



Lakshya

"ABILITY BEYOND DISABILITY"

December 2023



FELLOWSHIP OF THE PHYSICALLY HANDICAPPED

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DIWALI CELEBRATION AT FPH 2023



Mrs. Shobha Kamra
Hon. President



Mrs. Phoola Kaul
Hon. Gen. Secretary



Mr. Nitin Mehta
Hon. Treasurer



Mrs. Sheetal Dhanak
Asso. Hon. Gen Secretary



Mr. Vilas Kolgaonkar
Asso. Hon. Gen. Secretary



Mrs. Shaila Lamba
Exe.Committee Member

LAKSHYA

“ABILITY BEYOND DISABILITY”

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एफ्. पी. एच्. गान

चल चला चल.....

चल साथी साथ चलें हम
मंजिलके पास चले हम
चल साथी.....
प्रेमका दीप जलाएँ हम
आसकी ज्योत जलाएँ हम।

पथमें जो शूल मिले तो क्या
आँधी तूफान चले तो क्या
हिम्मतसे बढ़ने वाले हैं, जीनेकी चाह करें हम।
चल साथी.....
प्रेमका दीप जलाएँ हम
आसकी ज्योत जलाएँ हम।

मूल मंत्र है कर्म हमारा
मानवता है धर्म हमारा
एक बागके फूल हैं हम, मिलकर एक हार बनें हम।
चल साथी.....
प्रेमका दीप जलाएँ हम
आसकी ज्योत जलाएँ हम।

एफ्. पी. एच्. से मिली नई पहचान हमें
मिले इरादे नए, नए अरमान हमें
मिली शक्ति-विश्वास, एक परिवार बनें हम।
चल साथी.....
प्रेमका दीप जलाएँ हम
आसकी ज्योत जलाएँ हम।

TRIBUTE



Mr. Arun Daulatrao Bagal

6th June 1960 - 28th December 2022

“Those who have already passed have not only made it to the Other Side, but are in a State of Bliss.”

Mr. Arun Bagal joined FPH on 18.04.1987 as a Steno-Typist in FPH and retired on 30.06.2018 at the age of 58. After his retirement he was immediately offered an Extension considering 31 years of his outstanding performance at work, good character and absolute dedication and sincerity. Later, Arun worked as a Personal Secretary / Assistant to Late Smt. Sudha Pandit, Late Mrs. Piloo Wadia, Mrs. Lalitha Doraiswami, Mrs. Shobha Kamra and myself.

Arun had a longer association with me at FPH as the Personal Asstt. At work, he planned his work very thoughtfully and proactively. He was thorough in taking shorthand dictations and was a willing learner whenever it came to new ideas, vocabulary, or any correspondence at work. He had deep respect and loyalty for all the Secretaries & the Management, he was associated with. I have never seen him losing his cool or reacting to any problems at work. He was a tremendous support to the management, staff & trainees of FPH.

Being kind and generous at heart, Arun was always empathetic to all the challenged trainees at FPH and talked to them with great care and concern, politely addressing them as 'बाळ' (Beta).

Gifted with a positive attitude and sense of humour, he was adept in 'Lavni' – a dance form in Marathi and would dance amazingly at most of the functions in FPH on request.

His absence will always be felt but his influence will always be remembered.
He has touched many lives in so many ways and has been a true well-wisher to all.

Mrs. Phoola Kaul
Hon. Gen. Sec., FPH

EDITORIAL



Mr. Nitin Mehta

NEW TECHNOLOGY

In **August 2022**, we had published a special issue of this magazine on our beloved President Shri Atul Desai, who passed away on 6th January 2022. It was a great loss for all of us who associated with FPH for a longer time. He was a pioneer of this NGO who has taken this organization on top from the grass root level. He never considers himself a physically challenged person, he believed, confidence and power are within you, he believed to achieve goal in the life you can cross any hurdles with your passion to fulfil your dreams. Today Atul bhai is not with us, but we have his ideals.

In the month of November 2022 in AGM, elections were held to elect members of the office bearers and members for the executive committee. All ordinary members and life members were present and of course, everyone was enthusiastic to use their franchise. Mrs. Shobha Kamra, elected as a president of FPH unopposed. Madam Shobha Kamra has served this NGO for many years and has made remarkable progress. I on behalf of my members of the editorial board wish her happy and healthy life. We hope that the organisation will develop under her leadership on large scale.

Many events took place during the year 2023. It is important to mention about a rural camp held in collaboration with Lions Club of Surat at Dharmapur (Dist. Valsad) Gujarat. Aids and appliances were given to more than 250 beneficiaries. The staff of FPH worked hard for this camp and they all deserve compliments. Salute to Vilas sir Asso. Hon. Gen. Secretary for successfully conducted the camp.

A SWACHTA ABHIYAN was organised in the premises of FPH building. All trainees participated in cleaning the ground with deep enthusiasm. I congratulate them and believe, that we have also tried a little to fulfil the dream of the prime minister shri Narendra Modi.

The whole world has now entered the computer age. Technology has come a long way these days. The number of facilities in various areas is increasing. Even the difficult tasks of man become easy now. In everyone's hand, a mobile is seen, which is not a mobile, but the world is in its grasp. It is truly astounding how far we have come thanks to new technology and its ability to simplify and enhance our lives in ways we never thought possible.

The computerized world we live in today has revolutionized every aspect of our lives, making things quicker, easier, and more convenient. Communication has been transformed with the advent of social media platforms and instant messaging apps, allowing us to connect with friends and family across the globe in a matter of seconds.

