bandra west	Mrs. Sonaa Singh
13 <sup>th</sup> December, 2018	“Enactus” event by Social Cell Department	K.J. Somaiya Institute of Management Studies & Research
30 <sup>th</sup> December, 2018	Dum Dum Correctional Home, Dum Dum, Kolkata	Rotary Club of Calcutta Midtown
5 <sup>th</sup> May 2019	Commercial Show with 14 disabled artists ETC	Education Training & Services Centre for PDWs, Navi Mumbai
3 <sup>rd</sup> July 2019	Commercial Show with 5 artists at Yatch Club for members	Rotary Club of Nariman Point, Mumbai
16 <sup>th</sup> July 2019	Anand Niketan, Mahalakshmi	Trinayani
16 <sup>th</sup> Jan 2020	Commercial show for “Quintessence” Cultural Festival	Tat Institute of Social Sciences, Mumbai



At ETC, Navi Mumbai



At the CavinCare Ability Awards, Chennai





Pehli Baarish performance for members and communities of YWCA, Asha Sadan

**WAY FORWARD:** If you are an NGO or support one and would like us to share an evening of music, smiles and happiness with you through a pouring of **Pehli Baarish**, please contact us. If you are a **performer in the creative arts**, we welcome you to join us and share your expertise/gift/talent in any of our **Pehli Baarish** pouring. If you are just a well-wisher who wishes to contribute to the growth of the initiative, we also welcome donations to the cause.



PB performing for students, parents and staff of "Adapt" Bandra

# **DISABILITY AWARENESS AND SENSITIZATION WORKSHOPS**

**Creating awareness regarding disabilities: problems and challenges**

**The biggest barriers people with disabilities encounter are attitudes of other people.** A disability is something that immediately lands someone in a special education classroom, separating them from the rest. It restricts the individual to casually go to a public place, because our infrastructure is not equipped for it. It handicaps a person due to no fault of their own, but merely due to lack of awareness, empathy and lack of provision. In reality, however, a person with a disability does not, in any way, want the sympathetic looks on our faces. What people with impairments really want is to be able to live a regular life and to not be the center of everyone's sight at public places? They want empathy to replace sympathy, awareness to replace pre conceived notions and the society to act as a friend not a barrier.

**Disability awareness means educating people regarding disabilities.** When a person is being referred to as disabled, the word itself makes us sympathize with them. The image that we see is typically of someone in a wheelchair or someone who is mentally disabled and is not capable of carrying out routine tasks properly.

Disability Awareness to us at our **NGO TRINAYANI** means **helping oneself or someone else make the leap from confusion & fear to acceptance & understanding**. We work towards **demystifying the subject of disability** through **disability awareness training**, conducted by both disabled and non-disabled presenters, experts in their field and self-advocates from various disabilities and backgrounds. Urging people to listen for connections and commonalities leads to suspension of assumptions about persons with disabilities and encourages them to adopt an egalitarian outlook to life. Hence **corporate workshops** are designed to **inculcate awareness** in all the employees of all companies.

This awareness includes **understanding how to interact** with and make the company's services **accessible** to such people in order to maintain strong business relationships with them.

We use multiple strategies to teach others the value of recognizing people with disabilities as equals, who are just as capable as any other individual of amazing feats in various fields and should be treated with equal respect and recognition.

**The workshops that we conduct for teachers and students focus on the following:**

1. Understanding the meaning of disabilities and how it is not a reflection of an individual's personality.
2. Dealing and communicating with people that have disabilities.
3. Explaining the types of disabilities that can be expected in society; particularly among fellow students.
4. The concept of social equality regardless of disabilities.

Following is a table with the list of key workshops along with the details of when and where they were conducted:

Date	Workshop	Session conducted for	Session conducted by
10th February, 2016	Parents workshop	Hashu Advani College of Special Education, Mumbai	Ritika Sahni
25 <sup>th</sup> February, 2016	Train the Trainer Disability Advocacy Workshop in partnership with GiftAble	Stakeholders from various NGOs in CISCO Office, Bangalore	Facilitator Prathana Unkalkar Kaul
29 <sup>th</sup> Feb 2016	Disability Awareness Workshop	Shriram Millennium School	Ritika Sahni
10 <sup>th</sup> March 2016	Sensitization Workshop	SSA Teachers at ADAPT	Ritika Sahni
13 <sup>th</sup> March 2016	Sensitization	Media Students of MET	Ritika Sahni
1 <sup>st</sup> and 2 <sup>nd</sup> April 2016	Train the Trainer Disability Advocacy Workshop	AADI Delhi	Ritika Sahni
10 <sup>th</sup> April 2016	Sensitization workshop	BMC school Sion Class IV students	Ritika Sahni



3 <sup>rd</sup> June, 2016	Workshop conducted in Hindi	Community workers of Sahyog	Ritika Sahni
7-8 <sup>th</sup> Sept 2016	Sensitization workshop	Bangalore International Airport Ltd	Ritika Sahni
13 <sup>th</sup> and 14 <sup>th</sup> Sep 2016	Train the Trainers Disability Advocacy Workshop	Prerna Educational Center Siliguri	Ritika Sahni
7 <sup>th</sup> Oct, 2016	Snakes and Ladder game session	Rizvi College of Architecture for first year students	Ritika Sahni
18-19 <sup>th</sup> October 2016	Sensitization workshop	Bangalore International Airport Ltd	Ritika Sahni
1 <sup>st</sup> November 2016	Sensitization workshop	Bangalore International Airport Ltd	Ritika Sahni
7-8 <sup>th</sup> Nov 2016	2 day Train the Trainer Workshop title Understanding the needs of passengers with reduced mobility	Air India Sats Trivandrum	Ritika Sahni
24-25 <sup>th</sup> November 2016	2 day Train the Trainer Workshop title Understanding the needs of passengers with reduced mobility	Air India Sats Delhi	Ritika Sahni
1-2 <sup>nd</sup> December 2016	2 day Train the Trainer Workshop title Understanding the needs of passengers with reduced mobility	Air India Sats Hyderabad	Ritika Sahni
3 <sup>rd</sup> December, 2016	Sensitization workshop	Rizvi College of Architecture Bandra	Sunita Sanzeti & Neenu Kewlani

8-9 <sup>th</sup> December 2016	2-day Train the Trainer Workshop title Understanding the needs of passengers with reduced mobility	Air India Sats Bangalore	Ritika Sahni
10 <sup>th</sup> August, 2017	Learning Disability Simulation Lab	RIMS International School Andheri, West	Padma Shastry and Ritika Sahni
19 <sup>th</sup> August, 2017	Learning Disability Simulation Lab	Beacon High School	Padma Shastry and Ritika Sahni
21 <sup>st</sup> August, 2017	Learning Disability Simulation Lab	Fazlani Globale International School	Padma Shastry and Ritika Sahni
Across academic year 2017	Snakes and Ladder game session	For teachers of Delhi Public School in Patna, Ludhiana, Coimbatore and Pune	Ritika Sahni
6 <sup>th</sup> October 2018	Facilitating Inclusive Education in Schools in Association with US Consulate General Mumbai	Principals and stakeholders	Ritika Sahni,
11 th-13th Oct 2018	Sensitization Sessions for parents, Special Educators and Donors	Vihang Special school and Omkar Balwadi	Ritika Sahni
3rd Dec, 2018	Snakes and Ladder game session	For students of Rajhans Vidyalaya, supported by Rotary Club, Juhu	Ritika Sahni Sunita Sancheti
	Snakes and Ladder game session in Bengali	Prerana Educational Center, Siliguri	
17 <sup>th</sup> to 21 <sup>st</sup> December 2018	18 Inclusivity Awareness Sessions	YES BANK, India Bull Center	Ritika Sahni



