



THE GANGA FOUNDATION

10 Years of Championing Quality Rehabilitation



OUR INSPIRATION

DR MARY VERGHESE

VISIONARY DOCTOR ON WHEELCHAIR

THE INCLUSION JOURNEY 2019



Dr Mary Verghese going over the plans for the Rehabilitation Institute with Dr Paul Brand and other experts.

Dedication

The Ganga Foundation Inclusion Journey 2019 – the Annual Report for the 10th Year - is dedicated to Dr Mary Verghese, the Visionary Doctor on Wheelchair.

The Ganga Foundation completed 10 Years of working in the spinal cord injury space on September 3, 2019.

Dr Mary Verghese is the pioneer who shaped Physical Medicine & Rehabilitation in India from the late 1950s, and also set up India's first specialized rehabilitation centre in Bagayam, Vellore, as an integral part of Christian Medical College (CMC), Vellore; this facility envisioned in the late 1950s was inaugurated in 1966.

Her vision and a holistic approach to develop a complete ecosystem of rehabilitation professionals are now having a transformative impact.

Dr Mary Verghese sustained a spinal cord injury in 1954 in a road accident just after she had completed her MBBS from Christian Medical College, Vellore. With guidance from Dr Paul Brand, she started working as a doctor from her wheelchair before envisioning rehabilitation in India.

“The magical part of the work by Dr Mary Verghese was that she was on a wheelchair, and so she never had to tell her patients that life is possible after a spinal cord injury, as they could see she was diagnosing, treating and also operating on her patients from the wheelchair”.

Dr Suranjan Bhattacharji
Former Director, Christian Medical College, Vellore

Dr Mary Verghese (1925 – 1986) will always be our 'Our Inspiration'.





Aagha Vendiya Paaru

Aagha Vendiya Paaru was the abiding philosophy in life for the driving force behind The Ganga Foundation, epitomising what a brave, forward-looking and smiling approach can accomplish.

Aagha Vendiya Paaru, a Tamil phrase, means 'look ahead'. It exhorts people to always focus on doing what needs to be done rather than staying a hostage to the past.

VISION

Enhancing the Quality of Life of Persons with Spinal Cord Injury in India

Spinal Cord Injury = Multiple Disabilities + No Cure + Lifelong Impact

Quality Rehabilitation is The Only Way Forward



MISSION



Ajay Jakhar had been ravaged by neck-down paralysis, multiple bedsores for almost seven years living in a remote location. In 2015, he had his bedsores fixed at Christian Medical College (CMC), Vellore except for one spot, which needed the benefit of time to heal, and was well rehabilitated. Four years down the road, he now owns a shop.

Enabling such impact underpins The Ganga Foundation.



VISION in1990



“...we must work towards restoring persons with disability to achieve their fullest and highest potential”.

Dr Suranjan Bhattacharji

Former Director, Christian Medical College (CMC), Vellore, in his visionary letter in 1990 to the Indian Institute of Management (IIM), Bangalore.

The Ganga Foundation is the vision of Dr Suranjan Bhattacharji articulated in 1990, He told Elango Thambiah and S Vaidyanathan, then students at IIM Bangalore:

“As IIM Alumni, both of you will be in positions of influence in due course. You must do your bit for persons with disability”.

The CHARPOY – *Face to the Faceless without Rehabilitation*



Kasinathan and his CHARPOY provide a face to the faceless thousands with spinal cord injury who languish without Quality Rehabilitation across India, and epitomizes their struggles in a powerful way. Kasinathan, who sustained a spinal cord injury at age 14, spent 14-plus years on The CHARPOY before moving ahead in life from mid 2017. When he shares his experience, he conveys in a way that has unparalleled impact:

- the trauma of spinal cord injury
- how this injury accentuates poverty
- the lack of awareness about the need for Quality Rehabilitation
- what Quality Rehabilitation could accomplish even 15 years after a spinal cord injury





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Chandigarh Spinal Rehab

Quality Rehabilitation Workshop

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Get Involved. Join Us.

Volunteer

Please contact Prabu 73388 00000 / Imran Khan 95030 70230

Please email team@thegangafoundation.org

Meet Us to Discuss Possibilities at the Registered Office

The Ganga Foundation
203, 18th Street, Chowdhry Nagar
Valasaravakkam
Chennai 600087
Tamil Nadu
India

Make A Financial Contribution

Beneficiary Name	The Ganga Foundation
Savings Account Number	520101039062887
IFSC Code	CORP0002085
Bank	Corporation Bank
Branch	Valasaravakkam, Chennai
The Ganga Foundation PAN	AABTT8436G

Give Your Time. Read This Report. It May Empower A Life.

The Ganga Foundation Inclusion Journey 2019

Visuals across 48 pages, INCLUSION IMPACT insights and Leadership (Pages 2 - 24) will give you an overview in 25 minutes. The complete report has 8,000 words and is a 60-minute read. Please share your feedback by email to team@thegangafoundation.org

The Ganga Foundation Legal Status

The Ganga Foundation is a Public Charitable Trust. It is registered under Section 12AA of the Income Tax Act, 1961. Contribution to The Ganga Foundation qualifies for deduction under Section 80G vide DIT (E).No.2(934) 09-10/FY-2019-20 dated 30-05-2019. The PAN of The Ganga Foundation is AABTT8436G.



INCLUSION IMPACT

Highlights 2019

Acts of Support

53,500 +

Factoid for 2009-2019 on a conservative basis

Lives Touched

7,500 +

Factoid for 2009-2019 on a conservative basis

Standing Wheelchair at Affordable Price

Standing Wheelchair was launched at an affordable price point of Rs 15,000 by Phoenix Medical Systems. The product was developed by the T T K Centre for Rehabilitation Research & Device Development (R2D2) at Indian Institute of Technology (IIT), Madras. The Ganga Foundation has been a partner in this project enabling rehabilitation expertise, networking across India and extensive user testing.



Quality Mobility Solutions, A Reality Now in India

NeoMotion is a start-up from the R2D2 Centre in IIT Madras. The company has developed world-class mobility solutions for wheelchair users at affordable price points. Comparable products from abroad are four to six times more expensive. It was gratifying to see the first wheelchair – NeoFly – roll out of the NeoMotion factory in November 2019. The Ganga Foundation is an expertise sharing and networking partner.

First Batch of Friends of IIM Bangalore

In 2019, IIM Bangalore inaugurated its first batch of Friends of IIM Bangalore, an initiative to bring together key partners and Distinguished Alumni. The work of The Ganga Foundation was recognised as S Vaidyanathan, the Co-Founder, was a part of the batch of about 25 to be felicitated on the 46th Foundation Day on October 28, 2019. We hope to live up to the faith reposed by India's premier management institution.



INCLUSION IMPACT

Highlights 2019

- 1 8,000 + acts of support provided to persons with spinal cord injury across India
- 2 2,500 lives of persons with spinal cord injury touched in 2019
- 3 10 Years of Championing Quality Rehabilitation was celebrated on September 28, 2019
- 4 Spinal India Peer Trainers Team expanded to 20 with Pan-India presence
- 5 Footprint of Peer Trainers touches 103 locations across India
- 6 Progress in high-quality mobility products after five years of work with IIT Madras
- 7 Peer trainers – Shailesh Kumar, Kumaresan, Prabakaran – criss cross India for impact
- 8 Systematic training program to spread best practices was launched in 2019
- 9 Exited Wheelchair Marathon, a pioneering initiative, due to adverse extraneous environment
- 10 Spinal India Bridge has been set up to expand the reach of training programs
- 11 Landmark year for Chandigarh Spinal Rehab, backed by expertise and partly by resources.
- 12 Leadership and team strengthened to enhance the scale of impact



Suresh Krishna, a pioneer in networking persons with spinal cord injury, inaugurated 10 Years of The Ganga Foundation



Prof G Raghuram (left) Dr Suranjan Bhattacharji, Prof Rishikesh Krishna, Dr Sara Bhattacharji at the celebration



INCLUSION IMPACT

Leap in Lifestyle

In 2019, persons with spinal cord injury who have been guided and supported by The Ganga Foundation in the past moved further ahead in life. This progress is important, as it serves as a reference for other persons with spinal cord injury to lead a meaningful life.



