

Giant Leaps *Forward...*

THE QUARTERLY NEWSLETTER OF SWABHIMAN

Volume : VI | Issue : IV | Oct - Dec 2020

**BROKEN
IN BODY
NOT
IN SOUL**



WELCOME TO THE FOURTH ISSUE

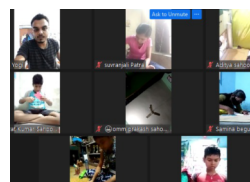
COVID-19 pandemic has changed education forever. Not only meetings but education, training, therapy, counselling, everything is happening on the virtual platform. Swabhiman's digital classes, assignments through WhatsApp and telephone are continuing regularly in this method, along with therapy, engagement in co-curricular activities, celebration of special days, main streaming for social inclusion and a successful advocacy to enroll our beneficiary in BJB Govt Junior College. The highlight of this quarter was its flagship program 19th Anjali International Children and Youth festival on the virtual platform.

Swabhiman received responses for its RTI's application from 30 districts about PwDs on COVID-19, the status of disability pension and accessibility of the University.

Among others, livelihood support was provided to six eligible youth. Swabhiman published Commonwealth Disabled Peoples' Forum (CDPF) nominations for Commonwealth Scholarship Program for Master's and PhD program 2021. Dr. Sruti Mohapatra wrote policy papers and modules for disability rights training for CDPF.

Dr. Sruti Mohapatra
Chief Executive officer, Swabhiman

INSIDE THIS ISSUE



Virtual session “**Origami**” and craft classes



Capacity building training of parents and caregivers



Plantation program at rural ICRC Mendhasal



19th Anjali International Children and Youth Festival first time on virtual mode due to COVID-19 pandemic

INCLUSIVE EDUCATION

Online education

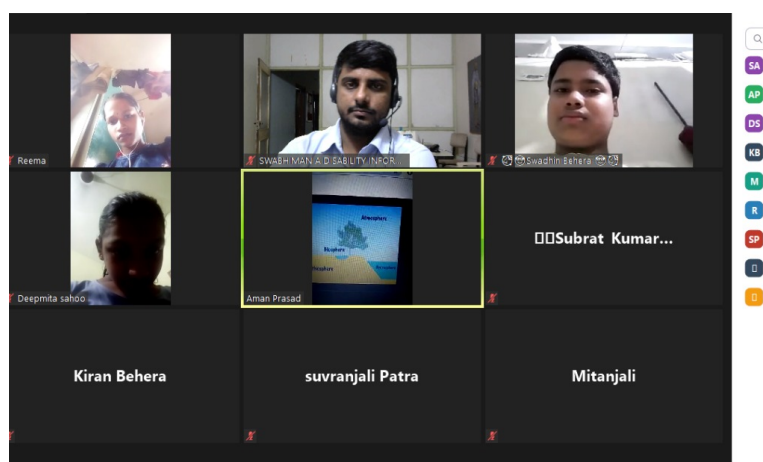
Swabhiman provided online classes including academic sessions, storytelling, art classes and music lessons. A total of 332 children benefited from virtual (189) classes. Apart from this, home-based classes (143) were also conducted.

Provision of books and TLM (Teaching Learning Material)

The government of Odisha OSEPA (Odisha School Education Programme Authority) took an initiative to home deliver books to students and provided learning kits to all children with disabilities. Swabhiman ensured that all the students enrolled in Project Saksham received the course materials as well as all ID (Intellectual disability) children received three learning kits each. Apart from that, students were provided education with the use of TLM by the facilitators during home-based education. Using TLM can graterly assist student's in the learning process, This quarter our project had designed different types of TLM for the student's of primary schools like that day time, year TLM, opposite word TLM and today tomorrow, yesterday TLM.

