

# Community Initiatives in Inclusion CII - 2023



## Midterm Report

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This is the midterm report of the progress of the first seven weeks of the Community Initiatives in Inclusion Course.

The participants have been exposed to a series of lectures and workshops. Visits have been organised to the centres of ADAPT and various other centres dealing with different impairments. This, we hope, will help demonstrate to the participants, the implications of different disabilities and the possible interventions. Representatives from the organisations visited have held sessions at their respective centres.

Our internal faculty has delivered the following interactive lectures and workshops, which included power point presentations, discussions, group work and presentations:

The system Dr. Alur introduced during the Inclusion Matters Courses of guiding her team to deliver her lectures has been followed. Dr. Alur has shared her resource material, power points, lecture notes and advised the lecturers.

Mrs. Varsha Hooja facilitated Dr. Alur's sessions on Inclusion. She shared ADAPT's Journey of Inclusion and explained the ideology and philosophy. Participants discussed the pros and cons of inclusion and worked in groups to present the barriers to inclusion and brainstormed on the solutions which they later presented. She also introduced Dr. Alur's book 'A Birth that Changed a Nation: A New Model of Care and Inclusion' as an important resource and worked with the participants on a debate on Special Schools vs Inclusive Schools.



*Participants presenting the Pros & Cons of Inclusion*

Ms. Malini Chib's session on Models of Disability (Medical & Social) and appropriate terminology were conducted by Ms. Catherine Ameno, who used Ms. Chib's power points and papers. Ms. Chib's session on Disability Etiquette was addressed by Mrs. Sujata Verma.



*Debate on Medical & Social Models of Disability*

Ms. Malini Chib organised a debate on the social model and medical models of disability. CII participants and therapists had a lively interaction that was also attended by staff. This clarified doubts about the models as this was a new concept for some of the participants.



*Professor Sitanshu Mehta sharing his experience as a Parent*

Professor Sitanshu Mehta, Trustee, ADAPT, shared the parental perspective. He spoke of the mothers being the primary caregivers in a male dominant society. He felt that to spread inclusion, one would need to include males. He also encouraged the participants to use and communicate in the local languages or mother tongue when they work with people with disabilities and their families.

During the visit to ADAPT's Colaba Centre, Dr. Sonal Sharma, Deputy Director, Therapy Services, introduced The Transdisciplinary approach. She also coordinated the therapy observation at the Bandra centre and conducted sessions on Introduction of Cerebral Palsy. Dr. Rukaiya Mithaiwala, Deputy Director, Therapy Services, took sessions on Management of Cerebral Palsy.

Mrs. Archana Kolambkar, Senior Librarian, exposed the archival section at the Colaba Centre. This consists of five sites housing documents and resource material over 50 years.

Advocate Jamshed Mistry, in an online session, spoke of the existing laws in India and the participating countries. He also shared some of the initiatives undertaken by the ADAPT Rights Group.

Following that, a session on advocacy under the ADAPT Rights Group was taken by Mrs. Sujata Verma and Ms. Catherine Ameno. Ms. Zenia Malegamwala, Assistant, Library, shared her experiences of being on a wheelchair.

Mrs. Sangeeta Jagtiani Vaswani, Director, Special and Inclusive Education, undertook a series of sessions on inclusion. This included The Steps to Inclusion, Individualized Developmental Plans (IDPs) and Individualized Educational Plans (IEPs) and the Key Principles of Inclusion with case studies. She also focused on Intellectual Impairment.

Dr. Shabnam Rangwala, Director Community Services, conducted sessions on The International Classification of Functioning Disability, and Health (ICF), Early Childhood Motor Development. She also shared the protocols on assessment and screening of children with disabilities developed under the international research projects Shiksha Sankalp and the SSI UNICEF project. Dr. Rangwala also conducted a workshop on Community-Based Inclusive Development (CBID).



