

TRINAYANI'S DIGITAL SAGA

ANNUAL REPORT

APRIL 2020 - MARCH 2021

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Founder's Note

PAGE 03

"DISABILITY IS MORE THAN JUST A SOCIAL ISSUE TODAY"

It was just another morning, just another day when we had woken up with a to-do list writing itself in our heads. Some of us got our staple morsel of news from the morning newspaper, the TV or just our phones. That's when our eyes caught the most unusual headline – there's a novel virus. Although it took a few days, which felt no longer than just a blink of an eye, the virus kept nabbing more and more headlines, and our plates were soon filled with no other cuisine. Then the worst one came to light when they declared it a global pandemic, and India went into a tight lockdown.

Everything had come to an unanticipated halt. All that was once normal was simply thrown out of the window. The routine was no more the same. No new lists were writing themselves in our confused minds. Days and nights seemed dilapidated as we began to lose appetite for news because it brought nothing more than anxiety.

The ones who were learning were having a hard time adjusting to the whims of online platforms and fluctuating networks. The ones who were earning were struggling too because many of their professions could not be carried out over the internet. The offices and spas they worked at, everywhere the shutters were down. They were simply stuck.

While every individual swam in their own pool of indecisiveness, at Trinayani, we too felt fogged by the restraints put on our hands and legs. When we were developing the Towards Inclusion Disability Awareness Game Kit, we were buzzing with the excitement of how it would carry forward our organization's message in the most optimistic way possible; how so many homes would be filled with joyous chatter and playful competition. We had planned workshops in several parts of the country for the orientation regarding the game kit but all of that began to seem so vain.



Founder's Note

PAGE 04

Somehow grappling our way through the dark months of March through May, we thought we were confronted with a dead end. But then we saw the speck of light which soon turned into a ray of hope. Realizing that the workshops couldn't be held at the venue had us completely dejected; but we thought, what matters is the conduction, not the venue. That's when we took the decision of dipping our own hands into the pool of online platforms in an attempt to regain some balance. We didn't know how far it would take us; least of all, would it even serve the purpose? There was only one way to find out.

We began consulting our friends with disabilities to try and understand what we could do to add as much convenience into this experience as possible. Finally, we set sail on 31st May, 2020, with our very first online meetup. The community was ecstatic and brighter than ever. While the blocks on our screens held many familiar faces, we could also spot the ones who always wished to join us in our gatherings but the distance or their condition never let them. That day, they expressed their gratitude for being included in the meeting and we, too, felt grateful to technology for wiping out the obstacle of distance between us and our friends with disability. Moreover, we saw people joining us from beyond borders, including places like Dubai and Lahore.

What was meant to be an experiment into testing the waters resulted into the right step in the right direction. Trinayani was optimistic again. The fog which was constantly clouding our judgment was dissipating. 7th June, 2020, an annual subscription of Zoom was taken. Slowly and steadily, everything fell into place. The new normal was beginning to settle in, and NGOs across the country took necessary steps to not only keep the existing communities well-knit but also ensure the expansion of the same with the spread of inclusion awareness.

The workshops which were supposed to be carried out met their completion. In this course, we at Trinayani realized how quickly something can go haywire. However, if we have the support of each other, no knot is too messed up to be untied; no mountain is too big to be hiked.



Founder's Note

All we must do in such times is trust the process and keep trying. Even today, things are a little confusing at times because as much as we wish to hit the road again with our old ways of putting up events, concerts, workshops, and other entertaining and educational activities, we don't know when we will be able to.

The path that seems too dark to trudge today will be illuminated by sheer diligence soon. Awareness simply needs a channel, and Trinayani is indebted to technology and the creators of the same for providing that channel, so that even in these trying times, inclusion is encouraged with ease.

My Best,
Ritika Sahni
Founder-Trustee
Trinayani



MISSION

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

VISION

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

04 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 Sahni, Founder Trustee and Vice-Chairman, Trinayani has been an active member of Round Table India both in the area and nationally as Convener: Human Resource and Development and has travelled extensively holding workshops and outlining Round Table India's vision. Since 2012, he has been an active member of Rotary Club of Calcutta Midtown spearheading Global Grants under Project Dignity, building more than 600 toilets in the Sundarban area of West Bengal. Among many positions in Rotary he has also served as President, Rotary Club of Calcutta Midtown 2018-19 and the club received several notable awards under his tenure. At



04 Our Trustees



Trinayani he works towards creating the larger vision of the organization and works closely towards its implementation. Since 1993, Rakesh Sahni has been promoting Indian modern and contemporary art and has been passionately involved in curatorial and archival ventures in his creative space called “Gallery Rasa” in Kolkata. He has curated noteworthy exhibitions and consulted towards creating important institutional and private collections. He is currently working towards enriching Gallery Rasa – Art and Archives through www.galleryrasa.com which is an accessible knowledge base fostering further research in the realm of Indian art, craft, architecture and film through its verticals of Bibliography, Visual Archive and Bengali Film Archive. He can be reached at <mailto:rs@galleryrasa.com>

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 disabilities.

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.



EFFECT OF CORONA/LOCKDOWN ON OUR DISABLED COMMUNITY

PAGE 09

In the merciless clutches of the Covid-19 Pandemic, the world was undergoing an elongated hour of torment. Healthcare workers had adjoined day and night in a rush to save as many lives as possible. So many people, the ones without any protection, the ones living in the margins of society, were bearing the most brutal brunt of the unfortunate situation.

Persons with Disability (PWDs) were a part of the crowd that took the worst hit. Social distancing became a hassle for the visually impaired. The way they connected with the world was through touch. Infected surfaces became a threat, no longer being a safe way to maneuver through life. Mask covered faces were making it difficult for the hearing impaired to communicate as they could no longer read lips. So many more lives which they had curated through multiple hardships had paused in agony.

Since disabilities exist in various forms and have various intensities on an individual level, every experience was accompanied with its own kind of difficulty. Those living with spinal cord injuries or multiple sclerosis were undergoing regular physiotherapy sessions before everything went downhill. Unfortunately, much like everything else, these sessions had become difficult to conduct, and they had to live with recurring bouts of spasms all over again, rendering them more fatigued than ever.

Many of them were ridden with difficulties of a whole new extent as the most basic actions in their daily routines were impacted. Those who were reliant on someone else for simple tasks like changing clothes, eating meals, and going about their life, were left helpless in the absence of their caretakers.

In order to make things a little easier for them, Trinayani intervened to fetch special permissions to help our friends out of such a pit. Allowing these caretakers and physiotherapists back into their lives was essential because chores like grocery shopping shouldn't feel like a nightmare, and recoveries shouldn't be reversed into pain.

EFFECT OF CORONA/LOCKDOWN ON OUR DISABLED COMMUNITY

PAGE 10

Despite so many efforts, some lament was inevitable because we lost some of our friends to the vicious virus. Our heart goes out to them and their families. We pray for them to have the strength to overcome this loss and see that there's always help available. Many premier organizations are stepping forward to ease the vaccination process for the disabled community across the country so that these sectors of society aren't ignored.

At the end of the day, we as people need to be there for each other because humanity is what we must lead with before anything else. The best thing about time is that it passes. This elongated hour of torment, too, will pass when we put up a tenacious front. After all, being hopeful and helpful is the only way out of this labyrinth.



ONLINE MONTHLY ACTIVITIES

10TH MAY 2020

MOTHERS DAY VIDEO



To engage the community and showcase multiple motherhood experiences, so different yet so similar from each other, we celebrated Mothers Day 2020, in times of quarantine and lockdown, The Trinayani way, by invite videos from our mothers of children/adults with and without disabilities to share moments of togetherness with their parents which we then used to create our film.

Grateful to have the generous Ms Kalki Koechlin give us a message in the video

of knowing and understanding that, it is all right to ask for help.

A very special thank you to all our participants and their families for their co-operation and involvement in our initiative. In order of appearance, the video

features the following persons. Nirmala Sancheti (mother) with Sunita, Jharna Chauhan with Adhyant and Nirbhay, Shobha Sachdev (mother) with Deepa, Suchita Yadwad (mother) with Omkar, Yojana Wavikar (mother) with Kimaya, Rekha Balgi (sister turned mother with Girish), Aditi Shardul (Mother) with Harsh, Sudipta Mukherjee Mandal (mother) and Meera,

10TH MAY 2020

MOTHERS DAY VIDEO



Lalita. B. Bubna (mother) with Sushmeetha, Jeeja Ghosh (mother) with Hiya, Nirmal Warankar (mother) and Nirav, Jyothi. K. Kumar and Vivek, and Sudeshna Mishra (mother) and Punit.

Our heartfelt gratitude to Bauddhayan Mukherji of Little Lamb films for his support. Thank you to their editor Avishek Ghosh for creating the film from the footage provided.

[Click here to catch a glimpse of the curation](#)

31ST MAY 2020

FIRST ONLINE MEET UP



TRINAYANI ADAPTS AND SERVES THE COMMUNITY BY HOSTING THEIR FIRST ONLINE INCLUSIVE MONTHLY MEETUP.



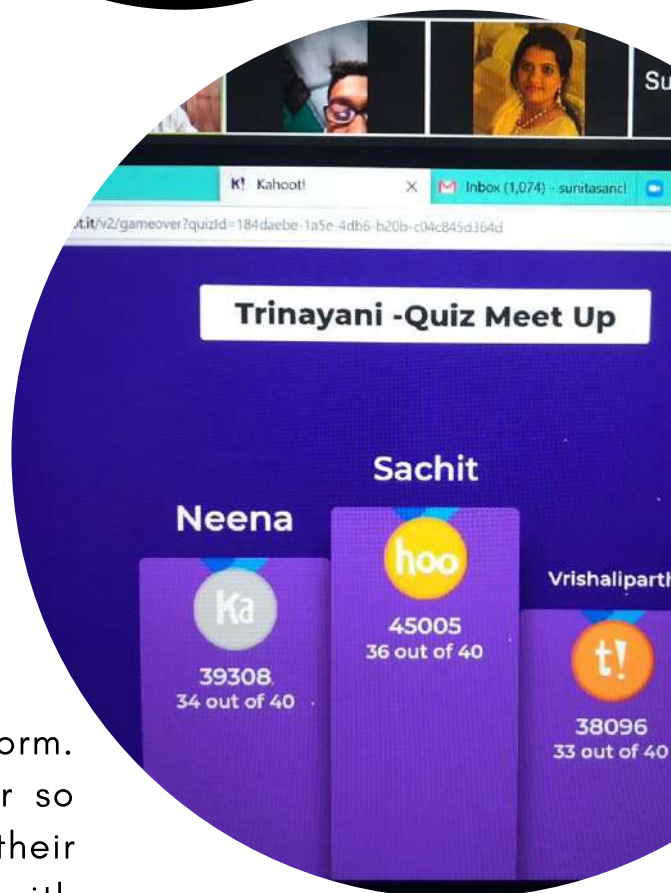
FOR OUR FRIENDS WITH AND WITHOUT DISABILITY.

VENUE - COMFORTS OF YOUR HOMES

DATE - SUNDAY, 31st MAY

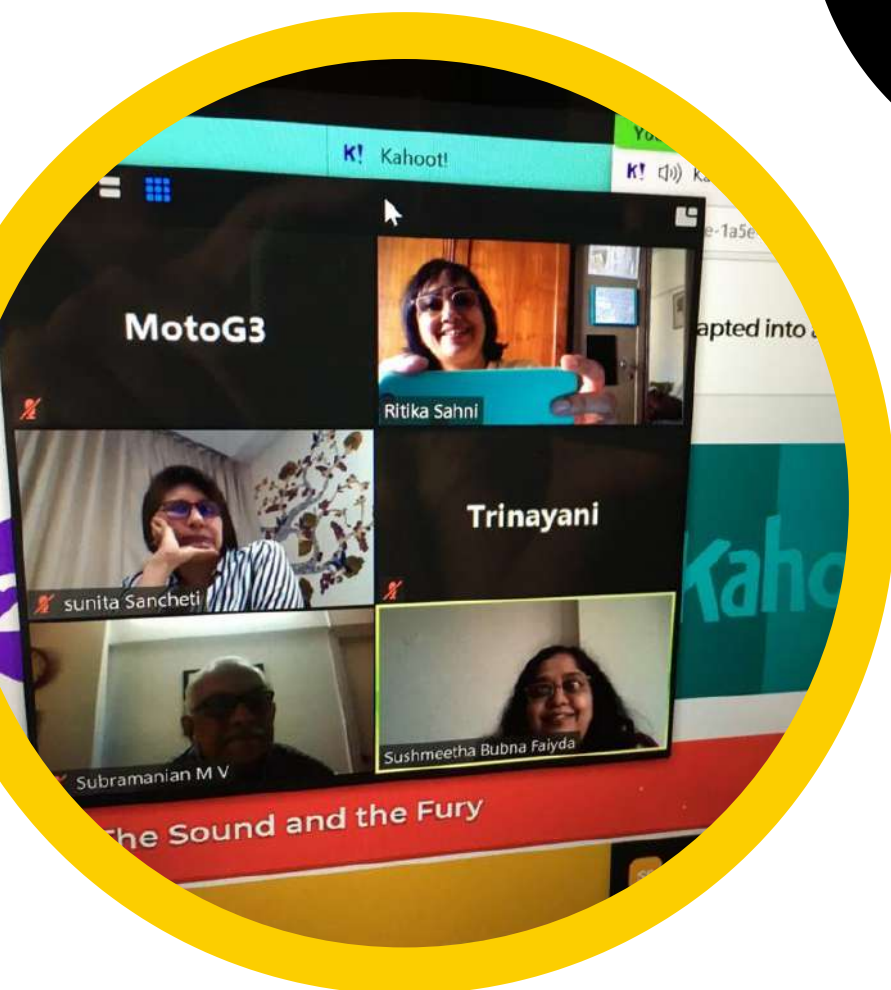


The day felt like a rainbow after a storm. Seeing so many old and new faces after so long reinforced not only ours but also their faith in Trinayani. The day was filled with experiences shared by all our supporters and all of us were confronted with multiple perspectives of the same Lockdown. To spice things up, we created a quiz inspired by the pattern of Kaun Banega Crorepati.



31ST MAY 2020

FIRST ONLINE MEET UP



Discovering the Kahoot app helped us carry out the session smoothly as it made the participation of our friends with visual impairments so much easier. The echoes of the laughs we had with the different NGOs that had participated still bring a smile to our face when we remember May of 2020.

21ST JUNE 2020

INTERNATIONAL DAY OF YOGA

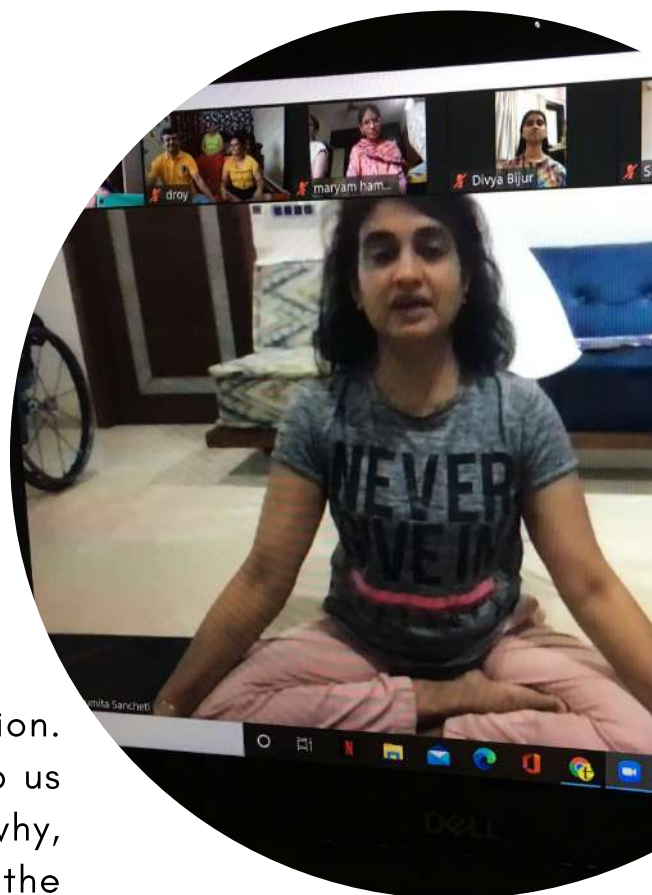
TRINAYANI CELEBRATES INTERNATIONAL DAY OF YOGA

With YogAlign by Madhumita

11:30 AM TO 12:30 PM | JUNE 21, 2020
FROM THE COMFORT OF YOUR HOME
- ZOOM LINK TO FOLLOW -

trinayani
Raising Awareness about Disability
www.trinayani.org

Trinayani stands for awareness and inclusion. The year's challenges weren't going to stop us from executing our mission and that's why, putting our annual Zoom subscription to the best possible use, we celebrated International Yoga day with YogAlign hosted by our dear friend, Madhumita Sancheti. Our friends with different disabilities participated with much enthusiasm.