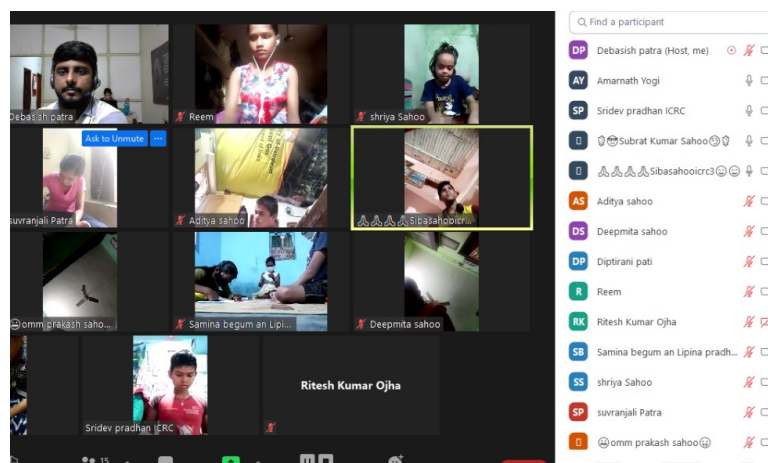
Virtual session "Origami" and craft classes

The session on Origami was conducted by Tata Trust employees. The goal was to transform an idea into a paper sculpture through folding and sculpting techniques. Children (23) cut papers into different shapes, stuck them, and made an output with techniques taught. Parents (10) also learnt the crafts and practiced the same at home. Two team members conducted online sessions on art and craft.



Mainstreaming for social inclusion

Assistive devices play a key role in providing children barrier-free mobility. Swabhiman links up with different organization to provide children assistive devices. Based



on the requirement and individual assessments, six children were provided assistive devices by ALIMCO (Artificial Limbs Manufacturing Corporation of India) Bhubaneswar.

4Siba Sahoo, 15 years old, with deafness, received a hearing aid ICRC-3 (Inclusive Child Resource Center).

4Sumitra Rana, 9 years old, with OH, received a walker ICRC-6

4Prakash Das 11 years old, with OH, ICRC-6

4Subrat Sahoo 11 years with S&HI received a hearing aid ICRC-6

4Smruti Ranjan Behera, 12 years old, with OH, received a KAFO (Knee Ankle Foot Orthosis) ICRC-7.

4Samina Begum 11 years old OH, received a prosthetic leg. She is using it and practicing walking holding on to a crutch (ICRC-8).

Home based and virtual physiotherapy

Apart from physical therapy sessions by expert physiotherapists, Swabhiman also encourages virtual physiotherapy through "Barefoot Therapists." It offered an alternative way to support those from low economic backgrounds who because of many constraints are unable to regularly bring their children for therapy. After meeting the physiotherapist 2-3 times, learning the basic movements, parents provide therapy at home. Every week they are reviewed by the therapist through an online platform. Those who do not have any digital accessibility are provided provided home-based therapy



by regular visit of therapist or the facilitators who connect them with the therapists. Therapist also communicates with parents telephonically. telephonic communication those who have All safety precautions for COVID-19 are strictly adhered to in home visits.

Therapy type	Numbers classes	Number of CwDs
Physiotherapy (virtual sessions)	38	64
Home based physiotherapy sessions	42	56
Electro Therapy	02	08
Speech Therapy	04	12
Hand Washing	94	94

Linkages with entitlements

To enroll with the Banishree scholarship and National scholarship, the procedure required proper documentation. Swabhiman facilitated the process. For those who did not have any certificate and those who had newly applied for the UDID (Unique Disability ID) card, Swabhiman supported them with counseling sessions for the parents and online applications for the entitlements. In these quarters, successfully applied for following UDID Card, Income Certificate, Bank Accounts and Madhubabu pension.

Entitlements	Status
UDID	20-Received
Income Certificate	124 - Received
Bank Account	34 - Received
Pension	02 - Received
Banishree scholarship	124 - Applied
National scholarship	10 - Applied

Hand washing practices

As its quite difficult to make the intellectually disabled children understand understand the necessity of handwashing and social distancing; and to explain the process to speech and hearing children, S&HI children, facilitators keep practicing the process with children in every home visit and aware their parents to make it a habit both at home and outside.

