

**SAMBHAV 2019: Report
An International Event by Divyang
Artists Presented by A.L.P.A.N.A.**

Published by
A.L.P.A.N.A., New Delhi
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**AMENDED CERTIFICATE OF REGISTRATION
 UNDER SOCIETIES REGISTRATION ACT XXI OF 1860**

Regn. No. S-48001/2004 Date of registration 06-01-2004

I hereby certify that in pursuance of Section 12 and 12A, the working area and address of the society namely:

**ASSOCIATION FOR LEARNING PERFORMING ARTS &
 NORMATIVE ACTION**

Located at: C-405, 4th Floor, Purvasha, Anandlok CGHS,
 Mayur Vihar, Phase-1, Delhi-110091

has been shifted to:

Flat No. 329, Ground Floor, Swayam Sewa Coop. Group Housing Society Ltd.,
 Jhilmil Colony, Shahdara, Delhi-110095

and the working area of the society has been changed to **ALL INDIA**
 under the Societies Registration Act of 1860.

Given under my hand at Delhi on this 15th September Two Thousand Seventeen.

Fee of Rs. 50/- Paid



Registrar of Societies,
 District East
 Delhi

(R.K. DABRAL)
 REGISTRAR OF SOCIETIES
 DISTRICT EAST
 GOVT. OF NCT OF DELHI

Registrar of Societies
 G/o Deputy Commissioner (East)
 Govt. of NCT of Delhi
 L.M. Bundh, Shastri Nagar, Delhi-31

* This document certifies registration under the Society Registration Act, 1860. However, any Govt. Department or any other association/person may kindly make necessary verification (on their own) of the assets and liabilities of the society before entering into any contract/assignment with them.

14th SAMBHAV 2019
Minute to Minute Programme
15 NOVEMBER 2019, FIRST DAY

9:00 am	Assemble at Multipurpose Hall, IIC.
9:00 am - 9:30 am	Registration & Introduction.
10:00 am - 11:00 am	WELCOME & INTRODUCTION Each group to carry their national flag to the stage
9:50 am	Arrival of Chief Guest Hon'ble Dy CM Meghalaya, Shri Prestone Tynsong received by Mr GC Joshi and MrAshwani Kumar, ushered into the Multipurpose Hall.
10:00 am	MC Ms Sushmita Ghose requests Guru Alpana Nayak, President of A.L.P.A.N.A. to accompany the Chief Guest to dais. MC introduces the Chief Guest
10:02 am	MC requests Mrs Sabita Sahu to carry bouquet and Ms Archana Nandi to carry Memento to the stage. MC requests Guru Alpana Nayak to welcome the Chief Guest with bouquet and memento.
10:03 am	MC requests the Chief Guest to inaugurate the event by lighting the ceremonial lamp. Mrs Sabita Sahu carries the candle
10:05 am	MC requests the Chief Guest to sit on dais along with Guru Alpana Nayak.
10:06 am	MC announces welcome song by students of A.L.P.A.N.A.
10:09 am	Short film about SAMBHAV is played.
10:17 am	MC announces the names of the groups one by one and the groups come to the stage with their national flags and in their national attire and pose for photographs with the Chief Guest.
10:50 am	MC requests Hon'ble Mr Prestone Tynsong , Deputy Chief Minister of Meghalaya State to address the audience
10:55 am	MC gives Vote of Thanks.
11:00 am - 11:30 am	Tea Break
11:00 am	HERITAGE SITE VISIT Groups: Tajikistan and Myanmar, Mr G C Joshi, Ms Archana Nandi, volunteers and camera man. All groups to be in SAMBHAV T-Shirt.
11:30 am - 12:25 pm	INTERNATIONAL SEMINAR: Session - A Theme: Sharing of Best Practices in Empowerment of Divyangjan

	<p>Chair: Mr. Jawaharul Islam Mamun, President, SWID, Bangladesh</p> <p>Coordinator: Dr. N K Dhamija</p> <p>Presentation by: Hanoi Association of People with Disability – Vietnam, Supun Dance Academy – Sri Lanka & MPVSS – Madhya Pradesh, India</p>
12:30 pm - 1:30 pm	<p>INTERNATIONAL SEMINAR: Session - B</p> <p>Theme: Sharing of Best Practices in Empowerment of Divyangjan</p> <p>Coordinator: Dr Sunita</p> <p>Presentation by: SWID – Bangladesh, Ms Alyson, U.S.A. & School for the Blind, Odisha, India</p>
1:30 pm - 2:30 pm	Lunch Break
2:30 pm - 3:30 pm	<p>INAUGURATION OF INTERNATIONAL ART & CRAFT EXHIBITION FOLLOWED BY ART & CRAFT WORKSHOP</p> <p>Chief Guest: Dr Harleen Sandhu</p> <p>INTERNATIONAL ART & CRAFT WORKSHOP: Session -I</p> <p>Coordinated and conducted by: Mrs. Alka Agrawal, Creative Arts Faculty, teachers and members of A.L.P.A.N.A.</p>
3:30 pm - 4:00 pm	<p>Tea Break</p> <p>Art & Craft workshop Coordinated and conducted by: Mrs. Alka Agrawal, Creative Arts Faculty, teachers and members of A.L.P.A.N.A.</p>
3:30 pm - 4:00 pm	Tea Break
4:00 pm - 5:00 pm	Screening of Incredible India Film & BPCL Film
4:50 pm	<p>INAUGURATION OF INTERNATIONAL PERFORMANCES</p> <p>Arrival of Distinguished Guests – Padma Shri Prof Y. K. Chawla, Former Director, PGIMER, Chandigarh, HE Dr. Manoj Nardeosingh, Secretary General, AARDO and Mr. Vishvapavan Pati, Member, Postal Service Board and ADG (Coordination)</p> <p>Received and ushered by Mr Shiv Lal, Mr Azizur Rehman and Mr Aleem Syed</p>
5:00 pm	<p>Master of Ceremony (MC) Ms Sushmita Ghose takes charge MC requests, Mr Ashwini Kumar, Mr Debjit Rath and Mr G C Joshi, Members of A.L.P.A.N.A. to accompany the dignitaries to the stage.</p> <p>MC requests Mr Ashwini Kumar, Mr Debjit Rath and Mr G C Joshi to welcome the Distinguished Guests with bouquets and mementos.</p>
5:05 pm	<p>MC requests dignitaries to light the ceremonial lamp.</p> <p>After lighting of the lamp dignitaries return back to seats, accompanied by Mr Ashwini Kumar, Mr Debjit Rath and Mr G C Joshi</p>
5:08 pm	<p>MC welcomes the audience and the short film about SAMBHAV is played. MC gives an introduction to the evening's programme.</p>

- 5:10 pm** Performances start.
Groups: A.L.P.A.N.A. - (India), Tajikistan, SAHAYA – Odisha (India), Vietnam Youth Theatre & Hanoi Association of People with Disability – Vietnam, Udan Special School- M.P. (India), Mother Charitable Foundation - Sri Lanka, Behala Bodhayan – Kolkata (India) and The New Light Social Services Society – M.P. (India)
- 7:25 pm** MC requests the Distinguished Guests to come to the stage. Mr S P Rath and Mr Aleem Syed accompany the Guests to the stage.
 MC requests **Padmashri Prof Y K Chawla**, Former Director, PGIMER, Chandigarh to address the audience
- 7:30 pm** MC requests **Mr. Vishvapavan Pati**, Member, Postal Service Board to speak a few words
- 7:45 pm** MC requests the Distinguished Guests, all the members of A.L.P.A.N.A., volunteers and all the participants of SAMBHAV to come to the stage for Group Photo
- 7:55 pm** MC gives Vote of Thanks

16 NOVEMBER 2019, SECOND DAY

- 8:45 am** Assemble at Multipurpose Hall, IIC for Yoga Therapy Workshop
- 9:00am - 10:00 am** **INTERNATIONAL YOGA THERAPY WORKSHOP**
 Conducted by: **Shri Niranjana Parajuli** duly assisted by **Dr. Biswaranjan Sahu** and **Mrs. Kadambini Acharya**, Delhi Centre of S-VYASA University, Bangalore & **Ms. Alyson Slaughter**, U.S.A.
- 10:00 am - 11:30 am** **EXPOUSER VISITS TO LOCAL SCHOOL BY INTERNATIONAL DIVYANG (DISABLED) ARTISTS**
 Groups: Udan Special School, M.P., India & Mother Charitable Foundation, Smt Alpana Nayak and volunteers. All participants to be in SAMBHAV T-shirt.
- 10:00 am - 11:00 am** **INTERNATIONAL SEMINAR: Session- C**
Theme: Sharing of Best Practices in Empowerment of Divyangjan
Chair: Shri T D Dhariyal, Commissioner for Persons with Disabilities
Coordinator: Dr N. K. Dhamija
Paper Presenters: Salubrious Productions Australia, SUNAGAVA Nepal, Iran & All-Russian Association of the Blind-Russia
- 11:00 am-11:30 am** **Tea Break**

