



BISWA GOURI
CHARITABLE TRUST

SEPTEMBER 2018 - FEBRUARY 2019

NEWSLETTER

A ROUND UP OF ACTIVITIES OF BISWA GOURI CHARITABLE TRUST



A NEW LOGO, WITH THE SAME ESSENCE

Before we delve deeper into the learning activities of this quarter, we are proud to present the logo of Biswa Gouri Charitable Trust. This year marks a decade of our existence, working with individuals on the autism spectrum and other developmental challenges and this wouldn't have been possible without the support and encouragement from the trustees, the advisors, our parents, funders and all our well-wishers. The new logo is a celebration of all our efforts and a reminder that there is an opportunity and possibility for everyone to grow and realise their dreams.

CELEBRATIONS AT BISWA GOURI CHARITABLE TRUST



On the occasion of Ganesh Chaturthi, our trainees in Pragati made their own Ganesha and offered flowers to mark the occasion.

This was followed by the celebration of Dussera which included glimpses from across the country, including dandiya, golu, enactment of Durga and Mahishasur episode and Agomani song.



CELEBRATIONS AT BISWA GOURI CHARITABLE TRUST

One can never thank a teacher enough! Teacher's Day was spent with yoga teacher, Mr Yamauchi from Japan Yoga School.



We celebrated onam this year with a different emotion. When Kerala suffered at the hands of the floods causing loss of lives and property, we wanted to send positive energy to those in need and a re-affirmation that even though far, we are still with them.

Christmas at our centre was a volunteer driven event. Our 300 volunteers, under the leadership of Seema Dharma, spread joy to many children! The volunteers raised money, bought gifts for 560 children, packed them with lots of love. These gifts were distributed among 7 NGOs.



Integrated Christmas was also celebrated with the students at DPS, North.



BUILDING ORGANISATION'S CAPACITY

- Sarbani Mallick was one of the panelist at DPS North symposium on "International Perspective on Inclusion."
- Colonel Sreedharan, and his project Director Captain Santosh from Covai Care Group were at Bubbles to speak about their proposed inclusive / assisted living project for individuals with disability. This project will be coming up in Bangalore in the next couple of years.
- Three of our Board members, Sarbani Mallick, Liz Albuquerque & Rumno Mukherjee went to Coimbatore to study the integrated model - Assisted Living for adults with Disabilities, a pioneering project in India. They also visited Amaze Charitable Trust, an organisation working in the space of skill training for individuals on the Spectrum and helping their families navigate through the Autism maze.
- Teachers and staff underwent a workshop on Child protection policy by Suja Rayaprol, our Operations Manager. The purpose of the workshop was to help the staff discuss and understand child abuse.
- Our Board members and Operations Manager attended multiple residential training sessions conducted by Dhvani Foundation as a part of "Niranthara program". Topics covered were Strategy planning, writing proposals, Marketing and Fund raising to name a few.



BUILDING ORGANISATION'S CAPACITY

- Sarbani Mallick participated in a workshop hosted by the Disability Commissioner Office and DNA at Suttur Mutt, Nanjangud. The focus of the workshop was on how to Develop comprehensive rehabilitation model (WHO CBR Matrix) in partnership with Local Government.
- As a part of monthly lecture series for parent empowerment, Dr Shoba Srinath, Professor Emeritus, Nimhans covered topics such as - Behavior management strategies, adolescents with ASD and co morbidity, pharmacotherapy in the management of ASD, transition planning for young adults on the spectrum, work placement and challenges around it.
- Dr Pavan Anthony, Associate Professor and Program Director of Special education at Adelphi University conducted a workshop on "Dealing with issues related to adolescents on the Autism Spectrum".
- Mr. Rupert Isaacson (author of the Sunday Times No.1 Bestseller, The Horse Boy) visited us and had a talk with the parents about his miraculous journey to heal his son.
- Meenakshy, Liz and Sarbani visited Café Arpan at Mumbai, to study a supported employment model where individuals with Autism and other Intellectual disabilities are gainfully employed. Sarbani Mallick also visited OM Creations Trust - a sheltered workplace for adults with intellectual disabilities.
- Train the trainers program was conducted by Amba to become an "Amba Certified Partner Centre" towards back office, visual data entry and livelihood.