To take advantage of advanced technology, our magazine committee decided to publish a digitalised copy of LAKSHYA in December 2023. This E-magazine will be readable on your PC and mobile. This computerized era has revolutionized not only how we function as individuals but also how societies operate on a global scale.

Before I conclude let me express my humble gratitude to the entire team for doing hard work to publish this digitalized copy of the magazine.

THANK YOU.

Mr. Nitin Mehta
Hon. Treasurer, FPH

PRESIDENT'S MESSAGE



Mrs. Shobha Kamra

I am honoured and privileged to assume the role of President of FPH. Since I had been with FPH for so many years, I know the challenges of last few years. I would like to acknowledge thanks and gratitude to our current and last Committee Members for their vision & dedication. They have unselfishly given their time & energy for the cause of Physically challenged.

For all around development of nation, we cannot neglect the role of NGO's. I invite you to join our mission towards a better society where the Physically Challenged can be absorbed in the mainstream. Our philosophy should be not only to live and let live, but do everything in our power to improve the lives of underprivileged and Physically Challenged people easier and comfortable, only then life does get a meaningful purpose during our journey on the planet.

“WORK FOR A CAUSE,
NOT FOR APPLAUSE.
LIVE LIFE TO EXPRESS,
NOT TO IMPRESS.
DO NOT STRIVE TO MAKE
YOUR PRESENCE NOTICED,
JUST MAKE
YOUR ABSENCE FELT”

My primary goal is to strengthen and energise various departments for the growth of FPH. New trainee's new training programs and set goals and make space to enhance further and set future plans and create opportunities for rehabilitation of trainees.

Wishing Executive Committee Members, Staff and Trainees, a Happy Christmas and Happy New Year.

Please sow the seeds of kindness wherever you go.

Mrs. Shobha Kamra
Hon. President, FPH

EVERY DROP MAKES AN OCEAN!



Mrs. Phoola Kaul

There is not a single moment in our life when we cannot offer service to others and set an example. We often tend to give up in life. We either suffer from "low self esteem" or "take it easy attitude". There cannot be a sadder moment than the feeling - "How can an ordinary person like me change the society, organisation or world? or "As if people are going to change by my making an effort." Each one of us can give something to this world everyday. We can sound a note that will resound rhythm and harmony. If one could only cease to be fretful, cease to grumble and complain, we shall always have something to give. It is always essential for us to cultivate our inner sense of values and offer our services, however humble they might be, wholeheartedly.

Let us always do one good a day that too, without expecting anything in return. Anything that is done without selfishness and narrowness of vision works like nectar to humanity. Those who have magnanimous hearts and expand their love until it embraces all, possess a unique state of mind. They are peaceful from within and it reflects their external self. Such souls are pure in their thoughts, words and deeds. When mountains of obstacles and difficulties come in their way, they remove them undauntedly. Their very presence removes sufferings of the people as darkness before light.

Often we are afraid to take interest in big things because we do not wish to let go the small, yet in that bigger thing, we find the smaller included.

One might speak only one word and it becomes vibrant, ringing, bringing new hope. Oh! that one word of love and sympathy can work as a balm for the wounded heart. Anything small cannot be underestimated because when added to great, can transform the whole world. Each stream makes a river. Every drop makes an ocean!

Mrs. Phoola Kaul
Hon. Gen. Secretary, FPH

REPORT OF THE 19th RURAL CAMP (FIRST PHASE) HELD ON SATURDAY, 11th February 2023 AT DHARAMPUR, VALSAD, GUJARAT.

Mr. Hemantbhai Patel, Camp Organiser, Lions club was in touch with Mrs. Shobha Kamra, President, FPH to emphasise the dire need for a Rural Camp to be held in the area near Valsad District. After due diligence, they finalized Dharampur, Valsad district.

So, it was decided to have the 19th Rural Camp on 11th February 2023 at Dharampur, Valsad, Gujarat after discussion with Mrs. Shobha Kamra, in association with Lions Clubs International, Dist. 3232 F2, Lions Club of Reg V & VI, Lions Club of Surat Green City & Lions Club of Dharampur State.

Mr. Vilas Kolgaonkar, Asso. Hon. Gen. Secretary, Mr. Vijay Wable, General Manager, Admin, Accounts & Operations with 20 staff members went by FPH bus on 10th February 2023 at 7.40 a.m. Before their departure a small pooja was performed and see off was given by Mrs. Shital Dhanak, Asso. Hon. Gen. Secretary and the team reached the hotel in Dharampur at 5.30 p.m. They received a warm welcome by the organisers of the camp (Lions Club of Dharampur State) and proper arrangements were made for Lunch, overnight stay, dinner etc. for everyone.

FPH staff members took their positions at 8.00 a.m. on 11th February 2023 for registration and measurement. Physically challenged beneficiaries, accompanied by their relatives from nearby villages of Valsad and other district areas were present at the camp place and registration of 243 beneficiaries was received for various aids and appliances as prescribed by various orthopedic doctors.





The camp was inaugurated by **Hon'ble Lion. Mukesh Patel, District Governor**, and other members of Lions club. Mr. Vilas Kolgaonkar, Asso. Hon. Gen. Secretary and Mr. Vijay Wable, General Manager, Admin. Accounts & Operation, FPH briefed the dignitaries and the audience about various activities being conducted at FPH and also about 18 Rural Camps that had been organised by FPH in the previous years. The hampers containing products made by the trainees of FPH were presented by Mr. Vilas Kolgaonkar, Asso. Hon. Gen. Secretary & Mr. Vijay Wable, General Manager of FPH to the Chief Guests & Guests of Honour and other members of the Lions Clubs. The products of FPH were highly appreciated by Lion. Hemantbhai Patel, Camp Motivator, and other dignitaries present.