21ST JUNE 2020

INTERNATIONAL DAY OF YOGA



Madhumita adapted the yoga poses to help them avail equal health benefits despite having certain physical limitations. This session was one of the most essential ones because staying cooped up in our houses was not only hampering our physical but also mental well-being of all. Hence, it was a beautiful reminder to breathe and revel in silence so that we can improve our conscious state by indulging in introspection.



2ND JULY 2020

PARISAR ASHA EVENT

Meet our Judges



Ms. Ritika Sahni
Playback Singer,
Founder, TRINAYANI

Ms. Ritika has an interesting dual career, dividing her time between playback singing, live stage shows and spearheading advocacy initiatives for Trinayani, the NGO for Disability Awareness that she founded, where she also works as a Trainer and a Consultant in Disability Inclusion. 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 "Turne Mil Nazam" from the film "Main Madhuri Dixit Banna Chahi Hun". She also performs regularly with her Inclusive Music Band "Parla Bazaar" comprising disabled and non disabled artists.



Ms. Sapna Ahuja
Head - Department of Theatre,
Teachers Training, Parisar Asha

Ms. Sapna Ahuja is an applied theatre practitioner. She is trained from Sri Ram Centre for performing Art and Culture (Delhi) and masters in Applied Theatre from Foundation for Liberal and Management Education (FLAME Pune) on fellowship. She has done her B Ed. from Mahatma University. She was employed as an artist/teacher for 5 years at National School of Drama (NSD) in their wing called Theatre-In-Education Company, (Delhi). Then, she worked with eminent theatre practitioners as a performer and facilitator. She has been conceptualizing and facilitating children workshops and plays since 2008. She has been awarded with a scholarship in the field of theatre, from Government of India, Ministry of Culture.



Ms. Aarati Savur
CEO, Parisar Asha

Ms. Aarati Savur is a passionate and experienced Performing artist, Motivational speaker, Counsellor, Msc. MA Drawing and Painting, Design and Decoration, M.P., CBT, Theatre Colour practitioner. She brings with her a rich experience of 26 years in the field of education. She was a resource for NCERT Art & Aesthetics Dept. In the last few years, she has brought many positive changes in the organisation and in the society at large. She is honoured with many National and International Awards.



Ms. Kavita Amanpreet
Actor, Theatre Professional

Ms. Kavita is a very versatile Actor and a Theatre professional. She has been conducting theatre workshop all over Mumbai for the last 15 years.



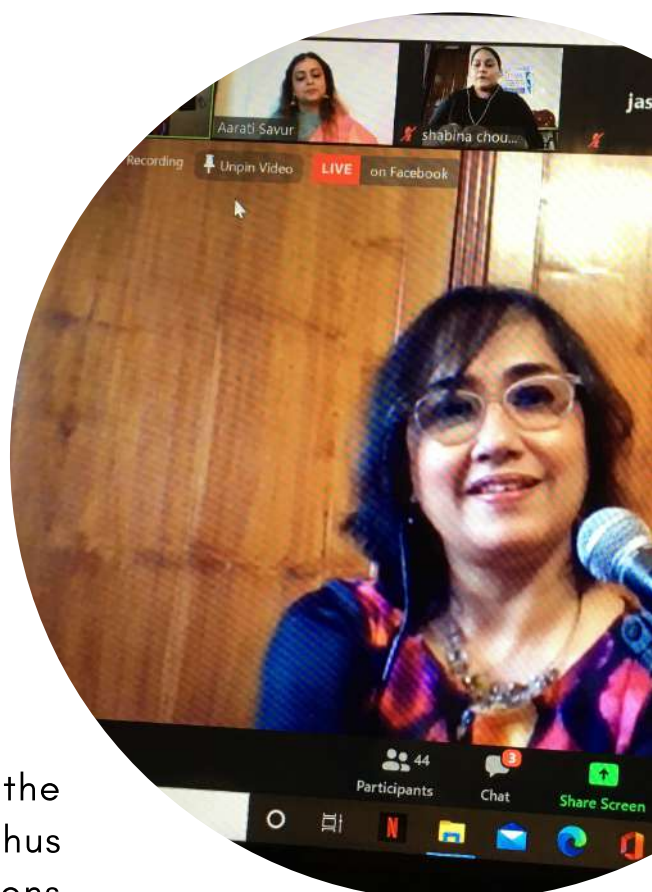
Ms. Priya Tiwari
Pre-Primary Mentor and
Training Expert, Parisar Asha

Ms. Priya commenced her career as a Preschool teacher in an eminent international school. She actively served on a variety of school committees and focused on curriculum development. Her career graph is speckled with many corporate names such as Birla EduTech, HCL, Tata Interactive Systems. She worked as a Subject Matter Expert to define appropriate, interactive and engaging Preschool Multimedia learning solutions to optimize learning experiences. Currently, she is heading the Pre-primary department of Parisar Asha. Her job entails designing, developing and implementing dynamic curriculum, creative, fun and energetic learning environment, student centric. She also helps in planning, coordinating with the schools and training and mentoring teachers.

Join us to Congratulate the winners and applaud the participants



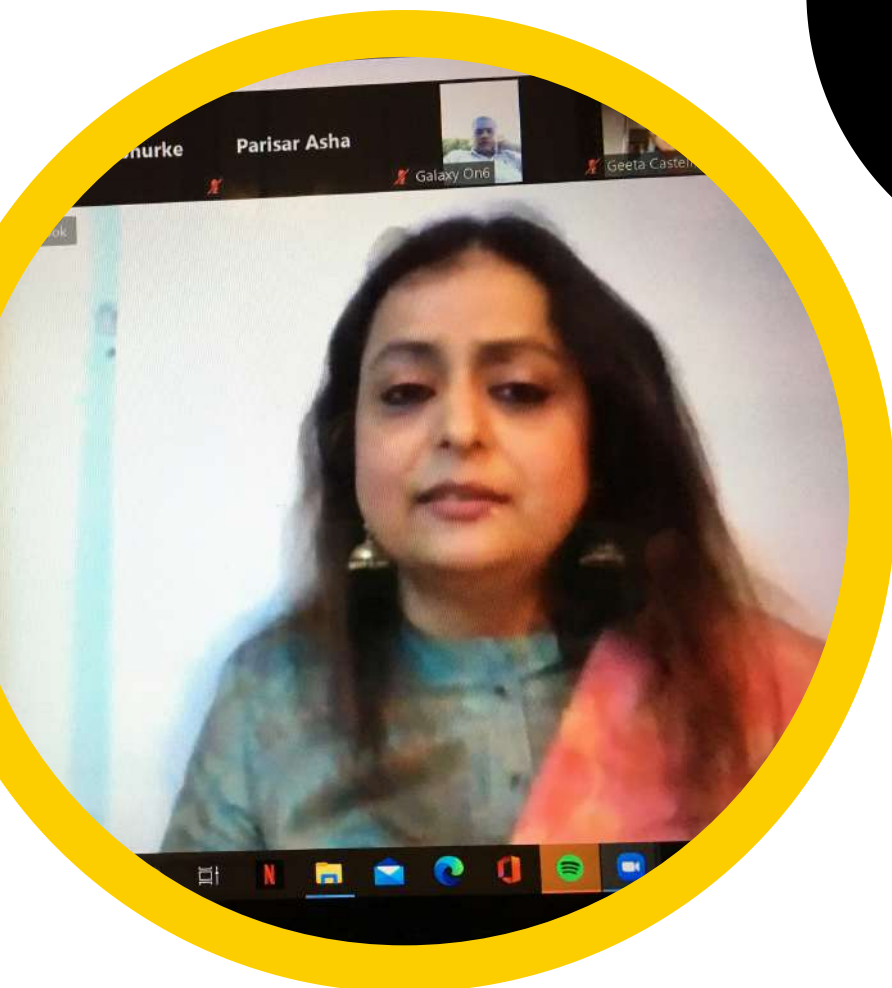
Facebook Live Event



We kicked off the month of July with the Parisar Asha Event led by Aarati Savur. Thus began a series of Ask the Expert sessions where Ritika Sahni and Self Advocate Geeta Castilino were invited on a Facebook Live to discuss the effects of the ever-changing load of guidelines of the lockdown on our friends with disabilities.

2ND JULY 2020

PARISAR ASHA EVENT



As an attempt to provide a better, more artistic medium to express the struggles and the lessons endured by our friends, an online competition for story-telling and recitation, named 'Once Upon a Quarantine' was held with Ritika Sahni sharing the judge's panel with Sapna Ahuja, Aarati Savur, Kavita Amanpreet, and Priya Tiwari.

29TH JULY 2020

**GAME KIT
PRESENTATION AT
THE ONLINE
INTERNATIONAL
CONFERENCE ON
LEARNING DIVERSITY**

International Conference on Learning Diversity
**Manochetna Academic and Research Centre,
Monovikas Kendra
&
Department of Education, Calcutta University**
*cordially invite you to webinar of International Conference on
Learning Diversity 2020 on 28th and 29th July 2020*



On CISCO WEBEX platform, links to be sent to your email
Timing : 11am - 2pm IST
Looking forward to your participation

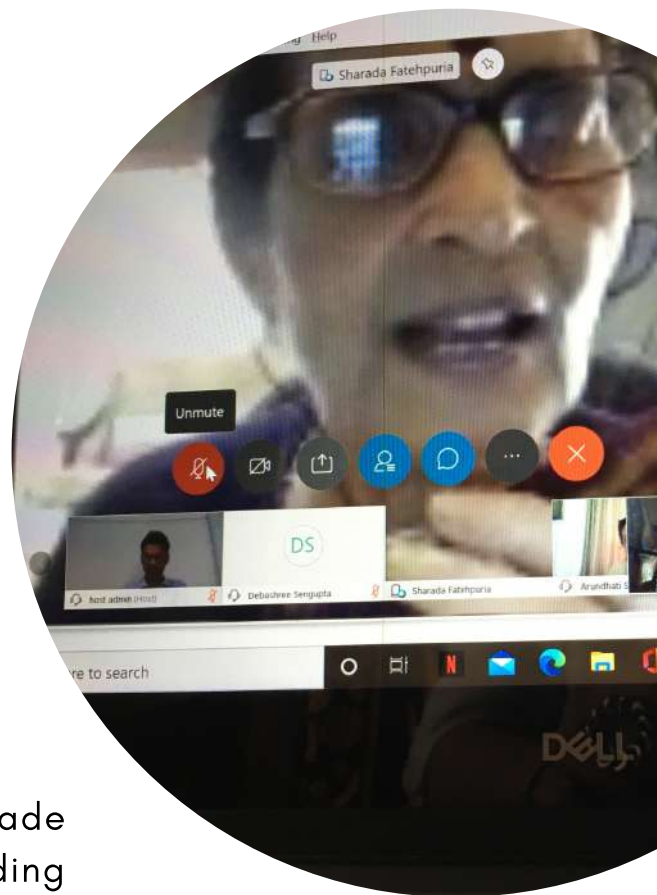
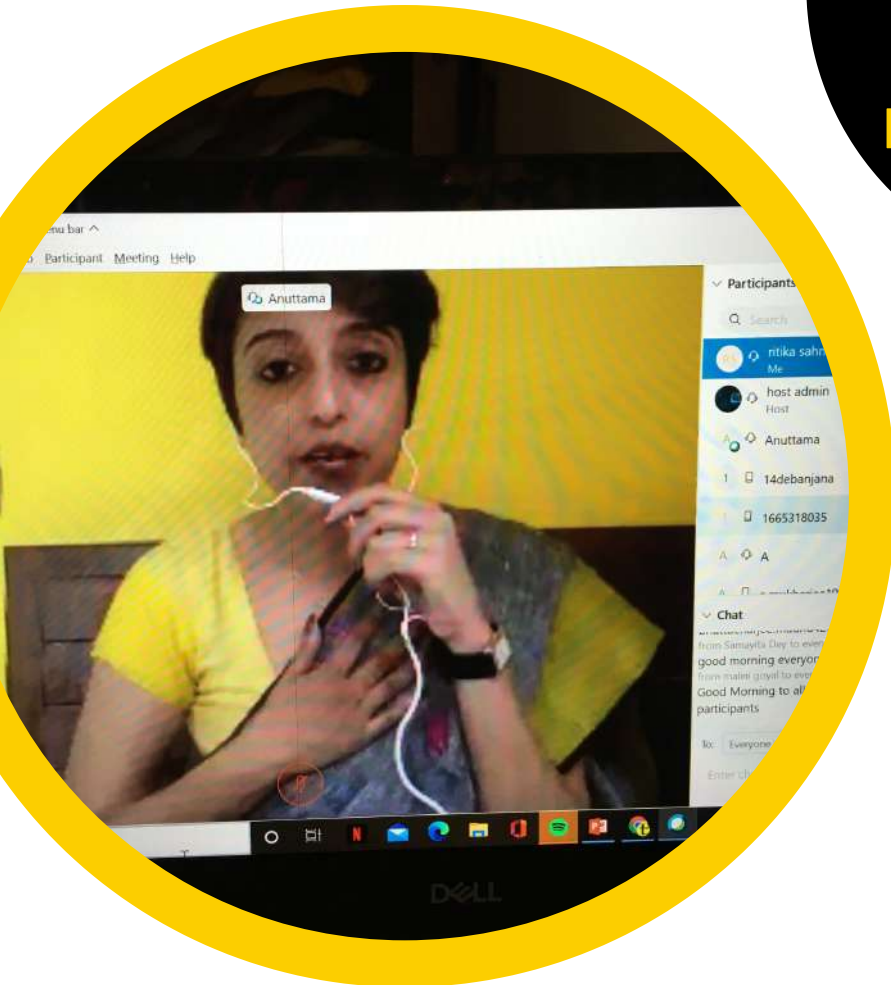
gdiversityconference@gmail.com | 9830500021



Disability Campaigner and the Founder-Trustee of Trinayani, Ritika Sahni, was invited to shed some light on our Disability Awareness Game Kit at the online International Conference on Learning Diversity. This conference was held at the Cisco Webex Platform on 29th July, 2020 as a plenary session on Inclusive Education.

