

Trinayani

Annual Report

April 22' to March 23'

Index

1. Reflections from our Founder-Trustee Ms. Ritika Sahni
2. Our Mission and Vision
3. Our Trustees
4. Our Consultants
5. Our Employees
6. An Ode to our Supporters
7. Trinayani's Footprints
8. Facilitating a Life skill module on Disability Awareness
9. Inclusion of our poem in CBSE, Class X English coursebook
10. 'Towards Inclusion' workshops with our 6-in-1 card game kit
11. Curated Sensitization Workshops
12. Disability awareness Elective Course for Architecture students of SEA, Mumbai
13. Stories on Inclusion available online
14. Building Back Better Campaign
15. Daan Utsav Celebration
16. Partnering with 'The Art Sanctuary' - Photography Workshop
17. Our presence at the Purple Fest, Goa
18. Sparsh Foot Spa - our Livelihood Initiative
19. Pehli Baarish - our Inclusive Music Band
20. Social Media Outreach
21. Learning Mate CSR project
22. Creating Awareness Films
23. Testimonials
24. How can you get involved to Support and Contribute

Reflections from our Founder– Trustee Ms. Ritika Sahni

For 15 years, Trinayani has been dedicatedly working towards bringing about meaningful change in the field of disability by advocating for people with disabilities. Our core belief in equality and equity drives us to explore various avenues to promote tolerance, acceptance, and open-mindedness. **We strive to break down barriers** that exist in attitudes, infrastructure, and everyday living, with the ultimate goal of enabling and empowering individuals with and without disabilities.



Our vision is to inhabit a world where **people with disabilities are truly understood and respected.** We envision their full inclusion in all aspects of life, ensuring they enjoy a high quality of living.

We firmly believe in achieving this vision through fair and just means, treating people with disabilities as equal citizens of our country. Thus, our mission revolves around the inclusion, honor, and empowerment of individuals with disabilities.

To accomplish our objectives, we work through two significant pillars: Awareness/ Sensitization, and Empowerment. **These pillars encompass a diverse range of interventions, which we will provide an overview of in the following sections.** Our aim is to create a positive impact in the lives of people with and without disabilities, recognizing that change occurs through increased awareness, transformed attitudes, altered perceptions, and collective actions within the community as a whole. By channeling our intrinsic motivation to become better versions of ourselves, we aspire to contribute to a better world for everyone.

A disability friendly world for a better me

MISSION

To Include, Honor and Empower
Persons with Disabilities (PWDs)

VISION

To live in a world where PWDs are
understood and respectfully included
to live a meaningful life, on justified
terms.

Our Trustees



INDRANIL GOSWAMI, Chairman, Trinayani, is a professional Filmmaker, Writer and Creative Consultant. He works as an Independent Director and a freelance Creative Head for various production houses and organizations in the Mumbai Entertainment Industry.

As a trustee, Indranil is involved in the development processes of all content created by Trinayani pertaining to disability awareness, which ranges across Short films, Booklets, Posters, Radio Programmes, Biographies and other presentations packages.



RAKESH SAHNI, Founder Trustee and Vice-Chairman, Trinayani has been promoting Indian modern and contemporary art since 1993, and has been passionately involved in curatorial and archival ventures in his creative space called “Gallery Rasa” in Kolkata. He has curated noteworthy exhibitions and consulted towards creating important institutional and private collections. He is currently working towards enriching Gallery Rasa – Art and Archives through www.galleryrasa.com

Since 2012, he has been an active member of the Rotary Club of Calcutta Midtown spearheading Global Grants under Project Dignity and building more than 600 toilets in the Sundarban area of West Bengal. He served as President, Rotary Club of Calcutta Midtown 2018-19. At Trinayani he works towards creating the larger vision of the organization and works closely towards its implementation. **He can be reached at rs@galleryrasa.com**



RITIKA SAHNI is a Gold Medalist holding a Master's degree in Music from Rabindra Bharti University, Kolkata. She also 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 Trinayani.** She has been part of the disability sector for the last 30 years, having been a communication therapist. Special educator, and heading the speech and language department at Adapt, Mumbai among other roles. **She co-founded Trinayani in 2006.**

She is the debut female artist of Sony Music in India and has playback hits, the most popular being the song "Tumse Mili Nazar" from the film Main Madhuri Dixit Banna Chahti Hun. She now leads the Inclusive Music Band "Pehli Baarish" which she formed in 2014, creating a space for artists with and without disabilities to make music together. **She also regularly produces and sings original music for children and conducts different workshops for them.**

Currently, as Trainer and Consultant in Disability Inclusion, she regularly designs and curates sensitization campaigns/workshops 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 co-created the 1st of its kind 6-in-1 Game kit on Disability Awareness titled "**Towards Inclusion**"

She is regularly on various platforms such as the Tolerance and Inclusivity week at **Dubai Expo 2020** as part of the "Designing Inclusive societies, a voice for all" session.

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. **In May 22, she was awarded the Kandivali Ratna by Rotary Club of Kandivali West, Mumbai.**

Our Consultants



Shobha Sachdev

With 40 years of experience in the disability sector, Shobha is a consultant and advisor with Trinayani



Sudipta M Mandal

Our creative consultant, who with her magic touch brightens up all our events



Dr Asmita Huddar

Chairperson, Board of Studies, Special Education, the University of Mumbai continues to advice and provide insights and assistance towards our work



Sunita Sancheti

Work partner at Nirav International handling accounting, administration and taxation, wheelchair user Sunita brings the perspective of "Nothing about us without us" to all our programmes



Padma Shastry

Inclusive Education Specialist, Director, Samam Vidya, Bangalore. Padma provides valuable support to our sensitization initiatives



Roshan Kirpalani

Roshan, volunteering with us since 2016 continues to contribute to the digital versions of our Towards Inclusion Games. He also works in his family business



Sourav Dutta

Sourav is an Independent filmmaker and researcher and now on board as creative consultant for our Learning Mate project



Debjit Biswas

Debjit, an IIT Kanpur graduate, is Director of Softoffice Coders Pvt Ltd. He guides us and provides us with solutions with all things technical



Himanshu Chanda

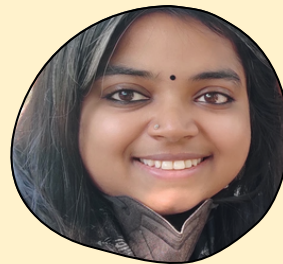
Himanshu and his team created the Trinayani website and now are developing the (LMS) platform for our Learning Mate project

Our Employees



Amit Pallath

Amit who lives with multiple sclerosis worked with Trinayani in February and March 2023 and contributed with fresh ideas. Unfortunately, due to his declining health he had to leave



Vedika Tikmani

Vedika is a development management graduate by education and program manager by profession who is venturing into the climate and health. Vedika worked for us from March to June 22'



Ramesh M Chavan

Our efficient Blind Masseur who has been with Sparsh Foot Spa, our livelihood initiative for more than 5 years conducting reflexology sessions at the spa and for corporate and social events



Shazia Qureshi

Shazia currently works as Associate - Narratives for Point of view, Mumbai. She is an IAAP certified Built Environment auditor. At Trinayani, she worked as the team lead from August, 2021 to July, 2022.

An ode to our supporters

Gratitude for Support and Contributions

We express our heartfelt appreciation for the unwavering support and encouragement we have received throughout our journey. The contributions of our well-wishers and supporters have played a crucial role in enabling us to create awareness about disability and reach diverse sections of society. Their generosity has empowered us to advocate for the masses and make a significant impact.

