



## UNIVERSITY SCHOOL OF MANAGEMENT STUDIES, GURU GOBIND SINGH INDRAPRASTHA UNIVERSITY

# INCLUSION & ACCESSIBILITY

*Adaptive Sports : Levelling Playing Field for All*



*Look Out*

**ARCHERY IS A FAIR GAME  
MR RAJESH KAUSHIK**

**INCLUSION THROUGH  
ADAPTATION OF  
SPORTS**

**INDUSIND BANK NAGESH  
TROPHY NATIONAL T20  
CRICKET TOURNAMENT**

**4**

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## EDITORS NOTE!

*by Prof Shalini Garg*

With the World Disability Day as observed on 3rd Dec, 2021 by United Nations, held just a week back gives us immense pleasure and satisfaction in rolling out the Volume 4 of the I&A E- Magazine (Oct-Dec 2021) with a special issue entitled "Adaptive Sports: Levelling Playing Field For All".

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11.12.2021

### Message

I am happy to acknowledge that the University School of Management Studies (USMS) of our Guru Gobind Singh Indraprastha University (GGSIPU), Delhi, is publishing the fourth issue of its quarterly 'Inclusion & Accessibility' e-Magazine (December 2021 - March 2022).

This special issue, with a focus on adaptive sports, will sensitise the community about the issues of PWDs and contribute to the cause of promoting inclusive growth of PWDs & would also encourage more and more persons with disability (PWDs) to join the sports community and stay active & healthy.

I extend my best wishes to the highly committed editorial team on this occasion and hope this publication will update its readers & listeners with knowledge on various topics and issues on Adaptive Sports.

I wish the release of the fourth volume of the 'I&A' e-Magazine (Dec 2021 - March 2022) a grand success.

**Prof. (Dr.) Mahesh Verma**



### **Message**

I extend my heartfelt greetings to all participants, authors, faculty & students associated with this endeavour. 'Inclusion and Accessibility' e-magazine is one of the platforms through which persons with disabilities can communicate their thoughts and viewpoints. The dedicated team of the e-magazine has full support from USMS. Also, I assure you that the support will be available in the future too for launching any such initiative for promoting inclusive growth and development of persons with disabilities.

All the very best!

A handwritten signature in blue ink, appearing to be 'A.K. Saini', written on a light-colored background.

**(Prof (Dr) A.K. Saini)**

Prof (Dr) A.K. Saini

Dean, USMS

GGSIPIU, Delhi



## EDITOR'S NOTE

Namaskar!

Adaptive sports or para sports played by people with physical and intellectual disabilities have existed for more than 100 years. And, it has been proved through researches that sports participation has a significant role to play in the education and rehabilitation of people with disabilities.

India's paralympians have given the country a historical moment with the largest medal haul of 19 at the Tokyo Paralympics (24th Aug- 5th Sep 2021 ) and in recently concluded Asian Youth Para Games (2nd Dec- 8th Dec) Indian team brought 41 medals home; thus reiterating the fact that not only hiring PwDs but their involvement and inclusive growth and development make a good modern sense.

With the World Disability Day as observed on 3rd Dec, 2021 by United Nations, held just a week back gives us immense pleasure and satisfaction in rolling out the Volume 4 of the I&A E- Magazine (Oct-Dec 2021) with a special issue entitled "Adaptive Sports: Levelling Playing Field For All".

The hard hitting global statistics reveal one in seven person experiences disability (World Bank, World Report on Disability 2015) yet the discussions about this community are largely neglected from the contemporary discourses and the scholarly articles and repositories; hence the I&A magazine is a humble attempt in this direction.

The e-Magazine opens with the messages of Ms. Deepa Malik, Olympian and President Paralympic Committee of India and Mr. Satish K. Sarhadi, Director, Sports Authority Of India,

Ministry of Youth Affairs & Sports, Govt. Of India. I am highly grateful to them for taking out time from their busy schedule and inspiring not only our team but our readers and listeners as well.

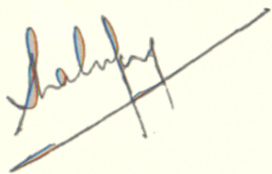
My sincere thanks to Mr Akhil Paul, Director of Sense International (India) and Mr Dhiraj Sequeira of Samarthanam Trust For The Disabled, for showing their interest in the e-Magazine & contributing a piece respectively to facilitate the mission of Inclusion & Accessibility. I acknowledge the contributions of research scholars and students reflect the socially responsive thinking and innovative solutions that our country's youth are capable of providing in accordance with the United Nations' Sustainable Development Goals (SDGs).

Special thanks to Mr. Rajesh Kaushik, International Para-Archer and Mr. Irfan Ahmad, Vice Captain of Wheel Chair Cricket Team of Wheel Chair Cricket Association, J&K for giving us an insight into their lives as sports persons with disabilities through a live interview which has been transcribed and made available as podcast for our readers and listeners.

With the pledge to give impetus to the drive of inclusive growth and development of PwDs. I wish all the readers and listeners a thought provoking and learning experience.

Until next time.....

Stay Happy, Safe and Healthy



**Prof. (Dr.) Shalini Garg**

**Editor-in-Chief**

I&A E-Magazine

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## Dr. (h.c) Deepa Malik

Rio 2016 Paralympics Medallist,  
PadmaShri, Khel Ratna Awardee,  
President, Paralympic Committee of India



01/DO/Nov/DM/PCI

24 November 2021

University School of  
Management Studies  
Guru Gobind Singh Indraprastha University  
Delhi

### BEST WISHES FOR THE 4<sup>TH</sup> ISSUE OF 'INCLUSION & ACCESSIBILITY' E-MAGAZINE

I feel immense pleasure in conveying my best wishes to the University School of Management Studies of Guru Gobind Singh Indraprastha University, Delhi for releasing their fourth issue of 'Inclusion & Accessibility' e-Magazine (December 2021 - March 2022). I express my compliments to all the dedicated members for their valuable efforts in bringing out this special issue focusing on Adaptive Sports. Our para-athletes have been performing wonderfully and bringing home accolades in the international sports arena and we all should celebrate them. This e-magazine is one of the ways of paying our respect as well as celebrating the success of our hardworking para-athletes. I wish the release of this volume a grand success and I hope that it helps in spreading awareness regarding disability sports so that more and more persons with disabilities could find the strength to participate in different sports and bring laurels to India.

**Dr. (h.c.) Deepa Malik**  
Padma Shri, Khel Ratna & Arjuna Awardee  
President – Paralympic Committee of India

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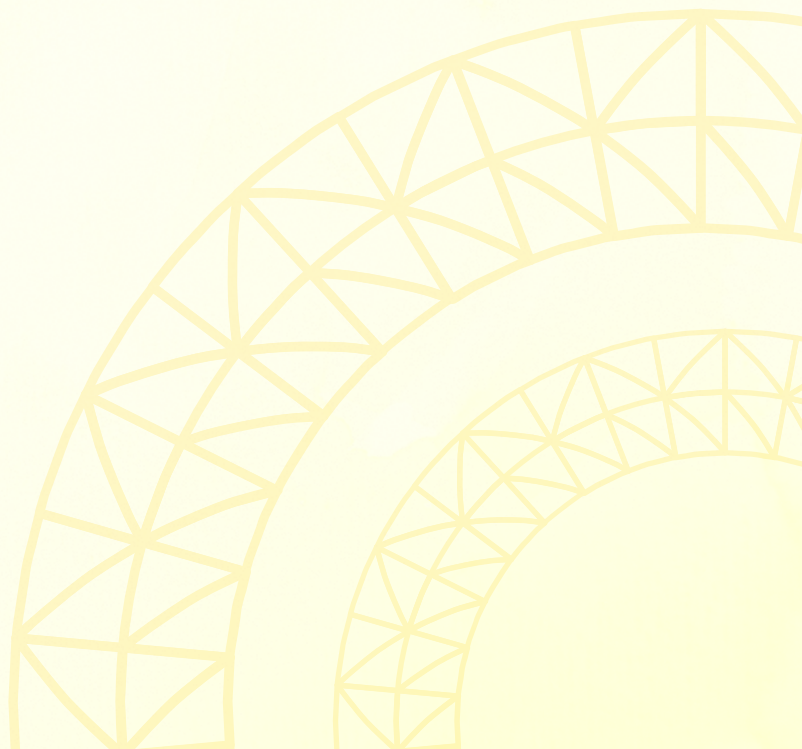
## MESSAGE

I am glad to learn that the I & A e-Magazine editorial team from University School of Management Studies (USMS) Guru Gobind Singh Indraprastha University (GGSIPU), Delhi is publishing the fourth issue of its 'Inclusion & Accessibility' e-Magazine (December 2021 - March 2022) on the theme "ADAPTIVE SPORTS : LEVELLING PLAYING FIELD FOR ALL"

I am confident that by such initiatives there will be a larger awareness among the masses for participation in sports from across various walks of lives. The Persons With Disabilities in Sports have made India proud at Tokyo Paralympics - 2020 and there is a long way to go for achieving new heights. My best wishes to the Inclusion & Accessibility e- Magazine Editorial team for the new issue Vol. 4 ( Dec 2021- March 2022 ) and wish that the Team of Sports will achieve the vision of making our sports places more accessible and inclusive for all human mankind.

**(Satish Kumar Sarhadi)**  
**Director**

**AN INTERVIEW WITH  
MR RAJESH KAUSHIK  
INTERNATIONAL PARA-ARCHER**



# MR RAJESH KAUSHIK

## INTERNATIONAL PARA-ARCHER



*We reached out to Mr Rajesh, a para archer of national and international repute, who is a dedicated para archer and also a state-level coach. Mr Rajesh hails from Rohtak, Haryana, and has represented India in several international competitions in archery as a para archer, including the World Archery Para Championships 2015 at Germany, the Para Asian Games 2014 at Incheon, Korea, the Para Olympic Qualification Tournament 2016 at Czech Republic, the Asian Para Championships 2019 (winning 1 bronze) at Bangkok, the Fazza International Para Archery Competition (1st and 2nd) at Dubai and the World Ranking Tournaments at Dubai and Czech Republic.*

*At the national level, Mr Rajesh has represented his home state Haryana since 2012 and has won many medals for his state of all colours – gold, silver and bronze. Mr Rajesh's current world ranking is 9.*

*Mr Rahul Chhikara, USMS Research scholar & Ms Swati Sahay, USMS MBA Student at USMS interviewed him on 14th November 2021 about his journey as a para archer.*

**[CLICK HERE TO LISTEN THE INTERVIEW PODCAST](#)**

# 'ARCHERY IS A FAIR GAME'

## **How did you decide to choose archery as a sport?**

Actually, when I entered the field of sports, before starting archery, I used to be a swimmer. I was a swimmer for 6 years. I showed good results at the national level, earning the title of Best Swimmer. One time during practice, one of my ears got injured. So, due to the ear injury, I had to go to a doctor for treatment and had to have an operation. Because of this, I had to quit swimming. Then, I told one of my seniors that I wanted to play a different sport in which I wouldn't have to face any problems with my ear. So, at the time when I started my career in archery, there was only one para archer in Haryana. I was the second one. And archery being an equipment-based sport, there were less chances of getting injured, so that is why I chose to play this sport.

## **Could you please describe your journey till date as an archer?**

Yes. I started playing archery in 2010. I bought my sports equipment in the last month, in December, of 2010. There used to be very few archers back then – and next to no para archers. Being the only two archers, we started our practice in Bhiwani [a district in Haryana]. I bought my bow there, and started practising in Bhiwani, where one of my friends lived. I started practising under him. I continued doing this for 2 years, and then – there is Sanjay Suhag Sir in Rohtak, who has set up an academy there after retiring from the army. So I came to Rohtak, where many archers had come. Also, I am from Rohtak, so I went there. Then, I started training under him. It was in 2014 that Sir asked me to participate in my first trial at the 2014 Para Asian Games. I was selected, and I played my way up to the quarter-finals.

