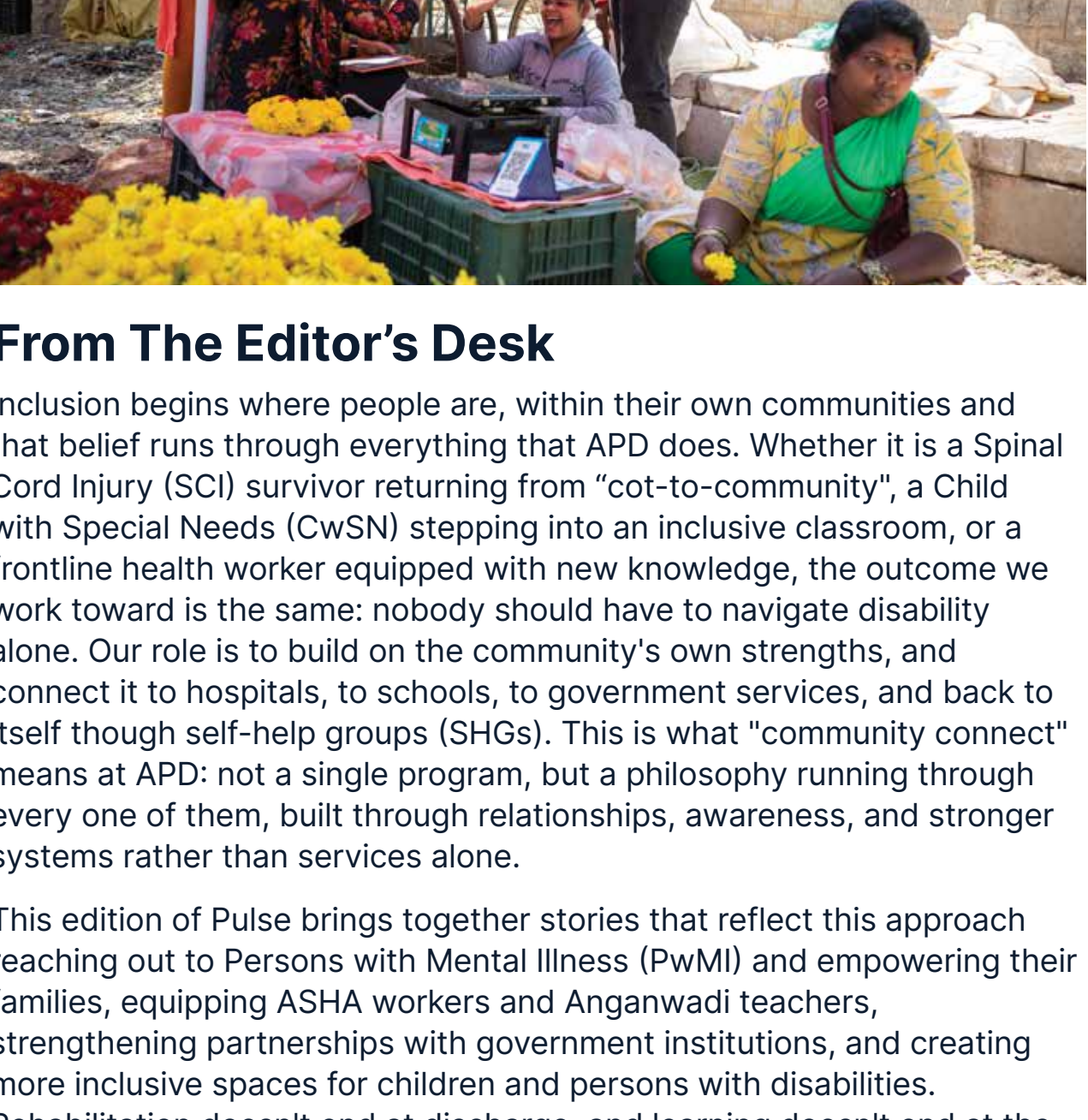




PULSE: The Voice of APD

Inclusion does not begin with policy - it begins with access to care. And for many persons with disabilities, that access is where the journey is often most uncertain.

