

# Rockstar Awardees



Shri N. D. Dharap - 2009



Ms. Arlene D'souza - 2010



Dr. Uday Khopkar - 2011



Shri Nitin Goyal - 2012



Shri Kiranbhai Jani - 2013

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## Will Star Awardees



Shri Sanjay Jagtap - 2011



Shri Amol Boriwale - 2012



Smt. Dr. Padma Patil - 2013



An NGO for rehabilitation of friends with Spinal Injury

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An NGO for rehabilitation of friends with Spinal Injury

5<sup>th</sup> Spinal Cord Injury Awareness Day  
25<sup>th</sup> June, 2013



Rockstar Awardee 2013 - Shri. Kiranbhai Jani



Will Star Awardee 2013 - Smt. Dr. Padma Patil

Shrimati Rajashree Birla supports Spinal Injury

LET'S WALK TOGETHER FOR A BETTER TOMORROW

NINA FOUNDATION - An NGO for rehabilitation of friends with Spinal Injury

The Trust's Registration Number is E-23804 (Mumbai).

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## NINA FOUNDATION 5<sup>TH</sup> SPINAL CORD INJURY AWARENESS DAY 25<sup>TH</sup> June 2013 - A Report

The 5<sup>th</sup> Spinal Cord Injury Awareness Day was celebrated on June 25<sup>th</sup> 2013 by NINA FOUNDATION, wearing the blue ribbon. Once again, the annual, august gathering wore blue ribbons to celebrate the eventful evening of *Shravanam* and *Mananam*! The well-attended function reflected that no one allowed the inclement rain to dampen our spirits - be they friends with Spinal Injury or our guests. Friends! Thank you for encouraging us and always being with us 'to walk together for a wonderful tomorrow'.

Aged 13 years, Nina Foundation has come a long way in its mission for the cause of the spinal cord-injured. Its mantra is to inject hope, holistic independence and to renew the spirit of life, to walk together for a wonderful tomorrow.

Bijal Shah, our nightingale sang the invocational prayer 'Paalan Haar'. What a way to start this special day! Senior Associate Ms. Vidya Shenoy was both the script writer and compere of the evening. She spoke in multi-languages to the comfort of a mixed audience.

The honoured Chief Guest of the evening Mrs. Rajashree-ji Birla was described as "an epitome of inspiration, a *stithapradnya* who dealt her cards of life with poise and equanimity." "*aisee ek maahaan, vinamra, yashavi, devganeet, karmayogini hain jinhoney apnaa nijee jeevan samaaj seva ko hee samarpit kiya hai. Inko yahee samaaj-sevaa devpooja ban gayee hai.*"

Nina Foundation expressed their gratefulness for having made time and gracing our very special evening!

Rajashree-ji is a successful woman entrepreneur, chairperson and director on the Board of all major Aditya Birla Group of Companies in India and overseas. To name a few, she is a recipient of many awards like Seva Shiromani, Pride of India, 'Polio Eradication Champion' Award, Global Golden Peacock Award. In recognition of the exemplary work done by Rajashree-ji she has been bestowed the coveted 'Padma Bhushan' award in the area of social work. *Karmaney evadhikaras te ma phalesu kadacana ma karma-phala-hetur bhur ma te sango 'stva akarmani.*' Chapter 2, Verse 47 of the Srimad Bhagavad-Gita states "your right is to work only. But never to its fruits: let not the fruits of action be thy motive nor let thy attachment be to inaction".

Shrimati Rajashree-ji does exactly this. Guests were shown a *jhalak* of her very personal, social commitments. She is a dignified, sensitive philanthropist who is silent, compassionate, humble and most importantly, with a personal hands-on commitment in all her endeavours. Established in 1995 in memory of her husband, Late Shri. Aditya Birla, a public charitable trust, Aditya Birla Foundation chaired by Shrimati Rajashree-ji ploughs back some corporate profits of the



Chief Guest - Smt. Rajashree-ji Birla

Aditya Birla Group into projects that include community initiatives, welfare-driven initiatives and path-breaking work in rural areas and tribal belts which focuses on education, schools, healthcare centres, infrastructure development such as community centres, housing, providing water and electricity. Women empowerment programmes, reaching out to physically impaired people, widow remarriages and dowry-less marriages, are also matters of concern to her. Many underprivileged are given free medical treatment at their hospitals and about 18,000 students receive free education at the 42 Aditya Birla Schools. Thanks to her efforts, we see that in the near future, at least 18,000 more families will cross well ahead and above the poverty line! Also, mention must be made of the Polio Eradication Drive in collaboration with health departments across the country, Municipal Corporation of Greater Mumbai and Rotary International, has been supporting the polio eradication drive and commendably has seen no polio case been reported in the last two years! As a patron of Indiabuilds Habitat for Humanity India, and its Global Committee, since 2002, Shrimati Rajashree-ji has been a champion of uplifting India's downtrodden by providing safe and decent shelter. A true '*karmayogi*'. Besides being a pillar to her family, her *vasudaikha kutumbam* includes 7 million people in over 3000 villages that have benefitted by services of their hospitals, schools and other projects. Her personal goal is to impact the lives of 500,000 people by helping build 100,000 houses by 2015. We, at Nina Foundation, wish her Divine Grace for the success in this endeavouring target! And, it is interesting to know that she is interested in fine arts and culture and heads the 'Sangeet Kala Kendra' as its President.

