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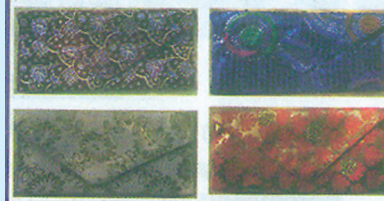
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FODDER

Newsletter of Family of Disabled

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Tribute by Usha Chaujer

The Joy of Quadriplegia

-Rajinder Johar



Dr. Rajinder Johar

19th January 1948- 1st February 2018

Sound mental and physical health is nature's most precious gift to the mankind. Its loss, temporary or permanent, may affect an individual, making him partially or completely dependent in performing his activities of daily living(ADL), such as eating, drinking, talking, personal hygiene, walking and so on. Certain gadgets may also have to be prescribed to make these tasks easy.

There are numerous diseases/ condition, which may lead to absence or impaired functioning of any of the body segments. Here, I shall confine myself to quadriplegia. Injury, disease or any pathology of spinal cord in the cervical (neck) region that interferes with its functioning results in quadriplegia. In complete lesion, the paralysis affects all the four limbs accompanied with sensory loss. Control over bowel and bladder is also lost. The person forever leads a wheelchair or bedridden life. The only remedy known is rehabilitation through various modalities of physical medicine. Considering the complications associated with quadriplegia, it has gained notoriety as a disastrous tragedy to strike.

Over sixteen years ago, in an accident, I sustained an injury to my cervical spine resulting in complete paralysis below chest level and also of both hands. Shock, depression, grief, agony, misery, frustration and anxiety in addition to physical symptoms, which a patient with quadriplegia normally encounters were more pronounced in my case. The reason was my being cognizant of the poor recovery of people with spinal cord injuries. This was in my

capacity as incharge of the occupational therapy department at King George's Medical College, Lucknow, where I was engaged in rehabilitating a multitude of physically incapacitated people.

It took me five long years to realize the worthlessness of a negative attitude that had enveloped me. Eventually when I was able to pull myself out of this web, to my pleasant surprise I found that a few of my defunct faculties could still be advantageous to me. I agree with Richard Bach's view, "There is no blessing that cannot become a disaster, and there is no disaster that cannot become a blessing." And when I tried to locate the blessing in the disaster (quadriplegia), astonishingly, I found not one but many!

Overnight, I became the focus of everybody's extra attention, care and comfort. My smallest need and demand was immediately met, like that of some Nawab or an Infant. The best part was, no one had any expectations from me – a rarity otherwise.

Like Rai Sahibs and Khan Bahadurs were the titles conferred in the days of Raj, society has now bestowed upon me a new title 'quadriplegia'. Though it may be wrong ethically and morally but we Indians somehow prefer to address a disabled person by the disability she/he has.

I've been able to cultivate a new set of friends and well-wishers comprising non-disabled and disabled people. This group enables me to discuss the common needs, solution of the problems faced by 'differently able' people.

Doctors exhibiting their calculative skills issued me a certificate showing hundred percent disability. Citing this as a cent percent performance, I motivate my children to secure full marks in their studies, like their father, who has achieved perfection in disability.

I feel proud to be serving the national cause of a 'small family', i.e. Family of Disabled Acquiring quadriplegia at 37, brought an unceremonious and abrupt end to my sex life, thereby restricting my family to two children and mind you, that too without any surgery, pill or device.

My spouse and I have swapped roles. As she is a working woman, I have taken over the homemaker's job. She runs outdoor errands while I look after the children, guests, servant, pets and other domestic chores. My sexual identity appears to have changed without a surgeon's help.

Quadriplegia has enabled me to join that privileged class whose welfare is always on the mind of everyone in society, right from the Prime Minister (he gives away Awards on Dec 3, The World Disabled Day) to the peon. When everybody seems to be so concerned about disabled people there is no reason why they should be dubbed as underprivileged. While attending public functions as a participant/guest, have observed that the usual protocol is waived off, just for me. As the chief guest and his entourage have to step down the dais to my stretcher-trolley, all customs are put aside. When norms are deviated, exclusiveness gets extra defined. While going out to a movie / play or social gathering I need not bother to locate a

This issue of the FODder is dedicated to the loving memory of our dear founder - Dr. Rajinder Johar

vacant seat. I carry my furniture with me. Before coming on to the trolley I spent a few months in a wheelchair, which encourage my friends to call me a chairperson for all occasions and seasons. The credit of course goes to quadriplegia.

Perhaps my professional knowledge and experience with the patients of quadriplegia and its complications made me a difficult patient who took unusually long period of five years to get rid of the negative feelings associated with quadriplegia. But it was again my profession and qualification as an occupational therapist which eventually helped me getting over the negativity of the situation I had lead myself into. Thinking in retrospection while working in K.G's Medical College, Lucknow, helping patients with spinal injury, advising them to face the eventuality with courage and determination, I gave the same advise and therapy to myself as an occupational therapist. Though labelled by doctors as hundred percent disbled person I thought of giving a trial to the intact faculties left with me. It was time to extract the best out of the worst. I decided to do something in the field of disability, for which I was trained, than just lying back and doing nothing at all. Thus Family of Disabled (FOD) was born in March 1991. Perhaps it is the first organisation in the country working for the people with disabilities established by an occupational therapist.

My personal needs have dwindled immensely. Wardrobe, shoes, toiletries, cosmetics, and transport expenses, you name it and I need them no more. Hence, no necessity for economy drives.

Mosquito/ insect bites, cuts and bruises do not scare me – thanks to the absence of sensation of touch, pain and temperature associated with quadriplegia. Pressure sores and any ailment of the abdominal viscera goes unnoticed by me but may cause concern to my doctors.

