



Annual Report

April 2014 - March 2015



THE TRINAYANI TEAM



Ritika Sahni:

The primary driving force behind the day to day functioning of the organization who conceptualizes and spearheads all our project initiatives.

Helen Mukkath:

The Volunteer who converted to a staff member motivated by the Trinayani values and now provides valuable contribution as an accountant and towards running of the NGO.



Shobha Sachdev:

Having more than 30 years of experience in the disability sector, Shobha lends her support as a Resource person and Consultant.

Dyuti Basu:

The fresh breeze of youth that provided the much needed web support and lent her creative writing skills for the six months that she was with us.



Sambhaji Patil and Lata Sadashiv are our two efficient Blind Masseurs who have been with Trinayani working for Sparsh Foot Spa, conducting reflexology sessions for spa and corporate clients.



Kanchan Rohera:

Warm, large hearted and dependable, Kanchan is one of our multifaceted supports.

Kalpana Maheshwari:

With her great spirit of service and her compassionate winning nature, kalpana, diligently provides her support towards the activities of the spa.



Dear Friends, well wishers and supporters

The essence of AWARENESS is the realization that there are amazing people with 'unique' abilities across the globe, whose lives are impacted by our choices and actions for ourselves. We, at Trinayani, believe that if awareness is created of the varied ways people differ, we would all learn to embrace diversities and respect and celebrate differences amongst us.



According to government data on disability from the year 2011, there are over 26 million disabled people in India. Activists however place this figure at anywhere between 70 and 80 million people. The disabled community includes people of both genders and from all religions, ethnic backgrounds and socio economic levels. They are supported by their families and by a large number of charitable organizations. But they all live quiet lives with very little social integration.

Disability is a natural condition of human existence and having a disability simply means that a person has a body part, be it eyes, ears, limbs, brain or whatever that "functions differently".

The "average" person however, does not go to school, work or play alongside someone with a disability and so they see no reason to learn about disabled persons, who are invisible in their world. But, like everyone else, persons with disabilities have abilities, strengths, hopes, dreams and needs. They have much to contribute and need to be given opportunities to do so.

Many people with disabilities feel that their real disability actually involves problems with the environment rather than problems with their bodies. Architectural barriers for instance, limit their participation, productivity and independence. Attitudinal barriers arising from age old stereotypes, negative attitudes and prejudices about them and their abilities cause further limitations.

For the last 9 years we have worked hard to raise the consciousness of general public by altering it's existing mindsets around the issue of Disability and it's attitude towards Persons With Disabilities. We have often noticed that most of it happens out of ignorance, myths, fears or confusion.

Our goal is to overcome these social hurdles and restore the lives of persons with disabilities in the mainstream, with honour and dignity.

We would like to share with you our work in the year 2014-15 towards our goal.

Warm regards

Ritika Sahni
Founder Trustee

OUR TRUSTEES

CHAIRMAN: INDRANIL GOSWAMI



Mr. Indranil Goswami 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 content created by Trinayani pertaining to disability awareness, which 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

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 Sahni spearheads all the activities of Trinayani. She is a trained Special Educator and a Singer-Performer with Bollywood Film Playback Hits and noteworthy Indi-Pop Albums to her credit. She regularly produces Music for Children which works as great Fun-Learning Aid at Nursery Schools and Developmental Workshops.

She has a Masters 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.

CONTENTS

1. TESTIMONIALS	4 - 7
2. CONDUCTING DISABILITY AWARENESS WORKSHOPS	8 - 10
3. RADIO SHOW AND AWARENESS FILMS	11 - 11
4. SPARSH FOOT SPA: Managed by Blind Therapists	12 - 13
5. PEHLI BAARISH: Inclusive Music Band	14 - 16
6. DISABILITY AWARENESS FILMS	17 - 17
7. YEH HAI DUNIYA MERI JAAN: An Inclusive Musical	18 - 19
8. WORLD DISABILITY DAY CELEBRATION 2014	20 - 20
9. TRINAYANI IN THE NEWS	21 - 22
10. ON THE ROADS: In Our First Vehicle	23 - 23
11. OUR PRODUCTS	24 -24
12. JOIN HANDS WITH US	25 - 25
13. GLIMPSES OF OUR ACTIVITIES	26 - 26
14. OUR POEM: Included In The CBSE Curriculum	27 - 27
15. OUR DONORS	28 - 28

TESTIMONIAL FROM HPCL



हिन्दुस्तान पेट्रोलियम कॉर्पोरेशन लिमिटेड

(भारत सरकार उपक्रम) रजिस्टर्ड ऑफिस : 17, जमशेदजी टाटा रोड, मुंबई - 400 020.

HINDUSTAN PETROLEUM CORPORATION LIMITED

(A GOVERNMENT OF INDIA ENTERPRISE) REGISTERED OFFICE : 17, JAMSHEDJI TATA ROAD, MUMBAI - 400 020.

17, जमशेदजी टाटा रोड, पोस्ट बॉक्स नं. - 11041, मुंबई - 400 020. दूरभाष - 2286 3900 • फॅक्स - 2287 2992 • तार : हिन्दपेटकोर, • टेलिक्स - 82414, 85096
17, Jamshedji Tata Road, P.O. Box No. - 11041, Mumbai - 400 020. Tel. : 2286 3900 • Fax : 2287 2992 • Telegram : Hindpotcor • Telex : 82414, 85096
e-mail : corphqo@hpcl.co.in

Ref: SD:CSR:481

May 27, 2014.