- 11:00 am** **HERITAGE SITE VISIT**
Groups: Vietnam & Russia, Mr G C Joshi, Ms Archana Nandi, volunteers and camera man. All groups to be in SAMBHAV T-Shirt.
- 11:30 am -12:25 pm** **FORUM FOR INTERNATIONAL COOPERATION**
International Cooperation Activity- Signing of MoU
Chief Guest: Mr. K V S Rao, Director, Deptt of Emp of Persons with Disabilities, Government of India
On dais: Chief Guest Mr. K V S Rao, Smt. Alpana Nayak and the leaders of MoU signing countries
- 12:30 pm -1:30 pm** **DANCE THERAPY WORKSHOP**
Workshop on Dance Therapy conducted by **A.L.P.A.N.A.**
- 1:30 pm - 2:30 pm** **Lunch Break**
- 2:30 pm - 3:30 pm** Workshop on Dance Therapy conducted by **Supun Dance Academy,** Sri Lanka
- 3:30 pm - 4:00 pm** **Tea Break**
- 4:00 pm - 5:00 pm** Screening of Incredible India Film & BPCL Film
- INTERNATIONAL PERFORMANCES**
- 4:50 pm** Arrival of **Distinguished Guests - Mr. Chhabilendra Roul,** Secretary, Ministry of Chemicals & Fertilizers, GoI, **HE Mr. Austin Fernando,** High Commissioner of Sri Lanka and **Mr. Tomio Schichiri,** Country Director, FAO India Country Office, received and ushered by Mrs Shobha Lal, Mr SP Rath, Mr Aleem Syed and Mrs Suchitra Pati
Arrival of the Chief Guest **Shri Balbir Punj,** Former Member of Parliament, Rajya Sabha, received and ushered by Mr Ashwini Kumar and Mr G C Joshi
- 5:00 pm** Master of Ceremony (MC) takes charge.
MC requests the Chief Guest and Distinguished Guests to come on stage Mrs. Sabita Sahu and Ms Archana Nandi accompany the dignitaries to the stage
MC requests Guru Alpana Nayak, to welcome the Chief Guest with bouquet and memento.
Ms Priyadarshini Tripathy, Mrs Sabita Sahu and Ms Archana Nandi welcome Distinguished Guests with bouquet and Memento
- 5:05 pm** MC requests DIGNITARIES to light the ceremonial lamp.
After lighting of lamp DIGNITARIES return back to their seats.
- 5:08 pm** MC welcomes the audience and the short movie about SAMBHAV to be played.
MC gives an introduction to the evening's programme.

- 5:10 pm** Performances start
Groups: Iran; Salubrious Productions, Australia; A.L.P.A.N.A. India; Myanmar Christian Fellowship for the Blind, Myanmar; SWID- Bangladesh; Prayas- Rajasthan, India; SUNAGAVA- Nepal; Supun Dance Academy For People With Special Needs Sri Lanka; I R Mehta Gujarat, India; Shalom Special School- M.P., India; Blind People's Association- Ahmedabad, India.
- 5:20 pm** After performances by A.L.P.A.N.A. Souvenir for SAMBHAV 2019 to be released. Souvenir to be carried by Mr. Ashwani Kumar, Mr Azizur Rahman and Mr Sanjive Gauhri.
- 5:25 pm** Performances continue
- 7:25 pm** After the performances MC requests the Chief Guest to come on stage and speak a few words.
- 7:30 pm** MC requests the Distinguished Guests and the Chief Guest to come on stage and pose for group Photo
 Mrs Sabita Sahu, Mr Aleem Syed and Mr Shiv Lal will accompany the Guests to the stage
- 7:30 pm** MC requests Mr Azizur Rahman to give Vote of thanks

17 NOVEMBER 2019, THIRD DAY

- 8:45 am** Assemble at Multipurpose Hall, IIC for Yoga Therapy Workshop
- 9:00 am - 10:00 am** **INTERNATIONAL YOGA THERAPY WORKSHOP**
 Conducted by : **Shri Niranjan Parajuli** duly assisted by **Dr. Biswaranjan Sahu** and **Mrs. Kadambini Acharya**, Delhi Centre of S-VYASA University, Bangalore
- International Seminar on Yoga**
- 10:00 am -11:00 am** **Chaired by Shri A. K. Ganeriwala**, Former Jt Secy, AYUSH, GoI
Paper Presenters: Prof Rima Dada, Dept. of Anatomy, AIIMS, Delhi and **Dr Hema Kohle**, MD, CMO (Ayurveda), GGS Hospital
- 11:00 am-11:30 am** **Tea Break**
- 11:30 am-12:25 pm** **WORKSHOP ON MUSIC THERAPY**
Conducted by: Salubrious Productions, Australia
- 12:30 pm - 1:30 pm** **INTERNATIONAL ART & CRAFT WORKSHOP: Session -II**
Conducted by: The team from Uzbekistan
- 1:30 pm - 2:30 pm** **Lunch Break**
- 2:30 pm - 3:30 pm** **INTERNATIONAL ART & CRAFT WORKSHOP: Session-III**
Conducted by: The team from Myanmar
- 3:30 pm - 4:00 pm** **Tea Break**
- 4:00 pm -5:00 pm** Screening of Incredible India Film & BPCL Film

CLOSING CEREMONY OF INTERNATIONAL PERFORMANCES**4:50 pm**

Arrival of Distinguished Guests - **Mr. Anuj Gogia**, Chief Commissioner, Customs, Meerut, **Dr. P.S. Gahlaut**, MD, Indian Potash Limited, **Prof. Anup Saraya**, Head, Dept. of Gastroenterology, AIIMS, New Delhi, received and ushered by Mr Aleem Syed, Mr Ashwini Kumar & Mr Azizur Rahman.

Arrival of Chief Guest - **Mr. Justice Arijit Pasayat**, Former Hon'ble Judge, Supreme Court, received and ushered by Mrs Suchitra Pati, Mrs Padmini Pati and Mr G C Joshi

5:00 pm

Master of Ceremony (MC) takes charge.

MC requests the Chief Guest and Distinguished Guests to come on stage. Mr Aleem Syed, Mrs Meera Behera and Mr S. P. Rath accompany the dignitaries to the stage.

MC requests Guru Alpana Nayak, to welcome the Chief Guest with bouquet and memento.

Mrs Meera Behera, Mr Aleem Syed and Mr Azizur Rahman welcome Distinguished Guests by presenting bouquets and mementos to them.

5:05 pm

MC requests DIGNITARIES to light the ceremonial lamp.

After lighting of the lamp DIGNITARIES return back to seats, accompanied by Mr Aleem Syed, Mr S. P. Rath, Mr Azizur Rahman and Mrs Meera Behera

5:08 pm

MC welcomes the audience and the short movie about SAMBHAV to be played. MC gives an introduction to the evening's programme.

5:10 pm

Performances start.

Groups: A.L.P.A.N.A. Band, India; MIRAGE International Group; The All-Russian Association of the Blind Russia; School for the Blind Odisha, India; Vietnam Youth Theatre, Vietnam; Disabled Persons' Association of Bhutan (DPAB)-Bhutan; Prithipura Communities Special School-Sri Lanka; A.L.P.A.N.A. , India; Cherry Blossoms Nagaland, India; MPVSS M.P. , India;

7:40 pm

MC requests Chief Guest **Mr. Justice Arijit Pasayat**, Former Hon'ble Judge, Supreme Court to come on stage to address the audience.

Mr Shiv Lal and Mr S P Rath accompany the Chief Guest to the stage.

7:55 pm

MC requests the Distinguished guests to come on stage and pose for Group Photo

Mr. G C Joshi and Mrs Suchitra Pati accompany the Distinguished Guests to the stage

8:00 pm

MC requests Guru Alpana Nayak to give Vote of thanks

SAMBHAV 2019

An International Event by Divyang (Physically and Mentally Challenged) Artists at Multi Purpose Hall, Indial International Centre, Max Muller Marg, New Delhi 110 003

on 15, 16 & 17 November 2019

1. INTRODUCTION

1.1 Association for Learning Performing Arts and Normative Action (A.L.P.A.N.A.) was set up in the year 2004. It is registered with the Registrar of Societies, government of National Capital Territory of Delhi under the Societies Registration Act, 1860. The aims and objectives of A.L.P.A.N.A include working towards inclusive growth, promotion of visual and performing arts, holistic human development through multidisciplinary frame works and paradigms, providing teaching and training facility in visual and performing arts and other artistic vocations, policy advice and dissemination of knowledge and experience through seminars, workshops, exchange programmes and publications. The Society is also actively involved in teaching of Odissi dance, music, art and crafts to the 'Divyangjan' (specially gifted mentally and physically challenged persons). Through its regular classes, special shows and stage events, A.L.P.A.N.A intends to contribute towards making our society more inclusive towards the differently abled persons.

To meet with its espoused objectives, every year A.L.P.A.N.A organizes different events such as INDRADHANUSH, an annual cultural programme by all students including the specially gifted students; RANGOTSAV, an art and craft workshop for the differently abled youngsters; BHOOMI PRANAM, an event to launch its qualified students on professional platform and SAMBHAV, an international event by physically and mentally challenged artists.