Continuous non-usage of muscles dispossessed me of my treasured musculature and has left not

much flesh between my skin and bones which has made my bony contours markedly prominent, thus converting me into an ideal specimen for medical student to study surface anatomy. Fresh medical graduates too can hone their skills, knowledge and art of therapy through the multi-dimensional scope my body offers. In addition, affliction of various systems like neuromuscular, urinary, respiratory, skin and skeletal in one single individual offer ample scope to different specialists to practice under one roof.

When employed, I had been responsible in raising the country's largest occupational therapy department at KGMC, yet my bosses preferred to be indifferent to my sincere and disciplined endeavours. Now that I am totally dependent on others, my smallest accomplishment is noticed, appreciated and recognized. The point is that after acquiring quadriplegia, even my little achievement gets observed. A few 'Awards' have also come my way.

Being home bound and bedridden has made me available to others round the clock. Friends, relatives, neighbours and acquaintances take it as their right to phone or walk in whenever they like, to narrate and off-load their grievances, woes and seldom their joys. When the catharsis is complete they are relieved. Thus, quadriplegia has made me accessible all the time to all people for their emotional sustenance.

I have taken upon myself to introduce to my lay visitors the various aspects of quadriplegia like its aetiology, symptomology, treatment, management, complications and prognosis. By the time they leave, they are aware of what quadriplegia/c is.

Like any pretty woman, I too get abundant side glances from every possible angle when taken out in a trolley-stretcher(my present mode of movement). Being the center of attraction, I thoroughly enjoy the curious but impersonal reaction of the onlookers. One of the biggest

advantage has been that now young ladies feel absolutely safe in my company. They consider me the most harmless creature!

The above findings are entirely my own and cannot be generalized. No two persons suffering from the same condition react in a similar way. The ill effects of quadriplegia cannot be minimized. The damaged incurred is invariably irreversible and mostly leaves the patient tremendously shattered. All rehabilitation procedures would be futile if the incumbent fails to involve himself and participate actively, to fight the disability. Brooding, cursing and weeping leads to self-pity, which certainly signals doom. Realizing the nature of paralysis where done cannot be undone, the only course left is to salvage the best out of the worst. The optimum use of the remaining faculties would result in a more productive and enjoyable life. It not only helps the incumbent but also the people around.

Today, I feel satisfied to be able, to whatever extent I am capable of, to coordinate the activities of Family of Disabled. I think my schooling at St. Joseph's Academy, Dehradun, my professional training at Physio-Occupational Therapy Institute (Now IPH), New Delhi and over seventeen years of clinical and professional experience as an occupational therapist at the country's biggest Medical College, KGMC Lucknow, enabled and equipped me to fight my disability and also to manage the affairs of a registered voluntary organisation with the help of so many like minded people.

What matters is how you live your life- fighting disability bravely or surrendering to it meekly? Society would do a great service if it starts looking at the strengths a disabled person has, than at his/her weakness.

-The above well received write-up by our founder has been reproduced here to throw some light on the life and perspectives of Dr. Rajinder Johar

Johar Ji was an inspiration, his pull was so strong that my family at home and my family at Compare Infobase Limited learned how to empathize without any indication of sympathy. We also learned how significant it is to empower people to empower themselves. Johar Sir pioneered Apna Rozgar for those with physical disabilities, thousands of families started earning through this initiative. Family of Disabled (FOD) started micro-financing and nurturing entrepreneurs before any of those two terms became stylish. His initiative of an art exhibition, year after year, brought hundreds of artists with disabilities to mainstream art fraternity. The exhibition focused on abilities and was aptly named Beyond Limits. Rajinder Johar Sir, you made this world a better place for tens of thousands of people. You will be missed. Preeti Johar – You were Sir's eyes, ears, face and walking machine for the world, here onward you are also his vision for this world. Do well. Pankaj Johar - Your work took him to masses and classes both. Masses benefited by awareness and classes by contributing generously to his vision

- Simarprit Singh

My heartfelt condolences to you and your family, Preeti. My prayers are with you. My salutes to your father! He was a person who taught us how to live. May his soul rest in peace

- Aruna Rao

Life will never be the same again. But I am sure that following your father's courageous example, you will pick up where he left

- Kumud Mohan

What a wonderful man, what a wonderful journey – **Shalini Khanna**

So sorry to hear the tragic loss of a leader and stalwart.

Sir was far ahead of his time

- Major DP Singh

You grow up the day you have your first real laugh – at yourself. – Ethel Barrymore

My tribute to Shri Rajinder Johar

- Damyanti Tambay



I met him just once in our long association of over two decades. But even before meeting him, I had developed a

lot of respect and admiration for him. My association with him, indirect in the beginning, started when many years ago, I read about him in Times of India. It was about the good work he was doing with the help of his daughter, Preeti, and how they had started an organization called 'Family of Disabled' (FOD) in 1992. I was doubly moved to see his picture – in bed, none of the limbs working. But what was written about him and his great work and help to society was a strong indication that even in that condition, with his sharp brain and compassionate heart, he was out to move mountains. And that is what he did for decades.

After reading the article I did what most of the thoughtless people like me would do. I sent a donation of some meagre amount, talked about the great man to everyone I met and convinced myself that I had done my bit. Somewhere in my heart there was a desire—I wanted to talk and hear this person, the strength or weakness in his voice, to gauge his determination and interact with a unique personality who launched something as big and impossible as FOD in the condition that he was.