She shared with the audience of her family tradition of humanitarian services right from her father-in-law, the Late G. D. Birla's times to date. Of how they have been concerned and involved with children in need of special care their treatment and training, 'population first', India. Dr. Bhojraj felicitated Rajashree-ji after which she addressed the audience. She said she was truly inspired with the work Nina Foundation is doing and encouraged all our members to take big strides on the path of progress and inclusion. (Her speech is on Pg. No. 11) Academic partnership of Welingkar Institute of Management India's fastest growing B-school thanks to

the magnanimity of Prof. Dr. Uday Salunkhe, Group Director, with Nina Foundation continued for the 5<sup>th</sup> year. Senior Associate, Dr. Dhruv Mehta, Nina Foundation specially acknowledged this with a token of appreciation. Thereafter, Prof. Dr. Uday Salunkhe spoke of the combination of education, social responsibility and practical corporate experience that goes a long way in professional development.



Felicitating Dr. Pragnya Ram

Also special guests were felicitated: Dr. Pragnya Ram Group Executive President: Corporate Communications, Aditya Birla Group by Trustee, Dhaval Mehta, Padmashri Kanubhai Tailor from Surat, who runs a big school for children with disability and is also President, Disable Welfare Trust of India; Shri. Ketan Suthar, Under-Secretary of the Govt. of Gujarat by Trustee, Dr. Parinaz Humranwala. Special mention was made of friends of Nina Foundation, Dr. N. H. Athreya, Mrs. Usha Chandrashekar, Mr. Sagar Tejura and Mrs. Gladys, Dr. D. P. Mehta, Mrs. Vasumati Dharap, Mr. Himmatda Advani, Mrs. Panthaki, Dr. Deolekar, Mrs. Jessie, Mrs. Shamim Akhtar, Advertising Partner, Kreate Advertising and its entire team, Dr. Nergish Wankhadia Humranwala Homeopathic Clinic, Shri. Nandkumar Hendre of Print House India Private Limited, Mr. Madhu Narangji of Better Services (Trophies), Mr. Nihar Mehta of Tribal Route, who sponsors our gifts for Guests every year, Mr. Ferdinand Rodericks of Ferro-Equip for special ramps for all our events, Mrs. Swati Mehta, Mrs. Namrata Mehta, Mrs. Jayshree Mehta, Ms. Aditi Mehta and Mr. Manish Manwani, our budding music talent for the evening.



Felicitating Padmashri Kanubhai Tailor,  
Our Guest



Nina Foundation's Trustees, Dr. S. Y. Bhojraj, respected spine surgeon, Lilavati Hospital, Mumbai, a very sensitive Homeopath, Dr. Parinaz Humranwala, MD, Mr. Dhaval Mehta, CMD of Kreate Advertising and Dr. Ketna Mehta, Founder Trustee and Editor and Associate Dean Research, WeSchool. Senior Associates Dr. Dhruv Mehta and Vidya Shenoy were introduced to the audience.

Dr. Himanshu Doshi Doctor, Oil Rig Ensco Shipping, Dr. Riten Pradhan, Orthopedic Surgeon, UK, were out of India. Also Dr. S. Sagade, a very caring Urologist, Hinduja Hospital, Mumbai, Dr. V. C. Jacob, Ace Physiotherapist, and Retired H.O.D., Sion Hospital, Mumbai and Ms. Anupama Ganesh were unable to be present. All, however, sent their greetings and good wishes for the evening.

Thereafter, Dr. Ketna Mehta addressed the audience presenting the philosophy of Nina Foundation with an analogy with sports. She spoke of how it is essential to have an inclusive society and encouraged all members with Spinal Injury to be independent and work towards fulfilling their dream...of winning the game called 'life'. Nina Foundation lauded the achievements of some members and preparations encouraged them further which was expressed by having Dr. Bhojraj present educational scholarship to Dinkle Shah for securing 75% in HSC and for C.A., Sanika Shasane 75% in SSC, Kunal Nalawade, a scholarship to pursue higher education (B.Com) and Nisha Gupta, an active wheelchair as a gift for her marriage celebrated on 14<sup>th</sup> July.