Children with better health and wellness

Health assessment of 317 CwDs (Children with disabilities) revealed that three CwDs were affected by normal cold and flu; no one has any symptom of viral fever.

Art competition

Farrishtey, a group of Tata Steel employees, organised a competition to encourage young talents and attract them towards the field of broadcasting. It was held on 04/11/2020. 22 CwDs from different ICRCs attended the program. All the competitions were organized virtually.



Capacity building training of parents and caregiver

Swabhiman conducted a training program on Sign Language. Teacher from the Odisha Deaf Association, Pramod Mohapatra, took the session. More than 50 participants attended it, including parents, CwDs, and staff of Swabhiman. The main objective of the program is to equip all with the basics and fundamentals of sign language methods. The session covered the following topics:

- To design an action plan for the teaching of S&HI students with a disability during this disability. Understanding the deaf culture as well as reconnecting sign language major importance in inclusive education and day-to-day life.
- The session covered basic learning in alphabets, numbers, introduction, family members, relations name (ho to address), day-to-day activities, and food items.
- Seven days in sign language, 12 months in sign language, name of the 30 districts, how to celebrate special days (World Disability Day).
- Name of vegetables, schools, book, class, how to tell the name, etc. All the CwDs attend the training and learn the basic steps of learning.
- Identification and pronunciation of animal's name, birds' names)
- Interaction and communication through sign language within the staff.
- Name of the animals, birds,
- Alphabet's practice, relationship how to pronounce Bapa, maa, jeje, bada maa, bada Bapa, bhauni, Bhai, Mamu maeen, dada, khudi
- Pronunciation through sign language of cooked hot rice, dal, curry, and all other daily food items.

ADVOCACY

DLU-East Activities

For the COVID-19, RTI (Right To Information Act) applications, we have received information from 19 districts regarding the situation of Persons with Disabilities during COVID-19, 30 districts responses regarding the status of Disability pension & 11 universities responses. It means the district information officer has forwarded it to the Blocks which is going to be time-consuming and a process of delay. Swabhiman receiving most of the responses as per our RTI questions. The responses received are mostly not applicable (NA) or transfer to other officers. One questions the government's self-declared first position in addressing disability.

For the other cases, we are applying for their entitlements as per their request.

Successful Advocacy

Parthasarathy Naik is a 15-year-old Child with dwarfism having 45% disability, residing in Adheikhalo Basti, BJB Nagar. During his birth he had jaundice. After few years of his birth he suffered from "bone TB." His growth was arrested and his height remain dwarfed. His father is a cycle mechanic and his mother is makes papad at home. He completed his 10th board examination in the 2019-20 session and secured 333 marks. He is a multi-talented boy with extraordinary capabilities in comedy, dance and music. He is a stage performer and entertains the huge public with his unique talent in dancing, singing, acting. He has won many prizes by participating in different national and international level competitions. He dreams of becoming an actor and entertain the public. A few months back during the period of lockdown, through TikTok application (a famous application), he is making various videos and entertaining people. Within a short period his fan following has increased to around 20k.

General Information

Name : Partha Sarathi Nayak

Category- Dwarfism

Education: +2(1st year in Arts)

College- BJB Junior College

ICRC-1

Address: Adheikhalo, Near Shree Hospital, BJB Nagar, Bhubaneswar

Successful advocacy

➤For his 12th admission, he applied in Utkala Sangita Mahavidyala and to BJB Junior College. He was interested in drama as a subject but in +2 level that was not available at Utkal Sangita Mahavidyalaya. So he joined BJB Junior College. However, due to some issues like misprinting of name, he was denied admission. And college informed him to get his name correctly written in similar way in all certificates. Facilitator communicated with the college administration and after several rounds of discussion with various levels of administration got them convinced to provide one month for documents submission. Finally he got admitted

➤He was supported with entitlements like disability certificate.

