

Rockstar Awardees



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Will Star Awardees



CHAMPIONS ALL!
CHAMPIONS OF THE HUMAN SPIRIT
SPINAL CORD INJURY NOT WITHSTANDING

9TH SPINAL CORD INJURY AWARENESS DAY
25th June, 2017

SHUKRIYA FOR WALKING TOGETHER

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LET'S WALK TOGETHER FOR A WONDERFUL TOMORROW

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NINA FOUNDATION'S

9TH SPINAL CORD INJURY AWARENESS DAY
25th June, 2017

At 15 years of age, NINA FOUNDATION celebrated its 8th Spinal Cord Injury Awareness Day on June 25, 2016. Rains blessed the event with showers, in spite of which there was record attendance of over 200 that included friends with spine injury and their families, supporters of this cause, old friends and others. In fact, it was very heartening to see that so many had challenged natural climatic situations and were present to "renew the spirit of life" and also to "walk together for a wonderful tomorrow". Our awareness initiative held at the auditorium of ADAPT in Bandra was heartily supported by them too.



MS. VIDYA SHENOY, OUR ELOQUENT COMPERE & TRUSTEE - NINA FOUNDATION

Ms. Vidya Shenoy, started with a universal peace prayer that invokes Divine Blessings that all be blessed with a prosperous, happy and healthy life, that may there be no suffering and all may see what is spiritually uplifting. She compered the evening in multi languages and with impromptu repartee and humour.

Chief Guest of this wonderful evening Dr. Habil Khorakiwala, Founder Chairman & CEO of Wockhardt Group has achieved scientific excellence, pioneered biotechnology research and thanks to him, affordable medicines are available to the poor in India. Keeping stillness within, corporate social responsibility



THE SCI DAY SUPER EFFICIENT TEAM

(CSR) has always been close to his heart. Thus, Wockhardt Foundation was born with prime interest to socially and economically benefit as many possible.

Awards and honor received by him are innumerable: 'Honorary Doctorate' in 2010 by Purdue University and title of 'Distinguished Alumnus' for significant contribution to the profession of pharmacy, 'Entrepreneur Of The Year' Award by Ernst & Young in 2004, by UK Trade & Investment in 2008; 'Lifetime Achievement Award' at Pharma Excellence Awards by Indian Express Group in 2006 and by Frost & Sullivan in 2012 and many more.



DR. HABIL KHORAKIWALA, FOUNDER CHAIRMAN & CEO - WOCKHARDT GROUP

A septuagenarian mentor Dr. Habil Khorakiwala continues to be passionate about any major projects in Wockhardt and continues to contribute to organisations like FICCI as Chairman of FICCI Life Sciences Council, as Chancellor of Jamia Hamdard University in New Delhi on the academic front and as Chairman of the Board of Governors at the Centre for Organisation & Development in Hyderabad. Socially, he is an active Rotarian and member of Arch C. Klumph Society.

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DR. SHEKHAR BHOJRAJ, TRUSTEE - NINA FOUNDATION FELICITATING DR. HABIL KHORAKIWALA

On the personal front, his charming wife, Nafisa, unable to attend the event due to another commitment, is a passionate social activist, and Founder & Chairperson of Wockhardt Foundation and also President & Trustee Of WHARF (Wockhardt HIV/AIDS education and Research Foundation) committed to the underprivileged, HIV/AIDS education and research, malnourished children and children studying in the Ashram schools initiating the e-learning programme for Ashram schools in Thane and Aurangabad. He has two sons and his youngest daughter, Zahabiya, who was also present as our Special Guest to share our day, is the catalyst and Managing Director of the Wockhardt Group of Hospitals - a Super-Specialty Group. It is with her drive that 'New Age' Wockhardt Hospital in South Mumbai and Mira Road, with its core being innovation and contemporary medicine, came into being. So, philanthropy and healthcare business runs in their family!



MR. DHAVAL MEHTA, TRUSTEE - NINA FOUNDATION FELICITATING SPECIAL GUEST MRS. ZAHABIYA KHORAKIWALA

Dr. Khorakiwala fondly spoke of the Wockhardt Group, what went in its making and that he felt blessed that all in the family were dedicated to social causes. He assured Nina Foundation all support in times to come.



GUEST OF HONOUR, MRS. VARSHA HOOJA, TRUSTEE & CEO ABLE DISABLED ALL PEOPLE TOGETHER (ADAPT)

Trustee & CEO, Able Disabled All People Together (ADAPT), Mrs. Varsha Hooja, Guest of Honour, embarked on her passionate commitment as special educator in 1983 with then called Spastics Society of India. This magnificent institution founded by Padmashri Dr. Mithu Alur who has brought positive changes in the disability sector. Having gone beyond only caring for her daughter Ms. Malini Chib and transforming several lives in the country. Mrs. Varsha Hooja has worked in senior capacities starting at grass root levels in areas including slums of Dharavi, backward and tribal areas. With an enriching experience of over three decades, where she has been hands-on in both, service and administration sectors, to her social or economic strata makes no difference.

With equipoise, she has been aboard the four-nation research project, 'Developing Sustainable Inclusive Education Policy And Practice' under Founder Chairperson Dr. Mithu Alur, Head Of Inclusive Education And Health-Needs Coordinator (IEHNCO) in the Indo-German Project, Shiksha Sankalp and is General Secretary of the All India Regional Alliance For Inclusive Education (AIRA) presenting research papers, nationally and internationally, she is currently working on a study entitled 'A Narrative Exploratory Study Of Inclusion Of Children With Disability Into Regular Mainstream Schools'.

Mrs. Varsha Hooja spoke of her long association with Dr. Ketna Mehta and Dr. Dhruv Mehta and how both,

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DR. DHRUV MEHTA, TRUSTEE - NINA FOUNDATION
FELICITATING MRS. VARSHA HOOJA, TRUSTEE & CEO, ADAPT

ADAPT and Nina Foundation had grown from strength to strength. She was very impressed with achievements made by friends with SCI, with whom her relationships go a long way back. She offered her co-operation at all times to us.

