



HUMANITY WELFARE ORGANISATION HELPLINE BIJBEHARA

Activity Report April 2023-March 2024



ACKNOWLEDGEMENTS

I would like to express my deepest appreciation to all those who provided me the possibility to complete this report. A special gratitude for our Honorary Chairman, Mr. Javed Ahmad Tak, whose contribution in stimulating suggestions and encouragement, helped me to coordinate with the on-going projects of our organisation, especially in compiling this report.

Furthermore, I would also like to acknowledge with much appreciation the crucial role of the project staff, who provided all the necessary material to complete the Annual Report of the Organisation. A special thanks goes to my team, who helped me to assemble the parts and gave suggestions.

Last but not least, many thanks go to the Chief Functionary Officer, Mr. Qadil Rashid Vaid who has invested his full effort in guiding the team in achieving the goal. I have to appreciate the guidance given by our colleagues that has improved our Annual Report, thanks to their comment and advices.



VISION:

- ✓ One world and one people inclusion of all persons with disabilities in the main stream.
- ✓ Empowerment of persons with disabilities at all levels – social, economical, cultural etc.
- ✓ Educational and independent life in the community.

MISSION:

- ✓ Inclusion of persons with disabilities at all areas of life.
- ✓ To strengthen and rehabilitate every person with disability through building their individual capacities and enable them to live a dignified independent life.
- ✓ To advocate for proper implementation of JK PWD Act 1998 and Mental Health Act 1987.

APPROACH:

- ✓ Rights based approach for the empowerment of disable people.

VALUE STATEMENT:

- ✓ Inclusion break barrier and open doors for inclusion.

Story Telling Session

A story telling session was conducted by Story teller Ms. Shivani Dhillon at Zaiba Appa Institute of Inclusive Education Semthan Bijbehara. It was inclusive in nature as students from Government Middle school Semthan and Zaiba Appa Institute of Inclusive Education Semthan participated in the session. Few mothers of autism children also participated in the session.



Sports Event

The District Youth Services and Sports Officer Anantnag organized Sports event for Specially Abled Students under the Banner of "Celebration of Sports Week (Para Sports) for Specially Abled Students" on 01/05/2023 in Zone Bijbehara at Zaiba Aapa Institute of Inclusive Education Bijbehara. On the occasion students with different disabilities participated in various games viz. Carrom, Chess, Tug of War, Badminton, Rope Skipping & some minor recreational games were conducted for both boys and girls with severe Disabilities.

Around 90 students participated with zeal and zest in the organised event. The purpose of conducting the programme was to encourage the Para Sports and enhance the participation of Specially abled students. The DYSSO Anantnag Mr. Ghulam Hassan Lone was the chief guest during the event and othewr officials including ZPEO Srigufwara Mr. Mohammad Maqbool Thokroo, Mr. Mohammad Abbass Dar (Activity Incharge DYSSO Anantnag), Mr. Bilal Ahmad Dar (PEM DYSSO Anantnag), Mr. Khurshid Ahmad War (Sports Week Incharge) Mr. Shabir Ahmad (Junior Assistant ZPEO Bijbehara) and field officials of ZPEO Zone Bijbehara remained throughout the program.

While speaking on the occasion, DYSSO Anantnag Mr. Gh. Hassan Lone said that this week is meant for the specially abled students to encourage them and to provide them the platform for the participation in games and sports, so that they can show case their hidden talent. This week also promotes inclusivity and highlights the importance of equal opportunities for everyone in the field of sports. Further, he lauded the students, Authorities of Zaiba Appa Institute of Inclusive Education Bijbehara and field officials of ZPEO Zone Bijbehara for the participation and successful conduct of the programme. On the conclusion of the programme, the Winners and Runner up students in both boys and girls categories were awarded with medals along with all participants.



World Red Cross Day

On eve of World Red cross day an awareness cum medical check-up camp was organised for persons with disabilities at Zaiba Aapa Institute Semthan Bijbehara kashmir. The camp was organised by Humanity Welfare organization Helpline Bijbehara in collaboration with Chief Medical officer Anantnag and Sub District Hospital Bijbehara.

Around 59 persons with disabilities including children with disabilities of Zaiba Aapa Institute of Inclusive Education Semthan Bijbehara were assessed for different ailments including medical and mental health issues. A team of doctors from sub district hospital Bijbehara including Dr. Mudasir orthopedic, Dr. Imram, Dr. Afaq psychiatrist, Dr. Rahat Gynaecologist, Mr. Aijaz Ahmad technician assessed the children and prescribed the medicines that were provided by Humanity Welfare organization Helpline Bijbehara.

BMO Bijbehara Dr. Mohammad Iqbal Bichoo presided over the function. He said Red Cross day has been celebrating with the legacy that people has lost lives for saving lives of others. Thus, medical check-up of children with disabilities should be on priority. He said that instead of making lives of children with Disabilities dependent we should collectively put efforts to keep them physically fit and mentally sound so that they will live an independent life with dignity and contribute for the overall development of society

Speaking on the occasion, organiser of the event Mr. Javed Ahmad Tak said Humanity Welfare Organization Helpline Bijbehara is committed to empower children with disabilities. District Anantnag is the leading district where persons with disabilities have been living better lives and are facilitated to be contributors and not parasites. Red Cross day is an important event in the history in which efforts were put to save lives and minimise disabilities in the world. We request Russia and Ukraine to stop war and minimise deaths and Disabilities in the world.



Awareness cum Get Together Program of Persons with Spinal Cord Injury

An awareness cum get together program of persons with spinal cord injured persons was organised by Humanity Welfare organization Helpline Bijbehara at Zaiba Aapa Institute of inclusive education. Wheelchair users from District kulgam and Anantnag participated in the program. Everyone shared his / her experience how they dealt with various issues after facing the spinal cord injury.

Mr. Jan Mohamad Bhat, Mr. Muzaffar Nazir, Mr. Sajad Ahmad Bhat members of CARE NGO working for the Empowerment and Rehabilitation shared their experiences about rehabilitation and empowerment. The website of CARE foundation was shared and its aims and objectives were discussed. The stake holders including Mr. Abdul Rahman Parray and Mr. Arif Ali Bhat assured that CARE foundation will start the rehabilitation services soon in the valley.

Mr. Javed Ahmad Tak and Mr. Aijaz Ahmad Aijaz who have been facing spinal cord injury from more than two decades discussed how persons with spinal cord injuries should take care of their health issues, create accessibility and ensure all steps of rehabilitation including, social, medical, education, economic rehabilitation. In addition they discussed the how to become contributors in the family and avoid dependence.

It was unanimously decided to organise the follow up of such programs in future also.



Awareness cum Distribution Programme

Chief Medical Officer Kulgam, Block Medical Officer Qaimoh, Rashtriya Baal Swatha Karikram team and District Early Intervention team from district kulgam in collaboration with Zaiba Aapa Institute of inclusive education Semthan Bijbehara kashmir organised a day long awareness cum distribution programme. The Following members from health department participated in the programme including RBSK Team Manager Mr. Aijaz Ahmad, Medical officer Dr .Muneera, Medical Officer Dr. Najeem, Medical officer Dr. Khursheed and paramedical staff.

Dr. Najeem gave overview of RBSK scheme its implementation and loop holes. Mr.Aijaz Ahmad Manager RBSK scheme Kulgam discussed the procedure and applicability features of RBSK.

Mr. Adil Rashid Vaid moderated the program and discussed about difficulties faced by children with disabilities. He gave information about the children enrolled in Zaiba Aapa Institute of Inclusive Education and their rehabilitation plan run by the institute.

17 children with hearing and speech disabilities were earlier assessed and hearing aids of high quality were distributed among needy eligible children.

In concluding remarks of program Mr. Javed Ahmad Tak explained challenged faced by persons with disabilities parents and caregivers while applying for Disability certificates, Hearing aids and other appliances, Hand-controlled Scooters, Railway concession certificates. He requested the teams to bring these issues in the notice of Chief Medical officer and medical superintendents. The team assured by of the greater support in rehabilitation of children with disabilities in future also.

Visit of Director School Education Kashmir Tasaduq Hussain Mir

Director School Education Kashmir Mr. Tasaduq Hussain Mir visits Zaiba Aapa Institute of Inclusive Education Semthan Bijbehara kashmir and distributed TABS among students with disabilities who qualified class 12 and 10 examination JKBOSE.



Visit of Deputy Commissioner Anantnag Syed Fakhruddin Hamid IAS

Deputy Commissioner Anantnag Syed Fakhruddin Hamid IAS celebrated Eidul Azha with children with disabilities of Zaiba Aapa Institute of Inclusive Education Semthan Bijbehara Kashmir.



Sports Festival

A day-long sports festival of children with different physical and intellectual disabilities was organised at Delhi public school Anantnag ground. Around 200 participants attended the event and participated in different sports activities. The sports festival was organised by Humanity welfare organisation Helpline.

Mr. Parvez Rasool renowned international cricket player was guest of Honour. Earlier inaugurating the event, Chief Guest Dr. Nighat Fatima Principal Delhi Public School Anantnag said that body deformities don't prove human beings cannot perform. Children with disabilities are no less capable but have same ability. They need opportunities and acceptance in the society. In his speech Mr. Parvez Rasool said that every human has one or other capability hence everyone should contribute for social or human development to make world a beautiful place to live. Mr. Parvez Rasool presented certificates of appreciation to the ex-students with disabilities of Zaiba Aapa Institute of Inclusive Education who recently passed class 11th and 12th.

Mr. Javed Ahmad Tak Honorary Chairman Humanity Welfare Organisation Helpline Bijbehara said that there is nothing special in names saying someone is specially abled or differently abled or Divyang; it changes nothing among persons with disabilities but desperately create identity crisis. The first reaction of a non-disable person should be thanking the almighty creator that they have no challenges in life like persons with disabilities but should provide opportunities to persons with disabilities to prove their metal abilities. Everyone should act with empathy and should refrain from any superiority, because no one is inferior or superior in the world.

A huge number of students from Delhi Public School Anantnag interacted with the children facing disabilities.



Day-long conference on Inclusive Education

University of Kashmir South Campus organised a daylong conference on inclusive education in collaboration with Zaiba Aapa Institute of Inclusive Education Kashmir . A number of papers were presented on inclusive education, challenges and its implementation. Dr. Riyaz Ahmad Ganie Teacher GMHSS Bijbehara and Mr. Javed Ahmad Tak were the special speakers on the occasion. Dr. Rayees Ahmad Director South Campus University of Kashmir said that such programmes will be organised on a frequent basis. Children of Zaiba Aapa Institute of Inclusive Education Bijbehara performed education and cultural activities.

Mr. Rayees Mohammad Bhat DIG South Kashmir range who was chief guest on the occasion and said that accessibility is the prime need to give equal opportunities to the persons with disabilities to seek inclusion or main streaming. There is role for every human in the society to empower persons with disabilities. Appreciating role of Zaiba Aapa Institute of Inclusive Education Bijbehara Mr. Rayees Mohammad Bhat said the institute has been developing capabilities of Children with Disabilities and DIG office have been extending help and will continue to support them in future as well. Students from different departments moderated the programme and presented the vote of thanks.



Cricket match for persons with visual disabilities

A cricket match for persons with visual disabilities was organised by Helping Hand Foundation Srinagar under facilitation of Humanity Welfare Organization Helpline and Blind Welfare Trust. The match was played at aglar play ground in district Shopian. 2 league teams of persons with Visual Disabilities participated in the event and team B under Abid wani won the match by 8 wickets. Team A under Mr. Showkat Ahmad Lone in the opening made 38 runs which team B chased easily only losing two wickets. Mr. Sahil Ahmad a cricketer with blindness was declared as man of the match, he made 22 runs and took one wicket.

Mr. Umar Wani founder Helping hand foundation inaugurated the event in presence of Mr. Javed Ahmad Tak, Honorary chairman Humanity Welfare Organization Helpline. Cricketers with visual disabilities from south Kashmir and central Kashmir participated in the match. Volunteers of Helping Hand Foundation from district pulwama under Mr. Rahi Rafiq facilitated in organising the event. Mr. Umar Wani organizer said that Helping hand foundation said that disability is not what is highlighted in the body but Drug addiction, animosity with neighbours, corruption are disabilities in persons.