SPECIAL DAYS CELEBRATION

International Day for Persons with Disabilities (IDD)

On IDD, 03/12/2020, several activities were organized by Swabhiman. The theme of the year was "Building Back Better" towards an inclusive, accessible, and sustainable post-COVID-19 World by and for Persons with Disabilities.

In ICRC-7 (Govt UG UP School, VSS Nagar), ICRC-8 (Rural-based ICRC's). In ICRC 7, more than thirty attendees, including teachers, parents, CwDs, attended the program. The chief speakers of the program were Siba Prasad Mishra (Vice President of All Odisha Senior Citizen Association), Sarojini Panda (Head Mistress, (Govt UG UP School VSS Nagar), Ganesh Kumar Parida (President, SMC), Manjushree (Teacher, Govt UG UP School VSS Nagar), Sitakanta Behera (Program Manager, Swabhiman). In ICRC-8, community based rural ICRC, in Mendhasal, the day was observed with Prachi Tara Mishra, the famous storyteller of Odisha. The theme of the session was Inclusion. The session was full of the imaginative and creative environment created by both kids and resource persons. 40 including CwDs, staff members, and volunteers attended the program. There was a cultural program by CwDs in the program, and the session was concluded with the oath-taking by all the participants of the session.

Christmas in ICRC VIII

On 25/12/2020, ICRC-8 celebrated christmas with the team of "Speak for Animal." An exposure trip to DN Regalia Mall, Patrapada was organised for adoption of the children's education expenses. On christmas some of the kids attended a virtual celebration by making a craft on the christmas theme.



Gandhi Jayanti

02/10/2020 Gandhi Jayanti was observed by the event focussing on recycling plastic waste. Children made Holographic 3D projectors from old waste plastic bottles.

World Heart Day



On 29/09/2020, on the occasion of World Heart Day, in collaboration with Utkal Heart Center, Dr. Pratap Kumar Pradhan MDDM, eminent cardiologist trained 3 volunteers to do a door-to-door survey of the health status beneficiaries. Apart from that, a cardiovascular assessment of PwDs of Mendhasal and nearby villages above the age of 40 was also planned.

LIVELIHOOD SUPPORT TO YOUTH

Birendra Baliarsingh

27-year-old Birendra Baliarsingh, orthopedically impaired, lives in a rented house in Kunjapatna sai, Old town and had a small, fast food stall. During the national lockdown, due to the pandemic, it got shut. His mother stayed ill, and he had to stay along with her. He had to sell his small setup at Rs 6000/- to sustain during the extended look-down. Post lockdown, his mother's condition worsened, so though he wanted to start his stall, he couldn't due to minimal funds. He approached Swabhiman for support. With the funds he reinstalled his food and snacks stall. He started to get a good profit



from the first month and earned RS 5000/-. Later his mother was diagnosed with cancer, and he is taking care of her expenses. His stall is operational for five months, and his monthly income is about Rs 10000 to Rs 12000. He said, "I thought lockdown was the most challenging time, but who knew it's just the beginning for me. Swabhiman's support has helped to set my stall again, and I am managing my expenses and taking care of my mother."

Bhagirathi Jena

32-year-old Bhagirathi Jena, orthopedically impaired, lives in a rented tin shed house in Bhotopada, Rasulgarh. He used to be an auto-rickshaw driver and was mainly on school duty. With his minimal savings, he developed his alternate business of a retail cabin. He didn't invest much in the place as his auto rickshaw was enough to earn his livelihood. Due to the national lockdown, schools closed, and transport services were shut. He could not start his cabin. The stock from his store and his savings got exhausted during the extended lockdown.