At Principals workshop hosted by US Consulate



At a BMC school



At a volunteers meet

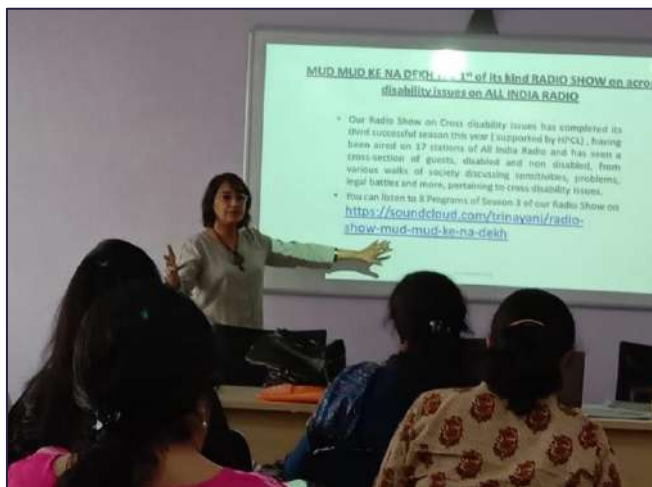


Padma Shastry of Saman Vidya with teachers of RIMS International School, Mumbai





Workshop for security personnel at Bangalore Airport



For Media Students at SNDT University, Kalina campus



With students of Indian institute of Cerebral Palsy, Kolkata



Teachers at the Learning Disability Simulation Lab workshop in DPS Pune



Lecturing B.ED students of Department of Special Education, Sndt university, Juhu



With Anganwadi workers at Adapt, Bandra



Session with community workers of Sahyog



For employees of Yes Bank



For Media Students of MET Institute of Management, Bandra





FICCI Flo event at Hyderabad



A Train the Trainer workshop in progress for teachers and workers of Prerana Charitable Trust, Siliguri





For staff of Air India Sats, at Hyderabad



For Staff of Bangalore Airport International Limited



For parents of Vihang Special School, Aurangabad



Along with self advocate Patrick Rodriques at Dilkush Special School with teacher trainees



Addressing Teachers of Delhi public School, Coimbatore

## **CREATING AWARENESS FILMS**

Audio visual aids are undoubtedly one of the most effective and impactful way to allow dissemination of knowledge. Trinayani has been creating a range of Awareness Films and Educational Audio-Visuals, making them available on our YouTube channel, **Trinayanifilms and NGOTrinayani**.

Short films, music videos and the documentation, of each and every event we organize, is made possible by our friends equipped in the field of filmmaking. This way, not only do we awaken people regarding the challenges that come with having an impairment but also explain the need for sensitization in our society, in an effective manner.

**While reading or hearing about something is a great medium of learning, seeing it in action is intriguing and gripping in its own unique way.** Most people are amazed when they come to know that someone with a disability is a reflexology therapist or that they play in and as a band. Hence, the links of all the films, music videos and documentation of our events are compiled to send a message to our audience, that disability may be a barrier but not a one that one cannot overcome. We use these films along with films made by others (that we acquire from across the country), in all our awareness workshops.

**The 3 important productions for us has been the music video of Sab Ki Hai Dharti, the Ek Bharat video on Jana Gana Mana and My Chance created for the AbilityFest competition.**

We were very happy to be commissioned by Christian Blind Mission, (CBM), India to create a Music Video on the song SAB KI HAI DHARTI- written, composed and sung by Ritika Sahni along with students of Beacon High School, Mumbai. India. Mr. Indranil Goswani filmed the video which was shot in organizations and schools across northeast and Siliguri, namely- Prerana Educational Centre for the Disabled. Siliguri, Ferrando Speech and Hearing Centre, Barapani. Montfort School Guwahati, Bethany Society, Shillong, India in November, 2017. The song was to promote and celebrate Inclusive Education and the right for all children.  
<https://youtu.be/OSWOehHIDPQ>

**लोकमत**

Supported by  
**trinayani**  
Creating Awareness about Disability

**लोकमत**

**या स्वातंत्र्यादिनी  
तुम्हाला आमचा सलाम!  
#EkBharat!**

प्राजक्ता रावते      सोहेल शेख

लाडली लालिया    रितिका साहूनी    वदली    रमेश मिश्रा    कौस्तुभ तपल    जर्निन डी'मेनो    मनेहा नावळे    नीलू केजलानी    सुनीता संकेती

हा व्हिडिओ [f/Lokmat](#) आणि [v/Lokmatnews](#) वर नक्की पाहा, लाईक करा आणि आवर्जून शेअर करा.

**लोकमत** | **लोकमत समाचार** | **lokmat Times** | **g2** | **123N लोकमत**

**महाराष्ट्राचे नं.1 वृत्तपत्र\***

\*Source - RNI 2015-16

Mumbai Main  
Page No. 4    Aug 15, 2017  
Powered by: erelego.com



Students of Ferrando Speech and Hearing Institute, Barapani, in a shot from our music video





Filmmaker Indranil Goswami and cameraman Vinod, shooting at an Anganwadi center in the Doaars



At Montfort School, a shot with Students

We collaborated with Lokmat to create the **EK BHARAT Music Video** to celebrate 71st year of Independence in 2017. The music of this version of our National Anthem Jana Gana Mana was arranged by Bhavik Patel, recorded by Shantanu Mukherjee and graciously dubbed by friends Piloo Vidyarthi, Mahua Ray, Ritika Sahni in Mumbai. We decided to create a truly inclusive video by inviting our friends with and without disabilities to feature in it. The video featured Sunita Sancheti, Siddhart Sawant, Neenu Kewlani, Rahul Ramugade, Merlyn Dmello, Sneha Jawale, Prajakta Rawale, Sohail Shaikh, Kaustubh Tapal, Ramesh Mishra, Vishesh Joshi, Abhijoy Gupta, Dhriti Pandit, Ruchita Soni, Kamlesh Vishwakarma, Baquer Shirazi, Lalji Laliya,

Babli, Ritika Sahni, Dhanvi Khandhar, Khushii Modi, Dhruvi Khandhar, Pilloo Vidyarthi, Shobha Sachdev, Arav Dey, Arth Vidyarthi and Afsha Memon.



