



APAAR is a public charitable trust established in 2014 with the objective of restoring the following rights to persons with intellectual disabilities:

- * Right to participate in community activities and decision making.
- * Right to engage in recreational and meaningful activity.
- * Right of vocational training to earn their livelihood

1. Vocational

Vocational unit #1: Stationary

Persons with disabilities make high quality paper bags which we supply to pharmacies

Vocational unit #2 : Handicrafts

We make niche handicrafts and paint unique pottery items, which we sell throughout the year especially at festival time Oct- Nov..

Vocational unit #3 Organic orchard

We have 30 trees planted in 5 plots since March 2018, which are maintained by clients.

2. Activities of daily living skills

3. Monthly outings.

We have been to forts with gardens, Science city, Haveli, Jang-e-Azadi Museum, movie theatres , Golden Temple, Amritsar and many more spots.

4. Playground and indoor Gym

Clients do regular physical exercises in APAAR's indoor gym where there is a trampoline as well. We have a playground for cricket, football, handball, frisbee as well as walking paths in sylvan nature.

5. Life skills training programme: Our goal is happy clients who emerge confident after they have overcome so called deficiencies in activities of daily living to live confidently at home lifelong which is their human right. **APAAR'S** goal is prevention of institutionalisation.

6. Supported open employment training: We have placed clients as an elevator boy and

hotel housekeeper so far in the face of immense challenges from families.

7. Mental health counselling & guidance for families: Our Blog on apaar.org gives voice to families' anxieties and aspirations. We arrange counselling training for our staff through a mental health partner NGO in Maharashtra.

8. Parents' training programme and family socials: We involve parents in virtual training by renowned centers in North America. Families also meet in [APAAR](#) few times a year to Socialize, play games and relax together.

9. Awareness, training and advocacy in care homes: [APAAR](#) is not an isolated island. We are aware of Jalandhar 's residential care homes' suboptimal staffing and awareness of mental health care and human rights. We are trying to work with the DSSO and DLSA, both Punjab government agencies ,to introduce humanistic care in these homes.

10. [APAAR](#) has a rural outreach office and sheltered workshop in Village Bhojwal. We believe disability rehabilitation should not be confined to the urban middle class as it has been across India in general.

What we all need to know

Children and adults with intellectual disability can:

Learn, Can work for livelihoods

- Need opportunity to build their strengths
- Have the same human needs & emotions
- Attain maturity through the same life stages: infancy, childhood, adolescence, adulthood & old age.
- Need understanding, respect, recognition & necessary support systems.

Apaar

10 people are come in apaar. The annual Expenditure is near About 7 lakhs

Clients are taking special education, vocational training, occupational therapy , Activity of daily living training

Total resisted in clients in Natinol trust

| Sr .n o | Name | Disability | % | UDID NO. |
|----------------|-------------------|--------------------------|----------|--------------------|
| 1 | Aradhya mishra | Intellectual Disability | 100 | PB0310020160197734 |
| 2 | Sanjeev | Intellectual Disability | 50 | PB0310819950140755 |
| 3 | Ankush Sharma | Mental Retardation | 70 | PB0310920000180441 |
| 4 | Pawan Sharma | Intellectual Disability | 100 | PB0310919900198954 |
| 5 | Trimaan Singh | Autism Spectrum Disorder | 80 | PB0311119850226913 |
| 6 | Gurmanprret singh | Intellectual Disability | 90 | PB0310919980232361 |
| 7 | Ranbir Singh | Intellectual Disability | 100 | PB0310919680057755 |
| 8 | Aman Malhotra | Mental Retardation | 90 | PB0310020000212622 |
| 9 | Gunika | Intellectual Disability | 70 | PB0310920000196489 |
| 10 | Vansh Taneja | Autism Spectrum Disorder | 60 | PB0311120050225249 |
| 11 | Rajinder Kumar | Mental Retardation | 75 | PB0310019940213322 |

Music session



Outing





APAAR visit and interaction with Pinglaghar residents was 25 Feb 2022.

Our goal was introducing the concept of autonomy and enhancing the residents' right to self-fulfilment .through changing staff language and behavior.

We want to start tilting the hierarchical pyramid - the less able should NOT be at the bottom of the pyramid but right at the top to enhance their capacity for self-fulfilment, which ought to be every human being's journey. The moment we opened APAAR's sheltered workshop products (earrings, door hangings, bird house), there was a scramble for them as seen in one of the pictures . Women loved our earrings. Some men wore our wall hangings on their necks. Papu wanted a karha so badly he kept pointing to his wrist for most of our hour spent with them .

The residents do not have any opportunity to shop. Nor go for outings. There are other challenges we want to partner to better.