Mr. Javed Ahmad Tak in concluding remarks said that sports events were earlier linked with the body fitness but today cricketers with blindness highlighted how eyes have nothing to do with playing games and performing in sports events. Many sports events should be organised among persons with disabilities so as to create awareness and sensitivity among masses, Tak added. He appreciated the role of team Helping Hand Foundation and thanked Mr. Umar Wani for taking initiatives to support disability sector. He also thanked whole village of aglar for their cordial hospitality and arrangements.



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Parents-Teachers Meeting (ID Section)

On 31st July 2023, a high level Parents-Teachers meeting was held for Intellectual disability classes at Zaiba Aapa Institute of Inclusive Education Bijbehara. The meeting was moderated by Mr. Adil Rashid Chief Functionary Officer, Teachers and Special Educators looking the affairs of children with intellectual disabilities including Mr. Suhail Ahmad, Ms. Meema Rashid, Ms. Rafia Jan, Ms. Jozee Jan, Ms. Zahida Hameed & Ms. Sheema khan deliberated with parents. The improvements and deficits among the children with intellectual disabilities were discussed. The children and parents expressed their challenges and it was decided that collaborative measures will be taken to strengthen the academics and rehabilitation of children with different intellectual disabilities. IEPs of children were discussed and difficulties and challenges in fulfilling the goals fixed were also discussed.



Parents-Teachers Meeting (Hearing and Speech Section)

A high-level parental meeting was held at Zaiba Aapa Institute of Inclusive Education Bijbehara Kashmir. The parents of hearing and speech disable children joined the meeting. Mr. Mudasir Ahmad Tantray and Mr. Yasir Rafiq karchoo concerned teachers for hearing and speech disable children briefed the parents about the steps needed to empower children with children so that they can live life with dignity. The teachers suggested parents to bring positivity of children forward and keep the difficulties or deficiencies behind so that children are encouraged and gain confidence. They also suggested that parents should consult teachers while they face deficiencies and difficulties in communication. They also stressed on regular class work and no unnecessary absence of school because the discontinuation creates more learning gaps among children.

It was also suggested that parent teacher cooperation needs to be strengthen and parents should be in touch with teachers to minimise the difficulties faced by children in academic area.

Mr. Adil Rashid Chief Functionary Officer while speaking on the occasion said that parents should respect teachers and if any complaint arises the diaries given to students should be medium of communication or the parents should consult office bearers directly or over the phone. The parents were also suggested to communicate reason of absence in what's app groups created by concerned teachers. The correction of mistakes in all documents domicile school record adhaar disability certificate and ration card. Parents were requested to create same name parentage address in order to create accurate data so that pension given through Social Welfare Department should not stop.

Mr. Javed Ahmad Tak while counselling the parents said that parental role is highly important and parents should follow the teacher suggestions and teachers should respect the parental aspirations. He suggested follow up meetings shall be convened on quarterly basis.



Medical camp



90 Bn CRPF Organized a free medical camp under its Civic Action Program (CAP) at its Bn. HQ at Uranhall, Bijbehara in south Kashmir's Anantnag District. This medical camp was focused on woman and specially abled children of Zaiba Aapa Institute of Inclusive Education, Bijbehara. The camp was inaugurated by Sh. Gyanendra Kumar Verma, IPS, IG, CRPF, Kashmir Ops Sector. During the camp, free medical check-up and consultation, free medicines were distributed by CRPF among 250-300 needy villagers of Uranhall, Batengoo, Kanzigund & Samsipora. 04 doctors including 02 lady doctors attended to patients/beneficiaries. All the distinguished dignitaries and media persons present in the medical camp expressed their gratitude and praised the 90 Bn. CRPF for organizing the medical camp.

Mr. M.A.M. Rizwan, Commandant 90 Bn CRPF addressed the public present in the medical camp, in the presence of Sh. Kulvir Singh Deswal, DIG (Ops) Range Anantnag, Sh. Dharmendra Singh Visen, Commandant 96 Bn CRPF, Padmashri Javed Ahmad Tak, Director of Zaiba Aapa Institute of Inclusive Education Bijbehara. He assured the local public that CRPF has always been helping the Kashmiri people and putting all out efforts for peace, prosperity and development of the society. He added that they will continue to conduct such Civic Action Programs for the benefit of the local public in future. During the address of IG KOS, he motivated the gathering to make efforts in such a way that the benefits of such Medical camps out reach more to needy villagers and also tanking the dignitaries present over there, it would also informed that such Medical Camps would continue to be organized from time to time by other CRPF units in their deployment area.

In the program, specially abled children/students of Zaiba Aapa Institute of Inclusive Education, Bijbehara presented various motivational activities/performances which were appreciated by all.

Program on Anti-Drug

On 22.08.2023 Children with disabilities of Zaiba Aapa institute of inclusive education Bijbehara performed Anti-Drug Awareness Skit cum Song at University of Kashmir South Campus Anantnag.



Distribution of Sewing Machines

Under Mission Livelihood Humanity Welfare Organization Helpline NGO in collaboration with Islamic Relief and Research Trust Srinagar gave sewing machines to 5 women with disabilities to start home based earning units. 10 families headed by persons with Disabilities were given ration kits. Mr. Abdul Rashid Hanjoora, President Islamic Relief and Research Trust sponsored the livelihood units. In the counselling session, Mr. AR Hanjoora president IRRT Srinagar directly interacted with the beneficiaries said that all of the persons with disabilities should take initiatives to earn with dignity and prove themselves at giving end and not at the receiving end.

Mr. Javed Ahmad Tak Honorary Chairman Humanity Welfare Organization Helpline said that Government has been keen to empower persons with disabilities but implementation towards last person in line is not being attained yet. Persons with Disabilities should stand up to earn with dignity and not to wait for social security pensions and charities. Youth with disabilities are fully capable to do all sorts of assignments but opportunity matters. As per rights of Persons with Disabilities Act 2016 persons with disabilities should be given equal opportunities their rights should be protected and their 100% participation should be ensured.

Cricket Match for Persons with Visual Disabilities

A league match of cricketers with Visual Disabilities was organised by Humanity Welfare Organization Helpline in collaboration with Government Model Higher Secondary school for Boys Bijbehara. Ms. Nasreena Principal along with staff members of Model Higher Secondary school Bijbehara hosted the cricket match and provided all sort of support. The match was inaugurated by Mr. Javed Ahmad Tak Padma Shri Awardee a renowned advocate of disability sector. 22 players with visual disabilities from Kulgam, Anantnag, Shopian, Pulwama, Srinagar, Budgam and Baramullah districts participated in the cricket match. 2 teams Central 11 under the captainship of Mr. Showkat Ahmad Lone and South 11 under captainship of Mr. Abid Nayak played an interesting match. Mr. Mushtaq Ahmad Tak made the Toss and South 11 won the toss and elected to bat. They made 107 runs. Chasing the score central eleven batting collapsed very soon only making 60 runs. Thus south eleven won by 47 runs. Mr. Sahil was declared as man of the match. Mr. Junaid Bhatti was declared as Best bowler. All the participants facing severe visual disabilities were given certificates and medals. The runner up and winning teams were given trophies.

Speaking on the occasion Mr. Javed Ahmad Tak Founder Chairman Humanity Welfare Organization Helpline said all humans are cricketer and earlier only physical fitness was thought to be the Eligible cricketers but today cricketers with blindness have proved the stereotypes and labelling as fake and biased approach towards the persons with visual disabilities. He appealed Jammu Kashmir cricket association to provide registrations to cricket clubs of youth with different disabilities. In addition he appealed Lieutenant Governor Manoj Kumar Sinha and the Chief Secretary of J&K to provide budgets for cricket tournaments for organising more events for cricketers with different disabilities. He requested cricket coaches, pitch managers, private coaching clubs to include persons with disabilities and provide them support.



Visit of District Of Social Welfare Officer Anantnag

On 29 August 2023, District Social welfare Officer Anantnag Mr. Muzaffar Hussain Malik visited Zaiba Aapa Institute of Inclusive Education Bijbehara. DSWO Anantnag Mr. Muzaffar Hussain Malik interacted with children and staff of Zaiba Aapa Institute of Inclusive Education and got appraisal and current status of the institution. The officer personally assessed the students enrolled in mild moderate and severe sections of children facing mental disabilities, hearing and speech disabilities, mobility disabilities and vocational training centre. The officer appreciated role of the staff members and promised of follow up visits. The official said that Social Welfare Department is committed to empower persons with disabilities through education, employment and trainings. He further stated that department is proud of institutions meant for the overall development of children with Disabilities like Zaiba Aapa institute of inclusive education and NGOs like Humanity welfare organization Helpline NGO Bijbehara.



Awareness Rally by Persons Facing Spinal Cord Injury

An extraordinary awareness rally was held in press colony Srinagar on 5th September commemorated as World Spinal Cord Injury Prevention Day under the banner of Humanity Welfare Organization Helpline. Wheel Chair Users affected by spinal cord injury, children on wheels and scores of persons with disabilities from different districts of J&K participated in the rally with play cards in hands. The organiser of the rally Mr. Javed Ahmad Tak Founder of Humanity Welfare Organization Helpline who himself has been facing spinal cord injury briefed the press that spinal cord injury is the disability which mostly makes lower body paraplegic and person is unable to move independently but is mobile after using various types of aids and appliances mostly wheelchairs. While as in some cases full body gets paralysed known as quadriplegia condition. The person becomes totally dependent and unable to perform various activities. The cause of spinal cord injury is mostly fall from trees during harvesting season mostly in far flung areas not using the safety kits, Bike stunts, underage persons driving cars, high speed driving, taking selfies at high altitudes & huge risky tops and risky sports activities.

Mr. Javed Ahmad Tak has made hand folded request to the youth that they should avoid all such actions which break spine in a second by doing such activities and thereafter suffering in whole life. There are already more than 10 lakh people facing different types of Disabilities and the sector is facing huge number of challenges in seeks Rights but addition of disability will create more gracious challenges, Tak Added. He also requested people using drugs and psychotropic substances to give up the consumption of unnecessary drugs that create mind disabilities. He requested drug addicts and bike stunners consult disability sector, wheel chair users and persons with mental disabilities who can narrate tales of their sufferings. Thus youth should not waste their precious money and time in attaining disabilities, Tak said.



Celebration of Teachers Day

On 5th September 2023, TRENDS Bijbehara organised an event on eve of Teachers day. The event was attended by Children and staff of Zaiba Aapa institute of inclusive education Bijbehara. Many cultural activities were presented as well.



Another event was organised at Zaiba Aapa institute of inclusive education Bijbehara Kashmir. Mr. Javed Ahmad Tak, Founder of Zaiba Aapa Institute of Inclusive Education Bijbehara narrated the role of teachers in ensuring overall development of children. He said that teachers should never underestimate the children with Disabilities but treat them equally and at par with non-disabled children. The teachers should develop all characters which alphabets of the word TEACHER contain.

Ms. Meema Rashid Principal Zaiba Aapa defined role of special educators for the development of children with disabilities. She said that inclusion is not possible until special educators doesn't play role in giving appropriate education through proper techniques. Actually all children need behaviour therapy to maintain disciplined life but children with disabilities have evident body or mental differences and behavioural issues that are catered by special education and other professionals related to special education. Parents should take advantage of the special education available in hereby areas, Principal Zaiba Aapa added.

Various students gifted their respective teachers and supportive staff with gifts. Mr. Suhail Ahmad Ganie Special Educator moderated the programme. Mr. Adil Rashid Vaid Chief Functionary Officer presented the vote of thanks and appreciated the role of teaching staff of Zaiba Aapa Institute of Inclusive Education Bijbehara. He appealed to the government to take serious steps in creating more facilities for children with disabilities at district levels and regularise services of special educators and engage more special educators in Jammu and Kashmir. The apathy towards special educators in J&K has created a void in development of teaching fraternity in J&K. He further appealed Lieutenant Governor of Jammu and Kashmir to discard all anomalies with teachers. The efforts of special educators should not be neglected.