Ms. Ritika Sahni
Founder Trustee
TRINAYANI

It was a great pleasure for HPCL to join hands with Trinayani and sponsor the third season of their Radio Show MUD MUD KE NA DEKH broadcast on All India Radio in 17 cities.

Trinayani strives to disseminate information and create awareness among disabled and non disabled audiences on various issues pertaining to all disabilities through their radio show. The show also helped HPCL to connect it with all the other areas it has been working and highlighting our CSR initiatives. It was a huge success in terms of its reach and impact and we congratulate Ritika for doing it with all her expertise.

Thank you for partnering with HPCL and wish you all the best in your future endeavors.

Sonal Desai
General Manager
Corporate Social Responsibility

TESTIMONIAL FROM L'OREAL

L'ORÉAL

Ritika conducted Disability Awareness workshop in regional office in North. The purpose of the workshop was to sensitize people to accept and understand people with differing abilities by helping erase fear and confusion in their minds. I must say that she was fairly successful in achieving the objective. The best part of the workshop was her ability to connect with all set of employees (from various functions) and picking relevant examples from practical work setting. It erased lots of misconceptions we have in our mind related to specially-abled and convinced us to change the lenses of looking at them.

It was appreciated by various employees who claimed that it was very insightful and they will now be able to connect with specially-abled better.

For L'Oréal India Private Limited

Gaurav MAHAJAN

Manager – Human Resources

L'ORÉAL INDIA PRIVATE LIMITED
UNITECH BUSINESS PARK
TOWER - B, 5th FLOOR, SOUTH CITY-I
GURGAON - 122001, HARYANA
TEL :91-124-4779000

HEAD OFFICE :
L'ORÉAL INDIA PRIVATE LIMITED
A-WING, 8th FLOOR, MARATHON FUTUREX
N.M JOSHI MARG, LOWER PAREL
MUMBAI - 400013
TEL :91-22-67003000
WEBSITE : www.loreal.co.in

TESTIMONIAL FROM KING GEORGE. V. MEMORIAL



KING GEORGE V MEMORIAL

Anand Niketan

(Infirmary & Lady Dhunbai Jehangir Home for the Destitute)

Registered under Bombay Public Trust Act No. E-1207 (B)

Income Exempted U/S 80G valid for the period 23.10.2010 onwards

Dr. E. Moses Road, Near Famous Studio, Mahalaxmi, Mumbai - 400 011 • Tel. : 2492 3877 • Email : kgvm1938@gmail.com

Ref. No.: KGVM-14/ DON/ 1408

Date : 15th October, 2014

To,
Mrs Shobha Sachdev
Trinayani
B -107, Raj Arcade
Above Axis Bank, Mahavir Nagar
Kandivali (W), Mumbai - 400067.

Greetings from KGVM !!

Dear Madam,

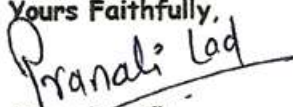
We are extremely thankful to you for the special singing programme "Pehli Baarish", was organised by "Trinayani" for the inmates of **King George V Memorial** on 12th September, 2014.

It was a truly wonderful programme and lovely experience. You gave a lot of happiness and smile to our inmates. To give such kind of smile and happiness at least for one day means a very special gift (God Gift) for them.

We are truly grateful to you on behalf of **King George V Memorial** and Inmates for organised this kind of programme, for a very gracious cause.

Please visit us again and again to pouring such kind of "Pehli Barish".

Thanking You,

Yours Faithfully,

(Pranali Lad)
Superintendent

TESTIMONIAL FROM NGO PRERANA



PRERANA

Registration No. F-14244 under Bombay Public Trust Act. & Registration No. 372/1990, Societies Registration Act.

Ref. No.

Date: 10/11/2014

TO WHOM IT MAY CONCERN

Prerana collaborated with Trinayani NGO and organized the 'PehliBaarish' event on 7th August 2014 at Prerana's center in Falkland Road, Grant Road.

This event was filled with music and cheer. There were 35 children and 5 staff members from Prerana who attended the event. The musical set was well thought out and executed. It consisted of popular Bollywood songs. The session was interactive and kept children in the audience engaged the entire time. The event started at 6:45 pm and continued till 8:45 pm. There were 8 musicians who brought several instruments and gave a magical performance. A unique factor was that the lead vocalist of the band is visually impaired and this touched the hearts of the audience.

Prerana believes in collaborations that look at providing respite in the otherwise difficult and challenging lives of children from the red light areas (whom Prerana works with). Therefore the project that Trinayani NGO has been deploying seemed to fit in with our objective of providing a multi-faceted exposure to children as well as give them a few moments of joy. Children thoroughly enjoyed the session because the performers gave tips on techniques of singing and also performed some mimicry acts. Some children from the audience are currently receiving training in singing and the tips provided were very helpful to them.

Prerana would like to thank as well as congratulate Trinayani for this wonderful project and we hope that Trinayani continues to spread a sense of happiness in all children's lives, like they did for Prerana children.

Thanking you,

Yours sincerely,

Preetilyer

Project Director

Prerana.

10th November 2014.

CONDUCTING DISABILITY AWARENESS WORKSHOPS

The biggest barriers people with disabilities encounter are the attitudes of other people.

A disability is something that immediately lands someone in a special education classroom; people with disabilities tend to be separated from the rest.