Celebrity Guest of the evening was popular actress, Tejaswini Lonari. This slender Libran beauty with brains, Tejaswini Lonari's transition from Nasik to Mumbai has been ambitious and colorful. Pursuing post graduation in "Business Of Film Making And Television" along with a Master's from the University of Pune, this extremely expressive, versatile and talented artiste has already won many hearts – (and we guess, broken many, many more!) - as Rani Padmini In "Chittod Ki Rani Padmini Ka Johur", reflecting innocence in "Chinu" and her portrayal as a

young collegian named 'Bernie' that was released recently is already a hit!

Tejaswini was wished in a very special way by using her film titles! Vidya said, "May" "Chinu" who bloomed your "Guldasta" be with 'No Problem' so you do not have to say "Baap Re Baap Dokyala Taap"! With your upcoming release of "Wanted Bayko Number One", "Doghat Tisra Ata Sagala Visara" will not arise. We pray and wish that her movies to be released in the near future "Madhu Ithe Aani Coughe Tithe" and "Sam Dam Danda Bhed" may be box office HITS, too". Tejaswini was thanked for her precious time and thereby, encouragement given to the Nina Foundation-family just by her presence. When asked to say a few words, Tejaswini said that she was overwhelmed with what she saw and heard. She, too offered her time in future to our cause. Thank you, Tejaswini!



DR. RATNA VORA FELICITATING MS. TEJASWINI LONARI

Dr. Ratna Vora, our young, friendly and efficient physiotherapist at our Santacruz OPD, warmly felicitated Tejaswini.

We were humbled by the august presence of friends of Nina Foundation: Dr. N. H. Athreya, Mrs. Usha Chandrashekhar, Mr. Walter Vieira, Management Author, Consultant & his charming wife, Celine, Mr. Ernest Fernandes, eminent Professor and the ladies' team from All India Women's Conference without whom our Rehab OPD at Santacruz on Wednesday afternoons would not have seen the light of day. Special thanks to the Team of committed doctors from Spine Foundation and physiotherapists, Ashish, Chirag, Gaurish, Kutub, Rameez, Ratna, Sadik, Saumya, Suraj, Tanmay, Shubhangitai, Kajal and our peer counsellors, Madhu and Bhavna, who fervently attend the OPD and continue to energise our friends with spine injury. Thank you, all!



CELEBRITY GUEST - MS. TEJASWINI LONARI, MARATHI ACTOR

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TEAM OF COMMITTED DOCTORS FROM SPINE FOUNDATION

Needless to say, we missed our Trustees, Dr. Himanshu Doshi, Dr. Parinaz Humranwala, Dr. Riten Pradhan, Dr. Sharad Sagade, and Mrs. Anupama Ganesh who sent their good wishes for the evening. We also missed our 'regulars', Dr. Shilpa Bhojraj, Dr. Nergish Wankadia and Mrs. Nivedita Sheth.

Time came around for presentation of Awards with the 8th Rockstar Award of Nina Foundation. Strongly committed to its mission of rehabilitation of people with spinal cord injury and this award is given to that individual who has, with exemplary courage, faced and won the battles in life in spite of having spinal cord injury. The awardee is chosen without bias, i.e. irrespective of geographic, religious, linguistic or ethnic differences.

create&young created a beautiful film of our Rockstar that was sensitively informative. Citation presented was read out by Trustee, Mr. Dhaval Mehta. Felicitations were done by our Chief Guest, Dr. H. Khorakiwala,



MR. DHAVAL MEHTA, TRUSTEE - NINA FOUNDATION
READING THE CITATION OF ROCKSTAR AWARDEE 2016

Special Guest, Mrs. Zahabiya Khorakiwala, Guest of Honour, Mrs. Varsha Hooja and Celebrity Guest, Ms. Tejaswini Lonari with presenting of the trophy, chocolates, Nina Foundation Publications and the CD of their film, respectively. With the setting off of a party popper, Antony Das Melkias Pereira was heralded as our 8th Rockstar! Hearty congratulations!

Antony was asked to say a few words. Initially reticent, he opened his heart out when he saw the audience awaiting for his acceptance speech. He shared his moments of trials and tribulations, of how he had firmly decided to create a niche for himself and others, how his Sports Activities Centre at PRC had given him so much joy and satisfaction, how in this journey his entire family had supported him. He always mentioned how Nina Foundation is well-known not only on the Indian map but also overseas. Thank you for saying so and it makes us proud to hear so.

This was followed by Nina Foundation's 6th Willstar Award that was given to Ms. Rajshri Gunvantrao Patil from Chamak, Amravati, who in her journey of courage, has shown grit and determination to overcome all obstacles and has risen high, to catch the stars, in spite of challenges faced by her. She has the spirit, the spirit that Nina Foundation stands for... That indomitable spirit of life and that walk with her head held high!

Truly a role model, our Will Star with her grit and determination is our 'shoor veer stree' for she competes with none other than herself. And now, she has raised the bar of her standards much higher for herself and, for others too.

A beautiful film on Rajshri was shown, after which Trustee, Dr. Dhruv Mehta read out the citation to be presented to her. Felicitations were done once again by our Chief Guest, Dr. H. Khorakiwala, Special Guest, Mrs. Zahabiya Khorakiwala, Guest of Honour, Mrs. Varsha Hooja and Celebrity Guest, Ms. Tejaswini Lonari with presenting of the trophy, chocolates, Nina Foundation Publications and the CD of their film, respectively. With the setting off of a party popper once again, Rajshri Gunvantrao Patil was heralded as our 6th Willstar! Rajshri, Hearty congratulations to you!

Rajshri was also asked to give her acceptance speech. Soft spoken, humble and expressive she vividly recalled her journey of normal youth and what followed after her injury. She said she had come a long with support of family, friends, doctors and Nina Foundation: at a personal level from Dr. Ketna and Dr. Dhruv and that of the organization in her education. However, emotionally overcome she shared her inner moment with all present that day how she dearly wished that her father had been alive to share her special moment that evening. To which Vidya

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DR. DHRUV MEHTA, TRUSTEE - NINA FOUNDATION
 READING THE CITATION OF WILL STAR AWARDEE 2016

replied that it is also with his blessings, too, that she has successful moments such as the one of receiving the Will Star Award.

