



**GURU GOBIND SINGH INDRAPRASTHA
UNIVERSITY
NEW DELHI**



**UNIVERSITY INCLUSION AND ACCESSIBILITY CELL
UIAC-UTTHAAN
IN COLLABORATION WITH
UNIVERSITY SCHOOL OF MANAGEMENT STUDIES
INCLUSION & ACCESSIBILITY
(I&A) E-MAGAZINE
Volume 8**



**Editor's note by:
Prof. (Dr.) Shalini Garg
Editor-in-Chief I&A E-Magazine
University Grievance Redressal
Officers (Disability Matters)
Chairperson-University
Inclusion & Accessibility Cell
UIAC-UTTHAAN
GGSIP University, Delhi**

**MESSAGE FROM
PROF. (DR.) MAHESH VERMA,
VICE CHANCELLOR, GGSIPU**



I am delighted to announce that University Inclusion & Accessibility Cell (UIAC-UTTHAAN) of Guru Gobind Singh Indraprastha University (GGSIPU), Delhi, is publishing the Eighth issue of its Biannual 'Inclusion & Accessibility' e-Magazine (July 2023-Dec 2023).

My best wishes go out to the dedicated editorial team on this occasion. I wish the release of the Eighth issue 'Inclusion & Accessibility' e-Magazine (July 2023-Dec 2023) a grand success.

EDITOR'S NOTE by PROF. (Dr) SHALINI GARG EDITOR-IN-CHIEF I&A E-Magazine



Namaskar!

I am delighted to introduce the eighth volume of the Inclusion and Accessibility (I&A) E-Magazine. The University Inclusion & Accessibility Cell (UIAC) recently participated in the DIVYA FEST organized by the State Commissioner of Persons with Disabilities in New Delhi on December 4th and 5th, 2023. During this event, UIAC-UTTHAAN showcased the impactful initiatives and actions implemented for the benefit of the entire country and community through an Information Booth.

We are pleased to share that an official acknowledgment letter has been received from the office of the State Commissioner of Persons with Disabilities in Goa commending the unwavering dedication to promoting Disability Inclusion and fostering inclusive and accessible workplaces.

This biannual magazine, produced by UIAC UTTHAAN, Guru Gobind Singh Indraprastha University, encompasses the proceedings of the 3-Day Disability Awareness Week & Fest 2023 held from 25th Sept to 27th Sept 2023. Under the esteemed patronship of our worthy Hon'ble Vice Chancellor, Prof (Dr) Mahesh Verma, Padma Shree Awardee, this event marked a significant milestone in our pursuit of promoting disability inclusion and accessibility.

Throughout the three-day event, we were fortunate to have logo collaboration with Department of Empowerment of Persons with

Disabilities (Divyangjan) (DePwD), Ministry of Social Justice & Empowerment (MSJE), Government of India. A Special thanks to Shri Rajesh Aggarwal ji, IAS secretary, DePwD, MSJE to accept our invitation and inaugurate the UIAC UTTHAAN 3-Day Disability Awareness Week & Fest 2023

I would like to extend my special thanks to DOWN SYNDROME PARENTS SOCIETY, DELHI for graciously agreeing to present their cover story and to Mr. Sachin Porwal for his willingness to share his life experiences as a Person with Disability. His story serves as an inspiration and a testament to the resilience and determination of individuals overcoming challenges.

In this issue, we also feature the comprehensive activities of the Disability Awareness Week &Fest, including lectures by eminent resource persons, the launch of the second Crash Course on Sign Language in collaboration with ISLRTC New Delhi, the Stand-up Comedy by Sachin Porwal-A visually impaired artist, & exciting Wheelchair Basketball Match.

Additionally, we have included thought-provoking articles penned by talented individuals. Nidhi Das discussed about Why Diversity Inclusion Matters. Shiv Shankar Mahto, Varun Kathpal, Harsh Prashar, Rohit Chandra Pandey presents a brief analysis of MENTAL HEALTH AND WELL-BEING. Baishakhi Ghosh Prachi emphasizes upon Advancing Inclusion and Accessibility in Education: Exploring Inclusive Teaching and Learning Practices. Our "Facts & News Corner" will keep you updated on the latest developments in the field of disability inclusion, and the quiz will test your knowledge on the subject.

I would like to express my heartfelt gratitude to the young Student Coordination & Design Team and all the authors who have contributed their views, ideas, quizzes, and other engaging content on disability inclusion in higher education. Your compassion and creative approaches are instrumental in advancing the interests of persons with disabilities.

Stay connected with us on social media platforms for updates, information regarding submission guidelines, and to subscribe to upcoming editions of the e-magazine. We remain committed to supporting the initiative for inclusive growth and the development of Persons with Disabilities.

**I hope you find this volume informative and enlightening.
Until next time, stay happy, safe, and healthy.**

Until next time..... Stay Happy, Safe and Healthy

A handwritten signature in black ink, appearing to read 'Shalini Garg', with a long horizontal stroke extending from the end.

Prof. (Dr.) Shalini Garg

Editor-in-Chief I&A E-Magazine

University Grievance Redressal Officers (Disability Matters)

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APPRECIATION & RECOGNITION
for
UIAC UTTHAAN



**OFFICE OF THE STATE COMMISSIONER FOR PERSONS WITH
DISABILITIES.**

GOVERNMENT OF GOA

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Date: 04/01/2024

Appreciation Letter

To,
Dr. Shalini Garg
Professor-Management
Editor-In-Chief (I&A E-Magazine)
Chairperson, University Inclusion & Accessibility Cell (UIAC)
University Grievance Redressal Officer (Nodal Officer - Disability Matters)
Guru Gobind Singh Indraprastha University (GGSIPU)
Dwarka, New Delhi

Dear Dr. Shalini Garg,

I am writing to extend my heartfelt congratulations and commendation for your unwavering dedication to promoting Disability Inclusion and fostering inclusive and accessible workplaces.

Your tireless efforts in aligning with the initiatives of Office of the State Commissioner for Persons with Disabilities in Goa have not only heightened awareness within the community but have also played a crucial role in educating students, faculty, and society at large.

In acknowledgment of your significant efforts, we are pleased to present this letter as a token of appreciation.

Best Wishes for your continued dedication.

Yours Faithfully,

O/o the State Commissioner
for Persons with Disabilities
Porvorim - Goa

(Guruprasad R. Pawaskar)
State Commissioner for Persons with Disabilities
O/o State Commissioner for PwDs

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COVER STORY
***DOWN SYNDROME PARENTS SOCIETY,
DELHI***

DOWN SYNDROME PARENTS SOCIETY, DELHI

Mrs. Rashmi Joshi, President, DSPS, New Delhi
(With contributions from Mrs. Sameeksha Sajwan, Secretary and Mrs.
Deepti Mathur, Treasurer)



Introduction

Down syndrome is a type of intellectual disability which occurs when an extra chromosome gets attached to the twenty-first pair of chromosomes during conception, which is known as 'Trisomy 21' in medical parlance. This discovery was made by the British physician Dr. John Langdon Down and it is named after him.

Down syndrome (DS) is not a disease but a genetic condition, manifesting in developmental delays which become more pronounced as persons with DS advance in age. They often suffer from a host of physical problems such as

hypotonia (flabby muscles), respiratory and cardiovascular issues etc. and need continuous support, attention and monitoring, sometimes even in their middle age.

On the positive side, persons with DS are very warm and friendly, with a sweet smile on their face. They are naturally trusting, pure at heart and extend their unconditional love to everyone.

Intellectual Disabilities

There are a number of intellectual disabilities ranging from Autism, Down syndrome, Fragile X syndrome etc. Persons whose IQ is below 70 come under this category, and the disability may range from mild, moderate, severe to profound. In some persons, intellectual disability may present itself along with other conditions such as cerebral palsy etc. The term 'mental retardation' was used earlier while referring to intellectual disabilities, but it is discontinued due to its derogatory connotations. The term 'neurodevelopmental disability' is presently used to convey intellectual disability and such persons are referred to as 'intellectually challenged' or 'neurodiverse'.

Neurodiverse persons are included under the broad category of 'special persons' or 'specially-abled' worldwide (called 'Divyang' in India), to shift the focus from their shortcomings to their other abilities. This is an umbrella



term which covers the entire range of disabilities – both physical and intellectual. Similarly, parents of such persons are called special parents.

