

CELEBRATING
10 YEARS
OF
SPINAL CORD INJURY
AWARENESS DAY
(25TH JUNE, 2018)



to help individuals
live with purpose

10TH SPINAL CORD INJURY AWARENESS DAY - 25th JUNE, 2018



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REHABILITATE.
RELIVE. REJOICE.

Nina FOUNDATION'S Publication **ONE WORLD**

Jan. 2019

Vol.17, Issue 34

**NINA FOUNDATION
TRANSFORMING LIVES OF
FRIENDS WITH SPINAL CORD INJURY CELEBRATING
10TH SPINAL CORD INJURY DAY - 25TH JUNE, 2018**



LET'S WALK TOGETHER FOR A WONDERFUL TOMORROW

NINA FOUNDATION - An NGO for rehabilitation of friends with Spinal Injury, Since 2001

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

The Foundation is registered with the Charities Commissioner's office, Government of Maharashtra, INDIA.

Donations are exempt under Sec 80G of Income Tax.

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10TH SPINAL CORD INJURY AWARENESS DAY - 25th JUNE, 2018

OVERCOMING CHALLENGES

Thank you to each one of our 108 friends who attended our Nina Foundation 10th Anniversary Spinal Cord Injury Awareness Day on 25th June, 2018 in Mumbai. Bravo to the spirit that Nina Foundation stands for! It was a befitting 10th anniversary spinal injury day celebration, schools were declared shut, roads were flooded, trains were running late, the whole of 24th June night it poured and most of Mumbai was submerged. Our building did not have electricity (so lifts stopped), my driver Bunty called to say there is water in his house and not possible for him to leave home and guess what - A RECORD 108 strong turnout attended, out of which 61 friends with spinal cord injury...astounding. As our Trustee, Dr. Himanshu Doshi rightfully stated 'who is disabled'? Observing the enthusiastic, smiling though drenched friends making their way to Worli. Friends from Beed, Igatpuri, Amravati, Lonavala, Virar, Bhayandar, Nallasopara, Borivali and more from everywhere. Each one braved the lashing Mumbai rains (highest recorded in June in a decade!!!) and the weak infrastructure to come together and as our INVITE said we all had 'the time of our lives.'

Zumba India head Sucheta Pal came especially from HYDERABAD with her team. It was a very well received 20 minute energetic fitness session on music. We want more!!! Regularly.

We had a Sharing of Experiences in our Support Group by everyone. 'Aaj Mere Dil Me Kya Hai' these videos are all edited and available for viewing on our website. We urge everyone to listen and understand the tremendous challenges, problems and issues in our daily lives. Mayank Gandhi performed enthusiastically, his wheelchair dance. Bijal & Gauri sang melodiously and all LIVED THEIR LIFE TO THE FULLEST dancing to DJ MUSIC. We celebrated Surendra Kasare's birthday with a cake cutting which he has never done post his accident and everyone bonded. Marathi Actor & Friend Tejaswini Lonari graced and enjoyed with all. Everyone unanimously said 'this was the best spinal cord injury day ever!

It was a blockbuster Spinal Cord Injury day. Nina Foundation rocks due to this 'ALIVE SPIRIT' in each one of us. We have created 'A Human Institution Without Walls' with a 'Hatke' venue of a club with a huge dance floor.

My gratitude to the team which worked tirelessly - Bhavna Chheda, Oliver D'souza, Rajshri Patil, Kunal Nalawade and Mrs. Anupama Ganesh. Thanks to my Times Of India, more friend and past colleague, Neeta Asnani for connecting me to Sidharth at Matahaari Club, Atria, Worli. The selection of venue was magical. God bless each one of you. Few of our trustees funded the entire celebration day and as usual wish to stay incognito.

NINA FOUNDATION SPINAL CORD INJURY AWARENESS DAY 10TH ANNIVERSARY MEDIA COVERAGE

- 10th Anniversary Celebration Pictures - <https://photos.app.goo.gl/2pKHrneyPwi5pioAA>
- Watch "Nina Foundation Spinal Cord Injury Awareness Day 10th Anniversary at Mumbai" - <https://youtu.be/zs7pw4xcIRk>
- Zee Gujarati: Our NGO Nina Foundation's 10th spinal cord injury day story and interviews at the time mentioned below.. in Zee Gujarati 24 kalak - <https://youtu.be/CQUDGlp05Ow>
- 25th June 2018 My Take - Ketna on Nina Foundation - <https://newzhook.com/story/18602>
- TOI: Bombay Times 10-07-2018 - <https://timesofindia.indiatimes.com/videos/entertainment/events/mumbai/specially-abled-people-on-wheelchairs-groove-to-zumba-beats/videoshow/64922802.cms>
- Zumba Film - <https://youtu.be/DnW4fluoW4>

Grooving to a 'special' beat





NINA FOUNDATION CONTINUES TO CAMPAIGN FOR INCLUSION OF SPINAL CORD INJURY IN RIGHTS OF PERSONS WITH DISABILITIES ACT - 2016

30th Nov. 2017,
Shri. Narendra Modi,
Hon. Prime Minister,
Government of India,
New Delhi.

Subj: SPINAL CORD INJURY AS A SEPARATE DISABILITY in RPWD BILL.
Dear Hon. Shri. Modi ji,
Namaste from Nina Foundation, Mumbai!

We humbly once again request you and the Ministry of Social Justice & Empowerment for Inclusion of Spine Injury as a distinct category of Disability in the new Disabilities Bill. We request you that it cannot be hunched under multiple disability or fall under Orthopedically disabled.

1. There are over 1.5 million people with spine injury and we add 20,000 more each year in India. Which means on an average 1700 spine injured per month.
2. This population is larger than Muscular Dystrophy and Multiple Sclerosis (both command a separate listing in the Bill).
3. Causes of Spine Injury are Road traffic Accidents, Falls & Diseases (Tumour, TB, etc.) of the spine.

4. It affects legs, arms, bladder, bowel, bones, skin, sensation, mobility, respiratory and sexual functions.
5. It causes permanent disability and there is no cure to reverse this disability. People have to undergo lifelong therapy and rehabilitation with the life care expenses being exorbitant.
6. Policies of Prevention and Rehabilitation, Education, Registry, prevention of oppression and unethical practices, appropriate Assistive technology to aid the activities of daily living and a homogeneous method of rehabilitation are urgently needed, comparable to those existing in other countries.
7. Avoid people dying of complication which can be easily avoided and despite this disability which affects over 80% of the body people can lead successful family and professional lives.

This petition was delivered first in 2012. It is imperative that Spinal Cord Injury is included as a separate Head in the schedule of various Disabilities listed under the Rights of Person with Disabilities Bill.

To support our argument Nina Foundation has the following researched facts published in One World



our bimonthly newsletters over the years (since 2000).

WHO (World Health Organization) has declared Spinal cord injury as the most devastating permanent disability. It also includes Spina Bifida.

• IPSCI (International Perspectives on Spinal Cord Injury) report 2013 by WHO provides an analysis on how to improve the lives of people with disabilities in the areas of health, rehabilitation, assistance and support, infrastructure, transportation, education and employment.

• Road accidents are the major cause for Spinal cord injury and 1.2 lakhs die and 12 lakhs get seriously injured in India. The figures are mounting each year! The average age of spinal cord injured person is 31.

• American with Disabilities Act lists down Spinal Cord Injury as a separate disability.

• USA though has only 2,50,000 people with Spinal cord injury there are 14 Model SCI rehab centres, innumerable Spinal Cord Injury gym, rehabilitation programs developed both for quadriplegics & paraplegics as well as a huge assistive technology & home modification industry to enable integration & economic independence of the friends with Spine Injury.

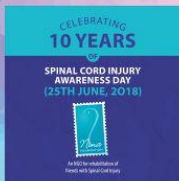
• Spinal cord injury affects the nerves, movement, sensation, bladder, bowel, bones, respiration, skin, fertility and sometimes causes psychological effects. It's an injustice to club it under 'Multiple Disabilities' category as Spinal Cord Injury REHABILITATION is a precise field with specialised medical team and assistive technology designed to empower and equip the spinal cord injured. Secondary complications like bedsores, pressure sores and urinary tract infection can be financially and energy sapping for the family.