The measurement of the patients continued upto 1.00 a.m on Sunday 12th February 2023. During the camp, 243 aids and appliances were prescribed as per below mentioned table. These aids & appliances including the artificial limbs would be fabricated at the FPH Workshop and the total cost of the following aids and appliances is about **Rs. 13,70,282/-**.

Sr. No.	Name of the item	Qty.	Cost (each) (Rs.)	Total Amount (Rs.)
1	Std. Size Single Hand	88	7,668	6,74,784/-
2	Std. Size Folding Wheelchair	47	5,796	2,72,412/-
3	Small Folding Wheelchair	12	5,978	71,736/-
4	Tripod	08	604	4,832/-
5	Walking Stick	10	444	4,440/-
6	Elbow Crutches	02	1,648	3,296/-
7	Forum Walker	03	3,170	9,510/-
8	Std. Folding Walker	07	1,691	11,837/-
9	Commode Chair	05	1,575	7,875/-
10	Al. Crutches (Pair) 41" to 50"	11	707	7,777/-
11	Al. Crutches (Pair) 51"	01	725	725/-
12	C. P Chair with Lap Board	11	3,679	40,469/-
13	Corner Seat	02	1,575	3,150/-
14	B/K Prosthesis	15	6,641	99,615/-
15	A/K Prosthesis	09	8,453	76,077/-
16	A/K Katori	01	10,500	10,500/-
17	Caliper	07	8,453	59,171/-
18	Foot Drop – Big	02	3,623	7,246/-
19	Foot Drop (Bilateral) Small	02	2,415	4,830/-
	Grand Total	243		13,70,282/-



All the 243 Physically Challenged persons and their relatives who participated in the camp were pleased with the warm welcome and the lunch offered to them during the rural camp.

Overall, the camp was a great success; and the FPH staff reached Mumbai on **12th February 2023** at 7.00 a.m. with sweet memories of the first phase of 19th Rural camp.

We are happy to inform, that the FPH staff members have enthusiastically started the fabrication of the aids and appliances mentioned above and in due course of time, the organisers of Lions Club of International would be informed about progress and completion.

Mrs. Phoola Kaul
Hon. Gen. Secretary, FPH



REPORT OF THE SECOND PHASE OF THE 19th RURAL CAMP held at Dharampur, Valsad, Gujarat on Saturday, 06th May 2023 to distribute Aids and Appliances to the Physically Challenged persons.

The Second Phase of 19th Rural Camp of FPH was organized on Saturday, 06th May 2023 at Dharampur, Valsad, Gujarat, by FPH in association with Lions Clubs International, Dist. 3232 F2, Lions Club of Reg V & VI, Lions Club of Surat Green City & Lions Club of Dharampur State, for the distribution of aids and appliances to the Physically Challenged persons.

Mrs. Shaila Lamba, Executive Member and 20 staff members consisting of admin. technicians, clerks, driver, supervisor and trainees went by FPH bus on 05th May 2023 at 7.45 a.m. Before their departure a small pooja was performed and the team reached by 3.30 p.m. They received a warm welcome by the organisers of the camp. Proper arrangements for overnight stay, dinner etc. was made by Lions Club.

The distribution of aids and appliances like walkers, crutches, wheelchairs, tricycles, c.p. chairs, artificial limbs etc., was started on **06th May 2023** at 09.00 a.m., to the physically challenged beneficiaries who had been registered in the first phase of the camp which was held on **11th February 2023**.

All the handicapped beneficiaries with their escorts were present at the programme. The campus atmosphere was full of activity and festivity. The Supervisors and Technicians were engrossed in fixing up the aids and appliances and the handicapped beneficiaries enthusiastically looked forward to receiving the mobility aids. The camp was inaugurated at 11.30 a.m. by **Lion. Mukesh Patel, District Governor**. Along with other members of the Lions Club and FPH Committee Members which were also present on the dais at the inaugural function.

Mrs. Shital Dhanak, Asso. Hon. Gen. Secretary. FPH addressed and briefed the dignitaries and the audience about the various activities carried out by FPH and also about the previous 18 rural camps being organised by FPH. The Chief Guest and all the members of Lions Club, highly appreciated the noble work being done by FPH. They felicitated Mrs. Shital Dhanak, Asso Hon. Gen. Secretary and Mrs. Shashi Dattani, Hon. Treasurer, FPH by giving certificates and flower bouquets. The gift hampers containing products made by the trainees of FPH were presented by Mrs. Shital Dhanak, Asso. Hon. Gen. Secretary & Mrs. Shashi Dattani, Hon. Treasurer, FPH to the Chief Guest & Guest of Honour and other members of the Lions Club.

