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Inside this issue:

Eye on the Sub-continent	2
TISA SHG in Indore	8
Acceptance is Cool	9
Stammering on Silver Screen	10
Find your own Formula	12
Communication Workshop, Pune	13
My Journey from India to Italy	14
Stam...mm...er? Not Anymore!	15

हिंदी विभाग

तुझमें अगर प्यास है, बारिश का घर भी पास है ...!	16
हकलाहट से मेरा संघर्ष...!	17
इंदौर में तीसा के स्वयं सहायता समूह का गठन	17



Special points of interest:

- ✓ Feature on South-Asia
- ✓ Hindi Section introduced

Dear Readers,

Seasons Greetings!

In this issue of Samvad, we stretch our hands to touch our neighbors! We have a special feature giving an insight in the lives of PWS in the South-Asian society. We got in touch with our friends across the borders in Pakistan, Bangladesh, Nepal and Sri Lanka and had a fruitful interaction. The feature covers interviews followed by an analysis.

We also have a couple of contributions from friends overseas- Yadgar Irani, an IT professional working in New Zealand and Kishore Bisht, the young dynamic engineer who participated in TISA communication workshop, and is now working in Italy for a power industry.

Quite a few interesting articles in this issue: For all those who wonder what acceptance is all about, there is a write up giving us analogies to explain the concept of acceptance and a few tips to start practicing it- from Mr Manimaran of Chennai Chapter. For all those movie freaks, there is another article which speaks about how Stammering has been portrayed on the silver screen. And don't miss the ever inspiring article by Dr. Akash Acharya, our Surat SHG co-ordinator and one of the founding members, that was recently featured as a 'Success Story' by the Health & Nutrition magazine. Last, there is a brief write up on the fourth communication workshop in Pune, which just concluded.

This year, there were three India centric papers at ISAD! Keith's paper shared the events connected with his trip to India. Manimaran and JP shared their experiences of setting up and running a self help group, and how it changed their thoughts about communication and even their lives, steadily and deeply. The third paper from Sachin, explored what did budding stammering associations needed most in terms of external help.

Finally, we are pleased to introduce a Hindi section of Samvad; we want to reach out to as many people as we can. We once again hope you will derive inspiration to think and act differently, from our small effort; We would be delighted if you pass it on to as many people as possible.

A very Happy Deepawali to all our readers.

Samvad Editorial Team

प्रिय पाठकों,

बधाई!

'संवाद' के इस अंक में हमने अपनी पहुंच को पड़ोसी देशों तक बढ़ाने का प्रयास किया है। खासतौर पर एक लेख के जरिए दक्षिण-एशियाई समाज में हकलाने वाले व्यक्तियों के जीवन पर प्रकाश डाला गया है। हमने पाकिस्तान, बांग्लादेश, नेपाल और श्रीलंका स्थित मित्रों से साक्षात्कार लिया और उन्हें विश्लेषण सहित प्रस्तुत किया है। इसी तरह विदेशी दोस्तों यादगार ईरानी (न्यूजीलैंड), किशोर बिष्ट (इटली) और अन्य लोगों का अमूल्य सहयोग मिला है।

प्रस्तुत अंक के मुख्य लेखों में मनी मारण (चेन्नई) का आलेख उन सभी लोगों के लिए है, जो हकलाहट दोष को स्वीकार करने में संकोच और संदेह करते हैं। हिंदी फिल्मों में हकलाहट के दृश्य बहुत ही आघात पहुंचाते हैं, इसी पर एक लेख इस अंक में समाहित है। हाल ही में हेल्थ एंड न्यूट्रीशियन पत्रिका में प्रकाशित डॉ. आकाश आचार्य (सूरत) के प्रेरणात्मक आलेख को भी हमने जगह दी है। साथ ही पुणे में संपन्न तीसा की चौथी वर्कशॉप की संक्षिप्त रिपोर्ट को जोड़ा है।

इस साल आई.एस.ए.डी. में तीन भारतीय शोधपत्र पेश किए गए। कीथ बांस का शोधपत्र उनकी भारत यात्रा को चित्रित करता है। दूसरे लेख में मणी मारण और जयप्रकाश ने स्वयं सहायता समूह चलाने के अपने अनुभवों को बांटा है और यह भी बताया है कि किस तरह इसका उनके जीवन और सम्प्रेषण पर गहरा असर हुआ। सचिन श्रीवास्तव के तीसरे शोधपत्र में नए स्वयं सहायता समूहों को बाहरी सहायता के नाम पर वास्तव में किस चीज़ की जरूरत है, इसके बारे में जानकारी दी गई है।

अंत में, हमें यह बताते हुए खुशी हो रही है कि 'संवाद' के इस अंक में 'हिंदी सेक्शन' की शुरुआत कर रहे हैं। इस तरह हम ज्यादा पाठकों से जुड़ना चाहते हैं।

हम आशा करते हैं कि आप अपनी बहुआयामी सोच और पहल करने की योग्यता के बल पर दूसरों के लिए प्रेरणाश्रोत बनेंगे और अधिक से अधिक लोगों को हमारी इस कोशिश से अवगत कराएंगे।

और अंत में सभी पाठकों को दीपावली की ढेरों शुभकामनाएं।

शुभ हो दीप पर्व, पल-पल हो हर्ष,

प्रगति पथ पर चलें, प्रेम की ज्योति जले।

- संपादक



Eye on the Sub-continent

A special feature on an attempt made by TISA to reach out to our neighbors in the sub-continent. An attempt to put some light on different corners of this sub-continent, find some common strands and issues and ways on how we all can hold our hands together and help each other towards a common cause — Better lives for the PWS.

TISA has been the voice of the Indian people who stammer (IPWS) since 2008. Changing attitudes with the self-help approach has been our motto. While continuing to work for the PWS in India, we do realize that we are also a part of a wider region- called the Indian Sub-continent. South Asia, is like a cradle of civilization. Looking around us, we have our neighbors Pakistan, Nepal, Bangladesh and Sri Lanka, with a lots of commonality, and yet so diverse in our own ways! So close to us, and yet so far at times when it comes to reaching out. With this special feature “Eye on the Sub-continent”, we hope to put some light on this ancient sub-continent. Reach out to those countries, find out more about them and know them better. Do we deal with similar problems? Do we have similar issues to deal and cater to? How can India, as the largest country in the sub-continent

be of any service to others? How can these countries help one another?

This feature hopes to find answers to some of these questions by interviewing PWS from these countries. A teenager from Pakistan, A student from Sri Lanka, a Telecommunication professional from Bangladesh, and a Teacher (Vice-Principal) by profession and the President of Nepal Stutterer’s Association by choice, share a few things about themselves and their respective countries.

So then, let us go on aboard on to this wonderful journey in the sub-continent and get to know more about our neighbors in the process.

We then conclude and hope to bring to light the Big Picture, about the scenario of Stammering and related issues in the South Asian sub-continent.



