IMPORTANT EVENTS, BADLAPUR

Mr. Ashok Chitnis and Dr. Shubha Chitnis releasing the Newsletter along with Mr. Gore, Chairman

Inmates enjoying the soft drink donated by Dabur India Ltd.

Annual Medical Camp for the inmates

Mr. Vasant & Mrs. Lata Palekar engrossed in learning the activity at Vocational Training Centre

Works in progress to protect the inmates from scorching sun in summer as many of them walk barefoot

Inmates performing cultural activity for the audience
Dear Readers,

Greetings!

We are completing one year of our operations at Adhar II [Nashik] on 1st June 2013. At present, we have 22 children under our care. Nashik unit has been settling down very well with the help of 17 newly recruited care giving staff under able guidance & supervision of Mr. Parag & Mrs. Asha Fadnis.

I am extremely happy & delighted to inform you that on the day of the celebration of 1st anniversary we are going to inaugurate 4 new buildings. The construction of following buildings has been completed within record time – The credit goes to our team Mr. Rahul Samel, Architect, Mr. Kiran Mahajani, Structural Engineer & Mr. Jay Sabnis, Contractor.

1. Residential Dormitory II with the capacity of 25 inmates.
   (Supported by LIC Golden Jubilee Foundation)

2. Vocational Training Centre.
   (“In memory of Lt. Shri Mohan Thanvardas Chainani” - Supported by “Executor of Estate of Late Veena Mohan Chainani”)

3. Multipurpose Hall & Recreation Centre.

   (“In Memory of Late Shri Himmatlal D. Mehta & Late Shri Bipinchandra J. Mehta” -Supported by Mr. Ajay & Mrs. Falguni Mehta)

I take this opportunity to thank the donors & supporters who have whole heartedly joined us in making Adhar II [Nashik] a reality. My special thanks to Mr. Ajay Mehta who has single handedly donated Rs. 25 lacs for our dining hall.

We have achieved another milestone in the history of Adhar. The book in Marathi, “Adharmaya” written by Dr. Shubha Chitnis was published on 23rd April 2013 at Gadkari Rangayatan, Thane by the hands of renowned personality in Marathi literature Padmabhushan ‘Shri Mangesh Padgaonkar’. It was a great honor to all our 135 staff members who have been taking good care of our children at Adhar for last 19 years.

I personally thank Dr. Shubha Chitnis for working so hard and bringing out a true story of Adhar in “Adharmaya”. She has personally visited Badlapur & Nashik Unit to understand the working, has interviewed many staff members while documenting the real story of Adhar. I will be failing in duties if I don’t acknowledge the efforts of Shri Ashok Chitnis Sir & Shri Nilesh Gaikwad of Vyas Creation who have helped to publish the book in time.

I am happy to note the positive response of the parents to my appeal of getting more involved in Adhar activities. It is necessary that we all should come together and work for the betterment of our children & Adhar.

With warm regards,

Vishwas Gore, Chairman
EDITORIAL

Dear Readers,

Greetings to you from 222 inmates (200 at Badlapur & 22 at Nashik)

Nashik unit started functioning from June 1st 2012 and within a year dormitory is fully occupied and now we have wait list for another dormitory which will be inaugurated on June 1st 2013, which can accommodate another 25 inmates. We have no words to express our gratitude towards generous donation from LIC Golden Jubilee Fund. Here I am happy to inform that we have inmates from all parts of India and from overseas as well.

Along with the inaugural function of the Dormitory, Vocational Training Centre, Kitchen and Dining Hall will also be inaugurated.

Badlapur unit is developing and now the campus looks very beautiful. The new system of one team one dormitory which was introduced few months ago is now shaping up very well.

The induction of Mr. Ganesh Ambekar, Manager H.R & P.R will boost the image of Adhar further and will take it new height.

We sincerely thank all the donors for their unconditional and continued support.

Last but not the least I am enjoying my second innings at Nashik – with the support of management and Mrs. Asha Fadnis.

- P. B. Fadnis
Editor

REMEMBRANCE

Nashik Unit will be completing one year of functioning on 1st June 2013. While celebrating this grand occasion we will be failing in our duty if we do not pay homage to two departed souls Late Mr. Pradeep Kulkarni and Late Mr. Anant Joshi who toiled very hard for the Nashik Project. Unfortunately, both of them left for the heavenly abode before the start of the project. While working in Adhar II the staff feels their presence and their selfless services. They are remembered every day. They are the inspirational source to all of us. We are sure that they are watching the progress from up and must be feeling extremely satisfied. We at Adhar assure them that their earlier efforts will not be wasted.

Management and the Staff of ADHAR.
Mental Retardation: Intellectual and Developmental Disability

**Causes**

Mental retardation affects about 1 - 3% of the population. There are many causes of mental retardation, but doctors find a specific reason in only 25% of cases.

A family may suspect mental retardation if the child’s motor skills, language skills, and self-help skills do not seem to be developing, or are developing at a far slower rate than the child’s peers. Failure to adapt (adjust to new situations) normally and grow intellectually may become apparent early in a child’s life. In the case of mild retardation, these failures may not become recognizable until school age or later.

The degree of impairment from mental retardation varies widely, from profoundly impaired to mild or borderline retardation. Less emphasis is now placed on the degree of retardation and more on the amount of intervention and care needed for daily life.