<https://www.youtube.com/watch?v=qB-xsy0vJkA>

Students of Beacon High School, Mumbai recording for us



Trinayani produced the film "Give me my chance" conceived and directed by James Roy which we created to submit in the ONE MIN Competition of Ability Fest hosted by Ability Foundation, Chennai

<https://youtu.be/zXU35ISY7d0>



Shoot of "My Chance" directed by James Roy, featuring Sheha Jawale, (acid attack survivor), Renuka Shinde (visually impaired), Neeloy Ruparel (wheelchair user) and non-disabled actor Akshay Jha



Name	Nature	Link
More similar than different	Short film	<a href="https://www.youtube.com/watch?v=rTf44OhS7n0">https://www.youtube.com/watch?v=rTf44OhS7n0</a>
Signing with the hand	Documentation	<a href="https://www.youtube.com/watch?v=e61SAXI-kms">https://www.youtube.com/watch?v=e61SAXI-kms</a>
Sab Ki Hai Dharti 2017	Music video	<a href="https://youtu.be/OSWOehHIDPQ">https://youtu.be/OSWOehHIDPQ</a>
Give me my chance 2018	Short film	<a href="https://youtu.be/zXU35ISY7d0">https://youtu.be/zXU35ISY7d0</a>
Mother's Day: The Trinayani way 2020	Short film	<a href="https://youtu.be/y8hq5qUg8sc">https://youtu.be/y8hq5qUg8sc</a>
Think Ink ( English, Hindi and Marathi) 2019	Electoral Awareness Film	<a href="https://youtu.be/o3-cEMWAsnc">https://youtu.be/o3-cEMWAsnc</a>
Expressions; different ways of talking	Documentation	<a href="https://www.youtube.com/watch?v=TBZPQLrupHA">https://www.youtube.com/watch?v=TBZPQLrupHA</a>
Sparsh Foot Spa; Women's Day Event	Documentation	<a href="https://www.youtube.com/watch?v=0q5IUf6qTrQ">https://www.youtube.com/watch?v=0q5IUf6qTrQ</a>
Glimpses of Pehli Baarish; First Season	Documentation of our inclusive music band performances	<a href="https://www.youtube.com/watch?v=AY2nSVMYgto">https://www.youtube.com/watch?v=AY2nSVMYgto</a>
Improv-Ability Workshop	Documentation	<a href="https://www.youtube.com/watch?v=sT49IYH4Ghk">https://www.youtube.com/watch?v=sT49IYH4Ghk</a>
Dr. Sindoor Desai on Parenthood, Parental Advocacy and Multiple Intelligences	Documentation	<a href="https://www.youtube.com/watch?v=a9DaOzUxpek">https://www.youtube.com/watch?v=a9DaOzUxpek</a>
Improv-Ability Workshop; Women's Day 2016	Documentation	<a href="https://www.youtube.com/watch?v=sT49IYH4Ghk&amp;t=45s">https://www.youtube.com/watch?v=sT49IYH4Ghk&amp;t=45s</a>



Inclusive Treasure Hunt; Dare to Win	Documentation	<a href="https://www.youtube.com/watch?v=nDIm9kKZctl&amp;t=6s">https://www.youtube.com/watch?v=nDIm9kKZctl&amp;t=6s</a>
Chocolate Making Workshop; World Chocolate Day	Documentation	<a href="https://www.youtube.com/watch?v=JZ2dLO_bC1s&amp;t=22s">https://www.youtube.com/watch?v=JZ2dLO_bC1s&amp;t=22s</a>
Daan Utsav 2016	Documentation	<a href="https://www.youtube.com/watch?v=4alg7Q7kgX0">https://www.youtube.com/watch?v=4alg7Q7kgX0</a>
Inclusive Event; Snakes and Ladders Game with the non-disabled children of HPCL Colony, Mumbai	Documentation	<a href="https://www.youtube.com/watch?v=ZfSz2Wur318">https://www.youtube.com/watch?v=ZfSz2Wur318</a>
Our first Inclusive Monthly Meet-Up- All in For This; May, 2017	Documentation	<a href="https://www.youtube.com/watch?v=2csP46JJHrg&amp;t=2s">https://www.youtube.com/watch?v=2csP46JJHrg&amp;t=2s</a>
I may have a disability, but...	Vlogs	<p>Meet Jyoti Dhawale: <a href="https://youtu.be/XPKCQc-dc9w">https://youtu.be/XPKCQc-dc9w</a></p> <p>Meet Prof Sunder: <a href="https://youtu.be/l7g9rQ39E4E">https://youtu.be/l7g9rQ39E4E</a></p> <p>Meet Priti Shetty: <a href="https://youtu.be/58vL35bi4c0">https://youtu.be/58vL35bi4c0</a></p> <p>Meet Sunita Sancheti <a href="https://youtu.be/IHg0qqfnVlw">https://youtu.be/IHg0qqfnVlw</a></p>

## BOOKLETS AND LITERATURE

Often the cause that we work for by organizing events gets published in the form of articles in various places. One of these article chains are the [This-Ability articles](#) that got published NavHind Times Goa, The Telegraph Kolkata were now being published in the ORBIT magazine which is circulated in DPS Schools in 4 cities- Ludhiana, Pune, Patna and Coimbatore. They contain empowering stories of persons with disabilities, working around disabilities and how they tackle their problems.

Our Founder Trustee wrote the content for **PANKH booklet** as a ready reckoner for supervisors and coordinators in malls where people with certain impairments were hired. This was commissioned by TRRAIN, a public charitable trust with an aim to be a catalyst for change in the retail industry, with a vision to empower people in retail.

We also got out poem **I AM SPECIAL, SO ARE YOU** translated into Marathi and Bengali by Dr Asmita Hudar and Sumit Sammadar respectively.



This- Ability Article featuring autistic young adult Usaid Shaikh and his mother Fatima Shaikh

## THIS-Ability



# A DANCING & TAR!

YES ORBIT ■ VOL. VI ■ NO. 4 ■ JANUARY-MARCH 2019

These are delightful days for young Usaid Shaikh and his mother, Fatima. Usaid, a high performing autistic youngster, is basking in stardom, as part of a dance crew attached to one of the most popular artistes and dance coaches of the country, Shiamak Davar.

Usaid's interest in dancing was ignited a little over two years ago when he started his first year in college. Inspiration came in the form of two incredibly popular kids who went to the same college and enjoyed immense popularity on account of their unbeatable dance moves. "For the first few weeks, he mimicked them and within a few more weeks, he got really good at it," says Fatima.