In reality however, a person with a disability does not, in any way, want the sympathetic looks on our faces. He/She does not want people to feel sorry for him or her. Persons with disability just want a regular life.

Disability awareness means educating people regarding disabilities. The simple word “disability” makes us want to feel sorry for the person the word is being used in reference to. The image that we see is probably 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.

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 persons 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.**

Date	Name of the Institution	Session conducted for	Session conducted by	Student Strength
19th July 2014	BJPC School	The students and teachers of classes 9 -10	Ritika Sahni accompanied by Dyuti Basu	200
5th September 2014	Hashu Advani College of Special Education	The teachers for their CES programme	Shobha Sachdev and Dyuti Basu	25
6th , 7th, 8th and 9th of October 2014	Parivartan at Jiradehi, District Siwan, Bihar	Banthu Village- Shriram Rajkiya Madhya Vidyalaya, Rajkiya Utkramit Madhya Vidyalaya and Bailaki Balia	Ritika Sahni	90
11th and 12th of October 2014	Delhi Public School Patna	4 Anganwadi centres of Jeeradehi Block of Narendrapur, Narayanpur, Miyake Bhhatkan, and Balghar Angan	Ritika Sahni	165



**SHOBHA SACHDEV INTERACTING
WITH TEACHERS FROM MUKTAGAN**



**BJPC STUDENTS IN A SENSITIZATION
WORKSHOP**



**WORKSHOP AT IIT,
MUMBAI**

OUR WORKSHOPS FOR THE CORPORATE SECTOR

These workshops are designed keeping in mind the fact that it is important that all employees in any given company have an awareness of people with disabilities. This awareness includes understanding how to interact with and make the company's services accessible to people with disabilities in order to maintain strong business relationships with them.

Conducted by both, disabled and non disabled presenters, experts in their field and self advocates from different disabilities and different backgrounds, in these workshops we urge participants to listen for connections, for commonalities, and while doing so, to suspend assumptions about persons with disabilities.



**SELF ADVOCATE ANJLI AGARWAL
ADDRESSING THE AUDEINCE**



WORKSHOP AT L'OREAL BANGALORE

Date	Name of Organisation	Session conducted for	Session conducted by	Staff Strength
27th June 2014	L'Oreal Foundation	Office Staff and Management	Ritika Sahni assisted by Dyuti Basu and Self Advocate Sunita Sancheti (Wheelchair User)	65
8th August 2014	L'Oreal Research and Innovation Office in Chembur	Office Staff	Ritika Sahni and self advocate Sharmila Divatia who has a physical disability since her childhood	47
18-8-14	L'Oreal HR Office at Andheri East (Powai)	HR Personnel	Ritika Sahni and Dyuti Basu and accompanied by Deaf self advocate Thomas L. Jacob	30
4-10-14	L'Oreal Office at Gurgaon		Ritika Sahni	52
24-10-14	L'Oreal Office at Kolkatta		Ritika Sahni accompanied by Self Advocate Den (Wheelchair User)	60
4-11-14	L'Oreal Office at Bengaluru		Ritika Sahni.	80



RITIKA AND THOMAS INTERACTING WITH PARTICIPANTS AT LOREAL POWAI



SELF ADVOCATE SUNITA SANCHETI ADDRESSING THE L'OREAL STAFF



AN EXERCISE IN DISABILITY ETIQUETTE

RADIO SHOW : MUD MUD KE NA DEKH

The Third season of Trinayani's Radio Show **"MUD MUD KE NA DEKH"** supported by **Hindustan Petroleum Corporation Limited**, pertaining to cross disability issues started on 26th February 2014 on 17 stations of All India Radio. The last two episodes happen to feature in this financial year. The interviews were then edited, mixed, recorded and mastered at studios in Mumbai along with Recordist Nirbhay Singh.

The 7th episode of the third season broadcast on 09.04 14 featured interviews with Prof Renu Addlakha, Dr Anita Ghai, Abha Khetarpal and Shivani Gupta, who discussed their perspective on the status of women with disabilities as regards Sexuality and Disability in our country and shared their individual stories.



**DR. ANITA GHAI BEING INTERVIEWED
AT HER COLLEGE IN DELHI**



**DR. UMA TULI SHOWING US HER CENTER
BEFORE HER INTERVIEW**

The 8th and Final Episode broadcast on 16.04.14 was dedicated to Disability and Sports, and featured discussion on Paralympics with Pradeep Raj, Abylympics with Dr Uma Tuli and Special Olympics with Syed Ali Kazim. The host also thanked all the guests who featured on the show and reiterated the need for creating awareness not only among non disabled people but also facilitating information for persons with disabilities.

The contact details of Trinayani, our email id, Facebook Page, Website address and mobile number was shared in each episode of MMKND.

Besides calls from friends, persons from the disability sector and, messages on "Whats App", from the very first episode we started receiving calls from persons with and without disabilities, some asking about the schemes of the government, others congratulating on a well designed program.