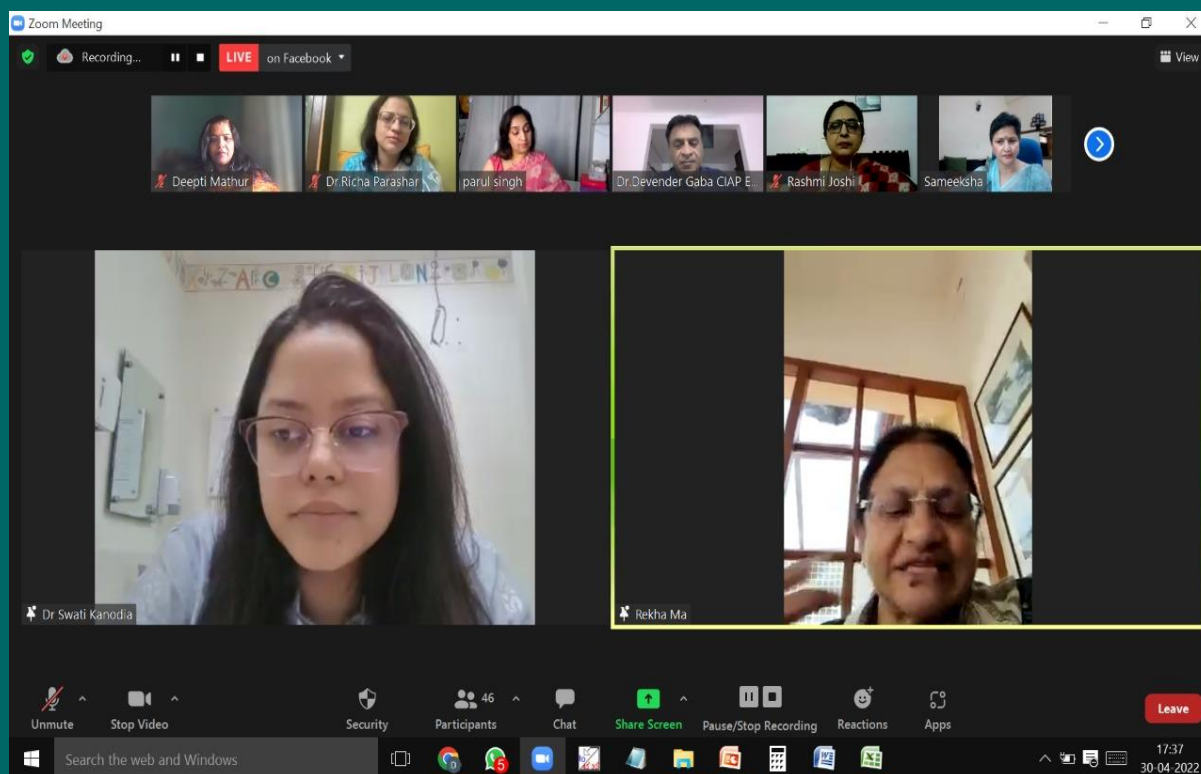
However, one fundamental difference between physical disabilities (audio-visual, orthopaedic etc.) and intellectual disabilities must be kept in mind. Persons with physical disabilities have fully developed cognitive and thinking capabilities. So, they are capable of achieving self-dependence to varying degree, depending on their physical and socio-economic conditions. They can also fight for their rights and are often vocal about their needs. Persons with intellectual disabilities, on the other hand, need constant support and assistance and need to be protected from myriad threats. Most of them cannot communicate their needs or difficulties, though there are few self-advocates championing the cause and highlighting the challenges faced by them.

Statistically speaking, it is estimated that one child with Down syndrome (DS) is born among every thousand 'normal' children. In India, the number of special persons (across the disability spectrum) is around eight to ten percent of the entire population, though the official figures are much lower, due to a variety of reasons.

Parents Associations

There is increasing awareness and support for the issue of intellectual disabilities from various sections of the society viz. the medical fraternity, therapists, special educators, national institutes, mainstream and social





media etc., yet a lot more needs to be done. It is universally acknowledged that the ultimate responsibility falls on the parents. There are many heart-warming examples of persons with DS achieving awe-inspiring results in various fields at national and international levels, thanks to early acceptance, tender care and herculean efforts by the parents.

Senior parents are the best guides for young and inexperienced parents, sharing their first-hand experiences. Based on this premise, parent associations across the country provide holistic support to special parents.

DSPS Delhi

Down Syndrome Parent Society (DSPS) registered in Delhi is a relatively young and vibrant organisation founded by dedicated special parents in 2015. This well-knit and dynamic all-women team relentlessly strives to ensure better quality of life and better opportunities for the persons with DS. All their endeavours are ably supported by their Chennai-based parent organisation, 'Down Syndrome Federation of India (DSFI).

DSPS Delhi Activities

After sharing their contact details with various hospitals in NCR, the founders launched many initiatives over the years like induction of new

parents, parent meets, online groups, medical camps, picnics, webinars, workshops, conferences, social media campaigns etc., many of which have become regular events. They continuously work towards bringing an innovative approach in their efforts to avoid stagnation and ritualistic repetition.

Their first free health check-up camp was organised in 2017 in association with DSFI and IMA, in which more than eighty families participated. The PwDs were screened by eminent paediatricians, ENT, dentists, endocrinologists, and nutritionists.

DSPS collaborated with IAP Delhi for free health camp few years ago and the



bond has grown strong ever since. They actively participated in PEDICON (national paediatric conference) which was attended by thousands of paediatricians from across the country. An awareness video of DS self-advocates from all over India was displayed and a Cyclothone was organized during this event to celebrate World Down Syndrome Day (WDSD) celebrations in '22. Later, a medical camp was also organised in association with IAP West Delhi and Manipal Hospital Dwarka.

A workshop on physiotherapy and sensory integration was held as a part of WDSO celebrations and a cycle rally was arranged on Rajpath between India Gate and Rashtrapati Bhawan in which more than 250 parents and friends of PwDs participated. Other activities like Flash Mob and *Nukkad Natak* were also carried out during this event. During the Covid pandemic, DSPS office bearers were in constant touch with parents to extend all possible help including psychological support. An online medical camp was also arranged during the same period.

A series of webinars have been arranged with medical experts over the years on many topics such breaking the news about the DS diagnosis to parents,



puberty issues, orthopaedic, dermatological and ENT issues, interconnectedness of physical and medical issues etc., Experts from other fields also shared their insights online on various issues such as mental wellbeing, mind games, NIOS etc.

DSPS actively participated in the first Indian International Down Syndrome Conference (IIDSC) hosted by DSFI in 2017 and it has become an annual feature since then. A camp to facilitate screening for the Disability Certificate,

as part of the WDSD celebrations was arranged in 2018, in association with the National Trust.

Important meetings were held in 2019 with National Trust and Niti Aayog for including Down syndrome (DS) in the list of disabilities and easing the procedure for getting a disability certificate etc. A dance video of kids with DS to celebrate Down syndrome awareness month was made in Oct. '20. To



celebrate the World Down Syndrome Day on 21st Mar. In 2021, three videos of children with DS were made for the social media campaign, with inputs from the parents.

An awareness program was held in Sahyog Mela in 2022 in collaboration with Acharya Narendra Dev College with its NSS wing. In which college students took part and DSPS could touch upon the youth. During this event, parents, persons with Down syndrome, and officials of DSPS took part, and college students were sensitized about the cause. Highlight of the year '22 was the 'Able-Eves' workshop, supported by WILD MIUSA - India Program. This was the concluding event of the year-long participation by a self-advocate, including a two-week training in the US. Another unique initiative was participation in 'Applause for the cause' in Dec '22, an initiative by Army Wives Welfare Association (AWWA) entrepreneurs for inclusion.

In Dec- 2023, DSPS collaborated with the office of State Commissioner of Disability of New Delhi's office. Four of our artists associated with us took part in 2 days "Divya-Utsav" and displayed their art work. Our artists were applauded and praised by each dignitary and every person who visited the event.

DSPS regularly arranges fashion shows with innovative themes in collaboration with like-minded persons and organisations. Picnics are routinely arranged, some of them with inclusive schools, with the idea of sensitising young minds and mainstreaming special children. Recently concluded mountaineering trek in Nepal for persons with DS was yet another unique initiative.

End Note

Children with Down syndrome, with their simplicity, purity of soul and loving nature reminds us of the goodness inherent to human nature. They also act as a great unifying force, synergising the positive resources not only for their benefit but the society at large, keeping the moral of their parents up. And that is a huge plus.



INTERVIEW
with
SACHIN PORWAL
(A visually Impaired Comedian)

- **How did you embark on your journey as a visually impaired comedian, and what inspired you to pursue stand-up comedy?**



It started very randomly, in fact, I didn't even know it was called "stand-up comedy" when I did it for the first time. I remember, in 2017, We, from our school went to a college in my city Udaipur, they were celebrating some years of their college, some of my friends were singing, some dancing, some reciting poetry etc. And I just asked my teacher "Can I tell some jokes?" My teacher agreed and within minutes I was on the stage in front of 300 people, mostly college students. I had been a funny person in my friends and family groups; I had been a person who would often say something funny. I used to mimic teachers, friends and politicians too. On the stage I just told some of the jokes which I repeated with my different group of friends and I can't explain when the first laughter hit, It is still clear in my mind, the sound of auditorium full of people laughing and clapping for you, this feeling is irreplaceable. When I stepped down from the stage some of the college

students came and said, "great stand-up comedy" "nice stand-up comedy" Then I got to know it's called as "stand-up comedy" I went home, searched about it, watched some videos, found some open mics in my city and from there it was never looking back. It is for the hit and the high that I get from the laughter and cheers of the crowd this is why I do it. In life I have started many things but stand up is a thing which I am continuing despite many brakes.

- **Comedy often reflects personal experiences. How do you draw inspiration from your life as a visually impaired individual to connect with your audience?**

Comedy does include personal life experiences, I use it for my advantage, I often clear in the beginning that I am a person with visual impairment, I often educate my audience beforehand that there is a thing called screen readers which can be used to access phones and laptops, When I joke about things I find funny or weird on Instagram and Twitter, so people also get to know that I can also and people with visual impairment also uses social media just like them. I try to keep up with the latest trends too. When I talk about relationships, girlfriends, sex etc. So, people get to know that I also live a "normal" life as well. I have similar interests as well. I, through my jokes also try to bust myths about blind people in general and blindness' and I have received mostly positive feedback after that. Stand up does help me to start conversations with my batch mates, seniors etc. in my university. Also, when I joke about my personal experiences so along with it being funny it is also educational for the people who have not been with a blind person before. I feel it's a great opportunity.

- **Tell us about your experience performing at UIAC UTTHAAN's Disability Awareness Week & Fest. What significance does such an event hold for you?**



Performing in the fest is nothing less than an achievement for me. Performing at such a prestigious place has always been in an artist's bucket list. Personally, it was a great experience for me, the stage, the mic, the audience, the auditorium, everything was in my favor. Due to time constraints I couldn't attend other events of the fest. But again, as I mentioned events like these initiate conversations, When I posted about this and told my friends it started conversation regarding disability, regarding accessibility, people come up with queries and I love to talk about it. I remember having a conversation with two of the professors regarding how I use screen readers, about the accessibility lab, about how I type and give my exams etc. Everything was a great experience in itself.