Trophies given to the Rockstar and Will Star, as each year were sponsored and designed by Mr. Madhu Narang, Managing Director, Better Services and trophies designed & films for both awardees, were produced by the Team of kreate&young. Thank you, Dhaval!

There was an interesting break with Mayank Gandhi presenting an energy-filled wheelchair dance performance and Bijal beautifully singing "kissiki muskurabaton". Both, Mayank and Bijal, were warmly felicitated by Dr. Ratna Vora.

There is no one, who irrespective of age, does not enjoy Walt Disney's works. He said, "All our dreams can come true if we have the courage to pursue them". Don't you see what our beacons, Rockstar, Antony Das Melkias Pereira and Will Star, Rajshri Gunvantrao Patil, have



MAZEDAR DANCE PERFORMANCE BY
 OUR FRIEND MAYANK GANDHI



MELODIOUS SINGING PERFORMANCE BY
 OUR TALENTED FRIEND BIJAL SHAH

done and taught us? Well, it's not whether you get knocked down and brood, it is whether you get up and challenge yourself with something new, that in this process discover yourself, that one can overcome anything to succeed and leave a trail behind for others is what they believe in. Thank you Antony and Rajshri!



DR. KETNA MEHTA, FOUNDER TRUSTEE - NINA FOUNDATION
 INTRODUCING ANGEL CHAMPIONS

This year a special ceremony was conducted to honour all our friends with spine injury known to Nina Foundation for ten years and more. Our Angel Champions were introduced by Dr. Ketna Mehta, Founder Trustee Nina Foundation and Editor & Associate Dean Research, WeSchool. She said, Champions (Vijeta, Shurveer, Sarvotam) are those who have overcome tremendous difficulties and obstacles in their journey post spinal cord injury and achieved success. They are CHAMPIONS of the human spirit. Interweaving facts and statistics about lack of SCI Rehab Management in India, she emphasised how each and every one of them according to Nina Foundation are CHAMPIONS. She also

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described the special trophy sponsored by Shri. Madhu Narang Ji of Better Services - A 'golden' brass vase - conveying Gold is for Winners and rainbow coloured bright flowers - spreading hope and positivity around. Their names being embossed on the base of the vase. These champions demonstrate certain qualities that make them extra-ordinary achievers.

These Angel Champions were honoured by special words, incidences and anecdotes by Ketna who has known each



one of them and their families personally and remembered both their low and high moments to come out stronger. Her emphasis on their achievements also re-iterated Nina Foundation's ethos to always look at the positive side of life. Acknowledging them was very endearing to all. Going down memory lane and nostalgically introducing each of them, Bhavna Chheda, Neenu Kewlani, Hardik Dholabhai, Sonia Kaur, Nandlal Vishwakarma, Harshad Shinde, Oliver D'souza, Madhu Singh, Sunita Sancheti, Sanika Shasane, Madhuri Bhide, Tushar Parab, Imran Qureshi, Kunal Nalawade, Adil Ansari for their prowess and notable achievements and giving them a chance to say a few words were magical moments. We are so proud of what they have done so far! Bless them all that they may reach glorious heights further still. All our guests were called on stage along with the



Angel Champions as the popular Champion song played with our very young volunteer Swetha Iyer leading the steps, Cricketer Bravo has competition! The audience swerved and danced to the music. What a way to go! Great therapy for all!

Our photographer, Jaysukhbhai as usual captured all precious moments of this evening. Thank you!

Neenu Kewlani was invited to propose a vote of thanks, which she did so well. Without forgetting anyone, she mentioned and acknowledged efforts made by all connected with Nina Foundation, kreate&young Team and ADAPT. She specifically mentioned Kajal Haryani who co-ordinated arrangements for the day so well. So all who participated cheered Nina Foundation. It was time enough for activating the gastric juices for which all went on to enjoy the well-planned buffet laid out, catered by Bharati Tai.



GRATTITUDINAL VOTE OF THANKS BY NEENU KEWLANI

FOR ALL PHOTOS & VIDEOS LOG ON TO THE LINKS BELOW:

Nina Foundation's 8th Spinal Injury Awareness Day, 25th June 2016
<https://goo.gl/photos/Ya8nJkIW59PsX0vs7>

Nina Foundation's 8th Spinal Injury Awareness Day, 25th June 2016 -
 Speech By Chief Guest Dr. Habil Khorakiwala
<https://www.youtube.com/watch?v=SACYAKMfpOU>

Nina Foundation's 8th Spinal Injury Awareness Day, 25th June 2016
 Celebrity Guest Tejaswini Lonari
<https://www.youtube.com/watch?v=c4VwvXtqFT0>

Nina Foundation's 8th Spinal Injury Awareness Day, 25th June 2016 -
 Introducing Angel Champions & Trophy, Dr. Ketna Mehta
https://youtu.be/LWCxID_Zk78

Nina Foundation's 8th Spinal Injury Awareness Day, 25th June 2016 -
 Champion Dance Led By Volunteer Shwetha Iyer
<https://www.youtube.com/watch?v=mUgscZw17M>

Nina Foundation's 8th Spinal Injury Awareness Day, 25th June 2016 -
 Vote of Thanks By Our Friend Neenu Kewlani
<https://www.youtube.com/watch?v=bsRhdstFLaE>

For more videos log on to our website www.ninafoundation.org

9TH SPINAL CORD INJURY AWARENESS DAY 25TH JUNE, 2017

**SHRI ANTONY DAS PEREIRA
 AN ALL ROUND WINNER**



Like a 'Phoenix' that has risen from its ashes to soar very high in the sky of achievements and has made a special niche in the hearts of all, to whom success is his best friend and humility his twin!

They say, "Once a sportsman, always a sportsman." He has not only won numerous, national and international Awards and Medals in sports, but also in the 'battle' of life, our very own one-man-army has instilled friends with Spinal Cord Injury with 'ammunition' of confidence and self-reliance.

He has shown that life is worth living to the fullest by meeting its challenges with courage. By setting up a Sports Activity Centre at Paraplegic Rehabilitation Centre - Kirkee, Pune. He continues to inspire others to be healthy, fit and self-reliant.

Nina Foundation salutes his 'never-say-die', positive attitude, determination and leadership skills. It is proud to present him the Rockstar Award on 25th June 2016, its 8th Spinal Injury Day in Mumbai.



