

Disability Towards Capability

Quarterly newsletter released by the
Centre for Disability Studies
Poojappura

A Unit under the LBS centre for Science and Technology
Thiruvananthapuram - 695 012, Kerala.

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Homage to Adv. Rahul Cherian

We pay homage to Advocate Rahul Cherian, an undaunted spirit and tireless disability activist who left for heavenly abode on 7th February 2013 leaving us behind a legacy. He will be terribly missed, but the memories he gifted us during the National Seminar will be etched in our hearts forever!

Workshop – Know your child February – 2, 2013

CeDS – Poojappura organised a one day workshop for parents of children with disability on 'Parenting of Children with additional needs' on 2nd February 2013. Dr. C.P.Aboobacker, Director, Autism Club, Calicut, addressed the audience. Sixty parents of children in the age group of 2-17 years with Autism and ADHD attended the workshop.



Employment Coaching Programme

June, 2012 – January, 2013

CeDS collaborated with the Central Government initiative, Vocational Rehabilitation Centre and All Kerala Parents Association to conduct a pre-recruitment training for students with hearing disability for exams conducted by Public Service Commission, Railway Recruitment Board and Nationalized Banks. Students with a minimum educational qualification of Standard 10 between the age group of 17 to 35 years were given the necessary training. The programme was conducted at LBS Centre for Science and Technology Nandavanam.



Group Counselling

The CeDS provided Group Counselling on Saturdays which posits that parents of children with special needs benefit by means of catharsis, altruism and cohesiveness. Parents dealing with specific issues can cause isolation but this form of counselling helps them combat isolation and additionally provide them with the tried and tested measures adopted by other parents to deal with the issue.

D-Skill Development Programme

The CeDS offers a wide variety of D-Skill Development programmes to students with disability in order to empower them and thus enabling employment and self entrepreneurship for them. The courses are conducted through the regional Units of LBS, Polytechnics and other Professional colleges. The approved courses offered this year are:

1. Computer Fundamentals, MS Office and Internet
2. Desktop Publishing System (DTP)
3. Web Design
4. Data Entry and Office Automation
5. Photoshop
6. Animation using Flash
7. Fruit Based Beverages
8. Food Processing – Novel Pickles, Chutneys and Fruit Based Products
9. Floral Decoration and Bouquet Making
10. Vermi Composting
11. Organic Vegetable Cultivation
12. Mushroom Cultivation
13. Basic Electronics (Repair and Maintenance of Power Supply, Inverters and UPS)
14. Garment Packer
15. Garment Ironer
16. Basic Book Binding



Tips for Traveling with a Disability

If you're planning a trip to somewhere that you do not know then you will probably be under a lot of stress. Those with disabilities might be under much more stress since there are many more obstacles for them to overcome.

Here are some tips to keep in mind while traveling with a disability:

1. Bicycle shops provide replacement parts for wheelchairs if they are needed.
2. Find out the regulations for disabilities when it comes to traveling. This includes on the airplane and also in the area that you're traveling too. You should let the airline know of your condition in advance so they know what to expect.
3. Get some travel insurance and ensure that it covers your preexisting conditions.
4. Always make sure to have a back up plan in case something falls through. This could be with the places you're visiting or the hotel you're staying at.
5. Learn the language of the place you're visiting to ensure that everyone understands the needs that you have.
6. Find out different resources and organizations that can help you with your trip that are disability oriented. You can find out if they have local contacts to the place you're going to be visiting.
7. Understand the differences that you might face when it comes to visiting the different place. This is a big thing to think about since you might stand out more or less than others.

- Dr. Syamakumari
(Child Psychologist)

Aggression is a Struggle for every one in two with Autism

More than half of the kids and adolescents that have autism are physically aggressive and there is new research that suggests that sleep, sensory and many other underlying issues might be responsible for these behaviors. There was a study conducted of 1,584 children that have autism between the ages of 2 through 17, and it was shown that around 53 percent of them were aggressive. This report is based on those children that are enrolled in the Autism Treatment Network which is a network of care centers for kids that have developmental disorders.