*Dr. Shabnam Rangwala conducted a workshop on CBID*

Mrs. Sujata Verma spoke on the challenges and issues faced by siblings of people with disabilities. Gender and Disability as a Feminist Issue and the activities of the Mita Nundy Community Centre for senior citizens, parents of disabled and young adults with disabilities were also discussed. She also introduced the resource material Culturally Appropriate Policy and Practice (CAPP), the 'How To' of inclusion, developed by Dr. Alur with international partners as an outcome of international researches: *The National Resource Centre for Inclusion* with the Canadian International Development Agency and *Inclusive Education Practice in Early Childhood, in Mumbai, India*, with Unicef. The CAPP is at three levels:

CAPP I: The Whole Policy Approach

CAPP II: The Whole Community Approach

CAPP III: The Whole School Approach

Copies of these were distributed to the participants for use as resources in their respective countries.

Mrs. Prabha Hari held intensive sessions on Vocational Rehabilitation and Skills training at the Skills Development Centre. She also discussed social relationships for people with disabilities and the connection between social exclusion of the disabled and inequities in their sexual development, discrimination and marginalization, stigma and misconceptions regarding the sexuality of the disabled, access to comprehensive sexuality education were all discussed as barriers to the healthy development and thereby positive inclusion of the people with disabilities.

Mrs. Hari explained the Individual Accommodation Plan (IAP) for children and people with disabilities. Principles of the accommodation plan like dignity, individual reasonableness were explored. Samples of the IAPs were discussed across different age groups. A group discussion and simulation activity was conducted how to develop an IAP for an Inclusive Workplace in restaurants, computer departments in an office, automobile garage, etc.



Mrs. Prabha Hari facilitating a session on Vocational Rehabilitation

Mrs. Manju Thakur, Deputy Head, Community, and Ms. Ramya Nityanand, psychologist, conducted sessions on the Socio emotional development of children with disabilities.

Mrs. Reshma Tanna, Head, Psychology and Counselling explained the Home Management Programme set up by Dr. Alur and conducted a session on Autism and its educational implications. Sessions on cognitive development were taken by Mrs. Reshma Tanna and Dr. Antara Sapre. In addition to this, Mrs. Reshma Tanna and Ms. Ramya Nityanand discussed Mental Health and Counselling.

Mrs. Iteshree Date conducted the session on Learning Disability sharing examples and case studies.

Mr. Claret Fernando introduced schemes and concessions and government benefits that are available for person with disability.

Our **External Faculty** have been our partners over the years and continued to provide inputs to this year's Course.

Dr. Sunita Shanbhag, former Professor, Department of Community Medicine, Seth G.S. Medical College and KEM Hospital, has taken sessions on prenatal, antenatal and postnatal care of the baby, breastfeeding, diet and nutrition during pregnancy, immunization and vaccination.



*Dr. Sunita Shanbhag conducting session on Diet & Nutrition, Prenatal & Antenatal Care*

Dr. Sonal Zaveri, International Adviser, Child - to - Child Trust, U.K. conducted a workshop on the Child to Child module, as she has done over the years.



*Dr. Sonal Zaveri conducting workshop on Child to Child Approach*



*Dr. Zainab Nagree conducting session on Speech & Language Development*

Dr. Zainab Nagree shared the development of speech and language, following which Mrs. Varsha Jain, Speech Therapist, held a demonstration on speech therapy techniques.



*Dr. Ketna Mehta lecturing on Accessibility & Universal Design*

Dr. Ketna Mehta, Founder Trustee, Nina Foundation exposed the participants to the concepts of Accessibility & Universal Design: Accessibility, Awareness, and Attitude and shared her journey as a wheelchair user.

Dr. Radhika Shah introduced the latest aids, adaptations and equipment available for persons with disability. The session on Information, Communication, Technology (ICT) / Enhancing lives using Assistive Technology demonstrated the use of the equipment and the participants got an opportunity to use these.