NINA FOUNDATION is strongly committed to its mission of rehabilitation of friends with spinal cord injury and has instituted the **ROCKSTAR AWARD** to recognise that individual who has, with exemplary courage, faced and won the battles in life in spite of having spinal cord injury. The awardee is chosen without bias, i.e. irrespective of geographic, religious, linguistic or ethnic differences.

By presenting this **Rockstar Award**, Nina Foundation "Renews the spirit of life". It is proud that this achiever also encourages others to reach the top in whatever vocations they choose. *Yeh rockstar puraskaar us sbhaks ko diyaa jaata hai, jisne jeevan ki samasyaon ko batta ke ek aise mukkaam par pabooncha hai, jo taarifee kaabil hai.*

Iss saal yeh sbhaks, mananiya Antony Das Melkias Pereira hai, jo bamey itnee sboortee detaa hai. This year, 2016 our 8th Rockstar Awardee is none other than **Antony Das Melkias Pereira** who infinitely inspires us and who we can and do look up to. We salute him!

David Gergen said, "A leader's role is to raise people's aspirations for what they can become and to release their energies so they will try to get there."

Recommended by **Medical Director, Paraplegic Rehabilitation Centre, Kirkee (PRC), Dr. (Col) R. K. Mukherjee** saw him as a **Dronacharya** of PRC. Seeing his positive attitude, cheerfulness, potential and exemplary confidence, he created a leader. **Antony Das Melkias Pereira** was born on **March 30, 1945**. Pre-independence



SHRI ANTONY DAS PEREIRA WITH WIFE, DAUGHTER & GRAND DAUGHTERS

days made all boys dream of joining the **Indian Army** and Antony was no different. After finishing his schooling, he joined **4-Engineer Regiment (Madras Engineer Group)** of the Army in 1963 and in 1970 he met the light of his life and took his church vows when he married **Recital Pereira**.

A bomb shelling during **Indo-Pak War** in Bangladesh in 1971 left him devastated and he had to retire and return home due to spinal cord injury. With dreams shattered and his course of life taking a new turn, he was not discouraged. "The ideal man bears the accidents of life with dignity and grace, making the best of circumstances" said **Aristotle**. Antony, was this ideal and courageous one-man army who believed that disability was a matter of

perception and that he could be of great assistance to others by proving his mettle and excellence.

Antony Pereira, among 12, enrolled in the first batch at **PRC, Kirkee** inaugurated by then **President of India, Shri Fakhruddin Ali Ahmed** in 1974 at the age of 24 after which he had to live with injury at **Fr D12 and L1** with non-progressive yet permanent damage and restricted to the wheelchair. This Centre was started to rehabilitate injured soldiers, sailors and airmen that would enable these honorable men to live an independent and close-to-normal life. After his rehab that gave him medical care and training for financial independence, Antony Pereira worked as a stores clerk and also set up a **Sports Activities Centre** for which he received all support from the management. He says what he is today his thanks to them all! By proving himself and turning his disability into ability, he paved a very different new path for others to follow. Great, Antony we are very, very proud of you!

Antony proved what **John Quincy Adams** said, "If your actions inspire others to dream more, learn more, do more, and become more, you are a leader." By becoming one, he proved that **Medical Director, Dr. (Col) R. K. Mukherjee** was indeed right!

Awards and recognition came non-stop. **Shri Shiv Chattrapati Puraskar** in 1979, **National Award** as best disabled sportsman not once but thrice - in 1982, 1987 and 1998. **Apang Kalyankari Sewa Award** in 2002 and **Shahu Modak Award** in 2013.

This was not all! Some more national sports medals were awarded to him (or should we say 'collected' by him), if one could put it humorously? His kitty already has a total of **143 medals: 122 gold, 18 silver and 3 bronze**. He also won the **National Championship** when he captained **Maharashtra Team** in 2014 and 2015. Further, he won **first place** in the **5-km sea-swimming competition** held in Mumbai.

What about international sports medals? A total of **8 with a gold and 7 silver medals**. He represented **India** in the **Far East South Pacific Games** at **Hong Kong** in 1982, in 1989 at **Kobe, Japan**, in 1999 at **Bangkok, Thailand**, at **Busan, Korea** and **Malaysia** in 2006 as captain of **Indian Wheelchair Basket Ball Team** in Malaysia. We are all very proud that you represent India, Antony!

And this year, he has another award from Nina Foundation, the coveted **Rockstar Award**. Hearty Congratulations!

An inspiration to all! He truly is a beacon and lighthouse to all and especially our **SCI** friends by exemplifying that irrespective of disability anyone can touch the sky and fly over the horizon and be capable of proving their intrinsic

NINA FOUNDATION'S 9TH ROCKSTAR AWARD

worth by perseverance. That anyone can and **must convert their disability into THISability**.

He is truly a paradigm and has made not only **PRC** proud by becoming their star sportsman but also to us all at Nina Foundation. On the professional front, he is in-charge of the **Vocational Training Shelter Workshop** of **PRC, Kirkee**, where he trains, guides new entrants and encourages them to lead a normal life where confidence and self-reliance is most important. The highlight of his mission is to combine work and play-physical fitness, good workout with financial independence. To not let disability hamper the heart's dream.

Bruce Lee once said, "The successful warrior is the average man with laser-like focus".



Today, we salute **Antony Das Melkias Pereira**, our precious **Rockstar**, actually our '**Bruce Lee**'; for he truly is our very own laser-like focused soldier, maybe retired due to the unfortunate bomb shelling, but victoriously active with a head held high on the battle front and field of life. God bless you with untold Joy and Divine Grace to keep marching forward and never have '**vishram**' where laurels are concerned!



NINA FOUNDATION'S 7TH WILL STAR AWARD

कु. राजश्री जी. पाटील शूरवीर स्त्री

After your life-changing spinal cord injury, you adjusted the sails of your ship believing that no one can change the direction of the wind. You shaped your destiny working tirelessly and successfully completing your Master's and M.Phil study and furthermore took up the noble profession of teaching.