I do hope the above important facts will galvanise the government to acknowledge Spinal Injury as an independent disability and have future policy guidelines developed to improve the quality of life of friends with Spine Injury!

India becomes a global power not only by sending space missions or by business profits but by being aware and interested in recognising this community.

Thanking You!

Kind Regards,
Dr. (Ms.) Kema L. Mehra
MMM, FPMG, PhD,
Founder-Trustee - Nina Foundation
ninafoundation@gmail.com
kema@gmail.com



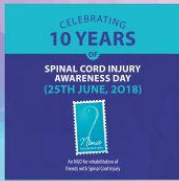
NINA FOUNDATION SPINAL CORD INJURY REHABILITATION COMMANDMENTS & PROTOCOL POST SPINAL CORD INJURY



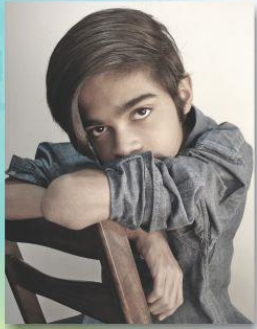
REHABILITATE.
RELIEVE. REJOICE.

Nina Foundation is focused on helping friends with spinal cord injuries and their families acting as a resource centre guiding them, mentoring them and providing support.

- 1) Take adequate sunlight everyday.
- 2) Positive reading, viewing, sharing and communicating - books recommended:
 - You can heal your life - Louis Hay
 - The power of the subconscious mind - Joseph Murphy
 - Positive attitude for positive results (several authors)
 - Must watch video - The Miracle Man (real story)
- 3) Regular daily practice of Pranayama and Yoga. To calm the mind and also make us more resilient mentally.
- 4) The central key to recovery is intensive, relentless physiotherapy for 6 hours a day for 2 years post spinal cord injury is a must. Become an active participant and focus on the particular muscle group mindfully. Exercise with a WISH and strong DESIRE to get better. Don't expect anything in 3-4 months. This fitness routine must be continued life long with at least one hour each day for physiotherapy.
- 5) Have complete, absolute faith and trust in the therapy team, become an active member of that team and be proactive.
- 6) Initially set daily goals and then weekly and monthly goals. Become a fitness enthusiast and work on making the upper body extremely strong (depending upon the level of injury).
- 7) Get involved in sports, games, social outings with family and friends, start facing the world and people with a smile and be happy! Enjoy every moment & live in the now.
- 8) Work therapy is very important too. Involve yourself in any work or activity, even home related, family related, help children with their studies, projects but must not supersede daily therapy routine. Doing meaningful and constructive work even learning a new language or helping family, neighbors and friends with your skill sets is helpful in recovery.
- 9) Visually and mindfully be aware about your body/anatomy and do not develop any secondary complications like urinary tract infections, bedsores, pressure sores, bone health degeneration or muscle tone wasting.
- 10) Homeopathy medicines through a qualified doctor recommended for overall well-being immediately post spinal cord injury and for headaches, fever, pain, etc.
- 11) ACCEPTANCE of this temporary new reality and living in the moment helps us a lot to take each day as it comes.
- 12) Every friend with spinal cord injury is different and everyone has the potential and has to believe they can improve either to walk or re-write medical textbooks and surprise their doctors. YOU can be the next miracle.
- 13) The mind is the most powerful important part of the body and it is very essential to keep believing that you will achieve everything that you ever wanted to in your life and to stay positive at all times. No ups and downs. Only positivity.
- 14) Hydrotherapy (exercises in water) have shown great results and if available can be done regularly.
- 15) Visualisation is the formation of a mental image of something, imagining and making it possible. There are several techniques which has to be regularly followed.
- 16) Affirmations is the practice of positive thinking and self-empowerment having a belief that a positive mental attitude supported by affirmations will achieve success in anything.
- 17) Stem cell treatment is experimental, unproven and our Nina Foundation eminent doctors team does not recommend spending money on it.
- 18) The family has to be supportive, caring, fully motivated and positive. Appreciate the hard work and fight to recover and be communicative, involving them as before in all decisions.
- 19) Laughter therapy by being in the company of people who will make us laugh. Small and young children to play and interact, sharing stories also help a lot, watch comedy shows, stand up comedians or reading jokes which makes us roll with laughter.
- 20) 2.5 to 3 litres of water and fluids per day is mandatory for good bladder health. One glass of plain lime water each day acts as a natural antidote safeguarding against urinary tract infections.
- 21) Good amount of fiber in daily diet helps with bowel management so carrots, leafy vegetables, salads, curds and fruits are a must. Fixed timings and measured quantities help in timing regular bowel movement.



ART FOR A CAUSE



Dev Art
 FOR THE CAUSE OF
 NINA FOUNDATION

Dev Mehta's mesmerizing paintings are for sale for the first time for our Nina Foundation's cause of Spinal Cord Injury rehabilitation.

Self-taught, talented, 17 year old young hand artist, painter (nephew of Dr. Nina Mehta Doshi) has been painting on canvas since he was 3 years old. Nina Foundation's desk calendars were launched with his '*Dev Art*' in 2008 and has had a positive impact on each and everyone. Till date he has completed 100+ paintings, oil on paper and canvas, acrylic on paper and canvas, acrylic on linen, acrylic on black canvas, charcoal on paper, digital, crayon on paper, sketch pen on paper & water colours on paper. He has had 6 successful exhibitions in Mumbai and also participated in Mumbai's iconic Kala Ghoda Art Festival.

24 of his select paintings are for sale for the first time and 10% of the proceeds from the sale would be towards Nina Foundation's cause of rehabilitation for our economically challenged friends with spinal cord injury in rural & urban India. Active wheelchairs, calipers, crutches, commode chairs, air bed, water bed, home modifications, medicines, diagnostic expenses, physiotherapy, bed sore surgery, rural spinal injury camps, sports rehabilitation and more would be gifted to transform lives of friends with spinal cord injury. These paintings project inspiration and a positive outlook and are a symbol of hope, possibilities, creativity and a colourful life.

This New Year of 2019 spread cheer by bringing home/office/clinic, a colourful & positive '*Dev Art*' painting and give hope and a good quality of life to a friend with a permanent, incurable disability. The paintings are priced at ₹ 1,00,000/-. Courier Charges out of Mumbai will be at actuals extra.

Please SMS, WhatsApp or Email '*Dev Art*' your interest with code number, your full name, mobile number at the earliest to:

Dr. (Ms.) Ketna L. Mehta
 Founder Trustee
 Nina Foundation
 Mob.: +91 97696 80820
 E-mail: ketnam@gmail.com

“
THANK YOU FOR BRINGING CHEER TO SEVERAL HEARTS, AS WELL AS ADORNING YOUR WALLS WITH THESE PAINTINGS
 ”





EDITORIAL

10TH ANNIVERSARY MULTI-LINGUAL COMMUNICATION CAMPAIGN TO CREATE AWARENESS

From despondency and personal loss Nina Foundation was created into a garden of hope, a bouquet of colourful life, a spirit to Relive and Rejoice.

Nina's philosophy of living life to the fullest with courage and cheer, to take stock of our talents, pursuing and fulfilling our dreams and charging ahead in life despite a permanent, devastating and life-altering spinal cord injury, has been the mission of 18 year old NGO Nina Foundation for rehabilitation of friends with spinal cord injury.

25th of June 2000, the day Dr. Nina Doshi only 39 years elder sister of Ketna & Dhaval, wife of Dr. Himanshu Doshi left this world physically - her inspiration, her philosophy, her spirit and mantras have touched thousands of lives affected by traumatic and non-traumatic spinal cord injury caused mainly due to road traffic accidents in India. Due to lack of world-class holistic and comprehensive rehabilitation centres for the spinal-cord injured

in the country 'this institution without walls' no administrative staff with the objective of personally counselling and solving the lifelong myriad problems by a band of dedicated and committed Peer Counsellors & Mentors (all with spinal cord injury) led by Dr. Ms. Ketna Mehta, herself a paraplegic since the past 23 years. Following a management problem-solving approach, lives have been transformed in rural and urban India enabling them to live happily.

