

NAB INDIA, CENTRE FOR BLIND WOMEN & DISABILITY STUDIES

ANNUAL CUM PROGRESS REPORT (2017-2018)



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A. BACKGROUND

1. Genesis

NAB India Centre as a Unit of NAB India, Mumbai was established in 2002 pursuant to an extensive study on the STATUS OF BLIND WOMEN IN INDIA. (www.nabcentreforwomen.org). It was set up as a training centre with residential facility for visually impaired women.

2. Vision and Mission

The NAB INDIA CENTRE FOR BLIND WOMEN DISABILITY STUDIES seeks to improve the lot of the visually impaired women, particularly in rural areas by providing them mobility training, life skills, education, employable skills and guidance and support in order to make them self- reliant. The Centre helps the visually impaired women to get rehabilitated in gainful careers and lead wholesome, fulfilling and dignified lives.

The Centre provides career guidance programs, contemporary livelihood trainings, life skills, personality development programs for adult blind women and also undertakes disability studies and researches.

3. Areas of Expertise:

- The Centre has been providing expertise to the Skill Set Council for Persons with Disabilities (PWDs), Government of India, as a member of its Governing Council in structuring the course curriculum for livelihood trainings of visually impaired candidates as per the Skill Set Councils' norms across various industries.
- The Centre is well known for its work in researches and disability studies, diversity & inclusion matters and creating new employment opportunities for the Blind in various sectors.
- The Centre was an Implementation, Training and Monitoring agency for the Ministry of Information Technology, Government of India, to train around 200 trainers and around 8,500 students with different disabilities (visual impairment, hearing impairment, mental retardation and orthopedically challenged) in computer skills in 100 schools located in remote and rural, semi -urban and urban areas across the country.
- Job mapping Studies were undertaken by the Centre in partnership with American India Foundation Trust in various industries, that is, Hospitality, Beauty Culture, Food Processing and Electricals and several others for assessing and enhancing employment opportunities for the disabled in India.
- The Centre had conducted a nation- wide study on the `Nature & Scope of Services for Visually Impaired in India' for the National Institute of Visually Handicapped (NIVH), Government of India in the past.
- The Centre has been associated with Japan and Germany based international organizations as a Coordinator and Implementation Partner respectively to replicate their livelihood models for the visually impaired in India. The Japanese Medical Manual Therapy (JMMT) seeks to cure life-style related medical conditions through pressure techniques. The association with Bayer organization of Germany is for training visually impaired women in Breast Cancer Detection.

4. Success Achieved:

The Centre has trained and supported over 1000 blind women during its existence. The Centre can boast of umpteen success stories where blind women have broken glass –ceilings and ventured into hitherto unchartered territories. A large number of our women have not only become financially independent but are also giving financial support to their families. One of the blind women has become a Chartered Accountant. Several others have got employment in Banks on clerical as well as officer level posts. A few women have got executive level posts in PSUs and another have been inducted as officers in international organizations, namely, American India Foundation and Plan India. A good number of blind women are working as Computers Teachers, Receptionists at the Front Desks and in packaging department of export houses. Some are also setting up their small self- enterprises.

B. ACTIVITIES UNDERTAKEN

1. Livelihood Trainings for Visually Impaired:



Photos:
Computer, Handicraft, Massage, Reception-Handling & Breast Cancer Detection, Cooking & Detergent-Making Trainings

TOTAL TRAINED DURING THE YEAR-69

Livelihood and life support trainings	Computer Training (ITES)	Handicraft Training	Massage Training	Reception Handling Training	Breast Cancer Detection Training
Braille Literacy Trust	Blind Women & Men	Blind Women & Men	Blind Women & Men	Blind Women & Men	Blind Women
Orientation & Mobility	Blind Women & Men	Blind Women & Men	Blind Women & Men	Blind Women & Men	Blind Women
Home Management	Blind Women & Men	Blind Women & Men	Blind Women & Men	Blind Women & Men	Blind Women
Communication skills & personality Development	Blind Women & Men	Blind Women & Men	Blind Women & Men	Blind Women & Men	Blind Women

Training Outcome					
Joined Higher Education	40% trained gone for higher education 30% trained gone for employments 15% trained joined advanced level courses 10% trained are settled with marriages and, 5% are drop outs				
Joined Advanced level courses					
Paid Internships					
Placements					
In the process of starting self employment ventures					
Preparing for competitive exams					

* blind girls who were trained in Breast Cancer Detection are doing internship in the prestigious Medanta Hospital in Gurgaon.

2. Workshops for Capacity Building for Visually Impaired

1. Higher Education Related Workshops:

- a. **Workshop on Online Sources of Books** : in association with 'Bookshare' to create awareness amongst VI candidates about the availability of online sources of books.
- b. **Career Counselling for Higher Education:** Ex- beneficiaries of the Centre studying in Delhi University were invited to have sessions with the blind girls on various subjects of study and their future scope, facilities for VI in Delhi University, concept of equal opportunity, Braille library and NSS for volunteers etc.