An epitome of perseverance and source of inspiration to others, we do believe you are a great teacher. Your ability to take life with a smile, turn personal tragedy and adversity into positive energy with cheerfulness, you are a true torchbearer.

Your hallmark is the ability of listening and understanding others' problems with equipoise. It is this forte of yours which helps motivating other friends with disabilities.

According to you, "Life is meant to be lived", and that too, living well for others and yourself.

Nina Foundation salutes your courage and applauds your zeal to spread hope and sunshine. It is proud to present her the Will Star Award on 25th June 2016, its 8th Spinal Injury Day in Mumbai.



The **WILL STAR AWARD** is presented to the one who, in his/her journey of courage, has shown grit and determination to overcome all obstacles and risen high... to catch the stars, in spite of challenges faced by him/her. One who has the indomitable spirit of life that **NINA FOUNDATION** stands for... **"To walk together for a wonderful tomorrow"** with a life that is truly filled with renewed hope, positivity and achievement!

Spine surgeon, **Dr. Abhay Nene**, connected Nina Foundation and **Mr. G. K. Nene** who has donated this purse of **₹25,000** in the loving memory of his wife who had spinal cord injury.

B. C. Forbes said, **"History has demonstrated that the most notable winners usually encountered heartbreaking obstacles before they triumphed. They won because they refused to become discouraged by their defeats."**

Born on **June 2, 1979** into a family that did farming as a means of subsistence in **Chamak**, a village in **Amravati**, **Rajshri Patil** had a simple life with her loving grandmother, hardworking parents, **Gunvantrao** and **Yandnyakalabai**, a brother and a sister. Being the youngest, she enjoyed being extra-loved and spoiled. She was kept longer at home away from her brother and sister who studied in Amravati. Instead she spent playing with dolls and 'ghar-ghar'. Her first teacher, **Meenatai Charode** was instrumental in her basic education in which she helped make up for a late start!



She says the best two years of her life were when she started her **M. Sc. study** as her coterie included her strong-bonded family and close friends. A South India trip made her see new places, experience new cultures and meet new people, too. However, higher studies were possible only with Ketna's encouragement and hope and, books and financial support coming from **Nina Foundation** helped her complete **B. Ed.** through **Tompe College** and **M. Sc.** with a first class. Employed as a lecturer at **Vidyabharati University** and a salary of **₹640** made her feel special and independent. **Denis Waitley** said, **"There are two primary choices in life: to accept conditions as they exist, or accept the responsibility for changing them"**.

She shared her desire to work with her brother. He supported her and she worked for two years thereafter and enjoyed every moment of it. Ominous divine intervention with exciting news came through her friend

who informed her that admission for **M. Phil** at the **Alagappa University, Chennai** had opened. This made her proceed to enroll for further study. This changed the course of her life.

Being eligible for marriage, proposals with demands for dowry poured in. Disillusioned with such demand, she told her brother she would break the social norm and give approval, only if dowry was not precondition and that she is allowed to continue her work after marriage. This was impossible in her village and society would not permit her so. She decided to fall back on her original plan to study further. To get books for study, she enrolled as lecturer in **Jagdamba University** at **Achalpurand** in **Vasantrya Naik University** at **Dharni**. Thus began her work and study, finishing her **2nd year exams** of **M. Phil.** at the age of **27**.

There was a family wedding in Mumbai for which the entire, large, joint family travelled together. It was here, that while drying clothes on the terrace, tired and needing some rest she sat on the parapet, only to lose balance and fall off onto a concrete slab injuring herself at **D12 L1** on **April 30, 2007**. Rushed to the hospital, **Dr. Vinayak Joshi** performed the surgery successfully. Till today she continues to be in touch with her **Dr. Joshi, Dr. Dhruv Sir** and **Ketna Didi**.

God-sent angel for her, **Yusufbhai** of **Paraplegic Foundation (PF)** at **Sion** transported her daily for therapy! Making new friends, she regained self-confidence again after a daily, rigorous routine of intensive physiotherapy that she is eternally grateful to her **Drs. Srilekha, Joshi, Ram** and our **Dr. Dhruv Mehta**. Infection that came up every eight days stopped with inputs of hygiene. Her friend **Aparna** was '**Annapoorneshwari**' to send home-cooked food through her sister-in-law. Her mother, **Yandnyakalabai**, who was only used to their home in the village adjusted to a new way of life in Sion - by learning to cross roads in Mumbai (and we know how hard it is!), bringing non-veg food as this would be more nutritious for her (for one who never touched non-veg food) and much more. No wonder, she emphatically states that she is the world's best Mom. When time came to leave PF, **Yusuf Bhai** putting his hand on her head said that she had made such an impact on its inmates that she was leaving all of them very sad. She recalls great memories of **PF** and **Mrs. Sulabha Varde**, fondly called as **Sulabbatai**, who would always pat her on the back, encouraging her to walk more on its corridors, always remembering to inquire about her well-being that made her stay at PF more memorable and make time just fly.

She also vividly recalls in **2008**, how **Dr. Dhruv Mehta**, at his own expense, took all of them at **Paraplegic Foundation** for a seminar that Nina Foundation had organized in which our **Trustee, Dr. Sharad Sagade**



spoke on urological problems faced by SCIs and how they can be better handled. She, too, presented her problems to **Dr. Sagade** that he resolved and of how Ketna went to her table reassuring her assistance at any time and encouraging her to be confident and persevering. It is because of Ketna's continuous advice that has enabled her to take one day at a time even today.

For exercise, she still walks with calipers for an hour everyday. To sit down and get up, she needs assistance that is given without complaint by her family. She says that her family supports her, encourages her and gives her courage, her **Bhabhi, Sharada** and **Sucheta** who are like sisters to her give her all the gossip and keep her updated on all matters! They are the spine of her life. She helps with cutting vegetables and is the first to fondly be given yummy food made in their kitchen! Her only prayer is she may get these same people in future lifetimes too.

Alphonse Karr says, **"Some people are always grumbling because roses have thorns; I am thankful that thorns have roses."** This is what our **Rajshri Patil** is. A beautiful **ROSE!** She believes first step towards success is taken when you refuse to be a captive of the environment you first find yourself in, be persevering in your dreams to become reality and that one must stand up and try again after a fall. **Rabindranath Tagore** said, **"Clouds come floating into my life, no longer to carry rain or usher storm, but to add color to my sunset sky."** A true winner through her grit and determination has colored her sunset sky only to reassure her that a happy and beautiful dawn is awaiting her!

