



Vision

"An inclusive society where people with disabilities have equal rights and a good quality of life."



Newsletter January - June 2011

Mobility India's urban Community Based Rehabilitation programme focuses on enhancing the quality of life of people with disabilities and their families, meeting basic needs and ensuring inclusion and participation. The programme covers 23 urban slums in Bangalore.

Honour for Ashwini

To mark International Women's Day, the Women's International Network selected a few women achievers across age groups to receive an honour and a citation. The awardees included social workers, sports persons, artists and so on.



Ashwini was selected to receive the Navkiran Junior Award. Read on to know why she was chosen for the accolade...

Ashwini had low vision as a child that deteriorated over the years. By 12, she lost her vision completely. She discontinued education as the teachers in school were unable to support her learning requirements. Ashwini's family was clueless about her "dark" future. Her father abandoned Ashwini and her siblings and her mother became the sole bread winner of the family.

Ashwini hails from Kaveri Nagar [Banashankari, Bangalore Urban Slum). Mobility India's Community Based Rehabilitation programme intervention helped Ashwini get mobility skill training and learn Braille. Ashwini had oral exams till Class 5. She then started using tape recorder to learn lessons. From Class 6 -10 she answered exams with the help of writer and secured 1st class (62%) in Class 10. Ashwini is now in Class XII and has chosen the Arts stream with Economics as one of her subjects.

A confident Ashwini now participates in cultural activities like classical dance & speech competitions in which she has won prizes.

A definite transformation in her life - from isolation to inclusion...

In this Issue...

- ▶ *Honour for Ashwini*
- ▶ *Celebrations - Women's Day and Service User's Meet*
- ▶ *Summer Camps in Chamrajnagar & Anekal*
- ▶ *Corporate Support to Mobility India*
- ▶ *Graduation day*
- ▶ *Changing lives - Attibele, Anekal*
- ▶ *Support our programmes*
- ▶ *Course Announcement*

Women's Day celebration at Mobility India

Many families of people with disabilities have lost confidence to attend cultural events due to fear of stigma and discrimination.

To celebrate Women's Day and to acknowledge women with disabilities and mothers of children with disabilities, a programme was organized by 40 volunteers from Accenture. 30 staff members of Mobility India (MI) participated in the programme along with 10 women (mothers of children with disability) from the urban slum community where MI has a Community programme.

The programme began with an introduction about MI followed by an interactive session. Mothers shared their experiences of raising a child with disabilities which moved the people gathered.

Fun and games that followed brought in cheer and made the mood lighter. All women actively participated and few won prizes. Some singing and dancing by staff and students at MI ensured all had a great time.



2nd Annual Rehabilitation Service User's meet

The 2nd annual service users meet was held on 11th March 2011 at the centre. 80 service users along with their family members attended the meet.

Games for children and adults were conducted. All services users were cheered and motivated to participate. A few staff performed a mime show on the harmful effects of smoking & drug abuse and the role of rehabilitation professionals in the life of a person with disabilities.



Mr. Kenneth (service user) had this to say “I have been availing the services of Mobility India for the past 8 years now and all the staff here are loving and caring.”

All people gathered had an enjoyable day, for many it was an avenue for a recreational experience.



Participation in cultural activities not only entertains but also teaches individuals about who they are. It empowers individuals to find their own voice and be heard by others. It has many health benefits and enhances the well being of individuals.



Summer Camps in Chamrajnagar & Anekal

Chamrajnagar

How does one change perceptions of people? Here is how a small effort was made in Chamrajnagar...

Engaging children to bust myths and superstitions- is what the Summer Camp held at Kanakagiri Skeshtra, Maleyur Village set out to do. Believers of miracles are found more in the rural areas and many people take advantage of their innocence and use tricks as a tool for money making.

An inclusive summer camp was held for 45 children of Harave and Kasaba hoblis at Maleyur Village. The concept of this camp was “Sathyadedege namma hejee” [Steps towards truth], unfolding secrets and tricks behind witchcraft and black magic with an objective to bring awareness among children as well the entire community.