July - August 2026



From The Editor's Desk

Inclusion begins where people are, within their own communities and that belief runs through everything that APD does. Whether it is a Spinal Cord Injury (SCI) survivor returning from "cot-to-community", a Child with Special Needs (CwSN) stepping into an inclusive classroom, or a frontline health worker equipped with new knowledge, the outcome we work toward is the same: nobody should have to navigate disability alone. Our role is to build on the community's own strengths, and connect it to hospitals, to schools, to government services, and back to itself through self-help groups (SHGs). This is what "community connect" means at APD: not a single program, but a philosophy running through every one of them, built through relationships, awareness, and stronger systems rather than services alone.

This edition of Pulse brings together stories that reflect this approach reaching out to Persons with Mental Illness (PwMI) and empowering their families, equipping ASHA workers and Anganwadi teachers, strengthening partnerships with government institutions, and creating more inclusive spaces for children and persons with disabilities. Rehabilitation doesn't end at discharge, and learning doesn't end at the school gate; support is strongest when it is built with the community, not directed to it from outside. Behind every number is a person, a family, a community member, or a partner taking a step toward greater inclusion. As you read through this edition, we invite you to see how these collective steps are bringing support closer to people, and helping build communities where everyone has the opportunity to participate, belong, and thrive.

-APD Newsletter Editorial Team

In Focus

When The Right Support Finds You

In many communities, people living with severe mental illness remain unseen for years not because support does not exist, but because families may not know where to turn and eventually the person never makes it to a formal service.

On 13 August 2026, APD's Shahapur team, together with Aladamara Organisation, took support into the community where three individuals with severe mental illness were identified. **Ayyanna, 40, Hanumanthappa, 32, and Narashimha Murthy, 40** (names changed for confidentiality), were brought to attention during the outreach effort. Ayyanna and Hanumanthappa had once led active lives in agriculture and daily-wage work, but had been living with mental health difficulties for around eight years, while Narashimha Murthy was found living on the streets near Doranahalli, without adequate family or community support.

When the team first met them, all three were experiencing significant challenges in **self-care and daily functioning**. Their families, even though involved, were initially hesitant. In Ayyanna's case, his family had even resorted to chaining him as his condition became difficult to manage. The outreach brought together APD, Aladamara, a clinical psychologist, a Taluk Panchayat representative and a counsellor to help connect the individuals with appropriate healthcare, treatment and continued support.