We exchanged only a few sentences of pleasantries. I wished him luck, my support (how and in what form I did not know) and in my heart prayed that let God give him strength to pursue his dreams (for dreams can be unreal and all of us are unknowingly prepared for dreams to remain unfulfilled without hurting us too much).

As years passed by, I got information of the wonderful work that had begun at FOD, the number of people happily associated to help, the variety of work FOD was doing to help the marginalized and disabled people. The backbone of all this was a person whose backbone had been hit in a freak accident at Lucknow in 1986. He was only 37 then; with two children son 7 and daughter 3; despite the demands at home, his wife had no choice but to become the sole bread earner after the accident. He lay in bed, most of the time, far away from where the activity was going on, in his name. But his friends and family could always sense his presence amongst them. He was the engine and there were many bogies behind him, starting with his young, affable daughter, Preeti.

Every time I called him on phone, I did not have to introduce myself. He recognized my voice and we chatted as if we were face to face. I admired his grit and determination and always knew that I know no other person like him. I felt a strange affection and protectiveness towards him and wished that no harm should ever touch him. I wanted to help him in many ways but could only do so in my prayers and an annual contribution of some negligible amount.

He was in Delhi too, but the city being so vast and with my full-time job, it did not allow me time to visit and know him a little more. In fact, what I knew of him led me to believe that God sent him as his own messiah. I remember when I met him that he had the typical calmness, a hint of smile, a rock-like determination, an impatience that no amount of time is enough and the realization that others need to be helped because he knew how difficult life can be for a disabled person.

IIM honoured him with the LakshmiPat Singhania Leadership Award, which was presented by the President of India. Besides this, he received innumerable awards including those from the President and the Vice President of India. Both, President Pranab Mukherji and Vice President Hamid Ansari broke all

protocols and came down the dais to honour Shri Rajinder Johar, who could not walk up to the dais to receive his award; he received it lying on his stretcher at the bottom of the dais. Shri Pranab Mukherjee continues to contribute to FOD.

We very often hear people sermonizing about 'positive thinking'. Easier said than done. But I met the person who was a true embodiment of positivity. All those who followed his life through press, TV and otherwise, knew the body of work he had done. His mind was an ever-expanding web of ideas and he matched his deeds to those ideas. A person who despite his immense physical limitations did not get deterred by the odds but did a yeoman service to the disabled community of which he himself was a victim.

The second time I saw him was in the ICU of Spinal Injury Hospital in South Delhi, on a bed and nearly oblivious to the world. He, for the first time, did not answer my questions nor respond to my presence. Though he lay motionless, yet I believed and hoped that he would never leave the world.

Despite all possible care and treatment that the family arranged for him, he never recovered from his extremely debilitating illness. After a few months he slipped into a coma and a week later he passed away.

As if the answer was 'all who come must go and the world goes on'. He must have enough faith in his daughter and the family to carry on the legacy. He managed to leave things in capable hands and we all hope that the FOD will continue his good work.

I, for one, have lost a brother and would always pray for him.

May the good work of FOD continue forever!

-The author, former director- Sports, Jawaharlal Nehru University and wife of Wg. Cd VV Tambay, War Hero 1971 is an ardent admirer of Dr Rajinder Johar and FOD

Deeply deeply saddened by this news, it is heartbreaking. May the departed Soul rest in the abode of eternal peace. Our pillar of life, hope, positivity, sacrifice, faith, indomitable spirit, unconditional love, this is what Dr. Johar was for all of us - our connect to the Divine. He loved his life and lived it so divinely that though he may have left us physically, he shall always remain endorsed in our hearts, forever showing us the true path of service and love for humanity. May Lord give strength to the family and all of us to bear this irreparable loss. May his legacy continue

- Dr Preeti Pant

It is really a great great loss to all of us. Everyone was so inspired by his so strong will and determination. He must have attained Moksha

- Shikha Sehgal

Deeply aggrieved to learn about the sad demise of a great human being. A noble soul who lived a fuller life despite all odds - **Ashok Sharma**

He was a true fighter and his dedication for humankind despite of several life challenges will be remembered for several generations

- Navin Nayan Deep

The Tough Guy

-Anjali Arora



A personality who etched his name on the hearts of many; who touched many lives, and changed many minds; Sh. Rajinder Johar departed from this world on Feb 1, 2018. His departure is a loss not only for his family or to FOD; but also to many, who will read and hear about him from others; none of whom can describe him fully.


It was a privilege for me to know and observe a person like him. My first interaction with Sh. Rajinder Johar, founder of FOD dates back to early 90s; my early phase of coping with vision loss. Our connection continued since then. Initially unaware about his severe disability which I hesitantly enquired on phone interaction; I was left in disbelief. How could anybody be so hopeful, positive, energetic, and lively when

everything around appeared to be unfair? Curious as I was, I shifted my attention from my disability to his. Rarely did he talk about his disability and limitations. This was my first observation about him and this observation remained unchanged for all the years thereafter. Throughout his life, he continued to listen to other's pain of how disability affected their lives. Having reconciled and overcome his disability, he inspired and encouraged those who were dejected. From self-empowerment to empowering others was the mission of his life!

Never brooding about incapacitated functionality to do even the bare minimum, he wittingly referred himself to be a king who was fed, nursed and taken care of. His confinement to bed did not limit him, his life or state of mind. He mastered and won over the limitations of his body, mind and emotions; something only achievable by elevated souls - the saints. Rajinder Johar was a soldier and a captain in action. He often said, "Everything above my neck is functional, and that's what I use to the maximum". His life inspired everyone to fully utilize the faculties and resources that we are blessed to have. It is beyond imagination how he could do what he did. He created, nurtured and grew Family of Disabled, which continues to provide family-like support to people with disabilities.