- **As a performer, what message do you hope to convey to both disabled and non-disabled audiences through your comedy?**

As a visually impaired artist I hope to convey a message of non-discrimination, inclusion, and acceptance. I would like to convey a message of its ok to laugh at certain things, if a PWD is on a stage with a mic that does not mean that you have to feel motivated or inspired for no reasons, everybody has their own challenges and we should respect that and not give sympathy. Again, I try to educate people that these are just jokes and jokes should be taken as jokes.

- **Can you share a bit about your academic background and the field of study you're pursuing?**

I am pursuing B.A. LL.B Hons at prestigious NALSAR University of Law Hyderabad. I have always been fascinated about laws, rights, freedom etc. This interest grew more when I was denied admission at a school after my class 10th, But through RPWD act and with the intervention of state



commissioner for PWDs I secured the admission and when I performed just like other students and when the attitude of the administration changed towards me I realized the power of law and how knowing the laws help in securing our rights and of others I realized the power of law. Therefore, I decided to pursue a career in law. I am in my second year and so far it is going good. I have studied Economics, Geography, Psychology, Political Science, and English in my school.

- **Looking ahead, what are your aspirations and goals as a visually impaired artist, and how do you plan to continue making an impact in the world?**

I am working on my Stand-up Comedy Special called "Being Blind in India" I Aspire to travel with this special at as many places as possible. I aspire to work at a good law firm or a company after my graduation so that I am secured financially and can do my craft freely. Art is a thing which comes by itself I cannot force it and when finance is involved in it cannot be creative that's why the best life for me would be to work in a law firm for five days and do stand up on weekends. I also aspire to do more college shows to spread awareness amongst young people of our country and I also aspire to increase my internet presence. A bunch of things are in pipeline.

- **What lessons or skills from your comedy performances do you think have positively influenced your academic life?**

As I mentioned earlier Stand up does help me to break the ice with a lot of people be it even my class mates. Stand up does help me in unwinding from the stress of the studies. I feel good when I perform, when I write, or even thinking about it. Laughter is a stress reliever and as it helps others it helps the artist as well. When I have a good performance and I am relaxed I can study also with concentration.

- **In your educational journey, what are some challenges you've encountered, and how have you overcome them?**

In my academic journey I have faced multiple challenges such as non-availability of scribes, non-availability of accessible reading material, understanding complex English words and sentences by the professors. I have made a great use of technology, I would recommend everyone to learn computers, learn typing, I type and give my exams, I am no more dependent on scribes. I have worked, and still working on my English, I was not from an English medium background. I have started using OCR apps to make the study material accessible. I have understood that there is no harm in asking and if you don't ask the answer is always no., I do seek help from friends and seniors. Sometimes what professors or lengthy texts cannot make you explain, your seniors and mentors can explain within minutes. It is very important to have some supportive mentors I am really thankful to my mentors.

- **What advice would you give to other students, especially those with disabilities, who aspire to pursue their passions alongside their academic endeavors?**

I would like to advice firstly, to accept which ever disability you have, try to talk about it and try to normalize things, we have to understand that not everybody knows about the disabilities and what comes with the disabilities, I would not recommend to hide the disabilities in any way. I would strictly advice to stay away from seeking sympathy in any form. Try to create inclusion with your ideas and with your art. If you are a student then you will have to maintain a balance, I used to follow a strict schedule to full fill the needs of both the academics and the art form. Sometimes studies seem boring and the art form seems way interesting but there has to be a balance.

If you are a student then make it your advantage, do and organize open mics in your institution, call artists, do opening acts, this is a time to learn a lot of things both in academics and of the art form. Academics makes you a holistic person, books throw a new fact each time you open it and, in some way, or another it can help you in your art form.

Thank you



ARTICLES CONTRIBUTED BY GGSIPU FRATERNITY (STUDENTS):

- **Building Bridges, Not Walls: Why Diversity Inclusion Matters** by Nidhi Das
- **MENTAL HEALTH AND WELL-BEING** by Shiv Shankar Mahto, Varun Kathpal, Harsh Prashar, Rohit Chandra Pandey
- **Advancing Inclusion and Accessibility in Education: Exploring Inclusive Teaching and Learning Practices** by Baishakhi Ghosh Prachi

Building Bridges, Not Walls: Why Diversity Inclusion Matters

By: Nidhi Das

Disability inclusion is more than just a buzzword; it's about creating a world where everyone has the opportunity to participate fully and meaningfully in all aspects of life. It's about dismantling the barriers that stand in the way of people with disabilities and building bridges of understanding and acceptance. Every person, regardless of their abilities, deserves to be treated with dignity and respect and to have equal opportunities to reach their full potential. When everyone is included, our communities are more vibrant, diverse, and innovative. By creating an inclusive environment, we can tap into their talents and contributions, which gives rise to an encouraging, empowering and holistic environment. But what does disability inclusion look like in practice? It's about:

- Ensuring that physical and digital spaces are accessible to everyone. This means installing ramps, elevators, and accessible bathrooms; providing captions on videos and transcripts for audio recordings; and designing websites that are usable with assistive technologies.
- Providing modifications to allow people with disabilities to participate in activities or programs. This could include offering alternative formats for materials, or providing sign language interpreters.

- Educating people about disability and how to create an inclusive environment. This can help to break down stereotypes and discrimination.
- Spreading awareness about disability inclusion is crucial for creating a more accessible world for everyone.

To promote a healthy and inclusive environment, we too must learn about disabilities, use inclusive language, be patient and offer support when needed. We all have unconscious biases. We must try to be aware of our own biases and work to challenge them.

On the occasion of 'International Day of Persons with Disabilities', celebrated on the 3rd of December, the students of NSS, USMS, conducted a rally to advocate for change and raise awareness about diversity inclusion. Fuelled by their unwavering belief in a brighter tomorrow, the students marched with their banners held high and unified voices, their steps paving the way for a future brimming with inclusivity, innovation and boundless potential. Disability inclusion is an ongoing journey, but it's one that we must all take together. By creating an inclusive environment, we can build a world where everyone has the opportunity to thrive. Remember, even small actions can make a big difference.

MENTAL HEALTH AND WELL-BEING

By: Shiv Shankar Mahto, Varun Kathpal, Harsh Prashar, Rohit Chandra Pandey

Mental health and well-being are crucial aspects of human life that have far-reaching effects on individuals and society as a whole. It affects people's feelings, thoughts, and behaviours and includes social, psychological, and emotional well-being. Improving mental health and lowering the prevalence of mental illness require effective mental health promotion. In order to address the prevalence of mental health issues among different demographic groups, especially university students who are at risk of psychological distress, a comprehensive approach involving collaboration between the public and commercial sectors is needed. Furthermore, the significance of attending to mental health issues is highlighted by the influence that mental health has on one's physical health, academic performance, and career opportunities. People who understand the value of mental health and wellbeing are better able to make use of their skills, manage life's challenges, work efficiently, and give back to the community. It is essential for people to maintain their mental health and well-being, as well as for society at large. It enables people to use their abilities to their full potential, manage daily stressors, make valuable contributions, and engage with their communities. A variety of populations are affected by mental health concerns, but young adults—such as college students—are especially susceptible to psychological suffering. Particularly in the wake of the pandemic, it is critical that every nation create customised psychiatric screening and intervention programmes that take into account their unique socioeconomic condition, culture, and values. Raising mental health awareness and improving coping skills can be greatly aided by universal interventions that target all people, such as the Youth Aware of Mental

Health Program, in addition to customised programmes. These programmes include interactive workshops and instructional materials aimed at addressing suicidal thoughts and behaviours as well as negative life situations. Together, the public and private sectors must provide a thorough and well-coordinated response to mental health concerns. Together, these organisations can guarantee that people have access to quality mental health care, which will have an influence on people's lives as well as society at large. In order to satisfy the mental health requirements of university students, colleges must prioritise the education and promotion of mental health skills.

ACCESSIBILITY OF COUNSELLING AND MENTAL HEALTH SERVICES

Accessibility to counselling and mental health services is a crucial aspect of overall healthcare. It is necessary to ensure that these services will be available and in reach of everyone so that everyone will be aware of mental health but there are some factors due to which it is not available for everyone like **Costing:** The cost of counselling and mental health is not cheap that everyone can afford but what we can do is we can have that covered in our insurance policy so that we can avail those benefits. **Availability:** These services are easily present in the urban areas so it becomes easier for the people who live in urban areas but not for the people of rural areas these services are limited to some areas only. Government has to build infrastructure so that it can be easily accessible for the people of rural areas. **Awareness:** Some people don't believe in the concept that there is something called mental health so we need to aware the people about this and even if some people know they don't want to use these services because they have thought in their mind that they are going to judge you.

SUPPORT FOR STUDENTS WITH MENTAL HEALTH DISABILITIES

Support for students with mental health disabilities is crucial for creating an inclusive and equitable education environment. Educational institutions should prioritize implementing comprehensive strategies to address the unique needs of these students. This involves fostering awareness among educators, promoting open communication, and establishing support networks. Accommodations such as flexible deadlines, alternative testing arrangements, and counselling services contribute to a more supportive atmosphere. Additionally, mental health awareness programs can help destigmatize conditions, creating an environment where students feel comfortable seeking assistance. Collaboration between educators, mental health professionals, and students is essential. Regular check-ins, individualized education plans, and accessible resources contribute to a holistic support system. Institutions must also invest in staff training to recognize signs of distress and provide appropriate interventions. Ultimately, recognizing mental health as a legitimate aspect of student well-being is the first step. By implementing tailored support systems, educational institutions can empower students with mental health disabilities to thrive academically and personally, fostering an environment where all students can succeed.

