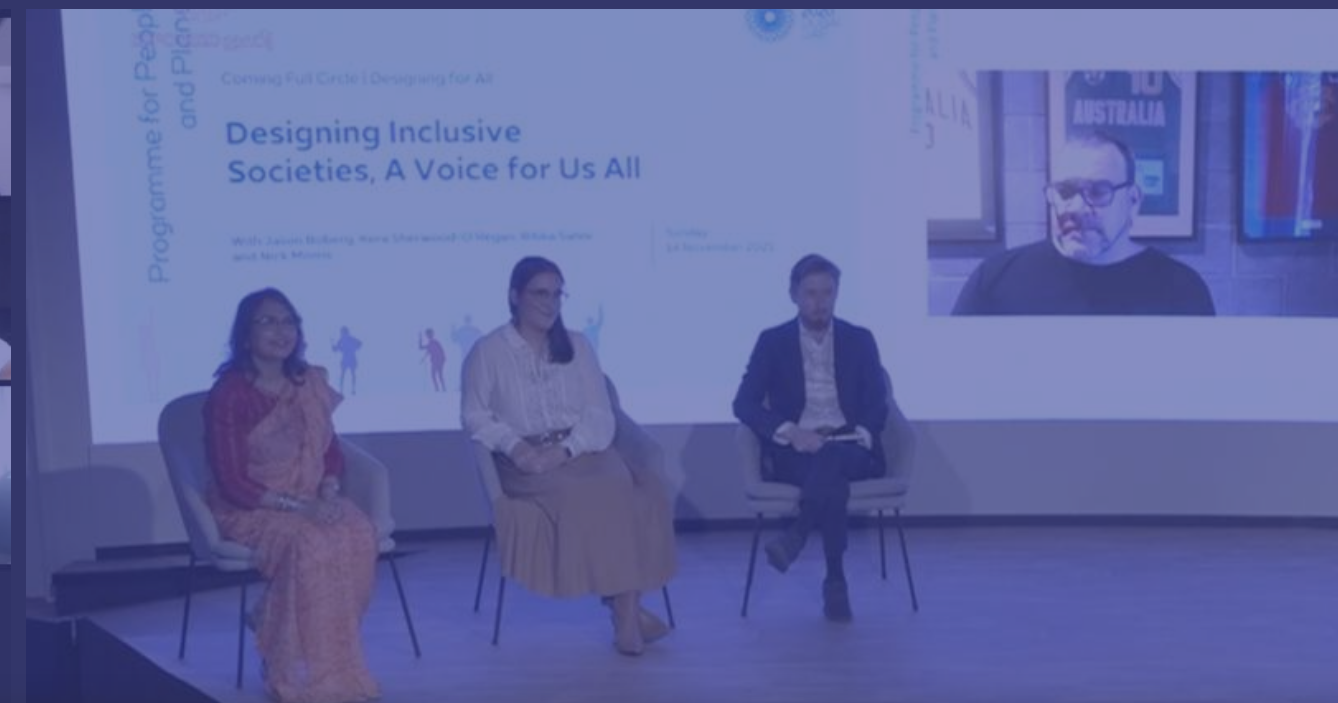
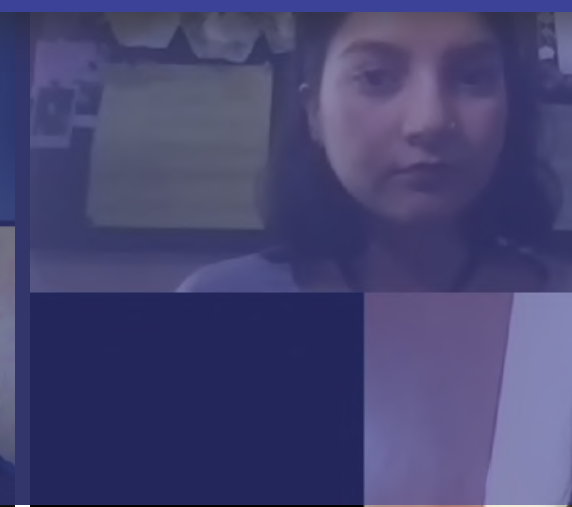
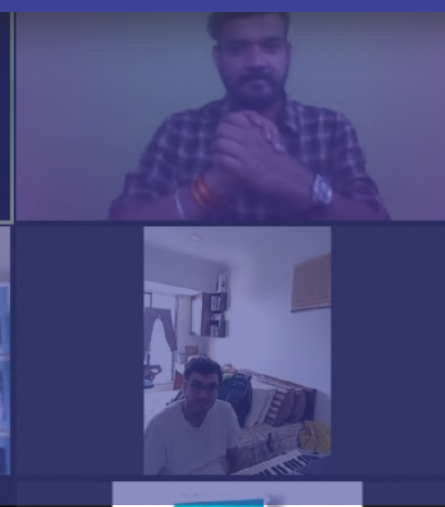
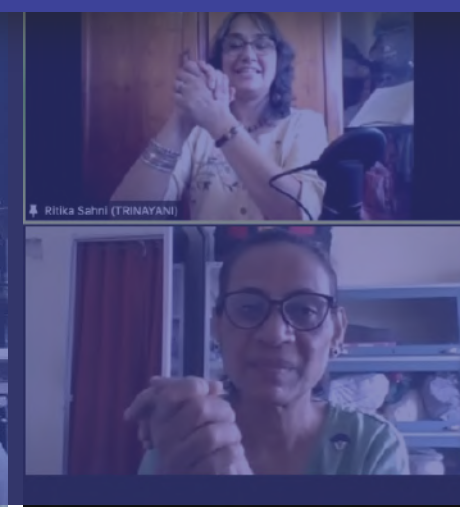


Trinayani

Annual Report
2021-2022



Creating Awareness About Disability



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From the Founder-Trustee



We are very delighted to present and share the work we have done across the financial year 2021-'22. It was an uncertain and transitional period since we moved from online to the tangible, when things were apparently brightening up for all. But, amidst all this fickleness, we, at Trinayani, continued to strive forward with the use of online medium to **reach out to people across the country and the world.**

One of the positives about the pandemic was that it gave us a fortuity to reach out and spread the messages of disability and equality and with the help of our **'Towards Inclusion' 6-in-1 Card Game** kit, we were able to spread our wings to reach out to as many individuals across the country who we may not have had the likelihood to connect with otherwise.

We were overwhelmed to receive the participation of many volunteers from different organizations and institutes and spread awareness amongst them and further on, have them contribute to our campaign with their youth mindset. Most prominent among them were **Arushi, Anagha, and Diya;** students who curated our inclusive meetups and created interesting awareness films for us.

After 15 years of running this NGO, I felt jubilant about having two of our volunteers **Shazia and Vedika** come on board with Trinayani. It has been a pleasure working with them both.

One of our main motives post-pandemic is to highlight the significance of removing barriers in society as it adversely affects the participation of people with disabilities in daily living. We, as a society, need to build it back better, and therefore, we launched the **'Building Back Better'** series in December 2021, and are hoping to continue till December '22.

Trinayani continues to grow on the heartfelt support, trust and belief of all the well-wishers, donors, volunteers, team members, friends as well as strangers, which we truly cherish. We are immensely grateful for everyone's faith, credence and support.

I am extremely happy to share this year's report and hope that you can resonate with the joy, passion and love that we put into our work. It's always a pleasure to showcase our drive towards this sector regardless of the challenges that we face, be it the pandemic or any other hurdle. We are always looking forward to having any of you on board with us.

With Gratitude,
Ritika Sahni
Founder-Trustee
Trinayani

Changing Mindsets

In the last 15 years, Trinayani has been tirelessly working towards advocating impactful change in the field of disability. Our belief in **equality** and **equity** finds us exploring various media through which we sow the seeds of tolerance, acceptance and open-mindedness. We diminish barriers existing in attitudes, infrastructure, and day-to-day living to enable and empower people both with and without disabilities.

Our vision is to live in a world where people with disabilities are understood, respected, and included in all facets of life. Therefore, Trinayani as an organisation will continue to work towards achieving our mission of altering and enriching perceptions and demystifying disabilities.



(clockwise)
'Towards Inclusion' 6-in-1 Card Game kit;
Pehli Baarish, an inclusive music band;
Blind Masseurs from Sparsh Foot Spa, our livelihood initiative, in action;
Founder-Trustee Ritika Sahni at the Dubai Expo, 2021.

A Disability Friendly World for a Better Me

MISSION

To Include, Honor & 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.



Inclusive Events & Meetups

Organised for our friends, with and without disabilities, with the motive of dissolving barriers and having conversations.



Pehli Baarish

Our Inclusive Music Band comprising musicians with and without disability.



Sensitization Workshops

We conduct workshops for corporates, educational institutes & stakeholders to sensitize & spread awareness.



Sparsh Foot Spa

Our employability initiative run by visually impaired massage therapists.

Spreading Awareness

Our core goal is to spread awareness about disabilities and our work focuses on two key areas:

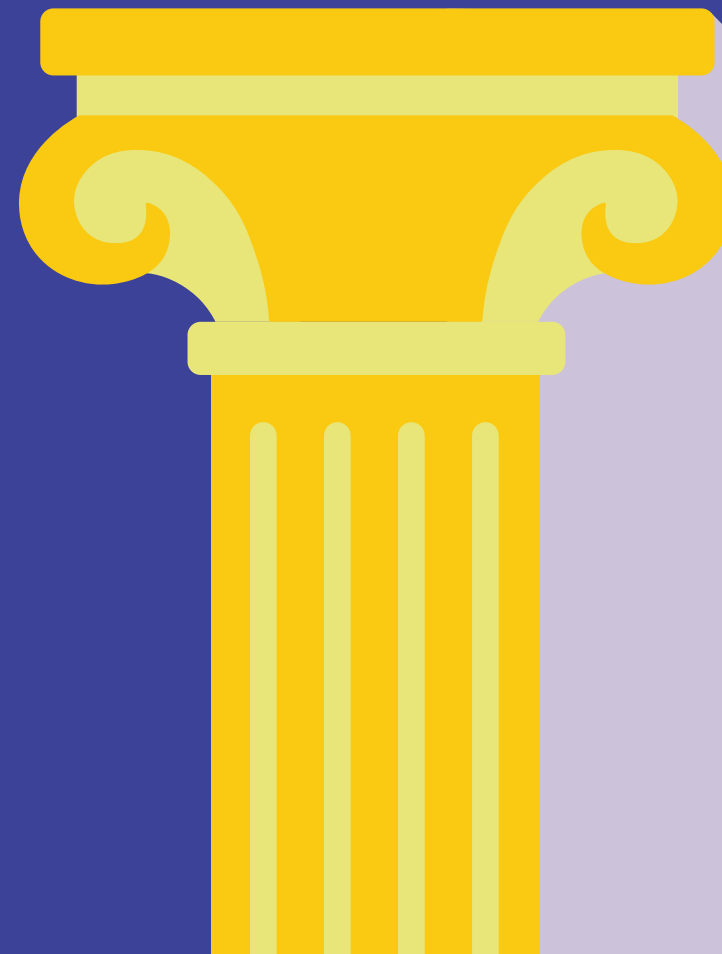
1. Awareness and Sensitization
2. Empowerment

These two predominant pillars of awareness, sensitization, and empowerment, encompass various areas of intervention which you will get an overview of in the following sections.

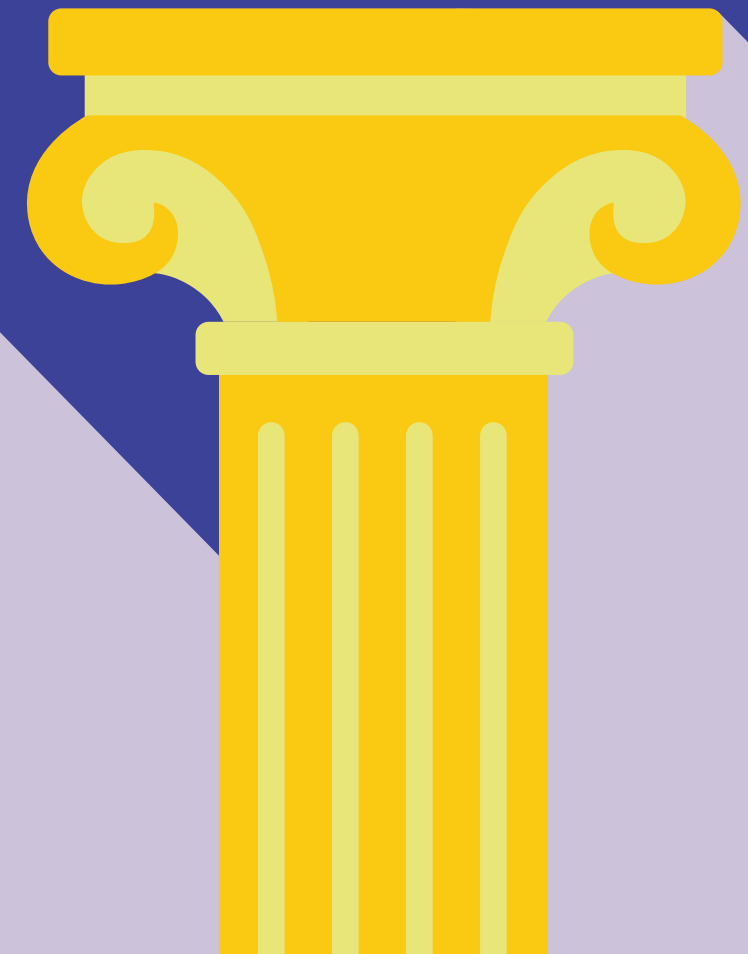
We envisage creating an impact in the lives of people, both with and without disabilities, as we believe that change takes place through awareness, positive attitudes, altered perceptions, and focused actions within the community.

This, in turn, results in a better world that is fueled by the intrinsic motivation of creating a better version of ourselves.

Awareness & Sensitization



Empowerment



Meet Our Management

They are the core of the organisation.



Ritika Sahni
Founder-Trustee

Ritika leads an interesting dual career, dividing her time between playback singing, live stage shows and spearheading advocacy initiatives for Trinayani. She has a Master's Degree in Music from Rabindra Bharati University, Kolkata and a Bachelor's Degree in Deaf Education from Ali Yavar Jung National Institute for Individuals with Speech and Hearing Disabilities, Mumbai.

She has been part of the Disability sector for the last 30 years, having been a communication therapist, special educator and most importantly an Inclusive Support Teacher. She founded Trinayani in 2006. Now as a Trainer and a Consultant in Disability Inclusion, she has been designing and conducting sensitization campaigns for diverse stakeholders for the last 25 years.

Among others, she has been awarded the Rex Karamveer Puraskar, a Global Award for Social Justice and Citizen Action by ICONGO. In March 2020, she was recognized at the Top Global Diversity & Inclusion Leaders awards function by World HRD Congress and ET Now. As a Singer-Activist, she also leads our Inclusive Music Band 'Pehli Baarish'.



Indranil Goswami
Chairman

Indranil is a professional Filmmaker, writer, and creative consultant. He works as an independent director and a freelance creative head for various production houses and organizations in Mumbai's Entertainment Industry.

As a trustee, Indranil is involved in the development processes of all content created by Trinayani, about disability awareness, that ranges across short films, booklets, posters, radio programs, biographies, and other presentation packages.



Rakesh Sahni
Vice-Chairman

Rakesh promotes Indian modern and contemporary art, and provides consultations through his creative space called 'Gallery Rasa' in Kolkata and is currently working towards enriching Gallery Rasa – Art and Archives through galleryrasa.com

He served as President, Rotary Club of Calcutta Midtown 2018-19 and the club received several notable awards during his tenure. At Trinayani he works towards creating the larger vision of the organization and works closely towards its implementation.

Meet Our Consultants

Their insights create magic!



Shobha Sachdev

With 40 years of experience in the disability sector, Shobha is a consultant and advisor with Trinayani.



Dr. Asmita Huddar

Chairperson, Board of Studies, Special Education, University of Mumbai, Asmita has been very kind to provide her insights and assistance towards our work.



Padma Shastry

Co-creator of Trinayani's 'Towards Inclusion' 6-in-1 Card Game, Padma is an Inclusive Education Specialist and Director, Samam Vidya, Bangalore.



Sunita Sancheti

Work partner at Nirav International handling their accounting, administration, and taxation, Sunita is an activist working for the rights of Persons with Disabilities.



Sudipta Mukherjee Mandal

Our Creative Consultant who, with her magic touch, brightens up all our events.



Debjit Biswas

Close friend of Trinayani, Debjit is Director of Softofficepro and guides us with solutions to all things technical.

Meet Our Employees

Team Lead



Shazia Qureshi

Formerly a volunteer, Shazia is the Team Lead for Trinayani since August 2021.

Program Manager



Vedika Tikmani

She started as a volunteer and joined Trinayani as a Program Manager since March 2022.

Blind Masseuse

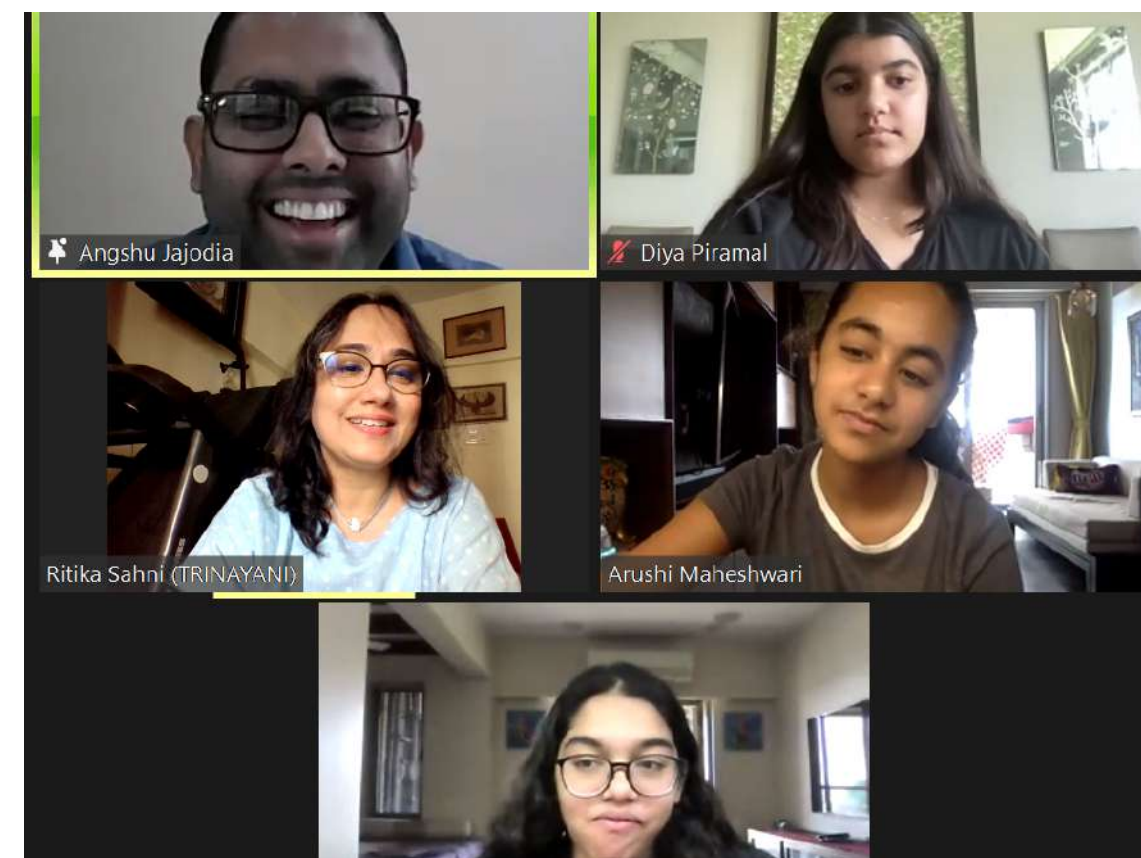


Ramesh Mangilal Chavan

The efficient blind Masseuse who has been working with Sparsh Foot Spa, Trinayani's livelihood initiative, for more than 5 years.

The Trinayani Family

Meeting people became harder to accomplish during the pandemic, however that didn't stop us!



An Ode to our Supporters



*“Your gratitude is magnetic and the more gratitude you have,
the more abundance you magnetize.”*

- Rhonda Byrne, The Secret

This section is highly significant for us, as at our organization everything that we do – we do with gratitude in mind. Our team is a small one and for our hard work to continue, we have been lucky to have a large number of supporters, without whom the impact of our work, its outreach, and its magnitude would not have been possible.

We would like to acknowledge **our consultants**, for taking out time from their busy schedules to keep an eye out on our activities and providing their valuable feedback as and when it's needed. These small or big additions from their expertise always add nuances to our work.

Our dear donors, who believe in our work and invest in it. The funds that we receive from them have been a blessing for us to continue and our work.

Our friends, who never think twice before volunteering their skills whenever we require them for any of our projects.

Our volunteers, to whom you'll be introduced to later, for denoting their time to our mission and vision and for finding a sense of resonance with it, your commitment to disability awareness is essential as a future leader as that is what will set the grounding of a world where everyone belongs and no one is denied their rights for being 'different'. A special thanks to **ConnectFor** for sourcing volunteers for our various projects.

Our heartfelt gratitude to **Himanshu Chanda and his team**, especially Avinash who is responsible for creating our first website as a volunteering effort.

We thank Malay Desai for providing their insights on our social media and guiding us in creating footprints in the country through features in print and digital media houses. Our friends and volunteers, Rekha Balgi and Yojana Wavikar, who advised us about the current scenarios and activities that pertain to the disability sector.

We are ever grateful to **Mr. Bharat Kokal** of Bharat Dharamdas & Associates LLP and his team for their pro-bono, gracious, and continued support in auditing our accounts.



Thinking Back on the Year

"Alone we can do so little; together we can do so much."

- Helen Keller

The year 2021-2022 finally got us in the groove of the digital world. We started getting accustomed to the various phases, steps, and factors of the online world. It gave us an opportunity to learn more about **accessible adaptations** and spread awareness and knowledge of it among our target groups, allies, supporters and acquaintances.

