

September 2018

Greetings from Special Olympics Bharat

Strumming in a special melody

Playing the theme from Titanic is how most of us saw Rohan for the first time. He participated in the 5th Edition of the Special Music & Art Festival 2018 held from 7-11 August 2018 in Pyeonchang Korea . (*Pyeonchang Special Music and Art Festival is a festival where musicians with development disabilities can have intensive music lessons and musical exchanges*). This is for the first time that SO Bharat participated in an event like this, alongside 30 more, each placed under the guidance of a Coach. Rohan played Titanic and Jingle Bells, both coached by his guide, Jeongbae Kim, Professor Seoul Jazz Academy, at the venue in a span of 2 days. The event created an ambience of Inclusion encouraging participation of all the Athletes, who gained enhanced lessons in the field of their choice before leaving the venue.



Now, 28 yrs , Rohan has been part of Special Olympics since 2007, through the Ashadeep Day Rehabilitation Centre, Guwahati Assam. Prior to Ashadeep, his parents made him join mainstream schools, where he could cope only till the 8th grade. At SO Bharat he has participated in Floorball and Volleyball competitions at the State and National levels under guidance of his Coach Anshuman. His family, however, felt inhibited to have him travel too much due to seizures. In fact his father accompanied him even to Korea this year



Rohan speaks Assamese fluently and a bit of Hindi as well. His exceptional forte lies in playing the guitar, a quality that has been honed at the Ashadeep School since he was 15 yrs, having also performed alongside regular artists in various cultural shows. Under close guidance of Mr Shyamanta Mazumdar, Program Manager, SO Bharat – Assam for 2 years now, he has received the Visharad degree in Guitar from the Sangeet - O

- Sanskriti Parishad, Kolkata

“Earlier Rohan lacked confidence, but participating in the SO Camps developed his personality, made him confident of himself, and gave him an opportunity to interact with so many persons. I am so proud to say

that Rohan is social, obedient, witty, popular and a role model in school. He is often seen playing the guitar in school and also during sporting events , attracting hordes of people around him , making the ambience full of joy". **Dr Anjana Goswami, Board Member SO Bharat & Area Director SO Bharat Assam**

National Leadership Conference 2018



The National Leadership Conference was held from 16-18 August 2018 in Delhi witnessing participation of Senior Representatives from all the State Programs along with their prospective Youth leaders with and without Intellectual Disabilities. Mr. Simon Koh, President & Managing Director SOAP along with his team graced the occasion to be part of the highlighted achievements and challenges faced by SO Bharat. Few of the sessions were led jointly by the resource team from SOAP and the SO Bharat National office. The Conference this year was re-designed to celebrate 50 years

of the Special Olympics movement while highlighting partnerships to map the way ahead for a unified generation through collaborative synergies

The National Leadership Conference is an annual event which creates a unifying platform for the Senior Representatives from all the States and Union Territories of India. The event facilitates cooperative & comprehensive deliberations in conjunction with the Special Olympics Global Strategy and with the guidelines of the Government of India

An exclusive session of Youth leadership and their participation throughout the Conference underlined the strategic significance of engaging and empowering them. Panel discussions with partners of Special

Olympics Bharat moderated by a Unified pair set in motion, ideas and importance of synergy to bring about Inclusion

Perspective- Dr Maneesha B Vyas, Clinical Director, Health Promotion



“Athletes must play and learn; in fact they learn more through play” Athletes are aware, they have an opinion, they think. We need to tap and nurture their faculties” She specifically reminisces an Athlete in one of the camps few years back, who was very inquisitive and continued to ask about consumption of water, food etc. , more than his Coach. Dr Maneesha has a Doctorate in Applied Nutrition with Masters in Dietetics

From being a learner at the Shanghai Games (2007) to participating as an International volunteer at the Idaho games (2009) she had traversed eight screening camps. At Idaho she was adept and familiar with the impact of the play way method, pictorial depictions, demonstrations etc for a meaningful delivery. She replicated and created resources for Health promotion through her experiences.

The wooden triangle depicting the basic staples at the base and moving up to the tapering end with the lesser required diet, was re- created with available material in India. The items on display are a mix of real and wooden to balance availability and touch. Struggling to add excitement to an educational discipline she thought of a very popular game in India, played in nearly every household – Snakes & ladders. She, therefore added education to the colour and excitement of the game which she uses in the screening camps.



“Diet is very important for their performance; but its awareness, importance and application is very low in India. We need to spread awareness about its importance and also ensure that the athletes get enough of it, despite most of them belonging to an underprivileged background” Dr Maneesha has

expressed her desire to expand her expertise to partnering with health product companies and carry out research to evaluate the impact of the screenings

National Coaching Camp Jharkhand- Cycling & Netball



A Cycling & Netball Camp was held At Adivasi Bal Vikas Vidayalya Ratu Ranchi Jharkhand From 26th To 31st July 2018, selecting Probables for The Special olympics World Summer Games 2019. Nineteen Male & Fourteen Female Cyclists Along With Four Male & Two Females Coaches attended The Camp. Ten Local Volunteers were engaged for the Smooth Conduct Of Cycle-training on the Ranchi Mumbai Six Lane ring road highway In Netball Eight Female Athletes / Partners Along With One Female Coach & One Local Male & Female Coaches participated.