29TH JULY 2020

GAME KIT PRESENTATION AT THE ONLINE INTERNATIONAL CONFERENCE ON LEARNING DIVERSITY



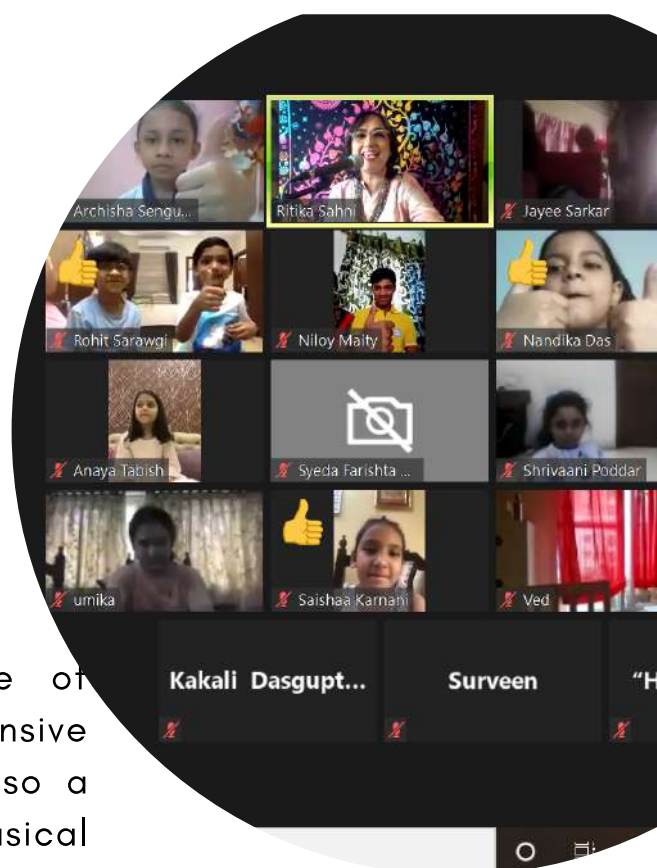
Holding our usual conversations online made us realize that learning is truly a never-ending process. The quality of discussion in the conference was impeccable because facing a mutual kind of restriction on a global scale had impacted our thought process.

1ST AUGUST 2020

HALLAM CHALLAM MUSIC WORKSHOP

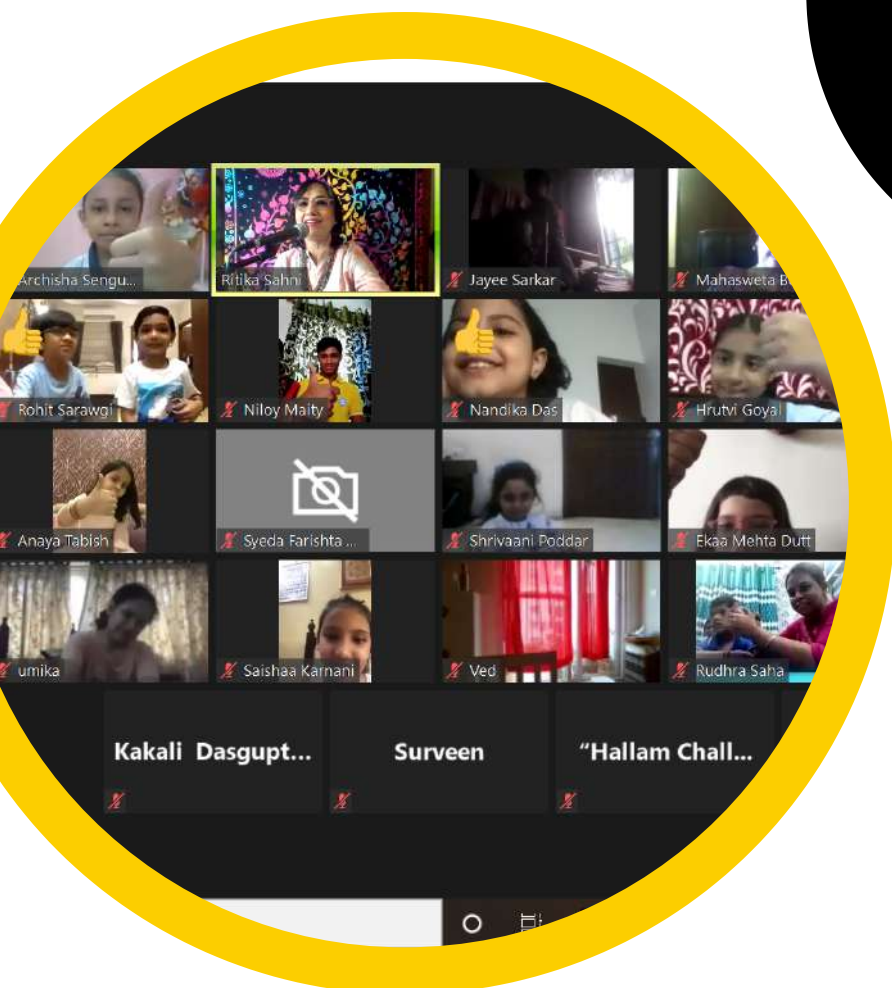


Apart from being the Founder-Trustee of Trinayani and spearheading extensive campaigns constantly, Ritika Sahni is also a singer who has contributed her musical intelligence by creating fun learning aids for children. Before the lockdown had put everything to an uncertain halt, she conducted regular Rhythm and Rhyme Workshops in various schools and NGOs and encouraged the participation of children from all walks of life.



1ST AUGUST 2020

HALLAM CHALLAM MUSIC WORKSHOP

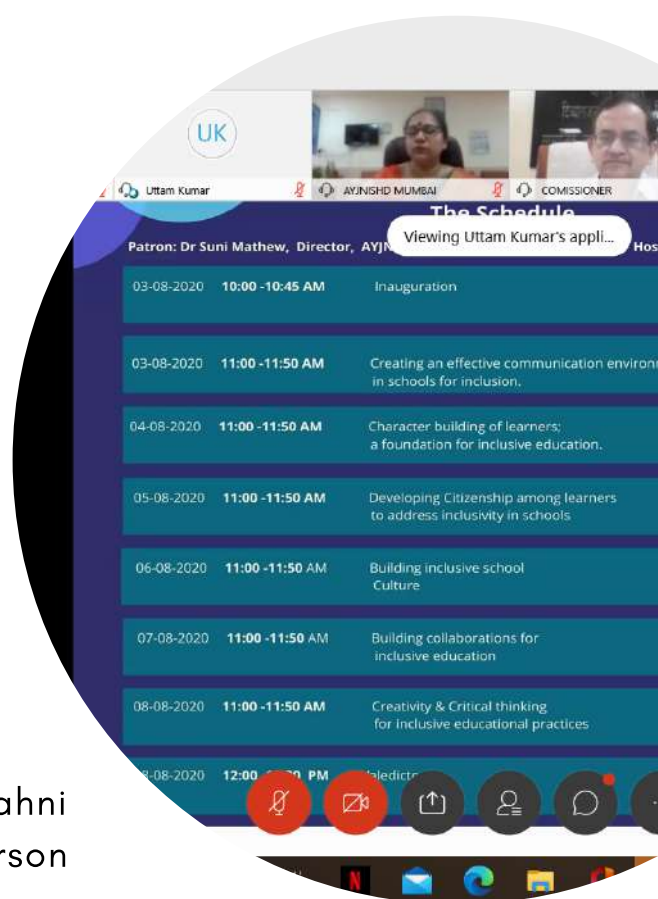


Participants were also taught how to sign rhymes like 'One Two, Buckle My Shoe' and 'Row Row Row Your Boat'. This was simply a way to inculcate a sense

Obviously, even this year, Trinayani held of respect towards diverse the workshop in its online form and abilities and to begin with cultivated enthusiasm in not just kids teaching our children from but also adults. The DraameBaazi a young age about how International Children's Theatre inclusion is a necessary Carnival was held on August 1, 2020 aspect to normalizing where Ritika taught the children some aspects of our society that classic nursery rhymes and even the shouldn't have become a Hindi versions of those poems. stigma in the first place.

5TH AUGUST 2020

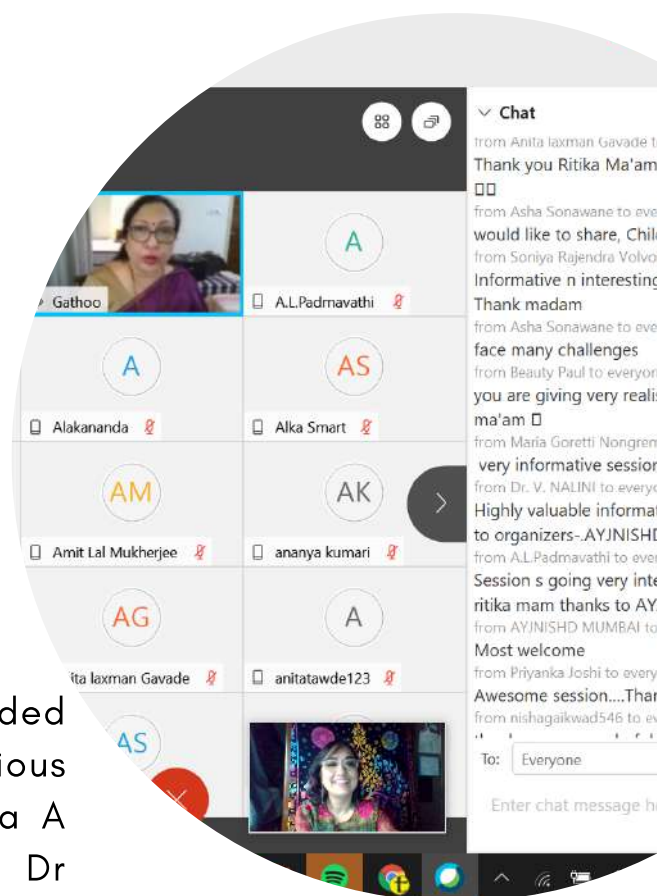
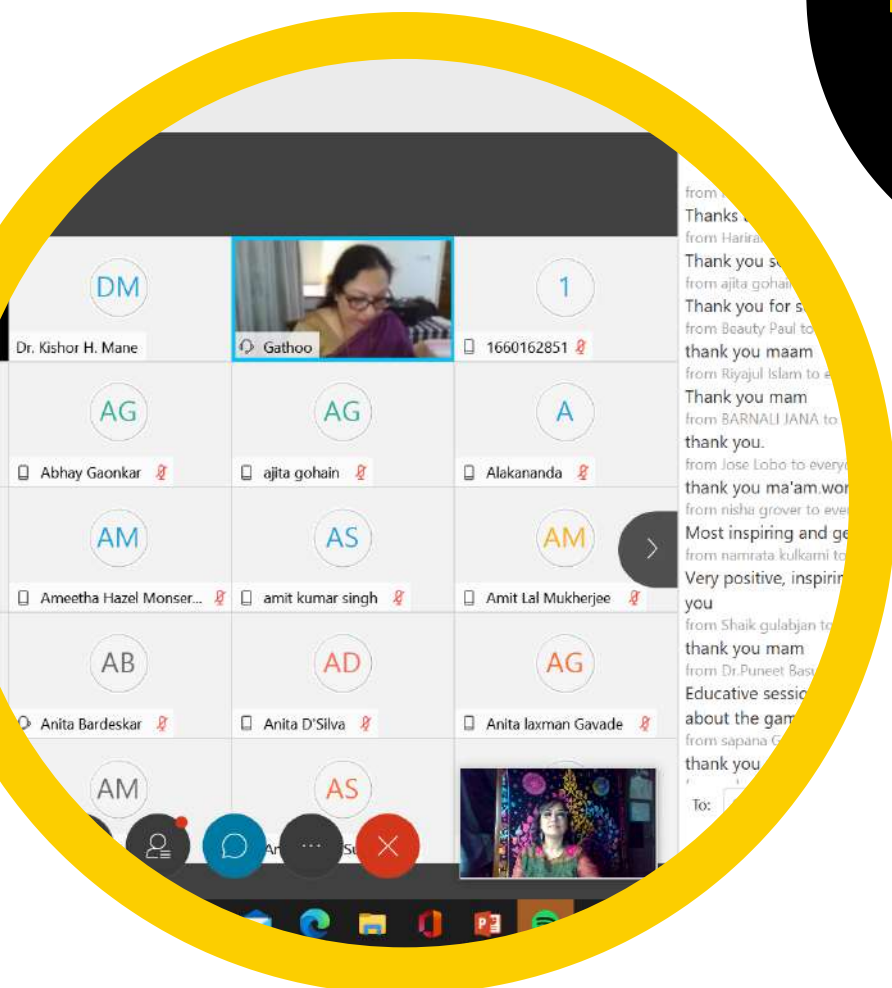
**FOUNDER -TRUSTEE
SPOKE ON BEING AN
INCLUSIVE CITIZEN
AT AYJNISHD
WEBINAR**



Trinayani was represented by Ritika Sahni when she was invited to be a resource person for the National Webinar Sessions based on Learning and Innovations for Inclusive Education. There we held an in-depth discussion on developing citizenship among learners to address inclusivity in schools.

5TH AUGUST 2020

FOUNDER -TRUSTEE SPOKE ON BEING AN INCLUSIVE CITIZEN AT AYJNISHD WEBINAR



Along with Ritika Sahni, the panel included some very influential speakers from various sectors of knowledge namely Prof. Upasna A Agarwal, Swami Managalanathanadaji, Dr Farida Lambay, Dr Revathi Srinivasan, and Dr Manjushree Patil. This approach helped in signifying the importance of unlearning some stigmas that inevitably found their way into our educational system because of neglect.

8TH AUGUST 2020

SIGN TO TALK WORKSHOP

NGO TRINAYANI
presents

Sign to Talk

Free online session on basics of Indian Sign Language (ISL)
conducted by professional ISL experts from
Indore Deaf Bilingual Academy (MBS)

Teacher

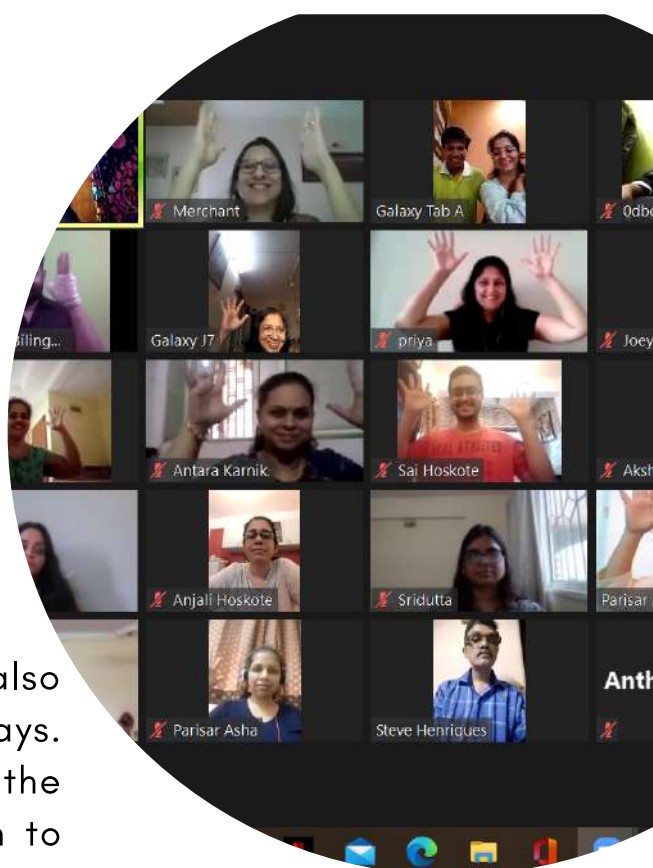
Nil Patidar Ravi Pareek

Hearing & ISL Interpreters
Gourav Verma Shuchi Patrick



Date: - Aug-08-08-2020 Date: - Aug-15-08-2020
Time: - 04:30 to 05:30 pm Time: - 11:30am to 12:30pm
Disabilities for teachers

Inclusion is necessary but what's also significant is that it must happen both ways. When we say that we believe in making the world a warmer place for PWDs, we mean to also act upon it by not just preaching but also practicing the same. Living up to the same, a series of workshops teaching the basics of the Indian Sign Language was organized, which was a huge success.



