

"No you are not trying to understand anything. Because labels are the opposite of understanding...Who am I?

Do you mean where I'm from?

What I one day might become?

What I do? What I've done?

What I dream?

Do you mean ... what you see or what I've seen?

What I fear or what I dream?

Do you mean who I love? Do you mean who I've lost?

Who am I?

I guess who I am is exactly the same as who you are. Not better than, not less than. Because there is no one who has been or will ever be exactly the same as either you or me."

-The Wachowskis



On this note,
Centre for
Psychotherapy &
Clinical Research
(CPCR)

presents to you

Awaaz 2017:
Celebrating
Disability through
Narratives of Hope
& Despair

on
9th & 10th October
AUD

Please block your dates

CELEBRATING
DISABILITY



On this Mental Health Day come join us in this celebration and extend your support for this initiative





INTRODUCTION

Disability has always been seen as a sorry state, and to some extent it might be even true. However, equally true is the fact that disability inspires unmatched strength, spirit, and resilience. There are numerous examples of such inspiring stories; some told and others untold. It's time to break the expression of remorse, and break into a smile of hope in celebration of life beyond disability.

Why should disability be a given, a story of an individual, and as a society we just look on helplessly? Why can't we together annihilate the constrained notion of disability, and take the responsibility of being the agent of change. Let's come together on this mental health day to 'own', 'learn' and 'celebrate' the lived experiences of disability!

MENTAL HEALTH DAY 2017: AWAAZ

The term Awaaz means 'finding one's voice' and this mental health day we would like to find a voice for disability, a voice which is in whispers, waiting to be heard.....

Day 1: 9th October 2017

Venue: Karampura Campus

10-11: Inauguration of Awaaz & Ehsaas Clinic

11-1: Panel Discussion - G11

1-2: Lunch

2-5: Fun Activities & Competitions (lyrical painting, sports, other fun activities) - Campus Field

5-7: Musical Evening - Campus Field

Day 2: 10th October 2017

Venue: Kashmere Gate Campus

2-4: Movie Screening & Discussion - NL2

4-6: Mere Awaaz Suno (interactive session with people with various forms of disabilities) - CR area

6-8: Cultural Evening (join us in this evening of poetry and sher-o-shayari) - CR area