*Dr. Radhika Shah explaining the use of the aids*

## Visits



*Participants with Mrs. Lalita Mehar member, The Women's Council & Mrs. Sadhna Mann*

Mrs. Lalita Mehar, Member, The Women's Council and her friend Mrs. Sadhna Mann visited ADAPT and met the CII participants. During the discussion, some of the participants requested that male participants be sponsored as well, to learn about disability and inclusion, as they are equally responsible for taking decisions for children and people with disabilities. It was explained that The Women's Council only supported women participants and

the male participants needed to find support and sponsorship.

*Central Society for the Education of the Deaf:* Mrs. Amita Burde, Vice President, National Convention of Educators of the Deaf, took the participants on a tour of the centre and conducted the session on Hearing Impairment.



*Visit to Central Society for the Education of the Deaf*

*Jai Vakeel Foundation:* Mrs. Archana Chandra, CEO, shared the history of the organisation and discussed the rehabilitation and vocational and skills training (including soft and social skills) of children with intellectual impairment.



*Visit to Jai Vakeel Foundation*

*Lotus Eye Hospital:* Dr. Sudha Tumbe explained the importance of eye health and different issues related to visual impairment.

*Drishti Remedial Centre:* The centre provides intervention for Learning Disability. The participants were exposed to the different learning challenges faced by children and young adults.

The participants were exposed to films on various aspects of disability.

## Extra and Co – Curricular Activities

The participants have, as earlier, been a part of all events and co-curricular activities at ADAPT, such as our Annual Sports Day. They also participated in the Inclusion Mela (Fair). This helped them to experience community involvement and inclusion and understand the nuances of organising fund raising event. The participants also participated in celebration of the Indian Republic Day on 26<sup>th</sup> January 2023 and played Holi, (the Indian festival of colour) with children.



*CII participants participated in Inclusion Mela*

## Case Study

Mrs. Rekha Vijayakar and Mrs. Sujata Verma introduced the Case Study Format. Dr. Shabnam Rangwala held a session on to clarify doubts.

Each participant was assigned a child and consent letters were obtained from the parents. They have studied the children's files. The participants have, over these weeks, interacted with the children allocated as subjects for their case studies, observed them in the classrooms, during therapy and feeding sessions and extra and co- curricular activities. They have met with their teachers, parents and therapists to understand their perspectives.

For protection from COVID -19 this year, the participants have not visited the homes, as most of the children come from far and slum areas. The participants have been met their parents at the centre to understand child's home environment, sibling relationships, neighbour's attitude, and parent's attitudes towards the child.

## Leisure and Fun

The participants have explored the city and experienced its diversity and beauty. A city tour was organized to see the buildings lit with national colours on the 26<sup>th</sup> of January (India's Republic Day). They have also attended film shows and discussion, clubs, Bandstand, beaches, the Kala Ghoda Festival, Elephanta Caves. A small celebration was

organised on Women's Day which they participated in. They also attended the Women's Day programme at Carter Road, organised by the Mumbai Police.



*The participants visited Elephanta Caves also celebrated India's Republic Day*

## Drop outs

Two Mongolian participants Saranchimeg Ochirkhuyag, Otgontuya Gulguu and one Indian participant Jacinta Saldanha from Thane have dropped out from the course due to personal reasons.

Saranchimeg Ochirkhuyag was hospitalised due to an intestinal disorder. There were other health issues that needed attention and the doctor and her family agreed that this should be treated in Mongolia. The ADAPT



team and Sara's fellow participants ensured that she was not alone in the hospital. Sara has sent a heartfelt note, appreciating the love and care.

Otgontuya Gulguu from Mongolia, lost her husband on 3rd March. It was a painful emotional experience for every one of us. She had to travel back to her country and be with her young daughter. Swami Mounananda conducted a prayer meeting with lit candles on the third floor lounge area, attended by the ADAPT family.