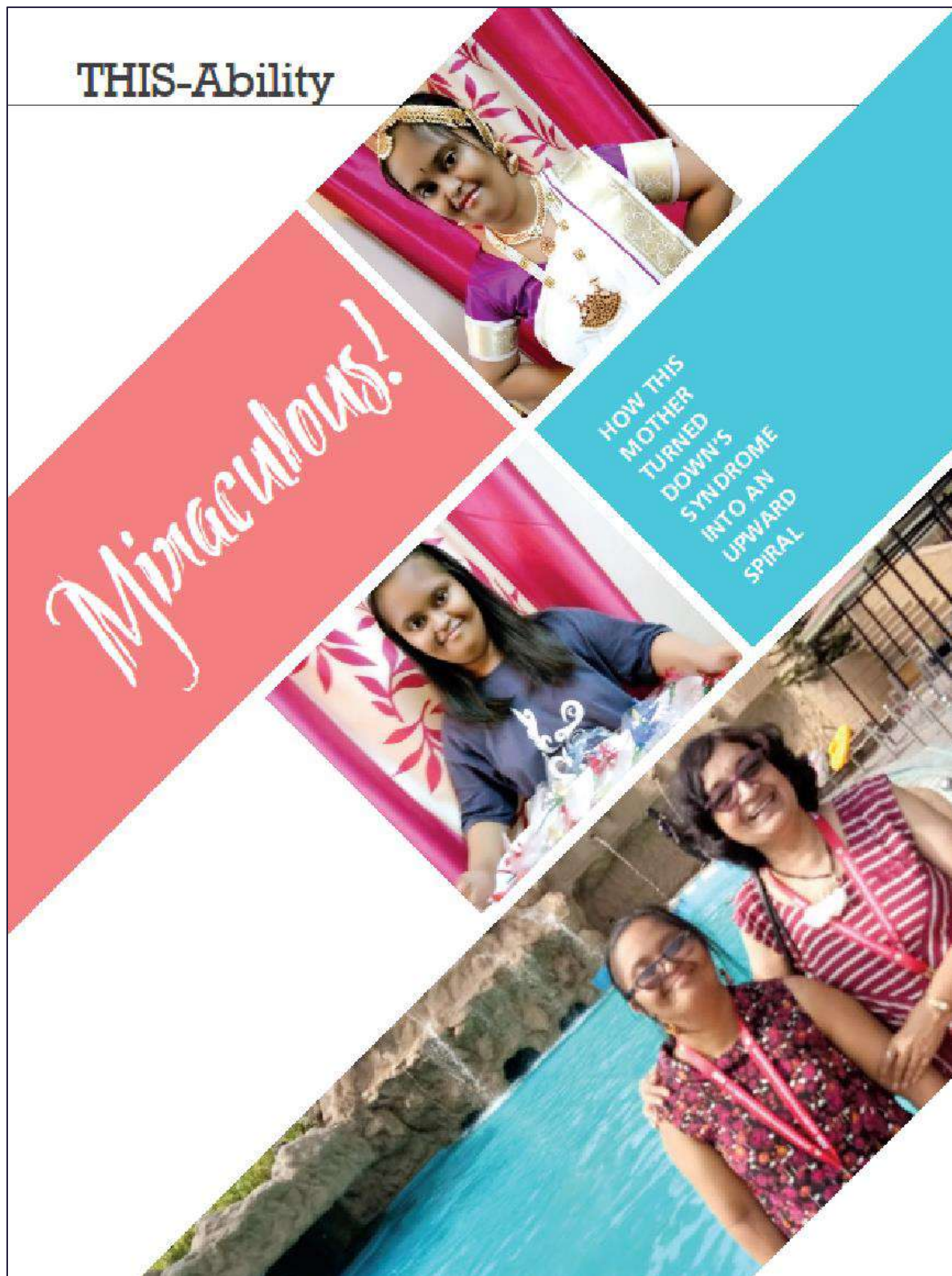
This is not the life that she envisioned when she realized her son was autistic, over a decade ago. Perhaps she dreamed he would do great things, but the moment of truth crippled her, she recounts. "Usaid didn't begin speaking until he was three-and-a-half years old. I had already raised an alarm at home but everyone insisted that all was well. A Google search of Usaid's 'symptoms' yielded autism as the only possible result. I didn't even know what autism was!" shares Fatima.

She already had Usaid seeing a speech therapist because of his lack of speech and the speech therapist directed them to Dr Vrajesh Udani, a paediatric neurologist at Hinduja Hospital. "We waited at the hospital from 10 am to 4 pm. I was not going to take no for an answer. The diagnosis confirmed autism and truth be told, I guess I still held hope despite being shattered. However, we set out along the path of treatment and therapy and improvement was visible much to my relief," she recounts.

But this was only the beginning. An arduous journey lay ahead of them and the challenge looming around the corner at that time was school. Fatima wanted Usaid to go to a regular school but one that was accepting. "Yashodham High School was recommended by Forum for Autism in Mumbai, which is a support group run by parents of children with autism and Usaid began school,"



**This- Ability Article featuring Kimaya Wavikar, a young adult with Down Syndrome and her mother Yojana Wavikar**



S.N.	Theme	Issue	This Ability Article	Person Featured
1	His-story: the Story of Mankind	Vol. II, No. 2	The Blind superhero of Indian Chess	Charudutta Jadhav
2	Food: A Wondrous Fuel	Vol. II, No. 3	Ready to touch a new high	Pradip Sinha
3	Wheels: the Cycle of Life	Vol. II, No. 4	Language that leaves you speechless	Sunil Sahasrabudhe
4	100 Years of Bapu's Homecoming	Vol. III, No. 1	Call him RJ Wordsworth	Sayomdeb Mukherjee
5	Travel: On the Move	Vol. III, No. 2	Law & Behold, a Blind Lawyer!	Kanchan Pamnani
6	Music	Vol. III, No. 3	The odd woman in	Sai Padma
7	Fine Arts	Vol. IV, No. 1	The CEO with muscle	Nipun Malhotra
8	Astronomy: A Space of Infinite Wonder	Vol. IV, No. 2	Sense and sensuality	Nidhi Goyal

S.N.	Theme	Issue	This Ability Article	Person Featured
9	Textile: the Mesh of Life	Vol. IV, No. 3	Go up a gear	Ayush Shah
10	Water Wisdom: Traditional Conservation Practices	Vol. IV, No. 4	-	-
11	Green Spaces: the Gardening Aesthetics	Vol. V, No. 1	Life Accessible	Rahul Ramugade

S. N.	Theme	Issue	This Ability Article	Person Featured
12	Writers: the Wordsmiths of All Time	Vol. V, No. 3	Like a Phoenix, She Rose from the Ashes	Sneha Jawale
13	Photography	Vol. V, No. 4	The Power of Silent Communication	Bhavna Botta
14	Media	Vol. VI, No. 1	An Unstoppable Force on Wheels	Deepa Narasimhan

Pooja Vijay	<a href="#">Laughs and Lessons with Comedienne Pooja Vijay</a>	Raynah Coutinho	TES ORBIT - JULY-SEPTEMBER, 2018
Kimaya Wavikar	<a href="#">How this Mother Turned Down's Syndrome into an Upward Spiral</a>	Raynah Coutinho	TES ORBIT - OCTOBER-DECEMBER, 2018

## NETWORKING AND CONFERENCES

Being an organization concerned about spreading more and more awareness regarding the various types of disabilities, Trinayani needs to know the changes that are occurring in the disability sector and then share their own work, to be a part of the larger conversation, by presenting their papers, attending and performing at conferences and events that revolve around similar causes. This helps us to increase our networks which eventually aids us penetrate into minds of the masses. **Our Founder Trustee Ritika Sahni attended several workshops and presented papers in some.**