Under his leadership, FOD expanded to impact many lives. Creating innovative solutions was his basic temperament, which resonated in his projects, counselings and writings. Not being any lesser than a CEO, his leadership, managerial skills and resource generation is a special achievement for anyone with his kind of disability. As in himself, so in others, particularly in persons with disabilities, he discovered and identified talent to grow and expand. Every time I offered my services and contributions, the smile on his face and voice would expand a little more. In The Voice... magazine, I had the opportunity to write legal column on the issues of persons with disabilities. No amount of writing about him can exactly portray and summarise his life. Future generations who would not have the opportunity to meet him would continue to disbelieve the unmatched courage, character and strength which Johar Sahib lived and demonstrated all his life. The life that he made and destiny he recreated was extraordinary and deserves a salute. I regret the void created by his demise. It was too early for him to go when he had so many things to do. I personally feel that it is now on our shoulders to take forward his dreams, ambitions, ideas and beliefs to as many as he wanted to reach.

-The author is the first practicing Supreme Court lawyer with visual impairment. She strongly believes in the principles of FOD laid down by its founder to improve the lives of people with disabilities.

ALL INDIA OCCUPATIONAL THERAPISTS' ASSOCIATION	
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Executive Committee 2016-2020 PRESIDENT Dr. Anil K. Srivastava 93, Lucknow, Faridabad Road, Lucknow-226 016, UP M: +91-9415405095, 97380607488 PNR: +91-0522-2350482 Email: president@aiota.org	Ref. No.: PIAK/2017-2018/599-601 Date: Feb. 3, 2018
VICE PRESIDENT Dr. Shashi Oberai 06, Ansa Villa, Plot #39, Sector 12, Vashi, Navi Mumbai 400703 M: +91-9820962641 Email: vicepresident@aiota.org	Mr. Pankaj Johar B-1/500, Janakpuri, New Delhi
HONORARY SECRETARY Dr. Satish S. Maslekar B1, Dwarika Sadan, Opposite Akashwani Kendra, Near Kapashin Hospital, Aurangabad (431005), Maharashtra, M: +91-9822344021 Email: secretary@aiota.org	Dear Pankaj/ Preeti, I am shocked to know of sad demise of your beloved father Sri Rajinder Johar on Feb. 1, 2018. Mr. Johar, I recall was recipient of the prestigious AIOTA's Professional Excellence Award during Annual National Conference of All India Occupational Therapists' Association at Patna in 1993. He was not only my first a teacher then senior at K.G.'s Medical College, Lucknow but was also an affectionate friend and colleague. I have learnt a lot from him while working with him from 1976 to 1986, till he met with a tragic accident that resulted into quadriplegia. I was fortunate to meet him in person very recently on Dec. 14 at Indian Spinal Injury Center and will never forget intense but satisfactory smile on his face after meeting me after a long time though he was not able to communicate. In spite of he being 100% disabled Mr. Johar had been a ray of hope for especially abled with his dedication and vision with his organization 'Family of Disabled' which was founded by him with blessings of Mother Teresa. He worked day & night for almost 36 years to bring a change into the lives of the challenged population and tried to ensure that are respected in their jobs and by the society. The leadership, pursuit of excellence and dedication to work for humanity of respected Sri Johar will inspire us all to work with more hard work and dedication in the fields we are in. On behalf of Members and Executives of AIOTA, I offer our condolences to the bereaved family. May Sri Rajinder Johar rest in peace.
HONORARY TREASURER Dr. Pratibha M. Vaidya O.T. School & Centre T.N. Medical College & B.N. Near Ch. Hospital OPD 21, M. Bldg, Dr. A.L. Near Road, Mumbai Central, Mumbai 400 008 M: +91-9821523404 PNR: +91-022-2882208 Email: treasurer@aiota.org	Dr. Anil K. Srivastava CC: For information to: 1. Dr. Shashi Oberai, Vice President AIOTA (Navi Mumbai) 2. Dr. Satish Maslekar, Hon. Secretary AIOTA (Aurangabad)
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Because Life Is A Gift!

-Disha Chhabra



*I fought with destiny to be alive,
But to me, each day was a God's present.
I may not have often seen the sun rise,
But I lit the lives of thousands.*

On Feb 1st 2018, the foundation of our family, Family of Disabled, left for heavenly abode. After fighting illness for 3 months and defeating disability for

more than 30 years, Rajinder Johar breathed his last. Shot at arm's length with bullets hitting his chest and spine, rendered lifeless and immobile, Rajinder Johar's life was nothing short of a miracle. For someone who had been confined to a stationary bed for years of his life to lead a mission to serve an entire disabled community is extraordinary. Under his guidance, Family of Disabled grew leaps and bounds. He was the brain behind several initiatives for the disabled people. From employment schemes to donating aids and appliances, from education to rehabilitation, Rajinder Johar always believed in empowering the disabled people, instead of merely supporting them or treating them as a burden. His mind was always thinking of what else to do, how to help people and make a difference. He went beyond his struggles, challenged his own limitations and motivated and inspired us in ways more than one.

He was joined in his dream by his family and several volunteers, who executed his vision and made the impossible possible. The Unnati center, foundation for which was laid under his guidance is now running several programs to impart employable skills to the disabled community. Rajinder Johar always had a calm and peaceful smile on his face, reflecting his satisfaction from life, despite the myriads of every day challenges he underwent.