The key outcome of this annual year was the formation of new relationships and building on the old ones. We had the onboarding of **volunteers who are now employees**; making Trinayani's family a little bigger and wholesome. It made us realize that our reach and impact are definitely increasing and the path that we have tread upon, is in fact the right one.

Many milestones were achieved in the past year and we've been able to have some great learnings from things that worked and even, that did not necessarily work. We are hoping that all these do help us in achieving our vision and mission when implemented in the coming years.

Since the **online environment** brings with it a plethora of opportunities, we experimented with those and had some quirky and innovative activities in partnership with stakeholders throughout the year. Hence, making the most of these opportunities as it also brought in a diverse set of audiences on board. This also made us realize the **beauty of diversity** and how one can learn massively from various diverse experiences.

2021
2022

Trinayani's Footprints

It has always been a great honour and pleasure for Trinayani to be invited to events and sessions where, our **Founder-Trustee Ritika Sahni, holds discussions** around various topics like our goal of spreading disability awareness and the work that we do at Trinayani.

It also gives us a chance to get acquainted with work being carried out in the field by various institutions. These events also help us to build a base for future collaborations and partnerships.

Above all, it also caters to building and maintaining existing and longstanding relationships with the respective hosts.

**'Let's talk Inclusion'
with Manobina Chakravarty
Founder, I for Inclusion
June 11, 2021**

During the pandemic, Manobina Chakravarty began a Facebook live series called 'Let's Talk Inclusion' with experts and professionals from around the world in the field of disability and inclusion.

Founder-Trustee Ritika Sahni, was invited to the show to talk about our 'Towards Inclusion' 6-in-1 Card Game after its launch.

**'Badalta Daur'
Discussion on Radio Udaan
Hosted by RJ Danesh
May 26, 2021**

Radio Udaan has a show called 'Badalta Daur' hosted by Danesh Mahajan where they feature various stakeholders – persons with and without a disability – from the field.

The show highlights debates, discussions and awareness building on disability. Ritika Sahni was invited as a guest to provide her lens on the need for awareness and the various ways that we, at Trinayani, go about spreading it.

**Fireside chat with Karon Shaiva
Idobro Impact Solutions
Sept' 8, 2021**

● Ritika Sahni was invited for a fireside chat as a guest speaker at the 12th Anniversary celebration of their impact journey.

The focus was on the 'Invisible or Silent Issue' of disability.

**Dubai Expo
Tolerance and Inclusion week
Nov' 14, 2021**

● It was a pleasure and a privilege for our Founder-Trustee Ritika Sahni to receive an invitation to share Trinayani's work with the world at the prestigious Dubai Expo 2021.

She was invited to speak at the Tolerance and Inclusivity Week and was part of the 'Designing Inclusive Societies – A Voice for All' session.

**Session on Genetic Counselling
in Prenatal Setting
Satya Special School
Nov' 25, 2021**

● Founder-Trustee Ritika Sahni moderated an informative session on Genetic 'counseling in a prenatal setting', conducted by Satya Special School, Puducherry.

**Women Achievers Against
All Odds
Dec' 17, 2021**

● Ritika Sahni was invited to speak at the online Padmashri M. T. Vyas Stree Shakti Award function as one of the inspiring achievers in India. She shared the privilege with 'luminaries' like Usha Uthup, Dr Kiran Bedi and many more. The panel was put together as a tribute to renowned educationist and freedom fighter Padmashri M. T. Vyas, by her granddaughter, Tabla Maestro Anuradha Pal.

**Voice Vision
Feb' 13 2022**

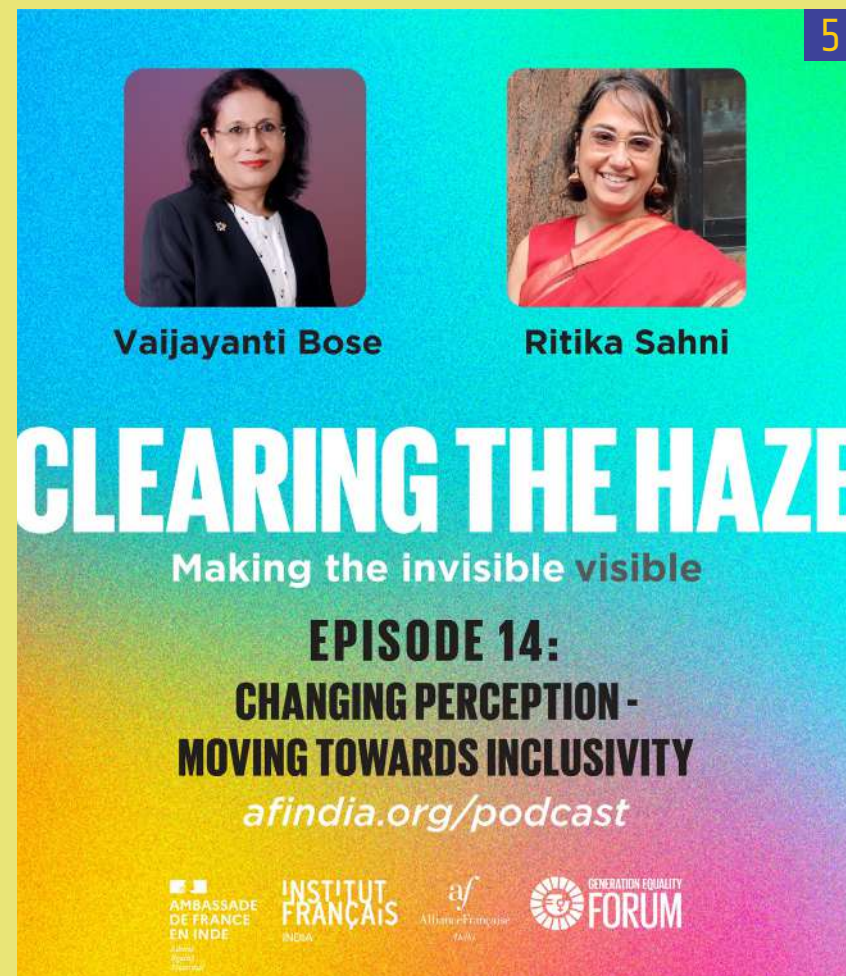
● Ritika Sahni attended Voice Vision's All India Disability Matrimonial get-together, an event that Trinayani lends its supports to.

**Eyeway Conversations and
Podcast Alliance Francais**

● Ritika Sahni had a conversation with George Abraham in an episode of 'Eyeway Conversations', a joint production of Score Foundation and BarrierBreak.

On a podcast organised by Podcast Alliance Francais, Ritika Sahni and Vijayanti Bose, in conversation with Shachi Irde, spoke about their challenges, barriers and journey in their various fields.

1. Founder-Trustee Ritika Sahni was invited as a guest speaker at Idobro.
2. Poster for the Idobro's online event.
3. Founder-Trustee Ritika Sahni at the Dubai Expo as a panel member for 'Designing Inclusive Societies for All.
4. Facebook Live session with Manobina Chakraborty, founder of I for Inclusion.
5. Founder-Trustee Ritika Sahni on a podcast organised by Alliance Francaise India.



Awareness & Sensitization

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Awareness and Sensitization

"Knowledge is Power, Power provides Information; Information leads to Education, Education breeds Wisdom; Wisdom is Liberation. People are not liberated because of lack of knowledge." - Israelmore Ayivor

Awareness and Sensitization are one of the core founding stones of Trinayani. Over the years, we've seen progress and nuances in our awareness and sensitization sessions and workshops. We began with basic workshops on disability orientation which have now evolved into a series of campaigns with a specific focus on **spreading awareness about disabilities**.

In addition, we also organised **inclusive online fun awareness session** that were facilitated for a variety of stakeholders, which you will read about in the coming sections.

Initially, we began with workshops for the academic community, and last year, in 2021, we achieved a **global presence** on disability awareness when our Founder-Trustee was invited to speak at the Dubai Expo.

A pioneering effort to accomplish our goal was the 'Towards Inclusion' Workshop and Game Kit Discussion consistently and determinedly run by our Founder-Trustee, Ritika Sahni. The momentum of these workshops brought with it an array of insightful feedback and testimonials.

(top)
'Towards Inclusion' Game Kit workshop at Samvaad Institute of Speech and Hearing, Bangalore:

(bottom)
Poster for the online 'Towards Inclusion' workshop in partnership with Cheerful Connect.



GAME OF INCLUSION


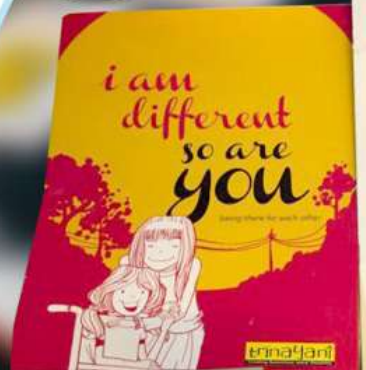
20TH DEC '21

6.00 PM TO 8.30 PM

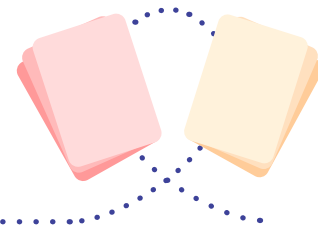
Playing was always Inclusive!

Games provide a valuable way to enrich learning, entertainment and collaboration amongst those who play them. Come enjoy the games with friends and family.

Register by joining the WhatsApp group link now!



Towards Inclusion



Disability Awareness Game Kit & Workshop

Trinayani's 'Towards Inclusion' workshop takes a unique and out-of-the-box approach that helps to broaden the minds of people towards tolerance, kindness, and empathy. It endeavours to reach out to the audience to step out of their restricted boxes and amalgamate with people whose lives are different from theirs.

One of the most significant approaches that we, at Trinayani, have developed is the usage of a toolkit called the **'Towards Inclusion' Disability Awareness 6-in-1 Card Game** kit that has an array of six different types of games based on fun and familiar games which we all have played in our lives.

Each card game focuses on busting myths, building knowledge, addressing stereotypes and biases, and **changing mindsets** to slowly and steadily erase the compartments that bifurcate our society into 'us' and 'them'.

During the duration of the lockdown, the 90-min interactive online session was customized and conducted by trainer & consultant in Disability Inclusion, Ritika Sahni, across multi-disciplinary stakeholders.

The average number of participants per workshop was 80 and the workshops were conducted remotely on Zoom.

Ultimately, thanks to the easing of the lockdown restrictions, during the last leg of 2021, an **in-person workshop** was held for students of the Department of Special Education, SNDT University, Juhu, Mumbai.



1. Our 'Towards Inclusion' card game featured in The National, UAE.
2. Poster for the in-person workshop at SNTD Women's University, conducted by Ritika Sahni.
3. Aatmaan Academy, Thane ordered 45 kits for their teacher trainees.
5. Online workshop for Teach for India.

Towards Inclusion: card games helping to raise awareness



Ritika Sahni, founder and trustee of Trinayani, a non-profit in Mumbai, and the co-creator of Towards Inclusion Photos Trinayani

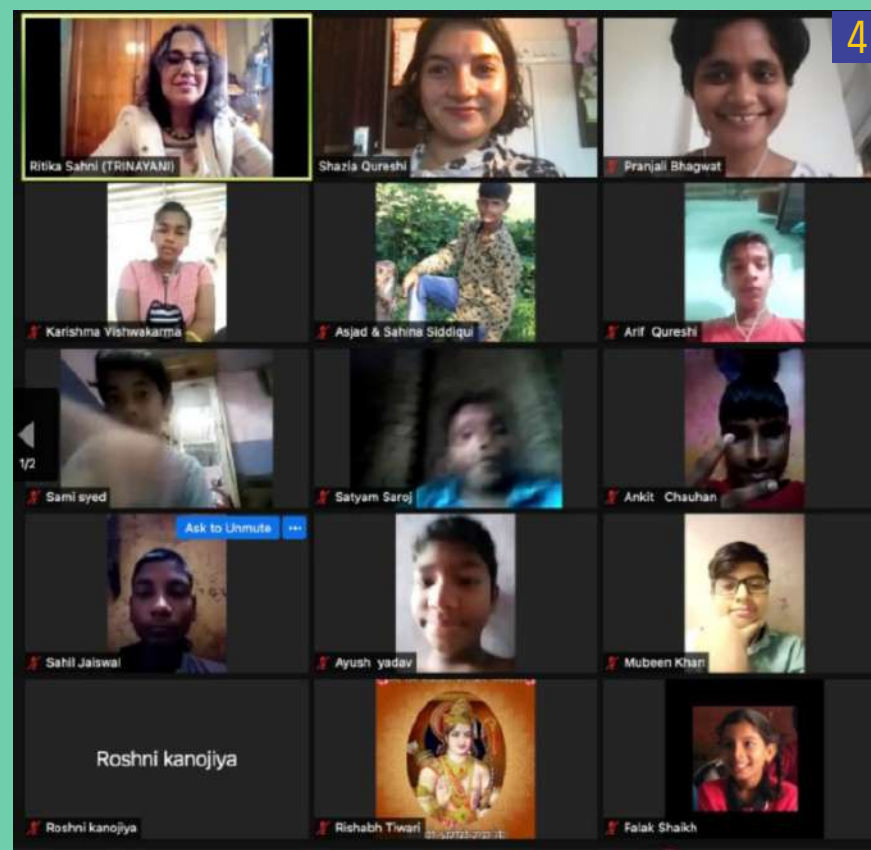
When Ritika Sahni conducted disability sensitisation workshops among the non-disabled, the chasm between the two groups was apparent time and again. One of the responses the founder and trustee of the Trinayani non-profit in Mumbai, India, heard was that the white cane used by the visually impaired was "just a stick", while some participants thought that those with sight problems need "hearing aids to study". There are many misconceptions and preconceived notions around disability and people of determination, says Sahni. "Somebody who may be physically disabled is often assumed to be intellectually and cognitively [unable], too. People go by physical appearance, and in the case of persons with disabilities, these wrongful assumptions can potentially affect their life

and progress," she says. Yet Sahni isn't exactly surprised by people's perceptions. "When it doesn't happen to you, you're not interested. It is natural, not [a] fault." While things are slowly changing for the better when it comes to awareness and acceptance, disability is still something of a taboo topic in many parts of the world. In India, for example, people of determination usually exist on the fringes of mainstream society. In her quest to make people, especially the younger generation, more sensitised, Sahni collaborated with Padma Shastri, an inclusive education specialist and founder and director of Samam Vidya in Bengaluru, to design Towards Inclusion. The first-of-its-kind disability awareness card-game kit is both entertaining and educational. The kit comprises six card games, a story-style workbook

titled *I Am Different, So Are You* and an answer booklet. It took Sahni and her team more than two years of research to finalise the design of the game, which was released in May, thanks to funding from the German Consulate. The game can be played independently by those above 12 years of age, while younger children can interact with it under the guidance of a teacher or parent. Ribhav Kapaganti, 16, from Mumbai, was part of the pilot study and found it "fun and educational" to play. "I usually think that the vocabulary I use

is quite any word or insult or accident words to one. But Not The words I should. Surprised laborator stockpity and i miscon. For ex with st abled p abled c chair u and pla whethe Barrie ing can need to solutio faced b nation, As an e

Towards Inclusion fosters sensitivity around disability, and the win-lose formula makes it thrilling