STRESS MANAGEMENT AND SELF-CARE RESOURCES

Effective stress management and self-care are essential to maintaining mental and physical well-being in our rapidly changing world. One valuable resource is mindfulness meditation, which encourages people to focus on the present moment, which promotes relaxation and reduces stress. Apps like Headspace and Calm offer guided meditation sessions, making them accessible to beginners. Exercise is another effective way to reduce stress. Regular exercise releases endorphins, which improve the body's natural mood and help relieve tension. Whether it's a brisk walk, yoga, or working

out at the gym, finding an exercise that suits your preferences can significantly reduce stress. In addition to external resources, it is important to have a strong support system. Connecting with friends, family, or support groups fosters a sense of belonging and provides an opportunity to express feelings. Social connections can act as a buffer against stress, providing valuable perspectives and emotional support. Self-care goes beyond external practices to setting boundaries and prioritizing personal needs. Learning to say no when necessary, getting enough sleep, and maintaining a healthy work-life balance are all part of self-care. Journaling and creative activities such as art or music can also be therapeutic ways to express emotions and reduce stress.

In summary, it is clear that mental health and wellness are critical for both people and society at large. The necessity of an all-encompassing and well-coordinated approach is underscored by the prevalence of mental health issues among many demographic groups, including university students. In order to deal with stressful situations, suicidal thoughts and actions, it is necessary to increase awareness and improve coping mechanisms. Establishing good partnerships with various public and private sectors is crucial in addressing mental health concerns. Moreover, especially during and after the pandemic era, the creation of psychological screening and intervention that are specific to the socioeconomic position, culture, and beliefs of each nation is essential. Through raising awareness about mental health issues and offering support for dealing with psychological discomfort, we may strive toward a society where people can make the most of their potential, manage everyday stressors, produce quality work, and give back to the community. Universities are also essential for the early identification and treatment of mental health issues in young adults.

Advancing Inclusion and Accessibility in Education: Exploring Inclusive Teaching and Learning Practices.

By: **BAISHAKHI GHOSH PRACHI**

Introduction: In recent years, there has been a growing recognition of the importance of Inclusion and Accessibility in educational settings. The I & A e-magazine plays a crucial role in advancing the discourse on inclusive teaching and learning practices. This article delves into the magazine's current theme: "Inclusive Teaching and Learning," focusing on Universal Design for Learning (UDL) principles, accommodations for diverse learning styles and needs, and inclusive curriculum development and instructional strategies.

Universal Design for Learning (UDL) Principles: One of the cornerstones of inclusive teaching and learning is the application of Universal Design for Learning principles. UDL emphasizes the creation of flexible learning environments that cater to diverse student needs. Articles featured in the I & A e-magazine explore how educators can integrate UDL principles into their instructional practices, ensuring that educational materials and methods are accessible to all learners, regardless of their abilities or learning styles.

Accommodations for Diverse Learning Styles and Needs: Recognizing and addressing diverse learning styles and needs is essential for creating an inclusive educational environment. The I & A e-magazine provides a platform for educators and researchers to share insights into effective accommodations. From assistive technologies to differentiated instruction, contributors explore innovative ways to adapt teaching methods to meet the

individual needs of students, fostering a more inclusive and equitable learning experience.

Inclusive Curriculum Development and Instructional Strategies:

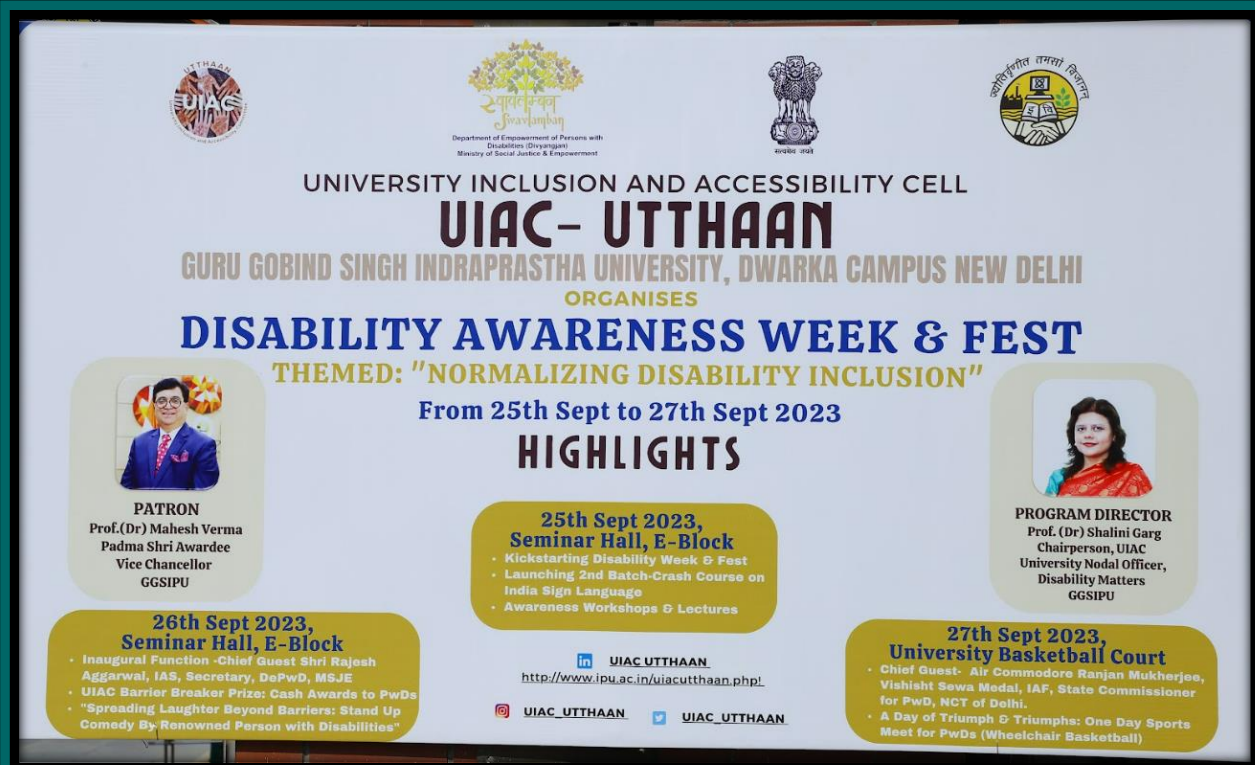
Inclusive curriculum development is central to promoting diversity in educational content. The I & A e-magazine highlights articles that discuss strategies for developing curricula that reflect a broad range of perspectives and experiences. Additionally, instructional strategies that promote inclusivity, such as collaborative learning and peer support systems, are explored. These articles aim to bridge the gap between theory and practice by offering actionable insights for educators seeking to implement inclusive approaches in their classrooms.

Conclusion: In conclusion, the Inclusion and Accessibility e-magazine serves as a catalyst for the advancement of inclusive teaching and learning practices. Through a focus on UDL principles, accommodations for diverse learning styles and needs, and inclusive curriculum development, the magazine contributes to the ongoing dialogue surrounding Inclusion and Accessibility in education. By providing a space for the exchange of ideas and research findings, the I & A e-magazine plays a crucial role in promoting a more inclusive and accessible educational landscape.

EVENTS ORGANISED
by
UIAC – UTTHAAN
(July 2023-Dec 2023)

- UIAC-UTTHAAN **3 DAY DISABILITY AWARENESS WEEK & FEST** (25th to 27th Sept 2022)
- UIAC - UTTHAAN **MARCH** Marks **INTERNATIONAL DAY OF PERSONS WITH DISABILITIES** (3rd Dec 2023)

I. UIAC-UTTHAAN 3 DAY DISABILITY AWARENESS WEEK & FEST Themed: *“Normalizing Disability Inclusion”* (25TH TO 27TH SEPT 2022) presided over by **Shri Rajesh Aggarwal ji IAS, Secretary, Department of Empowerment of Persons with Disabilities (Divyangjan), Ministry of Social Justice and Empowerment, Government of India.**



The poster for UIAC-UTTHAAN Disability Awareness Week & Fest features logos at the top for UIAC, the Department of Empowerment of Persons with Disabilities, the Government of India, and GGSIPU. The central text reads: UNIVERSITY INCLUSION AND ACCESSIBILITY CELL, UIAC- UTTHAAN, GURU GOBIND SINGH INDRAPRASTHA UNIVERSITY, DWARKA CAMPUS NEW DELHI, ORGANISES, DISABILITY AWARENESS WEEK & FEST, THEMED: "NORMALIZING DISABILITY INCLUSION", From 25th Sept to 27th Sept 2023, HIGHLIGHTS. The poster is divided into three main sections for the days of the event. The left section for the 26th Sept 2023 seminar lists an inaugural function with Shri Rajesh Aggarwal as the chief guest, cash awards, and a stand-up comedy show. The middle section for the 25th Sept 2023 seminar lists a kickstart, a crash course on sign language, and awareness workshops. The right section for the 27th Sept 2023 basketball court lists a chief guest, a medal ceremony, and a one-day sports meet. Social media handles for UIAC-UTTHAAN are provided at the bottom.