1.2 For the past fourteen years, A.L.P.A.N.A has been holding an annual event called 'SAMBHAV' which aims to showcase the abilities of the differently abled people in the field of performing arts. It had its beginnings in 2006 as local event, but in 2007 it evolved to become a day-long national event. In 2008, A.L.P.A.N.A decided to expand 'SAMBHAV' to include a few countries of South Asia namely Sri Lanka, Nepal, Bhutan and Bangladesh. Since A.L.P.A.N.A was interested in both the intellectual underpinnings and operational aspects, the event was divided into two broad sections, the first section was an international seminar where papers were presented by Experts and Gurus working with physically and mentally challenged people and the second section was performances by the specially gifted persons of A.L.P.A.N.A. and other invited countries. SAMBHAV 2009, a two day-long event saw a total of ten countries' participation in the event. The participants were from Bangladesh, Bhutan, Cambodia, India, Mauritius, Myanmar, Nepal, Nigeria, Sri Lanka, and Thailand. SAMBHAV 2009 included an International Seminar on the theme, "OUR WORLD, THEIR WORLD: SHARED EXPERIENCES ON PHYSICALLY AND MENTALLY CHALLENGED PERSONS AND PERFORMING ARTS"; performances by the specially gifted (physically and mentally challenged) persons and interaction and performances by participants from abroad in a special school situated in the National Capital Region. A.L.P.A.N.A celebrated holistic development and inclusive growth of physically and mentally challenged persons in the society by organizing SAMBHAV 2010 on a wider scale by including participants from sixteen countries namely India, Pakistan, Indonesia, England, Canada, Nepal, Bangladesh, Nigeria, South Africa, Malaysia, Thailand, Bhutan, Sri Lanka, Mongolia, Myanmar and Russia SPANNING FIVE CONTINENTS. SAMBHAV 2010 included: i. International Seminar on Inclusive Performing Arts and Dance as Therapy for challenged persons; ii. International Exhibition of paintings and artifacts made by challenged artists and iii. International

Event of Performances by challenged artists. The successes of SAMBHAV 2010 encouraged A.L.P.A.N.A to plan a bigger event in 2011 by expanding the participation to 18 countries namely Australia, Bangladesh, Bhutan, Colombia, Germany, Nigeria, Indonesia, Iran, Malaysia, Mauritius, Mongolia, Myanmar, Nepal, Pakistan, Russia, Sri Lanka and Thailand; besides the groups from the Indian states of Delhi, Madhya Pradesh, Mizoram and Odisha. In SAMBHAV 2011 as an innovative measure to bring the participants from across the globe closer together for better bonding, A.L.P.A.N.A scheduled a special session called 'THE ICE-BREAKING AND NETWORKING SESSION'. SAMBHAV 2012, showcasing the artistic talent of physically and mentally challenged artists, from 19 countries including India held from November 9-11, concluded with a resounding success. It included international seminars on artistic empowerment of the differently abled individuals, an exhibition of art and craft by the differently abled artists from the participating countries, singing of MoUs and performances by 23 troupes from 19 countries namely Afghanistan, Australia, Bangladesh, Bhutan, Colombia, Indonesia, Iran, Lao PDR, Malaysia, Mauritius, Mongolia, Myanmar, Nepal, Pakistan, Russia, Sri Lanka, Thailand, USA and Vietnam. SAMBHAV 2013 was held from 8-10 November 2013 at New Delhi. It attracted participant groups from Bangladesh, Bhutan, Iran, Malta, Nepal, Nigeria, Pakistan, Sri Lanka, Thailand, USA, Uzbekistan and Vietnam, besides the groups from the Indian states of Delhi, Karnataka and Kerala. Similarly, SAMBHAV 2014 which was the ninth edition of SAMBHAV provided a platform to showcase the artistic talent of the differently abled artists, from 16 countries including India. It was held in the weekend from 14-16 November 2014 at the India International Centre, New Delhi with a grand success. The event attracted participant groups from Australia, Bangladesh, Bhutan, Indonesia, Iran, Israel, Mauritius, Myanmar, Nepal, Pakistan, Russia, South Africa, Sri Lanka, Thailand, Uzbekistan and Vietnam besides the groups from the Indian states of Andhra Pradesh, Delhi, Gujarat, Karnataka, Madhya Pradesh and Meghalaya. SAMBHAV 2015 was also organized at the same scale and saw large number of participants from 11 countries namely Australia, Bangladesh, Bhutan, Iran, Nepal, Russia, South Africa, Sri Lanka, Thailand and Wales besides the groups from the Indian states of Delhi, Gujarat, Karnataka, Andhra Pradesh, Telengana, Maharashtra, Madhya Pradesh, Nagaland and West Bengal. The eleventh edition of SAMBHAV - SAMBHAV 2016 provided a platform to showcase the artistic talents of the differently abled artists, from 13 countries including India. It was held from 11-13 November 2016 at the India International Centre, New Delhi with a grand success. The event saw participant groups from Australia, Bangladesh, Bhutan, Iran, Kenya, Myanmar, Nepal, Russia, South Africa, Sri Lanka, Thailand, Uzbekistan and Vietnam besides the groups from the Indian states of Telangana, Delhi, Gujarat, West Bengal, Rajasthan, Maharashtra, Punjab and Meghalaya. SAMBHAV 2017 held from 10-12 November 2017 at Azad Bhawan, ICCR, IP Estate, New Delhi. By showcasing the artistic talents of the differently abled artists, it concluded with a resounding success. It included an international seminar with the theme "Challenges of working with Divyang Persons (Physically and Mentally challenged persons) for Inclusive Growth with special focus on Inclusive Arts: Shared Experiences", International Yoga Workshop, International Art & Craft exhibition, signing of MoUs as well as performances by groups from the participant countries. SAMBHAV 2017 attracted participant groups from sixteen countries spanning four continents which included Australia, Bangladesh, Bhutan, Indonesia, Iran, Kenya, Mauritius, Myanmar, Nepal, Russia, Sri Lanka, Thailand, UK, Uzbekistan and Vietnam besides groups from the Indian states of Andhra Pradesh, Delhi, Gujarat, Madhya Pradesh, Nagaland, Rajasthan, Telengana and Uttarakhand. The thirteenth edition of SAMBHAV - SAMBHAV 2018, attracted participant groups from 14 countries spanning four continents that included Australia, Bangladesh, Bhutan, Iran, Myanmar, Nepal, Philippines, Russia, Sri-Lanka, Tajikistan, U.K., Uzbekistan and Vietnam besides groups from Indian states of Delhi, Gujarat, Madhya Pradesh,

Nagaland, Odisha, Punjab, Telangana and West Bengal. SAMBHAV 2018 was held on 2, 3 and 4 November 2018 at Multipurpose Hall, India International Centre, New Delhi.

1.3 Over fourteen years, SAMBHAV has grown manifold and expanded its ambit to project India as not only incredible but also inclusive. A.L.P.A.N.A NGO has proven its mettle in the Indian National Capital as a leading organization for its achievement towards a more inclusive and equitable society for Divyangjan - persons with physical and mental disabilities. The fourteenth edition of SAMBHAV - SAMBHAV 2019 held on 15, 16 and 17 November 2019 at India International Centre, Lodi Estate, New Delhi attracted 17 groups from Australia, Bangladesh, Bhutan, Iran, Mongolia, Myanmar, Nepal, Russia, Sri Lanka, Tajikistan, USA, Uzbekistan and Vietnam besides 13 groups from Indian States of Delhi, Gujarat, Madhya Pradesh, Nagaland, Odisha, Rajasthan, and West Bengal.

The main objectives of SAMBHAV are:

- I. To promote inclusive growth and to be a catalyst in fulfilling the commitments of the global society towards 'Divyangjan' (persons with disabilities)
- II. To showcase inclusiveness of the Indian society
- III. To empower 'Divyangjan' - challenged persons particularly artists, through development of skill and enhancement of creativity in various fields of arts; and
- IV. To work towards sharing of ideas, knowledge, achievements and experiences through sustainable interactions a.m. Ong different stakeholders.

2. FELICITATIONS

Shri Thaawarchand Gehlot, Hon'ble Minister of Social Justice & Empowerment, Govt. of India, Shri Dharmendra Pradhan, Hon'ble Minister of Petroleum & Natural Gas, Government of India and Shri Arvind Kejriwal, Hon'ble Chief Minister of NCR, Delhi extended their felicitations and wishes to A.L.P.A.N.A. Society and Guru Alpana Nayak for organizing the event.

3. GRAND LAUNCHING OF SAMBHAV 2019

SAMBHAV 2019 was launched in a colourful show on 15 November with all participants wearing their national dress and carrying their country's flag at the MultiPurpose Hall, IIC, New Delhi.. The flag off was done by Hon'ble Shri Prestone Tynsong, Dy Chief Minister of Meghalaya. In his inaugural address Shri Prestone Tynsong congratulated A.L.P.A.N.A for organizing such a grand event, SAMBHAV for fourteen consecutive years and admired the dedication of the artiste, professionals, trainers, parents and other practitioners. He invited A.L.P.A.N.A. to organize similar event in Meghalaya and promised support and help in organizing the event.

4. INTERNATIONAL COOPERATION

SAMBHAV 2019 set a landmark by providing a platform where four **Memoranda of Understanding (MOUs) were signed** between A.L.P.A.N.A Society and the representatives of organizations from **Asia Art Connect, Myanmar, Prithipura Communities, Sri Lanka, SUNAGAVA, Nepal & Society for the Welfare of the Intellectually Disabled (SWID), Bangladesh** who have been working for inclusive growth of mentally and physically challenged persons through performing arts. Shri K V S Rao, Director, Department for Empowerment of Persons with Disabilities (DEPwD), Ministry of Social Justice & Empowerment, Government of India was the Chief Guest of the Forum on International Cooperation.