Risk factors are related to the causes. Causes of mental retardation can be roughly broken down into several categories:

- **Infections (present at birth or occurring after birth)**
  - Congenital CMV
  - Congenital rubella
  - Congenital toxoplasmosis
  - Encephalitis
  - HIV infection
  - Listeriosis
  - Meningitis

- **Chromosomal abnormalities**
  - Chromosome deletions (such as cri du chat syndrome)
  - Chromosomal translocations (a gene is located in an unusual spot on a chromosome, or located on a different chromosome than usual)

- **Environmental**
  - Deprivation syndrome

- **Genetic abnormalities and inherited metabolic disorders**
  - Adrenoleukodystrophy
  - Galactosemia
  - Hunter syndrome
  - Hurler syndrome
  - Lesch-Nyhan syndrome
  - Phenylketonuria
  - Rett syndrome
  - Sanfilippo syndrome
  - Tay-Sachs disease
  - Tuberous sclerosis

- **Metabolic**
  - Congenital hypothyroid
  - Hypoglycemia (poorly regulated diabetes)
  - Reye syndrome
  - Hyperbilirubinemia (very high bilirubin levels in babies)

- **Nutritional**
  - Malnutrition

- **Toxic**
  - Intrauterine exposure to alcohol, cocaine, amphetamines, and other drugs
  - Lead poisoning
  - Methylmercury poisoning

- **Trauma (before and after birth)**
  - Intracranial hemorrhage before or after birth
  - Lack of oxygen to the brain before, during, or after birth
  - Severe head injury
• Unexplained (this largest category is for unexplained occurrences of mental retardation)

**Symptoms**
• Continued infant-like behavior
• Decreased learning ability
• Failure to meet the markers of intellectual development
• Inability to meet educational demands at school
• Lack of curiosity

**Note:** Changes to normal behaviors depend on the severity of the condition. Mild retardation may be associated with a lack of curiosity and quiet behavior. Severe mental retardation is associated with infant-like behavior throughout life.

**Exams and Tests**
An assessment of age-appropriate adaptive behaviors can be made using developmental screening tests. The failure to achieve developmental milestones suggests mental retardation.

The following may be signs of mental retardation:
• Abnormal Denver developmental screening test
• Adaptive behavior score below average
• Development way below that of peers
• Intelligence quotient (IQ) score below 70 on a standardized IQ test

**Treatment**
The primary goal of treatment is to develop the person’s potential to the fullest. Special education and training may begin as early as infancy. This includes social skills to help the person function as normally as possible.

It is important for a specialist to evaluate the person for other affective disorders and treat those disorders. Behavioral approaches are important for people with mental retardation.

**Outlook (Prognosis)**
The outcome depends on:
• Opportunities
• Other conditions
• Personal motivation
• Treatment

Many people lead productive lives and function on their own; others need a structured environment to be most successful.

**Possible Complications**
Complications vary. They may include:
• Inability to care for self
• Inability to interact with others appropriately
• Social isolation

**When to Contact a Medical Professional**
Call your health care provider if:
• You have any concerns about your child’s development
• You notice that your child’s motor or language skills are not developing normally
• Your child has other disorders that need treatment

**Prevention**

**Genetic:** Prenatal screening for genetic defects and genetic counseling for families at risk for known inherited disorders can decrease the risk of inherited mental retardation.

**Social:** Government nutrition programs are available to poor children in the first and most critical years of life. These programs can reduce retardation associated with malnutrition. Early intervention in situations involving abuse and poverty will also help.

**Toxic:** Environmental programs to reduce exposure to lead, mercury, and other toxins will reduce toxin-associated retardation. However, the benefits may take years to become apparent. Increased public awareness of the risks of alcohol and drugs during pregnancy can help reduce the incidence of retardation.

**Infectious:** The prevention of congenital rubella syndrome is probably one of the best examples of a successful program to prevent one form of mental retardation. Constant vigilance, such as limiting exposure to cat litter that can cause toxoplasmosis during pregnancy, helps reduce retardation that results from this infection.

**Medical Care**
• Early identification of children with developmental delays is necessary to begin receiving early intervention services for children from birth to 3
years of age and early childhood education services for children aged 3-5 years, which are known to improve outcomes.

- The mainstay of treatment of MR/ID is developing a comprehensive management plan for the condition. The complex habilitation plan for the individual requires input from care providers from multiple disciplines, including special educators, language therapists, behavioral therapists, occupational therapists, and community services that provide social support and respite care for families affected by MR/ID.

- Preventive care: Unfortunately, routine preventive care for children and adults with MR/ID is lacking. Adaptive equipment (e.g., for non ambulatory patients) and extra time (e.g., double time slots) may be required to accommodate such patients. In addition, family members or other support persons may be helpful. Written plans (such as the Massachusetts Department of Developmental Services Annual Health Screening Recommendations and Health Record) are helpful for interdisciplinary team communication.

- Physical activity and obesity are major contributors to disease in MR/ID. Very few programs exist that target healthy lifestyles (nutrition/diet, exercise, self-care, stress reduction) in those with MR/ID. Annual counseling and referral on these issues to community agencies and programs is recommended. Medications (e.g., antipsychotics) should be titrated to reduce the risk of obesity and metabolic issues.

- Pain
  - Manifestations of pain in people with severe to profound MR/ID include crying, screaming, grimacing, protective postures (e.g., arching, fetal position), rocking, and aggression. Parent/caregiver input is key to interpretation of these behaviors, though validated tools have been used as adjuncts (such as the Pediatric Pain Profile).
  - Common causes of acute pain include dental caries/abscesses, GERD, constipation, UTI, spasticity (when MR/ID is associated with cerebral palsy), pressure sores, and fractures.

- In addition, neuropathic pain due to dysautonomia or motor spasms may create chronic disturbances. Treatment should be prompt and include NSAIDs or acetaminophen for mild pain, tramadol or equivalent for moderate pain, and opioids for severe pain as indicated, and management of sources of pain. Some suggest use of gabapentin for neuropathic pain if no sources are identified and there is a history of surgery, symptoms suggesting visceral hyperalgesia (e.g., associated with feedings or bowel movements), or symptoms of autonomic dysfunction and spasticity.