Pakistan



Nepal



Bangladesh



Sri Lanka



Zeshan Ahmed (Pakistan)

Zeshan Ahmed is a sixteen year old teenager from Lahore, Pakistan, who has just stepped into his college life. Zeshan had his first experience with speech therapy when he was eight. He attended the therapy for six years, but couldn't achieve a satisfactory result. After that, he made another attempt with speech therapy.

Zeshan then came across TISA through a youtube video. He contacted Dr. Satyendra

Srivastava by mail and was delighted on receiving a response. After that, he has been in constant touch with TISA (Dr. Sachin and Herbertpur SHG members), on internet calls. He enjoys interacting with TISA online. He exchanges various things about stammering with SHG members and also attempts a Ghulam Ali ghazal or two on skype!

Here's Zeshan sharing his experiences with Speech therapies, and in school and college.

TISA: How was your Experience with Speech Therapy?

My first Speech Therapy was when I was 8. My parents took me to a Government Hospital in Lahore. I had very little knowledge about speech impediments that time, and hence I obediently followed whatever the doctor said. My sessions there were for 10-15 minutes only, by a lady speech therapist.

She thought me just one technique - speaking out one word in one breath. She made me read some books using this technique and asked me to practice the same at home, 3 times a day. I tried my best, but I couldn't. I attended this speech therapy for 6 years, and finally stopped it.

I was then taken to another speech therapist, but they did not have adequate facilities for speech and related therapies.

TISA: How was the school / college life?

I would like to share a few things about my college. I have just stepped into college life. My classmates do not make fun of me. May be because now we belong to a more mature age-group than in school. I have quite a few friends by now.

Initially, I had a lot of trouble answering my attendance. It really created a lot of fear in me. I used to ask my friends to answer for me.

But then, I decided to conquer my fear. Now, I can answer my roll calls very well. I

now also answer for my friends, and I hardly stammer doing so.

TISA: What are the 3 things you find most difficult because of stammer?

I have always been scared of talking to others because of my stammer. Now, I am not scared, but I still stammer, and as a result, I still find it difficult to talk to others.

The thing that I find most difficult is that, nobody seems to listen to us patiently. They just don't seem to pay attention, and before we can complete, they happen to interrupt and complete it for us.

Second difficult thing that bothers me is that people tend to make fun of us without giving a little thought.

Third, stammering gives rise to a lot of pain in the heart. It hurts.

TISA: What do you have to say about your interactions with TISA?

I talk to Dr. Sachin and Nishu Kumar Bhai from Herbertpur, through internet calls. I feel great after talking to them. We talk a lot of things about stammering. Dr. Sachin introduced me to two new techniques- Bouncing and Prolongation. I found both these techniques very effective. I also got some confidence, and realized that it is okay to stammer.

I also sang Ghulam Ali ghazals with them, and I shared my views about the movie I watched.



Nilukshi Cooray (Sri Lanka)

Nilukshi Cooray Wijewarnasuriya, fondly known as Nilu is a 22 year old student of the Asian University for Women in Bangladesh. A devoted student, Nilukshi got this scholarship three years ago on clearing the entrance and an interview.

Second amongst three siblings, both her siblings and her father are PWS. She credits her parents for inspiring her always as a guide to express her ideas.

Nilukshi also owes gratitude to her teacher, Prof. Katrina Lewis who helped her a great deal in accepting her stammer. She thinks that her invigorating words totally changed

her attitude.

Hailing from Kalamulla village in Kalutara district, Sri Lanka, Nilukshi comes from a family that has great respect for education-her both parents being associated in the educational sector. She too aspires of becoming a professor. She also has a passion for dance, especially Kandian and Salsa. She has represented Sri Lanka in cultural programs in India and Singapore.

Nilukshi shares her experiences living with stammering and a few insights about how stammering is viewed in Sri Lanka.

On Perception of Stammering

In Sri Lanka, as far as I know, people do not care about speech disorders. However, most people normally make fun of the people who stammer.

On Professional Help and SLPs

Yes, in Sri Lanka, it is very easy to get in touch with a speech language pathologist as most of their services are free of cost in governmental hospitals. We have special schools for the kids who have severe speech disorders to assist them in a proper way to develop their lives.

TISA: How did your family members receive you stammer?

In our family, my father, my elder sister, my younger brother, and I stammer. So we all help each other to express our feelings. My father guides us a lot to calm down and speak slowly.

TISA: How was the school / college life?

It was not so bad because of stammering. Many of my friends imitated the way I spoke. That made me feel vexed. However, I was a part of my school's debating team as my father and mother encouraged me to improve my communication skills.

TISA: Were the teachers understanding and co-operative? Or were they discriminating?

My teachers were helpful, but sometimes, I could not get the first place in oratory contest just because of not being able to speak without pauses.

My university professors are helping me a lot to articulate my ideas notably Prof. Katrina Lewis, who was my advisor and

mentor for the 1st year in the university.

TISA: Did you ever feel cornered or ignored in your work / social life because of your stammer?

No, but sometimes, when I was presenting something in front of my university class, many of my classmates did not even care about what I was saying. That was not because they do not like me but because they could not understand what I was trying to say.

TISA: What is one thing you would want to change with regards to stammering in your country?

People who stammer should be able to enjoy their lives without any discrimination.

TISA: What kind of help you expect from your government and from other countries?

The government should sponsor the people who stammer to attend national and international level workshops to improve their communication skills and in turn their lives.

TISA: What message do you have for the people who stammer?

Dear brothers and sisters, learn to smile with difficulties because these difficulties help you to develop your lives.



Ishtiaque Mahbub (Bangladesh)

Ishtiaque Mahbub, is a professional working with a telecom giant in Bangladesh called Robi since 2003. He started his career being a part of the Customer Service team, and presently working with the Corporate center / CEO Office.

Like most PWS, Ishtiaque too is a bit of an introvert. He enjoys watching movies and likes to observe people around him. He is an ardent cricket fan who also enjoys watching the post-game analysis. He also likes to hear music, not of any particular cadre, but what-

ever suits his ears.

Ishtiaque has been a voracious reader and has a passion for it, but thinks that busy life nowadays has blown away this habit of his. His favourite writer is Sunil. His ambition is to develop himself as a leader and to strive to do something that will set an example to all the PWS.

Here's Ishtiaque telling us more about himself and his country.

On Perception of Stammering

Perception about stammering is not good in the society. We have struggled to make an existence in our surroundings. Very few PWS have been able to reach to the top along with this problem.

On Awareness of Stammering

Awareness about Stammering in Bangladesh is in a poor state. This may possibly be because the number of people who stammer here are much lesser in number than in India.

On Professional Help and SLPs

No SLPs are available. People consider this problem as lack of confidence.

TISA: Are there any other alternative ways of curing that are practiced?

During our childhood, we used to put a metal called *Shisha* under our tongue as a cure for stammering.

TISA: How did your family members receive you stammer?

They are 'okay' with it. Actually there is little they can do about it. If they could understand the impact of the problem earlier, some necessary measures could have been taken or at least I would be aware about this problem in my childhood itself.