We took small gifts- knitting needles, playing cards, drawing books.

APAAR will collaborate with their management to change the top down approach to a humanistic approach- to see the residents as a whole, not just eye or focus on what they lack..

In the photos , faces of residents have been blurred for privacy.



APAAR has a training project ongoing in a large local care home. Training and sensitising management and staff : A HUGE UPHILL TASK believe me.

We go to the care home weekly or biweekly. We told you about disabled kids in the last FB post.

We want to tell you about the women residents this time. APAAR special educator enjoys a rapport with many of them now. This time she took bangles . And printed their photographs taken on her last visit. One lady burst into tears holding her own photo in her hands. She then burst into a torrent of sentences- all the clothes in her home ,the dhobi ghaat, her niece, her nice bhaabhi--- she hates it here. There are no outings here. (she is the lady in orange in the solo photo here). We heard the sewadar scolding her for crying when visitors are here ! SCOLDED for crying ! Yes.

The unfortunate residents have no visitors once they are " left" here. They ve not stepped out of their compound for years and years.

APAAR is changing that-- Sukhi has more confidence now- she will ask the head of the care home if she may visit APAAR ! Building self-esteem is our first task. You, the reader, please hear us: do NOT drop off eatables and money at the offices of care homes--- go interact with residents when you visit. THAT is what they yearn for. THAT is how self -esteem builds.

One human being at a time.



12/8/22

For true inclusion and belonging, training for people with intellectual disabilities (IDs) cannot be just limited to urban middle class as we see in Jalandhar and indeed all districts in Punjab.

Apaar believes in accessibility of training and education for everyone irrespective of their geographic location. Therefore, we started our first rural center in Bhojewal in Jalandhar district on August 12, 2022. This center will cater to people with IDs who live in Bhojewal and neighbouring five villages.



ਅਪਾਰ ਜੋ ਕਿ ਜਲੰਧਰ ਪਿਸ਼ਾ 'ਚ ਰਜਿਸਟਰਡ ਐਨ. ਜੀ. ਓ. ਆਧਾਰਿਤ ਇਕ ਨੈਸ਼ਨਲ ਟਰੱਸਟ (ਨਵੀਂ ਦਿੱਲੀ) ਹੈ, ਇਸ ਦੇ ਸੰਸਥਾਪਕ ਡਾ. ਨਵਨੀਤ ਭੁੱਲਰ ਹਨ। ਅਪਾਰ ਸੰਸਥਾ ਵਲੋਂ ਦਿਹਾਤੀ ਖੇਤਰ 'ਚ ਖੋਲ੍ਹੇ ਗਏ ਦਫ਼ਤਰ ਦਾ ਉਦਘਾਟਨ ਇਕ ਵਿਸ਼ੇਸ਼ ਲੋੜਾਂ ਵਾਲੇ ਬੱਚੇ ਸਿਮਰਜੀਤ ਤੇ ਸਰਪੰਚ ਭੋਜੋਵਾਲ ਨੇ ਕੀਤਾ। ਸੰਸਥਾ ਵਲੋਂ ਭੋਜੋਵਾਲ ਸਮੇਤ 6 ਪਿੰਡਾਂ ਦੇ ਕੀਤੇ ਸਰਵੇ 'ਚ 28 ਕਿਸ਼ੋਰਾਂ ਦੀ ਪਛਾਣ ਕੀਤੀ ਗਈ ਹੈ ਜਿਨ੍ਹਾਂ ਨੂੰ ਸਹੀ ਸੇਵਾ ਦੀ ਜ਼ਰੂਰਤ ਹੈ।

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12-Aug-2022

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<http://epaper.ajitjalandhar.com/edition/20220812/1/6.cm>

APAAR has been included in the Rogi Kalyan Samiti by DC, Jalandhar at its meeting last week.

APAAR is training a major local care home's staff. Conditions for residents there were poor in many ways. We already see them improving . We keep the name of the care home confidential so APAAR continues to have access into it to change the landscape. We are initiating yoga there and music and art therapy. We are advising management on better staff training and disciplining.

APAAR is running a rural branch in village Bhojowal- where all PWD (persons with disability) will be directed to where they will get benefits, AND our usual prevocational and vocational training for differently-abled adults will be there. Look back on our FB pages since 2015 to learn more. Look at

apaar.org

These are just some of the additional things we have taken up with NOT a rupee extra in funding.

It is NOT sustainable WITHOUT YOUR HELP. Please give Rs 1000 a month: NO dent in your life but believe me-- MEANS A WORLD OF CHANGE. EVERY SINGLE CONTRIBUTION IS A SPLASH IN APAAR'S FUNDING.