5. INTERNATIONAL SEMINAR ON YOGA

In order to promote lateral learning, create awareness and disseminate knowledge about the various benefits gained from the holistic and integrated approach of Yoga, especially on the Divyangjan, an International Seminar on Yoga was held during SAMBHAV 2019. The seminar also facilitated peer to peer learning exchanges on the various effects of Yoga on disabilities, the research studies being undertaken to study the effects of Yoga as an inexpensive alternate intervention to modern medicine and the various ways in which the Government of India through the Ministry of AYUSH through policy intervention is helping in setting up of infrastructures to help make Yoga more accessible to people worldwide and especially for the Divyangjan. The Seminar was chaired by Shri A. K. Ganeriwala, Former Jt. Secretary, AYUSH, GOI. The speakers were Prof. Rima Dada, Deptt. of Anatomy, AIIMS, Delhi and Dr. Hema Kohle, MD, CMO (Ayurved), GGS Hospital, Delhi.

6. INTERNATIONAL ARTS & CRAFTS EXHIBITION

The International Art and Craft Exhibition was unveiled by eminent artist Dr. Harleen Sandhu. Many high quality painting and Art & Craftwork made by the Divyang Artists from Nepal, Myanmar, Uzbekistan, Bhutan and India especially the Divyang students of A.L.P.A.N.A Society were displayed at the exhibition.

7. INTERNATIONAL SEMINAR ON "SHARING OF BEST PRACTICES IN EMPOWERMENT OF DIVYANGJAN (PHYSICALLY AND MENTALLY CHALLENGED PERSONS) FOR INCLUSIVE GROWTH WITH A SPECIAL FOCUS ON INCLUSIVE ARTS"

With a view of sharing, disseminating, promoting and creating a cross-country peer learning on the best practices to empower the differently abled, the International Seminar on "Sharing of Best Practices in Empowerment of Divyangjan (Physically and Mentally Challenged persons) for Inclusive Growth with a special focus on Inclusive Arts" was held. At the seminar, a total of ten papers were presented by experts and resource persons from Vietnam, U.S.A., Iran, Australia, Bangladesh, Russia, India and Sri-Lanka (2 groups) who talked about the various ways in which they were trying to facilitate the empowerment of the differently abled persons with the help of visual and performing arts. The Chief Guest for the Inaugural session of the seminar was Mr. Jawaharul Islam Mamun, President of SWID, Bangladesh and the Chief Guest for the closing session of the seminar was Shri T.D. Dhariyal, Commissioner for Persons with disabilities, Delhi. The seminar was coordinated by Dr N. K. Dhamija, MBBS, MD, Joint Secretary and Deputy Commissioner in the Ministry of Health and Family Welfare, Government of India.

8. YOGA THERAPY WORKSHOP

The International Yoga Therapy Workshop was held to teach and impart the invaluable practice of Yoga which is a holistic and integrated approach for mental, physical and emotional well being. The workshop was conducted by expert Shri Niranjana Parajuli duly assisted by Dr. Biswaranjan Sahu and Mrs. Kadambini Acharya, Delhi Centre of S-VYASA University, Bangalore.

9. ARTS & CRAFTS WORKSHOP

An International Art and Craft workshop was held. The workshop saw participation from all the delegates including the Divyang artists, which was a tribute to co-learning from each other as well as from across cultures, thus fostering an inclusive global society. Workshops were conducted by faculty of A.L.P.A.N.A., Mr. Jasur Jumaev from Uzbekistan and Mr. KyawMin Htoo and Mr. Ye Lin Tun from Myanmar.

10. DANCE AND MUSIC THERAPY WORKSHOP

Dance improves the mind and body coordination and Music improves the emotional and mental well being, hence a Dance and Music therapy workshop was held at SAMBHAV 2018. Workshop on Dance therapy was conducted by Guru Alpana Nayak, President of A.L.P.A.N.A Society and Mr. Supun Shanaka Madushan from Supun Dancing Academy. The Music and rhythm therapy was conducted by Ms Janelle Colquhoun, Mr. Jeffrey Usher from Salubrious Productions, Australia and Mr. Meysam Khataminia

11. EXPOSURE VISITS TO WORLD HERITAGE SITES

Exposure visits to different World Heritage Sites of Delhi was organized for the Divyang artists participating in SAMBHAV 2018 to highlight the fact that Incredible India is also Inclusive India.

12. EXPOSURE VISITS TO SCHOOLS

The Divyang participants at SAMBHAV 2018 were taken on exposure visits to Aanchal School, Kautilya Marg, Chanakyapuri, Delhi and to NDMC School, Kaka Nagar, Delhi. The interaction between the Divyang artists and the school students and teachers highlighted the inclusive and composite culture of India.

DAY 1 - 15 NOVEMBER 2019

9:00 am -
9:30 am

REGISTRATION FOR SAMBHAV 2019

All the participating groups assembled at the Multipurpose Hall, IIC, New Delhi and registered for SAMBHAV 2019. Tourism desks were put up near the registration desk by the Ministry of Tourism, Government of India and Tourism Departments of Different states such as Jammu & Kashmir, Punjab, Himachal Pradesh, Tamilnadu, Nagaland, Odisha, Tripura and Karnataka for tourism awareness, knowledge and conducting visits if any for the participants and visitors.



10:00 am -
11:00 am

WELCOME AND LAUNCHING CEREMONY:

Chief Guest: Shri Presstone Tysong, Hon'ble Deputy Chief Minister of Meghalaya

Shri Presstone Tysong, Hon'ble Deputy Chief Minister of Meghalaya was received by Mr GC Joshi and Mr Ashwani Kumar and ushered into the Multipurpose Hall, IIC. The Chief Guest was escorted to the stage by Guru Smt. Alpana Nayak, President of A.L.P.A.N.A. Smt. Nayak welcome the Chief Guest with bouquet and memento Hon'ble Deputy Chief Minister of Meghalaya, Shri Presstone Tysong inaugurated SAMBHAV 2019, the fourteenth edition of SAMBHAV by lighting the ceremonial lamp. The special students of A.L.P.A.N.A. presented welcome song. Then a short film on SAMBHAV's journey was played. All the participants from different parts of the world and from different states of India dressed in their traditional attires came to the stage one by one carrying their national flags and took the pledge of SAMBHAV to work towards inclusive growth through inclusive arts.



Remark by the Chief Guest Shri Presstone Tysong, Hon'ble Deputy Chief Minister of Meghalaya :

In his short address, **Shri Presstone Tysong** expressed that he is deeply privileged to be in this august International Event of Divyang Artists and welcomed on behalf of the Country to all the participants/groups of various Countries of the World. He was very thankful to A.L.P.A.N.A. for organising the International Event annually and specially thanked Guru Alpana Nayak, who dedicated herself for the cause of Divyangjan and providing a platform for empowering them. He told that all human beings are equally the part of this Universe and to him no one is perfect, but having some sorts of disability. Hence, Divyangjan do not belittle themselves and we, who appears to be normal should treat the Divyangjan as equal to us with respect and dignity. They no more need sympathy but empathy in the present scenario. He further gave a brief of an NGO of disabled persons of his State Meghalaya who are doing beautiful bamboo works. He hoped that A.L.P.A.N.A. to take up organising the next programme at Shilong, Meghalaya and on his Government behalf he indicated to extend all help and support to make the International Event a grand success.



11:30 am-
12:25 pm

INTERNATIONAL SEMINAR: Session- A

Theme: "Sharing of Best Practices in Empowerment of Divyangjan (Physically and Mentally Challenged persons) for Inclusive Growth with a special focus on Inclusive Arts."

Chair and Keynote Speaker : Mr. Jawaharul Islam Mamun, President of SWID, Bangladesh

Coordinator: Dr N. K. Dhamija, Former Joint Secretary and Deputy Commissioner in the Ministry of Health and Family Welfare, Government of India

Paper Presenters: Hanoi Association of People with Disability Vietnam, Supun Dance Academy Sri Lanka & MPVSS Madhya Pradesh, India

Mrs Sabita Sahu, Member of A.L.P.A.N.A. accompanied the Chief Guest to the stage and welcomed him with bouquet and memento.

Hanoi Association of People with Disability & Youth Thetre, Vietnam The group leaders Ms. Van Duong Thi and Mr. Son Nguyen Truong together presented the paper on "Challenges faced by Artists with Disability for an inclusive society in Vietnam".



It was informed that with having 54 ethnic groups, the population of Vietnam is 92.7 million. As per general statistics of the Country in 2019, 6 million people aged 2 and above are with disability. Government of Vietnam has passed the Disability Law in 2012 and also ratified UN convention on the rights of people of disabilities. Project supporting Disables in the period 2012-2020 was signed and issued by the Hon'ble PM in 2014.

Though Govt. support with policies for participation of Disables in sports, cultural activities, etc., but their participation is still very limited. This is primarily due to their unawareness of the rights, functioning of very minimal agencies to promote their capabilities, prevalence of discrimination in social life, etc. They hoped A.L.P.A.N.A. to have an effective role in promoting the integration of people with disabilities around the world by organising such Event like SAMHAV 2019.