Karthik Manjunadhan now has a shop of his own after working as a cashier in a shop.



Kumaresan No longer the silent person he was, a High-Impact Peer Trainer who even learnt to speak Hindi fluently.



Rajeev Kumar A super-fit marathon runner, aspiring Peer Trainer and a valuable community resource



Alok Ranjan 'He will be a vegetable for life' to admission to IIM Bangalore, a lesson for doctors not to jump to conclusions



Bharathi Priya Injured when in Class 10, she has completed her engineering and aspires to study further



Amartya Sen A ramp from the first floor supported by his family and a motorised wheelchair have given him 'freedom'





INCLUSION IMPACT

FACTOIDS (2009-2019)

9,750 +

Experience Sharing - One-on-One

2,500 +

Persons guided - Rehabilitation Stage

410 +

Home Visits

4,400 +

Experience Sharing - Group Participants

36

Restoration of Acutely Damaged Lives

300+

Marathon Experience

25,000 +

Tele-Guidance to Live Well with Spinal Cord Injury (including repeat callers)

225 +

Peer Mentors across India

580 +

Mobility Aids

300 +

Enabling Livelihood



Facilitation - Quality Rehabilitation Centres

1 + 2

(Pipeline)

Works in 2019 - Spinal Cord Injury

9700-plus acts of Support

Type of Work

Total

Rehabilitation & Experience Sharing	915
Mobility, Livelihood, Education, Sports	322
Participants in Networking Meets	300
Ongoing Guidance & Knowledge Sharing	5823
Networking & Guidance in Amputee Space	1380
Support in Other Disabilities	10





INCLUSION IMPACT

What We Do

- 1 Experience Sharing**
One-on-one sharing of experiences of living well with spinal cord injury
- 2 Rehabilitation Support**
Importance, appropriate guidance, rehabilitation support, spread of best practices
- 3 Livelihood**
Education, small business, vocational training and equipment, job support
- 4 The Right Wheelchair**
Awareness on the need for using good wheelchairs, development, wheelchair distribution
- 5 Spinal India Peer Trainers**
20-member team motivating, training and guiding persons with spinal cord injury across India
- 6 Networking**
Community interaction, connect with relevant peers, follow-up, meetings
- 7 Running For Ability**
Platform for participation in marathons, a low-cost way to initiate community integration
- 8 The Spinal Foundation**
Pan-India Self-Help group for persons with spinal cord injury with peer organisations
- 9 Partnership with Rehabilitation Research & Device Development Centre, IIT Madras**
Extensive work on high quality, affordable mobility solutions and rehabilitation resources
- 10 Best Minds Summit**
Platform for strategy, planning and training, involving persons with spinal cord injury



INCLUSION IMPACT

Lifestyle

- 1 I have got into IIM Bangalore.
- 2 You do not know how much happiness was gifted in this Durga Puja.
- 3 My mother had access to timely, Quality Rehabilitation within a few days after her injury.
- 4 With the motorized wheelchair, I got my legs back.
- 5 I have a shop now.
- 6 I danced on the Independence Day celebration in my school.
- 7 I am earning after 20 years of leading a dependent life.
- 8 Nobody has ever visited me here in this almost inaccessible place.
- 9 We wish to have five Peer Trainers such as Kumaresan.
- 10 The support & connects we received in the emergency helped to save my husband's life.
- 11 I have never travelled by a train before in the 17 years after my spinal cord injury.
- 12 Access to the best rehabilitation experts helped me immensely in grappling with sitting.

The Ganga Foundation **Core Values**

- Walk The Right Path
- Collaborate
- No Comfort Zone





INCLUSION IMPACT

Thought Leadership

Since 2009, The Ganga Foundation drives focussed initiatives towards accomplishing the vision of enhancing the quality of life of persons with spinal cord injury. Each of them has shaped well, though the journey ahead is still long and arduous.



Spinal India Peer Trainers
Mentoring & Training Across India

100 WHEELS

100 WHEELS
First Edition of Book Showcasing Possibilities



Dr Mary Verghese Award
Excellence in Empowering Ability



The Spinal Foundation
Collaborative Platform of Peer Organisations & Peers



The Right Wheelchair
Transform The Health-Damaging Wheelchair Landscape in India

Spinal India Helpline

1800 425 1210

Toll Free Number
800-plus calls since 2010



INCLUSION IMPACT

Thought Leadership

Since 2009, The Ganga Foundation drives focussed initiatives towards accomplishing the vision of enhancing the quality of life of persons with spinal cord injury. Each of them has shaped well, though the journey ahead is still long and arduous.

Beyond The Ramp

Idea for Action #1



Ensure your organization is an Equal Opportunity Employer. Hire at least one person with disability every year. Diverse talent awaits opportunity.



Beyond The Ramp

Break The Barriers – A Five-Point Plan

Running For Ability

Towards Inclusive Marathons



Best Minds Summit

Strategy & Spread of Best Practices



Chandigarh Spinal Rehab

Quality Rehabilitation Plus Model



India Spinal Cord Injury Day

Awareness & Prevention Initiative

SPINAL INDIA BRIDGE

Pan-India Training Platform

A TATA Group Facility

Enabling Health, Training & Networking



INCLUSION IMPACT

Outreach

Peer Trainers sponsored by The Ganga Foundation play a full-time role in three rehabilitation centres in Bihar, Chandigarh and Odisha. They push the frontiers of rehabilitation.



Quality Rehabilitation was the theme of the Best Minds Summit 2019 with 32 persons with spinal cord injury trained in best practices in a two-day workshop.

154 home visits to meet persons with spinal cord injury provided unique insights of ground realities and needs. For many, the visits opened new doors in life.



Four community-based rehabilitation centres run by The Association of People with Disability (APD) were extensively supported by Peer Trainers with regular visits.



INCLUSION IMPACT

Expertise Sharing

The Ganga Foundation Team offers extensive expertise sharing for specific projects in rehabilitation, mobility devices and accessibility as well as facilitating networking and user testing across the country for products that could alter lifestyle.

Expertise Sharing - Empowerment

- Rehabilitation Research & Device Development, IIT Madras
- NeoMotion, IIT Madras Start-Up
- IIM Bangalore - Inclusion



Expertise Sharing - Rehabilitation

- Chandigarh Spinal Rehab
- APD, Bangalore
- Duncan Hospital, Raxaul, Bihar

Expertise Sharing - Social Space

- Sevadharma
- Polagam Foundation
- Chennai Runners



World Spinal Cord Injury Day - September 5

The concept of World Spinal Cord Injury Day was pushed aggressively by The Spinal Foundation from August 2014. The idea gathered momentum. From 2016, September 5 is marked as World Spinal Cord Injury Day. Injury prevention and awareness are the focus.