Visit of Government Degree College Women Pulwama to Zaiba Aapa

Students of Government Degree College Women Pulwama visited Zaiba Aapa Institute of Inclusive Education Bijbehara on exposure tour to seek information how children with Disabilities are being imparted education with the services of special educators. Around 30 students of 6th semester along with faculty members of Department of Education visited the institution and interacted with students and staff of Zaiba Aapa Institute of Inclusive education Bijbehara Kashmir.

It is pertinent to mention that Zaiba Aapa Institute has been established for children with Disabilities and around 160 students are enrolled in the school facing orthopaedic, hearing, speech, visual, mental and other disabilities.

The students observed how special educators impart education to hearing and speech disable students through sign language interpretation and how the children with Disabilities are educated for the activities of daily living, computer education and vocational trainings.

Students of Government Degree College for Women Pulwama while presenting their feedback said that their mind-set has changed towards Persons with Disabilities and earlier we were expecting no performance from such children and were underestimating such children. But now our eyes have got opened that every child is educable and capable only opportunity matters. They appreciated role of staff of Zaiba Aapa Institute for taking care of every area Education, Rehabilitation and activities of daily living.



World Physiotherapy Day

World Physiotherapy Day was commemorated at Zaiba Aapa Institute of Inclusive Education Bijbehara under the ages of Humanity Welfare Organization Helpline NGO . The event was organized by CB Therapy unit of Anantnag in collaboration with Humanity Welfare Organization Helpline. Around 50 parents of children facing cerebral palsy and other orthopaedic Disabilities participated in the event. Dr. Natasha, Dr. Shafiya, Dr. Shahid Sultan physiotherapists deliberated on goals and benefits of physiotherapy.

Dr. Natasha physiotherapist from CB Physiotherapy Anantnag kashmir unit demonstrated how basic physiotherapy can be done from the local level materials and how parents can start support their children facing orthopaedic disabilities with common exercises. She emphasised on the play way method of exercising process rather than putting burden on the children facing certain deformities.

Dr. Shafiya presented few success stories of children facing the orthopaedic disabilities and presented how parent professional role made the mobility of children with Disabilities possible and now these children have been living independent life and going non disable schools continuing their education with non-disable children. she emphasized parents should at once accept the children with children with Disabilities and hunt for therapy availability and take sessions for the children instead of worries and negative thoughts.

Dr. Shahid Sultan Physiotherapist rendering services at Zaiba Aapa Institute of Inclusive Education Bijbehara gave thrust on parental role at home. He said child remains at physiotherapy centre for some specific time and in obtuse part of clock child is in the family hence family and siblings can support the persons affected with disabilities for attaining mobility through common exercises under guidance of physiotherapists

Mr. Javed Ahmad Tak counselled the parents and said parents, professionals, institutions are first hand partners of rehabilitation.

Outing for children

Humanity Welfare Organization Helpline NGO Bijbehara Kashmir organised an outing for children enrolled in Zaiba Aapa Institute of Inclusive Education Bijbehara Kashmir and its staff. Around 100 children enjoyed at the Aru and pahalgam valley.



Cricket Match for Cricketers with Visual Disabilities

An extraordinary cricket match for cricketers with visual Disabilities was organised by Government Degree College Uttersoo in collaboration with Humanity welfare organization Helpline Bijbehara and Blind welfare Trust Srinagar in Degree College premises at Uttersoo Shangus Anantnag. 24 cricketers facing visual disabilities from 6 districts of Kashmir division participated in the cricket match. Two league teams South 11 & Central 11 under captainship of Mr. Abid Hussain Naikoo and Mr. Showkat Ahmad Lone respectively played the match. Losing the toss and proposed to bat team Central 11 made huge score of 122 runs. Mr. Ghulam Mohideen Sheikh made 26 runs while Mr. Ali Mohammad Bhat also added 20 runs. Mr. Sheikh from Shopian and Mr. Bhat from Budgam encouraged their team to make the chase for opposite team tough. Chasing the score South 11 lost its two opening wickets against 5 runs only. Mr. Ali Mohammad Sheikh took 2 wickets and Mr. Mohammad Shafi Wani took 2 wickets and broke the rhythm of team south 11. Hence central 11 won the match by 18 runs.

Speaking on the occasion Mr. Tariq Bashir Assistant Professor who himself has been facing visual disability and teaching History subject in the college said that opportunity given to cricketers with blindness will give them boost to show their talent and prove themselves capable.

Mr. Javed Ahmad Tak Founder Humanity Welfare Organization Helpline NGO Bijbehara said that the match played in Government Degree college Uttersoo Shangus Anantnag has two objectives one is to ensure participation of persons with visual disabilities in sports and games and second objective is to aware college students, common masses in far-flung areas about Disability Rights and know the disability sector from close ranges. The Rights of persons with Disabilities Act 2016 has been a strong document to know the Rights and duties of persons with disabilities in nation development.



International Week for the Deaf

International week for the Deaf was observed at Zaiba Aapa Institute of Inclusive Education Semthan Bijbehara. The Programme was organized by Humanity Welfare organization Helpline. Around 60 children with hearing and speech disabilities, scores of parents, persons with disabilities joined the event. The special educators of Zaiba Aapa Institute of Inclusive education throw light on the importance of the day. The program was attended by CPIM general secretary Mr. Mohammad Yousuf Tarigami in solidarity with persons with hearing and speech disabilities.

In the inaugural speech Mr. Javed Ahmad Tak founder of Humanity Welfare Organization Helpline said that world is celebrating the day for empowering persons with hearing and speech disabilities under the theme inclusive community for the Deaf persons. It means there should be no barrier or discrimination or the deaf persons to live a life with dignity and respect. India has 90 million population of the hearing and speech disable persons. If we ignore their education employability social rehabilitation then the huge chunk of population will be forced to live with miseries and parasitism. Mr. Javed Ahmad Tak said Rights of persons with disabilities Act 2016 was passed by the parliament of India and government should frame a task force to implement the Act with letter and spirit to empower persons with all types of persons with disabilities. He highlighted the issues faced by persons with hearing and speech disabilities and said that transport department ignores licencing of persons with hearing disabilities despite Honourable Supreme Court orders are in place. Jammu Kashmir services recruitment board is not serving reservation to persons with hearing and speech disabilities side-lining the RPWD Act and rules thereof. Despite laws and legislations in place persons with hearing and speech disabilities are forced to approach courts for implementation of such laws and government orders.



Social Security Scheme Mai B Kissan hun

The social security scheme Mai B Kissan hun - I am also a farmer, children of Zaiba Aapa Institute of Inclusive Education Bijbehara participated in the agricultural activities at Bijbehara under guidance of Mr. Muzaffar Hussain Bhat Agricultural Extension Officer Bijbehara. Mr. Yasir Ahmad Karchu and Mr. Tariq Ahmad Rather staff of Zaiba Aapa Institute of Inclusive Education assisted the students with hearing and speech disabilities to take basic training of agricultural practices.



District Badminton championship

District Badminton championship was organised at Indoor Stadium Bijbehara. Ms. Misbah Manzoor & Mr. Abdul Hadi Students enrolled at zaiba appa Institute of Inclusive Education Bijbehara Kashmir participated in the event and won the competition, Both has been facing Hearing and Speech Disabilities. Mr. Ghulam Rasool Bhat Tehsildar Bijbehara distributed Mementos and medals among winners. For the first time sports became inclusive with the presence of students from Zaiba Aapa Institute of Inclusive Education.



3-Day Continuous Rehabilitation Education (CRE) Programme
on
“Downs Syndrome and its Management”

Rehabilitation Council of India is responsible for the development, standardization and monitoring of training programs in the field of disability rehabilitation and special education. It has the additional responsibility to ensure that professionals in these fields update and upgrade their knowledge and skills on a continuing basis.

In this connection, **A Three-Day Continuous Rehabilitation Education (CRE) Programme on “Downs Syndrome and its Management”** was organized at Humanity Welfare Organisation Helpline Bijbehara, from 12.10.2023 to 14.10.2023.

3 DAYS CONTINUING REHABILITATION EDUCATION - CRE PROGRAMME
TITLE: DOWNS SYNDROME AND IT'S MANAGEMENT
ORGANISED BY: HUMANITY WELFARE ORGANIZATION HELPLINE NGO
APPROVED BY: REHABILITATION COUNCIL OF INDIA (APPROVAL NO : CRE-23090914541074)
12.10.2023 TO 14.10.2023
VENUE: ZAIBA AAPA INSTITUTE OF INCLUSIVE EDUCATION BIJBHARA KASHMIR

The main objectives of CRE program were:

- To upgrade the knowledge and skills of in-service and practicing rehabilitation professionals/ personnel, registered with the RCI u/s 19 of the RCI Act of 1992.
- To update professional knowledge and skills of master trainers working in the field of disability rehabilitation and special education.
- To get an insight about identification, assessment and intervention of children facing DOWNS Syndrome.
- To provide early intervention services to children with Down syndrome and their families, to help them achieve their full potential and lead a fulfilling life.
- To address developmental delays that may be experienced by children with Down syndrome or other disabilities.
- To learn a range of therapies, exercises, and activities that are tailored to the individual needs of each child.

- To learn the supportive techniques and guidance offered to parents and caregivers, helping them to better understand the needs of their child and how they can best support them.

A total of **37 (23 Females and 14 Males)** participants attended Three-Day training program and participated actively throughout the program.

Inaugural function of the programme was held on 12.10.2023 at 10.00 am.

Mr. Javed Ahmad Tak Honorary Chairman Humanity Welfare Organisation Helpline delivered the inaugural address and warmly welcomed the participants to the program. He congratulated one and all for their motivation to learn and unlearn the things that will enhance their capacities and will help them to perform better. He highlighted the need and importance of CRE programs and encouraged them for maximum participation for their professional growth and minimize the challenges related to disability.

During the Three-Day training program, highly experienced and qualified resource persons were arranged who imparted training sessions and shared their professional experiences among the participants throughout the programme. Every single effort was put in to widen the vision of special educators in understanding the genetics, history and management of DOWNS Syndrome.

Mr.Aijaz Ahmad Aijaz Sr. Lecturer Zoology Department of Higher Education introduced the participants about Downs Syndrome as chromosomal disorder caused by an error in cell division resulting in the presence of an additional third chromosome 21 or trisomy 21. He discussed the causes of downs syndrome in great detail with attention to various forms of downs syndrome including Mosaic, Trisomy 21 and Translocation. Additionally, he spoke about the signs and symptoms of children facing Downs Syndrome including Flat-appearing face, Upward slanting eyes, Small wide hands, Small head, Rounded cheeks, Weak Floppy Muscles (hypotonia), Small misshapen ears, Small mouth which causes the tongue to stick out and to appear overly large, Unusual Deep Crease across the center of the palm (called a Simian Crease), Malformed Fifth Finger, Wide space between the big and the second toes, Unusual creases on the soles of the feet, Overly flexible joints, Shorter than normal height etc. that can be much helpful in accessing the child through physical appearance.

He also discussed the other defects found among children with Downs Syndrome such as Congenital Heart Disease, Malformations of the Gastrointestinal Tract, Increased chance of developing Infections, especially ear infections and Pneumonia, Certain Kidney disorders, Thyroid disease, Hearing loss, Vision impairment, Mental Retardation. He also discussed the diagnosis of downs syndrome through Genetic testing (chromosome analysis) which is done to verify the presence of the disorder and the final result of such testing, with the photographed chromosomes paired and organized by shape and size also known as individual's Karyotype.

Furthermore, he explained the treatment process of children with Downs Syndrome including medical treatment, surgical treatment, physical therapy, occupational therapy,

music therapy and counselling of parents as the means to increase their functional capacities.

Mr. Jagmeet Singh Clinical Psychologist, Child Guidance and Well-Being Center (CGWC)

IMHANS-GMC, Srinagar started his session with introduction to Downs Syndrome and shared the observation techniques for suspecting children with Downs Syndrome.

He talked about the developmental characteristics of children with Downs Syndrome including Delayed cognitive development, usually within the mild to moderate range of mental retardation, Delayed and atypical speech and language development, with expressive language being more delayed than receptive language, Delayed development of social skills, Delayed motor skills and possible coexistence of other developmental disorders including mental health or behavioral conditions (such as attention deficit hyperactivity disorder, oppositional defiant disorder, or pervasive developmental disorders/autism).