Date	Conference/Workshop	What we did	Venue
3 <sup>rd</sup> & 4 <sup>th</sup> of March, 2016	Techshare India-Towards Digital Inclusion organized by BarrierBreak	Attended	India Habitat Center, New Delhi
9th-11th January, 2017	Pre-conference Proceedings of International Conference organized by Department of Communication and Journalism, University of Mumbai	Attended	RMP Uttan, Thane
4th April, 2017	Inclusion Matters, one day workshop conducted by Richard Reiser	Attended	ADAPT, Mumbai
13th-14th April, 2017	Disability as Spectacle, organized by UCLA, Los Angeles	Attended	International Conference UCLA Meyer and Renee Luskin Conference Center



11 <sup>th</sup> to 14 September, 2017	Ability Fest, organized by Ability Foundation	Entered our film 'Give me my chance' and our Jana Gana Mana music video was screened	Sathyam Cinema, Chennai
23rd-24th May, 2018	National Training for civil society organizations on resources for Electoral Literacy clubs, SVEEP, nominated by Chief Electoral Office, Maharashtra	Attended	United Service Institution, New Delhi
18th-19th June, 2018	National Consultation on Accessible Election and inclusion of PWDs in the electoral process nominated by the Chief Electoral Officer, Maharashtra	Attended	Hotel Ashoka New, Delhi
19th-20th July, 2018	National Disability Consultation on the Rights of Persons with Disabilities Act, 2016, organized by the National Center for Promotion of Employment for Disabled People	Attended	Silver Oak India Habitat Center, New Delhi
29th-30th November, 2018	5th International Conference on Inclusive Education, organized by Amar Jyoti Charitable Trust, Delhi and Asian Center for Inclusive Education, Bangladesh	Our song on inclusive education 'Sab ki hai Dharti' was taught to the children of Amar Jyoti Charitable Trust and was also the opening song of the conference lead by Singer Ritika Sahni	India International Center, New Delhi

18th-19th January, 2019	Be the Difference: Equality and Equity in Education, organized by SNTD Women's University, Juhu	Presented a paper titled 'Conversations around diversity'	Raheja Classique Club, Andheri
9th March, 2019	Round Table Discussion on the Right to Play, organized by Headstreams	Panelist. Promoted our views on how we use play to promote inclusion	Christ University, Bangalore



Being facilitated at the AbilityFest at Sathyam Theatres Chennai



Speaking at TedxYouth@OIS (Oberoi International School), Mumbai



Ritika Sahni with students of Amar Jyothi Charitable Trust and blind singer Diwakar Sharma, singing her song "Sab ki hai dharti"



Ritika Sahni at the SVEEP conference with Mr Ashwini Kumar, Chief Electoral Officer Maharashtra and Mr Shirish Mohod Deputy Director CEO, Maharashtra Office



Ritika Sahni presenting at the Round Table Discussion on Right to Play in Bangalore



At the Arts and Disability International conference 2018, in Singapore

Apart from all this, our founder-trustee **Ritika Sahni** was a **TedEx speaker** on **28th January, 2017** at **Oberoi International School** on the theme **Glass Ceilings- Break the Boundaries**, where she spoke about how we need to crack the ceiling not break it, much like taking baby steps towards understanding and rethinking “normal” in society's thinking

Trinayani also supported the **All India Cross Disability Matrimonial Meet** organized by **Voice Vision** for **2 consecutive years** in the month of **January, 2018-19**. **Voice Vision** is headed by **Sushmeeta Bubna** and this unique initiative was taken up to provide a medium where people with different disabilities can meet their potential life partner.





Part of the panel discussion at the World HRD Congress with leaders, Mumbai



Receiving a donation from Guarav and Dimple Raghani at their event in Mumbai








At Radio Mirchi office on World Disability Day 2018 with friends of Trinayani, invited by RJ Jeeturaj

## TRINAYANI SUPPORT TEAM







All our endeavors are made possible due to tremendous engagement of our friends with Disabilities, our core team, generous and valuable support from donors, friends, well-wishers and sometimes total strangers. Trinayani takes this opportunity to thank you all for believing in our way of creating a better world for a better me.

**Here are some friends who are continually lending support to Trinayani**

	<p>Shobha Sachdev a special educator, counsellor, researcher and resource mobilizer working in the field of disability for the past 35 years has been associated with the NGO from its inception and continues to consult with us.</p>
	<p>Sunita Sancheti a disability activist and entrepreneur by profession provides holistic support to Trinayani, always available to provide consultation, lead events and generate new ideas.</p>
	<p>Dr Asmita Huddar, a senior Fullbright Scholar, Principal of CCYM's Hashu Advani College of Special Education and Chairperson, BOS (Special Education-Ad hoc) university of Mumbai with her immense experience enriches our work with her expertise on advocacy initiatives conducted by us.</p>
	<p>Malay Desai, Associate Director (Content) at Sportz Interactive, a Mumbai based firm, with past stints with Star Sports and Mumbai Mirror, is currently co-authoring his 1st non-fiction book and has been our go to person for content writing and advice on social media strategizing.</p>
	<p>Himanshu Chanda, a Technology Entrepreneur in the domain of Information Technology, runs a Social Platform - ProjectHeena.com and came on board 6 years back to create the Trinayani website and continues to support us.</p>



	Saurav Mukherjee, Director, Seventeen Events Pct Ltd is our go to person for advice, references, ideas and support.
	We are ever grateful to the ever smiling Kalpana Maheshwari for her kind support with our blind therapists of Sparsh Foot Spa over many years.
	Sudipta Mukherjee Mandal of Meeraki is our creative Consultant supporting us with ideas and creative inputs in myriad ways. A major in Education and sociology she uses creative arts extensively to educate and enable a space for conversation and exchange of ideas.
	Disha Sancheti was introduced to Trinayani in 2017 as a summer intern and has continued to be part of the support team since then. She assists with copywriting, content creation and event ideation and execution.
	Piloo Vidyarthi, an actor, musician and coach and a dear friend has walked along with us and continues to provide her unconditional support whenever we reach out to her.
	Roshan Kirpilani a student, designer and techy with an aptitude for finding solutions to any problem, interned with us in 2018 while at CHRIST (Deemed to be University) Bangalore. He is majorly responsible for the initial research and designs of our Awareness Card Games and is on board with us.

	To walk the talk, we welcomed Joshua D'mello , young Autistic adult, in our organization to learn and work under supervision in 2017. He stayed with us till early 2019
	23-year-old, Shardul Daredia from Gonsalo Garcia College, with great dedication worked with us for a month in July 2019, but continues to support us when needed.
	Ruchi Palan an experienced researcher on a mission to make learning and the digital world inclusive supported us to do inclusive disability research, worked with us for a month in 2018 and immensely contributed towards writing out our advocacy proposals for various stakeholders.
<b>We had the pleasure of interns volunteering with us for short periods</b>	
	Internee Arundhuti Mukherjee, from Narsee Monjee College, with us for a month in 2018, helped make room for productivity in our workplace.
	Shreya Dadhich from S.I.E.S college of Arts, Sciences and Commerce, Sion interned with us for a month and was our helping hand in condensing the diversity of our work in a bind of pages, this report.
	Priyanjali Bagaria from Dodge College of Film & Media Arts at Chapman University interned with us in August 2019 and helped revise and update the website, create a teaser and awareness videos.