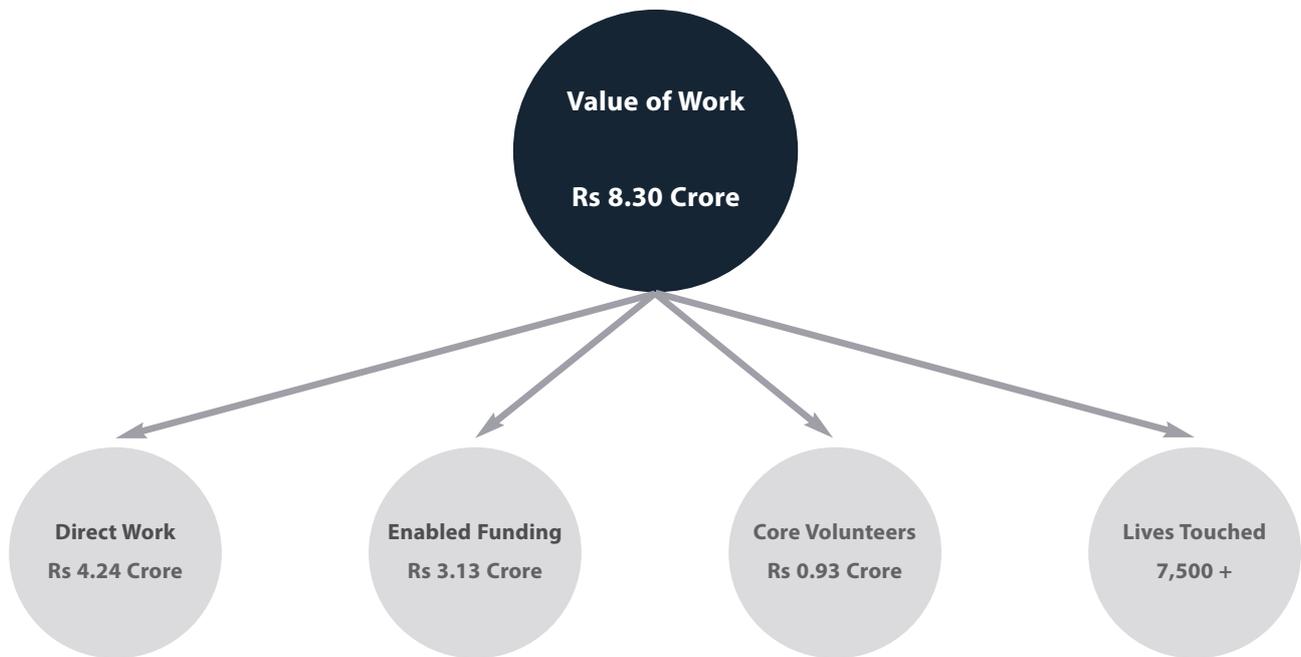




INCLUSION IMPACT

Value of Work (2009-2019)

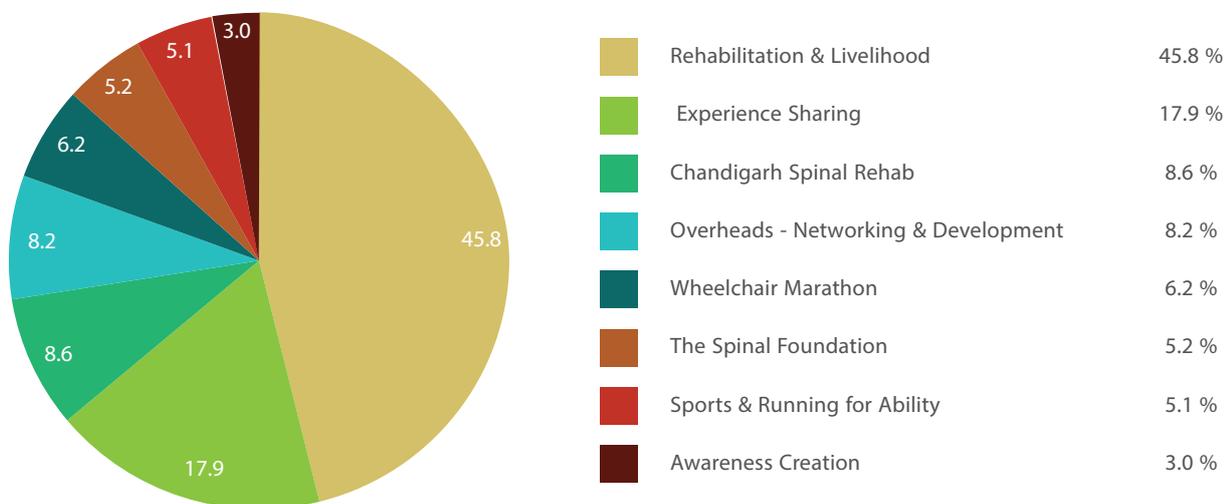
Enabling Living Well with Spinal Cord Injury is the focus of our work. Enabled funding has been arranged for good causes in the rehabilitation space, as The Ganga Foundation believes firmly in collaboration as the way to maximise impact.



In 2019, The Ganga Foundation has, on an extremely conservative basis, placed a value on the work done by core volunteers who have played near full-time roles on a pro bono basis in shaping the work. Their work is instrumental in overheads being less than 10% so far. Information presented is from 2009 to December 2019, is based on audited accounts till March 2019, and the bank statement for April-December 2019.

Direct Work

Flow of Each Rupee



INCLUSION IMPACT

Call to Action

Each of us can make a contribution to ensuring the well-being of persons with spinal cord injury. At least 90% hail from economically challenged background, and the injury aggravates financial stress. Here are a few ways to support.



Enable A World-Class Wheelchair

Rs 30,000



Support A Necessity - Wheelchair Cushion

Rs 1,500



Support A Necessity - A Mattress

Rs 5,000



Livelihood for One

Rs 20,000



Sponsor A Peer Trainer for a Year

Rs 60,000



Gift Networking & Health with a Smartphone

Rs 8,000





INCLUSION IMPACT

Team Profile

Passion, empathy, youthfulness, 'amazing energy' (as our first employee, Anumeha Srivastava puts it), imagination, positive attitude, active lifestyle, pushing beyond comfort zone, interaction, fun and style are attributes that define The Ganga Foundation team.

32

Team Members

7

Core Volunteers

22

Full-Time Paid Roles

Class II onwards

Education

20

Wheelchair Users

64%

Persons with Disability in Team

4

Persons Paralysed Neck Down

10%

Female in Team

21 – 54 years

Age Range

250 + and counting

Years with Spinal Cord Injury

8

States

0 – 30 Years

Work Experience



100 WHEELS

100 WHEELS offers a glimpse of 100 persons with spinal cord injury across India, showcasing possibilities enabled by quality rehabilitation and equal opportunity.

The 232-page visual storyboard has less than 2500 words and provides a snapshot on great lifestyles in just 20 minutes.

The first edition was published in September 2019 to mark 10 Years of The Ganga Foundation. We aspire to publish at least one new edition of 100 WHEELS every year.



One WHEEL – Giving You A Flavour of 100 WHEELS

Storyboard of Sathish from Pennathur near Vellore in Tamil Nadu. He does a variety of work to make a living that is unmatched by any person with spinal cord injury.