He reopened his cabin, but his sales projection was low due to insufficient stock in his store. Swabhiman financially supported him to buy stock for his variety retail cabin, and it helped him increase his sales. Swabhiman also supported him technically to take digital payments using UPI. He said, "The support came to me and my family when we needed it the most. I will remain ever grateful to Swabhiman for this help." Now he is back with his auto rickshaw for school duty and the rest of the time he spends in his retail cabin.



Susanta Kumar Sahoo

38-year-old Susanta Kumar Sahoo, orthopedically impaired, lives in Rangamatia, had an existing retail cabin made by his father that got shut during the extended national lockdown. His small savings and cabin stocks didn't take much time to get exhausted.

Post lockdown, he started selling handmade cloth masks, but it wasn't enough for him to sustain his life. He wanted to reopen his cabin, but the investment was around Rs 60000/-. His father supported him with Rs 35000/- and

the rest was funded by Swabhiman, which helped him buy stock for his variety retail cabin. He also set his mask's stall in his variety store. He said, "Every single day in lockdown, I felt, I am entering into darkness, but Swabhiman's support came as a ray of light."



Amresh Prasad Gawda

23-year-old Amresh Prasad Gawda, orthopedically impaired, lived in a rented apartment at Bomikhal. He is a gold medalist at Global IT Challenge 2019, held in South Korea. He represented India in the physically challenged category. He has also done a computer diploma course and always wanted to start his event management company, but he needed to work in this sector. To fuel his dream, he needed to earn a livelihood. He decided to start a sublimation and vinyl printing setup. The young entrepreneur had done good market



research and had a transparent business model. But he was unable to begin his setup because of insufficient funds. Swabhiman financially supported 60% of his project, and the rest 40% was invested by him.

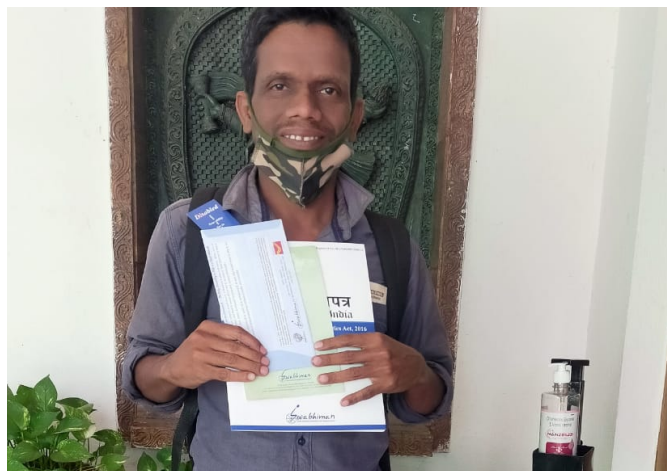
He makes good quality products like customized T-shirts, coffee mugs, pillow covers, keychains, etc., at a very reasonable price. It was an instant hit, and within a month, he started getting bulk orders. His sales projection rose from 15k to around 35k in the second month of operation.

He invested his savings in buying a scooter to deliver the orders, registered his company with GSTIN, and named it "A KART." He is planning to expand and make a gift store where people can buy customized gift items. He is also organizing small events and helps in branding. He is doing extensive marketing and getting bulk orders and targets to reach a sales projection of 50k to 60k in six months of operation.

A baseline survey was conducted in the month of Puri District. It was found that 4531 persons with disabilities are in Puri District as per the district administration.

Kripa Sindhu Dalai

42-year-old Kripa Sindhu Dalai, orthopedically impaired, lives in a rented tin shed house at Sabarsahi, Rasulgarh.



He is a graduate and has a retail variety cabin that got shut and displaced by BMC during the lockdown. Post lockdown, like many others, he couldn't earn enough due to insufficient stock in his store. He requested minimal support from Swabhiman to reopen his store and get back to business. Swabhiman financially supported him to reopen his store. He said, "I was clueless that how would I sustain and save my stall; I thought of selling my booth for a nominal cost, and I almost closed the deal, but with God's grace, Swabhiman's support came as a blessing."