(All pictures of Spinal Cord Injury Day by JP Digital: 98213 87112 & visit <https://picasaweb.google.com/101324490192681514408/SCIDay2013Pics?authkey=Gv1sRgCMB6uqPjtYr9nwE&feat=email>).



Educational Scholarships  
Dinkle Shah and Sanika Shasane





**Rockstar Awardee - Shri Kiranbhai Jani**

Then came the time for the Nina Foundation awards. Iss khass shyamm mein do aisey vyaktiyoankaa samaanit kiya gayaa jinhoney apnaa naam aur hastee sitaron se zyaadaa prakashit kiya hai. Naa kewal apney zindagi mein nayee roshnee laayee lekin doosronko ek prabhaavik maargdarshan kiya.

Nina Foundation which promotes and works towards an inclusive society is very proud of these role models and honours them as it recognises people with spinal injuries, appreciates and salutes these heroes who have worked extremely hard to reach their destinations and converted their dreams into reality besides raising the bar of achievement higher for not only themselves but for all of us. India is blessed with bounties of nature, its diversity and people with different belief systems. However, our awardees are chosen without bias, i.e. irrespective of geographic, religious, linguistic or ethnic differences. Diversity and inclusion concerns each of us as we go into the sunset of our lives, as anyone can be affected by significant impairment or disability through stress or mental sickness.

It is strongly committed to its mission of rehabilitation of people with spinal cord injury and Nina Foundation has instituted the Rockstar Award to recognise that individual who has, with exemplary courage, faced and won battles in life, in spite of having spinal cord injury. By presenting this Rockstar Award, Nina Foundation 'renews the spirit of life.' It is proud that this achiever also encourages others to reach the top in whatever vocations they choose.

*Yeh rockstar puraskar iss shaks ko diyaa jaata hai jisne jeevan ki samasyaonko hattaake ek aisa mukkaam pahooncha hai jo kabiley taarif hai. Jo vyakti aayushyaat aapley dukh kivhma kashta visroon ek dhaadasiney aapla ek oonchyaatlaa oonch mukaamaawar pohochto, tyalaach, hey puraskar dile jaate.*

Our 5<sup>th</sup> Rockstar Awardee for the year 2013 was announced Mr. Kiran Jani Of Ambaji, Gujarat Amaara aatmabal nu jeevanth pushp.



**Trustee Mr. Dhaval Mehta read the citation being awarded to Mr. Kiran Jani**

*Rockstar Award 2013 - Citation*

*You Are Our Hero  
You Are Our Rockstar*

*Your success and achievements both in your professional and personal life serve as a role model beacon for the Spinal I njured community and society at large.*



**Beautiful Trophy designed by Kreate and crafted by Better Services**

*A devastating Spinal I njury at a young age was no hindrance to pursue your business aspirations and nurture your family. A responsible husband, a doting father to a lovely daughter and a responsible son, you have also shown compassion for the disabled community.*

*Despite frequent health related medical issues you have continued your life's journey with gusto.*

*We salute your positive attitude, determination and will power. Nina Foundation is proud to present its Rockstar Award on 25<sup>th</sup> June 2013, Spinal I njury Awareness Day in Mumbai.*

Kreate Advertising team created a beautiful film that reflected the persona of Mr. Kiran Jani and designed the coveted Rockstar Trophy too. ([Link of Rockstar Film: http://www.ninafoundation.org/detailed-activities.html](http://www.ninafoundation.org/detailed-activities.html))

Shri Madhu Narangji, Managing Director of Better Services crafted and sponsored the beautiful Rockstar Trophy that was awarded to him by our honoured Chief Guest of the evening, Smt Rajashri-ji Birla along with the citation and gift goodie-bag (sponsored by Tribal Route) and urged all to give him a standing ovation, later Kiranbhai gave his heart-felt acceptance speech and recited a hindi shayari too. His family - wife Meena, daughter Mayuri and son-in-law, Yash Joshi were invited on the podium to share his joy, too!

Before the next award, there was a live music interlude by budding musician Mr. Manish Manwani. Vidya mentioned that Leopold Stokowski said, "A painter paints his pictures on canvas. But musicians paint their pictures on silence."

So, she addressed Manish, that we would provide him the silence and that he provide us the music!!! And so, Manish played on...



**Citation being presented**



**Tribal Route gifts being presented**



**"Dhanyavaad" - Acceptance speech**





**Will Star Awardee - Smt. Dr. Padma Patil**

In 2011, Nina Foundation introduced Will Star Award that reflects the indomitable spirit of life that Nina Foundation stands for 'to walk together for a wonderful tomorrow' with a head held high! A life that is truly filled with hope renewed, positivity and achievement! For the one who in the journey of life shows courage, grit and determination to overcome all obstacles and rises high, in spite of challenges faced by him/her.

