



An NGO for rehabilitation of friends with Spinal Injury

Nina FOUNDATION'S Publication
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EDITORIAL

IDENTITY CRISIS FOR SPINAL CORD INJURED



UNIQUE DISABILITY ID
Government of India



Government of India has launched the **Swavlamban Card** also called **Unique Disability Identity Card (UDID)** in 2016.

Indeed this is a welcome move as it will be a single document of identification, verification of disabled for availing all benefits, schemes etc. I was particularly excited due to the fact that it is a **digital capture** of all existing PWDs so also for future new incidences.

Having struggled during my PhD research study to assess the population of persons with spinal cord injury, I believed that this new initiative would be a census of the total demographics of people with spinal cord injury from villages, districts, states and national level. Subsequently having the potential to create a **spinal cord injury health registry**, which sadly India lacks.



Dr. Ketna L. Mehta, PHD
Founder Trustee, Editor,
Nina Foundation

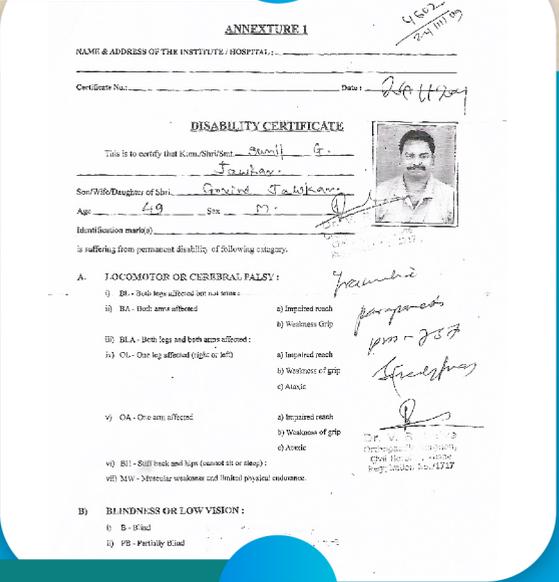
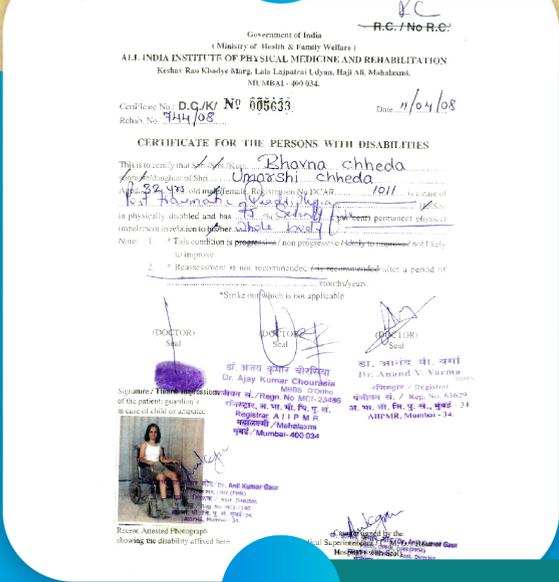
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DESIGN & LAYOUT: kreate&young

EDITORIAL

CASE 1 DISABILITY CERTIFICATE EARLIER CASE 2



CASE 1 UDID NOW CASE 2



Alas, my dipstick study amongst our Nina Foundation support group, Mumbai is disheartening. Here are two examples of our friends; Ms. Bhavna Chheda from Ghatkopar and Mr. Sunil Javkar from Thane. Their earlier disability certificate clearly identified their disability as **Traumatic Paraplegia for both**. Bhavna Chheda's new UDID mentions her disability type as **Locomotor Disability** whereas Sunil Javkar's disability as **Chronic Neurological Conditions**. This is not a true uniform capture of Spinal Cord Injury as a disability type. Nina Foundation has been relentlessly campaigning since 2012 to CREATE A DISTINCT SEPARATE DISABILITY CATEGORY - Spinal Cord Injury in our RPWD Act 2016. This is the best solution as the MEDICAL EXAMINERS & EVALUATORS have already been mentioning it in the manual disability Certificate process upto now. Also clubbing us under Locomotor or chronic Neurological conditions is absolutely misleading medically!

