

ISSN 2229-5143

**JOURNAL OF
DISABILITY MANAGEMENT AND
SPECIAL EDUCATION**

J DM
SE
Journal

JODMSE

Volume 3

Number 1

January 2013



**RAMAKRISHNA MISSION
VIVEKANANDA UNIVERSITY
FACULTY OF DISABILITY MANAGEMENT
AND SPECIAL EDUCATION**

JOURNAL OF DISABILITY MANAGEMENT AND SPECIAL EDUCATION

ISSN : 2229-5143

Volume 3

Number 1

January 2013

CONTENTS

Editorial board	iii
Instruction to authors	iv
Editorial	v
The Effect of Cryoflow (Infra Red Guided) as a Component of Comprehensive Treatment In Shoulder Pain: Rahul Ranjan , P.K. Mitra, Dr. Ratnesh Kumar, Dr. Suraj Kumar & Pooja Ghosh Das	1-13
A Study on Effectiveness of Out-door Environment in Learning Independent Living Skills for Adults with Multiple Disabilities: Dr. K. Balabaskar, C. Mala & D. Rajkumar	14-23
An Analysis of the Extent of Mathematical Achievement by Adolescents with Mild Intellectual Disability: Dr. A.T. Thressiakutty	24-35
Educational Perspectives of Individuals with Deafblindness: A Review of Literature: Shruti Bobade	36-48
District Institute for Education and Training: Teacher Educators' Readiness for Inclusive Education in Sikkim: G. Srikrishna & Seshagiri Rao Joshi	49-55
Possible Academic Achievement of the Students with Intellectual Disability : Special Educators' Perspective: A. Sudha	55-63
Interpersonal Skills of Adolescents with Visual Impairment : Nobin Bhowmik & S. Parween	64 -73
Opinions of Secondary Special School Students with Hearing Impairment about Inclusive Education: Dr. Gayatri Ahuja	74-78
Freedom and Bondage: Brahmachari Pradeep	79-80
<u>Success Story: Anjum Khan</u>	81-83

Success Story:

Better to light a candle than to curse the darkness

Anjum Khan

I am Anjum Khan, basically hailing from Gwalior, Madhya Pradesh and have been living in Coimbatore for the past 16 years. I lost my eye sight as a result of measles at the age of five. Despite my parents' tireless effort to seek medical remedy and restore the sight, I couldn't be able to see. My parents tried to seek the help from different eye specialists, almost everywhere in India, however the doctors couldn't succeed. It is good medical facilities in and around Coimbatore which made me migrate to Coimbatore. It was very hard for my family to adapt themselves to an entire new set of cultures especially language. But, only the hope was that I will get good medical treatment and that made them come to Coimbatore. However, the treatment and surgeries performed in Coimbatore could not bring positive result. Eventually, I was recommended by one of my eye specialists to pursue my education in Avinashilingam Institute which had wonderful facilities for children with special needs. After getting admission in Avinashilingam Institute, my academic navigation began giving me hopes and future to my dream. As I didn't know anything at all, my teachers had to start from the scratch. They oriented me about totally new sort of world which wasn't really dark as the others perceive but with different and challenging dimension.

I was taught Braille, a wonderful cusp in the history of invention and education. My resource teachers were very patient while teaching me Braille and various other teaching devices which helped in understanding papers like Science, Social Science and Mathematics. After getting well acquainted with these new strategies, I began my schooling in the same institute. Lucky for me, I had very good teachers and wonderful friends who helped me in all walks of my school. By and by, I moved on and always found friendly and assistive atmosphere during my school and college days. I had creative ideas and in a school competition in third standard, I worked on a wall hanger and won first prize. It inspired me to take part in as many competitions as I could and I took part in many competitions including singing, creative craft and so on. I was one among our school team to perform on the radio and did this performance twice.

