



# Margadarshi E-News

The Association for Physically Challenged (Regd)

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## Distribution of Grocery/Immunity Booster Kits

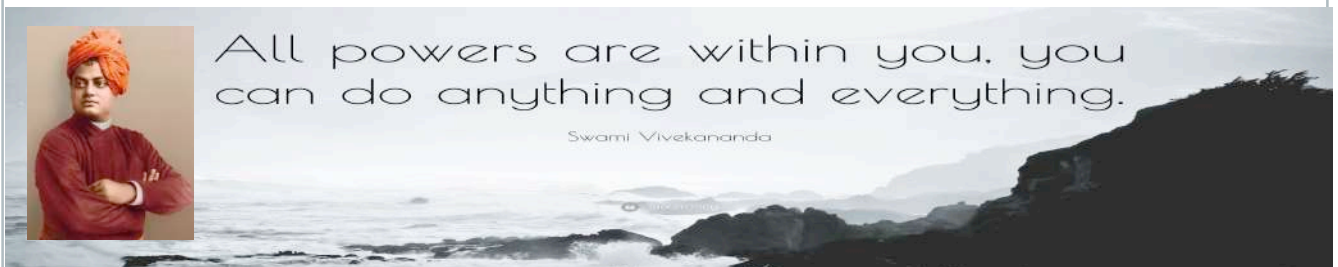
Children with disabilities are by default have low immunity and are susceptible to infection at a faster rate compared to normal people. It is a known fact that Covid affects people with less immunity and also there is no vaccine for covid-19 as of now. In view of this Margadarshi keeping the adage, “**prevention is better than cure**” stressed that the

immunity of students with disabilities must be boosted and to prevent them from falling sick. Thus Margadarshi distributed 645 ‘**Immunity Booster cum Grocery kits**’ to the families of the disabled children in 5 taluks of Chamarajanagar District, Pavagada district and in Bengaluru.



All powers are within you. you can do anything and everything.

Swami Vivekananda



## Virtual Training of Disability Management Skills 8 days in July, August & September' 2020



Margadarshi coordinated and organized virtual community training program for parents / Care Givers of children with disabilities. Virtual sessions were held in 2 batches for 40 parents (each batch 20 parents /care givers) for a total period of 8 days. Mr. Praveen Kumar was the Resource person for this workshop.

During the sessions importance of early referral and its advantages followed by types of children with disabilities, introduction to cerebral palsy, Posture maintenance, Communication techniques, Social inclusion, feeding techniques, HOME therapies etc were imparted.

## Virtual Workshop to Village, Multiple & Urban Rehabilitation Workers from 23<sup>rd</sup> to 29<sup>th</sup> September 2020

Margadarshi conducted workshop to Village, Multiple and Urban Rehabilitation workers who are part time employees appointed by Government to work in the area of rehabilitation of children and persons with disabilities. Totally 150 rehabilitation workers participated in the program. A kit containing copy of RPD ACT 2016, a manual on speech & hearing training to parents, Scribbling pad, pen, masks and sanitizer were provided to trainees. Maintained cleanliness inside and outside of the venue.





## PPE Kit Distribution for Covid -19's Frontline Operators

Covid-19 has created a severe impact on people with disabilities, their Carers and Health Warriors, etc. Margadarshi apart from giving support to the people with disabilities and their Carers also extended their support to the Health Warriors by providing PPE kits, as there is a severe shortage of this essential item among both medical and non-medical teams. Availability of good quality PPE kits not only keeps them adequately protected but

also increased their morale. Apart from PPE kits they were also provided with masks and sanitizers. A total of 2628 personnel at the PHCs, CHCs, Taluk, District and Urban Hospitals were provided with these kits along with 205 personnel at the District Disabled Welfare Department, Women's Child Development Department and Rehabilitation Workers.