## **Being an athlete, the journey till this level must have been full of hard work and struggles. Talking about the struggle part, how did you overcome them?**

Yes, I had to struggle a lot. Firstly, speaking of my family background, there is not even one sportsperson in my family. I have been the only sportsperson from my family. So I didn't have much knowledge about which sport to play, and when, where and how to practise. Secondly, I had to face financial problems. Thirdly, being a para athlete, commuting was a huge issue for me. I didn't even know how to ride a cycle back then. I had to walk for 2 kms from my village to get to the highway, or request for a lift from someone to get to the highway and then, I used to take the bus to get to Rohtak. Other than that, the mindset in the village was such that people used to say: 'What would you achieve by playing sports? You should study, or do something else. What's the point of playing sports?' So this kind of mentality still exists to some extent in the villages. So, with the support of my family, I slowly started my career in sports. And my coach also supported me a lot. I told him about the problems I had, and he even let me stay at Rohtak. He got me a room to stay in that was close to his house. I used to live there, and cook there, and do everything by myself there. I used to get back from practice at around 10 – 11 am, cook food and then take some rest. Then, I had to start my journey back to the grounds [for practice] by 3 pm as well. So, there were many problems, and only now has the situation got a little better.



**Did you face any discrimination by the sports administrators or by the society in general as a para archer?**

Yes, what used to happen back then was, when I started winning medals at first, the villagers would welcome me back to the village for winning national level medals. But some of the villagers used to say things like, 'Oh, these para sportspersons can easily win medals, of course, considering how they don't have many sportspersons to compete with. Would he have won these national level medals had he been an able player? No, he would have lost even at the state level.' So, they used to have this kind of mindset at first. But slowly, their mindset has changed, and now, all of them respect both the para and the able players equally.

**In the recently held Paralympics, India has performed very well and made us all feel proud. Have you felt any change in attitude of the authorities in the recent times, which might have contributed to an overall improvement in the performance of our para sportspersons?**

Yes, let me tell you what used to happen before 2014. When I participated in my first trial in 2014, para archers from all over India had come to participate. There were maybe around 20 archers in total at the time, or even fewer than that. The criteria for the trial was that they would select the top 10 from among us. And after the top 10 players were selected, everyone went back to their homes. Then, after 2 months, letters were sent to the top 10, saying that they would be holding another trial for the top 10 players. So, I went back to Delhi again for the trial and participated in it. They set the criteria of selecting the top 6, the top 5 or the top 4 players, and then held the final trial. But they don't do things this way anymore.

What they do now, is they select the top players at the national level – from previous national-level matches or from previous trials. They invite the top 10 players, and they set up a camp for them. They hold practices for all of the top 10 players at the camp. There, the players are told about the date on which their final trial would be held, and that they can prepare for it together at the camp. So all of them get the chance to prepare together, practise together, eat a good diet. They have doctors, and coaches there, too. So, their game certainly improves to some extent as a result. Since the camp goes on for 2 months, it obviously leads to good results. Because you face many problems back at home in the village. Maybe things are a bit better in Haryana and Punjab, being close to Delhi, but those that are from the south, around the state of Maharashtra, or the state of Bengal, the archers and the players from there face even more financial problems. But when they get the chance to practise at the camp, too, there emerges a sense of competition among them and it ultimately leads to some good results. The good players get selected. This is something really nice that is now happening. So now, they set up a camp and then hold the trial, unlike some time ago, when they used to hold the trial before setting up the camp.

### **What is your assessment of the future of Indian archery sports?**

I think that in India, archery sports have a really, really bright future. Players are winning international medals at every level. The able players might not have won at the Olympic games this time, so the para sportspersons started winning there instead. They have won medals at the Asian games, at the Commonwealth games and even in the World Championship. When it comes to world rankings, our archers are among the top ranked players. We used to win medals at every competition except for the Olympics, and now we have won a medal at the Olympics, too.

So now, in India, archers get job offers in the Income Tax Department, in Railways, in the Police Department and in the Sports Department. For example, I am in Haryana, and I have a job in the Sports Department myself. I got it with the help of the sports quota. I mean, a lot more jobs are being offered to the players than before. So, I think there is a very bright future. India's archers are learning good techniques, and building new skills. The good archers reach the international level, and India has a good reputation at the international level, too.

### **What do you believe are your greatest strengths?**

Firstly, I am a hard worker. Other than working hard, my family also supports me. And my coaches have supported me a lot in life. We are on friendly terms to this day. On the grounds, we are like coach and student, but even outside the grounds, we are on friendly terms with each other. We have conversations with each other, share our weak points, and discuss how to change our weak points and make them our strong points. Otherwise, it is only hard work that truly pays off when it comes to archery, and nothing else, because it is a fair game where the results are visible in front of everyone. We practise for this for a very long time – from 6 to 11 am every morning, reaching home from the grounds by 11:30, having some food, then returning to the grounds [for practice] at 2:30 once again, and practising till 7 in the evening. So, we spend almost all of the day practising, and get only about 2 to 3 hours of rest in between.

### **Any weaknesses you would like to overcome?**

Yes, I have several weaknesses. One of them is that I'm quite lazy. Like when we are living in the hostels or at the camps, I don't feel like getting up. People say, 'Come on, get ready. Get up, let's go, we have to get to practice!' And then I try to quickly get ready.

My other weakness is that I'm a foodie. I'm eating one thing or another all the time. So, whenever I have a competition the very next day, I eat very little, almost nothing, on that day.

So, that is it. I'm a little lazy, and to overcome my laziness, I set alarms so that I can get to practice on time, even if I had fallen asleep for a while. And I am not that active on social media. But I need to catch some sleep after having my food, because I get that tired [after morning practice]. After the morning practice session that lasts till about 11:30, I get really tired, so I get back, have some food, and just lie down for a while, because I need to get back to practice again in the afternoon. And I need to walk a lot during practice, too – after shooting each round [of arrows], I need to walk 70 meters to pick them up and come back again to the shooting point, and the entire time I'm practising, I have to keep standing. So, I get completely exhausted by the evening.

### **Who do you thank the most for shaping you as an archer of national and international repute?**

First of all, I would like to thank my teacher, my coach, for always supporting me and making me work hard. Even when I would say no, he would ask me to shoot one more round [of arrows], and then another. Then, my family has also supported me a lot. There was a time when I was facing some financial problems. So, my elder brother – we are 3 brothers – started doing a job, so he has supported me a lot. I didn't even have a job back then. And he worked 2 jobs in the private sector to provide me with some financial help. So my whole family supported me, and my coach supported me. And now, after getting married, my wife also supports me a lot. She cooks food for me, gets breakfast ready on time and even gets me breakfast on the [practice] grounds. She brings our child along. And my house isn't that far away from the stadium – it's within 1 km distance. So, she makes breakfast and gets it to me on the grounds, so that I could have some breakfast and take some rest, and then continue practising.



### **Would you like to advise others to choose archery sports as a profession?**

Yes. When new players come to learn from me on the grounds, they ask me, 'What is the difference between archery and other outdoor sports, Sir? Why should we play this sport?' So, what I tell them is that, firstly, not only is it a sport you play individually, but also one that is fair. So, if you consider hockey or cricket, for example, then in these sports that require teamwork, you might find a high level of politics as well. One player has to leave the team, another gets to join the team, and all kinds of things. This is something I have heard about quite often, and this is even reported on the news. But as for my sport, I say that it is a very fair sport, where the target is in front of everyone, and the results are also in front of everyone. This is what I tell everyone. But the people who live in rural areas sometimes step back from [archery], seeing as how costly its equipment can be. Nowadays, the archery kits cost about Rs 3 – 3.5 lakhs, so one has to buy those directly. In my time, I bought the wooden archery kit first, and then, only later did I buy the metal one.

But still, several kids come from rural areas to play this sport, only they are a bit apprehensive about spending so much money to start playing the sport.

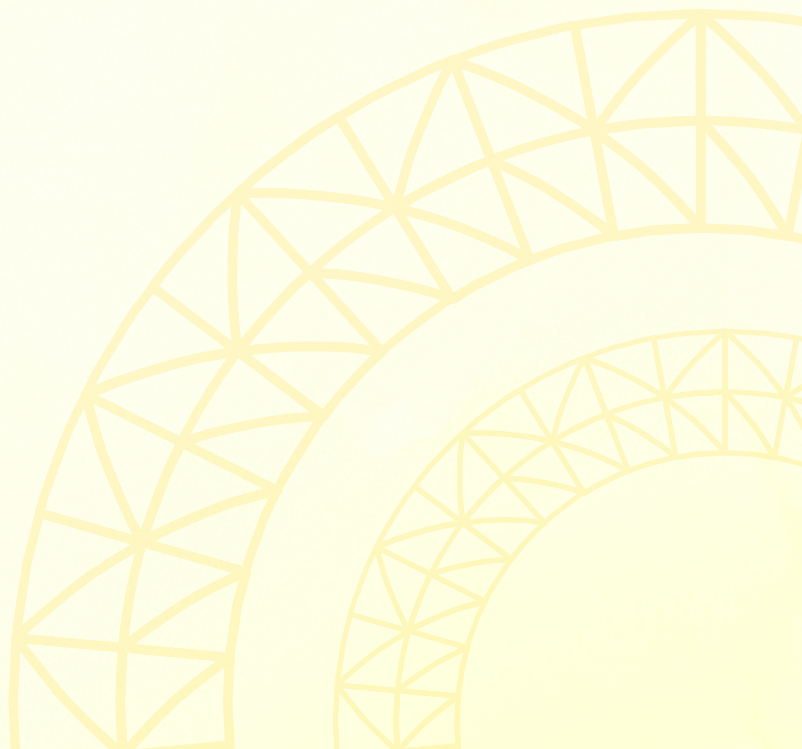
Also, one doesn't know whether one would be able to play the sport well or not. So, it is also quite a risk to take. So, I clearly tell them that the one who works hard will be the one who gets the results right in front of him/her.

### **For those who are now trying to become archers, and are trying now, would you like to give them some advice based on your experience, so that they can do better?**

Yes. I'd like to tell you that I also hold the post of coach in the Haryana Sports Department, and I already have 50+ students who train under me. So I help them practise and, at the same time, I also practise on my own. I share all of my experiences with them – how I started, how I improved and how I learned the different techniques that I didn't know about at first. The game used to be fully manual back then, but now, the game has become somewhat technical, too. So, I still have 50+ students with me in Rohtak. And from time to time, I give them advice according to their needs. Like my experience winning medals, and some advice right before competitions. So, when 4 students were recently selected for the school nationals – they have their trial today, too – so I helped to mentally prepare them for the trials with things like, 'Winning and losing is a part of the game. But we should focus on our technique, and we should believe in ourselves.' So these are the kinds of things I say to mentally prepare them for the game.

# Thoughts Penned Down

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# INCLUSION THROUGH ADAPTATION OF SPORTS

**SACHIN RIZAL & AKHIL PAUL**  
**SENSE INTERNATIONAL INDIA, AHMEDABAD**



**Akhil Paul**

Article 30.5 of United Nations Convention on the Rights of Persons with Disabilities (UNCRPD) (2006) asserts to enable persons with disabilities to participate on an equal basis with others in recreational, leisure and sporting activities. Despite many low and middle-income countries such as India being signatory to UNCRPD, the opportunities and interventions specifically to promote sports for persons with disabilities are very limited and mostly exist for people with physical disabilities or intellectual disabilities. There are hardly any resources or opportunities for people with multiple disabilities such as deafblindness in the country.

