

A tribute to Prabhat Education Foundation. By Grade 7, Riverside School, Batch of 2021

Farinal

This book showcases our journey with Prabhat and what it has done for us and taught us. This book isn't about spreading awareness of Prabhat but it's about how the community doesn't accept people with special needs, it's about people that came out of their comfort zones and went an extra mile, it's about people with compassion and care and determination and grit and a willingness to break down the barrier of differences. This is a book that inspires you to be something more. It is a book which makes you feel rather than think. This is a book about inclusivity, acceptance and equality.

Presenting you the stories of inspiration.



P. R. P. A. Bhatt A. T.

- **P**: Prabhat is the sunshine for hundreds studying there
- **R**: Rejuvenating their lives
- **A**: And putting aside their differences
- **B**: By making the differences similarities
- **H**: Helping them grow stronger day by day
- **A**: And making them more confident
- **T**: Thank you to this wonderful organisation for changing everyone's lives
- Ayana Jhala and Tanaya Dalal Grade 7, Batch of 2021



WHAT IS PRAKHT

Prabhat is a foundation that works towards the goal that children with special needs reach a certain level of independence so that they can live their life happily. It helps them prepare for life and achievements that will soon come to them. They learn to accept who they are and be proud of who they are. Prabhat takes in whoever comes to their doorstep and gives them the exact treatment they need based on their special needs. It is personalised for each person and lets them grow at their own pace. Prabhat gives people their full attention and is there for the students at all times. It gives the students happiness and joy. The students love going to Prabhat because they have learnt so much there and have grown so much.



WHYPRABHAT



The buddy interaction program at Riverside school is one of the longest processes between Prabhat and Riverside. This process is actually a great process that helps change the lives of children and it also inspires them. If I talk about what the Prabhat children have got from this program then they have got new friends. They have gotten the joy of playing and chit-chatting with their friends from Riverside. From interacting with them they have learned how to understand a different perspective. They got regular surroundings, they have got the joy of travelling by bus. They have matched step to step from their buddies and danced with them. They also go out with them on a picnic. Riverside school is a place where they have got respect. They got fun gifts from the Riverside children and lovely memories with them. If I talk about the Riverside children then even they have learned a lot of things. They have got the love of doing unselfish things. They have experienced and seen as they understood that their buddies spend a lot of time learning the same thing which they learned in less time. They have experienced how to live with fewer resources. By partnering with Prabhat the Riverside children have got to know about social responsibility. They got more knowledge of the topic of special needs. They got to know more about other people's challenges.



At the start of grade 6, I was aware of the fact that I was supposed to be doing Prabhat that year. I had a certain mindset as did everybody in the class at the time. I thought that it was going to be a school for physically challenged kids. And I came up with the worst stories in my head. As soon as I stepped into Prabhat for the first time, I felt ashamed. Ashamed about the fact that I had made such terrible accusations in my head and ashamed about the fact that they were better people than I was. I expected to be the superior being there, but to be honest, I wasn't. So I got a buddy next. And my span of knowing what to do was equivalent to that of a teaspoon. So I treated him like a baby and got frustrated really very fast.



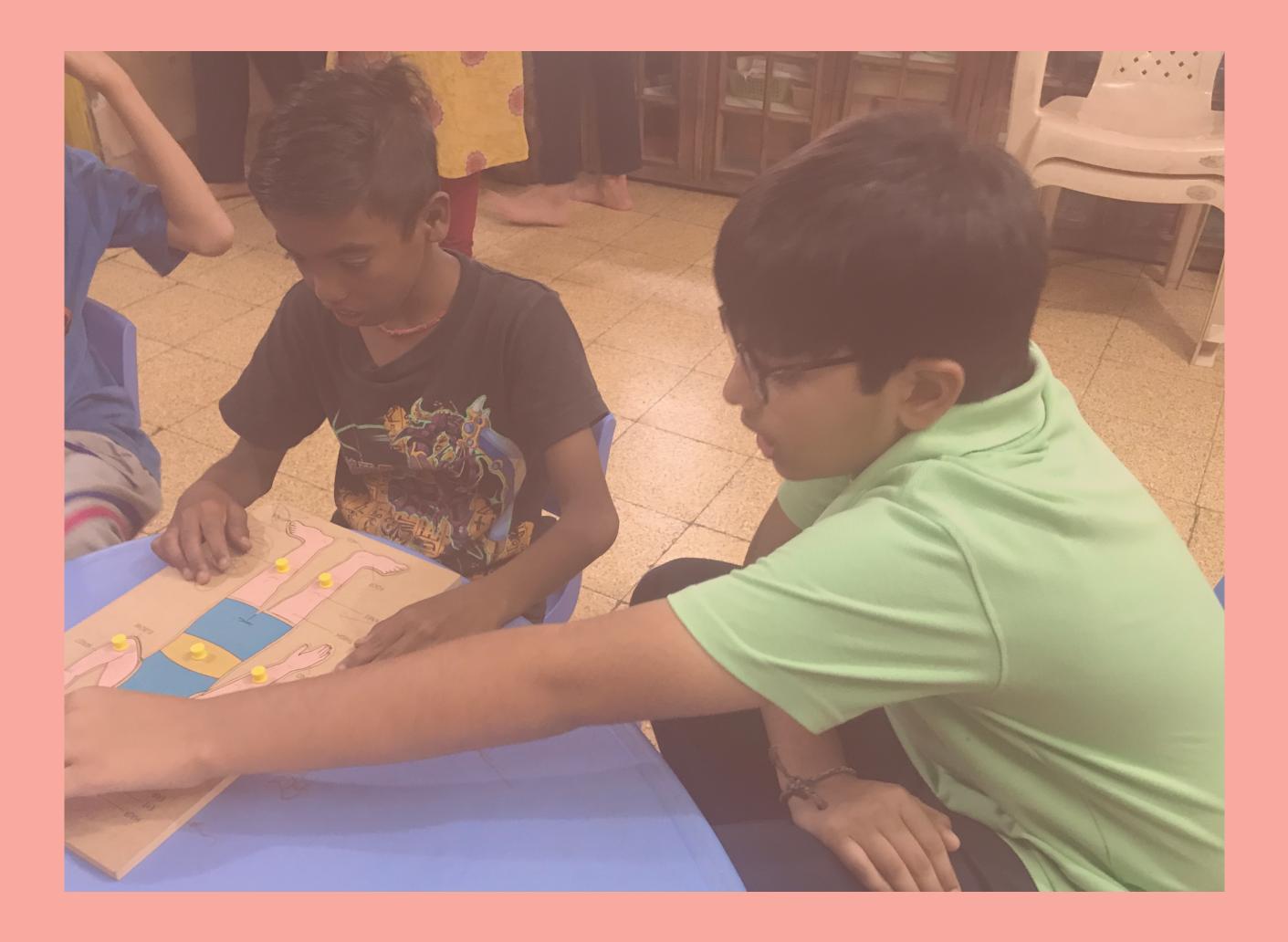
I'd give my buddy Faiz a rattle, and he would throw it. And as soon as he'd throw it, he'd want it back. I got really angry on the first visit and thought to myself "this is torture." so the next time we went, I started with a grumpy mood, till we began having fun. It was a little funny the way we played. We would play a few games and then move onto the next one, but Faiz was determined to clean up after himself. Which put a load of guilt on me. Everything I touch turns to a swamp. And by the 4th visit, Faiz and I became best buddies. And I realized how children with disabilities are not bad, or wrong, but they're good and they're just like us. This was the single most enlightening experience of my life.