Volunteers have been instrumental in our organization, contributing to various aspects of our work. In the past financial year, **Vedika Tikmani** interned with us for five months and continued part-time from March to June. We were also fortunate to have **Mallika Parkar**, a school student, assist us in editing and subtitling our Zoom recordings. **Jinagna Gondalia** played a key role in creating a comprehensive email database.

We extend our thanks to **Ms. Anju Khemani** for her valuable inputs towards our Snakes and Ladder flex game, and we are grateful to **Simran Kandpal, Advika Rathi, and Sukhmani Kaur** for their online contributions as social media volunteers. Young **Amishka Shenoy and expert Kavita Mishra Pandey** volunteered for a month and made significant contributions to the research on FAQs for the Understanding Disability platform.

Ritam Datta Ray from Mumbai showcased our Towards Inclusion Game Kit in schools and colleges as part of his community service.

We would like to express our gratitude to **Seema Swami of Delhi Public School** for her valuable inputs to our En-able year-long disability awareness program designed for Delhi Public School, Coimbatore.

We extend heartfelt thanks to **Ms. Kanchan Rohera** for her continued support, including arranging a venue for our Think Tank session. We are grateful to all the experts who generously shared their insights during our research. We thank **Ritvik Rajan and Snehalatha** for creating videos for the Instagram takeover, and design student **Shoumit Sen** for his help in designing our social media posts. **Soma Sen's** assistance with research on various topics is greatly appreciated.

Drishti Chaddha played a significant role in shaping and directing the music video of "We Are Family," and we thank **Soumyo Mukherji of IIT Mumbai** for graciously facilitating the use of the IIT campus for our shoot. Our gratitude also goes to **Sourav Dutta** for his patience and contribution in finalizing the music video. We thank each and everyone who participated in our music video shoot, all our friends with and without disabilities and volunteers.

We would like to acknowledge **Himanshu Chanda and Avinash Dahariya** for their prompt action on website-related issues. Our thanks also go to **Ila Joshi** for translating our life skill module into Hindi and to **Aishani Misra** for her presence and support during our Kolkata shoot.

We are grateful for the unwavering support of our friends, including **Archana Rao of Cheerful Connect, Rekha Balgi of Reachout, and Roshan Kirpalani**. Their belief in our work and unconditional support mean a lot to us.

The endorsement of Trinayani's Joy of Week giving week celebration by our friends is greatly appreciated. We extend our heartfelt **gratitude to all our supporters** who participated in the three events we organized this year, as these events would not have been possible without their involvement.

Our long-standing relationship with our auditors, **Bharat Dharamdas and Associates LLP, is highly valued**. We express our thanks to **Mr. Kokal and Sharad**, with whom we work regularly.

We are deeply honored to embark on our most ambitious project, creating a digital platform on disability awareness. We are humbled by the support we receive from our **CSR partners, Learning Mate Pvt. Ltd.**, and extend our special thanks to **Mr. Avijit Ghosh**, our point of contact.

Once again, we express our deepest gratitude for everyones support, advice, and donations. **Together, we can create a more inclusive and empathetic world.**

Trinayani's Footprints

In the last year, Trinayani has made significant strides in engaging multiple stakeholders and organizations through various initiatives. In May 2022, our Founder, **Ms Ritika Sahni**, was **honoured with the Kandivali Ratna Award** for vocational excellence by the Rotary Club of Mumbai Kandivali West. This prestigious accolade recognized her exceptional efforts in promoting equality for person with disabilities. The award was **presented by the Rtn Bhavin Toparani, and DGN Rtn Chetan Desai**.

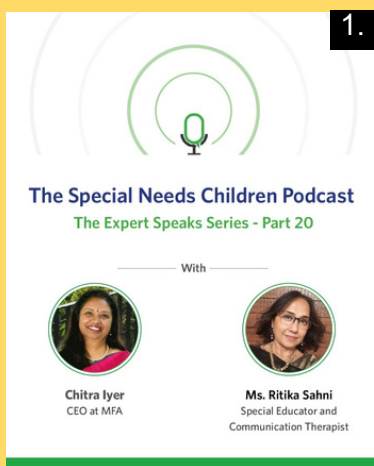
Furthermore, Ms Sahni had the opportunity to share her insights on disability awareness and Trinayani's mission on **"The Experts Speaks"** podcast, hosted by Chitra Iyer, on the Facebook live **by The Autism Spectrum**, at the **KISS conference** in Bhubaneshwar and the **Muktangan webinar series**.

Being part of the first ever **Education Film festival Chalshiksha** in Bangalore allowed us to interact and network with like-minded persons along with promoting our Game kit to the academic community.

In the spirit of support and solidarity Ms Sahni throughout the year attended various events organized by like-minded NGOs.

In June, 2022, Trinayani's inclusive music band, Pehli Baarish, was invited to the **BBC World Service podcast "The Cultural Frontline"** to discuss the intersection of disability and music.

Overall, Trinayani's activities and accomplishments have significantly advanced our mission of promoting equality and inclusivity for disabled individuals.



1. Invited as a guest speaker on The Special Needs Children Podcast. May 22'
2. Honoured with the Kandivali Ratna Award by the Rotary Club of Mumbai Kandivali West. May 22'
3. The Kandivali Ratna Award





4. Cover of The Cultural Frontline podcast by BBC on 'Disabled musicians turning up the volume'. June 22'
 5. Poster of the FB live by The Spectrum Autism, Talk to the Expert Series, episode 28. 5th August, 22'
 6. Picture from KISS - Kalinga Institute of Social Sciences conference. 17th August, 22'
 7. Glimpses of students playing with our 6-in-1 Inclusion Card Game Kit at the Chalshiksha Education Festival, Bangalore. 23rd - 25th September, 22'
 8. Photo from the TATA Marathon. January 23'
 9. Invited as a guest at the Multiple Sclerosis Society of India (MSSI) event. Mumbai, February 23'
 10. Poster of Mukttangan's 'Promoting Inclusion' webinar
 11. Poster of the Laadli Orientation workshop on Gender and Disability. 23rd and 24th March, 23'
 12. Panel discussion at Whistling Woods International. 31st March, 23'
- While in Ahmedabad**
13. Visited Akhil Paul and team at the Sense International,
 14. Interesting time spent with Manobina Chakrobarty, special educator and administrator 'Let's Talk Inclusion' FB page
 15. Music workshop for students of Manav Sadhna Gandhi Ashram



Facilitating a Life skill module on Disability Awareness

Celebrating a Remarkable Milestone!



Our Founder-trustee and Disability Campaigner, **Ms. Ritika Sahni** was invited by **UNFPA (United Nations Population Fund)** to design and develop a comprehensive Life Skill module on Disability Awareness. We are proud to share that **her chapter, titled "दिव्यांग व्यक्तियों के प्रति संवेदनशीलता"** (Sensitivity towards Persons with Disabilities), has been **incorporated into Module 4 of "Umag,"** a prominent Life Skill program implemented by the Madhya Pradesh School Education Department. This module will be taught in all State Board Government High and Higher Secondary Schools.

मॉड्यूल-3	इमारत का नाम	पृष्ठ सं.
	सत्र 1 : स्वयं और सहायता (विना)	57
	सत्र 2 : अस्वयं विना	61
मॉड्यूल-4	दिव्यांग नागरिकता	
	सत्र 1 : मैं और मेरा समाज	67
	सत्र 2 : दिव्यांग व्यक्तियों के प्रति संवेदनशीलता	73
	सत्र 3 : समूह भावना	80
मॉड्यूल-5	क्रियात्मक संघर्ष	
	सत्र 1 : पहचान से सम्बन्ध	84
	सत्र 2 : सकारित्व भावना को समर्थ	87

• मैं अलग अलग हूँ, और अलग अलग हूँ, पूरा हूँ मैं ही, अलग, असाधारण
 • मैं अलग हूँ, सब अलग, अलग अलग हूँ, पूरा हूँ मैं ही, अलग, असाधारण
 • मैं अलग हूँ, सब अलग, अलग अलग हूँ, पूरा हूँ मैं ही, अलग, असाधारण

संकेत चिह्न

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संकेत

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- अलग अलग हूँ

Ritika Sahni, 2023.

