



**CHRIST**  
(DEEMED TO BE UNIVERSITY)  
BANGALORE · INDIA

Christ University

# Apūrva 2020

International Day of Persons with Disabilities

## Webinar



**RAMA  
KRISHNAMACHARI**

Director

**Diversity and Equal  
Opportunity Centre**



**NATASHA PINTO**

Global Chair

**Refinitiv Ability  
Network**



**POONAM VAIDYA**

Editor

**Meghshala  
Ex-Christite**

- Part I      **Understanding Disability** – Ms Krishnamachari  
Part II      **Me and MS** - Ms Pinto  
Part III     **Life at Christ University & Beyond** – Ms Vaidya

Date: **1 December, 2020**

Time: **2 – 4 pm**

Register soon! <https://forms.gle/u9wV625cVYWzPLA36>

**Excellence and Service**

PERSPECTIVE

Christ University

POSTER CAMPAIGN



**IT'S ALL ABOUT THE PERSPECTIVE**

DIFFERENT DOES NOT MEAN BETTER OR WORSE

**EMPOWERMENT IS DIFFERENT**



**EMPATHY IS SAME**

TUSHARIKA VIG  
1850168

Excellence and Service

# INTERNATIONAL DAY OF PERSONS WITH DISABILITIES

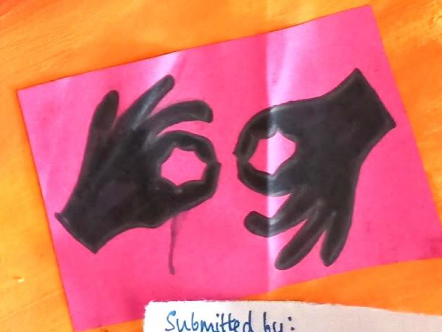


**"OPTIMISM IS THE FAITH THAT LEADS  
TO ACHIEVEMENT. NOTHING CAN BE  
DONE WITHOUT HOPE AND  
CONFIDENCE."**

**- HELLEN KELLER**

Theme: INCLUSIVENESS

ACCEPT DIFFERENCES



DON'T DIFFERENTIATE

Submitted by:  
TANVI DESAI  
5-PSENG (1830361)

*I have realised that ... also those who have disabilities, like Raghav (name changed), have the right to and power to demonstrate friendship and to loving relationships....*

*...Raghav has emerged as one of the most effective listeners to my daily and endless struggles as a human.*

ANUBHAV PARASAR

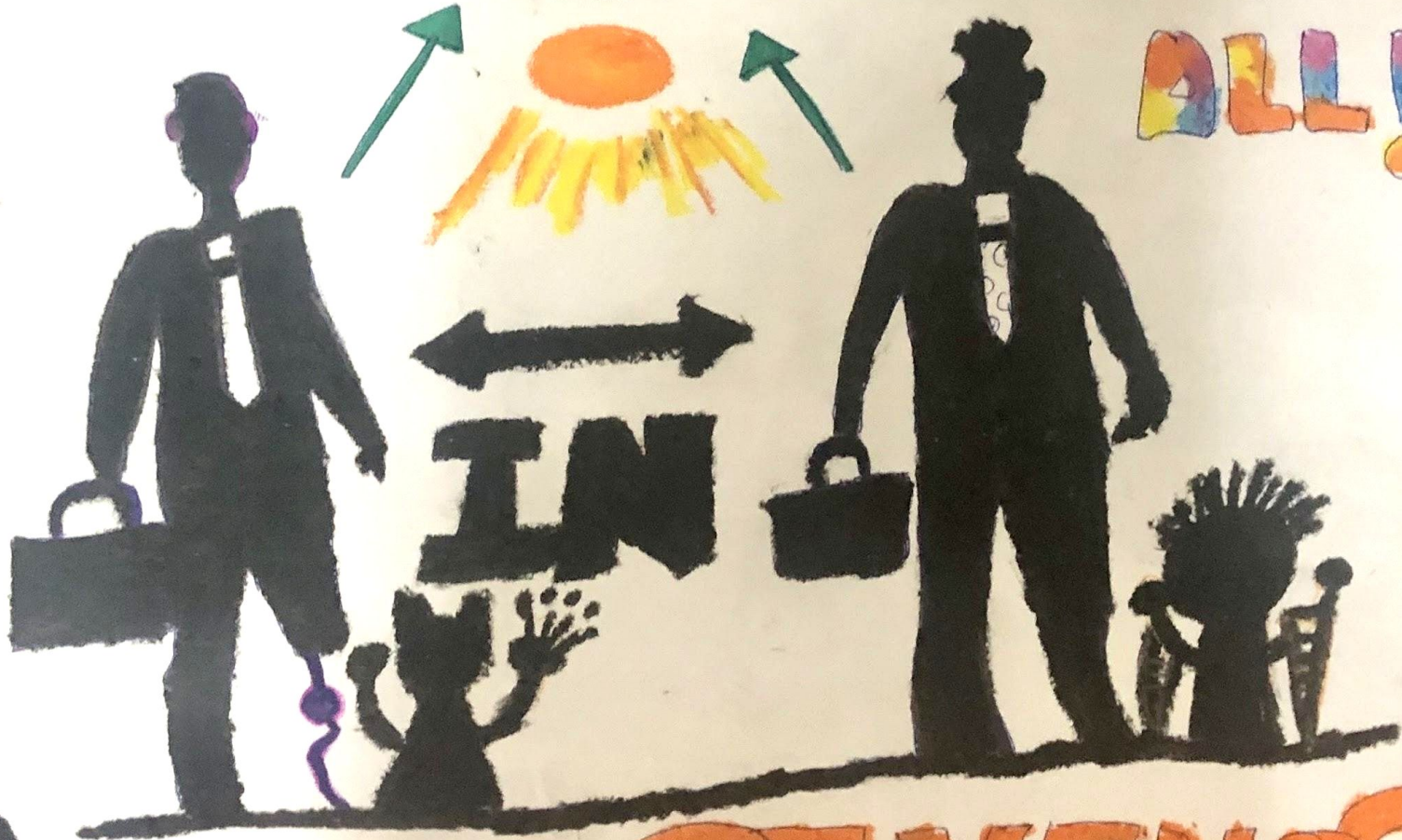
*...Raghav's eyes can't (fully) see the world - but he has championed confidence and self-support*