100 WHEELS - 23



S Sathish Kumar

24x7 at Work

Tailor; goldsmith; manufacturer of wheelchair cushions; a community worker by day; a security guard by night

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Co-Founder's Message



S.Vaidyanathan
IIM Bangalore Distinguished Alumnus Awardee

Dear Friends

Reflecting on 10 Years of The Ganga Foundation, it is sobering and shocking at how limited has been our impact as yet.

It just reflects the challenges in the spinal cord injury space.

On a conservative basis about 15,000 persons sustain a spinal cord injury in India every year and an estimated three-lakh plus live with spinal cord injury in India.

Only a maximum of 1,000 persons can receive timely, Quality Rehabilitation every year.

In the next 10 years, the landscape changes we aspire to see are:

- 1 Every person with spinal cord injury is in a India Spinal Cord Injury Registry as is the case with Canada. This will underpin the big push towards their empowerment.
- 2 Every person with spinal cord injury gets timely, Quality Rehabilitation through rehabilitation centres and rehabilitation protocols available to all to become independent persons.
- 3 Every person with spinal cord injury has access to best-in-class knowledge base on Living Well with Spinal Cord Injury in visual form and in local languages.
- 4 Every person with spinal cord injury has 24 x 7 access to Quality Guidance from peers and rehabilitation experts as the disabilities are lifelong.
- 5 Every person with spinal cord injury uses The Right Wheelchair, custom-made. Today at least 95% use wheelchairs that damage health and affect lifestyle.
- 6 A medical ecosystem (doctors and therapists) that is well aware of the consequences of spinal cord injury, bed sore management and best-in-class guidance.
- 7 An acute care system in all hospitals that is well trained in what must be done to prevent bedsores, the biggest risk, in the first month or two from the injury date.
- 8 Coverage for a three-month rehabilitation program immediately after the injury at the general ward tariff of India's oldest rehabilitation centre, which is in Vellore.
- 9 India must become an attractive career destination for the best rehabilitation professionals, reversing a devastating brain drain detrimental for persons with disabilities now.
- 10 Stamping out fake treatment practitioners who make loads of money and heap misery by offering false promises of cure, thriving on the emotional longing of injured persons on 'doing anything that will lead to a cure'.



S Vaidyanathan
Co-Founder
The Ganga Foundation





Leadership

The Ganga Foundation is blessed to have Trustees who bring a rich background and vast experience of leadership to guide and oversee the organization.

Trustees



Elango Thambiah

Alumnus, IIM Bangalore & Co-Founder, The Ganga Foundation



B G Nath

Alumnus, SPJIMR, Mumbai & Co-Founder, The Ganga Foundation



Samson Daniel

Occupational Therapist & Clinical Specialist at IIT Madras



R Sekhar

Chartered Accountant & Consultant



Suresh Krishnamurthy

Finance Professional & Head - Global Research, CRISIL





Leadership

Advisors - Strategy & Development brings together leaders in the education, corporate, disability and good cause spaces to empower The Ganga Foundation.

Advisors

Strategy & Development



Prof Rishikesh T Krishnan
IIM Bangalore
Former Director, IIM Indore



Shanti Raghavan
Founder
Enable India



Shoma Bakre
Founder - Let's Do Some
Good Foundation



Atul Shinghal
Alumnus, IIM Bangalore
CEO, Probe Information



Anuradha Narasimhan
Alumnus, IIM Bangalore
Good Causes Champion



Dr Divya Parashar
Rehabilitation Psychologist
Back 2 Fitness



Jai Mukundan
Chartered Accountant
Director - Volvo



Jaskaran Singh
Alumnus, IIM Bangalore
Analyst, Goldman Sachs





Rehabilitation Experts Board

In order to bring the best-in-class rehabilitation experts and peers who are Living Well with Spinal Cord Injury, The Ganga Foundation has put together the Rehabilitation Experts Board that will advise on the direction of work.



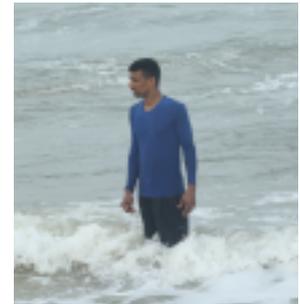
Dr Suranjan Bhattacharji
Physiatrist
Rehabilitation Leader



Dr Abhishek Sanyal
Physiatrist
Outreach & Rehabilitation



Dr G Balamurali
Spine Surgeon
Director, iSpine India



Sunil Raj
Therapy Leader
Chandigarh Spinal Rehab



Ramesh Sridharan
Physiotherapist
Beyond The Comfort Zone



Samson Daniel
Occupational Therapist
Clinical Specialist, IIT Madras



Dr Divya Parashar
Rehabilitation Psychologist
HOPE & Forward-Looking Way



Sister Backiyam
Rehabilitation Nursing Expert
Repository of Native Wisdom



Subha Venkatesan
Family & Caregiver Expert
A Peerless Role Model



Swostik Sourav Dash
Mobility Solutions Expert
Co-Founder, NeoMotion



Manoj Dawar
Peer Mentor
Gym Owner



Dr Komal Kamra
Co-Founder
The Spinal Foundation





Leadership

The Advisory Board of The Ganga Foundation brings on board persons of eminence who share their expertise and networking on a need basis regularly.

The Advisory Board



Dr Suranjan Bhattacharji
Physiatrist
Rehabilitation Leader



Dr Guru Nagarajan
Social Worker - Community
Rehabilitation Expert



Parakkal Unnikrishnan
Carnatic Musician
Goodwill Ambassador



Rasheeda Bhagat
Writer & Media Specialist
Rotary News & The Hindu



Sunil Gautam
Public Relations Expert
Founder, Pitchfork Partners



W S Ravishankar
Investment Specialist
Banyan Tree Advisors



S Ramakrishnan
Analytics, India Cricket Team
Founder, SportsMechanics



Sashank Vaibhav Allu
Alumnus, IIT Madras
Purdue University



Trustee Report



Suresh Krishnamurthy
Trustee

Dear Friends

The Ganga Foundation seeks to enhance the quality of life of persons with spinal cord injury and marked its tenth year of existence in 2019. Such milestones trigger self-introspection.

We realise while we have managed to touch scores of lives, we have barely scratched the surface. We have been limited by our ambitions and we will aim big considering the scale of the ongoing Inclusion Crisis in India, as highlighted in The Co-Founder's Message.

In 2019, The Ganga Trust became The Ganga Foundation. Beyond the name change too, the year was transformational.

We embarked onto 2019 with a view to accelerating change.

We had promised last year that the Peer Trainers Team would be expanded to 20 and I am happy to report that the promise has been fulfilled. The total strength of The Ganga Foundation as on date is 32 with 22 of them in full-time paid roles. Nearly two-third are persons with disabilities. We will seek to enhance the strength of the team as well as the roles played by them in 2020. Female members are only 10 percent of the team. We will seek to enhance the team's diversity in 2020.

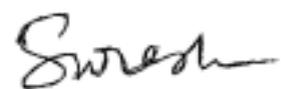
The operating expenses to spend ratio remains less than 10% over the 10 years since 2009. We continue to map the spend to quality outcomes and remain committed to measuring the impact. In The Ganga Foundation Inclusion Journey 2019, we have also anecdotally recorded several instances of how our intervention led to change. We remain committed to our efforts at creating an enabling environment for change in the spinal cord injury space.

Our initiatives such as The Spinal Foundation, Rehabilitation Experts Board, Best Minds Summit, Running for Ability and Expertise Sharing have started to bear fruit. Our strengthening relationships with the T T K Centre for Rehabilitation Research & Device Development at IIT Madras and Chandigarh Spinal Rehab are also efforts in this direction. A more ambitious initiative is the creation of a comprehensive resource base for Living Well with Spinal Cord Injury. Solid arrangements have been put in place to develop the resource.

