



Rockstar Awardees



Shri N. D. Dharap - 2009



Ms. Arlene D'souza - 2010



Dr. Uday Khopkar - 2011



Shri Nitin Goyal - 2012

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Orthopedic Surgeon, UK



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Will Star Awardees



Shri Sanjay Jagtap - 2011



Shri Amol Borliwale - 2012



An NGO for rehabilitation of
people with Spinal Injury



An NGO for rehabilitation of
friends with Spinal Injury

NINA FOUNDATION



FOUNDATION DAY
9TH MARCH 2013

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NINA FOUNDATION - An NGO for rehabilitation of people with Spinal Injury

The Trust's Registration Number is E- 23804 (Mumbai).

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Nina Foundation's Foundation Day, 9th March 2013 - Darshan Visit

Our precious, annual ritual and celebration time, 9th March 2013 noted as Foundation Day in the calendar set up in memory of Dr. Nina Doshi on her birth anniversary was no different this year around. A soul-searching spiritual outing was very well organised by Bhavna, Madhu, Oliver and Pooja for not only friends with spinal injury from the Nina Foundation but also Sharan and Paraplegic Foundation. Dr. Riten Pradhan, Dr. Ketna Mehta, Dr. Abha Inamdar and Ms. Vidya Shenoy represented Nina Foundation.



Hanuman Temple, Nerul - Navi Mumbai

This year's jamboree took all to the Hanuman Temple and Swaminarayan Mandir in Nerul, Navi Mumbai. In spite of the sweltering heat, over 90 visitors that included friends with Spinal Injury accompanied by their family members, friend's or escorts, Trustees and Associates of Nina Foundation, students of WeSchool and MGM Physiotherapy College made this event a grand success.

Our gratitude to Mrs. Maya Kishor, Social Worker and In-charge of SHARAN Rehabilitation Centre, Navi Mumbai, who had specially visited the Hanuman Temple to find out about its accessibility features. Thanks to Trustee, Mr. Chidambaram and Mr. Subramaniam who had taken personal care to organise our visit with detailed effort. A special Puja and Aarti, as also a short talk by the head priest gave an insight into the history of the 12-year old temple visit which houses the largest most beautiful 33-foot granite-carved monolith of Hanuman, the Wind God. Special mention was made of the importance of reciting the Hanuman Chalisa in our daily lives. For which, every visitor was given booklets of the Hanuman Chalisa and the Ganesh Mantras. The highlight of this visit that it was on a Saturday, considered a special day for Hanuman worship, each one of us repeated the Chalisa led by the head priest. To top it all, a privilege for each one to be allowed 3 parikramas of this mighty Hanuman. This darshan ended with Prasad which included meduvada from the haar made as special offering.

The next halt was at the Swaminarayan Mandir, again at Nerul. Shaileshbhai Yagnik with his Team cheerfully welcomed each of us with a rose and drinking water. Thereby, the heat of summer was forgotten instantly and we settled in the cool habitat of the Mandir. Bijal and Gauri sang bhajans beautifully well-received by all.



Shri. Swaminarayan Mandir, Nerul - Navi Mumbai

After introductions, Shaileshbhai gave the history of the Swaminarayan Mandir as also its Gurus. He spoke of why people visit temples. Here, lady volunteers of Swami Narayan Temple put a tilak on everyone's forehead, after which a holy thread was tied on the right wrist. An Aarti thali with flowers and diya was handed for each one to perform their own personal offering as the priest performed an Aarti for our group. There was not a dry eye in the gathering when this was over with.

Asked to speak on behalf of Nina Foundation, Ms. Vidya Shenoy began the address by thanking Shaileshbhai and his Team, including the lovely ladies, who very sensitively made arrangements that were so well done and fine-tuned. Not missing an opportunity to give her personal touch, she explained the meaning and importance of tilak, thread and diya as per ancient scriptures. How, these are just not symbolic expressions and must be applied and should be a way of life in our daily lives. Also, student volunteers of WeSchool and MGM Physiotherapy College were awarded certificates of appreciation by Dr. Riten Pradhan, Trustee, Nina Foundation who came specially from UK to be there on this special day and Mrs. Maya Kishor. Blessed Mahaprasad was given as lunch.