*Prayer ceremony was conducted for the departed soul of Otgontuya's Husband*

Jacinta Saldanha from Mumbai had applied for her Masters' earlier and had not been accepted. She was accepted mid-way. Her daughter, who has social and learning challenges was also given the opportunity to study there and she reluctantly decided to take this opportunity, being a single mother.

### **Plan for the upcoming weeks**

The upcoming seven weeks will see the following:

Dr. Alur's sessions:

- ✓ Policy Formulation and Implementation
- ✓ Tools for Change
- ✓ Culture and Context Specific Projects and Action Plans
- ✓ Parents in Partnership: Family Perspective

Sessions will include the following:

- ✓ A workshop by Mrs. Usha Ramakrishnan on:
  - ❖ Multiple Intelligences
  - ❖ Emotional Intelligence
- ✓ Oral and Dental Health by Dr. Rajni Rijal.
- ✓ Building the Trust and Connecting with Families by Mrs Rachel Tainsh.
- ✓ The journey of my life as a disabled person between two continents, an East West Journey between India and England by Ms. Malini Chib.
- ✓ Sustainability, Project Management and Proposal Writing by Mrs Bhavana Mukherjee and Mrs. Madhavi Dave.
- ✓ Inclusive Employment by Mrs. Prabha hari
- ✓ Disability in the Media
- ✓ National and International Legislations
- ✓ Training of the Trainers a two days intensive workshop



The weeks gone by have been exciting and have laid the foundation for the Context and Culture Specific Models that the participants will now develop under the guidance of Dr. Mithu Alur and return to their countries to implement.

Swami Mounananda will as always work on their presentation skills and prepare the participants.

We are looking forward to the coming 7 weeks and thank The Women's Council for their support in making this course a reality.

The participants have shared their experiences. The voices of the participants are as below.

## Voices of the Participants

### Shaneara Afroze – Bangladesh



I am special educator. Before the CII course, I was not fully aware of inclusion and I always feel the need to learn more about disability and inclusion. Being a special educator, I come across many children with disability in school and sometime have no idea of how to manage certain types of disability but this course gave me an opportunity to learn beyond my expectation, it has enhanced and boosted my knowledge on how to deal with different types of disabilities and classroom management. Apart from the daily lessons, I was fortunate to visit many other organizations working in disability areas and learned a lot from the visits. I also learned a lot from my co-participants who came from different countries, cultures and different backgrounds, we all live together here in ADAPT and we are like a family.

My sincere gratitude to Dr. Mithu Alur, The Women's Council U.K. for giving me this opportunity to learn. I am taking all the learnings with me and implementing these valuable learnings in my country.

### Tara Devi Giri – Bhutan



I started my journey to ADAPT, Mumbai with a lot of expectation and today I would proudly say that my expectations are appropriately addressed by the highly qualified and dynamic faculty members of ADAPT. My experience at ADAPT are numerous but to cite a few, it broadened my horizon of what inclusion means at micro, mezzo and macro level. I also learnt how an individual, parents and community can play a pivotal role in demystifying disabilities and making inclusion happen. I feel proud learning about inclusion history of India spearheaded initially by the visionary Dr. Mithu Alur who singlehandedly paved the journey of inclusion as her daughter Malini born with cerebral palsy being the reason deter for the cause of disability movement in India. My heart goes out to Dr. Alur for the amount of effort put in by ADAPT in evolving and standing out as a sustaining NGO for 50 years now. The awareness created so far by Spastic Society of India (now ADAPT) by and large is remarkable and we, the participants of the Community Initiatives in Inclusion(CII) Course are the ripple effects of awareness and the services reached out by ADAPT not only in India but at international level too.