Towards Inclusion

A Disability Awareness Workshop for Students of DSE, SNTDWU

organised by

Department of Special Education SNTD Women's University

Date : March 29, 2022 Time : 3:00 pm - 4:30 pm

Venue : Main Foyer, SNTD Women's University, Juhu Campus

Resource Person

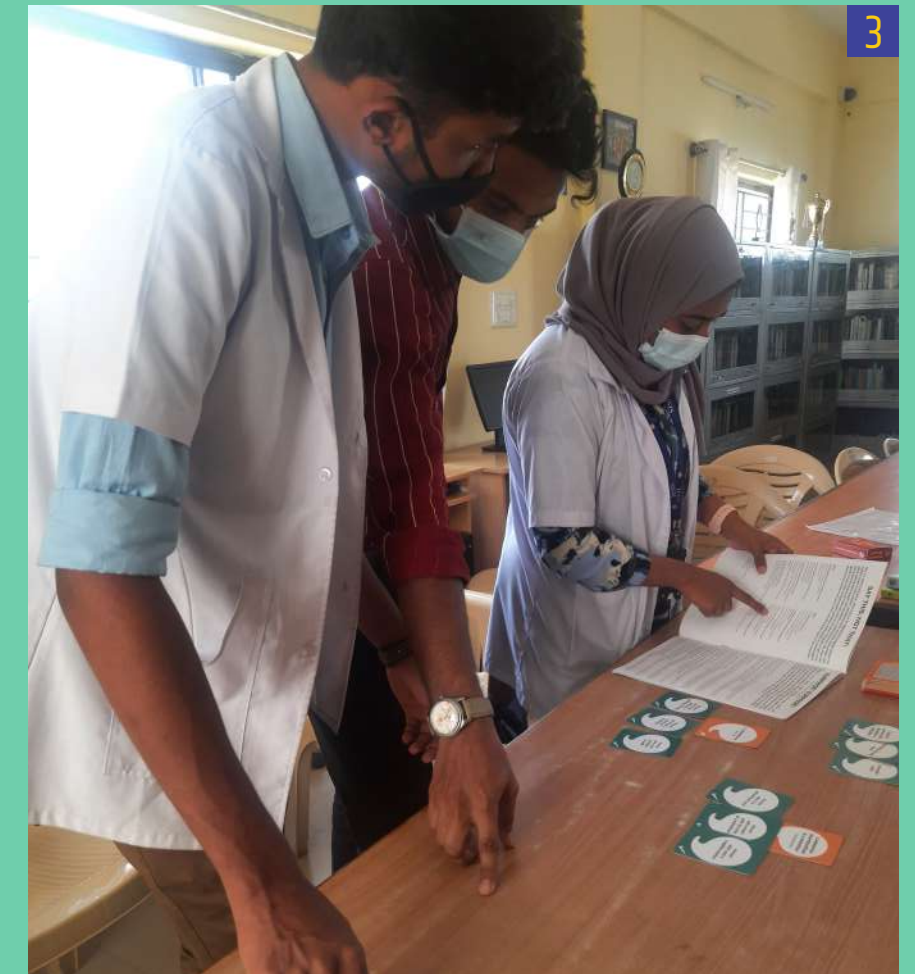
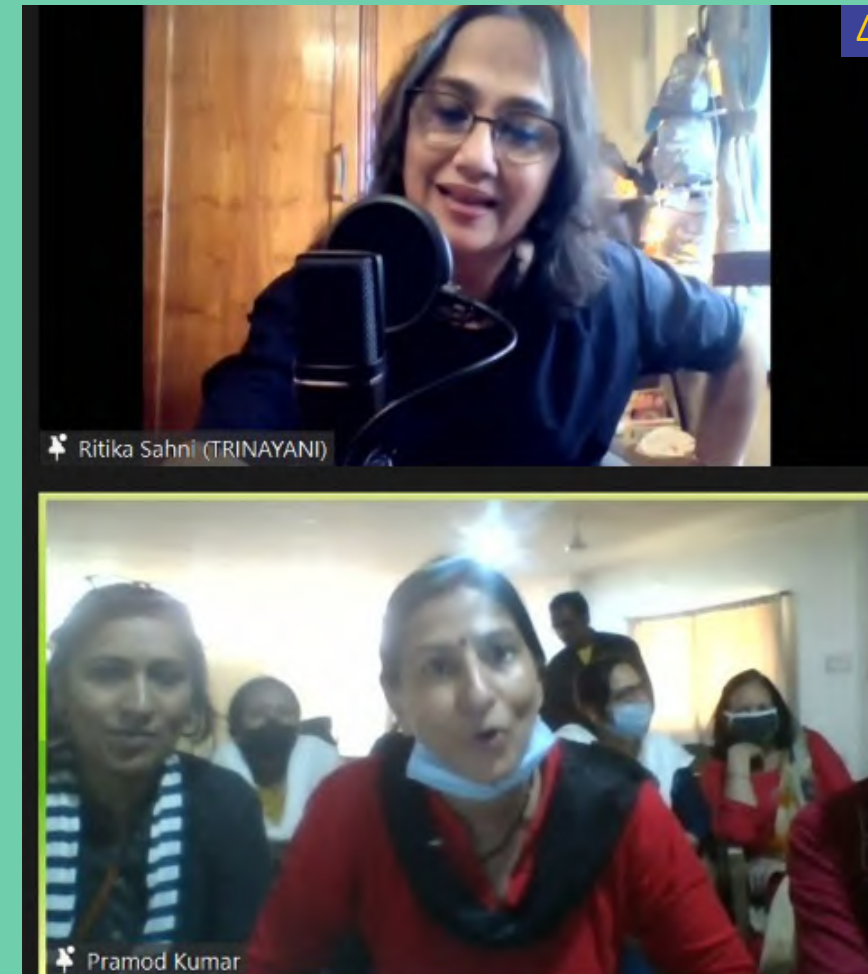
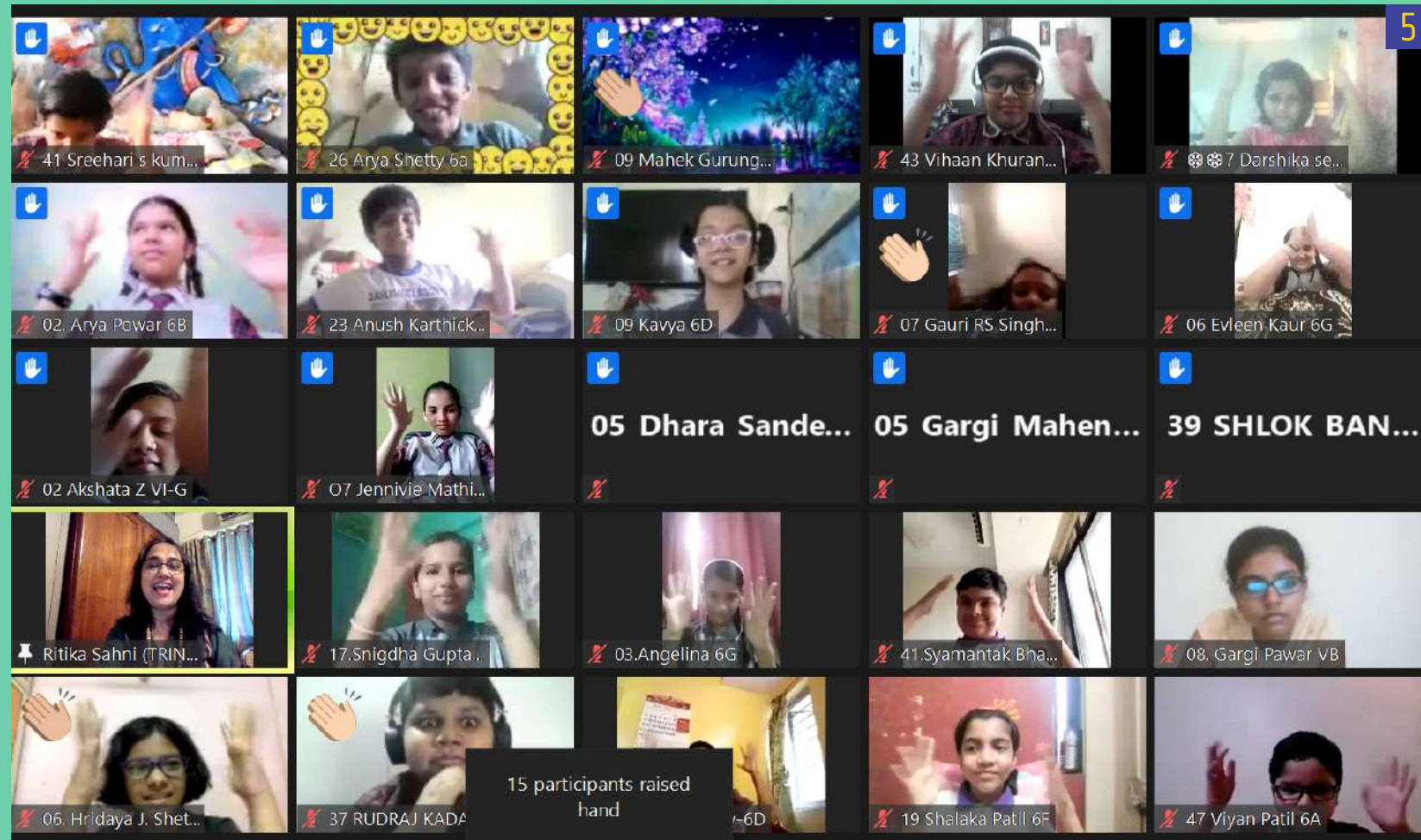
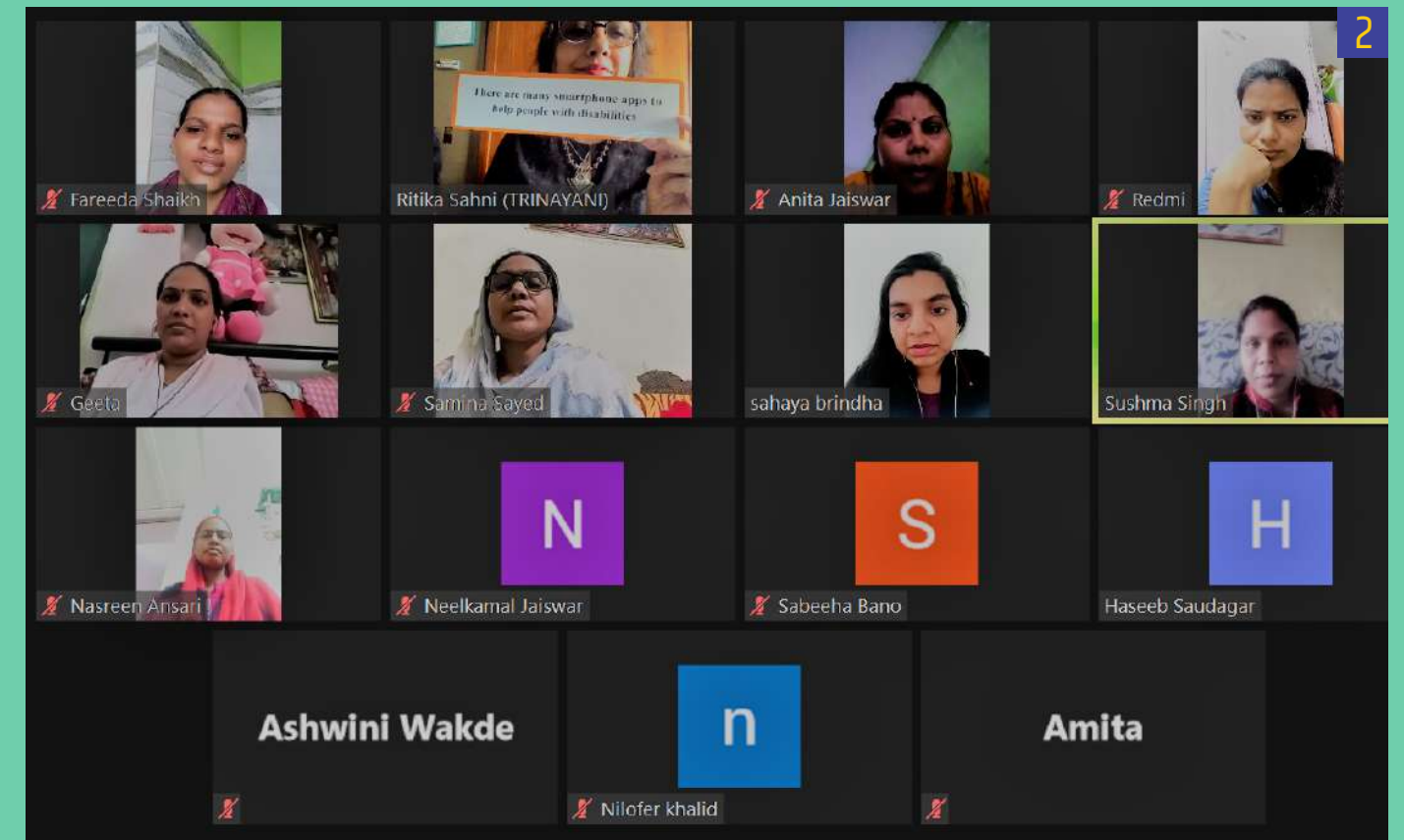
Ms Ritika Sahni

Trainer,
Disability Campaigner,
Founder-Trustee, Trinayani

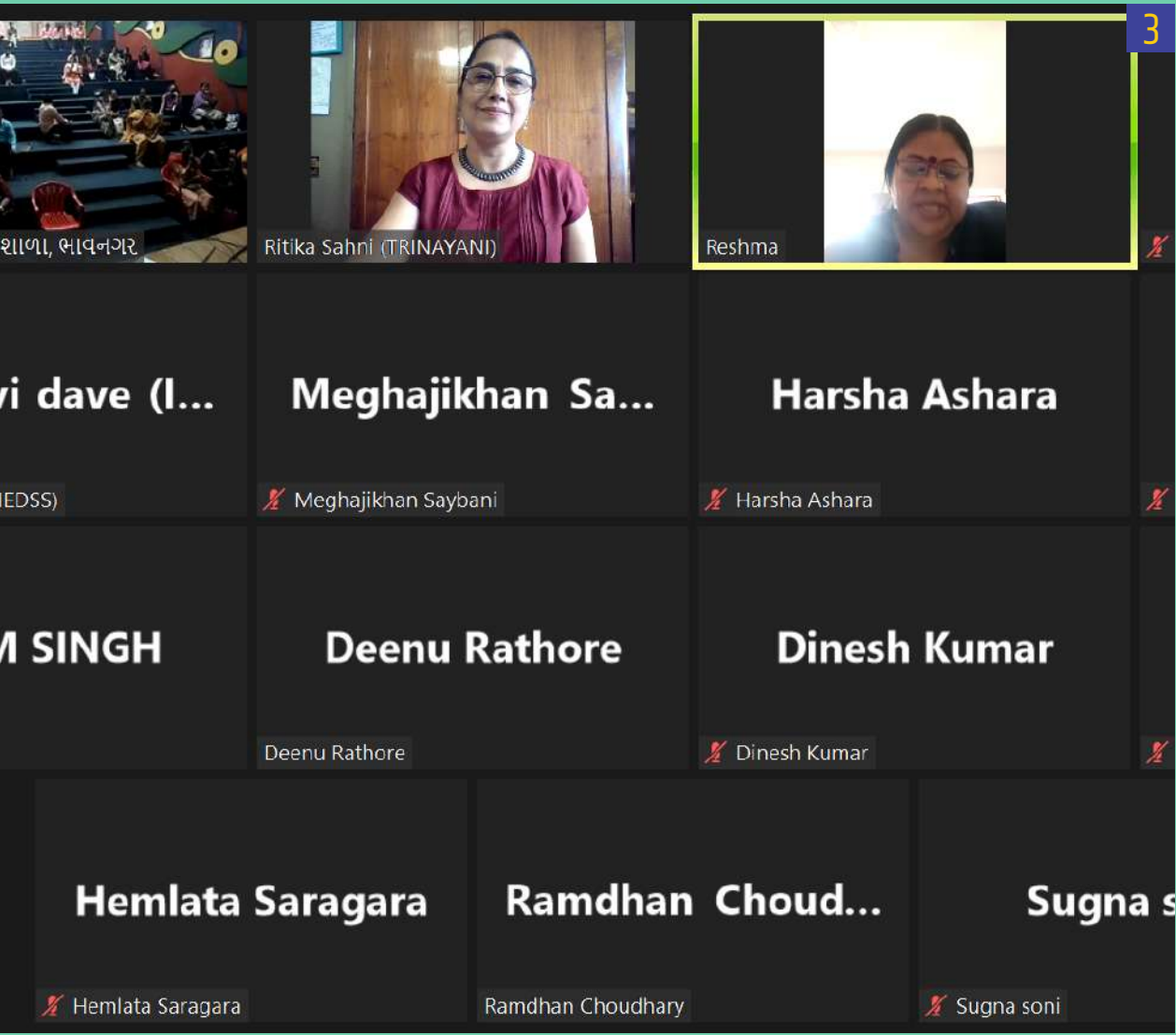
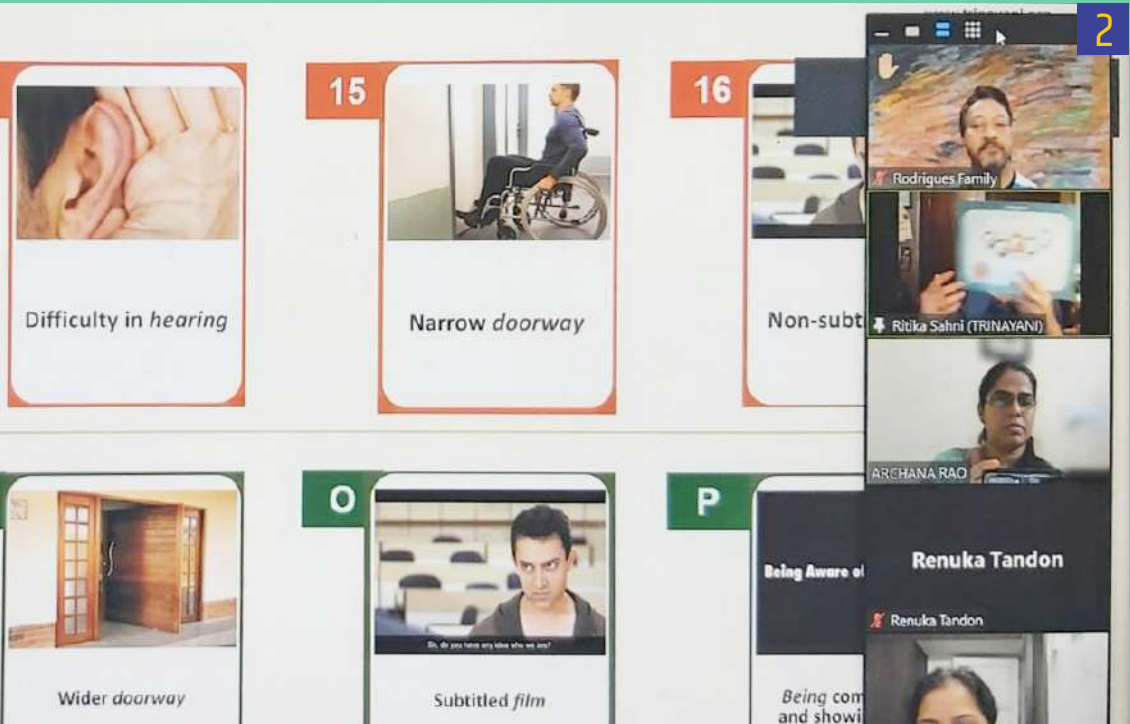
Objectives

1. To open the window to the diverse world of persons with disabilities through a fun and interactive way
2. To include disability and inclusion concepts in classrooms/workplaces/homes, to promote comprehension and acceptance of persons with disabilities and specific needs.
3. To initiate a conversation on varying aspects about persons with disabilities so that we develop a welcoming attitude that values kindness, empathy, and open mindedness.

1. Session at Father Agnells Multipurpose School, Navi Mumbai.
2. Awareness session for the Chatrapati Shivaji Vidyalay Dharavi School teachers.
3. Online workshop for Samvaad Institute of Speech and Hearing, Bangalore.
4. Deepshika Trust and other SNAC member organizations, Ranchi.
5. 'I Am Different, So Are You.' workshop for DAV Public School, Airoli for Times NIE.



- 1. Worskhop for the Amar Jyoti Charitable Trust, Delhi and Gwalior.
- 2. Online session with Archana Rao of Cheerful Connect.
- 3. Workshop with Shri Shah K.L. Institute for the Deaf, Bhavnagar, Gujarat.
- 4. Online session for Henkel Technologies, Navi Mumbai.
- 5. Online ‘Towards Inclusion’ workshop for Rise Infinity Foundation International conference.



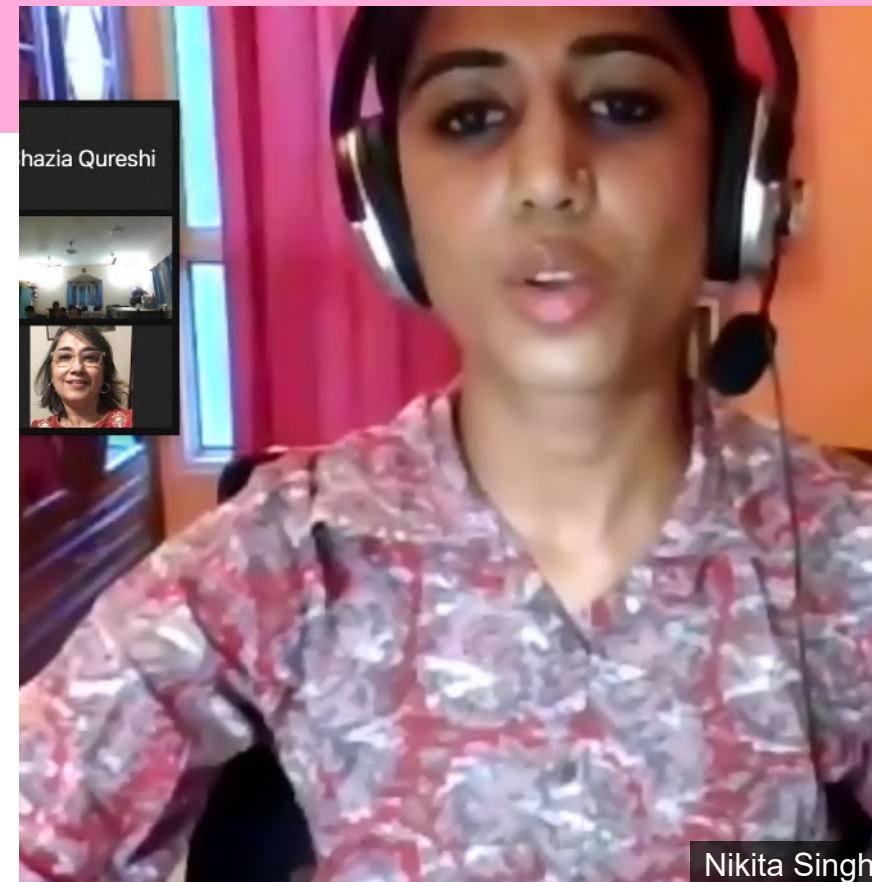
Awareness Sessions

9th Sept.

Mindfulness Session with volunteer Nikita Singh

An inclusive online workshop on Mindfulness was conducted by volunteer Nikita Singh, helping members and friends of Trinayani to foster their well-being. For the session, we had people attend from across the country (Dehradun, Mumbai, New Delhi, Kolkata, and Goa).

We had audiences share some constructive feedback on the flow of the workshop that will help to bring an element of novelty to our upcoming sessions.

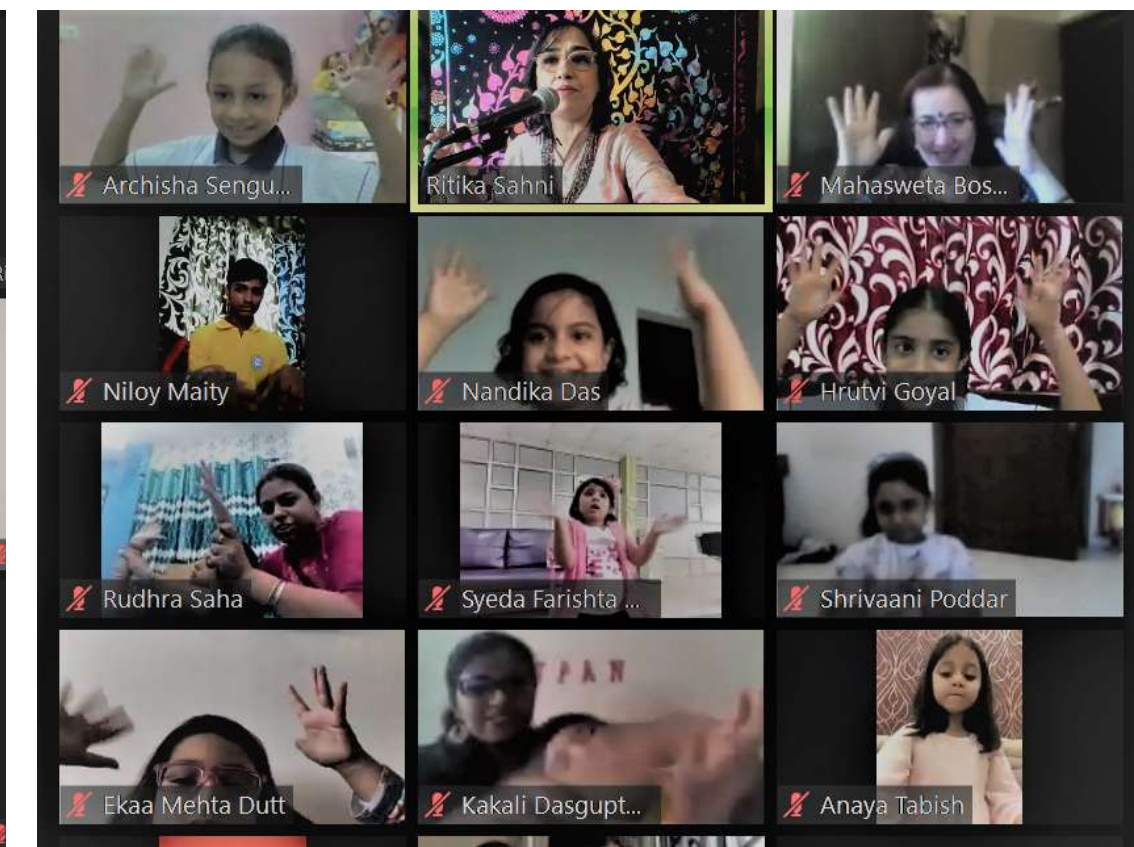
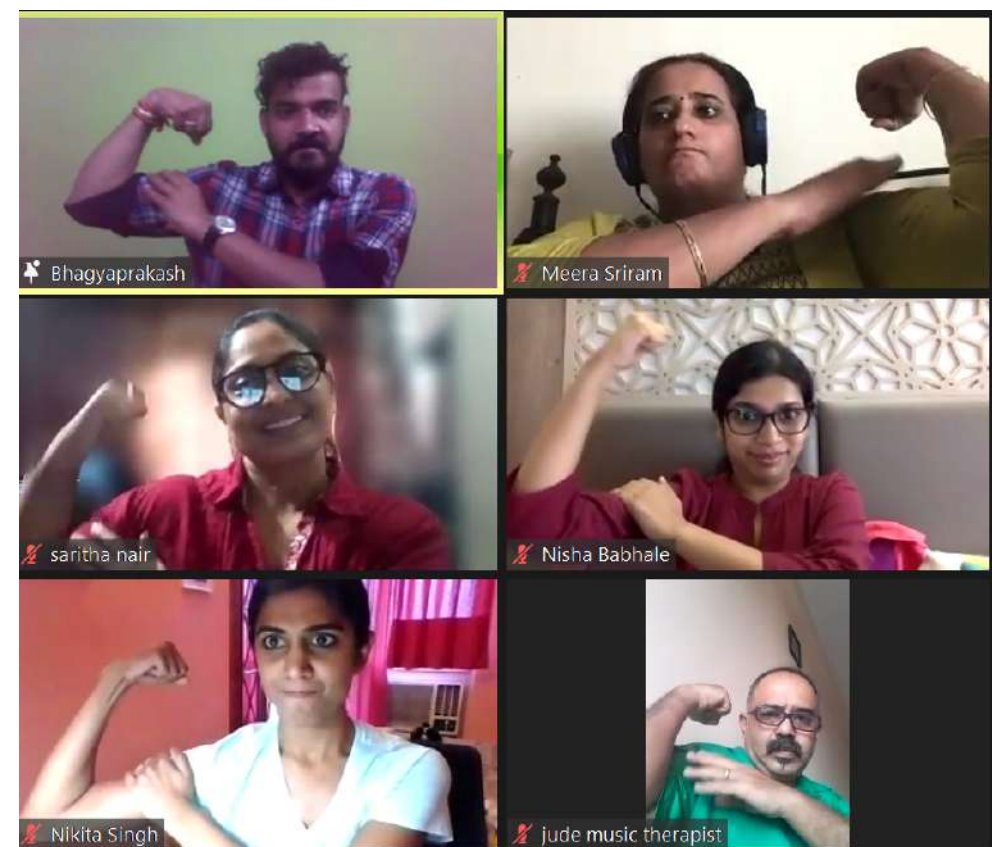


12th Sept.