Supun Dance Academy, Sri Lanka - Mr. A B M Supun S Madhushan, the founder of Supun Dance academy made a power point presentation. Broadly, it was indicated that their mission is to promote traditional dance, Kandyan Dance & Dance Movement Therapy (DMT). By organising DMT, Supun Academy is engaged in health promotion of people with disabilities. **Mr. Supun Madushan** presented his paper titled "Aesthetic approaches to overcome barriers in Academic Education." He said although they started as a



dancing academy for persons with special needs, but now they are also inculcating various aesthetic approaches in academic education for students with special needs education. Their new projects include helping students those who are studying in mainstream schools but have special educational needs, taking part as stakeholders to achieve inclusive educational goals, referring to relevant personals or places for services after their assessments under a resource panel. He then explained that they can support the special needs student through aesthetics such as getting their attention to academics with pleasure, alteration of syllabi and scheme of work according to the students by implementing an Individual Education Plan, they can make child friendly lesson plans by bringing in visual aids and teaching materials and by dividing of lessons into many simple steps. He also suggested the use of songs, role-plays, basics of dance, painting, drawing, sculpting and other aesthetic activities to build attention and focus in children with special needs.

MPVSS, Ujjain, Madhya Pradesh, India The Group leader Shri Gourav Agrawal made a Power Point presentation.

The organisation is providing special education, inclusive education, running integrated training centre for Mentally Retarded and Hearing Impaired (Deaf) person. Therapeutic programmes, sports, game, cultural events are being organised.



The MPVSS, as an innovative activity, devised adaptive table cricket for those persons who are not able to go to field. This cricket is designed for both physically and mentally challenged person.

People with special needs require specialized care from professionals who to continue to live their everyday lives as normal as possible. Therapists use different techniques to manage physical, behavioural, and psychological issues and enhance the dexterity of patients with conditions such as autism, cerebral palsy, developmental delays and disorders, chronic pain, and traumatic brain damages.

As per the researches and results of therapeutic interventions for the overall psychological development of children with mental illness, MPVSS has designed a Program with the consultation of physiotherapist, Occupational therapist, psychologist and special educator for the holistic and cognitive development of the children with Mental Illness and found several results that proves the enhancement of cognitive skills of such specially-abled children.

Children with special needs are given some step by step task such as:

- Movements in the same direction
- Movements in both right and left direction
- Use a particular space/section to make them aware about the use of space.
- Plenty of eye contact to maintain their attention
- work in a circle to include everyone as much as we can

- Use of different props of different shapes, size and colour that helps them to learn the concept of figure and colour identification.

Dance Therapy in MPVSS has tremendous effects on children with special needs which are as follows:

- Promotes Body Awareness and increase their self-confidence
- Improves Motor Skills, i.e. physical coordination and proficiency
- Helps hyper active children to become calm and relax.
- Increase Concentration, Focus and reading-learning skill
- Group Participation, team Spirit
- It's Fun/Entertainment (recreational activity)
- Cognitive Skills Development



The **Chairperson Mr. Jowaherul Islam Mamun** concluded the session summing up the presentations made by above groups that lack of awareness of the rights of the people with disability, lack of knowledge of Law of the Country, among others, are prevalent and the organisations involved in bringing up the social life of disabled should take up the challenges as a mission and discharge their developmental role. Innovating activities may be taken up based on the need. He observed that cultural activity is the integral part of any Country.

12:30 pm -
1:30 pm

INTERNATIONAL SEMINAR: Session-B

Coordinator: Dr Sunita Dhamija

Paper Presenters: SWID - Bangladesh, Ms Alyson Slaughter, U.S.A. & School for the Blind, Odisha, India



SWID, Bangladesh Ms. Emelda Hossain Dipa, the Cultural Secretary made the Power Point presentation.

In Bangladesh Special education systems have been taken up for the differently abled children in the field of music, dance, arts, sports etc. The persons with disabilities are provided with the scope and opportunity to perform with others. SWID Bangladesh is running 550 Special Schools for training and skill development on activities of daily living (ADL).

Normally non-disabled persons get better opportunities than persons with disabilities in Academic Institutions, Technical support from their trainers, Employment opportunities, Logistic Support and Publicity.

The following areas are needed to develop for the persons with disabilities:

- To establish a specified cultural Institution

- To give the opportunities for more practice to make them efficient
- To develop the awareness amongst the people about the capabilities of the disabled persons
- To arrange more inclusive events for both disabled and non-disabled persons
- To provide modern technological support along with skilled trainer

Ms. Alyson Slaughter, U.S.A. Ms. Slaughter, a Visually Impaired Yoga Expert from U.S.A., indicated that her Govt. is providing employment, equal opportunity, access in society to the persons with different disabilities. Special funding is made for the requirement of Visually Impaired people of U.S.A.



School for the Blind, Balasore, Odisha, India The leader of the Group Shri Sunil Biswal made a PP presentation which spoke about the story of the organisation, its achievements, activities undertaking, etc.



The organisation is running through public donations. It is providing education to Visually Impaired children, teaching music both instrumental and vocal, skill development training in mushroom culture, preparation of phenyl. By undertaking such activities, it has contributed in generating employment.

The School is running on public donation and Govt. has decided to give Grant-in-aid for our school. The Dist. Administration is helping the institution in various factors for the wellbeing of the blind students. The institution is capable of providing employment to blind teachers and orthopedically handicapped persons along with other teaching and non-teaching staff.

Achievements of the organization are as follows:

- 43 girls and 77 boys from various districts of Odisha are studying in our school
- Till date 135 students have passed Matriculation examinations successfully and also pursuing higher studies in different colleges & universities of Odisha
- Among the 16 teaching staff there are 3 blind and 1 Physically Handicapped teachers are working
- The students of the school participate in different inter-district and inter-state competitions and also in State level Blind cricket tournament

2:30 pm -
3:30 pm

INAUGURATION OF INTERNATIONAL ART & CRAFT EXHIBITION AND WORKSHOP:

Chief Guest: Internationally acclaimed Artist **Dr. Harleen Sandhu**



Dr. Harleen Sandhu was welcome by Mrs Alka Aggarwal with bouquet & memento. Dr Sandhu inaugurated the **International Art & Craft Exhibition And Workshop by lighting the ceremonial lamp**. Many high quality paintings and exhibits made by Divyang artists from Nepal, Bhutan, Myanmar, Tajikistan, Uzbekistan and different organizations of India were on display. Also exhibited were craft items made by the students of A.L.P.A.N.A. society. Visitors were awed with the exhibits on display.



Dr Sandhu highly appreciated the role of A.L.P.A.N.A. for its creative as well as rehabilitation activities. She observed that various Arts & Crafts exhibited in this International Event made by Artists of Myanmar, Uzbekistan and A.L.P.A.N.A., are enriched with craftsmanship. She told that learning of any form of Art has no age bar. At the end she indicated that A.L.P.A.N.A. made it possible (SAMBHAV) in bringing various groups of Divyangjan together, which is a great achievement.

INTERNATIONAL ART & CRAFT WORKSHOP: Session - I

It was coordinated by Mrs. Alka Agrawal, Creative Arts Faculty, Mrs. Renu Sukla, Teacher and Members of A.L.P.A.N.A. During the workshop, preparation of various crafts and paintings were taught to participants of various groups

5:00 pm -
7:55 pm

INAUGURATION OF INTERNATIONAL PERFORMANCES:**Distinguished Guests:**

**Padma Shri Prof Y. K. Chawla, Former Director, PGIMER, Chandigarh,
HE Dr. Manoj Nardeosingh, Secretary General, AARDO**

**Mr. Vishvapavan Pati, Member, Postal Service Board and ADG
(Coordination)**

The Distinguished Guests were received and ushered to the Multipurpose Hall, IIC by Mr Shiv Lal, Mr Azizur Rehman and Mr Aleem Syed, members of A.L.P.A.N.A.



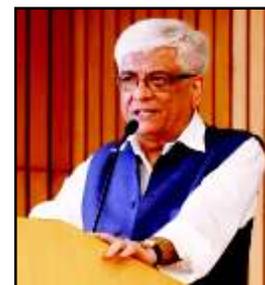
Mr Ashwani kumar, Mr Shiv Lal and Mr Debjit Rath welcome the guests with bouquet and Memento. The Distinguished Guests inaugurated the International Performances by lighting the ceremonial lamp. After screening of a short movie about SAMBHAV, the performances started. All together 9 Groups (4 Foreign & 5 Indian) performed as per the following sequence :

A.L.P.A.N.A. - (India), Tajikistan, SAHAYA-Odisha (India), Vietnam Youth Theatre, Hanoi Association of People with Disability, Vietnam, Udan Special School - M.P. (India), Mother Charitable Foundation - Sri Lanka, Behala Bodhayan -Kolkata (India) and The New Light Social Services Society-M.P. (India)



Remark by Distinguished Guest, Padma Shri Prof Y. K. Chawla:

After all the power packed performances, **Padma Shri Prof Y. K. Chawla** addressed the audience and said that the programmes had made him spellbound and that he had never imagined that such great performances would be done by people who are challenged, from India and from across the globe. He also congratulated Guru Alpana Nayak and A.L.P.A.N.A. society for having done such an excellent work over the past 14 years and wished for its continued efforts.



Remark by Distinguished Guest Mr. Vishvapavan Pati:

Mr. Vishvapavan Pati addressed the audience thanking A.L.P.A.N.A. for giving him an opportunity to see the enchanting performances by Divyangjan with having different disabilities. In fact, he had never seen before any cultural event by disabled artists across the world. At last he



thanked all participants, Alpana Nayak and teams of A.L.P.A.N.A. for organising such a grand International event - SAMBHAV.