The below mentioned Aids and Appliances were distributed to the beneficiaries:-

Sr. No.	Item	Qty	Rate	Amount	GST 5%	Total Amt.
1	Std. Size Single Hand Tricycle	88	7,303.00	6,42,64	32133.2	6,74,797
2	Std. Size Folding Wheelchair	48	5,520.00	264960	13248	278208
3	Small Folding Wheelchair	12	5,693.00	68316	3416	71732
4	Tripod	10	575.00	5750	287.5	6038
5	Walking Stick	10	423.00	4230	212	4442
6	Elbow crutches	2	1,570.00	3140	157	3297
7	Forum Walker	1	2,381.00	2381	119	2500
8	Std. Folding Walker	12	1,610.00	19320	966	20286
9	Commode Chair	5	1,500.00	7500	375	7875
10	Quadripod	1	575.00	575	28.75	604
11	Alu. Crutches - 41" to 50"	10	673.33	6733.3	336.665	7070

Sr. No.	Item	Qty	Rate	Amount	GST 5%	Total Amt.
12	Alu. Crutches - 51"	1	690.00	690	35	725
13	Alu. Crutches - 39"	1	621.00	621	31	652
14	C. P. Chair with Lap Board	11	3,504.00	38544	1927	40471
15	Corner Seat	2	1,500.00	3000	50	3150
16	B/K Prosthesis	15	6,325.00	94875	4743.75	99619
17	A/K Prosthesis	9	8,050.00	72450	3622.5	76073
18	A/K Katori	1	10,000.00	10000	500	10500
19	Caliper	7	8,050.00	56350	2817.5	59168
20	Foot Drop-Big	2	3,450.00	6900	345	7245
21	Foot Drop-(Bilateral)-Small	2	2,300.00	4600	230	4830
Total No. of Item		250	72,313.33	1313599.3	65680.865	1379282

The total expenditure of the First Phase and Second Phase of 19th Rural Camp held at Dharampur, Valsad, Gujrat are as below:

Sr. No.	Expenses	Amount
1	Raw Materials	10,06,052
2	Appreciation token for Participants	1,00,300
3	Admin. / Food / Travelling / Miscl. Exp.	44,948
Total Rs.		11,51,300

The beneficiaries were given complete training and practice of driving tricycles and use of wheelchairs. The work of fitting of the artificial limbs to the patients by the Technicians of FPH continued throughout the day till 10.30 p.m. on **06th May 2023**.

Having accomplished the responsibility of distribution of aids & appliances of the 19th Rural Camp successfully, Staff members returned to FPH on **Sunday, 07th May, 2023** at 7.00 a.m. with great memories to share.

Mrs. Shobha Kamra
President, FPH

The following donors had given donations towards giving Aids and Appliances for the 19th Rural Camp:-

Sr. No.	Donor's Name	Donation Amount (Rs.)
1	MIV Investment Service Pvt. Ltd.	2,00,000
2	Shanta Venkatrao Jannah	1,10,000
3	Maya Kukreja Foundation	1,00,000
4	Archana Khaitan Foundation, Kolkata	1,00,000
5	N. Vaidheeswaran Iyer	1,00,000
6	Sangita Shridhar Narayanan	1,00,000
7	Atul Foundation	1,00,000
8	Atul Kamra	1,00,000
9	Vivek Kamra	1,00,000

Sr. No.	Donor's Name	Donation Amount (Rs.)
10	Lions Club of Valsad (Tithal Road)	51,000
11	Mayank Gala	25,000
12	Anand Kumar Gadodia	25,000
13	Nitin Parkash	21,000
14	Shripal Vithobaji Pohekar	10,000
15	Jayashri Totuka	10,000
16	Anand Vazirani	10,000
17	Jatinder Khurana	5,100
18	Shweta Totuka	5,000
19	Nidhi Totuka	5,000
20	Sunil Totuka	5,000
21	D. H. Katrak	5,000
22	Tina G. Savani	3,000
23	Swaminathan Charitable Trust	2,500
	Total	11,72,600



Aids & Appliances Donated by Shri. Heera Devashi

Taluka Malbar Hill, to the needy persons.
These Aids & Appliances were Fabricated by FPH Dept.



Sr. No.	Name of the item	GST Rate	Qty.	Rate	Total Amount(Rs.)
1	Tricycle	5%	4 Nos.	7,303.00	29,212.00
2	Wheelchair	5%	25 Nos.	5,238.00	1,30,950.00
3	Quadripod	5%	100 Nos.	575.00	57,500.00
4	Elbow Crutches	5%	20 Nos.	1,569.30	31,386.00
5	Folding Walker	5%	31 Nos.	1,611.00	49,941.00
6	Al. Crutches	5%	20 Nos.	691.00	13,820.00
7	Labour Charges for Name Printing	5%	15 Nos.	32.00	480.00
	Total				3,28,953.00

A REPORT ON ANNUAL SPORTS - 2023

held on Friday, 17th and Saturday, 18th March, 2023 between 9.30 am to 5.00 pm on the grounds of FPH.

The annual sports event was for the trainees and staff members with physical Disability and Intellectual Disability. The sports were sponsored by Dr. PRATAP SARAIYA. In this event, total 85 trainees and 40-43 staff members had participated which took place for two days followed by Prize Distribution on the 18th March 2023 at 3.00 pm. The Chief Guest for annual sports event was Mr. Ashok Wadekar, Ex. President, All India Cricket Association for Physically Challenged.

The event was inaugurated by Mrs. Phoola Kaul, Hon. Gen. Secretary, Mrs. Shital Dhanak and Mr. Vilas Kolgaonkar, Asso. Hon. Gen. Secretaries.

Following games were played on 17th March, 2023 (First Day) :

- Potato Race
- Basket Ball
- Plastic Glass Throw
- Carrom
- Box Cricket (Trainee)
- Box Cricket (Staff)
- Candle Lighting
- Ball in Ring Skipping
- Spoon Marble Race





Chief Guest Mr. Ashok Wadekar, Hon. Gen. Secretary, Mrs. Phoola Kaul, Asso. Hon. Gen. Secretaries, Mrs. Shital Dhanak & Mr. Vilas Kolgaonkar, Hon. Treasurers - Mr. Nitin Mehta & Mrs. Shashi Dattani, Executive Committee Members, Mr. Dinesh Patil, Mr. Samir Zaveri, FPH Donor - Mr. Sandeep Adukia, and Mr. Anil Yadav, Representative of Jyoti Publicity were present on the dais.