"I am not scared to ask questions anymore! The fear of being ridiculed has gone. My Prabhat buddies are open-minded, they do not rest concerns on what others think of them" and this has been a great lesson for me.

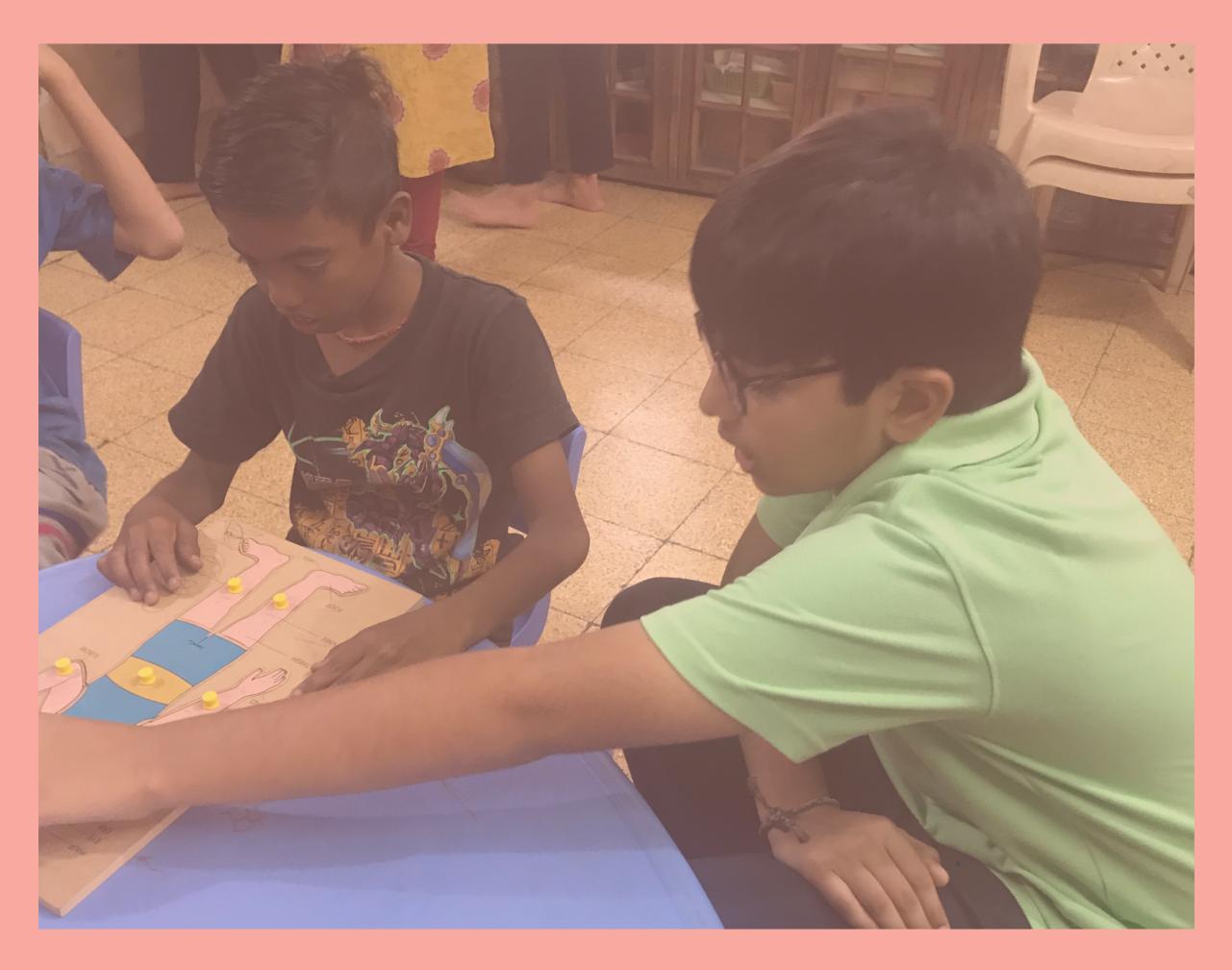


CHARGE STARIES



When we went to Prabhat I thought that the students learning there wouldn't be able to do tasks without help. But when we went there it was astonishing to see that they were able to do the tasks on their own without anyone's help! But there was also a part of me which was hesitant and scared of them but, slowly and gradually that fear melted with the help of my classmate Rajvi. She was there for me and she helped me make their differences, similarities. By the time I got my buddy I was really open to Prabhat and enjoyed my time there. After a few weeks of him not coming there I found out he was transferred to another branch and I was appointed a new buddy whose name was Rehaan. I was as thrilled to meet him as I was when I met my old buddy but equally nervous as I had built a bond with my first buddy but I was not sure if I would be able to do it with Rehaan. During the time I spent with Rehaan,

CHANGE STAILS



I learnt something from him "That no matter what the situation is, do what you want." Why this learning is stuck with me is because I remember the day he made me learn that in vivid detail. It was boiling hot outside and the teachers of Prabhat told us not to go outside but Rehaan remained adamant that he wanted to go to the terrace and play ball. I went up with him and when we played there we forgot the heat, the time, basically everything and were focused on the game. Looking at the current situation if I ever got the time and chance to go to Prabhat again and meet the buddies there I would do anything to meet them as I have made such good friends there and don't want to part with them.



Hi, my name is Samyaa and today I am going to tell you how my buddy Harsh changed me. Before going to Prabhat and meeting him I had anger issues. But seeing him for the first time made me realize that anger is not going to get your work done. Even though he could not speak I could understand what he was feeling. One experience that made me change is when we were playing on the terrace. He got angry with me and threw a stick at me. It was very painful. It felt like something was wrong and he was not happy with me. But painting Diya's with him made me feel I was wrong. And it became the best memory with him. It made me feel connected to him because we both love art. After meeting him I felt guilty that I asked my parents for so much but he was happy even though people irritated him and made fun of him. Overall I learned how to be patient and be calm.



I have an experience that I would love to share with you. So let's start. When I had gone to Prabhat in Grade-6 I had a fixed mindset. The longer the time I spent with them I got more comfortable and my mindset started to open up. From them, I learned how to be empathetic and also learned how to take people's feelings into consideration. Not only that I also learned that everyone has a different way of expressing themselves and are unique in their own way. We have to be more openminded about it. I would really love to go back and meet my friends in Prabhat as they make me happy every time.