He also discussed the Psychological assessment of children with Downs Syndrome by gathering as much information as possible about their behavior by taking their detailed history, assessing developmental characteristics, psychotic co-morbidities and prevalence of other developmental difficulties or behavioral conditions like aggression, hyperactivity etc.

He also spoke about various myths and facts related to Downs Syndrome. Additionally, he discussed the general approach to assess the child with Down Syndrome through assessment of cognition, communication, kinesthetic, socio-emotional interactions, adaptive and self-help skills. He discussed the various techniques and tools of assessment like observation, use of psychological assessment tests like Developmental screening Test (DST), Vineland social Maturity Scale (VSMS), Gesell Drawing Test, Seguin Form Board Test (SFBT) etc.

Furthermore, he suggested of doing required referral of Downs Syndrome children to other departments like PT, OT, ST, clinical psychologists for progressive interventions as and when required.

Dr. Mir Uzma Ashraf Lecturer, Government Medical College Anantnag discussed about the main physical features of children facing Downs Syndrome, their identification and check list for their assessment. She explained the visible signs of Downs Syndrome at pre-natal stage by conducting U.S.G and the signs may include Thickened Nuchal translucency, shorter-than-normal femur (thigh) bone, missing nose bone. She also talked about the physiological problems, intellect and developmental features in great detail. Moreover, she narrated that screening for Down syndrome shall be adopted as a routine part of prenatal care and suggested that screening tests including the first trimester combined test, integrated screening test must be carried out for early suspecting the Downs Syndrome. She explained the various diagnostic tests to be conducted during pregnancy including Chorionic villus sampling (CVS), Amniocentesis, Preimplantation genetic diagnosis and chromosomal karyotype to confirm Downs Syndrome of neo-natal baby after birth. She also discussed the Jackson Checklist to be used as a tool used to assess developmental milestones in children with Down Syndrome which covers a range of areas, including cognitive, language, motor,

and social development. Additionally, she talked about the challenges and highlighted the unique strengths and opportunities of children with Downs Syndrome. She focused on the early intervention and support to children with Down Syndrome which can help them to lead a happy and fulfilling life.

Mr. Muzzafer Ahmad Khan Director Drug De-addiction Centre Srinagar discussed the techniques to impart education among children with Downs Syndrome like learning by doing, modelling imitation, special education, inclusive education (in case of mild Downs Syndrome). Some facilitating factors for learning in Downs Syndrome include ability to learn from peer group (imitation), strong visual awareness, ability to learn and use signs, gestures and visuals and a good sense of humor. Some inhibiting factors of learning in most of the Downs Syndrome children are cognitive and reasoning deficits, poor auditory awareness, and avoidance tactics. He also displayed a picture of child with Downs Syndrome holding a hand drill and asked the participants to discuss on it! The key outcome of the deliberation was to lay equal emphasis on technical and vocational training of children with Downs Syndrome so that they can live a self-reliant life by gaining economic independence. Moreover, he emphasized on psycho-educating the parents as well for shifting their attitude towards the capacity building of children with Downs Syndrome through imparting vocational and easy hand training.

Mr. Muzzafer Ahmad Ganie Clinical Psychologist, Composite Regional Centre Srinagar discussed the importance of having counselling skills among parents with attention to family management, psycho-education about developmental deficits, needs of the child and space for harmonious development of children with Downs Syndrome. He also explained the Intervention skills of professionals dealing with Downs Syndrome children and their parents which include attending skills, listening skills, influencing, responding with empathy, confidentiality, patience etc. He also briefed the participants about the steps of counseling including informing the parents about diagnosis, identifying the stressors, identifying needs of parents, identification of facilitators and inhibitors, assessment of impact of disability, identification of support system, identification of adaptive stages of parents and training the parents as co-therapists.

Moreover the stages of professional counselling including exploration, new understanding, action, termination and follow-ups were very well explained by the Mr. Muzzafer. Simultaneously, the characteristics of a professional counsellor were also touched.

Day 2nd

The second day of training was started at 9:45 followed by recapitulation session carried out by Ms. Meema.

Dr. Nisar Ahmad Wani State Coordinator Brain Behavior Research Foundation of India took the virtual session with participants. The session started at 10:00 am and was focused on intervention for developing children with Downs Syndrome. He stressed upon early diagnosis, medical and psychological assessment; early intervention service, individualized education plan, physiotherapy, speech and language therapy, occupational therapy, behavioral and social support, family support, inclusion and regular health check-ups

respectively as the ways and means of developing children with Downs Syndrome. He also de-briefed the participants about the difference between autism spectrum and Downs Syndrome. He also oriented the participants about the emotions of children with Downs Syndrome which does not restrict them to being happy and sad only; however all emotions are present in them and we need not to treat them as special rather as a part of society.

Mr. Rafiq Ahmad Reshi Resource Person IE discussed the home based rehabilitation of children with Downs Syndrome. He discussed the severity level of children with Downs Syndrome ranging from Mild to Moderate and explained the characteristics displayed by them. He also shared the acquisition of self-help skills in children with Downs Syndrome in comparison to other children. Further he explained the essence of home based rehabilitation for children with Downs Syndrome and touched the most common early intervention services including physical therapy, speech and language therapy, and occupational therapy. He also discussed the strategies for developing motor skills, promoting early language and communication, developing social skills among children with Downs Syndrome. He explained the need of identifying suitable preschool or school settings for the child in your area and preparing the child for preschool or school settings thereof. He also shared some tips and tricks to be adopted by parents and enhance the ADLs of children with Downs Syndrome. He also briefed the participants about the social challenges confronted by professionals while dealing with children with Downs Syndrome. Moreover, he shared various techniques like developing the concept of speech and language not just use of words, reinforcing models (pictures, mirror) regular conversations by parents with D.S children, engaging them in real situations at home, story-telling and asking for rephrasing, using everyday activities for speech development, social skill development, appreciate their achievement, following child's lead, exploring interest of the child and providing enhancing space top the D.S children to learn at their own pace as every Downs Syndrome child is unique in him/herself.

Dr. Zafar Director Composite Regional Center Bemina, Srinagar focused on Capacity building of parents to empower children with Downs Syndrome through family/ parental strengthening, educative support, facilitative support and personal advocacy and counselling. He highlighted the importance and need of standardized policies from government, accessibility to services and service providers and creating awareness to reduce stigma and change the negative attitude of people, so as to support the special needs of these children.

He stressed upon the participants to enhance the capacities of parents through enhancing their coping skills to be optimistic, awareness regarding acts and rights of children with special needs, redressal mechanisms available, self-advocacy and learning specific skills to manage their Downs Syndrome children.

Ms. Masrat Rehabilitation Psychologist Composite Regional Centre Srinagar held an open discussion with the participants and did practise session with them to enhance their functioning as professional in assessing and evaluating children with Downs Syndrome. She oriented the participants about the need and importance of assessment with attention to psychological needs of children with Downs's syndrome. Meanwhile, she explained the

components and types of psychological assessments and discussed different screening tests and techniques for assessment and evaluation of Downs Syndrome children including talking case history, observation skills and interview and tests like VSMS, DST and SFBT. She also shared the psychological characteristics of children with Downs Syndrome and shared the facts about them.

Towards the end of her session, she shared the stories of unsung heroes facing Downs Syndrome who did well in their career despite of all the challenges. She spoke about

Ms. Karishma Kannan, an artist who raises funds for the differently abled through her art works in Veitnam.

Mr. Pranay Burde, who works for Hotel Leela Mumbai.

Mr. Ashwin Kumar Poddar, who enjoys acting.

Ms. Archana Jayaraman, who participated in Special Olympics world games and became Cycling Gold Medalist.

Ms. Babli Ramachandran, an Inspiration to families of individuals with Down Syndrome who teaches Yoga.

Furthermore, participants were divided into 5 groups and children with Downs Syndrome were called upon from Zaiba Aapa Institute of Inclusive Education and one child was placed among the 5 groups. Every group was asked to observe and interact with the child and prepare the presentation based on their observation/interaction/interview and the techniques applied. The participants took the assignment seriously and worked upon the given instructions. After that, group presentations were held and the cross learnings were shared.

Day 3

The third day of training was started at 9:45 followed by recapitulation session carried out by Mr. Suhail.

Dr. Mohd Altaf Paul Head, Department of Psychology Govt. Degree College, Kulgam discussed about different techniques and skills to deal effectively with the prevention anxiety faced by the parents and families with Downs Syndrome children. Few of the techniques included early awareness and sensitization to the parents about the functional capacities of their children. He also talked about the redressal mechanisms, intervention approaches, correcting the misconceptions among the parents and stressed upon motivating parents to have an optimistic approach while dealing with children facing Downs Syndrome. He also focused upon the capacity building and training to parents for home based interventions and conducting effective counselling sessions with them. Moreover, he asked to the participants to act as catalysts in identifying needful support through different sources to the parents having children with Downs Syndrome.

Simultaneously, he shared the techniques of handling the situations and stressed upon giving clear information to the parents rather than arising false hopes. He explained the

holistic approach towards the all-round development of children with Downs Syndrome and emphasized on crucial role of parents.

Dr. Hashim Iqbal Malik Head Department of History Government Degree College Kulgam discussed about history and developmental phases of Downs Syndrome. He began with explaining Downs Syndrome through the lens of genetic basis and impact on the development of children with Downs Syndrome. He also presented the historical overview of Downs Syndrome with its mention from ancient manuscripts. He also touch the misconceptions and evolving perspectives related to it.

He spoke very high about the legacy and characteristics of Mr. John Langdon Down, a British physician, who played a pivotal role in the history of Down's Syndrome. Additionally, he touched the medical advances including enhanced diagnostics, early detection, improved care and support with attention to developmental phases of children with Downs Syndrome. He also advocated for the inclusivity for children with Downs Syndrome through equal access to education and employment opportunities. He also called for raising awareness about Downs Syndrome and thereby challenging prevalent stereotypes associated to it.

Lastly, he shared his experience in raising his child who has been diagnosed with Autism Spectrum Disorder. He shared all the techniques any ways adopted by him and his wife in grooming their child.

Dr. Mudassir Hassan Pandith Professor Department of Psychiatry GMC Baramulla and Dr. Mansoor Ahmad Associate Professor and Head Department of Psychiatry GMC Anantnag took a joint session focousing on the role of psychiatrist in improving the lives of children with Downs Syndrome and modify their behaviour. They opened the floor for one and all and asked the participants to share the cases they felt difficulty in dealing with! The duo responded to the participants who shared a wide range of cases and a spectrum of issues associated to them were properly answered by the resource persons. Moreover, the role of psychiatrists in improving the lives and behavior modification of children with Down Syndrome was discussed minutely. The management of behavioral issues of children with Downs Syndrome and issues pertaining to care givers were also touched. The essence of physical therapy, speech therapy, occupational therapy, emotional and behavior therapy were explained. The importance of parental guidance was also high lightened. Moreover, various psychiatric co-morbidities in Downs Syndrome children such as depression, dementia, intellectual deficits, disintegrative disorders, autism, ADHD, insomnia and other physical ailments like heart diseases, pulmonary infections, endocrine issues, chest infections etc were discussed in great detail and the management of these issues were also put forth.

Mr. Wasim Rashid Kakroo Consultant Clinical Psychologist **Centre for Mental Health Services** discussed the role of professionals and Parents in dealing with Children facing Down Syndrome. He discussed the Emotional Impact Downs Syndrome on Parents whose children are diagnosed with Down Syndrome and high lightened the role of Clinical Psychologists in Counseling Parents of Children with Down's Syndrome. He

discussed the positive coping strategies by providing Emotional Support and Building Resilience. He also explained the impact of family dynamics and relationships, cultural sensitivity and diversity, community and peer support on the development of children with Downs syndrome and encouraged the professions to pay equal emphasis on the well-being of parent as well.

Mrs. Haseena Tak Mother of 40 year old girl with Downs Syndrome had joined the participants as a motivational speaker. She shared her journey starting back in 90's when her child Sofia was born and despite of all the challenges how she transformed Sofia towards independence. Moreover, she shared her experience in managing the family affairs without receiving any special treatment wherein she managed her "Me Time" and remained a concerned parent rather than a depressed/possessive one!