Total prizes of Rs. 29,890/- were distributed at the hands of Chief Guest, Mr. Ashok Wadekar and other members present. All the winners were very excited to receive the prizes from them. Winners were overwhelmed and surprised to receive additional prizes from Jyoti Publicity at the hands of Mr. Anil Yadav, Representative of Jyoti Publicity.

The introduction of the Chief Guest was done by Mrs. Phoola Kaul, Hon. Gen. Secretary. Mr. Ashok Wadekar, Chief Guest shared his experience with all. His address to the trainees was very inspiring and invigorating.

The event was well co-ordinated and executed by the FPH Sports Committee along with other staff members who played a crucial role by supporting the event behind the curtain.

The total expenditure spent for the annual sports day is Rs. 57,451/- including the prizes. Rs. 2,000/- was given as a participation award to all participating trainees sponsored by Mrs. Shital Dhanak and Mrs. Haseena Rassiwalla.

The delicious snacks were provided to Chief Guest, OB Committee Members, Executive Committee Members and FPH Sports committee.

Trainee's Parents Annual Meeting Report [Group Counseling] sessions

Date – 4/8/2023
Day – Friday
Time – 2.00 p.m. to 5.00 p.m.
Place – Conference Hall

Present (Parents) – 74
Absent (Parents) – 19
Total – 93

Conducted by – Snehal Rane (Counseling Psychologist)
Mr. Vijay Wable (General Manager)



Mrs.Snehal Rane

मिटींग शुरू करने से पहले सभी अभिभावक के साथ पहचान कि गयी।

उनको ३ सवाल पूछे गये ।

१. आपका नाम क्या है?
२. बच्चे का नाम क्या है?
३. कौनसे विभाग में बच्चा काम करता है?

इन ३ सवाल में से कौनसे विभाग में काम करता हूँ इसका जवाब (विभाग का नाम) ज्यादा अभिभावक को इसका जवाब नहीं पता था। उसके बाद अभिभावक को हर विभाग का नाम बताया गया था और मिटींग का उद्देश्य भी बताया गया।

१. फॉलोअप - इस मुद्दे में अभिभावक को बच्चे का हर दिन का फॉलोअप देना है। पुरे दिन में क्या काम किया। पुरा दिन कैसे बिता ? ये सवाल पूछने है। हर दिन बच्चे की उपचारात्मक शिक्षा भी लीयी जाती है। उसके लिये बच्चे के पास एक नोटबुक देनी है, उसमें दी गयी पढाई उनसे करवाके लेनी है।

२. अनुशासन - इसमें बच्चे को अनुशासन के बारे में कुछ चीजे सिखानी हैं जैसे की काम का समय ९ से ५:३० बजे तक हैं, बडो का आदर करना, गाली नही देना, उंची आवाज में बात नही करना, झूठ नही बोलना, झगडा नही करना, दुसरो का हमेशा आदर करना।

३. स्वच्छता - इसमें बच्चे को कैसे स्वच्छ रहना चाहीये इस बारे में बताया गया था। जैसे की ब्रश करना ,नहाना ,साफ सुथरे कपडे पहन के आना ये सब अनिवार्य हैं।

४. बैग - इसमें बच्चे के बैग में एक पानी की साफ सुथरी बॉटल, एक छोटा नॉपकीन, नोटबुक, पेन ये सारी चीजे हमेशा बैग में होनी चाहिए।

५. सहभाग - अभिभावक का हर चीज में सहभाग होना महत्वपूर्ण हैं, बच्चे की मानसिक विकास कार्यक्षमता में कुशलता होनी चाहिए, तो आपका सहभाग होना चाहिए।

६. प्रशिक्षणी - इस में अभिभावक को हमारे सेंटर में नए प्रशिक्षणार्थी लाने के लिए जागृकता करने के लिए बताया गया। अगर आपके रिश्तेदारों में, अडोस-पडोस में, बच्चे की पुरानी स्कूल में जाकर जानकारी देनी हैं, और अगर कोई अभिभावक आपको सामने से पूछ रहा है तो उनको यहाँ की जानकारी देकर यहाँ आने के लिये प्रोत्साहीत किजीए। जो भी अभिभावक यहाँ नए प्रशिक्षणार्थी को लाएगा उसका प्रवेश होने के बाद अभिभावक को एक उपहार दिया जाएगा।

७. मार्केटिंग - हमारे यहाँ जो भी प्रॉडक्ट्स बनाये जाते हैं, उन प्रॉडक्ट्स के बारे में आपके यहाँ जानकारी देनी हैं ताकी उन प्रॉडक्ट्स की मार्केटिंग हो जाए और उसका फायदा हमारे बच्चों को भी हो जाए।

८. जॉब - अगर एफ.पी.एच. की तरफ से बच्चे को जॉब का अवसर मिल गया तो उस समय नए जॉब के यहाँ बच्चे के साथ माता-पिता को आना अनिवार्य है। अगर आप को कही और जगह से नए जॉबका असर मिल रहा है तो सेंटर में आकार बताना है।

९. विभाग में बदलाव - इस मुद्दे में अभिभावक को बताया गया हैं कि, बच्चों के विभाग में बदलाव किया जाएगा और उसका कारण अभिभावक को बताया जाएगा। वो बदलाव करने का अधिकार सिर्फ सेंटर को ही है।