Sign Language Workshop

We brought back our evergreen sign language workshop 'Sign to Talk', conducted by Bhagyaprakash Sharma, a deaf ISL teacher, and Rupali, a hearing ISL interpreter, of Indore Deaf Bilingual Academy.

The inclusive online workshop, held to celebrate Deaf Awareness Month, was geared towards teachers as Teacher's day was right around the corner.



Awareness Sessions

23rd Sept. “Deaf, But Not Dumb”

Dr. Angshu Jajodia is a very dear friend of Trinayani. He, along with his wife, Anusua, and his mother, Madhumita interacted with Ritika Sahni over Facebook Live where he shared his experiences as a deaf adult. It was heartening to see the dynamics between them.

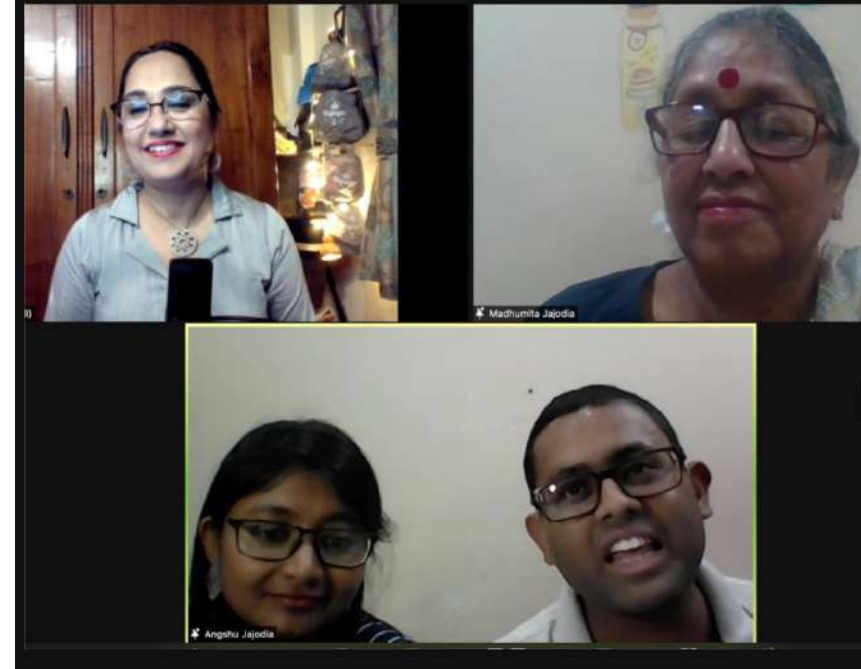
Angshu shared how he is very open with his students, at the university that he teaches, discussing his deafness openly with them attempting to help them understand this invisible disability.

His wife, Anusua said, “The confidence with which Angshu wears his hearing aid, is like the way a king wears his crown.”

Overall, this was a very enlightening session for all of the participants.

Deaf from birth, but not ‘Dumb’

Glimpses from a conversation with Dr. Angshu Jajodia and his wife, Mrs. Anusua and mother, Mrs. Madhumita



Daan Utsav

Inclusive Awareness Sessions

The 'Joy of Giving Week' commences!

At Trinayani, the week of Daan Utsav is an annual tradition that we practice as a community to celebrate one of the most fundamental aspects of what makes us human – that of giving back to one another.

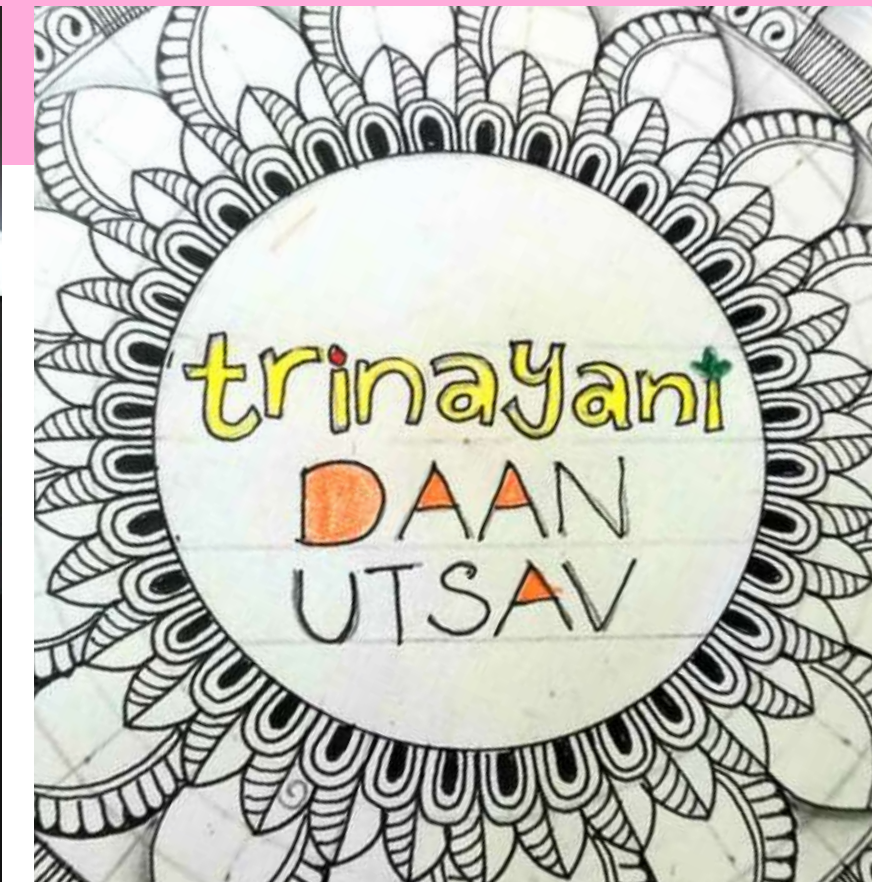
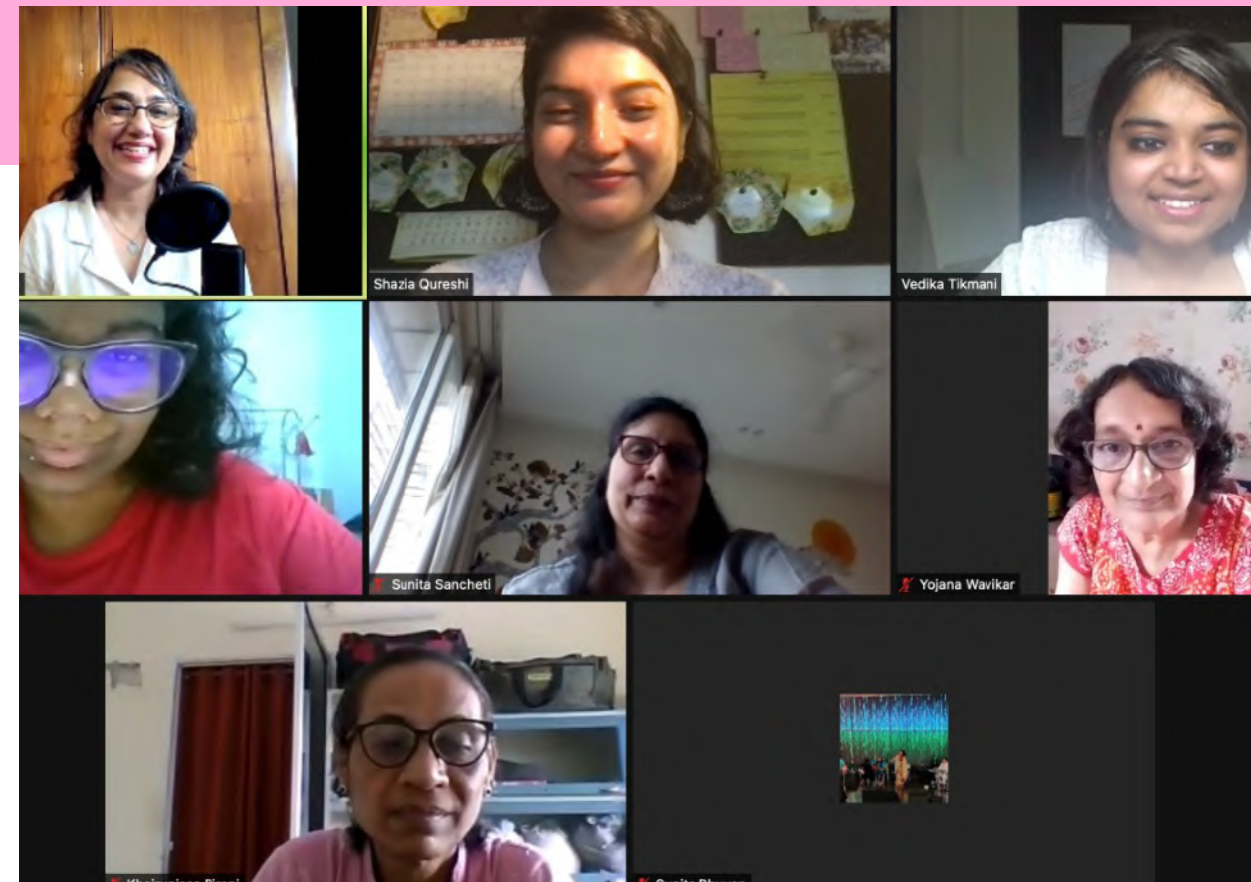
We, as an organization, use the opportunity to spread the wings of inclusion and tolerance through fun and engaging sessions. Our Daan Utsav week in 2021 encapsulated a diverse range of themes like gratitude, storytelling, fun with rhymes, and the significance of 'Designing for All', curated as an online event due to the pandemic.

2nd Oct.

Living the Art of Appreciation | Day 01

The session was conducted in-house, where Shazia Qureshi and Vedika Tikmani read portions of Rhonda Byrne's third book from 'The Secret' series, 'The Magic'. The book talks about the importance of gratitude in life and sets up a 28-day plan to amalgamate the practice into one's life.

The reading was followed by a segment where our participants shared their experiences with the audience.



Living the Art of Appreciation

with



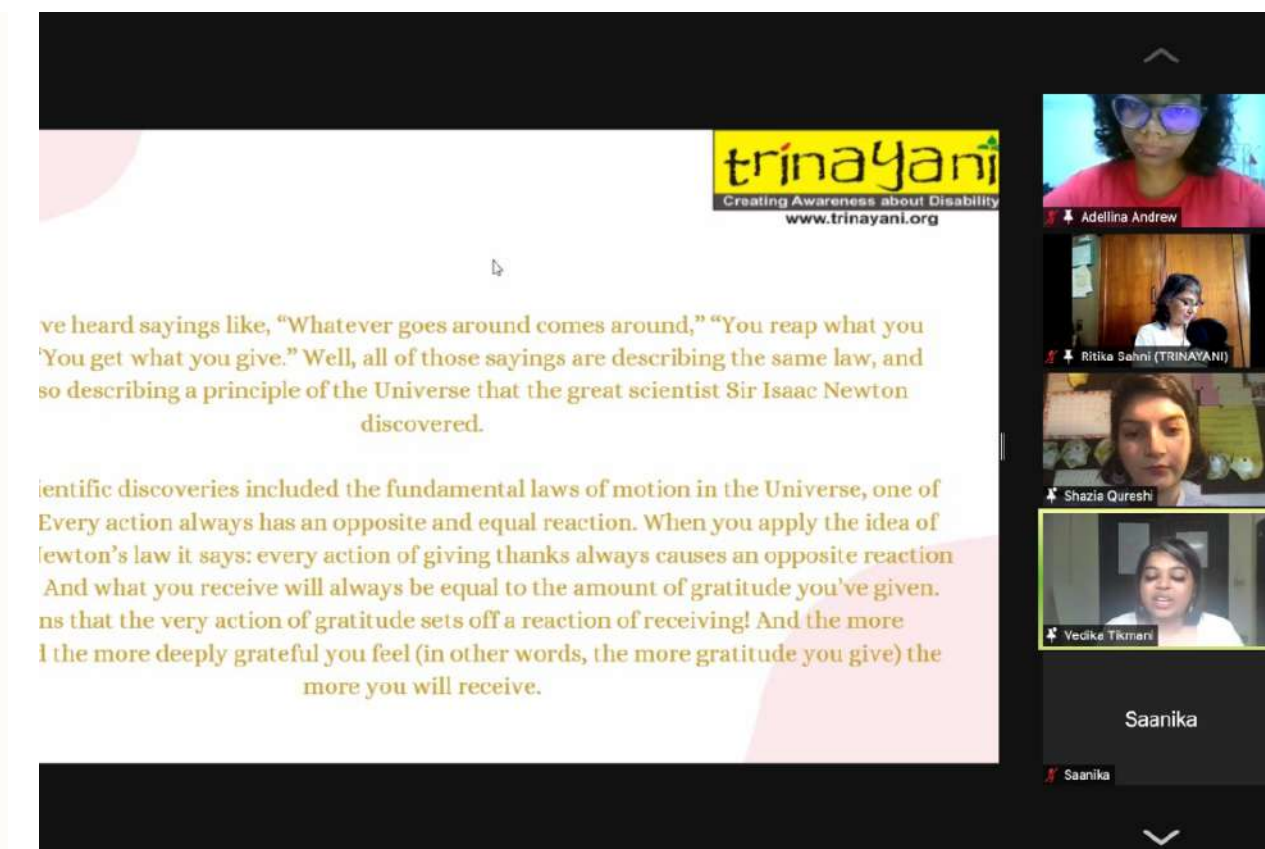
Shazia Qureshi

Vedika Tikmani



ve heard sayings like, "Whatever goes around comes around," "You reap what you get what you give." Well, all of those sayings are describing the same law, and so describing a principle of the Universe that the great scientist Sir Isaac Newton discovered.

Scientific discoveries included the fundamental laws of motion in the Universe, one of Every action always has an opposite and equal reaction. When you apply the idea of Newton's law it says: every action of giving thanks always causes an opposite reaction. And what you receive will always be equal to the amount of gratitude you've given. It means that the very action of gratitude sets off a reaction of receiving! And the more grateful you feel (in other words, the more gratitude you give) the more you will receive.



Daan Utsav

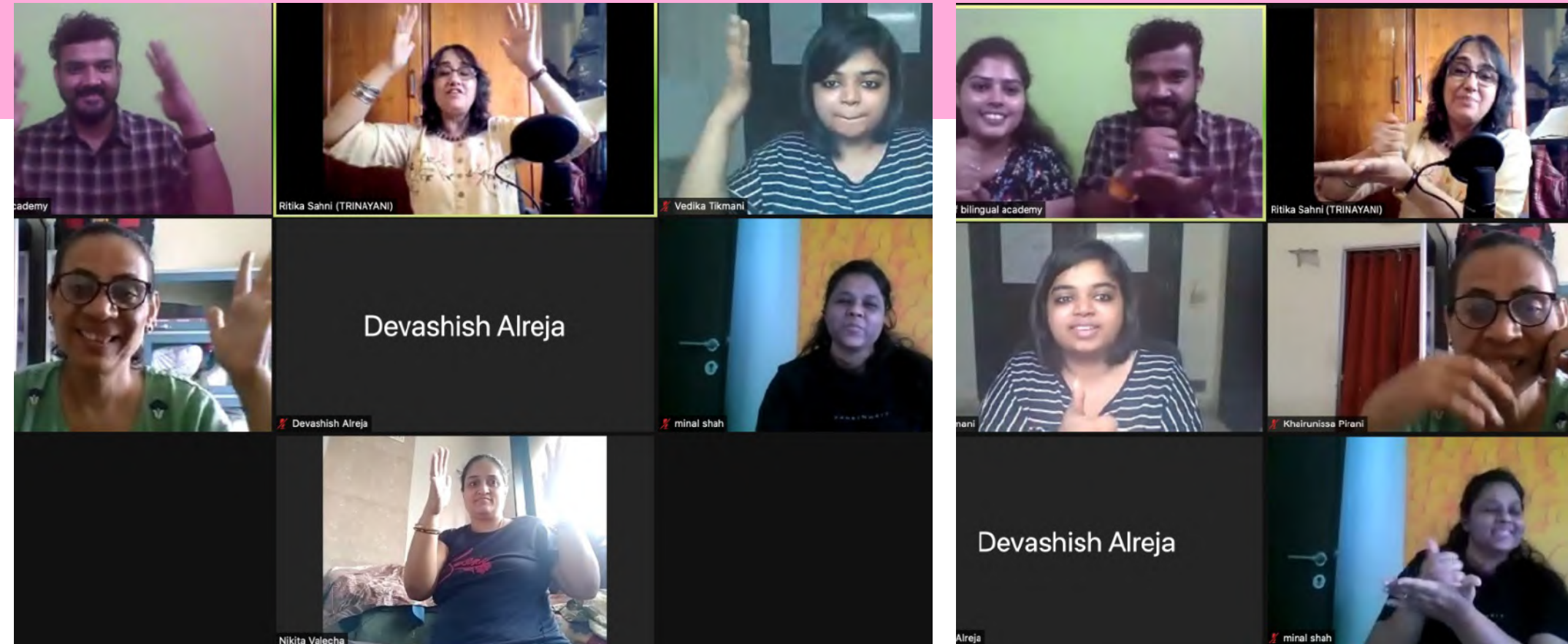
Inclusive Awareness Sessions

3rd Oct.

Sign to Talk | Day 02

On the second day of Daan Utsav, we were again joined by Deaf Instructor Bhagyaprakash and Sign Language Interpreter Rupali from the Indore Deaf Bilingual Academy (IDBA) to learn 'The Language of Hands.'

The participants of the session, our friends from all walks of life be they homemakers, school teachers, students, or working professionals, were introduced to an inclusive session that taught them the basics of Indian Sign Language.



4th Oct.

Interactive Games with Ritika Sahni | Day 03

For the third day of Daan Utsav, the session was conducted by Trainer and Disability Campaigner Ritika Sahni. The session oversaw an inclusive crowd also including our friends with disabilities.

For the session, we played Trinayani's 'Towards Inclusion' 6-in-1 Card Game kit, which further cemented the fact that our game is a great resource, both for learning and having fun, and that it can be played amongst peers of all ages in any setting.



Daan Utsav

Inclusive Awareness Sessions

5th Oct.

Rhythm and Rhyme with Ritika Sahni | Day 04

Even though this session was primarily organized for children between the ages of 5 to 10, we had participants join us from all walks of life teaching us that there should be no age limit for such activities and that all of us have a child in us whom we should revisit from time to time.

The session was conducted by Ritika Sahni whose exuberant energy and enthusiasm had every participant singing along with the nursery rhymes.



6th Oct.

Kisse aur Kahaniya with Navamita | Day 05

Day five was a story-telling session conducted by Navamita Chandra, a theatre artist, feminist activist, and film enthusiast from Kolkata. The first story of the session was based on the themes of inclusion and diversity, comparing children, both with and without disabilities, to a garden with a variety of flowers, and how each one is different from the other yet equally important for the ecosystem to function.

Following this was a reading from Trinayani's very own, 'Nancy's Move to Delhi', which is a beautiful and engaging tale highlighting diversities.