- Written, verbal and pictorial forms of communication as well as gestures and demonstrations are helpful for those with MR/ID to ensure mutual understanding and improve treatment adherence.

- Sedation/anesthesia: Patients with MR/ID requiring anesthesia may have different reactions than the general population, such as paradoxical reactions to benzodiazepines, and care should be taken to use the lowest dose and titrate slowly.

- Sexuality/abuse: A significantly higher proportion of children and adults with MR/ID have experienced some form of abuse, with some estimates of up to 70%, which contributes to mental health issues. This should be addressed at each medical visit and especially in the setting of changes in behaviors, such as increased aggression.

- No treatments are available specifically for cognitive deficiency. Although the pharmacologic enhancement of cognition (e.g., use of donepezil in patients with Down's syndrome) is an area of interest, research on such nootropic (i.e., knowledge-enhancing) compounds is limited. Such drugs have not become part of the routine or even experimental clinical management of this population.

**Other concerns**

- Individuals in the United States older than 18 years are no longer under the guardianship of their biological parents. No exceptions are made for children with MR/ID. Most of these individuals, particularly those in the range of mild MR, are
capable of making appropriate legal and medical decisions when adequately and appropriately informed of the decision outcomes.

- Physicians have the duty to ascertain whether patients with MR/ID have the capacity to consent for medical treatments. This may be challenging and outside information and supports (eg, family, caregivers, and social workers) may be required to confirm the patients’ understanding of the risks, benefits and alternatives to the procedure.

- Some individuals may not be capable of comprehending the implications of the medical or legal matter at hand. In such cases, a member of the biological family best makes the decision. The family member may obtain guardianship status for power of attorney over these matters. If a family member is unavailable to serve as guardian, then a guardian ad litem can be assigned by the court for assistance in such legal and medical matters. If a patient with MR/ID does not have the capacity to consent, then the patient’s assent should be sought if possible.

- Subsequent to the long history of forced sterilization of girls/women with MR/ID, varied federal, state, and local laws regulate sterilization of individuals with MR/ID. The American College of Obstetrician/Gynecologists provides guidance on informed consent for sterilization procedures in patients with ID/MR.

- Complex decisions, particularly those involving end of life, are perhaps best handled with the assistance of the ethics committee of the involved medical institution.
  - Failures to identify a genetic cause of MR/ID with risks to other family members or risks to the patient for future medical complications are potential medical/legal pitfalls.
  - Perhaps 1 in 8 convicts on death row in the United States has MR/ID. Many persons cannot fully comprehend the Miranda Rights and other critical concepts necessary to maneuver through the criminal justice system.

**DO NOT DELIGHT IN OTHERS’ DEFECTS**

There is no 100 percent perfection in man’s life. Some or other deficiency will always persists. Without understanding this cycle of ups and downs, some people find interest in talking about others’s defects and waste their time in it. This has become second nature of such person.

They ridicule people if their limb or appearance are not perfect. Some people do not respect elders at all. The mind of the elderly is soft like sponge, it should not be hurt. If one is lacking in education, there are people who do not at all take him into consideration. Some others pay scant respect to those without money. These are not good qualities. They only lead to sin.

One who delights in others defects must introspect. He must ask himself if he has no blemishes at all. If one analyses how far he is perfect, he will not ridicule others. Only he who does not mock at others and treats all people with kindness is the ideal man. Such a person will be loved by all. Let all people understand this and live in such a manner.

*Jagadguru Shri Bhartiji Thirthji*

Compiled by: Mr. S. M. Chandawarkar (Trustee)

If you want peace of mind, do not find fault with others. Rather, see your fault. Learn to make the whole world your own. No one is stranger, my child, the whole world is your own.

* - Mother Sarada Devi

Compiled by

Ganesh Ambekar
Everyone desires happiness. Happiness is our true nature. However, in our lives happiness is temporary. The quest for true happiness – a kind of bliss that does not diminish with time. Man seeks this permanent happiness in his day-to-day life, but in the process gets entangled in illusory happiness or false happiness.

- False happiness is what you derive when you get promotion.
- False happiness is found in taunting or even in harming others.
- False happiness is seeking happiness in praise and appreciation.

Transforming the way you derive happiness is the first step in spiritual transformation. There are seven levels of happiness. All the examples of false happiness mentioned above are categorized in the lower levels of happiness. As you spiritually transform, you derive happiness from higher levels.

First level of happiness - Artificial Happiness

Artificial happiness means that where ignorance prevails and where happiness actually does not even exist. Where it does not even occur to one that a fake object is being deceitful means to save money, then it is artificial happiness. Let us move forward towards genuine happiness.

Second level of happiness - Second hand happiness

There is a market value for second hand cars where you can buy used cars. However, second-hand vehicles or objects usually don’t last long. Similarly, there is second hand happiness, which is derived by using others or having fun at the expense of others. In this type a person likes to enjoy by teasing, taunting, bullying or troubling others. Back home we find that brothers and sisters often tease, taunt, and quarrel with each other. And when the dispute grows out of proportion, they patch up by asking for forgiveness from each other and then throw parties and enjoy themselves.

Third level of happiness - Stimulation Happiness

The third level of happiness is known as stimulation happiness; this happiness is aroused by excitement. Happiness gained due to parties, picnics, festivals, celebrations etc is stimulus happiness. The whole society is a prey to this kind of happiness. However, such gratification is momentary. As soon as that moment is gone, the same situation continues to persist – of boredom and dullness. A person tries to fight boredom, misery and distress by creating excitement. What he never realizes is, that very excitement in turn leads to even more boredom, misery and distress.