# ACKNOWLEDGEMENTS

We are endlessly grateful to our friends, honorary consultants, expert, donors well-wishers for their contribution to Trinayani. Without them, none of these events would have been possible, let alone a massive success. Hence, we take this space to render our deep thanks to all. Trinayani takes this opportunity to thank you all for believing in our way of creating **a better word for a better me**.

Our heartfelt gratitude to our following donors for their financial support **above one lakh** towards our projects in this time period.

- Sultan Trust (*towards providing Pehli Baarish Musical performances free to 6 NGOS*)
- Our Patron, Mr Bergis Desai (*General Donation*)
- Sonaa and Gurmeet Singh (*towards national dissemination of Game kits and workshops*)
- Dimple and Gaurav Raghani (*General donation*)
- German Consulate, Mumbai (*towards printing of 750 Game Kits*)
- Muktangan Education Trust (*towards producing and staging our Musical Puppet Play*)

If at all, we have missed out on giving credit to anyone who has contributed in any way to our cause, we apologize for the same and reassure you that your support has been a tremendous support in the journey so far. More power to everyone who continues to believe in us, you are all the reason we do what we do every single day. May we continue to prosper, empower and enlighten in the years to come and forever.

Trinayani is happy to customize any training material regarding disability awareness for your specific needs. If you have any questions, require any clarifications or wish to contribute to us in any way possible, please feel free to reach out to us.

**All donations to Trinayani is exempt under Section 80G of the Income Tax Act**

**Our bank details are:** Account; Trinayani, Bank; HDFC Bank, Account No; 00410450000216, IFSC Code; HDFC0000040



# TESTIMONIALS

## *Testimonial from Keys Hotel*

**BERGGRUEN  
HOTELS**



*Our relation with M/s.Trinayani started in 2011 under the corporate social responsibility initiative undertaken by our company. Being visually impaired, the therapists do a wonderful job in Acupressure and Massage therapy. They are being trained by Trinayani and to say the least they are doing a fantastic job. They are a talented lot, very humble and friendly in their approach. They have bonded very well with our employees and have a special connect with all of them.*

*We are very happy to be associated with Trinayani for developing such a talent and encourage them to earn their own living through their hard work and dedication.*

*All the Best to Trinayani & its team!*

*Cheers!!!!*

*Arif Khan*

*Chief Human Resource Officer  
Berggruen Hotels Pvt.Ltd*

**BERGGRUEN HOTELS PVT.LTD.**

Central Plaza, 6th Floor, CST Road, Kalina, Santacruz (E) Mumbai - 400 098, India  
Tel.: +91 22 67830100; Fax: +91 22 67109974  
E-mail : corporate@keyshotels.com; Website: www.keyshotels.com

*From a Student of Delhi Public School, Pune*

rashishrivastava1998@gmail.com

Thu, 23 Apr 2015 22:40:57 +0530

23 April 2015 ,DPS Pune,

This morning I woke up, thinking that piles of homework and a haunting class test is a burden weighing down on me. Agitated, I began contemplating and worrying, of how "things couldn't get worse". Then I was made to sit in a workshop in school. As the workshop proceeded it dawned on me how petty my plights in life are. The funny fact about most of us is that we are so lost in despondence of our own problems, that the world around us becomes a blur. Honestly, this workshop was an eye opener for me, it was what dusted off that blur.

It unveiled more than one ugly truth of human society. - how we look away when we see a disabled person even though our eyes are brimming with sympathy and our hearts with affection. How we follow the crowd and are coward to lend a helping hand. How sometimes the good part of our mind whispers to step forward and explore, understand and aid. But then the darker side pulls us back into the hole of oblivion.

This needs to change, and the only ones who can do this is we ourselves by altering our attitude, and taking initiative.

We all talk about equality- equality for women, equality for backward classes. We debate , argue and quarrel for social justice and equality. It is ironical that apparently "educated" elites like us, who use big words and travel in even bigger cars fail to have a broader mindset. After all education isn't limited to textbooks and examination, it is our attitude towards the environment around us. It is our ability to accept and to reform for the greater good.

Practically, when a disabled person passes by, it is our normal behavior that we start ogling at the person, like he is from another planet!... I believe that we should put ourselves in their shoes and then decide our attitude towards them. How would you feel if someone stares at you constantly ? Let me guess, your first response will be, " that's creepy" . So that is exactly how they feel about us - we are creepy .

Each person is in some way disabled. The only difference is that some are honest and reveal their disabilities to others, while others keep it hidden, within themselves. Most of us fall in this category since we too possess "defects", it's just not prominent enough for others to notice. Amusingly, there are times when we don't notice it ourselves.

The poignant workshop touched a corner of my soul, which I never knew existed. It made me view life in a different perspective. It made me realize the power of a positive outlook towards the disabled part of the society. This morning I woke up a completely unaware person, but I walked out the workshop with empathy and broader outlook on this Nobel cause adopted by trinayani.

### **Celebrating Diversity: The Difference Is In Knowing**

#### **FEEDBACK FROM DPS STAFF ACROSS 4 SCHOOLS**

Ms Ritika Sahni introduced the annual theme of this academic session in a very subtle way. She made us aware that if we made our students aware of varied ways people differ, they will learn to embrace diversities and respect and celebrate differences among us. The trainer introduced us to various types of disabilities and the disability scenario in India. Through various clipping and power point presentations, she made the teachers understand the term – Disability. It was a great learning experience wherein we will start looking beyond ourselves and understand certain values such as acceptance, respect, tolerance, sensitivity, sharing, accommodating and cooperating and value each other, despite differences and thereby teach the same to our children- **Joyeta Talapatra**

The workshop was indeed very enlightening; it taught us that we are not obligated to do everything in this life. We are not obligated to be an inspiration but we need to make other people comfortable, especially as facilitators. The resource person was so motivating that she made us realize that we need to respect everyone, as if things are not in our control today it can happen to anyone tomorrow, thus we need to empathize not sympathize -**Abha Joshi/ Rukhsana Sheikh**

The workshop was very motivating and envisioned us to a world where we have turned a blind eye to. She made us ponder that roses have thorns, but we need to be positive and be thankful that thorns have roses. We need to change our outlook and treat the differently abled as one of us. Through different activities we realized the different problems faced by them, but these problems become their strength if we as facilitators encourage them and guide them with love and care -**Smita Hendre**

The workshop was very interesting and motivating, as we realized that we are a tiny drop where each drop matters in this world. The resource person was so dedicated that she made us change our thought process and educated us that we need to translate disability into ability; a capability and it indeed can become a reality when we as facilitators need to come out of our comfort zone and welcome children with open arms-**Swarna Saste**

The workshop was very informative, she stressed on the point of not calling anyone as "Disabled", but to treat every human being as equal, as, we all have in us some kind of disability which we always try to overcome. It was very encouraging to see the work being done by 'Trinayani Organization', the videos shown and the achievers in them made us a better person. The resource person made us understand that at the end of the day we are all humans and everyone has right to live a quality life, so we should not discriminate and never pity anyone, but we should treat each one of us as our own- **Gunjan Singh**



*Sushmeeta Bubna, who is Blind, Founder Director of NGO Voice Vision, and a regular at our Monthly Meets up shares her experience of her day spent with us at the Mahalakshmi Race Course, Mumbai*

As I reached the race course, we heard the announcement that a race had just begun. Immediately live commentary started. The commentator had a typical tone and style of describing the happenings. In that moment, I remembered several Bollywood movies with horse racing scenes. Everything was just the same as shown on the silver screen. But the difference was to be there in person. Hearing the live cheering, the way the sound of encouragement from the spectators slowly raised and then suddenly dropped was just superb. Despite Being a Mumbaikar, I never had an opportunity to experience a live race until now.