Dr. Padma Patil of Akola, Maharashtra was the recipient of Will Star Award this year.

Trustee Dr. Parinaz Humranwala read the citation and a beautiful film on her by Kreate Advertising team was screened for the audience ([Link of Will Star Awardee Film: http://www.ninafoundation.org/detailed-activities.html](http://www.ninafoundation.org/detailed-activities.html)).

#### *Will Star Award 2013 - Citation*

*You have struggled and strived for success and triumph in your journey of life and you stand as a symbol of hope for the Spinal Injured community and society.*

*In spite of the recurring medical issues you took each day as a challenge to live independently and nothing stopped your determination. You faced many obstacles right from the time you were a child till you had your own. With the support of your mother, son and friends you overcame those obstacles. We salute the fighting spirit, the devotion as a mother and the woman power in you.*

*Nina foundation is proud to present its Will Star Award on 25th June 2013, Spinal Injury Awareness Day in Mumbai.*

This coveted Will Star Trophy, too, was designed by them and crafted and sponsored by Shri. Madhu Narangji,



Managing Director of Better Services. She was awarded by Hon. Chief Guest of the evening, Shrimati Rajashree-jji Birla along with the citation, gift and a purse. She spontaneously evoked a standing ovation from the audience.

Dr. Padma Patil expressed her joy at the recognition given to her. Her words inspired all present. Needless to say she was truly overwhelmed! Her young son, Chaitanya was invited on the podium to be another star in 'her moment' too!

Mr. Kiran Jani and Dr. Padma Patil, the newly crowned champions of Nina Foundation were thunderously applauded for their incredible achievements and remarkable stories of courage.

After the awards, Manish once again belted some more popular numbers. Musician John A. Logan has rightly said, "Music is the medicine of the mind." Some more

excitement came in the form of a lucky dip. A bowl having chits of our members' names was brought onto the podium. The chit was picked up by our honoured Chief Guest of the evening, Smt. Rajashree-jji Birla who announced the winner as Imran Qureshi. He received his prized gift with much excitement!

At the start, Vidya had said this was an evening of *Shravanam* and *Mananam* - that is to 'hear' and 'think'. She said that these awards are not one-off events that we can forget about as soon as we leave the hall. But, we must see this as a step in the continuing journey of the emancipation of people with Spinal Injury and their determination to seize control of their own lives with dignity and success. That we must see the person who has made it in life through determination diligence and perseverance. See the person not their tragedy; see them as individuals not as victims.

Herman Melville said, "We cannot live only for ourselves. A thousand fibers connect us with our fellow men; and among those fibers, as sympathetic threads, our actions run as causes, and they come back to us as effects." This can be done only when we work towards this goal together, at a personal and social level.

Special mention of and thanks were given to our honoured guests, Smt. Rajashree-jji Birla, Dr. Pragnya Ram, colleagues, members, sponsors, volunteers, Bhawana Manral of Kreate Advertising, Pooja Khedekar who coordinated the volunteers and the arrangements, photographer Jaisukhbhai, Madhu Singh for the blue ribbons, Manish our singer, WeSchool facilities and student Team, Bhavna, Madhu, Oliver for telephone calls, Mohammed, Hardik for on-ground support, Namrata and her mother, Jayshreeben Mehta (Chocalates), Anu for inputs on Padmataji's life sketch.

Ms. Maya Kishore-SCT's Sharan, Dr. Dhruv Mehta's a committed team of physiotherapists who look after our members under the steering of Dr. Dhruv Mehta, viz., Dr. Sanket Khadilkar, Dr. Avinash Desai Mr. Mayur Nankar, Ms. Sini Joseph, Mr. Sushant Gandhi, Mr. Yogesh Shinde, Mr. Nitish Mathew, Mr. Aditya Sawant, were specially felicitated.



**Our Team of Physiotherapists with Dr. Dhruv Mehta and Ms. Maya Kishore**



**Singer Manish**



**Lucky Dip Winner - Imran Qureshi**



**Vidya Shenoy - Our Sutradhar**



**Stage Management Team: Vidya, Parth, Aditi, Namrata and Bhawana**





### FUN TIMES: CRAZY FOTO BOOTH (The 25<sup>th</sup> June SCI Awareness Day was curated by Dr. Ketna Mehta)

There was more fun coming...those who wished to see themselves wild with funny wigs and glasses were ushered to a special Fun-Foto Booth. It was just great to see so many friends who got themselves photographed and enjoy their 'new-look' before proceeding for a sumptuous 'Meet and Greet' dinner. All things come to an end and good things, even faster! Swift-handed, eagle-eyed photographer, Jaisukhbhai captured this very memorable evening on-camera and film! On-the-spot feedback from our esteemed guests was heartening to know all could not wait for 25<sup>th</sup> June 2014.