TISA: How was the school / college life? Did you have to go through a lot of mockery from the fellow students?

Not much. The probable reason may be we do not have to face presentations during our time in School. I faced the real tune (self-awareness) during my university days. But as far as mockery is concerned, there was little.

TISA: Were the teachers understanding and co-operative? Or were they discriminating?

As stated earlier, there is little awareness about this problem, as there is no practice of having presentations in front of the class in schools / colleges.

TISA: Did you ever feel cornered or ignored in your work / social life because of your stammer?

Definitely yes, once I started understanding the social implications about this problem.

TISA: Is there any discrimination by the employers?

I am afraid, the answer is yes. There is discrimination by the employers.

TISA: Did you meet any other PWS from your country? Did you observe any social stigma in them? Are they self-confined or are they open for discussion?

I have met a few PWS. Some of them are in quite good position as well. However, an open discussion about stammering is something that is yet to be achieved.

TISA: What kind of help you expect from your government and from other countries?

Government should do something about lack of treatment or professional help in our country. That is the biggest problem I have faced myself. Help in terms of creating awareness is also a necessity.

TISA: What message do you have for the people who stammer?

My message to PWS is that we need to build strong attitude towards the society about this problem.



Sanjay Kumar Jha (Nepal)

Sanjay Kumar Jha belongs to a small village called Matsari-5, in Rauthat District, Nepal. He pursued his graduation in Bihar, India. Professionally working as a Mathematics teacher in a private boarding school in Kathmandu (Secondary education), Sanjay Kumar feels it is very challenging job as a stutterer to teach the students in the class room. He feels content to see his students doing well and satisfied about him.

Besides being a teacher, Sanjay Kumar is the President of the Nepal Stutters' Association

On Perception of Stammering

In Nepalese society there are various perceptions about stammering-

- ◆ People think he/ she has done some wrong thing in his past life and God has punished him / her in the present life.
- ◆ Some people think that stuttering is a disease.
- ◆ Stutters are discriminated by society, guardians, teacher etc.
- ◆ Lack of awareness in society about stuttering.

On Awareness of Stammering

Multiple and complex factors threaten the realisation of the rights of Stutters in Nepal. Access to social services and discrimination by the society continues to be a challenge for many Stutters because of limited availability, and restrictive social conventions. So far, Stutters have been mainly passive beneficiaries of available services. There has been little coming together of Stutters into Self Help Groups (SHGs) involvement in awareness raising, management of and influence over service delivery. Moreover, the general lack of acknowledgement of Stutters as disables by the state is an overarching problem. The national NSA and the SHPs (Self Help Programs) structures and facilities have not been responsive to the composition and requirement of Stutters.

TISA: Is good professional help (Speech Language Pathologists) available and easily accessible?

In Nepal there are quite a few Speech language pathologists available (14/ 15 Speech language pathologist are available in Nepal) but primarily in Kathmandu, and not available in rural areas. So we have lot of problem to find speech therapist and if

(NSA). He has been working for this organisation dedicatedly since its establishment. He participated in Global Line Training in Denmark in 2006, which was a 19-week program of capacity building training organized and sponsored by DPOD (Disable People's Organisation in Denmark).

A brief interview with Mr. Sanjay Kumar Jha, where he speaks about himself and his vision with regards to stammering for his country.

available, are very costly.

In Nepal approximately there are 250000 stutters (by 1 %) and we have 14/15 speech therapist so we can see the problem of accessibility evident from this data.

TISA: Are there any other alternative ways of curing that are practiced?

As we know there is no cure for stuttering, speech therapy can be followed in two ways-

- ◆ Group therapy
- ◆ Self therapy

TISA: Is speaking about stammering considered a taboo in your country?

It is not a taboo in our country because stuttering is given recognition by Nepal government and is kept on the group of Disability (Speech disorder group).

TISA: How was the school / college life? Did you have to go through a lot of mockery from the fellow students?

In my school life, I feel I had a few stuttering problems in class 9. But otherwise, school and college life was good. Not any mockery from the fellow students. The teachers were also co-operative.

TISA: Is there any discrimination from the employers?

As far as my job is concerned, I don't see any discrimination. I work as a Vice-principal of the school.

TISA: In what way do you think should the people come forward to help the PWS?

First of all awareness should be increased in local society then automatically people will come forward to help the PWS.

(Continued on page 7...)

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TISA: As the president of NSA, you must have met a lot of PWS from your country. Did you observe any social stigma in them? Are they self-confined or are they open for discussion?

I have met a lot of stutters in society. I have observed that they don't have self confidence. They don't want to come out of their comfort zones. There is this common perception that if they attempt to speak, people will laugh at them.

TISA: What kind of help you expect from your government and from other countries?

From local government we expect financial support. From other countries we expect cooperation, information sharing in addition to financial support.

TISA: As the President of NSA, what is your vision and aspiration?

As the president of NSA, I see two big challenges –



The Big Picture

The opinions and insights from our friends in neighboring countries speak a lot about the kind of issues we as a sub-continent face. Problems associated with Awareness, Perceptions and Social implications are very much similar to what we see in India. Whereas, when it comes to professional help, in countries like Bangladesh and Nepal it is found wanting, whereas Pakistan and Sri Lanka show some positive signs with help available for free in government run hospitals. In India too, SLPs and professional help is available in ample, but along with it we also have to deal with speech therapists who promise a “cure” and tend to dupe the PWS of their money.

Some of the major problems faced in the sub-continent are-

Awareness

Awareness about stammering has always been a problem in the society. While in India many presume Stammering as lack of confidence or sometimes a curse as a result of evil deeds of past life, the same holds true in our neighbouring countries like Bangladesh and Nepal. For instance, placing the metal piece “shisha” under the tongue as a cure. Superstitious beliefs with

Lack of Awareness

Finance

In Nepalese society, people don't know what is stuttering? How it occurs? Can we overcome / control it? And so on...

Financially, we are very weak, with no support from the Nepal government. So it is a big challenge to run the organization. Till date we have been getting some financial support from FSD (Stuttering Association of Denmark) however, FSD will not support for a long time. So we have to find new donors and financiers as soon as possible.

As the President, I aspire to focus my work on awareness, economic sustainability and strengthening of NSA as an organisation.

TISA: What message do you have for the people who stammer?

My message to the PWS is to come forward in your society and speak loudly with your own voice. Make yourself heard.

regards to stammering, seems to be a common problem with the sub-continent.

The National Stuttering associations face a big challenge in spreading the right information and awareness about stammering.

Perception

Perception about stammering has had various dimensions across the sub-continent. Mostly in India it is perceived as inferiority complex, bad habit, wrong way of speaking. In Nepal, as Sanjay Kumar says, some people think of Stammering as a disease. But Nepal shows some encouraging fact in terms of Government recognizing stammering as a disability, unlike India. Sri Lankan society appears to be somewhat indifferent and receptive about Stammering.