Vote of Thanks: MC Ms Sushmita Ghosh extended deep gratitude to the Guests, audience, participants and sponsors of the event.

DAY 2 - 16 NOVEMBER 2019

9:00 am-
10:00am

INTERNATIONAL YOGA THERAPY WORKSHOP: Session-I

The International Yoga Workshop for all the participants including the challenged artists from different countries was held at Multipurpose Hall, IIC

The Yoga workshop was Conducted by expert **Shri Niranjan Parajuli duly assisted by Dr. Biswaranjan Sahu and Mrs. Kadambini Acharya, Delhi Centre of S-VYASA University, Bengaluru and Ms Alyson Slaughter, USA** who imparted invaluable knowledge about the holistic approach of Yoga to balance physical, mental and emotional wellbeing. They taught the participants the basics of Yoga - Yoga Asanas (different body postures), Yoga - Mudras, chanting of Om, Pranayam (breathing exercises like Nadi Sudhi, Kapalbhathi, etc.)Pranayama(Breathing techniques) and Meditation and encouraged them to do these Yoga practices regularly.



Ms. Alyson Slaughter told about accessible/adaptable Yoga which is required for those Divyang who may not be able to sit on the floor. Hence she demonstrated Yoga exercises sitting on chair. Exercises include various movements of body parts from Hip to Head and also of breathing.

10:00 am-
11:00 am

INTERNATIONAL SEMINAR: Session-C

Theme: "Sharing of Best Practices in Empowerment of Divyangjan (Physically and Mentally Challenged persons) for Inclusive Growth with a special focus on Inclusive Arts."

Chair and Keynote Speaker : T. D. Dhariyal, Commissioner for Persons with disabilities, Govt. of Delhi

Coordinator: Dr N. K. Dhamija, Former Joint Secretary and Deputy Commissioner in the Ministry of Health and Family Welfare, GoI

Paper Presenters: Salubrious Productions Australia, SUNAGAVA Nepal, Iran & All-Russian Association of the Blind- Russia

Salubrious Productions, Australia Ms. Janelle and Ms. Suzanne Louise with fully V.I. disability spoke that their Govt. supports for empowering physically and mentally challenged persons.

Janelle and Suzanne discussed the ongoing progress to have people with disability engaged to lead Australian disability arts organisations. Drawing from their own



experiences, Janelle who established Salubrious Productions, an entertainment and production agency specialising in professional artists with disability, and Suzanne, who runs Alstonville Studios, a dance school which has classes especially for people with disability, they discussed their difficulties with people's attitudes and being accepted as disability arts leaders. They also emphasised on the experiences of other disability arts leaders in

Australia, and what they are doing to advocate and lobby for this change in attitude. National Disability Insurance Scheme is in operation in Australia which provides support for empowerment, employment, etc. Technology availability and Training for performing in Braille, Audio sets are essential at present days for empowerment.

SUNAGAVA, Nepal Ms. Sarita Dongal made her paper presentation by reading out the contents. In most rural areas of Nepal and even among some educated Nepalese, Mental/Physical Disability is considered as a sin committed in a previous birth. As it is perceived as a bad omen for the continuity of a peaceful family, the society and even the parents are sometimes cruel to disabled persons and illtreat them. The women with disabilities face a double discrimination: first as a disabled person and second as a woman. The notion that people with disabilities have equal rights and duties like any other individual is largely absent from the popular mindset. Tackling inequality and disrespect towards Differently Abled persons was the main objective of a group of women (mothers of disabled children) who established a non-profit organization called 'SUNGAVA' on 20th August 1995. In SUNGAVA organization at their skill development classes, children are taught academic subjects, social and vocational skills, dance, music, art and crafts as well as sports.



Ms. Sarita Dongal has been working with females having I.D., Autism and H.I. They are being provided necessary support and such support has yielded positive results. By exposure to Art Therapy, development in Arts & Crafts is taking place. Such International Events are platforms to support for upgrading the skill.

Iran-Mr. Meysam Khataminia, a person with 100 Visual Impairment represented Iran. He deliberated that The expansion of employability for the blind has always been a priority to those involved in the wellbeing of the blind in 'advanced' countries of the world. One of these fields is in music, and the blind have shown exceptional



talent for learning and applying different aspects. Due to the breadth of the field, music has shown strong support for meeting spiritual, physical and occupational values. The idea of Braille art supplies, which has a long history in progressive countries, is mostly void in developing countries, including Iran. The blind in Iran use Braille only to read and write, and as the Braille line is standardized for all languages, musical signs can also be read and written in Braille. Fortunately, with the introduction of computers into the blind world, the increasing use of Braille embossers, and the availability of specialised software capable of converting ordinary texts to Braille, books can be easily converted to Braille.

Converting music notes to Braille is one of the most difficult types of conversion because there are so many details in music that have to be scrutinized very carefully. In a file containing text only, deleting a letter or even a word may not cause much difficulty in understanding the text, But in a moving piece of music, even the rhythm of a note will lead to a mistake in that piece. There are several software packages that convert music notes into Braille including the use of Good Feel software, Dancing Dots, and BME2.

In Iran, people are making a great effort to convert musical notes into Braille. These efforts have yet to achieve the desired results as many problems, including the expense of the software in a struggling economy, and these music programs are of little importance to the government. Thus the blind are deprived of these proficiencies available to the rest of the world. In the domestic arena, it is suggested that policymakers pay more attention to the role of music in improving the lives of people with visual impairments. In the international arena, the creation of appropriate mechanisms to transfer technology and other people's experiences to Iran so this process is not affected by political tensions and its consequences. Lifting economic sanctions on Braille music software, for instance, can pave the way for overcoming the aforementioned challenges, and decrease the difficulties along this path.

All Russian Association of the Blind, Russia Ms. Marina Sukharkova made a Power Point presentation. The presentation focussed about a joint project of UNESCO and the Cultural and Sports Rehabilitation Complex of the All-Russian Association of the Blind.

President of the Russian Federation Vladimir Putin said at a meeting with members of the Government, the leadership of the Federal Assembly and members of the Presidium of the State Council on September 5, 2017 (Obviously, special measures are needed to support education and organizations introducing innovative educational programs. The main direction of education in for matization is the introduction of distance learning. Currently, the development of the information sphere in Russia has created the prerequisites for a qualitative leap in the development of distance learning



schemes. The key problem is the creation of a single information space that can unite and streamline the schemes and methods of distance education) Mr Putin has also said "attention to people with disabilities is the most important indicator of a society's maturity, its consolidation and viability. A mature society would never allow to ignore people with disabilities."

Article 9 of Convention on the Rights of Persons with Disabilities says:

So that people with disabilities can live independently and participate fully in all aspects of life, participating Government are taking appropriate measures to ensure that persons with disabilities have access on a par with others to information and communication, including information and communication technologies and systems, and other facilities and services.

Today, the confident use of modern information and communication devices, for people with disabilities, is a real opportunity to fully realize their personal and professional potential. The use of modern information technologies and devices opens up a person with a disability which gives him a chance to master many modern professions. To date, this is the best way from the point of view of employment of people with disabilities, and above all - young people with disabilities.

Creation of an additional assistive education system for Russian-speaking visually impaired persons - citizens of the Russian Federation and neighboring countries:

Within the framework of the project it is planned to gradually create a network of regional centers of competence for the visually impaired (including the already existing regional centers of the cultural and sports rehabilitation complex of the All-Russian Association of the Blind).

There is one Head Center of competence on the basis of the cultural and sports rehabilitation complex of the All-Russian Association of the Blind and eight Federal Centers of competence. All Centers of competence are integrated into a single educational system. The centers are managed from the Head Center of Competence.

Brief Characteristics of the Centre of Competence are as follows:

There should be 3 workplaces: 3 braille displays, 1 braille printer, 1 braille organizer, 1 laser printer, 1 smart phone, necessary peripherals and software. The average cost of one set is about 2.5 million rubles.

The result of the project is a network of the Center of competence. The network of the Center of competence covers the whole of Russia, united by a single Internet portal focused on Russian-speaking people with disabilities in both Russia and the countries of the former Soviet Union. In the future, the project will open the Centers of competence for the visually impaired in foreign countries. Also, foreign-language version of the web portal will be created. In addition, the Centers of competence will be opened in the country and abroad at the expense of attracted investments.

The chairperson **Mr. T. D. Dhariyal** indicated that 5% of Indian population are having various disabilities. Most the persons are not aware of the rights enacted in disability law. He cited an example that some people having disability could not move to cast their vote during election. The issue of proving postal ballot paper was taken up with E.C. As there was no provision to support the cause, by continual persuasion, E.C. made necessary provision and postal ballot is now made available to them. This is empowerment of disability. Though there are Laws, but implementation is difficult and it could be taken up as a challenge. Technology accessibility, quality education, skill development programme need for empowering disability. We

have intent, technology and need, now to take up implementation to reach to the section.



11:30 am -
12:25 pm

FORUM FOR INTERNATIONAL COOPERATION - SIGNING OF MoU

The Forum for International Cooperation was graced by the auspicious presence of **Mr. K V S Rao, Director, Deptt. of Emp. of Persons with Disability, GOI.** He was escorted to the stage by Guru Smt. Alpana Nayak, President of A.L.P.A.N.A. In this forum, four MOUs were signed with SWID, Bangladesh, Asia Art Connect, Myanmar, Pritipura Communities, Sri Lanka and SUNAGAVA, Nepal who have been working for the inclusive growth of the differently abled through visual and performing arts. The objective of these MoUs are to exchange the experiences and best practices in the field for mutual benefits and to provide platforms in the countries of the signatories to stage similar participative efforts.