Nina Foundation gave a token of appreciation for their magnanimity to Mr. Chidambaram, Mr. Subramaniam and Shri. Shaileshbhai. God knows no differentiation and those who visited included friends from all faiths. All in all, the day that began well, ended truly blessed for each one. For, is it not special when our members get the prized privilege of getting Divine Attention on a personalized, individual basis?

May the Lord Bless one and all!

For all pics please visit Picasa Link:

<https://picasaweb.google.com/lh/sredir?uname=101324490192681514408&target=ALBUM&id=5854492868168408785&authkey=Gv1sRgCPGs9d2a1qja5QE&invite=CMaxsaQH&feat=email>

<https://picasaweb.google.com/lh/sredir?uname=101324490192681514408&target=ALBUM&id=5854498831090486657&authkey=Gv1sRgCPh8qrF6dH9MQ&invite=CK305ZgF&feat=email>

DARSHAN VISIT - 9TH MARCH 2013



DARSHAN VISIT - 9TH MARCH 2013



**Standard Chartered Mumbai Marathon,
20th January 2013**

"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 symbolises 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 9th mile by participating for the 9th time in the 2013 Standard Chartered Mumbai Marathon held on January 20th in Mumbai. 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 met at 6.15 am in the designated area outside St. Xavier's College at Metro, Mumbai. Committed 'soldiers' assigned themselves to bringing members from Churchgate and VT station. Members from as far as Beed, Mumbra, Mira Road, Ulhasnagar, Bhiwandi, 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 early birds lining up for the flag off

The Mumbai Marathon has proved to be a part of Nina Foundation. It has profusely offered niche to our Members by encouraging and boosting self confidence to achieve, dare and meet at least 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.

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 D'souza 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, Shilpa and Pooja Bhojraj 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 Marathon runner for the 10th 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 sir!



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!!!

For all Marathon pics, please visit Picasa links:

Part 1
<https://picasaweb.google.com/103709127678537461194/NinaFoundationMumbaiMarathonChampionsWithDisability2013>

Part 2
<https://picasaweb.google.com/103709127678537461194/NinaFoundationMarathon2?feat=email>

Part 3
<https://picasaweb.google.com/103709127678537461194/NFMarathon3?feat=email>

Part 4
<https://picasaweb.google.com/103709127678537461194/NFMarathon2013?feat=email>

Part 5
<https://picasaweb.google.com/103709127678537461194/NF6?feat=email>

20TH JANUARY 2013





NINA FOUNDATION is a twelve year old NGO established 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 people with spinal cord injury by offering innovative rehabilitation services.

MISSION

To offer world-class spinal cord injury services encompassing physical, psychological, vocational, social, recreational & spiritual rehabilitation for overall well being.

There are over 1.5 million people with spinal cord injury in India, making it the capital with this disability in the world. Spinal cord injury is a permanent disability which transforms the person's life and rehabilitation is the key to facing life with dignity. Our Foundation has been encouraging the members enabling them to excel in their respective fields.

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' 2009

Rotary International Award for 'Research Study on Healthcare Rehabilitation Management' 2009

Endorsement by various SCI Groups for initiating Spinal Injury Day for the first time in India

Empowered 600 friends with spinal injury to lead a good quality of life

Expert on GOI, MHRD, Task Forces on (I) Educational Development (II) Vocational Education & Skill Development for People with Disabilities - 2012

Charter Member of Consumer Committee by Spinal Cord Society

ACTIVITIES INCLUDE:

- One World - Voice of Paraplegics. A bi-monthly newsletter. The first of its kind in India. Work therapy enables people with spinal cord injury to express their abilities, gives them financial independence and thus self confidence a sense of respect in their family and community. Support Group facilitates sharing of experiences and have a cathartic effect. Donate wheelchairs, walkers, crutches, calipers, other aids and appliances as well as medicines and expenses for regular urodynamics, sonography, x-rays and pathology tests. Education scholarships. Making India and Mumbai, barrier free & accessible for people with disability. The first Helpline for spinal injury in India. Sponsor trophies for paraplegic sports. '06, '07, '08, '09, '10, '11, '12, '13 - for Mumbai Marathon over 50 members with spinal cord injury wheeled for Nina Foundation. Participation in disability seminars and workshops. Author and present research papers / articles on the scope of the disability sector in India. Organise picnics, get-togethers and outbound programmes for the community with family members. Create powerful advertisements, calendars, presentations and films about abilities of the differently abled and inclusion. Dance Therapy. Active Rehabilitation and Sports. Wellness Seminars. Educational Seminars. Spine Injury Awareness Day - 25th June. Rockstar & Will Star Awards.

Obstacles Faced by People with Spinal Injury in India - NINA FOUNDATION'S PERSPECTIVE

SCIs in lower income group face the existential problems of health, access and employment.

- They face problems in: Getting access to good quality healthcare services and expert knowledge necessary to survive the severe health problems of Spinal Cord Injury. Accessible public transport so they can travel for employment, access to hospitals and socialising. Schools and colleges which accept people with disabilities. Avenues of employment so they can survive, afford healthcare, support their families and live with dignity. The process of getting disability certificate is also cumbersome and difficult. Finance & funds.

SCIs in higher income group face problems of quality of living:

- Major problems in getting driving license and also to renew it. Car manufacturers don't provide driving helper attachments. Lot of people don't have access to good quality healthcare services, physiotherapy, occupational therapy, etc. because there simply isn't any available. Good quality wheelchairs are also not easy to get at reasonable cost. Not a single brand of excellent sturdy wheelchairs for less than ₹ 25,000. Avenues of sports - tennis, swimming, etc. is lacking.

The other obstacles faced in India are:

- Lack of psychological & emotional counselling in the hospitals. Lack of awareness & communication about rehab centres in India / Abroad by Hospitals / Doctors. Lack of updated health statistics for spinal injury by Government. Lack of interest in the concept of rehabilitation. The credo 'do it right the first time' missing. Bed Sores, Pressure Sores, UTI, Osteoporosis very common. Alternate therapies - Madiwala, Massage, Maalish, Black Magic, Karma, Scrubbing with a Scotch Brite, Acupressure, Acupuncture, Pyramid Therapy, Magnet Therapy, etc. proliferate shifting the focus. Lack of passion and complete knowledge by young physiotherapists. Lack of motivation to continue with schooling, office, daily home activities in kitchen, etc. Proliferation of fraudulent Stem Cell clinics. Built environment is not conducive. Lack of qualified and affordable ward boys, attendants, both male and female. Lack of availability of assistive technology, simple splints, aids for quadris, occupation therapy intervention almost negligible.

Invitation to establish a world-class Spinal Injury Rehabilitation Centre in Mumbai, India.

Healthcare Sector in India. \$ 30 Billion Industry 100% FDI allowed. Contribution to India's GDP - 5.2%*. Expected to Grow - Growing @ 13%-15% per annum. Private healthcare providers account for 63% of the total spend. Government sector and corporate employers account for the rest. *Only 1% of GDP spent on healthcare.

Rehabilitation falls under tertiary care. Due to huge population and poor hygiene, most of the Government spending happens in the primary segments. Rehabilitation of specific type of injury (Spinal Injury) fits in the tertiary segment.

GAP Analysis. Pan India Data Analysis: No. of Rehabilitation Centres: 27, Total No. of Beds: 858. Pan India: Total No. of SCIs: 3,00,000, Fresh cases per year: 20,000, Total SCI Rehabilitation Centres: 27, Total No. of beds: 858, GAP (No. of beds): 19142. State & City: Fresh Cases per Year in Maharashtra State: 1600, Total No. of Beds available: 203, GAP (No. of Beds): 1397. Fresh Cases per Year in Mumbai City: 400, Total No. of Beds available: 153, GAP (No. of Beds): 247.

GAP = Total No. of People with SCI (Less) Total No. of Beds Available

Current Scenario - Mumbai

Paraplegic Foundation Beds = 28, SHARAN Beds = 32, Cheshire Home Beds = 45, Total No. of Beds = 105

- No rehab centre for Tetraplegics. 10 Tetraplegics dead in last 6 months due to lack of facilities. Mumbai has the best health infrastructure, but no World-Class Rehabilitation Centre for SCIs.