UNIVERSITY INCLUSION AND ACCESSIBILITY CELL
UIAC- UTTHAAN
GURU GOBIND SINGH INDRAPRASTHA UNIVERSITY, DWARKA CAMPUS NEW DELHI
ORGANISES
DISABILITY AWARENESS WEEK & FEST
THEMED: "NORMALIZING DISABILITY INCLUSION"
From 25th Sept to 27th Sept 2023
HIGHLIGHTS

PATRON
Prof.(Dr) Mahesh Verma
Padma Shri Awardee
Vice Chancellor
GGSIPU

25th Sept 2023, Seminar Hall, E-Block
• Kickstarting Disability Week & Fest
• Launching 2nd Batch-Crash Course on India Sign Language
• Awareness Workshops & Lectures

26th Sept 2023, Seminar Hall, E-Block
• Inaugural Function -Chief Guest Shri Rajesh Aggarwal, IAS, Secretary, DePWD, MSJE
• UIAC Barrier Breaker Prize: Cash Awards to PwDs
• "Spreading Laughter Beyond Barriers: Stand Up Comedy By Renowned Person with Disabilities"

27th Sept 2023, University Basketball Court
• Chief Guest- Air Commodore Ranjan Mukherjee, Vishisht Sewa Medal, IAF, State Commissioner for PwD, NCT of Delhi.
• A Day of Triumph & Triumphs: One Day Sports Meet for PwDs (Wheelchair Basketball)

PROGRAM DIRECTOR
Prof. (Dr) Shalini Garg
Chairperson, UIAC
University Nodal Officer,
Disability Matters
GGSIPU

UIAC-UTTHAAN
<http://www.ipu.ac.in/uiacutthaan.php>
UIAC-UTTHAAN **UIAC-UTTHAAN**

HIGHLIGHTS:

- Day 1 - Session Series
- Day 2 – Inaugural Session & Stand-Up Comedy
- Day 3 – One Day Sports Meet for PwDs: Wheelchair Basketball



The event commenced with the opening ceremony at Seminar Hall E, where the 3-Day Disability Awareness Week & Fest, themed "Normalizing Disability Inclusion," was introduced. Prof (Dr) Shalini Garg who is the Chairperson of University Inclusion & Accessibility Cell (UIAC-UTTHAAN) & University Grievance Redressal Officer (Disability Matters) delivered the opening address,

setting the stage for the Disability Awareness Week & Fest. Her remarks highlighted the importance of fostering inclusivity and understanding within the community. The morning continued with a discourse on disability by Dr.

Anupam Ahuja, Former Professor & Head DEGSN and IRD NCERT and Prof (Dr) Yukti Sharma from the Department of Education, University of Delhi. Their insights



provided a comprehensive understanding of the challenges and opportunities in promoting disability inclusion. A significant part of the day



was dedicated to recognizing creative contributions. The event hosted the screening and judging of the 3 Best Videos, 3 Best Photographs, and 3 Best Slogans submitted by participants on the theme of "Normalizing Disability Inclusion". Participants and guests had the opportunity to network and engage in conversations during a designated tea break. This informal setting encouraged collaboration and the exchange of ideas. The event also saw the launch of the 2nd Batch of a Crash Course – Basic Indian Sign Language Course, in collaboration with ISLRTC New Delhi, aligning with the quantifiable outcomes of NEP 2020. The introductory session on Indian Sign



Language garnered 50 enrolments, not only from within the University's own schools but also from external institutions, including Delhi College of Vocational Studies and Research, and SCERT. The session offered participants a glimpse into the world of communication for the hearing-impaired. To further enhance understanding, handouts and information brochures related to Indian Sign Language were distributed, ensuring that participants had valuable resources to take away from the event. Day 1 successfully set the stage for the Disability Awareness Week & Fest, focusing



on awareness, education, and recognition. The diverse range of activities catered to a holistic understanding of disability inclusion and laid the groundwork for

the subsequent days of the event. The UIAC-UTTHAAN expressed optimism about the impact and outcomes of the remaining days, anticipating continued engagement and learning.

The second day of the Disability Awareness Week & Fest, themed "Normalizing Disability Inclusion," kicked off with a vibrant inaugural ceremony at Seminar Hall E, organized by UIAC UTTHAAN. The morning

began with a warm floral welcome extended to the **Chief Guest, Shri Rajesh Aggarwal Ji, IAS, Secretary, DePwD, MSJE.** The



traditional lamp lighting ceremony followed, symbolizing the illumination of knowledge and understanding. The Disability Awareness Week & Fest was officially inaugurated, signifying the commencement of a day filled with insightful discussions and activities. Prof (Dr) Shalini Garg, Chairperson UIAC, welcomed the attendees, setting the stage for the day's proceedings. Her introduction emphasized the significance of the event in promoting disability inclusion. Shri Rajesh Aggarwal Ji, IAS, Secretary, DePwD, MSJE, delivered a thought-provoking address, sharing insights into the government's initiatives and emphasizing the importance of societal



inclusion for people with disabilities. Prof. (Dr.) Mahesh Verma, Vice-Chancellor of GGSIPU, extended a virtual welcome to the Shri Rajesh Aggarwal Ji.

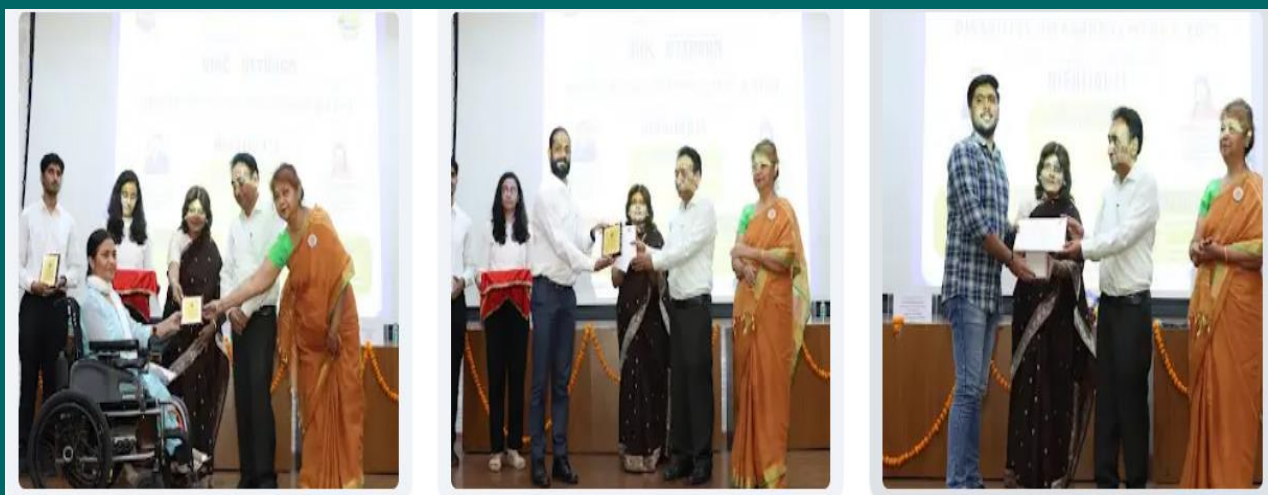
During his address, he offered insights into the pivotal role that educational institutions play in cultivating an inclusive environment. Additionally, he commended Prof (Dr) Shalini Garg for her steadfast efforts in promoting awareness and sensitization regarding disability inclusion. Smt. Sunita Shiva, the Registrar of GGSIPU, expressed gratitude on behalf of the university, acknowledging the valuable contributions of all participants and dignitaries. The event proceeded with the introduction of university



dignitaries, disability experts, UIAC cell members, and nodal officers. This was followed by the distribution of



certificates and awards in various categories, recognizing excellence in faculty, students/scholars, NGO trainees, and winners of the video making, ISL slogan writing, and photography contests. A symbolic act of environmental consciousness occurred with the planting of a tree UTTHAAN



VRIKSH, led by Chief Guest Shri Rajesh Aggarwal Ji, IAS, Secretary, DePwD, MSJE, Prof (Dr) Shalini Garg, Chairperson UIAC and other dignitaries,



including the DEAN of USMS & USLLS.

A networking tea break provided participants with the opportunity to engage in informal discussions, fostering connections and collaborations. The afternoon session

featured an inspiring stand-up comedy performance by Sachin Porwal, a visually impaired comedian, titled "Spreading Laughter Beyond Barriers." His comedic talent showcased the power of humor in breaking down societal



barriers. The event concluded with a heartfelt vote of appreciation and a



closing speech, summarizing the highlights of the day and expressing gratitude to all participants, sponsors, and organizers. Day 2 of the Disability

Awareness Week & Fest was marked by insightful discussions, meaningful recognitions, and inspiring performances, contributing to the overarching theme of normalizing disability inclusion. Participants eagerly anticipated the upcoming activities scheduled for the final day of the event. The final day of the Disability Awareness Week & Fest was dedicated to a One Day Sports Meet for Persons with Disabilities (PwDs), specifically focusing on Wheelchair Basketball.

The morning commenced with an introduction of the Wheelchair Basketball



players, setting the stage for an interactive session where participants and attendees engaged in discussions about

their experiences and challenges. A warm floral welcome was extended to the **Chief Guest, Air Commodore Ranjan Mukherjee**, Vishisht Sewa Medal, IAF, and State Commissioner for PwD, NCT of Delhi. Air Commodore Ranjan Mukherjee delivered an impactful address, emphasizing the importance of inclusive sports and the empowerment of persons with disabilities through such initiatives. The highlight of the day was the



Wheelchair Basketball match, which commenced with a grand start by Team A (Red) and Team B (Blue). The players, including Tasneem, Azeem, Pradeep, Sanjay, Tariq, Deepak, and Raju, showcased exceptional skill and teamwork. A vibrant match commentary kept the audience engaged, providing insights into the strategies, skills, and spirit displayed by the players. The commentary added a layer of excitement and understanding for

those less familiar with the *sport*. Following the intense match, a short



refreshment break allowed participants and spectators to relax and share their thoughts on the inspiring display of sportsmanship. The event

concluded with the valedictory session, where Team Blue emerged victorious. The announcement was met with cheers and applause, reflecting the camaraderie and sportsmanship displayed throughout the match. Dr. Monisha Mridul, a UIAC member, expressed gratitude on behalf of the organizers, acknowledging the Chief Guest and all participants for their contributions and participation. A comprehensive vote of thanks was



delivered, expressing appreciation to everyone involved in making the sports meet a success. The closing speech summarized the significance of the event in promoting inclusive sports and fostering a sense of community. The One Day Sports Meet for PwDs was a resounding success, serving as a powerful testament to the capabilities, resilience, and spirit of individuals with disabilities. The event not only promoted physical well-being but also underscored the importance of inclusivity and equal opportunities in the realm of sports. UIAC UTTHAAN expressed satisfaction in achieving the objectives set for the 3-Day Disability Awareness Week & Fest, creating a platform for dialogue, awareness, and empowerment.



