

EVENT REPORT ON AWARENESS WEEK

DAY 1

Event Details

Event Title -Awareness Program and School Activities

Date – October 17th, 2023

Location – Raja Dalip Singh Memorial Public School, Dharni

Organized by –Centre for Studies related to Persons with Disabilities, HPNLU



The first event of the invisible disability week was conducted by the Centre for Studies Related to Persons with Disabilities at Raja Dalip Singh Memorial Public School for students from first to ninth grade. The primary goal of this program was to raise awareness and sensitize students regarding their attitudes and behaviors when interacting with individuals with disabilities. The event aimed to foster a more inclusive and empathetic environment within the school community. Through various activities and discussions, students were encouraged to develop a more compassionate and considerate approach when dealing with persons with disabilities, contributing to a more inclusive and harmonious school environment.

The event commenced with a warm introduction by our Centre's Convenor, Shreya Katoch. She enlightened the students about various types of disabilities, using simple and relatable language suitable for their age. The aim was to present the information in an accessible manner without

delving into technical details. Following Shreya's introduction, Prashansa, a member of our Centre's members, took the stage. She shared her personal experiences and mentioned the inspiring story of Mr. Ketan Kothari. Mr. Kothari has been blind since birth and has dedicated 28 years of his life to advocating for people with disabilities. Currently, he serves as a Disability Specialist with Sight savers India, based in Mumbai.

Prashansa's personal anecdotes provided a relatable perspective for the students, helping them better grasp the challenges and triumphs faced by individuals with disabilities. Her stories emphasized the importance of empathy and understanding in our interactions with differently-abled individuals.

Aditi Kothari, the next speaker, began her talk by emphasizing the significance of our immense inner strength. She stressed the importance of treating everyone equally and rejecting any form of discrimination. To illustrate this point, she shared the remarkable story of Nisha Lobo, who was born with an exceptionally rare genetic condition, so unique that it occurs only in one out of a million people. Nisha, grapples with Ichthyosis, a condition that leaves her skin scaly and dry.

The event proceeded with a practical exercise involving the students. They were blindfolded and tasked with identifying objects. This interactive activity was designed to illuminate the challenges that blind individuals confront in their daily lives. By temporarily impairing their vision, the students gained a deeper understanding of the obstacles that visually impaired individuals face on a regular basis.



Vatsalya, our next speaker, touched upon the topic of misconception that persists in Indian society- the belief that a person with a disability may have incurred it as a result of their actions in a previous life. He aptly pointed out the absurdity of such thought processes. Vatsalya emphasized the importance of refraining from asking a person with a disability about their condition, as it can be inconsiderate and intrusive. Instead, he encouraged the audience to engage with people with disabilities on a human level, fostering understanding and empathy without making them uncomfortable or feel like their disability defines them. His message underscored the significance of treating all individuals with respect and dignity, regardless of their abilities.

The students were warmly welcomed by Dr. Rohit Sharma, our Centre's faculty member, who placed significant emphasis on the critical issue of infrastructure. He stressed the importance of considering the perspective of individuals with disabilities when designing the infrastructure of any public place. Dr. Rohit underlined that creating inclusive and accessible environments should be a fundamental aspect of any architectural or urban planning endeavor. His message underscored the necessity of designing infrastructure that accommodates the needs and requirements of people with disabilities. He also addressed the importance of sign language and highlighted the shortage of sign language experts in the state of Himachal Pradesh. He encouraged students to consider learning sign language to assist those in need, emphasizing the significant positive impact they could make by bridging the communication gap for individuals with hearing impairments.

The event concluded with a closing address from our Centre's Director, Dr. Sachin Sharma, who shared his own childhood experiences. He spoke about the common practice of teasing others, emphasizing how such incidents, although seemingly harmless, could lead to mental health issues for those on the receiving end. He delved into the principles of the Right to Equality, stressing that everyone should be treated with equal respect and dignity under the law. Dr. Sachin emphasized the purpose of education, which is to acquire and apply knowledge in one's chosen field. He also addressed the need to tackle infrastructural issues, advocating for improvements to ensure accessibility and inclusivity. Dr. Sachin encouraged the audience to ask questions, fostering a culture of curiosity and understanding.

