

*Comparative Study On Adapted
Physical Activity in India*



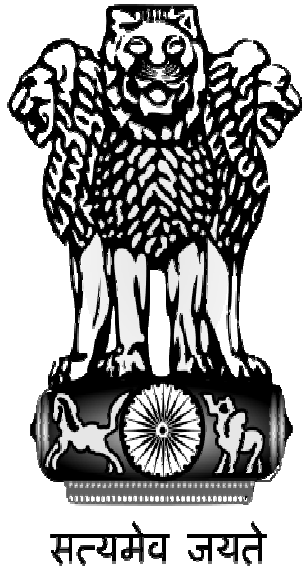
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Comparative Study on Adapted Physical Activity in India



'Truth alone Triumphs-The national Emblem'

Government : Federal Republic

Capital : New Delhi

Area : 3,287,591 sq km

Language : 18 official languages

National Language : Hindi

Second Official Language: English

1600 Regional Dialects

Administrative Division: 28 states and 7 union territories

FACTS ABOUT INDIA

- *India is the Largest democracy in the world,*
- *The name `India' is derived from the River Indus*
- *India is the 6th largest country in the world & one of the most ancient and living civilizations (at least 10, 000 years old).*
- *Sanskrit is considered as the mother of all higher languages.*
- *The number system was invented by India.*
- *The largest employer in the world is the Indian railway system,*
- *The World's first university was established in Takshila in 700 BC.*
- *Ayurveda is the earliest school of medicine known to mankind.*
- *It houses the largest number of software professionals*

Population;

According to the 2001 Census of India, the total population was 1,027,015,247. compared to 838.6 million in 1991 representing an annual growth rate of approximately 1.5% per year.

Age Groups	Total	%	Male	%	Female	%
1 – 6	157,863,145	15.4	81,911,041	51.9	75,952,104	48.1
6 – 65 +	869,152,102	84.6	449,366,037	51.7	419,786,065	48.3
Total	1,027,015,247	100	531,277,078	51.7	495,738,169	48.3

Source: Office of the Registrar General, Census of India 2001

Table 2: Total Population by Area and Sex

Sex	Total	%	Rural	%	Urban	%
Male	530,422,415	51.7	380,438,194	71.7	149,984,221	28.3
Female	494,828,644	48.3	359,817,177	72.7	135,011,467	27.3
Total	1,025,251,059	100.0	740,255,371	72.2	284,995,688	27.8

Source: Office of the Registrar General, Census of India 2001

Note: Total population figures differ due to desperate compilation source of office of the Registrar

Disability in India

Different definitions of disability are introduced for various purposes and, as such, they have been based on various criteria. No single universal standard exists in the world in order to evaluate disability. In common parlance, different terms such as disabled, handicapped, crippled, physically challenged are used interchangeably, but all these terms have their individual meaning. In medical, disability is defined based on physical fitness, limitation of physical functions whether locomotor, sensory, or affecting special organ. Sociologist defines disability as a capacity to perform personal and social obligations or to evoke unfavorable social attitude. Under education, child is considered disabled based on physical conditions preventing full participation's childhood activities. Vocational professional defines disability based on limitations in terms of employment. Thus how you define disability depends on the purpose for which you want to define disability

Six categories of handicaps namely-

- (a) Locomotor handicap,
- (b) Hearing handicap,
- (c) Visual handicap (blindness and low vision)
- (d) Mentally handicap,

(e) Cerebral palsy and

(f) Leprosy cured were analysed district -wise, along with a number of service-types provided in all the districts of the country as per available data.

Disability state-wise number of person with disabilities in the country as per the census 2001

S. No	State/UT	Visual Disability	Speech Disability	Hearing Disability	Locomotor Disability	Mental	Retarded	Total	
								Rural	Urban
1	Jammu & Kashmir	208,713	16956	14157	37,965	24,879	18,959	5,920	302,670
2	Himachal Pradesh	64122	12,762	15,239	46,512	17315	15,975	1,340	155,950
3	Punjab	170,853	22,756	17,348	149,758	63,808	43,016	20,792	424,523
4	Chandigarh	8,422	882	607	3,828	1,799	163	1,636	15,538
5	Uttaranchal	85,668	16,749	15,990	56,474	19,888	15,082	4,806	194,769
6	Haryana	201,358	24,920	27,682	151,485	49,595	34,309	15,286	455,040
7	Delhi	120,712	15,505	8,741	64,885	26,043	1,543	24,500	235,886
8	Rajasthan	753,962	73,147	75,235	400,577	109,058	80,019	29,039	1,411979
9	Uttarpradseh	1,852,071	255,951	128,303	930,580	286,464	211,463	75,001	3,453,369
10	Bihar	1,005,605	130,471	73,970	512,246	165,319	145,153	20,166	1,887611