Children learnt tricks such as making an egg disappear from a magic bag, moving fire on hands, drinking milk through ears and many more. Divided into 8 groups, they got a turn to perform and give scientific explanations behind each trick at the Valedictory Session.

Hope after this awareness program, people will not go in search of magician, but go to a doctor, to solve their health related problems.



Valedictory session

Anekal

Studies have shown the benefits of including art based learning to improve critical thinking and problem solving skills. The Summer Camp at Anekal envisaged doing just that - to create a child friendly learning atmosphere where children had the opportunity to be creative.

Around 250 children from 44 villages of Anekal Taluk participated in the camp including 75



Creative time

children with disability. Drawing, painting, making mehendi (henna) designs, designing outfits out of newspaper were some of the craft activities. The children got an orientation of making a kitchen garden. They played musical chair and football. The finale had a skit on importance of education performed by the children.

This camp gave children an opportunity to learn a lot of interesting activities and meet children from neighbouring villages.

Corporate Support to Mobility India

Challenge yourself, run a Marathon and raise money for your favourite social cause...

Each year the World 10K marathon gives citizens of Bangalore a chance to champion their favourite charity. Mobility India was one among 88 non - governmental organisations that participated in the TCS World 10K conducted on 5th June 2011. Many wheelchair users, people with disability were able to participate in the Wheel Chair & Majja Run (5 km distance) categories.

Accenture came forward to be the Corporate Care supporter for Mobility India. It had a team of enthusiastic people run at the event carrying banners and



posters spreading messages of an inclusive society and equal opportunities for all people irrespective of their disability.

Charity week at Computer Science Corporation (CSC)



CSC, a global corporate came forward to support Mobility India recently. A week long campaign was held in the CSC premises where Mobility India set up an information booth. Many employees pledged to support the cause as well made donations towards MI's activities.

CSC also created a platform for children with disabilities from the community to perform a cultural programme. It had the employees grooving to music and encouraging the performers.

The week long charity drive culminated with a group of enthusiastic people from CSC and some from Mobility India running a Marathon (5 kms) on 18th June 2011. Around 40 staff members of CSC and 20 from Mobility India took part in the event which had 3 wheelchair and 2 modified scooter participants. Waving banners and posters participants created awareness on importance of inclusive education, livelihood opportunities and inclusion of people with disabilities in all development activities, among citizens around the tech park in Domlur, Bangalore.

Corporate Support contd...

Fun and games along with a rally by children and Shell International Petroleum Ltd. team

Tausif loved the game of "passing the parcel" he played recently and wants to try it out with other friends in the neighbourhood. He was the winner and received a bright yellow lunch box as the prize. Tausif along with 40 other children from the Community Resource Centre (set up by Mobility India) at Avalahalli, Bangalore had a fun-filled morning with a team of volunteers.



Rally for right to education

The team of 25 volunteers belonged to Shell International Petroleum Ltd. and they conducted activities for children as part of their CSR initiative. Tausif's group included children with disabilities and non-disabled children. Children played 'passing the parcel to unwrap a gift', danced to music, sang songs and recited poetry. Finally they were rewarded with gifts, books, bags and lot of chocolates.

The activity wound up with a rally around the community area (about 3 kms) with children and Shell volunteers carrying posters and calling out slogans stressing the importance of right to education for all children irrespective of disability and their inclusion in school.

Graduation Day



Certificate distribution

Graduation day was celebrated on 5th Jan, 2011 for students of Lower Limb Orthotics/ Prosthetics*. Till date, MI has trained students from 15 low income countries. Significant among them is Gaza (Palestine) where ongoing strife has left disabled persons that require support in order to recover from their physical wounds and their disabilities. Md. Aldalou (in pic) will be the first trained technician who will fit the people with assistive devices and enable their reintegration within the community.

International Society for Prosthetics & Orthotics (ISPO) certificates were distributed to 10 students by Prof. Claude Le Coultre, Chairperson of the International Committee of Red Cross -Special Fund for the Disabled board.