SPARSH FOOT SPA

“Seeing is believing” and as a NGO working on creating awareness on disabilities we also run a self sustaining Foot Reflexology Spa managed by trained Blind therapists Our Sparsh Foot Spa initiative has come a long way in altering perceptions and attitudes of the community towards Blind persons. The Sparsh Foot Spa stalls at Malls, Marathons, Melas, Corporate offices and Celebratory events provides us a unique opportunity of

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

Sparsh Foot Spa Events:

Date	Details of the Event / Program	No. of Therapists	Reach
27th June 2014	L’Oreal Foundation., Lower Parel. 4 pm to 6 pm	3	15
8th August 2014	L’Oreal Research and Innovation Office. From 4 pm to 5 pm	2	12
18th August 2014	L’Oreal workshop in HR Office at Andheri (E), Powai. From 3 pm to 4 pm	2	12
11th October 2014	BNP Enduthoron 25.0 at Borivali National Park. at Sanjay Gandhi National Park. 7 am to 11 am	6	150
1st to 7th December 2014	Oberoi Mall World Disability Day Celebrations 12 pm to 8 pm	2	280
6th December 2014	Wedding Ceremony at Madh Island, Malad (W) 2 pm to 6 pm	4	66
2nd December 2014	The Past Students’ Association of BES Walk-a-thon 2014 to create Platelet Donation Awareness., Borivili (W) 7:30 am to 10:30 am	2	22
24th December 2014	Ideas Box., Khar (W) 3 pm to 6 pm	2	16
18th January 2015	The Standard Chartered Mumbai Marathon 2015. Fort 7 am to 12 pm	20	500
31st Jan & 1st February 2015	Rotary International District Conference WOW DISCON -2015 9 am to 7 pm	2	180
31st Jan 2015	Breach Candy Swimming Club Carnival 3 pm to 7 pm	2	17
14th February 2015	Abhyuday, the Social Activity Body of IIT-Bombay – Exhibitions 2015 10 am to 6 pm	2	6
22nd February 2015	Private Event at Andheri (E) 4 pm to 7 pm	2	14
29th March 2015	Mira Bhayander Marathon 2015	2	2



AT STANDARD CHARTERED MUMBAI MARATHON



AT OBEROI MALL



WOW DISCON FOR ROTARY



AT L'OREAL OFFICE



BNP ENDURATHON BORIVALI



AT IIT MUMBAI

INCLUSIVE MUSIC BAND: Pehli Baarish

“PEHLI BAARISH”, OUR INCLUSIVE MUSIC BAND WAS LAUNCHED IN AUGUST 2014.

Formed along with our disabled and non disabled musicians friends, PB is our way of sharing the gift of music with audiences in an hour’s refreshing entertainment.

The band performs different genre of music as per the listening 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.

Currently the Pehli Baarish band consists of Ritika on lead vocals accompanied by Shaoli and Dyuti on Vocals and Rumki on Darbuka.. We also have the support of Blind musicians from NODA National Organization of Disabled Artists and have Sachin on Octopads, Dhawal and Mahesh on Keyboards, Ashok and Sapna on vocals, Budhha as the compere. We thank our dear friend, founder and compere kishor Gohil for facilitating and being an integral part of Pehli Baarish.

“Pehli Baarish” performances, we hope, will be graced by special appearances by our musician friends too. “Pehli Baarish” is also looking to eventually adding to the variety of music that it performs and inspiring volunteering acts by magicians, stand-up comedians and actors and professional singers.

Pehli Baarish Performances

Date	Name of Organisation / NGO where the Program was conducted	Supported by	Reach
7th August, 2014	NGO Prerana, at their center in Falkland Road, Grant Road East	Mr & Ms Kanchan Rohera	100
11th September, 2014	King George V Memorial Home For The Destitute, Mahalaxmi	Jhaverbhai Tarjabhai Pai Smarrk Trust	80
31st October, 2014	Acworth Leprosy Hospital in Wadala	Jai Subramaniam & Hemalata Ramiah	60
27th November, 2014	Residents of Urja, A Shelter for Runaway & Homeless Young Women. Dadar (E)	Jai Subramaniam & Hemalata Ramiah	50
6th December, 2014	At the Oberoi Mall during the WDD Celebrations, 2014 Goregaon (E)	Kingston Property Services Ltd.	800

We already have several friends who have volunteered their expertise in this endeavour.

If you are an NGO or support an and would like us to share an evening of music, smiles and happiness with you through a pouring of “Pehli Baarish”, please contact us with the following information.

- Contact Person at your end
- The field of work of your organization
- Number of participating audiences
- Location (classroom, hall, auditorium, open space, garden)

YOU TOO CAN BE A PART OF PEHLI BAARISH. READ ON TO SEE HOW:

- **If you are a performer in the creative arts, we welcome you to join us and share your expertise/gift/talent in a PB pouring.**
- **Please connect with us if you wish to support us in the hiring of professional sound gear and other equipment, we have fixed a cost irrespective of venue and location. We would welcome donations to the cause.**

All our Pehli Baarish performances brings joy and smiles to our audiences. We mingle with the crowd, get them to perform with us, and all end with happy talks and invitations to come again.

We thank Dyuti for coordinating all the PB performances and accompanying the band during the show along with volunteer Kalpana. A special thank you to Shaoli and Rumki for being there for us.



PB PERFORMANCE AT LEPROSY MISSION



PERFORMANCE AT KING GEORGE MEMORIAL HOME FOR THE DESTITUTE



DANCE PERFORMANCE BY GIRLS OF NGO URJA



ASHOK, RUMKI AND SHAOLI AT OBEROI MALL



PB TEAM AT OBEROI MALL



AT DADR FOR NGO URJA



**ANCHOR KISHOR GOHIL ENTHRALLING
THE CHILDREN OF NGO PRERANA**



**BLIND SINGER ASHOK SINGING HIS
FAVORITE RAFI SONG FOR THE AUDIENCE
AT KING GEROGIE MEMORIAL HOME**

DISABILITY AWARENESS FILMS

This year we also created a few short films to further the cause of Disability Awareness. Prominent among that was a 22 mins film titled **DISABILITY DECONSTRUCTED**.