I learnt one of Trinayani's participants had bet in this race and had won ninety-seven rupees, and after all deductions, he received sixty-two rupees and few paise. We all were so happy that someone from our group had won, irrespective of the amount. Soon announcement for the second race began. Anyone could choose any horse and bet for as low as two hundred rupees. Many of our friends tried their luck. In this race one had to choose two horses with any number and to comply as winner, both the numbered horses had to win collectively.

Before the race had to start, we strolled to the place where all the jockeys along with their horses were preparing for the upcoming race. Persons interested in betting could visit this place and choose their lucky numbers. I happened to strike a short conversation with two other spectators. I enquired how they selected the horse to bet and how often they came here. One of them replied that he is betting on his lucky numbers irrespective of the horse or jockey details and has come for the first time too.

Post having delicious snacks served by Ritika Sahni; the most awaited race of the day began. With pleasure I could feel the tension that was building for the friends who had bet in this race. Being visually impaired I didn't get to see the horses running, but running commentary and spectators' cheers in that moment helped me feel it all.

There were multiple television sets installed across the ground for having a closer look at the race. The moment winning horses' numbers and names were announced, all of us literally jumped up with happiness since a couple of our friends had won. But this happiness lasted momentarily. Exactly as many Bollywood movies show, there was an objection from one of the jockeys, stating the winner was involved. He stated that before 300 meters his horse was pushed, forcing him to slow down.

There was multiple action replay shown to check the finalists. They were constantly announcing that no one should destroy their betting tickets. There was palpable tension. It took almost forty-five minutes to announce the final winners. My memories of this day are just amazing, splendid, bit difficult to describe in words. I am sure it's the same with other participants too.

I thank Ritika and Trinayani for giving us this wonderful opportunity to experience. For persons with different disabilities, opportunities to experience something like that without any stigma or prejudice are very few. I hope that we get more such opportunities of independence, inclusion with dignity and more and more disabled people experience it.

*Sujata Bhan <bhansujata@gmail.com Tue, 05 Mar 2019 4:19:55 PM +0530INBOX To "Ritika Sahni" <ritika@trinayani.org>*

Hi Ritika

You always amaze me with your talent, creativity and passion.

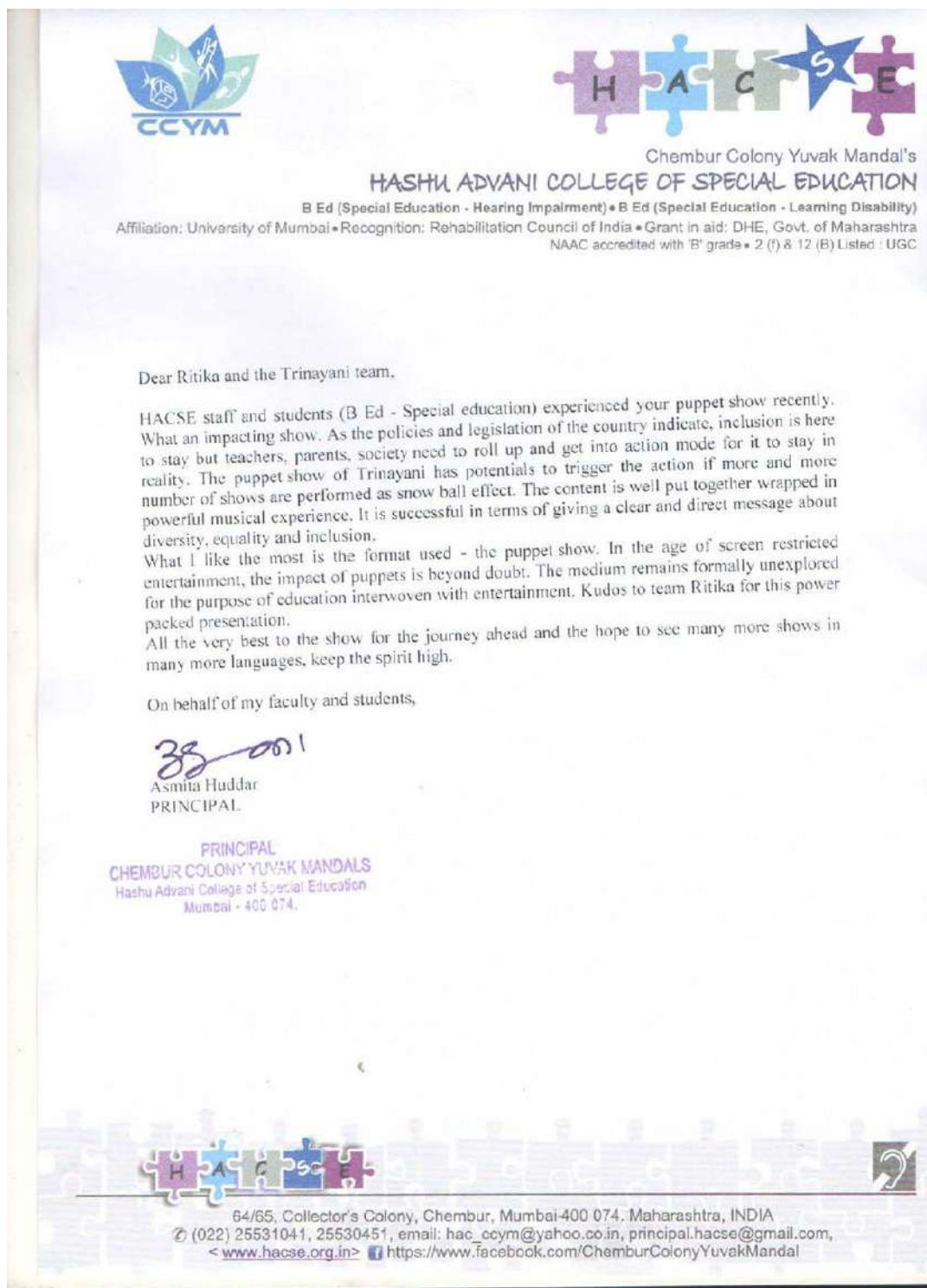
I really loved the Puppet Show, "The Animal Story". It has such a poignant message communicated so effectively that can reach to any teacher and any parent. All children are different and we have to identify their strengths and hone them to maximize their individual talent. Such a simple thing and yet we try to measure all children with the same yard stick!

I hope you are able to tell this story in your distinctive style in all schools around and create awareness amongst teachers, students and the community to appreciate and celebrate diversity.