अनुक्रमिका	पृष्ठ सं.
अनुक्रमिका	
सत्र 1 : स्वयं और सहायता (विना)	57
सत्र 2 : अस्वयं विना	61
मॉड्यूल-1	सहानुभूति
सत्र 1 : सहानुभूति का अर्थ	29
सत्र 2 : सहानुभूति का अर्थ	33
मॉड्यूल-2	सहानुभूति
सत्र 1 : सहानुभूति का अर्थ	39
सत्र 2 : सहानुभूति का अर्थ	46
सत्र 3 : सहानुभूति का अर्थ	51
मॉड्यूल-3	सहानुभूति
सत्र 1 : सहानुभूति का अर्थ	57
सत्र 2 : अस्वयं विना	61
मॉड्यूल-4	दिव्यांग नागरिकता
सत्र 1 : मैं और मेरा समाज	67
सत्र 2 : दिव्यांग व्यक्तियों के प्रति संवेदनशीलता	73
सत्र 3 : समूह भावना	80
मॉड्यूल-5	क्रियात्मक संघर्ष
सत्र 1 : पहचान से सम्बन्ध	84
सत्र 2 : सकारित्व भावना को समर्थ	87

Ritika Sahni, 2023

Being a part of this significant educational initiative is an immense honor for us. **Through the "दिव्यांग व्यक्तियों के प्रति संवेदनशीलता" chapter,** students will gain invaluable insights, knowledge, and skills to interact and engage with persons with disabilities in a respectful and empathetic manner. This integration will help break down barriers, challenge stereotypes, and create a society that embraces diversity.

मॉड्यूल- 4

जिम्मेदार नागरिकता

सत्र 2 : दिव्यांग व्यक्तियों के प्रति संवेदनशीलता

समय : 60 मिनट

उद्देश्य :

इस सत्र के अंत तक शिक्षार्थी -

1. दिव्यांग व्यक्तियों के प्रति संवेदनशील बन सकेंगे।
2. दिव्यांग व्यक्तियों के साथ उचित संवाद व सम्बन्धित व्यवहार कर सकेंगे।

समस्या :

अरे! मैं ही अलग हूँ।

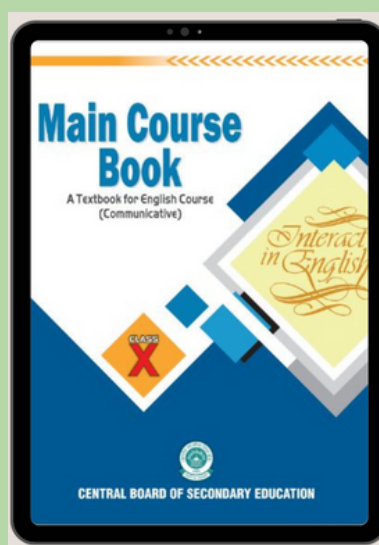
सत्र का स्वरूप :

सक्रियता	समय
सक्रियता 1 : दिव्यांग व्यक्तियों के प्रति संवेदनशीलता	25 मिनट
सक्रियता 2 : दिव्यांगता और संवेदन	25 मिनट
समस्या	10 मिनट
हमारे प्रयास	05 मिनट

सत्र का परिचय :

सभी व्यक्तियों को समाज में बराबरी का सम्मान मिलना चाहिए। जैसे कोई भी काम या व्यवसाय समाज में एक-दूसरे से कम महत्वपूर्ण नहीं होते वैसे ही प्रत्येक व्यक्ति को वह दिव्यांग हो या विकारी भी समान, अधिक, अधिक, अधिक समानता से ही समाज में रहना चाहिए।

Inclusion of our poem in CBSE, Class X English coursebook

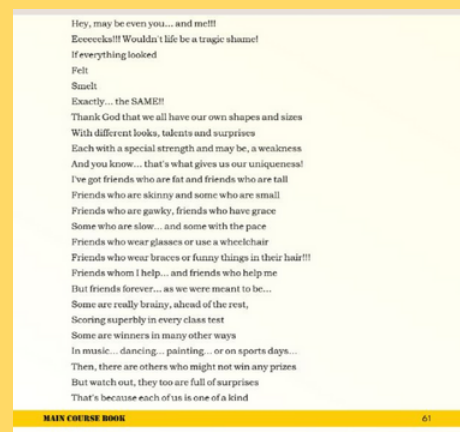


We are thrilled to share that Central Board of Secondary Education (CBSE) has incorporated Trinayani's thought-provoking poem, "**I am SPECIAL and so are you,**" in the Class X English course book (Communicative). This poem, penned by Vanessa Ohri, beautifully captures the essence of embracing uniqueness and celebrating diversity.

Its inclusion in the course for students of Standard X marks a significant milestone for us at Trinayani, as it promotes disability awareness among young learners.

To enhance the learning experience, the chapter includes relevant questions based on the poem, ensuring that the lessons learned from the poem stay with them for a lifetime.

We extend our heartfelt appreciation to Vanessa Ohri for the poem, that has touched the hearts of many, as well as to the entire CBSE team for their vision and commitment to promoting diversity and inclusion in education.



'Towards Inclusion' workshops with our 6-in-1 card game kit *(an advocacy tool)*



Trinayani's Towards Inclusion workshop is revolutionising the way we approach disability awareness and fostering inclusivity.

At the heart of our workshop is the Trinayani's Towards Inclusion Disability Awareness 6-in-1 Card Game kit. **What sets our workshop apart is its ability to infuse fun and excitement into the often perceived "boring" subject of disability awareness.**



By utilising the power of games, we create an enjoyable and interactive learning experience that captivates participants from start to finish. It's a truly groundbreaking approach that has not been seen before.

3.

College of Home Science Nirmala Niketan
Affiliated to University of Mumbai
(NAAC Accredited 'A+' Grade)

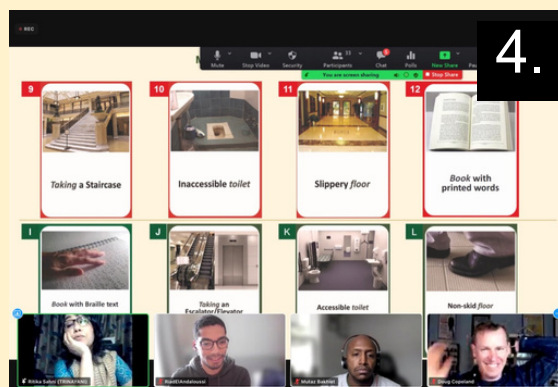
The Department of Human Development
presents a recreative workshop
TOWARDS INCLUSION

Resource Person:
RITIKA SAHNI,
Founder- Trinayani
NGO,
Disability Campaigner,
Trainer & Consultant in
Disability Inclusion

"Workshop includes"
• familiarizing with the world of disability;
• providing interesting, appropriate and relevant information associated with diverse disability issues;
• busting myths, addressing stereotypes and biases.

