



Towards an inclusive society.

# Newsletter

## SOUL REVAMP

Every year we revamp our cup boards. We revamp our homes, but what about our soul stuck within us and struggling to cope with the mundane work of our day in and day out. Wondering what to do? Become a **Volunteer**. Volunteering is considered as an altruistic way of providing services without any financial implications. But let's look beyond this and look at the benefits. Volunteering translates into increase in competencies, skills along with self-worth and a great feeling of satisfaction. It is a mode to express personal values, learn more about an issue, to strengthen social relationships and also get over a guilt feeling. On the whole, the new experience changes the quality of life. For sure a smile on your face is guaranteed!

Chartered Psychologist Ruth Lowry says: "Long term volunteering is a form of pro-social behavior that involves

commitment given over an extended period of time". There are a number of ways one can volunteer-volunteer with groups working on environment, Volunteer at a hospital or for emergencies, Volunteer in schools, start a corporate group, volunteer at old age homes, volunteer as a scribe and help someone take exams, volunteer to do technology based innovations, volunteer to just read a book, volunteer to take someone shopping or to the beach.

There are a number of opportunities out there waiting for you *.Every drop counts and every humble deed is worth it.*

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<http://www.bps.org.uk/psychology-public/information-public/volunteer-and-feel-benefits/volunteer-and-feel-benefits>

## Editor's note

Dear friends,

Here is a forum, which enables you to solve some of the challenges being faced by the society. It is an opportunity to be a part of the knowledge base and networking which evolves new ideas and designs **towards an inclusive society**.

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## *Decision making-*

*We all make decisions every second of our life. It is taken as a matter of fact. Is it the same for everyone or is there a group in population whose decisions are not valid?* Persons with disabilities especially persons with psycho social disabilities and persons with intellectual disabilities are legally not allowed to take decisions related to themselves leave alone other aspects such as voting etc. This means they can't sign any contract and this has a wide ranging implication. People with these disabilities can't sign any contract. Even job acceptance letter!

Communication plays an important part in enabling decision making process and also in letting the outside world know what a person has decided. It is here that people with disabilities are still lagging behind. This is due to both their impairment and the barriers that exist in the society.

**More so, due to societal barriers .** Decision making comes naturally to most of us .Is it fair to have so many barriers on an aspect of life that is so natural

**Rajiv Rajan**



Best breakfast is a smoothie made with low-fat milk, strawberries and a banana

# CONNECT special

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## Meet The Entrepreneurs

Sunder Ram and Sri Ram, are elated and busy doing a demonstration on their new leaf ware machine. They are now established entrepreneurs, who started making eco-friendly party ware with the brand name "Twin Twigs" five years ago. Economical independence was the driving force behind the venture. They choose a socio economical model wherein they could contribute to the cause of "Save Earth". The journey had many ups and downs. Relentless support from parents and dedicated co worker, Karthik has helped them to sustain the competitive market. Their dream to be self reliant has come true and nothing can stop them from spreading their wings wide. They are proud entrepreneurs who are creating livelihood for other able bodied!!! We meet up during the inauguration of their second unit, a proud moment indeed for their parents, Radha & Ramesh, as much as for "Twin Twigs" team.

### **Q. How is it to see your children in this envious place?**

*Of course we feel delighted! To uncover your true potential you must find your own limits and then you have to have the courage to blow past them –Picabo street. This quote is so true, we had to look past the limitations and identify potentials which could be translated into skills for employment.*

**Q. What has been the best moment of your work?** *Sundhar & Sri - We enjoy every moment of work. We chose the leaf plate product and every plate takes our equal attention. We are workaholics and hate holidays but our weekends are full of entertainment be it in beach or restaurant*

### **Q what are the challenges you have overcome**

*Radha- To accept a person with disability as a boss or as a co worker is still difficult for employees. We are still struggling with the over protectiveness, lack of enthusiasm among coworkers but we are confident that a conducive work environment with right to work is in the near future.*

### **Q what are the ones yet to conquer?**

*Radha- As marketing in charge, I want the best price and continuous orders.*

### **Q Do you see a change in the societal attitude .If yes how, if no how to change**

*Radha- It is time that people buy the product for its quality and not because it is made by a person with disability. Sympathy is worst than indifference. Our society has to provide equal opportunity to all.*

### **Co-workers opinions-**

Attitude towards work- Hard working very disciplined and enjoy their work

Empathy towards employees- very caring (but some times over caring)

Supervision of Work - they are very good, that's their

Coping with pressure-Family stands by !