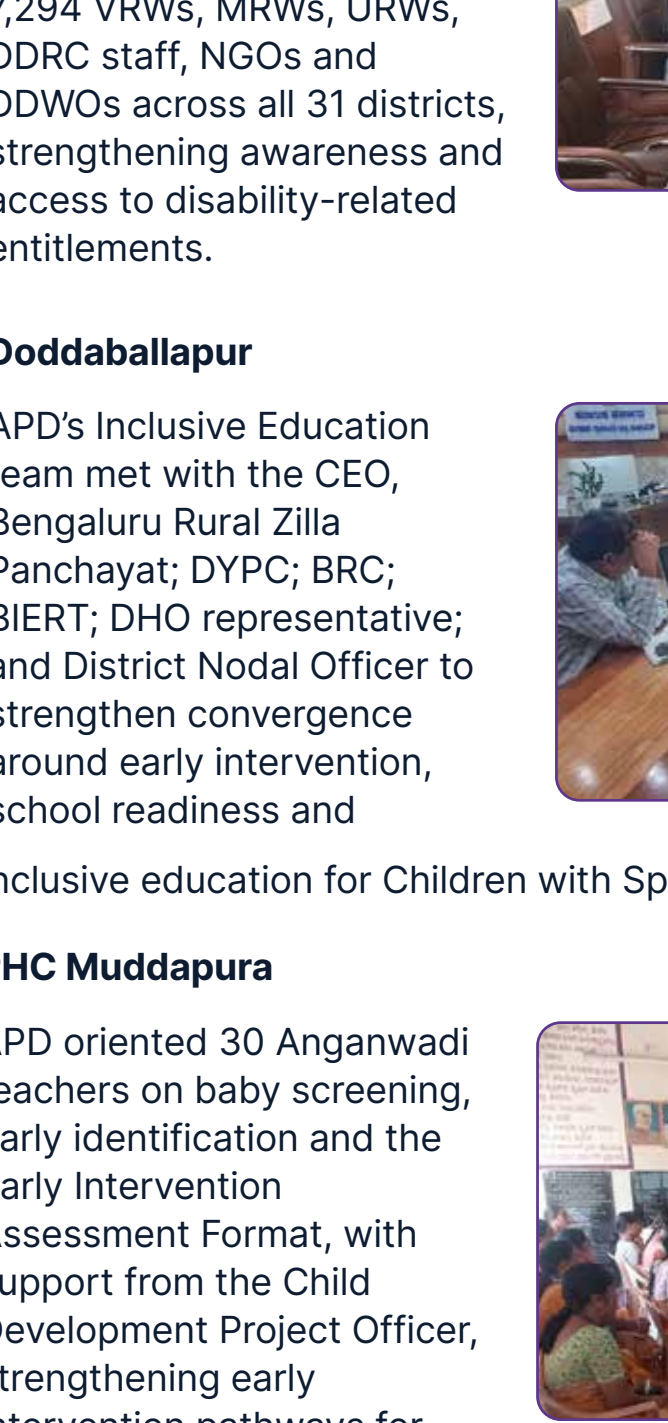
For a family living/dealing with mental illness, knowing that someone will listen, guide them and help navigate the next step can make all the difference. Community-based mental health work is therefore not only about treatment, but also about finding people, building trust and creating a pathway to care. For APD, it is also about creating judgement-free spaces and systems that are deeply human and rooted in communities, so that people can actively seek treatment and community members are empowered to recognise when someone may need support and help connect them to care.

The intervention in Bevinahalli reflects an important part of APD's community approach: reaching people who may otherwise remain on the peripheries of formal support systems. At the end of the day, inclusion is not only about making services available. It is also about making sure people can find their way to them and that journey begins when someone from the community takes the first step towards you.

Voices from the Ground

When One Journey Changes Many

Lakshmana & Ellamma | Community Mental Health Programme



For years, Lakshmana's family struggled to understand the changes following his road accident and brain injury. When APD's Community Mental Health Programme (CMHP) reached their community, regular psychiatric care, counselling, rehabilitation and follow-up helped him gradually regain stability and confidence.

Today, Lakshmana is building a livelihood through sheep rearing, bringing renewed hope and financial stability to his family.

His journey also not only transformed him but his mother, Ellamma. Inspired by her son's recovery, she now serves as an APD Community Fellow/Caregivers Champion and is in charge of a Taluk, helping other families navigate treatment, government schemes and community support, rooted in an ideology of service and empathy that can only come from personal experience.

Lakshmana found a path forward and Ellamma chose to help others find theirs. One person's recovery became a family's strength and a mother's journey became a lifeline for others.

Parent Testimonial

Ms. Nazeeya | VKO Shivajinagar | Inclusive Education

For Ms. Nazeeya, the programme offered practical knowledge on disability management, child development and available support systems.

"The training helped me understand how to manage my child, support them to become independent, and provide opportunities for their development."

— Ms. Nazeeya, Parent Participant

Our Reach in the Community (July - August 2026)

