

THE “TOWARDS INCLUSION” 6 in 1 Game Kit by Trinayani

We are happy to introduce the first ever fun card game kit on disability awareness that NGO Trinayani has launched, developed over three years of extensive research and pilot study. Titled "TOWARDS INCLUSION"- this Disability Awareness card game kit, has a range of interestingly adapted card games to be used in a totally engaging way. The ‘hidden’ agenda however includes awareness about and advocacy for Inclusion.

The card games aim at promoting acceptance, familiarizing the user with the world of disability through a playful method, challenging commonly held stereotypes around disability, leading to attitude change.

Our card games will play a part in imparting values, changing attitudes and providing adequate, appropriate and relevant information about the world of people with disabilities, for harmonious inclusion in an interactive, engaging and fun way. The message we like to amplify is that “Inclusion is here to stay; prepare for it.”

The game kit is designed for all age groups, making it suitable for both children and adults.

Developed by:

Ms Padma Shastry, Inclusive Education Specialist, Samam Vidya, Bangalore
Ms Ritika Sahni, Founder and Trustee, Trinayani, Mumbai. Trainer & Consultant in Disability Inclusion.

The “Towards Inclusion” Workshop is conducted by Trainer & Disability Campaigner, Ritika Sahni.

Content of the Game Kit

- 6 thrilling card game sets with instruction sheets.
- An answer booklet with information on new terminologies in the space of disability.
- An additional story-cum-workbook titled, ‘I am Different, So are you’.

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Mumbai Off: Parivartan CHSL, Plot no 15, Room no 157, Ekta Nagar, MHB Colony, Kandivali West Mumbai: 400067. Tel No: +91 9769357390/9867612035 www.trinayani.org, ritika@trinayani.org

Key highlights of the game kit

1. Creates awareness and eliminates the fear and avoidance that stem from the unknown.
2. Increases knowledge and understanding of disability.
3. Features versatile, multi-use cards.

The six games used in the workshop include:



Do You Know? Card game akin to UNO

- Provides basic knowledge on disability



Inclusion Bingo - Card game akin to HOUSIE

- Provides awareness of disability specific vocabulary



Surprise! Surprise! - Sorting Game

- Challenges commonly held misconceptions and provides facts surrounding disability



Barriers Begone! - Card game akin to RUMMY

- Enables recognition of various barriers for the disabled community, and solutions for it



Say this, not that! - Speed card game

- Acquaints players with knowledge of appropriate language use about disability



Hear! Hear! - Memory Game

- Features informative articles about disability

Check out the detailed [Unboxing video](#) of the Game kit

How to purchase the Game kit: Each kit is priced at Rs 1500

The “TOWARDS INCLUSION” Game Kits are shipped directly from Trinayani’s offices in Kolkata and Mumbai. To place an order, email ritika@trinayani.org or contact.trinayani@gmail.com, or send a WhatsApp message to **9769357390**.

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‘Towards Inclusion’ Disability Awareness and Game Kit Workshop

A customized in-person session is also conducted by Disability Campaigner and Trainer Ritika Sahni, utilizing the game toolkit. These sessions are designed for multi-disciplinary stakeholders, with an ideal group size of 60 to 80 participants. [Watch previous workshops](#) to see the impact.

Objective of the “Towards Inclusion’ Workshop

1. To gain a better understanding of what disability is and why issues around it persist in our society.
2. Build upon the emotional capacity of participants to engage with people with disability in different situations, thus bolstering their ability to play a guiding role in creating inclusion.
3. To identify entrenched myths and misconceptions surrounding disability and people with disability and in turn, recognizing the sources of stigma to reverse their effects on the way we communicate and promote the use of respectful language
4. Familiarity with the Etiquette associated with each disability. This learned behaviour we hope, shall replace the cultural taboos and habits most of us hold towards disability.
5. A keen social awareness of the everyday barriers that people with disabilities encounter and possible solutions, providing participants with the opportunity to have a clearer understanding of their own capacity as individuals to understand access needs and increase both the accessibility and visibility of people with disabilities in their communities.
6. Actualizing their part in creating a new cycle of awareness and acceptance rather than one of indifference and apathy.

Workshop outcome

- Participants will be sensitized on Disability Inclusion by peeking into the dynamic and heterogeneous world of persons with disability.
- They will get an opportunity to challenge their own biases, prejudices and fears regarding disability and differences.
- Participants will be encouraged to voice their apprehensions, raise questions and clarify doubts.
- They will be exposed to new experiences leading to a richer empathy towards people with disabilities and a renewed acceptance of diversity, in general.