१०. उपचारात्मक शिक्षा - बच्चे को हर रविवार बाजार में लेके जाना हैं और उनको पैसे का इस्तेमाल और बाकी चीजों का ज्ञान देना हैं।

११. समय बिताना - हर दिन बच्चे के लिए ४५-५० मिनीट निकालने हैं। छुटियों के दिन उनके साथ ज्यादा समय बिताए, उनके साथ बातें करें उन्हें काम सिखाए।

१२. वॉट्सअप ग्रुप - इसमें अभिभावक को जो विभाग दिया है, वो हर वक्त चेक करे, उसमें विभागानुसार महत्वपूर्ण जानकारी दीयी जाता है।

१३. रिहॅबीलिटेशन - इसमें सभी अभिभावक को पुछा गया कि, आपका बच्चा आगे कहाँ काम कर सकता है? क्या काम की उपलब्धी हैं? इसका जवाब अभिभावक को नहीं आया, इसमें अभिभावक को कुछ जॉब प्लेसमेन्ट बताये गये।

1. Retail Gallery / Art Work
2. Retail Job - Such as stocking shelves - assisting customers.
3. Packaging & Assembly - Such as manufacturing, fabrication.
4. Landscaping - Moving Lawns, Gardening Planting Flowers.
5. Classic Support - Such as computer programs, customer service, Answering Phones, Scheduling Appointment.
6. Textile Manufacturing - Sewing, Cutting, Assembling textiles.
7. Food Service - Such as dish washing, bussing table.
8. Housekeeping - Cleaning, making beds, washing dishes, doing laundry.
9. Food Packaging.
10. Cleaning - Vacuuming, Dusting, Mopping.

Mrs. Snehal Rane
(Counselling Psychologist)

एफ्. पी. एच्. में हरियाली का प्रारंभ



Gardening can have many health benefits for people with disabilities, and can provide a source of exercise, friendship, stimulation and relaxation. With a little planning and consideration, you can create an accessible, productive and pleasant garden for people with disabilities.

Report on the Swachhata Bharat Pakhwada 2023 (Clean India Mission) was Started from 15th October 2023 at FPH.



Swachhata Bharat Pakhwada 2023 (Clean India Mission) started from 15th Oct to 24th Oct 2023 was introduced by the Prime Minister, Narendra Modi on a national level. FPH also participated in this mission under the guidance & leadership of Mrs. Phoola Kaul, Hon. Gen. Secretary. Staff and trainees were informed that the Cleanest Department will be awarded at the Annual Diwali Function. All Staff and Trainees took the challenge of cleaning their respective departments with zeal and enthusiasm after taking the Oath Ceremony on Cleanliness which took place in the Tailoring Department. Everyone enjoyed and showed keen interest in cleanliness with full enthusiasm. It served as a great initiative in making our staff and trainees more aware of the importance of cleanliness. Staff and Trainees of the Printing Department were awarded a Certificate for the Cleanest Department at the Annual Diwali Function.

Report on Annual FPH PICNIC – 2023 to Anand Sagar Resort & Water Park, Ambarnath on 04th March, 2023.

2 FPH Buses and 1 Rented Bus were arranged for the trainees and staff members. Most of the trainees and staff gathered at FPH in the morning at 7.30 a.m. and the rest were picked up from various locations on the route. The fun and frolic started from the bus itself in the form of singing songs, playing antakshari, dancing on bollywood songs etc. All 3 buses reached the Resort at 10.40 a.m.

Breakfast with tea/coffee was arranged at the cafeteria. Everyone enjoyed the breakfast. After breakfast, all trainees and staff members enjoyed the following rides throughout the day:



All trainees and staff members gathered in the Cafeteria at 1.30 p.m. for lunch and had delicious food. After lunch, all again enjoyed the Water park activities. At 3.30 p.m. tea was arranged at the Cafeteria for all.

The picnic ended at 4.15 pm. All the trainees and staff members were dropped safely near their respective places on the route to FPH.

The picnic was enjoyed by all and everyone had a great time. Definitely, it was wonderful experience with great memories to take back home.

The total Expenditure spent for the Picnic is Rs. 72,624/- (including entrance Fee & other nominal Expenses).

Report on Annual Educational Field Trip – 2023 to Nehru Planetarium, Worli, Mumbai on 22nd August, 2023.

2 FPH Buses and 1 Tempo were arranged for the trainees and staff members. All 87 trainees and 11 staff members gathered at FPH for this trip. All 3 vehicles reached the Nehru Planetarium by 11.30 a.m.

At 11.45, We entered the Sky-Theatre show. It was a great opportunity to learn more about planets, stars and other interesting astronomy facts. Various elements of the universe, such as comets, meteors, the cosmos, and the eclipses are shown here before entering to the Sky theatre, there is a Moon, Panorama and Weighing Booths, Where one can find one's weight on earth, Sun, Jupiter, Mars & Moon and get an idea about the surface gravity of these bodies. Sky Theater programmes, covered a wide range of topics in astronomy and space sciences have been shown. The Planetarium foyer has several exhibits depicting various aspects of astronomy.

The Planetarium also has a unique orrery (working model of the solar system) which is suspended from the ceiling. Additionally, the live image of the sun and sunspots is projected on the screen.

The Planetarium show ended at 1.00 pm. All the trainees and staff members returned safely at FPH. The trip was enjoyed by all and everyone had a great time in the planetarium. Definitely, it was a wonderful experience with great memories to take back.