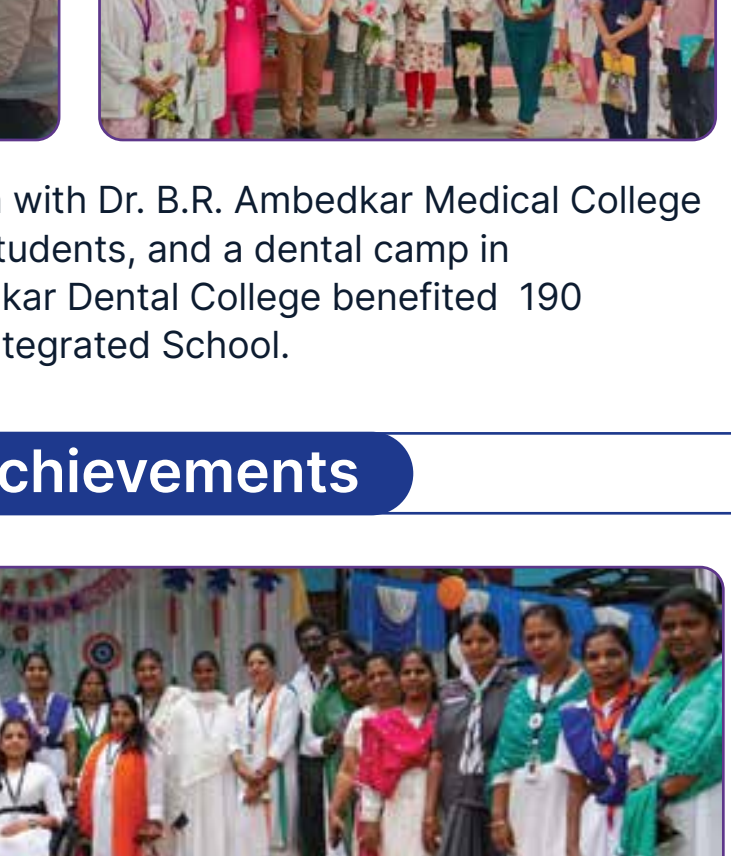


Convergence Corner

Spearheading systemic integration.

At APD we believe building lasting inclusion requires more than direct services; it requires stronger systems. Through partnerships with government departments and community-level workers, we strengthened pathways that connect PwDs to existing services and entitlements and aimed at filling the gaps in knowledge and awareness amongst government appointed community level workers.

Advancing Hearing Care Through Collaboration - APD's MoU with Yadgir Institute of Medical Sciences and Zilla Panchayat, Yadgir brings key health and government stakeholders together to strengthen the continuum of hearing care.



Challakere, Chitradurga

In collaboration with the Taluk Health Office, APD's SCIR team trained 270 ASHA workers on SCI identification and referral, strengthening the frontline healthcare systems.