2 . Employment /Self- Employment Related Workshops:

- a. **Workshop on Tourism & Hospitality** was held in association with 'Open Mind Travel' company to create awareness about the scope of work in Tourism & Hospitality.
- b. **Career counseling on Self- employment as a means of Livelihood (July 16, 2017):** Around 8 VI boys and girls were given career counseling in areas of self-employment for livelihood.
- c. **Building Selling Skills through exhibitions for Handicraft Products:** The trainees were exposed to selling and marketing skills as they held various exhibitions of Diwali and Christmas products & earned stipend at PayU Money, India Habitat Centre, ITC Maurya Hotel, IDP Education Pvt Ltd. And ITC Sheraton.
- d. **Savoury Snacks making training as a means of Self -Employment opportunity:** A training in Mathri Making was conducted for 5 blind students and 2 staff members
- e. **Soap and Detergent- Making Workshops**
Three workshops were conducted where 9 boys and 3 girls were trained in Soap and Detergent- making to enable them to start self- enterprises at their native places.

3. Health & Hygiene related Workshops:

- a. **Workshop on Balanced Diet** in association with Herbal life India organization covered topics like healthy life style and importance of balanced diet and exercise.
- b. **Workshop on Personal Hygiene** covered topics on personal hygiene, products to be used for maintaining hygiene.
- c. **Workshop on Importance & Uses of Under Garments:** This workshop was organized to inculcate the habit of wearing under garments amongst the VI girl trainees coming from rural areas of the country having no knowledge about the concept.
- d. **Bathroom Cleanliness Workshop** Around 30 blind students were taught with practical demonstrations how to maintain a germs- free dry bathroom for better health. They got to

learn about the various sanitizers and other products that are available in the market for cleaning like fresheners, cleaning liquids, wipers etc.

4. Personal Grooming Related Workshops:

- a. Workshops on Make- up, Accessories and Bags:** The blind students were apprised of the uses of different products for make -up, the kind of make- up required for different occasions, various kind of accessories and bags available etc. Practical sessions were also held for the students.
- b. Workshop on Table Etiquettes** covered introduction to table manners, uses of different kind of cutlery on the table, practical usage of the cutlery, mannerisms of eating, hygienic habits etc.
- c. Workshop on Dress- Sense:** Around 25 VI girls were taught about the different fabrics and textures of clothing, how to dress appropriately for different occasions etc.
- d. Color- Concept Workshop:** Around 30 students participated in the workshop and understood the basics of colors with blind friendly explanations by the grooming experts.



(Photos: Make up workshop)



Table manners workshops)

5. Communication Skills related Workshops:

- a. Workshops on Communication Skills and Public Speaking:** Blind girls were exposed to the various concepts of communication skills viz, definition, importance and constituents of good communication skills by a corporate trainer in various sessions. The blind youth gained clarity in diction, skill to present ideas and thoughts with confidence in front of an audience by overcoming stage fright and to express themselves effectively through practical training.

3. Exposure events:

- a. Tactile Art Exhibitions:** Girls experienced a tactile art exhibition at Delhi Art Gallery, Hauz Khas Village and at India Habitat Centre, Delhi.

b. Screening of Audio Described Movie `Dangal` : Blind girls attended the screening of `Dangal- an audio version of the movie at Siri Fort Auditorium as a part of `Accessible Cinema` event.

c. Music Relaxation Workshop: VI girls participated in a musical relaxation workshop conducted by the organization `Audio Ashram` for stress management and better clarity and control of the mind.

d. Celebration of `Louis Braille Day` A Braille reading & writing competition was conducted for the students on 4th January 2018.

e. Self Defence students and 4 staff members attended the workshop conducted by `Gilli Mitti` organization at the Centre. The students learnt self protection techniques and the hit and defence mechanics involved. The girls also learnt `Taekwondo techniques through various workshops.



Photos: Tactile Art exhibition, Braille Competition, Self Defence (Taekwondo) & Adventure Outings

4. Annual Festival 'Ujjwala' – a Cultural and Sports Event for Blind Youth

- **Competitive Events:** Chess, Theatre extempore, Singing, Instrumental Music, Radio Tarka, Dance, One minute stage games & awards for best performance in higher education and employment for visually impaired
- **Participation:** Around 250 visually impaired boys and girls from Delhi-NCR participated, competed and won prizes and had a fun filled day with excitement, encouragement and socializing.
- **Volunteers Support:** Around 50 volunteers from St. Paul's School and IIT, Delhi helped in organizing this day long event



Chess Competition



Singing Competition

5. Job Mapping Studies

In order to explore more employment opportunities for the blind, job mapping studies were undertaken at: Tiffin Kakoo Outlet, Anand Charitable Trust, Lemon tree hotel and Gabriel India Ltd

6. Annual celebration- `Shram day by Expedia: On 8th September 2017, NAB India Centre organized a sensitization activity with Expedia in which around 25 employees of Expedia, 12 staff members of the centre and 30 students participated. The objective of the event was to make Vi students aware of the metro ride end to end and making employees of Expedia about the field of visual impairment. . The Exposure visit helped them understand the details while riding a metro, like buying the token, entering the gates etc. After reaching central secretariat the volunteers assisted them in the gallery where various information related the metro were displayed.