Finance

Financial support is a major issue in the South Asian sub-continent. National Stammering associations face a big challenge raising funds for its activities, workshops and other community and social work. This issue was brought up by Sachin's paper to ISAD this year.

(Continued on page 8...)

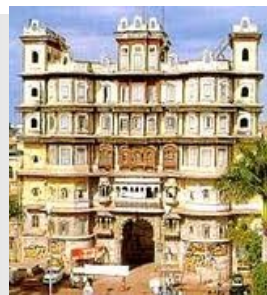
(... continued from page 7)

How can India Help?

Looking at the big picture, it is evident that we all have similar issues, but one thing that India has an upper hand is availability and accessibility of Speech Language Pathologists (SLPs). India being a larger country has a number of well qualified SLPs and Speech therapists in almost all the major cities. If some of these SLPs, without any vested interest could organize camps to our neighboring countries like Bangladesh and Nepal, then it would be of a great help. Or TISA should consider replicating "Communication workshop" model in the neighboring countries, with help from local

facilitators.

India also has a better presence in Media and on Web. Hence the same could be used as an advantage for spreading awareness in the entire sub-continent. Sri Lanka and Bangladesh do not have national associations, and hence the present national associations in India, Pakistan and Nepal can play an important role in helping these countries to come out with their own National Associations, and thus trigger the self-help movement in these countries. The PWS from these countries can also participate in the workshops conducted by TISA or PSA or NSA to learn the intricacies of self help and setting it up.



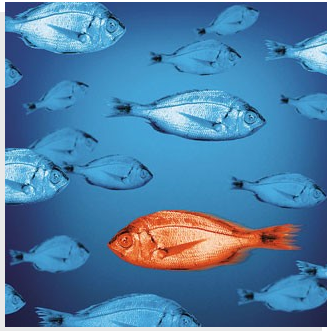
TISA initiates a Self Help Group in Indore

TISA has initiated a self-help group in the city of Indore, Madhya Pradesh. The group has been initiated by Amitsingh Kushwah and Parmendra Bundela. The group meetings will be held every Sunday.

The co-ordinators and members of the group also look to contact various schools in Ujjain and Devas, and thus involve CWS (Children Who Stammer) along with their

parents. Moreover, the group also plans to organize a one-day seminar on Stammering under the banner of TISA, in Sanjivani Seva Sangam B.Ed College, in November. Students and Teachers of the said college will participate in the seminar.

To join the SHG in Indore, you may contact Amit (cell- 093009-39758) or Parmendra (cell- 098932-17177).



Acceptance is Cool

Acceptance is the core ideology which forms a base of TISA school of thoughts. But what exactly are we talking about when we talk of 'Acceptance'? Here's an insight into the idea of acceptance and a few tips on how to get started...

"Once we accept our limits, we go beyond them!" - quoted a famous Irish poet and novelist Brendan Francis Behan. Here in TISA as well, we look to go beyond our limitations, but not before we accept it. TISA has vehemently endorsed that "Acceptance" is the first step in the path of recovery. But this very word can be scary and drive the cure-craving PWS away! And when there are a few therapists who promise quick cure and miracles, the vulnerable PWS fall prey to them, the path of 'acceptance' would be the last thing they would want to embark.

Young people often develop a self concept derived from society and media. "Being cool is this and that, and not that!" We often do not have any other way of defining ourselves. But a little trial and error will tell us that the only enduring self concept is the one which comes from within (not without). Once we accept ourselves as we ARE, there is a chance that we may be able to work and change ourselves, our circumstances. If nothing else, at least, we are more comfortable with ourselves... our friends too are more comfortable in our presence then.

To give an analogy, suppose if someone objected to your surname, made fun of it, or discriminated against you because of it- how will you react? You will simply say- I am called by that name and I have no problem with that. When someone refers to you as a 'stutterer'- if you can react in the same calm way, same matter-of-fact way: THEN, you have accepted your stammer 100%. THEN, your speech will change for better- since then, you are having no struggles at any level of your being- physical, psychological, emotional, social or spiritual. All the energy which you had invested in building up a 'resistance' is freed and available for a forward movement: you will make rapid progress in your chosen field, you will be much more creative, productive, social and likeable person... and most importantly, at peace with yourself.

Steven Kaufman, an American PWS who blogs about stuttering and acceptance, has an interesting way of signing off all his posts- "My name is Steven Kaufman and I am a person who stutters. Until next time,

stand up and be counted. Make your voice heard". With his unique way of blogging, this PWS walks the path from acceptance to recovery. In one of his blogs, Steven says- "I've said many times that as a person who stutters, there must be a journey that you have to take. A journey of self-acceptance, where you can say with pride that you are a person who stutters. But while I am saying that, there is a big difference between acceptance vs. resignation. It's about attitude. Acceptance, with a positive attitude, means pride in the fact you stutter".

For starters, Acceptance can be difficult, and requires a lot of courage. Mr. Manimaran, our Chennai SHG co-ordinator has 6 tips to help us to attain the path of acceptance-

1. Accept others stammering. Do not compare your stammering with others. Despite the fact that your stammer is moderate or severe, accept that you stammer.
2. Talk about it. Talk to your parents, siblings, relatives and friends openly about how you deal with your stammer. Come out and practically apply all the things you read about overcoming stammering.
3. During public speaking or presentation or a casual conversation with strangers, inform beforehand that you are a stammerer (but do not go on to add- kindly bear with my speech etc. as we are not looking for sympathy but only need their help and co-operation).
4. Practice voluntary stuttering in the real world. Keep eye-contact as you do it. It requires a lot of courage to practice it in front of others. If you can do it, all your fear, shame and guilt feelings will go away in a short time.
5. Talk / read / write about stammering half-an-hour a day.
6. Always be patient. Don't expect results within a short period of time. It will take months or years. You have to continue with your sustained efforts.

**Total acceptance has
no bargain hidden in
it..
You love and accept
yourself for no
reason..No matter
how you spoke today..
You are you- not
your speech!**



Stammering on Silver Screen

'Guddu' of Kaminay, 'Chota Chatri' - the stammering Don or the funny lawyer with a stutter in 'My Cousin Vinny'... Stammering has been portrayed on silver screen in diverse ways. PWS characters have come a long way from just being the fillers as comic roles. Recent movies have responsibly portrayed stammering and it's darker side.

They say movies are reflection of society. PWS is an integral part of the society, and hence has been so, on the silver screen as well. Stammering has been featuring in our movies right from the black-and-white days. Primarily, seen as something to bring humour, a few movies have also portrayed the not-so-funny part of Stammering, and issues related to it. So then, let's have a walk-through over some of the movies (Hollywood and Indian) which feature stammering, and the related aspects they covered.

