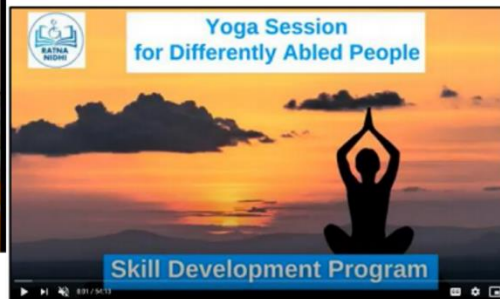


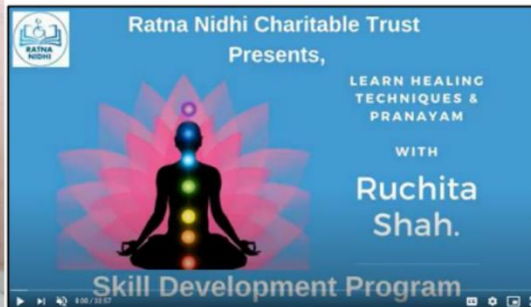


AATMANIRBHAR

Skills Development Training Program for Orthopedic disabled



Skill Training By Ratna Nidhi Charitable Trust





Ratna Nidhi Skills Training Project

According to Census 2011, there are 26.8 Million Persons with Disabilities (PwDs) in India of which 5,436,604 ¹ people suffer from Movement disability in our country. People with physical disabilities are one of vulnerable and neglected section of the society. Even though, persons with disabilities constitute a significant percentage of the population of India, they face many challenges when looking to develop employable skills and in gaining meaningful employment.

Ratna Nidhi's solution has been to provide relevant skills training. RNCT Skills Development program is a holistic program to ensure successful rehabilitation of people with underprivileged orthopedic disabilities. Most of these people have been provided with free mobility aids by RNCT like Jaipur foot, caliper's, crutches and prosthetic hands. This will be coupled with providing them with opportunities for jobs or small start-ups as per their skill. With skilling project, the aim is to ensure mobility and through skilling, become financially independent.

Following are the skills training provided:

- Spoken English training
- IT Skills training (Ms Office, Internet etc.)
- Personality development and soft skills training
- Job preparation training
- Mentoring for selected students
- Complementary trainings like yoga, pranayama, interview skills, etc

Project highlights and Impact

1. An attempt towards mainstreaming the orthopedic disabled
2. Initiated our Project during COVID pandemic foreseeing the need for skilled personnel. **86 students trained in a rigorous 300- hour training program.**
3. **Complementary training provided for 328 Hours** on subjects like pranayam, yoga, meditation, physical and emotional well- being, etc.
4. All students are encouraged/ counselled to attend all class and aim to improve their assessment results.
5. Assessment for each student is completed **21 students reached advanced level and 20 intermediate advanced** in English.
6. Students will get **NIIT Certification** post computers course completion.
7. Select students are provided with mentoring support. **In 2020, 24 students were mentored by 13 mentors.** Mentors are professional from different fields like HR, Medical, engineering, senior management professionals etc.
8. Rigorous selection process- **3 level of interviews are conducted** to ensure commitment and dedication



9. RNCT team is in regular touch with all students almost on a daily basis through messages/ calls
10. **11 students have currently been placed** in different jobs or have started their own businesses.
Two of the students have been placed with RNCT as internship.
11. Attempts are being made place other students with different companies
12. Mock interviews sessions conducted to ensure students have an experience of interviews.
13. Support like phone/ recharges are provided to students as per requirement and need.