DAY 2

Event Details

Event Title -Awareness Program and school activities

Date – October 18th, 2023

Location –

Organized by –Centre for Studies related to Persons with Disabilities, HPNLU



On October 18, 2023, Team CSD embarked on a visit to (SCHOOL NAME) in Dhamsi to celebrate the 2nd day of Invisible-Disability Week, i.e. 17th October-23rd October. The purpose of this visit was to create awareness and sensitisation among the students, staff members, and teachers of the school regarding the rights provided by our legal system to differently-abled people. During the visit, a skit performance was represented by the members and volunteers of the CSD with the support of the Principal and teachers of the school.

The skit was titled “**Kanoon Ka Sahi Upyog**” based on the theme “**Law and empathy towards the disabled.**” It was a compelling portrayal of celebrating diversity and inclusion. The central aim of this performance was to highlight how individuals are often defined by society based on the differences in their bodies. The skit revolved around the theme of government policies and their impact on individuals with deafness, blindness, and muteness, shedding light on how these policies have played a pivotal role in helping these individuals overcome their disabilities and normalising their inclusion.

The skit masterfully depicted the various challenges faced by individuals with diverse abilities and differences in their sensory perception. It showed how society often imposes labels and limitations on individuals based on these differences. However, the main focus of the performance was on the positive side of the story – the role of government policies in improving the lives of these individuals.



The CSD team engaged with the teachers and directly showcased a detailed narrative of how government policies have positively impacted the lives of those with disabilities. It highlighted various support mechanisms and opportunities, which have been instrumental in their inclusion and empowerment. The representation of such a skit along with the collection of feedback from the students and staff members would indeed build a sense of sensitisation among them towards the rights and opportunities available for people with disabilities and thus their duties in such regard. It would also promote an inclusive education at the school for this cause.

DAY 3

Event Details

Event Title- "Breaking the Silence: 'The Silent Child' Screening"

Date- October 20, 2023

Location- Committee Room, HPNLU Campus

Organized by- Centre for Studies related to Persons with Disabilities, HPNLU



On the fourth day of the Invisible Disability Week, the event “Breaking the silence” featured the screening of the movie “The Silent Child.” This movie was showcased to the audience, providing a unique opportunity to witness the powerful story of a deaf child's journey to overcome the barriers to communication.

The movie screening at the "Breaking the Silence" event was a poignant and thought-provoking experience for all attendees. "The Silent Child" delved into the life of Libby, a young deaf girl, and her family's challenges in effectively communicating with her. The film's plot, directed by Chris Overton and written by Rachel Shenton, introduced everyone to Joanne (portrayed by Rachel Shenton), a compassionate social worker who takes it upon herself to break the silence that surrounds Libby.

The narrative unfolds as Joanne arrives at Libby's home, where the atmosphere is one of unspoken tension and isolation. Libby's siblings and her father abruptly leave as Joanne enters, leaving her alone with her mother, Sue (played by Rachel Fielding). Sue explains that Libby can lip-read, but the truth becomes apparent - no one in the family genuinely

communicates with her. They engage in superficial conversations, often talking without facing Libby, leaving her isolated for extended periods.

The strained relationship between Libby and her mother becomes evident, with Sue expressing her busyness and failing to engage in basic activities with her daughter. Despite these challenges, Joanne embarks on a mission to diversify Libby's forms of communication. Through British Sign Language (BSL), Joanne teaches Libby, and the audience witnesses heartwarming scenes of their trips to the park, garden adventures, games of sardines, and sweet moments, all taking place in BSL. The bond between Joanne and Libby deepens, offering Libby a means to communicate with the world.

While Libby's siblings appreciate Joanne's efforts and express interest in learning BSL, her parents adamantly refuse to learn, citing their busy schedules. Sue becomes increasingly insecure about Joanne's close relationship with Libby and opposes her learning BSL, believing that lip-reading is the best route to classroom integration. This stands in contrast to Joanne's belief that a classroom aide and interpreter would provide Libby with the best odds of success.

As the story progresses, Joanne discovers a significant revelation: Libby's biological father's father was deaf, contrary to what Sue had initially claimed. This revelation shatters the family's low expectations for Libby's future, despite her intelligence and active nature.