*.... what I and people who surround him are blind to see is his standing and position - he has left back long ago, rather shed his shortcomings and is moving- without staggering, seeking concessions or privileges, towards fulfilling his dreams, which are as valid and beautiful yours and mine .*

ANUBHAV PARASAR

ONE LORD MADE US

ALL!



CLUSTVENESS

# Differently abled

*Achiever*

The strong soul

**SUCCEEDER**

**Rights to achievers**

- Prevention of disabilities
- Education
- Employment
- Non discrimination
- Social security

**FORTUNATE**

**Challenges**

- Inadequate financial support and backbone
- negative attitudes of people towards disability
- Accessing public transport and facilities
- Differences in academic requirements.
- lack of relevant assistive technology
- Personal and family issue



Physical and mental well being

- wheeling oneself in a wheelchair
- 150 minutes of aerobic exercise
- Develop skills
- brisk walking
- Social stories.
- Acknowledge and label feelings



**Support services**

- Community health
- Sports and recreation
- early childhood and education services.
- maternal and child health services.



- Short-term supports
- Ongoing supports
- National Training Initiatives
- Family Support 360
- Youth Information, and Resource Center.
- Minority Partnership
- State Protection and Advocacy Systems

The human spirit is one of ability, perseverance and courage that no disability can steal away

**DISABILITY IS A MATTER OF PERCEPTION**

**Etiquette while interacting**

- Treat them equally as you treat others
- Do not make assumptions
- Don't give misplaced advice
- Don't assume my disability defines me.

**Accessibility**

- Create Simple Adjustments to Everyday Items
- Make Assisted-Use Toilets More Available
- Ramps on Public Transportation
- Specific Hearing and Visual Needs
- Design for Autism Needs.
- Build Curb Ramps



**Protection for them**

- Take Recommended Vitamins and Minerals
- Act to Prevent Disabilities During Pregnancy.
- Screen Newborns for Early Intervention
- Early Eye Examinations Are Important.

**2010473**  
Shaalini. J





7 targets of the Sustainable Development Goals (SDGs) explicitly refer to persons with disabilities.

Over 1 billion people in the world have some form of disability

7 billion people: world population

### International Day of Persons with Disabilities; Facts and Figures 🔍



Children with disabilities are almost four times more likely to experience violence than non-disabled children

India's 2.2% population suffering from disability: NSO survey for July-Dec 2018

MORE THAN 100 MILLION DISABLED PERSONS ARE CHILDREN

50% OF DISABLED PERSONS CANNOT AFFORD HEALTH CARE

80% of all people with disabilities live in a developing country



Adults with mental health conditions are a nearly four times the risk of experiencing violence



ইকুলাতে আসব  
লিখব পড়ব জানব



by Sameen Zakaria  
(2037646) 1MPHR

people with disability who have made history

# DISABILITY

*a different ability and a matter of perception*



According to World Bank, there are 8 crore people with disability in India.