## THEY SAID IT !



"Very enjoyable. Worth the long trip from Beed."

**Komal Bora**



"It was a great event, enjoyed a lot."

**Harshad Shinde**



"Dear Ketna Didi, I want to congratulate you and Nina Foundation for organising the wonderful SCI Awareness Day on 25<sup>th</sup> June. I had a great time. Happy to know many friends and new people. The one world issue is great too. Hope we witness many more SCI Awareness Days in future."

**Madhuri Bhide**



"My THANKS because although by GOD's grace, I keep singing at few professional assignments, but performing at Nina Foundation in front of dignitaries (All Doctors and the Eminent Chief Guests) I find it more of a fortunate opportunity and for my all my friends... more of pleasure."

**Bijal Shah**



"Excellent!! Enjoyed very much."

**Arun Singh**



"It was fun. Made new friends."

**Movin Chettiar**



**Speech by - Smt. Rajashree-ji Birla**

Dr. Shekhar Bhojraj, Ms. Ketna Mehta, Mr. Dhaval Mehta, Dr. Parinaz Humranwala, Ms. Vidya Shenoy, ladies and gentlemen.

This is one of the most, touching functions that I have ever been to. And I am happy, to be in your midst because, you are all God's greatest examples of a life of courage and fortitude. When I met with Ketnaji and learnt much more about the Nina Foundation, I felt that, the Foundation is a beacon, for the everyday journey of the differently abled human being.

From the interactions that I had with Ketnaji, I found her to be a symbol of positivity, service and acceptance. She very humbly attributes, everything that the Nina Foundation has been able to do, to the strength of the organisation, to the team of dedicated and committed doctors, counsellors and volunteers, along with the inner strength of the paraplegics and the quadriplegic.

Ketnaji said, that I should share with you, a snapshot of our work with the underprivileged. I am going to do so, very, very briefly because I want to focus on the lessons that we can learn from your lives. On our Group's work, the philosophy of caring and giving, courses through the veins of the Birla family and through it to our Group. This is right from the days of my grand father-in-law, Shri. G. D. Birla. He was a close confidant of Mahatma Gandhi. He was deeply influenced by Gandhiji's philosophy of trusteeship. This entails, that wealth is to be held in a trust for the benefit of the multiple stakeholders. Implicit in it, is the concept that, part of the profits be ploughed into, meaningful welfare driven activities, that make an impact on the lives of the underprivileged. This is a legacy that my husband, Adityaji carried forward, and has bequeathed it to my son, Kumar Mangalam.

We, work in 3,000 villages and we reach out to 7 million people across globally. Our focus areas are – healthcare, education, sustainable livelihood, infrastructure and social reform. I just want to say, a word or two, on healthcare and

particularly on the differently abled. We do a lot of work with physically challenged and the polio afflicted. Here we provide callipers, wheelchairs, artificial limbs, all of which help these recipients to become self-reliant. Every time I am at one of these medical camps, I am full of admiration, at the way these people conduct their lives.

Having said that, when I look at you, I marvel at your strength and your positive frame of mind. Ketnaji had left a number of publications of the Nina Foundation. I have gone through a few of them and I think the stories there offer some key lessons to humanity as a whole.

I would like to take a few minutes, to tell the distinguished audience here, on the learnings gleaned. The first point that, I want to make is – finding light in the darkness. You have all, gone through and perhaps continue to go through, the most trying circumstances physically and emotionally. What is truly inspiring, is that, after the initial phase, you have all faced the challenge with equanimity and fortitude. You have all found light, in what many would have construed as darkness, and you have not let darkness cloud your spirit. The key lesson here is, that life affirming thoughts have the power to heal. Negative emotions can only be destructive.



As I gather from the stories that I have read, you have never despaired to the edge of extremity. The lesson is, being positive and life affirming, takes the fear out of life. At the end of the day, there are issues – fear, anxiety, the why me syndrome and finally acceptance – and this is the story of many, many human beings, though of those with disabilities it's much harsher. How we cope, is all in the mind. The power of the mind, that helps you climb mountains, and it's the mind that will help you conquer new peaks. You have shown it too, with your members participating regularly in the Mumbai Marathon, year in and year out.

The message that comes out strong and clear – is that, building a strong faith in oneself, and in God, can help surmount, seemingly un-surmountable situations.