I take this opportunity to thank the donors, The Ganga Foundation team, Trustees, members of The Advisory Board and Rehabilitation Experts Board, peers across India, volunteers and partner organisations for their contributions in 2019. We will be seeking enhanced contributions from all stakeholders in 2020 and request each of you to step up your individual acts of support.

I place on record our appreciation of the service rendered by three of the Trustees since 2009 – Amruthalakshmi Rajagopalan, S Vaidyanathan and Vidya Nath – who relinquished office in 2019 for personal reasons.

We wish you all a peaceful, diverse, inclusive and healthy 2020 !



Suresh Krishnamurthy
Trustee
The Ganga Foundation



Livelihood

Nagendra Kumar Singh lives near Raxaul in Bihar near Indo-Nepal border. He had a delayed rehabilitation and now runs a shop in his village.



Sivakumar from Nannilam near Mayiladuthurai, happily married after almost six years of being confined to home, has set up a shop that is ready to kick off in early 2020.

A ground floor home with partial government support and a motorized wheelchair have given Sreedhar Raju from Telangana wings to have a shop at home.



Annalakshmi has been a regular participant in the Chennai Marathon for five years now. This opened an avenue for her first job in more than a decade.



I am wasted to IIM Bangalore

- You know you are brilliant.
- You know you have the academic evidence to back it up.
- You are an extreme introvert and fun loving too.
- You know you are an abstract & deviant thinker; you also think excessively about almost everything.
- You know you write like a dream.
- You know you had a great chance of doing engineering in an IIT.
- You are cut down ruthlessly by a neck-level spinal cord injury.
- You see your family selling land to fund your basic immediate treatment.
- You know family income is low, especially with two siblings in school / college.
- You do not get good rehabilitation, and live with secondary complications.
- You are under pressure to abandon schooling.
- You are under pressure to join India Post as a Gramin Dak Sevak at low salary.
- You have to wage a battle to continue schooling.
- You are forced to enroll for graduation in mass communication.
- You are forced to study in a college that would not have been on your radar.
- You are confined to a first-floor home in a small town with no accessibility.
- You see Jaskaran Singh get into IIM Bangalore. You feel you could do it too.
- Your friends have moved on in life in education and in location.
- You are bogged down by health issues in the two months before CAT Exam.
- You get IIM Indore admission and there is resistance to let you join.

This is the journey of Purushottam from Muzaffarpur in Bihar. Injured at 16, he had to deal with multiple blows apart from his spinal cord injury. In the end, it was also worth it, as he gained admission to IIM Bangalore with complete support to do the course. Purushottam is a role model, on how to grapple with so much adversities and come out on top. This young man has an eye on doing work that will benefit the society at large.



Handling Cyclone Faani

Cyclone Faani is one of the more powerful cyclones to hit Odisha.

Ensuring that 35-plus persons with spinal cord injury were safe and stayed healthy amid extremely risky conditions during and in the aftermath of Cyclone Faani was a massive challenge, well handled by Kamal Kanta.

Kamal Kanta is a Peer Trainer who volunteers at the Swami Vivekanand National Institute of Rehabilitation Training & Research (SVNIRTAR) near Bhubaneswar in Odisha.

He was under extreme pressure, as he had to first get a group of 15 persons who had gone to Punjab as part of training in independent living safely by train just 15 hours before Cyclone Faani. He had no clue of what was happening to his family.

Cyclone Faani made landfall in his village, Niajpur, and he connected with his family only 60 days later but nothing deterred him from doing his very best to keep morale and life going for the persons with spinal cord injury at SVNIRTAR.



Several days after Cyclone Faani, Kamal Kanta somehow managing to move around to organise support



Kamal Kanta reached Olatpur on May 2 night. At 21 minutes on May 3, he posted this message on Facebook.



Kamal Kanta organising support at the colony where persons stay to get rehabilitation. The devastation is evident.



Cyclone Faani made landfall near Niajpur, Kamal Kanta's village where his parents and sisters live. This is their damaged home



Spinal India Peer Trainers

WHAT THEY DO

- 1 Home Visits to understand ground realities and needs
- 2 Showcase Possibilities of life with spinal cord injury
- 3 First Talk on living with spinal cord injury
- 4 Importance & facilitation of Quality Rehabilitation
- 5 Experience Sharing – stories of self and others with spinal cord injury
- 6 Teach basics of skin care, bladder & bowel management
- 7 Guidance on bedsore management, urinary tract infections
- 8 Steer persons away from fraudulent, expensive `treatments`
- 9 Awareness of need for and what is The Right Wheelchair
- 10 Community interaction and home modification / improvisation
- 11 Networking with peers and the community
- 12 Emergency & access to rehabilitation expertise

Peer Trainer Impact: Sunil Raj, Head – Therapy, Chandigarh Spinal Rehab

“At Chandigarh Spinal Rehab, but for the presence of Peer Trainers – Shailesh Kumar and Kumaresan – the level of rehabilitation outcomes would have been 40% of what we have accomplished. Just seeing them lifts confidence. Their training has more impact”.





Spinal India Peer Trainers

FACTOIDS 2019

Spinal India Peer Trainers is the core outreach program enabled by The Ganga Foundation so as to reach Quality Rehabilitation expertise and best practises of Living Well with Spinal Cord Injury across India.

7,500 +

Number of Interactions

2,300 +

Number of Unique Persons

154

Home Visits

500 +

Awareness of Rehabilitation

20 + States

Geographic Footprint

600 +

Bedsore – Most Common Problem

450 +

New Injury Guidance

650 +

Training at Rehab Centres



Spinal India Peer Trainers Team at the Celebration of 10 Years of The Ganga Foundation with six joining offline



A Peer Trainer sharing his life experience and his journey to an active life due to Quality Rehabilitation



Spinal India Peer Trainers

AT WORK



At a get-together of persons with spinal cord injury in Raxaul, Bihar, with a couple of Peer Trainers



A Peer Trainer leads a session on wheelchair-based exercises. Just observe the impact of one doing a good push-up



A Peer Trainer ushers in a person undergoing rehabilitation into sports at an early stage, giving confidence and hope



A home visit in a small village anchored by a Peer Trainer who also took two others as part of community interaction training



A sizeable gathering of persons with spinal cord injury at a networking meeting in Bhubaneswar, Odisha



A Peer Trainer demonstrating on screen, the best practices of living with spinal cord injury



Spinal India Peer Trainers

AT WORK



Three Peer Trainers do a home visit in East Champaran District of Bihar and bring hope and loads of positivity



A home visit to a person who had just lost his father, and is almost on his own. He has a small business from the room



A well-rehabilitated Peer Trainer is initially a source of wonder for the person and family members he meets.



A wheelchair basketball team gets ready in one of the North Indian states with leadership by a Peer Trainer



A Peer Trainer visits a community rehabilitation centre in Dharmasthala in Karnataka



Peer Trainer helps in ensuring the correct wheelchair setting and guidance on wheelchair assembly and maintenance



The Right Wheelchair



Customised wheelchairs enhance lifestyle, foster independence and help users live life to their fullest potential. All users in India need customized wheelchairs with two affordable, quality cushions.