Sir (1993)

Directed by Mahesh Bhatt, the core issue of the movie is a story about a teacher who seeks to avenge the death of his son from a dangerous gangster. But the first half of the movie shows how this "Sir" (Naseeruddin Shah), helps a girl (Pooja Bhat) to overcome her stutter. The girl who stutters is correctly portrayed as an introvert, scared of talking to her friends, and confines within herself. A few sequences, where the 'Sir' counsels the girl by saying that even he also had a stammer is picturised well and can inspire. The Sir tells the girl to practice talking to herself looking at the mirror, and also tries to force her out of her shell. But the girl is finally able to overcome her stutter when the Sir convinces her to sing in front of the crowd. In the beginning she is reluctant, but the support of her Sir and her love (Atul Agnihotri), finally gives her courage. A few glitches that one may notice are- the girl completely speaks fluently in the second half. She is also shown stammering when she is practicing in front of the mirror alone (most PWS don't stammer when practicing alone). But other aspects like a PWS singing perfectly, and gathering self confidence and courage after a public performance is valid and correct.

Kaminay (2009)

Kaminay again is a story which has the darker side of stammering as it's side-plot. The movie deals with a story of two twin brothers (Shahid Kapoor) who have different speech problems. One of the brothers has a stammer. Initially, it is shown that he is in love with a girl who also has a stutter (Priyanka Chopra). But later on when he comes to know that she was only faking her stammer, just to win his heart, he feels hurt

and being mocked. It is then revealed that the girl faked stammer only to make him comfortable, as he always ran away from people, because of his stammer. A PWS stammers the most when he is talking under pressure, is also depicted in a scene when the protagonist is shown interrogated by the cops. One of the few movies which deals with the dark side of stammering like mockery, negative impact on mind, guilt feeling and shying away from the world outside.


Ajab Prem ki Gajab Kahani (2009)

This comedy flick has stammering, but dealt on a lighter note. The stammer shown is not conventional and true to the core. Both the leading characters (Ranbir Kapoor and Katrina Kaif) have a stammer, but it is evident only when they are angry. The girl stutters, followed by the guy, and the girl ends up feeling hurt because she thinks the guy is mocking her stutter. The girl later realises that he was not mocking but infact had the same problem as her. Nothing much as regards to stammering, but the fact that they both talk perfectly otherwise, and stutter only when angry, is rather too hard to digest.

There have also been some memorable characters in Hindi films who stammer. The hilarious character, "Chota Chatri", a stammering underworld don, played by Johnny Lever in **Awaara Pagal Dewaana**, went on to become one of the highlights of the movie. Mahesh Manjrekar also played a PWS in **Kaante**. This character named "Bali" is a member of a clan of gangsters. The actor was quite convincing with his role and mannerisms while acting as a person who stammers.

Hollywood too has featured stammering in movies. The 1992 comedy "My Cousin Vinny", shows a comic stuttering lawyer, who struggles to save his clients (his own cousins) who find themselves in a murder case, which they did not commit. The movie relies on humour created by the stuttering lawyers secondary symptoms as he stutters, and also because of his meek arguments. Another movie, "Rocket Science" is about a 15-year old student who has a pronounced stutter. The student takes part in a debate competition, and there starts the story of his struggle because of





his stutter.

What's there to look forward to? "The King's Speech", a movie releasing in November, is based on the inspirational true story of King George VI, the father of Queen Elizabeth, who reluctantly assumes the throne because of his elder brother Edward's abdication. The movie shows the struggles of the king, and how an Australian speech therapists helps him deal with his stutter, and then eventually lead the country into the second world war!

Movies have come a long way from using stammering just for comedy. Thankfully now there have been releases which have shown to some extent the darker side and issues related to stuttering, though it may not be accurate as we PWS want it to be. Stammering has never been at the centre-stage of any movie yet. A medium such as movie would be a great means to spread awareness and other stammering related issues.

Addendum: The last paragraph was a little premature, it seems! It might seem that we are moving backwards in time. Golmaal -3 is truly *Golmaal* of cinematic and social values. The promos promote stereotyping— *PWS are dumb and it is okay to make fun of them*. It is a crude attempt to make audience laugh at disability. Pathetic. And all this—not for Oscars, but for greenbacks!

TISA has made a protest : to Censor board through online petition and legal recourse to get such poor scenes edited or cut. Nainital High court has issued notices to film makers on the basis of our writ petition (public interest litigation). Besides, a big debate has been launched in various forums, offices and sitting rooms. To quote Vivekanand: Every change generates resistance. A sneer among civilized and a howl among savages!



Find Your Own Formula

When Yadgar realized he has a speech problem, he resorted to avoidance, fear and confinement. The employers too raised some doubts. But nothing stopped him. He worked out his own formula through his struggles, and in living a meaningful life.

I realized I had a speech problem when my classmates looked at me strangely when I spoke in Kindergarten. It became a problem only when I was in class 8 of schooling when I found I could not finish answering questions and proactively participate.

I reacted by cultivating avoidance, fear, lack of confidence and confining into comfort zones. Any new person, situation was to be avoided because of the fear in my mind of their reaction to my stammer. I limited my life to school friends and family. Situations involving public transport, doctor visits, social functions, guests at home were a nightmare. They caused immense worry and pain as I had to devise an avoidance strategy or eventually face them. I could not imagine how I would go to university or find a job or lead a meaningful life.

I had my first experience with speech therapy after finishing school when I was 15. I realized I was a moderate to severe stutterer with silent, repetition and prolonged blocks accompanied by secondary struggle behaviours. Meeting other stutterers provided a support group and made me realize I was not that alone. Therapy was aimed at achieving fluency in the clinical setting via prolongations, rhythmic speaking and transferring it to real world scenarios. There were discussions on fear, communication, positive thinking and experience sharing. I was impressed by the speech therapist and he remains a guide and an inspiration to me. I did not have true lasting success being fluent outside clinical settings, but the seed to try and live a meaningful life had been planted. My parents noticed a positive change in me and were very emotional.

In my very first real job interview I was offered a job with an IT company. There was concern about my ability to play a customer facing role. Human resources were honest enough to have a dialogue about it with me during recruitment. Eventually, I was recruited with my verbal assurance

that I would not complain if my colleagues were offered customer facing roles with overseas clients, and I was not. Working in a professional environment was therapeutic. I did encounter individuals who were uncomfortable with my ability to communicate and doubted my ability to perform certain roles. However, overall I met an overwhelming number of peers, superiors, customers, juniors who encouraged, inspired me. Some even had more faith in my abilities to perform than myself.

Eventually an overseas work opportunity came through the same employer, and brought more positive changes for me. Faced with the fear and uncertainty of life away from home for the first time and in a different culture, I was one step forward and one step backward in accepting it. Eventually, living in one of the prominent cities of the world there was more to do and life was easier than my home town. I underwent a speech course where I learnt a type of costal breathing to ensure fluency in clinical settings. Transferring that fluency to the real world involved making 100 disclosures, conversations with strangers in an hour on the city streets. What helped was the support provided by old students on and after the course. I did not continue with refresher courses and found the fluency difficult to maintain and not so natural with that technique. However, the experience was mind boggling and showed me the limiting beliefs I had set myself.