Sagar is one of the change stories from Grade 7, Riverside School and, this is his experience: When we went to Prabhat, Sagar did not have a fixed mindset but he was pretty confused. He had a buddy but the buddy would usually not turn up so he used to spend time with Aman and Yashas's buddies. Their buddies changed Sagar a lot by making him more interactive and friendly. Now he is more open and is trying to make friends with more people. He wanted to continue with Prabhat and wanted to spend more time with them as they had become close friends of his. Right now, if he got a chance to go back to Prabhat then he would surely go. He would catch up with them as soon as he reached and make up for the time they were not able to spend with each other.

- Sagar Mohra, Grade 7, Batch of 2021



Hi, I am Diya. I went to Prabhat for the first time about a year ago. I was very unsure of what I would come across but looking back, some of the memories I made there will be some I will never forget. I felt that I saw myself as a different person there and they helped me improve on somethings that one else can. When I first went there I had a mindset that they will be living a happy life with everyone's support. That all changed when we went to home visits. It broke my heart that people in his society called him dumb and other bad names. After this, I realized that just because I have people around me who support me, I shouldn't take that for granted and be grateful for not having special needs. Even though the Prabhat buddies were aware of this, they still always had and still on their faces and were thankful. This is one of my learning. I understood with so little they were really happy but, I used to crib for not having the latest shoes while they were happy with anything they got. Overall I learned that even in a hard situation you should keep a smile on your face, not give up and be positive.

AIM FOR THE STARS

She opened my eyes,
To the beautiful sunrise.
For her smile is another name,
In her work, she has no shame.
She taught me to dig deep,
And always be ready to take a leap.
Similarly different we all are,
After all, we aim for the stars.

Note: My buddy was Muskan and she has helped me change a lot and I dedicate this poem to her.

- Sreesha Chainani Grade 7, Batch of 2021





Ranjhani ma'am was a teacher for 5 years and she was helping Grade 6 with Prabhat for 5 years too. She went through a lot of moments which this article will share. She really wanted to buddy with Prabhat as she had a fear of people with special needs but she wanted to overcome it. When she went to Prabhat for the first time she had a fixed mindset and thought Prabhat would help the children only for daily chores but then she came to know that Prabhat prepares them for a lifetime. After the first day, her takeaway was that they don't need us, we need them. Throughout the years she saw many change stories and the main ones were Rudra and Suzan as they did not care about people at first but then when they went to Prabhat they got so attached that they put their buddies' feelings first. From Prabhat, she learned that you should be a good human from the heart.