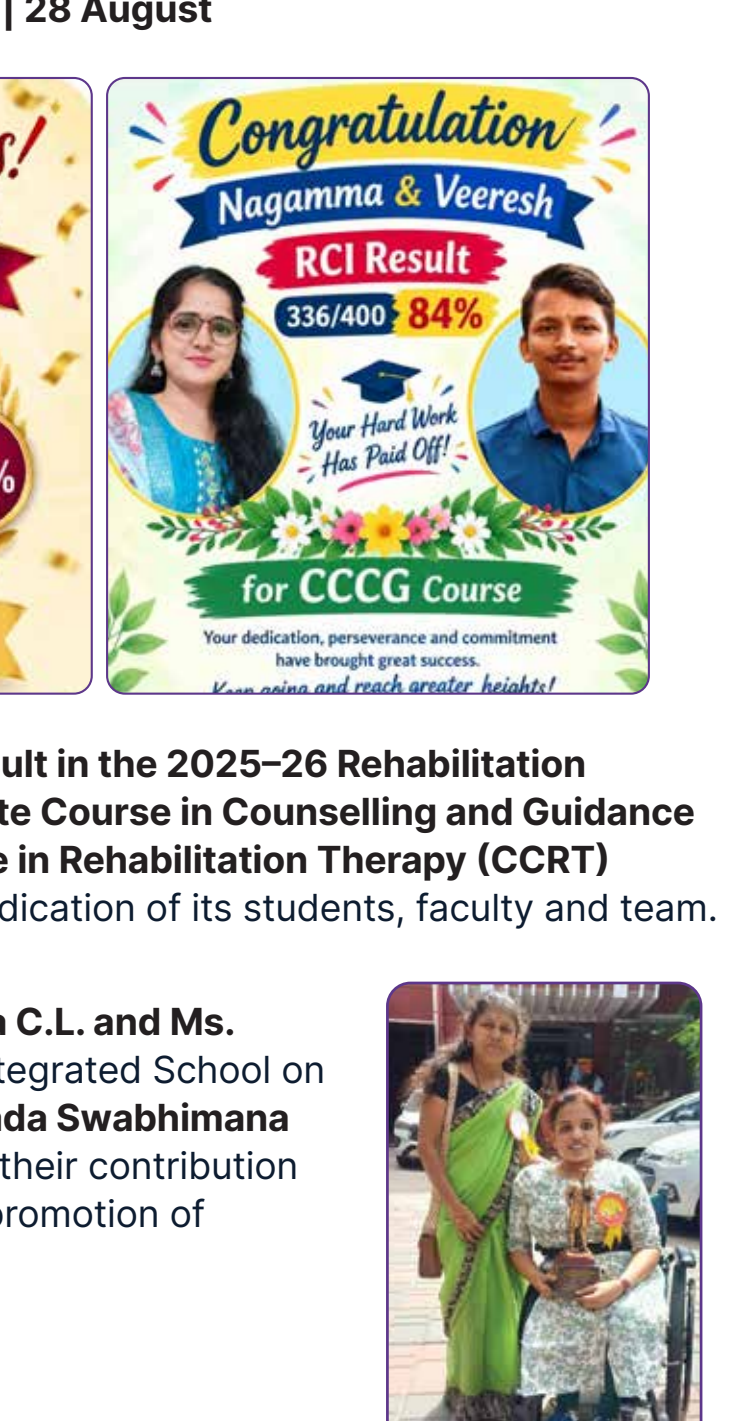
Karnataka - State-wide

In collaboration with the State Government, APD conducted an online Niramaya orientation for 7,294 VRWs, MRWs, URWs, DDRC staff, NGOs and DDWOs across all 31 districts, strengthening awareness and access to disability-related entitlements.