STEPS TOWARDS INCLUSION

We participated in DPS Habba, an event organised by DPS North which gives opportunity to talents to perform. Our trainees participated in the cultural event and put up a stall with products from Pragati.



As a part of Mission 1000, the order of printing of T- shirts for the walkathon (India Inclusion Summit) was placed at the Digital Printing Unit at Pragati. Our Trainees printed them within deadline & participated in the event, wearing the T-shirts printed by them.



As a part of Buddy Program and Employee Engagement Program, these two quarters saw multiple engagement from employees of Intel, Goldman Sachs, McAfee, ANZ, Standard Chartered. We also had an exposure activity with the employees of IDFC FIRST Bank at a farm by Green Venture.

STEPS TOWARDS INCLUSION



Trainees from Pragati participated in Hackathon, an event organised by Delhi Public School, Bangalore North as a part of Innodome 2018. Trainees teamed up with the participants of DPS and came up with a solution of a gear which will take a special needs person directly to the doctor without any hassles.

As a part of Children's Day, Mcafee sponsored our trip to Prashanthi (SVYASA), Jigni on the outskirts of Bangalore, a Yoga research and Yoga therapy centre providing yoga service in the society by using the modern tools of the scientific research.



On World Disability Day, we were present at the Autism awareness walkathon organised by Lions Club



THE JUNGLE BOOK - A SPECIAL EDITION

On 6th Jan 2019, JUNGLE BOOK, A Special Edition, directed by Diana Tholoor in partnership with IDFC FIRST Bank was performed by the students and trainees of Bubbles Centre for Autism and Pragati towards livelihood at Chowdiah Memorial Hall, Bangalore.

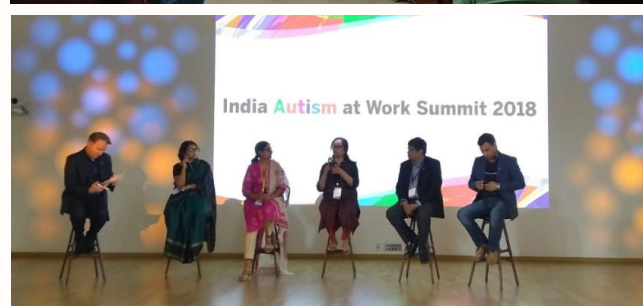


THE PLAY WAS RECEIVED WITH A STANDING OVATION AND A FULL HOUSE OF 1000+ WELL WISHERS BELIEVING IN THE ABILITY OF OUR STUDENTS.



MAKING OUR PRESENCE FELT

- The Association of People with Disability acknowledged and honoured Biswa Gouri Charitable Trust for their untiring service to the disability sector
- Sarbani Mallick was awarded with Dr.Amarnath's Annual Award for Inclusion in appreciation and honour of 22 years of committed contribution towards inclusion.
- Sarbani Mallick was invited to Cambodia to present a paper at Workability Asia 2018 on the topic " A person centred approach in the life sphere of Skill training for people with Autism."
- Meenakshy Kavassery made a poster presentation at Global Autism on "Incorporating the ideas of social role valorization in the life sphere of vocations for people with autism - An approach"
- Stall @100hands exhibition at Jayamahal palace hotel exhibiting the work of our emerging artisans
- A month long engagement was initiated on Empathy building at Inventure Academy, Bangalore, leading to a Buddy Program
- Outreach program was conducted at Sishu Mangal Trust, Raigung and Coochbehar North Bengal focussed on capacity building of staff and parent empowerment
- In collaboration with APD, We have been working with the National Skill development Cooperation in adapting curriculum for a few job roles from different sectors for individuals on the spectrum and other intellectual disabilities
- Sarbani Mallick was invited as a panelist at SAP Labs for a discussion on "Autism at Work"



... AND SOME MORE



Gen Mehta and Dr. Rao. Gen. SM Mehta, CEO, Hans Foundation and Dr GV Rao, Executive Director, Hans Foundation visited our centre.