I got promoted to high school and as it was very difficult for me to come regularly from home, I opted for the hostel. It was again a real wonderful experience learning things which I believe I could not have learnt at home. I had very good, caring friends. I did group studies, group activities and so on. I had interest in sport as well and especially outdoor games. I was full of spirit and I had participated in three leg race with my sighted friends as well. It was

* Assistant Professor, Avinashilingam Women's University, Coimbatore

very good. experience though we didn't win the race but we reached up to the semifinal. The best part of my outdoor activities was that I played them with my friends on our school ground and they never thought that I shouldn't trouble them. At home and in our neighbourhood as well, I had a good set of friends with whom I had all possible fun playing cricket; hide and seek and so on.

I did very well in my studies and of course always had support from family, teachers and friends. My father had to invent ways to teach me trigonometry in mathematics, equations in chemistry and so on. As a result of these combined efforts, I stood first in my tenth board exams in the state among the visual impaired students and was awarded S. P. Gopalakrishnan award in Madurai. I worked hard again and with the support of my family, friends and teachers, I stood first again in twelfth board exams in the state among the visually impaired and was conferred Kasthuri Ramnath award. I was also conferred with Subrato Ganguly award and scholarship from ACC enterprise for my outstanding performance in tenth and twelfth board exams.

Of course, I had my cloudy moments too but they were very short-lived. I felt bad when someone had looked me down upon or doubted my abilities. I felt sometimes alienated when I was denied something on account of my inability to see or when I couldn't understand things which were explained in visual forms. However my friends and my family always tried to make me feel I was not deprived of anything including describing programs and movies on television, family albums and outdoor landscapes on picnic and trips.

I had a very rich experience in my graduation and post graduation. I was introduced to technology, computers and assistive devices which made it possible to operate computer independently. I was given the privilege of taking exams on my own computer and submit a printed copy of my answer sheet. This was again combined effort of the special education department, controller of examination and English department who facilitated me with such a privilege. Getting to know computer and using it for academics was a catalyst in accelerating my progress and enabling me to explore farfetched terrains. My acquaintance with the screen reading software and computers enabled me to meet former president Hon. Abdul Kalam. This was all inspiration and momentous progress. I took part in many competitions inter and intra collegiate competitions. My areas of excellence have been: quiz, creative writing, imaginative writing, debate, elocution and so on. I've participated and won prizes in numerous state level and national level competitions. Furthermore, I succeeded in a computer examination conducted by UDIS forum on behalf of Marga Schulze's scholarship and acquired a laptop with the screen reader. I've been using computers resourcefully in making notes in class, doing assignments, making presentations, taking exams, learning, reading, writing and so on. I became an avid net surfer googling for reading materials, discussions, mailing lists and for many more networks.

I did my Ph.D. from the same institution. I've had a flare to learn things and bring productive and creative results of such learning and research is the extension or fulfillment of my interest. At present, I am working as an

Assistant Professor in the same institution. I don't have any particular role model. But, I am inspired by every one and every single thing which I come across. I would like to acknowledge that I've been inspired for hard work and perseverance from my late brother who had been an epitome of these traits. I've been inspired to think positively from my father and to be enduring and hoping best from my mother. My family has been helping me throughout, encouraging and appreciating me. I have very good set of friends who have made wonderful differences in my life in hostel, in college and every where. My teachers, hostel staff, warden have been very helping and always looked upon me with appreciation and encouragement.

Besides working on my research, I invest my time in reading books and sometimes try hand in creative and imaginative writing. My

imagination is very strong and rapid making up for my disability to see. In my imagination, I can visualize so many things, persons and situations.

It is evident that there are people, who embark on expeditions, but on account of unsure steps, their vision blurs and they hardly ever reach the destination. It is inappropriate to waver in once idea or steps after settling into an enterprise. Hence, perseverance is the fuel which keeps going an individual across the passage and towards the vision. Fortitude or strength of mind complements vision and it is an assertion that a commission is not a mission until it procures a vision. The world is a more beautiful place when the people around us are empathizing, understanding and open minded. This creates a remarkable difference in lives of persons who are challenged in some way or the other. I always look for empathy from others and refuse to accept sympathy.