In his life, he was an inspiration for many. He may be physically not present with us, but his spirit, his teachings and his dreams will always live. Rajinder Johar had entrusted his daughter, Preeti to carry on his legacy. As FOD starts a new chapter, a new phase with the guru no longer there, it needs many more of us to come together and give reason for the deceased soul to smile as he sees how we carry ahead his work. Let us truly be a family and continue to be a part of this 'Family of Disabled'.

As they say, the show must go on..

-The author is a corporate professional who loves to contribute to the world through her writings. She has authored three books, one of which 'Because Life Is A Gift' featured Rajinder sir's life story.

Example of true server of humanity, let's celebrate his life and not moan his absence.
God's own child - **Rana Siddiqui**

I am sure he will be starting a movement on the other side too - **Anup Tiwari**

To Dad, With Love

Editorial



So many souls come into this world and so many souls leave this world, majority of them having led a routine, regular life. Seldom do we find a soul leaving such an indelible and profound mark

on each and every life s/he touched as Dr. Rajinder Johar. I am not saying this because I happen to be his daughter though I feel I must have done something extra ordinary in my past life to have earned the good fortune of being born as one. I am saying this because I experienced firsthand the victory of his indomitable spirit over all the challenges life threw at him. I also saw awestruck people mesmerised by his charm at the only visit that they paid him. I also received innumerable messages consoling me to remain strong as alive such as his is worth celebrating and emulating rather than lamenting.

I am not the first daughter who has lost her father- although we all very well know about the father-daughter bond and how difficult it is for a daughter to bear this loss. However, what is different and difficult in my case is that he was not only my father but my teacher, my boss, my confidant, my friend, my Guru and my soul mate.

In him I found my world... I felt with him I lost it too. Without him life seemed to have lost its meaning. He was the one who taught not only me but also the world how to live a meaningful life. In fact, he lived his life in such a beautiful way and

inadvertently showed me the purpose of my life too.

In my childhood, I was oblivious to what a big achiever my dad was or how different he was from other dads. He was always home unlike other dads, with eye on each and everything happening around him. For every daughter, her father is a Hero but I learnt only later what a real Hero he actually was. He inspired many, gave hope to many more and was a Messiah for some...

He played a very pivotal role in the initial years of my school and taught me everything- all the subjects, how to tell time, how to tie my tie knot, etc. Once dad was extremely unwell and while being taken to hospital; he was painfully worried about FOD and its activities when he will be gone. He was not a biological father of the organisation. Otherwise, he nurtured FOD like his own child. When I offered that I would carry forward the mission, he asked me to prove my mettle and capabilities by joining him and letting him assess. He was a very hard task master and an extremely demanding boss to work with. I worked and trained under him for 15 years but I am yet to get my assessment report!

Whatever I am today, I owe it all to him- my capabilities, skills, will power and my learnings in life- either directly taught by him or learnt while working closely with him.

There are certain lesser known attributes to his personality. He used to narrate his neighbour's compliment on his professionalism and punctuality and I never believed him until I met that neighbour on my visit to Lucknow and she smilingly informed me, "Jab Johar Saheb ghar se nikalte the; hum apni ghadi ka time milate the!" (we used to set the time of our watches to the time Mr. Johar would leave home!). This was when dad was working at King George's Medical College as Senior Occupational Therapist.

He also told me a couple of times that he scored

85% in administration and organisation and was actually proud of his administrative skills. FOD owes it to him for having brilliant administrative systems because of his amazing organisational skills as he was a fabulous administrator. He was also a person with exceptionally high level of patience.

The more known attributes are that he loved the life he led, just as the way it was. He was no ordinary man and we all know it. Despite all the challenges he faced every day, he loved his life to the core and it showed in his ever-beaming smile.

His effervescent personality intrigued everyone. He was full of humour. Such severe disabling condition leaves a person dull and cribbing but he could crack jokes even on his disability.

With him an Era has come to an End and a new Era begins. I am yet to come to terms with a humongous loss in my life. No child, no matter what the age, is ever prepared for the loss of a parent. It is like you have lost a part of you, the void you feel is forever and nothing can fill that void. I do understand the feeling behind the words when people say don't mourn for him for his life is worth celebrating. However, the loss of such a personality, having lived your whole life with such a great being and knowing that somehow it is never going to be same again is inexplicable. He actually didn't leave me an opportunity to even mourn for the loss! The time came rather suddenly (though foreseen by him), to implement what I learnt under his able guidance and leadership. He has left behind a legacy that we are so proud to inherit and take forward. He saw a vision, which we will continue to strive to achieve. I also know that through his exemplary work he will continue to live with us forever, with his spirit guiding us forward...

"I promise you dad to make you as proud of me as I will always be, to have been born your daughter."

The Spark That Turned Into Fire: Reminiscing Time Through Pictures



Here is a test to find whether your mission on earth is finished – If you're alive it isn't. – Richard Bach

NEWSPACE

International Day of Disabled Persons: Of 12 Million Disabled Children, Only 1% Go to School
New Delhi: On International Day of Disabled Persons (December 3), the HRD ministry told schools that expenditure incurred on transport of children with disabilities would be reimbursed.



Minister of State for HRD Satyapal Singh said that the ministry has given directions in this order. Besides expenditure on transportation of disabled student, amount spent on books and uniforms will also be reimbursed.

21 KSRTC bus stations turn disabled friendly

Bengaluru: In a bid to make buses accessible to disabled passengers, KSRTC has provided foldable ramps and customised wheelchairs at major bus stations across the state. In the first phase, 21 of 77 stations across Karnataka have received ramp and wheelchairs.