Fouth level of happiness - Formula Happiness

This happiness is created by applying a formula. The meaning of formula is that by combining two things, one formula emerges. Each person has devised some formula in his/her life to feel some happiness. If everything goes well as per his/her formula, he is very happy. For many, the formula is “Sunday morning newspaper + A cigarette + Coffee.” For children, the formula could be “A whole day of play + A movie to end the day.” For ladies, it could be “Gift + Gold = Happiness.”

Fifth level of happiness - Happiness through Service

This is the first amongst the higher levels of happiness, where an individual derives happiness out of serving others. Some people render service by being instrumental for others in achieving happiness. After recovering from their own maladies and disorders, and after coming out of their own anxieties, they start serving others and work for the welfare of the society. They get contentment and happiness due to such service.

The law of nature that states ‘whatever you become a medium for, will multiply in your life’ starts paying rich dividends at this level. So, the more one serves, the happier one becomes, the more Nature rewards him…. One really begins to enjoy this virtuous cycle.

Sixth level of happiness - Divine Happiness

Happiness acquired from divine devotion is the sixth level of happiness. At this level, man is in love with the Creator. He sings the praises of God and admires everything created by God. One is always in a feeling of gratitude and devotion at this level. If divine devotion gets aroused in our hearts, we are bound to get happiness.
Seventh level of happiness - Eternal Bliss

This kind of happiness differs from all other kinds of joys. This happiness is attained when a person is free from all false beliefs and misconceptions, and he knows the answer to, “Who am I?”

Today people are agonized due to their thoughts, due to their mind. If a thought arises, it refuses to budge. Many thoughts rush in all at once and no breaks can be applied to them. And we can see that it

Compiled by
- P. B. Fadnis
(Source: Secret of Happiness)

Wisdom is beyond time. Like the sun is, ancient, but the sun’s rays are fresh – it is not the same, stale rays. It is the same with water. The river Ganga is ancient but today’s water is very fresh. In the same way, wisdom is something, which is applicable to our life, which is new and fresh, yet which is ancient. That which upholds life, can be called wisdom.

The ignorant are fanatically religious. The so-called intelligentsia is fashionably atheistic but it is the wise one who know how to combine the old and the new and make their lives. Like a tree which needs roots which are old and shoots which are new, life needs to be adaptable and this, exactly, is ancient wisdom. The very first hymn in the Rig Veda says, “Rishirbh nutane nurut” and the second hymn says, “Agni purvebi rishibhi nutane rut.” Modern and ancient rishis do exist; the old and the new, they exist together and that is wisdom. Like technology, trade and tradition need to be revived and reviewed repeatedly. This is essential and the vibrancy of India is that we are able to do this. From ancient times, traditions have been kept intact, yet we have become very adaptable as time flew into modern-day requirements and life’s challenges that one has to meet.

What really is wisdom? Why we should be wise? Nobody wants to be in suffering. Nobody wants to be upset. That something which takes us away from suffering, which gives us vision, which makes life vibrant, which connects you-the individual you to the universal. You that exists.

Wisdom it is nothing to do with education. You will find wise people even among the illiterate. They know how to manage home, they know how to keep harmony in their neighborhood, how to bring people together and how to bring celebration in life. Wisdom is that which brings celebration in life, which brings a smile on your face, which keeps you healthy and gives you that intuitive ability to see life and what is ahead of you.

I would like to add one more thing as we were talking about thought. I find “Thought” is gatekeeper of the house. Emotions are a little more powerful than thoughts. You may think ‘I am happy’ or you may put all your attention on thoughts but when emotions come, they just barge in with such force that all your thought process you kept to yourself disappear. You find that your emotions are much more powerful than thoughts. Situations overpower you. Though you want to say ‘I want to be happy’ or ‘I am happy’ and suddenly a bolt of emotions come, some energy comes and they all disappear.

Therefore, we need to work on several layers of our life. First are environment; then body and breath, for breath is the link between mind and body. Then mind and thoughts, and then emotions, which are even subtler and powerful than that and beyond that is the energy field that is positivity, the radiance, soul, spirit that you are, that comes into play. In addition, all these techniques like meditation and contemplative prayer as in Buddhist Zen tradition are to transcend thought and reach that level from where everything else runs. That is like attending to the house owner and then the guard will listen to what the house owner says.

Talk by: Sri Sri Ravi Shankerji
Life is too short. It can end in an instant. So be sure to make the most of every moment you are granted. Live each moment as if it were the last. We often take it lightly and then comes a moment when we come face to face with the reality of how short life really is! This means it is time for getting our affairs in order. I read the above sentences in the articles ‘Life is too short’ published in the 17th Feb Sunday weekly of Hindustan times. I was inspired to write this article for the benefit of Adhar parents of mentally challenged after reading it.

It is human tendency to postpone things to be done today to a later date. We do not know what is in store for us tomorrow. One day we have to face the reality of life and we realize how badly we have failed to make the most of it before it ended.

Keeping in mind the above facts the parents of mentally challenged children of Adhar are advised to think of the future of their handicapped children and make arrangement for their lifelong medical care, clothing, food etc; as early as possible. I hope the following points would help them to plan for the lifelong provision of their M.R.Children.

1. Do not put off making a will in favour of your M.R.Child.

2. Nominate a trustworthy person who would be the future guardian of your M.R.child. The nomination would help the future guardian to get the guardianship certificate from the court of law.

3. If you are a central or state govt. pensioner Your M.R. child is eligible for disability pension after you. So collect all necessary document including the medical, disability and dependency certificate of your child without any delay and send them to the concerned office. If possible get your child’s name endorsed in the P.P.O., so that the future guardian would not face any hardship in getting the pension on behalf of your child.

4. Make a list of everything and plan systemically in favor of your child for his future in your absence.

Time and tide waits for no one. By postponing things for tomorrow perhaps we may not be able to see the tomorrow. Keep your affairs in order today itself that also in your lifetime.