**Dr. Sujata Bhan**  
**Professor and Head**  
**Dept. of Special Education**  
**SNDT Women's University**  
**Juhu Campus**  
**Mumbai-400049**  
**Mb. +91 9820167470**

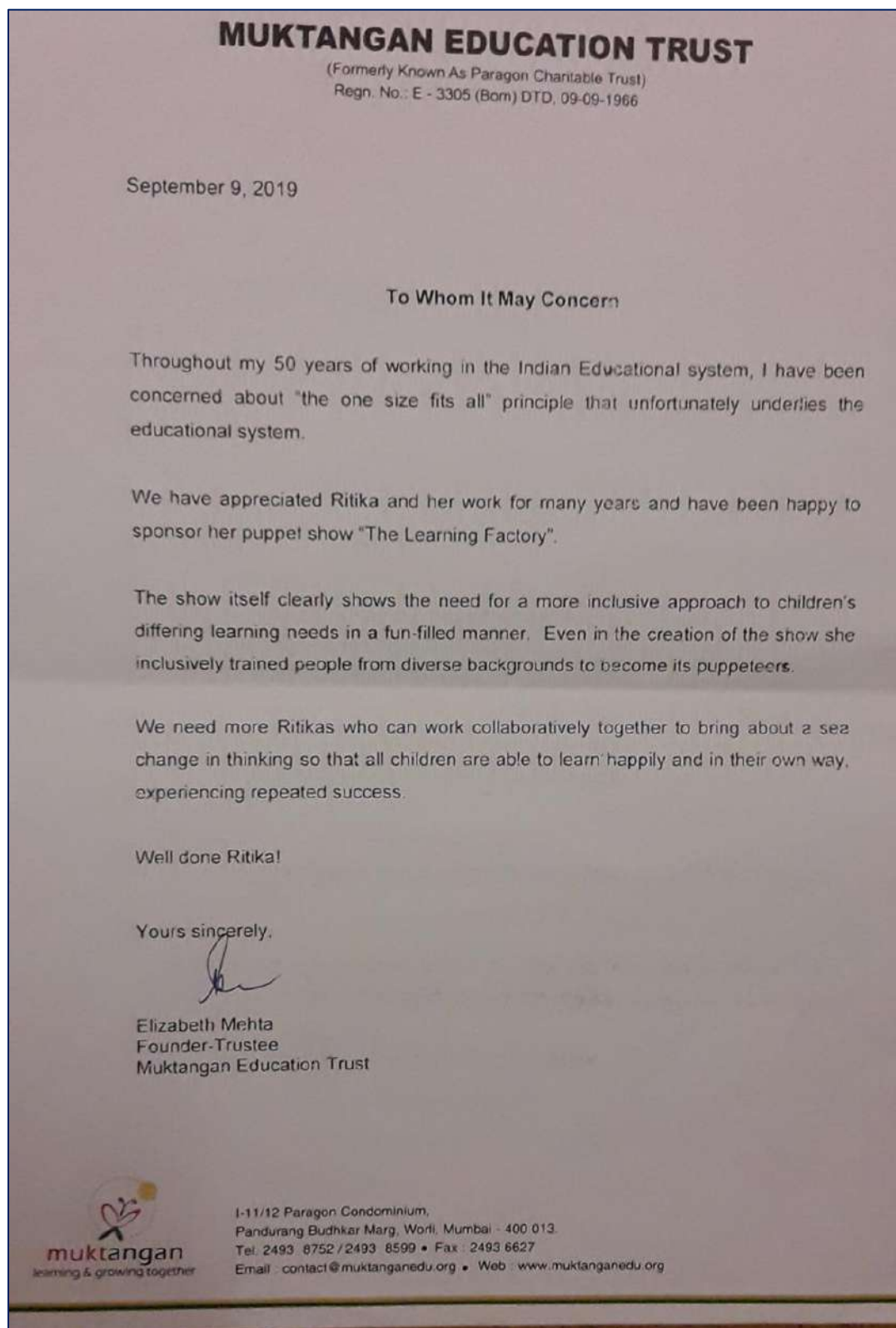
*"Teach to Influence and Inspire"*

*Dr Asmita Hudar, Principal of Hashu Advani College of Special Education, Chembur along with her 32 teacher trainees attended the premiere of our Musical Puppet Play, "THE LEARNING FACTORY" at Godrej Dance Theatre, NCPA, on 15<sup>th</sup> February 2019.*





*Elizabeth Mehta, Educationist and Founder-Trustee of Muktangan Education Trust, whose magnanimous support help us mount our puppet show appreciates our efforts.*



Aysel & Minaz [leapahead13@gmail.com](mailto:leapahead13@gmail.com) Sun, 01 Mar 2020 1:11:15 PM +0530INBOX To "ritika"  
<ritika@trinayani.org>

**Hi Ritika,**

Yesterday, I saw your animal school puppet show at the department of special education, SNDT women's university Conference and I was totally blown away .What a way to give the message of Inclusion and that "one size doesn't fit all" . The songs were simple but catchy and it was a treat to listen to your voice.

It is truly a universal design ,what I mean is that the message is loud and clear for everyone irrespective of age , disability and I was totally engrossed till the very end.

I highly recommend this puppet show for all schools and their teachers as well as parents and students to understand the concept of strengths and weaknesses, equality and equity.

All the best,

Keep making a difference

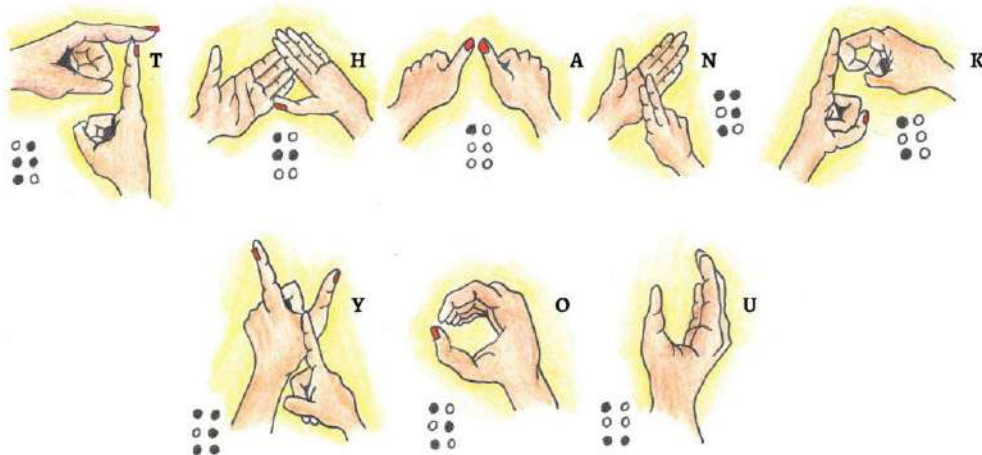
Warm regards

Minaz Ajani

M.Ed. Special Ed (LD)

Co- founder of Leap Ahead Assessment and Learning Centre ([www.leapahead13.com](http://www.leapahead13.com))

**THANK YOU!**



*Our heartfelt gratitude for your endless support and inspirations.*

**All donations to Trinayani is exempt under Section 80G of the Income Tax**