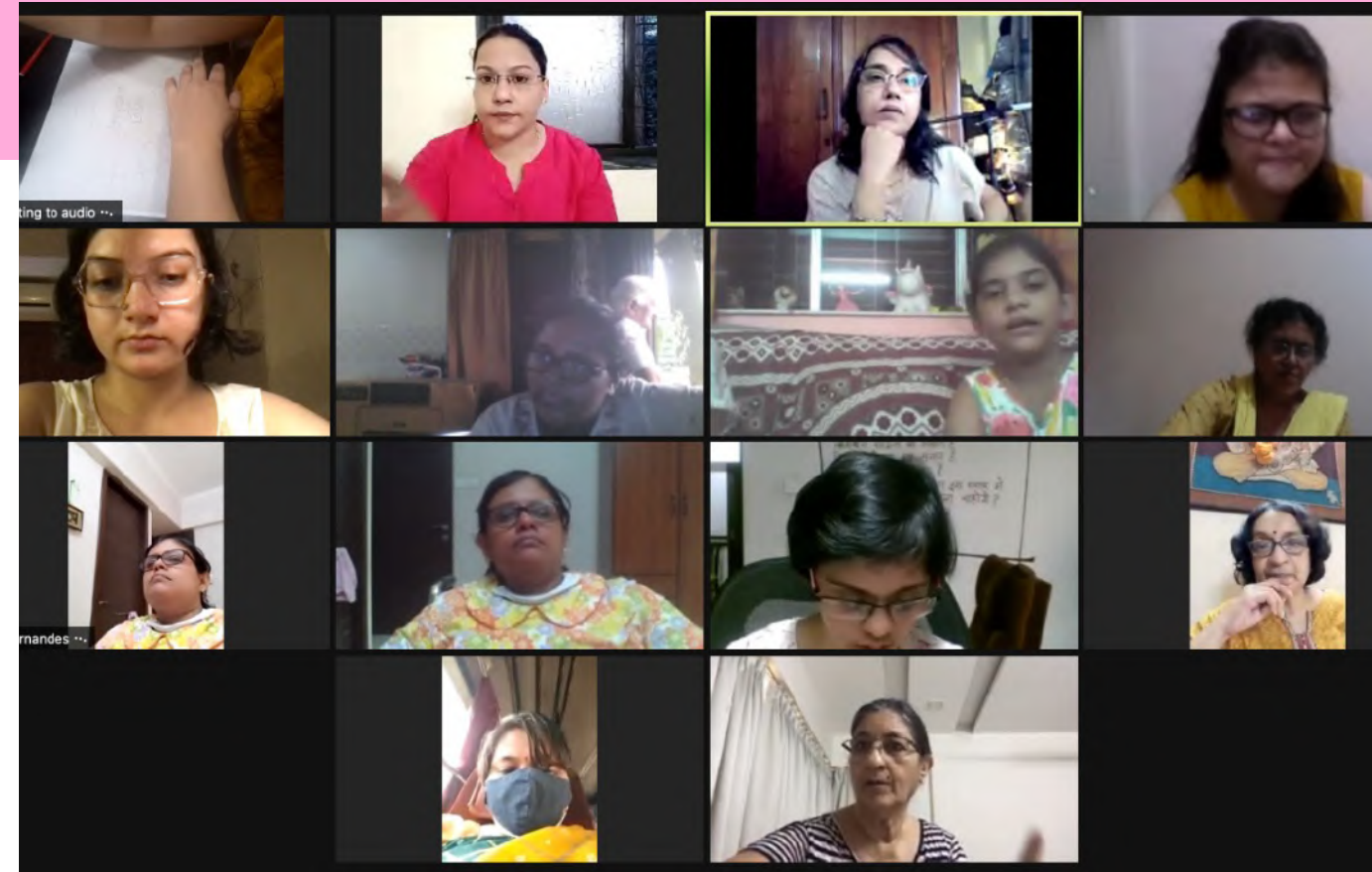
Daan Utsav

Inclusive Awareness Sessions

7th Oct. Mandala and Mindfulness with Rucha | Day 06

The sixth day had everyone tap into their creative side. The Mandala session, conducted by Rucha Purohit, a mandala and zentangle artist from Pruthu Studio, introduced the art form and guided all the participants through the process of using grids to create Mandalas.

Having sent a list of materials required, Rucha soon had everyone making Mandalas from the comfort of their homes.



8th Oct. Accessibility for All with Danesh | The Last Day!

We closed Daan Utsav with a session that is very close to the ethos and purpose of Trinayani. We had Danesh Kanagraj, Founder of Aclude Foundation and a dear friend of Trinayani, host a session on Accessibility.

He shared his perspective on accessibility design as a wheelchair user and accessibility auditor. He spoke of the multiple challenges he faces every day as a wheelchair user, and how accessibility tools need to be updated every few years.



Building Back Better

A Collaborative Campaign

In 2021, our campaigns featured various organisations and experts from the disability sector and others as well.

The goal of the campaigns was to **maximise awareness, accelerate reach, and forge new partnerships**; To facilitate and propagate new-found friendships and the exchange of knowledge.

At Trinayani, we felt that India is still 'Building Back Better', thus, in December 2021, on the advent of the International Day of Persons with Disabilities, we kickstarted a campaign that included experts working in the disabilities space to shed light on the need for accessibility under Goal No. 10 of reduced inequalities of the **Sustainable Development Goals (SDGs)**.

Four crucial topics were covered during the sessions, namely: 'Infrastructure Accessibility', 'Digital Accessibility', 'Alt Text as Poetry', and 'Ramping Up'. The sessions were attended by upwards of 100 participants, all of whom are now part of the Building Back Better community.

We will be continuing this series to engage with the community through awareness sessions and workshops throughout the year up until December 2022 to ensure and aspire to **Build Back Better in the post-covid world** for the rights of people with disabilities.



Building Back Better:

Infrastructure Accessibility

Having infrastructure that is accessible not only fulfills the needs of those with disabilities, but it **ends up benefiting everyone**, which is visible in examples like curb-cuts and tactile paving.

We collaborated with **CABE Foundation** to address government standards, accessibility standards, and sustainable architecture. The session was facilitated by advocates in the field of disability awareness who shared their experiences and ideas with us.

We had **experts** like Shri T. D. Dhariyal, Mr. Subhash Chandra Vahishth, Mr. Amor Kool, and Mr. Danesh Kanagaraj all of whom engaged in a panel discussion exploring infrastructure accessibility.

We also had Sign Language Interpreter Indra Ghosh to facilitate the session.

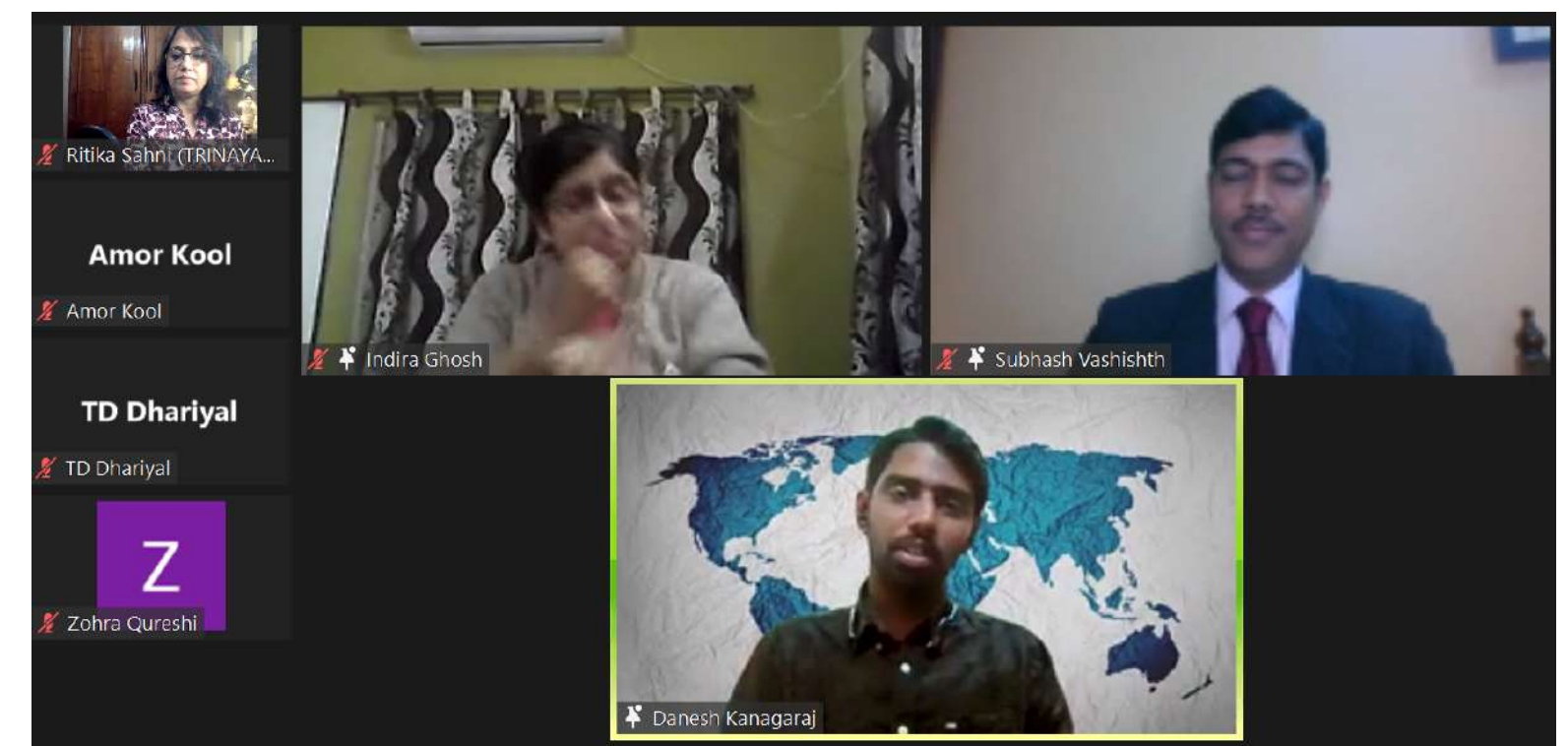
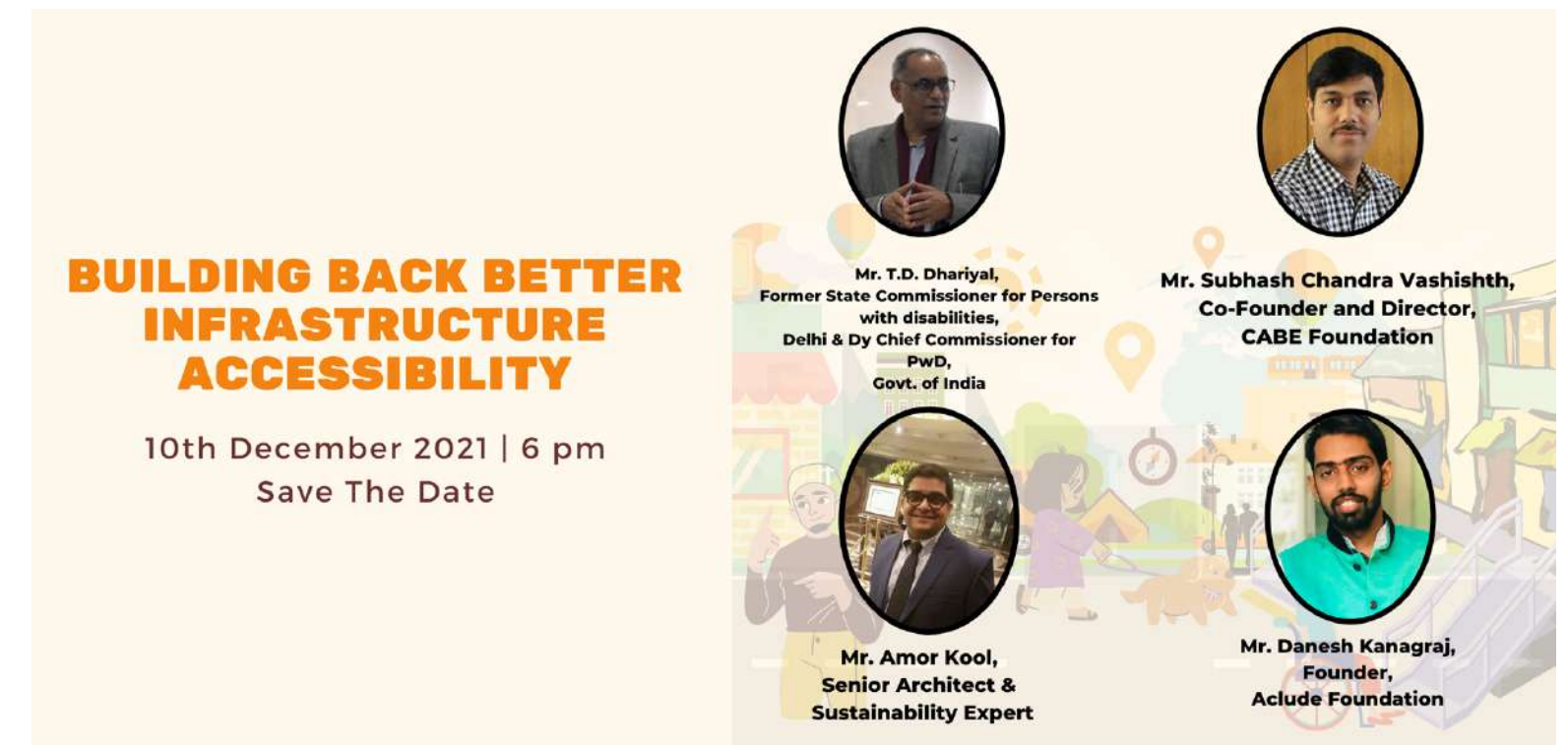
The introductory session kickstarted our series by **providing crucial information** on how the government can take **steps to standardise accessibility norms**, how people with disabilities can raise their grievances, how architects find it difficult to adhere to accessibility norms due to various builder limitations, and how there is still so much to do when it comes to rural and urban marginalised communities.

(top)
A poster for the session on Infrastructure Accessibility in collaboration with CABE Foundation;

(bottom)
Snapshot from the session.



[Watch the video.](#)



Building Back Better:

Digital Accessibility

The digital space has become an increasingly prominent factor in our lives playing a crucial role in how the world functions. Thus, we must ensure that, as it evolves, it evolves into a tool that is accessible and can be experienced by all.

For the Digital Accessibility session, moderated by our team lead Shazia Qureshi, we collaborated with **The Growth Collective** to discuss how the internet functions in the context of accessibility, and how it is used by persons with disabilities to interact and experience the internet. The discussion also covered the factors that should be adhered to for **web accessibility**.

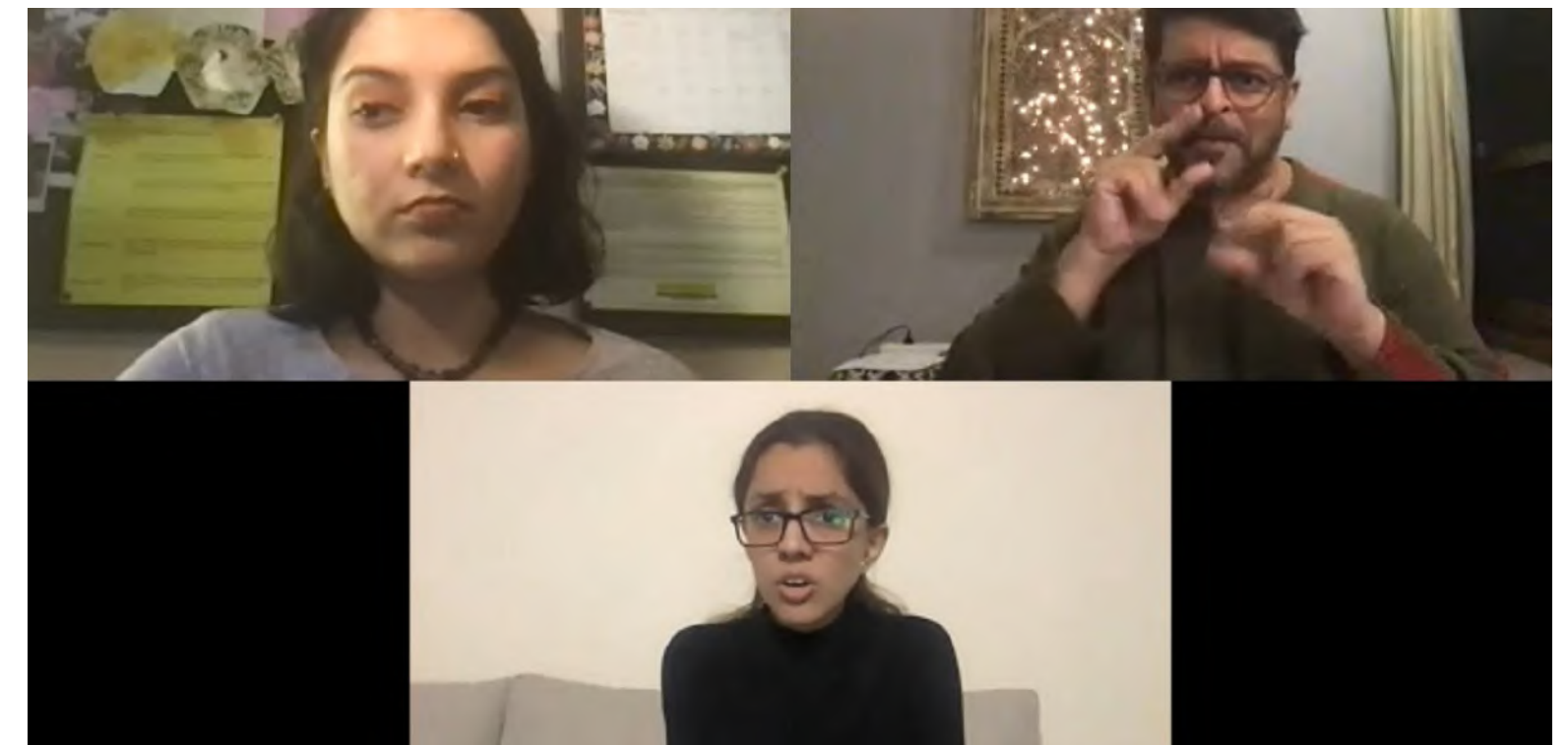
On the discussion panel, we had Archana Kalbhor, Alim Chandani, and Disha Sukhija. We also had Sign Language Interpreter Surbhi to facilitate the session. The session provided an overview of how businesses can benefit from **accessibility adaptations**, adhering to the basics of website digital accessibility, and the current scenario of **accessibility limitations from the point of view of a deaf user**.



[Watch the video.](#)

(top)
A poster for the session on
Digital Accessibility with
The Growth Collective;

(bottom)
Snapshot from the session.



Building Back Better:

Alt-Text as Poetry

Trinayani, in association with **ConnectFor** and **Diksoochi**, conducted a workshop on Alt-Text using the workbook 'Alt-Text-as-Poetry' curated by Bojana Coklyat and Shannon Finnegan. The workshop, attended by volunteers from all over India, introduced us to fundamental aspects and **innovative trends of Digital Accessibility** by Mr. Venkatesh.

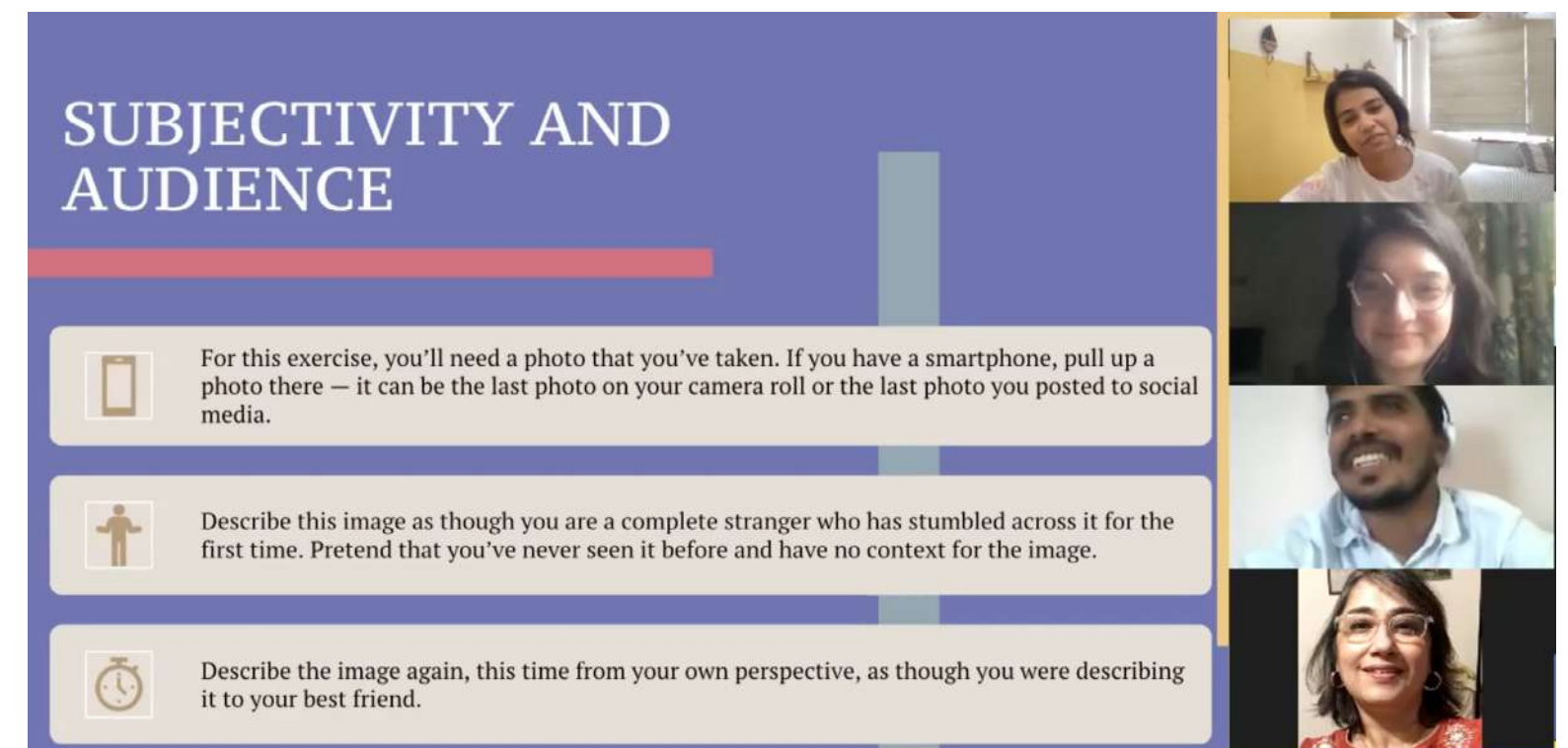
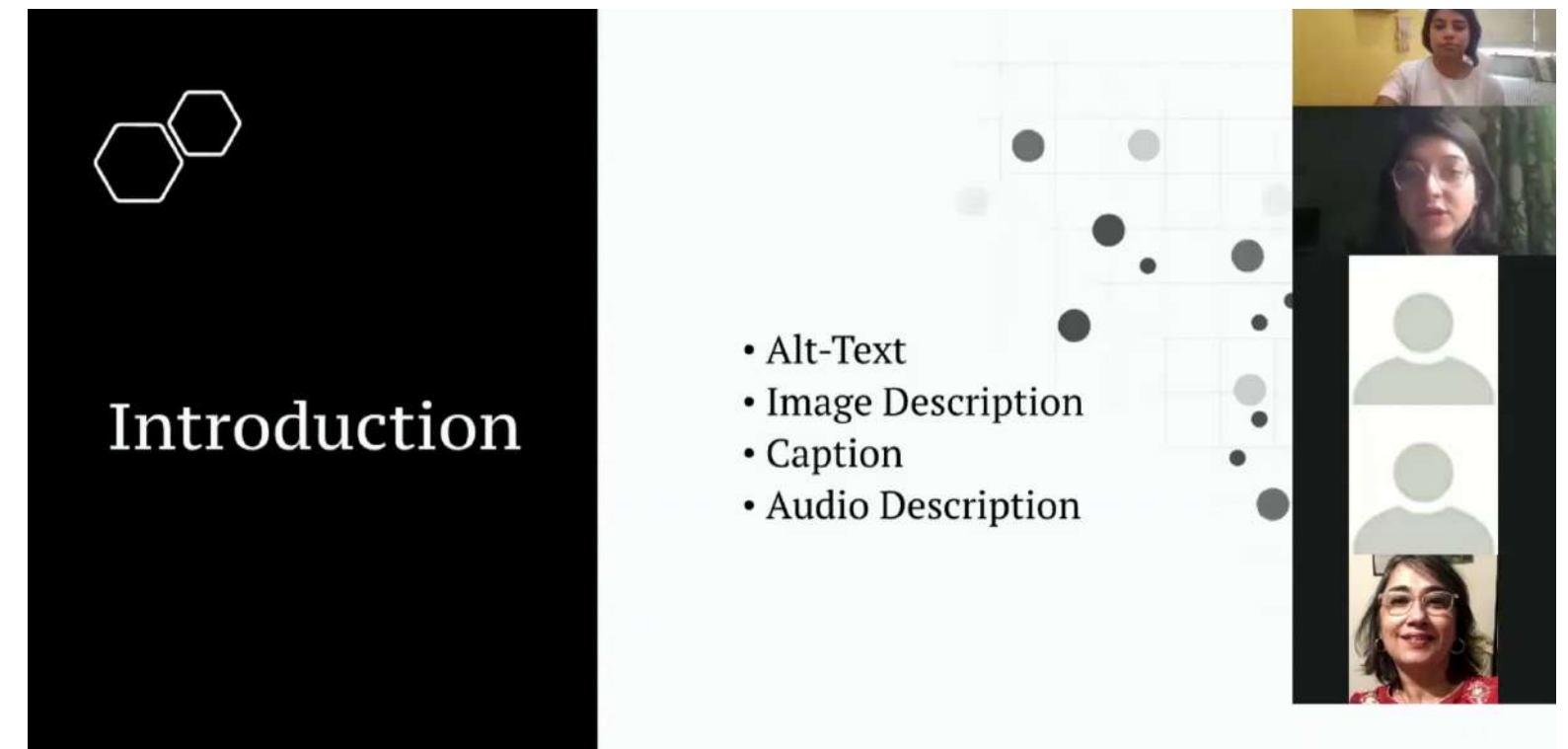
This was followed by a hands-on exercise from the workbook, facilitated by Team Lead Shazia Qureshi, where **volunteers wrote the Alt-Text for specific images**.