We, at Nina Foundation, heartily wish you dear **Rajshri** with Divine Grace and Blessing that the sun may never set on the horizon of your life, to always stay happy and continue to spread sunshine in others' lives too.

(Report by Ms. Vidya Shetty)

9TH SPINAL CORD INJURY AWARENESS DAY 25TH JUNE, 2017

ANGEL CHAMPIONS OF NINA FOUNDATION



BHAVNA CHHEDA BY
 PROF. ERNEST FERNANDES, JBIMS

9TH SPINAL CORD INJURY AWARENESS DAY 25TH JUNE, 2017

ANGEL CHAMPIONS OF NINA FOUNDATION



OLIVER D'SOUZA BY
 MR. DHAVAL MEHTA, FOUNDER - kreaté&young



HARSHAD SHINDE BY MRS. ZAHABIYA KHORAKIWALA



MADHU SINGH BY
 DR. HABIL KHORAKIWALA



KUNAL NALAWADE BY
 DR. S. Y. BHOJRAJ



HARDIK DHOLABHAI BY
 DR. S. Y. BHOJRAJ



NANDLAL VISHWAKARMA BY
 DR. S. Y. BHOJRAJ



SUNITA SANCHETI BY
 DR. N. H. ATHREYA, AUTHOR & MENTOR



SANIKA SHASANE BY
 MRS. VIDYA SHENOY



MADHURI BHIDE BY
 DR. DHRUV MEHTA



NEENU KEWLANI BY MRS. CELINE & MR. WALTER VIEIRA,
 MANAGEMENT AUTHOR & CONSULTANT



SONIA KAUR BY
 R/ANN JYOTI CHANDE



TUSHAR PARAB BY
 DR. V. C. JACOB & MRS. SALLY JACOB



IMRAN QUERESHI BY
 MRS. VIDYA SHENOY



ADIL ANSARI ACCEPTED BY NARESH DEEWANI
 BY MRS. VASHRA HOOJA

9TH SPINAL CORD INJURY AWARENESS DAY 25TH JUNE, 2017

9TH SPINAL CORD INJURY AWARENESS DAY 25TH JUNE, 2017



**NINA FOUNDATION AT STANDARD CHARTERED MUMBAI MARATHON
17th JANUARY, 2017 - REPORT**



Nina Foundation is going places as a teenager! "Walking together for a wonderful tomorrow" is exemplified by our consistency through participation in the 2016 Standard Chartered Mumbai Marathon held this year on Sunday, January 17th. Nina Foundation this year, too for the 12th time, encouraged many Friends with Spinal Cord Injury and members to be part of this exciting event. And yes, they did! To make it a **GREAT STIMULATING SUNDAY** for them and others, too!!

As usual, the designated area outside St. Xavier's College at Metro, Mumbai was allotted to Nina Foundation, whose Team comprising of very enthusiastic friends supporting its cause that included members with Spinal Cord Injury and their families, its Trustees, volunteers and friends met at 6.45 am sharp. Some had collected their Marathon kits in advance and those who had not, collected theirs too and all got ready for the event.

This year each numbered participating friend with spine injury had a 'buddy'. So each one and their 'buddy' completed the Marathon with good cheer, camaraderie and pride. Debonair Bollywood and TV Artiste, Harrsh Mehta, who acted as Manu of the popular 'Balika Badhu', Vivaan of 'Fanaa', Sooraj of 'Pyar Tune Kya Kiya' and Rohan in 'Ek Villain'



was this year's Nina Foundations's Celebrity Guest. He is credited for modeling in many A-list commercials, too.

This year, too, the day was quite sunny, yet cool enough to be pleasant and needless to say, it was indeed a beautiful Sunday morning! Nina Foundation Marathoners moved on gracefully with renewed confidence and hope spreading joy as supporters cheered egging us to move on ahead and succeed in this 'annual ritual'! Seniors who also participated, waved and did a 'thumbs up' to our 'stars'. What a superb feeling to be a part of Nina Foundation! As they passed by, Friends of Nina Foundation acknowledged these greetings with smiles and joy.

This year saw many more participants and that it continues to grow in numbers. It was great fun to see so many citizens, too, participate by wearing colourful fancy dresses including that of Superman!! There were many who had social messages to convey. This is the 'SPIRIT OF SOLIDARITY' of Mumbai citizens and also that of NINA FOUNDATION.



However, this year was ultra special! Prince of all hearts, charming John Abraham, Ambassador of the Standard Chartered Marathon was gracious and sensitive to a request made for him to come and meet Nina Foundation Friends. There was a flurry of excitement and screams as he came and bowled all with his dimpled smile. Many hearts missed a beat or two (maybe three) when he was brought to

**NINA FOUNDATION AT STANDARD CHARTERED MUMBAI MARATHON
17th JANUARY, 2017 - REPORT**

where our Nina Foundation Friends were waiting for a photo-op. Respectful as he always is, John patiently allowed us to have pictures taken with him. Who would miss any opportunity to have a picture with him? And by then, guess what? He stole our hearts away! Thank you John for being YOU! Please know that we will remember these precious moments in times to come. Hard to forget, eh? Not that we want to!!



Then we had another successful, talented and humble Bollywood Actor, Madhavan, who flagged off the Seniors' Run also obliged us with some selfies and photographs with him. Thank you Madhavan!

All good things come in three-s! So how can we forget to mention the last?



We met with blessed, 104-year young Shri Fauja Singh. Oh such a vibrant and active person. Bless him! Very simple and unassuming, he stood tall as we took pictures with him. We, at Nina Foundation, salute dear Fauja Singh. We pray Wabey Guru that he runs many, many more Marathons to encourage others. Other dignitaries like the Governor of Maharashtra, Chennamaneni Vidyasagar Rao, Mr. Ashish Shelar, MLA and Head of Mumbai Unit, BJP, MP Priya Dutt, Ronnie Screwvala and Katrina Kaif, to name a few, were all smiles as they cheered and waved out to all as participants passed the podium. What an electrifying atmosphere with these celebrities and the



common citizens standing together on this exhilarating Sunday.