All of you must be familiar with the lives of Christopher Reeve, the actor or that of Stephen Hawking, both of whom rose above their physical limitations and soared to unimaginable heights. I do strongly believe that, God gives every human being an inner strength, a force, that help individuals deal with complexities and that God has a design for each of us. Prayer is incredibly important. It keeps you attuned to spiritualism. It teaches you to accept yourself unconditionally and go with the flow, each day at a time, and as your journal says "Where there is a wheel, there is a way".

I wish your journey of life becomes better, as more and more people engage with the cause of the differently abled. My wish is that, there are more spinal cord injury rehabilitation centres, greater Government and public support, better attitudes in society, more friendlier and better travel facilities, infrastructural facilities and over all a more friendly nation, that reaches out to the differently abled. And above all that some day, in the not so distant future, stem cell therapy would help cure spinal cord injuries.

I would like to salute all of you here with a few verses from Dr. Harivanshrai Bachchan's poem - ??? ???? ???? ???? ???? ???? ???? - as to me it captures the spirit that all of you epitomise -

लहरों से डर कर नौका, पार नहीं होती,  
कोशिश करने वालों की, कभी हार नहीं होती।

नहीं चींटी, जब दाना लेकर चलती है,  
चढ़ती दीवारों पर, सौ बार फिसलती है।

मन का विश्वास, रगों में साहस भरता है,  
चढ़कर गिरना, गिरकर चढ़ना, न अखरता है।

आखिर उसकी मेहनत बेकार नहीं होती,  
कोशिश करने वालों की, कभी हार नहीं होती।

Thank you.

Research Breakthrough:  
**KUNMING WALKING PROGRAMME**  
A PART OF CHINASCINET

It is from the perspective of a mother from Hong Kong who for the past 10 months has been there with his son David (C5 incomplete, injured in September 2009).

**Bowel and Bladder Training**

I had hoped to be able to tell you more about the bowel and bladder training David has been doing at Kunming Tongren Hospital but unfortunately the nurses were unable to find the brochure that explains the process (it involves a computer that monitors bladder volume, pressure, etc.). I am not present during the sessions but from what David and his private nurse tell me the training at this stage involves increasing bladder volume and training ability to contract the sphincter to hold urine and relax the sphincter to release urine. I know that sounds a bit vague but I'll tell you more when I can get my hands on the brochure.

Apart from this, they use a very clever method of helping people to urinate 'naturally' so as to reduce reliance on intermittent catheterisation. I think this method is common in China and, like many Chinese-style solutions, is born of economic necessity and scarcity of supplies. It works like this: the person himself (if his hand function permits) or someone else taps firmly on his abdomen at the place where the bladder is located. You have to find the right place and tap with just the right amount of force, but this comes easily with a little practice. If I've understood the principle correctly, this stimulation triggers the urge (possibly unsensed if there is no sensation there) to urinate - if the bladder is full of course - and causes the sphincter to relax. I've tried it on myself and that's how it feels to me. I don't know if it works for everyone, but for those I've been able to talk to here it's very efficient. They tend to do this instead of catheterisation most of the time, but use catheters once in the morning and once at night to get rid of all residual urine and prevent UTIs. My son has been doing the computer aided bladder training for three months now. He has always had a lot of sensation throughout his body and knows when he has to go, but has always largely relied on intermittent catheterisation. His bladder volume and control - both in terms of holding urine and releasing - have improved. Another interesting thing is that he now moves his bowels every day, in the morning after breakfast, with no need for enemas or suppositories. This has been going on for about 8 weeks. The bowel programme used to be a big disruption to his day - he would do it on alternate days after returning home in the late afternoon, and it could take more than an hour sometimes. The waiting time started decreasing and one morning he told his nurse that he had to go...and the rest, as they say, is history. We wonder if this development is due to the bladder training or if it has something to do with the general repair of the nervous system caused by the walking programme. One of the cornerstones of Dr. Zhu's theory is that the stimulation of the soles of the feet from overground walking sends signals through the entire central nervous system and brings about general repair. My son is a complex case because he also suffered traumatic brain injury which mainly affected his vision and his speech. He was wearing prismatic lenses to correct his double vision, but in the past six months has completely stopped wearing them. His speech is also much clearer. The brain of course has greater capacity to repair itself than the spinal cord and after four years some improvement is to be expected. The walking therapy may have contributed to David's recovery of brain function, but of course there is no way of knowing for sure.

*By: Mr. Shivjeet Singh Raghav - President,  
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## ANNOUNCEMENTS

### Exhibition

Artists and sculptors with disabilities from different parts of the country have been displaying their creations at annual art exhibitions Beyond Limits since 2001. Artists/sculptors interested in participating in Beyond Limits 2013, being organised from November 29 to December 6, 2013, may contact Family of Disabled (NGO) through post or email to familiarise themselves with terms and conditions prescribed for participation in BL-2013. The last date of receiving the artworks is September 30, 2013. So hurry up!