Day: Saturday
Date: April 23, 2022
Time: 10:30 am - 1:30 pm

Venue: Marie Adelaide de Cice Hall (Ground floor),
College of Home Science Nirmala Niketan



- 1. and 2. Nirmala Niketan. 23rd April, 22'
- 3. Towards Inclusion - Workshop for Department of Human Development, College of Home Science, Nirmala Niketan poster
- 4. For Atlantic Shores. 6th May, 22'

[Towards Inclusion Workshop at Nirmala Niketan video](#)

This innovative toolkit features six different games, each designed to challenge misconceptions, promote knowledge, tackle stereotypes and biases, and transform attitudes.

Trinayani offers a 90-minute interactive online session, customized for each stakeholder group, designed and conducted by Disability Campaigner and Trainer Ms Ritika Sahni.

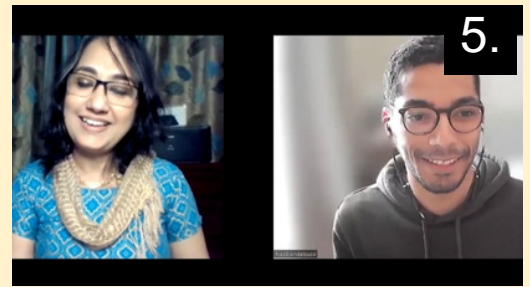
This year, we had the privilege of engaging with a diverse range of stakeholders, including corporates, educational institutions and community organizations. Through our workshops, we have been able to foster a deeper understanding of disability, challenge preconceived notions, and ignite a sense of empathy and inclusion among participants.

Contact us to bring the Towards Inclusion workshop to your organization or community. Let's make a difference together!

To Buy our Game kit:

- Contact us at ritikia@trinayani.org
- or buy online through the [Bored Game Company website](#)

'Towards Inclusion' workshops



5.



6.



7.



8.

5. Screenshot from the workshop for Atlantic Shores

6. CDMI Somaya Institute, Towards Inclusion Workshop poster. 2nd December. 22'

7. and 8. Photo from the workshop for CDMI, Somaiya Institute

9. At the ISLIA conference with team UNFPA



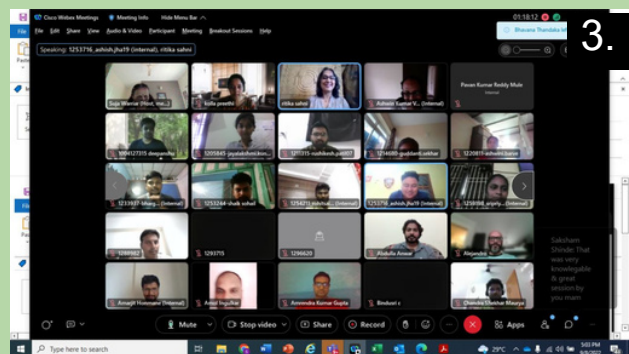
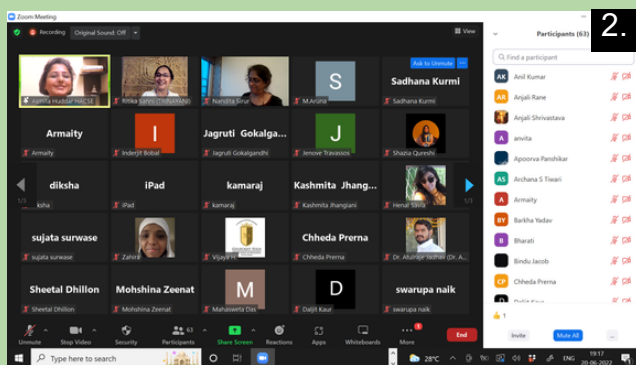
9.

[Towards Inclusion Workshop teaser](#)

Curated Sensitization Workshops



1. Online workshop for the National webinar organised by the Department of Teacher's Training College, Shri Shah K.L. Institute for the Deaf-Trust, on 'Ecosystem for creating barrier free environment'. 24th April, 22'
2. Online workshop for ADHIKAR - Family Empowerment Programme, organised by Hashu Advani College of Special Education on 20th June, 22'
3. InfyAbility workshop for Infosys on 6th & 7th September, 22', organised by the corporate diversity inclusion equity team - HR team



At Trinayani, we firmly believe in the Essentials of Inclusion, which encompass Disability Awareness and Sensitivity Training. These training sessions, conducted by our very own Founder-Trustee, Disability Campaigner and Trainer Ms. Ritika Sahni, serve as a fundamental and collective groundwork for fostering disability awareness, sensitivity, and inclusion.

The aim through these workshops is not only enhance knowledge and understanding but also to equip participants with practical tips, techniques, and the confidence to effectively communicate and collaborate with individuals with disabilities.

Participants also gain insights into the unique challenges faced by individuals with disabilities, as well as their strengths and capabilities. They learn to recognize and dismantle physical, attitudinal, and communication barriers that hinder inclusivity and equip themselves with the skills and knowledge needed to create accessible spaces, communicate effectively, ensuring equal participation and opportunities for all.



4.

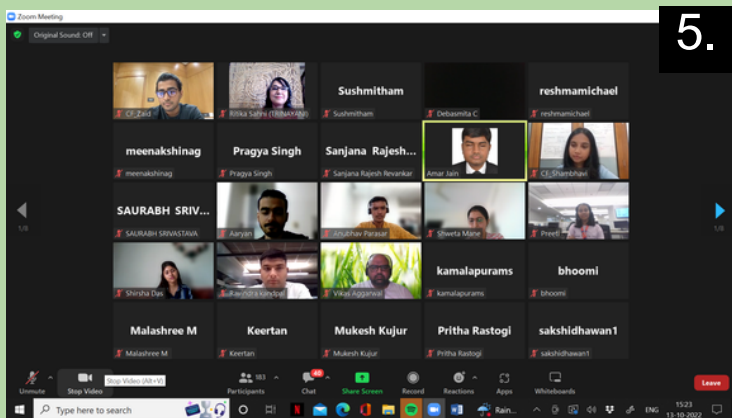
4. Online Alt Text workshop for 'Connect For', 13th October, 22'

5. Screenshot from the Alt Text workshop

6. Poster of RR Donnelley sensitisation workshop on the occasion of IDPD International Day for Persons with Disabilities

7. Screenshot from the RR Donnelley workshop. 1st December, 22'

8. Sensitisation workshop at the School of Environment and Architecture



5.



8.



6.

Why you should be a disability inclusion ally

Dear Colleague,

Why does disability make people feel uncomfortable? It often stems from lack of awareness about disability and the anxiety over saying and doing the wrong thing.

With the International Day of Persons with Disability just around the corner, join us for a sensitization session organized by WoN to dispel some common myths about disability, learn the disability-appropriate language, and terminologies, understand the barriers to participation in society, and know what we can do to facilitate inclusion.

December 1
5 - 6 P.M. IST
[Click here](#) to register

ABOUT THE SPEAKER



Ritika Sahni
Founder-Trustee, Trinayani

Ritika Sahni is a singer, performer, producer, disability campaigner, trainer, and consultant in disability inclusion, and is the founder-trustee of Trinayani, an NGO which works across disabilities. She has been part of the disability sector for the last 30 years and has several awards and honors to her credit, including the Rex Karamveer Puraskar.

Recognized as one of the Top Global Diversity and Inclusion Leaders, Ritika is also a member of the International Executive Council, (GEIN) Global Inclusive Education Network, and the advisory member of the Censor Board of Film Certification.



7.