Towards the end of programme, each participant was awarded with a certificate of participation.

Mr. Aadil Rashid Vaid Chief Functionary Officer Humanity Welfare Organisation Helpline presented formal vote of thanks!

Participation certificates were distributed among one and all.

The outcome of the programme was:

- Participants were able to understand Downs Syndrome and its management.
- Participants were encouraged to do referrals as and when required.
- It improved the knowledge base of professionals to enhance the cognitive functioning in children with Down Syndrome.
- It helped the participants to polish their skills that are required in dealing with children with Down Syndrome and ensure their holistic development.

School bus for children with Disabilities handed over by MP Anantnag

Member Parliament Anantnag constituency handed over school bus for children with Disabilities under Member Parliament Constituency Development fund MPLEAD to Zaiba Aapa Institute of Inclusive Education Bijbehara running under Humanity Welfare Organization Helpline.



Sufi Conference at SKICC Srinagar

On 28th October 2023 Indian Minorities forum recognised work of Humanity Welfare Organization Helpline and Zaiba Aapa institute of inclusive education Bijbehara. Sufi conference was held at SKICC Srinagar. Hundreds of Sufi delegates, religious leaders and registered NGO workers participated in the event.



Celebration of Children's Day

On the eve of the children's day, Humanity Welfare Organization Helpline Bijbehara organized inclusive Drawing competition for disabled and non-disabled children in collaboration with Govt. Degree College Uttersoo, The Indian Institute of Architects Srinagar and Kansi Nerolac Paints limited. It was for the first time that a mega event was organized in the far flung areas of district Anantnag. The main aim to organize the program at far flung area of district Anantnag Shangus was to introduce the tribal communities children with the specially abled children so that inclusion of children is initiated in these areas. Around 300 children participated in the event, children from Zeba Appa Institute of inclusive education Bijbehara, children from child care institutions of Anantnag and children from CFS/ARC centres of Hiller, Zalangam, Wandevalgam, Sundbrari, Godool, Dandipora, Bidhard, Pindobal and Ahlen

Payeen participated in the inclusive drawing competition. Chief Education Officer Anantnag and Secretary District Legal Service Authority was the child guest on the occasion. The Program was inaugurated by CEO Anantnag. In his Inaugural speech he said each day is children's day, we should protect the children and fight for their rights. He highlighted the role of Zaiba Appa Institute in shaping the future of the disabled children. He further said education department is committed to provide every facility to the disabled children. DLSA Secretary said that such events should be encouraged as children living in the far flung areas have less access to facilitate available and interface of disabled and non-disabled children encourage the people to work for the development of the disabled people. Chief Functionary Officer of the Humanity Welfare Organization Helpline Bijbehara Mr. Adil Rasheed Vaid said

that the organization works for the rights of the disabled persons. He said disabled are part and parcel of our society and its our responsibility to provide them opportunity and every right so that they can flourish and become strong. He further said that organization is committed to work for the underprivileged children and this program is part of that mission. The guest of honor on the occasion was the Panchayat Secretary of Bidhard, Mr. Parvez Ahmad, School Teacher of Govt. Middle School Bidhard, Mr Javaid Ahmad, The Sarpanch of the Hiller, Mr Sajad Hussain. The organization has specially invited these people as they play the main role in establishing the CFS/ARC centres in cluster Breng by providing free space at Panchayat Ghar, by giving permission in organizing programs and doing sessions at Schools and by providing support in creating the child friendly spaces. Further they were given token of love by the organization for their support and cooperation. The Vote of thanks was presented by Principal Degree College Uttrasoo. He appreciated the role of the Humanity Welfare Organization, the students of the Zaiba Appa Institute and the students of the CFS/ARC centres and the organisers of the event. He assured full cooperation in protecting the rights of the children and said our institution is open for such programs and for the Empowerment of the persons with disabilities. The program ended with a high note and all the participants took Pledge on to prioritize and protect the Rights of the Children.



3 Days Training Workshop for ASHA Workers



3 Days Training workshop for ASHA workers regarding awareness and sensitisation about Disability Rights held in Matan Medical Block in district Anantnag. The programme is being organised by Humanity Welfare Organization Helpline in collaboration with Chief Medical office Anantnag 160 Asha Workers of medical block Mattan Anantnag are participating in the Programme.

Mr.Sujahat Farhan member Humanity Welfare Organization Helpline inaugurated the programme and conducted a session on Disability Rights, legislations and policies for children with disabilities.

Mr. Yasir Rafiq Special Educator conducted session on early identification detection and intervention. While speaking on the occasion Mr. Yasir Rafiq gave demonstration of checklist how new born babies can be detected if they have inborn Disabilities. He appealed ASHA workers to support newly married couples to remain away from family conflicts but to create a conducive environment for nine months of pregnancy among women so that

intellectual and mental Disabilities like Autism, Down's Syndrome cerebral palsy like severe Disabilities are avoided. The ASHA should spread message of peace and love among families and counsel families to avoid conflicts and weakening of social fabrics.

Ms. Samreena Tak field coordinator Humanity Welfare Organization Helpline took session on girl children safety and prenatal, natal and post-natal care among these girl children. She emphasized on ASHA workers to train newly married women to create readiness for the appropriate delivery of babies. She said all Maternity and child care centres should ensure proper functioning of early identification centres and children facing the Disabilities so that families are aware about the challenges faced by the children with Disabilities and proper intervention in time.

ASHA workers gave a positive feedback and appreciated role of Humanity welfare organization Helpline in creating sensitivity regarding minimising disability among new born babies and awarding newly married couples not to indulge in family conflicts and unnecessary anger and grudges that create Disabilities among their new born babies. The first batch of 50 ASHA workers assured that they will implement the training in their respective fields so that disabilities are avoided in new born babies.

On day 2nd of 3 days Awareness cum sensitisation programme for ASHA workers of Medical Block Mattan 50 ASHA Workers joined the programme. Discussion on Rights of people with Disabilities was discussed by Mr. Yasir Rafiq special Educator of Zaiba Aapa Institute of Inclusive Education with the ASHA Workers. He gave idea about the sufferings faced by children with Disabilities during their long course of life. He appealed ASHA Workers to take the awareness to the families where they are supposed to intervene.

Early Intervention done by ASHA workers at grass root levels was discussed by Mr. Sujahat Farhan Programme coordinator and member of Humanity Welfare Organization Helpline. He presented how early identification can lead to minimization of Disability among new born children. The parents mostly children with Disabilities and avoid any intervention at small ages. Thus, ASHA workers should frequently visit the families of new born babies and aware parents to consult doctors rehabilitation centres early intervention centres so that Disabilities are minimised and capacities are built towards independent living

Ms. Samreena Tak field coordinator gave detailed presentation of Family counselling and role of ASHA workers in family counselling. She said ASHA workers reach the families and they should not indulge in bad practices to break families but should take measures to make family fabric and bonding strong. Ms. Samreena Tak gave awareness how meaningless gossips in families can create in conducive environment and affect the health of new born babies inside womb. She appealed the ASHA workers not to interfere in the Family issues but help the families to sort out issues that give troubles to pregnant ladies in families

Mr. Tajamul Islam referral coordinator Humanity Welfare Organization Helpline gave detailed presentation on mental health issues associated with persons with disabilities. He also discussed how family conflicts, casting doubts on newly married daughter in law's cause mental illnesses among new born babies. Mr. Tajamul Islam said that ASHA workers should initiate the marriage readiness programmes in which couples shall be made aware about making successful marriages and go for pregnancy when there is conducive environment in families and no conflicts arise. Even all male and female members should give proper acceptance to newly married daughter and son in laws so that no quarrels happen in families and pregnancies are carried peacefully and without mental pressures.

It is important to mention the awareness programme is for three days and on Monday concluding session will happen in the presence of stake holders of medical block mattan.

The training has been organised by Humanity Welfare Organization Helpline in collaboration with Chief Medical office Anantnag. The purpose of training is to aware ASHA workers how to create save new born babies from Disabilities and if some children with Disabilities get birth how early identification detection and intervention can prevent sufferings of children with Disabilities and their families

In the concluding session, Ms. Zahida Hameed Special Educator Zaiba Aapa Institute of Inclusive Education Bijbehara, discussed the ways and techniques of early identification and intervention of children with disabilities. She demonstrated practical examples of children facing Autism, Down's Syndrome and communication disabilities. She said children with such disabilities are mostly ignored by their parents and even some cases doctors don't build confidence but create a negative thoughts among parents that such children are unable to perform. She discussed multiple case studies of children facing disabilities who are living independent and dignified life. Thereby, she stressed on the importance of early diagnosis and intervention which can be fruitful in achieving the desired outcomes. She organised an interactive session of ASHA workers with the children with Disabilities enrolled in Zaiba Aapa Institute of Inclusive Education Bijbehara and later ASHA workers with tearful eyes agreed that implementation of such trainings at grass root level will certainly build the career of thousands of children and negligence at the end of ASHA workers will demolish the life and career of Children with Disabilities.

Mr. Sujahat Farhan Professional Social Worker and Member of Humanity Welfare Organization Helpline Bijbehara highlighted the role of ASHA workers in a positive way. He said ASHA workers are actually implementing and taking forward the legacy of Hazrat Aisha RAH who always gave the thrust of social make up and end the social breakup. He urged ASHA workers should do frequent home-visits to remove confusions, dilemmas and conflicts but in many cases ASHA workers play negative roles, influence the families in a negative way and that results in family break ups. He discussed the pre-natal, natal and post-natal stages of development among children and also discussed the challenges and milestones at each stage.

Mr. Tajamul Islam Referral Support Coordinator Humanity Welfare Organization Helpline talked about the mental health issues among children and discussed its management techniques. He stressed on maintaining mental health among all and gave a checklist of mental illness cases or children facing behavioural issues can be identified at early levels. He said if the psychological first aid like awareness counselling doesn't work we can go for referral of such cases to district mental health program cell at government medical College Anantnag or institute of mental health and neurosciences Srinagar for which Humanity Welfare Organisation Helpline NGO is providing unconditional support and care. He said National Trust Act 1999 is now implemented in Jammu and Kashmir and a number of schemes for children with Disabilities are available under National trust Act. He appealed ASHA workers to create awareness among the masses so that persons facing Autism, Cerebral palsy, multiple Disabilities and mental Disabilities are enrolled under Niramaya scheme to provide medical insurance. The focal point for registration under National trust Act in south Kashmir is Humanity Welfare Organization Helpline Bijbehara and for support anyone call on 9419746398, 7006260133.

Ms. Samreena Tak Field Coordinator Humanity Welfare Organisation Helpline Bijbehara discussed Gender Based Violence and its implications on special children. She said parents family and society should look into matters of children in a single lens. There should be no bias and bad attitude towards children with Disabilities that create segregation of such

children. Children with Disabilities has done nothing wrong that we can blame them or label them as unable or incapable. The creator knows how genetic Disabilities happen in the womb of mothers, hence no one could blame father mother or child for these Disabilities. She urged ASHA workers to create positivity in society so that attitudinal barriers are crushed.

In the concluding session Mr. Prince Community Health Officer PHC Mattan joined the event and discussed the take aways from the awareness programme. He thanked organizers and resource persons for updating front line workers in far-flung areas about Disability Rights and building their capabilities to work with enthusiasm zeal and interest. He said Humanity Welfare Organization Helpline NGO has been contributing a lot in developing persons with Disabilities in Jammu and Kashmir and creating inclusion of Disability sector.

Mr. Shahnawaz Block Program Officer PHC Mattan presented a vote of thanks and assured organisers that ASHA workers will certainly utilise the learnings from this training at grass root level under his supervision. He assured all the possible help and support in future projects as well!

International day for persons with Disabilities

International day for persons with Disabilities held at Humanity Welfare Organization Helpline

A high-level event was organised by Humanity Welfare Organization Helpline Bijbehara Kashmir at Zaiba Aapa Institute of Inclusive Education Bijbehara. Around 300 persons participated in the event. Children with different Disabilities presented a capability show. Principal District and session's judge and Deputy Commissioner Anantnag were chief guests in Inaugural and valedictory sessions respectively.