Our earlier 30 sec awareness film **Leave No One Behind** was further dubbed in Kannada and Odiya. We thank Ms Sneha Misra of AAINA, Bhubaneswar for helping us with the Odiya translation and Shanti Raghavan of Enable India for the Kannada translation.

Heartfelt thanks to Mona Shetty for dubbing it in Odiya and sharing her studio space for the same. We thank our friend Vijaya Shankar for doing the Kannada voice over which was professionally supervised by Sumati Shivraaj.

LNOB in Odiya was screened during the filmfest on 14th & 15th Oct at Bhubaneswar and is used on various occasions and programme of Aaina in Odissa. OOH Media also aired the Hindi and English version of the film on all OOH screens across the country during the first week of December.

All our films are extensively shared with Ngos and academic institutions and corporate sector for the purpose of disability awareness.



Mona Shetty has supported us by giving us access to her studio and lending her voice for our films.



Multifaceted Vijaya Shankar doing the Kanadda dub for Leave No One Behind

INCLUSIVE MUSICAL: Yeh Hai Duniya Meri Jaan

2014 also saw us celebrating World Disability Day by staging our first large scale on ground Inclusive Entertainment Show titled Yeh Hai Duniya Meri Jaan with massive support from our creative friends and the academic community of the city of Kolkata. This show was supported by Hindustan Petroleum Corporation Limited and staged on December 17th at Rabindra Sadan Kolkata, at 7 pm. The chief guest for the event was Shri Dilip Kumar Pattanaik, General Manager for Hindustan Petroleum Corporation Limited along with Mr Shambhunath Ray.

YEH HAI DUNIYA MERI JAAN was a simple but powerful story of 7 friends who overcome odds and despair to achieve their dream of opening a restaurant together. The play had the audience captivated right from the start to the finish with the brilliant acting by the protagonists, dance numbers, songs sung by the blind students of Premasree and signed by the students of Oral School for the Deaf. The event which involved over 130 disabled and non-disabled students from SEVEN participating schools from Kolkata

It was a truly eye-opening experience for both the audience and for the participants themselves, who got to interact with people with various kinds of disabilities.

Our gratitude for esteemed actor, Mr Victor Banerjee who graced the occasion and agreed to be part of the cast. We also thank Mr Shawn Kenworthy for his guest appearance in a video shoot segment of the play. We are thank our friends in the Telegraph and Times of India for according importance to the cause of disability awareness.



Thank You Victor Banerjee

Cast

Victor Banerjee	Rajiv Chandra Saha
Mr Shaun Kenworthy	Yuvraj Vyas
Harshit Gohil	Jai Badlani
Kanishka Tiwari	Padma Francis
Nikita Thakkar	Mahesh Oberoi
Den (Sayomdeb Mukherjee)	Veenit Jain
Nishant Dave	Sarang Seth
Anandita Thakker	

Participating Schools

Oral School for Deaf Children
Ballygunge Shiksha Sadan
Akshar
The Heritage School
Mentaid
Premasree Residential Home for Visually Impaired
Indian Institute of Cerebral Palsy

The Jaan Behind The Show

Varsha Sheth- Concept and Script
Ashok Singh- Direction
Alokananda Roy- Choreography
Bhavna Hemani- Fashion Choreography
Dinesh Poddar- Lights and Sound
Veenit Jain- Audio Visual Support

PRECIOUS MOMENTS FROM YEH HAI DUNIYA MERI JAAN,
CELEBRATING TOGETHERNESS



WORLD DISABILITY DAY CELEBRATION 2014

We at Trinayani use the occasion of World Disability Day every year to launch several initiatives towards propagating a more inclusive society.

Our Celebration for World Disability Day 2014 was full of fun and educational programs. This year, we went all out, having several shows and organizing events both in Mumbai and Kolkata.

- Our awareness film "LEAVE NO ONE BEHIND, dubbed in seven different languages was aired on many TV channels as a public service announcement. We thank OOH Media for taking the initiative to have the film aired on OOH screens across the country during the first week of December.
- Our blind therapists from SPARSH FOOT SPA, Lata and Sambhaji were at Oberoi Mall, Goregaon East, from the 1st to the 7th of December from 12:00 to 8:00 pm. We had more than 80 people coming in for a massage during this time. We would like to thank Helen and our volunteers, Kanchan, Kalpana, Sunny and Amruta for their support.
- We designed a 22 minute E-Module, replete with films, titled DISABILITY DECONSTRUCTED. The film gives a peek into the various facets of the lives of persons with disabilities. Using examples of different persons living with disabilities, the film helps decode the mysteries and myths of the world of Persons with Disabilities. This module is available with us and can be sought on request.
- The first screening of this module was held for a select audience at The Playce, Mulund West on 2nd December at 6.30 pm. The screening was followed by a long and highly interactive session with everyone in the group adding their input. We were very happy for all the help from Team ProjectHeena, an online platform for volunteering and Corporate CSR Engagement, who facilitated the event.
- For dance lovers, Trinayani and Team ProjectHeena arranged for an INCLUSIVE FLASH MOB on November 30th at the Celebrate Bandra Festival and on December 7th at Oberoi Mall. The mob included disabled as well as non-disabled dancers. The program on 30th at Carter Road during the Celebrate Bandra Festival was a huge success with people milling around to watch the performance. The people at Oberoi mall were just as wowed by the dancers as they crowded around and leaned over banisters to get a better look.