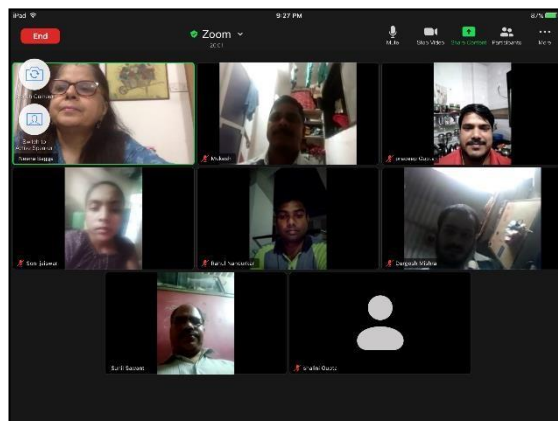
Monitoring and evaluation parameters

- (i) Weekly progress calls check with beneficiary
- (ii) Weekly review calls with trainers
- (iii) Attendance check on a daily basis
- (iv) In-depth MIS system
- (v) Progress calls with mentors
- (vi) Progress report on classes through pre and post assessment
- (vii) Check on interviews/ job placements for each student

SPOKEN ENGLISH TRAINING



Student Shehjadi Ansari getting trained Spoken English skills in the Online classes



Trainer conducting online Spoken English session with evening batch physically challenged students



Here is video link – Listen to our Sunita Gunjalkar sharing her experience of Spoken English training she received through online classes -



https://drive.google.com/file/d/1Eb_POQfMDo49EH7jN8s-T4WWNr8A6_1R/view?usp=sharing



Below are training videos of the Online Spoken English training provided to adults with physical disabilities under Skills training program:



Spoken English training video link 1 :

https://drive.google.com/file/d/1pIPurFu0_NY1PEMJRioRaxA5-KdGaSu/view?usp=sharing



Spoken English training video link 2 :

<https://drive.google.com/file/d/1n2vO91oPQj0SjqmznutbPBI8dsyEKhl/view?usp=sharing>



Spoken English training video link 3 :

<https://drive.google.com/file/d/1YNKhXzWbXRer6GAkRVodZW6Mt803H2-0/view?usp=sharing>



Spoken English training video link 4 :

<https://drive.google.com/file/d/1rJWOHqXlxamc8dpztoMFRCEvdD4sNw47/view?usp=sharing>



Spoken English training video link 5 :

https://drive.google.com/file/d/1a_2nXiB3gc0bserWMNP4j8VX5yS7JFep/view?usp=sharing

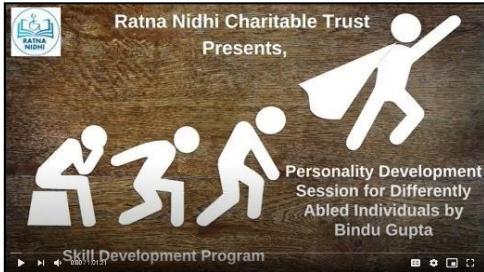


Spoken English training video link 6 :

https://drive.google.com/file/d/1p4XJKUvWe6tp5bRNBa_VSKR9KTxO4wzF/view?usp=sharing



Below are training videos of the Online Personality Development training provided to adults with physical disabilities under Skills training program :



Personality Development training video link 1 :

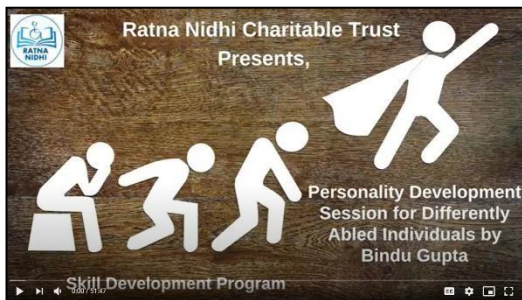
https://drive.google.com/file/d/1-UlqqT_HpikCRYXsDI4o-tCHMRvmA8ICW/view?usp=sharing

Personality Development training video link 2 :

https://drive.google.com/file/d/1w1tp7ZXep7WlaD1JWE1culhbePGKI_w

Personality Development training video link 3 :

<https://drive.google.com/file/d/1hI->



Personality Development training video link 4 :

<https://drive.google.com/file/d/1tq1CA7jWzHKaiA82FBKMDyoxuh1ebVmu/view?usp=sharing>