Lady of Inspiration

Jakarta: Ekta Bhyan won Gold for India in Club Throw at Asian Para Games, Jakarta, 2018. She became the first female to win gold for Haryana in Para Athletics at Asian. She met with a road accident in 2003, injuring her spinal cord which resulted in paralysis of her lower body. She started playing sport in 2014 as a mode to get physically fit. But she continued studying and getting her degrees and made it through the Haryana Civil Services exam. Her notable achievements include the gold medal at Asian Para Games in 2018 in Jakarta, Gold & Bronze medal in World Para-athletics Grand Prix in 2018 in Tunisia, silver medal at the Para-athletics Grand Prix in 2016 and many others.



A DEDICATED GENIUS

- S.S Dhingra



I am not a writer or literate enough to say anything about the holy soul- Shri Rajinder Johar- who was the 'Karandhar' of Family of Disabled (FOD) being run from his residence B1/500, Janakpuri, New Delhi-110058. I had by chance, heard about him from Shri Vinay Kumar Malhotra, an icon of Bharat Vikas Parishad B Block Janakpuri. When I first met Shri Johar about 8-9 years back, I was stunned to see him in that condition lying on his bed with lower

portion of his body totally paralysed and working only by the upper part of his body.

He was working with dedication, always smiling as if totally ignorant of his physical problems. At times my eyes were moist when he started comparing my social activities with his own – mine were just 0% as compared to the vast field he was engaged.

After our first meeting I accepted him as my motivator, who used to share my views and guide me. He was always smiling, very hospitable to us whenever we visited him. Whenever our (Bharat Vikas Parishad) Branch wanted to hold a camp for the handicapped he would promptly provide to us the needy persons besides accepting our request for a bigger camp next time – mostly after a year. He was really so genius and had so many projects in his mind and proved to be a pillar to all his work force at all levels. While his workers never could disobey him, Shri Johar never delayed appreciating them for their good work.

Again I am compelled to express my heartfelt gratitude to him. Due to his such activities he was honoured by the President of India in 2013.

I remember that during the wedding of his son, though he was in bed still he was attending to each and every guest with a smiling face.

This pious soul has done many wonders. His ideas, plans and projects went with his illness of 4-5 months and his demise.

May Almighty give peace to his soul and bless us with 'Naya Janam' or 'Naya Roop'. I request Him to bless us to work with similar zeal.

-The author is a member of Bharat Vikas Parishad, Tilak Nagar branche. Mr. Johar looked upon him as a father figure.

Obituaries

In memory of our beloved Tulsi Devi



Tulsi Devi

1.1.1925 - 6.8.2018

The year gone by made FOD bear awful losses. We were still grieving the passing away of our founder when we got the dreadful news of the passing away of Mrs Tulsi Devi on 6th August 2018. After spending 72

magnificent, meaningful and memorable years with our dearest and respected Mr. R.N. Dhingra as his soulmate she passed away leaving behind a never to be filled void. Late Mr. Rajinder Johar held Mr. R.N. Dhingra in the highest esteem and considered him a father figure. Mr R.N. Dhingra's support to FOD through his trust Mata Kaushalya Devi Charitable Trust is unparalleled. According to Mr. Dhingra he could do this because of his late wife who stood like a pillar of strength behind him. She very efficiently brought up their four children (two sons and two daughters). She remained totally undemanding throughout her life and was like elixir of love to her children, grandchildren and great grandchildren.

BARI DADEE as she was fondly called by her great grand children was truly BARI (big) with large, loving and caring heart and soul

...We will miss you

New Recruitments and Interns



Divya Mathur
Manager Programmes
October 22, 2018



Akriti Rajan, Intern
XIME, Kochi, Kerala
Dec 18, 2018- Jan 10, 2019



Samedha Kapoor, Intern
Kalindi College
Dec 26, 2018-Jan 15, 2019



Anil Kumar
Field Surveyor
August 16, 2018



Radhika Sondhi, Intern
JDMC, New Delhi
June 20, 2018 - July 13, 2018

Javed Abidi 11.6.1965- 4.3.2018



National Centre for Promotion of Employment for Disabled People (NCPEDP) passed away on 4th March 2018. He was instrumental in drafting the 1995 disability Act and forcing the inclusion of missing disabilities like autism, dyslexia in the new RPwD Act 2016. Abidi successfully led several path breaking advocacy initiatives in India, including the drafting and enactment of the Disability Act of 1995 inclusion of disability as a separate category in the Census; India's ratification of CRPD in 2007, and setting up of a separate Department of Disability Affairs

Javed Abidi, a name synonymous with the voice of disability and the director of the

Som Prakash Dhupar 18.10.1932 - 16.6.2019



of Family of Disabled and imparted moral support. He was also brother-in-law of the late chief coordinator of FOD.

He was a determined person with a firm hold on his family. An extremely religious person, he was also a trustee of Swarg Ashram temple, Hari Nagar, New Delhi. He is survived by his two sons. He continues to live in our hearts.

Shri S.P. Dhupar, aged 85, died on June 16, 2018 in New Delhi. He had worked as Director Planning Commission of India and thereafter worked as consultant, Hindustan Paper Corporation. He was also a founder trustee

Free Disbursement of Assistive Gadgets



FOD organised six free disbursements of assistive gadgets drives from October 2017 to December 2018. More than hundred aid instruments were donated including wheelchairs, tricycles, sticks, clutches and many more.

Sale and Success

Unnati Centre which aims to promote employment sustainability for people with disability set up over 14 sale stalls across various locations around Delhi throughout the year. Newspaper pencils, envelopes, dresses, sweaters and different products made at the rehabilitation centre were put for sale. The stall organised at Legal Aid Camp, St. Xaviers School Rohini on 24th Feb 2018 was attended by Hon'ble Deputy Chief Minister, Mr Manish Sisodia where he praised FOD's dedicated efforts and work for people with disabilities.