With the loss of sight and hearing, an individual's sensory input and experiences are reduced, and overall development may be delayed. As a result, limits, or pre-determined expectations are sometimes placed on individuals who are deafblind by parents, professionals, and people who are deafblind themselves. This is equally true regarding recreational activities. Creative adaptations can alter recreation activities and programmes so they will meet unique needs and provide fun and healthy exercise for all who participate. The purpose of this article is to encourage parents, teachers, professionals, and therapists to set up and adapt recreation activities and programmes to meet the needs of all children and adults.

Deafblindness is a combination of visual and hearing impairment in an individual, which leads to complex challenges in communication, mobility, and independent living. Persons with deafblindness face neglect, discrimination, and are denied the basic human rights of education, medical care, amongst other needs that are taken for granted by most of us. It is estimated that there are about 500,000 persons with deafblindness in India.

Sense International India, also known as Sense India, is the first and only non-governmental organization to support the development of comprehensive services for deafblind people throughout India. Through its network of 59 partner organizations in 24 States, Sense India has reached out to over 78,000+ children and adults with deafblindness and multiple disabilities. Because of advocacy efforts of Sense India, deafblindness is officially recognized as a distinct disability in 'The Rights of Persons with Disability Act 2016'. Sense India is also instrumental in the development of services for persons with deafblindness in Bangladesh, Nepal, and Sri Lanka.

Despite a big number of deafblind populations in India, sports remain an area which has not received enough attention in the deafblind field due to complex nature of disability and lack of any specific sports/games available for persons with deafblindness and multiple disabilities. There are neither much-organised interventions/training nor secured resource supports/opportunities from the Government of India to promote sports for persons with deafblindness and multiple disabilities in India. There is a need to develop a model of sports intervention specifically for persons with deafblindness and multiple disabilities in India. The participation in sports will benefit persons with deafblindness and multiple disabilities will enhance motor skills, communication skills, mobility skills, orientation skills, socialisation skills, cognition, social participation skills and overall health of an individual with deafblindness. We can train children and adults with deafblindness and multiple disabilities within their training centre and communities to learn various skills related to participation in sports. We also need to train teachers involved in the inclusive education programme to work with children and adults with deafblindness and multiple disabilities to enable them to participate in sports.

There is an urgent need to enable persons with deafblindness and multiple disabilities to learn the skills required to play sports and participate in local, state, national and international level such as Special and Para Olympics. At an individual level, through sports, children, and adults with deafblindness and multiple disabilities will be able to get social recognition and included in the society to be treated as equals with dignity and respect.

As for any other child or adult, the expectations for the person who is deafblind should be high. To provide every opportunity for the person who is deafblind to meet these high expectations, there are some important rules of thumb to follow when developing and adapting activities.

- Utilize the concept of Ecological Task Analysis: (Davis & Burton, 1991). Ecological Task Analysis suggests that aspects of motor performance emerge from the constraints of the performer, the environment, and the task. Manipulating one or more of these three constraints will move the individual towards success. Participants should be afforded the opportunity to use a variety of equipment and be given choices about how to optimally perform the desired activity. This will allow the individual, when possible, to have input on the type and extent of adaptations made.
- Link movement to language (Van Dijk, 1966): Once the child knows the movement and what it is called, he or she has the potential to execute the skill independently.
- Remember that partial participation is better than no participation (Block, 1992). Even moderate, significant, or total physical assistance to participate in an activity, is better than no participation at all. The person assisting can be a peer, sibling, teacher, or volunteer.
- Always begin with the smallest amount of assistance that will ensure desired performance and success (Lieberman, 1995). Monitor adaptations as necessary to ensure success. Then, assistance and adaptations should naturally be faded out as the person begins to exhibit more independence.
- Refer to the activity by its common name. If several adaptations have been made to the game of golf (e.g., using a different ball, a different club, and targeting holes closer together) it should still be referred to as golf. If we call activities different names because they differ from the original version, then individuals who are deafblind will not have the satisfaction of knowing that they can really play golf and may miss opportunities to converse about, and participate in, the activity with others who refer to it by its common name.
- Modify activities in a way that enables students without disabilities to assume the impairment of the individual with a disability (Winnick, 1978). For example, simulating a visual impairment or participating in activities in a wheelchair, will increase the sensitivity of individuals without disabilities; teachers will better adapt activities for their students, peer tutors will better understand how they need to work with the student who is deafblind, and same age-peers will better understand why each activity is adapted.

The following issues need to be considered when making adaptations:

#### The Individual

- Involve the individual in determining adaptations
- How does the person ambulate?
- Is the activity age-appropriate?
- What are the individual's characteristics, preferences, and behaviours?
- What are the individual's favourite activities?

### The Activity

- Playing Area or Environment
- Make the area larger or smaller
- Make visible boundaries
- Lower the height of goals
- Orient the individual to the activity area
- Playing Object
- Make the object bigger or smaller
- Make it softer or harder
- Make it audible or bright
- Change the texture of the object
- Make the object heavier or lighter
- Increase the size of the target

### The Game

- Change the rules of the game
- Change the objective of the game
- Increase the tactile cues
- Add guidance or a leader
- Change the number of players
- Increase chances
- Decrease time of activity or add rest periods
- Reduce repetitions or slow the pace

### The Players

- Change the role of the players
- Limit or add responsibility
- Modify demands on the student
- Decrease competition

### Other Considerations

- What can you do to make the student more successful?
- Will the individual achieve success with minor adaptations?
- Will the child have success with no adaptations?
- How can you add a cognitive component to the game?
- How can you ensure peers or siblings will also enjoy the activity?



**Rahul Chhikara**  
PHD Scholar



**Chanchal Phore**  
PHD Scholar

# OLYMPISM IS A PATHWAY FOR AN INCLUSIVE FUTURE

*“Sport has the power to change the world. It has the power to inspire. It has the power to unite people in a way that little else does. It speaks to youth in a language they understand.”*

*- Nelson Mandela*

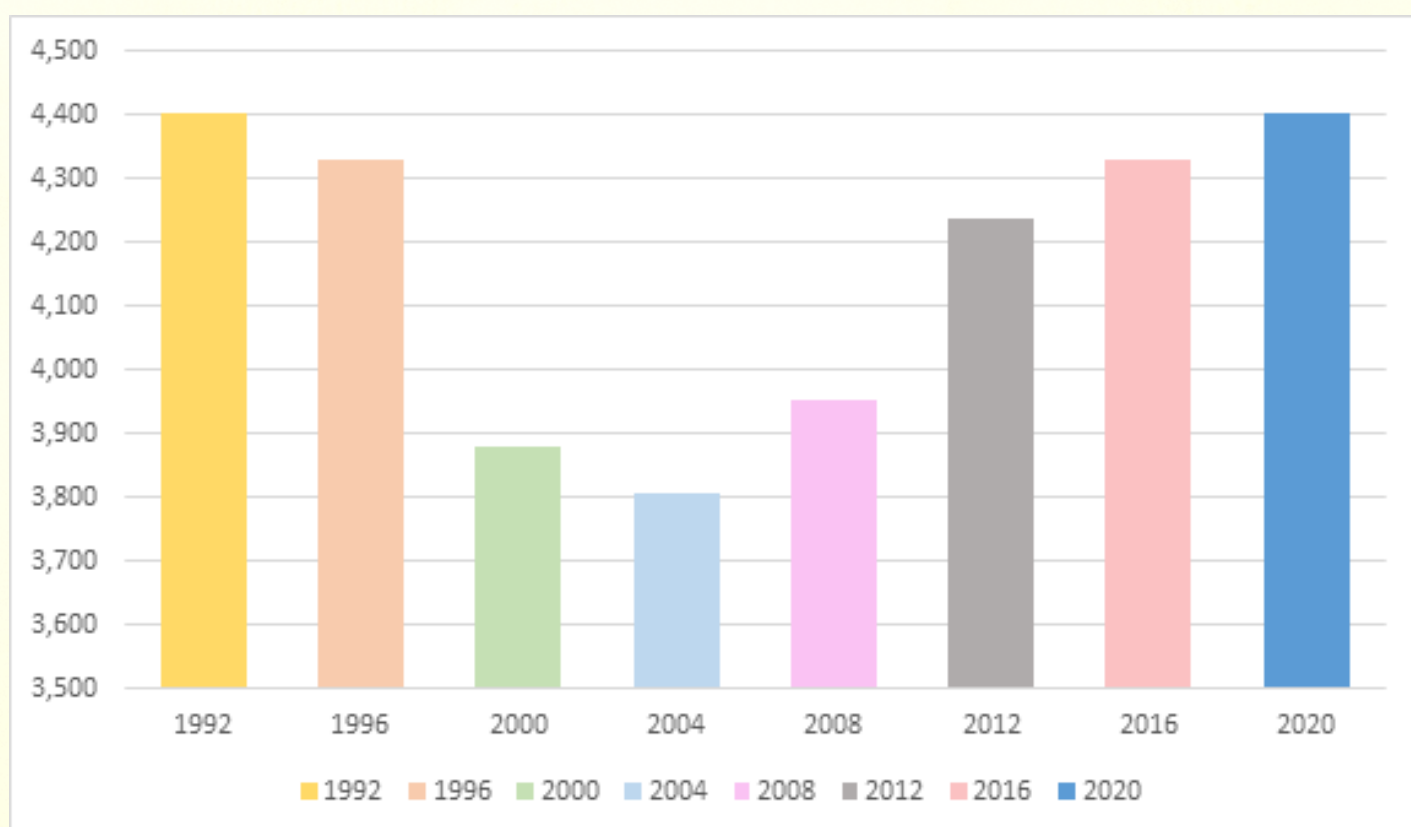
Sport has been considered an integral part of all human beings despite their age, sex, caste, ethnicity, and physical status. If we talk specifically about sports for persons with disabilities, that is adaptive sports, it has the power to rehabilitate and empower them. It also helps in reducing the stigma associated with disability and gives them a platform to show their skills and gain recognition. It can be seen that the importance of sports is kind of doubled when it is being played by athletes with disabilities. Researchers have shown that adaptive sports have helped in improving the quality of life, self-esteem, life satisfaction, and not only this, people with disabilities who participate in sports have a higher likelihood of getting employment. Therefore, it becomes important to make sports more inclusive so that they can cater to the needs of everyone.

One way of moving towards a more inclusive environment in the sports sector is by adopting Olympism's values. Olympism has been defined in the Olympic charter as “a philosophy of life, exalting and combining in a balanced whole the qualities of body, will, and mind.” One of the principles of Olympism states that every individual must have the possibility of practising sport, without discrimination of any kind, and in Olympic spirit, which requires mutual understanding with a spirit of friendship, solidarity, and fair play. In simpler terms, Olympism is nothing but a human philosophy that embraces everyone. The values of Olympism prohibit any kind of discrimination and support the fact that sport belongs to everyone irrespective of their race, gender, abilities, and ethnicity.

If all the organisations in the world adopt these values of Olympism then inclusion will no longer remain a pipeline dream as they can easily spread and promote how sports can be used to make the world an equal and accessible place. The focus here is on participation in sports rather than competition. The participation of people in sports, where the values of Olympism are inculcated, would make them critical thinkers, and hence inclusivity can be achieved by changing mindsets.