The distressing reality is that 95%-plus users in India are on wheelchairs that:

- Damage health
- Affect lifestyle
- Are one-size fits all
- Went out of use in the developed world 50 years ago



At a wheelchair distribution camp in Kerala. It is good to see a few of the recipients sitting in a good posture

This is due to the lack of awareness and the lack of availability of quality wheelchairs. Even medical professionals (doctors and therapists), barring a few, are unaware of what makes for a good wheelchair.

The rot starts here. The market is swamped by low-cost, one-size-fits-all products, a vast proportion of them imported from China. Using such wheelchairs for short periods can hurt health. Imagine what happens to a person with spinal cord injury who uses such a wheelchair for lifetime.

The Right Wheelchair is an initiative to alter the wheelchair landscape in India by showcasing a replicable model of making Quality Wheelchairs and Cushions available to users. As part of The Right Wheelchair Program, The Ganga Foundation has been working with IIT Madras for five-plus years on the development of good mobility solutions, indoors and outdoors. Concrete outcomes are likely from 2020.

To bolster ground-level activity, 132 wheelchairs were provided in 2019 via camps and home delivery at 48 different locations across India with local partners, principally the growing network of The Spinal Foundation.



If you live in a hilly and rough terrain, the importance of The Right Wheelchair becomes even more significant

Back The Right Wheelchair for Landscape Shift

The backing of Kotak Mahindra Bank and FLEX for providing Quality Wheelchairs at higher price points and help stamping out abysmal quality wheelchairs offers a great reference point for CSR Programs to follow than just donate for the largest number of wheelchairs for a given amount.



Chandigarh Spinal Rehab

Chandigarh Spinal Rehab, an initiative of Sai Aasra Paraplegic Rehab Centre, led by the imaginative and dynamic Nicky P Kaur has made gratifying, multi-faceted progress in three-plus years, often pushing beyond the comfort zone..



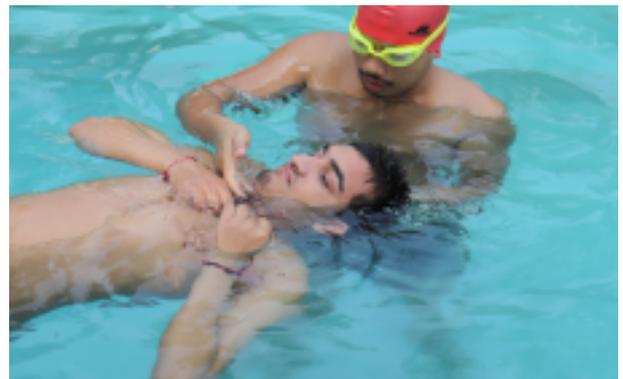
Flowing Karma - A Musical Band comprising persons who have been rehabilitated and trained at Chandigarh Spinal Rehab



Dr Renee Maschke, a physiatrist (a doctor who specializes in rehabilitation) from Italy, is passionate about training process



Nitin Goyal (left), one of the highly respected Peer Mentors, shares his expertise with persons undergoing rehabilitation



Swimming, a superior fitness activity for persons with spinal cord injury, is a part of the rehabilitation program



You may never imagine persons with spinal cord injury having such an experience. It is Aerial Yoga time.



Just look at the harmony as a nine-member team performs Yoga on Wheels guided by a therapist



100 Lives

100 Lives aspires to touch lives of 100 persons with spinal cord injury by focussing on three key essential needs:

- Enabling quality rehabilitation to restores lives
- Education for children with spinal cord injury
- Education of children of persons paralysed neck down

Here are a few lives touched by 100 Lives in 2019.



Shubham Ware is pursuing Advanced Diploma in German language. He is a sketch artist and mouth organ enthusiast.



Jokhan Paswan Quality Rehabilitation enabled him to look for livelihood opportunities. He runs a Bhel Puri shop.



Nojrul Islam Fixing threatening bedsores, Quality Rehabilitation & Marriage – Done. Plan: Starting own nursery



Sunil Kumar A father of two, living in the mountainous region of Himachal Pradesh, is looking forward to start his shop.

Be a Partner in 100 Lives

Enable such impact on 100 Lives by supporting this project. Each life will require two months of rehabilitation. Rs 30,000 is what it takes to ensure Quality Rehabilitation for one month. If you wish to support 100 Lives, please drop a message to 73388 00000.



Running For Ability at Marathons

Shailesh Kumar from Bihar became the first in India to do a full marathon (42.195 km) on a wheelchair in India at Chennai Marathon 2019 with a timing of 3 hours 57 minutes.



For the first time in the world, wheelchair runners acted as pacers for all runners in the Half Marathon at Chennai Marathon 2019. Kumaresan was a 2:30 hours pacer.

Kamal Kanta from Odisha was the pacer for 3:00 hours bus. This was an easy task for a wheelchair runner who had done 88.2 km on August 15, 2018.



Kunilata Barik from Odisha is the first female in India to do a Half Marathon (21.097 km) on a wheelchair (3 hours 10 minutes) in Visakhapatnam Her second was 20 minutes faster.



Best Minds Summit 2019



As part of a systematic plan to understand the needs and map strategy for enhancing the Quality of Life of persons with spinal cord injury, Best Minds Summit was launched in 2018 as a two-day workshop. It was a get-together of the finest thought leaders among persons with spinal cord injury as well as the best rehabilitation professionals in India.

This initiative for The Spinal Foundation was fully supported by The Ganga Foundation.

Best Minds Summit 2018 was a curtain raiser to know each other as well as the priorities from a long-term perspective.

Best Minds Summit 2019 was a two-day workshop of Quality Rehabilitation for 32 persons with spinal cord injury from villages and towns across India. About 10 aspiring rehabilitation professionals and 15 relatives also joined the workshop.

This workshop covered the best practices for Living Well with Spinal Cord Injury. A few illustrative topics were levels of injury and likely rehabilitation outcomes, skin care, bladder & bowel management, mobility solutions and sexuality & spinal cord injury, to name a few. There was significant learning from the insights brought to the fore by the participants.

This Quality Rehabilitation Workshop will become a regular annual feature.

The workshop was anchored by best-in-class rehabilitation professionals who have experience of about 100-plus years of restoring persons with spinal cord injury to an active life.



A cross-section of participants paying close attention to a session on fitness and strength



Shamsul Haque from Assam sharing his experiences of moving to a married life and how it helped him

Feedback – Mohammed Shams Aalam Shaik

Bladder Management, skin care, sexuality & spinal cord injury and wheelchair & cushions were really good. Bedsore management could have been more impactful if we could have shown visual or real time example. Saying 'NO' to Chinese wheelchairs was a great decision.





Roadmap – Transformative Impact

Where We Are

Centre for Rehabilitation Excellence This is the most aspirational and ambitious project on our radar.

Aspiration ! Thought process on active mode

Spread of rehabilitation expertise We will work with partners with good credentials to enhance rehabilitation capacity in India.

Chandigarh Spinal Rehab in 2016. Work in Progress.

Spinal India Peer Trainers This is a structured grassroots program underpinned by the enriching of experience sharing in Christian Medical College, Vellore.

Implementation Phase 2
20 Peer Trainers on Board

Expanded footprint of networking meets A key project will be to encourage trainers to hold meets of persons with spinal cord injury and nearby areas.

Implementation Phase 2

Peer Rehab Plus Model Peer Training Centres, which are also more affordable, can provide holistic training that enables active living.

Likely implementation in 2020 in Bihar

The Right Wheelchair 95% of users in India sit on bad wheelchairs that actually damage their health. We will work with partners, including IIT Madras.