LION'S CLUB OF MAHIM

Aids & Appliances Donated by Lion's Club of Mahim on 1st March 2023



**File making machine donated by the NSCI
to Assembly Department of FPH.**





Mrs. Shyamali Parab

SUCCESS STORY



Ms. Sheetal Cheulkar

श्यामली : तुम्ही प्राथमिक शिक्षण कुठे घेतले ?

शीतल : माझे प्राथमिक शिक्षण बालविहार विद्यालय दादर, शिवाजी पार्क १० वी पर्यंत १९९१

श्यामली : तुम्ही परीक्षेच्या वेळेस किती तास अभ्यास केला ?

शीतल : परीक्षेच्या वेळेस मी दुपारी ३ ते ५ आणि घरी गेल्यावर १० ते १२ या वेळेस अभ्यास करायची.

श्यामली : नोकरी व अभ्यास यामध्ये तुमच्या अभ्यासाच्या दिनक्रमाची व्यवस्थापन कशी केली ?

शीतल : सकाळी मी ९ ते ३ वाजेपर्यंत ऑफीसमध्ये ड्युटी करून दुपारी ३ ते ५ अभ्यास करायची. रात्री ६ ते ९ शाळेमध्ये उपस्थित रहायची. घरी आल्यावर परत १० ते १२ वाजेपर्यंत अभ्यास करायची.

श्यामली : तुम्हाला तुमच्या परीवारांकडून व शिक्षकांकडून कसे सहकार्य मिळाले ?

शीतल : माझ्या कुटुंबाकडून मला पूर्णपणे सहकार्य मिळाले. माझ्या बहीणीने घरातील सर्व कामे करून मला अभ्यास करण्यासाठी पूर्ण वेळ दिला. माझ्या सर्व शिक्षकांनी मला अभ्यासाविषयी चांगले मार्गदर्शन केले.

श्यामली : तुम्हाला सर्व शिक्षकांनी कशाप्रकारे मार्गदर्शन केले ?

शीतल : माझ्या सर्व शिक्षकांनी माझ्यासाठी ऑनलाइन क्लासेस घेऊन माझ्याकडून सर्व अभ्यासाविषयी चांगले मार्गदर्शन केले. माझ्या अभ्यासाविषयी सर्व समस्यांचे निवारण केले त्यामुळे मला अभ्यास करण्यास सोपे वाटले.

श्यामली : तुम्ही शारिरीकदृष्ट्या दिव्यांग असूनही तुम्ही यशस्वी झालात त्याबद्दल तुम्हाला काय वाटते ?

शीतल : जरी मी दिव्यांग असले तरी माझ्या मनात हाच हा विचार आला की मला माझे ध्येय गाठायचेच आहे. मी जेव्हा चांगल्या मार्कांना पास झाली तेव्हा माझा आनंद गगनात मावेनासा झाला. आणि मला असे वाटले की मी दिव्यांग असले तरी शिखर गाठू शकते. हे यश मला माझ्या प्रयत्नामुळेच मिळाले.

श्यामली : हा तुम्हाला माझा शेवटचा प्रश्न एफ.पी.एच. मधून तुम्हाला काय मिळाले ?

शीतल : एफ.पी.एच. मधून मला खूप चांगले सहकार्य मिळाले. काही जणानी मला शाळेत प्रवेश घेण्यासाठी मार्गदर्शन केले. अभ्यास करण्यासाठी वह्या दिल्या. परीक्षेच्या दिवशी माझ्या सहकार्यांनी मला सुट्टीसाठी खूप मदत केली. “एफ.पी.एच. संस्थेच्या माझ्या वरीष्ठ विश्वस्त व माझे सहकारी या यशाबद्दल सर्वांचे आभार मानते”



Ms. Sheetal Cheulkar

Education is like a never-ending adventure that takes us on a journey of knowledge, discovery, and growth. Education should be about nurturing curiosity, instilling creativity, and encouraging individuals to reach their full potential not just passing exams. It's high time we rethink our current system and find ways to make education more relevant, engaging, and reflective of the diverse talents and abilities of every student.

शिक्षा जिज्ञासा को बढ़ावा देने, रचनात्मकता पैदा करने और व्यक्तियों को उनकी पूरी क्षमता तक पहुंचने के लिए प्रोत्साहित करने के बारे में होनी चाहिए - न कि केवल परीक्षा उत्तीर्ण करने के बारे में। अब समय आ गया है कि हम अपनी वर्तमान प्रणाली पर पुनर्विचार करें और शिक्षा को अधिक प्रासंगिक, आकर्षक और प्रत्येक छात्र की विविध प्रतिभाओं और क्षमताओं को प्रतिबिंबित करने वाला बनाने के तरीके खोजें।

EX-BRITIS GURKHA WANTS HIS EVEREST CLIMB TO CHANGE PERCEPTIONS AND DISABILITY

Hari Budha Magar, the first above the knee double amputee to scale Mount Everest, wants his ascent to raise awareness about disability. The 43-year-old completed the 8,848-metre climb on artificial legs.

Taking to Twitter, the Gurkha Brigade tweet read: “Gurkha veteran Hari Budha Magar creates history ...as the first ever double above-knee amputee to scale Mt Everest (sic).”

Bigyan Koirala, an official with Nepal's Department of Tourism, confirmed that his ascent is “a world record” and the Magar climbed the mountain with five Sherpa guides.

Magar had joined the British army in 1999 and lost both his legs after stepping on an Improvised Explosive Device (IED) during a patrol duty in Afghanistan in 2010. He said he had “suffered a lot” because of his disability and did not want other people to face the same pains.