All modules embedded in this course very much relevant and contextual to my country and I hope to take back a lot and adopt it in my country to strengthen inclusion. The field

trips embedded in this course provided hands on experiences to take back to our home countries. This course not only enhances my concept and knowledge on disabilities and inclusion but it helps build connections with participants from other countries who have also brought so many years of experiences and enormous amount of knowledge and practice of inclusion from their respective countries. The sharing session from each country participants was equally valuable in broadening our knowledge on inclusion. The trip we made around the city was equally helpful in learning about culture and custom and to see and observe the accessibility, attitude of people on disability and barriers of inclusion. “See the person first, not the wheelchair” is one of the best experience for me in changing outlook of people on disability. Thank you Dr. Alur, ADAPT and The Women’s Council, U.K

### **Mahuli Motwani - India – Mumbai**

I joined the Community Initiatives in Inclusion course offered by ADAPT in January 2023. The last months have taught me a lot about disability and inclusion. One of the most important things I have learnt is to respect everyone.



At ADAPT, I have met people (adults and children) from different backgrounds. ADAPT has made me realise that we can and should treat everyone equally, no matter what caste/religion they belong to, or their economic and family background. The teachers and staff are friendly and patient. They make it a safe and happy place for everyone. Each person has their talent and abilities and it is up to us to recognise it. I have learnt how to be patient and an understanding person. And most importantly, how to be kind.

I also saw how some of the teachers work with people and understood that some people may need a few repetitions to learn something whereas some others may need several repetitions. I also learnt different techniques (verbally telling them, showing them by doing).

In the last two months, ADAPT organised many field trips where we got to see how the visually impaired, hearing impaired, and people with cerebral palsy or Down's syndrome or Autism learn and can be a part of society.

I also learnt how to work in groups. It is okay to have differences but in the end, we have to work together. I learnt to adjust to other people, putting aside my own problems.

### **Reena Kamble – India – Mumbai**



It's a great experience by far. I got to learn a lot more about Inclusion. The sessions are interesting and organized. All the lectures are filled with curiosity and questions with an active batch of participants. The visits to

the various centre were fun and learning more about Inclusion and implementation. The training department has been extremely helpful to enhance our knowledge.

I am anticipating a lot more activities and fun sessions. And I also hope to take a lot from this course and implement it in the future. I want to thank ADAPT and the Women's Council U.K.

Thank you.

### **Joyce Lalka - India – Mumbai**



My CII experience past few weeks has been one of learning. It has broadened my outlook towards disability. Something that I strongly felt so impossible, has completely changed my view point to the positive. Clear instructions and thinking out of the box attitude and thought process... and the help from the CII teacher training staff has helped me see disability barriers /policies etc. with a different eye.

The Whole School Approach to Inclusive Education has widened my thinking skills.

The friendly nature of the CII participants has got us so close together that we have come to become a family. Taking care of each other's needs. The staff is always helpful. Ever willing to give their time and resources. So that we not only learn but also take along with us, knowledge imparted and spread the same via a ripple effect.

Lastly thanks to the non-staff for making us feel 'ADAPT 'as our second home with good food and other amenities

### **Jacinta Saldanha - India – Thane**



I thank Dr. Alur and the U.K. Women's Council for giving me the opportunity to be a part of the CII programme 2023 and ADAPT family. I regret that I could not complete the programme due to personal reasons.

I have been a part of this programme. It has been a very insightful and a learning experience. I have benefitted from it immensely as an individual working in the social sector and as a mother with a special child. The selfless sharing of knowledge, the approachable attitude of the ADAPT team, the space created to express our opinions has been enriching and contributed to my learning.

The diverse group of participants coming from different countries also bring in different experiences from their country and contribute to one's learning. The care extended to each participants by the faculty and ADAPT team bonds each one of us as a family am sure and believe, now that we are an ADAPT family wherever we go, we will always contribute to each other's growth, personal and professional.

Last but not the least I would like to thank my peers and faculty for their warmth and friendship.