Disable people are:

- more likely to be unemployed.
- experience more discrimination.
- more vulnerable to discrimination.
- Less likely to attend school/ college.
- women are more in number as compared to men.

*Disability is not a barrier  
but the discrimination is.*



According to WHO, 2017



*There are 1 billion disabled people in the world, which is 15% of the global population.*

*India houses the world's largest number of visually impaired population in the world.*



*Mental health and illness are among the greatest causes of disability, diminished quality of life and reduced productivity.*

*People with disability often do not receive needed health care.*



*CRPD promotes, protect and ensures the human rights for all people with disabilities.*

**LOVE SUPPORT ADVOCATE**

## What can we do?

TO DO

Treat them Equally



Say NO to discrimination



Support them



Respect their existence

*It's not just the Government's duty but as an individual and being the citizens, it's OUR responsibility to treat them equally. Disability is a matter of perception. No doubt, several Policies and Acts have been implemented for the person with disability but still many of them are deprived of the facilities that have been provided to them. They don't want to be treated "special" but "equal" as others. Their rights needed to be preserved.*

Changes begins from you & us, So lets take pledge to create a peaceful & discrimination free environment for them.

**BREAK THE STIGMA & STAND TOGETHER  
BECAUSE TOGETHER WE ARE BETTER.**

*better together*

Rita James  
MSW-ccp  
9717265011

*Meditation*  
YOU JUST HAVE TO LISTEN

IT'S  
OKAY  
TO ASK  
FOR  
HELP

MENTAL  
HEALTH  
IS JUST AS IMPORTANT AS  
PHYSICAL  
HEALTH



BE  
GENTLE  
WITH  
YOUR  
BODY &  
MIND

RICHARD K JOY  
1840703

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## EMPOWERING AND SAFEGUARDING THE CHALLENGED

---

- Promote occupational performance by manipulating the interacting system of the person, their role-specific occupations
- Improve social and and productivity factors



Meera Varghese  
2071202

# THE REALM OF COLORS

DISABILITIES DOESN'T LIMIT OUR ABILITIES



*"We will grow together to color  
our world with our abilities..."*

MAGGIE MARIA JOY

2017136



# International Day of People with Disability

DECEMBER 3

**#1** Over 1 Billion people globally experience disability (One in 7).



**#2** 70 million people need a wheelchair. Only 15% have access to one.



**#3** 50% of people with disabilities cannot afford health care.

**#4** 360 million people globally have hearing loss

**ADAY  
FORALL**



Celebrating disability as part of human diversity

Its not our  
disabilities, its our  
abilities that count.

CHRIS BURKE

Christ University  
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# INTERNATIONAL DAY OF PERSONS WITH DISABILITIES





*...Murali (name changed), my classmate and friend, whose ears hear less than usual since his birth, is easily the most hard working student in our class in terms of notes making, doubt clearing, and making acquaintances...*

*He has shamelessly and frequently been ignored or pitied...but despite that, has always found a patient listener and loudly voiced his concerns.*

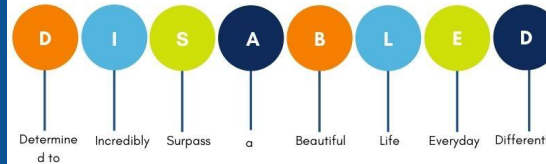
ANUBHAV PARASAR

*Murali and I are different, but not in any bodily aspect- which I have and he lacks - but just in the aspects of our choices, likes and dislikes - such as his appreciable liking for cricket, Virat Kohli and a Tamil actor whose name I for keep forgetting, and my liking for novels, Ruskin Bond and my dislike for any kind of fandom.*

ANUBHAV PARASAR

# Able to be Different

DIFFERENTLY  
ABLE



## FACTS



Over 1 Billion people have some form of disability



Over 100 million disabled persons are children. highest among 10-19 years age.



50% of disabled persons cannot afford health care.



