

## About Trinayani

Founded by Ritika Sahni in 2006, NGO Trinayani has been working towards creating awareness about disability and diversity issues and empowering disabled persons by engaging them in meaningful initiatives. Our core objective is to make a difference in the lives of disabled people while simultaneously enabling non-disabled people to be aware and accepting of them.

Over the years, Trinayani's activities have expanded across various domains. Some of these include:

- Conducting Awareness, Sensitization and Capacity Building workshops for primary, secondary schools and higher education institutions through card games, outdoor activities, literature and films, designed by us for this purpose.
- Conducting Sensitization Sessions for public and private sector employees focusing on the language and etiquette of disability, understanding diversity and access issues faced by disabled people.
- Creating Short Films and Music Videos aimed at awareness, particularly highlighting the strengths and needs of disabled people. These are available on our YouTube channel, Trinayanifilms and NgoTrinayani
- Organising Inclusive Monthly Meetups to enable people with disabilities to access and use the public domain. The motive is to facilitate visibility of people with disabilities, while offering them experiences that are fun and mutually rewarding for them as well as non-disabled people in these spaces/meetups.

- A notable arm of Trinayani is SPARSH, the Foot Reflexology Spa in Kandivali West, Mumbai started in 2011, run by trained blind therapists, who manage it independently. They also offer their services at several public events and in the process reach out to a wider non-disabled audience.
- Trinayani also has its own Inclusive Music Band, PEHLI BAARISH, comprising of professional disabled and non-disabled musicians. Besides performing once a month on a voluntary basis for NGOs and non-profit organizations in Mumbai and Kolkata, Pehli Baarish also performs for corporates and other celebratory events.

We are grateful to our friends, well-wishers and donors for the varied support and encouragement we receive. We look forward to networking and collaborating for realising the goal of an inclusive and accessible society.



*All donations to Trinayani is exempt under Section 80G of the Income Tax Act*

**Address :** Trinayani / Sparsh Foot Spa  
Gulmohar C.H.S, 67/666 M.H.B Colony,  
90 Feet Road, Opp Parijat Society,  
Mahavir Nagar, Kandiwali West,  
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**Phone :** +91 22 2869 7390 | +91 9769357390

**Website :** [www.trinayani.org](http://www.trinayani.org)

**FB :** [www.facebook.com/trinayani2006](http://www.facebook.com/trinayani2006)

**Twitter :** [www.twitter.com/trinayani\\_ngo](http://www.twitter.com/trinayani_ngo)

**Instagram :** [www.instagram.com/ngotrinayani](http://www.instagram.com/ngotrinayani)



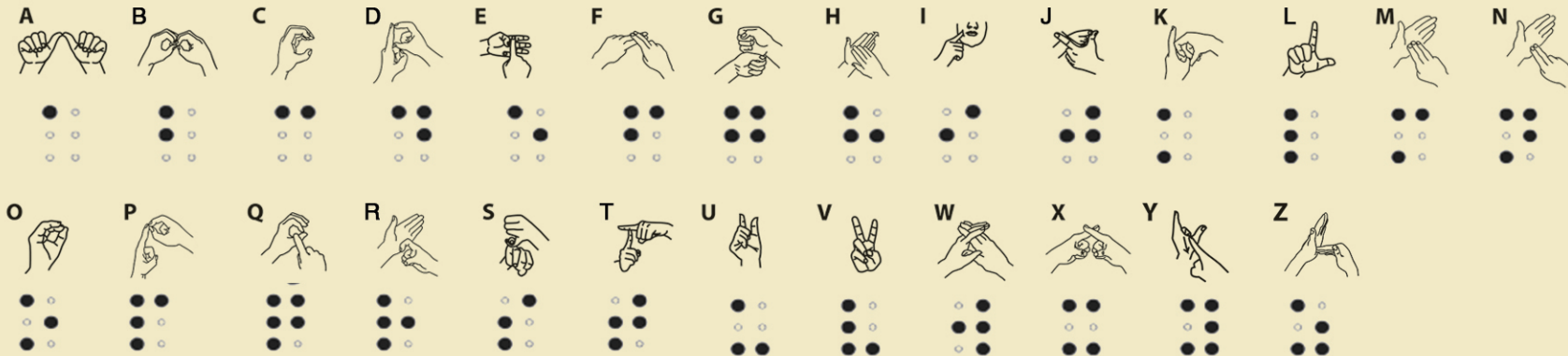
We invite you to our employability initiative, the Sparsh Foot Spa, to experience a reflexology massage provided by our trained blind therapists. Unwind and relax while supporting our therapists.

Their services can also be hired for weddings, melas, carnivals and other celebratory events.

To hire the services of our massage therapists, share ideas, to volunteer or support, call us or write to us at:  
[ritika@trinayani.org](mailto:ritika@trinayani.org), [sahniritika@gmail.com](mailto:sahniritika@gmail.com)

### A to Z in Braille and in Indian Sign Language

[www.trinayani.org](http://www.trinayani.org)



- Braille is a tactile reading and writing system. It uses raised dots to represent the letters of the print alphabet that can be read with the fingers by people who are blind or who have low vision.
- Finger spelling is a collection of manual symbols created by palm and fingers to represent alphabets and is an important communication aid used with and by persons with hearing disability.