The resulting Alt-Text produced was done so well that **Mr. Venkatesh, who uses a screen reader**, was able to grasp the content of the images with ease. We received great feedback from the participants of the session, several of whom expressed their interest in volunteering with us.

(top - bottom)
*Introduction to Alt-Text and its fundamentals;
Snapshot from the session.*



[Watch the video.](#)



Building Back Better:

Ramping Up

Another workshop that was conducted in collaboration with **CABE Foundation** was the 'Ramping Up' session, where we delved deeper into one of the simplest solutions to infrastructure accessibility, the ramp. Our domain experts were back with us to look at the issue from the perspectives of law and policy, **design standards, sustainability & practice on the ground**.

We had Shri T. D. Dhariyal, Mr. Vashishth, Mr. Amor Kool, Mr. Kiran Bhagwat, and Sign Language Interpreter Manisha to facilitate the session.

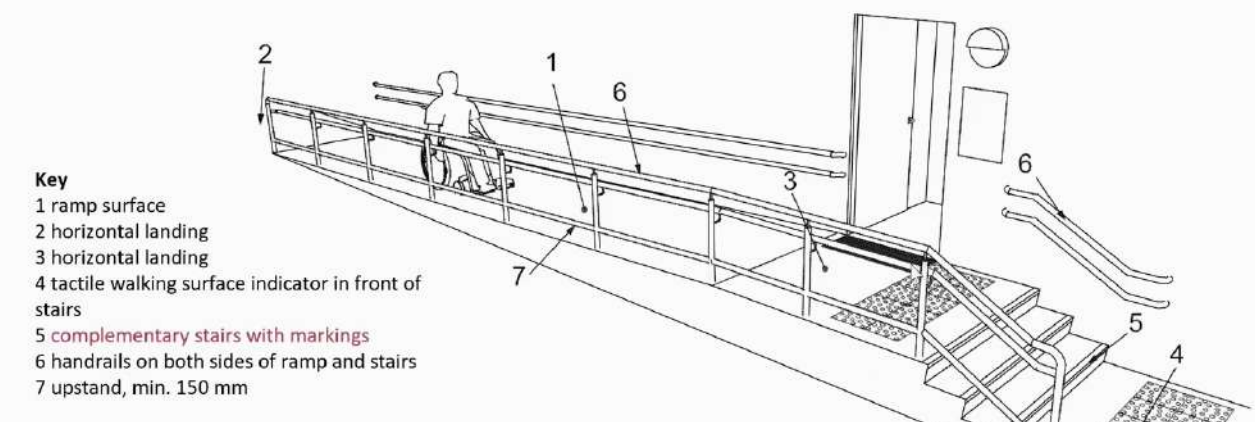
The experts expanded on laws and litigations that monitor and also ensure the application of accessibility standards, the various standards essential while constructing a ramp, the **roadblocks that architects face** while suggesting accessibility adaptation to builders, and field experiences of auditing buildings and reviewing their standards of ramps.



[Watch the video.](#)

(top)
Details on the
implementation and
benefits of Ramps by
CABE Foundation;

(bottom)
Snapshot from the session.



Trinayani x Belongg

Collaborative Social Media Campaign

Trinayani partnered with Belongg ahead of the **Global and Youth Disability Summit** that took place virtually from the 14th of February to the 17th of February to highlight the experiences of **people with disabilities and other points of intersections**, like women in sports, invisible disability, sexuality and disability, and youth and disability.

We had the pleasure to host some exemplary women who are here to make a change, featuring self-advocates Anjali Vyas, Dinkle Shah, Sukanya Gupta and Nidhi Gosalia.

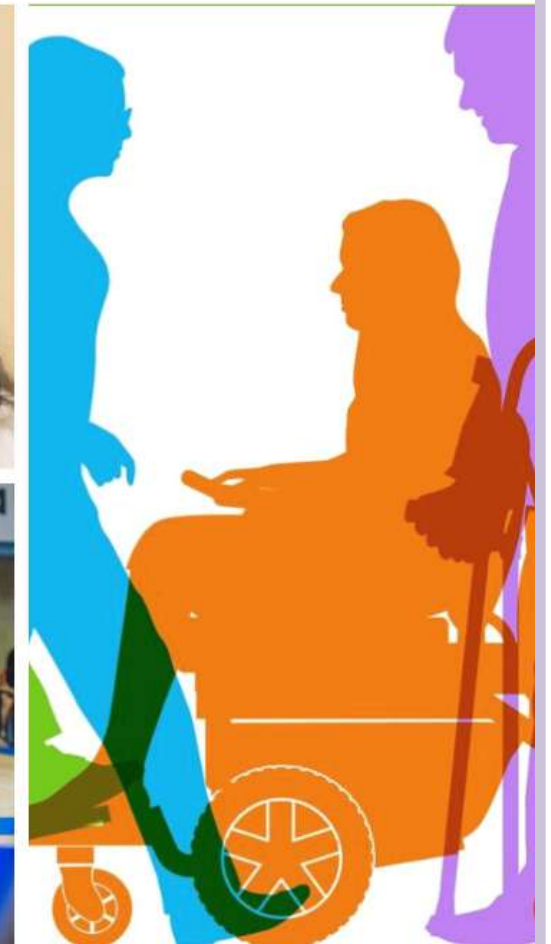
Our feature highlighted the **voices of some exemplary women** where they shared their views on three relevant questions (curated by Belongg):

1. If you had one wish to build a more inclusive world, what would that be?
2. What is one significant moment/ incident in your life when you faced difficulty because of a system that wasn't designed inclusively?
3. What is one example of inclusivity (could be a person/equipment/ physical structure) that you have encountered that gives you hope for the future?

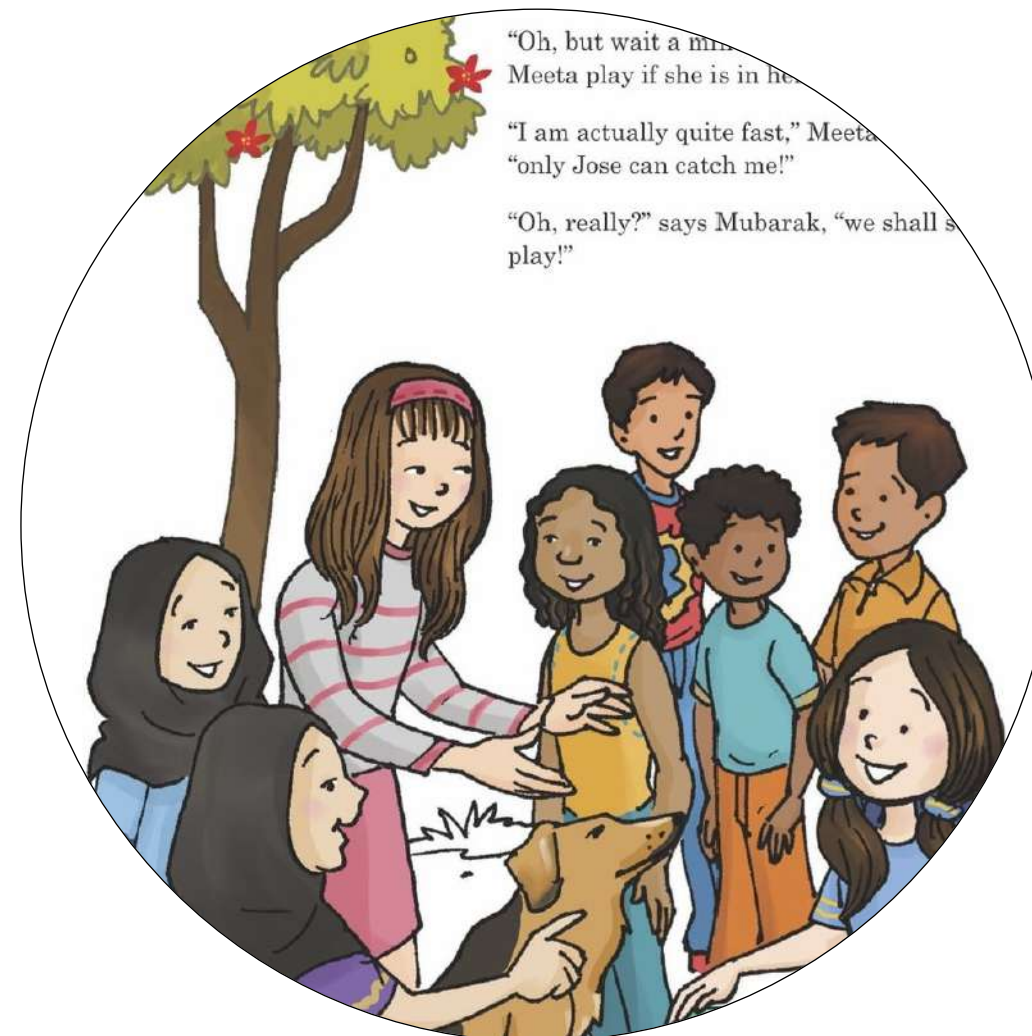
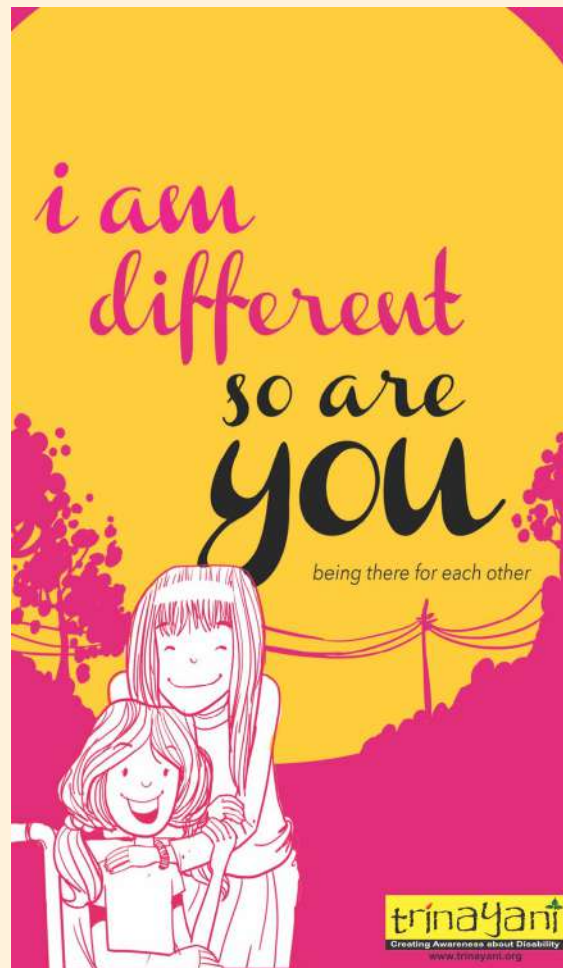
Collaborative session with Belongg.

*Featuring (clockwise):
Sukanya Gupta, Anjali
Vyas, Dinkle Shah, and
Nidhi Gosalia.*

Countdown to the Global Disability Summit 2022



Stories On Inclusion



Over the years we have received a lot of love and admiration for the unique literature that we create to highlight stories that have people with disabilities as the main characters, and hence, redefining what is usually considered as 'normal' stories.

Our stories **showcase the diversity** and how these various attributes make each and every individual unique.

'Nancy's Move to Delhi'

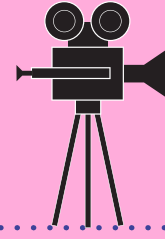
Written by Dyuti Basu and illustrated by Shreya Kharbanda and Anand Hirvey, 'Nancy's Move to Delhi' is a beautiful story first featured in our activity book titled '**I Am Different, So Are You**', provided in the 'Towards Inclusion' 6-in-1 Game kit.

On the advent of International Day of Persons with Disability, 2021, we released a **digital version** of the story on Pratham Books' open digital repository called '**Story Weaver**'.

The response to the digital version has been great from its readers, numbering 122 so far. It has been an enriching experience for us to share our learnings and ideas through literature, with it being a medium that we will continue using and exploring.

[Read the digital book on Story Weaver.](#)

Awareness Films









A significant practice of awareness building at Trinayani is to create films and content that are congruent with our vision and mission. We have been creating digital content to help **spread the spirit of inclusion**; These videos can be viewed on our [Youtube](#) channel.

Being Better Series

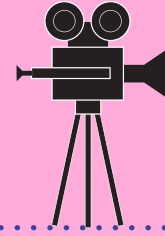
Consisting of short and crisp videos, the 'Being Better' series features our volunteers elucidating the **do's and don'ts** of addressing people with disabilities and **being mindful** of using well-informed and respectful language.

The series was conceptualized and created **by our student volunteers**, Arushi Maheshwari, Diya Piramal and Anagha Srinivasan over Zoom. It also featured self-advocates Dhruv Shirpurkar, Bijoli Shah, Angshu Jajodia, and volunteers Arzoo Maheshwari, Rupa Shirpurkar, Ananya Srinivasan and Virendra Babubhai Shah.

[Click here to watch the short films.](#)

MENTALLY RETARDED ❌	INTELLECTUAL/COGNITIVE DISABILITY ✅
	
But, let's not call him mentally retarded dear	you can say intellectual disability or cognitive disability
DEAF AND DUMB ❌	DEAF/ HEARING-IMPAIRED ✅
	
all people who are deaf, are not dumb	you can call them hearing-impaired
VICTIMS OF THE DISABILITY ❌	HAVE/HAD MUSCULAR DYSTROPHY ✅
	
but we do not like to be called victims of the disability.	I have had muscular dystrophy since early childhood,

Awareness Films



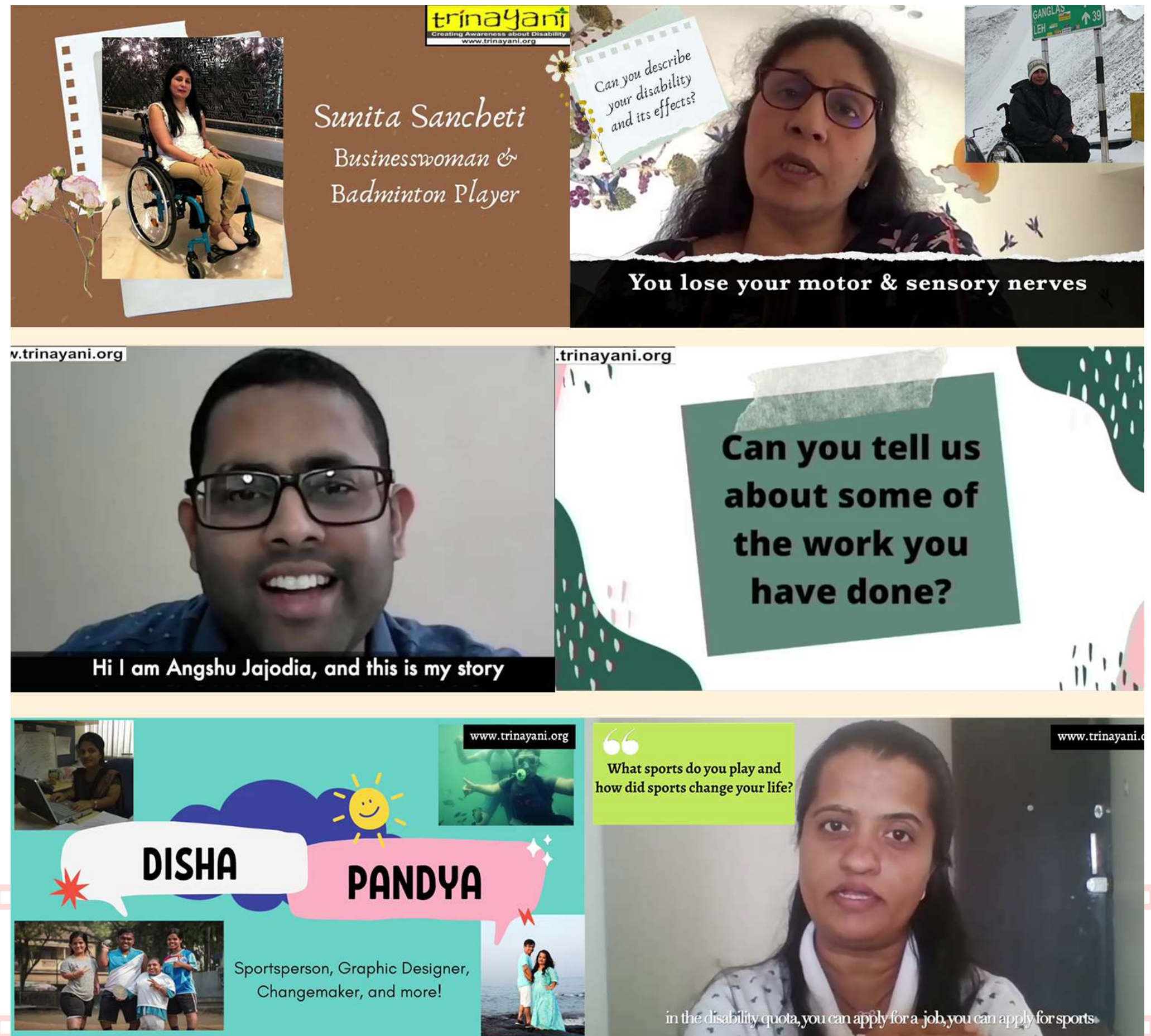
Not All Heroes Wear Capes

A series highlighting **three self-advocates** – Angshu Jajodia, Sunita Sancheti, and Disha Pandya, where they share their stories and provide insights into their daily lives and the kind of experiences they've had interacting with society.

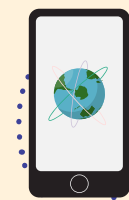
Through the series, they **challenge several myths and stigmas** that they've experienced regarding their respective disabilities and how they've managed to overcome barriers.

These films were **created over Zoom** and are an effort of our student volunteers – Arushi Maheshwari, Diya Piramal, and Anagha Srinivasan, all class 11 students of Dhirubhai Ambani International School, Mumbai.

[Click here to watch the short films.](#)



Our Social Media Presence



The events in the physical world are the ones that create history and leave a **visible footprint**, but similarly, the impact on the digital world is no different. Just like all of us have a physical identity, we also can choose to have a digital one that interacts with the digital environment and stays for eons in the digital environment – creating a **digital footprint**, too.

Trinayani has an intrinsic value of being **ahead of its time**, we shifted to creative mediums in a time when no one was doing it and we also realized the significance and necessity of being visible in the various digital mediums. Social media is one such medium that is used by billions of people worldwide – making it an abundant well of opportunities waiting to be utilized.

Trinayani, through social media, posts a variety of content that **ignites awareness** among the audiences. This is an activity that we give a lot of thought to and make sure to be consistent with. Browsing through this section will introduce you to the **digital world of Trinayani**.

Follow Us On Social Media!





Happy Diwali

'पुरुष नपुंसक नारी वा जीव चरचर कोई, सर्व भाव भजा कपत ताजी मोहि परम प्रिया सोई'	Purush napunsak nari va jiv charachar koi, sarva bhaav bhaja kapat taji mohi param priya soi
---	---

trinaYani
Creating Awareness about Disability

trinaYani
Creating Awareness about Disability
www.trinayani.org

Did you know?

