

Nina Foundation's OPD for Friends with Spinal Cord Injury

With humble beginnings, yes, FINALLY, THE VISION OF NINA FOUNDATION saw the light of day!

HATS OFF to **NINA FOUNDATION** for initiating, for the very **first time in Mumbai**, a **FREE** OPD consultancy for SCI friends -under the premium guidance of their Team of medical experts and due to the magnanimity of the **Akhil Hind Mahila Parishad (AIWC, Mumbai)**, established in 1967 that is also vociferously active in their commitments to the causes of women, children, health and education. Both Nina Foundation and AIWC came together for this worthy cause with the Mahila Parishad giving a room for conducting the **OPD** in their premises that will be held **every Wednesday from 2- 5pm**.

It is only Divine intervention that can realize such 'miracles', knowing the paucity of premises and dearth of funds! The event started with invoking the Blessings by a Ganesh Vandana and recitation of the Dhanvantari Mantra sung by Vidya Shenoy. These committed ladies of the AIWC had programmed the show very well. Our Team was introduced to the guests with Dr. Bhojraj, Dr. Riten Pradhan, Dr. Jacob and Dr. Dhruv Mehta appraising them. Dr. Parinaz Humranwala put punch in her talk by comparing this coming together to a marriage, which she hoped would be long-lasting! Dr. Sagade and Dr. Himanshu Doshi sent their best wishes! This OPD was inaugurated by the auspicious lighting of the lamp by the local Ward Corporator, Ms. Puja Mahadeshwar, who always promised her continued support. The event was attended by well known Spine and Orthopedic Surgeons, Urologists, Homeopaths, Peer Counselors, Assistive technologists, Physiotherapists social workers and SCI friends and their families, besides the AIWC members and Office bearers. It was great to see a few patients already taking advice from our Specialists! PLEASE NOTE that **Appointments for this OPD** may be taken by calling **M- 9619992452**.

NINA FOUNDATION's mantra is to inject hope, holistic independence and to renew their spirit of life, to walk together for a wonderful tomorrow and to truly believe in 'Rehabilitation, Relive and Rejoice' for those affected by Spinal Cord Injury (SCI).

They have **MANY FIRSTS to their credit** in India viz., One World – Voice of

Paraplegics, a bi-monthly newsletter, Support Group facilitates sharing of experiences that have a cathartic effect, Helpline for spinal injury in India, and introducing the concept (and thereby, awareness) of Spinal Injury Awareness Day, annually celebrated on 25th June when Rockstar & Will Star Awards are presented to those honoured for their achievements in spite of barriers. Nina Foundation is also active in Work therapy that enables people with spinal cord injury to express their abilities, that gives them financial independence and thus increasing self-confidence, a sense of respect in their family and community, education scholarships, organizing and participating in disability seminars and workshops, active rehabilitation and sports, participating in the Mumbai Marathon 2006-2014 for over 50 friends/members with spinal cord injury wheeled for Nina Foundation and sponsoring trophies for paraplegic sports, organizing picnics, get-togethers and outbound programmes for the community with family members and caregivers. They also donate wheelchairs, walkers, crutches, calipers, other aids and appliances as well as medicines and expenses for regular uro-dynamics, sonography, x-rays and pathology tests.

Their DREAM is to work towards making India, and Mumbai to begin with, barrier free & accessible for people with disability. Let's ALL join hands and WALK TOGETHER FOR A WONDERFUL TOMORROW.....

So dear friends, another feather in its plume!!!

VidyaShenoy