

Greetings from Special Olympics Bharat

Every picture tells a story of Hope & Development



The States plunged into action shortly after the launch of Developmental Sports supported by **Herbalife Nutrition**, in September 2020. The rest of the year renewed the momentum of Sports across the age group 6 and 12 preparing them for Sports participation. The teachers, parents and Coaches designed warm-up sessions, recreational activities, skill development and fitness activities, both at home and on ground, wherever possible. SO Bharat Coaches training Webinars commenced in August 2020, rolling out a series of general as well as sport-specific sessions to create a foundation of Developmental Sports in India. Manuals and more resources are in the offing to establish the program, customizing it to the Indian Scenario while also navigating through the current pandemic, encouraging the use of home-based resources and open gyms

The overall goal of the project is to promote Sports skills for children with intellectual and developmental disability in age group 6-12 years. Participation in sport and physical activities geared at providing health and social benefits are inherent and form a greater sense of empowerment that will expand beyond sporting arena into the everyday life.

Making a Rainbow of Abilities

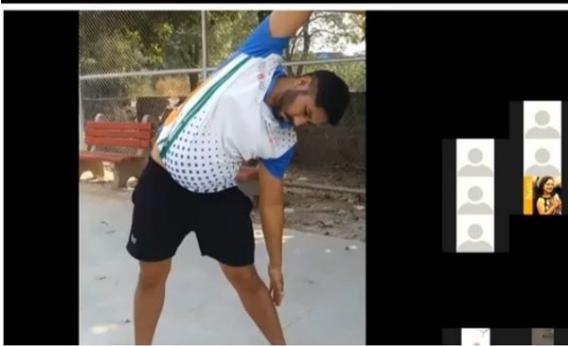


Amogh Kashyap, 17 yr old, belonging to Mysuru, Karnataka is a Person with multiple abilities. He is a pianist having finished 4 grades of western classical piano from the Trinity college of London (View [Here](#)) he had a brief stint with Drums; he is very interested in trekking having done 2 difficult levels at the Himalayan trekking- Har ki dun and Sarpass. He loves outdoor travelling and enjoys doing jungles safaris. He has also participated twice in open water swimming near Mysuru. In 2020 we heard him and saw him in quite a few virtual events, Saturday Melodies, to name one



His mother recalls how he hugged the television when he saw a smiling baby in a 'Baby Johnson' advert; in his grandfather's lap he learnt to recite the shlokas (religious chants) and was independently doing so by the age of a year and a half. Although born in Boston, USA, Amogh has spent a large part of his early childhood in India. Till he was 6-7 months old he appeared a happy child. It is only after he turned 6 months that his mother observed delayed milestones. He received Physio and Occupational therapies and was registered in a playschool as well. But at school Amogh never responded to his name and never answered or spoke there. As he is the only child, his group behaviour never unfolded at home. There was something amiss, but something which could not be pointed out. His parents took him to the Spastic Society, Bangalore for an assessment. The dean conducted a clear assessment which indicated a challenge in language development and Social Impairment placing him in the Autism Spectrum. It took his parents a couple of months to get over the shock as well as the subsequent denial. [Read More](#)

Maintaining Physical and Mental Health through Indoor activity



Collaborating with Discover Ability Mohali, SO Bharat Punjab held a Virtual Session that addressed 'The role of special Olympics and its importance in the development of special children & adults'. Mr Suresh Thakur (Sports Director) and Mr Harmanjeet Singh Gill (Special Educator and Coach) presented the Special Olympics program, its role in transforming lives through the medium of sports while also specifying the accomplishments of the Special Olympics Athletes from the state. They addressed the sports program and

importance of health especially during the existing pandemic.

The benefits of indoor physical activity like foot movement, squat walk, one leg jumping, standing jump, arm rotation, hip rotation was emphasized. The Special Educators and Parents were encouraged to follow the same for the Special Children as also for themselves to boost immunity and also reduce stress.

Healthy Athletes Campaign 2 - #Fit5Offline



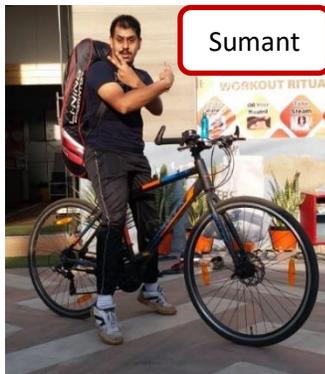
The months of October and November had five Unified pairs accept a challenge to raise the bar (of fitness) for themselves. The idea was to smoothen any obstruction that would come in their path, be it 'Digital' inaccessibility. Familiar with the Special Olympics Fit5 program for some time now, the pairs took

up the five-week challenge made possible by the resources created by Special Olympics including the offline cards, the increasing attention in conversations and virtual events around 'fitness' and the continuing support of the Lions Clubs International and the Aruna Abhey Oswal Trust

Unified Pairs from Assam, Gujarat, Jammu, Kerala and Madhya Pradesh followed the Fit 5 guide to step up physical activity, Nutrition and Hydration. An additional thrill came from marking progress each day in the tracker sheets that would show a strengthening will power and a habit that is forming. The Unified pairs were supported by a team of the youth leaders from the National YAC. [View Here](#)



A common passion for fitness that binds this pair – Sumant and Rohit from Madhya Pradesh



Sumant Kale's fitness regime doesn't begin and end with an event. It is a lifestyle. It is important for him. To complement this inclination, he connects very well with his Unified Partner, Rohit Raghuvanshi who hails from Ashok Nagar in Madhya Pradesh. The Fit 5 Offline Campaign held in October-November 2020 for 5 weeks, once again pushed the pair into a 'Fitness' activity that encouraged them to keep tabs on each other. Sumant recently, also participated in the 6th



edition of the *Run Bhopal Run* event held virtually in December 2020. He walked as well as cycled covering over 10 kms on separate days.