Children with Disabilities enrolled at Zaiba Aapa institute of inclusive education Bijbehara demonstrated how they get educational and rehabilitation services and how they feel their capabilities have been built by the staff of Zaiba Aapa institute of inclusive education. Around 100 children, facing intellectual Disabilities, hearing and speech Disabilities, orthopaedic Disabilities and visual Disabilities participated in different Educational, cultural and socialization activities.

In the welcome address founder of Humanity Welfare Organization Helpline Mr. Javed Ahmad Tak said that social, attitudinal and emotional barriers are pushing the persons with Disabilities to peripheries. There are Honourable Supreme court orders that clearly direct the stake holders that persons with Disabilities should get benefits at par with other reserved categories but side-lining such orders stake holders of the state underestimate the capabilities of persons with Disabilities and create hurdles in employment education accessibility and independent living in the community. Social welfare department has completely failed to deliver basic services to persons with Disabilities and implement the Honourable Supreme Court orders for overall development of persons with Disabilities. The parents of persons with Disabilities are worried about the career of the children with Disabilities as departments post them in far flung areas despite clear direction of Honourable supreme court and Department of personnel and Training that parents of children with Disabilities should be posted at nearest places of educational and rehabilitation services centres where their children are enrolled for such services, Tak added. He appealed Deputy Commissioner Anantnag to create accessibility facilities at recreational places, gardens and parks. In addition he appealed that a plot of land has been identified for establishing mini sports stadium at Semthan Bijbehara under orders of divisional commissioner kashmir but file is pending with revenue authorities that is a big hurdle for thousands of children with Disabilities

In his speech he appealed the deputy commissioner Anantnag to keep a spare day in a fortnight basis for hearing the genuine demands of persons with Disabilities.

In her speech secretary District Legal services authority Mrs Rifat said that District Legal services authority is committed to safeguard rights of persons with Disabilities and implement all laws legislations and policies meant for overall development of the sector.

In his speech District and sessions judge Anantnag said Disability sector is no way underprivileged but it is societal duty to empower the sector. Every one of us has the duty towards the sector. He said District Legal services authority will start a series of awareness and sensitisation programmes among stakeholders and persons with Disabilities about Rights of persons with Disabilities Act 2016. District legal services authority officials distributed gifts among the children with Disabilities of Zaiba Aapa Institute of Inclusive Education.

Sub Judge Bijbehara Mr. Muzamil Ahmad said that rights of persons with Disabilities are no way separate than nondisabled humans. Thus the lower court in Bijbehara is open to persons with Disabilities to seek justice with support of free legal aid.

Deputy District election officer Ms. Nazia Hassan and her team described how coming elections will be disabled friendly and 100% participation of voters with Disabilities will be ensured. She appealed all youth with Disabilities to enrol their name in voter list and get the voter id with Disability logo

Dr. Syed Fakhruddin Hamid IAS Deputy commissioner Anantnag in his speech said that humanity welfare organization Helpline is the asset of district Anantnag where thousands of persons with Disabilities got benefited. He announced two helpline numbers will be established for the redressal of grievances and issues of persons with Disabilities in the Deputy Commissioners office so that persons with Disabilities have not to travel and wait in district offices. He appreciated the role of staff of Zaiba Aapa Institute of Inclusive Education Bijbehara who have been tirelessly working hard to empower the children with Disabilities and maximising their capabilities to become contributors in order to live an independent life with dignity. DC assured all infrastructure in district Anantnag will be disable friendly within next two financial years. Later on Deputy Commissioner Anantnag presented a guitar to a child with intellectual disability as gift who earlier has demanded it to improve his musical capabilities.

Mr. Adil Rashid Vaid presented a vote of thanks and gave an overview of activities happening under the banner of Humanity welfare organization Helpline. He thanked the media fraternity for their unconditional reporting and highlighting issues of persons with Disabilities for last many years. Media persons are best friends of Disability sector and cover all events regarding disability with care and support



World Disability Day Observed at Central University of Kashmir Ganderbal

Central University of Kashmir Ganderbal organised World Disability Day with children of Zaiba Aapa Institute of Inclusive Education Bijbehara. University officials invited the children and staff of Zaiba Aapa Institute of Inclusive Bijbehara running under umbrella of Humanity welfare organization Helpline and got inputs from the staff and students. Adil Rashid vaid general Secretary of Humanity welfare organization Helpline suggested following demands



Central University should create accessibility from gate to the building, accessibility in washrooms, class rooms and building entrance. There should be parking skits for students, visitors and staff with Disabilities so that they can board and de-board vehicles without barriers. The lifts should be in place and ramps of appropriate gradients should be constructed at all entry and exit points. In all notifications there should be mention about students with Disabilities as what relaxations and benefits they can avail. In all policy documents there should be mention about students with Disabilities.

There should be an enabling unit for students with Disabilities where they can seek help and support to overcome all the challenges they face in and around the university

Many Central University branches like pondicherry have been providing complete free services viz. no exam fee no tuition fee no admission fee, no hostel fee these reinforcements should available for students with Disabilities in central university of

Kashmir too. The students with neurological disabilities upper limb disabilities, multiple disabilities, visual disabilities should need scribe or writer in the examinations. The writer facilities should be available from University and guidelines framed by ministry of social justice and empowerment should be followed in letter and spirit. The student should have choice to bring scribe as per her/ his own comfort

College awareness programme should be organised so that students with Disabilities are not ignored by the nondisabled peers and teaching faculty can respect the body differences

Relaxation in marks and extra time as per UGC guidelines should be given to the students with disabilities

Students having visual disabilities or writing issues should be allowed to record class lectures so that they are not left behind

Students with Disabilities should get aids and appliances including laptops.

The library shelves should be accessible for students with dwarfism Disabilities and severe orthopaedic Disabilities. Soft books and pdf version of books should be available for the students with blindness.

Help desk and Support system should be available for students with Disabilities in administrative and examination departments.

the staff of central university of Kashmir gave a warm welcome and assured University will be disabled friendly and all central and UT acts and guidelines will be implemented without any delays. Later on central university staff signed banner of pledge to safeguard the rights of persons with Disabilities and put forward offer of signing a memorandum of association with Humanity Welfare Organization Helpline to maximize the facilities and create sensitisation and awareness regarding disability rights in the university so that 100% inclusion is created

World Disability Day Observed at Institute of advanced studies in Education

Institute of advanced studies in Education erstwhile Government college of Education Srinagar Kashmir organised a capacity show of children with disabilities in its college auditorium. The faculty members, students and non-teaching faculty participated in the programme. The chief guest on the occasion was Professor Dr Seema Naz who is presently the principal of the college. Ms. Gurmeet Singh Alumni faculty in department of English, Dr. Nazir DSW, Ms. Tabasum In charge Disability affairs and Mr. Adil Rashid Vaid General Secretary Humanity Welfare Organization Helpline were guests of honour.

The children of Zaiba Aapa Institute of Inclusive Education presented a variety of educational activities. The staff of Zaiba Aapa Institute of Inclusive Education Bijbehara threw light on techniques used to educate, train and prepare children with Disabilities facing intellectual Disabilities, hearing and speech Disabilities, orthopaedic Disabilities and multiple Disabilities. The children with severe Disabilities presented various cultural activities and gave their introduction on an independent basis. The staff members also threw light on challenges faced by these children, intervention done and goals achieved.

The students enrolled in government college of education also presented in various cultural and sensitisation activities and created a view of the inclusive stage. All the faculty members presented positive feedback about the functioning of Humanity Welfare Organization Helpline NGO and the school running under its banner viz. Zaiba Aapa Institute of Inclusive Education. It was the first time in the history of J&K when children facing severe locomotor challenges due to cerebral palsy & autism presented the cultural activities.

Earlier on arrival of children with Disabilities of Zaiba Aapa Institute an inclusive rally was conducted by staff of both institutions along-with staff of duo educational institutions organised an inclusive rally in order to show solidarity with disability sector on eve of World Disability Day. The process was led by the Principal of Institute of Advanced studies in Education Srinagar Prof. Dr Seema Naz.

Mr. Adil Rashid Vaid General Secretary Humanity Welfare Organization Helpline Bijbehara Kashmir said that Humanity Welfare Organization Helpline has been working since 2000 and got registered under J&K Societies Act in the year 2003. Later on realising the miserable condition of children with Disabilities, Humanity Welfare decided to start a school for children with Disabilities and involved trained teachers and special Educators to give gainful education to the children. There was dream of the founder was to construct an accessible developmental centre building which was constructed in 6 long years with the support of local donors, then governor of J&K Shri NN Vohra under Mata Vaishno Devi Shrine Board and Rajbhavan funds and later on CSR funds from Jammu and Kashmir Bank and Azim Premji Foundation Mumbai. He appreciated role of all the members teaching staff since 2008 who tirelessly worked for the development of the children and created big medals for the organisation in shape of students with Disabilities who were earlier dropped out from schools and presently seeking higher studies in county's famous universities and colleges, Mr. Adil Vaid added.

Principal of the college Prof. Dr Seema Naz in her speech said Government college of education has long relationship with Zaiba Aapa Institute of Inclusive Education and students enrolled for B.Ed. with special Education as optional subject have been visiting Zaiba Aapa Institute of Inclusive Education for last so many years. Now the relationship will be stronger and a memorandum of association will be signed soon with the institute. In addition she announced maximum accessibility in the college buildings and auditorium as

well. We are committed to empower children and institutions working for the education of children with Disabilities, Dr Seema Added. Later children were served with refreshments and some amount was donated to the Humanity welfare organization Helpline for the benefit of such children



World Disability Day Observed at North Campus of University of Kashmir

An event related to safeguarding Disability rights was organised in the north campus of University of Kashmir. Faculty members of the university campus, staff and staff of northern federation of blind Baramulla participated in the event. The event was conducted in connection to world Disability Day 2023. Prof. Dr. Bashir Ahmad Ganie Director North Campus was the chief guest on the occasion and Mr. Javed Ahmad Tak Founder Humanity Welfare Organization Helpline Bijbehara was online resource person for the event. In the inaugural speech Director North campus of the university said that University of Kashmir is committed to empower the students with Disabilities and all facilities will be created to include students with Disabilities in all developmental activities. There will be no discrimination or segregation with these students but efforts will be made in future to create equality and inclusion with all benefits in light of Rights of persons with Disabilities Act 2016.

Mr. Javed Ahmad Tak said the UNCRPD has been signed by our country and Rights of Disabilities Act 2016 has been created on lines of UNCRPD. The act should be known to all. At first instance the persons with disabilities should be sensitised about the RPWD Act 2016 and later on all stake holders heads of educational institutions and service providers should know the act. Calling specially abled differently abled Divyang Jan is a myth. There should be one name like Honourable PMs slogan one nation one identification. But the best tools to empower persons with Disabilities is Education, employment and accessibility. The attitudinal barriers should go and society should give hand holding and create support system for the persons with Disabilities on lines of empathetic approach. He appealed persons with Disabilities not to wait for charities and government aids that make the disability sector complete dependence and helplessness. The government avenues have been shrinking day by day. The subsidies and benefits have been stopped by the government thus building our own capacities and working on home based assessments, so that economic empowerment happens. He appealed government should ensure education facilities, skill development and employment opportunities then only persons with Disabilities can service develop and participate. On serving such services government can stop the social security support like cash helps. Disability sector is not a beggary but it a developmental sector and we all will prove contributors when parents of children with Disabilities will invest on their education and development on equity basis. There are parents who give priority to the earning money and accumulate lot of wealth in their families but the children remain illiterate and not able to consume the wealth and in the long run exploitation happens with such children and properties and wealth are either grabbed by relatives or remain uncared and unattended.

He also appealed to University authorities to implement the rights of persons with Disabilities Act in letter and spirit and ensure that reservation in admission and employment should be served to deserving severe disabled persons. The accessibility should be priority and class room Accessibility, reserved parking slots, washroom accessibility, wash station / washbasin accessibility, tactile paths, sign language interpretation, availability of soft books should be non-negotiable. It should happen without any delays. All benefits and circulars regarding relaxations and scribe facilities should be implemented without waiting for official orders. There should be one time guidelines formation or statutes notified in the website of the university and for support and empowerment of students with Disabilities help desk and enabling units should be established on lines on University grants commission

Later on children with blindness with visual and hearing Disabilities of northern federation for the presented various types of educational and cultural activities
Mr. Bilal Ahmad kaloo faculty member department of education moderated the programme and presented vote of thanks.