Whether it was with villagers in India or customers over the phone or highly sophisticated academicians I found that I could never completely control the fluency aspect of neither my speech nor the listeners' reaction. However, if I managed the speaking effort with confidence, a positive response from the listeners was more probable. There were always situations where I would fail purely because my stutter would be so severe that no amount of courage, confidence would help. I would live to see another situation.

I have tried types of hypnosis, past life regression, acupuncture, Vipassana meditation, Yoga, ayurveda, homeopathy with available practitioners with no real cure or lasting benefit. I experienced an amazing ability to effortlessly slide out of my stuttering blocks when I had opportunity to experience Frequency Altered Feedback with an industrial strength pitch shifter.

Currently, I am more into modifying my stuttering and maintaining a natural speak-

ing effort using pullouts, easy onsets, repetitions, relaxation and whatever makes sense. Working on acceptance of my stutter by myself, irrespective of the situation, is the bedrock of this effort. I believe that each individual stuttrer will eventually have to find his own formula for leading a meaningful life.

- Yadgar Irani, New Zealand

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Communication Workshop, Pune

TISA conducted a five day Communication workshop at Pune, across two weekends: 9,10-15,16,17 Oct 2010. It was conceived and organized by the Pune Chapter. About fifteen participants took part. Some new IPWS came forward during this workshop- some from the same IT company, which kindly offered us the logistic support, and some from other backgrounds. Three IPWS came from Mumbai. Some of them came for informal interactions on the intervening weekdays. Interactive exercises, role plays, mock interviews, Group discussions, video reviews and case studies were used. Mr Raja Poladi, an alumni, was the visiting faculty. His inputs were much appreciated. At the end, TRANSFLUENCY - a wall display designed by Raja Bhattacharjee, was given to participants by the organizers. Besides self-help, we made new contacts and networks to offer us help beyond. It was totally funded by the participants through voluntary contributions.

Feedback from participants:

I attended 4 days out of 5 days of workshop. I found this workshop very much helpful. Activities like practicing bouncing, prolongation, role play, showing assertive skills were great. Interacting with strangers and asking them about opinion of stammering helped in desensitizing stammering. Seeing myself and others stammer, I feel that stammering can be also thought of a minor impediment instead of seeing it with guilt and shame. Speech was Raja B was full of practical knowledge. Many times we just blame stammering for not going after a dream and achieving it. It's not our stammering that we hold back, but its fear to get out of our com-

fort zone and to try of different things without thinking of stammering holds us back.

This program offered a variety of exercises which I could not find in my previous speech therapy programs. They just offer a fixed routine kind of exercises (like voice modulation, slow reading and question-answer session) . Stammering cannot be dealt with these monotonous kind of exercises, but much more exposure is required. This platform exactly offered me a wide range of situations where causes and intensity of problem vary.

Organizers, too did the excellent job in arranging this workshop at Infosys campus Pune.

Thanks a lot to Dr. Sachin, JP, Organizers and people who attended this workshop for making this workshop a success.

Thanks, **Sanjit**

The communication workshop conducted by TISA (The Indian Stammering Association) on Saturday-Sunday at Infosys was very interesting and illuminating experience for me.

We learnt so many aspects of stuttering, the techniques which can be used to good effect when you communicate like bouncing, pausing, prolongation, voluntary stuttering and so on & so forth. The presentation round and approaching strangers and using the techniques while asking for their feedback on PWS was a very nice experience for me as well.

Looking forward to next 3 days of workshop which will be conducted this Friday-Sunday.

Vivek



My Journey from India to Italy

After a few unsatisfactory attempts with speech therapies, Kishore Bisht then turned on to join the SHG, and attended a communication workshop. Profession then took him to Italy. Making most of technology, he has now set up a virtual SHG through online interactions, and with his never say die attitude, aspires to start an SHG in Italy.

I am a person who stutters, and like many stuttering friends I started stuttering at a very young age. I hardly remember the time when I started stuttering. I know I imitated one of my village guys who was a stutterer, and during those days no one in my family thought of it seriously. People loved my broken voice and encouraged me.

I had some experiences in school and college where many times other students would read roll number for me because of my stammering. It was a relief for me, but at the same time I felt very shameful because I was unable to do what the other students were able to. My Hindi teacher used to say about me – “*Kishore jab bolta hai to har word pe break laga ke bolta hai*”. (When kishore speaks, he gets stuck at every single word).

I attended my first speech therapy lesson when I was in third year of Engineering. In three weeks I felt the change in my fluency but it was restricted only to my comfort zones like doctor's clinic and my home, outside I was same as before. My fluency increased to 80%. After doing the speech therapy for 3 months, I stopped it because it was not possible for me to pay high therapy fee anymore. I got tired of this daily routine, after doing therapy exercises for some more weeks at home, so I discontinued it too. Few weeks later, I felt my stammering is returning but with greater severity. Later I attended two more speech therapies but I got no real help out of them.

I then got placed in a power sector company. In office and home I searched a lot on stammering material, I added some stuttering friends on orkut and yahoo. I started practicing with them on voice chat. Now I had stuttering friends from USA, Pakistan and India. In late 2008 one of the friends informed me about Delhi self help group and asked me to contact the Co-ordinator- 'Nitin sir'. I attended many SHG meetings in Delhi, we used to meet once a week. Later I come in contact with TISA Coordinator Dr Sachin Shrivastav. I attended first TISA work shop in Dehradun in January 2010 along with Nitin sir and J.P Sir. About 15 People attended the first workshop which included 5 local PWS (This workshop was free of cost). Aim of this workshop was

to focus on Acceptance and to practice bouncing, prolongation exercises. Acceptance does not means that you have accepted your stuttering and you sit back in peace and waiting for some miracle to happen. It does not mean that you have to shout out loud in a crowded place that I am a stammerer. Acceptance means Courage to accept that I stammer; courage to reach out and meet other PWS; courage to experiment with new ideas- like walking to a stranger and asking him what he thinks of stammering.

My Experiences on stuttering in Italy

For the last six months I am in Italy and am constantly searching matter on stammering. My first challenge is the language difference. Here very less people know and speak in English but I am taking Italian lessons, I know it will take a little longer time for me to speak Italian but I know I can do it. I wrote to many Italian people who stutter to help me find stuttering friends in Italy. I got many warm responses from people here but as of now our conversations are limited to sending and receiving mails.

I was under the impression that there would be some self help groups (SHG) near my city in Italy too like in USA, UK and India (TISA) but I did not find any SHG nearby my city. Now I am planning to start one such SHG in Legnano. Let's see how much time does it take. My Internet SHG group is already in progress on Skype.

I inquired from a fellow stutter about SLPs in Milan and believe me its damn expensive. For just a two week course they charge 2000 Euros (Above Rs. 1 lakh, which includes travel expenses from my city Legnano to Milano) which TISA is providing without any charge in India. I believe in TISA's community work and I hope more and more people should follow and contact TISA for any help with regards to stuttering. I encourage PWS to join TISA SHG and workshops. TISA is conducting many workshops and co-ordinating SHGs in many cities in India.

