

FEBRUARY 28, 2021

# NEWS LETTER

**Prajaahita Foundation**



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**BRaille AWARENESS**

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iCafe**

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**THE VOICE  
S.M.I.L.E**

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**AND MORE...**

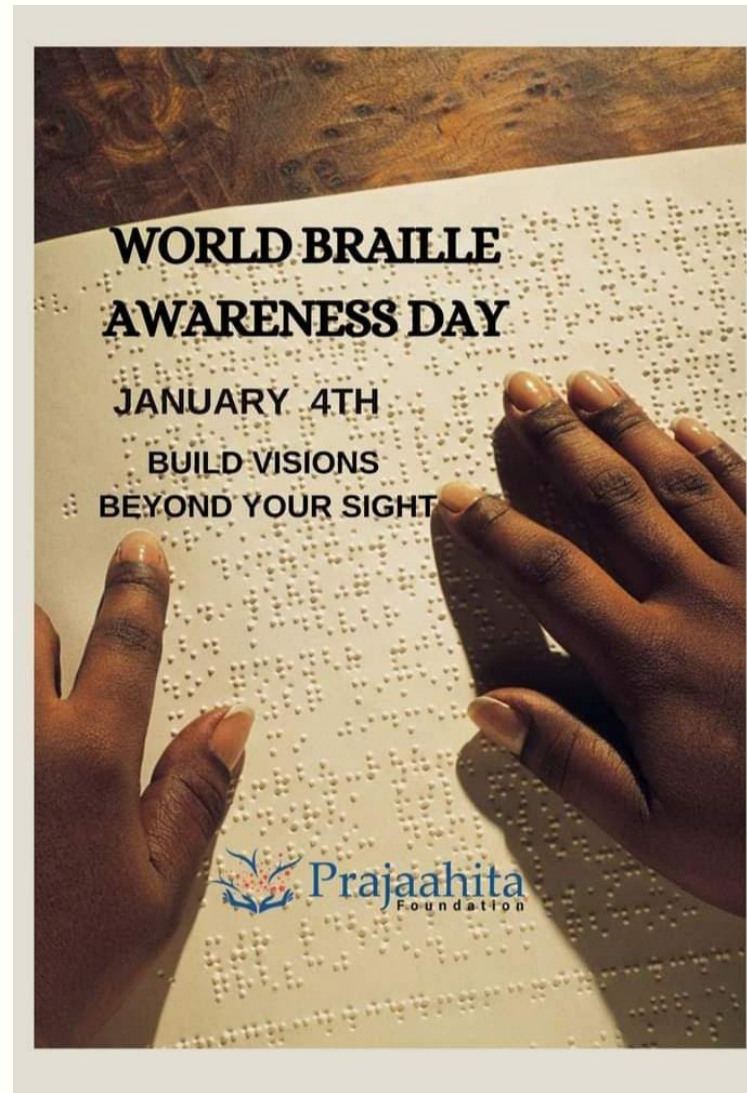


# **A Look back Into the Previous months**

The first day of the new year was a great occasion for all of us. A fresh start, a good dose of happiness and the chain reaction of hope and happiness multiplied on us. It was a fresh start for the new members who have pushed themselves through the pandemic season.

# The Braille Awareness Day and Message.

We gave our respect to the day, a great achievement happened in the history of the people who can't enjoy the colours. We made our small contribution by preparing an article on Braille awareness Day. Click on the icon below to read the story.



# Nirampakaram

We identified some interesting topics for the public and turned those into knowledge shots. Knowledge shots are always things of curiosity for the enthusiasts and helpful for the needy. Click on the button for the link.