The movie screening offered attendees a profound insight into the challenges faced by deaf individuals in a hearing world. It emphasized the crucial role of effective communication in breaking down barriers and promoting inclusion. The film's powerful narrative left a lasting impact on the audience, prompting reflection on the importance of supporting deaf individuals in their journey towards success.

Dr. Sachin Sharma, the Faculty Convenor of the Centre, was invited as the guest speaker. He shared valuable insights and experiences related to the film's themes. His talk added depth to the understanding of the film's message and the importance of inclusion.

Following the movie screening, an engaging and heartfelt discussion session took place, featuring Dr. Sachin Sharma, the Faculty Convenor of the Centre, and the event participants. The discussion provided a platform for attendees to express their thoughts and insights on the film's themes and the broader issues of inclusion and effective communication.

Attendees shared their views on the importance of inclusion, emphasizing the need to break down communication barriers and promote a more inclusive society. The film had clearly struck a chord with the audience, sparking passionate conversations about the challenges faced by deaf individuals and the role that family, educators, and society play in their journey.

It is worth noting that during the discussion, a participant suggested the inclusion of a sign language workshop in future events, highlighting the potential benefits of expanding opportunities for individuals to learn sign language. This suggestion was well-received and considered for future initiatives.

The discussion session served as a catalyst for open dialogue, fostering greater awareness and understanding of the issues faced by the deaf community. Participants left the event with a renewed commitment to advocating for effective communication and inclusion in their communities and personal lives. The suggestions and feedback shared during this session will be invaluable in shaping future events organized by the Centre.

Overall, the discussion provided a platform for attendees to exchange ideas and experiences, promoting a collective commitment to fostering an inclusive and communicative society.

The "Breaking the Silence: 'The Silent Child' Screening" event on October 20, 2023, was a success in its mission to raise awareness about deafness and the significance of effective communication. It served as a platform for open dialogue, education, and interaction, fostering a more inclusive community. The suggestion of a sign language workshop for future events was well-received and will be considered for future initiatives.

Day 4

Event Details

Event Title –Quiz Competition

Date – October 19th, 2023

Location – Committee Room, HPNLU

Organized by –Centre for Studies related to Persons with Disabilities, HPNLU



As part of the ongoing Awareness on Invisible Disability week, the Centre for Persons with Disability at HPNLU, in collaboration with the Quiz Committee, organized a spirited Quiz Competition on 19th October 2023. The event took place in the Committee Room of HPNLU and was a noteworthy addition to the series of activities aimed at fostering understanding and awareness about invisible disabilities.

Event Overview:



The Quiz Competition witnessed active participation with a total of 5 teams competing. The teams comprised students eager to engage in a friendly yet intellectually stimulating competition that addressed various aspects of invisible disabilities.

Jagrit Verma, President of the Quiz Committee, took on the role of the quizmaster, ensuring that the competition was conducted smoothly and with an engaging flair. His expertise and enthusiasm contributed to the success of the event.



The quiz featured an intriguing set of questions, carefully curated to challenge the participants'

knowledge on invisible disabilities. The format not only tested the teams but also encouraged audience participation, turning the event into an inclusive and informative experience for all.

Team 1, comprised of Garima Mankotia and Anjali Singh, emerged as the winners, showcasing their comprehensive understanding of the subject matter. Their victory not only highlighted their knowledge but also reflected the competitive spirit and enthusiasm of all participants.

The Quiz Competition organized by the Centre for Persons with Disability, HPNLU, in collaboration with the Quiz Committee, proved to be an engaging and informative event. By incorporating a diverse range of questions, the competition succeeded in creating an inclusive platform for both participants and the audience to enhance their understanding of invisible disabilities.

The success of Team 1, comprising Garima Mankotia and Anjali Singh, serves as a testament to the caliber of the participants and the effectiveness of the event in achieving its objectives. The quiz not only promoted healthy competition but also contributed significantly to the ongoing Awareness on Invisible Disability week.

It is anticipated that such events will continue to play a pivotal role in fostering awareness, understanding, and inclusivity within the university community. The Quiz Competition stands as a commendable initiative in the broader context of promoting an empathetic and informed society regarding invisible disabilities.

