



## MARGADARSHI E-News

The Association for Physically Challenged (Regd)

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Our Vision : To help persons with disability get transformed into self-actualizing dignified human beings as socially equal partners.



## Disability Management Skill Workshop

For the very first time, Margadarshi, conducted 2 Workshops for the mentally challenged children and their parents to self-improve on their capacity and skills in taking good care of their children. The Workshops were held from 23rd September to 4th October 2019 and 25th November 2019 to 6th December 2019 at our Resource & Training Centre, Bengaluru. Totally 23 mentally challenged children along with their parents derived benefits from the workshop. Their initial assessment was done by Dr Prasad and Dr Somandra.

Dr Prasad, Dr Arun, Dr Lino, Dr Nimisha and Dr.Mohammad Basim V.K handled the therapy sessions. Mr. Srikanth and Ms. Sreelakshmi P.S from NIMHANS gave a briefing about the benefits and schemes of the Government for mentally challenged children. Various physiotherapy equipment like balance ball, parallel bars were used as part of the therapy along with massage, exercises, ice therapy and other physical activities to manage pain, facilitate movement, increase function and prevent future complications. The parents were advised to use local resources for therapy. We thank Partners from SLK and Northern Operating Services Pvt Ltd, who have volunteered, for these Workshops.



### Workshop to Rejuvenate Mentally Retarded children & Their Parents



**Mission:** Remove barriers imposed by disability and instil faith and hope in disabled persons so that they start owning the process of their own development.

**Motto:** To work towards achieving effective, productive, meaningful and dignified integration of disabled persons into the mainstream society.



## “Jathre” a Fun Festival for Special Children

An open-to-all, free-of-cost festival was organized on 7th December’ 19 at Chamarajanagar, for the 2<sup>nd</sup> time in 3 years. It was a rich and diverse event which invited any and all expression of talents from the community. It involved music and singing, apart from games and food stalls, which offered foods most liked by the children. An apt definition of FUN.

The fest organised by Margadarshi, was supported by various Departments of Chamarajanagar like Department of Public Education, Department of Women and Child Development, Disabled and Senior Citizen Empowerment Department, Rotary International, Rotary Silk City, Vasavi Trust, District Workers Associations, District Disabled and Carers Union etc.,

This Jathre was an attempt to reach out to those who have been isolated from the mainstream, to motivate and help them harvest a more optimistic outlook on life. More than 600 children and 400+ parents participated in the Fest. Mobility India, Deepa Academy (Blind School) and Vrudhi NGO participated in the fest along with volunteers from Orgami NGO, Northern Operating Services Pvt Ltd. State Street and SLK.



## Residential Workshop on Career Guidance & Bridge Course for High School Students of Chamarajanagar



A two-day Residential Workshop for Grade 10 students was conducted in November' 19, at

Sevabharathi School, Chamarajanagar, for students from the 5 Taluks of Chamarajanagar District. 42 students and 23 parents participated.

Students were encouraged to focus on Education. They were provided with model question papers, along with tips and guidance for an easy and efficient exam preparation. Interactive 'question and answer' sessions helped the students understand how to deal with exam stress. Also sessions were held for Self-Improvement, Career Guidance, Yoga etc. Due to our ardent sustained efforts like this, Chamarajanagar District recorded 80% result in 2019, 10th grade examination.



## Diya Painting and Decoration

Margaradarshi, in its quest to explore the creative side of our challenged women and to encourage their skill development, took up the work of decorating Diyas which paved the way for growth and self-reliance. During Workshop around 2000 Diyas were made from which over 1700 have been sold to individuals, Corporates families, friends and well-wishers during the festive season of Deepavali. The Diyas were priced in the range of Rs.20-200. We thank Partners from SLK, for volunteering in this Workshop



## Distribution of Assistive Devices



Margaradarshi Distributed Assistive Devices like Wheelchairs to 43 people, 60 beneficiaries were given Mobility Aid and 6 were benefited with bilateral hearing aid during October 2019 to December 2019.

## Donations

### Offline

Please make cheques payable to: "Margadarshi The Association for Physically Challenged" Cheques can be directly posted to the following address

Margadarshi  
The Association for Physically Challenged  
# 75/6, Hulkul Complex, Labagh Road,  
Bangalore – 560 027

### Online wire transfer

#### Donation within India:

State Bank of India  
Account Number: 34524413998  
Account Name: Margadarshi The  
Association for Physically Challenged  
Branch: Ulsoor,  
Cambridge Layout, Bangalore – 560 084  
IFS Code: SBIN0001824  
Type : Current

#### International Donation

State Bank of India  
Account Number: 34524416547  
Account Name: Margadarshi The  
Association for Physically Challenged  
Branch: 4th T block, Jayanagar,  
Bangalore – 560 041, Karnataka India  
IFS Code: SBIN0004926  
Swift Code : SBININBB423

We have FCRA registration to receive foreign donations.

## Board Members

- Smt. Shanthalakshmi V.V - President
- Smt. Geethamrutha K.M - Vice President
- Smt. Seethalakshmi K.N - Secretary
- Sri. Umakanth N - Joint Secretary
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- Smt. Mamatha N - Executive Board Member
- Sri. Srinivas B.K - Executive Board Member
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- Smt. Mamatha N - Executive Board Member
- Smt. Nethravathi. S - Executive Board Member



- All the Donations are exempt from tax under section 80G of Income Tax 1961
- If you are sending a cheque, please write the following details behind the cheque " Your Name, Email ID, Address, Contact number, PAN number. If you are wire transferring, Please email us the above details on [marga\\_darshi@yahoo.co.in](mailto:marga_darshi@yahoo.co.in)
- Receipt will be emailed or couriered to you within two weeks of receiving the cheques/wire transfer.

**"IT IS OUR EARNEST APPEAL TO ALL TO JOIN US IN THIS FIGHT FOR A BETTER TOMORROW AND SAFE PLACE TO LIVE IN"**