Sarbani Mallick was invited as the Chief guest for the the Graduation ceremony of Vidya Niketan school



We also had a visit from a team from The Netherlands to understand the work done at Pragati, our skill training unit.

CSR Head of Federal Bank, Raju Hormis also visited our centre.



Our Vocational unit at Pragati got a bulk order from Giftabled to make Rakhis. We as a team delivered the same on time.



School bus donated by Hans Foundation for the students and staff to commute

We are ever grateful to our parent community. Mr Shabeer Shah hosted a lunch party for students at Fern Meadows Club and for staff at the restaurant - " Absolute Barbecue"

Trainees of Pragati and Bubbles Centre had a day long outing at the Innovative Film city and Vishweshwaraiah Museum + Cubbon Park, respectively.



Mission4life Trust was registered by 11 parents and our founder trustee, Sarbani Mallick. The objective of Mission4 Life is to find and provide Individualised Lifespan solutions for individuals with Autism and other Intellectual disabilities. We wish them all the success!

ಆಟಿಸಂ ಮಕ್ಕಳಿಗಾಗಿ 25 ಲಕ್ಷ ರೂ. ಸಂಗ್ರಹಿಸಿದ ಶಿಕ್ಷಕರು

ಡಿಪಿಎಸ್ ನಾರ್ತ್ ಶಾಲೆಯಿಂದ ವಿಭಿನ್ನ ಅಭಿಯಾನ >> ಕೌಶಲಾದಾರಿತ ತರಬೇತಿಗೆ ಆದ್ಯತೆ

■ ವಿಜಯವಾಣಿ ಸುದ್ದಿಜನಾ ಬೆಂಗಳೂರು
ಆಟಿಸಂನಿಂದ ಬಳಲುತ್ತಿರುವ ಮಕ್ಕಳಿಗಾಗಿ ಬೆಂಗಳೂರಿನ ಉತ್ತರ ವಲಯ ದೊರೆ ಪಬ್ಲಿಕ್ ಸ್ಕೂಲ್ಸ್ (ಡಿಪಿಎಸ್ ನಾರ್ತ್) ಶಿಕ್ಷಕರು 25 ಲಕ್ಷ ರೂ. ಸಂಗ್ರಹಿಸಿ ಆಟಿಸಂ ಮಕ್ಕಳಿಗೆ ಜೀವನ ಕೌಶಲಗಳನ್ನು ಕಲಿಸಲು ವಿನಿಯೋಗಿಸುತ್ತಿದ್ದಾರೆ. ಬಬಲ್ ಸೆಂಟರ್ ಫಾರ್ ಆಟಿಸಂನಲ್ಲಿ ಆಟಿಸಂ ಮಕ್ಕಳಿಗೆ ಜೀವನ ಕೌಶಲಗಳನ್ನು ಕಲಿಸಲಾಗುತ್ತಿದ್ದು, ಇದಕ್ಕಾಗಿ ಪ್ರತಿಯೊಬ್ಬ ಶಿಕ್ಷಕರು 10 ಸಾವಿರ ರೂ. ಸಂಗ್ರಹಿಸಿದ್ದಾರೆ. ಭಾರತದಲ್ಲಿ ಶಿಕ್ಷಕರು ನಡೆಸಿರುವ ಅತಿದೊಡ್ಡ ಕೌಶಲ ಫಂಡಿಂಗ್ ಅಭಿಯಾನ ಇದಾಗಿದ್ದು, ಒಂದು ಉತ್ತಮ ವಿಷಯಕ್ಕಾಗಿ ಬಳಕೆಯಾಗುತ್ತಿದೆ. ಇನ್ನೂ ಕೆಲವು ಮಕ್ಕಳು ಸಹಾಯ ಮಾಡುವ ಉದ್ದೇಶದಿಂದ ಇನ್ನಷ್ಟು ಹಣ ಸಂಗ್ರಹಿಸುವ ಗುರಿ ಹೊಂದಲಾಗಿದೆ. ಮೊದಲು ಡಿಪಿಎಸ್ ನಾರ್ತ್ ನ ಶಿಕ್ಷಕರು ಸೆಂಟರ್ ಫಾರ್ ಡ್ರೀಮ್ಸ್ ಸಹಕಾರದಲ್ಲಿ 25 ಲಕ್ಷ ರೂ. ಸಂಗ್ರಹಿಸುವ ಬಗ್ಗೆ ಚರ್ಚಿಸಿದಾಗ ಅದು ಯಶಸ್ವಿಯಾಗಬಹುದೆಂಬ ನಂಬಿಕೆ ಇರಲಿಲ್ಲ. ಆದರೆ, ಕೇವಲ 42 ದಿನಗಳಲ್ಲಿ ಕೌಶಲ ಫಂಡಿಂಗ್ ಅಭಿಯಾನ ಮಾಡಿ 24.15 ಲಕ್ಷ ರೂ. ಸಂಗ್ರಹಿಸಿದರು. ಬಳಿಕ, ಉಳಿದ 18 ದಿನಗಳಲ್ಲಿ ಉಳಿದ ಹಣ ಸಂಗ್ರಹಿಸಿದರು. ಶಿಕ್ಷಣ ಸಂಸ್ಥೆಯ ಪ್ರಾಂಶುಪಾಲ, ಉಪ ಪ್ರಾಂಶುಪಾಲರಿಂದ ಹಿಡಿದು, ಶಿಕ್ಷಕರವರೆಗೆ ಎಲ್ಲರೂ ತಲಾ 10 ಸಾವಿರ ರೂ. ಸಂಗ್ರಹಿಸಿದರು.