Make that splash TODAY. HELP US CHANGE THE LANDSCAPE FOR persons with Intellectual Disabilities who have been marginalised and treated as in an animal shelter or WORSE -- PUNJAB is in the DARK AGES in treatment of PWD.

Awareness event 3rd December 2022

"It is not a disability". APAAR promotes special abilities and rights of the disabled on World Disability Awareness Day at Mithapur govt school Dec 3 , 2022. Support us in helping us change the landscape 🌻

One day of observing disability day vs living with a disability EVERY waking hour.

With the autistic and intellectually less able, it is the OTHERING every waking hour !

We at APAAR do not assume malice. We know it is ignorance that makes neurotypicals (a fancy word meaning the intellectual "norm" which is most of you readers) ignore the autistic and other representatives of neurodiversity. Ignore their rights to live with dignity, to eat at restaurants, to work and earn a living, to CHOOSE.

Changing the landscape--- that is what APAAR staff and clients are doing with AWARENESS and ACTION since March 2014.

Yet almost nine years later, we are swimming upstream in a city where hundreds of teenagers learn music, yet NOT one has volunteered yet in our Saturday cafe or ANY day CAFE. Where parents keep their specially abled adult kids at home, leaving them untrained to their siblings or relatives after they are no more--- and the misery that can entail---- this has got too long. Come meet us--- we have stories to share.



Because APAAR is expanding to spread the CHANGE IN THE LANDSCAPE,

Because we want to do this well,

Because if there is no data , it did not happen ---

Because we are committed to restoring the rights of persons with Intellectual Disability with the training they never had access to until now--- we at APAAR are opening our doors wider each year----

---APAAR is getting our data digitalised with the help of the Dhvani Foundation, Bengaluru.

This morning we met on ZOOM with Monalisa from Dhvani to train and give input in APAAR tailored software she is building. THANKS Mona.

ASIDE " You are the first client from Punjab." Dhvani's Vinaya told us when we contacted them. " ARE we surprised ? No.

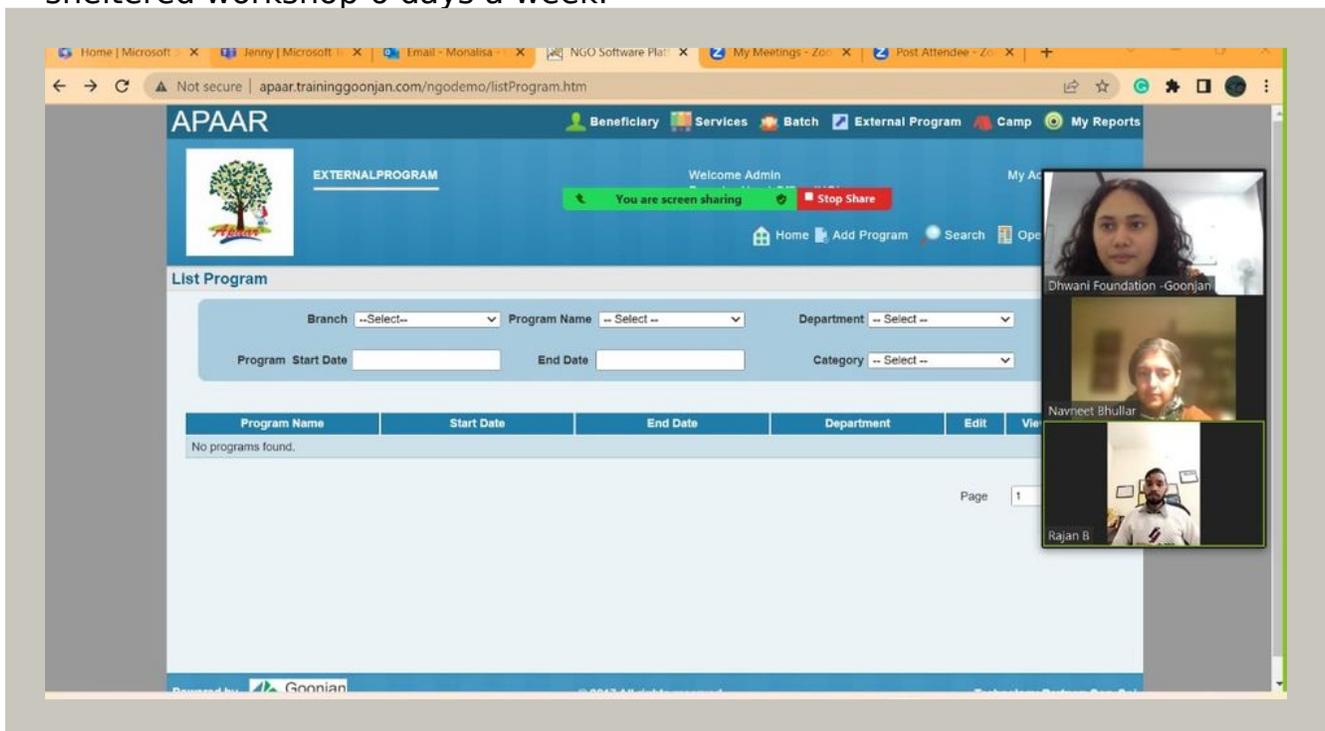
THANKS to our very generous contributors for helping us foot the (not meagre) bill.