Karishma ma'am has been a teacher in Riverside for 2 years now. In her first year, she got the opportunity of partnering with Prabhat. When she first went there she was unaware of the scenario there. After her first visit, she realised that they weren't accepted by a society that easily and were teased because of the way they looked regardless they were still happy and were grateful for what they had. Through the time she spent in Prabhat she realised that they were not different from her in any way and one highlight was a boy who wanted to become a singer and he pursued his passion. He inspired her to never give up and if you get knocked down, come back up again. It doesn't matter what you look like, the only thing that matters is whom you choose to be and show everyone that yes, you are different but there's a beauty in that too.

INTERVIEWS

Rajvi Shelat:

Hi Aman, hope you are doing well. I will be asking you a few questions about the Prabhat book. Why did you want to buddy with Prabhat?"

Aman Ghanchi:

"When I was being more friendly with people they enjoyed talking to me and because I had created such a special bond with my buddy in Prabhat which drove me to continue with Prabhat"

Aman Ghanchi:

"I thought the Prabhat students would not be able to do tasks without the help of others. But to my surprise, they were able to do everything that we were. After that, my mindset about them completely changed."

Rajvi Shelat: "Did you have any expectations from the Prabhat buddies?"

Aman Ghanchi:

"I thought the Prabhat students would not be able to do tasks without the help of others. But to my surprise, they were able to do everything that we were. After that, my mindset about them completely changed."

"Ok, so on that note what changed in you after buddying with Prabhat? What did you take away from there?"

Aman Ghanchi:

"The change that I saw in myself was that I became more friendly and open with people.

THE AULES

Rajvi Shelat: "Who was your buddy and how did he/she inspire you?"

Aman Ghanchi: "My buddy was Altamas. Unfortunately, I couldn't meet him. But I got another buddy whose name was Rohan. And Rohan inspired me to be independent. Because he has special needs and he overcame the challenges that he faced and did the tasks at hand. I remember when he was trying to do a puzzle he put his 100% attention on it even when he got distracted very easily"

- By Aman Ghanchi, Grade 7, Batch of 2021



TAKE A CHANCE

Take a chance and look through those figures,
That once told you that they aren't us.
Take a chance and see what you have been taken
away from,

By those stone-faced mindsets.

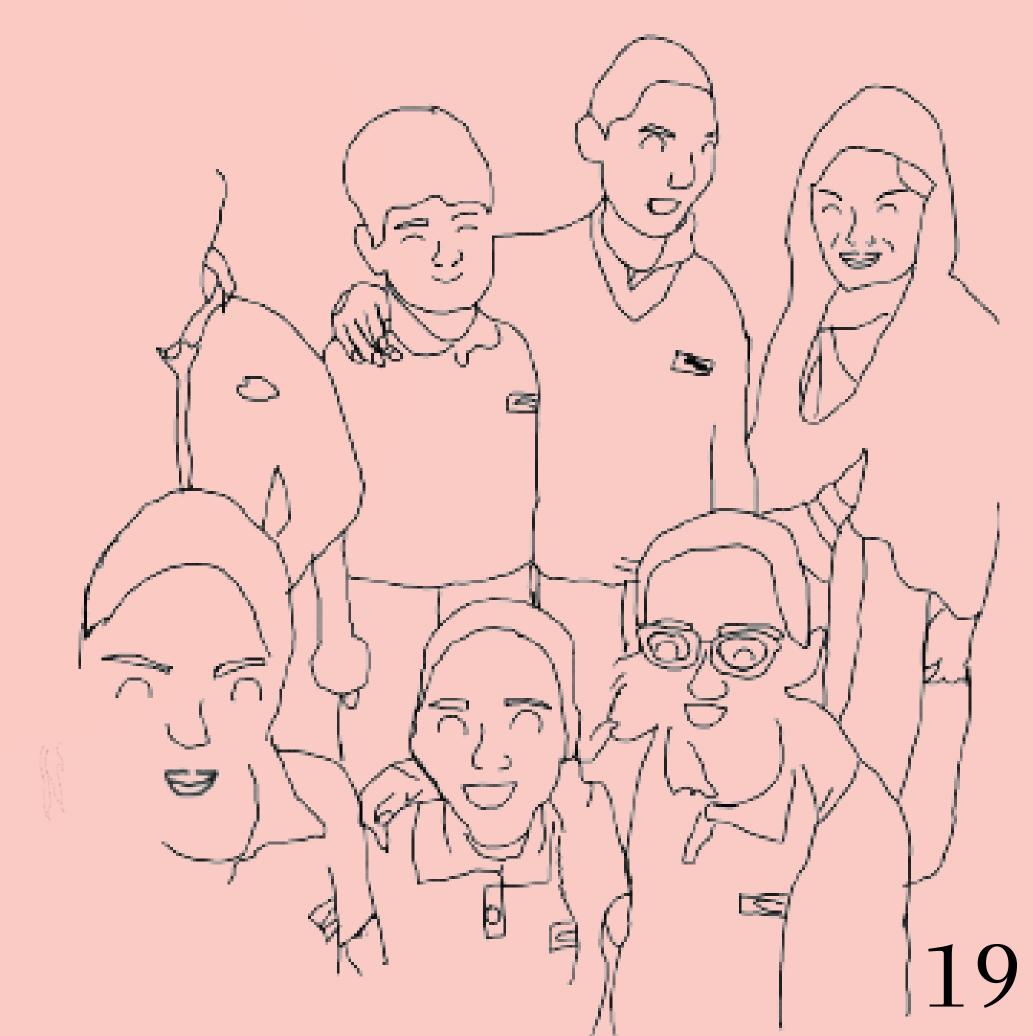
Take a chance and see what you have not seen before,

Take a chance and walk past the footsteps that your family left for you,

Take a chance to look beyond everyone else,

Take a chance to look at everyone equally.