We, 1.5 million people have a SPINAL CORD INJURY and we have a serious identity crisis. The Government of India needs to immediately communicate with its healthcare UDID system personnel and set it right. Or else our votes will be counted but without our accurate identity. Kindly share this widely for immediate action.



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MOTIVATIONAL BOOKS LAUNCHED

NINA FOUNDATION TEAM RECOMMENDS
TWO MOTIVATIONAL BOOKS BY TWO PHENOMENAL SENIOR FRIENDS
WITH SPINAL CORD INJURY.



Title: Still I Soar - The Book of Survival
How Abdullah Kattukandy reclaimed his life.
Edited by: Anilkumar Thiruvoth and P Yahya
Languages: Malayalam, English
Translated by: Dr. Yaseen Ashraf, Muhamed Ali E K, Dr. Zeenath Mohamed Kunni, Dr. Mufeeda T.
Price: ₹150
Published by: Naduvilakam Books, Kozhikode 673 003.
Contact for copies: abdullakattukandi@gmail.com

In an accident, Abdullah Kattukandy suffers a severe spinal cord injury and is paralysed neck down. Medical science forecasts a mere 25 days of life for him. Now 34 years later, he does a lot with his paralysed body. He writes with his lifeless fingers, has turned his cot into a bedroom, does business, and provides hope and solace to many who have fallen prey to accidents and despair. This book is a dedication to all the wives on the earth who have dedicated their entire lives, sacrificing everything, for their bed ridden husbands. His wife Mrs. Kannathazha Ruqiyya has played a stellar and significant role in his rehabilitation and life. They have extremely supportive two sons, a daughter, daughter in laws and a son in law. This is his book, translated from Malayalam. His daily motivational wa messages in malyalam are read by over thousands of people especially women.

Title: Coming Back...
Author: Vijay Digambar Garde
No. of Pages: 143
Price: ₹279
₹99 (Kindle)
Language: English
Publisher: FILZO Book Publishers, Gurgaon.
Book available on: Amazon & Flipkart

About the book: The book is a story of a very qualified electrical engineer, who was injured in a car accident and had sustained a spinal cord injury. The first person account narrates the experience of his rehabilitation at Stoke Mandeville, UK and then building back his life and career from a wheelchair in India, his efforts to come back in life despite obstacles. This is a "First person account" of a successful person who for 44 years with spinal cord injury and living a full life on a wheelchair in India.





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INNOVATIONS

WHICH CAN HELP WOMEN WITH SPINAL CORD INJURIES ON WHEELCHAIRS

AMAL SMART SANITARY PAD

Easy to Fasten the Primary Hip Belt that has a sensor for reporting when Pad needs to be changed. Any Normal Sanitary Pad can be used to fasten with Amal S-Pad. They are offering the S-Pad with a Sanitary Pad as a Combo. Their S-Pad can be administered in the seated position with minimal touch to the user.

A sanitary pad (S-PAD) which can be easily worn by women while sitting on a wheelchair is a new product by an Indian already tested in Dubai as well as received Awards from Aegis Graham Bell and Future Innovation Summit, Dubai. It is yet to launch in India.

Women with limited mobility and even a care giver can change this Smart Sanitary Pad on a commode Wheelchair. They are also planning to make a Seat for all public Women Toilets to facilitate this conveniently. They say that their product will be made affordable for wider reach.

CONNECT COURTESY:
Mrs. Chavi Hemanth,
Founder, EBS India Inc.