Extensive support for IIT Madras Start Up

The Spinal Foundation The most important project for The Ganga Foundation is the facilitation of The Spinal Foundation with partners across India.

Implementation since 2014 and strengthening network

Best Minds Summit As part of a systematic plan to understand the needs and map strategy, a workshop for about 30 persons with spinal cord injury.

Implemented since 2018

Rehabilitation Knowledge Base This will be a well-structured evidence-based rehabilitation resource with 24 x 7 guidance and in vernacular languages.

Partnership with IIT Madras & core team likely in early 2020

Wheels At Work Given the wide-ranging expertise available in the ranks of persons with spinal cord injury, Wheels At Work seeks to create employment.

Still in pilot mode only

The Ganga Foundation Schools Program This will be a structured connect with schools and colleges to sensitise students on injury prevention.

More pilot projects in Tamil Nadu, Bihar and Chandigarh

Spinal India Storyboards This will be a systematic program of developing storyboards of persons with spinal cord injury to serve as examples.

100 WHEELS launched in 2019. More editions planned.





Starting Point At 10 Years

September 3, 2019 marked the completion of 10 Years of The Ganga Foundation in Championing Quality Rehabilitation.

This was marked by a celebration that showcased the capacity-building initiatives of The Ganga Foundation.

We were blessed and privileged to have a vital cross-section of stakeholders, especially persons with spinal cord injury from across India, and the finest rehabilitation professionals, grace the celebration and share their experiences & knowledge.



THE GANGA FOUNDATION

10 Years of Championing Quality Rehabilitation



Last Evening

My biggest impression of the evening will always be the unbelievably skilled, passionate and committed team. We had not planned for the evening. An evening full of too many moments of emotions and goose bumps; an evening of stories of human grit and determination; an evening full of amazement and wonder. Perhaps, the most striking realization of the evening was the fact that here were a group of people who were literally transforming (as Kasinathan stated he feels like he is flying once he got on to a wheelchair) numerous lives through dedication, commitment and perseverance.

We were fortunate to spend an extended evening with Sunil Raj, Head – Therapy at Chandigarh Spinal Rehab. A big loss to

the world of medicine (he cleared Christian Medical College, Vellore MBBS entrance twice but did not clear the interviews due to his then poor spoken English skills), but a divine boon to the world of rehabilitation therapy. Actually, this magician does not just rehabilitate, he transforms lives. And there was Shailesh Kumar, the super athlete, master trainer and poster-boy for positivity and 'can-do' approach.

'Last Evening' was a magical, humbling experience. It will stay with me for a long, long time.

Prof Prakash Bagri

Professor Prakash Bagri is a marketing expert who teaches strategy at IIM Ahmedabad, IIM Bangalore and IIM Calcutta as a guest faculty.



Starting Point At 10 Years

“Rendu Varusham Acchu Saar

It is two years since I used The CHARPOY (after having lived on it for 14-plus years). I am flying since I am on the wheelchair from mid 2017.

Kasinathan

LIVING after losing almost 14 years since his spinal cord injury



“We must ensure that every person with spinal cord injury gets the same Quality Rehabilitation and Support Systems that enabled Vaidy, my dear friend, and Vidyuth, my son, to get a second chance in life after devastating injuries”.

Elango Thambiah

Co-Founder, The Ganga Foundation

“Over the years, we legally tried adopting Jaskaran Singh, but the law has its strange ways. They say a person needs to be under 18 years to be legally adopted. I do not care about it. He is my son. I feel I am blessed to have him in my life”.

Dr Divya Parashar

Mother’s bond with Jaskaran Singh, IIM Bangalore Alumnus



“I wish we knew where every person with disability in India is, so that we get an understanding of the real scale of the challenge and make the best possible interventions. I look forward to the day we see 5,000 wheelchairs on the road”.

S Vaidyanathan

Co-Founder, The Ganga Foundation



Starting Point At 10 Years

At Enable India, we work to impact livelihoods across 14 disabilities. 51% of 729 companies have taken persons with severe disabilities. 81% support their families; 35% are primary bread winners. I need not say more. Value is there in all of us.

Shanti Raghavan
 Founder & Managing Trustee, Enable India



It is by design we have a program to assess and assist every student with disability. The most important aspect is the commitment of the Institute, faculty and the students without disability who have taken this as a challenge.

Prof Rishikesh T Krishnan
 IIM Bangalore

“I thought we will greet a friend on an important occasion and have a drink or two. We were unprepared for what we experienced. What struck me was the range of capacity building initiatives. We will do our best to scale up quicker”.

Atul Shinghal
 Class of 1993, IIM Bangalore



What struck the over 200 non-wheelchair users in the audience was how there was no bitterness, no anger and all one could see was the desire to lead normal lives, and the more so, the desire to help every single person they could.

Anuradha Narasimhan
 Class of 1992, IIM Bangalore



10 Years, 10 Enduring Guideposts

- 1 Ethics, Trust, Transparency, Respect and a belief in The Human Touch are the cornerstones of The Ganga Foundation. Empowerment is the goal.
- 2 We made a start by requesting 50 persons to contribute Rs 15,000 every year. We have never had fund mobilization as the core but grassroot works. This approach will continue.
- 3 "In this type of work, there is no point in rushing. Be slow and steady, and do quality work. That is the way" – Dr Suranjan Bhattacharji's words in 2010 underpins our work.
- 4 For every person with spinal cord injury with whom we work, we are a 0.01% player. Each person's mindset and willingness to do matters most. This view strengthens.
- 5 Collaborate. Collaborate. Collaborate. This is central to our work. This approach has helped to enhance the footprint of impact. Nothing else ever matters.
- 6 There will be no emphasis on applause and awards. We have steered clear of these potholes and will do so in the years ahead.
- 7 Upfront, we decided we will not walk the path of just supporting individuals, but develop the ecosystem of Quality Rehabilitation via capacity building.
- 8 'Peer Trainer is a must in every rehabilitation program' – this vision of Dr Anand Viswanathan in 2012 is translating into our flagship initiative.
- 9 We will focus on the spread of evidence-based best practices for Living Well with Spinal Cord Injury. We have and will never waver from this overarching principle.
- 10 Except for guidance on medical and mobility aspects to all persons with spinal cord injury, our focus is the 90%-plus from an economically challenged backgrounds.

India Spinal Cord Injury Registry

If we are to avoid the traumatic tales of Paramjeet Kaur who got rehabilitated 18-and-a-half years after her spinal cord injury, the most important need is the establishment of an India Spinal Cord Injury Registry. This must be mandated by the government and needs robust advocacy.



Tribute & Gratitude

The Ganga Foundation Inclusion Journey 2019 is dedicated to Balamurali Damodaran, Class of 1992 at Indian Institute of Management (IIM), Bangalore who passed away in October 2019; his was a life that touched many across business, classmates and in good causes.

“Think Big, Aim for a Big Footprint of Impact”

This was first instilled by Balamurali in late 2015 over a cup of coffee. The Ganga Foundation has been blessed to have many mentors of pedigree over the years guiding our work.



But the first to categorically say that we were walking on the wrong path that will lead to only impact at the margins was Balamurali. It was November 2015. Paul Joshua, a therapist cum designer, and me, were in Sangeetha Veg Restaurant in T Nagar, Chennai.

Balamurali walked up to our table and told us “Vaidy, I do not like the way you guys are doing things. If you work like this, whatever you may achieve by way of impact would be miniscule. If this is the approach, you might as well not do anything via The Ganga Foundation.”