Disability awareness Elective course for Architecture students of SEA, Mumbai

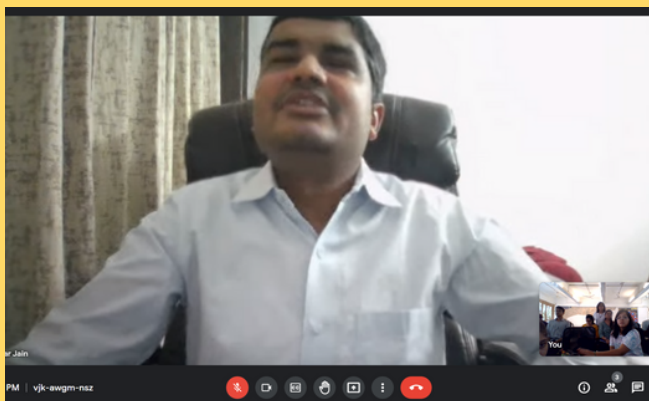
Under the leadership of Ms. Sahni, Trinayani took the initiative to develop a comprehensive **one-week disability course** specifically designed for the students of SEA (School of Environment and Architecture).

Throughout the course, emphasis was placed on the **importance of disability awareness** and the **practical application of universal design** in various aspects of life. The students were actively engaged in a range of activities, such as learning Braille, familiarizing themselves with Indian Sign Language, participating in simulated exercises to experience the challenges faced by individuals with disabilities, and conducting audits of their own premises to identify potential barriers. In addition, the students were facilitated in discussions surrounding inclusion through interactive games from our Towards Inclusion Disability Awareness Card Game kit.

Inclusive Design Specialist **Dr. Kavita Murugkar**, conducted two enlightening sessions during the course deepening the students understanding of inclusive design principles.



An online session by **Mr. Amar Jain**, an advocate and accessibility professional also shed light on the importance of digital accessibility **and provided participants insights into his personal experiences of living with blindness.**

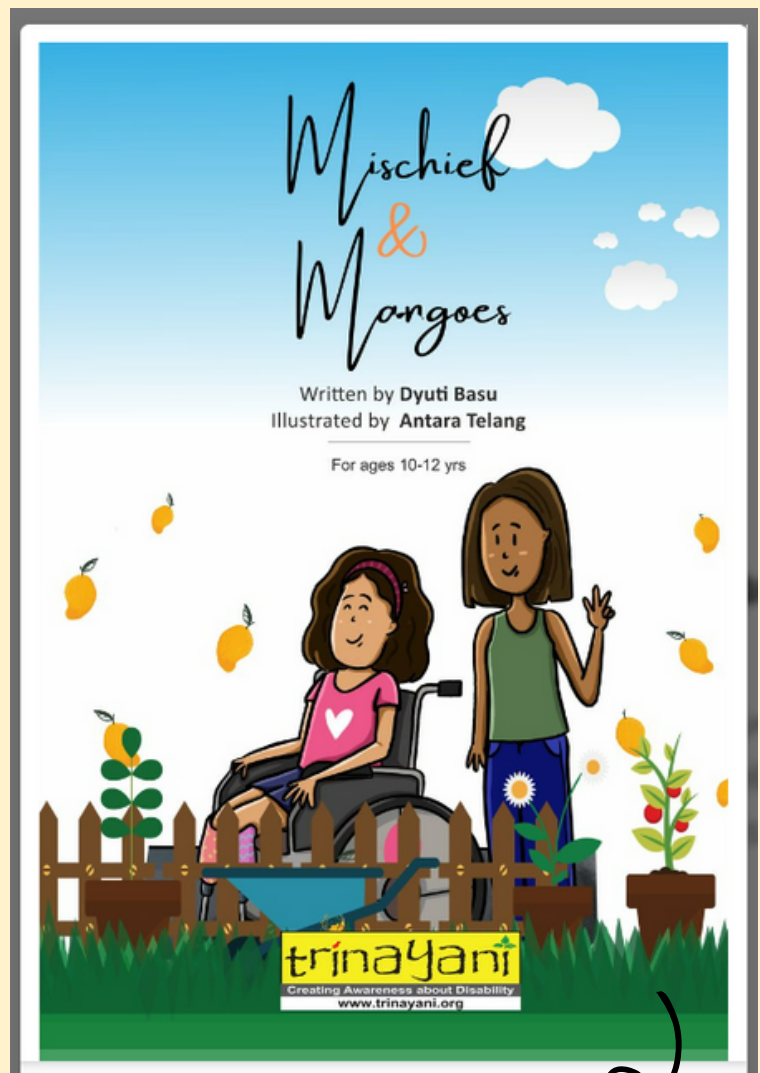


Stories on Inclusion

available on storyweaver.org.in

'Nancy's move to Delhi' and
'Mischief & Mangoes' by Dyuti Basu

A beautiful and engaging story that highlights diversities that makes everyone different and unique. It highlights the many different people in our society and the beautiful cultures, values and morals that each and everyone holds! How we should respect and include these in our worlds and live in harmony as a community.



Sister and best friends Shilpa and Kavita love to plot mischief. Their latest scheme! To pluck raw mangoes from a park with the help of Kavita's wheelchair! How do they plan to pluck the mangoes? We invite you to visit storyweaver.org.in and read what happens when they take their mischief a step too far?

Building Back Better Campaign

Trinayani recognizes the ongoing process of India's journey towards building back better. In line with this, we launched a campaign on the International Day of Persons with Disabilities in 2021, focusing on leaders with disabilities and emphasizing the importance of accessibility.

This campaign aligns with Goal No. 10 of the Sustainable Development Goals, which aims to reduce inequalities. We have sustained this campaign throughout the 2022 financial year. The Building Back Better Series was spearheaded by Trinayani team members Shazia Qureshi and Vedika Tikmani.

SAVE THE DATE

**Building Back Better:
Strengths, Capabilities and Employability
of Individuals with Autism**



Akila Vaidyanathan
Amaze Charitable Trust

21 April 2022
6:00 pm IST



Lee Corless
Rangam

trinayani
Creating Awareness About Disability
www.trinayani.org

RANGAM
RANGAM Technologies

April

Autism Awareness 21st April, 2022

In **April**, as part of **Autism Awareness Month**, we collaborated with **Rangam Technologies and Amaze Charitable Trust, Coimbatore**, to organize an online seminar.

The session discussed the strengths, capabilities, and employability of individuals with autism, with insights provided by **Mr. Lee Corless**, Head of Autism at Work Programme (EMEA & APAC) at J.P. Morgan, and **Ms. Akila Vaidyanathan**, Founder Director of Amaze. The seminar, led by Vedika Tikmani offered valuable learnings to the participants.



Strengths, Capabilities and Employability of Individuals with Autism

Building Back Better

RANGAM

trinayani

[Click here to watch the seminar recording](#)

May

Multiple Sclerosis

Awareness

30th May, 2022

Following this, in **May**, we conducted a **two week long campaign to raise awareness about Multiple Sclerosis.**

As a part of this campaign, we hosted a LinkedIn Live session featuring **Anjali Vyas**, a self-patient advocate and Javed Abidi fellow. **Our team members, Shazia and Vedika, engaged in a thought-provoking discussion with Anjali, which was streamed live on LinkedIn, generating significant engagement and insights.**

Building
Back
Better
Campaign



[Click here to watch the live session recording](#)

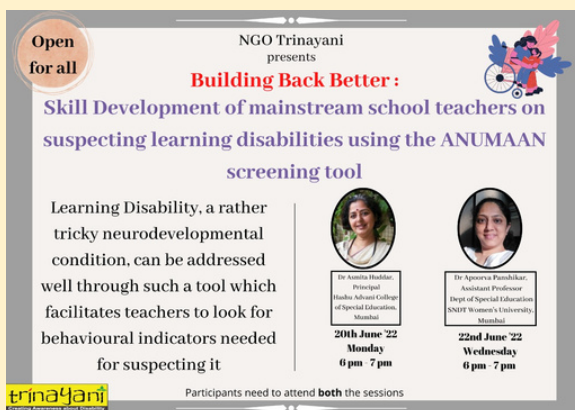
June

Understanding Learning Disability

20th & 22nd June, 2022

To commemorate **Learning Disability Week (20th to 26th June)**, we organized two workshops focused on the usability and procedures of using the 'Anumaan' screening tool.