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Typical Workshop Flow (*Customizable as per organizational requirements*)

- Introduction to the subject
- Half hour presentation
- Screening and critique of films
- Group discussions
- Team Games using the Towards Inclusion Game kit
- Disability Etiquette exercises
- Question & Answers

Testimonials

Here's a glimpse of the enthusiastic teachers from Fr. Agnel Multipurpose School, Navi Mumbai, sharing their valuable feedback. [Teachers of Fr. Agnel Multipurpose School](#)

Watch the video of the session held at the Department of Human Development, Nirmala Niketan, Mumbai, where students reflect on the workshop's impact: <https://youtu.be/1DqkaLmiWuY>.

[Feedback from M.Ed students of SNDT, on their learnings from the Cards games at the workshop at SNDT](#)

[Testimonial from Architect Lorenzo on his experiences and learnings from the Towards Inclusion Game session](#)

[Check our compilation of footage of the Towards Inclusion online and in person Workshop](#)

[Check out the Unboxing Stop motion video of the Game Kit here](#)

[Latest 2.34-Minute Video: Shuffle, Learn, Include on the Towards Inclusion Game Kit](#)

Facilitator profile

RITIKA SAHNI has a Master's Degree in Music and is a Gold Medalist from Rabindra Bharati University, Kolkata. She has a Bachelor's Degree in Deaf Education from Ali Yavar Jung National Institute for Speech Hearing Disabilities, Mumbai.

She has been part of the disability sector for the last 34 years, having been a communication therapist, special educator, heading the speech and language department at Adapt, Mumbai among other roles. She founded Trinayani in 2006 and spearheads all advocacy initiatives for the not-for-profit trust, Trinayani.

Currently, as a Trainer and a Consultant in Disability Inclusion, she regularly designs and curates sensitization campaigns for diverse stakeholders, be it corporates like Infosys, Yes Foundation, Indigo Airlines, Air India, or schools, colleges, at hospitals, at bus stations, for anganwadi workers, principals, architects, etc. In December 2022, she was invited by UNFPA, Bhopal, to write a **Life Skill Module on Disability Awareness** to be included in the UMANG Life Skill Education program implemented by the Madhya Pradesh School Education Department.

As a Disability campaigner, she runs a Spa employing blind massage therapists, curates inclusive events, creates awareness films, collaborates in advocacy projects with like-minded NGOs and experts and very recently has co-created along with Samam Vidya, the [1st of its kind 6 in 1 Game kit on Disability awareness titled "Towards Inclusion"](#). The ["Think Ink"](#) campaign for General Elections 2019 for Maharashtra Chief Electoral Office was designed by her along with Dr Asmita Huddar of Hashu Advani College of Special Education, Mumbai.

Since the pandemic in 2020, she has successfully conducted the ["Towards Inclusion" Games Disability Awareness workshop](#) for various organizations and schools.

She has also conceptualized and designed a year-long sensitization and capacity building program titled **"En-ABLE"** for schools which piloted in the Delhi Public School Coimbatore in 2023-24 and this year is being implemented in Delhi Public School Patna, as part of their school calendar.

She also regularly produces original music for children and [conducts different workshops for them.](#)

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In 2021, she was invited to speak at the Tolerance and Inclusivity week at Dubai Expo 2020 as part of the "[Designing Inclusive societies, a voice for all](#)" session. Among others, she has been awarded the Rex Karamveer Puraskar, a Global Award for Social Justice and Citizen Action by ICONGO. In March 2020, she was recognized at the Top Global Diversity & Inclusion Leaders awards function by World HRD Congress and ET Now. She was accorded the Kandivali Ratna by Rotary Club of Kandivali west, where she resides and runs her NGO, in Mumbai.

In August 2022, she designed a week-long Disability Sensitization and training Course for architecture students in Mumbai, the 1st ever for this community. The "Towards Inclusion" online and in person workshops designed by her have been subscribed by many NGOs, schools and colleges in the country. Here are 2 clips of the same: <https://youtu.be/kht6EOnkX28>, <https://youtu.be/1DqkaLmiWuY>

Very recently under her leadership, Trinayani has launched a [website dedicated to Disability awareness](#). The website dives into the world of diverse content - from insightful FAQs to films featuring intriguing self-advocates, engaging games, valuable resources and an [Inclusive music video](#). It's all about celebrating diversity and raising awareness by consistently creating content that provides value.

She is the debut female artist of Sony Music in India and has playback hits, most popular being the song "Tumse Mili Nazar", from the film Main Madhuri Dixit Banna Chahti Hun. She now leads the Inclusive Music Band "[Pehli Baarish](#)", which she formed in 2014, creating a space for artists with and without disabilities to make music together. The band has performed for many corporates such as Goldman Sachs, Microsoft, Walmart, Diageo, General Electrics, among others. She produces original music which is available on her [youtube channel](#). Along with actor-singer Pilo Vidyarthi she now performs in [‘The Humming Bards’](#) curating music with a global flavour.

An important documentary on her work in the disability sector and answers to some frequently asked questions around disability can be accessed [here](#).



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