After signing the MoU, SWID President told to make A.L.P.A.N.A. an International Organisation. He suggested A.L.P.A.N.A. to consider for organising its International Event in Dhaka, Bangladesh and all sorts of support would be provided from their end.

Mr. K V S Rao in his address told that it is a great challenge to take up the cases of disability for empowerment, but not difficult. He thanked and congratulated A.L.P.A.N.A. and Guru Alpana Nayak for organising such a grand event successfully for last fourteen years.



12:30 pm-
1:30 pm

WORKSHOP ON DANCE THERAPY

The Dance Therapy workshops were conducted by A.L.P.A.N.A., India and Supun Dance Academy, Sri Lanka.

SESSION-I

Guru Alpana Nayak, President of A.L.P.A.N.A. Society conducted a workshop on dance therapy to promote cross learning on popular forms of Indian Classical Dances for the overseas participants. She said that all Classical Dances in India started from the temples about 3000 years ago, therefore whenever one does any



Indian Classical Dance, one has to seek blessings from the Mother Earth, All the Gods and Goddesses, the Guru who has imparted with you all his/her knowledge and also the Audience at the start of the performance. She taught various Hasta Mudras (hand gestures), Eye movements, head and neck movements and the basic postures of Odissi. She further explained that Indian Classical Dances are art

forms which have inculcated movements and postures which come from a rich cultural heritage that has always looked at body, mind and spirit as one unified whole. All the classical dances of India are based on the science of Yoga, one of India's greatest contributions to the world. Yoga since time immemorial has been considered as the best medicine for good health and the unique corrective for many physical and mental ailments. Even intricate Mudras used in Indian Classical Dances have great healing capacity for they are supposed to energize and activate different parts of the dormant body which often remains unused due to ignorance and wrong living habits. Dance helps improve the blood circulation, it balances and improves the coordination of the nervous system and it also improves the digestive system as well. Indian Classical Dance forms offer bodily-kinesthetic expression in the use of rhythm, motion, use of space and energy, social interaction, experience in sharing through performance, particularly through expressive content.

The healing attributes of dance can be summarized as follows:

1. Moving in a group brings children out of isolation, creates powerful social and emotional bonds and generates the good feelings that come from being with others
2. Moving rhythmically eases muscular rigidity, diminishes anxiety and increases energy,
3. Moving spontaneously helps children learn to recognize and trust their impulses and to act on or contain them as they choose, encourages self-expression and opens up new ways of thinking and doing.

2:30 pm -
3:30 pm

All the participants including the differently abled enthusiastically took part in the workshops and provided encouraging feedbacks on the sessions which were also endorsed by their mentors who said that the workshop provided a snapshot on ways towards improved confidence, self-esteem, mind-body coordination and also encouraged creativity and imagination for differently abled participants.

SESSION-II

On behalf of Supun Dance Academy **Mr. Supun Madushan** (founder, advisor and chief instructor of Supun Dance Academy) talked about "how we can use traditional Sri Lankan dance styles as therapy." An interactive workshop was designed and conducted by the Supun Dance Academy, where of the three traditional Sri-Lankan dance styles, they taught the Kandyan dancing style. The objective of the workshop was to provide participants with opportunity to learn the ability to express emotions, tools to relieve stress and ways to increase physical fitness and gross motor skill development.



5:00 pm -
7:55 pm

INTERNATIONAL PERFORMANCES

Chief Guest: Shri Balbir Punj, Former Member of Parliament, Rajya Sabha

Distinguished Guests: Mr. Chhabilendra Roul, Secretary, Ministry of Chemicals & Fertilizers, Government of India, HE Mr. Austin Fernando, High Commissioner of Sri Lanka and Mr. Tomio Schichiri, Country Director, FAO India Country Office

All the guests were received by Mrs Shobha Lal, Mr SP Rath, Mr Aleem Syed, Mr Sanjive Gauhri and Mr Azizur Rehman.



Guru Smt Alpana Nayak, President of A.L.P.A.N.A. welcome the Chief Guest **Shri Balbir Punj** with bouquet and Memento. Ms Priyadarshini Tripathy, Secretary of A.L.P.A.N.A. welcome the Distinguished Guest **Mr. Chhabilendra Roul** with bouquet and Memento. Ms Archana Nandi, Executive member of A.L.P.A.N.A. welcome the Distinguished Guest **HE Mr. Austin Fernando**, High Commissioner of Sri Lanka with bouquet and Memento.

At the beginning on behalf of A.L.P.A.N.A. MC Ms Mriidu Tripathi welcome all to the event. Then she requested the Chief Guest Shri Balbir Punj and other Distinguished Guests to light the ceremonial lamp. After lighting of the ceremonial lamp a short movie was screened about SAMBHAV.

Then performances by Divyang Artists from different parts of the globe started. All together 11 Groups (7 Foreign & 4 Indian) performed as per the following sequence :

Iran; Salubrious Productions-Australia; A.L.P.A.N.A.-(India); Christian Fellowship for the Blind-Myanmar; SWID - Bangaldesh; Prayas-Rajastha (India); SUNAGAVA- Nepal; Supun Dance Academy For People With Special Needs-Sri Lanka; Smt I R Mehta Anand Niketan - Gujarat, (India); Shalom Special School- M.P.(India); Blind People's Association-Ahmedabad(India)



After the performance of **A.L.P.A.N.A.** group the souvenir of **SAMBHAV 2019** was released by the Chief Guest and Distinguished Guests. The Chief Guest **Shri Balbir Punj** in his short address congratulated A.L.P.A.N.A. for organising such a great International Event having participation of Challenged Artists around



DAY 3 - 17 NOVEMBER 2019**9:00 am -
10:00 am**

the world. He told that action and philosophy, both are coined in A.L.P.A.N.A. The Distinguished Guest Mr. Chhabilendra Roul highly appreciating the Event told that the performances by Divyangjan were extremely good. He further said that differently challenged Artists can perform like normal Artists. The 2nd day of the International Event came to close.

INTERNATIONAL YOGA THERAPY WORKSHOP: Session-II

Alike previous day, Yoga workshop was conducted by Shri Niranjana Parajuli duly assisted by, Dr. Biswaranjan Sahu and Mrs. Kadambini Acharya, Delhi Centre of S-VYASA University, Bangalore. In continuation to previous day Yogic exercises, certain other postures were demonstrated. Participants followed him and did those exercises. The benefits were also explained.

**10:00 am -
11:00 am****INTERNATIONAL SEMINAR ON YOGA**

Chair: Shri A.K. Ganeriwala, Former Joint Secretary, Ministry of AYUSH, Government of India

Speakers: Prof. Rima Dada, Department of Anatomy, AIIMS, Delhi and Dr. Hema Kohle, MD, CMO (Ayurveda), Guru Gobind Singh Hospital, Delhi

Mrs. Sobha Lal, Treasurer of A.L.P.A.N.A. and Mrs. Sabita Sahu, member of A.L.P.A.N.A. escorted the guest speakers to the dais and welcome them with bouquets and mementos.

MC read out the bio-data of first guest speaker Prof. Rima Dada and requested her to present her paper.



Prof. Rima Dada made a power point presentation. It was research based presentation which highlighted that Yoga has a tremendous effect in addressing various diseases. She gave an example that Cancer has 5% genetic responsibility and rest 95% lies on present day life style. Increasing pollution affects autoimmune system of the body and thereby autoimmune diseases are prevalent. To fight with pollution, stress, etc. increase of the antioxidants is essential where W.H.O. prescribes to eat five fruits a day. However, Yoga does and takes care of increase of antioxidants. She gave statics both in narration and graph about various diseases particularly of Rheumatoid Arthritis, stages before practising Yoga and after practising Yoga. It was a revelation of sustainable impact of Yoga in treating diseases.

Prof. Rima Dada presented her paper "**Effect of Yoga on Divyangjan**". She said that most diseases have a psychosomatic component and that is best dealt with a holistic integrated method that is Yoga. She has been working with

Rheumatoid Arthritis, which is an autoimmune disorder, where the body's own defense mechanism targets the joints and has systemic effects on other organs, hence she presented her study of how Yoga can impact one of the most crippling disorder, Rheumatoid Arthritis. She showed the results of the RCT study where 76 people underwent Yoga and the control group only took disease modifying drugs and when they underwent investigation for various markers of inflammation, oxidative stress, psychological stress, expression of various genes it was found that the inflammatory markers like erythrocyte sedimentation rate and creatinine protein which were high went down significantly, whereas the group which didn't practice Yoga they didn't undergo any change. She also mentioned how through Yoga one can increase the neuronal number in the Hippocampus and thereby enhance attention and memory and learning and this helps to increase the synapses which helps to bring about neuromuscular co-ordination and helps to increase the psychomotor skills. She further added that Yoga and meditation based lifestyle intervention increases Neuroplasticity and reduces severity of major depressive disorder. She concluded by saying that Yoga actually improves the overall quality of life in individuals with any form of disability by increasing concentration, attention, learning, especially in individuals with mental disabilities, by improving psychomotor coordination and flexibility and loco motor skills in individuals with physical disabilities and it decreases stress and improves well being, decrease rate of cellular ageing, improves cognition and hence Yoga is the best way to optimize health in individuals with disabilities.