- Ayana Jhala and Tanaya Dalal, Grade 7,Batch of 2021





"Every Prabhat buddy of ours has a different personality and each one has taught me so much, that has made me a stronger person now".





My name is Anoushka and this is my change story of how I grew in my time at Prabhat. The first time I met them I was really scared because I thought it would be hard to interact with them and they would not be independent, but after a few interactions I realized that they were even more independent than me, like how they would come to Prabhat from different areas alone, they would help their parents in daily home chores, and my buddy Muskan had fine and gross motor skill problems and despite that fact she was able to create such wonderful art pieces just blew my mind. These small incidents taught me to always uplift myself and be more independent. What changed in me the most is open-mindedness. I still remember an incident in which my friend and I were going for our home visits and someone referred to Sakshi (Prabhat buddy) as mad. At first, I was so disgusted to listen to this but then I realized that even I was as close-minded as them. After that I decided to try and be more open-minded in all situations and even though it was very hard to achieve, I achieved that with the help of my buddies.



Hello, my name is Viha and today I will tell you about my story with Prabhat. I wasn't very prejudiced about them when I first heard about them but I still thought there is something different about them that is not like my classmates and me. I learned that their 'special' needs aren't special as those needs aren't much different from other children's needs. I wanted to buddy with Prabhat as they made me more open to the reality that these kids face and that is something that pushed me to continue with Prabhat. Their lives aren't like ours even though we are the same and I learnt that in the home visits. People treated them like the plague and as if they weren't even humans. They were being excluded by their own friends and it wasn't fair. It is mere luck that makes us who we are today one of you could have been born with special needs, one of you would've lived a life like theirs. At times before we do something or say something we have to look at it in other people's shoes. And the time we spent with them and me as a person changed. Because of my buddy Fatima, she helped become a lot more patient and responsible because no matter what I was doing with her I had to be very careful and understand that not everyone is on the same level as me and I have to go according to their pace. If I still had the option to go to Prabhat, I would as I loved it there and it transformed me in many more ways than I can say.

I HEALISANIEWS

Tanaya: Hi Kushal, hope you had a good day. We have called you here today to take your interview to put in our book. So here is my first question to you: Did you want to buddy with Prabhat or it was because it was said by the teachers?

Kushal: Initially the process of buddying with Prabhat was new for me. I was excited and I was nervous at the same time. But I really wanted to buddy with them as it was of course something new and I wanted to get to know them better.

Tanaya: That is amazing! On that note did you have a fixed mindset and did it change at the end of the year? If it did how?

Kushal: Yes I did have a fixed mindset. It was about the students who studied there. I knew that they had special needs and I thought they could not do anything on their own but over time my mindset changed. The reason why it changed was because of the time I got to spend with my buddies.



I HERLIEWS

Tanaya: That is really nice, I would like to ask you who was your buddy and how did he/she inspire you? Please give us a specific incident on how he/she inspired you.

Kushal: My buddy was Vachit. He inspired me to not focus on the cons of everything instead think positive and every time I met him there would always be a smile on his face.

Tanaya: That is really inspiring and on that note, I would like to ask you another question: Would you want to go back and what would be your reaction? After meeting Prabhat.

Kushal: Yes! If I ever had the chance to go back to Prabhat I would readily take it as it's been so long since I've met my buddy and I want to catch up with him and rekindle some of the old memories.

Tanaya: Kushal thank you for coming here and your interview was extremely valid.

Kushal: Ok great, nice meeting you, Thank you.



-Kushal Khetan Grade8, Batch of 2021

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Everyone may be equal,
But everyone is unique.
Everyone is an expert in their own way,
But their expertise makes them unique.
Everyone looks at things differently,
But their view makes them unique.
Everyone has a choice,
But their decision makes them unique.
We may be born similar,
But we're always unique.
We may be taking different roads
But our paths are always unique.

- Kaahan Agarwal, Grade 7, Batch of 2021





Hi I am Shasan. Today I will be sharing my experience on Prabhat with all of you. It all started in Grade 6 when we had an experience of tying one of our body parts. It was really uncomfortable and frustrating as it was really hard to do a task as simple as tying my shoelace which took at least 2-3 minutes. Then understood what children with special needs would be facing but it was only a fraction of what they were experiencing on a daily basis. After a few days, we visited Prabhat and I had learned how to be patient with people and how to keep everyone on the same page as me. Prabhat has changed me a lot and so has my buddy. I became more aware of what my surroundings were like because of Prabhat, it opened my eyes and showed me the reality of the world.



कुछ करने के लिए चीजें नहीं चाहिये, पर आत्मा विश्वास और चाहत होनी चाहिए।





Hi everyone I am Ananya and I am here today to share my experience with Prabhat. In Grade 6 we were introduced to Prabhat and we had never worked with children with special needs before. This was something new for us and our teachers as our school had never partnered with Prabhat. It took us time to gain their trust as many of their friends had left them because they had special needs. But gradually over time, we came to know how to engage them in what we were doing. And we all felt comfortable with each other. My buddies taught me how to be more creative and mindful. They also taught me a very important thing which is to think beyond myself. Because they were people who would bring a smile on anyone's face, light up anyone's day and they were satisfied with what they had. At the start of the year, I thought that we were going to teach our buddies but instead, they taught us.



Hi, I'm Aara, I'm here to share my change story. When I first went to Prabhat I didn't have a fixed mindset but I had a feeling that perhaps the Prabhat buddies may be different. Regardless I was extremely excited about going there as my seniors had shown my class all of these videos and shared their insights. But, when I visited Prabhat I started noticing that they were no different, they had the same potential and creativity. When I was with my buddy I had to be very patient with her as we both had different learning paces and it took her time to understand stuff. If I ever got a chance to visit Prabhat again I would readily take up that opportunity and not only interact with my buddy but everyone over there because after that one year when we partnered with Prabhat they became my family.