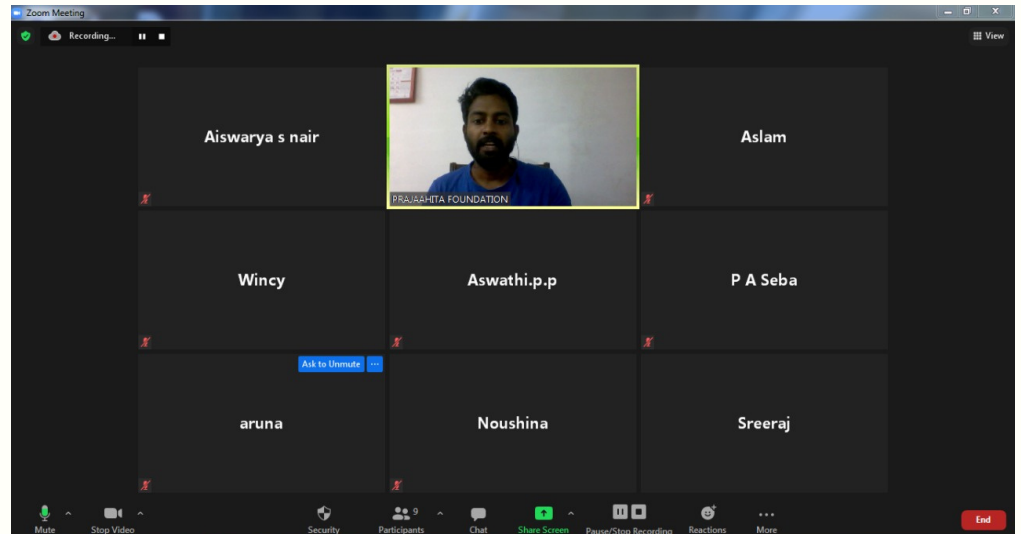


## Udaan

- "An Hour with Experts "- the session was conducted by Dr Sujith on 06 January 2021
- Udaan expanded to 65 more children with disabilities.

# S.M.I.L.E

zoom

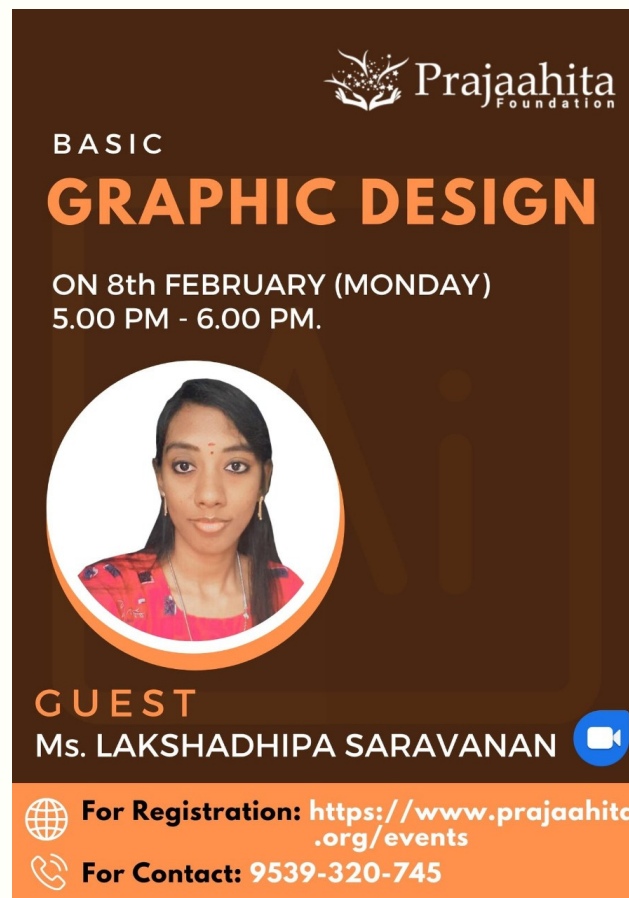


- Basic English and Computer literacy course started under the S.M.I.L.E. project on 1st4thJanuary 2021 and extended till 6th February 2021.



- Digital marketing was an informative session by Pavitraa Swaminathan. We never knew marketing was this fun and easy.





- The introduction session for Graphic Designing course was totally engaging one. Lakshadhipa Saravanan gave a beautiful session on the necessities of Graphics Designing and we have decided to meet our friends on a daily basis. the course is scheduled to start on 27-02-2021.

icafé



The  
inclusive  
and

**interactive session** on every Saturday evening attracted the participation of individuals and they spoke about the topic shared in the group. The topics ranged from describing an object to online purchasing and location sharing to the delivery people.

# Athijeevana

**Anyone can share a grow bag.**

**“Sharing grow bags to people is not rocket science, they said.  
Sharing is caring, they said”.**



The idea of sharing is important. We shared the joy by reaching out to the people with a handful of plants and grow bags. What about you? We have conducted this program for 55 people. We are eagerly looking forward to those tender green organic vegetables our 55 heroes are going to harvest from their own bags of growing hope.





# Award Nights



Proud moments happen just like that! Rotary club of Palghat East honoured Sooraj S. on 16th January 2021, for Prajaahita Foundation's contributions in Vocational training and Rajeshwari N V was awarded for being the Woman Motivator.



...There is a Voice of actions. There is always a Voice for promises.



After the long waiting, frequent discussions and elaborate planning, "The Voice" launched just like it was promised, on 26-1-2021 by Sreeja Shayam on her Facebook account with a video message.

CLICK HERE



# Saukhyam



Hard work and commitment joined hands together once again. We successfully conducted the webinar on “Nutritional care for children with disabilities”. Zammiloony Iqbal, Clinical Nutritionist and Dietitian became one among us and shared her expert suggestions to the whole family. She spoke about the necessity and methods of nutritional care for children with disabilities.