### **Divyani Giri - India -West Bengal**



The CII course has been a good experience so far. I got to learn a lot more than the Inclusion Matters course. The sessions are interesting and organised. All the lectures are filled with curiosity and questions with an active batch of participants. Alongside, I also got to explore the city with my fellow participants. The visits were also engrossing and fun. The training department has been extremely helpful with everything and the hostel department have been tending to all of us. I am anticipating a lot more activities and fun sessions. And I also hope to take a lot from this course and implement it in my place. I want to thank Dr. Alur, The Women's council and ADAPT for taking good care of all of us. Thank you.

### **Mhasivino Khale - India – Nagaland**



I am Mhasivino Khale from Nagaland, India. This is the first time I am away from home but I feel like I am home away from home because everyone here is so welcoming and friendly.

I was a teacher in a mainstream school. I love my job, I love teaching, I love my students so much but it was never enough. I always want better and different. This CII course served as my stepping stone to pursue my dream to become a better teacher someday. Having little knowledge about disability and none about inclusion when I came to ADAPT, now I am sure I'll go back to my place with much positive knowledge and experiences. With the learnings from ADAPT, I will implement and practice back in my community to help the children with and without disability.

Thank you so much ADAPT and U.K. Women's Council for accepting me and giving me this opportunity.

## Sungjemnungla - India - Nagaland



### My experience in CII

From the very first day at ADAPT, I was exposed to so many new things that gives me the passion to learn more. The inauguration day program was very encouraging day for me and it was really a new experience for me. CII participants got to know each other well too.

I was so glad to meet different people from different country.

I felt the love and care of all the ADAPT family from Day 1. I gained enough knowledge from all the sessions taken by different resource persons. I acquired so much new information and learned new facts which I wasn't aware of.

I was fully satisfied with all the lectures and as the day goes by, I was determined to learn more. All of our fellow participants became good friends and help each other very well.

Apart from the class room sessions, we were given opportunity to visit different centers. All of the visits were a very new experience. I feel blessed for all the experiences.

Though my stay at ADAPT is for a short period of time, I feel like I knew all the ADAPT family from a very long time and I feel the love, care and support.

The lodging that was provided to me was far better than I expected. I was worried about the meals but I enjoy most of the food provided to us. Sometimes when I don't feel like eating fried foods I was given a chance to cook own preferences. So grateful for allowing us to use the kitchen to cook own meals.

I'm super excited to apply all my learnings when I go back to my community and spread awareness.

I'm so grateful to ADAPT and Women Council of U.K for given me the privilege.

### **Talengjungla - India - Nagaland**



My experience here in CII course has been a tremendous impact on my life which I will adapt in my future, I have enhanced my knowledge. When I initially joined this course, I was unacquainted about inclusion, being in this course has been an eye-opener for me.

The course not only involves lectures but it is inclusive of varieties of curricular activities and visitation of various institutes, hospitals, and organisations, which moulds us to foster knowledge in a large setting.

Apart from the curriculum, the organisation also involve us in different exciting co-curricular activities like Inclusion Mela, learning different skills from ADAPT, Skill Development Centre, Chembur, exploring of incredible places like Bandstand, I Love Mumbai, Elephanta Caves etc. I felt extremely thrill and bliss in exploring those new wonderful places, getting to learn numerous new things there and have had enormous fun.

Being in an environment surrounded by friends of different nationalities, I have also learnt an abundance of knowledge, skills, and cultural awareness.

Last, but not the least, I would like to thank Dr. Mithu Alur, the entire ADAPT staff and The Women Council (TWC) of UK, for supporting us in everything and pushing us towards achieving our goals.

Overall,an exceptional journey so far, looking forward for the incredible journey ahead of us.

### **Khulan Boldbaatar – Mongolia**



I am grateful to ADAPT for choosing me for this program in the first place. It will be 3 months now. During this time, I am very grateful to learn about global trends in disability awareness, current policies and their implementation and accessibility in India. My biggest concept is "participation". I learn from ADAPT every hour how important this is.