“You will have to dream big. Bring people on board. I have seen that the need for work in the spinal cord injury space is big. Let us go for the biggest impact. If you want support to bring an employee on board to take work off you, count me in to back the role at least initially. If anything needs to be done, just let me know. Take it as done. You just do the ideation and leave the execution to us”.

This was the substance of his articulation that day over a one-hour session where Paul and me were just listeners as he charted out the path.

That meeting was followed by our first employee six months later, the support by the Class of 1991 and Class of 1992 of IIM Bangalore at their respective 25th year re-unions, and a kickstart to the process of thinking about landscape-changing projects.

Balamurali’s team has been a bastion of support for our work since 2015 – event management on a pro bono basis, office space, board meetings and support services. A couple of the major projects we run today – The Right Wheelchair and Spinal India Peer Trainer – would not have been possible without Balamurali and his team.

Deep Gratitude and Respect to Balamurali for the wonderful human being he was.

S Vaidyanathan
Co-Founder
The Ganga Foundation

Exemplary Support

For Chandigarh Spinal Rehab, ICICI Bank set an excellent example in creating a support system to take care of the compensation for a high quality therapy team for two years. We deeply appreciate the understanding shown on the importance of Quality Rehabilitation.





Gratitude Volunteers



Raji Selvan
Designer, Cards & Books



Uthara Unnikrishnan
National Awardee Singer



S Mathiyarasan
Fund Raising Initiative



M Sudhakar
Fund Raising Initiative



S Rathish
Film Maker



Nitheen George
Singer



Johan Dhinakaran
Physiotherapist



Madan Kumar
Quadriplegic Carpenter



M A Selvan
Designer, Cards & Books



Vidhya Sagkar
Program Anchor



Vishal Manokaran
Outreach Documentation



Akash Sardar
Quadriplegic Dancer

Making Possibilities Real for Persons with Spinal Cord Injury

For persons with spinal cord injury, Praveen Rajendran is the go-to man. Medical emergency to rescue in a flood to partying, Praveen does everything for them. If somebody has to be taken two floors up and down, even that would be done. He also runs for good causes through the year.





Team



S Vaidyanathan
Inclusion Grassroot Leader



Imran Khan
Inclusion Director



Shailesh Kumar
Inclusion Role model



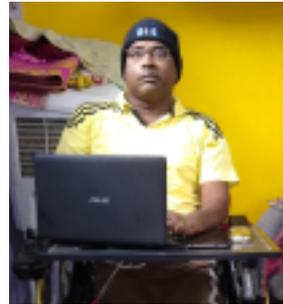
Alok Kumar
Inclusion Peer Trainer



Anurag Sankrityayan
Inclusion Peer Trainer



Md. Dastagir Fasihuddin
Inclusion Manager – Outreach



Edward Sigamani
Inclusion Peer Trainer



Ganesan Nagarajan
Inclusion Peer Trainer



Ganesh Murugan
Inclusion Peer Trainer



Kamal Kanta
Inclusion Peer Trainer



Kannadasan V P
Inclusion Manager – Outreach



Kasinathan
Inclusion Peer Trainer

The Ganga Foundation Film

The Ganga Foundation focuses on supporting rehabilitation of persons with Spinal Cord Injury. Join hands with us with your ideas, time, resources, networking, influence, creativity, volunteering and giving. To know why, view The Ganga Foundation film at www.thegangafoundation.org.



Team



Kritika Jain
Inclusion Therapist



Kumaresan
Inclusion Peer Trainer



Kunilata Barik
Inclusion Peer Trainer



Meera Srinivasan
Inclusion Treasurer



Naresh Sundararaman
Inclusion Peer Trainer



Naveen Iyer
Inclusion Peer Trainer



Parthasarathi
Inclusion Peer Trainer



Prabakaran
Inclusion Peer Trainer



Prabu
Inclusion Manager – Programs



Praveen Rajendran
Inclusion Manager – Office



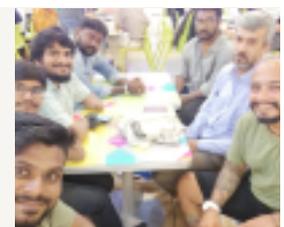
Rajeev Kumar
Inclusion Peer Trainer



Ravi Kumar
Inclusion Peer Trainer

Pillar of Support for Amputees

We are proud to have Md Dastagir Fasihuddin as a member of The Ganga Foundation Team. In addition to his work for The Ganga Foundation, Dastagir is the backbone for networking and integration of persons with amputation across India touching about 2,000 lives.





Team



Sheik Fareed
Inclusion Caregiver



Sreedhar Raju
Inclusion Peer Trainer



Subha Venkatesan
Inclusion Peer Trainer



Vasanth Sampath
Access Custodian



Smita Vyas Kumar
Freelance Designer



Paul Athisayaraj Joshua
Freelance Designer



M G Karthikeyan
Freelance Designer



Vasanth Sankar
Freelance Designer



16,000 km, 125-plus Home Visits

“No person with spinal cord injury must suffer what I had to endure due to lack of knowledge” - this passion drives Prabakaran (right in the image), who is the only person with spinal cord injury in India, who has done 125-plus home visits to guide others even if this means risking his health.





Networking & Collaboration Gratitude & Thank You Partners

Corporate

Accel
 Aditya Birla Fashion & Retail
 Airtel
 Banyan Tree Advisors
 CL Educate
 Delight Foods
 Forza Medi India
 Fuel A Dream
 FundsIndia
 Grand by GRT Hotels
 ICICI Bank
 IIMPOWER
 Kotak Mahindra Bank
 GiveIndia
 Marathon Needs
 My Race Timing Solutions
 NeoMotion
 Pitchfork Partners
 Quantum Leap Consulting
 RAGE
 Scripbox
 Seed Design
 Studio E
 Sundaram Finance Group
 Tata Tele-Services
 VA Tech Wabag
 YouTooCanRun Sports Management

Rehabilitation

APD, Bangalore
 Broadwell Christian Hospital, Fatehpur
 Chandigarh Spinal Rehab
 Duncan Hospital, Raxaul
 Herbertpur Christian Hospital
 Kauvery Hospital
 Nav Jivan Hospital, Satbarwa
 REHAB Facility in Tamil Nadu
 St John's National Academy
 Swami Vivekanand NIRTAR

Partners & Institutions

Class of 1991, IIM Bangalore
 Class of 1992, IIM Bangalore
 IIM Bangalore Alumni Association
 IIM Bangalore
 IIT Madras
 IIM Calcutta Alumni Association

Awareness Partners

Kamal Haasan
 Unnikrishnan
 Uthara Unnikrishnan
 Know Your Star
 Suryan FM
 The Better India
 The Hindu Group

Social Sector Organisations

Ability Foundation
 Chennai Runners
 CRISIL Foundation
 Dr Mary Verghese Award Foundation
 Dream Runners
 Enable India
 ICICI Academy for Skills
 India Inclusion Foundation
 Let's Do Some Good Foundation
 Mary Verghese Trust
 Motivation India
 Olcott Memorial School
 Polagam Foundation
 Rotary Renaissance District 3232
 Sai Aasra Paraplegic Rehab Centre
 SaveLIFE Foundation
 Spinal Injured Persons Association
 St Louis Institute for the Deaf & Blind
 The Challenging Ones
 The Hope House
 The Spinal Foundation
 The Theosophical Society
 Thee Trust
 Trinity Trust
 United Way Chennai
 Vidya Sagar
 WORTH Trust