Several friends (80+) with spinal cord injury have shared sentiments through videos, photos, audio and messages about the role Nina Foundation has played in changing their lives for the better. 25th June, 2018 marked the 10th anniversary of instituting for the first time in India a spinal cord injury day to garner interest and awareness about spinal cord injury. On this occasion a communication campaign to create awareness has been created by Team Nina Foundation.

RELIVE

CURRENTLY THERE ARE
1.2 MILLION
PARAPLEGICS/QUADRIPLÉGICS
IN INDIA!

SALUTE TO THE INDOMITABLE SPIRIT
& ZEST FOR LIFE DEFYING ALL ODDS

CELEBRATING 10TH YEAR OF
SPINAL CORD INJURY AWARENESS DAY
(25TH JUNE, 2018)

An NGO for rehabilitation of
friends with Spinal Cord Injury

WE THANK ALL
FOR WALKING WITH US FOR
18 GLORIOUS YEARS!

www.ninafoundation.org

आशा

हालमां भारतमां
1.2 मिलियन
पेरपेजलिकस / क्वाड्रपलगीक्स छे

जुवन माटे उत्साह अने
अश्वेय लागसी माटे सलाम

इरोडरञ्जनी छज्ज अगति दिवस
(25मी जून)ना 10मा वर्षेनी उज्ववणी

An NGO for rehabilitation of
friends with Spinal Cord Injury

18 लख वर्ष
अमारी साथे चलवा माटे
पधानो आभार

www.ninafoundation.org

आनंद

सध्या भारतात
१२ लाख
पॅराप्लीजिक / क्वॉड्रप्लीजिक आढेत

जीवनासाठी
उत्साह व दुर्दम्य भावनेला सलाम

स्याडनल कॉर्ड इंजुरी जागरूकता दिवसाच्या
१० व्या वर्षाचा उत्सव
(२५ जून, २०१८)

An NGO for rehabilitation of
friends with Spinal Cord Injury

१८ वैभवशाली वर्ष
आमारा वरोबर
चालण्यासाठी धन्यवाद

www.ninafoundation.org



LOVE EXPRESSIONS FROM FRIENDS WITH SPINAL CORD INJURY RECEIVED FOR 10TH SCI DAY - 25TH JUNE 2018



Mr. BHARAT BABANRAO SHENDE (27 years)
Nandgaon Peth, Amravati, Maharashtra, India.
Cause: Fall from 2nd floor at the age of 22 years
Injury Level: D12

Nina Foundation ke aaj tak ke madad se hame lagta hai ki jaisi jeene ki koi nayi raah mil gai. Mai aur muz jaise aur handicaaped brothers ko jaise ek bhagwan ka sahara mil gaya.

Nina foundation ke vajah se humra jeevan ek bhoj nahi bana hai isilye hum freedom ke sath jindagi jee sakte hai.

Hum jab bhi aur logo ko nina foundation ke jagah compair karte hai to Nina foundation ek alag andaj me apne pan ki sath deti hai. Bas duniya mai sab ko dekha hai par Nina foundation ek aisa parivaar hai jo muze mere maa baap ki yaad dilata hai.

- Bharat Babanrao Shende



Ms. ALKA NIKAM (45 years)
Badlapur, Thane, Maharashtra, India.
Cause: TB spine at the age of 14
Level of Injury: D7 – D10

मे अलका निकम | मे निना फाउन्डेशनकी सदस्य हु मुझे प्रेरणा मिलती हे। मुझे हर तर की मदत मिलती हे। जैसे की व्हिलचेअर होमेओपैथी मेडीसीन | मे सेंटर मे थी वाहा भी डोनेशन दिया था। केतना दी जो भी प्रोब्लेम हो उसका सोल्यूशन देते हे।

ओर क्या बताउ निना फाउन्डेशन के सभी मेबर ऐसे हे जो मेरा रॉग नंबर भी लग गया तो केहते मै क्या मदत कर सकता हू आपकी। निना फाउन्डेशन एक परीवार हे। निना फाउन्डेशन के बारे मे ये सोचती हु सब सेंटर से जादा बोहोत निना फाउन्डेशन का नाम हो। घर बेटे सभी मेबर को सुविधा मिले।

मेरे जिवन मे निना फाउन्डेशन की ये भुमीका हे मुझे अकेला पन मेहसुस नही होता जो भी होगा निना फाउन्डेशन मेरे साथ हे। निना फाउन्डेशन के कारण मे जीना सीख गई हु आच्छे लोग के जैसे घर संभालना खाना बनाना घर कि साफ सफाई करणा माँ को सभालना ओर क्या चाहीये

- अलका निकम



Several more videos & messages on www.ninafoundation.org

LOVE EXPRESSIONS FROM FRIENDS WITH SPINAL CORD INJURY
RECEIVED FOR 10TH SCI DAY - 25TH JUNE 2018



Ms. ZAVERBEN POPATLAL CHHEDA (48 years)

Jogeshwari, Mumbai, Maharashtra, India.

Cause: Tree fell on her in 2012

Level of Injury: D10 – D12

N = National

I = Idea

N = Natural

A = Abiding

F = Facility

O = Obey

U = Ultimate

N = Nation

D = Daring

A = Absolutely

T = Teach

I = Identical

O = Observation

N = Network

राष्ट्रीय सिद्धांत वादी असली प्राकृतिक गुण थी भरपुर कायमी सुविधा, कौशल थी भरपुर, आज्ञा पालन करना अत्यंत परम देशवासीनी बहादुर अने निडरता थी, पूरा तन, मन, अने धन थी सायुं शिक्षण प्रदान करना, एक जेवुं देभरेभ करना अने रचना रनार कोण येटले आपणु सहुनुं

नीना इण्डेशन परिवार मारा जवनमां नीना इण्डेशन गुपनुं भूय महत्व छे तेमना मार्गदर्शनथी मारा जवननी निराशा हर थई, हुं भुश रहेवा लागी, नवुं नवुं ज़ाणी ने मारामां सकारात्मकता वधी, मने भुश जेई मारा परिवारना सभ्यो अने मित्रो पणु कहेवा लाग्या के तारी हिंमत जेई अमने पणु प्रेरणा मणी.

आपणा बधानुं आ अनोभु जवन सदा हसतुं मिलतुं रहे येवी मारी नीना इण्डेशन ने 10मी वर्षगांठ निमीते भूय भूय शुभेच्छा

-अवेरबेन छेडा



Mr. NANDALAL VISHWAKARMA (33 yrs.)

Ganeshpuri, Bhiwandi, Thane, Maharashtra, India.

Cause: Bike accident at the age of 21 yrs.