HAAR HAU

Note: This poem is dedicated to my buddy Smith. He inspired me to write this poem by spending his time with me and by giving me a lot of things. They are mentioned in the poem.

Smith, you were the best,

You are the best and you will stay the best.

Thank you!!

Everyone is unique,

Everyone is different,

Everyone changes the life of the other.

Thank You for teaching me patience,

Thank You for for understanding me,

Thank You for making me kind,

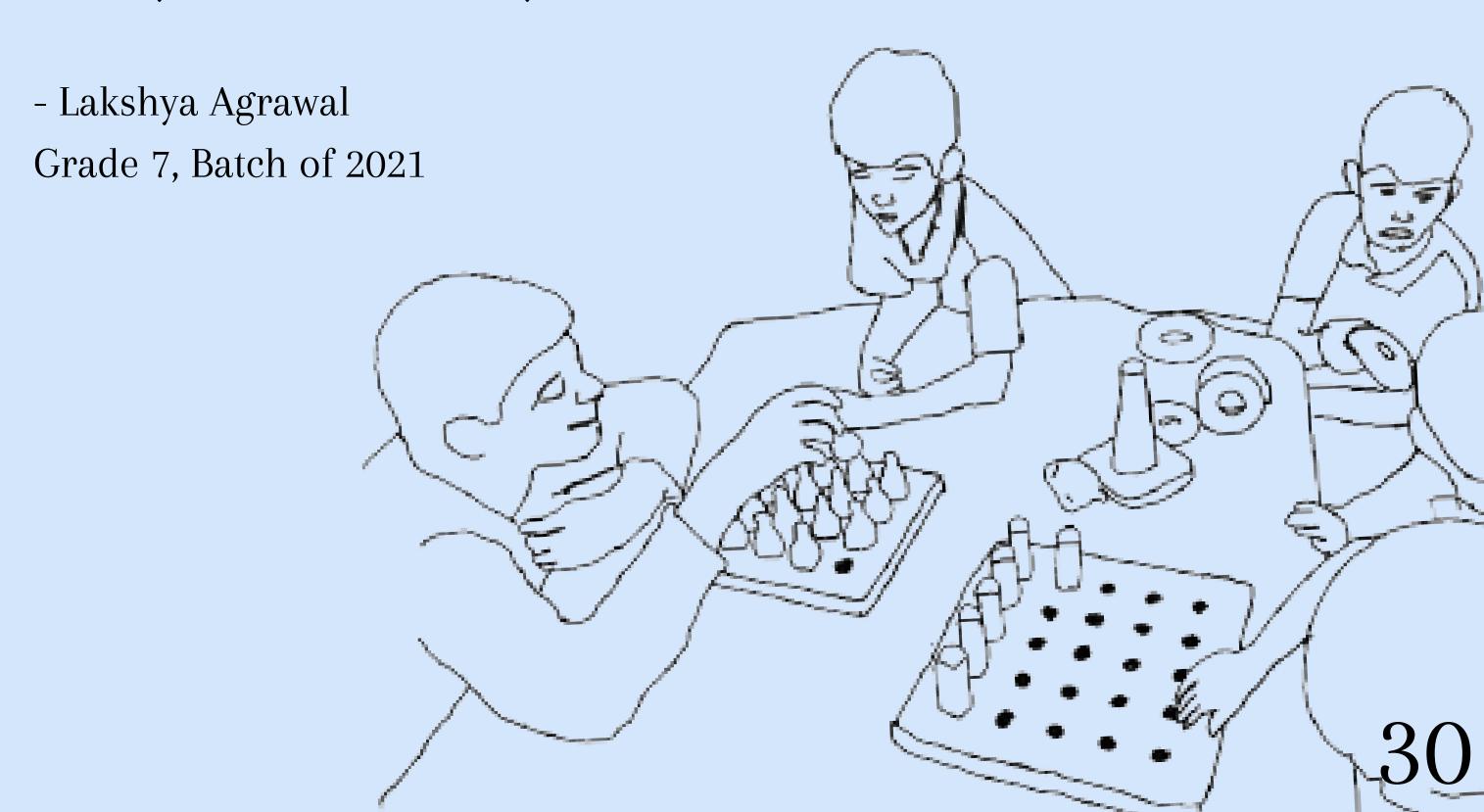
Thank you for making me think out of the box,

And, Those are not the only things you have given me.

You have given me love.

You have completely changed my life,

Thank you Prabhat!! Thank you Smith!!





Hello, I am Yashas and I started my journey with Prabhat a few years back. It has been a wonderful experience and a learning one for me. More than them I felt it benefitted me. Let me explain how. Interacting with them made me mature in the sense that I learnt how my complaints in life were so little compared to their pain. They were not accepted easily by society and here I was complaining about not having the latest game CD. So I grew up. The other benefit I gained was patience. I was always the one who got so irritated and angry at the tiniest things. They taught me to count my blessings and be patient and calm. This helped me change my attitude from 'why is there a problem in life?' to 'how do I find a solution to this problem?' I hope that I could manage to bring a few moments of happiness or smiles in my Prabhat buddy- Salman's life.