These ethics, values, and principles of Olympism will soon make people realise that there is much more to look at in person beyond their disability and once people are able to recognise the abilities of persons with disabilities this world would become a better place for all of us. The spirit of Olympism should be embedded in youth as they are the future of this world and once their personality and attitude are molded a lot of difference can be seen in the future in terms of equality and inclusion in every aspect of life. Apart from participation in sports, values can be given to youth by the way of education. Different educational programs should be organised to spread awareness regarding inclusion and diversity. In order to encourage and inspire youth to take the path of Olympism for making the future more inclusive, real-life stories of famous Olympians should be told.

The values of Olympism express what the Paralympic movement stands for as the ultimate aim of the International Paralympic Committee is to engage more and more persons with disabilities in sports from all over the world. Therefore, there is a synchronisation between Olympic and Paralympic movements. Because of the values of Olympism and the agenda of the Paralympic movement, we can see that the number of persons with disabilities taking part at national and international levels has increased. A very good example to support it is that the number of athletes participated in Tokyo Paralympics has broken the record of Rio 2016 for having the most athletes. A total of 4,403 athletes who participated in Tokyo Paralympics. Another record has been set in terms of women's participation as 1,853 female athletes took part which is the highest ever seen in Paralympics. Number of para-athletes participating in Paralympics:



Not only players but the number of countries from which para-athletes were participating increased. This is due to the efforts of different organisations in promoting disability sports as well as the values of Olympism. Countries are trying their best to make their people realise that sport is meant for everyone. Summer Paralympic Games Overview:

<b>Year</b>	<b>Location</b>	<b>Number of countries</b>	<b>Number of athletes</b>
2020	Tokyo	162	4,403
2016	Rio	160	4,328
2012	London	164	4,237
2008	China	146	3,951
2004	Athens	135	3,808
2000	Sydney	123	3,879
1996	Atlanta	104	3,259
1992	Barcelona	83	2,999

(Source - <https://www.paralympic.org/>)

Indians have also performed remarkably in Tokyo Paralympics and this is the first time when India has sent its largest-ever contingent to Paralympics with 54 athletes. (Source - <https://pib.gov.in/indexd.aspx>)

These achievements worldwide would significantly boost the morale of other persons with disabilities to participate in sports and bring home accolades. Paralympians act as a catalyst for changing the approach to social inclusion and in turn, are spreading the ethics and values of non-discrimination as written in Olympic Charter.

It is our collective duty to understand that disability is just another facet of human experience and hence it should not be stigmatised. It would become easier to build inclusive, peaceful, and healthy communities when more and more people start adopting the Olympic spirit in their daily lives. There are various organisations and individuals that have been working hard towards non-discrimination against persons with disabilities but still, we all need to spread more awareness so that the pity and charitable attitude of people towards persons with disabilities changes.

-Chanchal Phore & Rahul Chhikara



# DOES PARALYMPICS PROVE TO BE SUCCESSFUL FOR THE DISABLED COMMUNITY?

The COVID-19 pandemic-delayed Tokyo 2020 Paralympic Games, which were finally held during Aug-Sep 2021, were also participated by a record number of players from the disabled community. A total of 4,403 athletes (2,550 male players and 1,853 female players) competed across 22 sports and 23 disciplines. It is a great effort of the incredible players from the community whose dedication, determination, and grit shattered stereotypes and showed the wonderful opportunities through these sports in the Paralympics.

More than 4,000 competitors from around the world played and competed at the Tokyo Paralympic Games, a tenfold increase since the first Paralympics in 1960. Even with the growth in Paralympic athletes, for most of the world's people with disabilities, sports, exercise, and other physical activities are still difficult parts of their life. People with disabilities can experience considerable practical barriers in their daily lives, let alone as elite sports players. They also have fewer numbers of opportunities to earn prize money or bag a commercial sponsorship, especially in a non-Paralympic year.

Recently, it was found in a research review that children, youth, and adults with disabilities are up to 62 % less likely to meet the WHO's physical activity guidelines than the general population. It is a fact that people with disabilities experience a large number of barriers to doing physical activity, two major barriers being built environments and transportation. Most public facilities and utilities such as playgrounds, recreation facilities, swimming pools, and outdoor tracks are not designed as per the requirements of people with disabilities. Either such public facilities or utilities are inaccessible to them or are sometimes not manageable for such users.

Even exercise and recreation facilities accessible for others, often lack basic facilities for them, such as changing rooms, showers and clear pathways so that a visually or physically impaired person can easily perform minimum necessary and routine tasks in a smooth manner. Around the world, people with disabilities can't get to these places because of limited or no access to public transit services.

Another big barrier for persons with disabilities is participation costs. People with disabilities are generally from poor families cannot pay various expenses towards entrance fee, equipment purchase cost and membership fee. The added cost of specialist equipment in sports and staffing makes it worse.

Paralympics can inspire disabled players to take part in sports activities, but barriers exist that keep them from regularly participating in activities.

Persons with disabilities are more susceptible to health diseases, such as chronic diseases like Type 2 diabetes and cardiovascular disease, depression, anxiety, and other mental health issues. Such health diseases can be reduced by participating in sports, exercise and other physical activities. It is a fact that sports, exercise and other physical activities significantly improve the health, physical fitness, and mental health of such persons. The inspiration and sports enthusiasm created by the Paralympics have little effect on actual sport participation. More than 31 million television viewers across England watched the London Paralympic Games in 2012. However, the percentage of people with disabilities in England who participated in the sport increased by just 1.5 % from 2006 to 2016. Lesser than 24 % of possible Japanese viewers watched the opening ceremony, as opposed to more than 54 % who watched the opening ceremony for the Tokyo Olympics.

The COVID-19 pandemic has created new and more amounts of barriers to participation in sports, exercise, and other physical activities for people with disabilities. Several parts of countries have been locked down. Even big and small facilities and programmes have closed. Additional restrictions have been imposed due to the pandemic, resulting in decisions that may have seemed callous and dispassionate. In such an adverse environment, organizations around the world have started free online workout programmes for them. Trainers and coaches give information and motivation, by phone, to help interested persons overcome barriers to being active during the pandemic. In some places, sports and recreational facilities were allowed to open during the shutdown so people with disabilities could do physical therapy.

Despite all the hurdles and risks in Paralympics, there are still some very encouraging signs and developments for the Paralympics. Millions of Japanese people are watching the Paralympics, providing a new unique opportunity to encourage social inclusion and popularise Para-sport in the region. The current edition is the largest ever, with 4,537 athletes participating, nearly 200 more than Rio in 2016 and far greater than the original 600 athletes in Rome in 1960. Transforming attitudes is still needed, given that people with disabilities continue to experience innumerable challenges in society. While positive and developmental efforts are great to work in the area, but they must be part of a long-term strategy and global solution. The needs of people with disabilities should be addressed keeping in mind their importance. The Paralympics always raise awareness about sporting needs and possibilities for people with disabilities. As a result, some viewers from the community may even be inspired to try a new sport, join a fitness club or gym or start doing some physical activity. It is the right time to move forward and push for proper investment, and serious and result-oriented action at all levels and in every field of society, to remove the barriers to physical activity to change the life of people with disabilities.

Still, today, the world of the Paralympic sport has been changed from relative obscurity into a spectacle, thanks to the participation of excellent sportspersons, to the latest developments in communication technology, and to changing views and the support of society towards Paralympics.

-Manish Gupta



**Mehul Chopra**  
MBA Student



## ADAPTIVE SPORTS: CURRENT SCENARIO NEEDS ADAPTATION

In today's world, where much deserving light is thrown on athletes breaking world records on global platforms like Olympics and world championships, adaptive sportspersons or people who play adaptive sports are shadowed under the limelight of mainstream or traditional sports. In the recently concluded Tokyo Olympics, athletes from all over the world brought laurels to their country and instilled patriotism and pride in the hearts of people but not much attention was given to Paralympics. This brings me to ask this question, why adaptive sports does not get that much notice as traditional sports?

Adaptive sports are competitive or recreational sports for people with disabilities. Since people participating in them might not be able to play the sport traditionally, so certain modifications are done in the sports using a classification system. Modifications, which one can see, are:

- Field implements such as a shot put, javelin, and discus are lighter compared to typical sports.
- Runners with visual impairments are allowed to run with a sighted guide.
- Archers can shoot at shorter distances compared with typical tournaments; they also shoot at a larger target, and are permitted to use adaptive equipment.
- Sled hockey is played by athletes seated in sleds using two sticks with sharp picks on the ends to skate the sled around the ice
- Sitting volleyball is played with all players on the floor, the net is lower, and players must have at least one buttock in contact with the floor whenever they make contact with the ball.

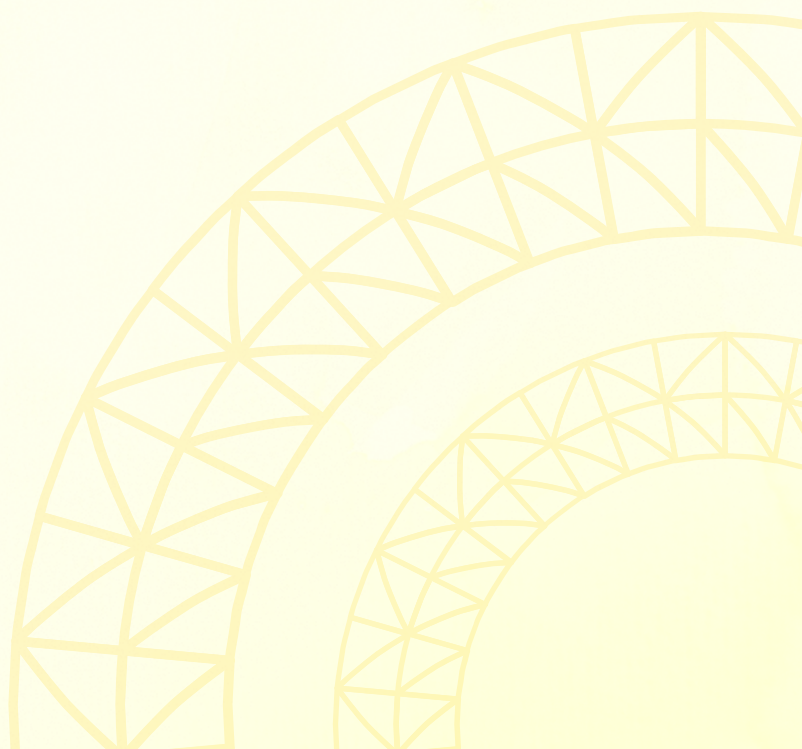
If we look closely, then adaptive sports is not just competitive but can be recreational also. This recreation is very much important for people with disability because they are goof for health. Without them, they may be at a higher risk for mental and physical problems like mental stress, obesity, heart disease, and depression. There are many organizations that provide adaptive sports platforms like Disabled Sports USA (DSUSA), U.S. Paralympics Sports Clubs, BlazeSports America, Move united etc. according to scheme of "sports and games for disabled" released by the ministry of youth affairs and sports India during 2009 has the following components:

- Grant for sports coaching and purchase of consumables & non-consumable sports equipment for Schools
- Grant for Training of Coaches
- Grant for holding District, State & National level competitions for the disabled

But this scheme is not followed diligently and many athletes have not been contacted by any authorities for 6 months and provided support to them. They said that there have been many exclusive barriers for persons with disabilities. Paralympic Committee for India does not have working-level state units, working-level district organisations, in case of a situation like a cyclone or a pandemic there is no paperwork, there is no record keeping.

The scheme should be followed and support should be provided to para-athletes. Schools and colleges should have facilities and should encourage students with disabilities to play adaptive sports. Government should spread awareness by taking help from para-athletes and organizing competitions at state and national levels. Private companies and NGOs should also come forward and organize such events for their employees and society as a whole. We should all come together and take pride when such players take part in various international level competitions.