THANKS Rajan, our diligent manager,

THANKS Pramod, THANKS Radhika. THANKS Mamta . THANKS Vijay.

(APAAR staff)

ABOVE ALL thanks to our wonderful clients for waking early to make it to our sheltered workshop 6 days a week.



celebrating Holi 2023

Coloring lives since 2014---here is a blog post from APAAR's website www.apaar.org:

Ronit is in the photo celebrating Holi at APAAR today:

A year or so before starting at APAAR, 14-year-old Ronit took his 10 year old sister's bike and left the house. She chased barefoot after him crying in despair (of losing him) but soon lost him as he was cycling. A shopkeeper helped her call their mother.

Ronit was not found for three terrible hours. His mother lodged a police report. As dusk gathered , by the bus station of Jalandhar , a scream was heard. Ronit was trying to prevent someone from snatching his bike. This was several kilometres from his home. Ronit is non- verbal with intellectual disability.

The police informed Ronit's mom who got him home. His sister was crying loudly, frantic all those hours.

This is not an unusual story. Running from home - for an outing - as your family is unable to take you safely happens. Try to imagine a home confined life in your childhood and adolescence when your siblings go to school daily ! On seeing swings in melas , Ronit would get "hyper"--- it was hard to control him in public.

This Feb 5, at the Guru Ravi Das mela close to his home, Ronit peacefully sat on the two rides smiling. He ate a snack and came joyfully home with his family.

He goes on outings with APAAR each month. He is now socially appropriate. He is respected.



Three months' Goals Meeting with APAAR Families March 11, 2023.

Goals met fully: L eating on his own (87%) AK tying his own shoe laces now plus his dad's (100%) , R toothbrushing almost there (91%), AS 100% on chopping vegetables, G is dressing himself (91%) etc.

Goals met partially : shoe lace tying for AS and B (77% and 66%) dressing up for V is (from 0 to 33%) , AR is slowly folding his clothes (31%) etc.

Stories were shared. G 's mother told her new neighbor her son is not "paagal", he is a special child. Middle class "educated" families use the word

paagal for an adult w autism who could teach them a lesson or two in humanity - read my blogpost from last year for more (if you are from Jalandhar, you need not read 😊

<http://blog.apaar.org/blog-detail/15>

B's mother told us of B 's dedication to his parents, staying continually by his dad's side when his dad was ill, missing Lord Krishna's statue when they went to Vaishno Devi with a calm B in the crowds. She does not like people talking about her son who works harder than most mohalla boys and is gainfully employed in APAAR.

APAAR has not been able to hold sensitisation programs for mohallas: we are overstretched . Our dedicated staff are treasures who must be paid well. Our rural program languishes as MSW s' are impossible to find in this brain-drained state and out-of-state MSWs expect salaries APAAR cannot afford. The govt infrastructure for PWD (persons with disability) is thin to the point of non-existent. WE ARE ADVISING THE DSSO on needs of PWD in local care homes.

Find us funders dear readers. Find us funders to help change the landscape and lives. You become a funder .

We are 80G regd for income tax rebate to donors.

We have a CSR certificate for corporate funders.



APAAR's ninth birthday celebration on March 25, 2023 with APAAR Abhaar. APAAR serves around 30 specially abled adults, eleven in our sheltered workshop and others in Community Based Rehabilitation. We have purchased software to digitise our records, which will help us measure our impact better. We are collaborating with the Civil Hospital, Jalandhar, to train care homes in care and advocacy for the disabled. Advisory committee member Ms Pooja Arora pointed to obstacles faced by APAAR in Jalandhar such as lack of consciousness even in the educated middle class, lack of availability of human resources such as occupational therapists and qualified social workers, local special schools for children with intellectual disability (baudhik apaahajta) not cooperating with APAAR in referrals and parents of intellectually disabled adults struggling for support within their families. Dr Navneet Bhullar urged attendees to read the blogs on APAAR website to understand the differences APAAR is making to lives with managing maladaptive behaviour and restoring autonomy to the persons with disability they serve. Names of 39 funders of APAAR were read aloud and APAAR's anthem "Hum honge Kaamyab" was sung by clients and staff.