In 2015, Central Govt. announced nomenclature for persons of disability to "divyang" instead of "viklang"



As per Rights to Persons with Disabilities Act of 2016, all building which donot follow the accessibility norms are illegal and can be razed

## CHALLENGES FACED

Discrimination

Social Boycott

Accessibility

Physical Restraints

Decreased Marital life prospectst

## WAYS TO SUPPORT DIFFERENTLY-ABLED



Ask before offering help



Speak clearly and listen



Respecting personal space



Make them feel confident



# ACCEPT & RESPECT

we are all different



*Things have a price and can be for sale, but people have dignity and that is worth far more than things.*  
-Pope Francis

#Empowerment

#Rights

#Acceptance

Don't 'dis' their ABILITIES

#Love, not Hate

#We are ONE

Work with not ON  
Do with not FOR

BREAKING THE BARRIERS...

DISABILITY ISN'T contagious  
IGNORANCE IS!!!

#Support  
ASK me, don't ASSUME

#Equality

#Inclusion

Recognize and celebrate ABILITY

ACCEPTANCE BEGINS WITH A SMILE

EQUAL not special

#Mental Health is important

#Eligibles

our WORDS, ATTITUDES, & ACTIONS impact my life more than my disabilities

Know me:  
by my NAME, STRENGTHS, ABILITIES, HOPES & DREAMS - not by my diagnosis

#Service

We Matter

Looking Beyond Disabilities & Breaking Barriers Together

WE ARE ONLY AS STRONG AS WE ARE UNITED,  
AS WEAK AS WE ARE DIVIDED



We Choose not  
to place "dis"  
in our ability



NAME - HARSH RAJ SINGH  
REGISTER NO + 20213025



# LET'S ENABLE THE DISABLED

(Facts & Figures)

**PEOPLE WITH DISABILITY HAVE THE SAME GENERAL HEALTH CARE NEEDS AS OTHERS**



**BUT THEY ARE:**

- 2x** more likely to find health care providers' skills and facilities inadequate
- 3x** more likely to be denied health care
- 4x** more likely to be treated badly in the health care system

**1** Over **BILLION** people globally experience disability



**1 in 7 people**

**REHABILITATION AND ASSISTIVE DEVICES CAN ENABLE PEOPLE WITH DISABILITIES TO BE INDEPENDENT**

**970 Million** people need glasses and low vision aids



**75 Million** people need a wheelchair, only 5-15% have access to one



**466 Million** people have disabling hearing loss



*Production of hearing aids only meets: 10% of global need and 3% of developing needs*

**UNECONOMICAL HEALTHCARE SERVICES ARE TOO MUCH FOR THEM**

These out-of-pocket health care payments can push a family into poverty

**1/2**

of people with disabilities cannot afford health care



They are:

**50%**

more likely to suffer catastrophic health expenditure

**MAKING ALL HEALTH CARE SERVICES ACCESSIBLE TO PEOPLE WITH DISABILITIES IS ACHIEVABLE AND WILL REDUCE UNACCEPTABLE HEALTH DISPARITIES**



Remove physical barriers to health facilities, information and equipment



Make health care affordable

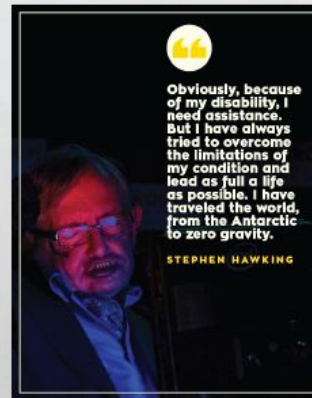
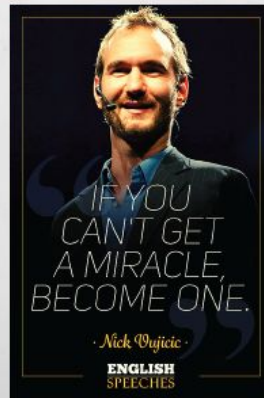
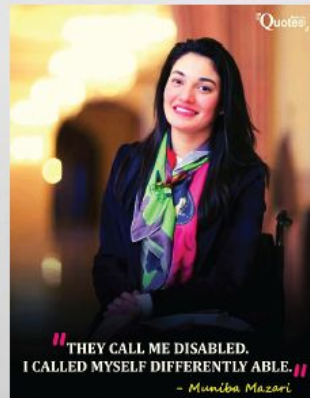


Train all health care workers in disability issues including rights



Invest in specific services such as rehabilitation

## INSPIRING PERSONS WITH DISABILITY



Source: WHO: World Report on Disability

Made By: Md Faiz Alam (2027507)