-Mehul Chopra





**Simran**  
MBA Student

# ADAPTIVE SPORTS: OPENING THE DOORS TO INCLUSION

Our planet is ever-changing. The last decade has seen diverse changes in all the industries, be it education, fashion, corporate, or sports. The human fraction has understood the importance of Inclusion. We are the most diverse species walking on this earth, but we share this planet together and it's about time we all understood that each and every single one of us has equal rights over it. But the conversation regarding Inclusion is often limited to gender and race and many times a fraction remains overlooked that is Disabled. Our nation has seen an industrial boom and we have managed to inculcate the concepts of Inclusion and Accessibility to our workforce. And not only the industrial workforce but there's also another field that has opened its doors to the lesser talked Disabled population namely Sports. The best example would be our sportsperson's remarkable performance in the Paralympics, 2021.

Disability is often defined as a physical or mental condition that restricts a person's movements, senses, or activities. People with disabilities have a choice to be active or not. But if they do decide to be active, Adaptive Sports is one of the measures that could make things a little easier. These sports are specially designed to include and manage the needs of people with disabilities. These sports are different and require certain special arrangements, equipment, rules, and regulatory bodies. There are a certain set of classifications that need to be made depending on the sport and there are some examples of modifications that are done as a part of Adaptive Sports-

- Chalk in place of toe board to mark the starting point in the long jump for visually impaired athletes.
- Visually impaired runners are allowed to run with sighted guides.
- Specially designed racing wheelchairs.
- Field implements like javelin and discus are comparatively lighter.

**Why are we talking about adaptive Sports?**

Talking about things improves our horizons, makes us more aware, and in turn easier for people with disabilities to find comfort in us. There are some things or differences that we cannot overcome but we can create an atmosphere of equality and opportunity for every person. When disabled people are given the opportunity and a platform to represent themselves, they have done wonders and left an example for every one of their kind that disabilities should not be considered a wall that binds you. A little extra effort could help bridge the gap that should have never existed, to begin with.

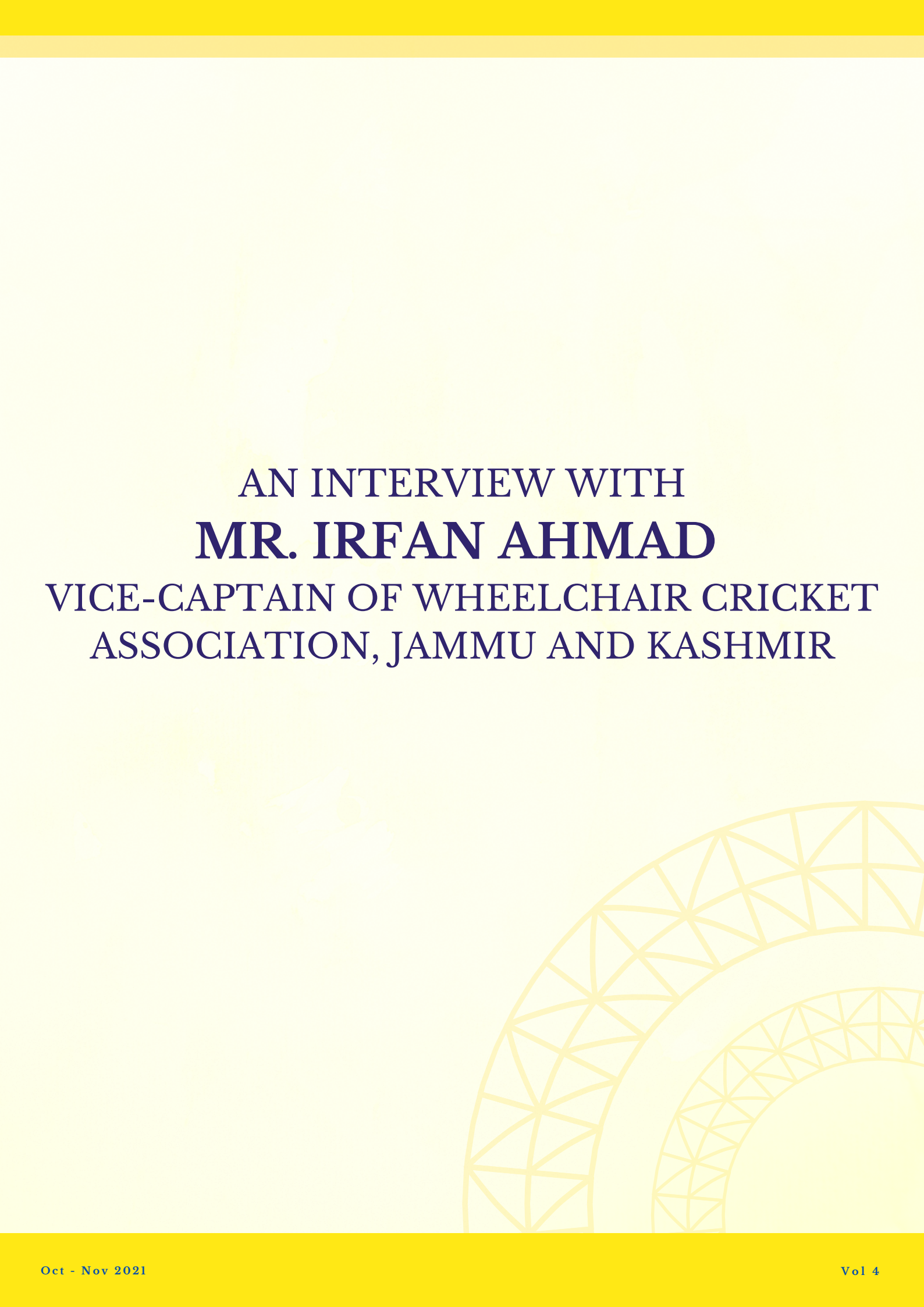
The fruit of doing that extra can be seen in the performance of our athlete's outstanding performance in the Tokyo Paralympics recently. India earned 19 medals (5 Gold, 8 Silver, 6 Bronze) in total making it our best ever presentation. Avani Lekhara, Bhavina Patel, Harvinder Singh were the names that stood marking various historic firsts for India.

Oscar Pistorius rightly said, “You are not disabled by the disabilities you have; you are able by the abilities you have”. This sheds light on what our athletes are capable of doing. And the impact these adaptive sports can have on the quality of life of several disabled people is humongous. The health benefits of indulging in regular recreational activities have always been appreciated by everyone. But when we talk about the disabled population, the impact on their physical and mental health is still in its infancy. Researchers have concluded that active participation in recreational sports has been associated with improvements in quality of life, satisfaction and contentment, community reintegration, and employment of people with disabilities.

What we need is to remember that we are all alike. Providing opportunities to the less privileged and a platform for them to represent themselves and their talents might take some effort out of our hands but the fruits of the seeds that we sow with our efforts can definitely make lives easier and better. Humankind has an edge over other organisms in our ability to feel and express and understand emotions. Saying that, we could all choose to be kind, it isn't that tough. A little understanding here, a tiny smile there, and a mind that is open to understanding that the stage is wide enough and we all can share it together.

And to all the Disabled People, keep in mind these words by Jamie Paolinetti, “Limitations live only in our minds”

-Simran



AN INTERVIEW WITH  
**MR. IRFAN AHMAD**  
VICE-CAPTAIN OF WHEELCHAIR CRICKET  
ASSOCIATION, JAMMU AND KASHMIR

# MR. IRFAN AHMAD

## VICE-CAPTAIN OF WHEELCHAIR CRICKET ASSOCIATION, JAMMU AND KASHMIR



*We reached out to Mr Irfan Ahmad Yattoo, the vice-captain of Wheelchair Cricket Association of Jammu and Kashmir. He belongs to Baramulla district of J&K. His team has recently won the wheelchair cricket nationals held in Gujarat this year. He has won several wheelchair racing tournaments in the past. He is a UPSC aspirant and also dedicated to his sports.*

*Ms Chanchal Phore, a Research scholar, and Ms Swati Sahay, an MBA Student at USMS, interviewed Mr Irfan Ahmad on 25th November 2021 about his journey as a wheelchair cricketer.*

**[CLICK HERE TO LISTEN THE INTERVIEW PODCAST](#)**

# 'FAILURE IS A PART OF SUCCESS'

**How did you decide that you wanted to play wheelchair cricket?**

The president of Wheelchair Cricket Association, Jammu and Kashmir is my childhood friend. He has lower limbs disability due to which his mobility is quite restricted and he faces a lot of issues. Compared to him my mobility is much more and I am able to do some of my household chores. He went to Gujarat in 2019 and found out that the national wheelchair cricket tournament was going on and he decided to go there and watch it. The players and other people present in that tournament encouraged him to play and he finally decided to make a team of his own from Jammu & Kashmir. After coming back from Gujarat, he started with the NGO. Since he was my childhood friend he knew that I liked playing cricket while sitting on the chair with my neighbours and then he approached me and together we started looking out for persons with disabilities who had an interest in sports from different districts (such as Budgam, Baramulla, Srinagar, etc.) to form our team. It took us 5 to 6 months to search for players to form our team. We all started playing friendly matches with each other and finally, our hard work paid off. We were invited by both the Wheelchair Cricket Federation of India which is led by Rekha Trivedi as well as the president of Gujarat Wheelchair Cricket Association to participate in the national tournament this year itself. We participated at the All India national level. There were teams from all over India like Jharkhand, Karnataka, Chhattisgarh, and other teams from the north. We won this tournament which was a very proud moment for all of us. From there my motivation increased slowly. I decided that I will play along with my studies and I realised that even I have abilities and I can play sports too despite my mobility issues.

**Please share with us your journey from being a player to being the vice-captain of the wheelchair cricket team.**

My friend who is president of Wheelchair Cricket Association, Jammu and Kashmir stayed in Budgam and my home is in Baramulla which is very near to Budgam so I started playing wheelchair cricket on local grounds there itself. We used to play in our casual clothes and also, did not follow any rules and regulations of wheelchair cricket. But after a few matches, we started reading about the rules and regulations of wheelchair cricket and we started following them.

For the first time when I went to play, I went as a player from Budgam because the number of players that we had was only eleven. Now we have 29 players with us and out of them, only 14 went for the Gujarat tour. The selection was done on the basis of performance and the most important thing or skill that the selectors look for is wheelchair mobility. My wheelchair movement was really good as I used to participate in wheelchair races and I always secured a medal for any of the top three positions. In the University of Kashmir, I secured the first position and in Buland Hausala event, I secured the second position where the chief guest was Mr. Irfan Pathan, the international cricketer. He only gave me an award in 2017. Again in 2018, I participated in a wheelchair race held in Jammu wherein I secured the second position. Recently I took part in the Run for Peace marathon which was organised in Jammu and Kashmir for the first time on the occasion of Independence Day and here also I secured the fourth position. It was a very proud moment for me.



The president kept a selection trial and said those of you who would be good at wheelchair movement would be selected. Since I was good at wheelchair movement, therefore, I had an edge over other players who came to give a trial and I was promoted to Vice-Captain of the team.

**What kinds of barriers do you face in your daily life, especially when it comes to the sport you play?**

Here I would like to talk about personal issues as well. I generally face mobility issues as the infrastructure is not good in Jammu and Kashmir. There are no ramps in offices and other buildings. We have to wear slippers in our hands to climb the stairs. For training, we all do it in our homes and our Wheelchair Cricket Association's president organise matches once in one to two months where we play a match of 10 to 20 overs. In winters we face more barriers as the temperature goes down to -2 degrees or -3 degrees at night. In such harsh weather, our ability to move on wheelchairs gets further restricted. Almost 2 to 3 months are restricted here.