Jayanti Muduli

30-year-old Jayanti Muduli, orthopedically impaired,



lives in a rented tin shed at Bhotopada; Mancheswar. She left her studies at a very young age and started tailoring. She is very passionate about it and wanted to start her tailoring unit. Her dream took its first step when she got employed in a tailoring enterprise. She was employed there for three years. During the extended lockdown, she didn't get her salary, and it was difficult for her and her family to sustain.

She is skilled in tailoring and stitching. So she decided to start her tailoring unit and earn her livelihood rather than working for some other enterprise. Swabhiman financially supported her to begin her entrepreneurship journey. She had been operating for three months now and has employed one staff to assist her. She plans to expand her unit and is currently working a double shift to earn more to invest in another quick tailoring station machine which will add to her sales.

ADVOCACY

Youth sensitization

On the occasion of IDD (International Day of Persons with Disabilities), 03/12/2020, several activities were organized by Swabhiman. The theme of the year was “Building Back Better” towards an inclusive, accessible, and sustainable post-COVID-19 World by and for Persons with Disabilities. Swabhiman organized a webinar for students with disabilities. About 50 students attended the webinar. Dr. Sruti Mohapatra spoke on the importance of 3rd December, its history, and the theme for 2020. Focussing on Build Back Better, she explained how governments across the world failed to address the unique needs of the disabled while designing the COVID-19 response. She outlined the steps needed for inclusion in emergency response and creating an inclusive society.

IDOD Program of ADAPT Mumbai

On 02/12/2020, evening Dr. Sruti Mohapatra addressed the IDOD program of ADAPT, Mumbai. The session was on Inclusive Education and inaugurated by Secretary DEPwD (Department for Empowerment of Persons with Disabilities, GoI, New Delhi). There were five panel

discussions and 25 national and international speakers who addressed an audience of 200. Dr. Mohapatra spoke on "Inclusive Employment in the Private Sector."

Rotary club webinar

On 03/12/2020, Dr. Sruti Mohapatra was invited to address in several webinars. She was invited as Chief Speaker by SVNIRTAR and as Chief Guest and Keynote



Speaker by four Rotary Clubs to address "Building Back Better for the Disabled in Post-Covid19 World." Rotary Clubs of Hyderabad, RID-3150, Cuttack Cantonment, Bhubaneswar Smile, and Cuttack Mahanadi, RID-3262 jointly organized the talk on Thursday, the 3rd of December, 2020 at 7 p.m via online platform About fifty Rotarians attended the program and had several questions to ask.

A sensitization program at Rural Saksham

On 29/12/2020, Swabhiman conducted a sensitization program at Rural Saksham, Astaranga. There were 40 attendees from among Anganwadi Workers (AWW). The program aimed to sensitize them on disability issues, government schemes, early identification and intervention, RPwD Act 2016 stipulates, simulation activities and accessibility features of a building. A short tour of the school campus and ICEC (Inclusive Child Education Centre) followed. The program concluded with the simulation activities for all the participants to internalize the challenges of students with disabilities. The program was conducted by Lalatendu Bhoi, academic and co-curricular facilitator.



MEGA PROGRAM ANJALI

19th Anjali International Children and Youth Festival first time on virtual mode due to COVID-19 pandemic

19th festival returned in the digital platform. Thousands of audiences participated through the online platform. Anjali started with 9 days back-to-back program including competitions, workshops, panel discussions, film festival and celebrity shows. There was huge participation from not only India but also from abroad. More than 2000 number of CwDs participated in many competitions and attended all the online support and became part of this virtual session from 11am-6pm.

The workshops Live Demonstration and interactive learning experience for the children without the constraints of a classroom. Workshops are models of joyful learning where resource persons from different corners of the country and state entertained the children. This Pandemic Anjali commenced on virtual mode 6 workshops and 8 resource persons. The workshops included Storytelling with Puppetry, Odishi Dance, Cartooning, Contemporary Dance, Clowning, Science. The workshops the continued from 15 th November to 21 st November. Competitions In 2020 ten solo competition was held.