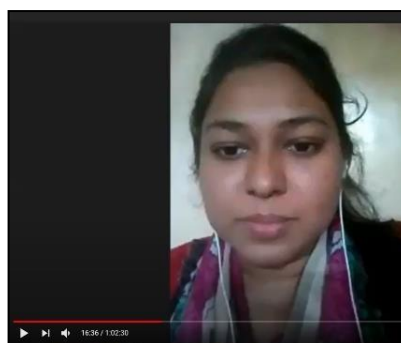
Personality Development training video link 5 :

<https://drive.google.com/file/d/1u3GpQzK-gltp9e7NzGCDRBES09YVBfTP/view?usp=sharing>



Personality Development training video link 6 :

https://drive.google.com/file/d/1z7cMmagK402lhjGWhSQw1L-MbhkB_u96/view?usp=sharing



Personality Development training video link 7 :

https://drive.google.com/file/d/1IUNzu5J70_QDMDDustpTE0b5UafPII5/view?usp=sharing

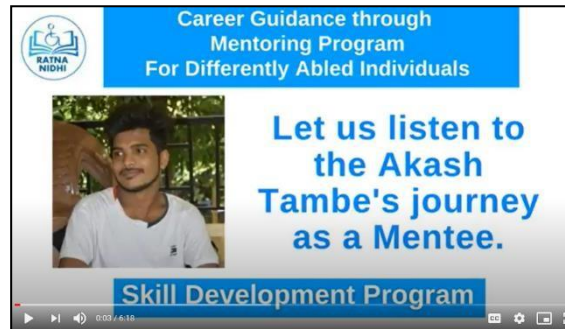


Personality Development training video link 8 :

<https://drive.google.com/file/d/1Ex72kmHAC2hil-IgAFT6RPUqmNBZ2jOI/view?usp=sharing>



Here is video link of RNCT student Akash Tambe sharing his mentoring learning from his Mentor Ms. Leena Thomas :



Link : https://drive.google.com/file/d/1w_odKv4CLysUYDstrEM7j1ufhli6BSzp/view?usp=sharing

Below are training videos of the Online weekly guest session organized for adults with physical disabilities under Skills training program :



Weekly guest session video link on Government Schemes awareness organized for the students

<https://drive.google.com/file/d/1FeEMjee6YxtkL5AHxUkG951YpFbOb29m/view?usp=sharing>

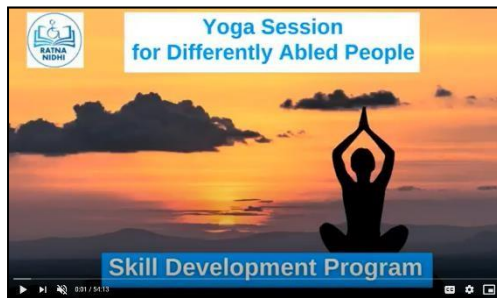


Weekly guest session video link organised on Mindfulness for the students

<https://drive.google.com/file/d/1JfNzOLH3CQ0P5mB3MEzne0H2R8w4vBT5/view?usp=sharing>

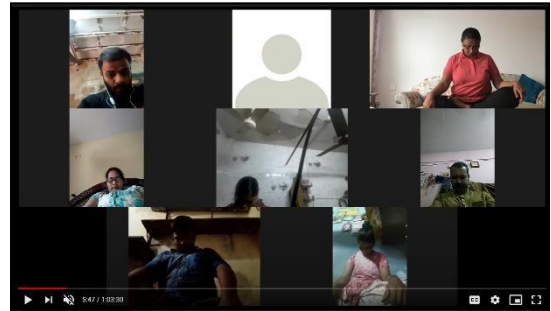


Below are training videos of the Online weekly guest session organized for adults with physical disabilities under Skills training program :



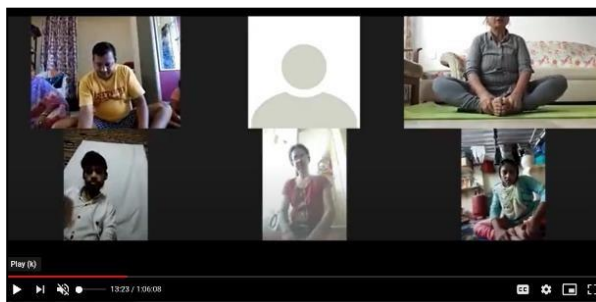
Yoga training session video link 1 :