We thank Minita Sodhi, Sneha Raval, Nehaa Beotra, Sunita Sancheti, Neenu Kewlani, Manish Sharma, Gau-rav Puranik, Himanshu Chanda, Sriyansh Batnagar, Joyee Mahanta, Ketna Mehta, Ashutosh Saxena, Nikunj Bhutta, Priyanka Shertukde, Demetra Gracias, Mayank Gandhi, Nivedita Puranik, Ameya Thakur, Madju Singh, Prerana Bhatnagar, Mithili Kulkarni who all volunteered their participation.



FLASH MOB
AT CELEBRATE BANDRA FESTIVAL



SENSITIZATION SESSION AT THE PLAYCE

TRINAYANI IN THE NEWS

Ritika Sahni received WOMEN ACHIEVERS AWARD this award (07.03.15) on behalf of all who work along with Trinayani to reach the message of Disability Awareness. Thank you Young Environmentalist Programme Trust and Elsie Gabreil for acknowledging our work



THE TIMES OF INDIA, MUMBAI
MONDAY, JANUARY 19, 2015

Room for women

For women participants, a room was set up with yoga mats and exercise Swiss balls to practise before the run. Beds were placed in a separate room for runners who were injured or needed rest. A 56-year-old paediatric doctor, Padma Karve from Pune, who finished her 21km race in three hours said the arrangement was good. The room had blind foot massage therapist from NGO Trinayani. Bhagrathi Parade (26), a visually impaired masseuse, said, "We gave a 10-minute foot massage to the participants. We try to make them feel relaxed," said Parade, who shared the job with 20 others.

CALCUTTA THURSDAY 18 DECEMBER 2014

WE ARE THE WORLD



A scene from 'Yeh Hai Duniya Meri Jaan', an inclusive Hinglish play presented by NGO Trinayani at Rabindra Sadan on Tuesday, and (above) Victor Banerjee makes a special appearance in the play. The 75-minute production, featuring RJ Den and more than 140 school students, was packed with music and dance, some original and some taken from films. "We often overlook social causes that don't affect us. This is a splendid opportunity to bring formative minds together to understand each other and dispel all fears, myths and misconceptions," said Ritika Sahni, the CEO of Trinayani Foundation. For Ayam Burman, a Class VIII student of The Heritage School, this was his first time as part of such a big production. "I was a part of the choir and practised hard for over a week. I made a lot of new friends from other schools," he said.

Pictures by Amab Mondal

Celeb power to teach 'inclusion'

Thouk Ghosh

thoukghosh@gmail.com

Kolkata: Persons with disabilities have as much right to be treated with respect and acceptance as anyone in the society. To drive home this message, a star-studded dance-drama performance has been organised with school children, city schools along with several disability experts on the stage.

Led by singer Ritika Sahni, who heads the NGO Trinayani, the event will have actor Victor Banerjee enacting the role of a principal — his first stage performance in the city since 1987. Other celebrities involved are Shoun Kenworthy, who is playing 'Master', and Alokanda Roy, who has choreographed the dance performances.

"The novelty of the initiative lies in its inclusiveness. The last time participating was the 2005 award-winning Ballygunge Siksha Sadan. The Hermitage School, Abanipour, first school for the speech-impaired, Promoter is home for the visually impaired, Mental and Indian Institute of Cerebral Palsy," said Sahni.

The programme will be held at 7pm on Wednesday at Rabindra Sadan. "The last time I performed on a Kolkata stage was ages back — 1987 — at Rabindra Sadan, and that show was epic. This time though, it's a much more serious and for a cause, to promote inclusion," Sahni said.

"I have been involved with disability activities for over 40 years. I have done programmes with several disabled children and involving them makes the performance genuinely heart-



Victor Banerjee will take the stage again in the city since '87

warming," said Banerjee.

"There are so many people in Kolkata doing fantastic work with the underprivileged and persons with disabilities. I have been a part of several of them over the years and it's always a pleasure to be a part of it. I will do my best to play my part — in this instance being a principal to play myself," Chief Guest. Nothing could be better," Kenworthy said.

Sahni, an extra-curricular activities coordinator at The 105, said students are taking part — 30 singers and 30 dancers. "They will perform with the special children, so the inclusion choreography has been designed keeping that in mind. The theme is inclusion. Our students regularly do these activities in school, supervised by teachers. But this has several organisations involved and the message is also a big one. It's a new experience for them as well."

Premiere school teacher for Tanushree Bhattacharya said: "At our five residential school for the visually impaired at Jangipuchi, South 24 Parganas, the students have been learning in the morning and many of them are very talented. In fact some of them are likely to grow up as professional musicians. Show the children are visually impaired, we explain every detail to them. Even those children wanted to participate in this programme."

Sahni added that her organisation believes that the attitude is the problem and not the disability.