- C.R. Saraswati, Trustee
ADHAR

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**REALITY OF LIFE**

Life is too short. It can end in an instant. So be sure to make the most of every moment you are granted. Live each moment as if it were the last. We often take it lightly and then comes a moment when we come face to face with the reality of how short life really is! This means it is time for getting our affairs in order. I read the above sentences in the articles ‘Life is too short’ published in the 17th Feb Sunday weekly of Hindustan times. I was inspired to write this article for the benefit of Adhar parents of mentally challenged after reading it.

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- C.R. Saraswati, Trustee
ADHAR

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**IF I HAD...**

If I had wings like a bird,
I would fly all over the world
And spread Gandhiji’s message
Of peace and non-violence

If I had a magic ward of a fairy
I would change the disabled into abled
And I would make the abnormal to normal
Thus serve the humanity of the world.

If I had a boon received from God,
I would ask to restore the vision
Of all blind people all over the world
Thus help them to see the beauty of world

If I had an ‘Akshaypatra’ from sun of God
A vessel which is always full
I would feed the hungry and enable them
To earn a honorable living

If I had the power in my hand,
I would ask all the politicians
To declare their amassed wealth
And utilize it for national welfare

If wishes were horses
even beggars would ride

- C.R Saraswati, Trustee
ADHAR
We are today interested in learning about the outer world. We spend billions studying the ocean bed, space and outer space. However, at the same time, we do not strive to understand what is close to us, our inner world.

Today, many people prefer large-screen televisions. However, we can see that the larger the TV screens are, the smaller the screens of our mind become. Our selfishness and ego are shrinking the mind. We have created vacuum cleaners that can remove the tiniest specks of dirt. But many more are not aware of the need to remove the filth in their minds. What makes life beautiful or ugly is the mind. It is the mind that we need to beautify first.

A long time ago, the devas and asuras were constantly fighting with each other. They were living in two different worlds then. By the time of Lord Rama, the asuras had come closer; Lord Rama was in Ayodhya, and Ravana, in neighboring Lanka. Later, the asuras entered the families of the devas; Kamsa was Lord Krishna’s uncle. And now, the asuras have gained entry into our minds. Only when we defeat these enemies, residing in the mind, can we attain real victory. The enemies include egoism, jealousy, greed and hatred. If we want peace and contentment, we must be ready to fight a big battle. But this is not an external war to be waged with guns and bombs, but an inner combat to be fought with weapons such as love, faith and self-sacrifice. There will be no bloodshed in this battle, only the flow of love and peace.

No one can live without tension. There will always be tension in life, but we should not let ourselves become unnecessarily tense. We see birds flying in the sky. No one can stop them. Similarly, we cannot change many situations in life. Trying to do so is akin to permitting birds build a nest on our heads. There is no danger whatsoever from being in a boat floating on the water. It is when water enters into the boat that it becomes dangerous. Similarly, we are living amidst problems. However, we should see to it that these problems do not enter the mind. This is what is meant by spirituality. Today, there are many who walk around with pacemakers. If we have ‘peace-makers’ in our hearts, there will be no need of pacemakers. Spirituality is this ‘peace-maker.’

If we understand spirituality, we will be able to witness problems from distance. No one else would have faced the kind of obstacles that Lord Rama and Lord Krishna met. However, they saw all those circumstances in the same way that a playwright sees his own play. One who understands the nature of the world is able to regard both joy and sorrow, honor and insult as an unaffected witness.

The ability to stand apart and witness the vicissitudes of life is what is called sakshi bhava. One of the aims of spiritual practice is to cultivate this stance. Often, life will present more sorrow than joy. The ability to stand apart and witness things will help us immensely in regarding pain and pleasure with equanimity, and in transcending them.

Compiled by: Asha Fadnis
(Matruvani, April 2013)

Staff Welfare Activity

All work and no play makes a man dull. Keeping this in mind a two day picnic of the staff was organized to Alibaug. At Alibaug they visited Nagabhish beach and enjoyed the sunset. While returning, they visited Swami Samarth and Hunuman temple at Pen. It was a good two days outing from the routine work. All of them returned with determination to excel in their own department and to render maximum good services to the inmates. Adhar bus and Rs.40,000/- was provided to them from the management side.
1st January ’2013: Mentally Challenged inmates love music. The year began with the musical event. Badlapur Sangeet Premi Friends Club visited and performed a memorable programe for the inmates of Adhar. Inmates as well as the staff will remember this evening for years to come. We thank the team for the same.

4th January ’2013: Adhar is now been recognized as a model institute in the field of taking rehabilitation of the mentally challenged adult. Many Organisations visit for project work. 40 psychology students from Modern College, Vashi along with faculty members paid a visit to have first hand information about the functioning of Adhar. They then took active part in the cultural programe presented by inmates.

7th to 14th January ’2013: ‘All work and no play makes a man dull’. Keeping this in mind Annual sports are being organized every year. This year they were held for one week from 7th Jan till 14th Jan. This is the time for fun and frolic. Inmates as well as the staff forget their ages and enjoy this period and wait eagerly for the next year to come.

15th January ’2013: Concern India Foundation has been partly sponsoring the Vocational Training Center for the past 2 yrs. As a routine inspection, they visited Adhar and were satisfied by the progress made.

18th January ’2013: ‘Til Gud ghya ani god god bola’. Makar Sankrat amongst the staff was celebrated. Staff enjoyed the function.

22nd January ’2013: ‘Jaanta Raja’ an epic on the life sketch of Chatrapati Shivaji Maharaj was shown to inmates of Adhar at Adarsh Vidyalaya Ground, Badlapur. Inmates thoroughly enjoyed it and were discussing about the same for weeks to come.