8TH AUGUST 2020

SIGN TO TALK WORKSHOP



The attendees expressed their gratitude through some valuable feedback and mentioned how they were glad to not only learn something new but also be destigmatized of certain ideas regarding the deaf community. These workshops were conducted by Deaf Instructors and Sign Language interpreters of Indore Deaf Bilingual Academy headed by Ms Monika Punjabi. These sessions were scheduled

15TH AUGUST 2020

SIGN TO TALK WORKSHOP

TRINAYANI
PRESENTS

SIGN TO TALK

Celebrate Independence Day in a different way and support Inclusive India

FREE online session
on basics of Indian
Sign Language (ISL)
conducted by professional ISL
experts from Indore Deaf Bilingual
Academy (MBS), Indore.

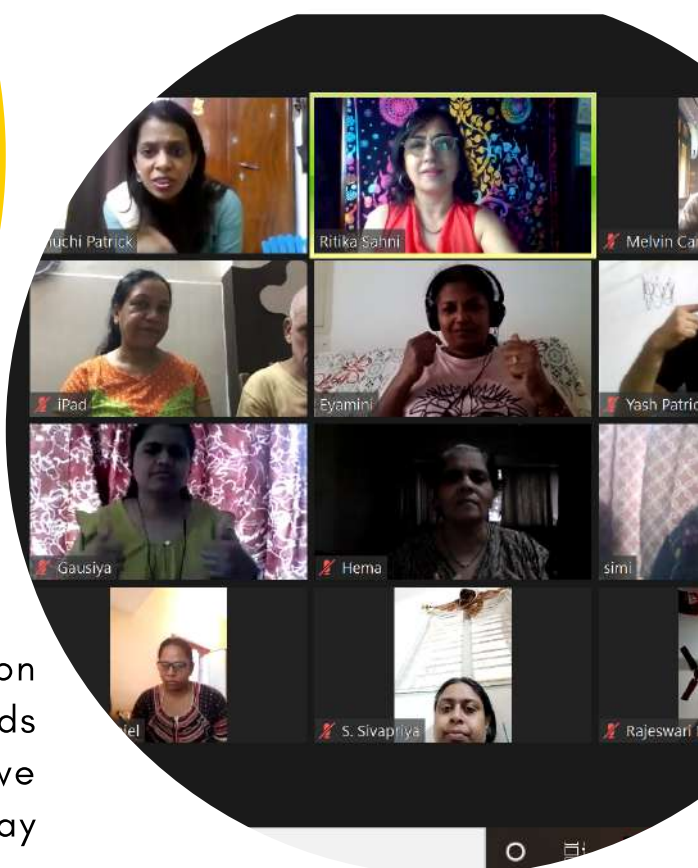
Meet our deaf teachers and our sign language interpreters

Monica Punjabi
Director ISL Dept.

Patrick Sunil Patidar Ravi Pareek Gourav Verma Shuchi Patrick Surbhi
ISL Teachers ISL Interpreters

Participants (come basis)
SEATS

Saturday
15th AUGUST 2020 3.00 PM



twice in the month of August, once on August 8; where it was inclusive of friends with or without disabilities. This year we decided to celebrate Independence Day with a touch of inclusion and what better way to do that than by participating in activities that bridge the gaps between us and in this case with our friends with varying degrees of hearing impairment on August 15.

15TH AUGUST 2020

PAGE 29

SIGN TO TALK WORKSHOP



Trinayani hosted the Sign to Talk workshop which was pioneered by sign language teachers namely yah Patrick, Sunil Patidar, and Ravi Pareek. Our teachers were also accompanied by Sign Language interpreters - Gourav Verma, Shuchi Patrick, and Surbhi Punjabi. A quality audience of twenty-five attendees learnt some basics of sign language and were even inspired to continue learning more about the same.

Thank you for the session we had t
as really engaging, refreshing a
nlightening.



Tasneem Sndt

The session was amazing! Thank y

Samana Sndt

Yes ma'am, it was really nice would
part for more such sessions 😊🥰

rupali

ma'am, it indeed it was a very i
session.

11TH SEPTEMBER 2020

INSTA LIVE WITH HIRA

#GupshupDiaries
with people from all walks of life

In conversation with..
Ritika Sahni, Singer, Performer and Founder
Trustee of Trinayani, a cross disability advocacy NGO

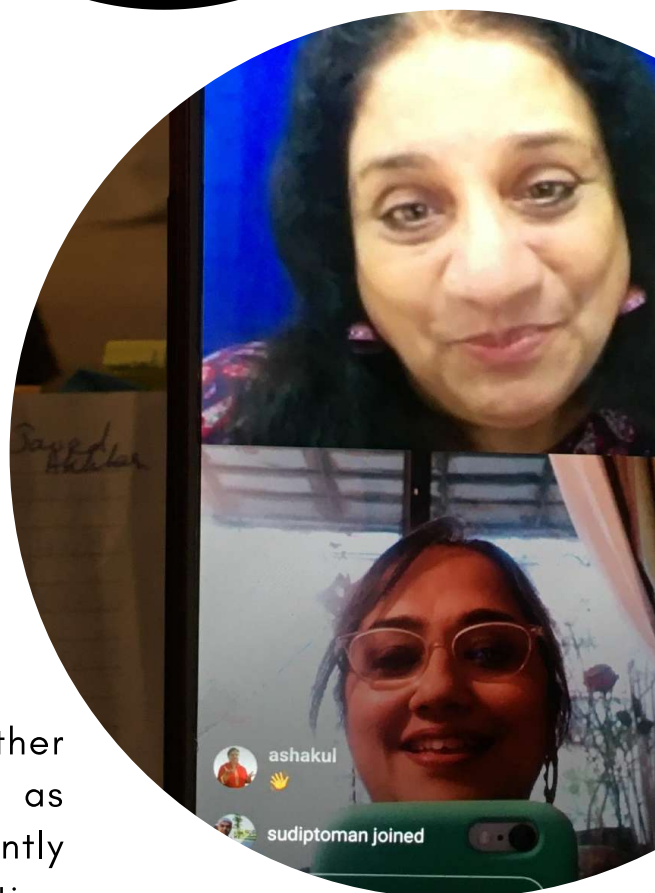


 Insta live

Friday
September 11th

5.15 PM

Handles: @ritika_sahni_28 and @hira



Social media was counted as yet another blessing for Trinayani during Lockdown as this was the time we were constantly reminded of its significance. Be it letting people know of our upcoming meetings, sharing the experiences of our previous workshops, or gathering more crowd for future events, social media has played a crucial role through and through.

11TH SEPTEMBER 2020

PAGE 31

INSTA LIVE WITH HIRA

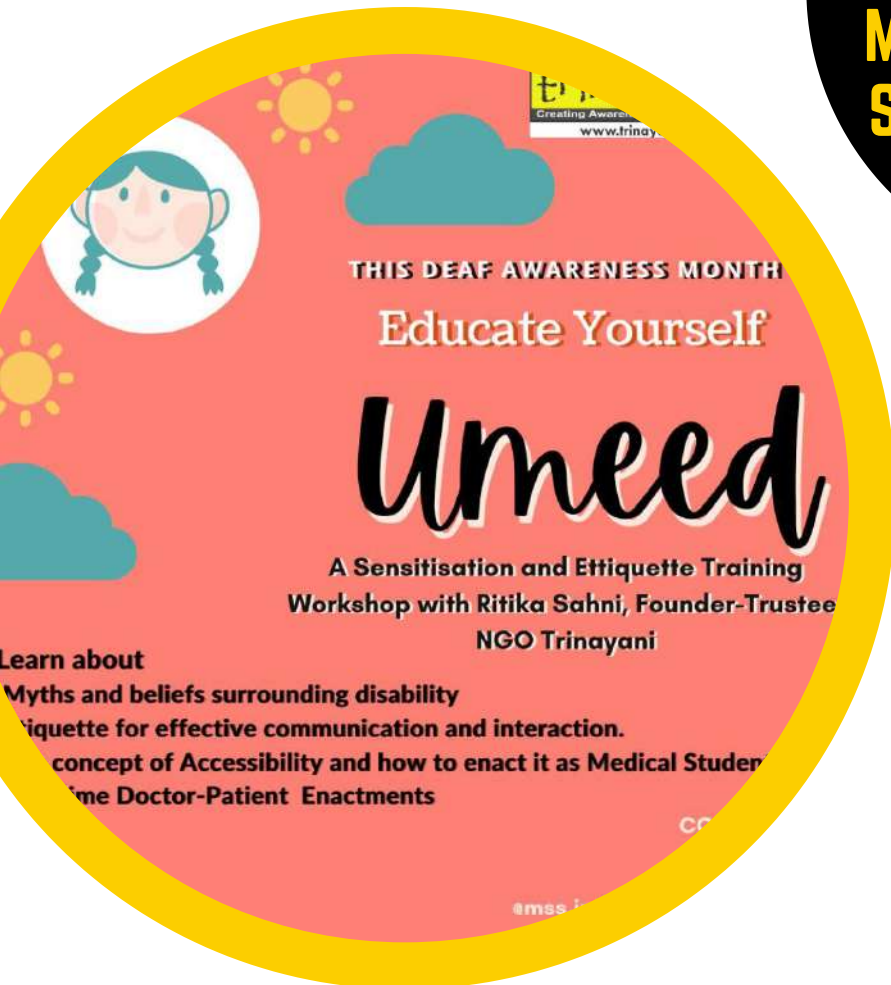


To express the same, Ritika Sahni came on as guest on Gupshup diaries on Instagram Live with Hira Mehta where they discussed many relevant issues, including how NGOs are coping with the topsy-turvy situation.

16TH SEPTEMBER 2020

PAGE 32

UMEED SENSITISATION WORKSHOP FOR MEDICAL STUDENT SYNCYTIUM (MSS)



Continuing with the Deaf Awareness Month, September witnessed yet another workshop aimed at sensitizing and imparting certain etiquettes that are essential today when it comes to interacting and communicating with the PWDs and vice versa. It was conducted by Ritika Sahni who lives by the motto of 'Creating a Better World for a Better Me'.

16TH SEPTEMBER 2020

PAGE 33

UMEED SENSITISATION WORKSHOP FOR MEDICAL STUDENT SYNCYTIUM (MSS)

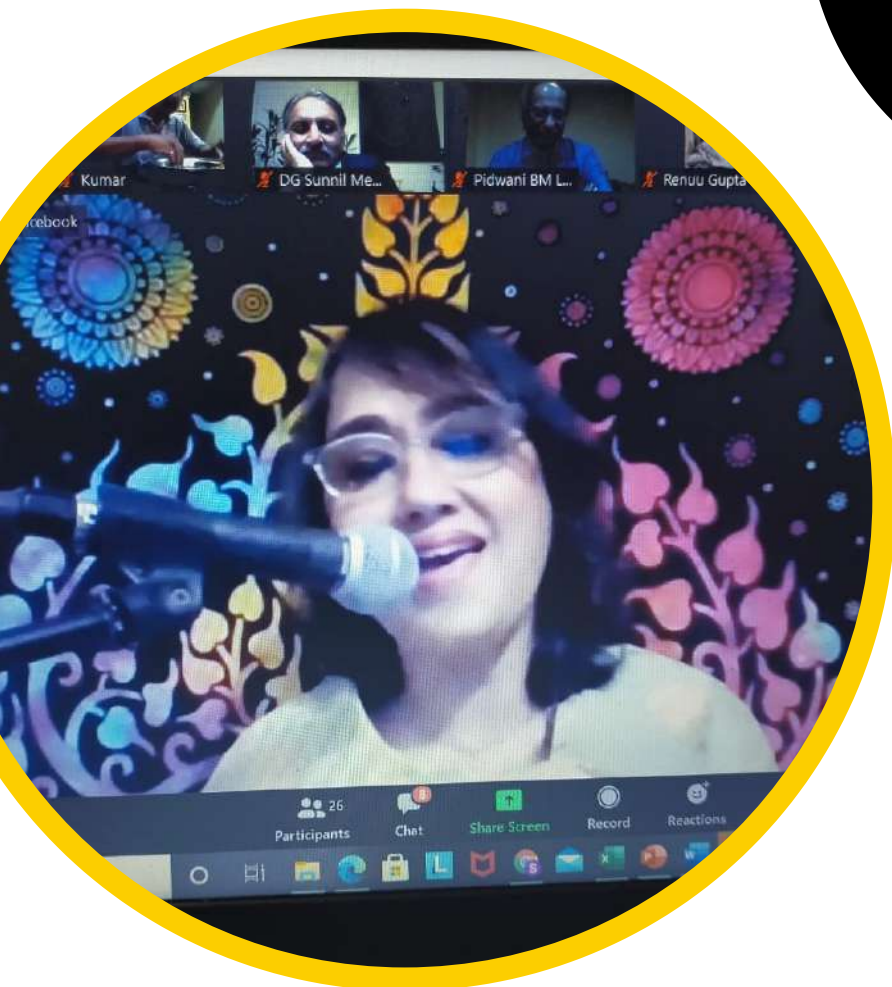


This 90-minute workshop dealt with keeping the issue regarding the communication and understanding gap when it comes to doctors dealing with patients that have certain disabilities. It was a well thought-out workshop and the attendees were shortlisted with the help of a Google form created to ensure only a quality crowd that was genuinely interested to counter this stigma. After

paying a token amount of Rs 50-100, several medical students and professionals of Medical Student Syncytium attended the session that included actual doctor-patient enactments to deliver the message across with as much clarity as possible.

26TH SEPTEMBER 2020

EVENT FOR ROTARY CLUB OF MUMBAI, KALAKAR



An event filled to the brim with information centring inclusion and how the root of it is participation was hosted by Rotarian Sree Nandy on behalf of the Rotary Club of Mumbai Kalakar. The Chief Guest of the event was none other than the District Governor, Mr Sunil Mehra, who expressed

26TH SEPTEMBER 2020

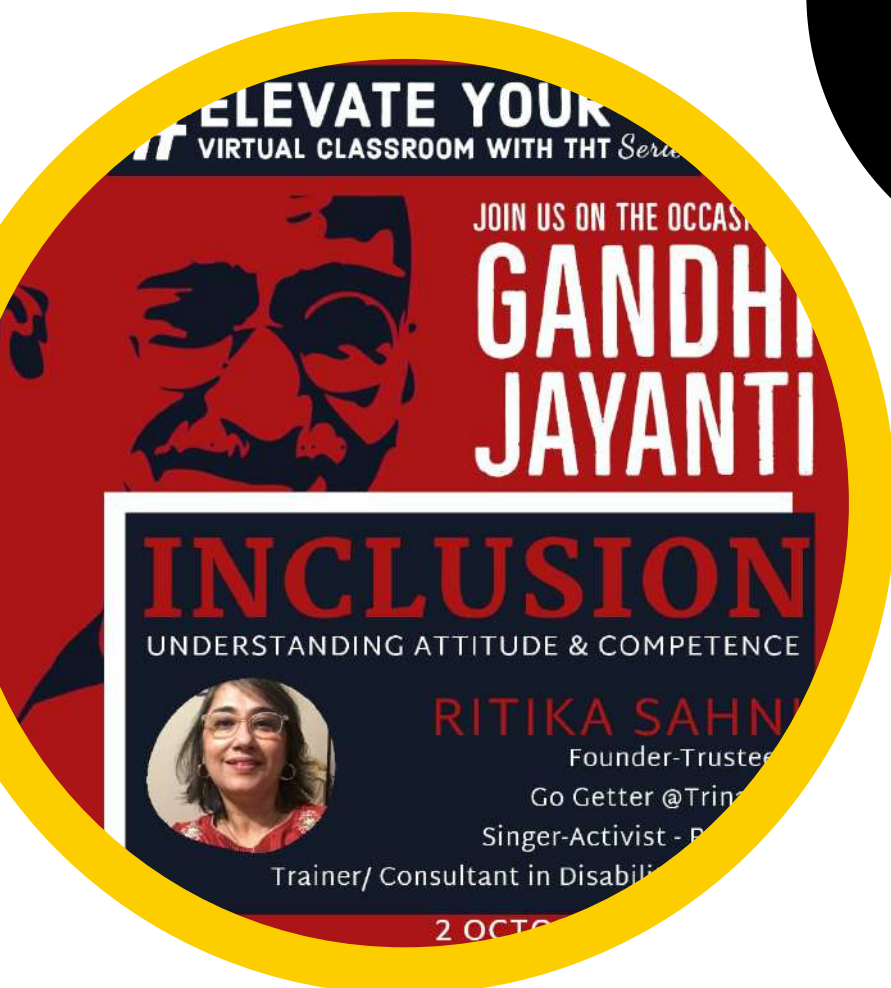
EVENT FOR ROTARY CLUB OF MUMBAI, KALAKAR



his solemn appreciation towards the works of Trinayani. Ritika Sahni was the key speaker of the topic and facilitated a Sign Language workshop for all the members present. The workshop was conducted by a Deaf Instructor and Sign Language Interpreter from the Indore Deaf Bilingual Academy. Trinayani also took this opportunity to illuminate the session with an example of their music video on inclusion titled, 'Sab ki hai Dharti'.