THE TIMES OF INDIA | KOLKATA
SATURDAY | DECEMBER 13, 2014

Xtra! PICKS



THEATRE

> **HINGLISH TREAT** | Rabindra Sadan |
Wednesday | 7pm

Attend 'Yeh Hai Duniya Meri Jaan', a music, dance and theatre show with 150 students, some of them with disabilities. Alokanda Roy to choreograph dance performances and songs by children from The Heritage School and Ballygunge Siksha Sadan, along with those from NGOs Akshar, Premasree, Mental and IICP. There is also a play starring Victor Banerjee and Shoun Kenworthy. The show is being presented by the NGO Trinayani.



**WORLD DISABILITY DAY
2014 PRESS PUBLICITY**

6
बुधवार, 23 दिसंबर, 2014

**त्रिनयनी की शानदार नाट्य प्रस्तुति
यह है दुनिया मेरी जान**



अमर कपूर

विश्व ज्ञान दिवस के तहत 'यह है दुनिया मेरी जान' नामक नाट्य प्रस्तुति को त्रिनयनी फाउंडेशन ने बुधवार को शानदार ढंग से प्रस्तुत किया।

इस अवसर पर त्रिनयनी फाउंडेशन के अध्यक्ष अमर कपूर ने कहा कि यह नाट्य प्रस्तुति को त्रिनयनी फाउंडेशन ने बुधवार को शानदार ढंग से प्रस्तुत किया।



इस अवसर पर त्रिनयनी फाउंडेशन के अध्यक्ष अमर कपूर ने कहा कि यह नाट्य प्रस्तुति को त्रिनयनी फाउंडेशन ने बुधवार को शानदार ढंग से प्रस्तुत किया।

6
बुधवार, 23 दिसंबर, 2014

**त्रिनयनी की शानदार नाट्य प्रस्तुति
यह है दुनिया मेरी जान**



अमर कपूर

विश्व ज्ञान दिवस के तहत 'यह है दुनिया मेरी जान' नामक नाट्य प्रस्तुति को त्रिनयनी फाउंडेशन ने बुधवार को शानदार ढंग से प्रस्तुत किया।

इस अवसर पर त्रिनयनी फाउंडेशन के अध्यक्ष अमर कपूर ने कहा कि यह नाट्य प्रस्तुति को त्रिनयनी फाउंडेशन ने बुधवार को शानदार ढंग से प्रस्तुत किया।



इस अवसर पर त्रिनयनी फाउंडेशन के अध्यक्ष अमर कपूर ने कहा कि यह नाट्य प्रस्तुति को त्रिनयनी फाउंडेशन ने बुधवार को शानदार ढंग से प्रस्तुत किया।

6
बुधवार, 23 दिसंबर, 2014

**त्रिनयनी की शानदार नाट्य प्रस्तुति
यह है दुनिया मेरी जान**



अमर कपूर

विश्व ज्ञान दिवस के तहत 'यह है दुनिया मेरी जान' नामक नाट्य प्रस्तुति को त्रिनयनी फाउंडेशन ने बुधवार को शानदार ढंग से प्रस्तुत किया।

इस अवसर पर त्रिनयनी फाउंडेशन के अध्यक्ष अमर कपूर ने कहा कि यह नाट्य प्रस्तुति को त्रिनयनी फाउंडेशन ने बुधवार को शानदार ढंग से प्रस्तुत किया।



इस अवसर पर त्रिनयनी फाउंडेशन के अध्यक्ष अमर कपूर ने कहा कि यह नाट्य प्रस्तुति को त्रिनयनी फाउंडेशन ने बुधवार को शानदार ढंग से प्रस्तुत किया।

ON THE ROADS : IN OUR FIRST VEHICLE

At Trinayani we strive to design interesting ways of promoting the rights of persons with disabilities and changing public perception about disability. Having had the opportunity of reaching out to our stakeholders over the last decade, we realize that one of the hurdles that came our way is the length and breadth of our city of Mumbai and thus commuting becomes strenuous and stressful.

We realized that having our own transport will help us save on time, energy and cost and will help enhance the efficiency and productivity of our therapists, who when they go out on calls along with a volunteer, need to carry standees, stools, banners, massage chair, and massage material. By the very nature of their disability, accessing and travelling becomes a longer and tiresome affair than usual as they go about servicing 8 to 10 clients in a visit to a corporate.

For us, having our own vehicle also meant smoother transfer of equipments like Projector, screen, compact speaker and assistive devices like wheelchairs, that we carry, to conduct our Sensitivity Workshops across the city.

We are ever grateful to Mr George Paul of Bharat Petroleum Corporation Limited for coming to our assistance. The magnanimous Mr Paul inspired few BPCL distributors to get together to donate a vehicle to us. We thank Mr Deepak Jain for coordinating on behalf of BPCL and Mr Atul R. Shah for his sensitive and patient dealing with us. We specifically would like to thank our donors, , Mr Atul Shah of Deepak Gas Service, Mr Deepak Singh of Om Vinayak Gas Service, Mr Gautam Gala of Malad Gas Service, Mr Ravi Ramchandran of Excel Gas Service, Mr Ashish Singh of Satya Sai Gas Service. Mr Rajiv Tungare of Mukta Gas Service.


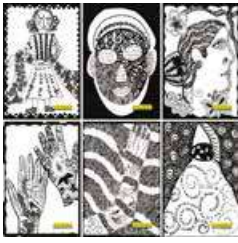



**HANDING OVER OF THE
VEHICLE IN A
FORMAL FUNCTION AT A
BPCL OUTLET IN MUMBAI
BY ALL DONORS**

OUR PRODUCTS

We have created a few Exhibits using the Prints which resulted out of the collaborative efforts of our disabled and non disabled participants of our Inclusive Visual Arts Workshop **"TRIUMPH TOGETHER"**. This workshop was conceptualized and conducted in collaboration with Khoj Kolkata, an artist's initiative dedicated to promoting alternative and community art practices. The PRINTS used in all the products we made were created by Zalak M. Shah, a deaf beautician, Ranjit Mullick, student of print making & Jayashree Basak, professional print maker, under the project BAG MY DREAMS.