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Stam...mm...er? Not Anymore!

Health & Nutrition, a monthly magazine in India, featured the success story of Dr. Akash Acharya, in their September 2010 issue. Dr. Acharya talked about his experiences of living with stammer and also his association with TISA. Here's the article that inspired readers across the country

The first time I stammered was while answering the roll call in school. I was 6 years old and had no idea this trait would cause fear and humiliation as I grew older.

I solved the roll call problem by raising my hand to make myself visible instead of answering 'Present, Miss'. However oral tests continued to be a torture.

My parents took me to a paediatrician who said 'Your son thinks and speaks fast, compared to others. Get him into swimming, cycling, classical music and other such rhythmic activities to calm him down.' None of this cured my stammer although I did find an alternative pastime.

In college the problem only seemed to exacerbate. I failed to find any sympathy among my new group of friends nor did the female community make me comfortable. I used to pass chits to my professors before any debate competition happened so as to avoid all the unnecessary drama that would follow. Occasionally the frustration got the better of me and I even contemplated suicide. I was put on anti-depressant pills. That was when I met Ajit Harisinghani, a speech therapist who provided me a few journals that contained articles on stammering along with cassettes, self-help books and, of course, speech therapy.

The treatment included physical strengthening exercises, instructive or repetitive practice and drills, use of audio-visual aids, sign language, picture symbols and other strategies to facilitate functional communication. I also tried hypnotherapy and Reiki. None of it helped much. Prolongation Therapy from a Reader's Digest article advised delay during speech delivery. I thought this one would work but within a month I realized it was impossible to apply the strategy in actual practice. In 1999 armed with an MBA in Finance I applied for a job in a public sector company.

Although I had all the qualifications need for the post I was refused. Maybe it was over sensitivity, but I assumed it was my stammer that had worked against me and wondered if there was a way I could let the recruiters know that it was not my fault.

Then I came across a website called Indian Stammering Association (ISA). Discovering that there were many other PWS (People Who Stammer) in the same boat as me proved to be the turning point. Ironically what helped was the knowledge that stammering cannot be cured, only controlled. And the first step in that direction was to accept the trait and be frank about the problem.

It was as if a weight had been lifted off my shoulders. I felt less stressed and performed better socially and career wise. I landed a job as assistant professor at the University of Social Sciences in South Gujarat University. The initial days were rough, but, as I said earlier, I never hid anything from my students. Whenever I went for a lecture, I told the audience about my problem and they understood and readily agreed to co-operate with me. That was a major confidence booster.

In 2003, I was called to do a presentation in Pune, for a seminar organized by a German aid firm JTZ. I finally managed to break free off my mental blocks and faced a crowd of 150. As previously decided I told the audience about my problem before I began.

In 2005, I completed my PhD in Health Economics.

In April 2008, I along with a few friends started TISA (The Indian Stammering Association), a self-help group in Mumbai, which meets periodically to help PWS with survival tips, tricks and strategies. About 1% of the adult population stammers while about 5-15% of school children stammer. In India that accounts for 11-12 million people, of which there's one lakh in Mumbai alone. That is a large chunk of people who were either avoiding the problem or suffering quietly. TISA, which has support groups in all major cities of India, is there to help them.

- Akash Acharya

(As told to Smrithin Satishan, Health & Nutrition)

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तुझमें अगर प्यास है, बारिश का घर भी पास है ...!

हकलाहट दोष को समस्या नहीं, एक चुनौती मानें. हकलाने की आदत पर नियंत्रण पाने के लिए इच्छाशक्ति और जीवन के प्रति सकारात्मक सोच का होना आवश्यक है. सही तरीके से बोलने की विधियों को अपनाकर सार्थक और प्रभावी संवाद की योग्यता प्राप्त की जा सकती है.

क्लीयर वॉटर ने कहा है - "बीते हुए कल से सीखो. जीवन के आखिर में कहीं आपको इस निष्कर्ष पर न पहुंचना पड़े कि आपने अपने जीवन का आनंद उठाया ही नहीं. इस धरती पर बहुत सारे लोग ऐसे हैं जिन्होंने अपनी जिन्दगी को कुछ इस तरह जिया कि जब वे पीछे घूम कर देखते हैं तो उन्हें सिर्फ खुशियाँ और खूबसूरती ही दिखाई देती हैं. वे इस जगह पर इसलिए हैं, क्योंकि उन्होंने अपने डर को जिन्दगी में कोई जगह नहीं दी."

जब मैं स्कूल में था, तब अटेंडेंस बोलने के लिए बहुत मशक्त करनी पड़ती थी. यह सिलसिला कॉलेज तक जारी रहा. मन में हमेशा यह डर बना रहता था की अगर मैं बोलने में रुक गया तो मेरे सहपाठी और टीचर हँसेंगे. इस डर के कारण मैं 'यस सर' और 'यस मैडम' शब्द को कभी पूरा बोल ही नहीं पाया. हकलाहट दोष की समस्या का सामना करते हुए मैंने यह पाया कि जब हम अपने मन में यह डर बैठा देते हैं कि अब हकलाने वाले हैं, तब निश्चित ही हकलाते हैं. वहीं जब यह विचार मन में नहीं आता तो हम बेहतर तरीके से बोल पाते हैं.

सही तरीके से न बोल पाने की इस चुनौती को छुपाने की बजाए खुले मन से स्वीकार करना चाहिए. मेरा अनुभव रहा है कि हकलाहट दोष को लेकर हम बेवजह तनाव में रहते हैं कि सामने वाला क्या सोचेगा? अरे भई...! वह हंसेगा और क्या करेगा? क्या आपने कभी सुना कि हकलाने वाले को किसी ने थप्पड़ मारी, नहीं न! फिर टेंशन किस बात की? बोल दो जो बोलना है.

मानव जीवन कई विविधताओं से भरा पड़ा है. और हकलाना भी इसी का एक हिस्सा है. जब हर

व्यक्ति का रूप, रंग और कद एक जैसा नहीं हो सकता तो बोलने की छमता समान कैसे हो सकती है? यह धारणा भी गलत है कि बेहतर संचार के लिए धाराप्रवाह बोलना जरूरी है.

पूर्व प्रधानमंत्री अटलबिहारी वाजपेयी का उदाहरण हमारे सामने है. संसद हो या आमसभा सभी अवसरों पर वे आराम से बोलते रहे हैं. उनका कोई भी वाक्य चार-पांच शब्दों से बड़ा नहीं होता, फिर भी पूरी दुनिया के लोग उनकी बात को गौर से सुनते हैं. इससे यह साबित होता है कि जल्दी बोलना जरूरी नहीं है, बल्कि धीरे-धीरे बोलकर भी अपनी बात दूसरे लोगों तक पहुंचा सकते हैं.

