

Towards Inclusion workshop for the Academic community (for both mainstream and special education teachers)

OVERVIEW

In the last 15 years, Trinayani has been tirelessly working towards impactful change in the field of disability through advocating for people with disability. Our belief in equality and equity finds us exploring various mediums to sow the seeds of tolerance, acceptance, and open-mindedness. Attitudes towards people with disabilities is usually based on misinformation and assumptions as they are mostly invisible to us. We diminish barriers existing in attitudes, infrastructure and day to day living to enable and empower people with and without disabilities.

Trinayani's "**Towards Inclusion**" **Disability Awareness workshop** conducted by Trainer, Disability Campaigner & Founder-Trustee, Trinayani, Ritika Sahni, is a unique and out-of-the-box workshop that opens the minds of people towards tolerance, kindness, and empathy. It endeavors to reach out to diverse audiences to step out of their comfort zone and reach out, interact, connect and learn more about people we share the space in this world, all living different lives.

An essential tool of this workshop is Trinayani's "**Towards Inclusion**" **6-in-1 card Game kit** that has six different card games, which for the purposes of online workshops are played digitally – modified specifically to provide a stimulation of the physical game setting.

The workshop and the card games focusses on familiarizing participants with the world of disability through a playful method, providing interesting, appropriate and relevant information associated with diverse disability issues, busting myths, building knowledge, addressing stereotypes and biases and changing attitudes, all in a fun way. The aim is to slowly and steadily build bridges between the world of people with and without disabilities.

For the Mainstream Academic community, the workshop fills the gap of uncertainties for mainstream teachers having students with specific learning needs and disabilities in their classroom, along with non-disabled students. Uncertainties develop fears which is natural, and teachers may not know how to navigate as they may be unaware of tools they can refer to. Since most of our regular teacher training courses do

not dwell on in-depth information about disabilities - identifying and adapting the pedagogy accordingly, may also pose as a challenge for some teachers.

On the other hand, most of our teacher training courses in **Special Education** have been designed focusing on specific disabilities and may not always dwell on information about all disabilities. However, being in a field that is so diverse and ever-changing we all feel the need to have access to a wider the range of knowledge about cross disabilities. For the academic community in the Special Education field, our Towards Inclusion workshop will serve the purpose of providing holistic knowledge on the broad spectrum of disability.

Inclusion is a process, an ongoing journey where awareness building is constant. The “Towards Inclusion” workshop and the Card games discussion will **enable and empower ALL teachers.** It will specifically introduce them to a wide spectrum of information about disability, like terminology, facts & misconceptions, barriers and their solutions, aids and appliance, disability specific vocabulary, in an interactive and engaging manner.

The 2 Game kits that the participating organization receives after the workshop will also provide opportunities for teachers to keep the momentum and spread awareness among their students, parents, peers and various other stakeholders.

Join us to build a community that not only shares space in this world but also shares thoughts, ideas, beliefs, and values to learn and gain something new, different, and life-changing, every day as life is all about learning, relearning, and unlearning.

GOALS

1. To open the window to the diverse world of persons with disabilities through a fun and interactive way
2. To include disability and inclusion concepts in classrooms/workplaces/homes, to promote comprehension and acceptance of children/adults with disabilities and specific needs.
3. To initiate a conversation on varying aspects about people with disabilities so that we develop a welcoming attitude that values kindness, empathy, and open-mindedness.

Game kit has been developed by:

Ms Padma Shastry, Inclusive Education Specialist, Samam Vidya, Bangalore
 Ms Ritika Sahni, Founder and Trustee, Trinayani, Mumbai. Trainer & Consultant in Disability Inclusion.

Game Kit Content

- 6 thrilling card game sets with instruction sheets.
- An answer booklet with information on new terminologies in the space of disability.
- An additional story-cum-workbook titled, 'I am Different, So are you'.

WORKSHOP FACILITATOR:

RITIKA SAHNI has a Master's Degree in Music, is a Gold Medallist from Rabindra Bharti University, Kolkata and has a Bachelor's Degree in Deaf Education from Ali Yavar Jung National Institute for Speech Hearing Disabilities, Mumbai.

She has an interesting dual career, dividing her time between playback singing, live stage shows and spearheading all advocacy initiatives for her not for profit trust, Trinayani. As a Trainer and a Consultant in Disability Inclusion, she regularly designs and curates sensitization campaigns for diverse stakeholders. As a disability campaigner, she runs a Spa employing blind massage therapists, curates inclusive events, creates awareness films, hosts a radio show and very recently has created the 1st of its kind Card Game kit on Disability awareness.

She performs regularly with her Inclusive Music Band "Pehli Baarish" which she created in 2014, which creates a space for artists with and without disabilities to make music together and also produces original music for children and conducts different inclusive workshops.

Among others, she has been awarded the Rex Karamveer Puraskar, a Global Award for Social Justice and Citizen Action by ICONGO. In March 2020, she was recognized at the Top Global Diversity & Inclusion Leaders awards function by World HRD Congress and ET Now. She is the advisory member of the Censor Board of Film Certification and Vice President, Maharashtra chapter of WICCI Arts Leadership Council.