2ND OCTOBER 2020

INCLUSION WORKSHOP ON GANDHI JAYANTI



Inclusion tends to occur in a much smoother manner when its values are being inculcated into children from a younger age. This way the concept is normalized and they understand that everything is natural, and eventually act out of humanity first instead of any other classification imposed by society. Thus, Trinayani hosted a session lined with presentations, activities, and games that helped get the message across.



2ND OCTOBER 2020

INCLUSION WORKSHOP ON GANDHI JAYANTI

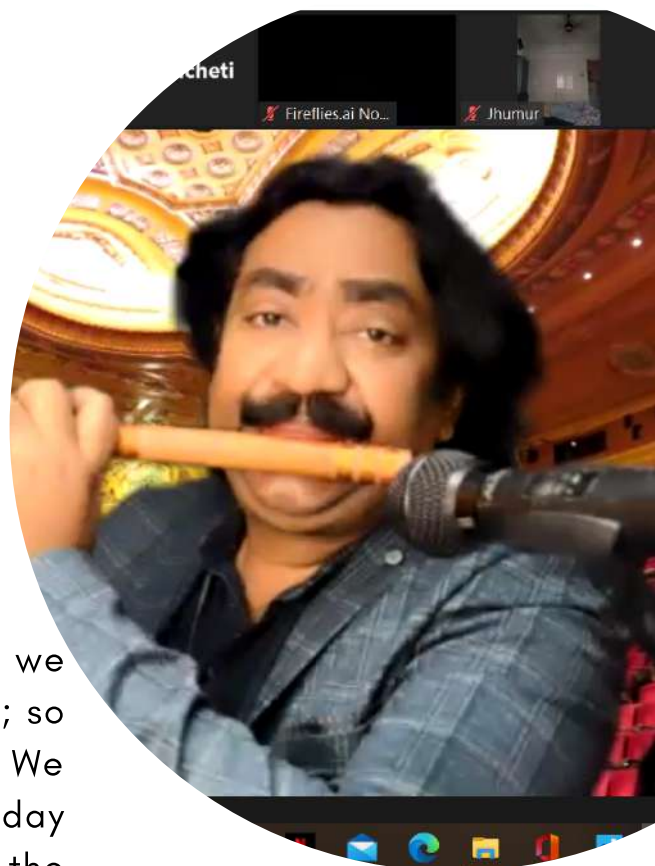


highlighted the inclination towards a better inclusion of PWDs in educational sectors. It won't come into a smoother practice if we as educators don't facilitate that transition. As professionals of the field, it needs an individualistic approach that can help propagate the idea of making an honest effort towards inclusion. To support our message with a tinge of practicality, we even unboxed the Towards Inclusion Disability Awareness Game Kit and showcased, how much fun learning can also be.

The workshop organized by TeachersHelpTeachers was held especially for teachers so that they are able to understand the significance of inclusion and gradually impart the same to their students. The idea of not just admission but also empowerment was stressed during the discussion because although the New Education Policy has

2ND OCTOBER 2020

THE FLUTE FIESTA BY NAVEEN KUMAR Daan Utsav



Daan Utsav is our very own festival which we have been organizing every year without fail; so why would the year 2020 break that streak? We began the month of October, and the first day of Daan Utsav, with a divine workshop by the renowned flautist, Naveen Kumar, who has played the flute for several songs composed by the world-known Music Composer, A R Rahman. During the session he played the tunes to some of those popular songs and took us down the merry road of nostalgia.

3RD OCTOBER 2020

THEATRICAL AFFAIR Daan Utsav

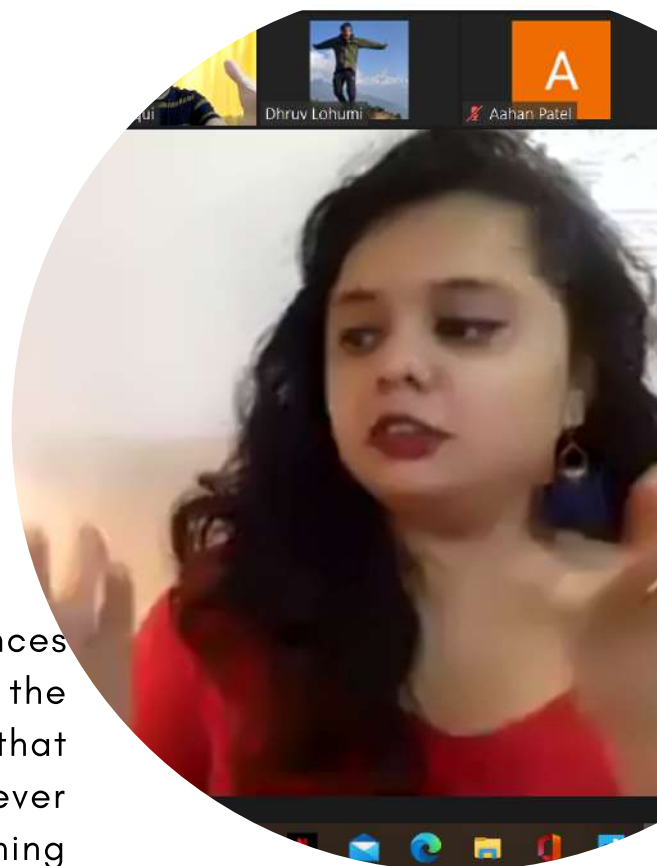
NGO Trinayani, Ritika Sahni

'A Theatrical Affair'

3rd October
6:00 PM - 7:00 PM

1. RJ Urmin, Dhruv Luhumi & Sahil Siddiqui
(Live Improv with Mischief In Action)
2. Vanessa & Rohit Ohri
(The LockDown Dogs - A Dramatic Sketch)
3. Preesha & Vaanya Ohri
(The Quirks of Quarantine - Poetry Dramatisation)

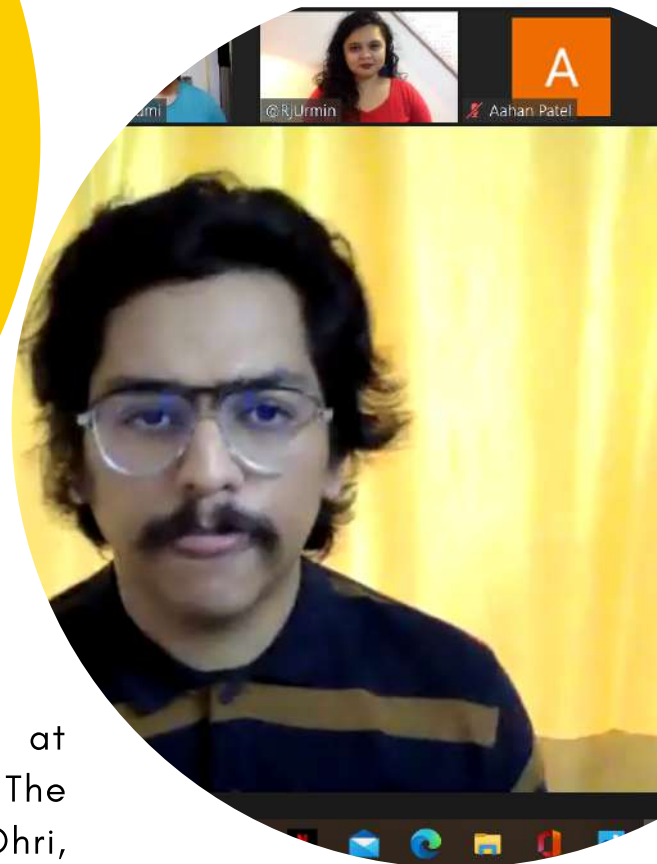
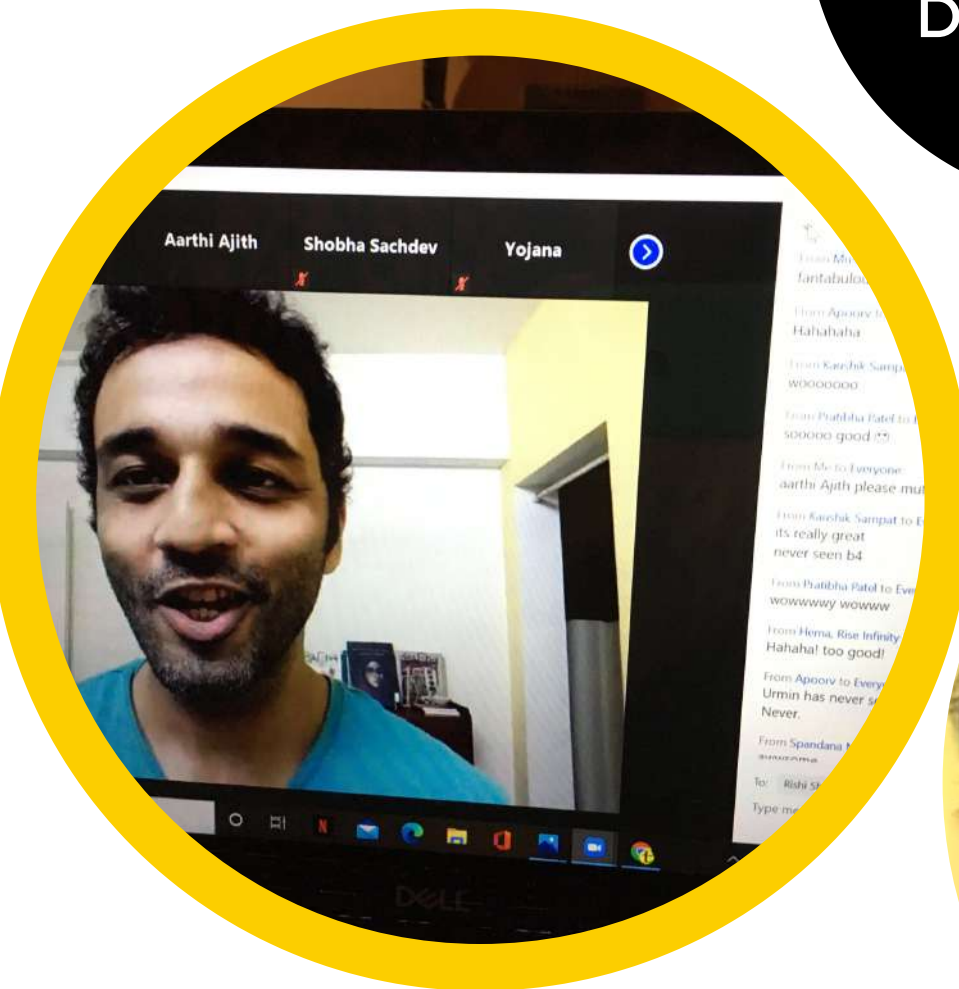
Open to all
+91 9769357390



An hour filled with extravagant performances by artists from different walks of life made the evening so special. Improv, something that many of us had always heard of but never tried, became one of the most entertaining things we had ever done and seen. A Theatrical Affair hosted by Trinayani saw the impeccable performances of RJ Urmin, Dhruv Luhumi, and Sahil Siddique who put up a live improv and even included the participants,

3RD OCTOBER 2020

THEATRICAL AFFAIR Daan Utsav



encouraging them to try their own hand at improv. A dramatic sketch called The LockDown Dogs by Vanessa and Rohit Ohri, and a poetry dramatisation of The Quirks of Quarantine by Preesha and Vaanya Ohri were among the other highlights that elevated the evening.

4TH OCTOBER 2020

KNOW YOUR CAR

Daan Utsav



Every kind of knowledge is worth gaining and no kind is ever a waste. Trinayani celebrates diversity no matter which sector it falls in and this time, we hosted a workshop by Dr Ferdinand Rodricks, founder of Ferro Equip where we spread awareness about all that one needs to know about a car so that they gain some independence along with ownership of their vehicle.

4TH OCTOBER 2020

FILM SCREENING OF OUR MUSICAL PUPPET PLAY: THE LEARNING FACTORY



One of Trinayani's classics could not have been missed despite the challenging times posed by the difficult year. The musical puppet show based on the popular fable 'The Animal School' by George Reavis was created and launched in February 2019 at the Godrej Dance Theatre, NCPA. The show is performed in a musical manner that weaves a discussion regarding the difference between equity and

equality. Due to the pandemic, we could not continue with our usual scouting at schools and other venues to perform the show but we did take the opportunity to screen the footage we had recorded at NCPA during our Child in the Wild Workshop, and surely, it did not fail to be a huge hit regardless of being presented in front of an online audience.

5TH OCTOBER 2020

MUSICAL EVENING Daan Utsav



Accompanied by pioneering talents, the third day of Daan Utsav was a much-needed musical evening. We celebrated not just the artists but also those hopeful emotions that were harnessed over these months. Shanoli Sen, of the very few female accordion players, put up a wonderful string of melodies for the participants. Uday Shirur, inspiring us with

5TH OCTOBER 2020

MUSICAL EVENING Daan Utsav



beautiful adlibs. Divakar Sharma, a singer with visual impairment who reached great heights by being a finalist in the singing reality show, Sa Re Ga Ma Pa regaled us with his songs. Lastly, Shubh Mukherjee, son of the renowned playback singer Shaan, had also enlightened the session with his young talent and humble

presence. A whistling artist, brought a wave of playfulness into the evening with his entertaining ways. Famous Playback Singers Mahalaxmi Iyer and Arnab Chakraborty's voices filled nectar into the session. Shibani Ghosh and Ritvik Rajan, are singers who are visually impaired and also belong to the autistic spectrum had joined us that day.