<https://drive.google.com/file/d/1mUooMbNabJmgHk6IU9FQGusUJ24BSrFd/view?usp=sharing>



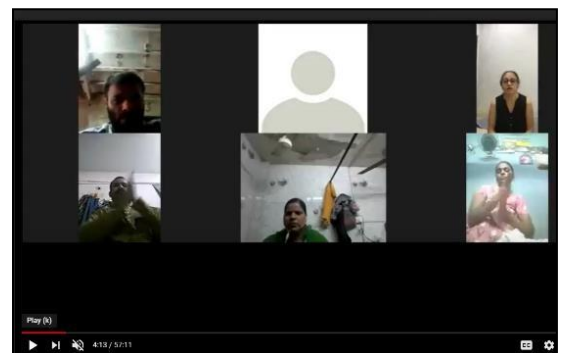
Yoga training session video link 2 :

https://drive.google.com/file/d/1ALXtPs1CBaHe55O_sVX4WYkHNCq-l-Gc/view?usp=sharing



Yoga training session video link 3 :

https://drive.google.com/file/d/1jyhv_axAofZKu1eh8jzt6BFLcjwAlhau/view?usp=sharing



Yoga training session video link 3 :

<https://drive.google.com/file/d/10ZWJk7q0M5>

[qxdqSFHVszHrCmRBSzu6ADK/view?usp=sharing](https://drive.google.com/file/d/10ZWJk7q0M5qxdqSFHVszHrCmRBSzu6ADK/view?usp=sharing)



Yoga training session video link 3 :

<https://drive.google.com/file/d/1QsLj1BCopWCMhFc5b4ysvkvseWqmx-Nc/view?usp=sharing>



Pranayam training session video link 3 :

<https://drive.google.com/file/d/1cxJEPiJ48fIS8nriljVfMcYibjvCzylb/view?usp=sharing>

Testimonial of Disable youth Volunteer from Skilling program

"I got opportunity to volunteer at RNCT. I learnt a lot from managing attendance excel sheet to solving challenges faced by my peer disabled friends in attending the training. I always made sure that all my peer students attending classes regularly. Thanks to RNCT for providing this opportunity"

- **Volunteer Gopal Singh**

I have greatly benefitted from volunteering at RNCT. My communication skills have improved. I keep regular follow up of my peer disabled friend and helping them by reminding them to attend online classes

- **Volunteer Shahista Begum**

Leading the team, taking follow up of the absent students. The volunteering opportunity helped me to learn many things as this will help me for my future career. I am glad to get this opportunity to volunteer at RNCT.

- **Volunteer Tabassum Sheikh**

ACHIEVEMENTS: SUCCESS STORIES

SONI JAISWAR



23 years old ambitious Soni Jaiswar lives in Mumbai with her family in a slum. She was diagnosed with physical disability at the time of her birth. She has four sisters and a brother staying with her. What drew Soni is the prosthetics provided to her by Ratnanidhi Charitable Trust. The callipers given from RNCT for my legs are much lighter and better suited to my needs than the commercial ones I had come across before, says Soni. Even though she had graduated from an English medium college, she always found it difficult to communicate in the English language as she was not very confident. The training she received in Ratna Nidhi Charitable Trust helped her improve her English speaking and can now speak

confidently. With spoken English training given from RNCT coupled with efforts from Soni, she has been able to reach from basic spoken English level to the intermediate level in a shorter space of time. The personality development training helped her gain confidence, improve her communication skills.

A hardworking and ambitious Soni has finished her graduation in B.Com and is now preparing for various government competitive exams. She aspires to get a meaningful job in the Government sector, become financially independent and support her family.

Soni is thankful to the donor and all the help and the positive impact Ratna Nidhi Charitable Trust has had on her.