These sessions, conducted by **Dr. Asmita Huddar**, Principal of Hashu Advani College of Special Education, and **Dr. Apoorva Panshikar**, Assistant Professor in the Department of Special Education at SNDT Women's University, aimed to provide understanding on learning disabilities and **how the Anumaan tool can be used, scored, and interpreted to identify learning disabilities.**



[Click here to watch Dr. Asmita Huddar's recorded session](#)

[Click here to watch Dr. Apoorva Pandhikar's recorded session](#)

July

Music and Disability

23rd July, 2022

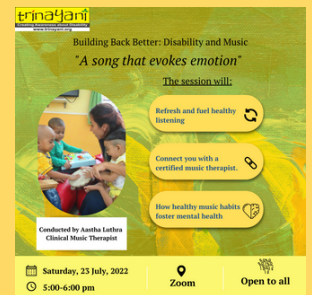
We dedicated the entire month of July to exploring and discovering the intersection of Disability and Music in our BBB series. The aim was to celebrate Disability Culture and its representation in music through a social media campaign which focused on reels on famous artists with disabilities and performances by artists with disabilities.

We collaborated with **Clinical Music Therapist Aastha Luthra** to create posts on diverse aspects of Music Therapy, exploring what it is, how it helps people, and its career options. This culminated with a workshop by Aastha and Instagram takeovers by blind and autistic singer **Ritvik Rajan**, and the visually impaired musicians of **Pehli Baarish**, Trinayani's Inclusive Music Band.

The month long campaign culminated with a workshop by Clinical Music Therapist Aastha Luthra which was attended by **21 participants from across the country**.

She used a specially designed ppt along with curated music and activities to enthrall us in knowing ourselves deeper.

[Video on five quick tips by Clinical Music therapist Aastha Luthra](#)



September

Celebrating 'International Week of the Deaf'

10th, 17th & 24th September, 2022

To celebrate deaf awareness month, Trinayani collaborated with **Ali Yavar Jung National Institute of Speech and Hearing Disabilities** to design **3 empowering sessions** for the deaf community by inviting 3 experts in this field. We thank **Dr. Gayatri Ahuja**, Faculty Dept. of Education for leading this collaboration. The interviews were held on Streamyard and were streamed live on AYJNISHD's YouTube channel

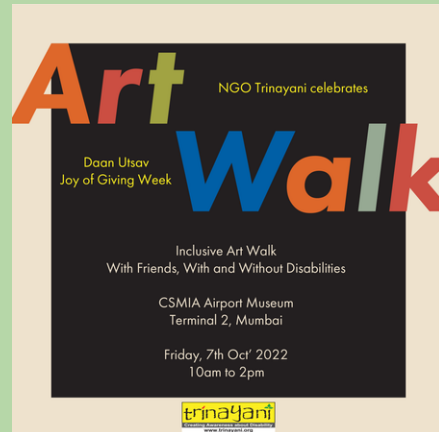


DATE	TIME	EXPERT	TOPIC	VIEWERSHIP
9/10/2022	1 hour	Shri Sibaji Panda, Director, Happy Hands School for the Deaf, Odisha	Journey of a Self Advocate	1.7k
9/17/2022	42 minutes	Ms Chitra Iyer, CEO and Financial Coach, MFA Capital Private limited	Financial Literacy	443
9/24/2022	44 minutes	Dr Prosenjit Majumdar, Social Welfare Officer, AYJNISHD (D) Mumbai	"Main Atmanirbhar" Know about Government Schemes and opportunities	346

Daan Utsav Celebration

1 Art Walk

7th October, 2022



[Click here to have a closer look at the Art Walk](#)

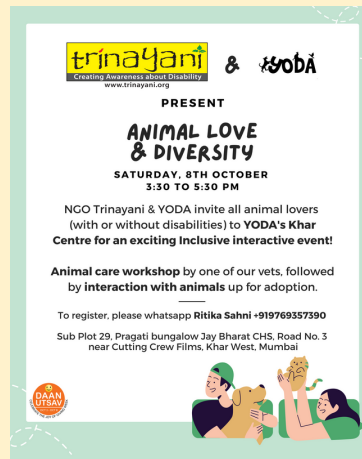
At Trinayani, we cherish and celebrate every aspect of humanity. The annual tradition of **Daan Utsav (Joy of Giving Week)** holds a special place in our hearts, as it allows us to come together as a community and celebrate one another. During this week, we not only engage in **fun and engaging sessions** but also strive to **promote inclusion and tolerance**.

Over the past two years, we have organized enlightening online sessions. However, this year, we were thrilled to involve both our friends with and without disabilities in engaging **offline events**. With the support of **Chatrapati Shivaji Maharaj Airport**, we organized an **Art walk at the Jaya He GVK New Museum Terminal 2 in Mumbai airport**. The event was attended by friends from Aawhan Palak Sangh, Yash Charitable Trust, Forum for Autism, MSSSI Mumbai, MFPA India, and members of the Mumbai wheelchair cricket team. **We extend our heartfelt gratitude to the airport team, especially Tejal, Ravindra, and Advika, for their support.** Our friends were amazed by the remarkable art displayed at the airport.

2

Animal Love & Diversity

8th October, 2022



In our second Daan Utsav event, titled "**Animal Love and Diversity**," we collaborated with **YODA** (Youth Organization in Defense of Animals). Participants were enlightened by a valuable animal care workshop conducted by their veterinarian.

They also had the opportunity to interact with pets, both with and without disabilities, while the center advocated the need to adopt pets.



[Click here to have a closer look at the event](#)

3

Inclusive Wheelchair Cricket Match (T10)

9th October, 2022



For our third Daan Utsav event, we organized an **Inclusive Wheelchair Cricket Match (T20)**, with support from the **Mumbai Wheelchair Cricket Team**, led by Captain Rahul Ramagade, and non-disabled professional cricket players from **Prashant Patil Cricket Academy** and **3s Sports Cricket**. We are immensely grateful to **Vikas Satam** for his support in making this event possible. The match was held at the Department of Physical Education, University of Mumbai, Kalina campus. To add an interactive and fun element to the event, our friend Malay Desai and Jayashree Countinho from Sportz Interactive introduced Kartikh Iyer, who captivated everyone with his brilliant commentary. Additionally, two young umpires from Cricket Graph officiated the match. No game is complete without spectators, and we were fortunate to have **students from Pragnya Bodhini High School** who filled the atmosphere with electric energy. We express our gratitude to Principal Seema Sheikh and the teachers for their participation and support. Overall, it was a fantastic event that brought joy and togetherness.

Partnering with 'The Art Sanctuary' for a photography workshop

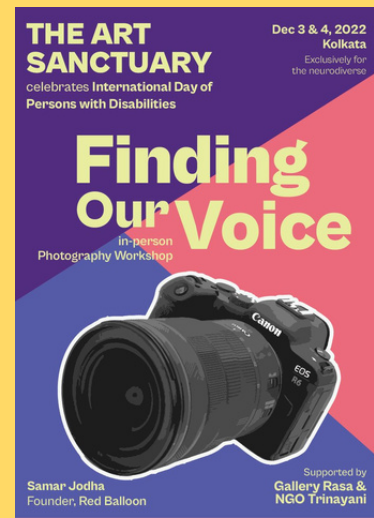
3rd & 4th
December, 2022

Trinayani facilitated the Kolkata segment of the photography workshop organized by The Art Sanctuary, Bangalore exclusively for neuro-diverse adults, on December 3rd and 4th, 2022.