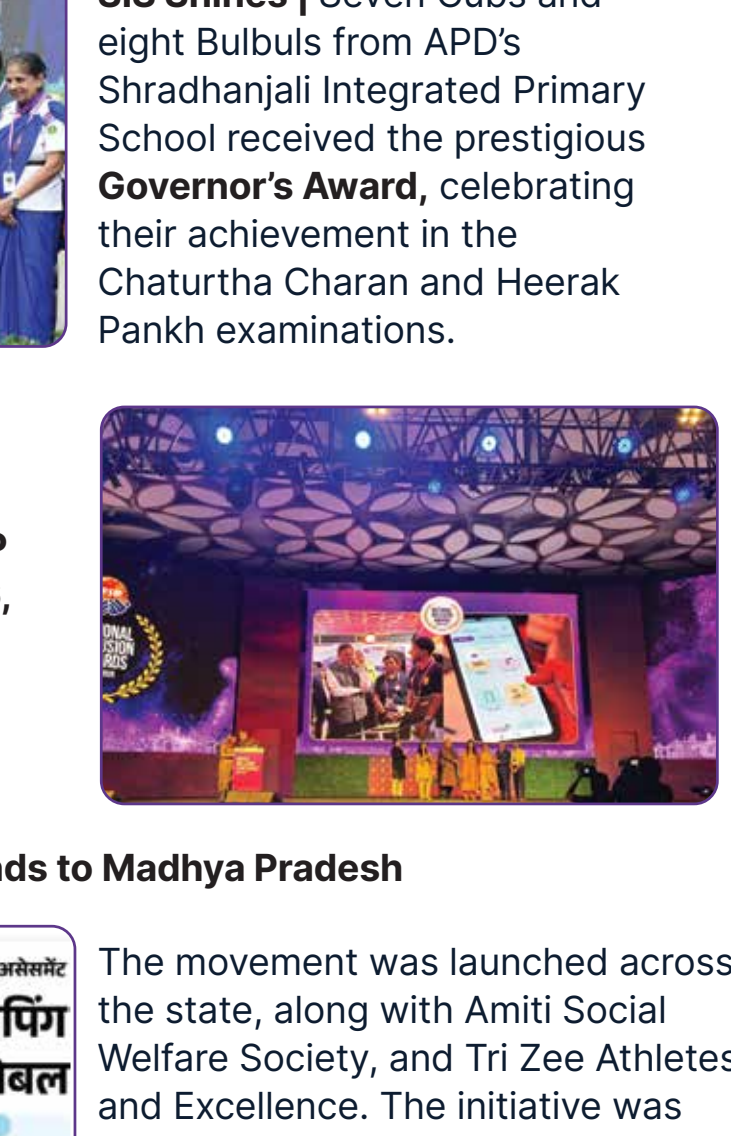
Doddaballapur

APD's Inclusive Education team met with the CEO, Bengaluru Rural Zilla Panchayat; DYPC; BRC; BIERT; DHO representative; and District Nodal Officer to strengthen convergence around early intervention, school readiness and inclusive education for Children with Special Needs.



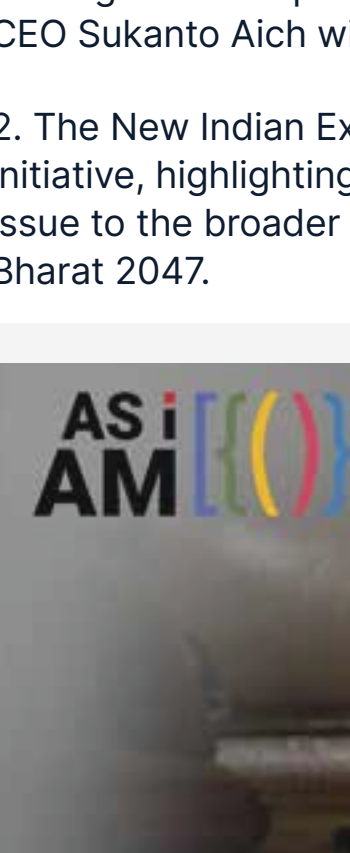
PHC Muddapura

APD oriented 30 Anganwadi teachers on baby screening, early identification and the Early Intervention Assessment Format, with support from the Child Development Project Officer, strengthening early intervention pathways for children in the community.



Partners in Progress

Lasting inclusion requires strong partnerships. APD's collaboration with government institutions is helping strengthen existing systems of care and improve access towards more responsive pathways.



Lavish Ordia, IAS

"The government has empowered people with disabilities by providing assistive devices, educational scholarships, healthcare access, Unique Disability ID (UIDID) registration, and vocational training for self-employment."

"Our community initiatives in collaboration with the Association of People with Disability (APD) have the potential to strengthen early identification, improve access to care, and create a more responsive support system for people with disabilities."

We value APD's collaborative approach and look forward to working together to build an inclusive ecosystem, establish a Social Registry, set up a Sensory Integration Unit, and develop a District Disability Rehabilitation Center, where every individual has the opportunity to live with dignity and participate fully in society."

Lavish Ordia, IAS
Former Chief Executive Officer,
Zilla Panchayat - Yadgir
Govt. of Karnataka

Community Champion

Ms. Shoba K. Bagewadi
ASHA Worker, Bailur PHC, Kittur Block

As an ASHA worker, Ms. Shoba plays a vital role in connecting people in her community with essential health services. Her willingness to work alongside the CMHP team demonstrates how community-based partnerships can extend the reach of mental health services.

"This training has increased my confidence in identifying and referring persons with mental illness and supporting their families."

On The Ground

Growing the Inclusion Ecosystem

Fifty mothers of children receiving Early Intervention services began their Tailoring and Fashion Design training in Hoskote, an investment in caregiver empowerment creating stronger, more resilient families.

APD's Inclusive Education team conducted a capacity-building programme for 52 parents in the Bengaluru North-1 Block.

At the Taluk Health Office, Holalkere, APD's SCIR team sensitized 161 ASHA workers and Rehab On Wheels (RoW), expanded community-based rehabilitation across Bangalore South through sessions for GBA (BBMP) Pura-Karnikaras.

Basavanagudi, Bengaluru - 35 parents and 20 children joined a parent meeting on inclusive education, disability support and learning aids, with grocery kits and assistive devices distributed.

Chitradurga - 8 children received hearing aids, with parents supported through guidance on device use, speech training and available services.

