

## **SUKRITA 16, 3 Day Gathering of Differently Abled on Feb 19 – 21 2016.**

Sukrita 2016- Different but not less, a momentous initiative organised by STEPS ,TKMCE in association with “Snehapoorvam Kollam” had a wonderful beginning of its 3 day camp on 19<sup>th</sup> February 2016.

The dignitaries on the dais were welcomed by the college union chairman Rahul Ram, followed by the Presidential address by the college Principal Dr. S. Ayoob, who commemorated the founder of TKM on the occasion of founders day .He also congratulated Muhammad Ali, student coordinator of STEPS TKMCE, and students of TKMCE for the noble initiatives taken in order to implement the programme at TKMCE. He concluded his speech with the famous quote by R.L. Steveson-“Don’t judge each day by the harvest you reap, but the seeds you plant”, and thanked the students for setting up a good example for the future generations.

The event was inaugurated by Janab Shahul Hassan Musaliar, chairman of TKM Trust, with the lamp lighting ceremony. He conveyed that being differently abled is not a matter of social outcast and congratulated the mind-set of the students of TKMCE, for providing a great opportunity to the differently abled to feel secure in the society. College treasurer Mr. Jalaludeen Musaliar and Muhammad Ali were invited for the distribution of assistive devices to the differently abled.



District collector, A.Shainamol IAS, addressed the gathering and congratulated the efforts taken up by the students of TKMCE, for this noble cause. She assured her full support and also invited the officials of revenue department and KSSM for providing maximum help to the needy. She also formally launched Sukrita “Athijeevanam” project. Dr Shaiju Hamid, district project manager of the National Health Mission also addressed the gathering and recognized the National Health Mission and District Health mission for their support.

The keynote address was presented by the honourable MP, M.K.Premachandran. He said that he regarded Sukrita 2016 as an exemplary role model to be emulated by other colleges. The M.P. also handed over assistive devices to the differently abled.

Prof. Ashfaq, staff coordinator of STEPS congratulated the initiatives and innovative ideas brought out by the students.

The inauguration was concluded with the vote of thanks by Sayyid Abdul Gany.

## **Adalat**



A full day Adalat to meet the various needs of the disabled was held. The Adalat aimed to provide a venue so as to enable differently abled people find solutions to their pressing problems. 239 applicants met with top bureaucrats from 13 departments and presented their grievances. Five of these applicants were granted solutions on the spot and the rest will be given solutions after due consideration. These cases will be immediately followed up and properly resolved by the concerned authorities along with STEPS.

### **Job training (occupational therapy)**

In the afternoon, a session on job training were organised. The job training was conducted by Mr. Sharath and proved to be quite useful for about 45 persons, wherein they learned how to make homemade soap, detergent etc. and thus supplement their income.

### **Physiotherapy**

The session on physiotherapy was handled by Mr. Ajay Raghav, a palliative physiotherapist. He spoke about how mobility of differently abled persons could be enhanced by performing a few muscle strengthening exercises. He also demonstrated the exercises so as to give a clear cut idea to the patients and relatives who had assembled there.

### **Palliative care**

In the evening, the volunteers attended a palliative care training by Mr. Ajay after a day of hard volunteering. Mr. Ajay talked about the importance of Pain ad Palliative care and about how they needed empathy instead of well meaning sympathy.

## **DAY 2**

### **Gathering of differently abled**

The second day of Sukrita 2016 began with an ice breaking session. It was basically an interactive session in which the guests of the day i.e the differently abled shared their bitter and sweet experiences with the gathering.

The first to come forward was Ms. Sumaiya Rani, a B.A English graduate from TKM Arts and Science College. A young lady with great determination and will power; she posed a great example to the gathering as she spoke about her battle with fate. Secondly it was Miss Susheela who makes a living by selling garlands. Despite all the discrimination faced by her from society; she is happy that there are still people who are willing to offer a helping hand.

Mrs.Vanaja talked about her son, Anoop who had, despite his difficulties, completed his education. She talked about how depressed he was due to his inability to attain a proper employment.



This was followed by a motivational session by Mr.Jasfer Kottakunnu, a celebrated‘mouth’ painter from Malapuram. He shared his experiences of coping with life despite being paralysed below the neck. He is a member of the global organisation named Mouth and Leg Painting Association as well as the Green Palliative Organisation which aims at providing a wheel chair friendly state. He served as an excellent source of inspiration to those gathered. He also surprised the audience with an impromptu ‘mouth’ painting which he gifted to Muhammed Ali, student coordinator of STEPS, TKMCE. Mr Jasfer’s wife, Mrs. Fathima also spoke a few words about their life. The head of the designing committee of TECHNOS, Ashwin presented a token of appreciation to Mr. Jasfer.