The workshop was conducted by **Mr. Samar Jodha**, a renowned photographer and installation artist, who guided the participants over the span of two days. The Trinayani team diligently scouted various locations in Kolkata to ensure the workshop provided an enriching experience for all involved. Additionally, Trinayani took responsibility for Mr. Jodha's accommodations and efficiently coordinated the logistics of the two-day event.

We express our gratitude to **Gallery Rasa** for their valuable support and extend our appreciation to **Smayan Sahni** for volunteering and overseeing the smooth operation of the workshop.

Trinayani is proud to have played a role in facilitating this meaningful experience and looks forward to continuing its support for organizations like **The Art Sanctuary** in their endeavors to empower individuals with intellectual challenges through the arts.



Our presence at the Purple Fest, Goa

6th to 8th January, 2023

Trinayani takes great pride in its participation at **Purple Fest, India's first-ever Inclusive Festival** that wholeheartedly embraced and celebrated Persons With Disabilities under the theme of "Purple Fest: Celebrating Diversity". This extraordinary event was organized by the Directorate of Social Welfare, Entertainment Society of Goa, Goa Tourism Development Corporation, and Information & Publicity Department, Govt. of Goa.

Spanning across three days, the festival featured engaging panel discussions, captivating live performances, grand exhibitions, and immersive experience zones.





Trinayani had the distinct honor of having their films, **"Sab Ki Hai Dharti,"** screened at the opening session on Inclusive Education, and the **"Jana Gana Mana"** music video showcased at the **closing ceremony** of the festival. To ensure accessibility for all, **both films were thoughtfully subtitled and accompanied by Indian Sign Language (ISL) interpretation.**

This achievement not only allowed Trinayani to showcase its impactful work but also contributed to spreading awareness about inclusive practices and the power of art to bridge gaps and foster understanding. **The presence of Trinayani at Purple Fest** exemplified its commitment to promoting diversity, equality, and inclusivity, leaving a lasting impression on all attendees.

Sparsh Foot Spa our Livelihood initiative

At **Sparsh Foot Spa**, we believe that true massage therapy goes beyond visual perception; **it is about connecting with your heart and feeling the healing touch.**

Since **2011**, our dedicated team of trained blind reflexology massage therapists has been providing acupressure therapy, ensuring a unique and transformative experience for our guests.

Located in Kandivali West, Mumbai, our spa offers massage that leaves our guest refreshed and revitalized. In addition to our spa services, we also bring our skilled therapists to celebratory events and corporate offices, spreading the joy of rejuvenation and promoting inclusivity in every setting.

By choosing our services, our guests actively contribute to the empowerment of our blind therapists, enabling them to lead fulfilling lives and contribute their valuable skills to the community.





Connect with us to discover how you can engage our therapists and make a positive difference in the lives of these incredible individuals.



Our spa events in the past year:

- 15th October, 22'. Private wedding event
- 5th November, 22'. Private wedding event
- 16th December, 22'. Six box corporate event
- 7th January, 23'. EINERAMPER India Consultants Pvt. Ltd corporate event
- 8th March, 23'. Golden Source International Pvt. Ltd corporate event
- 10th March, 23'. TLG Pvt. Ltd corporate event
- JBCN School, Borivali West



[Click here to watch our therapists in action](#)



Pehli Baarish our Inclusive Music Band



- 4th October, 22'. Show for Aikatan Cultural Association, Mumbai



Enjoy an original composition of Trinayani, Akha Duniya Gol Hai - performed by Pehli Baarish



- 10th October, 22'. Online show for General Electric live, from The Circuit, Mumbai

NGO Trinayani is dedicated to advocating for inclusivity and spreading awareness about disabilities through curated workshops, films, games, literature and events, employing non-cliched ways of challenging stereotypes about persons with disabilities.

"Pehli Baarish" is a remarkable **Inclusive Music Band** that embraces diversity! We bring together talented artists with and without disabilities, creating soul-stirring melodies that touch hearts. **Through our music, we aim to break barriers, challenge stereotypes, and promote a more inclusive society.**

Social Media Outreach

In our daily lives, we often get absorbed in our immediate concerns, unintentionally neglecting issues that don't directly impact us. However, as **global citizens**, it is crucial to recognize the bigger picture and not remain ignorant of **pressing global challenges**. **International Days** like World Cancer Day, World Wildlife Day, International Women's Day, World Health Day, and World Literacy Day serve as reminders of the significant issues affecting humanity. As an **advocacy-focused organization**, Trinayani takes pride in celebrating important disability awareness days through our social media platforms, **spreading knowledge and fostering engagement**.

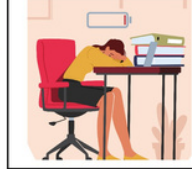
Trinayani presents
BUILDING BACK BETTER:

Accessibility Innovations;
Assistive Aids and
Augmentative Alternative
Communications (AAC).




NGO Trinayani
presents
"Building Back Better: MSunderstand"
A Multiple Sclerosis awareness campaign

Fatigue has a
89%
impact on the lives of
Persons with Multiple
Sclerosis (PwMS)



Source- Multiple Sclerosis International Foundation (MSIF)



What is Person First Language?

Puts the person before the disability,
and describes what a person has, not
who a person is.



Person First Language: Guidelines

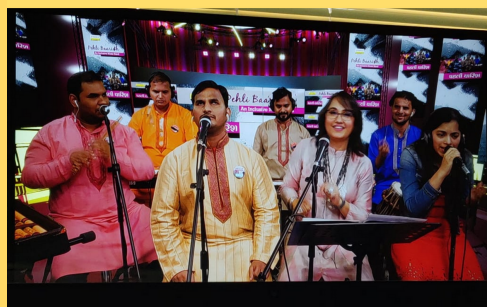
- He's autistic.
- She's confined to a wheelchair.
- He has autism.
- She uses a wheelchair.
- The disabled.
- He's retarded.
- People with disability.
- He has an intellectual disability.



INNOVATION OF THE DAY: TRANSCRIBE GLASSES
CREATOR: MADHAV LAVAKARE

- Madhav Lavakare is a young entrepreneur from New Delhi.
- He's been spearheading the development of TranscribeGlass for the last five years after witnessing the challenges his friend with hearing loss faced in comprehending spoken conversations.





online performance for
DIAGEO




Disability is a global public health issue- It affects 1 in 7 people worldwide. Everybody is likely to experience disability at some point in life

DID YOU KNOW?



NGO Trinayani
celebrates
**DISABILITY
PRIDE MONTH
2022**


"Different But Not Less"



IMPACT OF TRANSCRIBE GLASSES

0.1%

If TranscribeGlass could help just 0.1% of the people with disabling hearing loss (i.e. ~500,000 of the estimated at 470M) to improve their employment opportunities and reduce or eliminate their social isolation, this could have as much as \$750 million in economic impact. I plan to use the number of TranscribeGlass devices being used to improve employment opportunities and reduce/eliminate social isolation for the user as key metrics for measuring the product's impact.



USE APPROPRIATE LANGUAGE TO:

- Shape attitudes and perceptions.
- Model appropriate language.
- Avoid perpetuating old stereotypes.



NGO Trinayani presents
Building Back Better: Disability and Music
exploring the beautiful intersection of disability culture and art

What is Music Therapy?