Nina Foundation participates in the annual Mumbai Marathon every year. The city's first event of the year is a platform on which social bonds are strengthened and a place where each one catches up with the other in person. Three cheers to each of you, dear Nina Foundation friends who stand by and support our common cause!

Special events need a lot of documentation and follow up. This year the onus of paperwork and telephone follow-up fell on Kajal Haryani and Oliver D'souza and distribution was done by Sunita, Nisha, Harshad Shinde and Oliver D'souza, and of course our dependable kreat&young Team of Mukund, Shruti, Bhawana, Ajay and Shivaji, who made beautiful placards within a short span of time. This year we had our youngest volunteer Master Prathamesh Haryani (11 years) in our team with Ms. Meeta Sahijwani (MMS Batch Student, WeSchool).

Our Trustees, Dr. Ketna Mehta, Mr. Dhaval Mehta, Dr. Parinaz Humranwala and Ms. Vidya Shenoy heartily participated. This time also around too there was live music in our designated area. There was an artist and a potter at his wheel for demonstration. Refreshingly different. There were food packets, tea and coffee offered to one and all by the Marathon volunteers.

Cheers to our 'Champions with Disability', who were rewarded with a medal each! From us, Trustees, Divine Grace and Blessings to each of you and your families!

As the traditional Gaelic Blessing is
"May the road rise up to meet you.
May the wind be always at your back.
May the sun shine warm upon your face.
The rains fall soft upon your fields.
And until we meet again,
May God hold you in the palm of His Hand."

(Report by Ms. Vidya Shenoy)

**NINA FOUNDATION AT STANDARD CHARTERED MUMBAI MARATHON
17th JANUARY, 2017 - REPORT**



**SPIRITUAL VISIT ON FOUNDER'S DAY
9th MARCH, 2017**



“CHESHIRE HOME INDIA”, a home and training centre for several friends with Spinal Cord Injuries and other disabled children in Andheri, was the venue for our year's spiritual visit, a tradition that is being followed every year on the 9th of March to commemorate the Founder's Day of Nina Foundation.

Nina Foundation endeavour to bring a smile on all those faces who live away from the warmth of their family and thus to cheer their souls with music, dance, games, gifts and delicious food was organised by family of Sunita Sancheti. Neenu took over anchoring while Basant helped with clicking pictures and taking videos. Music was performed by Bijal Shah and Daniel. The kids spellbound everyone with their dance on “Allah and Ishwar”.

Different cards and arcade games were organised by ladies team of Madumita Sancheti, Varsha Bardiya

and Aradhana Lunia and the winners were awarded with chocolates.

Hiralal Khatik (NF, OPD) came all the way from Igatpuri to witness this enthusiastic outing. Our friends from Cheshire Home; Shambaji, Vishwas, Ashok, Mohammed, Joy and others participated by singing, dancing and also relishing the yummy chaat.

Finally, before wrapping up all paid a visit to the workshop where handmade articles made by the disabled were put on display for sale.

Nina Foundation members present were Dr. Ketna Mehta, Neenu Kewlani, Bhavna Chedda, Sunita Sancheti, Bijal and Hiralalji. Thanks to the Cheshire Home team for their enthusiastic co-operation.

(Report by Bijal & Sunita)



ABOUT NINA FOUNDATION



NINA FOUNDATION, an NGO established in 2001, in the memory of **Dr. Nina Doshi** for rehabilitation of friends with Spinal Cord Injury.

VISION: To spread optimism and hope of good health to friends with spinal cord injury by offering innovative rehabilitation solutions.

MISSION: To offer world class spinal cord injury solutions encompassing physical, psychological, vocational, social, recreational and spiritual rehabilitation for overall well being.



Our Foundation comprises of an ace multi-disciplinary team. There is no world class SCI Rehab Centre in Mumbai or Western India. The concept of comprehensive and holistic rehab is woefully lacking. Thus, Nina Foundation's team offers **home based rehab, counselling and innovative solutions to accept** this devastating disability. Our **impact includes educating friends with SCI, family members, doctors, therapists and society at large. Awareness, Education, Solutions, Empowerment and Advocacy to lead a good quality of life** despite lack of infrastructural facilities has been our goal.

A **free OPD** for our underprivileged SCI friends once a week in Mumbai provides them with an opportunity to be assessed, counselled and treated by our top-notch team. **Assistive Technology, aids and appliances, diagnostics, tests and surgeries** are also conducted free of cost enabling them to reintegrate and relive their lives. **Counselling, solutions, ideas and a unique management approach** to continue with their education, employment, vocation, family life or take up new interests like volunteering, sports, home-based activities to become self-reliant and to become financially independent. Nina Foundation also offers a stipend to help with our NGO activities for six months to a year. Once confident they are encouraged to take up commercial jobs. **Educational Scholarships** to young SCI's give them the much-needed push to accelerate them towards their goals. Those already in jobs facing work issues of rejoining, continuation of salaries, pension, disputes and discrimination at workplace, etc. are also mediated. **Organising and conducting outdoor activities** periodically provides many with practice and confidence to manage bladder, bowel, negotiating stairs, travelling and eating without their known family members and more. Our **Support and Buddy Group** has been our biggest achievement.

All our communication, activities and events are geared to creating a positive mindset. Our one-of-its-kind newsletter - **One World**, since 2000 continuously informs and shares **GOOD NEWS**.

A **Phd research on SCI Rehab Management** was also successfully completed in 2009.