II. UIAC - UTTHAAN MARCH MARKS INTERNATIONAL DAY OF PERSONS WITH DISABILITIES (3rd Dec 2023)



In a resounding display of commitment to inclusivity and accessibility, the University Inclusion & Accessibility Cell (UIAC - UTTHAAN) of Guru Gobind Singh Indraprastha University, New Delhi, organized the UIAC - UTTHAAN MARCH on Sunday, December 3rd, 2023, to coincide with the International Day of Persons with Disabilities under the Patronship of our Honourable Vice Chancellor Prof (Dr) Mahesh Verma, Padma Shri Awardee.

This initiative, led by the Chairperson of UIAC & University Grievance Redressal Officer for Disability Matters, Prof (Dr) Shalini Garg, not only symbolizes a step towards creating a more inclusive campus but also reinforces the importance of recognizing and celebrating the diversity within our society. Her commendable efforts were instrumental in making

the March a significant event, highlighting the university's dedication to fostering an inclusive and accessible environment. the pivotal role they play in shaping a compassionate and equal society.



The UIAC - UTTHAAN March received a grand send-off from **Capt. Satendra Sangwan**, a distinguished Paralympian and Deputy Manager HR at ONGC & **Mrs. Tina Phogat**, a SI of the Delhi Police Force. The March, which saw participation from students, faculty,

and members of the community, served as a powerful means to raise awareness about the challenges faced by persons with disabilities and the need for a more accessible environment. The event was very well organized with around 100+ students from various departments of UG and PG courses participating in the awareness rally. The students carried placards, banners and posters on the theme of the day: "Disability Inclusion Our Motto Our Vision." "हम सबका साथ, सबका समर्थन: दिव्यांगों का सम्मान"



The procession, winding through the university campus, carried a message of unity, understanding, and shared responsibility in building a society that caters to the needs of everyone.

Mrs. Tina Phogat, a SI of the Delhi Police Force. Said SI Phogat, “It was a very pleasant experience to interact with the young generation students and to see their enthusiasm for the welfare of persons with disabilities.”



“I personally congratulate all the participants and entire faculty, staff and students of IP University for this wonderful initiative and making Dwarka proud. The dedication of the UIAC is really appreciable and they don’t leave any stone unturned to help the society in whatever way possible. I remember, last year there was a marathon organized by Dr. Shalini Garg,” said Capt Satendra Sangwan, Paralympian, National Awardee. By commemorating the International Day of Persons with Disabilities in such a manner, UIAC-UTTHAAN, Guru Gobind Singh Indraprastha University has reiterated its commitment to creating an inclusive and accessible environment for all, paving the way for a more equitable future.



UIAC UTTHAAN in SPOTLIGHT

**A new feather in the UIAC Cap for being
allowed for Authorized Coverage of
INTERNATIONAL PURPLE FEST 2023
from its Coffee Table Book as provided
by *State Commissioner for Persons with
Disabilities (GOA)***



CELEBRATING DIVERSITY!



Purple Fest

CELEBRATING DIVERSITY!

Purple Fest 2023, India's first inclusive fest, celebrated diversity and inclusion for persons with disabilities from January 6th to 8th, 2023, at the Entertainment Society of Goa. Organized by the Office of the State Commissioner for Persons with Disabilities, Govt. of Goa, in collaboration with other entities, the event aimed to break stereotypes and foster an inclusive world. With over 5,000 delegate registrations, including the disabled community, and 1000 local volunteers, the festival showcased the capabilities of PwDs, attracting more than 50,000 visitors. Purposeful activities included Purple Think Tank sessions, sports events promoting Para games, Jagruti Mela for stakeholder interaction, and Purple Dialogue fostering policy advocacy at local and national levels. Purple Fest 2023 featured Purple Ambassadors representing the 21 disabilities recognized by the Rights of Persons with Disabilities Act, 2016, aiming to transform societal perceptions. The Opening Ceremony, attended by dignitaries including the Chief Minister and Ministers of Goa, marked the unique festival's commencement. Throughout the event, lifesavers assisted delegates in accessing the sea, with special ramps at Miramar Beach facilitating wheelchair access. A memorable cruise experience for delegates with disabilities showcased the festival's commitment to inclusivity. Additionally, a Bird Walk at Carambolim Lake engaged 69 delegates, including visually impaired and hearing-impaired participants, in spotting diverse bird species. The Fest showcased a historic moment with the first-ever accessible Blind Car Rally in Goa, featuring visually impaired navigators using braille maps. The rally, promoting interdependence, had individuals serving as drivers and was flagged off by Minister of Social Welfare Subhash Phal Dessai. State Commissioner Guruprasad Pawaskar expressed overwhelming emotions, thanking the Rotary Club of Panjim for making the dream event a reality. Television actress Pooja Bedi commended the rally for promoting empowerment and support. Organized by Pro Sports, the rally saw 35 cars with drivers and 40 navigators from various parts of the country, receiving positive feedback. Purple Fest 2023, organized by the Akshadhaa Foundation, featured innovative initiatives like the Assisted Living facility for neuro diverse individuals and families. The Antarchakshu workshop offered a simulated experience of life with a disability, while the Museum of Possibilities showcased solutions for overcoming daily barriers. Jagruti Mela provided information for parents of children with disabilities, focusing on education and livelihood opportunities. The We Care Film Festival,

inaugurated by Minister Subhash Phal Dessai, screened impactful films, including a National Anthem featuring Amitabh Bachchan and children with disabilities. An Art Gallery displayed artworks by artists with disabilities, and Purple Fest hosted the 10th annual Miss and Mister Deaf India 2023 beauty pageant, offering a platform for the deaf youth community. Varsha G. emerged as the Ms. Deaf India 2023 winner.

The fest featured a range of inclusive events, including the historic Purple I-Run Goa Marathon, the All-India Para Table Tennis Open Championship, and the Inter-State Blind Cricket Tournament. The festival also included workshops and initiatives such as Antarchakshu, a simulation workshop, and the Access India Convention, focusing on digital empowerment. Additionally, the We Care Film Festival and an Art Gallery showcased the talents and perspectives of individuals with disabilities. Sensitization workshops, a marathon promoting inclusiveness, and various sports events highlighted the commitment to breaking barriers and promoting the rights and abilities of persons with disabilities. Access India emphasized digital empowerment, while Purple Fest overall aimed to foster social and economic empowerment, quality education, and combat discrimination against persons with disabilities. The festival received support from government officials and stakeholders, contributing to a platform for discussion and resolution of issues facing the disabled community.

Purple Fest 2023 achieved remarkable success by bringing together delegates from diverse backgrounds, including educationists, NGOs, activists, corporates, and government officials. The festival, not limited to those with disabilities, showcased a vibrant mix of talents and abilities, creating a colorful and inclusive environment. Praised for its concept and execution, the event served as a platform for differently-abled individuals to showcase their talents while providing a valuable learning experience for all attendees. The emphasis on team spirit, acceptance, and leadership resonated throughout the festival, fostering togetherness and inclusion. The overwhelming joy, success, and acceptance evident on the faces of participants on the final day attested to the grand success of Purple Fest 2023.

To view the complete PURPLE FEST 2023 BOOKLET, CLICK ON THE LINK:

<https://drive.google.com/file/d/1kTPbQ2Zz-MzLJGJXrfQIOdC4IHF56wZ1/view?usp=sharing>

*UIAC UTTHAAN takes privilege in being
invited
as a **DELEGATE** in
INTERNATIONAL PURPLE FEST
2024*



Purple Festival

Accreditation Approval for the
International Purple Fest, Goa – 2024



From registration@purplefestgoa.com

To shalinivineet@yahoo.com

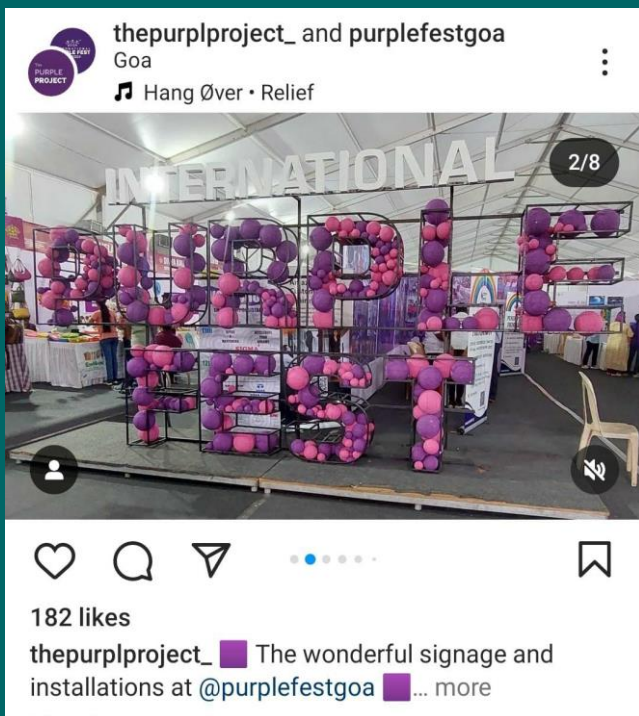
Yesterday at 4:41PM ▼

Dear Prof Shalini Garg ,

Congratulations, you have been **approved** as a Delegate under
Individual category for **International Purple Fest, Goa –**
2024TM.