Participation in Viksit Bharat Sankalap Yatra

Students of Zaiba Aapa Institute of Inclusive Education kashmir participated and performed at an event of Viksit Bharat Sankalap Yatra at Municipal Committee Complex Bijbehara. The accessibility in urban infrastructure and municipal offices, town halls and parks was highlighted. Issuance of Death birth registration of family members of persons with Disabilities on priority and access to foot paths in busy markets on priority so that persons with disabilities are don't fell prey to road accidents. Registration for street vendors with disabilities and their exemption from taxes for street vending.



Participation in VYOM Purple Fest

A vibrant and impactful two-day Purple Festival titled “VYOM-J&K 2023”, was organized by the Department of Social Welfare of Jammu and Kashmir. The Festival championing the cause of inclusion and diversity, honouring the remarkable achievements of Persons with Disabilities (PWD) across J&K, was inaugurated by LG Manoj Sinha, joined virtually by Union Minister of MoS J&E Dr. Virendra Kumar, in presence of Rajeev Rai Bhatnagar (Advisor to LG), Sheetal Nanda (Commissioner Secretary), Ramesh Kumar (Divisional Commissioner Jammu), Anoo Malhotra (Secretary, Social Welfare Department) and Prof Umesh Rai (VC, Jammu University).

Humanity Welfare Organisation Helpline Bijbehara; especially students of Zaiba Aapa Institute of Inclusive Education had been an integral participant in this festival. Their participation has been an impactful initiative. Additionally, the children of Zaiba Aapa showcased various exquisite items skillfully. Moreover, the event witnessed captivating performances which were beautifully choreographed by the staff, adding a cultural touch to the function. In a significant highlight, the evening of the Purple Festival also witnessed a mesmerizing and soul-stirring fashion show titled ‘The Rainbow,’ presented by The Runway Diaries. Specially abled participants confidently walked the ramp adorned in beautifully curated costumes adhering to the rainbow theme. This pioneering fashion show was anchored by Amar Chouhan. Moreover, children from our school has won Gold Medals and Silver medals in multiple organised sports event and a trophy for cultural item. Furthermore, participation certificates were distributed among all participants.



Republic Day Celebrations

Children of Zaiba Aapa Institute of Inclusive Education Kashmir Bijbehara participated in Republic Day Celebration 2024 at Sicop Bijbehara. The Children with Disabilities showed their Talent through their participation in multiple activities. The enthusiasm of children has touched the heart of one and all and secured position 1st in the organised activities.



Road Safety Month

On eve of road safety month Assistant Road transport office Anantnag in collaboration with Humanity Welfare Organization Helpline Bijbehara Kashmir organised an awareness programme at Zaiba Aapa Institute of Inclusive Education Bijbehara. The persons with Disabilities participated in drawing competition on the theme Safe Driving prevents Disability. Around 25 hand controlled scooter riders with disability and hand controlled car operated by persons with disabilities took part in a rally from zaiba Aapa institute of inclusive education to college gate Dak-Bunglow Khanabal.



In addition, interaction between persons with disabilities and stake holders of the transport department and traffic police officials happened. Dr Mohammed Zubair Latoo Assistant Road transport officer Anantnag district assured that persons with Disabilities will be given full support during the process of seeking registration of adapted / modified vehicles and in seeking licence under persons with Disabilities categories. DSP traffic Anantnag also assured of full support to the persons with disabilities and the vehicles or school buses carrying children with disabilities. He assured that special designated parking slots will be made available in district Anantnag for safe travel for them.

Mr. Adil Rashid Vaid CFO Humanity Welfare Organization Helpline highlighted following points Persons with Disabilities need marked parking slots in Hospitals, government offices, Educational institutions and Market places. Thus a circular should be notified and circulated in all offices of the district. The vehicles / school buses carrying children with Disabilities should be allowed to stop at all points other than designated one so that the children are safely taken by their parents. Ground staff should be sensitised in this connection.

As per honourable Supreme court orders Persons without arms and facing Hearing and speech Disabilities are now eligible to seek driving licence after proper driving test. Thus persons of such nature should also be given such facility on priority

The persons with Disabilities do not find any safe passage in main markets. The matter should be discussed with public works department

There should an information booklet for persons with Disabilities about exemptions and concessions available so that they can apply for driving licence and registration of adapted / modified vehicles without visiting office of Transport

While organising various programmes the persons with Disabilities should be included

In the valedictory session all participants were presented gifts and certificates of participation by ARTO ANANTNAG Dr Mohammad Zubair Latoo and traffic police officials. The officials assured that more of inclusion will be created in future programmes. The general public has appreciated the move for including persons with disabilities in such kind of awareness programmes



Participation in Watan ko Jano Program

Ministry of Home Affairs (MHA) and Government of Jammu and Kashmir have been conducting Youth Exchange programme with the objective to give an exposure of the social and cultural diversity of our country to the youth and children of Jammu and Kashmir. The Programme organized by Social Welfare Department of the Government of Jammu & Kashmir in coordination with Ministry of Home Affairs. Under the leadership of Prime Minister Shri Narendra Modi and guidance of Union Home Minister and Minister of Cooperation, MHA is committed to such initiatives for development and progress of the youth and children of Jammu & Kashmir.

250 specially abled children, out of which 62 girls and 188 boys in the age group of 6-18 years, visited Agra and Delhi. The children interacted with the Union Home Secretary Shri Ajay Kumar Bhalla and other senior officers in New Delhi.

Children with disabilities from Kashmir met secretary Home Affairs Government of India. Good news is that the official announcement establishment of two colleges one for Jammu province and one for Kashmir province so that students facing Hearing and speech Disabilities can seek Higher education.



International Wheel Chair Day

On eve of International Wheelchair Day, Humanity Welfare Organization Helpline NGO in collaboration with Zonal Youth Services and Sports office Bijbehara. The venue for the program was at Zaiba Aapa institute of inclusive education Bijbehara. Speakers explained importance of mobility among paraplegia facing persons and importance of standard wheelchair. Scores of wheelchair users staff of Humanity welfare organization Helpline, zaiba Aapa institute of inclusive education and Zonal youth officers and physical education department attended the event.



Mr. Adil Rashid Chief Functionary Officer explained importance of wheelchair for mobility of persons with severe Disabilities, facing lower limb paralysis or amputations. He said it is not a mobility aid only but only source of mobility for persons affected with paraplegics, polio affected and cerebral palsy. The wheelchairs provided should be customised and of standard material so that persons using wheelchair don't get additional Disabilities or postural deformities. He gave example of Stephen Hawking and Javed Ahmad Tak who contributed to society despite being mobile on wheels chair only. He appealed government to provide best wheelchairs to persons with Disabilities especially students which can make their liver better and easier.

Zonal Youth Services and Sports Officer said Persons with Disabilities need physical fitness and need trainings to propel wheelchairs. Thus, department of youth services and sports is committed to train wheelchair user people to remain fit and active.

Mr. Shahid Sultan Physiotherapist demonstrated the use of wheelchair and children affected by cerebral palsy also presented a cultural program on theme freedom on wheels. Meema Rashid presented vote of thanks. She urged general public to donate wheelchairs for mobility of persons with Disabilities old aged and ailing persons.



Pulse Polio Immunisation

On March 3, 2024, India launched the Pulse Polio Immunization drive with the ambitious goal of wiping out polio from the nation. Humanity Welfare Organization Helpline (HWOHL) enthusiastically joined this crucial endeavour in collaboration with District Health Department Anantnag.

Prior to this, Training was conducted for the team for ensuring the smooth functioning of PPI Program. A team of 25 volunteers from HWOHL volunteers and staff associated with different projects set out to cover almost 20 booth stations in Anantnag district, marking the beginning of a two-day drive. The duty started at 9:00 am and ended by 5:00 pm. Every volunteer made full efforts to reach out each child and administer the oral Polio vaccine. The efforts were commendable as team reached out to 1,276 households, ensuring the immunization of 1,246 children.

Not stopping there, a mobile team was formed to administer polio drops to children travelling in vehicles on the road. Each vehicle was stopped and 300 children travelling to different destinations were administered oral Polio vaccine by the team members, ensuring that no child was left unimmunized. The team went above and beyond, reaching even the remote ST communities, ensuring that every child received the polio vaccine. They visited Anganwadi Centers, streets, and even went door-to-door to immunize children. The efforts of HWOHL in coordination with Health department Anantnag exemplify the dedication towards eradicating polio and ensuring the health and well-being of children across the region. Humanity Welfare Organization Helpline has been advocating for the safeguarding

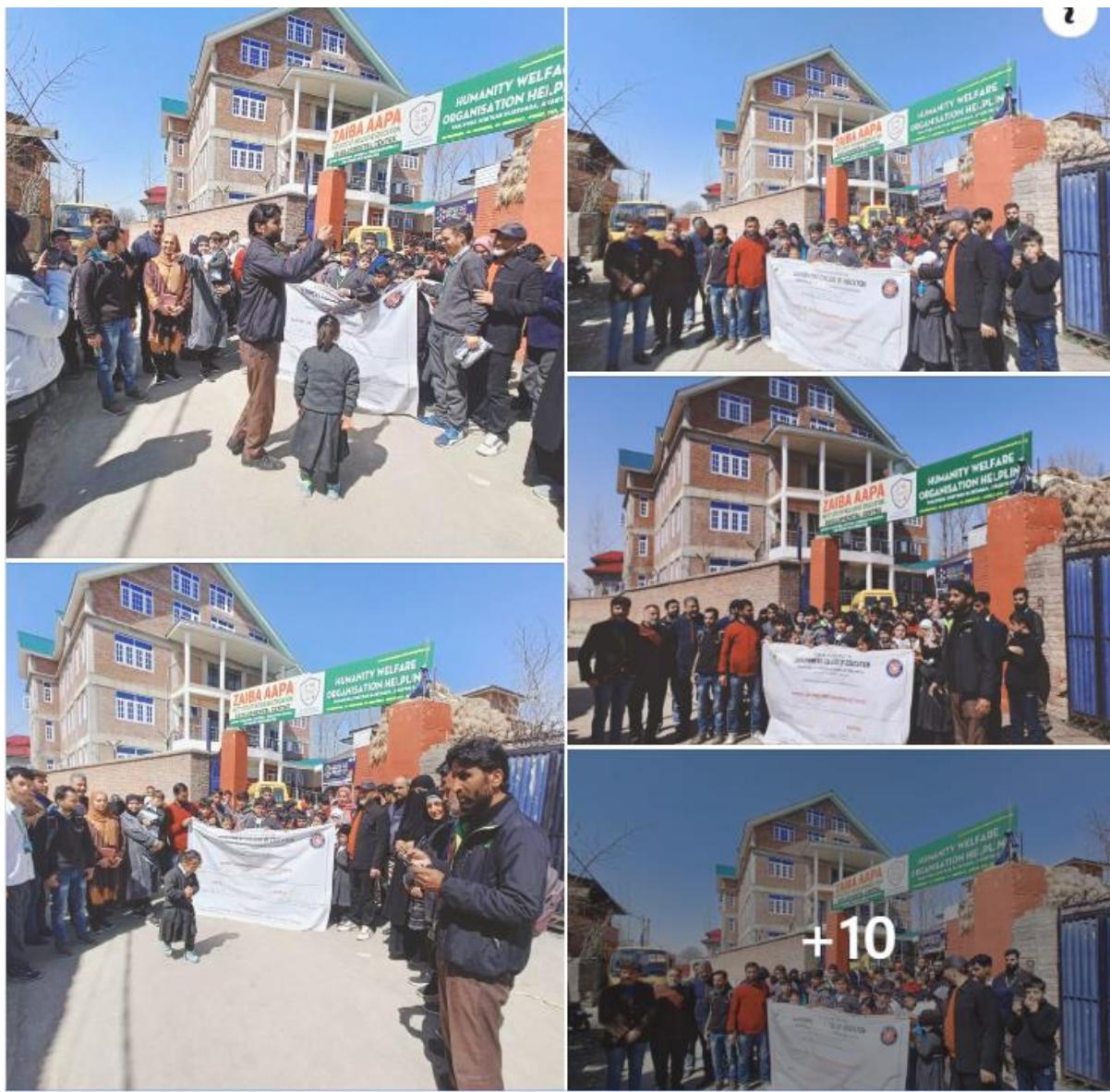


Rights of persons with Disabilities. The organisation has been volunteering for the past 20 years. The aim of volunteering for the program is to minimise disability happening through various diseases like polio.