Parents were asked on whether or not they thought their child intentionally hit or bit others or any other type of physical aggression. The researches then went ahead to analyze the other clinical assessments and the data that parents submitted on these children to identify any of the trends that differentiated those that were aggressive with those that are not aggressive. The race and gender of the children did not appear to impact the odds of the challenging and aggressive behaviors, however one characteristic did show up. The children that were more likely to lash out in a physical manner if they have engaged in any type of self-injury or had sensory or sleep problems.

- Dr. Beela. G.K
(Child Psychologist)

Gratitude can change your life

Gratitude -Thankfulness, finding simple pleasures, acknowledging the abundance that you already have, and counting the blessings – Can this really change my life? Experts and Researchers are affirmative that gratitude heightens the quality of life. Although there are many methods of practising Gratitude, the most common method is one that of maintaining a Gratitude Journal. This exercise basically consists of writing down three to ten things for which one is grateful for the day either first thing in the morning or before going to bed at night. Another exercise to improve relationship with a significant other is also by writing a gratitude letter for that person and reading it out face-to-face. Regular practice of Gratitude makes you become oriented towards looking for the good in even an unpleasant situation and helps you attain alertness, enthusiasm, determination, optimism and energy.

Gratitude Prayer : "Everyday, think as you wake up, Today I am fortunate to have woken up, I am alive, I have a precious human life, I am not going to waste it. I am going to use all my energies to develop myself, to expand my heart out to others; to achieve enlightenment for the benefit of all beings. I am going to have kind thoughts towards others, I am not going to get angry or think badly about others. I am going to benefit others as much as I can."

Or, Pray in your own style using the simple steps below:

- Take a few deep breaths.
- Center yourself.
- Feel the care in your heart and pray

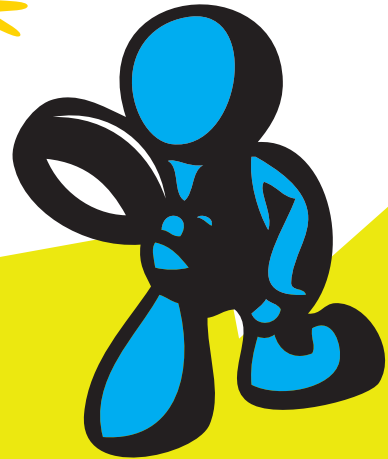
Eg. Thank you for my bed for it gives me a restful sleep.
Thank you for my job for it helps me pay my bills on time.
Thank you for the internet for it provides me with important information.
Thank you for the challenges for they help me grow.

- Seema Satish
(Clinical Psychologist)

Good Eating and Cooking Practices for Healthy Mind

- Never wash cut vegetables & fruits
- Cut vegetables as big as possible and only just before cooking
- Cook the vegetables (or fruits) in minimum water and cover & cook whenever possible on low heat
- One of the simplest cooking techniques is steaming food. Steaming retains more nutrition than boiling so use steam cooking wherever possible or at least use low heat (simmer)
- Include more Sprout pulses for increased micronutrients
- Do not discard cooking water
- Consume more fresh vegetables and fruits

- Ramya
(Dietitian)



Opportunities at CeDS :

Theatre Workshop for Differently abled
CeDS, Poojappura is organising a Theatre Workshop for children with special needs from May 14th to 18th. Theatre therapy employs techniques used in theatre to promote mental health and facilitate personal growth. Registrations are open for Theatre Workshop – Last Date 4th May 2013

Workshop on Assistive Technology
Workshop on Assistive Technology offers to help individuals with visual impairment. Applications are invited from persons with visual impairment for the workshop – Last date June 10th 2013.

Know your Child Workshop
'Know your Child Workshop' will enable Parents to understand and communicate with their children having special needs. Applications are invited from parents to attend the Workshop – Last Date July 15th 2013

Financial Assistance for Students
Applications are invited for students of colleges in Kerala for carrying out research projects related to the area of Technological Aspects in disability studies for the development of implements for aiding persons with disability. For more details and forms visit the website.

Financial Assistance for Faculty
Faculty member with an innovative idea working in government, government aided or government controlled self supporting Engineering College/Medical College/ Polytechnic / Other.