6TH OCTOBER 2020

FIND YOUR BALANCE

Daan Utsav

On behalf of NGO Trinayani,
Ritika Sahni invites you to
FIND YOUR BALANCE
with YogAlign By Madhumita Sancheti

6th October,
4:30 PM - 5:30 PM

60 minutes of
yogic wellness

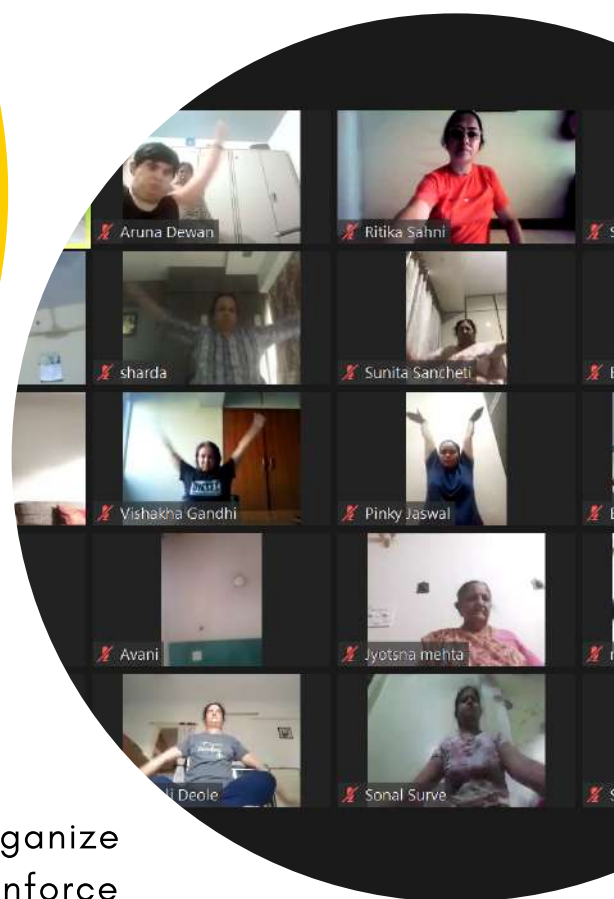
Open to all
☎ +91 9769357390



Trinayani empathizes with the mental struggles of PWDs and continues to work towards helping them overcome the turmoil within. Yoga isn't just exercise, rather a way of life that keeps us in tune with the self we fail to take care of in this fast-paced world. Of course, yoga is more beneficial as a constant practice and helps us maintain our mental health as well.

6TH OCTOBER 2020

FIND YOUR BALANCE Daan Utsav

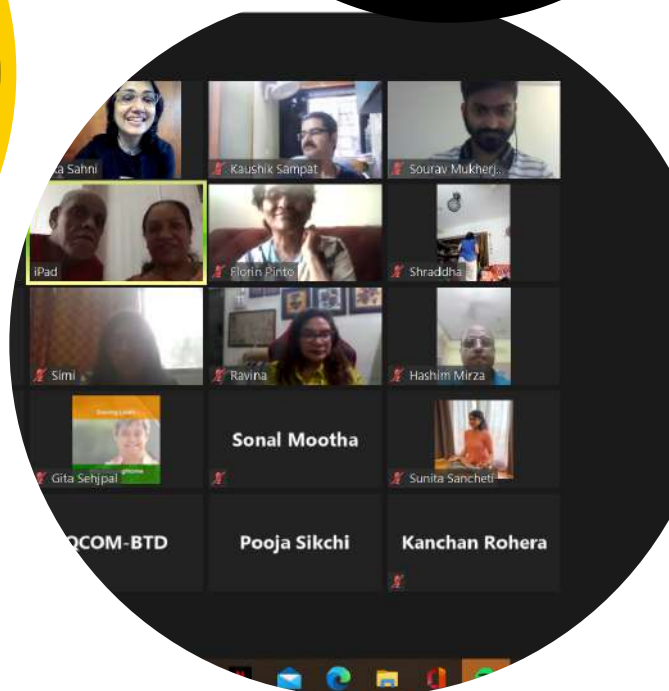
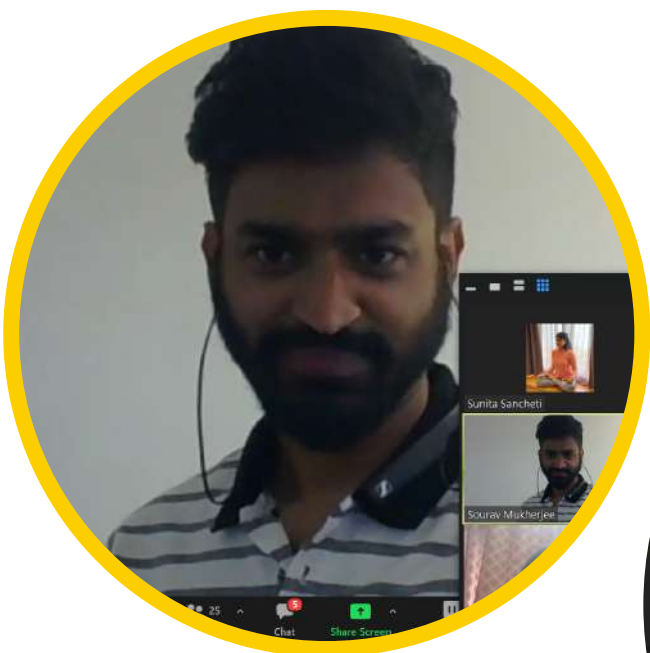


It is only in silence that we get to hear and organize our own thoughts. That's why, in order to reinforce that balance, we held yet another yoga session with YogAlign hosted by our dear friend Madhumita which was just as successful as the last one.

7TH OCTOBER 2020

HUNT YOUR HOME

Daan Utsav



October 7 was filled with an unbelievable adrenaline rush induced in our attendees by Sourav Mukherjee of Seventeen Events. Sourav had us running around our houses, getting familiar with some neglected nooks and corners as we pranced around trying to retrieve common objects like plants, ladles, bottles, and other exciting things. After carrying out this mini adventure in the same four walls we were dreading to be in, staying indoors seemed less like a struggle by letting off some steam with Hunt Your Home.

8TH OCTOBER 2020

TRIVIA NIGHT Daan Utsav


On behalf of NGO Trinayani
Ritika Sahni invites you to,
Biggest Bollywood Buff

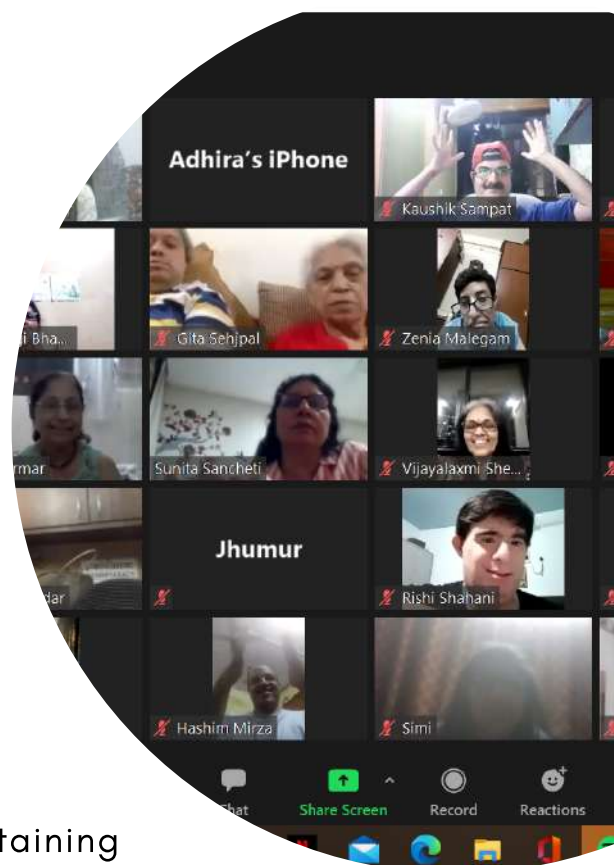
8th October, 7:00 PM - 8:00 PM

Bollywood quiz night
conducted by

Things2do

Cash prizes for Top 3 winners

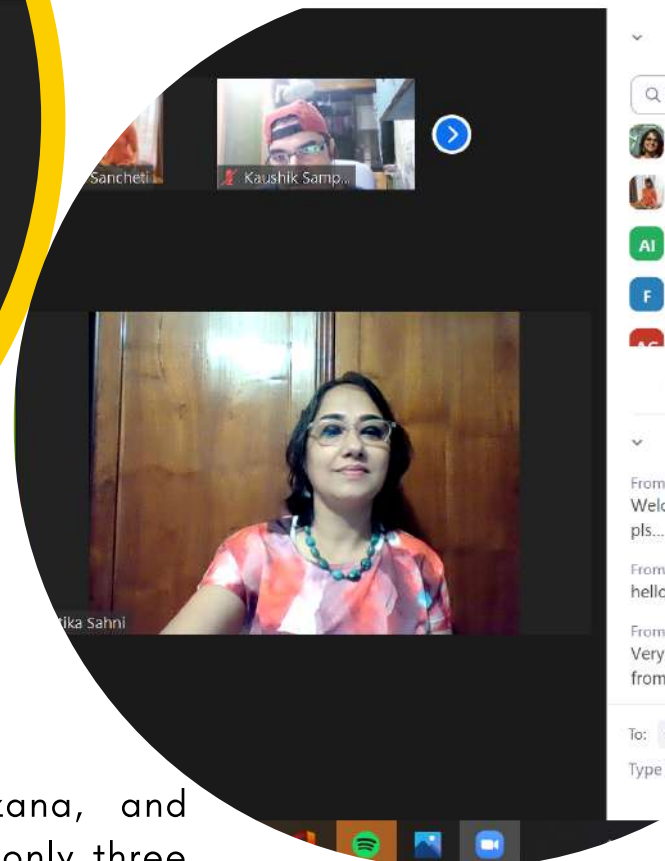
Open to all  +91 9769357390



Trivia night had to be one of the most entertaining nights in this flurry of online workshops held by Trinayani, this time supported by Adhira, Things2do. Answering questions pertaining to the roots of Bollywood truly opened our eyes to so many facts of our country's cinema industry that we were unaware of. Biggest Bollywood Buff was held on October 8,

8TH OCTOBER 2020

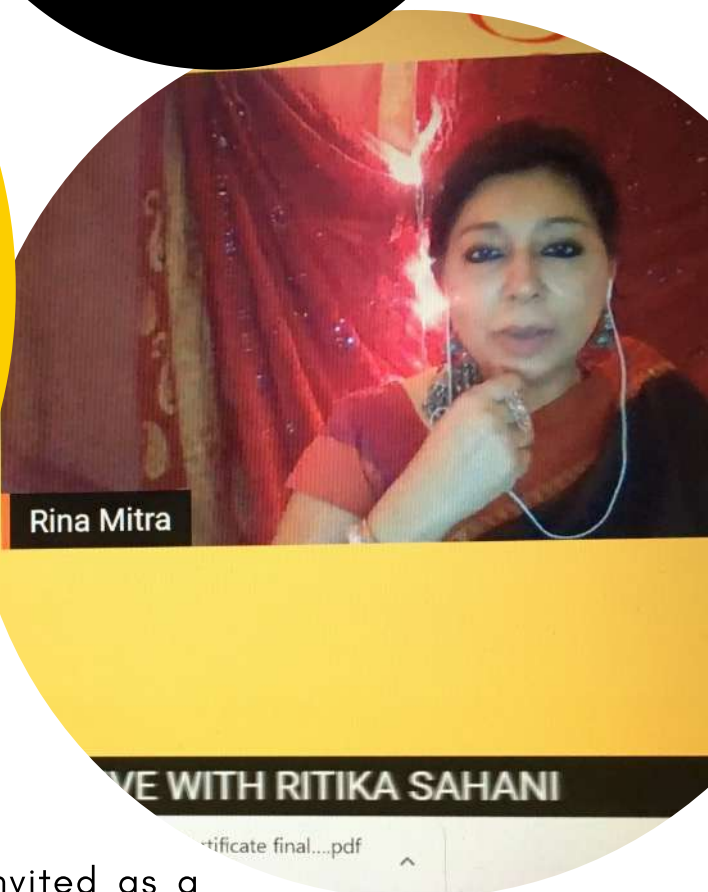
TRIVIA NIGHT Daan Utsav



and the winners were Siddhika, Farzana, and Divyakshi. Although the competition had only three winners, it felt as if all of us were nothing less than winners because the enjoyment we derived out of that evening is unmatched.

11TH OCTOBER 2020

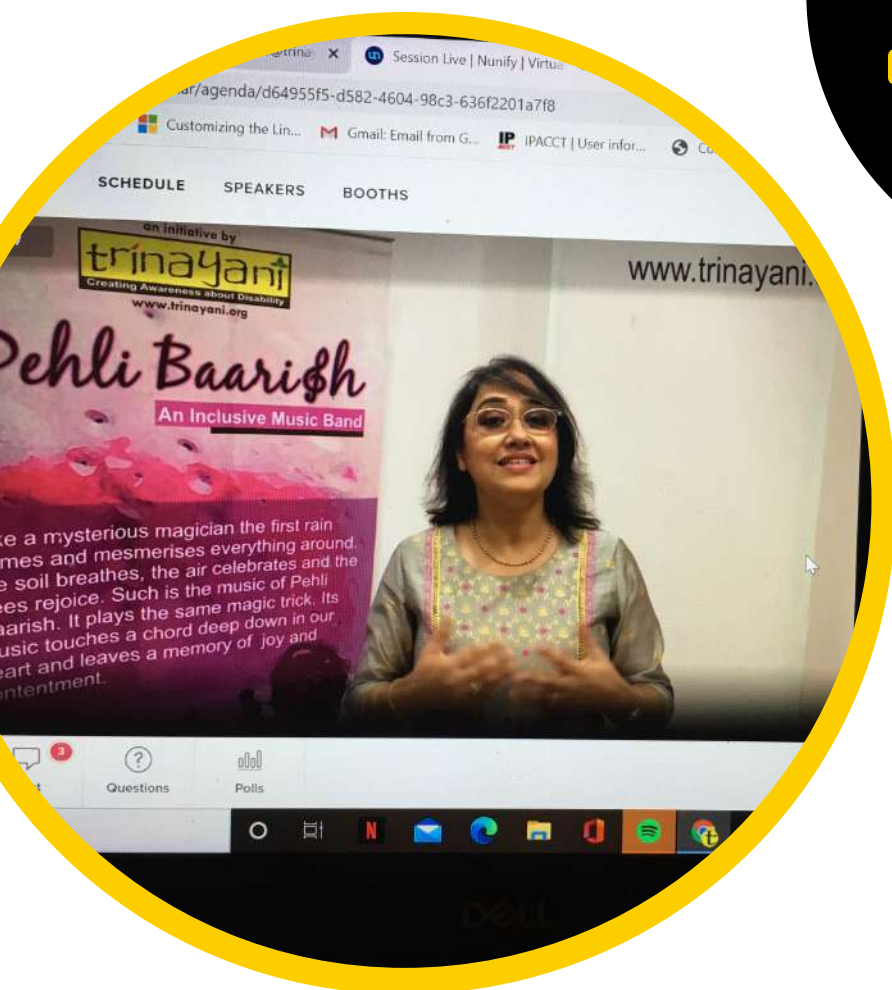
PERFORMANCE BY FOUNDER- TRUSTEE FOR AANGAN UTSAV



Our Founder trustee, Ritika Sahni was invited as a guest for Aangan Utsav curated by NSHM – Centre of creative and performing arts where she shared her views on understanding diversities in the real world for the passing out students, She shared a music video Sab ki hai Dharti and did a quick sign language session as well at the event.