Also, we do not have power wheelchairs for commuting nearby. For long-distance I have always used scooty like I used to go to my college on scooty but riding scooty for a shorter distance is not feasible. I have requested for power wheelchair and I hope I will get it soon. If this happens my daily life would become a bit easier.

**What keeps you motivated to keep moving ahead in wheelchair cricket?**

Earlier I didn't even have knowledge regarding wheelchair sports and overall awareness amongst people here is less. Even my friends who are dealing with disabilities did not have any idea regarding UDID (Unique Disability ID) card which is given by the Government of India. This card gives various benefits such as special reservations in trains which even I was not aware of. When I started travelling and got the exposure I came to know about these benefits. This somehow motivated me as I got to know that yes there are facilities for us as well. I have this card and I gradually got to know the benefits but there are people who are not aware of either this card or these benefits. Our social life here is restricted because people here believe that persons with disabilities cannot do anything in their life. Even family members and relatives do not have awareness regarding what persons with disabilities can do and achieve. Because of this mindset of people we have to be very strong mentally so that the viewpoints of others do not affect us. With almighty's grace, I have always been good in my studies and I remained a distinction holder right from my matriculation. In 2019, I appeared for the civil services exam and qualified for both prelims and mains exams. Unfortunately, I could not clear the interview round but that was not the end of my life. Although I was mentally disturbed for 1 to 2 months due to this failure but fortunately at that time I got this opportunity to play wheelchair cricket. This diverted my mind from continuously thinking about what happened in the interview and also helped me in making myself strong both mentally as well as physically. I met other persons with disabilities that were playing wheelchair cricket I realised that if they can do a particular thing then even I can do the same. This thought that if they have abilities then I also have them motivated me a lot. I used to motivate myself with these thoughts and my strong mind and self-motivation gave me fruitful results.

### **What have you personally gained from wheelchair cricket?**

The most important thing that I have personally gained is the rise in my level of motivation, like when it comes to the things I used to be afraid of attempting in the past – not just when it comes to playing cricket, but in pretty much everything. For example, I am the first person from my category this year who went camping in Ladakh. People usually go camping in Ladakh because they find it adventurous. And this year, I told my friends that I'll be going with them, too. They asked me, 'Won't it be troublesome for you?' I said, 'Troublesome? If playing wheelchair cricket isn't troublesome for me, then this won't be either.' So when I went there, and we lived in the tents there, I felt really happy, thinking, 'Wow, I can indeed do this.'

So, motivation has been the biggest thing I have gained [from wheelchair cricket]. When we get injured on the [practice] grounds, it is this motivation that makes us want to get back up again. One time, one of my colleagues fell off his wheelchair after catching the ball and broke his thumb. He told the captain, 'Even if my thumb is completely broken, I will be playing till this match is over.' And when he said that in our group meeting, I truly felt that even if we might face some physical barriers and problems, the Almighty has made us so mentally strong that we can face anything – I mean, success and failure depend on one's hard work, but what we have with us is that we know how to work hard.

When I dropped out from the exams, I dropped my plans as well and thought, 'I won't be doing this again.' But then I thought, 'Failure is a part of success. It is when you fail that you realise the real value of success.' So, this is what motivated me to decide that I will try my best to be on the top. And I will try to ensure that my colleagues, too, make the society in general when it comes to health ability, and make our section in particular, feel empowered. For the people amongst us who don't feel very empowered about their abilities, they should think that there is a reason we have been given the title of 'people with special abilities' – they wouldn't have given us this title without thinking that 'yes, they can do it'.

A lot of players come from many different states where we train, and seeing them also motivates us to feel that if they can do it, then so can we. So, life is full of ups and downs and we might encounter failures along the way, but we must still keep moving forward.

### **Who have been your biggest supporters for encouraging you to pursue wheelchair cricket?**

First of all, my friends encourage me to keep going. Also, my family has always supported me when it comes to [wheelchair cricket]. Whenever I would be about to go somewhere to play wheelchair cricket, they would never say things like, 'why are you going?', 'you have so many problems or anything like that. Instead, they would always be on my side. They would be so happy whenever I would win awards. As you can see from the award gallery behind me, for all awards and medals that I have won, all of them were so happy. My mom gets especially happy. When I told her today that our Jammu and Kashmir has won the National Championship, she congratulated me. And my wife also motivates me to participate in [the matches]. So, my family is always at my back to support me.

### **Have you tried any other para-sports apart from wheelchair cricket?**

Before wheelchair cricket, I used to participate in wheelchair racing events, no matter whether I came first, second, or third. But I was always a rank holder. What happened after that was, I found that the wheelchair racing events were limited – they would only take place once a year, and there wasn't much one could do to earn recognition. And now, recently, they have launched a new sport here: sitting volleyball, in which we can sit on the floor of the court and play volleyball. They are going to form a sitting volleyball team for the Paralympics. And I have received recommendations for it many times, even from my coach, to try it. And 3 or 4 of my colleagues already play [sitting volleyball]. So, they are going to hold the trials for this after a while, maybe after a couple of months, and I would definitely go for that sport also.

### **Do you have any suggestions for making sports facilities more inclusive, particularly in Jammu and Kashmir?**

Yes, definitely. You might notice that we have currently not been recognised by JKCA, the Jammu and Kashmir Cricket Association. We currently run with the support of an NGO called Wheelchair Cricket Association Jammu and Kashmir that takes care of our travel needs and any other needs of organising matches with their own resources. ... So, there is a lack of enough recognition and promotion by the state authorities. Because it was in 2019 that they started supporting us, and in 2021, we played our first national championship organised by CRC, the Composite Regional Centre, ... that encouraged us to play the championship and they were confident that our team would play well and we would win. This support is so important, especially for us specially-abled persons. So, while our state sends Ranji cricket teams, cricket teams, football teams, and other sports teams, our teams do not get that level of promotion and not many regular events are organised for us. In fact, we played only 2 matches as practice sessions in an entire year, because our association has to organise these events on its own without any state support. They [the association] say that we have a bright future and we will get recognised as professional athletes as and when [the association] is recognised.

When we went to Gujarat for the first time, the kind of respect our team received there was really awesome. We felt really, really encouraged by the respect we received from the government dignitaries there, and especially from the players and the people there. That is the kind of respect and recognition we would like to experience here in J&K as well, so that we could hear things like, 'These are the players, the athletes, that represent our state. They have won the trophy.' This is one of the ways forward so that we could get recognition here in the future.

### **What kind of advice would you like to give to specially-abled people who want to pursue sports as a career?**

Most of the players in our team are in the age group of almost 24 – 30 years, while some are of 32 and 35 years as well. And there is only one young player of 14 years in our team, having a locomotive disability in both of his lower limbs. He has such great talent and has a record of doing 50 push-ups on his wheelchair, just like that. We can't believe our eyes seeing him do that. He is such a talented player. I always tell him that he should continue his studies, but continue playing as well. Because I believe that something big will happen for us and this sport in the future. I can really foresee it, because recently, when we met the president of the Wheelchair Cricket Federation, Ms. Rekha Trivedi, she said that firstly, our team will be participating in the upcoming national championship, which is going to happen in March in Chandigarh, and after that, probably in the future, when India will send 2 teams to Dubai, then we might be getting chance to participate there as well. Since this would be occurring at such an international level, we want the maximum number of our players to participate and get the chance to give their best, so that our Team India could come back as the winner, because this would give all of us and the young player's immense motivation.

### **What are your views regarding our e-magazine?**

When I was first contacted, I was told that this magazine is published as a quarterly journal. When such a thing is published then it is widely spread and people from 10, 20, or even all the 28 states get to read it. People from the different states give their viewpoints, their perspective and check the background of the information as well. So, this gives us some additional recognition at an intellectual level, because the people reading the magazine evaluates every aspect, and this magazine acts as a platform for us. I believe that when such things are widely spread all over India and when students from different states, backgrounds, and regions read about it and tell other people about it, this changes the perceptions and the mindset of the society. Then, people might feel, 'Something special should be done for these athletes. And they have done something special in their own lives as well.' It is a great platform to spread the message for us so that our voice reaches a wider audience, and the barriers present in society can be removed. That's all.

# EVENT COVERAGE



## IndusInd Bank Nagesh Trophy National T20 Cricket Tournament for the Blind 2021



## National T20 Cricket Tournament for the Blind 2021, - By Dhiraj Sequeira

The Cricket Association for the Blind in India (CABI), in association with the Samarthanam Trust for the Disabled, inaugurated the most awaited 4th Edition of IndusInd Bank Nagesh Trophy – The National T20 Cricket Tournament for the Blind 2021. It was inaugurated on November 16, 2021, at Tau Devi Lal Cricket Stadium, Gurugram. The matches were scheduled from November 17, 2021, to November 25, 2021, in Delhi and Gurugram.

The inaugural ceremony was graced by Mr Jasmeet Anand – Senior Zonal Head – North IndusInd Bank, Ms Priyanka Rana – Dealing Assistant (P&A) – ONGC, Mr M L Meena – GM Finance – RECL, Dr Mahantesh G Kivadasannavar – Founder Managing Trustee of Samarthanam Trust for the Disabled and President – Cricket Association for the Blind in India (CABI), Ms Sheethal and Mr Pankaj from ByGod Hospital, Mr E John David – General Secretary – CABI, Mr Shailender Yadav – North Zone Secretary – CABI and the Organising Secretary and various well-wishers of the Cricket Association for the Blind in India.

The Indian blind cricket team players provided a demonstration on blind cricket to all the distinguished guests. Shri Jasmeet Anand inaugurated the tournament by choosing to bat and Dr Mahantesh G Kivadasannavar bowled the first ball of the tournament. The guests were provided with all the information on blind cricket.

This tournament is organised in memory and honour of the late SP Nagesh, Founder Trustee of Samarthanam Trust for the Disabled and the founder president of the Cricket Association for the Blind in India. The late SP Nagesh was a friend, mentor and avid cricketer himself, who motivated every passionate blind cricketer to go beyond barriers to achieve their dreams. Mr Nagesh, a visionary, pioneered the structuring of the Cricket Association for the Blind in India and blind cricket across the globe and envisioned the empowerment of the visually impaired through cricket, which is one of our country's favourite sports.

Ms Priyanka Rana from ONGC and Mr Jasmeet Anand from IndusInd Bank unveiled the trophies of the IndusInd Bank Nagesh Trophy, accompanied by other guests. Dr Mahantesh G Kivadasannavar welcomed the gathering. The initiatives of CABI were showcased through a video and the distinguished guests got to know more details about the various projects undertaken by the Cricket Association for the Blind. Ms Priyanka Rana from ONGC addressed the gathering and wished all the players well. She expressed that it was overwhelming to see the enthusiasm in the players to play cricket. ONGC was one of the key sponsors of the tournament.

Mr Jasmeet Anand from IndusInd delivered the Chief Guest address and stated that he was part of an event that will be remembered forever. He said that he was “happy to be here at the inaugural ceremony representing IndusInd Bank and feeling blessed to be part of the tournament”. He wished all the players the best and declared the tournament open. Mr E John David handed over the mementoes to all the dignitaries present on the dais. Mr Dhiraj Sequeira proposed the vote of thanks. The inaugural ceremony was concluded with the National Anthem. The league matches saw a lot of participation from various corporates and their representatives.