Level of Injury: C6-C7

आप सभी को मेरा नमस्ते। मैं नंदलाल विश्वकर्मा हूँ, मैं गणेशपुरी रहता हूँ जो कि मुंबई से लगभग 70 किमी. दूरी पर है। नीना फाउंडेशन से पहली बार मेरा परिचय जून 2008 में हुआ जब डॉ भोजराज जी की सलाह से मैं केतना जी से अपने पापा के साथ उनके घर मिला और फिर मैं नीना फाउंडेशन से जुड़ा। उस समय मुझे और मेरे परिवारवालों को Spinal cord injury के बारे में बहुत कम जानकारी थी और हम परेशान थे कि आगे क्या और कैसे करना है लेकिन धीरे धीरे चीजें बदलती गईं और जिंदगी बेहतर होती गयी।

नीना फाउंडेशन ने मुझे उनके द्वारा आयोजित किये जाणे वाले कार्यक्रमों में शामिल होने के लिये मुझे हमेशा प्रोत्साहित किया जिसके कारण मेरी हिम्मत और आत्मविश्वास बड़ा।

मैं नीना फाउंडेशन के कई कार्यक्रम जैसे व्हालीचेअर डान्स, मुंबई मॅरिथॉन, मंदीर दर्शन, स्पॉर्नल कॉर्ड अवेअरनेस दिवस आदी कार्यक्रमों में सामील हुआ और कई सारी बातें सिखीं जीससे मेरी जिंदगी को बेहतर बनाने में मदद मिली। एक बार तो मैंने उनके साथ 5 स्टार हॉटेल ट्राइडेंट में स्पॉर्नल सर्जन्स के लिए व्हालीचेअर डान्स किया। उस समय मुझे व्हाली करना नहीं आता था तो केतना मॅडम ने एक Physiotherapist से कहकर मुझे व्हालीचेअर को व्हाली करनी सिखाने को कहा। तब मैंने व्हाली करनी सिखा और उसका प्रयोग व्हालीचेअर डान्स में भी किया। यह मेरे लिए एक अद्भुत अनुभव था। मुझे याद है उस समय मैं इन सब चीजोंको पहले ना कहता था पर केतना मॅडम मुझे प्रोत्साहित करतीं और सब होने के बाद ऐसा महसूस होता कि मैं फिजिकली चैलेंज होने पर भी बहुत कुछ कर सकता हूँ। इन सभी चीजों के लिए मैं केतना मॅडम का और नीना फाउंडेशन की पूरी टीम का आभारी हूँ और उनको इस बेहतरीन कार्य के लिए उन्हें ठेरों शुभकामनाएं देता हूँ।

-नंदलाल विश्वकर्मा



LOVE EXPRESSIONS FROM FRIENDS WITH SPINAL CORD INJURY RECEIVED FOR 10TH SCI DAY - 25TH JUNE 2018



Mr. HARISHCHANDRA JAVIR (35 years)

Nazare, Solapur, Maharashtra, India.
Cause: Car accident at the age of 21 years
Injury Level: D4 – D5

निना फाउंडेशन. हे नाव ऐकलं की चेहऱ्यावर आपसुकच स्मितहास्य आणी आत्मसंतुष्टपणा येतोच. माझ्या अपघातानंतर निना फाउंडेशन च्या रुपाने मला अजुन एक आपलं कुटुंबच मिळालयं. केतना दिदीबद्दल जितक लिहाव तितक कमीच, मी आणी माझ्यासारख्या सर्व Spinal Cord Injured साठी प्रेरणास्थान असणाऱ्या व प्रत्येकाच्या मदतीला धावुन येणाऱ्या दिदी माझ्या आयुष्यात आहेत हे माझं भाग्यच. माझं आयुष्य बदललं. अपघातानंतर आलेलं कायमचं अपंगत्व तसेच झालेला खूप खर्च यामुळे कुटुंबाची स्थिती बेताची झाली व मी घरी बसुनच राहीलो. अशावेळी निना फाउंडेशन नी मला नवीन व्हिलचेअर व बसायला कुशन दिले. त्यामुळे जिवन जगणे सुकर व सोपे झाले. Nina Foundation WhatsApp ग्रुप - या ग्रुपवरील सर्व मित्र Spinal Cord Injury बद्दल तसेच धंदा- नोकरी विषयक तसेच इतरही महत्वाची माहिती पाठवतात. त्यामुळे खूप मदत होते. तसेच या ग्रुपमुळे मला भावना छेडा दिदी, राजश्री पाटील, इमरान कुरेशी सारखे मित्र मिळालेत जे नेहमी माझ्या मदतीला येतात मार्गदर्शन करतात.

जिंदगी बहुत कुछ सिखाती है, कभी हँसाती है तो कभी रुलाती है,
पर जो हर हाल में खुश रहते हैं, जिंदगी उन्ही के आगे सर झुकाती है।

Thank you,
केतना दीदी आणी निना फाउंडेशन.

- हरीशंकर विठ्ठल जावीर



Mr. Gajanan Sanap (32 years)

Saatla Village, Parbhani, Maharashtra, India.
Cause: Road accident at the age of 22 years
Level of Injury: C6 – C7

नमस्ते, निना फाउंडेशन बहुत ही अच्छा काम करता है स्पाइनल कॉर्ड पेशंट के लिय | हमें तो निना फाउंडेशन हमारे परिवार की तरह लगता है जो हमारे हर सुख दुख में हमारा साथ देता है |

मेरे जीवन में निना फाउंडेशन का अलग ही स्थान है | निना फाउंडेशन की तरफ से मुझे एक व्हिलचेर मिला है | उससे मेरा जीवन में बहुत आसान हुआ है | मुझे बहर आने जाने में आसानी होती है | मैं एक छोटे से गांव में रहता हूँ फिर भी मेरे लिए निना फाउंडेशन ने मेरे लिए व्हिलचेर भेजा, इस लिय मैं निना फाउंडेशन का तहे दिल से शुक्रिया अदा करता हूँ |

जैसे परिवार का कोई सदस्य हमारे सुख दुख में हमारे साथ होता है, वैसे ही हमारे सुख दुख में हमारे साथ रहता निना फाउंडेशन |

- गजानन ज्ञानदेव सानप





2ND INTERNATIONAL WHEELCHAIR BASKETBALL CAMP



I watched this training camp at the Indoor Stadium of Mumbai University at Kalina. The enthusiasm of the Spinal Cord Injury players to learn and play basketball is infectious. All of them commute to the stadium regularly and spend hours to gain confidence in moving fast, holding the ball and pushing it to score 'baskets'. Doing it with shrieks of joy is a lesson that the able onlookers, like me can learn from them. I did not know before watching them play that the wheelchair used for playing basketball is special with anti-tilt safety feature provided, to avoid any injury to a player. Watching the coaches from abroad, Jaspal Dhani (London Titans, UK), Jignesh Vaidya (Leicester Cobras, UK) and Sanjay Bookun (Malaysia) was immensely inspiring because being wheelchair players themselves, they alone can impart the minute cautionary hints to the players. At the same time, these coaches are so energetic, and full of 'joie de vivre', which has to be seen to be believed. Talking to them was a great pleasure for me. I wish all success to Dr. Ketna Mehta and her Nina Foundation, in grooming all her basketball players into CHAMPIONS.

Dr. J. V. Yakhmi

Former Associate Director, BARC & Special Guest for International Camp

MEDIA COVERAGE

* Bombay Times | * NMTV | * Rediff.com | * ADC





2ND INTERNATIONAL WHEELCHAIR BASKETBALL CAMP



HISTORY OF NINA FOUNDATION WHEELCHAIR BASKETBALL

Nina Foundation is proud to have played a role of mentor, enabler, supporter and partner in the success journey of wheelchair basketball in Mumbai. Our friends with Spinal Cord Injury post their rehabilitation which forms the key group has been an arduous and difficult path full of obstacles.

Their discrimination, courage and hard work to overcome all their health & personal issues, participate in regular sessions with commitment and traveling long distances for practice has resulted in their successful win at the Nationals. At the center stage of this success are the 9 wheelchair women players who took the decision to engage in this team sport and bring laurels to our Maharashtra state. So very proud of their magical transformation.

These women have validated our Nina Foundation vision and our belief in Group Sports Rehabilitation (Batherno missing in Mumbai), encouraging and convincing our young friends to travel and participate in our first Basketball Camp conducted by our friend Jaspal Dhani (UK), Coach Kicha leading our enthusiasm and helping us with a Basketball Court at St. Dominic Savio High School in Andheri, courtesy Father Gioppino. Nina Foundation, took a leap in buying and investing in 10 best quality Basketball Wheelchairs for our promising young women and men, hunting for an indoor basketball court and finding an amazing partner & supporter in Dr. Vasanthi Kadhiravan - HOD, Physical Education Department, University of Mumbai, Kelina (Through Dr. J. V. Yakhani & Dr. Ashwini K.). Our donors who believed in our farfetched dream and came forward to support at the crucial time make a resounding difference in our optimistic approach. A 4-day camp was completely made possible with Nina Foundation sponsoring almost the entire cost and ably conducted by Wheelchair Basketball Association of Mumbai, Coach Capt. Louis George and Technical Director Abraham Paulose.