Thank you for ADAPT

### **Otgontuya Gulguu – Mongolia**

Respected Dr. Mithu Alur, Ms. Malini Chip, ADAPT Family, Women's Council U.K, and my classmates, Thank you very much for all your support during my CII course. I would also like to thank you very much for supporting me and sending me back to my country because of the death of my beloved husband. I was in shock, and thank you very much for allowing me to go back. It is very difficult for me to bear the untimely loss. I and my daughter are very upset.



Madam, as you know that I could not complete my course, which was to be finished in April 2023. It is also difficult for me to come back and complete my course. I really wanted to complete my course from your esteemed internationally renowned institute, but at this moment it is difficult for me to bear the cost of an air ticket and also I cannot leave my daughter alone.

### **Saranchimeg – Mongolia**



I would like to thank the Women's Council, UK and the ADAPT team for giving me an opportunity to participate in the CII course. I was excited and was enjoying the course, apart from taught lessons, we have visited several centers and gained a lot of experience. I have learned a lot about inclusion, disability, development, and socialization of children and youth with special needs in India. I have heard and learned a lot from our resource persons who are very professional.

But unfortunately, due to my health condition, I could not continue the course and had to return back to my country. My sincere heartfelt gratitude to ADAPT family and my co-participants for taking care of me without sleeping until the weekend. I am very happy to be able to create memories with all of you in a short time.

Dear Dr. Alur, Thank you for supporting me in every way, and for your blessings.



### **Resha Koju – Nepal**



It is my first experiences outside my country. I didn't expect such a friendly environment. Before coming to the course, I didn't know what inclusion actually is. Since I am not familiar with disabled persons, I don't know that disabled person can get education as well as jobs. Now I am aware of several types of disability, social model and medical model. It is clear that disability is not a fault, but society should provide accessibility and opportunity for them as all human beings have the same rights.

After spending some weeks in ADAPT, I came to know what inclusion is and its importance. Inclusion is important in every sphere of life. All the human beings are different, but unique. When we create inclusion, all the abilities and disabilities unite and fulfil each other. Therefore inclusion is important.

### **Asliya Ghulomrasulova – Tajikistan**



Before coming here, I thought that a disabled person is not capable for education, skill, job, and even relationships. I had pity feeling and always felt sorry for them. I even didn't imagine that they also can get education, get jobs, make friends, and get married.

During the 8 weeks in ADAPT, I have gotten knowledge of whole disability, inclusion, mainstream, and special schools. Now I am aware of disability, and know that it is society's fault that makes us feel like that. We think that inclusion is impossible. But no one in the world is 100 percent able. All of us are partly disabled. But we and society make segregation for disability.

To sum up, ADAPT is a good environment. It gathers people with different, backgrounds, religions, and culture, but unites us with one main point which is inclusion.

### **Zainilmo Nazrishoeva – Tajikistan**



My experience about the CII course here in ADAPT.

When the first time I came here from different country, the different culture and religion was a wonderful experience.

When I first saw all able and disabled children studying together here in ADAPT, it is a source of great happiness to see how disabled students are made independent here. In my country, disabled children are neglected.

In the past, I did not even think that a disabled child has so much access. You make them believe in themselves. I read Malini's book 'One Little Finger' and saw how her dear mother worked hard to provide conditions for both Malini and other children. I appreciate the work of Dr. Alur and all the staff, and I really wish that in the future there will be a similar opportunity in my country.

### **Tenzin Peldon – Tibet**



I came in this course with an open mind and I was still surprised to come across a lot more issues, which was totally new to me. This step was out of comfort zone for me and I am glad that I took this step. Learning about the disability both medically and socially helped me to understand much better than I expected. ADAPT not only focuses on the classroom lectures, but also took us for field visits, which was very beneficial to us. I learnt way better about how the changes have been done and I could see other people efforts to build such incredible schools. Some concepts are already existence in the Tibetan community and I was happy that my community was one step ahead which was a great relief. I learnt incredible things and we are left with only one more month where I am ready to learn more and explore more.