UMASHANKAR



Umashankar, 23 years old sincere and hardworking boy lives with his family of six that includes his parents, his two brothers and one of his older brother's wife. Umashankar lost the functioning of his hand when he slipped and fell down one fateful day while playing in the streets of his village. This led him losing the mobility of his fingers and no proper medical aid resulted in the disability of his hand.

Umashankar got to know about Ratnanidhi Charitable Trust through one of his friends from which he received spoken English training from the organisation which has greatly helped

him in his education. The organisation helped him maintain a sheet with all the common daily words he would come across and also encouraged him to communicate in English with his family and peers in order to improve his spoken English skills. Even with the pandemic, his learning was not paused due to Ratnanidhi Charitable Trust arranging online classes for him to continue learning without any problems. He is also getting trained in IT MS office skills to enable him learn basic computer skills required at workplace.

Umashankar is currently pursuing a B.Com degree and is currently in his second year. His dream to work banking sector after he attains his degree.



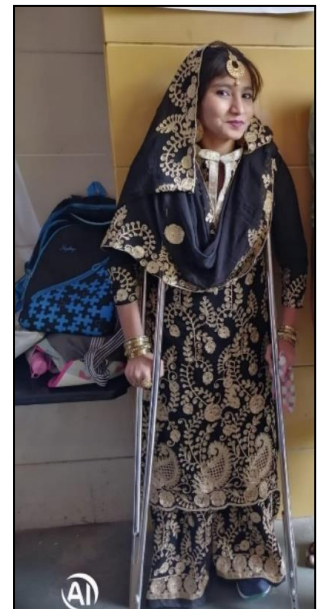
HARESHKUMAR PUNMIYA

39-year-old Hareshkumar Punmiya currently works as a data entry clerk and stays with his daughter, wife and mother. He suffers from Polio which has led to a weakening of his legs. At a calliper distribution camp held by Ratnanidhi Charitable Trust, he got to know about the organisation and received callipers for himself too which he observed was light and much better suited to his needs compared to the ones he had come across previously. He also enrolled in the training program where he was given spoken English training. There he dealt with all the challenges he faced in the language including grammar and pronunciation and this has immensely helped him not only improve his communication but also helped him gain confidence for which he is very thankful.



TABASSUM SHEIKH

Tabassum Sheikh is a bright 22 year old who lives in Mumbai. Her family includes her mother, sister and her elder brother. At the age of 3, she suffered from a spinal cord injury which affected her legs and therefore has been using callipers and crutches ever since. Tabassum came to know about Ratnanidhi Charitable Trust through a friend who informed her about the free courses available. Before these training courses, Tabassum did not have much knowledge in the English language and wasn't comfortable communicating with it but ever since she joined the spoken English course Ratna Nidhi Charitable Trust has offered, she feels more comfortable with the language and this has helped her with her studies too. The personality development training helped Tabassum improve communication and self confidence. She also took up a training course in Computers which has helped her improve her IT skills too.



Tabassum feels lucky to find RNCT and get trained in essential job skills. She is currently a final year MBA student after which Tabassum aspires to get her meaningful job in related sector to become independent and support her family.



TESTIMONIALS OF THE STUDENTS

Below are The Testimonials of the Physically Challenged Adults From RNCT Skills Training Program :



A story of A Change



Let us listen to the journey of Tabssum!

Skill Development Program

<https://drive.google.com/file/d/1GqHE60cKJOTtUpQV3QN90IAeeHHv22W5/view?usp=sharing>



A story of A Change



Let us listen to the journey of Gopal!

Skill Development Program

<https://drive.google.com/file/d/1Qh5vgBVqZeq9h3PwE8Gs5D8IJ7K-hJL/view?usp=sharing>



A story of A Change



Let us listen to the journey of Akash!

Skill Development Program

https://drive.google.com/file/d/1wTMs9ig6evk1kG_m4pSCxRyhTYcMF8FS/view?usp=sharing



A story of A Change



Let us listen to the journey of Shahista!

Skill Development Program

<https://drive.google.com/file/d/1WfEEWpJTAwvmKqVyjggYqHNcaMOgwc27/view?usp=sharing>