- Comprehensive, skillful and world-class rehabilitation services lacking. 1 in 10 SCI goes abroad for rehab (expense of 100,000 USD). High % of fresh cases spending \$ 2000 for 3-day unproven stem cell treatment. High disposable incomes but no holistic world-class rehab centre to treat both affording and non-affording cases.

We Invite to Mumbai

- World-class International Rehab Centres. World-class Indian Rehab Centres. Hospitals / Hospital chains. Corporations interested in healthcare sector. Philanthropist Investors.

EXPECTATIONS OF PEOPLE WITH DISABILITIES FROM THE BUDGET THIS YEAR:

By - Dr. Ketna L. Mehta, Founder Trustee, Nina Foundation.

1. Higher Interest rate (similar to the benefit for senior citizens) on Fixed Deposits and long term investment instruments held by PWDs.
2. Free or concessional education for PWD up to SSC in all schools. This will give an impetus to the 'lip service' of inclusive education.
3. With the increase in number of accidents in the country, all public hospitals to set up spinal injury rehabilitation units which will enable them to once again integrate in society and economically contribute to India's growth story.
4. Rehabilitation Insurance as a CSR imperative by companies sponsoring the premium amount to cover all expenses (medical, assistive technology, therapy, etc.) of daily living for permanent disabilities.
5. Access Tax of 2% to be levied from corporations for a period of 10 years to make the public infrastructure in the country barrier - free and accessible for people with disabilities. This includes educational institutions, government offices, commercial establishments, leisure spaces including sports and recreation.

NEW STEM CELL GEL CAN CURE SPINAL CORD INJURIES

Washington: Using a new stem cell gel, researchers at the University of California, San Diego and VA San Diego Healthcare were able to regenerate "an astonishing degree" of axonal growth at the site of severe spinal cord injury in rats.

Their research revealed that early stage neurons have the ability to survive and extend axons to form new, functional neuronal relays across an injury site in the adult central nervous system (CNS).

The study also proved that at least some types of adult CNS axons can overcome a normally inhibitory growth environment to grow over long distances. Importantly, stem cells across species exhibit these properties. The scientists embedded neural stem cells in a matrix of fibrin (a protein key to blood clotting that is already used in human neuron procedures), mixed with growth factors to form a gel. The gel was then applied to the injury site in rats with completely severed spinal cords.

"Using this method, after six weeks, the number of axons emerging from the injury site exceeded by 200-fold what had ever been seen before," said Mark Tuszynski, MD, PhD, professor in the UC San Diego Department of Neurosciences and director of the UCSD Center for Neural Repair, who headed the study.

"The axons also grew 10 times the length of axons in any previous study and, importantly, the regeneration of these axons resulted in significant functional improvement," he explained.

In addition, adult cells above the injury site regenerated into the neural stem cells, establishing a new relay circuit that could be measured electrically.

"By stimulating the spinal cord four segments above the injury and recording this electrical stimulation three segments below, we detected new relays across the transaction site," said Tuszynski.

To confirm that the mechanism underlying recovery was due to formation of new relays, when rats recovered, their spinal cords were re-transected above the implant. The rats lost motor function - confirming formation of new relays across the injury.

The grafting procedure resulted in significant functional improvement: On a 21-point walking scale, without treatment, the rats score was only 1.5; following the stem cell therapy, it rose to 7 - a score reflecting the animals' ability to move all joints of affected legs.

Link: http://zeenews.india.com/news/health/health-news/new-stem-cell-gel-can-cure-spinal-cord-injuries-18826.html?fb_action_ids=10151226178525568&fb_action_types=og.likes&fb_source=aggregation&fb_aggregation_id=246965925417366

Dr. Riten Pradban's opinion

At present, too early, but promising work!!..and once all over the world research gets spread, just like revolution in computers, human genome unraveling, happened in 10 years, this mystery, let's all hope, will also get solved. Until then, lot of restraint has to be shown by the medical profession as well, unless ethical approvals are clearly informed, fact based Consents are taken, Conmen will exploit poor and gullible. The laws should be laid ASAP.