Name: Prof Shalini Garg

Glimpses of INTERNATIONAL PURPLE FEST 2024



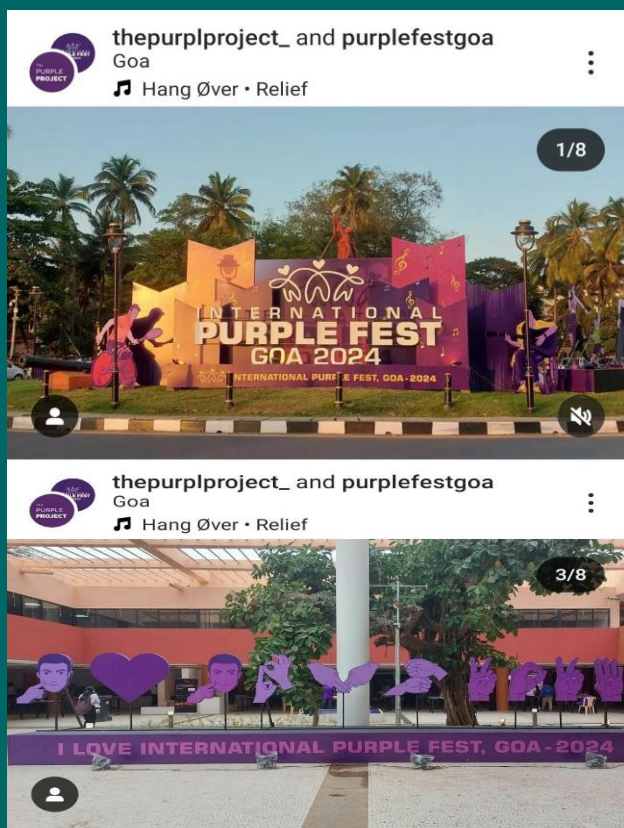
International Purple Fest, Goa -2024 @purplefestgoa · 31 Dec 2023 ...
Get ready for the adrenaline-packed action at the Purple Wheelchair Cricket Invitational Cup 2024!

As part of the International Purple Fest, Goa - 2024, this epic showdown will feature eight competitive States battling it out on the ground. Let's roll into an unforgettable...

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Differently Abled Cricket Council of India and 9 others



(source: twitter: <https://twitter.com/purplefestgoa> & Instagram: <https://instagram.com/purplefestgoa>)

***OUTSIDE ENGAGEMENTS
of
UIAC-UTTHAAN (2023)***

- UIAC UTTHAAN Attended the **HELEN KELLER AWARDS 2023**
- UIAC UTTHAAN participated in **Divya-Utsav 2023**

UIAC UTTHAAN Attended the **HELEN KELLER AWARDS 2023**

UIAC UTTHAAN proudly attended the prestigious HELEN KELLER AWARDS



2023, hosted by NCPEDP LTIMindtree on December 9, 2023. The event served as a platform to recognize and celebrate outstanding contributions towards promoting disability inclusion. UIAC UTTHAAN's presence underscores its commitment to advocating for an inclusive society and supporting initiatives that align with the

principles championed by Helen Keller. The event brought together leaders and organizations dedicated to advancing the rights and opportunities of persons with disabilities. UIAC UTTHAAN remains inspired and motivated to continue its impactful work in fostering inclusivity.



*UIAC UTTHAAN participated in **Divya-Utsav** 2023*



Divya-Utsav 2023, held for Celebrating the International Day for Persons with Disabilities, from 4th to 5th December, 2023, at Tyagraj Stadium, New Delhi. Organized by the office of the State Commissioner for Persons with Disabilities, Department of Social Welfare and Directorate of Education, Government of NCT of Delhi, for the diversity and inclusion for persons with disabilities by breaking down barriers and creating a more inclusive society.

UIAC UTTHAAN participated in this event and showcased its initiatives and actions taken to create awareness and sensitize the community about disability and inclusion. The main objective of Divya-Utsav was to raise awareness and celebrating the talents of people with disabilities. It's a great way to promote inclusion and showcase the skills of Persons with Disabilities in dance, music, and art. It made the International Day for Persons with Disabilities



Latest Buzz
in the sphere of
Disability Inclusion....

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TRENDING

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Vande Bha

Centre launches 'Disability Information Line' at 'Purple Fest' to bolster inclusion

Ambika Pandit / TNN / Jan 8, 2024, 21:58 IST

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India launches cloud-based toll-free 'Disability Information Line' for persons with disabilities. The line integrates multiple helplines under the Department of Empowerment of Persons with Disabilities. It will soon introduce a five-digit number




Image used for representational purpose only

GOA: The central government on Monday launched India's first cloud based IVRS toll free 'Disability Information Line' (DIL) services for persons who fall within the ambit of 21 disabilities classified under the Rights of Persons with Disabilities Act, 2016. People with disabilities can now call a single toll free number (1800222014) and seek information on issues affecting their day to day life.


SPECIALS

Innovation and Transformative Solutions for Disability Inclusion

CKtoday News Desk

2 months ago


INTERNATIONAL DAY OF PERSONS with DISABILITIES



International Day of Persons with Disabilities Blue Illustration

Accenture's Disability Inclusion Advantage report shows that companies that lead in disability employment and inclusion outperform their peers. Yet, when it comes to employment in India Inc., persons with disabilities make up less than 0.5 percent of the employee base in India's top firms. So, what does India Inc. need to do to make their workplace barrier-free for persons with disabilities?

Disability inclusion is central to the promise of the 2030 Agenda for Sustainable Development. The commitment requires corporates to collaborate with the government, partners, and other stakeholders to find innovative solutions for enabling the active participation of persons with disabilities in their full diversity, and their full inclusion in all decision-making processes. As we continue to strengthen our commitment to equality, structured interventions throughout the employee lifecycle of a person with disability will be necessary for realizing their ability to contribute of themselves. Access to knowledge and skills, practical tools, and assistive.



Divyang Empowerment

@socialpwds

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...


Under the visionary leadership of Secretary Shri Rajesh Aggarwal, a 5 day Training of Trainers(TOT) on Employability Skills for Persons with Disabilities was organised by the Department with the support of EnAble India and Quest Alliance from 22 nd to 26th January 2024 at the Composite Regional Centre Lucknow

A total of 26 participants, including 4 divyangjans, actively engaged in the TOT, emerging as certified trainers recognized by the Skill Council for Persons with Disabilities, following rigorous individual assessments.

The felicitation ceremony took place today led by Shri Ajay Kumar, Under Secretary and Shri Himanshu Singh, celebrated the accomplishments of the participants.

The Training of Trainers program aims to enhance the capabilities of vocational trainers, equipping them with the skills and knowledge required to train Divyangjans on essential employability skills. By focusing on foundational skills like digital financial literacy, communication, career management crucial for securing gainful employment, the initiative strives to pave the way for a more inclusive and empowered workforce.

#TOTProg
#SashaktDivyangSamarthBharat



ALT

ALT

ALT

ALT

PIB India and 3 others

62

India, disability inclusion and the power of 'by'

PREMIUM

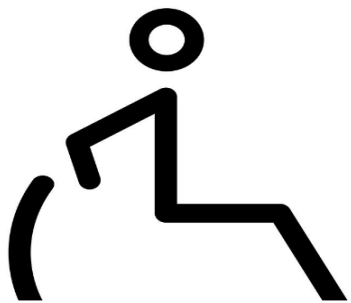
There need to be more inclusive opportunities and employment in the rural areas as a majority of persons with disabilities live here

December 04, 2023 12:08 am | Updated 01:42 am IST

MICHIKO MIYAMOTO, ULAÇ DEMIRAG

COMMENTS SHARE

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*The inclusion of persons with disabilities into the economy can help boost global GDP between 3% to 7% | Photo Credit: Getty Images

Disability as an identity and entity exists at the intersection of multiple vulnerabilities—social, economic and gender—with each facet requiring careful consideration when conceptualising action for equity.

Globally, 1.3 billion people (which is equivalent to nearly the entire population of India) live with some form of disability. Of them, 80% live in developing countries; further, 70% of them live in rural areas. Current systems are designed for persons without disabilities and end up being exclusionary to people with disabilities, resulting in them experiencing higher instances of poverty, lack of access to education and opportunities, informality and other forms of social and economic discrimination.

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Home / Companies / News / India Inc making workplace more inclusive for persons with disabilities

India Inc making workplace more inclusive for persons with disabilities

Employees with disabilities being groomed for managerial roles, able-bodied workforce sensitised and trained in sign language

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Indian Sign Language Rese... · 08 Jan
ISLRTC team (Mr. Harish Soni, Ms. Annu Gautam) participated and Mr. Neil Fredrick (MSA - Deaf, ISLRTC) presented the activities of ISLRTC at the Pre-Event International Conference at Goa Purple Festival organized by ISLIA in collaboration with AYJNISHD on 07.01.2024.



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FREE TRIAL

DIWALI

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2020 Winner: Changemaker Social Transformation - Shanti Raghavan. Developing a 'purple economy' for disability inclusion

Updated - November 13, 2023 at 06:23 PM.