Special olympics is the world's largest international sporting event for people with cognitive/intellectual disabilities, held every 2 years.

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Creating Awareness about Disability
www.trinayani.org

JASMINA KHA

Instagram Takeover and Live Performance
16.07.22 | Saturday

Ritvik Rajan

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Creating Awareness about Disability
www.trinayani.org

World Mental Health Day : Mental Health for an Unequal World
10TH OCTOBER 2021

WHO estimates the total burden of mental health problems in India at

2443 **DISABILITY-ADJUSTED LIFE YEARS (DALYS) PER 1,00,000 POPULATION.**

This Mental Health Day, take the first step to create more awareness about mental health.

#TAKETHEFIRSTSTEP

SEPTEMBER IS DEAF AWARENESS MONTH

'The 2011 Indian census cites roughly 1.3 million people who are deaf. Which is a Contrast to the numbers from India's National Association of the Deaf, which estimates that 18 million people — roughly 1 percent of the Indian population — are deaf.'

-National Public radio (NPR)

trinaYani
Creating Awareness about Disability

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Creating Awareness about Disability
www.trinayani.org

YOU KNOW

Just like how we all respect each others properties, similarly assistive aids like wheelchairs or crutches are dear to people with disabilities. Always ask before you touch their assistive aids.

Trinayani's Volunteering Program

Volunteers are integral and very dear to Trinayani! Without the endless support of our volunteers, it would have been difficult for us to conceptualize, curate, plan, and implement the various thoughts and ideas we have. Trinayani is, at its core, a **volunteer-driven organization** where volunteers can immerse themselves in an inclusive ecosystem.

This helps to introduce them to the **intrinsic values essential for inclusion** – so that once they leave us, they, in some way or another, share and propagate those values within their respective ecosystems.



Orientation

Orientation on how Trinayani functions as an organisation dedicated to building an inclusive world.

The volunteers are introduced to our two central pillars that guide all of our work:

1. Awareness and Sensitization
2. Empowerment



Hands-On Work

We are action-oriented; Thus, our volunteers are encouraged to take part in our activities.

We provide communication and feedback at every step of the process so that the volunteers know how to proceed further.

Through this step, we identify their strengths and seek to hone those abilities.



Application

The feedback that the volunteers receive from a thoroughly action-driven approach leads to a more aware individual.

This cycle of application and feedback helps in the formation of a rights-based content formation that can be utilised later.



The Way Forward

Towards the end of the volunteering period, we urge our volunteers to reflect on their journey:

1. What have they learnt?
2. What is their feedback for us?
3. How will they implement these learnings in the future?



Anagha Srinivasan
Arushi Maheshwari
Diya Piramal

Are our youngest interns from the Dhirubhai Ambani International School, who joined us while they were in their 10th grade. They help with our various initiatives like the inclusive meetups and the awareness films.



Drishti Jain

Currently in her fourth year of law school at Symbiosis Law School, Hyderabad, she was part of our Alt-Text workshop after which she volunteered to work with us on writing Alt-Text for our digital content.



Samaira Mohunt

Referred to us by Advika Rathi, is a class 8 student who worked with us to create content for our social media.



Nikita Singh

Completed her MSc. in Psychology of Sport and Exercise from Leeds Beckett University. She volunteered with us for a month during which she conducted a mindfulness session and assisted us in streamlining our video content.



Yogeeta Sawant

Currently pursuing Bachelors in Biotechnology from Bhavan's College, Yogeeta was part of our Alt-Text workshop and was motivated to volunteer with us to work on writing Alt Text for our digital content.



Advika Rathi

A student who got associated with Trinayani via our collaboration with ConnectFor. She worked with us online to assist us with designing content for social media.

Trinayani's Volunteering Community



BITS School of Management, Mumbai

From whom we had five students volunteer with us for a period of three months. They were Abhinav Singhal, Ansh Verma, Kakarlapudi Venkata Krishnam Raju, Nikhil Kumar and Sakshi Agarwal.

The team, full of unique strengths and insightful ideas, worked with us in conducting disability perception surveys, literature reviews and a reflective exercise assessing accessibility in their respective locations.

Bhumi, Chennai

A youth volunteer non-profit organization that engaged us in a month-long volunteer experience with Cosmos Castle International School, Ahmedabad along with students of classes 8th and 9th. We conducted weekly sessions spanning four weeks with the students to build a knowledge base on disability.

The sessions took place online where we gave certain tasks and reflective exercises for the students to conduct.

CSRN, United Kingdom

A student response network that brought us the opportunity to work with a talented bunch of 16 volunteers from '180 Degrees' consultancy, Gargi College.

They will continue to work with us in the next quarter.

Empowerment

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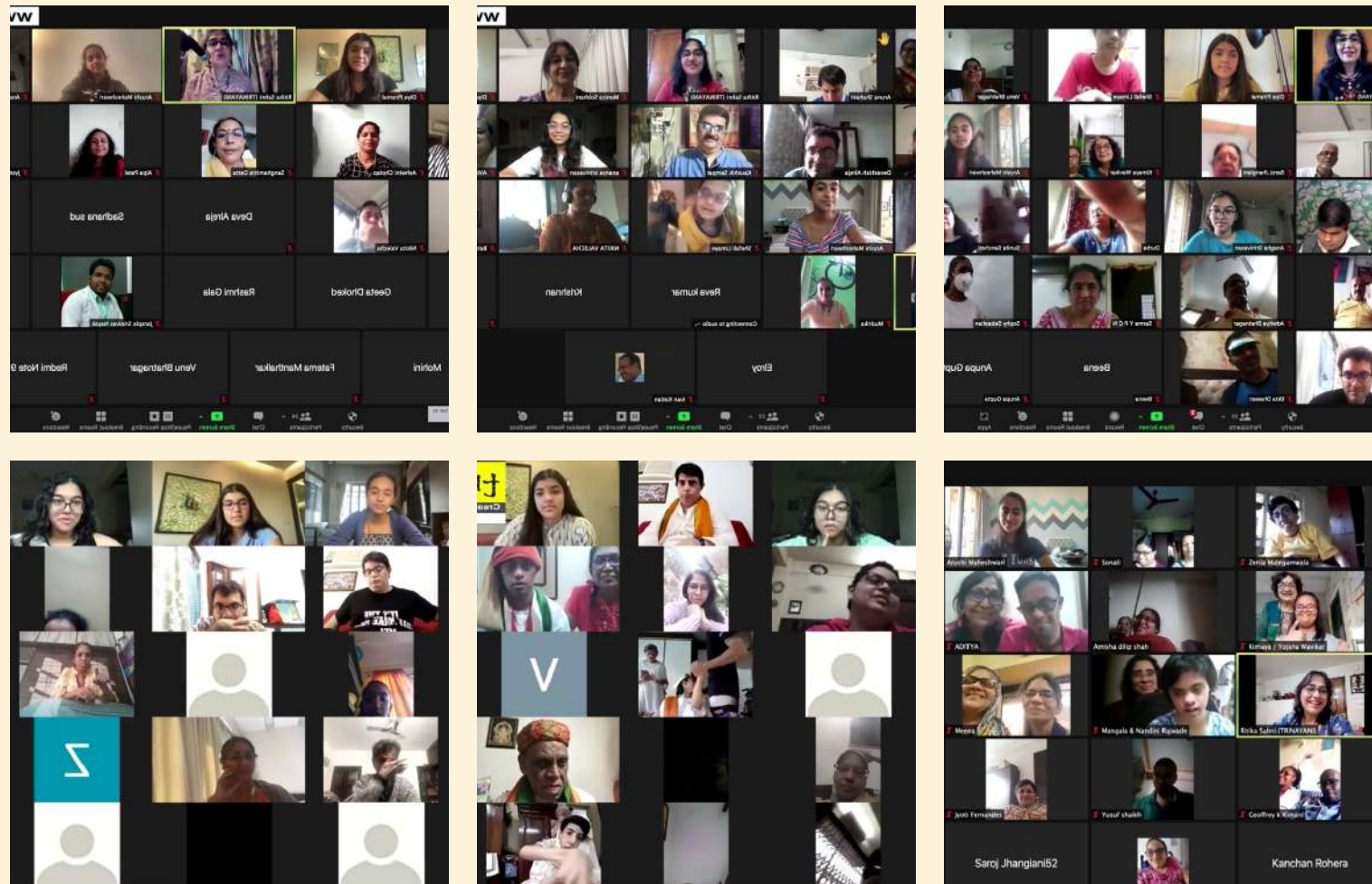
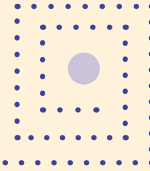
Empowerment

“Nothing about us, without us.”

■ With the advent of the rights-based perspective, the United Nations Convention of Rights of Persons with Disability (UNCRPD) made ‘Nothing About Us, Without Us’ their motto, as it is essential that inclusion does not happen objectively but subjectively, and for that, it is imperative to have the participation of the community itself.

■ As an empathy-driven organization, we know that our objectives will not be fulfilled without the involvement and guidance of people with disabilities. At Trinayani, we involve advocates with disabilities in various areas of our work, as that is how a truly inclusive ecosystem should function.

Inclusive Online Meetups



A significant attribute of our work is living by **‘Moai’** – a Japanese term for an informal group of people who look out for one another. Being part of a community and valuing it is one of the quintessential practices at Trinayani and what better way than to organize social gatherings on a regular basis.

Initiated in the year 2017, our monthly meet-ups resonate with the term ‘Moai’ as through these get-togethers we’ve had the chance to include, bring visibility, give birth to new relationships and **encourage deep interactions** among people, both with and without disabilities, all through fun games and delicious food. Our 2021 meetups were a little different than our usual ones as we lived the experience of reel life amidst a pandemic.

But, guess what! That didn’t stop us from grabbing various opportunities to connect with the friends of Trinayani. Without a doubt, it brought back all the bundles of experiences that these social gatherings, without fail, offer.

We were happy to have on board our young **enthusiastic volunteers** – Arushi Maheshwari, Diya Pirmal and Anagha Srinivasan, 11th standard students from the Dhirubhai Ambani International School, who supported us in designing wonderful and thoughtful online meet-ups that were attended by our friends from across the country and overseas all thanks to a digital platform. The various themes that we connected over will be **showcased in the following sections.**

Harmony Meetup

Inclusive Online Meetup

20th June, 2021

In celebration of **'World Music Day'** and **'Fathers Day'**, Trinayani hosted a meetup featuring live music, dance performances, a Bollywood dance session, and music trivia. The session was held on Zoom.

The performances included a **dance piece** by our volunteers Arushi, Anagha, and Diya, followed by a performances by Mr. Vaibhav Mankad, Adwitya Bhatnagar, Esha, Sriya, and Usaid Shaikh.

The second half of the 'dance segment,' included a **Bollywood Dance Session** with professional dancer Nidhi Mehta that had us all dancing with her.

The last part of this meetup was a curated **music trivia** and a quiz which was enjoyed by all of the participants.



[Watch the video.](#)



Cooking with Company!

Inclusive Online Meetup

25th July, 2021

Featured Chef **Meeta Bharwada** of Rasoi Studio, Mansi Yadav and Fatema Manthalkar, all of whom graciously cooked and took us for a tour of their kitchens. The session was held online on Zoom where we were joined by our friends, both with and without disabilities, from across the country.

Mansi Yadav, who is a blind chef, made pasta cutlets with cheese and spinach dip. To create awareness of how blind persons cook, we requested **Fatema Manthalkar** to show us the processes that she follows to cook her delicious meals. She took us on a tour of her kitchen while cooking poha with the help of her husband.

The session ended with a fun-filled **food trivia** in the breakout rooms with the help of our interns Anagha, Arushi and Diya.



[Watch the video.](#)



Mansi Yadav



Aswhini Gholap



Fatema Manthalkar



Meeta Bharwada



Aswhini Gholap
Sign Language interpreter



Independence Day

Inclusive Online Meetup

14th Aug', 2021

Trinayani takes great pride in its nation and is grateful for all that we, as a people, have accomplished.

So, for the celebration of **India's 74th year of independence**, Trinayani hosted an online session featuring live performances, 'Towards Inclusion' game session, and patriotic trivia. The session was attended by friends of Trinayani, many of whom took part in the performances.

We thank **Atharva Saurkar** who was the compere for the meetup. **Yojana** and **Kimaya** regaled us with their puppet show and we were happy to have **Sai Padma** join us with a song from Hyderabad.

The joyous event was celebrated with dancing, singing, and people sharing their artwork keeping in spirit with the occasion.



[Watch the video.](#)



Song by Ritvik Rajan



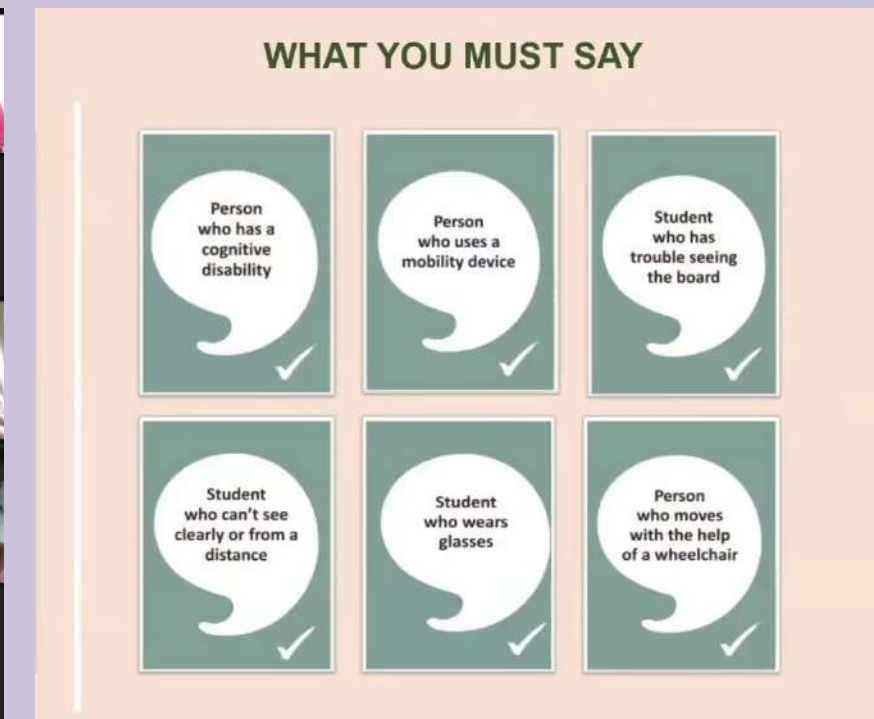
Puppet Show by Yojana & Kimaya



Atharva Saurkar
Host for the first segment



Song by Sai Padma



Mystery, Mazes, & Mimes

Inclusive Online Meetup

16th Jan', 2022

For 2022's first meetup we wanted to try something new. Our volunteers **Anagha, Arushi, and Diya**, wanted to hold a session where everyone could have fun, and thus, a plan was formed.

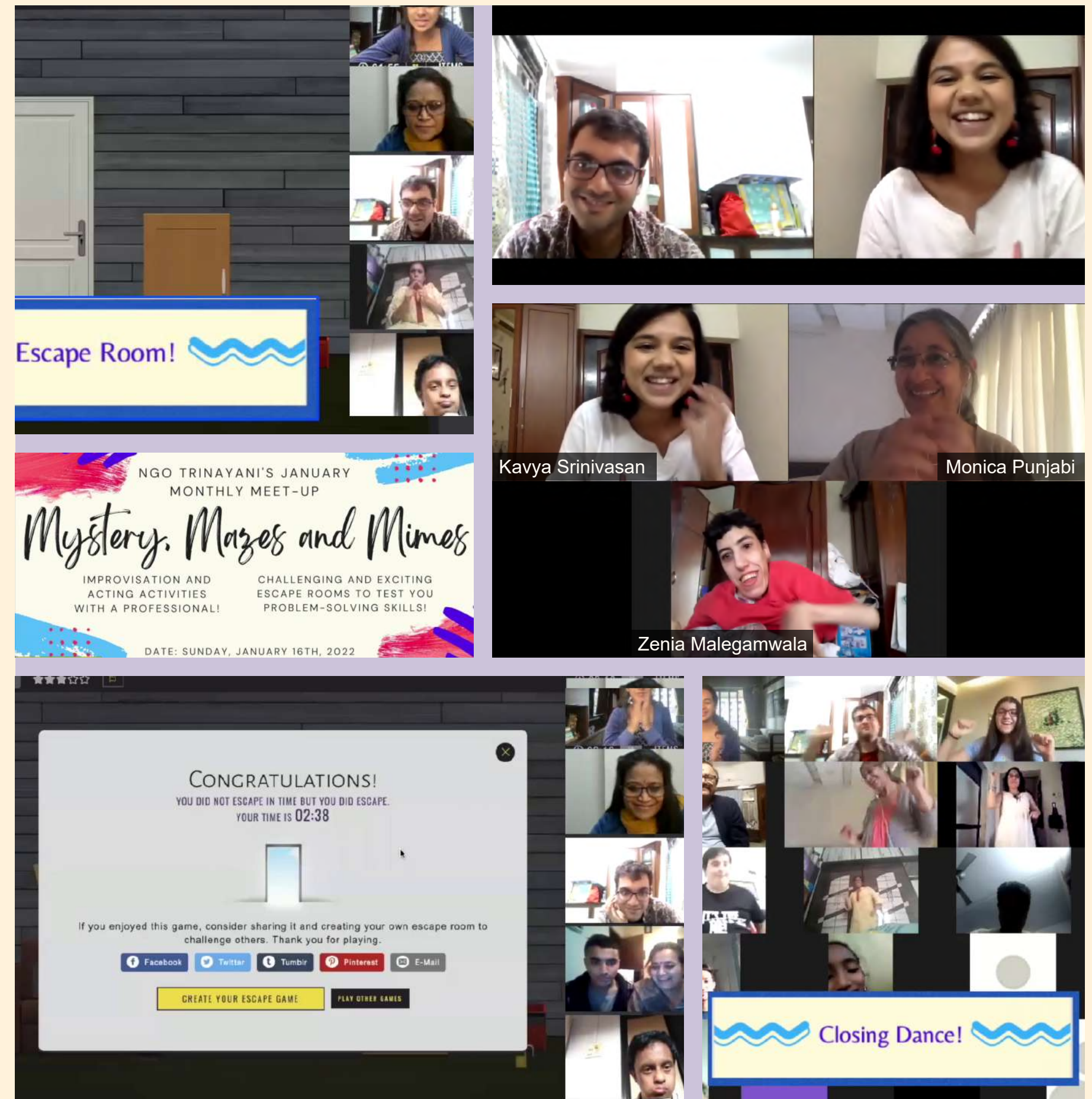
An online meetup was organised, conducted by **Kavya Srinivasan** from Bangalore, who had everyone engaged with creatively designed improvisational activities, some of which included singing and dancing.

Many of our participants were introduced to '**Online Escape Rooms**', which is a game where puzzles need to be solved to advance out of a room.

For the session we had participants from all age groups, with and without disabilities, join us for the meetup with excitement. The session and its activities received positive feedback and helped us all in further abating the pandemic blues.



[Watch the video.](#)



Republic Day Celebration

Inclusive Online Meetup

26th Jan', 2022

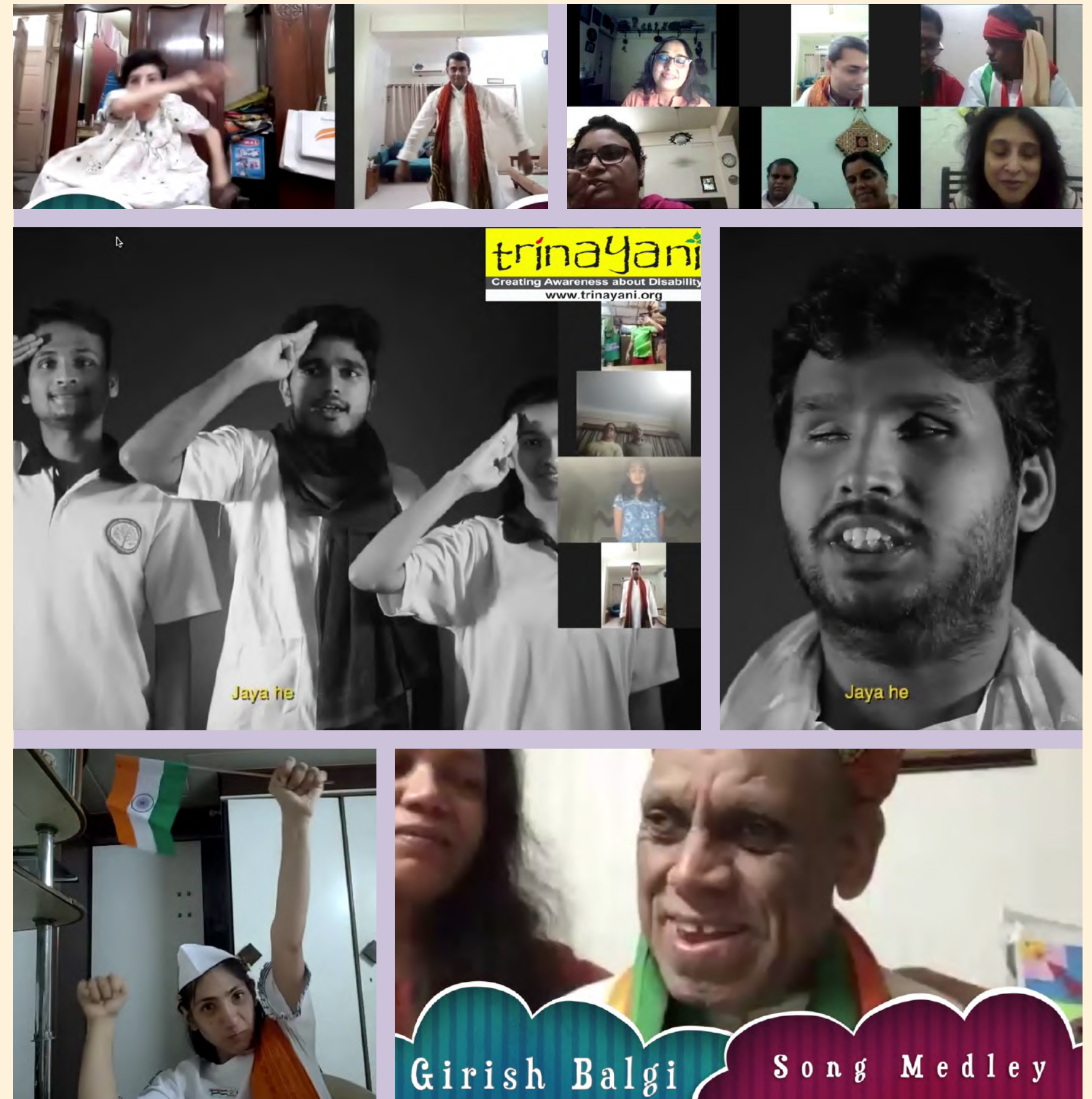
For India's Republic Day we were joined by our friends from various cities across the country to celebrate the occasion. Even though the event was conducted online, the Trinayani team and the participants had a blast.