The Special Olympics Fit 5 program has further helped him create a roster that will keep him conscious of his fitness, diet and hydration. Rohit, his Unified Partner also a Coach with SO Bharat Madhya Pradesh since 2015 followed the program and also monitored the regimen for 2 weeks with another group of 5-6 Athletes, monitoring their progress virtually. Sumant Kale, 28 yrs, is an Athlete from Bhopal, Madhya Pradesh now travels independently within the city on the cycle gifted to him by Rohit. Rohit Raghuvanshi 23 yrs is currently pursuing Masters in Physical Education from the Jiwaji University Gwalior, Madhya Pradesh



Back in 2017 Rohit had no idea of the extent of abilities of the Special Athletes. Their reaching the National and International levels was a revelation for him. He joined the organization, and started to interact more with Sumant and his family delving heart and soul into the organization. [Read Complete story here](#)

Youth as Catalysts for Facilitating Inclusion in Education

authored by Dipak Natali, PMD Special Olympics Asia Pacific, for the CSR Journal (India)



Young people are future leaders. They are the ones who are going to influence others, the ones who will be running businesses years from now, and the ones who are going to be key pillars of the community. Society is constantly being formed and developed by the values and ideas of its youth. Hence, it becomes necessary to inculcate values among them that

change their mindsets about intellectual disability.

The first step to involve the youth as catalysts is to engage them in local settings. From the community level, it can then be scaled to national, regional, or even a global level. But it all starts in your own community, and in community organizations such as schools. The Special Olympics movement believes that the school setup isn't only about academic qualifications, but indeed about what being part of a community and civilised society is. Those lessons learnt in school don't just stay there; students go on to implement them in the wider world. [Read More](#)

While underpinning 'Youth Engagement' as significant to Inclusion, with the CSR Journal, Mr Natali walked the talk by holding a discussion over vital subjects exclusively with the National Youth Activation Committee of SO Bharat. The Session that had Air Marshal Keelor Founder & CEO in attendance, witnessed an equally enthusiastic two-way exchange that touched upon the Strengths and the challenges of a Virtual outreach. Air Marshal Keelor reiterated the importance of Acceptance, Respect and Recognition of Persons with Intellectual Disabilities drawing attention of the Youth in this direction as well. The interaction concluded with encouraging an innovative and a collective come-back by the members on how to reach out to more Athletes and Youth at large, across the paradoxical expanse of India. The journey would continue, prodding, reflecting, supporting and challenging each other to shape new ideas and activations.

INCLUSIVE YOUTH ACTIVATION- *expanding Unified Champion Schools*

with support of

HIS HIGHNESS SHEIKH
MOHAMMED BIN ZAYED AL NAHYAN

In a Nutshell

The States of Assam, Delhi NCR, Madhya Pradesh and Rajasthan continued to spread awareness and engage the Youth in different ways. The members of the National Youth Activation Committee working closely with the Athlete Input Council led orientation sessions across various schools and States continuing with expanding the Unified Champion School endeavor through the support of His Highness Sheikh Mohamed bin Zayed Al Nahyan, Crown Prince of Abu Dhabi and Deputy Supreme Commander of the United Arab Emirates Armed Forces. The Athlete Input Council rolled out yet another session on Social Communication, honing communication skills through easy and day-to-day conversations between the Athletes.



**SPECIAL OLYMPICS BHARAT
MADHYA PRADESH**

Special Olympics Madhya Pradesh is inviting you to a scheduled Google meet meeting.

TOPIC - YOUTH LEADERSHIP

Start Time : Sat,12dec , 2020
05:30PM Indian Standard Time

End Time : Sat,12 dec , 2020
06:30PM Indian Standard Time

Click here

Meeting URL:
<https://meet.google.com/jtv-asy-ixz>
Or enter below Meeting passcode to join meeting by entering the Passcode

Meeting passcode:
jtv-asy-ixz

Regards,
Team SOB MP



MR. DEEPAANKAR BHANUAJI
Team SOB MP



MR. ANTISHAM SINGH
Team SOB MP



MR. JEEBHAY BHUSHALABHAI YACO MAMBER SOB

Sessions in Delhi NCR the Frank Anthony Public School & Deepalaya Special School Delhi and the Jaypee Public School (integrated) Greater NOIDA were led and attended by the students of in the presence of school authorities. While in the state of Assam youth with and without Intellectual Disability from the Jorhat Institute of Science and Technology and Ashadeep Special School carried out a Cleanliness and Tree plantation Drive. The State of Madhya Pradesh held an Orientation for approx. 70 persons including the youth , Athletes and State Committee members. The session was led by Rohit and Sumant (Unified pair)

Champions

Newsletter January 2021



In a breakthrough accomplished at the behest of the You're Wonderful Project (YWP), as part of a project undertaken by a Unified pair from Jaipur (Rajasthan) under the 'Innovation Grant Cycle 4', SO Bharat conducted a **Qualitative Study: Effect of Sport Participation on General Mental Health of Athletes with Intellectual Disabilities from Special Olympics Bharat**. The Research & Development team of YWP conducted in-depth interviews with 20 Athletes carrying out thematic data. Thematic analysis revealed seven themes which assessed the athlete's perceptions related to their sport in various domains of mental health. The study has been accepted by the International Journal of Indian Psychology for appearing in its upcoming publication.

An exciting two-day Christmas celebration conceptualized by all the Youth forums concluded the year 2020 at a high note. Activities and open interactions between the youth truly gave a sense of comfort, joy and celebration. The Siblings and family sessions are likely to continue on a Monthly basis continuing the platform to lay a foundation of support and networking and then build up on that.



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