Nina Foundation organized the 2nd International 3-day Wheelchair Basketball Camp with International coaches on 16, 17, 18 Nov. 2018, in Mumbai. Success is a journey and Nina Foundation is happy to reach out with a vision early on and give wings to our young friends for them to fly and realize their potential.





FRIENDS WITH SPINAL CORD INJURY MAKING NEWS



Dr. Ratna Vora was nominated by Nina Foundation for WHO (World Health Organisation) sponsored 7 days workshop which was organised by Motivation India to spread knowledge and give user training to medical professionals and technicians involved in wheelchair service provision.

Our Beautiful & Talented Friend **SUMAIYA KHAN'S** wonderful water colour, meaningful painting for Nina Foundation Family





FRIENDS WITH SPINAL CORD INJURY MAKING NEWS

HEARTIEST CONGRATULATIONS



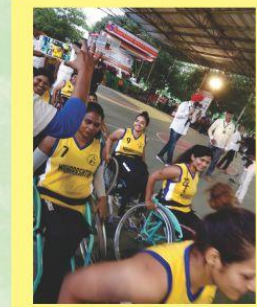
**RAJSHRI PATIL
 JOINS ANKUR SEEDS, NAGPUR**



Heartiest congratulations to Oliver D'souza for receiving the Swachh Ability Award on 8th December, 2018 in Delhi for being a role model.




THE CHALLENGING ONES REQUESTS YOUR BENIGN PRESENCE FOR THE 3RD EDITION OF
JK CEMENT SWACHHABILITY AWARDS CEREMONY
 On Saturday, December 08, 2018, 1000 to 1130 hrs at IISD Auditorium, The United Service Industries of India, Road Tula Ram Marg (Opposite Sagar Indus), New Delhi - 110 057
 SwachhAbility Awards are instituted to honour the spirit of Divyans, who have risen above their personal Disabilities and are contributing immensely in bringing positive change in society.
 Supported By
JK Cement Ltd.
 IISD
 Note: Dress Code Formal/ Smart Casuals. Kindly be seated 20 minutes before the ceremony.




Heartiest congratulations to the Maharashtra Women's Wheelchair Basketball Team for winning the National title in the finals held in Erode, Tamil Nadu on 23rd September, 2018 - organised wonderfully by Wheelchair Basketball Federation of India.

The fantastic women's team comprising of Kartiki, Nisha, Minakshi, Dinkle, Anu, Khushi, Sidhi, Jaya & Sumaiya (all from Mumbai) played with 4 teams and won all the matches.

Indian Wheelchair Basketball Team won the Bronze Medal at Hanna Lahoud International Tournament, Lebanon. Congratulations to WBFI & are very own young Sudhanshu Patel from Mumbai.



Our friends Neenu, Sunita, Krishna & Oliver were forceful and articulate panelist speakers for ADAPT'S WORLD DISABILITY DAY programme in mumbai on 3rd December, 2018.



FRIENDS WITH SPINAL CORD INJURY MAKING NEWS

CONGRATS TO THE GARBA QUEEN & KING

1st Prize NITA PANCHAL

1st Prize PARAG PANCHAL

CONGRATS
Sumendra Kumar Invented the Indian Wheelchair Cricket Team in Delhi and they won against Pakistan

Sumendra Kumar is a 35-year-old man who was paralyzed from the waist down in 1998. He is a former cricketer and a passionate sports enthusiast. He has been playing wheelchair cricket since 2005 and has been instrumental in the formation of the Indian Wheelchair Cricket Team. The team has won several international tournaments, including the Asian Wheelchair Cricket Cup in 2010 and 2014. Sumendra is also a member of the Indian Paralympic Committee and has been a vocal advocate for the rights of people with disabilities.

CONGRATS ASHWINI GALGHATE

प्रतिभाशक्ति
पुढीतन बरामाची राखी पावु करतो आहोत

SHAMS AALAM
Influencer released a video on his inspiring life.
https://m.facebook.com/story.php?story_fbid=862317358144666&set=77706243629296

A DAY IN THE LIFE OF INDIA

CONGRATS SHANTANU SANGAR
won 2 gold medals at the state level swimming competition in Maharashtra

Paraplegic IAF officer strikes gold at meet

Paraplegic IAF officer Shantanu Sangar has won two gold medals at the state-level swimming competition in Maharashtra. Sangar, who is a paraplegic, has been a member of the Indian Air Force for over 15 years. He has been a member of the Maharashtra Paralympic Committee and has been a vocal advocate for the rights of people with disabilities. Sangar's achievement is a testament to his determination and hard work.

Nina Foundation financially sponsored and enabled the Wheelchair Basketball Camp in April 2018 at Mumbai University

Portrait by Our media-released friend **IMRAN QURESHI**

Actor Boman Irani inaugurated Dev Mihir's first ever Photography Exhibition at Jehangir Art Gallery, Mumbai - March 2018



**CONGRATULATIONS TO NINA FOUNDATION FAMILY
 RECOGNITION FOR THE INVALUABLE CONTRIBUTION
 TO THE CAUSE OF SPINAL CORD INJURY - NEW DELHI**

Dr. Ketna Mehta and Mr. Dhaval Mehta (Trustees) received the award given by Mr. Vijay Sampla, Minister of State for Social Justice and Empowerment and Major HPS Ahluwalia, Chairman, ISIC (Indian Spinal Injuries Centre) in Delhi on 4th Sept., 2018 conferred by Spinal Cord Society & ISIC for Nina Foundation contribution for prevention & rehabilitation of spinal cord injury. Immense thanks for this award and a special gratitude to Dr. H. S. Chhabra for his continued encouragement and faith.



- Nina Foundation was founded. The objective of the Foundation is to offer optimism amongst the spinal cord offering innovative rehabilitation.
- Nina Foundation's activities include of its kind bi-monthly newsletter, **Voice of Paraplegics**. The newsletter comprehensive information and support to the distinct physical, medical, social, recreational and vocational spinal cord injured.

Nina Foundation has received the Hellen Keller Award in 2002, NAS 15 and has been featured in the edition of the Book of World Records.



Dr. Ketna Mehta was invited for the gala launch in Coimbatore as one of the '12 Calendar Girls' for "I am Special - Women of Substance" 2019 Calendar by Swarga Foundation's multi-talented Mrs. Swarnalatha. The proceeds from the sale of the calendars will be for Physiotherapy Centre in Coimbatore.

India's 12 most beautiful and inspiring women featured in the **P'm Special Calendar 2019** by Swarga Foundation. Please share and support.

To order your copy, please write to swargafoundation1@gmail.com or call +91 73977 00482 or +91 88709 55111 for queries. To know more about our work visit www.swargafoundation.org

Cost ₹300 per Calendar plus shipping extra. Delivery within Coimbatore is Free of Cost. Can be printed with your company branding on the Calendar.

Your contributions will help transform the lives of people with disabilities. Here are the bank details:

SWARGA FOUNDATION
 State Bank Of India
 R. S. Puram Branch
 Account Number: 64159368422
 IFSC: SBIN0003061
 Contact: Mrs. Swarnalatha +91 96001 52849



Dr. Ketna L Mehta Ph.D., Mumbai
 Founder Trustee, Nina Foundation

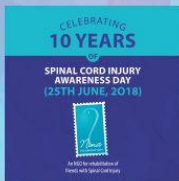
Ketna is an editor, author, professor, researcher, speaker and management curator. She heads Nina Foundation, an NGO for rehabilitating friends with Spinal Cord Injuries, an incurable permanent disability. She has won many accolades and recognitions, including the prestigious NCPEDP Shell Hellen Keller Award.

Paraplegia

Life is so much brighter when we focus on what truly matters.