The meetup also provided an opportunity for our friends to **showcase their talent** to the community. We were proud to host a variety of performances including dancing, singing, poetry recitation, and displays of artwork.

Participants were joined by their parents from the comfort of their homes. The session ended with a performance by our Founder-Trustee, Singer-Performer Ritika Sahni.



[Watch the video.](#)



Valentine's Day

Inclusive Online Meetup

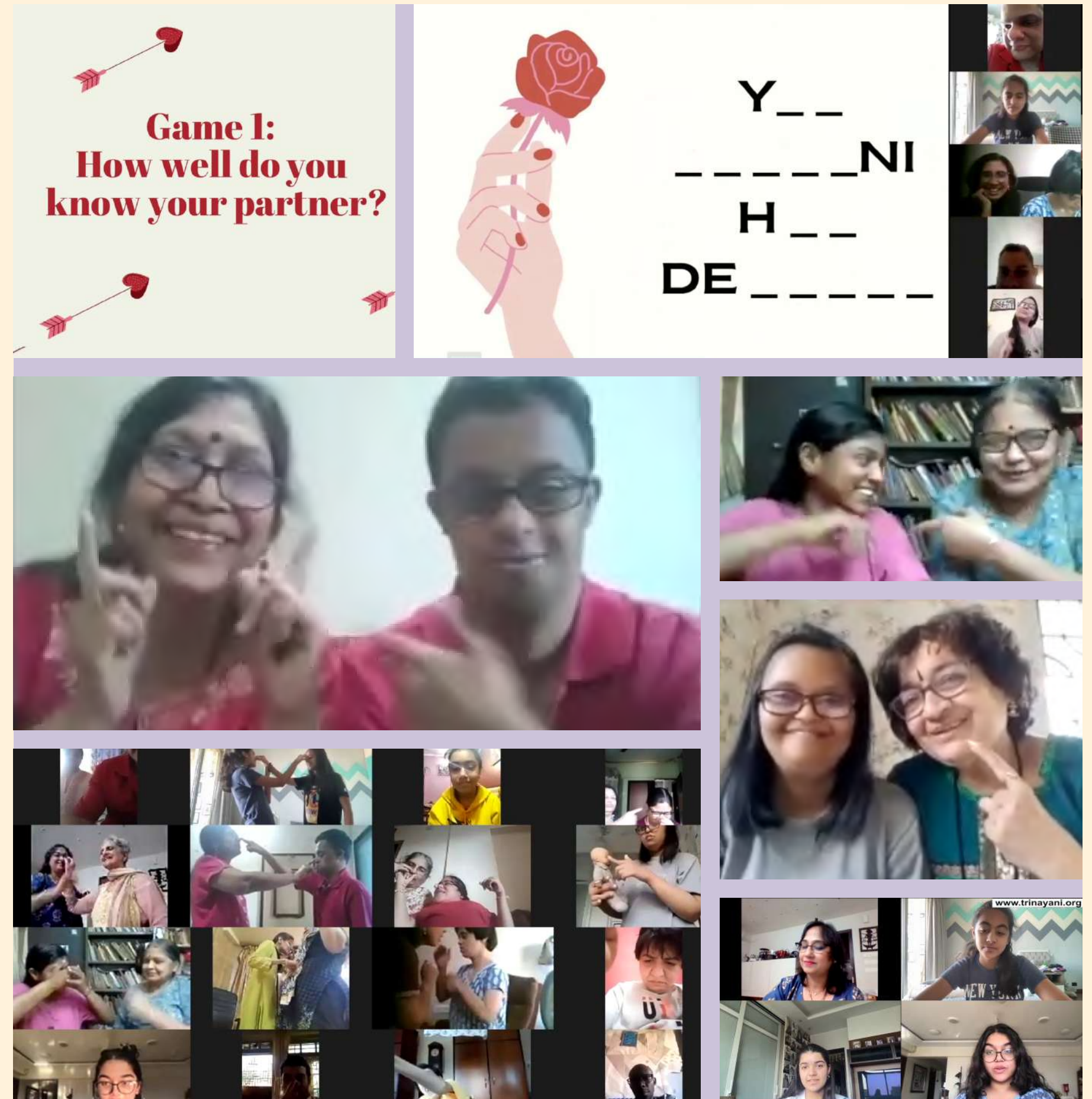
14th Feb', 2022

Love is a fundamental human emotion and also one of the most powerful driving forces, and Valentine's Day provided us a great opportunity to curate a session where participants were **encouraged to bring their significant others** – that could be mother and daughter, friends, or siblings.

Our volunteers conducted a question and answer segment that had everyone laughing, followed by Bollywood couples trivia. We closed the session with all of joyously dancing with each other.



[Watch the video.](#)





Ritika Sahni

Siddhesh Patil

Ananya Harlarnkar



Pehli Baarish

An Inclusive Music Band

Pehli Baarish is an inclusive music band **bringing together artists with and without disabilities**. A key livelihood initiative of Trinayani to spread the wings of inclusion and diversity, the band was founded in 2014 and is led by Singer-Performer and Founder-Trustee, Ritika Sahni.

Pehli Baarish has performed at various NGOs and organizations in Mumbai that work with marginalized communities. Some of them have been – Urja, who works with children with cancer, Prerana, working with children of sex workers, Children’s Home in Matunga and Chembur, and Old Age Home in Borivali and Utan.

Our band members for 2021 were – Kiran Vinkar on the flute, Nitesh Sonawane on the keyboards, Augustine Chettiar on the octapad, Sachin Patil on the tabla and djembe, and Siddhesh Patil as the singer, **all of whom have varying degrees of visual impairment**.

Performances

01.09.21

Microsoft

Thanks to GiftAble and Prarthna for suggesting our name.

01.09.21

Diego

Performed for Cycool Events.

11.10.21

Anand Utsav

Live show for Ananda Utsav Cultural Association, Mumbai.

Performances

11.11.21

General Electric

Pre-Recorded Show.

21.11.21

Goldman Sachs

Reached out to us for a performance.

03.12.21

Walmart

Performance for London Speaker Bureau.

We keep things fresh by featuring guest singers for our shows. We've had **talented singers**, Ananya Harlarnkar, who is on the Autism spectrum, and Rucha Shere, who has Down Syndrome. We also had Sign Language interpreters Shabina Choudhary and Ashwini Tambe Gholap accompany us for a couple of songs.

The global pandemic forced us to adapt to the online landscape, of which we were a little skeptical at first, but in retrospect, it has been a great success as we have been able to provide a series of online performances for a lot of companies – some of whom reached out to us directly. Not only did this provide a source of livelihood for our band members, it also provided us with visibility across different companies inhabiting diverse sectors.

The team at **The Circuit Studio** in Mumbai, who are Sherrin Varghese, Parth Shah, and Sigmund Quadros, managed our online performances and provided valuable support for the Pehli Baarish team.





Sparsh Foot Spa

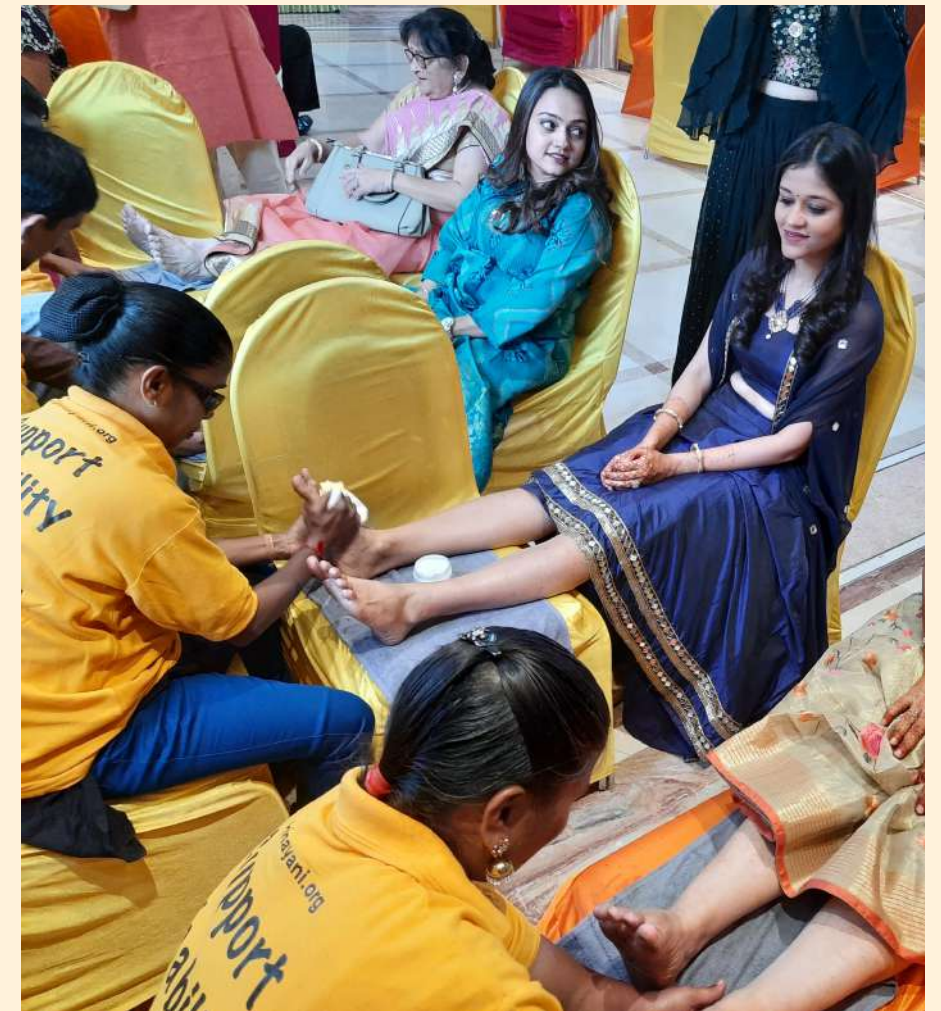
Trinayani's Livelihood Initiative

Founded in 2011, Sparsh Foot Spa is the **first livelihood initiative** of Trinayani, that began with the objective of enabling employment for trained blind therapists.

Sitting long hours at any place, whether it's at home or the office, has many negative repercussions on our health. The blind therapists of Sparsh Foot Spa are trained in acupressure and massage therapy under the supervision of the National Association for the Blind, Mumbai. **They offer rejuvenating reflexology massages that help to alleviate stress.**

Our therapists are available at the Sparsh Foot Spa outlet at Kandivali West, Mumbai, and **can also be hired** for special and celebratory occasions and events like marriages, conferences, or any other celebratory events.

Our blind therapists at Sparsh Foot Spa provide rejuvenating reflexology massages to help relieve stress.





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[Watch Our Masseurs in Action!](#)

The **Coronavirus lockdown** in 2020 deeply affected the livelihood of our blind therapists as it had been their primary source of income. We personally sourced the income for our dear staff members during the lockdown period. Thankfully, with the easing of restrictions in 2021, Sparsh Foot Spa was able to get back on track.

In appreciation of the hard work of our therapist, Ramesh, we were delighted to **gift him a smartphone on Diwali**; This time around in 2021, during Diwali, we were able to host a beautiful puja that celebrated the fortitude of Sparsh Foot Spa.

For Women's Day in 2022, Sparsh Foot Spa had the opportunity to celebrate it with the corporate house BTS Strategy. **The Spa at Kandivali West** is up and running, and we would love to have you with us to experience a relaxing massage.



Self-Advocates

.....
“Nothing about us, without us.” – UNCRPD

Our two pillars – **Awareness and Empowerment** constantly envisage on including and consulting with advocates with disabilities. Hence, we strongly believe in the motto ‘Nothing about us, without us’. We seek and encourage the participation of advocates with disability so that along with the experts who may not have disabilities, we also get an authentic perspective, and an in-depth overview of the problems that we aim to solve which also adds nuances to our work.

Here are some of the advocates who were able to join us from across the country.

Self-Advocates: Building Back Better



Danesh Kanagaraj

Key speaker for our session on Infrastructure Accessibility and for Daan Utsav.

Danesh is a wheelchair user and the Founding Director of Aclude Foundation empanelled Auditor, and a 5 time TEDx Speaker.



Venkatesh Naik

Panelist for our workshop on Alt-Text.

Venkatesh is the Co-Founder of Diksoochi for Persons with Disabilities(DPWD); He is visually impaired and is a social entrepreneur, accessibility consultant, para-athlete, blind runner, national judo champion.



Alim Chandani

Was an advocate for our session on Digital Accessibility.

Alim is a deaf activist, social entrepreneur, traveler and idealist and Mission Leader – Hear a Million at Enable India.

Self-Advocates: Belongg



Dinkle Shah

Part of our Women's Day campaign, Dinkle is a wheelchair-user who is a consultant at Deloitte.

Dinkle is an International Wheelchair Basketball player, National Para-Badminton player, and a three-time gold medal winner in Wheelchair basketball for Maharashtra.



Sukanya Gupta

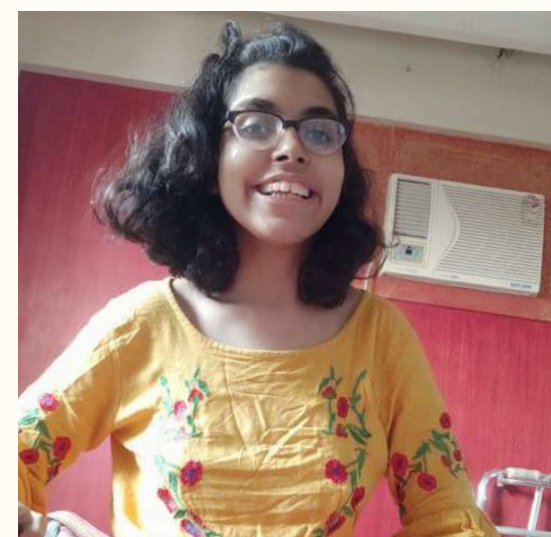
Part of our Women's Day campaign, Sukanya is a deaf and queer special educator, specialising in multiple disabilities, and is the Founder of Enabl.care and Deafinapandemic.



Anjali Vyas

Part of our Women's Day campaign, Anjali lives with Multiple Sclerosis and is a Chemical Engineer by qualification.

She is a certified IELTS Trainer by profession, she is also the NCPEDP - Javed Abidi Fellow, and a member of the National Advocacy team at the MS Society of India.



Nidhi Gosalia

Part of our Women's Day campaign, Nidhi has cerebral palsy and is a final year student of Bhavans College.

She also works as a Head Administrator at the NGO Missan Foundation.

Self-Advocates From Our Other Events



Antara Telang

Antara is a communications professional based in Bangalore, wears a prosthetic limb and loves taking long walks, illustrating, and her cat.

She is also the illustrator for our upcoming story 'Mischief and Mangoes'.



Disha Pandya

Disha was a part of our 'Not All Heroes Wear Capes' campaign and the Women's Day campaign

She has achondroplasia dwarfism, is a freelance designer, and a national level athlete in badminton, shot-put, discus, and javelin.



Dhruv Shirpurkar

Dhruv was a part of our 'Being Better Series', he is a writer and blogger.

He is a wheelchair user having Duchenne's Muscular Dystrophy.



Dr. Angshu Jajodia

Chief guest for our 'Deaf, Not Dumb' session and a part of our 'Not All Heroes Wear Capes' campaign.

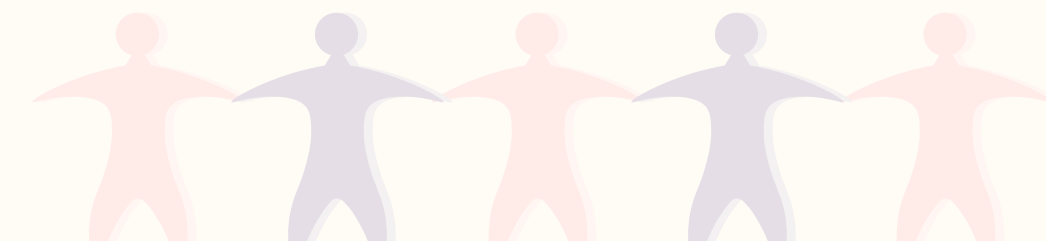
Angshu is a professor, researcher, and a teacher who lives with profound hearing impairment.



Bijoli Shah

Bijoli was a part of our 'Being Better Series'.

She is a spinal cord injury survivor from Mumbai and a part time artist who is currently working for a software company.





Testimonials

'Towards Inclusion' Game Kit Workshops

My biggest takeaway was learning the appropriate labels for people and why some other labels may be offensive. Would love to see the activities, games modified for an online audience so that it's more interactive and less demonstrative.

Vishakha
Fellow
Teach For India

Disable person can do everything like a normal person, we should not look at them with pity or try to help them. They can manage the things at their own. They are not disable they are differently able and special people.

Sanjay Mathur
General Manager

Trinayani with a leader like Ritika Sahni is doing wonderful work in this area by spreading awareness and kindling values like empathy and sensitivity. Ritika Sahni's approach in the workshop is joyful and innovative. The inclusion game kit is a very creative and a fun-filled tool to play and learn something important and useful. All people of all age groups need to be made aware of the role one needs to play in order to create the inclusive world we all dream of.

We wish Ritika all the best and assure her that our St. Agnells family is with her in her noble mission of making the country an inclusive country where everyone will be able to live in peace and harmony.

Father Saturnino Almeida
Managing Director
Father Agnel Technical Education Complex

It was a very informative session. The card game kit is a way of understanding and applicable for age groups. Helps with awareness, problem-solving, and critical thinking.

Dr. Anirudha Vats
Clinical Psychologist
Deepshikha Institute of Child and Mental Health

The middle school teachers are very close to me because I have worked with that team for years. They are very energetic & talkative. I called a few of them and asked why they were rather quiet yesterday. Here is what they said:

"Vijaya miss, when we heard Ritika we realised we don't know so many things we ought to know. We were listening to her very carefully. She made us learn, think and discover so much in that short time. We are so grateful to her and you for introducing her to us."

Vijaya Vaithilingam
Inclusive Education Leader
Father Agnel Multipurpose School & Jr. College, Vashi

Became more aware of the disability in general and what it entails and right terminologies pertaining to disability. Fun and creative way of spreading awareness through games.

Nikitha Krishna
Clinical Supervisor
Samvaad Institute of Speech and Hearing



Testimonials

Pehli Baari Music Band

Dear Trinayani team,

A heartfelt 'Thank you' on behalf of all of us at Microsoft India HR for the power packed session. We were all so very impressed by the creativity and talent of the team. Big gratitude to you and the entire team for reminding us of what's possible.

It is invigorating to see all of you dedicating your life to what brings you joy. By pursuing these passions despite multiple challenges, you inspire us to do the same.

Parul Gupta
Senior Director HR
Microsoft

Sparsh Foot Spa

Dear Trinayani,

I came across the Sparsh Foot Spa on google and since it was near my house, I thought of giving it a try. And I must say that I was very impressed by the services provided and especially by the concept.

I wish the team best of luck for the future and will definitely recommend this spa to my friends."

Sanya

Our Inclusive Meetups

To Trinayani,

Our association with Ritika and Trinayani is few years old but since we met there was a instant bonding over shared goals and vision of INCLUSION especially.

We have attended many of the monthly meetups and enjoyed the experience of meeting new people, playing games, singing, watching movies, interactive activities, outdoor sports event, and lots more.

The meetups were all about learning, interaction, togetherness and friendships which the challenged community need. In the last couple of years there have been great online sessions too.

My brother Girish adores Ritika like me and we love her singing especially Sab ki hai dharti. She is there to support us at our events of Reachout and we look forward to her session too.

In our anniversary special year we had Trinayani as a friendship partner too to share and work on a common shared vision. It's been a pleasure all the way for us to be associated with Trinayani and we wish her all the very best always.

Rekha Balgi
Reach Out



Trinayani has some really intriguing and innovative projects in motion that you will witness in the next year. These projects will be a product of our **collective research, learnings and vast experiences** that we have accumulated over the years. As the world around has rapidly changed so much, especially due to the pandemic, we too are changing and evolving.

After a gap of two and a half years, we were happy to provide 'Pehli Baarish' performances, in the spirit of giving, for NGOs working with marginalised communities.

Sparsh Foot Spa went through a tough period during the pandemic but we are now getting back on track and picking up steam! For things to smoothen out and return to a level of normalcy, **our therapists need your support and endorsement of their skills.**

We look forward to the support and involvement of many more advocates with disability and hope to continue evolving our perspectives in this rapidly growing sector. Though we were happy to have online workshops, we are geared up for the physical workshops with teachers and participants across the countries and also **making a footprint across the world.**

Inclusion cannot happen through an individual, it encapsulates diverse communities and belongingness. We are all in it together and as we are willing to share our learnings, experiences and best-practices; we look forward to gaining those from other stakeholders as well through more **collaborations and partnerships in the coming year.**

As always, we would be challenging our creative minds and will always aspire to work '**out of the box**' and not within it.



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