2ND DECEMBER 2020

INCLUSIVE MUSIC BAND- 'PEHLI BAARISH' AT BEST DIVERSITY & INCLUSIVE PRACTICES OF ASIA SEMINAR AND AWARDS 2020

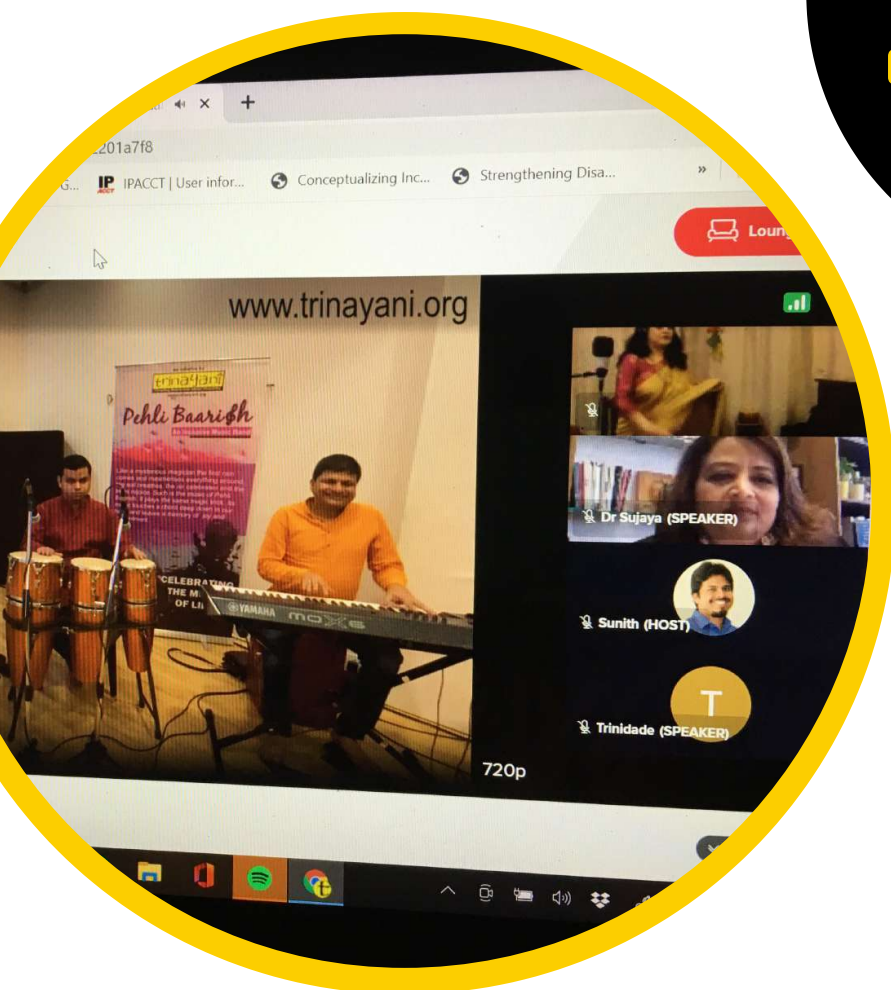


Diversity & Inclusive Practices of Asia Seminar and Awards 2020 was organised by Learning and Organization Development Roundtable (LODR) and Women Leadership Forum of Asia.

Trinayani has an inclusive music band called Pehli Baarish which includes musicians that are with and without disabilities, and at the forefront of it is our lead singer Ritika Sahni.

2ND DECEMBER 2020

INCLUSIVE MUSIC BAND- 'PEHLI BAARISH' AT BEST DIVERSITY & INCLUSIVE PRACTICES OF ASIA SEMINAR AND AWARDS 2020



Pehli Baarish was formed in the year 2014 and has put up several charitable performances ever since. Our music spans across genres where we do covers as well as originals. We were usually invited by different NGOs for various events to their venues all the time to elevate their evenings with some refreshing orchestra but this year since physical venues were off-limits, we were invited to perform

2ND DECEMBER 2020

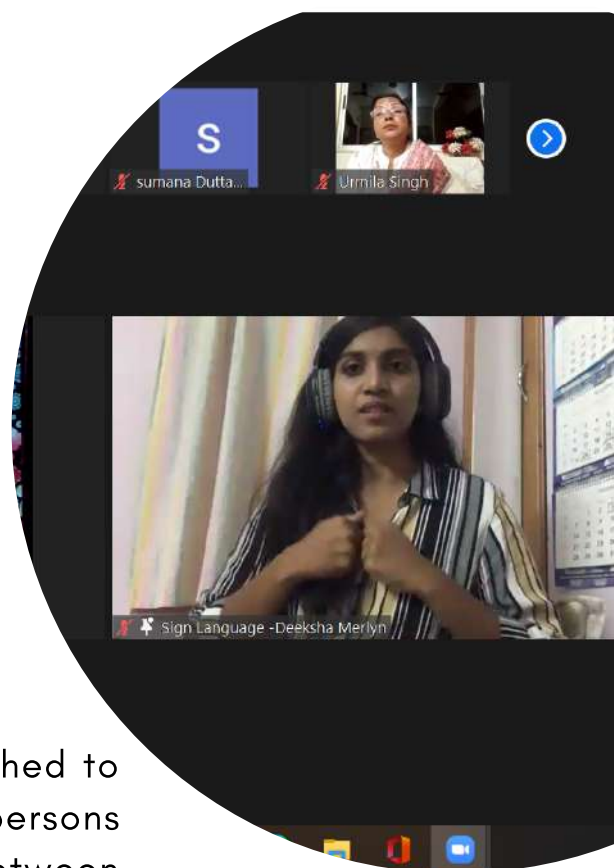
**INCLUSIVE MUSIC BAND-
'PEHLI BAARISH' AT
BEST DIVERSITY &
INCLUSIVE PRACTICES
OF ASIA SEMINAR AND
AWARDS 2020**



virtually. Pehli Baarish thus screened a fifteen-minute recorded performance at the Best D&I Practices of Asia Seminar & Awards 2020. This performance featured visually impaired musicians Dhawal Bhawsar on the keyboard. We would like to mention the Mumbai Music Institute where we had recorded the segment and especially express our gratitude to Arvind Vishwakarma, the media students of MMI who helped us record, and Harsh Lakhani who helped us shoot the video.

3RD DECEMBER 2020

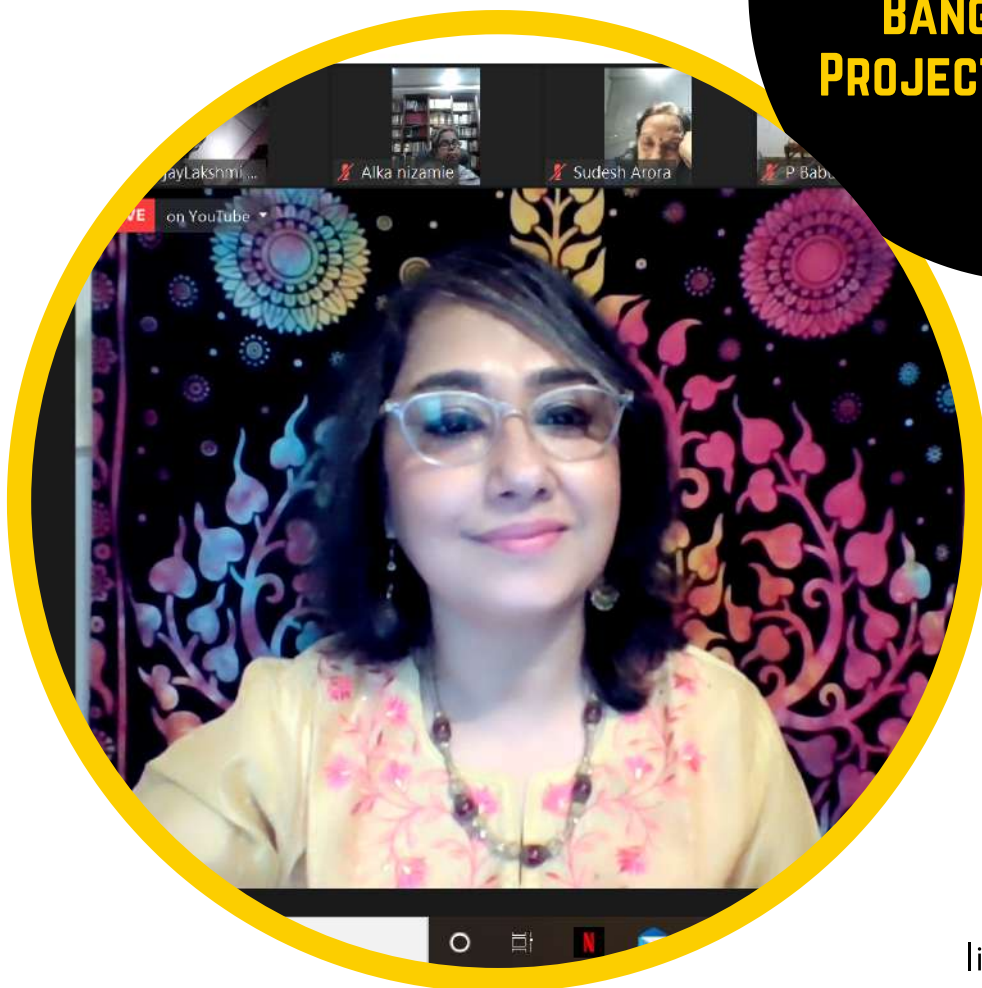
COLLABORATION WITH ENABLE INDIA, BANGALORE ON PROJECT DISCOVERY



Project Discovery is a unique approach launched to share with people the various ways that persons with disabilities tend to bridge the gaps between the tasks that need to be accomplished and their physical restraints that have a tendency to hold them back. It was a competition where the platform was open to the participation of all those who had

3RD DECEMBER 2020

COLLABORATION WITH ENABLE INDIA, BANGALORE ON PROJECT DISCOVERY



devised their own specific technique, or a hack, that made it easier for them to do certain things. More than a competition, it was a way to develop the community beyond the barriers of international boundaries to unite 1 billion persons with disabilities and the stakeholders to understand the value of solutions in the

lives of people with disabilities. On December 3, we held an award function where we declared Deepshikha from Ranchi as the winner and awarded the ngo with a cash prize of Rs 20,000.

4TH DECEMBER 2020

1ST ONLINE LIVE PERFORMANCE OF INCLUSIVE MUSIC BAND- 'PEHLI BAARISH' FOR WALMART



...s and attendees:

...lakhe to All panelists:



...thagat Varma to All panelists and attendees:
...important message and very well played!

...m Ishan Choudhary to All panelists:
...rilliant performance!!

From Nishchal Kutarekar to All panelists and attendees:
...🎵🎵

From Veerender to All panelists:
Nice Lyrics and Awesome Performance !!

From Ankur Sinha to All panelists:
Awesome

From Tripti Kumari to All panelists:
...autiful Song

...r Gaurav Jain to All panelists:
...me 🎵🎵🎵🎵

...ash Odeyar to All panelists:



...n to All panelists:

Things started with love will never be rendered incomplete and that's why, Pehli Baarish also did not go without a concert this year. None of us had anticipated a show in 2020 because we had no clue how we would be able to perform at all in such unfavorable circumstances, but the opportunity found us and we did not hesitate. Performing

4TH DECEMBER 2020

1ST ONLINE LIVE PERFORMANCE OF INCLUSIVE MUSIC BAND- 'PEHLI BAARISH' FOR WALMART



professionally by transcending borders virtually, Walmart offered Pehli Baarish a paid gig that was shot in a studio in Andheri called The Circuit and was streamed live on Zoom. Equipped with all the right screens and speakers, we were not just performing but also answering many interesting questions posed to us by our audience.

...ce. Love it!

Desai to All panelists and attendees:

...nwith V B to All panelists:



...m soumya shenoy to All panelists:

...autiful

From Bikas Sadashiv to All panelists and attendees:

...superb

From Jhinal Shah to All panelists:

...wowww

From Sonam Gupta to All panelists and attendees:

...Ahhaaaaa

From Raghavendra Deshmukh to All panelists and attendees:

...seamless transition from one song to another.. wow... pr

From Bikas Sadashiv to All panelists and attendees:



From Ammed Paleri to All panelists and attendees:

...an energy..

...to All panelists:

8TH DECEMBER 2020

EMPOWERMENT SELF DEFENSE WORKSHOP IN PARTNERSHIP WITH RECREATE



Sounds surprising in a society like ours but self-defense is a skill just as necessary as any other, regardless of gender and ability. It empowers us not just physically but also induces an enormous sense of confidence, making us strong mentally. In an effort to remove the barriers of insecurity that restrain us from going about our life, Trinayani partnered with ReCreate and held a workshop

8TH DECEMBER 2020

EMPOWERMENT SELF DEFENSE WORKSHOP IN PARTNERSHIP WITH RECREATE



called 'Empowerment Self Defense', specially curated for disabled women. The attendees included some of our visually impaired friends, young adults with an intellectual impairment, and other wheelchair-user friends. There was an exchange of some vital tactics about recognizing vulnerable spots and escaping unharmed while shedding more light on

combating not just the attacker in front of us but also the irrational fears we tend to harbour constantly.

19TH DECEMBER 2020

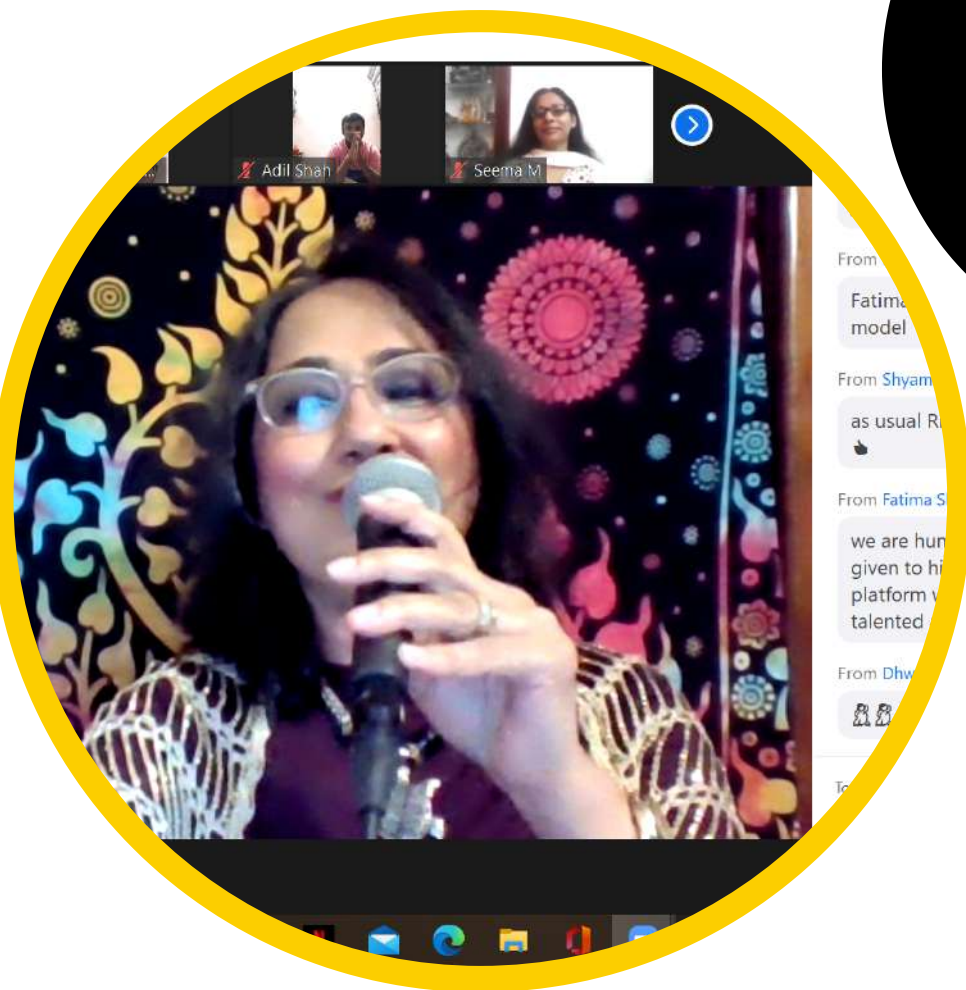
**OUR FOUNDER-TRUSTEE,
RITIKA SAHNI,
PERFORMED AT
AANAND UTSAV
FUNDRAISER**



Aanand Utsav was a music and dance extravaganza based fundraiser which was organized by Arushi of the Department of Special Education at SNDT Women's University. They had invited our Founder-Trustee Ritika Sahni to deliver a short yet an impactful musical performance that lasted twenty minutes. The entire idea behind hosting this event was to raise funds to contribute in building a pre-