Beyond Limits 2018

This year's Beyond Limits, the art-cum-sale exhibition was organised on 3rd December, 2018, the World Disability at at Aparna Art Gallery, Siri Fort. Beyond Limits is FOD's initiative to bring together India's exemplary artists with disabilities from across India. It is platform for artists who are despite being blessed with creativity find it difficult to exhibit their art due to physical, financial and communicational barriers. It was presided by the Chief Guest Ritu Sharma, Director 1 of Modern Art Gallery, Ministry of Culture and Guest of Honour, Jamuna Krishnan recipient of Sangeet Natak Academi Award and Ajeet Cour, renowned writer from Academy of Fine Arts and Literature.



Last One Year at FOD

The assistance drives that took place during the year:

S.no	Date	Venue	Sponsor
1.	1 st October 2017	Dyanand Adarsh Vidayala, Tilak Nagar	Mata Kaushalya Devi Charitable Trust New Delhi
2.	21 st January 2018	Durga Vaishno Mandir, Tilak Nagar	Promila Chand, Chandigarh Group of Friends Club, New Delhi
3.	31 st March 2018	Gurudwara Shri Guru Singh Sabha, Nanak Pura	Mata Kaushalya Devi Charitable Trust New Delhi
4.	1 st July 2018	Arya Samaj Mandir, Bhera Enclave	Promila Chand, Chandigarh, Mr HS Sawhney, Mr Anand Kumar Sharma
5.	15 th August 2018	Arya Samaj Mandir, B-2 Janakpuri	Mr Suresh Kakkar Mr Janeet Pal Singh
6.	30 th Sept 2018	Bhera Bhawan Enclave, Paschim Vihar	Gau Seva Samiti, Mr Neeraj Sareen Mrs Krishna Devi
7.	25 th Dec 2018	Arya Samaj Mandir, Tilak Nagar	Group of Friends Club, New Dlehi

S.No	Date	Venue
1.	27 th Jan-28 th Jan 2018	Select Citywalk, Saket by Rotary Club
2.	24 th Feb 2018	Legal Aid Camp, St. Xaviers School, Rohini
3.	8 th March 2018	SDM Office, Najafgargh by SDM Dr Kinny Singh
4.	14 th March 2018	Deen Dayal Upadhyaya College, Dwarka
5.	17 th March-20 th March 2018	SL Suri DAV School, Janakpuri
6.	20 th April-22 nd April 2018	Stainless Art Gallery, New Friends Colony
7.	31 st Aug- 1 st Sept 2018	BPCL, Noida
8.	13 th Oct 2018	SL Suri DAV School, Janakpuri
9.	29 th Oct -31 st Oct 2018	Blind Relief Association, Lodhi Road
10.	1 st Nov 2018	Punj Loyd, Gurugram
11.	5 th Nov 2018	Select Citywalk, Saket
12.	25 th Nov 2018	Frank Anthony Public School, Lajpat Nagar
13.	9 th Dec 2018	American Embassy School
14.	21 st Dec-23 rd Dec 2018	DAV United Festival, IGNCA

FOD Camp at Vikas Nagar



FOD organised a camp on 29th December 2018 at Vikas Nagar, Pradhan Chowk. The awareness camps provide an opportunity for people with disabilities to interact with the FOD team, get registered as beneficiaries and know more about their

rights. This year 37 people were regeistered as benefeciaries. MLA Mahinder Yadav invited FOD to organise the camp.

Students at Unnati Centre



A group 40 students from DAV SL Suri School visited Unnati on 8th October 2018. The workshop was organised for students to give them insight about

Unnati and how people with disabilities work at the rehabilitation centre .They learned cutting and pasting of newspaper pencils and the basics of tailoring unit. The students actively participated interacted with the people at Unnati and were highly motivated by the conviction of people with disabilities at the centre.

A great person, one of the best human beings that I have been privileged to know
- Vikram Dutt

His life is an inspiration to show how in face of insurmountable challenges how sheer grit and determination can show how one can still have a mission to transform lives of others. Truly a remarkable person
- Rajpal Duggal

Marriage Assistance



FOD believes in assistance in any way. In November 2018, FOD helped to arrange the nuptials of Ms Pooja. Pooja's father Ram Kumar has a locomotor disability while her mother suffers from

polio as well. Wedding of Ms Simran Kaur was also organised in November 2018, her mother has polio in both legs. In both ceremonies FOD provided aid like household utilities, finances along with help in legal documents.

Quilt Distribution



To give a little warmth in harsh winters, FOD organised three quilt distribution events on 8th Dec 2017, 12th Feb 2018 and 6th Dec 2018 at B-1 Janakpuri. Quilts and warm clothes were

distributed to over 60 people. The events were sponsored by Mrs Santosh Grover and were highly motivated by the conviction of people with disabilities at the centre.

Remembering Rajinder Johar

-Usha Chaujer



We all are aware of Rajinderji's commendable work for the well being and progress of persons with disabilities, especially those in the low socio-economic status. He

established 'Family of Disabled' (FOD) embracing all the disabled, reaching out to them as a 'father' would reach out to all the members of his family. As such, it wouldn't be inappropriate to address him as 'Father of the Disabled'!