An Unique design with Smart Technology
Winner of Aegis Graham Bell Jury Choice Award



REST IN PEE

The innovator of this bladder device Prakash Prajapati from Surat used to be a detective and would not find a clean hygienic public toilet during long hours of shadowing and ideated this product. Rest in Pee — a pocket urinal which can be used in cases of emergencies by travellers (especially spinal cord injured flying in planes where the washrooms are very narrow and wheelchair transfers impossible) and people who do not have access to toilets for an extended period of time. It is also useful for people with medical conditions like patients of arthritis, back pain, pregnant women, joint pain, paralysis, diabetes, urinary incontinence, physically disabled people, and bedridden or older people. For women who face problems like UTI—this is safest urinal on the planet. <https://restinpee.com/product/urine-bag-back-side/> Priced at ₹169 and is available online.

CONNECT COURTESY: Mrs. Celine Vieira, Mumbai.

WHEELCHAIR SEATING EVALUATION AND SELECTION OF A PRESSURE RELIEVING CUSHION FOR WHEELCHAIR USERS WITH SPINAL CORD INJURIES

(A GUIDE TO SELECT AN APPROPRIATE WHEELCHAIR CUSHION FOR PwSCI PART 1)

Wheelchair Seating Assessment is an essential part of making recommendations to prescribe the most appropriate seating cushion for a wheelchair user. To simplify, the following four evaluations are very important to conduct for achieving an ideal posture in wheelchair seating.



CHECK SEAT WIDTH

- Run your fingers between outside of thighs and sides of the wheelchair.
- Fingers should not pinch the bony part.



CHECK SEAT DEPTH

- Back of pelvis should touch the backrest.
- Two finger gap between the cushion and back of the knee.
- Calf not touches the seat or cushion.
- Check both sides.



CHECK FOOTRESTS HEIGHT

- There should be even pressure along the thigh and no gaps.
- The foot should be supported with no gaps.
- Check both sides.



CHECK BACKREST HEIGHT

- User should feel comfortable.
- Trunk should be balanced over the hips.
- User should be able to push the wheelchair without the backrest interfering.



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Nekram Upadhyay is an Assistive Technology Specialist and he heads Department of Assistive Technology at Indian Spinal Injuries Centre, New Delhi, India. He has completed his higher studies at University of Illinois at Chicago, USA specializing in Assistive Technology as part of the Ford Foundation International Fellowship programme. Nekram, joined Indian Spinal Injuries Centre in 2006 where he established the first Department of Assistive Technology (DAT). His primary work is focused on the provision of assistive technology services to people with disabilities for acquiring appropriate assistive technologies to achieve their maximum functional independence. Mr. Upadhyay has been an active member of various national and international scientific societies and organizations like the World Disability Rehabilitation Network, International Society for Prosthetic and Orthotics, Asian Spinal Cord Network. Mr. Upadhyay is the member of Bureau of Indian Standards (BIS) Committee. He is the chairperson of Special Interest Group on Assistive Technology and Orthotics of Spinal Cord Society-India. He has been awarded with several prestigious medals and awards like Gold Medal in Abilympics, Gold Medal by Spinal Cord Society India, Universal Design Award 2013 & 2019, NASOH Award, Rotary Club Distinguish Professional Award and the Ford Foundation International Fellowship Award.

Reference:

Wheelchair Service Delivery Package (WSTP) by the World Health Organization (WHO)
Some content and images are used from this reference.

NINA FOUNDATION CELEBRATES 13TH SPINAL CORD AWARENESS DAY 25TH JUNE 2021

HEALING POWER OF MUSIC & BOLLYWOOD MASTI

The entire zoom online celebration was curated knowing that friends with Spinal Cord Injury from both rural and urban areas were locked inside their homes for very long and to dissipate the uncertainty and isolation with a novel MUSICAL GROUP ANTAKSHRI

85 friends with spinal cord injury majorly and few with other disabilities in 9 rocking groups ably led by a Captain and a Vice Captain was a HUGE SUCCESS. They all were from across different parts of India, freely displaying their talent of singing, dialogues, quiz, etc.