Day 5

Date: October 21, 2023

Title: Nukkad Natak Sheds Light on Invisible Disabilities at Mall Road, Shimla



Shimla, India – In a bid to raise awareness about invisible disabilities, the Center for Studies Related to Disability, in collaboration with the Pro Bono Club of Himachal Pradesh National Law University and Legal aid clinic Himachal Pradesh National Law University, Shimla, organized a powerful Nukkad Natak on Mall Road today. The event, held from 11:30 AM to 2:00 PM, aimed to enlighten the local community about the challenges faced by individuals dealing with invisible disabilities such as anxiety and stress.

The captivating street play, performed by a talented team, featured three heartfelt stories portraying the lives of people battling physical and mental disabilities. Through these narratives, the organizers sought to foster understanding, empathy, and acceptance among the residents of Shimla. The event highlighted the importance of recognizing and supporting individuals facing invisible disabilities, promoting a more inclusive society.

In the first story, the play depicted a young boy with a leg disability who faced challenges accessing the fourth floor of his college. His classmates made jokes at his expense. He bravely asked for equality, not sympathy, highlighting the importance of treating everyone with respect and dignity.

In the second story, the play showcased a person with anxiety issues waiting outside an interview room. Another individual mocked him, dismissing anxiety as a modern-day

problem, not a real disability. This narrative emphasized the significance of recognizing mental health challenges and offering support to those affected.

The event received overwhelming support from the community, with attendees expressing gratitude for the insightful performances and the awareness created.

The organizers extend their heartfelt thanks to the residents of Shimla for their enthusiastic participation and support. Initiatives like these play a crucial role in breaking down societal barriers and fostering a community where everyone is valued, irrespective of their challenges.



DAY 6

Event Title –Art, Poetry and Creative Writing Competition

Date – October 27th, 2023

Location – Himachal Pradesh National Law University, Shimla

Organized by – Centre for Studies Related to Persons with Disabilities, HPNLU

The Centre for Studies Related to Persons with Disability organized a vibrant and enriching Art, Poetry, and Creative Writing Competition on 27th October 2023. This event was a crucial component of the one-week awareness drive on Invisible Disability, aiming to shed light on the often-overlooked challenges faced by individuals with invisible disabilities. The competition provided a platform for students to express their thoughts and creativity through various mediums.



Event Highlights:

The competition witnessed enthusiastic participation from various students across the university. Students submitted a range of artistic works and creative writings, showcasing their talent and understanding of the theme.

A significant segment of the event was the Poetry Competition, held in the university committee room. Prof. Dr. Nishtha Jaswal, the Hon'ble Vice Chancellor of HPNLU, graced the occasion as the Chief Guest. Her presence added prestige to the event, and her support highlighted the importance of the cause.

Students, demonstrating their linguistic diversity, submitted self-written poems in both English and Hindi. This multilingual approach not only added a cultural dimension to the event but also broadened the scope of expression, reaching a wider audience.

Prof. Dr. Nishtha Jaswal, in addition to her role as Chief Guest, shared her thoughts about invisible disability in a poetic manner. Her words resonated with the audience, fostering a deeper understanding of the challenges faced by individuals with invisible disabilities. This unique blend of academia and creativity created a memorable experience for everyone present.



All participants were acknowledged and awarded for their valuable contributions. This recognition not only celebrated their creativity but also served as an encouragement for continued engagement in raising awareness about invisible disabilities.



The Art, Poetry, and Creative Writing Competition organized by the Centre for Studies Related to Persons with Disability successfully fulfilled its objective of creating awareness about invisible disabilities. The amalgamation of artistic expressions and academic insights, coupled with the esteemed presence of Prof. Dr. Nishtha Jaswal, made the event a resounding success. The competition not only provided a platform for creative expression but also initiated meaningful conversations around the challenges faced by individuals with invisible disabilities.

This event stands as a testament to the commitment of the university community towards inclusivity and understanding the diverse needs of individuals with disabilities. It is hoped that such initiatives will continue to thrive, fostering an environment that not only recognizes the struggles of those with invisible disabilities but also works towards creating a more inclusive and supportive community.