Hi, I'm Aarzu, I am going to tell you how Prabhat has helped me grow and how it has inspired me. The first time I went to Prabhat I had a fixed mindset about them. My mindset was that they won't be able to do anything at all, but after just a few visits; my thinking completely changed. Because they did not only do everything on their own, but they also taught me that you need to be appreciative of whatever you have. Once when I was with my buddy Zubair, we were looking for a nice game to play for the 1 hour in which we were spending together. We found a puzzle of fruits and vegetables and we started playing with it. After playing that game 2-3 times, I was not enjoying playing that game. While I was looking for other games I noticed that Zubair is playing that game happily and not fussing about how bored she is after playing that game. After this incident, I started to be appreciative of whatever I have. If I ever got a chance I would be delighted to meet her again and help them grow stronger and be better.

Fallow Life.

My experience in PRABHAT has been fab,

I enjoyed a lot with my buddy,

And never felt sad.

One instance I will cherish forever:

Rehaan told me to get to the terrace,

It was blazing but I didn't want to act heartless.

He forced me to and eventually gave in.

While playing on the terrace,

I didn't care about the heat,

And my buddy and I beat the heat.

This experience taught me to do whatever my heart says,

Don't always think of the ifs & buts,

and what others say

Think of the happiness and joy you will get.

Enjoy life!

Note: This poem is dedicated to Rehaan. He inspired me to not think about what others think and to do what you feel like doing

- Rutvi Jain, Grade 7, Batch of 2021





Hi, my name is Rehaan and I'm here to share my Prabhat journey and how it changed me. At first, when I visited Prabhat I had a fixed mindset that they would be very slow and wouldn't pay attention to us. But in my time at Prabhat I realized how hard they were working and the concentration in their work. Gradually I started to interact with my buddies and made a bond with them. One of the incidents that happened to me that changed my way of thinking was when I was with my buddy Mehboob. We were doing an activity that required my buddy to place the pieces in their slots, and at his first try he was struggling but he was still determined to finish it and slowly he started improving.



Once he finished it he didn't need any help and re-did it with full confidence which made me happy as this showed me how well they can learn and adapt. It also led me to have much more confidence in myself because he taught me to never give up and that you should learn from your struggles. It showed me that we are all equals as each piece of his puzzle was needed to complete the puzzle so each person is needed to complete a world and we shouldn't judge the different people because without them the world would be incomplete. These special times with Prabhat and my buddy made my bond with them stronger and I hope to meet them again and spend my time with them.



"Earlier I was never satisfied or happy with the things I have or was given, I always wanted more or wanted something else. My experience with Prabhat's buddies has made me realize the true value what I have and what I receive. I see the joy they get by receiving the smallest of gifts and I realized it is so important to feel content and happy and that joy is not limited to materialistic things".



TEACHER'S POINT OF VIEW



Ankit is a very quiet and polite boy. His parents are vegetable vendors and they work very hard. Despite the fact that Ankit was not able to go to school. Whatever his parents earned went into paying the electricity bills, Food and etc. Then the CBR team from Prabhat admitted him into the Vande Matram school. At that time, Ankit had no co-ordination and he could not hold a pencil properly. For this Prabhat kept private tuitions for Ankit which helped him improve his coordination and his basic skills. So we went back to the alphabets and letter formation. Ankit put in a lot of work and was ready to improve himself now he is in the sixth grade. His principal in his school is extremely proud of him and so are we.



Hi, I am Samaira and I have an experience I would love to share with you. It all started in Grade 6 when we had gone to Prabhat and I felt really uncomfortable but when I continued interacting with them I got to know the real them and that really inspired me. They never gave up and always had an I can spirit. When we went to the home visits of our Prabhat buddies I learned so much like how they were discriminated from the society and that really hurt my heart, Because I knew that we all are the same and that there is no difference between us and them and we all hardly respect or value what we have whereas my buddies used to appreciate and value what they had. I learned the greatest thing from them which is value. I would like to thank them to make me a better human being. The last thing I would like to say is that our Prabhat buddies do not need us we need them.



Hi, I am Sagar. I met Prabhat a few years back and it was a glorious experience for me but I did not feel that it was an experience for me. Actually, it was a bonding time with our Prabhat friends. From this bonding, I learned that I should be happy with what I have. For example, while I was cribbing for a new iPad I did not think of the fact that I could just replace the screen which would be cheaper than buying a new iPad but being with my buddy gave me a different perspective. He was happy with whatever he got and every time I went he would be playing with the same toy and he never cribbed about anything. One thing I understood is that I should be caring to others, not care if they are from a different religion or family. I would like to give a quote that is "Life Is 10% what happens to us and 90% how we react to it." - Dennis P. Kimbro. Prabhat helped change my mindset from 'impossible' to 'I am possible'.

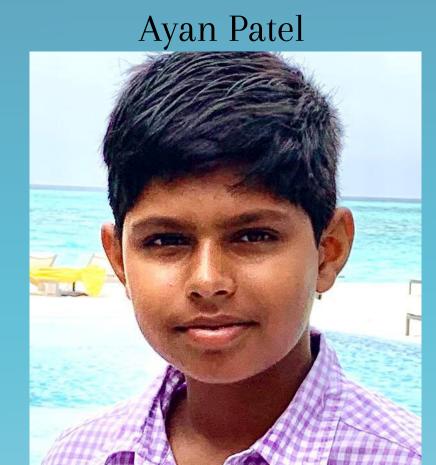


My experience with Prabhat was mind-blowing and phenomenal. I did not only get the opportunity to change other people's lives but also got to learn a great deal more about myself. I remember that my buddy was blind and could not walk properly. In spite of these difficulties, he never seemed to give up, and remained happy. He was always light-hearted, joyful, and happy which he expressed through his love for singing. What I learned from this experience was revolutionary. Giving up is never an option. Trying hard and putting in your full effort will cause wonders. Patience, perseverance and being determined is the key. As a person, I learned to appreciate and be grateful for what I have and not focus on what I don't have.