ಒಂದೊಂದು ಕಾರಣಕ್ಕೆ ಶಿಕ್ಷಕರಲ್ಲ ಒಟ್ಟಾಗಿ ಆಟಿಸಂ ಮಕ್ಕಳಿಗೆ ನೆರವಾಗಲು ನಿಂತಿರುವುದು ಒಳ್ಳೆಯ ಬೆಳವಣಿಗೆ. ಕೌಶಲ ಫಂಡಿಂಗ್ ಮೂರೂ ವ್ಯಕ್ತಿ ದೊಡ್ಡ ಮೊತ್ತದ ಹಣ ಸಂಗ್ರಹಿಸಿರುವುದು ಮೈಲಿಗಲ್ಲು ಎನ್ನಬಹುದು. ಉತ್ಸಾಹದಿಂದ ಕೆಲಸ ಮಾಡುತ್ತಿರುವ ಶಿಕ್ಷಕ ತಂಡದೊಂದಿಗೆ ಕೆಲಸ ಮಾಡುತ್ತಿರುವುದಕ್ಕೆ ನಿಜವಾಗಲೂ ಸಂತಸವೆನಿಸುತ್ತಿದೆ.

1 ರಂಗೀನಾ ಪೂಜೇಂದ್ರ ಸಂಸ್ಥಾಪಕ

ಈ ಹಣ ಹೇಗೆ ಬಳಕೆ ಆಗುತ್ತೆ?
ಸಂಗ್ರಹವಾದ ಹಣವನ್ನು ಎರಡು ರೀತಿಗಳಲ್ಲಿ ವಿನಿಯೋಗ ಮಾಡಲಾಗುತ್ತದೆ. ಒಂದನೆಯದು, ಬಬಲ್ ಸೆಂಟರ್ ಫಾರ್ ಆಟಿಸಂನಲ್ಲಿ ಆಟಿಸಂ ಮಕ್ಕಳು 14-16 ವಯಸ್ಸಿನವರೆಗೂ ಜೀವನಕೌಶಲ ತರಬೇತಿ ಪಡೆಯಬಹುದು. ಬಳಿಕ, ಪ್ರಗತಿಯಲ್ಲಿ ಗ್ರಾಜುಯೇಟ್ ಆಗುತ್ತಾರೆ. ಅಲ್ಲಿ ಅವರ ಏನಿಷ್ಟಕ್ಕೆ ಅನುಕೂಲವಾಗುವಂತೆ ಕೌಶಲ ಅಧಾರಿತ ತರಬೇತಿ ನೀಡಲಾಗುತ್ತದೆ. ಕಂಪ್ಯೂಟರ್, ಬ್ಯಾಂಕ್ ಟ್ರಿಟಿಂಗ್, ಅಡುಗೆ ಮಾಡುವುದು ಮುಂತಾದ ಕೌಶಲಗಳನ್ನು ಕಲಿಸಲಾಗುತ್ತದೆ. ಇವುಗಳಿಂದ ಅವರು ಸುಲಭವಾಗಿ ಬದುಕು ಕಟ್ಟಿಕೊಳ್ಳಲು ಸಾಧ್ಯವೆಂದು ಒಂದು ಮತ್ತೆ ತಂಡದ ಉದ್ದೇಶ. ಡಿಪಿಎಸ್ ನಾರ್ತ್ ಡ್ರಿಗ್ನಿಪಾಲ ಮಂಜು ಅರಿವೆ, ಬಬಲ್ ಸೆಂಟರ್ ಪ್ರಗತಿಯ ಸಂಸ್ಥಾಪಕರಾದ ಸರ್ಜಾ ನಿ ಮಲ್ಹೆ ಮುಂತಾದ ತಂಡದವರು ಈ ಕಾರ್ಯದಲ್ಲಿ ಸಕ್ರಿಯವಾಗಿ ತೊಡಗಿಸಿಕೊಂಡಿದ್ದಾರೆ.

ABILITY to bring about ch

FOR A BETTER TOMORROW
Through skill development, Biswa Gouri Trust in Bengaluru is enabling children with autism spectrum disorder to be self-reliant, writes Renuka Krishnaraja



At Pragati, on the outskirts of Bengaluru, trainees are working on their tasks. Some are quite engrossed, some seem distracted. In the digital unit, Aditya is keen on exhibiting his prowess on a mug. He has designed the image of manna life on using MS Paint on the computer. His friend, Arvind, has drawn pictures of dancing, skipping and cycling. His another friend, Sagar, is using a screen displays white circular patterns against a black background. Likewise, in the creative unit, trainees are stitching on many clothes. Some of them appear detached from their surroundings. In a corner, one sees the mother-pieces they have created. These individuals are capable and need to be loved and cared in a special way. But, perhaps they are born to be different. They are the ones who fall under the category of autism spectrum disorder. As no two affected individuals are alike, the schools for the day is personalized