MC read out the bio-data of the second guest speaker Dr Hema Kohle and requested her to present her paper

Dr Hema Kohle first lauded the efforts of A.L.P.A.N.A. which by hosting an event like SAMBHAV is showcasing the abilities of the differently abled people and that everyone should come forward for this noble cause. She then presented her paper titled "Yoga movement in the National Capital of India". In her presentation she talked about institutions which dealt with the education part of Yoga and which by also giving training developed a Yoga Movement. She talked about institutions like Central Council for Research in Yoga and Naturopathy (CCRYN) and Morarji Desai National Institute of Yoga which promote and assist institutions to study diseases, their prevention, causative factors and remedy by Yoga. She also mentioned that these institutions run certificate courses in Yoga Science and Naturopathy and that they also provide classes for citizens for promoting their health by Yoga. She also mentioned how the International Day of Yoga has led to practicing of Yoga on a large scale and that the Ministry of AYUSH has given huge traction to it. She concluded her speech by saying that the movement of Yoga has grown into a huge tree and organizations like A.L.P.A.N.A. are promoting it on their part and spreading the knowledge of Yoga throughout the world.



The **Chairperson Shri A.K.Ganeriwala** being the former Joint Secretary of Ministry of AYUSH (Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homeopathy) Government of India which was established in 2014, had his talk centered on the sphere of Yoga, on what has been done by the Ministry of AYUSH in the last 4-5 years for the development and promotion of Yoga and its infrastructure. He said that Yoga apart from its benefits, unites all countries and that was precisely the result when the PM appealed to the international community to declare an International Day of Yoga, an unprecedented number of 177 countries within the shortest possible time in the history of



the UN, passed the resolution to declare 21st June as the International Day of Yoga. The International Day of Yoga has increased the visibility of Yoga. Yoga has been introduced as a graduation subject in many universities. Physiotherapy courses compulsorily have components of Yoga. Since there was a huge problem of Yoga certification for trained certified Yoga teachers, Ministry of AYUSH, Government of India and the Quality Commission of India started a certification scheme, which started issuing authorized certification for Yoga teachers and Yoga institutions. He also mentioned that the PM was very desirous of having Divyang brothers and sisters in the Yoga celebration, saying that they are divinely blessed people and they have special needs and it is the duty of the government and the society that those special needs be met. He also mentioned that the Ministry of AYUSH has established 30 AYUSH information cells in missions abroad where regular Yoga programmes for benefit of everyone including Divyangjan is organized. ICCR in collaboration with AYUSH is going to establish two Yoga Therapy centres shortly which will be expanded thereafter. He concluded by thanking Guru Alpana Nayak and the A.L.P.A.N.A. society for giving him this opportunity to be a part of SAMBHAV 2018 and appreciated and complimented A.L.P.A.N.A. for organizing this event.

11:30 am - 12.25 pm **MUSIC THERAPY WORKSHOP**

The Music Therapy Workshop was conducted by Ms. Janelle Lesley Colquhoun and her team mates from Salubrious Productions, Australia and Mr. Meysam Khataminia from Iran. Ms Janelle first taught few exercises before singing like breath control and mouth exercises. They then taught singing of rhythms, while Mr. Khataminia played notes on the keyboard and everyone had to guess if the music notes were high or low. They also divided the audience into three parts and made them perform along with them.



12:30 pm -
1:30 pm

INTERNATIONAL ART & CRAFT WORKSHOP: Session - II



The workshop was conducted by wheel chair bound artist Mr. Jumaev Jasur Alimboyvich of Uzbekistan. At first, a shot video was played about Uzbekistan. Thereafter, the workshop started. He demonstrated the methods and procedures of making a craft by using straw roll, etc.

INTERNATIONAL ART & CRAFT WORKSHOP: Session - III

The workshop was conducted by two Myanmar Artists namely Mr. Kyaw Min Htoo and Mr. Ye Lin Tun. Both of them are with Hearing Impairment and physically challenged. They demonstrated how to make sketches by viewing the objects. Also taught the participants about painting.



5:00 pm -
8:00 pm

CLOSING CEREMONY OF INTERNATIONAL PERFORMANCES



Chief Guest: Justice Arijit Pasayat, Former Hon'ble Judge, Supreme Court of India

Distinguished Guests: Mr. Anuj Gogia, Chief Commissioner, Customs, Meerut, Dr. P.S. Gahlaut, MD, Indian Potash Limited, Prof. Anup Saraya, Head of

the Gastroenterology, AIIMS, Delhi and Mr. Dileepbhai Sanghani, Chairman, NAFSCOB & Chairman, GUJCOMASOL.

Mr Ashwani Kumar And Mrs Suchitra Pati received the Chief Guest and ushered him to the multipurpose Hall, IIC.

Mr Aleem Sayed. Mr Azizur Rehman, Mr S. P. Rath received the Distinguished guests and ushered them to the hall.

Guru Smt Alpana Nayak, President of A.L.P.A.N.A. welcome the Chief Guest Justice Arijit Pasayat and his wife Mrs Subala Pashayat with bouquet and Memento. Mrs Meera Behera, Executive member of A.L.P.A.N.A. welcome the Distinguished Guest Mr. Anuj Gogia with bouquet and Memento Mr Aleem Sayed, member of A.L.P.A.N.A. welcome the Distinguished Guest Dr. P.S. Gahlaut with bouquet and Memento. Mr Azizur Rehman, member of A.L.P.A.N.A. welcome the Distinguished Guest Prof. Anup Saraya with bouquet and Memento and Mr G. C. Joshi, member of A.L.P.A.N.A. welcome the Distinguished Guest Mr. Dileepbhai Sanghani with bouquet and Memento.

At the beginning on behalf of A.L.P.A.N.A. MC Ms Mridu Tripathy welcome all to the event. She requested the Chief Guest Justice Pasayat and other Distinguished Guests to light the ceremonial lamp. After lighting of the ceremonial lamp a short movie about SAMBHAV was screened.

A.L.P.A.N.A. instituted "SAMBHAV AWARD" from this year 2019. The 1st Award was presented to Mr. Jawaharul Islam Mamun, President of SWID, Bangladesh for his invaluable contribution and association in habitation of Physically and Mentally Challenged persons in Bangladesh. Under his leadership, SWID (Society for the Welfare of the Intellectually Disabled), Bangladesh, a National Institution was established to bring NGOs/Centres working in different parts of their country into one umbrella. The "Sambhav Award" was given by the Chief Guest Mr. Arijit Pasayat, Former Hon'ble Judge, Supreme Court of India in presence of the President of A.L.P.A.N.A. Mrs. Alpana Nayak.



Then performances by Divyang Artists from different countries and different states of India started. All together 10 Groups (4 Foreign & 6 Indian)

performed as per the following sequence :

A.L.P.A.N.A. Band - (India); MIRAGE International Group; The All-Russian Association of the Blind-Russia; School for the Blind-Odisha, (India); Vietnam Youth Theatre-Vietnam; Disabled Persons' Association of Bhutan (DPAB)- Bhutan; Prithipura Communities Special School-Sri Lanka; A.L.P.A.N.A.- (India); Cherry Blossoms-Nagaland(India); MPVSS - M.P. (India)



After all the performances MC requested Distinguished Guests to speak few words.



The distinguished Guest **Prof. Anup Saraya**, Head of the Gastroenterology, AIIMS, Delhi in his address told that he has no words to express for such wonderful performances and learnt after viewing the performances how to transform the life of people having disabilities. He showed his willingness to do whatever little he can do for the disabled persons.



The Chief Guest **Justice Arijit Pasayat**, Former Hon'ble Judge, Supreme Court of India had short and heart touching deliberation. He told that he was speechless after seeing the performances. He spoke that parents should give proper attention to weak child and his interest, requirements alike normal child and not sympathy. Never treat them as Divyang, they are more that. It will definitely yield astounding result and innovation in the society. He expressed his feelings that

Mrs. Alpana Nayak with the support of the A.L.P.A.N.A. has taken it a mission for the cause of Divyangjan, all of us should spread the message and take up the challenge making the world a better place to live for them.

Guru Smt Alpana Nayak, President of A.L.P.A.N.A. gave vote of thanks.

MC requested the dignitaries for a group photograph with all the participants, members of A.L.P.A.N.A. and volunteers.

EXPOSURE VISITS TO WORLD HERITAGE SITES

At SAMBHAV 2019, exposure visits to different world heritage sites were organized for the Divyang participants so as to highlight to them that Incredible India is also Inclusive India. Shri G C Joshi and Ms Archana Nandi Members of A.L.P.A.N.A had led and assisted them during these exposure visits.



EXPOSURE VISITS TO SCHOOLS

Interactive lectures cum demonstrations on music and dance by the Divyang artists (Differently abled artists) from Mother Charitable Foundation, Sri Lanka and Udan Special School, Madhya Pradesh (India) were held at NDMC school, Kaka Nagar, New Delhi on 16th November 2019 and interactive demonstrations on dance and music by artists from MPVSS (India) and Prithipura Communities, Sri Lanka were held at Koshish Special School, Surya Nagar, Ghaziabad on the 18th November, which were followed by an interaction between the artists and students of the school.

The exposure visits to the schools were a wonderful experience both for the Divyang artists and the students and teachers of Koshish and NDMC School.