*Contact: Ms. Preeti Johar, Family Of Disabled,  
B-1/500 Janakpuri, New Delhi - 110 058.*

*Tel.: 011-2559 7328, 4157 0140*

*E-mail: preeti.johar@familyofdisabled.org*

### Govt. Loans for National Handicapped Finance and Development Corporation

*(Ministry of Social Justice and Empowerment,  
Govt. of India)*

*Red Cross Bhawan, Sector-12, Faridabad - 121 007.  
Scheme For disabled Young Professional*

### Objective:

This scheme is for professionally educated unemployed disabled youth. In order to inculcate the spirit of self-confidence among such disabled youths through self-employment and utilize their wisdom and experience gained through professional training and education, the Corporation provides loan at the rate of 4%-8% p.a. to professionally educated/trained disabled youths.

### Eligibility:

1. Any Indian Citizen with 40% or more disability
2. Age between 18 and 35 years
3. Should have obtained a professional degree from recognised Institute
4. The activity proposed should be directly relevant to the professional degree of the applicant

Maximum Limit of Loan:

The maximum loan limit is ` 25.0 Lakh

### Pattern of Finance:

- I) NHFDC Loan: Up to 85%
- II) SCA Loan Share: 5%
- III) Beneficiary Contribution: Up to 10%

### Rate of Interest:

- I) Up to ` 50,000/- 5% p.a.
- II) Above ` 50,000/- and - 6% p.a. up to ` 5.0 Lakh
- III) Above ` 5.0 Lakh - 8% p.a.

### Rebate:

A rebate of 1% p.a. on interest for young professional disabled women

Repayment Period: The loan is to be repaid within 10 years (including moratorium period).

### Working Capital:



NHFDC will consider a working capital margin of up to 30% of the estimated requirement. Illustrative List: Doctor; Architect; Engineer including Software/Hardware/Automobile; Advocate; Chartered Accountant/Cost Accountant; Hotel Management, Geriatric Home Care; Publicity & Advertisement; Service & Maintenance of Building; Security Guard Agency; Coaching Centres for Competitive Examination, Culture and Tourism Development; Printing Press/DTP/Graphics etc.; Fashion Designing/Boutiques; Textile Designing; Ornamental/Sculpture; Value Addition in traditional Art & Craft etc.

The above list is only illustrative and not exhaustive. The eligible youth may get financial assistance for any other technically feasible and financially viable project. It is expected that such professionally managed ventures will create equal number of wage employment opportunities for skilled/semi-skilled workers and add to the wealth of the nation.

The youth who have already obtained loan assistance pursuing higher professionals education may also be considered for providing additional loan establish self-employment income generating ventures, however, the loan limit should not exceed ` 25.00 Lakh per beneficiary including education loan.

*For details, please visit our website:  
<http://www.nhfdc.nic.in/>*



## GOOD NEWS



Anita Singh weds Amit Kulkarni: 13/05/2013



Nisha Gupta weds Chetan Rathod: 14/7/2013

God Bless both the couples and let there be more Amit's and Chetan's in this world!



Oliver D'Souza spoke about his work experience at the CII Seminar on Inclusive Employment on 13/09/2013, Mumbai

## INNOVATIONS



**GODREJ:** Team of engineers at Godrej's Shindewadi Factory, near Shirwal outside Pune, did a project to build a bamboo bicycle and a bamboo cycle rickshaw for use in rural areas. The cycle rickshaw is meant to be a rural people-carrier, though it can be converted to a load carrier also. Project puts a motor into the vehicles to ease the physical strain on the driver, and it is powered by a battery which is backed up by a solar panel on top. Their extensive testing, including driving it from the factory all the way down to Vikhroli (about 270 kms) showed that the motor can be driven comfortably for about 80 kms between recharges.

Then, as an extension of this project, team decided to use their new-found experience to make a bamboo vehicle for the disabled. They did so, and also invited a young disabled man near their factory to come and test it out. He was very excited and considered this the best vehicle he had experienced for the disabled people ever before - and wanted to buy it immediately!

Source: Mr. Vijay Crishna

**CYBERNOID TECHNOLOGIES:**  
Cybolimb Robotic Limb



An Indian exoskeleton for ₹ 35,000 only. Shortly to be launched.

Source: Mr. Birju Patel

**NINA FOUNDATION** is a thirteen year old NGO established in the memory of Dr. Nina Doshi for rehabilitation of friends with spinal cord injury.

### VISION

To spread optimism and hope of good health to people with spinal cord injury by offering innovative rehabilitation services.

### MISSION

To offer world-class spinal cord injury services encompassing physical, psychological, vocational, social, recreational and spiritual rehabilitation for overall well being.