JULY 2019

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



PROFILE

**MAJOR HARI PAL SINGH AHLUWALIA
 DOYEN OF MODERN SPINAL CORD INJURY REHABILITATION MOVEMENT IN INDIA**



Major Hari Pal Singh Ahluwalia
 (Born 6 November, 1936)
 Chairman,
 Indian Spinal Injuries Centre,
 New Delhi
 Spouse: Bholi Ahluwalia
 Daughter: Sugandh Ahluwalia

Major Hari Pal Singh Ahluwalia is an Indian Mountaineer. During his career of 45 years, he has made contributions in the fields of Adventure, Sports, Environment, Disability and Social Work. Following his advanced training at the Himalayan Mountaineering Institute, Darjeeling, he climbed extensively in Sikkim, Nepal and later he climbed Mount Everest on 29 May, 1965. During the Indo-Pakistani War of 1965, he suffered a bullet injury which resulted in spinal cord injury. Presently, he is the Chairman of Indian Spinal Injuries Centre. He has written thirteen books which includes his autobiography Higher than Everest, which ran into several editions and languages. Eternal Himalaya, Ladakh - The Hermit Kingdom, Climbing Everest, Faces of Everest, Himalaya, Everest, Where, Snow Never Melts, Nubra - A Forbidden Valley and the book titled 'Tracing Marco Polo's Journey of the Silk Route' was recently released. He has also produced an award-winning serial, 'Beyond Himalaya', which has been telecast all over the world on Discovery and National Geographic channels. The 1965 Indian Army expedition was the first successful Indian Expedition to Everest which put 9 mountaineers on top, a record to last 17 years. He along with Avtar Singh Cheema, Nawang Gombu Sherpa, Sonam Wangyal, C. P. Vohra, Harish Chandra Singh Rawat, Ang Kami Sherpa, Sonam Gyatso and Phu Dorjee Sherpa successfully scaled the peak in 1965 and became the first Indians to climb Mount Everest. During his long career he has made contribution in the fields of adventure, sports and social work.

AWARDS

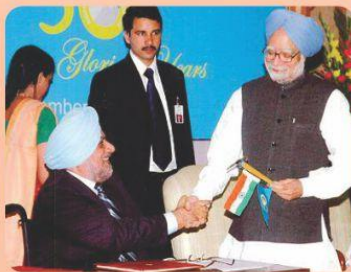
- ◀ PADMA BHUSHAN ◀ PADMA SHRI ◀ ARJUNA AWARD

BOOKS AUTHORED

- ◀ Higher than Everest
- ◀ Eternal Himalaya
- ◀ Everest, where the Snow Never Melts
- ◀ Nubra - A Forbidden Valley
- ◀ The Everest Within
- ◀ Beyond Himalaya
- ◀ Ladakh - The Hermit Kingdom
- ◀ Tracing Marco Polo's Journey of the Silk Route

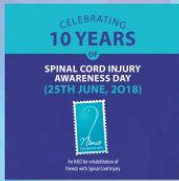
NATIONAL & INTERNATIONAL AWARDS

- ◀ FRGS – Fellow of the Royal Geographical Society (United Kingdom)
- ◀ Fellowship conferred for significant contribution to studies and literature written on Environment & Adventure
- ◀ CONDOR-DE-ORO – A high Argentinean honour given for overall contribution to adventure writing / participation in Adventure Sports
- ◀ Advisor / Consultant to the Argentina Everest Expedition
- ◀ World Health Initiative for Peace Award - 29 July, 2013
- ◀ Tenzing Norgay National Adventure Award for Lifetime Achievement - 29 August, 2009
- ◀ Order of the Khalsa (Nishan-e-Khalsa) Tercentenary of the Birth of Khalsa





- ◀ 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 Government of India, 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.
- ◀ Initiated Spinal Injury Day on 25th June for the first time in India, since 2009 to create focus, interest and awareness.
- ◀ CII Associate for Inclusive Employment.
- ◀ Moneylife Foundation Women's Day Award – 2014.
- ◀ Empowered over 1000's friends with spinal injury to lead a good quality of life.
- ◀ Collaboration with Bloomberg Philanthropies for Road Safety Initiative Media Campaign, 2017.
- ◀ Co-Convenor for the first Public Forum on Spinal Cord Injury at the 10th World Congress for Neuro Rehabilitation organised by World Federation for Neuro Rehabilitation 2018.
- ◀ Recognition for the invaluable contribution for prevention and rehabilitation for the cause of Spinal Cord Injuries by ISIC & Spinal Cord Society, New Delhi 2018 (Indian Spinal Injuries Centre).
- ◀ Featured as a 'Woman of Substance' in Swarga Foundation's 2019 Calendar.
- ◀ Launched a Free OPD for Spinal Cord Injury - Project Nirmaan in association with AIWC (All India Women's Congress) since 2013.
- ◀ Innovated home based holistic rehabilitation for friends with spinal cord injuries, 2018 with counselling visits by Spinal Injury Rehab Specialist.
- ◀ Successfully completed Spinal Cord Injury Rehabilitation Camps in Mumbai, Sultanpur (U.P.), Jalna (Maharashtra) & Ghaziabad.
- ◀ World-class brand new appropriate, customised Assistive Technology like wheelchairs, commode chairs, vehicle modification, home modification, calipers, other aids and appliances, laptops and connects for employment for dignified independent living has benefited hundreds of friends with spinal cord injuries.
- ◀ Initiated and enabled Wheelchair Basketball a Team game for sports rehabilitation in Mumbai for the first time and sponsored 10 multi-sport UK manufactured Motivation Wheelchairs for women and men players.



NINA FOUNDATION TEAM

TRUSTEES

DR. (Ms.) KETNA L. MEHTA
 MMM, FIMC, PhD, Founder Trustee
 Editor & Management Advisor

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 MS, FCPS (ORTHO), D (ORTHO)
 Consultant Spine Surgeon

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 Tr. & Ortho., Orthopedic Surgeon, UK

MR. DHAVAL L. MEHTA
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- Aditi Moorthy
- Sunita Sancheti
- Pranav Raman
- Namrata Mehta
- Bhawana Manral

YOUTH VOLUNTEERS

- Dev Mehta
- Shwetha Iyer
- Harrsh Mehta
- Aditi Mehta
- Rushil Mehta
- Surabhi Narang

PROJECT NIRMAAN MANAGING TEAM

(Counselling, Rehab, Physiotherapy, Assistive Technology, Medication & Supplies, Bladder & Bowel Management, Bedsores Management)

- Rajshri Patil
- Oliver D'souza
- Dr. Ratna Vora
- Mohammed Soni
- Bhavna Chheda
- Imran Qureshi
- Dr. Aashish Kumar Dubey
- Ajay Mahadik
- Madhu Singh
- Mrs. Renuka Sagade Vivek
- Kunal Nalawade
- Mohammed Sheikh
- Meera Mehta

WHEELCHAIR SPORTS MANAGING TEAM

- BASKETBALL : Nisha Gupta (Women)
 Oliver D'souza (Men)
- TENNIS, THROW BALL,
 BOXING, DUE BALL : Khushi Ganatra
- CRICKET : Surendra Kasare
- SWIMMING : Shams Aalam
- BADMINTON : Anup Chandran
- ARCHERY : Adil Ansari
- MARATHON : Bhavna Chheda

OPD DETAILS

Wednesday 2:00 pm - 4:00 pm
 (Prior Appointments Compulsory)



Address: Akhil Hind Mahila Parishad,
 Community Hall, 11th & 6th Road Corner,
 Near V. N. Desai Hospital, Santacruz (E), Mumbai - 400 055.
 Contact: Ms. Madhu Singh + 91 98195 61835

The entire Nina Foundation Rehabilitation Management Team Comprises of Peer - Mentors & Counsellors only. This may be a first for a disability NGO to be totally driven & executed by friends with disability.





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 Spinal Cord Injury Rehab Centre in Mumbai or Elsewhere 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 Spinal Cord Injury, 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 Spinal Cord Injury 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 Spinal Cord Injured gives them the much-needed push to accelerate them towards their goals. Those already in jobs facing work issues of rejoining, continuation of salaries,

penion, 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 Spinal Cord Injury Rehab Management** was also successfully completed in 2009.