26th January ’2013: Mrs. Shubha Chitnis a writer, who has written many books on different issues is now writing a book titled “Adhar Maya” on ADHAR. She was the chief guest for the Republic day celebration. She along with Mr Chitnis hoisted the flag as well as released the newsletter. She was very much impressed by the cultural programe presented by the inmates of Adhar.

2nd February ’2013: An exhibition cum sale of the vocational training centre was arranged at Rajhans School, Andheri on the fete day. We thank Mr Arun Wadhwa, Trustee, and Dhiit Wadhwa, his daughter for arranging the same.

9th February ’2013: There are few inmates who neither go home nor go out on medical grounds, these inmates also enjoy the outings for them along with other inmates a small picnic is being organized every weekend. This time the picnic was arranged at Barvi Dam, Badlapur.

12th February ’2013: 100 students from Badlapur High School paid a visit and had full day interaction session with the inmates. They actively took part in all the activities. They now will become Ambassador of Adhar and try to remove the misconception of mental retardation in the society.

16th February ’2013: There are few inmates who neither go home nor go out on medical grounds, these inmates also enjoy the outings for them along with other inmates a small picnic is being organized every weekend. This time the picnic was arranged at Gajanan Maharaj Temple, Kanhor, Badlapur.

23rd February ’2013: Vishwakarma Sutar Samaj gave the platform to exhibit the talents in mentally challenged at Badlapur. They were asked to perform only cultural programes (group as well as solo dance). They were wonder-struck to see the programme. One
of the members of the group started thinking why they are labeled as ‘mentally challenged’.

26th February '2013: Every year a fair is arranged at Mulgaon temple known as Khandoba chi jatra. People from nearby villages gather and have fun. Our inmates are attending this fair since 13yrs. They climb the small mountain to get the blessing of the village deity. This year the inmates were taken into 2 batches. They enjoyed the climb.

5th March '2013: ‘Prevention is better than cure’. Like every year a medical camp for the residents was organized to detect any abnormalities well in advance. Screened out inmates are referred to specialized doctors.

9th March '2013: Antarang- Jeshta Nagrik Samajik Sanstha had organized International Women’s day in Thane. On this occasion they had allotted a stall to Adhar, where the product made by the Mentally Challenged could be exhibited and sold. We thank Ashatai Gore for arranging the same.

8th March '2013: Mrs Lata Palekar, well wisher of ADHAR along with Mr. Palekar visited. She has been supporting Adhar since its inception. She was totally satisfied with the progress of Adhar and donated substantial amount to Adhar.

10th March '2013: On Mahashivratra day inmates were taken to Shiva temple at Rahatoli. They were blessed by the head priest and enjoyed the hospitality of the temple.

30th March '2013: Mr. Sunil Khandkar, Trustee had organized a free stall at his office BPL, Chembur. Adhar had put up a stall as an orientation activity. It was a nice learning experience for the staff of the company as well as those who attended it.

ADHAR NEWS - NASHIK

26th January '2013: Republic day was celebrated. Inmates Deepesh and Saurabh did the flag hoisting. Thereafter inmates entertained themselves.

5th February '2013: Mr. Milind Dnyate, Statutory Auditor, along with his family members visited us. He applauded the progress made by Adhar since 1st June 2012.

12th February '2013: Met Mr. Anil Khadse, Senior Civil Judge and Secretary District Legal Services Authority and intrduced Adhar to him. During the discussions, he informed me that he will be coming soon to visit Adhar.

24th February '2013: Mr. Deshmukh came for water survey. He suggested 3 points within the campus where the borewell can be drilled to get water.

8th March '2013: To solve the water crises at Adhar a borewell was drilled till the depth of 456 feet.

12th March '2013: Slab was casted on the LIC sponsored dormitory.

THIS ISSUE IS SPONSORED BY

Mrs. SUSHAMA & Mr. VINAY PURI
**Admissions Open**

For Male at Adhar II [Nashik]

We have great pleasure to inform you that Dormitory No. 2 at Adhar Nashik will become operative in the month of May 2013.

We have open the admissions for the same.

Parents are requested to inform their known parents who are finding it difficult to take care of their ward at home and are looking out for such facility.

To avoid disappointment we request the needy parents to enroll themselves for admission of male mentally retarded adults at Nashik.

Available seats will be Maximum 25.

**PLEASE CONTACT**

Mr. Parag Fadnis 8605014540
Ms. Sharayu Samarth 8605014532

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**EXHIBITIONS HELD**

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Period</th>
<th>Place</th>
<th>Amount</th>
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<tbody>
<tr>
<td>1</td>
<td>26-01-2013</td>
<td>Adhar, Badlapur</td>
<td>7395/-</td>
</tr>
<tr>
<td>2</td>
<td>02-02-2013</td>
<td>Rajhans Vidyalaya, Andheri</td>
<td>2600/-</td>
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<tr>
<td>3</td>
<td>09-03-2012</td>
<td>Antarang, Thane</td>
<td>1950/-</td>
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<td>4</td>
<td>30-03-2013</td>
<td>Bharat Petroleum, Chembur</td>
<td>2279/-</td>
</tr>
<tr>
<td>5</td>
<td>Jan-Mar.- 2013</td>
<td>Adhar, Nashik</td>
<td>3135/-</td>
</tr>
</tbody>
</table>

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14th to 16th March '2013: Meena Shinde, Sr. Accountant and Shanti Atisham, Matron visited to review the work at Adhar and suggested few things.

15th March '2013: Ms. Nandini Goswami, General Manager, Corporate Communication, Glaxo along with Smruti Chaturvedi, Mr. Ashok Deshpande, Manager, Nashik Division Glaxo Unit, Mr. G. C. Gore, Member, Core Committee, Nashik visited to see the project in general and the medical unit in particular. Mr. Vishwas Gore, Chairman oriented them and stressed the need of a full fledged Medical Unit at Nashik Adhar. Ms Goswami highly appreciated the project.