IndusInd Bank Nagesh Trophy National T20 Cricket Tournament for the Blind 2021, 4th edition, brought cricket enthusiasts, staff of non-profit trusts, heads of corporates and dignitaries from the public sector to one arena to witness the skills and sports talents of the visually impaired. The tournament was held on 6 different grounds with 67 T20 matches including 4 quarterfinals, 2 semi-finals, and the final match. A total of 410 visually impaired players and officials from 24 States showcased their skills during the tournament. 16 matches of the tournament were broadcast live on the CABI YouTube Page and the final match was broadcast live on DD Sports.

All the teams were divided into 4 groups, and each group consisted of 6 teams. The matches were played in a round-robin league, where each team gets at least 5 matches to play in the tournament. 12 league matches were played each day at 6 different grounds. The quarter-finals were played on two different grounds, and a total of four quarterfinal matches were played between 8 qualifying teams. The two semi-final matches were played at the DDA Saket and Siri Fort Cricket grounds. The final of the IndusInd Bank Nagesh Trophy was played at Shri Arun Jaitley Stadium, Delhi.

The final match was held on November 25, 2021. The Andhra Pradesh and Karnataka teams were the finalists, and Karnataka won the toss. Andhra Pradesh was put into bat first, and the team scored 231 runs for the loss of 3 wickets in 20 overs. T Durga Rao scored 104 runs in 67 balls and D Venkateswara scored 85 runs off 36 balls, helping Andhra Pradesh to post a massive total. Chasing the target, Prakash scored 119 runs off 58 balls, but in the end, Andhra Pradesh held their nerves to beat Karnataka by 27 runs. Andhra Pradesh won the IndusInd Bank Nagesh Trophy National T20 Cricket Tournament for the Blind 2021, 4th Edition, and Andhra Pradesh made history by winning the title with 3 consecutive victories.

The post-match presentation and valedictory function were filled with eminent personalities. The Cricket Association for the Blind in India was fortunate to have the presence of the following guests at the valedictory function: Smt Meenakshi Lekhi – Honourable Minister of State – Ministry of External Affairs and Culture, Shri Dheeraj Sanghi – Head Branch Banking – IndusInd Bank, Shri Kiran DM – CEO – ONGC Foundation, Mr Alex Ellis – Honourable British High Commissioner to India, Ms Mish Khan – DAP Chair – Australian High Commission, Shri Jasmeet Anand – Senior Zonal Head North – IndusInd Bank, Dr Subhash C Mahajan – Philanthropist, Ms Ridhi Bhatia – Lead CSR – IndusInd Bank, Shri Nishant Didar Singh – Associate Director – Grant Thornton and Ms Ayisha – IndusInd Bank. Dr Mahantesh G Kivadasannavar – Founder Managing Trustee of Samarthanam Trust for the Disabled and President – Cricket Association for the Blind in India, welcomed the gathering. Mr Shailender Yadav, North Zone Secretary and Organising Secretary of Nagesh Trophy, provided the report card of the IndusInd Bank Nagesh Trophy National T20 Cricket Tournament for the Blind 2021, 4th Edition.

Shri Kiran DM – CEO – ONGC Foundation, congratulated the winners and appreciated the good work carried out by CABI. Shri Dheeraj Sanghi – Head Branch Banking – IndusInd Bank, appreciated the initiative of CABI and announced that IndusInd Bank will continue to support blind cricket in India. Smt Meenakshi Lekhi – Honourable Minister of State – Ministry of External Affairs and Culture, announced the upcoming National Cricket Tournament for blind women, which will be held in January in Bengaluru. The honourable Minister thanked all the donors for their support in promoting blind cricket. Mr Rajanish Henry proposed the vote of thanks.

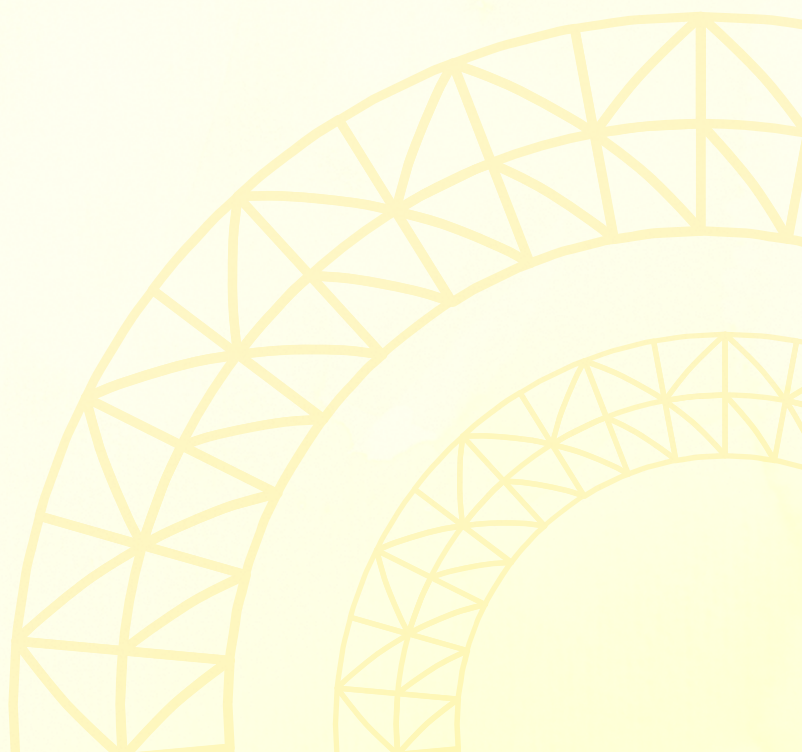
The Prize Distribution Ceremony was led by Mr E John David – General Secretary – CABI. The Man of the Match was awarded to Durga Rao for their outstanding performance in the final. The award was handed over by Mr Kiran DM – CEO – ONGC Foundation. The Man of the Series was awarded to G Prem Kumar of Andhra Pradesh in the B1 Category, D Venkateshwara Rao of Andhra Pradesh in the B2 Category and Deepak Malik of Haryana in the B3 Category. Karnataka was the runner-up, and Andhra Pradesh won the IndusInd Bank Nagesh Trophy National T20 Cricket Tournament for the Blind 2021, 4th Edition.

### The Outcome of the Tournament

IndusInd Bank Nagesh Trophy National T20 Cricket Tournament for the Blind 2021, 4th Edition, has brought all the visually impaired to connect and appreciate the cricketing skills of the players. The tournament has played an important role in identifying emerging cricketers, and this helps the Cricket Association for the Blind in India (CABI) to plan accordingly to nurture the talents of the budding cricketers. The tournament has positively identified so many new players who could potentially be playing for the national team soon. The national cricket tournament is also a platform that motivates and plants a desire in the hearts of the players to represent India in the international tournaments. The tournament came to an end with fond memories of knowing the players and appreciating the talents of the fellow visually impaired.



# NEWS CORNER



# MEET THE CHAMPIONS OF INDIA: PARALYMPICS 2020

In the just concluded Tokyo Paralympics, Indian athletes won a total of 19 medals, the country's best-ever haul at the major event. In total, 5 gold, 8 silver, and 6 bronze medals were awarded. This is how the victors of the Indian Paralympics fared at the Tokyo Paralympics.



Image Source: Indian Express

## India at Paralympics | Indian Paralympic Winners

Year	Gold	Silver	Bronze	Total
2021	5	8	6	19
2016	2	1	1	4
2012	0	1	0	1
2004	1	0	1	2
1984	0	2	2	4
1972	1	0	0	1
<b>Total</b>	<b>9</b>	<b>12</b>	<b>10</b>	<b>31</b>

# THE INDIAN PARALYMPIC WINNERS

**Nishad Kumar – Silver medal – men’s high jump T47**

On his way to a silver medal at the Paralympics, Indian Paralympics winner Nishad Kumar set a personal best and an Asian record. Roderick Townsend-Roberts of the United States won gold with a world-record-breaking leap of 2.15 metres, while his best effort of 2.06 metres earned him silver



**Bhavinaben Patel – Silver medal – women’s singles table tennis Class 4 category**

Bhavinben Patel of Gujarat won India's first-ever TT Paralympics medal, eliciting jubilation across the country. In the gold medal match, she was defeated by China's Zhou Ying 7-11,5-11,6-11.



**Avani Lekhara – Gold Medal – women’s 10m air rifle shooting standing SH1 & Bronze Medal – women’s 50m rifle 3 positions shooting SH1**

In the women's 10m air rifle standing SH1 category, Avani Lekhara won India's first Paralympic shooting medal. In the final, Lekhara tied for first place with a total score of 249.6, tying the world record. In addition, the 19-year-old became the first Indian woman to win a Paralympic gold medal.

Avani followed up her gold with a bronze in the 50m rifle 3 position SH1 event, becoming the first Indian woman and the second Indian overall to win multiple medals in the same edition of the Games. Lekhara won the gold medal in the final with a score of 445.9.



# THE INDIAN PARALYMPIC WINNERS

**Devendra Jhajharia – Silver Medal & Sundar Singh Gurjar – Bronze Medal – men’s javelin throw F46**

With a throw of 64.35 metres, Devendra Jhajharia of India took silver in the men's javelin throw – F46 final event, while Sundar Singh Gurjar of India took bronze with a performance of 64.01. Devendra added to his two gold medals from the Paralympics with a silver.



**Indian Paralympic winners – Yogesh Kathuniya – Silver Medal – men’s discus throw F56**

Yogesh Kathuniya of India won silver in the men's Discus throw (F56) final with a best throw of 44.38 metres. Only Batista dos Santos Claudiney of Brazil, who won the gold medal with a throw of 45.59 metres, beat Kathuniya..



**Sumit Antil – Gold Medal – men’s javelin throw F64**

Sumit Antil set multiple world records en route to winning gold in the men's javelin throw (F64) event, with a final throw of 68.85m. He is one of India's most successful Paralympic athletes.



# THE INDIAN PARALYMPIC WINNERS

**Singhraj Adhana – Bronze Medal – men’s 10m air pistol shooting SH1 & Silver Medal – men’s P4 Mixed 50m Pistol SH1**

Singhraj Adhana, a 39-year-old polio survivor competing in his first Olympics, finished third with a total of 216.8 after qualifying as the sixth best shot for the eight-man final. A few days later, he added a second medal to his collection. Singhraj Adhana won gold and silver medals in the P4 – Mixed 50m Pistol SH1 final at the Asaka Shooting Range. Singhraj won his second medal of the Tokyo Paralympics with a score of 216.7



**InMariyappan Thangavelu – Silver Medal & Sharad Kumar – Bronze Medal – men’s high jump T42**

Mariyappan Thangavelu and Sharad Kumar, both from India, won silver and bronze in the high jump (T63) event, respectively. Mariyappan placed second after clearing the 1.86m hurdle. After winning gold in Rio in 2016, he now has two Olympic medals. Meanwhile, Sharad Kumar took bronze after making a new season high of 1.83m.



**Praveen Kumar – Silver Medal – men’s high jump T64**

Praveen Kumar won silver in the men's high jump T64 class with a leap of 2.07m in the event final. On his route to bettering India's medal total, the 18-year-old set a new Asian record.



# THE INDIAN PARALYMPIC WINNERS

**Harvinder Singh – Bronze Medal – men’s individual recurve – open archery**

Harvinder Singh earned India's first and only Paralympic archery medal in a dramatic shoot-off for bronze in the men's solo recurve at the current Games. In the bronze playoff, the 31-year-old was up 5-3 until Kim clinched the fifth set with a perfect 10 to force a shoot-off, which the Indian won 6-5 (26-24, 27-29, 28-25, 25-25, 26-27) (10-8) with a perfect 10 against Kim's 8.