Spinal Injury Awareness Day has been initiated and instituted by Nina Foundation since **26th June 2009**. It is endorsed by over **25 National Disability** organizations. **Rockstar and Will Star Awards** exclusively for Spinal Cord Injury 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, Aizol, Amravati and Mumbai) attended and benefited. Our focus is to generate interest, involvement and inspiration to live with dignity. Since then more such camps in other parts of India have been conducted in Solapur, Jala and Ghaziabad.


**NINA FOUNDATION
SPINAL CORD INJURY COMMUNITY IMPACT THROUGH OUR INITIATIVES (2001 - 2018)**





**PREVENTION OF SPINAL CORD INJURIES
 NINA FOUNDATION'S RESEARCH & INITIATIVES**


PREVENT SPINAL CORD INJURY



REHABILITATE. RELIEVE. REJOICE.

AN NGO FOR REHABILITATION OF FRIENDS WITH SPINAL CORD INJURY

240/11, Shankar Sadan, Sion (E), Mumbai – 400 022, INDIA.
 HELPLINE: +91 97696 80820 | www.ninafoundation.org



SCOOP STRETCHERS TO BE MADE MANDATORY IN ALL AMBULANCES, PUBLIC PLACES, SPORTS STADIUM INCLUDING ADVENTURE SPORTS, EDUCATIONAL INSTITUTIONS AND TRAFFIC ISLANDS IN THE COUNTRY!

CITIZENS, TRAFFIC POLICE, STUDENTS, DOCTORS, CONSTRUCTION SUPERVISORS, DRIVERS, SECURITY PERSONNEL... must be trained in the use of Scoop Stretchers. The golden hour technique training to be as ubiquitous and widely demonstrated and taught just like cardio pulmonary resuscitation.

CELEBRATE
JANMASHTAMI
 BREAK THE HANDI
 AND NOT YOUR VERTEBRAE

PARTICIPATION CRITERIA

- Prior Submission of Team Details with Birth Certificate, Photograph, Residential Proof & Contact Numbers, etc. at respective BMC, wards
- Age 18 years & above
- Pyramed Height not more than 20 feet
- Registered ID Card
- Tanned & Certified Participants Only

PRECAUTIONARY MEASURES AT DASH HANDI EVENTS

- Verification of each participant
- Health checkups to check alcohol consumption
- Mandatory Safety Equipments: Helmet, Vest, Jacket & Shoes
- Firearmless Zone with a range monitor and an ambulance
- Complete medical & rehabilitation requires to be available at all points of the event

LET US ALL PLEDGE FOR A SAFE JANMASHTAMI

Nina FOUNDATION
 REHABILITATE. RELIEVE. REJOICE.

PLEDGE TO SAVE LIVES

NINA FOUNDATION'S PLEDGE FOR PREVENTION OF SPINAL CORD INJURY

- 1. I PLEDGE TO DRIVE ANY VEHICLE SAFELY WITH A VALID DRIVING LICENCE AT ALL TIMES.
- 1. I WILL NEVER DRINK AND DRIVE.
- 1. I WILL NEVER USE THE MOBILE PHONE WHILE DRIVING.
- 1. I WILL FOLLOW ALL TRAFFIC LAWS AND NEVER INKLEGE IN OVER SPEEDING.
- 1. I WILL FOLLOW SAFETY REGULATIONS LIKE PUTTING ON SEAT BELT (FOR CARS) OR PROPER HELMET (FOR TWO WHEELERS).
- 1. I WILL ALWAYS BE AWARE OF MY SURROUNDINGS.
- 1. I WILL CHECK SIGNS, SIGNALS AND THE CONDITIONS BEFORE DRIVING.
- 1. AS A PEDESTRIAN, I WILL ALWAYS LOOK BOTH SIDES OF THE ROAD BEFORE CROSSING.
- 1. I WILL CROSS THE ROAD ONLY FROM ZEBRA CROSSING WHEN THE GREEN LIGHT FOR PEDESTRIANS IS ON.
- 1. I WILL NOT USE THE MOBILE WHILE CROSSING THE ROAD.
- 1. I WILL USE FOOTPATH WHILE WALKING.
- 1. I WILL HOLD SMALL CHILDREN'S HANDS WHILE WALKING ALONGSIDE OR CROSSING THE ROAD.
- 1. I WILL HELP THE ELDERLY OR THE DISABLED WHILE CROSSING.
- 1. I PLEDGE TO ENSURE THAT ALL SAFETY EQUIPMENTS ARE USED WHILE PARTICIPATING IN ANY ADVENTURE SPORTS.
- 1. I WILL UNDERSTAND AND FOLLOW RULES & INSTRUCTIONS WHILE PARTICIPATING IN THESE ADVENTURE AND OTHER SPORTS.
- 1. I WILL HELP PEOPLE AS PER THE GUIDELINES SHARED & LEARNED TODAY IN THE EVENT I AM A WITNESS TO ANY OF THESE INCIDENTS IN MY LIFE.
- 1. LET'S ALL COME TOGETHER & PLEDGE TO SPREAD THIS CAMPAIGN AMONGST MORE PEOPLE AND PREVENT SPINAL CORD INJURY AS WELL AS PAIN & LOSS.

Nina FOUNDATION
 REHABILITATE. RELIEVE. REJOICE.

LINKS

- ▶ **BEWARE OF SPINAL CORD INJURY AND TAKE STEPS TO PREVENT IT**
<http://www.moneylife.in/article/beware-of-spinal-cord-injury-and-take-steps-to-prevent-it/46187.html>
- ▶ **DEADLY POTS OF GOLD**
<http://www.outlookindia.com/magazine/story/deadly-pots-of-gold/297770>
- ▶ **CELEBRATE JANMASHTAMI WITHOUT BREAKING THE VERTEBRAE**
<http://www.moneylife.in/article/celebrate-janmashtami-without-breaking-the-vertebrae/47907.html>
- ▶ **REHAB EXPO 2015 VIDEOS (How to use Scoop Stretcher)**
<http://ninafoundation.org/video-gallery-old.html>
- ▶ **REHAB EXPO PICTURES**
<https://goo.gl/photos/TSoT97nYaxeZjNms9>

NINA FOUNDATION ACTIVITIES

COUNSELLING WORKSHOP - 9TH MARCH, 2018



Nina Foundation organised a peer counselling and mentoring workshop and invited Dr. Divya Parashar from ISIC to conduct it. 15 senior peer mentors and volunteers from Nina Foundation attended the same. Madhu Singh, Adil Ansari, Nisha Gupta, Bhavna Chheda, Imran Qureshi, Oliver D'souza, Mohd. Soni, Rajshri Patil, Ratna Vora, Pooja Botla, Mohd. Yousef, Meera Bhabhi and friends from Otto Bock.

The basic tenets of spinal cord injury were discussed wherein the primary and secondary complications post spinal cord injury were highlighted. Peer mentors shared the unique challenges they have faced practically in their own experiences. Solutions adopted by different peers were also shared in order to tackle these issues from different perspectives. Myths and non-scientific beliefs were dispelled with regards to treatments available.

Counselling philosophy and techniques were shared by Dr. Divya Parashar. The emphasis on HOPE was shared as a key ingredient in the rehabilitation journey. Mock counselling sessions were conducted, peer mentors participated and Dr. Divya Parashar ironed out some of the mistakes that were made while dealing with irate and non-cooperative Spinal Cord Injury survivors and their families. The importance of recommending evidence based treatment was emphasised and anecdotal experiences should not be generalised.

While counselling requires a lot of training and patience this session was a thoughtful, futuristic and wonderful beginning.

Report by: Oliver D'souza

SPORTS PSYCHOLOGY ON THE FIELD



NINA FOUNDATION ACTIVITIES

ERODE 2018 NATIONAL WHEELCHAIR BASKETBALL TOURNAMENT - MEN



Oliver D'souza, Mohammed Hadis, Sudhanshu Patel and Mohammed Imran – four friends whose friendship has been forged by spinal cord injury that left them paralysed from waist down. They were selected to participate in 2018 National Wheelchair Basketball Tournament to be held in Erode, Tamil Nadu on 20th September, 2018. They met each other thanks to the Nina Foundation, an NGO that supports and guides friends with spinal cord injury.