Competition Details

- Folk Dance
- Team Debate
- Classical dance
- Art
- Face painting
- Francy dress- pre activity
- Science Models
- Music competition
- Modern Dance competition

CAPACITY BUILDING

Sign language session

It's a process to learn about the process of communication and interaction through fingers with different levels of symbolic structure to strengthen students, parents, and staff. Sign language contains all the fundamental features of the language, with its own rules for pronunciation, word formation, and word order. Swabhiman has several beneficiaries with speech and hearing impairment. Swabhiman empowers its staff and students with Sign language to improve the process of communication with this group of children. Swabhiman provided both virtual and physical classes by giving a consultancy to Promod Kumar Mohapatra (Teacher, Palashpalli Deaf school)



OTHER ACTIVITIES

Blood donation camp at Astaranga

A special blood donation camp was organized at Astaranga block to collect blood for children with Thalassemia of Astaranga and Kakatpur block of Puri district on 23/12/2020 and 24/12/2020. Around 50 blood units were collected from the nearby panchayat of Kakatpur. Swabhiman's rural project, Astaranga, took this initiative with the collaboration of local organization Sikhya Ra Vikash Educational Trust. Chief speaker of the meeting was the BDO (Block Development Officer), and guests included Block Chairperson, IIC Kakatpur, Head of Educational Trust. Mihir Mohanty, Project Manager, Swabhiman addressed the meeting. A separate counseling corner was organized for the parents and



children who have been affected with Thalassemia. Many issues were identified by volunteers during the counseling from both blocks to state-level from parents.

Plantation program at rural ICRC Mendhasal

A forest is a mini version of the world, with its inhabitants living respectfully next to each other. Hopefully, we can make the world like a forest again as well — and that can happen by planting trees only. On 27/12/2020, in rural ICRC at Mendhasal, all enrolled children enjoyed the plantation activity. Total of 81 saplings were planted at the ICRC. The event was organised in collaboration with Mobil Lubricants. Children planted trees and learnt songs about usefulness of tree plantation.



Plantation Program and Initiation of New Agricultural Unit of "Papaya"

Papaya is considered good for Heart and on World Heart Day CwDs planted 30 Papaya Saplings in ICRC 8.



Health survey in Mendhasal

Chocolate Group in collaboration with Utkal Heart Center is going to conduct a Health Survey of People in Mendhasal Village. Volunteers of Chocolate Group are

being trained by Dr. Pratap Kumar Pradhan. They are being trained to use an Oximeter, take blood pressure measurements, check pulse rate and blood sugar test. We hope this will help us to identify people with health risks and will let the villagers take a step forward for Healthy Mendhasal.



INTERNATIONAL ACTIVITIES

COSP side meeting

The Convention on the Rights of Persons with Disabilities (CRPD) was adopted by the General Assembly by its resolution 61/106 of 13 December 2006. It came into force on 3 May 2008 upon the 20th ratification. Article 40 of the Convention stipulates that "The States Parties shall meet regularly in a Conference of States Parties to consider any matter concerning the implementation of the present Convention." Since 2008, 12 sessions of the Conference of States Parties have been held at United Nations Headquarters, New York. The 13th session took place at the United Nations Headquarters, New York, in December. Only Governments, UN agencies, and accredited civil society organizations (CSOs) can conduct side-events at sessions of the Conference of States Parties to the CRPD. CDPF held its event on 04/12/2020.

Ablly chaired by Sarah Kamau with contributions from Richar Reiser, Sruti Mohapatra, Thandiwe Mfulu, Emile Gouws the CDPF presentation was a grand success. Diane Samarasan of DRF, funder, Jimmy Innes of ADD, fiscal partner, Layne Robinson from Commonwealth Secretariat, and Richard Boden from UK Gov FCDO were part of the deliberations. The meeting was well received and marked the progress CDPF has made since the side meeting held 18 months previously at COSP12.