POSITIVE MINDSET Children with autism engaged in various activities at Pragati of Biswa Gouri Trust in Bengaluru; (left) children, (right) adults



For each person. This is also the place where adults with autism undergo skill training. Pragati is a unit of Biswa Gouri Trust, which works towards the betterment of lives of people with autism. To put in simple terms, autism is a developmental disorder manifested by difficulty in adapting to societal norms. Autistic people are incapable of controlling their emotions. Hence, because of the associated stigma, parents keep them from socialising. Acceptance from the parents and the community is crucial as without proper intervention, autism can debilitate the quality of life. **Early intervention** Bubbles Centre is a school for children with autism and is the fundamental segment of the trust. At present, 34 students, aged from six to 18, are enrolled in the school. Their difficulties are multiple and vary in severity from child to child. As they are unable to express their needs or emotions, they get anxious and frustrated. The idea is to bring out the natural expressions of the child. We have to intervene multaneously, child-specific speech therapy is given to aid in communication. Charts and pictures are extensively used as they are good visual learners. Once they are able to follow instructions, the focus is on productive work. Computers, stitching and block printing are gradually introduced in their modules. "All the while, we have to keep them engaged. So, planning and creativity on the teacher's part are tremendous," states Ratna Das, school's programme head. "I found a good support system in Bubbles. Teachers are dedicated and understand the children well. Discussions and workshops are held every month for parents. This helped me motivate myself and other parents also," says Smrithi Rajesh whose 10-year-old son, Advaith, is with Bubbles from the past six years. **Functional training** Pragati conducts a two-year occupa-