LAURELS FOR NINA FOUNDATION
NCPEDP Shell Helen Keller Award in 2002
NASEOH Award in 2005
Limca Book of World Records 2008 edition Inclusion in the book 'Chicken Soup for the Indian Spiritual Soul' in 2009
Rotary International Award for 'Research Study on Healthcare Rehabilitation Management' in 2009
Guest Editorship of the maiden special issue on Spinal Injury by 'Success and Ability' 2012
Expert on GOI, MHRD, Task Forces on (I) Educational Development (II) Vocational Education & Skill Development for People with Disabilities - 2012
Empaneled by TIFAC (Technology Information Forecasting and Assessment Council) under Ministry of Science and Technology to create a Technology Vision Document 2035, with specific emphasis on Technology for the Disabled
Regional Consultant for WHO (World Health Organisation) Research Report on International Perspectives on Spinal Cord Injury - 2013
Endorsement by various Spinal Cord Injury and other Disability Groups for initiating Spinal Injury Day on 25th June for the first time in India
CII Associate for Inclusive Employment
Moneylife Foundation Women's Day Award - 2014
Invitee, NCRPD (National Council for Rights of People with Disabilities) & NDN (National Disability Network)
Research Associate, World Enabled, USA



ABOUT NINA FOUNDATION

Spinal Injury Awareness Day has been initiated and instituted by Nina Foundation since 25th June 2009. It is endorsed by over 25 National Disability organisations. **Rockstar and Will Star Awards** exclusively for SCIs has been instituted since then! A **Medical Assessment Camp** was conducted in Mumbai whereby

several economically disadvantaged friends with Spinal Injury from all over India (Kashmir, Kolhapur, Akola, Amravati and Mumbai) attended and benefitted. Our focus is to generate interest, involvement and inspiration to live with dignity.



NINA FOUNDATION'S FREE SCI OPD IN MUMBAI: PROJECT NIRMAAN



OPD TEAM



AIWC TEAM

FOR OPD APPOINTMENTS PLEASE CALL

Ms. Madhu Singh +91 98195 61835,
Ms. Kajal Haryani +91 98217 89958,
Dr. Ratna Vora +91 98693 00390
E-mail: ninafoundation@gmail.com

- Once a week on Wednesdays for three hours. (2.00 pm - 5.00 pm)
- Multi-disciplinary team of Doctors and Therapists including Spine Surgeon, Urologist, Homoeopath, Physiotherapist, Orthotist, Peer Counsellors, Social Worker and Sahyogi under one roof.
- Mentoring and Guidance by an ace Trustee Board.
- Collaboration with AIWC. (All India Women's Conference, Santacruz - East, Branch)
- Rehabilitated 150 friends with Spine Injury from different parts of India, free of cost.
- Assessment, Diagnostic, Counselling, Evaluation, Assistive Technology and Treatment provided.

OPD TEAM

SPINE SURGEONS

Dr. Priyank Patel, Dr. Aditya Kashikar
Dr. Kutub Akbari, Dr. Nishant Kumar,
Dr. Rishikesh Mehata

UROLOGISTS

Dr. Suraj Suchak, Dr. Chirag Punatar

HOMOEOPATH

Dr. Sowmya Poojary

PHYSIOTHERAPISTS

Dr. Ratna Vora, Dr. Janhavi Mehta

GYNAECOLOGIST

Dr. Nupura Kashikar

PEER COUNSELLORS

Ms. Madhu Singh, Ms. Bhavna Chheda

ASSISTIVE TECHNOLOGIST

Mr. Vaibhav Pawar

SAHYOGI

Shubhangi Tai

CO-ORDINATOR

Ms. Kajal Haryani

PROFILE

SHRI HIRALAL KHATIK



Hiralal Khatik was working as a Loco-pilot at the Igatpuri division of Indian Railways and was on duty on December 14, 2000, the day of the incident. It was a foggy winter morning when Khatik was crossing the railway line, and he got hit by a speeding engine and got rolled over.

With injuries all over including Spinal Cord Level T12, Khatik was rushed to the local hospital, then Kalyan hospital and finally to Byculla hospital where he got operated post 6 days to be told by the Doctor - "This is your state. You can't stand on your feet. You have to live with it."

A positive Khatik mentions, "I had a fracture in my hand also and hence got operated with a rod inserted, but since then my hands are fine. There's no problem with my hands."

Khatik started with rehabilitation at AIIPMR at Hajiali where he overcame his bed sores.

So, was it spinal cord injury that he fought against? No. He made it his friend. But his real fight was with the System, A team of doctors at the Railway board that declared him as "Unfit for all kind of services in Indian Railways" thus rendering him jobless.

As Khatik says, "There's a limit for accepting things." He started realising that nothing is going to result sitting at home. Until when? He needed to fight and his fight would require him to move out of his comfort zone,

and make efforts be it stretching himself all the way to Delhi. He fought relentlessly for 6 years until came the decision of CCD, Delhi and then the High Court agreed, Khatik shouldn't have been retired from service. Justice was served immediately and he was taken back to service in IRs.

Rehabilitation for Khatik is "Try to remain busy". He would explore all possible means to keep his mind and body indulged in some or the other activity, as is indicated by his particular time schedule with a particular time slot allotted for every daily activity including an hour for helping out his wife in the kitchen...!!!

All through the past and present, Khatik says "My wife has been the true source of motivation, inspiration and support".

As during the days when the tragedy struck, she got a cradle tied for their 2 months' old kid at the hospital but stood firmly besides him at each and every stage and dedicated herself entirely for my cause.

A satisfied Khatik who just a few days back threw a grand celebration for his completing 25 years in service tells about his expectations from life, "Nothing much. I just want to complete my entire term of service, see the prosperity of my family and after that I would like to devote myself for the betterment of friends with SCI." Noble thought indeed!



(Written by Bijal Shah)

CONGRATS TO OUR VOLUNTEERS!



Dev Mehta

obtained a B⁺ in his Intermediate Drawing Exam. Dev also received the first prize in Photography for 'Van Mahotsav' organised by SIES school in Jan. 2016, an inter-school competition. His 'Art'istic Journey continues!



REHABILITATE. RELIEVE. REJOICE.



Harrsh Mehta

obtained 77.23% in HSC (XIIth Std). Juggling academics with his TV serial shoot of 'Balika Vadhu'! Popular young Model & Actor.

GOOD NEWS 2017



Our Volunteer Radhika Vora ties the knot with Mihir & flies to Chicago



Our Volunteer Rohit Sivan weds Devarsee



Rushil Mehta

obtained 96.6% in ICSE (Xth Std) and easily gets admission to Xaviers College in Arts. Passionate about Theatre.



Swetha Iyer

obtained 72% in HSC (XIIth Std). Along with continuing her Bharat Natyam Dance Classes!