हकलाहट दोष को समस्या नहीं, एक चुनौती मानें. हकलाने की आदत पर नियंत्रण पाने के लिए इच्छाशक्ति और जीवन के प्रति सकारात्मक सोच का होना आवश्यक है. सही तरीके से बोलने की विधियों को अपनाकर सार्थक और प्रभावी संवाद की योग्यता प्राप्त की जा सकती है. हर दिन यह सोचें कि कल दिनभर बोलने में आपने क्या गलती की और आज उसे नहीं दोहराएंगे.

कोशिश करें कि मन में हर समय आनंद का भाव हो. इससे आसपास के लोग, प्रकृति और वस्तुएं अपने उद्देश्य को हासिल करने में सहयोगी साबित होंगी. हमेशा यह याद रखें कि बोलने का कोई भी अवसर अब नहीं खोना है, यानी बोलने से बचने का प्रयास न करें. आप हकलाहट दोष पर विजय जरूर प्राप्त करेंगे, क्योंकि "तुझमें अगर प्यास है, बारिश का घर भी पास है ...!"

- अमितसिंह कुशवाह,

व्याख्याता - विशेष शिक्षा, इंदौर.

मो. 093009-39758



हकलाहट से मेरा संघर्ष...!

तीसा से जुड़ने के बाद मैंने जाना की हकलाहट कोई विकलांगता नहीं वरन कुछ ऐसा है, जिसे गलत तरीके से सीख लिया है. इसका कोई इलाज नहीं, लेकिन इस पर नियंत्रण किया जा सकता है. मैं कभी स्वयं को असहाय पाता था और अब मैं हकलाहट का सामना करने के लिए बेहतर हालत में हूँ.

वाणी किसी व्यक्ति के जीवन का आधार होती है. कहा जाता है कि शब्दों के बल पर दुनिया जीती जा सकती है. तो जरा कल्पना कीजिए उस बच्चे की जिसकी सबसे बड़ी दुश्मन उसकी वाणी है. शब्द ही सबसे बड़े शत्रु हैं. समस्या और भी गंभीर हो जाती है जब इस दर्द को कोई नहीं समझ पाता. क्या गढ़ेगा वह अपने स्वपन चरित्र को? क्या लड़ेगा प्रतियोगी समाज से? क्या होता होगा उस बालक के आत्मसम्मान का, जिसका रोज़ माखौल उड़ाया जाता रहा है? वो लड़का मैं ही हूँ और यह मेरी कहानी है.

मुझे हमेशा यह बताया गया के हकलाने की आदत किसी की नकल करने से लगी है. और जिन्दगी के बीस साल मैं इसी गलतफहमी में जीता रहा. 'हकलाना' मेरे लिए एक अबूझ पहेली थी जो मुझे अक्सर निराश कर देती थी. यह बनावटी जीवन जीने पर मजबूर कर देती थी. मसलन जानबूझकर गलत जबाव देना, क्योंकि सही बोलने पर हकलाने का डर रहता था. इस अपराध बोध ने मेरी नौद हराम कर रखी थी.

मैं बड़ा होता गया और हकलाने कि समस्या ज्यादा गहराती गई. परिवार, रिश्तेदार, दोस्त, टीचर और समाज मेरे इस वाणी विकार को हलके तौर पर लेते रहे. छुपाने और झूठ बोलने की इस

आदत से जूझते हुए मैंने इसमे महारत हासिल कर ली. मैं विभिन्न अवसरों पर बोलने से बचने की कोशिश करने लगा. जो मेरे व्यक्तित्व के विकास में बाधक साबित हुआ.

कालेज में हकलाहट को छुपाने के लिए मुझे घंटों अभ्यास करने पड़ते थे. इन सबके बावजूद भी ज्यादातर परिणाम दुखद ही हुआ करते थे. और इससे पैदा होती थी आत्मखिन्नता और थकान. हकलाहट दोष का भेद खुल जाने का डर अब भी मेरे जीवन दर्द था. मैं स्वयं से संघर्ष कर रहा था.

जैसे रात के बाद सुबह होती है, वैसे ही तीसा मेरे लिए उम्मीद की एक नई किरण के रूप में सामने आया. तीसा से जुड़ने के बाद मैंने जाना की हकलाहट कोई विकलांगता नहीं वरन कुछ ऐसा है, जिसे गलत तरीके से सीख लिया है. इसका कोई इलाज नहीं, लेकिन इस पर नियंत्रण किया जा सकता है. मैं कभी स्वयं को असहाय पाता था और अब मैं हकलाहट का सामना करने के लिए बेहतर हालत में हूँ. मैं सौभाग्यशाली हूँ जो मैं हकलाता हूँ, वरना मैं खुद को इतने अच्छे तरीके से नहीं समझ पाता.

- प्रमेन्द्रसिंह बुन्देला, इंदौर.

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इंदौर में तीसा के स्वयं सहायता समूह का गठन



मध्य प्रदेश इंदौर शहर में 'द इंडियन स्टैमरिंग एसोशिएशन' (तीसा) के स्वयं सहायता समूह का गठन किया गया है. इस समूह की शुरुआत अमितसिंह कुशवाह और प्रमेन्द्रसिंह बुंदेला द्वारा की गई है. समूह की बैठक हर रविवार को आयोजित की जा रही है.

समूह के सदस्यों द्वारा इंदौर, उज्जैन और देवास के स्कूलों में संपर्क कर हकलाहट दोष से ग्रसित बच्चों और उनके अभिभावकों को समूह से जोड़ा जा रहा है.

इसी क्रम में तीसा के बैनर तले नवम्बर माह में संजीवनी सेवा संगम बी.एड. कॉलेज में हकलाहट दोष पर एक दिवसीय सेमीनार का आयोजन किया जा रहा है. इस सेमीनार में कॉलेज के शिक्षक और छात्र शामिल होंगे.

इंदौर के स्वयं सहायता समूह में शामिल होने के लिए अमित (मो. 093009-39758) और प्रमेन्द्र (मो. 09893217177) से संपर्क किया जा सकता है.

Lamps of Light this season

Moses said to the LORD, "Pardon your servant, Lord. I have never been eloquent, neither in the past nor since you have spoken to your servant. I am slow of speech and tongue."

The LORD said to him, "Who gave human beings their mouths? Who makes them deaf or mute? Who gives them sight or makes them blind? Is it not I, the LORD? ¹² Now go; I will help you speak and will teach you what to say."

(Exodus 4)

"Face the brutes." That is a lesson for all life—face the terrible, face it boldly. Like the monkeys, the hardships of life fall back when we cease to flee before them...

"A few heart-whole, sincere, and energetic men and women can do more in a year than a mob in a century. ..."

"Why are people so afraid? The answer is that they have made themselves helpless and dependent on others. We are so lazy, we do not want to do anything ourselves. We want a Personal God, a Savior or a Prophet to do everything for us. ..."

(Vivekanand)

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**Better Attitudes,
Through Knowledge!**

**This Self has to be achieved
through self effort!**



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