**Indian Paralympics Winners: Manish Narwal – Gold Medal – men’s P4 Mixed 50m Pistol SH1**

Manish Narwal of India won gold in the P4 – Mixed 50m Pistol SH1 final at the Asaka Shooting Range. Manish, who is 19 years old, won the gold medal with a Paralympic record of 218.2 points. The bronze medal was won by Sergey Malyshev of the Russian Paralympic Committee (RPC).



**Indian Paralympics Winners: Pramod Bhagat – Gold Medal -badminton men’s singles SL3**

Indian shuttler Pramod Bhagat won gold in the men's singles (SL3) event, contributing to India's medal haul. He defeated Daniel Bethell of the United Kingdom in the final 21-14, 21-17. In badminton, it was also India's first-ever Paralympic medal.



# THE INDIAN PARALYMPIC WINNERS

**Indian Paralympics Winners: Krishna Nagar – Gold Medal – badminton men’s singles SH6**

India's para-shuttlers In the men's singles badminton SH6 division, Krishna Nagar won gold after defeating Chu Man Kai of Hong Kong in the final. Nagar defeated Man Kai 21-17, 16-21, and 21-17 to earn India a Paralympic Games record of 19 medals.



**In Indian Paralympics Winners: Suhas L. Yathiraj – Silver Medal – badminton men’s singles SL4**

At the Tokyo Paralympic Games, Suhas L Yathiraj, an Indian para-shuttler, won silver. Lucas Mazur of France defeated Yathiraj in the final of the men's singles badminton SL4 event. Mazur defeated Yathiraj in the final 21-15, 17-21, 15-21. The 38-year-old is the District Magistrate of Gautam Buddha Nagar (Noida). Suhas was also the first officer from the Indian Administrative Service to win a Paralympic medal.



**Indian Paralympics Winners: Manoj Sarkar – Bronze Medal -badminton men’s singles SL3**

In the men's singles (SL3) badminton tournament, India's Manoj Sarkar took bronze. He defeated Daisuke Fujihara of Japan in the final 22-20, 21-13, giving India a total of 17 medals at the end of the penultimate day



# Team India Shines at Asian Youth Para Games: Best performance ever

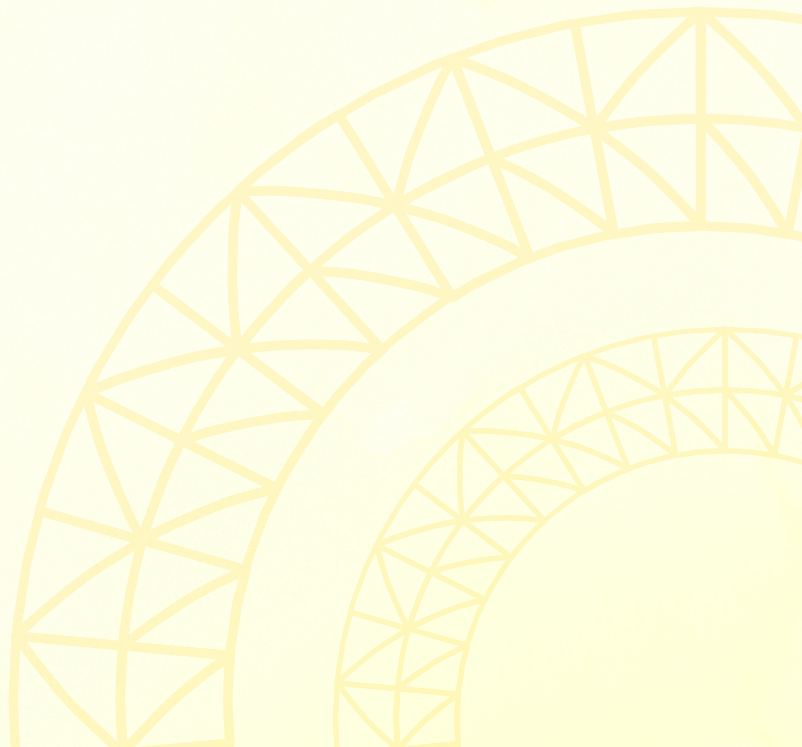


- Team India makes history at the Asian Youth Para Games in Bahrain, achieving the country's best performance at the Para Youth Games ever. The Indian contingent returned home from Bahrain on Wednesday (December 8) after competing successfully in the Asian Youth Para Games. The Indian contingent brought back 41 medals, including 12 gold, 15 silver, and 14 bronze. This was India's best performance at the continental Para Youth Games.
- Athletics produced the most medals for India, with 22 athletes finishing on the podium. Eight players won gold, six silver, and eight bronze medals out of a total of 22 medals. The Indian badminton team finished the campaign with fifteen medals to their name. Tokyo Paralympian Palak Kohli, Sanjana Kumari, and Hardik Makkar each won three medals for India.
- In total, the para-badminton team won four gold medals, seven silver medals, and four bronze medals in Manama. The fourth Asian Youth Para Games (AYPG) were Bahrain's largest parasport event to date. The main event took place from December 2-6, 2021

## Upcoming Events

- 3rd Indian Open National Para-Athletics Championships-2021 will be held in Bangalore, Karnataka, From 19th & 20th December 2021.
- The World Para-Taekwondo Championship is being organised by the Turkish Taekwondo Federation under the Aegis of World Taekwondo (WT) starting December 8-13, 2021

# QUIZ



1. Which of the following is generally NOT a disability group for disabled sports?
  - a. Deaf
  - b. Physical Disabilities
  - c. Blind
  - d. Intellectual Disabilities
  
2. After what major historical event was Disabled Sports introduced as a part of rehabilitation?
  - a. First World War
  - b. Second World War
  - c. Korean War
  - d. Thalidomide Babies
  
3. Who organized the 1948 Stoke Mandeville Games?
  - a. Eunice Kennedy Shriver
  - b. Sir Ludwig Guttman
  - c. Oscar Pistorius
  - d. Sir Wilber Hammel
  
4. Who governs the Paralympics Sports in 2006?
  - a. PCG
  - b. IPGC
  - c. IPC
  - d. IPGC
  
5. Which of the following sports is NOT played at the special Olympics as of 2006?
  - a. Bowling
  - b. Cycling
  - c. Swimming
  - d. Snowshoeing
  
6. What is the motto for Disabled Sports USA?
  - a. If I can do this, I can do anything
  - b. Let me win. But if I cannot win, let me be brave in the attempt
  - c. I am more than my disability
  - d. If at first you don't succeed, try again and again

7. When was archery adopted as an official sport in the Paralympics games ?

- a. 1939
- b.1943
- c. 1948
- d. 1950

8. Beginning in 2009, how often will the Disabled Alpine Skiing World Championships be held?

- a. Every year
- b. Every 2 year
- c. Every 4 year
- d. Every 10 year

9. Cricket can be played by blind people.

- a. True
- b. False

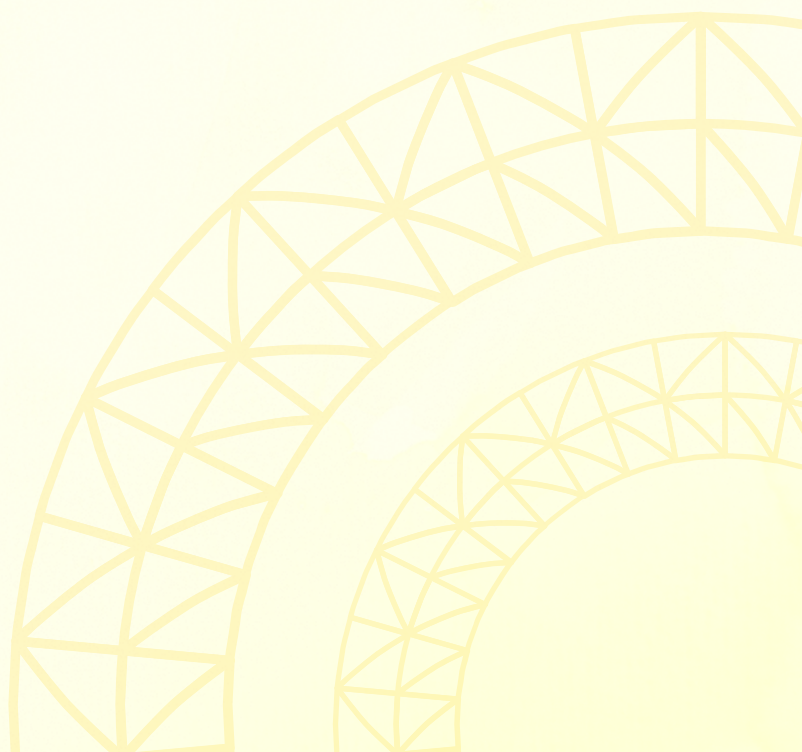
10. How many countries participated in Paralympics archery in 2006?

- a. 35
- b. 36
- c. 38
- d. 37

## ANSWERS

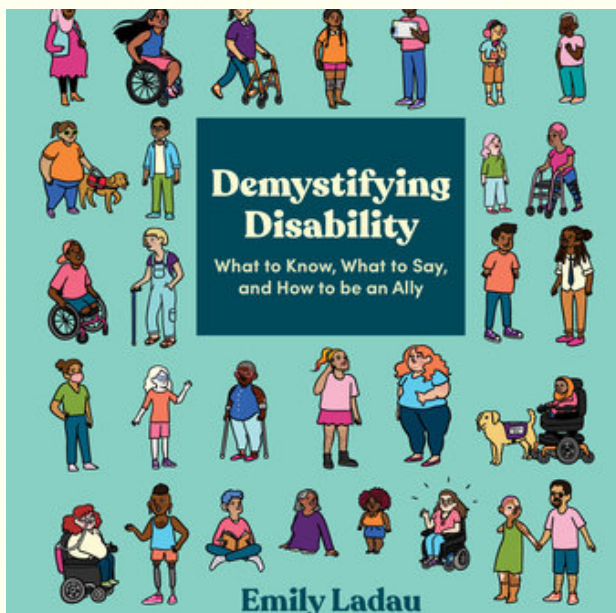
- |     |       |
|-----|-------|
| 1.C | 6. A  |
| 2.B | 7. C  |
| 3.B | 8. B  |
| 4.C | 9. A  |
| 5.C | 10. D |

# Suggested Readings in Inclusion and Accessibility

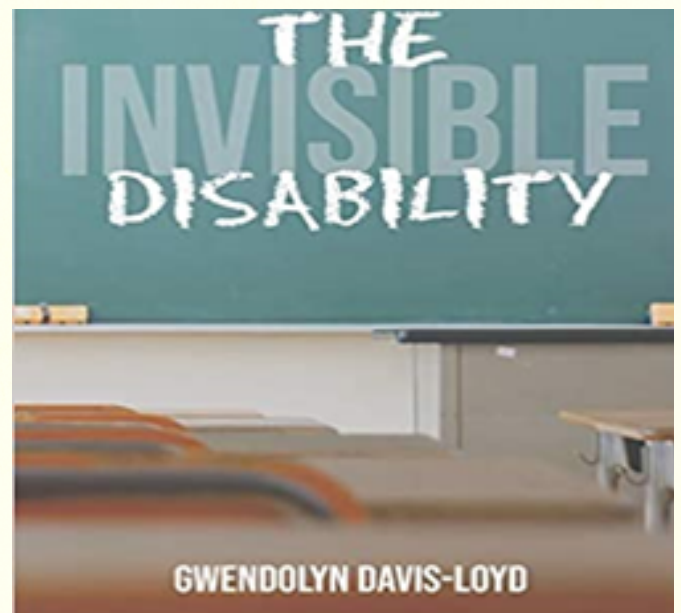


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