

# **Nina Foundation – Standard Chartered Mumbai Marathon – 20<sup>th</sup> January 2013 Report**

“If winter comes can spring be far behind?” from ‘Ode to the West Wind’ an inspiring poem by P.B. Shelley are not mere words but they reflect a message of Hope and Dreams. Nature. Winter symbolizes death and depression, trials and tribulations, pangs and hardships, miseries and sufferings. Though we truly get inspired more so, from our members, that winter also makes way for Spring. This season on the other hand, reflects hearty spirit of happiness achievement and rejuvenating life and fragrance of Inner Joy. This was reflected when even the cold weather did not deter anyone connected with Nina Foundation as it went the 9<sup>th</sup> mile by participating for the 9<sup>th</sup> time in the 2013 Standard Chartered Mumbai Marathon held on January 20<sup>th</sup>. They literally did what they believe in- Let’s walk together for a wonderful tomorrow.....

The Nina Foundation ‘battalion’ comprised of 24 members with spinal cord injury, its Trustees, volunteers, friends & family members which met at 6.15am in the designated area outside St. Xaviers college at Metro. Committed ‘soldiers’ assigned themselves to bringing members from Churchgate and VT station. Members from as far as Beed, Mumbra, Mira Road, Ulhasnagar, Bhiwandi, Bihani, Vasai participated, thereby reflecting their will to do what others can do. Actually without words, expressing HUM KISSISEY KUM NAHIN! Special KUDOS to our Marathon ‘specialists’- YES, three Quadriplegics viz., Nandlal Vishwakarma, Bhavna Chheda and Balbhim Sankpal who were participating in the Marathon ONCE MORE.

The Mumbai Marathon has proved to be a part of Nina Foundation. It has profusely offered a niche to our Members by encouraging and boosting self confidence to achieve, dare and meet atleast one of the challenges that life offers them. Congratulations to all our wonderful members who dared, overcame bottlenecks of transportation and finally DID attend and complete the Mumbai Marathon. TUMHEY SALAAM! Dr Ketna Mehta on behalf of the Nina Foundation did, as usual, her mite

in urging members to participate and thereby build their own self esteem and confidence.



***The early birds lining up for the flag off.***

Preparations for such events take a long time to plan, be it administrative back-up like filling up and submitting forms and documents or distributing marathon kits at the Expo at Bandra et al. Under her able guidance of delegation, her TEAM consisting of Pooja Khedekar, Bhavna Chheda, Madhu Singh and Oliver Dsouza

executed and ensured that Nina Foundation succeeded in the event ONCE AGAIN.

Pooja and Dhara were assigned distribution of bibs to members who were unable to pick them up the previous day. Bhawana from Kreate telephonically offered directions to 'lost' participants who missed their way. Thanks to her, they eventually made it in the nick of time for the race. Volunteers and friends like Abha, Shruti, Shwetha, Rushil, Dev, Rupal, Parul were the placard-holders of the Nina Foundation.

Our trustees Dr Jacob, Dhaval and Vidya, exercised their vocal chords to energise not only our participants but also cheered the general public participating in the Mumbai Marathon....!

Medals and refreshments awaited all our members at the end of the race. There was love, smiles, love and laughter at this 'no-mean' achievement. The proof of the pudding is in the eating. View the pictures for yourself and you will BELIEVE and concur that there was true and pure joy in the hearts of all.

Veteran and participant Marathon runner for the 10<sup>th</sup> time, Dr S Y Bhojraj, a respected spine surgeon and Trustee of the Nina Foundation clocked 21.097 kms in 3hrs and 14mins. We are so very proud of you!



John Abraham, ambassador of the Standard Chartered Marathon smiled, cheered and waved at our contingent at the flag off. Though there were quite a few Celebrities and Page 3 biggies, the TRUE CHAMPIONS of the Marathon will ALWAYS be the participating differently-abled.

**THREE CHEERS FOR NINA FOUNDATION.....**



**It PRACTICES what it truly believes in-----**

**“Let’s walk together for a wonderful tomorrow”**