# Music Community

**We met artists. We witnessed the talents.  
We saw happy smiles.**

- Music community virtual meet-up held on 23 January 2021



- The Zoom session was on Music production in the film industry by Ranjith Meleppatt. on 30th January 2021

# Certificates...

- The Basic English and Computer Literacy Course ended successfully. The students got their certificates

## Hour with an expert

- Cyril Syriac(Filmmaker)

A man of brilliance spoke to us. The man showed us methods of brilliance.

The man with ideas showed us ideas.



**Hour with an Expert**



**Cyril Syriac.**  
Film Maker

Feb 15, 2021, Monday  
7:00 PM to 8:00 PM

Meeting ID: 915 8252 1179  
Passcode 664449

**zoom**


Visit - [www.prajaahita.org](http://www.prajaahita.org)

# Occupational Therapy



**Saukhyam Webinar On  
Occupational Therapy for Children With  
Disabilities.**

Speaker



**Mrs. Aarsha Arjun**  
Paediatric Occupational Therapist.

13-02-2021 Saturday  
4:00 PM to 5:30 PM

**zoom**

For Registration:  
📞 9539320745  
🌐 [www.prajaahita.org/events](http://www.prajaahita.org/events)

Webinar on "Occupational therapy for children with disabilities" by Mrs. Arsha Arjun( Paediatric Occupational Therapist) spoke about the things we knew very less. The talk on the necessity of occupational therapy, the areas to focus, the other streams associated with it were the main topics.



# Chaya Charcha

The same tea-time table discussions.



Discussions from the people and for the people on areas like Health, Education, Livelihood, Accessibility and Sports/Arts. people with disabilities and volunteers examines the methods to make their place as inclusive to the maximum. We started the first discussion in Kollam on 15th of February 2021.

# Field Visit Time.



We visited M.A.M.O. College of Arts and Science Manassery Calicut and delivered a session on the awareness of various disabilities and sensitization of conditions affecting those problems. we were all thrilled meeting each other and sharing the ideas.

# Early Detection of Rare Disease



WEBINAR  
ON  
EARLY  
DETECTION OF  
RARE DISEASE



Dr. Javed Anees  
(Neuro- Interventional Physiatrist &  
Rehabilitation Physician)

**On 28th February, Sunday**

 **7.00PM - 8.30PM**

For Registration  
 **9539320745**

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[www.prajaahita.org](http://www.prajaahita.org)

Dr. Javed Anees was with us from 7 PM - 8 PM on 28-02-2021. He spoke about rare diseases and the importance to identify and rectify them as early as possible. Many of the people asked their doubt and get suggestions from him.

# Stories for Voice

## Health

<https://www.prajaahita.org/health-main>

## Public Policy

<https://www.prajaahita.org/public-policy>

## Education

<https://www.prajaahita.org/education>

## Accessibility

<https://www.prajaahita.org/accessibility>

## Social stories

<https://www.prajaahita.org/social-stories>

## Livelihood

<https://www.prajaahita.org/livelihood>

# Saukhyam Knowledge shots

Hemophilia:

[https://youtu.be/3tVJLls\\_YqY](https://youtu.be/3tVJLls_YqY)

Muscular Dystrophy:

[https://youtu.be/\\_CV4JMrewNA](https://youtu.be/_CV4JMrewNA)

Chronic & Neurological Disorders:

<https://youtu.be/f2B4qHwiJZ8>

Speech & Language Development:

<https://youtu.be/byJGLaz5tTc>

Multiple Sclerosis:

<https://youtu.be/cjwJMo3m8II>

Sickle cell Disease:

<https://youtu.be/CzxzUunU94A>

Dwarfism:

<https://youtu.be/shjDD9QVEA4>

Leprosy:

[https://youtu.be/wIpU3p\\_vR3w](https://youtu.be/wIpU3p_vR3w)

Hearing Impairment:

<https://youtu.be/OF3BPFySpkk>

<https://www.facebook.com/Prajaahita/videos/748998626015596/>

# Knowledge Shots for Nirampakaram

Challenge Faced in Inclusive Education in India:

<https://youtu.be/4XDalt49qLQ>

Inclusive Education:

<https://youtu.be/TbPn6EQKiIQ>

Right to Education Act:

<https://youtu.be/8x3-vphan9U>

Getting to Know More About Disabilities:

<https://youtu.be/okgp0J669gg>

Benefits of Inclusive Education(UNESCO):

<https://youtu.be/hE3FTwhJ9Lg>

Vocational Education:

<https://youtu.be/U0bDBXtXF3w>



# Contact Details

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**Please support us to make India inclusive**



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Click on the icons for more info.