“I hope my climb will change the perception of persons with disabilities,” Magar said at the base camp, adding, “I would like to encourage all people to take to climbing any mountain of their choice.” Mount Everest has been climbed by more than 11,000 people, including those with disabilities like blindness and amputations.



Mr. Hari Budha Magar

SHEETAL DEVI GOLDMEDALIST



Teenaged armless archer Sheetal Devi on October 27 became the first Indian woman to win two gold medals in a single edition of the Asian Para Games by claiming the top honours in the women's individual compound event here. It is a hat-trick of medals for the 16-year-old from Jammu and Kashmir, who holds her bow with her foot. Earlier this week, Sheetal won a gold in the compound mixed team event and women's doubles silver.

**“Hands and Legs do not make men perfect,
Spirit makes men perfect”.**

“IF THERE'S A WHEEL, THERE'S A WAY”

It's not often that **Guinness World Records** reaches out to someone to say, "We think you belong in our book." In December 2021, Hassan Ibrahim, a senior public relations manager for MENA (the Middle East and North Africa region) reached out to wheelchair-bound banking executive Sujith Varghese to say just that. He'd been following the latter's social-media accounts, seeing the 31-year-old weight-lift and box, skydive and scuba-dive, participate in rap battles, deliver a TEDx speech. Score belief: A wheelchair can go down almost any road. It was a message that Ibrahim found inspiring. He texted the banker to ask: Could we look into you breaking a record? "I said yes, of course," Varghese says.

He now holds a Guinness World Record for creating the largest GPS drawing made using a wheelchair. The suggestion came from Guinness too. In early 2022, Ibrahim sent Varghese a list of 10 possible records to set. They included pulling a car, wheeling on two wheels, doing a wheelchair flip. None of these sounded ideal. "They just weren't things I could do," Varghese says, laughing.

A second list suggested a largest GPS drawing. "I decided to make a drawing of the wheelchair logo." Varghese started scanning routes that would let him trace this shape in Dubai, where he lives. "I had to form a big circle as part of the route. That was the toughest part," he says. The next challenge was finding roads that jutted out from that circle at the right angles, in just the right places."

In a manual wheelchair. It took Varghese 1 hour and 25 minutes to complete the 8.71 km route, charting it via the MapMyRun app as approved by GWR. The record was certified in March. A steeply sloping section near the Dubai Mall posed a particular challenge. So ahead of the record bid, Varghese says he added a little more endurance training to his work-outs. "My body was very much in shape any- way. I was confident," he says.

"I pushed myself and started going to the gym and from then on there was no stopping he says. He is now a fitness influencer and ambassador for the annual Dubai Fitness Challenge. It's not about disability or wheelchairs alone, Varghese says. "Anyone can receive news for which they are not prepared." How does one cope then? What does one do next? He wants his life to be proof that the answer can be: Almost anything.



Mr. Hassan Ibrahim

EVENTS OF FPH

M. R. PAI MEMORIAL CARROM TOURNAMENT FOR PHYSICALLY CHALLENGED held on 8th January 2023



Medical Student of Sion Hospital visited our FPH Mehta Sir Delivered a lecture regarding activity carried at FPH



INTERNATIONAL YOGA DAY ON 21ST JUNE 2023 WITH INDIAN COAST GUARD



T-Shirts were given by Indian Coast Guard to the Trainees of FPH for Yoga activities on International Yoga Day.

EVENTS OF FPH

DIVYANGJAN MUMBAI MARATHON



Mr. Suprit Kirtikudve Trainee, Printing Department
got Prize in Mumbai Marathon Running Competition.

EVENTS OF FPH

WORLD DISABLED DAY CELEBRATED AT FPH 2023



Inner Wheel Club of Bombay Queen's Necklace Donated by Grinder & Pressure Cooker



Inauguration of Renovated Office of All India Cricked Association for the Physically Challenged on World Disabled Day



**“Transformative solutions for inclusive Development :
The Role of Innovation in Fuelling an Accessible and Equitable World”.**

EVENTS OF FPH

'NANDINI P. DIVETIA AWARDS' (AHMEDABAD)



Name: Rani Gupta

Disability: Physically Challenged

Department: Assembly

Rani Gupta is very good in her work and intelligent trainee. She is doing all the work in department like paper making, crafting, decorative Diyas, Fabric Painting, making Diwali Stickers etc. She teaches other trainees also. She is sincere in her work.



Name: Ajay Gotmukale

Disability: Deaf and Dumb

Department: Tailoring

Ajay Gotmukale is very hardworking trainee. He knows dress, blouse stitching, saree fall biding and hand bag stitching. He is doing all work-related tailoring. He does his work very nice and precisely without any mistake and he is sincere in his work.

Mrs. Shital Dhanak

Asso. Hon. Gen. Secretary, FPH

Mr. Vilas Kolgaonkar

Asso. Hon.Gen. Secretary, FPH



EVENTS OF FPH

REPUBLIC DAY 26TH JANUARY 2023



INDEPENDENCE DAY 15TH AUGUST 2023



DIWALI CELEBRATION AT FPH 2023



WE MANUFACTURE AIDS & APPLIANCES FOR PHYSICALLY HANDICAPPED



CP Chair



Wooden Crutches



All. Crutches



Single Stick



Tripod Stick



Elbow Crutches
Advisable



Non Folding
Wheelchair



Folding Commod Chair



Small Size Folding
wheelchair



M.S. Forum Walker



Battery Operator Cycle



Prosthetic and
Orthotic



Small Size single
Hand Tricycle



Std. Size Single
Hand Tricycle.

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