There are over 1.5 million people with spinal cord injury in India, making it the capital with this disability in the world. Spinal cord injury is a permanent disability which transforms the person's life and rehabilitation is the key to facing life with dignity. Our Foundation has been encouraging the members enabling them to excel in their respective fields.

NCPEDP Shell Helen Keller Award in 2002

NASEOH Award in 2005

Limca Book of World Records 2008 edition

Inclusion in the book 'Chicken Soup for the Indian Spiritual Soul' 2009

Rotary International Award for 'Research Study on Healthcare Rehabilitation Management' 2009

Endorsement by various SCI Groups for initiating Spinal Injury Day for the first time in India

Empowered 600 friends with spinal injury to lead a good quality of life

Expert on GOI, MHRD, Task Forces on  
(I) Educational Development  
(II) Vocational Education & Skill Development for People with Disabilities - 2012

Charter Member of Consumer Committee by Spinal Cord Society

CII Associate for Inclusive Employment

## ACTIVITIES INCLUDE:

- **One World - A bi-monthly newsletter.** The first of its kind in India.
- **Work therapy** enables people with spinal cord injury to express their abilities, gives them financial independence and thus self-confidence a sense of respect in their family and community.
- **Support Group** facilitates sharing of experiences and have a cathartic effect.
- **Donate wheelchairs, walkers, crutches, callipers, other aids and appliances** as well as medicines and expenses for regular urodynamics, sonography, x-rays and pathology tests.
- **Education scholarships.**
- **Making India and Mumbai, barrier free and accessible** for people with disability.
- **The first Helpline for spinal injury in India.**
- **Sponsor trophies for paraplegic sports.** Since 2006 - for Mumbai Marathon over 50 members with spinal cord injury wheeled for Nina Foundation.
- **Participation in disability seminars and workshops.**
- **Author and present research papers/articles** on the scope of the disability sector in India.
- **Organise picnics, get-togethers and outbound programmes** for the community with family members.
- **Create powerful advertisements, calendars, presentations and films** about abilities of the differently abled and inclusion.
- **Dance Therapy.**
- **Active Rehabilitation and Sports.**
- **Wellness Seminars.**
- **Educational Seminars.**
- **Spine Injury Awareness Day - 25<sup>th</sup> June.**
- **Rockstar and Will Star Awards.**
- **Spiritual Tours.**

## Obstacles Faced by People with Spinal Injury in India - NINA FOUNDATION'S PERSPECTIVE

SCIs in lower income group face the existential problems of health, access and employment.

They face problems in:

- Getting access to good quality healthcare services and expert knowledge necessary to survive the severe health problems of Spinal Cord Injury.
- Accessible public transport so they can travel for employment, access to hospitals and socialising.
- Schools and colleges which accept people with disabilities.
- Avenues of employment so they can survive, afford healthcare, support their families and live with dignity.
- The process of getting disability certificate is also cumbersome and difficult.
- Finance and funds.

SCIs in higher income group face problems of quality of living:

- Major problems in getting driving license and also to renew it.
- Car manufacturers don't provide driving helper attachments.
- Lot of people don't have access to good quality healthcare services, physiotherapy, occupational therapy, etc. because there simply isn't any available.
- Good quality wheelchairs are also not easy to get at reasonable cost. Not a single brand of excellent sturdy wheelchairs for less than ₹ 25,000.
- Avenues of sports - tennis, swimming, etc. is lacking.

The other obstacles faced in India are:

- SCI not recognised as a separate category in PWD Act.
- Lack of psychological and emotional counselling in the hospitals, post trauma.
- Lack of awareness and communication about rehab centres in India/Abroad by Hospitals/Doctors.
- Lack of updated health statistics and registry for spinal injury by Government.
- Lack of interest in the concept of rehabilitation.
- The credo 'do it right the first time' missing. Bed Sores, Pressure Sores, UTI, Osteoporosis very common.
- Alternate therapies - Madiwala, Massage, Maalish, Black Magic, Karma, Scrubbing with a Scotch Brite, Acupressure, Acupuncture, Pyramid Therapy, Magnet Therapy, etc. proliferate shifting the focus.
- Lack of passion and complete knowledge by young physiotherapists and Occupation Therapists as curriculum not sufficient.
- Lack of motivation to continue with schooling, office, daily home activities in kitchen, etc.
- Proliferation of fraudulent Stem Cell clinics.
- Built environment is not conducive for wheelchair access.
- Lack of qualified and affordable ward boys, attendants, both male and female.
- Lack of availability of assistive technology, simple splints, aids for quadris, Occupation Therapy intervention almost negligible.
- Rehabilitation.
- Insurance for additional life-long expenses required.