## Continued from Page - 2

The main aim of the workshop was to sensitize on the following to enable them to work better way in the community

- Rights of persons with Disabilities Act 2016, 21 types of disabilities referred in the Act.
- Rehabilitation and reinforcement of Children and persons with Disability in the areas of Social, Educational, Economical and Medical.

The officials from taluk Panchayath, Nodal Officers of Block Rehabilitation Work, Officials from Mental Health Program from Dist. Health and Family Welfare Dept. Director of Public Education, Officials from Rastreeya Bala Swasthya Kendra, Taluk Nodal Officers along with Sri.K.V.Rajanna – Ex State Commissioner of Disabilities actively participated in the workshop and provided valuable inputs to the participants.

## Wheelchairs provided to spinal cord injury and persons with multiple Disabilities.

Due to the prevailing COVID situation, Margadarshi could not organize wheelchair fitment camp at one designated place, instead, 2 trained staff of Margadarshi visited individual houses of 10 spinal cord injury persons (users), fitted the wheelchairs and provided training.

All this was possible because Margadarshi along with Motivation India conducted virtual trainings on appropriate wheelchair delivery at gross root level for our selected 2 CBR staff. Motivation India shared importance of service provision steps and provided appropriate knowledge and tools to our team. The virtual support focused on following service steps i.e Assessment, Prescription, Wheelchair Assembly, Fitting and User Training.



## Livelihood Activity to Persons with disabilities and care Givers

Margadarshi, in addition to distributing food grains to address the problems of disabled families, decided to distribute masks and soaps to avoid virus spread. In this they identified an opportunity to provide livelihood to the persons with disabilities and care giver tailors by



assigning them to stitch masks. Totally 18 families were identified and skill training was provided to stitch the masks. Cloth and elastics were purchased by the organization and

supplied to them. Totally 7600 masks were stitched without wasting the material. Block and carer coordinators constantly ensured the quality of stitching.

The eighteen families selected had no income during the Covid-19 lockdown. Mask-stitching has provided an opportunity to earn

and it was a great support to manage and take care of their families and thus protecting few of our students, the 18 tailors totally earned Rs.80975/-.

**“Disability need not be an obstacle to success” – Stephen Hawking**

**“If I just sat on a wheelchair, I’d be giving up completely” – Mark Pollock,**

**“The only thing worse than being blind is having sight but no vision”- Hellen Keller**

All those people and their lives have always inspired us immensely but let’s pause for a moment and realise that they did not let their physical disability to stop them from becoming who they are today and haven’t they achieved much more than any other normal successful person?

Apart from these celebrities there are people among us who have are no less in inspiring others however in smaller way.

Here’s a gist of such people in whose life Margadarshi has made an impact.

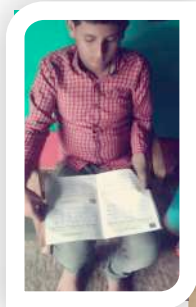
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Continued from Page - 5

## Light for the Way.....

**Jeevan**, a 17 year old boy from Hasaguli village, Chamarajanagar. His father Siddappa, an agriculturist earns an income of Rs 5000/- pm. While Jeevan was not born disabled he met with an accident in 2015 where a tractor toppled on him leaving him severely injured and his hands severely affected. His left hand was restored with plastic surgery and his right hand was amputated below his shoulder. With this accident he lost all confidence and his life was shattered and he started indulging in self-pity. At this juncture Margadarshi provided him with a artificial hand, provided motivation and helped in making gain his self-confidence.

Mragardshi encouraged him to take active part in various Federations meant for the upliftment of students and it turned out that he was selected as a Member in the Child Rights Groups and slowly he became one of



the active member in the meetings and trainings being conducted. The continued encouragement helped to build a leadership quality in him and thus made him to be selected as President for Child Rights Federation in 2018. He completed 10th standard by staying in Morarji Desai Residential School and the teachers and friends helped him in all his needs.

Margadarshi supported him holistically for his rehabilitation.

Jeevan participated in all the classes conducted by the Government, Margadarshi with utmost interest and scored 75.2% in 10<sup>th</sup> standard.