7. JMMT Workshop at Expedia: In order to promote the therapy by the blind to heal life style related conditions, a demonstrative workshop was held at `Expedia-an

C. Future Plans:

NAB India Centre has already commenced training of the next batch of trainees for the Discovering Hands Project for breast cancer detection. Other trainings are also proceeding on course and will continue in the future.

The Centre has been registered as a Training Partner with NSDC. We are now in the process of getting approvals for two specific trainings, that is, Call Centre Executive and Assistant Spa Therapist. We shall, thereafter, conduct these vocational trainings for the visually impaired.

The Centre plans to establish and strengthen the outreach programmes so that persons with visual impairment and other disabilities in rural areas do not have to migrate to learn skills which can provide them livelihood. Skill building trainings will be conducted at their native place in fields which provide them with livelihood options in their natural habitat. The Centre will collaborate with rural development organizations, micro- credit institutes and other skill- building NGOs already working the in rural areas in order for mobilization, training, placement/self- employment etc. for persons-with- disabilities (PsWD) in rural belts.

Job- mapping exercises will continue in order to find new avenues of employment for the blind. Research studies will be undertaken to collect and collate data which helps in devising programs, proposing policies and adopting measures for benefitting the visually impaired persons.

The Centre will seek to create awareness about the capacity and capabilities of the blind for performing productive tasks will be undertaken through social media, print- media, workshops and live demonstrations at various platforms.

All necessary steps will be taken to ensure that the Centre functions in a socially responsible and environmental- friendly manner.

C. SUCCESS STORIES

a. Rajni:

a.

Rajni belongs to a poor family of Delhi. Father is medically sick and mother is a house wife. 1 elder brother passed away recently who was the main bread earner. Another younger brother is also blind.

Rajni lost her eye sight at the age of 10. Family tried many places for treatment for 4-5 years but all went in vain. Due to non awareness about any blind schools/institutes, Rajni was confined in her home for around 15-16 years.

With the help of a family friend, she managed to get admission at NAB India Centre. She was low on confidence, scared to face people due to low self esteem and without any skills or education.

After a lot of counseling and trauma management through theatrical exercises, meditation techniques, she started feeling comfortable. She was put to receive training in **Bakery & Food retail** along with other life skills like mobility and Braille.

After intensive hard work, Rajni started showing positive results. With the passage of time, she came out as a bright girl who would be open to learn, fearless and happy. She exhibited deep interest in kitchen management.

Presently, Rajni is working as a part time kitchen assistant within the centre with full dedication, sincerity, punctuality and discipline. Confident and happy Rajni commutes independently in Delhi, shops for herself and family and open to add new wings to her life.

b. Ritu Chandna:

b.

Ritu belongs to Hisar, Haryana and is blind by birth. Her father left the family many years ago. Her mother is a house maker and one younger brother has a private job with monthly income of around Rs. 7, 000.

Ritu has been supported with Scholarship to pursue graduation from Delhi University by NAB India Centre from 2014 to 2017. After graduation, Ritu expressed the desire to be independent in life and to earn for herself and the family. She was able to manage to take admission in `Customer Relationship Management at NAB India Centre.

During the 3 months of intensive training, she developed good communication skills, client handling and learnt computer technology to perform the daily tasks for customer relationship management.

Due to effective and clear communication skills, she has been able to enroll herself in the process of an interview with a Gurugram based call centre with centre's support. Shortlisting has been done and she is likely to join the call centre on an estimated salary of around Rs. 11, 000 per month from February 2017.



Rajni



Ritu Chandna



Ladli Bano

c. Ladli Bano

Ladli belongs to Uttar Pradesh and lost eye sight at the age of 8 years. Her father is a marginal shop keeper back in village and mother is a house wife. She recently lost 1 brother due to heart attack. Other 3 siblings, younger to her, are studying back in home town. Financial survival has been a challenge for the family through out.

After getting blind, Ladli had to sit at home for long years due to non awareness about things that one can do after blindness. She was in depression for some years. Family was supportive but over protective.

IN 2016, on her visit to AIIMS regarding her eye treatment, she met a lady who has been a volunteer at NAB India Centre. Through her, for the first time, she got to know about the rehab part and livelihood trainings run by the centre.

She managed to take admission in `Handicraft & Packaging training at the centre defying the apprehensions of her family and relatives to send her alone to a big city due to safety concerns of a girl child

Due to her brilliant manual dexterity and clarity in thought, she manage to learn to make various handicrafts such as paper bags, jewellery, candles and also trained herself on the skill of packaging.

Ladli Says `After this training, I am able to produce handicrafts and contribute towards production too and earn stipend.

Handicraft training has taught her to earn for herself even if she is sitting at home. She is independent in doing basic calculations and managing her finances now. She wants to work in an export house and want to start this activity of livelihood trainings for other pwds in her village in the long run.