We hope friends in the corporate sector endorse them as a part of our on- going campaign to create awareness about disability as well as to raise funds to realize our vision. Please contact us for Corporate Orders and exhibitions.

Product Image	Product Details
	CLOTH BAG
	IPAD SLEEVE
	TABLE MATS set of 4
	TABLE MATS set of 6
	COASTERS set of 4

Product Image	Product Details
	COASTERS set of 6
	CUSHION COVERS
	WALL DECOR
	ME AND MY OWN SPACE JOURNAL
	I AM SPECIAL SO ARE YOU BOOK

JOIN HANDS WITH US

We appreciate and welcome support and urge you to choose any of the below options to further our mission :

1. Volunteering your Time Physically and with your Creative inputs
2. Donating in Cash
3. Organizing Disability Sensitization Workshops in Corporate offices, NGO's, schools, and in your neighbourhood
4. Experiencing the Service of our Visually Impaired therapists
5. Cheering our Initiatives and Calendar Events – Motivating us.
6. Liking and Sharing our Face Book Notifications and
7. Staying in touch with us through the Social Media and
8. Regularly Visiting our Website and the Trinayanifilms Youtube channel



Darbuka player Rumki and Singer Shaoli volunteering musically for Pehli Baarish



Ashok and Kanchan Rohera volunteering at the SCMM stall



Singer Gaurab and Blind Singer Sayani in a guest appearance for YHDMJ



Varsha Sheth, Alok Ananda Roy and Ashok Singh, All friends of Trinayani



Writer Malay Desai and Entrepreneur Himanshu Chanda , providing constant support

GLIMPSES OF OUR ACTIVITIES



OUR POEM: INCLUDED IN THE CBSE CURRICULUM

I am Special. so are you !

**Imagine just how boring life would be
If Mother Nature believed in UNIFORMITY?!**

**All living beings the same in colour and shape
The ant and the ape!
A leopard and a bear!!
A watermelon and a pear!!!
The leaves on every tree...
The fish in every sea...
And hey, maybe even you... and me!!!**

**Eeeeeeks!!! Wouldn't life be a shame
If everything looked...felt...smelt...
Exactly ...the SAME!!**

**Thank God, we all have our own shapes and sizes
With different looks, talents... surprises
Each with a special strength...or a weakness
I guess that's what gives us our uniqueness!**

**I've got friends who are fat and friends who are tall
Friends who are skinny and some who are small**

**Friends who wear glasses or use a wheelchair
And those with braces or funny things in their hair!!!**

**Some who are brainy, ahead of the rest
Scoring superbly in every test
Some are winners in other ways
In music...dancing...painting...or on sports days...**

**Then, there are others who might not win any prizes
But watch out, they too are full of surprises
That's because each of us is one of a kind
Specially created...specially designed...**

**We each have a purpose, each have a role
Each with a dream, each with a goal
We each are different, special... rare
Each an answer to a special prayer...**

**So love who you are, in life have an aim
Be happy to be special not boringly same
Be who you are ...Do what you do
We are all really special...coz I am I. And you are YOU!!!!**

OUR DONORS

We are grateful to our Donors who made a financial contribution to TRINAYANI

- Bergis Desai
- Sonal Desai and Hindustan Petroleum Corporation Limited
- Deepak Singh of Om Vinayak Gas Service
- Gautam Gala of Malad Gas Service
- Rajeev Tungare of Mukta Gas Service
- Mr Ravi Ramchandran of Excel Gas Service
- Ashish Singh of Satya Sai Gas Service
- Atul R. Shah of Deepak Gas Service
- George Paul and Bharat Petroleum Corporation Limited
- Secure Giving
- Gaver Chatterjee
- Sharplex Filters (India) Pvt. Ltd.
- Dilip Kumar Atha
- Nihar Mishra
- Jhaverbhai Tarjabhai Pai Smark Trust
- Hemalata Ramiah and Jai Subramaniam
- Ashok and Kanchan Rohera
- Ganesh Devarajan
- Byramjee Jeejeebhoy Parsee Charitable School
- Kamal Bakshi
- Vijaya Shankar
- Kayemat Sheikh
- Ashish Rastogi
- Help Your NGO.com
- Eli Yamin
- Hemant Attray

We are grateful to all our friends, donors, and volunteers who have supported us with their contributions, advice and kind words of encouragement.

We believe that together we can make a difference. So we urge you to join us, whichever you can, to create a just, aware, informed and tolerant society.

MISSION & VISION OF TRINAYANI

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



Mission Statement

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



All donations in cash or cheque to Trinayani are exempt under Section 80 G of the Income Tax Act 1961

Registered off:

828/1, Block-P, New Alipore, Kolkata-700053, Ph: 033-24007348

Mumbai off:

67/666 Gulmohar C.H.S. M.H.B colony, 90 Feet Road, Mahavir Nagar
Kandivali West, Mumbai: 400067
Ph: 022 28697390 +91 9769357390

www.trinayani.org

ritika@trinayani.org