Awareness programmes - at All India Radio, Chitradurga and Hospete highlighted SCI prevention, rehabilitation, inclusion and the lived experiences of people with spinal cord injuries.

Partners on the Ground

Hoskote - Volvo's donor team joined APD to inaugurate accessibility facilities across schools, engage with students and explore further support for inclusive education.

On the Ground - Mukul Madhav Foundation (MMF) representatives visited the field to review programme impact and explore strengthening block-level sustainability and medical support for children with disabilities.

Medical Camps

A medical camp in collaboration with Dr. B.R. Ambedkar Medical College provided consultations to 210 students, and a dental camp in collaboration with M. R. Ambedkar Dental College benefited 190 students at the Shraddhanjali Integrated School.

Celebrations And Achievements

APD Celebrates 80th Independence Day- Freedom Belongs to Everyone

APD celebrated India's 80th Independence Day at Shraddhanjali Integrated School with patriotic performances and the investiture of young leaders. The celebration was graced by Shri Melvyn Richard White, National Hockey Coach, Shri Vikas Upadhyay (GlobalLogic) and Ms. Lakshmi Ramachandran (PMI Bangalore India Chapter). PMI Bangalore India Chapter supported the donation of five Freedom 5000 wheelchairs making the occasion a celebration of inclusion, mobility and opportunity for all.

SCIR Rehab Mela 2026 | 19-21 August | Pune

The SCIR Maharashtra team hosted its second Rehab Mela, "SCI स्वाधीन - Connecting Care, Inspiring Independence," in collaboration with Bharati Vidyapeeth, bringing together 87 persons with SCI, 60 caregivers, healthcare professionals, students and volunteers for three days of rehabilitation, learning, adaptive sports, cultural activities and community connection.

IDRR Celebrates 100% Results | 28 August

APD-IDRR achieved a **100% result in the 2025-26 Rehabilitation Council of India (RCI) Certificate Course in Counselling and Guidance (CCCG) and RCI Certificate Course in Rehabilitation Therapy (CCRT) examinations**, reflecting the dedication of its students, faculty and team.

Congratulations to Ms. Anusha C.L. and Ms. Bhudevi of APD's Shraddhanjali Integrated School on receiving the prestigious Kannada Swabhimana Smaranike Award, recognising their contribution to inclusive education and the promotion of Kannada language and culture.

YTA Wins National Inclusion Award - APD's Yes To Access (YTA) initiative received the **IFIP National Inclusion Award 2026**, recognising its citizen-led approach to identifying barriers and advancing accessibility.

Accessibility Movement Expands to Madhya Pradesh

The movement was launched across the state, along with Amiti Social Welfare Society, and Tri Zea Athletes and Excellence. The initiative was also featured in the **Dainik Bhaskar, Bhopal**, amplifying the call for enhanced accessibility across all built environments.

A Sporting Achievement | Ms. Manjula of APD's SCIR Programme represented Karnataka at the South Zone Para Throwball Championship, where the team secured the **Runner-Up position**.

Spotlight

- A byline around the Aspirational districts titled "The Next Phase of Making India's Aspirational Districts More Inclusive" authored by APD's CEO Sukanto Aich with Responsible Us.
- The New Indian Express story revolves around APD's Yes To Access initiative, highlighting accessibility gaps across Bengaluru and linking the issue to the broader conversation around disability inclusion and Viksit Bharat 2047.

Submissions are now open for **AS i AM**, an initiative by APD - a first-of-its-kind visual storytelling movement inviting India to capture the real, layered lives of people with disabilities, with prizes worth 10 lakhs+ at stake.

Submit your entries at www.asiampd.com and follow [instagram.com/asiam_apd](https://www.instagram.com/asiam_apd)

Every milestone is made possible only through **partnerships, collaborations and collective action**.

We extend our sincere gratitude to the **Government Departments, Higher Educational Institutes, Corporate Partners, Donors, Volunteers, Communities and Supporters** who continue to stand with APD.

Together Lets Break Barriers

Donate today. Build a more inclusive tomorrow.

Thank You for Being Part of the Journey