On 4th March day the second of immunization was door to door visits so as to ensure that no child was left unattended. Reaching out to the ST communities wasn't easy task at all as the mobility, topography and climatic conditions were quite challenging. Despite of all circumstances, our team believed that each child shall be immunised at any cost and thus contributed to the cause. This way PPI program ended as a great success. Reaching Sangnad patnipora remotest villages of district Anantnag was a challenge which the volunteers of Humanity Welfare Organization Helpline NGO accepted and overcame with enthusiasm and zeal. All the participants in the team were highly satisfied with their assignment and thanked health department and HWOHL organization for the wonderful opportunity of serving nation.

Exposure Visit of Students from Institute of Advanced Studies

Faculty Members of Institute of Advanced Studies in Education Erstwhile College of Education, Srinagar along-with students from Special Education subject visited Zaiba Aapa institute of inclusive Education Kashmir run under the aegis of Humanity Welfare Organization Helpline NGO and interacted with students and staff . The students and teachers got practical knowledge about teaching children with disabilities and engaging them in many activities to minimize their behavioural issues. The faculty members deposited some donations for the education of children with severe disabilities and announced for further support also.



World Downs Syndrome Day

Zaiba Aapa Institute of Inclusive Education Bijbehara observed World Down's Syndrome Day. The theme of this year was "End The Stereotypes".

Around 30 children alongwith their parents from south Kashmir Anantnag, Kulgam, Pulwama and Shopian participated in the programme.

Mr. Aadil Rashid Vaid Chief Functionary Officer Humanity Welfare Organization Helpline said that Down's syndrome is a genetic disorder caused when abnormal cell division results in extra genetic material from chromosome 21 (trisomy 21) caused by the presence of all or part of a third copy of chromosome 21. It is usually associated with developmental delays, mild to moderate intellectual disability, and characteristic physical features. He said there is no blame on mother or father of affected person but the genetic make-up created by almighty Creator.

Ms. Meema Rashid Principal of Zaiba Aapa Institute of Inclusive Education Bijbehara said Children and adults with Down syndrome have distinct facial features. Though not all people with Down syndrome have the same features, some of the more common features include: Though not all people with Down syndrome have the same features, some of the more common features include:

- Flattened face
- Small head
- Short neck
- Protruding tongue
- Upward slanting eye lids (palpebral fissures)
- Unusually shaped or small ears
- Poor muscle tone
- Broad, short hands with a single crease in the palm
- Relatively short fingers and small hands and feet
- Excessive flexibility
- Tiny white spots on the colored part (iris) of the eye called Brushfield's spots
- Short height
- Infants with Down syndrome may be average size, but typically they grow slowly and remain shorter than other children the same age.
- Intellectual disabilities

Most children with Down syndrome have mild to moderate cognitive impairment. Language is delayed, and both short and long-term memory is affected. The children with Down's syndrome are capable and can perform well. Only teacher parent society can play a pivotal role in developing personality of these children and protect these from dependence and discrimination. The awareness about Down's syndrome can end the Stereotypes.

Ms. Zahida Hameed Special Educator Zaiba Aapa Institute of Inclusive Education said most of children with Down syndrome have mild to moderate cognitive impairment. Language is delayed, and both short and long-term memory is affected. Thus every parent should consult concerned professionals or Disability development centres to design the programme for strengthening the weak areas of such children. the parents should not worry but collaborate with professionals.

Mr. Suhail Ahmad Ganie Special Educator Zaiba Aapa Institute of Inclusive Education said the children with Down's Syndrome are capable and can perform well. Only teacher parent society can play a pivotal role in developing personality of these children and protect these

from dependence and discrimination. The awareness about Down's Syndrome can end the Stereotypes.

Parents of enrolled children gave their feedback and stated how Zaiba Aapa Institute of Inclusive Education Bijbehara has played an important role in building capabilities of their children affected by Down's Syndrome.

Mr. Abdul Manan Boda moderated the whole session and presented vote of thanks.



National Award Ceremony



Humanity welfare organization Helpline NGO established in 2003 advocating for the rights of persons with Disabilities in Jammu and Kashmir has received prestigious National Award for caring of children with intellectual Disabilities. The award under name of Dr. Reeta Peshawaria National Award is given out by PARIVAAR a national organisation advocating for the rights of mental Disabilities like Autism cerebral Palsy mental/ intellectual and multiple Disabilities. Around 69 groups work with PARIVAAR NGO among which Humanity Welfare Organization Helpline has been selected for their best contribution in rehabilitation education and sports activities. The award was received by Mr. Adil Rashid General Secretary of Humanity Welfare Organization Helpline NGO at National Institute of Empowerment of Persons with Intellectual Disabilities NIEPID Secandarabad on eve of national meet of Parivaar. Dr Pankaj Maru National President of Parivaar handed over award and cash award cheque of Rs. 21000.

Distribution of Dry Ration Kits

Staff and Volunteers of Humanity Welfare Organization Helpline NGO distributed 66 Dry Ration kits and woollen clothes in far flung areas of District Anantnag. The clothes and kits were distributed among the poorest of poor families in which members of persons with Disabilities exist. The families have been living in very unhygienic Conditions with miseries and hardships. A huge support is needed for rehabilitation of these families.



J&k Bank Handed Over a School Bus
to
Zaiba Aapa Institute of Inclusive Education Bijbehara

Under CSR Initiatives, the J&K Bank has handed over a school bus for children with special needs enrolled in Zaiba Aapa Institute of Inclusive Education run under the aegis of Humanity Welfare Organisation Helpline Bijbehara.

Mr. Syed Rayees Maqbool General Manager Corporate Office J&K bank visited premises of Zaiba Aapa and had a tour of the institute. He interacted with children and staffers and took a review of already established vocational units that were earlier supported by The J&K Bank.

Mr. Syed Rayees Maqbool GM in presence of Mr. Ashok Gupta DGM, Mr. Khursheed Muzaffar Zonal Head Anantnag including other bank officials handed over the keys to the Organisation and assured of every possible support from J&K Bank. The visiting officer applauded the efforts of Mr. Javed Ahmad Tak Founder/Chairman of Humanity Welfare Organisation Bijbehara and appreciated the efforts of his staff towards the development and empowerment of disability sector.



Advocacy Initiatives

Ph. No. 0194-2579126/254279
0194-2566667/256279

e-mail: socialwelfare.admin@gmail.com



Union Territory of Jammu and Kashmir Social Welfare Department Civil Secretariat, J&K

Mr. Javed Ahmad Tak,
Honorary Chairman,
Padma Shri Awardee 2020,
Humanity Welfare Organization Helpline,
Near Pump-shed, Pahlipora Semthan,
Bijbehara, J&K.

No: SWD-DIS/30/2021-02

Dated: 05.04.2023

Subject:- Implementation of DOPT order No. 36012/1/2020-Estt.(Res-II) dated 17th of May 2022, subject Titled Reservation in Promotions of employees with Benchmark Disabilities.

Sir,

I am directed to refer your D.O No. HWOHL/380/2022-23 dated 18.02.2023, regarding the captioned subject and convey that the matter is under examination in the Department.

Yours faithfully,

(Manoj Kumar, JKAS)
Under Secretary to the Government,
Social Welfare Department



Government of Jammu and Kashmir
Directorate of School Education Kashmir.
National Education Policy (NEP) Cell

G20
email: dseknep@gmail.com

Subject: Instructions regarding the denial of admissions to Children with Special Needs (CwSN).
CIRCULAR

Whereas, various complaints are pouring in from parents, Civil Society members & Disability Rights Activists regarding the denial of admission to Children with Special Needs; and

Whereas Section 3 (2) of RTE-2009 specifically provides that "a child with disability shall have the right to pursue free and compulsory elementary education". Further, The RTE Amendment Act, 2012 introduced definition of children with disability and other enabling measures; and

Whereas, a number of initiatives and steps are being taken to include children with disabilities into the fabric of formal schooling, it is reiterated that the provisions of the RTE Act, 2009 & RPwD Act 2016 regarding the education of children with special needs (CwSN) need to be implemented in true spirit; and

Whereas, measures such as formal identification and assessment, barrier free access to, from and within the school, appropriate teaching learning aids in an inclusive classroom etc. are being undertaken & in order to ensure the educational rights of children with special needs, all the Officers viz., Joint Directors (SED), Chief Education Officers, Cluster Heads, Zonal Education Officers should ensure that no school denies admission to children with special needs (CwSN), thus creating an inclusive and equitable learning environment for all children.

As such, all the School Heads (both Govt & Private) are instructed not to deny admissions to Children with Special Needs and in case of any deviation in this regard, action under rules will be initiated against the defaulters.

Director School Education,
Kashmir
Dated: 23 / 06 / 2023

No: DSEK/NEP/740-52/23

Copy for the information to:

1. Principal Secretary to Government School Education Department, Civil Secretariat Srinagar.
2. Deputy Commissioners (All) for information & necessary action.
3. Director SCERT J&K.
4. Joint Director (All) for information & necessary action.
5. Chief Education Officer (All) for information & necessary action.
6. Principal DIET (All) for information & necessary action.
7. Complex/Cluster Heads (All) for information & necessary action.
8. Zonal Education Officer (All) for information & necessary action.
9. All School heads (Govt. & Private) to strictly follow the above-mentioned instructions.
10. Mr. Zaeer Jan & Dr. Chiranjit Kour, (Disability Rights Activists)
11. Chairman Humanity Welfare Organisation Helpline, Bijbehara.

- Letters to Deputy Commissioners South Kashmir for Establishing Local level committee in light of National Trust act 1999.
- Letter to Le Governor, Commissioner Secretary and Chief Secretary J&K for release of appointment orders in favour of Persons with visual disabilities.
- Letter to Prime Minister of India and Lieutenant Governor J&K for increase in the reservation of PWD from 3% to 4%
- Letter to Chief Justice of India for knowing the status of PWDs in India and lack of Justice System.
- Letter to Chief Secretary Government of J&K for implementation of DOPT order no: 36012/1/2020-Estt.(Res-II) dated 17 May 2022, subject titled reservation in promotions of employees with bench mark disabilities.
- Letter to Chief Secretary, Principal Secretary and commissioner secretary Government of J&K for implementation of DOPT order no: 42011/3/2014-Estt.(Res) in favor of caregivers of PWDs
- Letter to Prime Minister of India for increase in disability pension for PWD in country.
- Letter to Principal Secretary to Government of J&K for accessibility in urban infrastructure, Municipal Buildings, Town halls and Shopping Malls.
- Letter to deputy election officer Anantnag for accessible election process for voters with disabilities

Key Result Areas of Advocacy

- Letter from Indian Minorities Foundation for participation in “SADBHAVANA” event to celebrate the spirit of oneness.
- Letter from Government college of Education to celebrate international day of persons with disabilities.
- Letter from chief electoral officer J&K for attending video conference.
- Letter from joint secretary and mission director Swachh Bharat Mission-Urban for “SWACHHANJALI” to Bapu on the eve of his Jayanti.
- Letter from District Social Welfare Officer Anantnag for inspection to CCI's.
- Letter from Deputy Commissioner Anantnag for constitution of district level inspection committee under JJ Act.
- Letter from Divisional Coordinator, Directorate of School Education Kashmir for interaction meeting.
- Letter from Private Secretary to Hon'ble Chairperson (Minister of State) J&K Waqf Board Srinagar regarding pending appointment order in JKSSB in favor of aspirants with visual disabilities.
- Letter from secretary to the government social welfare department regarding the release of social security pension in favor of persons with disabilities.