*(ISPO Cat II Single Discipline in Lower Limb Orthotics / Prosthetics)

Changing lives - Attibele, Anekal

As one drives a few kilometers away from the hustle and bustle of Electronic City, Bangalore you reach Attibele. Proximity to the urban expanse of Bangalore has little influence on the cluster of villages in Attibele. A rural ambience welcomes you and a walk through the dusty uneven streets gives you a reality check on the stark contrast between urban and rural life. Basic amenities taken for granted in an urban setting are not found in these parts.

In response to the need, Mobility India initiated a Community Based Rehabilitation (CBR) programme in Attibele in 2008.



Here is how the programme works at Attibele...



Thenarasan (10) loves to look at the screen of a digital camera and recognize his picture. His face lights up spontaneously, ready to pose as the physiotherapist takes a picture of him walking with the support of a walker.

➔ Thenarasan has Cerebral Palsy. For years his parents tried everything possible for him to be able to walk. Mobility India's intervention a couple of years ago have brought a lot of changes in his life and that of his family. With surgical correction to release tight ankle muscles and regular therapy Thenarasan is able to walk a few steps with support. His mother takes him to a play group thrice a week and his social interactions have improved, a lot of which his family hadn't imagined would happen.

Pushpa is a single parent. She juggles between roles; raising her toddler, being a part-time beautician and selling sarees to neighborhood women. Abandoned by her husband due to her disability (hunch back), Pushpa is coping with day to day challenges of making ends meet. Pushpa was supported by the local self help group initiated by Mobility India in Arrehalli (Anekal) to earn a livelihood.

Prakash and Manjunath take an active role in the monthly meetings of the Janapriya Angavikalara Society. Within a few months of its formation, the society has some achievements to their credit. Lobbying at the local Tahsildar office for wheelchairs to be placed in the Taluk office, Panchayat office on the first floor to move to the ground floor, about 4 acres of land sanctioned to be used for people with disabilities as sites for constructing homes are some of the changes



Support our programmes

society members list out. They have also taken up issues with the local governing bodies about delays people with disabilities face in accessing government schemes.

This society of, for and by people with disabilities has already garnered memberships of 198 people with disabilities at Anekal. The society aims for greater visibility of people with disabilities in the community with respect, involvement and opportunities to participate in all walks of life.

The Anekal programme has encouraged disabled people's participation through Local Self Help Groups (Sanghas) at all levels: at home, at schools and in communities. Community leaders, local schools, the Panchayats and other such important stake holders are actively involved in this process.



Community Based Rehabilitation (CBR) focuses on enhancing the quality of life for people disabilities and their families, meeting basic needs and ensuring inclusion and particiaption The CBR programmes of MI have given people like Thenarasan, Pushpa, Prakash and Manjunath access to these and eventually leading to a good quality of life.

Donate Generously

- Assistive Devices (calipers, artificial limbs, crutches, walkers)2000 -5000
- Wheelchairs8000-9000
- Education /per child / per year2000- 5000
- Nutritious food1000-2000
- Any amount you wish to contribute

I am donating ₹ by Cheque/ Demand draft number
Towards

I would like to introduce a friend.

Pin.....Telephone: E-mail :

(DD/Cheques to be made in the name of Mobility India)

**ADMISSION OPEN
FOR 2011-12**

Bachelor in Prosthetics & Orthotics (BPO)

(Duration 4 years)



Eligibility:
10+2 with
Physics, Chemistry & Biology
or Mathematics.
(PCB or PCM)
with 40% aggregate.

Affiliated to



Rajiv Gandhi University of Health Sciences,
Karnataka

Recognised by



Rehabilitation Council of India (RCI),
under the Ministry of
Social Justice and Empowerment

About the Course

Prosthetics & Orthotics (P&O) is a medical and engineering based health care profession. Once qualified, a Prosthetist / Orthotist can work in collaboration with other healthcare professionals like orthopaedics, physio & occupational therapists, to provide a holistic service to address various disabling conditions.

www.mobility-india.org

e-mail@mobility-india.org

Please return this with your donation to:

MOBILITY INDIA

P.O. Box No. 7812,

1st & 1st 'A' Cross,

J. P. Nagar 2nd Phase,

Bangalore - 560078.

Karnataka, INDIA

Ph: +91-080-26492222, 26597337