I would like to share some of my experiences with Rajinderji, a very humane person. It was in the year 1995 after reading an article on Rajinder Joharji in the Times Of India that my husband, a retired Air Force Officer and I, a teacher; were so taken by his kind of selfless work for the wellbeing of the Disabled Persons that we decided to visit him the same day! Fortunately for us, those days, we were living not very far off from his residence cum office in Janakpuri. We walked over to his place in the evening. We were not prepared for the incredible sight that we encountered on entering his room. Here was a person very much in control of not only himself but also his environment! His persona overshadowed his disability completely! Although he was lying on his bed due to his special condition, he appeared to be conversing at our sitting level in a very matter of fact manner. Rajinderji exuded confidence and charm of a very unique kind. His welcoming 'smile' drew us to him instantly. This smile had so many variations and conveyed so much more than mere words. Since that day our evening visits to Rajinderji's place became kind of a ritual. His humorous ways of narrating anecdotes and the way he conveyed mundane things so interestingly made our visits worthwhile. We learnt a lot from him not only about the kind of work he did but also about things in general as well as latest happenings. He was a store full of knowledge. We were fortunate to have enjoyed his company as friends and spent many evenings with him sipping coffee/tea with his favorite Kachories, Pinnies, Katthi rolls etc. He appreciated the mangoes my husband would get and they would

have interesting take on choosing the right kind of delicious sweet mangoes. This showed his jest for life! His positive attitude towards living in spite of all the bodily discomfort was a lesson for us all to imbibe! I learnt not to make too much of my migraines and other bodily discomforts that cropped up from time to time. In fact I was ashamed of it and once told him so. He was amused and laughed it off!

As a teacher in the Air Force Bal Bharti School, Delhi, I volunteered to get the greeting cards made by the disabled artists of FOD, sold by the students of the Junior School. For many years the school happily took up this task. Some students, too, visited Rajinderji. At one such interaction with him a concerned girl asked him, "Sir, do you have any pain?" He smiled and said, "I am in pain all the time." All were stunned including me! It had never occurred to me that there could be so much pain as Rajinderji never referred to it or displayed it in any way! He said something like this – "The smile on my face doesn't mean my life is perfect. It means I appreciate what I have and what God has blessed me with." It was a lesson in accepting what one has and being grateful to God. By smiling he was able to face every problem crushing every fear and was able to overcome every pain. Incredible, indeed! We, the so called able bodied people, would find it impossible to aspire to this high level of endurance!

We were fortunate to attend the weddings of both his daughter and son and each time were overwhelmed to see his presence there. In spite of the discomfort and pain, the 'father' made sure he witnessed and blessed the newlyweds in person! Such was his love and fatherly affection. It has been our privilege to see him as a grandfather doting on his grand-daughters. It has been God's special grace that he could see his grandson, too. A family man at heart, Rajinderji, would be involved with family affairs and extended his advice and support wherever required diligently.

Once we shifted to Gurgaon it became increasingly difficult for us to visit him. But another visiting ritual was maintained as we had to visit our bank for pension formalities once a year in November. He would jokingly tell us not to transfer our account to Gurgaon. Many times we would be in touch through phone calls.

During one such call I inadvertently said, "Good Evening. Haal chaal kaisey hain ?" (How are you?) His prompt reply was, "Haal to sahi hai per chaal to hai hi nahi !" (I am fine but I cannot walk : chaal). I could hear the amusement and fun behind it all. This was a spontaneous comforting response to save me from feeling embarrassed. Sometime later my husband fell ill and was bedridden. During those trying days, Rajinderji's encouraging words and his life as an example gave us a lot of strength.

Rajinderji with his inherent courage, his reservoir of inspired wisdom and his intense determination was able to accomplish an 'Impossible Dream' to benefit his adopted disabled family. With untiring efforts he was able to give a meaningful shape to his mission of empowering the disabled and enriching their lives with sustainable interventions. With his mission he set out to bring about a progressive social change in the society by sensitizing the masses, inviting and involving them to be part of this much needed transformation process. His versatility, innate intelligence, open mindedness, empathetic attitude and no-nonsense approach were highly appreciated by all. In dire situations remaining composed and taking responsible actions to overcome them was part of his excellent management skill. A person with an indomitable spirit, Rajinderji did not give up easily. He was a fighter. He had overcome physical challenges many times earlier but this time God needed him up in the heaven! He had to finally leave for his heavenly abode leaving behind a legacy of achievement of a very high standard in the field of empowering the disabled, leaving his family and his adopted family and his well wishers heartbroken. May his soul rest in peace! May he bless the FOD team to carry on his mission with fortitude and faith in self and the Almighty. A few lines from Kaifi Azmi's poem to sum up the feelings of Rajinderji -----

"Ker chalein hum fida janey- tun saatthiyon, Ab tumharey hawaley FOD saatthiyon."

-The author is an educator practicing and advocating inclusive education. She has been associated with Dept of Education of Special Needs and various other organizations. Above all an ardent follower and friend of Joharji, volunteering to support and promote FOD with full faith in its programmes.

Rajinder Johar ji is not with us any more, but his spirit will continue to inspire us always
- Mona Mehta

His loss is irreplaceable to FOD. The institute saw its height multifold under his dynamic leadership. It is not easy to forget his smiling face full of enthusiasm.
From the depths of my heart, I pray to God that wherever he is in the universe, his soul should rest in peace
- Pradeep Bhatnagar

You have inspired so many people and will continue to inspire through the stories of people whose life were touched by your kindness - Aparna Dass

A true inspiration for fellow beings. A "never say die" attitude that will motivate so many lives. A noble and humble personality who gave a ray of hope to many
- Srishti Beher

He was a great soul who made a positive impact on the lives of many people especially in the Indian community of persons with disabilities - Smiti Bhatia

FAMILY OF DISABLED

A voluntary organisation committed to the cause of people with disabilities

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