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Topic - Inclusiveness



**IT'S NOT A SIN  
OR A CRIME TO  
BE DIFFERENT**

**Inclusion Matters**

**SPREAD AWARENESS AND FIGHT FOR  
SOCIAL CHANGE.**

---

Christy Reji - 20218419

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Challenges/ Protection Risks



" I wish for a world that views disability, mental or physical, not as a hindrance but as unique attributes that can be seen as powerful assets if given the right opportunities - Oliver Sacks"

INTERNATIONAL DAY OF PERSONS WITH DISABILITIES - DEC 3

RIGHTS FOR EVERYBODY

RIGHTS



Right to Equity



Right to Work



Right to Liberty



Right for Income Tax concession



Right to freedom of expression



Right for disability pension



SUDHA CHANDRAN  
Classical Dancer



STEPHEN HAWKING  
Theoretical Physicist



NICK VUJICIC  
Motivational Speaker



MUNIBA MAZARI  
Artist/Model

M.S.Blessy Valentina  
1928130

THEIR ABILITY WAS GREATER  
THAN THEIR DISABILITY

*...Pranay (name changed) has celebrated me since he got acquainted with me - in terms of acknowledging my presence, remembering my likes and dislikes, desiring to spend time with me - and I am equally happy to celebrate him.*

*...He is on a wheelchair all the time and though that is unusual ... it doesn't affect our friendship.*

ANUBHAV PARASAR

*Pranay's tech gyan, lame jokes, unending appetite for good-natured bantering and chit-chat makes him my confidence for my petty rantings and indolent talk.*

*I love to walk with him while he wheels across the campus on a self-driven electric wheelchair, feeling the cool air of self-sufficiency on his smiling face.*

ANUBHAV PARASAR

**TOUGH TIMES CREATE TOUGH PEOPLE**

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*Not all  
wounds  
are  
visible*

**ATLURI KALPANA DEVI  
2013040**

# WE ARE DIFFERENTLY-ABLED!



## PLEASE DON'T...

Define us by our defects, everyone has some...

Lean or put your possessions on the wheelchair without our permission.

Patronise us. That's a big NO. :(

Talk down to us. We like it if you are at eye level for longer conversations. :)

Pretend to understand us. We don't mind repeating ourselves if it was incomprehensible the first time round. :)

Assist, unless we ask you to.

**ANANDITA SINGH**  
2040515

## Life of Persons with Disability During Covid 19- Problems, Solutions & Future

2.68 crore/ 121 crore (Ministry of  
Statistics and Programme  
Implementation, Govt of India, 2016)



Dependency  
Fear  
Anxiety  
Social Isolation  
Irritability  
Helplessness



AKHILA C.  
PHD COHORT JUNE 2020  
REG NO 2071032

# INCLUSION IS THE KEY

If we can



Over a billion  
people in th  
world suffer from  
physical  
disabilities.

Leave no one  
behind -2030  
Agenda



They can too

Akanksha Mahabal

2011241





# INTERNATIONAL DAY OF PERSONS WITH DISABILITIES

INCLUSIVENESS

# INVISIBLE DISABILITIES

3 DECEMBER

INTERNATIONAL DAY OF PERSONS WITH DISABILITIES (IDPD) WAS PROMOTED BY UNITED NATIONS IN 1992.

THE MAIN AIM OF THIS DAY IS TO PROMOTE THE WELL-BEING OF INDIVIDUALS WITH DISABILITIES IN THE SOCIETY..

TRANSITION  
ADAPTATION  
SUPPORT  
ABILITY  
EQUITY  
INCLUSION  
EMPOWERMENT  
ACCESS  
COLLABORATION  
CONNECTION

**THEME FOR 2020**  
**"NOT ALL DISABILITIES ARE VISIBLE"**  
DURING THE COVID-19 PANDEMIC, LONELINESS, DISCONNECT, INTERRUPTED ROUTINES AND DIMINISHED SERVICES HAVE PROFOUNDLY IMPACTED THE LIVES AND MENTAL WELL-BEING OF PEOPLE WITH DISABILITIES RIGHT AROUND THE WORLD. SPREADING AWARENESS OF INVISIBLE DISABILITIES IMPACTS TO MENTAL HEALTH.

BREAK THE BARRIERS

**WORLD DISABILITY DAY -  
3RD DECEMBER**



**DISABILITY IS  
DIVERSE**

**THERE ARE 650  
MILLION PEOPLE  
WITH  
DISABILITIES I.E  
10% OF WORLD'S  
TOTAL  
POPULATION .**

**CARING FOR THE  
DISABLED**



**• BY ISHITA RAJ  
YADAV  
2013050**

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