WINNERS IN EACH CATEGORIES

CHAHAKTI BHADAKTI ENTHUSIASTIC LIVELY GROUP

1st

G-7 - (11 members)



2nd

G-4 - (10 members)



3rd

G-6 - (11 members)



SAAZ -AAWAAZ

1st

G-3 - (10 members)



2nd

G-8 - (6 members)



3rd

G-2 - (15 members)



WINNERS IN EACH CATEGORIES

POTENTIAL AWARD

1st

G-1 - (7 members)



2nd

G-11 - (6 members)



3rd

G-5 - (8 members)



BEST SINGER - YOUNGEST PERFORMER

1st

FEMALE - LAADLI
Taniya Gupta - G-6



2nd

FEMALE - LAADLI
Hiteshri Kulkarni - G-7



1st

MALE - LAADLA
Tanmay Galghatte - G-6



DESH KI MITTI - RURAL AREA

1st

FEMALE
Thappi Vati - G-3



1st

MALE
Ramdas Kamdiji - G-8



FILMY DIALOGUE ROUND PARTICIPANTS & WINNERS WERE:

UBHARTA KALAKAAR - DEBUT

1st

FEMALE
Lalita Garg - G-3



1st

MALE
Kiran Jani ji - G-4



CHUPPA RUSTOM

1st

FEMALE
Mrunmayi Abroal - G-5



1st

MALE
Bilal & Ayizaz - G-1



PROFESSIONAL

1st

FEMALE
Gauri K - G-4



1st

FEMALE
Bijal - G-6



1st

MALE
Amol Sharma - G-11

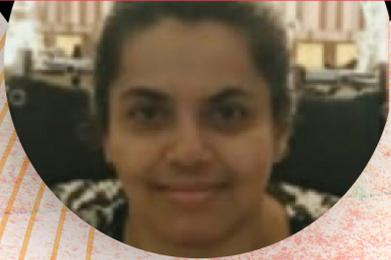


FILMY DIALOGUE ROUND PARTICIPANTS & WINNERS WERE:

BEST DIALOGUE ROUND

1st

FEMALE
Madhuri Bhide - G-11



1st

MALE
Amol B. - G-2



1st

MALE
Ramesh Puri - G-2



BEST OVERALL

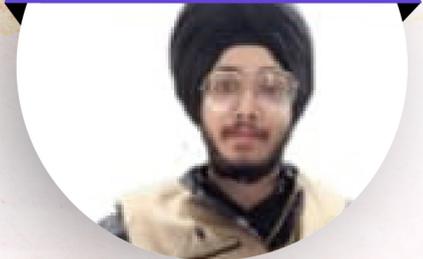
1st

FEMALE
Bijoli - G-5



1st

MALE
Tarandeep - G-6



Special Mention - Best Jodi

1st

Ranjana Nahak with
Satnam Gill Jodi - G-3



1st

Neeta with Parag
Panchal Jodi - G-4





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Dr. Ketna Mehta



Madhu Singh



Bhavna Chheda



Neenu Kewlani



Sunita Sancheti



**NINA FOUNDATION
MEMBERS OF THE
ORGANISING TEAM**



Rahil Sheikh



Nikita Valecha

Each one of them toiled day & night with minutest planning & superlative execution, compered two segments superbly (Neenu, Sunita); performed wholeheartedly (Nikita, Rahil & surprise act by Bhavna); An excellent Vote of Thanks covering each and every one for participating musically by Bhavna Chheda.

Mrs. Bijal Ben Kalbag
Past President of Inner Wheel Club of
Bombay Seacoast. Director, Creative Awards
& Rewards Pvt. Ltd.



THE TWO JUDGES

Dr. Himanshu Doshi
Trustee,
Nina Foundation



Post Event Support:
Video Editing: Sumaiya Khan
Website Links: Kunal Nalawade
Creative Invite & Backdrop: kreate&young

The Anchor was the
very popular Nadeem
of Ace Entertainments
with Alok & Prithvi



Nina Foundation 13th SCI Day 2021 Full Program Video Link: <https://www.youtube.com/watch?v=7poZXT4-oy0>

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