Jeevan is pursuing commerce course for higher education and has joined Unity College at Nanjangud with the educational help provided by Margadarshi.

Jeevan left everyone around him speechless when he achieved great grades and not once used his impairment as an excuse to back off from achieving what he wanted. Such is our lives, when we cling to hope and not leave no room for our weaknesses, we win.



## Change is Amazing....

Kullamma a 56 Years old diabetic resident of Nagavalli Village, Chamarajanagar Taluk & District belongs to an economically poor, Below Poverty Line (BPL) family of 7 people, fell down from the cot and injured her back and leg. She is unable to walk around and the family is able to get her treated but was unable to provide a wheel chair due the economic condition. She being a diabetic patient with age related issues needs to visit the hospital frequently for check-up and the family was finding it very difficult to take her to the hospital. At this

juncture Margadarshi intervened and provided her with a wheel chair using which she can independently visit the hospital and move around the neighbourhood thus making friends and socialising with them.

Apart from providing the wheel chair, Margadarshi also supported the family by providing grocery kits during the COVID pandemic thus boosting the morale of the family



## Comfort for the Tears.....

**Yogesh** a 35 year old cook suffering from Spinal chord injury which he sustained while performing Nandi Kamba a folk dance of Karnataka. He, being the only earning member of the family was unable to work due to the injury. The family was financially and mentally burdened due to the accident. It was very difficult for the family to make ends meet as well as bear the hospitalization expenses. The family had to raise loans for sustaining and his mother and wife had to start working as coolies to clear the loans.



provided Groceries to the family from Jan 2018 to March 2020.

Margadarshi also identified that Yogesh needs a customised toilet and assisted him to apply to the Panchayat for the grant. But the funds get released only after the completion of construction of the toilet, which was a challenge to the family due to their financial condition. The total estimate was Rs.33,000/- We guided him to apply for Government grant towards toilet. Rs.12,000/- was sanctioned by Government.

The Beneficiary himself contributed Rs. 6000/-. Margadarshi assisted him by providing Rs 15,000/- towards the construction of the accessible toilet and also helped him to obtain a motorized vehicle from the Department of Welfare for the Disabled. All these have contributed him and his family to lead a better life.

At this juncture in 2017 Margadarshi met him and started counselling Yogesh and his family. He was provided with a customised wheelchair and physiotherapy sessions were arranged with which he started walking with the help of a stick. Apart from the medical assistance, Margadarshi also



There can be no greater gift than that of giving one's time and energy to help others without expecting anything in return.

• Nelson Mandela •



## Our Sincere Thanks to....



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Please make cheques payable to:  
"Margadarshi The Association  
for Physically Challenged" Cheques  
can be directly posted to the following  
address

Margadarshi  
The Association for Physically  
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# 75/6, Hulkul Complex,  
Lalbagh Road,  
Bangalore – 560 027

### Transfer

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Account Number: 34524413998  
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Association for Physically  
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Branch: Ulsoor,  
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IFS Code: SBIN0001824  
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#### International Donation

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Branch: 4th T block, Jayanagar,  
Bangalore – 560 041, Karnataka  
India  
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We have FCRA registration  
to receive foreign donations.

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### Earnest request to all the Donors

After making online Contribution, please message the contribution details to any one of our committee members as listed above. This will enable us to raise the receipts in their name specifically.

- All the Donations are exempt from tax under section 80G of Income Tax Act 1961
- If you are sending a cheque, please write the following details behind the cheque " Your Name, Email ID, Address, Contact number, PAN number. If you are wire transferring, Please email us the above details on [marga\\_darshi@yahoo.co.in](mailto:marga_darshi@yahoo.co.in)
- Receipt will be emailed or couriered to you within two weeks of receiving the cheques/wire transfer



"IT IS OUR EARNEST APPEAL TO ALL TO JOIN US IN THIS FIGHT FOR A BETTER TOMORROW  
AND SAFE PLACE TO LIVE IN"