Music Therapy is an
Interactive way of
using music by a
profession



Learning Mate CSR Project

Creation of UnderstandDisability.com Project

Trinayani has undertaken an ambitious endeavor to create a digital platform focusing on disability awareness, incorporating culturally relevant and India-specific information.

The primary objective of this project is to develop easily understandable and locally relevant content on diversity, disability, and inclusion.

The content will be presented in the form of FAQs, which will serve as the foundation for the creation of audiovisual materials.

Additionally, the project aims to produce explainers that highlight the availability of such materials, enabling their promotion through social media channels and popular media outlets like radio shows.

The content will be made accessible to all individuals by providing it through a Learning Management System (LMS) platform.

We express our sincere appreciation to The LearningMate Solutions Pvt Ltd CSR Team for their invaluable support in this groundbreaking project. **Here is a brief overview of the progress made in the project thus far.**

Project Planning and Collaboration:

The project planning for the platform **began in March 2022** with preliminary discussions between Trinayani and Learning Mate. These discussions took place through telephonic conversations and later progressed to in-person meetings held in Kolkata and Mumbai. **The project officially commenced in July 2022.**

Partnerships and Research:

Following the completion of the **Pilot Survey** conducted by the **Trinayani team** over a span of five months, Trinayani **signed a Memorandum of Understanding (MOU) with Hashu Advani College of Special Education. Dr. Asmita Huddar, along with principal investigator Nisha Kutty and their team of experts,** collaborated as external researchers to conduct online and offline data collection. Expert interventions and consultations were undertaken to develop specific questions tailored for the research. The final research findings were assimilated by us in the first week of November. Thereafter, **Dr. Asmita Huddar** provided us with the blueprint of responses for the selected questions. This four-month research led to the identification of approximately 40 FAQ's pertaining to Disability and Inclusion.

Think-Tank Brainstorming Session:

In light of the research results, we organized a **three-hour moderated THINK TANK brainstorming session** at the Santa Cruz Gymkhana on November 18th. **The event was attended by 22 delegates,** including individuals with disabilities, friends of Trinayani, students, parents, and professionals from the fields of disability, media, and EdTech. During the session, we presented our research findings and opened the floor to questions and discussions and received valuable insights and advice.

Key Collaborators:

We are fortunate to have **Filmmaker Sourav Dutta** onboard as an advisory member, providing valuable insights and lending his professional skills to our project. **Himanshu Chanda and his company, Coense Solutions Pvt. Ltd.** have been engaged to design and create the Learning Management System (LMS) platform.



Video shoot and production:

The **"We are Family"** song written by Jayashree Singh with additional lyrics by Nimo and Ritika was recorded by Nimesh Patel and Ritika Sahni at a studio in Ahmedabad and mastered by ace sound engineer Bishwadeep Chatterjee in Mumbai. The music video was shot over two months with diverse persons with and without disabilities. For our Video Blogs on the 21 disabilities we **also filmed in Kolkata**, capturing the stories of adults with disabilities and their caregivers, Kritiman Dasgupta and his mother Swati, Binayak Ruku and his parents Sumon and Ranen Bhattacharya, and at Iswar Sankalpa, with persons with mental health conditions, at Café "Crust & Core", run by them. We also featured activist Shampa Sengupta of Sruti Disability Rights Center and her daughter Suchetana, who works for free All India emergency Mental health helpline run by Vandrevala Foundation.

Game Development and Design:

We successfully completed the **UI/UX design** of two of our games, **"Barrier Begone"** and **"Do You Know?,"** with Shekhar Patil from Pune.

Reporting on the CSR project:

Learning Mate has been provided with detailed reports and expense records. We are eagerly anticipating their promised support and look forward to delivering a transformative platform that will provide relevant and crucial information about the world of people with disabilities, ultimately making a positive impact in their lives.

This summary highlights the steps achieved through this year and sets the stage for future work and progress on The Learning Mate CSR project.

Creating Awareness Films

Our organization recognizes the power of films as a **captivating audio-visual medium**, capable of capturing the attention of a wide audience. To **convey our cause effectively** and **raise awareness**, we have leveraged this medium by creating videos that highlight the issues faced by individuals with disabilities. Last year, for our upcoming platform on disability awareness, **supported by Learning Mate**, with the **assistance of our filmmaking friends**, we have produced short films, music video, documenting the lived experiences of our friends with disabilities.

These videos serve a dual purpose: not only do they educate people about the challenges associated with disabilities, but they also emphasize the importance of creating a more inclusive and sensitised society. Many individuals are surprised to learn that people with disabilities can excel in various fields, such as being reflexology therapists or even participating in bands. By compiling the links to all our **films, music videos, and event documentation**, we aim to demonstrate to those we have yet to reach that disabilities may present barriers, but they are not insurmountable.

Furthermore, we incorporate these films, along with others we acquire from across the country, into our awareness workshops. By showcasing these visual narratives, we effectively engage workshop participants and deepen their understanding of the issues faced by individuals with disabilities.



Testimonials

Trinayani has been a huge learning curve for me as I got the pleasure to work closely with Ms. Sahni. I feel a lot of my leadership skills were honed and I was motivated to navigate decision-making which was something I was looking to improve on. It was a wonderful opportunity to dig into the creative juices and come up with some innovative campaigns like Building Back Better and Daan Utsav. The openness and flexibility of the work has been insightful as I really got the time and space to conceptualise and implement some interesting work. Wishing Trinayani a bright future and so happy to be part of this network.

- Shazia Qureshi, Former Team lead at Trinayani

My heartfelt thanks to Praful for inviting Ritika who through workshop conveyed complex concepts in a clear and concise manner which made it easier for all of us to comprehend the importance of accessibility and its impact on individuals with different abilities. Beauty of the Inclusion Games we played was that many unlearned.

- Sarbari Sarkar, Senior Manager, Uni-design Jewellery Private Limited

The massage I just took from Amita (our blind massage therapist) was really good and relaxing. The points that she picked were super, super correct and I really loved it. Thank you!

- Anam Patel, Golden Source

Dear Trinayani team, A heartfelt 'Thank you' on behalf of all of us at Microsoft India HR for the power packed session. We were all so very impressed by the creativity and talent of the team. Big gratitude to you and the entire team for reminding us of what's possible. It is invigorating to see all of you dedicating your life to what brings you joy. By pursuing these passions despite multiple challenges, you inspire us to do the same.

- Parul Gupta, Senior Director, HR Microsoft

How can you get involved

Therapists of Sparsh Foot Spa are available for private gatherings, celebratory events, and employee engagement programs for corporates. You can endorse their services and aid their livelihood.

Our Inclusive Music Band, **Pehli Baarish**, is dedicated to giving back to the community. If you represent an NGO or organization working with marginalized communities, we invite you to connect with us to **schedule a performance in the spirit of generosity**. Our band is also available for **hire for professional gigs**, ensuring a soulful and inclusive experience.

In recent months, we have successfully sold **Towards Inclusion 6-in-1 card game kits as well as conducted Towards Inclusion workshops for the academic community and corporates**. If you wish to start a conversation on Disability, invite us to experience a Game session.

We have several advocacy projects specifically designed for the academic community that require financial support, and **we are actively seeking funding from corporate entities' Corporate Social Responsibility (CSR) funds**. These projects aim to address key challenges faced by the academic community in responding to the needs to children with disabilities. We are open to discussing the specific details and requirements of our projects, showcasing their potential for positive change, and exploring how we can collaborate to achieve our shared goals.

Please note that all donations made to Trinayani are exempt under Section 80G of the Income Tax Act (1961).

For further information, to support, volunteer or to get involved, please reach out to us.

Mumbai office

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Registered office

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Kolkata - 700053

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

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