FOUNDATION FOR REHAB CENTRE 'UNNATI' LAID IN NEW DELHI

Family of Disabled, established in 1992, has been working for the benefit and progress of people with disabilities (PWDs) through its various programmes for over last 20 years. In recognition for its services it has received more than 20 awards.

The various programmes run by FOD for the benefit of disabled fraternity include financial assistance in education, interest-free loan for self employment, need based provision of gadgets, vocational training, providing a platform to artists / sculptors and artisans for promotion of their creative talents.

Lack of space at its present office restricted the organisation from improving, expanding and reaching its services to greater number of disabled people.

Hence, on 14th April FOD took another major step forward when it laid the foundation stone for its multi-purpose rehabilitation centre - UNNATI in Shyam Vihar, Najafgarh, New Delhi.



Source: Shri Rajinder Johar, Founder, FOD, New Delhi

PREVENTION OF COMPLICATIONS POST SPINAL INJURY - EXTENSIVE RESEARCH EXCERPTS
By - Mr. Nitin Goyal conducting currently...

OVERVIEW

People with Spinal Cord Injury (SCI) have today a nearly normal lifespan.

Avoidance of medical complications is key to this end. We require lifelong self-care to stay in good health and avoid / reduce re-hospitalisation.

We are people first, so we need to keep watch for all medical ailments that may afflict people with spinal cord injuries (SCIs).

In addition, we are more prone to certain issues and so need to keep watch about:

- Pressure sores
- Urinary system - bladder, kidneys
- Bowel system - constipation, fissures, hemorrhoids
- Spasticity
- Osteoporosis

Plus, we also need to keep our aids and implements in good health!

SELF-CARE

Skin care

Educate yourself about cause of pressure sores, vulnerable pressure points, and safety techniques

We need to use a seating and sleeping system that ensures optimum pressure distribution and relief on pressure points specially for:

- Skin all around the hips, specially at tailbone, base of buttocks and sides.
- Heels, soles and other bony areas of feet.
- Elbows, shoulder blades.

Use appropriate wheelchair, cushions, commode chair and bed mattress to provide adequate pressure distribution and relief. It's very important that the wheelchair cushion and bed mattress have the right type, softness, and quality to provide the right support and protection. Use pillows or rolled blankets while sleeping if required.

Protect your skin from getting hurt.

- Identify and avoid activities that may hurt by rubbing, scratching or cutting.
- Wear clothes and shoes that have right fit - neither too loose nor too tight.
- Ensure clothes don't have thick seams, buttons or zippers where they put pressure on your skin. Be careful while sleeping too.
- Learn safe techniques for transfers.

(Ongoing Research)


An NGO for rehabilitation of friends with Spinal Injury

Invitation

NINA FOUNDATION

25
JUNE
2013

On the occasion of our 5th Spinal Injury Awareness Day, it gives us great pleasure to invite you along with your family and friends on this special day. Do come and witness the determination and motivation of our two awardees, as Nina Foundation enters its 12th year of sharing dignity, hope and positivity. Join in for lots of entertainment & conversations too besides bonding with friends, doctors, therapists and more.

ACADEMIC PARTNER	Prof. Dr. Uday Salunkhe Group Director, WeSchool	CHIEF GUEST	Mrs. Rajashree Birla Director, Aditya Birla Group
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4.45 pm to 5.15 pm
Registration & Refreshments

5.15 pm to 7.15 pm
Rockstar Awardee - Shri Kiranbhai Jani, Ambaji, Gujarat
Will Star Awardee - Smt Padma Patil, Akola, Maharashtra
Entertainment

7.30 pm to 9.00 pm
Fellowship & Dinner

VENUE: Nirvana - 4th Floor, WeSchool of Management, L. N. Napoo Road, Matunga, Mumbai 400 019.

LET'S WALK TOGETHER FOR A WONDERFUL TOMORROW

Nina Foundation - An NGO for rehabilitation of friends with Spinal Injury