Commonwealth Disabled Peoples Forum Nominations for Commonwealth Scholarships for masters and Ph.D. 2021.

Swabhimani publicized the scholarship program widely in Odisha and India.

The Commonwealth Disabled People’s Forum has membership from Disabled People’s Organizations in 47 Commonwealth Countries and is committed to developing full Human Rights for Disabled People across the Commonwealth by building the capacity of DPOs and developing policies to get Governments to fully implement the UN Convention on the Rights of Persons with Disabilities and the Sustainable Development Goals.

Commonwealth Disabled People’s Forum www.commonwealthdpf.org (CDPF) as a partner of the Commonwealth Scholarships Commission in the UK can nominate up to 10 Masters and 5 Ph.D. candidates in the 2021 round.

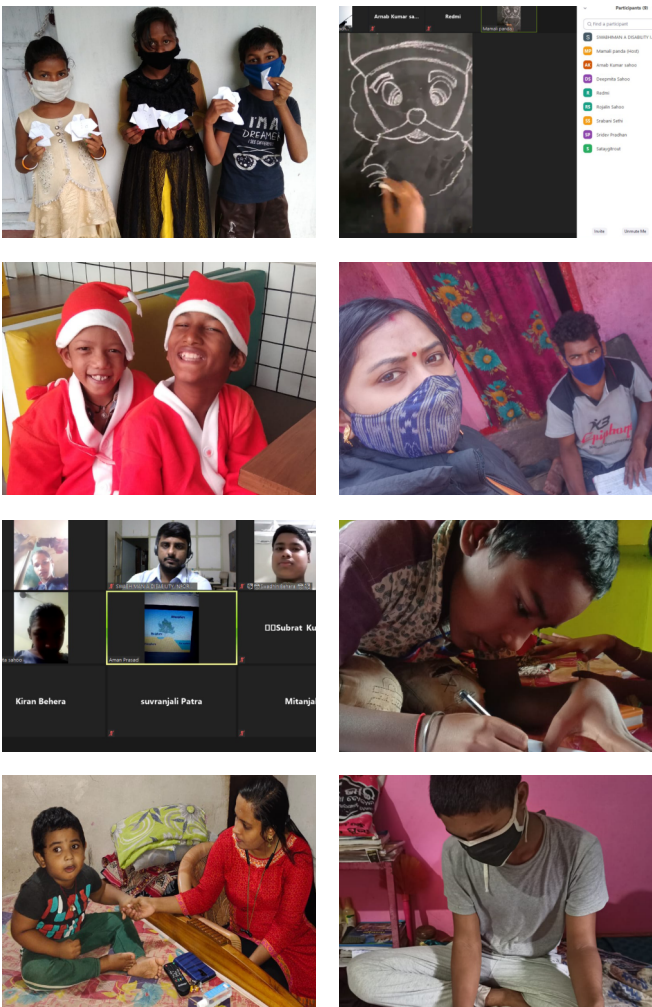
These scholarships are offered under six development themes:

1. Science and technology for development
2. Strengthening health systems and capacity
3. Promoting global prosperity
4. Strengthening global peace, security, and governance
5. Strengthening resilience and response to crises
6. Access, inclusion, and opportunity

Dr. Sruti Mohapatra is the vice president of CDPF.



Photo Gallery



EDITORIAL TEAM

Editor	: Dr. Sruti Mohapatra
Data Compilation	: Team Swabhiman
Photography	: Team SWABHIMAN
Layout	: FOOTSTEPS, BBSR
Design	: Shardha Printex



A/98, Budha Nagar, Bhubaneswar, Odisha, India
 Tel. : 0674 - 2313313/ +91 9238106667
 Email : swabhiman@gmail.com
www.swabhiman.org