Then Rafeeq’s mother spoke about the lack of govt. schemes for people above 18 years of age. Vishnudevan Pillai who became disabled after a motorcycle accident and Mumbaida, a degree holder in psychology expressed their anxiety at being unemployed.

The program concluded with Mohammed Shazeel, a third year ECE student of TKMCE, proposed the vote of thanks. Despite all his physical difficulties, he is an active participant in all the college activities.

At times when we require inspiration, we don’t have to ponder over great people who have waged successful wars against their disabilities; all we have to do is just learn from the life-stories of the extraordinary people around us.

**Vita Innovata**



Vita Innovata is a joint venture of IEDC TKMCE and STEPS, a state wide competition aimed for the technical empowerment of the differently abled. Students from various colleges were invited to present innovative products, which could help the differently abled in their daily lives. Cash prizes of Rs 25,000, Rs 15,000 and Rs 10,000 for the first, second and third positions were respectively sponsored by the KSIDC. The innovative products were showcased at the auditorium in the past two days. The result of the competition was a close call between a handful of working prototypes of a few excellent ideas. The first prize was bagged by Rohith K D of MEC, Cochin for his insight on an assistive technology for vocally impaired which was materialised by his team. The second and third prizes were awarded to Arshad K A, NSS Palakad and Jishnu of TKMCE respectively for their works on smart sensor walking stick and height adjustable wheel chair.

### **Job training**

The continuation of the job training. Mr. Sharath taught the participants about the manufacture of other products like agarbatis, phenoil etc. The participants were also given personal kits containing all the necessary items needed to make products on their own. The attendees had found ways to supplement their often meagre incomes and become more self-reliant.

### **DAY 3**

A full day program for autistic kids was organised on 21.02.2016, the third day of the campus version of Sukrita 2016. About 75 children along with their parents participated in the program which began at 10:30 am. Autism is a mental condition, present from early childhood, characterized by great difficulty in communicating and forming relationships with other people and in using language and abstract concepts. Even though they faced the aforementioned problems, the volunteers were hard put to separate them from 'normal' children. In fact the love and affection that they showed easily surpassed that shown by normal children.



A colourful stage was setup for these kids as a part of Sukrita '16. Their self-confidence shown through as they unreservedly danced and sang much to the delight of the audience. It was quite obvious from their performance that they didn't see themselves as any lesser due to their condition. Technos volunteers as well as the TKM Music Club guided the little stars through a memorable day of music, joy and laughter.

A parent spoke a few words about the needs of kids with autism. She repeatedly pointed out that these children do not want our sympathy. What they instead require is constant motivation to face life with a positive attitude.



The kids also showcased their varied talents in front of those gathered. Abijith, a boy of about 11, wowed the audience with his dancing skills while Naveen and Amrita sang their way into the hearts of the audience. They also showcased their skills in handicraft like Clay Modelling, Water painting etc. The volunteers joined in their happiness by distributing chocolates, playing childish games and painting magical pictures and thus gladdening both sets of hearts.

### **Discussion to formulate an action plan for the empowerment of autistic kids**

After lunch, the parents made their way to an informal discussion in which special needs teachers as well as STEPS volunteers participated. The discussion focused on how the education of autistic children could be continued after 10<sup>th</sup> grade. They often have to stop studying due to a lack of specially trained teachers. Another problem they face is a lack of awareness about autism and the corresponding negligence from governmental agencies. One major outcome of the meeting is a proposal to begin a special school for autistic kids wherein technical skills can be imparted. Another suggestion that came up was the creation of a state – wide organisation for the empowerment of autistic children.

### **Closing ceremony**

The closing ceremony began at 4:00 pm and all the kids were given small tokens of appreciation by the Sukrita team. Each gift was clutched tightly to their bosoms as they made their way back to their parents. The staff coordinator of STEPS, Prof. Ashfaq felicitated the gathering and declared that in his 20 years of experience at TKM, he had never been able to witness such an amazing program. The program was brought to a close by Unni G. Nair, who thanked everyone behind the successful ending of Sukrita '16.

The parents noted down their feedbacks on the notice board. One parent came up on stage and expressed his heartfelt thanks for having experiencing such love and affection from people who had been complete strangers in the morning. The hope and happiness that have been kindled in the eyes of these parents is indeed the crowning glory of Sukrita '16.

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