16th March '2013: 7 members of Vishwas Palak Parivar visited to study in depth functioning of Adhar. Mr. Vishwas Gore, Chairman oriented them. The purpose of the visit was to know the procedure to open a residential unit for mentally challenged adults. Mr. Gore assured all the help to them and encouraged to go ahead as it is the need of the hour.
वर्कशॉप आहे ‘आधार’चे जंक्शन, 
तेथे होतात अनेक फंक्शन .
टेलीफोनकबर विश्लेषन लोकगरी, 
होते काजलिंग पंक्तिंग अग्रहारी.

लोकरीच्या बाहुल्याच्या आहेत मोठ्या पायल, 
पिलोटकदरीच्या एम्बायरडी पन्हा किंवा छान .
जलवायुतला आलाला, आहे फार चविस्त, 
आवृत्ती सावधन पाहून होतील धर्मपुर .

‘आधार’ या योजनी इडल्या चकरकर, 
टाकाज पासून टिकाऊयांचा मोठा दर्वाज .
रूमालाच्या पंक्ततंत्राचा माघणी भरपूर, 
मकोटीला उतनतात मुळे पुरवूपूर .

कागारीच्या विश्लेषणाचा कार्यना पडतो पिटदर्याचा ,
मोनरोंजाळीचा कार्यक्रम पाहून मुळे वाजनतात दिसूत राला .
बर्काटोपमिश्र मुळे कार्यना कानावूर , 
फ्लॉरपॉइंट करतला पडतो वाजुवा विसर .

पिकनच्या शाईने वागळ होतात ते होत, 
काम पाहून विषन्ट्स म्हणतात ,“आये वा... क्या हे वाळ .”
ऑप्फिसवर्त गुंडर डिझाइन टिक्कांच्या, 
पेषेटपंपेट केंद्रावर हाय उम्मे समाधानये .

दिवाळींकडून सर्जना हवाश्या वाहतात पणला, नेगवल्या, 
अंगारानितला पुरस्क उजेड जडी असे विमानस्थित .
उषा फाइल लीकाडेसाय, फिळने पाहून लोक व्यवस्थान कचक ,
डुडरामेट, रिटिनकार्डस, डटर्स करतला 
साधारण वरीक .

पेनांड, टीकोरस, बापी पाहून आवृत्तीने नंती 
सेहाय्या धार्मिक विश्लेषण विवातन नेरीगाली .
कधी हाइडरेस तर कधी गार्ड, जवऱे लागते टिकम्ना बेड 
अधी धावते सुपरफास्ट वर्कशॉपी ‘आधार’ ट्रेन .

‘सुविचार राजपुर्ण’
वर्कशॉप इंडर्जर
’आधार बदलपूर’

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स्पेशल केसर युनिटची टीम...

‘आधार’ मराठी मला हायक्स मानासितच फोन आणला
की वेळजवऱे तरस्तेत बाजी नाही . त्याला टां व्यवस्थितर्के
काढुबाळण आणले काळजी कक्ष जाका . आता त्याला
रुपेश्वर केंद्र युनिटमध्ये टेस्ट पाहता होता .
मगज साकार वोकाल तिलेकडे ती काढणे तरस्तेत अधारावर
जाली आहें हे एकूण माफी जना धारणावर कक्षे
कती एकदा त्याला होक्याताने खेले आहे . तयातीले की
वेळजवऱे रुपेश्वर केंद्र युनिट मध्ये जाता होते ते मला
किसे धुळे गेला तिसे पाहिले तर वेळजवऱे तेजस्वी अर्थात
अनुपूर्व अनुभव होती अध्यक्ष ग्रंथ लुढे आले होते .
होते पण उठवत नकडा , अंगार अधिकार तरस्तेत नकड्याती.
मला त्याची अूप काळजी पाहत साती तास त्याच्यासाठी काढणे
बंधतो . टां बंधत टांती स्टाफकला काळी अंगिना
किल्या ब्रायट ब्रेट टेस्ट करून आणला मागितलया .
मला धिश्चित किल्या . काही काळजी कक्ष जाता अंगिते काही
तीक करवल . पण मला विश्वास वाहत नकड्या की
एवढी तरस्तेत शिक्षितलीले काही काळी अूपाधारकर ?

शर्तें ब्रेट टेस्टचा विपोर्ट मिळाला , अलाईजन
लालेक गेले , उपवास शुद्ध आहे , टोक्टो व्यवस्थायेंजी
जास्त टेस्ट न करता अूपूर निकाल केले व नैरिकल
स्टाफच्या नांना पाणी पूर्त व शीर्षाच्या व्यवस्था
अूपकिस कडून करले घेतली .

बेशर्त केसर युनिटच्या स्टाफकला वेळजवऱे अूपूर
छान काळजी घेतली आस चक्र अगृहेत्ती . ती
घरात्याचे क्रांतधारक मुळे जाता तेने वेळजवऱे देखे अिक्र नकड्यात
 की “आधार”च्या रुपेश्वर वेळजवऱे ऑपविके त
त्याची गेले . तनात धार्मिक होती हायक्स रुपेश्वर
जाळव आता मोक्षित अनुपूर्ववर फोन आणला
चोकर चोकर कहतीले . जसे बारां व्यवस्थिती
स्टाफच्या वेळजवऱे आढळले तर वेळजवऱे हायक्स
सिंहाने करताना विविधता मध्ये मोक्ष सोर्बने कुळ
 जाणे ज आता फोन एवढी फोन आणला.

calender

- सूची घरापुरेका

‘आधार बदलपूर’

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- अूपकिस वि.सिमिता व्यवस्था गुरुर्शी