19TH DECEMBER 2020

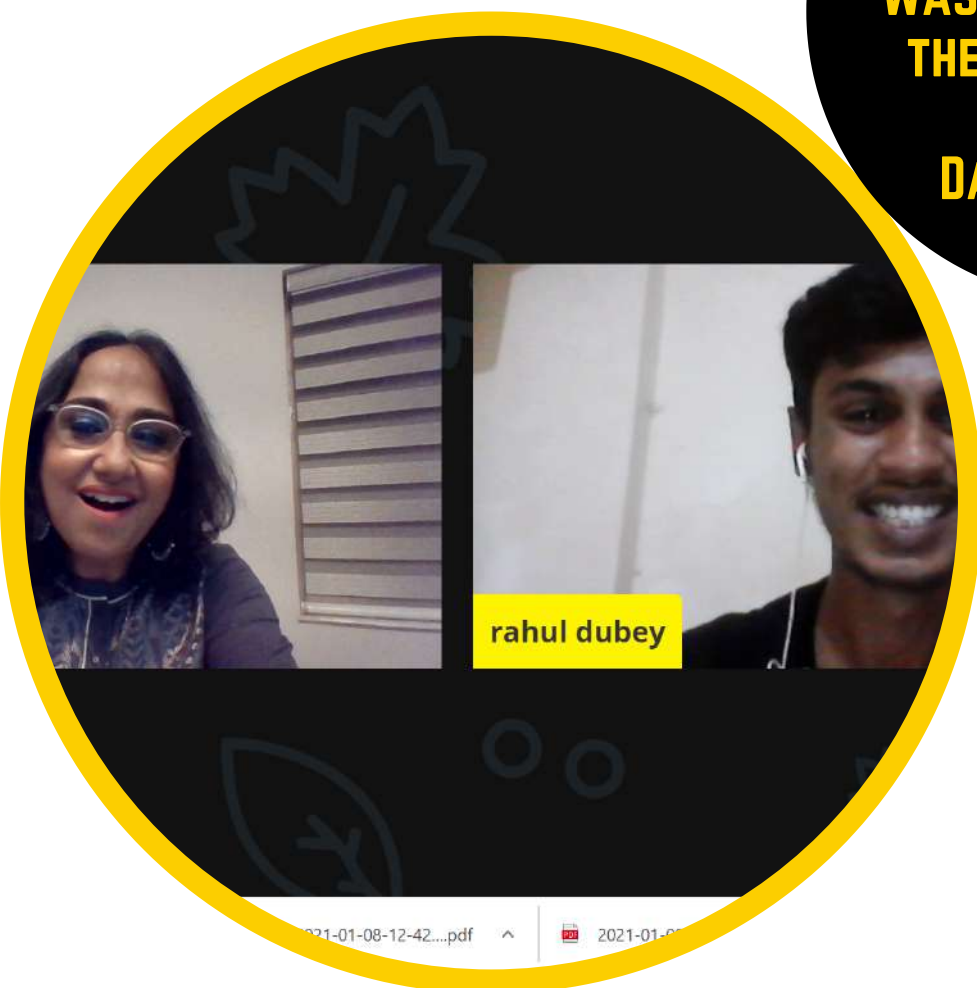
**OUR FOUNDER-TRUSTEE,
RITIKA SAHNI,
PERFORMED AT
AANAND UTSAV
FUNDRAISER**



vocational unit for the students of Arushi - The Learning Centre. Moreover, an assortment of artistes lined the evening by bringing their talents to the potluck. We saw a classic set of vocals, some even accompanied by Sitar, sung by singers like Archita Bhattacharya, Manjushree Patil, Ritika Sahni, and Shardul Deshpande. Not just that, there were other rising talents such as Hiya Kalam and Usaid Shaikh that illuminated the evening with their modern vocals. Shreya Sabharwal, Apurva Kothare, and Apurva Dani added the much needed grace to the evening by their classical dances.

09TH JANUARY 2021

**MS. RITIKA SAHNI, OUR
FOUNDER-TRUSTEE
WAS CHIEF GUEST AT
THE TAAL TARANG
EVENT BY
DANCERDOWNS**



Our Founder Trustee was invited as a chief guest at the Taal Tarang- A Musical Evening event by The Dancerdowns, an NGO created for individuals with down syndrome. This fun-filled event was all about individuals with disabilities displaying their musical talent, wherein they can sing and/or play any instrument they wish to. The idea behind this was to provide a platform where they can showcase their talent and dedication and perform wholeheartedly. After all, all they need is an audience that watches them perform without judgement.

16TH JANUARY 2021

WORKSHOP ON LEARNING DISABILITY AND FILM SCREENING OF OUR MUSICAL PLAY- THE LEARNING FACTORY

J.N. PETIT TECHNICAL
SCHOOL, PUNE



We conducted a Learning Disability workshop for students and staff of J.N.Petit Technical School, Pune facilitated by Massarat Khan of Maharashtra Dyslexia Association. some teachers from MDA were also present. At the end of it all, the Learning Factory film was screened. Not only did we watch the movie together, but also collectively shared our inputs turning it into a fruitful discussion. Technology was the real hero that day as it made it easier for us to carry out these events despite the mayhem outdoors.

16TH JANUARY 2021

**SESSION ON INCLUSIVE
WORK OF TRINAYANI AND
FILM SCREENING OF OUR
MUSICAL PLAY- THE
LEARNING FACTORY
AATMAN ACADEMY,
THANE**



16th Jan was a day full of workshops, a 3-hour workshop for AATMAN Academy at Thane. The workshop introduced the work of Trinayani and screened 'The Learning Factory' musical puppet play for the audience comprising of teacher trainees to propagate the importance of understanding that 'one size does not fit all.'



17TH FEBRUARY 2021

FILM SCREENING OF OUR MUSICAL PLAY- THE LEARNING FACTORY

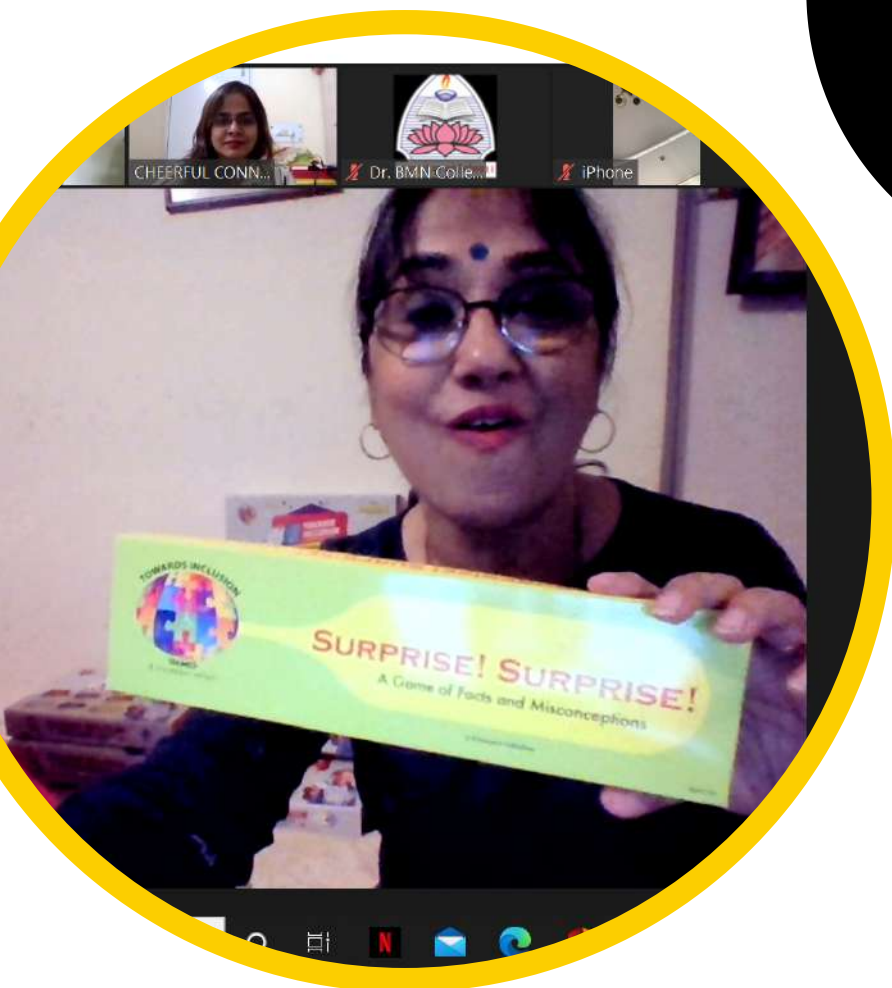
Mahadevi Birla
World Academy,
KOLKATA



We had yet another lovely screening of The Learning Factory play film for the students, staff and parents of Mahadevi Birla World Academy, Kolkata, followed by a robust discussion where students posed interesting questions.

18TH MARCH 2021

TOWARDS INCLUSION - DISABILITY AWARENESS GAME KIT FIRST LOOK AT THE 'INCLUDING YOU' PROGRAM

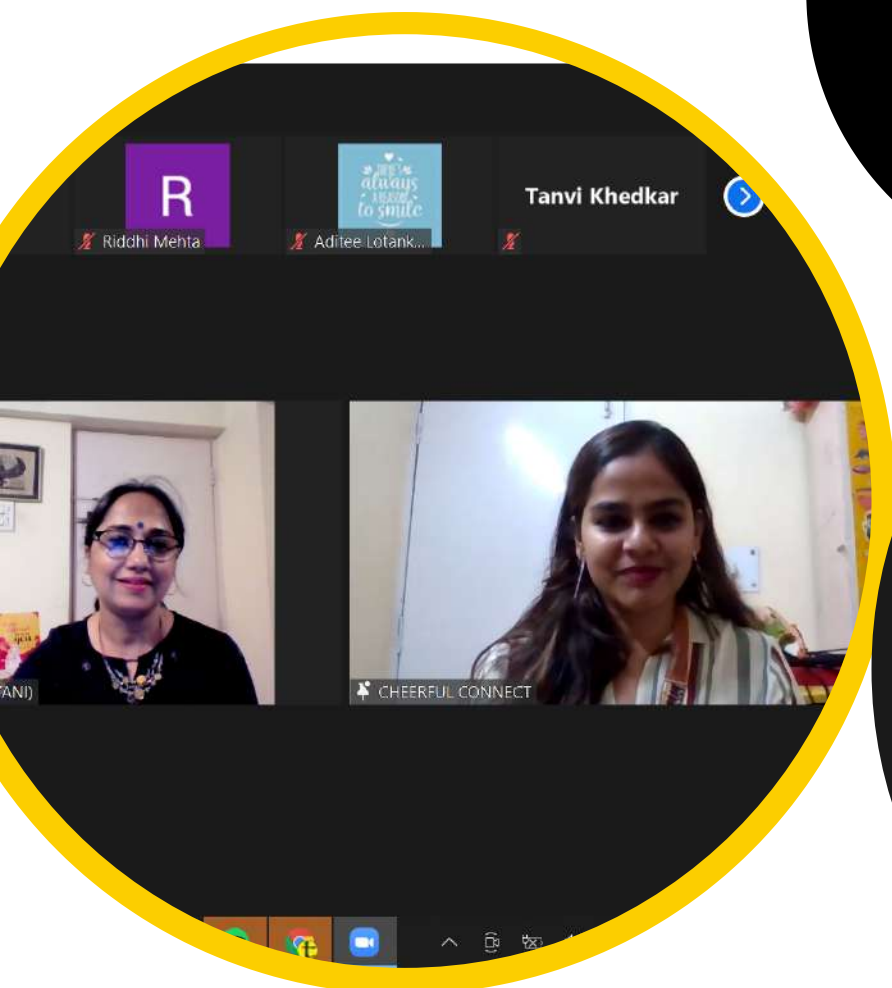


Our Founder-Trustee, Ms Ritika Sahni, was invited as a speaker for the Community Outreach Program- 'Including You', organised by Cheerful Connect in collaboration with Dr. B.M.N College of Home Science, Matunga. The program brought different leaders from the field to talk on their inclusive practices.



18TH MARCH 2021

TOWARDS INCLUSION - DISABILITY AWARENESS GAME KIT FIRST LOOK AT THE 'INCLUDING YOU' PROGRAM



The Community Outreach program aimed to reach out to different stakeholders like students, teachers, professionals, and parents, to open a conversation in the area of Disability and Inclusion. Through this platform, Ms Sahni along with expert Ms. Shobha Sachdev showcased and played the very innovative and one of a kind game kit called 'Towards Inclusion' - 6 in 1 disability awareness card game kit that has been designed over a course of 3 years.

ACKNOWLEDGEMENT

"To generous souls every task is noble"

~Euripides

Trinayani is forever grateful to all the friends, volunteers, well-wishers, and supporters. We are a car whose engine is its volunteers, we are thankful to our volunteers who relentlessly contributed their time and energy during this difficult period. Special thanks to Ms Shobha Sachdev, Ms Sunita Sancheti, Dr Asmita Huddar, and Ms Archana Rao.

The pandemic brought with it an array of challenges and Sparsh Foot Spa, our livelihood initiative that is run by our dear blind therapists, was affected to a great deal. We are forever grateful to our blind therapist Ramesh Mangilal for staying strong during these hard times and keeping his will and hope alive.

Of course, as an organisation, we are always open to feedback, insights and observations around our work. We would like to acknowledge the community encompassing our friends and well-wishers for providing information, ideas, advice and support towards our activities.

We are ever grateful to our auditors Bharat Dharamdas & Associates LLP for their continued support.

Last but not the least, the dear wheels to our car, our donators. Every penny that we receive is dear and useful for us to continue our mission and achieve our vision. Thank You to our friends who have made donations to Trinayani, for trusting us and investing in us. A special mention to the support received by Mr and Mrs Prem Sethi and Mr Nitin Sethi for donating a generous sum of Rs. 45, 000.

This year has been nothing short of learning and unlearning. We are thankful to each and everyone to be part of this journey.

CLOSING REMARKS

The calm amidst the chaos

The beginning of something new always seems intimidating. The only way to overcome this unsettling feeling is to take a step in the very direction that scares you and deal with the hurdles as they sprout. Trinayani did the same by tackling one issue at a time. Initially, the fog that was unwilling to budge soon began to dissipate as we decided to take up the spear of online forums that opened a door to several new possibilities for us. What had started with a single online meeting turned into many more. Not only did we hold hearty discussions, but also played games, hosted interactive sessions that emphasized infotainment. Moving at a faster pace and feeling better than we had at the start of 2020, we learned that we simply needed to make the best of the resources we had available with us instead of being stuck in a loop of 'could haves and would haves' leading nowhere. This year taught us many things. One of them which stood out the most was the significance of action. We may think to ourselves a lot about the system and how society needs a revolution in so many

sectors, but we rarely ever do something to make that change. We, at Trinayani, have always worked towards the reinforcement of this very idea with an add-on of inclusion; to not leave anyone behind in this trek of a better tomorrow. Times of adversity are meant to teach us a great deal inevitably. It is up to us to gather these lessons and impart them to the people around us. No two mornings will bring about the same kind of sunrise; there will always be a different shade to see in the sky. This uncertainty, no matter how scary, is what gives life meaning. If we can always predict the next problem and are always prepared for every battle, then there would be no room to feel triumphant; as if we truly have achieved something. An accomplishment only feels worth it if we have worked our way towards it through thick and thin, together. The key is to use what we have on hand before feeling dejected about what we don't. And nobody knows when this atrocity will end. However, what we do know now, is that we are more than capable to get through this, together.

CONTACT

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As we are an organisation that runs on donations, your support is highly appreciated and significant!

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