Shanti's organisation stayed on course in its plans to develop systems and platforms for the disability sector

BY PREETI MEHRA

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When Shanti Raghavan received the *b/*Changemakers Award in 2020 she was delighted. But more than considering the honour as a feather in her cap, what gave her deeper satisfaction was the endorsement the award gave to the good work done by EnAble India. That's the unique organisation nurtured by her and her husband, Dipesh Sutar, that trains and ties up people with disabilities (PWDs) with prospective employers. Since its inception in 1999, EnAble India has touched the lives of tens of thousands of PWDs by securing them livelihoods.

Shanti vividly remembers the day she received the award. It was March 3, 2020. By mid-March the world underwent a sea change when the Covid pandemic hit. At first no one understood the enormity of what lay ahead.

Recalls Shanti: "In hindsight many of us foolishly thought the 'flu' called Covid 19 would blow over in a couple of weeks. Then reality hit, we were in lockdown mode with offices shut and staff working from home."

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AUTHOR
Anjum Khan

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READS

Strategic HR

World Disability Day 2023: How these HR leaders enable inclusive workplaces for PWD employees

On International Day of Persons with Disabilities 2023, People Matters delved into this crucial topic, seeking insights from experienced leaders in the journey towards fostering inclusivity for employees with disabilities within organizations, amidst the challenges they face.



Do organizations still encounter challenges in promoting inclusivity for employees with disabilities? The answer could be yes, as cultivating an inclusive workplace culture with a diverse workforce, especially in post-COVID work arrangements, can be a tough task.

Samarth hain. Rukenge nahi.



By Ubaid Zargar | Published: 22 Nov 2023, 5:10 IST

ADVERTISING

Hyundai Motor India debuts 'Samarth', sheds light on disability inclusion

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With SRK being the face of the campaign, the brand is partnering with GoSports and Samarthanam Trust.

Hyundai Motor India Ltd. (HMIL) has embarked on a journey towards fostering inclusivity and empowerment through its newly introduced *Samarth* initiative. With this campaign, featuring brand ambassador Shah Rukh Khan, HMIL has positioned itself as India's inaugural automobile company to unfurl a mass-scale inclusive mobility project, marking a stride towards a more sensitised society for people with disabilities.

UIAC UTTHAAN
in
NEWS

UIAC - UTTHAAN MARCH organised on INTERNATIONAL DAY OF PERSONS WITH DISABILITIES on 3rd Dec 2023 has been covered by our Media Partner DWARKA CITY.

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SCHOOL BUZZ

ANNUAL DAY AT VJS, SECTOR-10
Vidyaashree International School, Sector 10 Dwarka held its Annual Prize Distribution Ceremony on 1 December 2023 in the school premises. The occasion was presided by the Chief Guest, Ashwani Lohani, CEO, GMR Group, Guest of Honour, Srini Anandharam, Chairman Mahesh Verma and Principal Dr. Manisha Sharma. VJS students showcased the magnificence of the evening, the magnificent play, Chhotaplati Shri, Aditya Sharma & Guravardhan and the audience applauded and congratulated the bearing participants for this grand show, towards the culmination

Celebrations of Milestones at B Bagindia Schools
B Bagindia Public School Sector 10, celebrated its spectacular Annual Day on 2nd December 2023. The event was graced by Prof. Chandan Datta, Assistant Professor, Vice-Chancellor of Delhi State Police Training University (DPSU), Rajeev Kumar, President Paragroup, Principal Pooja Banshi, Mrs. Jaspreet Kaur, Principal Indira Singh, Secretary Aarti Gupta and other guests. This year's annual day featured a variety of performances and activities. The Annual report of the school was presented by the Head of school which offered a

Utthaan March At IP University



The University Inclusion and Accessibility Cell (UIAC - UTTHAAN) of Guru Gobind Singh Indraprastha University, Sector-16 organized the UIAC - Utthaan March on December 3rd, 2023 on International Day of Persons with Disabilities. Prof. (Dr.) Mahesh Verma, Vice Chancellor, GGSIUPU, IP University, Dwarka was the driving force behind this initiative. Director UIAC, Prof. (Dr.) Shalini Garg ensured maximum participation of students from various departments of UG and PG courses. She said, "It symbolizes a step towards creating a more inclusive campus and reinforces the importance of recognizing and celebrating the diversity within the society." Capt. Satendra Sangwan, a distinguished Para Olympian and Deputy Manager HR, ONGC and Mrs. Tina Phogat, an SI, Delhi Police flagged off the march. Capt. Satendra Sangwan said, "I congratulate the participants and entire faculty, staff and students of IP University for this wonderful initiative and making Dwarka proud. The dedication of the UIAC is really appreciable and they don't leave any stone unturned to help the society in whatever way possible. I am grateful to the march as a marathon organized by Dr. Shalini Garg." Said SI Phogat, "It was a very pleasant experience to interact with the young generation students


and to see their enthusiasm for the welfare of persons with disabilities." Says Prof Shalini Garg, said "We have organised this March for the cause of disability inclusion and want to raise our voice for this important mission called empowerment of disability and raising awareness." Dr. Kavita who was part of mission said, "We are providing respect to disabled with mission Divyangon ka Samman. Our aim is to sensitize the people."

From Swachh Mission to Sustainable Development Goals (SDGs)
"It symbolizes a step towards creating a more inclusive campus and reinforces the importance of recognizing and celebrating the diversity within the society." Capt. Satendra Sangwan, a distinguished Para Olympian and Deputy Manager HR, ONGC and Mrs. Tina Phogat, an SI, Delhi Police flagged off the march. Capt. Satendra Sangwan said, "I congratulate the participants and entire faculty, staff and students of IP University for this wonderful initiative and making Dwarka proud. The dedication of the UIAC is really appreciable and they don't leave any stone unturned to help the society in whatever way possible. I am grateful to the march as a marathon organized by Dr. Shalini Garg." Said SI Phogat, "It was a very pleasant experience to interact with the young generation students

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FIT celebrated its Annual Day 2023
FIT celebrated its Annual Day 2023 on 10th December 2023. The theme of the celebration was "Empowering the Future". The event was presided over by Hon'ble Minister, Government of India, Shri. Jitendra Kumar, Secretary, Ministry of Education, Govt. of Delhi, NITI graded as CBSE and Central Board of Secondary Education (CBSE). The event was also attended by the Vice-Chancellor of FIT Management and IT, Jain Member, Management also presided the occasion. Dr. Sudha Agarwal, Principal, FIT Public School, Sector 10 Dwarka, said "The school aims to provide quality education to all children and to prepare them for the challenges of the future. We are committed to providing a safe and secure environment for all children and to ensure that every child has access to quality education. We are proud to be a part of the NIP 2020 and its significant endeavour towards Panichkula Village. She underlined the various initiatives taken by the institution in promoting social and emotional well-being of the students and the shift in focus from human being to being human."






Dr. Shalini Garg • 1st

Professor Of HRM and OB dealing with ...

1mo • 🌐



नई दिल्ली

Dwarka NEWS

NEWS

प्रोफेसर (डॉ.) महेश वर्मा, कुलपति, जीजीएसआईपीयू के संरक्षण में विकलांग व्यक्तियों का अंतर्राष्ट्रीय दिवस

यूआईएसी - उत्थान मार्च में जीजीएसआईपी विश्वविद्यालय में विकलांग व्यक्तियों का अंतर्राष्ट्रीय दिवस ॥

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***LET'S TEST YOUR
DISABILITY INCLUSION QUOTIENT
(DIQ)***

1. What does RPwD ACT 2016 stand for?

- A. Rights for Persons with Disabilities and Support Act 2016
- B. Rehabilitation of Persons with Disabilities and Welfare Services Act 2016
- C. Rights of Persons with Disabilities Act 2016
- D. Rehabilitation and Protection for Persons with Disabilities Act 2016

2. In the context of disability inclusion, what does "RPwD" primarily focus on?

- A. Legal representation for persons with disabilities
- B. Economic empowerment of persons with disabilities
- C. Social and educational inclusion of persons with disabilities
- D. Medical treatment for persons with disabilities

3. Which document outlines the key principles and strategies for inclusive education in India?

- A. RPwD ACT 2016
- B. NEP 2020
- C. Assistive Technology Guidelines
- D. Disability Inclusion Manifesto

4. What is the purpose of the National Education Policy (NEP) 2020 regarding persons with disabilities?

- A. Increasing unemployment rates
- B. Promoting inclusive education
- C. Restricting access to education
- D. Eliminating special education programs

5. Which of the following is an example of assistive technology?

- A. Traditional textbooks
- B. Whiteboard and markers
- C. Hearing aids
- D. Regular computer mouse

6. When is the International Day of Persons with Disabilities observed globally?

- A. December 3
- B. October 10
- C. January 15
- D. March 8

7. Which day is celebrated as World Autism Awareness Day?

- A. December 3

- B. April 2
- C. June 1
- D. October 15

8. In RPwD ACT 2016, what does the term "reasonable accommodation" refer to?

- A. Basic facilities for all
- B. Adaptations for persons with disabilities
- C. Legal protection for employers
- D. Special privileges for certain disabilities

9. What is the primary goal of assistive technology for persons with disabilities?

- A. Creating dependency
- B. Enhancing independence
- C. Limiting accessibility
- D. Promoting isolation

10. Which of the following disabilities is addressed in the RPwD ACT 2016?

- A. Only physical disabilities
- B. Only intellectual disabilities
- C. Both physical and intellectual disabilities
- D. Vision impairments only

Correct Answers:

1. Rights of Persons with Disabilities Act 2016
2. Social and educational inclusion of persons with disabilities
3. NEP 2020
4. Promoting inclusive education
5. Hearing aids
6. December 3
7. April 2
8. Adaptations for persons with disabilities
9. Enhancing independence
10. Both physical and intellectual disabilities

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VOLUME 9

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for**

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You can contribute in the form of:

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- **Articles**
- **Puzzles**
- **News Items etc...**

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