पालक
Appeal

Contribution towards

“Corpus - lifetime Food Provision”

For inmates of Adhar Badlapur

• Innovative way to celebrate birthday, anniversary or remembering beloved and making your special day really special…..
• The scheme is one time donation of Rs. 100000/- (Rs. one lac only) to the corpus.
• Book any specific day in a calendar year.
• In return “Lunch with Sweet” will be served to 201 mentally challenged adults on a selected day at Adhar Badlapur every year forever.
• For Adhar it’s a valuable contribution as this will help us to create a fund for food requirements of our children forever.
• The following days are already registered:-
  1. 31st January Birthday of “Late shri Pradip S. Kulkarni”
  2. 26th February Marriage Anniversary of “Late Shri Shripad Gangadhar Gore & Late Sau Kamal Shripad Gore”
  3. 30th June Birthday of Mr. Colin Williams
  4. 15th August in memory of “Late Sau.Padmavati V. Deshmukh”
  5. 4th October Death Anniversary of “Late Shri. Madhav Gangadhar Gore”
  6. 14th October In memory of “Late Sau. Parvatibai S. Kulkarni”
  7. 2nd November In memory of all Departed Souls
  8. 19th November Birthday of Mr. Tarun Agarwal
  9. 23rd November Birthday of “Late Shri. Madhav Gangadhar Gore”
  10. 25th December Birthday of Chetan Shah
  11. Pitrupaksha (Dashami) In memory of “Late Shri Manohar R. Wadhwa & Smt. Neeta Manohar Wadhwa”.
  12. 18th April Birth Date of “Late Smt. Shobhana Ramakant Gore”

The scheme was announced on 15th Aug. 2012. If initially 100 days are booked we will create corpus of Rs. 1 crore which will be great relief to Adhar in long run.

We appeal parents, donors, well wishers to come forward and support us in taking lifelong care of mentally challenged adults at Adhar, Badlapur.

- Vishwas Gore, Chairman
HOW YOU CAN HELP ADHAR?

- Sponsor food expenses of one resident for one month Rs. 2,000.00
- Sponsor the cost of one resident for one month Rs. 8,000.00
- Sponsor one Special Meal for all residents Rs. 6,000.00
- Become a Lifeline Donor & Well-wisher of Adhar Rs. 5,000.00
- Sponsor the Annual outing for One day Rs. 25,000.00
- Sponsor the Bed sheets, Mattresses, Towels for one year Rs. 1.00 Lac
- Sponsor one poor resident’s maintenance for one year Rs. 1.00 Lac
- Supply dry food provisions requirement for one month Rs. 1.50 Lac
- Memorial Marble Slab at a prominent location Rs. 1.00 Lac
- Sponsorship of Material Cost of Vocational Training Activity for one year Rs. 3.00 Lacs
- Sponsorship of a Dairy Farm expenses for one year Rs. 2.00 Lacs
- Sponsorship of Special Care Unit expenses for one year Rs. 12.50 Lacs
- By placing orders for our products like Candles, Agarbatties, Dusters, Phenyl, Liquid Soap, Chalks, Office Files, etc.
- By contributing in our Fund-raising Projects like Greeting Cards, Advertisement in Souvenir etc.

Donations to Adhar are exempted under 80 (G) of the Income Tax.
Adhar can accept Foreign Currency Contribution as per the Registration granted by Government of India vide Reg. No.: 083990108
Cheques / DD to be drawn in favour of "The Association of Parents of Mentally Retarded Children."

BOARD OF TRUSTEES

1. Mr. Vishwas Gore Chairman
2. Mr. N. P. Desai Secretary
3. Mr. Sunil J. Khandkar Treasurer
4. Mr. S. M. Chandawarkar Trustee
5. Mr. M. L. Talwar Trustee
6. Mr. K. S. Daryani Trustee
7. Smt. C. R. Saraswathy Trustee
8. Mr. Arun Wadhwa Trustee
9. Mr. Ashwin Mehta Representative

Edited, Published & Printed by : Parag Fadnis, on behalf of The Association of Parents of Mentally Retarded Children, Mumbai.102, Om Shraddha Saburi, Vishnu Nagar, Opp. Bhagwati School, Thane (W) - 400 602. Tel.: 2542 6753 / 2534 1708.
Mr. Milind Dnyate, Statutory Auditor along with family members enjoying their time at the Vocational Training Centre, Nashik

Construction of Vocational Training Centre almost completed and is expected to start from 1st June 2013

Mr. Vishwas Gore, Chairman explaining the concept and philosophy of “Adhar” to members of Vishwas Palak Parivar, Thane. They are intending to start a residential unit at Panseth

LIC Dormitory construction completed and is expected to start from 1st June 2013

Work in Progress on the LIC Dormitory

Mr. Vishwas Gore, Chairman explaining the project “Adhar” to Ms. Nandini Goswami, General Manager, Corporate Communication, GlaxoSmithKline Pharmaceuticals Ltd. along with Smruti Chaturvedi, Mr. Ashok Deshpande, Mr. G. C. Gore, Core Committee Members, Nashik
GRATITUDE

There is no happiness like knowing that you have made a difference in someone else’s LIFE.
This happiness we attribute to the all donors, well wishers and friends who have supported us directly or indirectly all these years.
We express our Gratitude for their gesture and wish that our association continues for the times to come.

THANK YOU

-Board of Trustees

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Asnoli Phata, Off. Barvi Dam Road,
Badlapur (W.), Thane - 421 503
Tel. No. (0251) 2910303 /106/1083

Nashik Project: (Adhar II)
Gat No. 286, Pimpalgaon (Dukra),
B/H Indian Oil Petrol Pump.,
Ghoti – Sinner Road, Tal. Igatpuri, Dist. Nashik
Tel. No. (02553) 204002