Leaders & Managers

Diya Patel

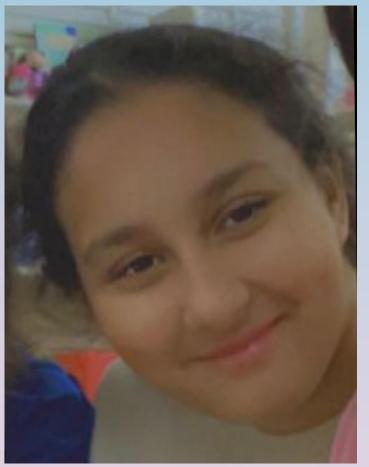






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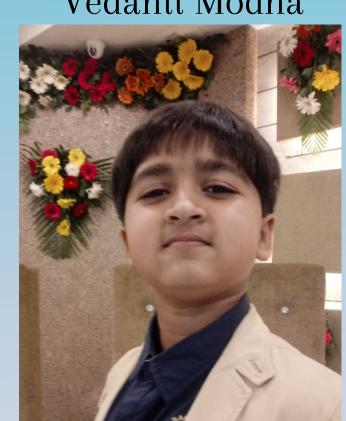
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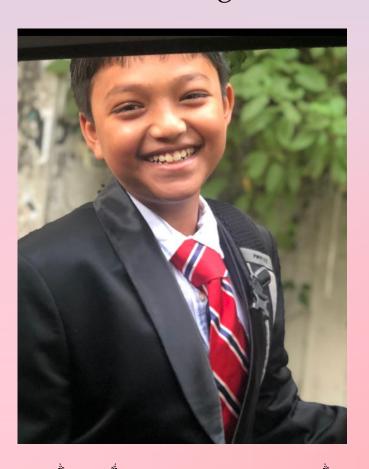






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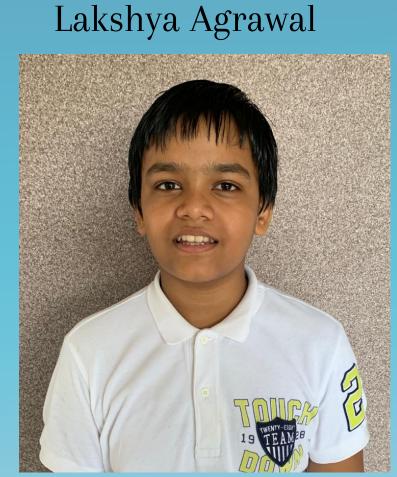


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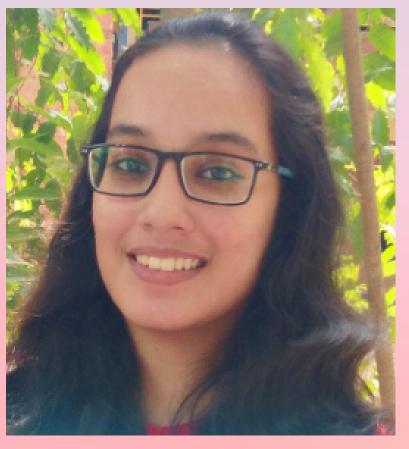


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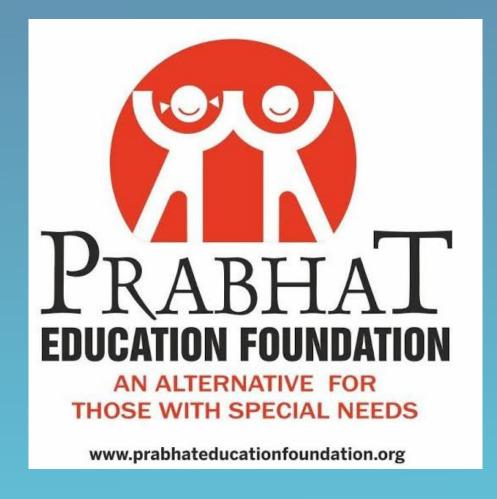






Arth Shah





Scan this from your phone to access our Prabhat anthem!



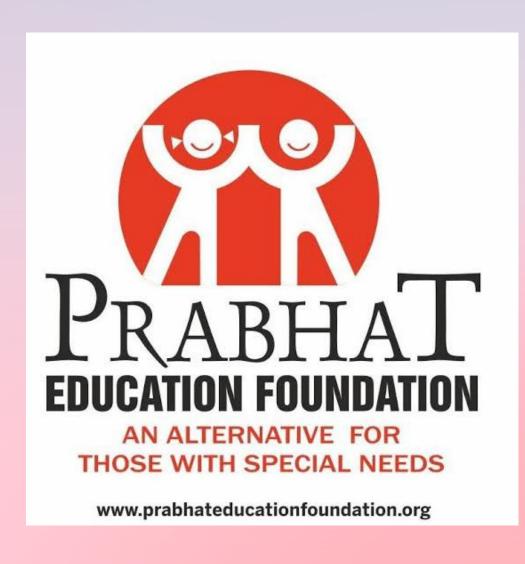
"Change is inevitable, but our reaction to it can be controlled. I learned to compromise with the various changes that life throws at me from my Prabhat buddies".



There is no child or person in the world who should be labelled as 'one with special needs' or 'abnormal'. Everyone has some special needs. They understand what's around them.

- Kashmira ma'am, Prabhat teacher

Thank you for reading!



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