Sessions across both disciplines included General Fitness, Technical Training, Safety Rules and Regulations

Our main motive is to prove that everybody deserves a chance- Mathias Godinho, Youth leader SO Bharat Goa



Heralding the Inclusion Revolution in the city, a 5-a-side Unified Futsal Championship was held at the Don Bosco Oratory Panjim Goa from 4-5 August 2018, planned and executed by the Youth Activation Committee of the state. The two day event played between 10 Unified teams from all over Goa concluded with the felicitations of the teams carried out by the FC Goa Coaches. The FC Goa Coaches played an exhibition match as Unified Pairs with our athletes. Three Athletes (persons with Intellectual Disabilities) and two Unified Partners (Persons without Intellectual Disabilities) playing as teammates. The event was preceded by meticulous

planning and practices carried out at the behest of the Youth leaders, following formation of their Committee in June 2018. [Mathias has more to say](#)

Preceding the event a Coaches training was conducted with the FC Goa Coaches followed by a Memorandum of Understanding signed by SO Bharat and the foundation committing to promote Inclusion through sports. *“This MOU signing reaffirms our commitment towards inclusive football and giving all children the opportunity to play this game” – Ms Jill Ferguson, MD, Forca Goa Foundation*



Sportslogon.com- Odisha

A feature on Special Olympics , highlighting Inclusion of persons of Intellectual Disabilities through sports written by Mr Prakash Rath, Area Director, SO Bharat Odisha was published in The Sports logon magazine (January-June 2018 issue) The Sports logon is the most widely accessed online and print sports magazine of Odisha especially by all the media and sports fraternity





IKEA Foundation- Lets Play for Change *Exclusive*

Past few months have witnessed the Young Athletes reaching out to new districts and new schools. **Meghalaya** while reaching out to new schools has successfully got the Young Athletes program incorporated into their weekly time- table. **Puducherry** reached out to 240 Young Athletes from 12 schools to



conduct the sessions through volunteers who have been trained in this program. They also trained two representatives in each school to carry out the sessions twice every week. Care had to be taken that all children with



and without Intellectual Disabilities got an equal chance to participate. Blowing the Scarf Walking, Balancing, Jumping, Hoping Crawling etc. dotted the grounds of two schools in Morigaon and Nagaon districts of Assam. 6 districts in **Jharkhand**, namely, East & West Singhbhum, Bokaro, Dhanbad, Dumka & Ranchi conducted the Coaches training followed by

Young athlete sessions. These were led by the trainees who participated in the IKEA Coaches Training workshop held at the Amity University NOIDA in June 2018



The **Amity University NOIDA** strengthened its partnership with SO Bharat , inking the Internship proposal recently, specifically for the Young Athletes Program. The students of the University have already moved ahead with supporting the implementation of the program in 20 schools to begin with. Continuous monitoring of YA Program by Amity Trainers and capacity building for Special Olympics Delhi for its future endeavors is what the proposal commits. The interns would deliver two days per week per school while also training two staff members to carry out the program throughout.

IDA September 2018

General



Unified Cup 2018 Special-

Celebration of 50 years of Special Olympics Movement

Ida the Herald!
Challenging people across the globe to join the 'Celebration of 50 years of Special Olympics' - an effort to end discrimination against people with intellectual disability.

Special Olympics athletes aged 17 - 24 year olds are participating in the 2018 Unified Cup in Chicago, USA, the celebration of Special Olympics' 50th anniversary. The athletes are joined by their parents. Unified Cup (organized by IOUSA) is the largest and most significant international competition, open to the athletes of the Special Olympics. The athletes are from 180 countries and 100 states. The athletes are participating in the Unified Cup in Chicago, USA. The athletes are participating in the Unified Cup in Chicago, USA. The athletes are participating in the Unified Cup in Chicago, USA.

Football Experience



Special Olympics athletes are participating in the Unified Cup in Chicago, USA. The athletes are participating in the Unified Cup in Chicago, USA. The athletes are participating in the Unified Cup in Chicago, USA.

Healthy Athlete Screenings



Special Olympics athletes are participating in the Unified Cup in Chicago, USA. The athletes are participating in the Unified Cup in Chicago, USA. The athletes are participating in the Unified Cup in Chicago, USA.

Meeting & Recognition



Special Olympics athletes are participating in the Unified Cup in Chicago, USA. The athletes are participating in the Unified Cup in Chicago, USA. The athletes are participating in the Unified Cup in Chicago, USA.

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