Autistic kids to bring 'Jungle Book' to life

hoornima Nataraj
BENGALURU: Most often frightened of loud sounds and bright lights, children with Autism are now craving the discomfort to portray Mowgli, Bhageera, Baloo and Shere Khan. The legendary characters from Rudyard Kipling's Jungle Book will come alive once again on stage performed by about 50 children with Autism Spectrum Disorder. The players are in the age group of 5-32, from the Bubbles Centre for Autism and Pragati towards livelihood. Nine-year-old Alina - who plays the lead character, Mowgli - is more than happy with the attention she is drawing. She is through



with her lines. Alina whispered a line exclusively for *DIH*, "Bhageera where are you going? Come here!" Alina, besides being an autistic child, is also suffering from Down Syndrome. 17-year-old Prajwal is playing Bhageera and 8-year-old Mikhael is playing Baloo. The duo, too, are well versed with their lines. Suja, mother of Arosh, who is playing one of the elephants says teaching autistic children to enact a play is indeed a challenging job. Not just for the director and those involved in teaching them, but for the children as well. "Children with autism have neuro-biological deficit and it is difficult for them to communicate and socialise

improvement in their social skills," said Sharbani Mallick, Founder Managing Trustee of the Autism Centre.

Play director Diana Tholour says directing those with autism is no different from directing normal children. "I don't find any difference while directing these children, rather, it is easier for me. Each child comes with a unique temperament. It is for us to mould, Jungle Book is a 100 page script, and they have lines to remember, so it is definitely not easy for the children," she added. Jungle Book will be staged at the Chowdhiah Memorial Hall on January 6 at 6 pm. The tickets are available on Bookmyshow. **DH News Service**

Our theatre production was covered on January 9, 2018 by DD Chandana.

Our programs at Bubbles Centre for Autism and Pragati towards livelihood, were also featured in their program, Suddhi Sourabha on February 26 and March 1, 2018

6 THINGS TO DO

Watch a special show
An children with autism learn dialogues and enact the major roles. Tonight, 50 individuals suffering from autism will stage an adaptation of *The Jungle Book* along with 26 of their teachers. They are students of Bubbles Centre for Autism, which uses theatre and performing arts as a therapy. The show has been directed by Diana Tholour. So sit back and enjoy the timeless stories of Mowgli, Bhageera and Baloo.

WHERE: Chowdhiah Memorial Hall, Malleswaram
WHEN: 6pm, January 6
ENTRY: ₹200, bookmyshow.com

Intel announced today that it will increase its 2018 employee volunteer goal with more than 63,000 employees - nearly 60 percent of its total employee population - giving more than 1 million hours of their time. **Intel Corporation**

Download all images (2/6, 11 MB)

What's New in celebration of Intel's 50th anniversary: the company set a goal for 50,000 employees to volunteer 1 million hours around the world in 2018. Intel announced today that it

A theatrical experience

The *Jungle Book*, a musical directed by Diana Tholour, is special because it is the first such initiative in which theatre is used therapy and performing arts for people with Autism. "The *Jungle Book* is our third production," says Sharbani Mallick, founder director/ managing trustee Bubbles Centre for Autism/Pragati Vocational training centre. "We have presented five productions so far and almost 70 per cent of those who are part of this production have been with us for five years." Breaking myths around Autism, Sarbani says emphatically: "Can children with autism learn lines, recall their blocking on stage, produce a fearless and precisely blocked stage production? The answer is yes!" The *Jungle Book* is presented by 50 individuals with Autism and their 26 teachers. "The cast includes children and adults between the age group of five and 32," says Sarbani. Choosing theatre as tool of expression for those with Autism seemed a natural choice, says Sarbani, who explains further: "People with Autism have the



following impairments: difficulty with communication and social skills, narrow or restricted interests, and sensory issues as they do not relate to the world like most people do. Diana (the director) and I have been very good friends for a long time. We chose theatre because it helps to engage people with Autism in various ways particularly in relation to sensory issues." Sarbani says they focus on integrating people with Autism into society. "We specialise in life skills for people with Autism to live and adapt within a community." The staging of *The Jungle Book*, thus, is yet another step towards that direction.



The *Jungle Book* will be performed at Chowdhiah Memorial Hall, Malleswaram, on January 6, 6 pm. The project is in partnership with DIH. Tickets on bookmyshow.com.