It was thanks to the Nina Foundation that all four of these boys found each other and unknowingly they also found themselves. Their journey began when they explored the limits to which they could push themselves on their wheelchairs as they practiced wheelchair skills, dances and stunts.

Nina Foundation organised a wheelchair basketball camp in 2015, when they invited Mr. Jaspal Dhani who is the coach and founder of the biggest Wheelchair Basketball Club in the UK. It was at this camp that the seeds were sown and today we can see the fruits of that investment. Today, more than 20 members of Nina Foundation practice wheelchair basketball every weekend at the Mumbai University which houses an accessible indoor basketball court. In order to enable its members reach their potential, Nina Foundation has sponsored 10 sports wheelchairs.

Report by: Oliver D'souza



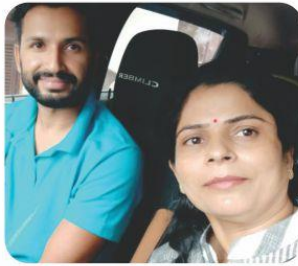


NINA FOUNDATION ACTIVITIES

5TH AUGUST, 2018 - NINA FOUNDATION GHAZIABAD SCI CAMP

दिनांक 05/08/2018 दिन रविवार को नीना फाउंडेशन की और से गाज़ियाबाद उत्तर प्रदेश में एक Spinal Injury Awareness Camp का आयोजन किया गया। जिसमें दूर दराज के ऐसे Spinal Cord Injury दोस्तों को बुलाया गया जो कई कई वर्षों से घरों से बाहर भी नहीं निकले थे जिन्हें ये तक नहीं पता था कि rehab किसे कहते हैं। क्या होता है एक अच्छी व्हीलचेयर कैसी होती है, bladder, bowel management कैसे किया जाता है। वो बाहर की दुनिया से एकदम अलग हो चुके थे। आज वो एक जगह पर इकट्ठे हुए अपनी life discuss की अपने अनुभव बताए। सबकी आंखें झलक आयीं जब वो अपनी Life Ke Struggles को बता रहे थे। सबसे पहले केतना दीदी का Audio Message सभी को सुनाया गया और नीना फाउंडेशन के बारे में सबको बताया गया। उसके बाद इमरान जी ने अपना परिचय दिया और अपना अनुभव सबके साथ share किया सब लोग इमरान जी से मिलकर बहुत खुश थे वो पहली बार देख रहे थे एक व्हीलचेयर पर इतने active इंसान को। उसके बाद इमरान जी ने Bladder Bowel Management, Bedsore Care, सिखायी। तब तक Dr. दिव्या पाराशर जी Psychologist ISIC, New Delhi, भी आ गईं। उन्होंने सभी से उनके अनुभव सुने और उनकी समस्या सुनी और हर संभव मदद करने का वादा किया। उन्होंने सभी लोगों को इतना प्रेरित किया कि उनके हॉल से जाने के बाद भी सब उनकी तारीफ करते नहीं थक रहे थे। अब lunch time हो चुका था तो हम सबने मिलकर मेरे birthday का कैक काटा और लंच किया। इसके इमरान जी ने transfers, shifting सिखायी। मैंने और इमरान जी ने सबकी queries सुनी और उनके solutions बताए। सब लोग बहुत खुश थे और नीना foundation का आभार प्रकट कर रहे थे। सब इमरान जी के fan हो गए। thank you ketna didi एंड Nina foundation आज का दिन यादगार बनाने के लिए और लोगो मैं उम्मीद की किरण जगाने के लिए। थोड़ा challenging तो रहा उन्हें convince करके लेके आना but finally उन्होंने बाहर निकलने की हिम्मत की ये अच्छी बात हुई।

Report by: Babita Chowdhary



Heartiest congrats Nina Foundation Team led by Babita Chowdhary ably supported by Imran Quereshi, Dr. Divya Parashar & Rajshri Patil for a successful Spinal Cord Injury Awareness Camp in Ghaziabad on 5th August, 2018. This is how Babita celebrated her birthday. God bless you team and all participants.



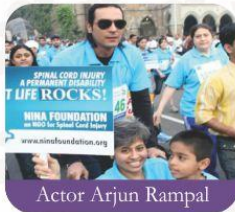


Thanksgiving

**NINA FOUNDATION HAS BEEN HONOURED
 BY THE PRESENCE OF FOLLOWING
 CELEBRITIES OVER THE YEARS**



Supermodel Mehr Jesia



Actor Arjun Rampal



Eminent Editor
 Bachi Karkaria Ji



Eminent Film Journalist
 Bhawana Somaiya Ji



Actor Shefali Shah Ji



Dimple Kapadia Ji



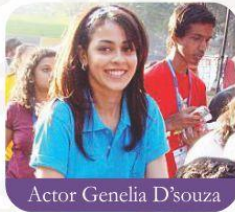
Mrs. Rajashree Birla Ji



Model Diana Hayden



Dr. Armida Fernandez



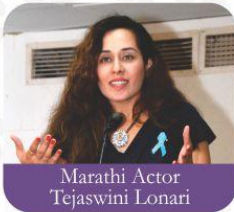
Actor Genelia D'souza



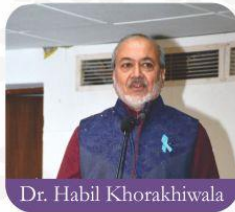
Tele Actor (CID)
 Shivaji Satam



Singer Shri Hariharan Ji



Marathi Actor
 Tejaswini Lonari



Dr. Habil Khorakhiwala



Actor & Singer
 Manasi Parekh Gohil



Singer Parthiv Gohil



MULTI-LINGUAL COMMUNICATION CAMPAIGN

RELIVE

CURRENTLY THERE ARE
1.2 MILLION
 PARAPLEGICS/QUADRIPLEGICS
 IN INDIA!

SALUTE TO THE INDOMITABLE SPIRIT
 & ZEST FOR LIFE DEFYING ALL ODDS

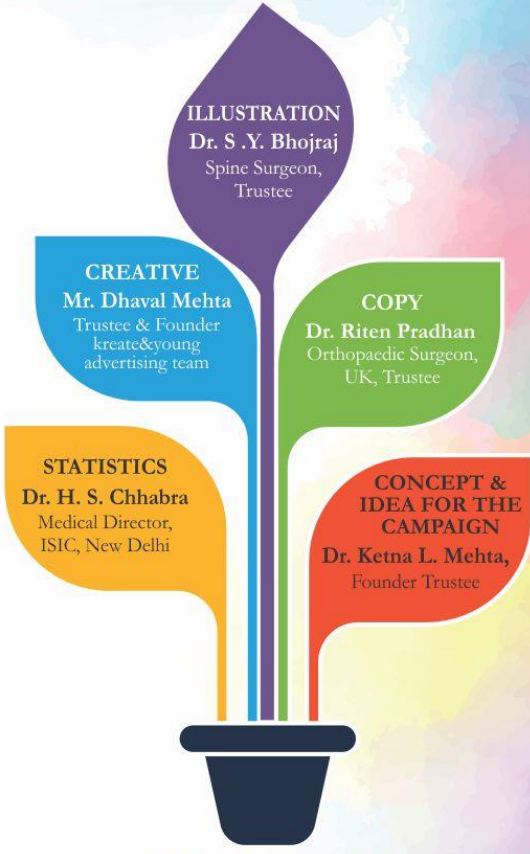
CELEBRATING 10TH YEAR OF
 SPINAL CORD INJURY AWARENESS DAY
 (25TH JUNE, 2018)

An NGO for rehabilitation of
 friends with Spinal Cord Injury

WE THANK ALL
 FOR WALKING WITH US FOR
18 GLORIOUS YEARS!

www.ninafoundation.org

Credits by: kreateandyoung.com



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REHABILITATE.
 RELIVE. REJOICE.

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SHUKRIYA FOR WALKING TOGETHER