11	sikkim	10,790	3,174	3,432	2,172	799	715	84	20,367
12	Arunachal pradesh	23,079	2,429	3,072	3,474	1,261	1,068	193	33,315
13	Nagaland	9,968	4,398	5,245	4,258	2,630	2,330	300	26,499
14	Manipur	11,713	2,769	2,994	6,177	4,723	3,190	1,533	28,376
15	Mizoram	6,257	2,006	2,421	2,476	2,851	1,655	1,196	58,940
16	Tripura	27,505	5,105	5,699	13,970	6,661	5,470	1,191	58,940
17	Meghalaya	13,381	3,431	3,668	5,127	3,196	2,604	592	28,803
18	Assam	282,056	56,974	51,825	91,970	47,475	41,309	6,166	530,300
19	Westbengal	862,073	170,022	131,579	412,658	270,842	181,981	88,861	1,847,174
20	Jharkhand	186,216	39,683	28,233	138,323	55,922	41,442	14,480	448,377
21	Orissa	514,104	68,673	84,115	250,851	103,592	87,319	16,273	1,021,335
22	Chhattisgarh	160,131	30,438	34,093	151,611	43,614	34,301	9,313	419,887
23	Gujarat	494,624	66,534	70,321	310,765	103,221	65,433	37,788	1,045,465
24	Daman &Diu	1,898	189	120	690	274	138	136	3,171
25	Maharastra	580,930	113,043	92,390	569,945	213,274	124,748	88,526	1,569,582
26	Madhya pradesh	636,214	75,825	85,354	495,878	115,257	78,280	36,977	1,408,528
27	Andhra Pradesh	581,587	138,974	73,373	415,848	155,257	78,280	36,977	1,408,528
28	Karnataka	440,875	90,717	49,861	266,559	92,631	62,325	30,306	940,643
29	Goa	4,393	1,868	1,000	4,910	3,578	1,972	1,606	15,749
30	Lakshadweep	603	207	147	505	216	126	90	1,678
31	Kerala	334,622	67,066	79,713	237,707	141,686	105,842	35,844	860,794
32	Tamilnadu	964,063	124,479	72,636	353,798	127,521	67,483	60,038	1,642,497
33	Pondicherry	10,646	1,818	2,277	8,830	2,286	736	1,550	25,857

34	Andaman & Nicobar	3,321	652	545	1,870	669	497	172	7,057
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21,906,769

Table 3 (Sources: National Sample Survey Organization (NSSO), census 2001)

Laws and policies for disabled in India

According to the Census 2001, there are 2.19 crores persons with disabilities in India who constitute 2.13 percent of the total population. This includes persons with visual, hearing, speech, locomotor and mental disabilities. Seventy five per cent of persons with disabilities live in rural areas, 49 per cent of disabled population is literate and only 34 per cent are employed. The earlier emphasis on Medical rehabilitation has now been replaced by an emphasis on Social Rehabilitation. There has been an increasing recognition of abilities of Persons with disabilities and emphasis on mainstreaming them in the Society based on their capabilities. The Government of India has enacted three legislations for persons with disabilities viz.

1. The Persons with Disabilities Act (Equal Opportunities, Protection of Rights and Full Participation) ACT, 1995.

Objectives:

- To spell out the responsibility of the state towards the prevention of the disabilities, protection of rights, provision of medical care, education, training, employment and rehabilitation of person with disabilities.
- To create barrier free environment for the person with disabilities in the sharing of development benefits that is not disable persons
- To counteract any situation of abuse and exploitation of person with disabilities; and
- To make special provision of the integration of the person with disability to a social main steam

2. The Rehabilitation Council of India Act 1992

Objectives:

- To regulate the training policies and programs in the field of rehabilitation of persons with disabilities
- To regulate these standards in all training institutions uniformly throughout the country
- To recognize institutions/ organizations/ universities running master's degree/ bachelor's degree/ Post Graduate/ Diploma/ Certificate courses in the field of rehabilitation of persons with disabilities
- To maintain Central Rehabilitation Register for registration of professionals/ personnel
- To recognize Vocational Rehabilitation Centres as manpower development centres
- To register personnel working in national institutes and apex institutions on disability under the Ministry of Social Justice & Empowerment

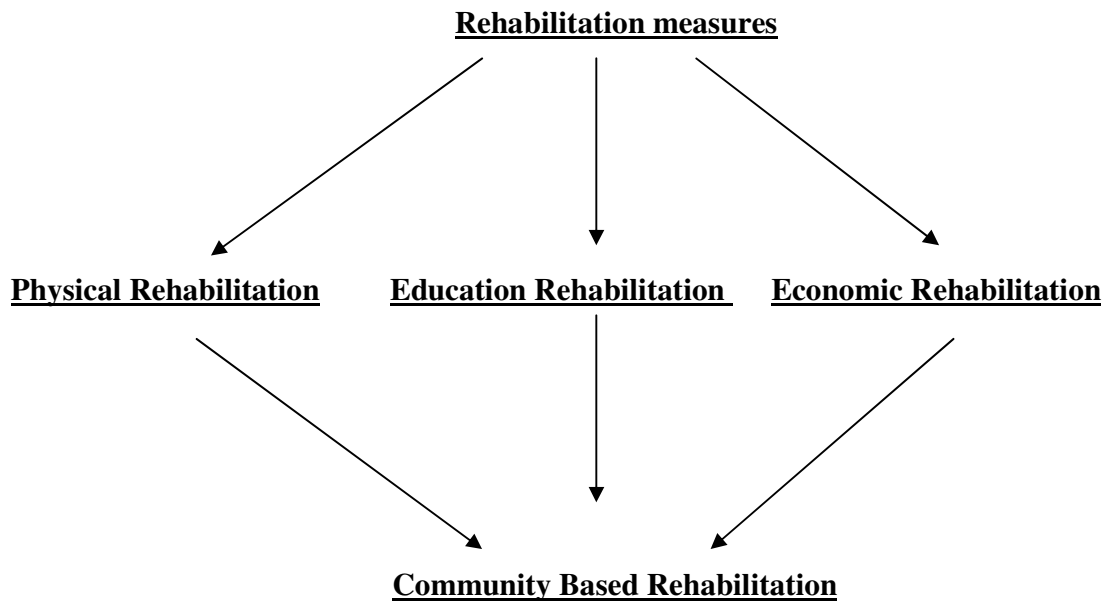
3. National Trust Act 1999

Objectives:

- To enable and empower persons with disability to live as independently and as fully as possible within and as close to the community to which they belong
- To strengthen facilities to provide support to person with disability to live within their own families.
- To promote measures for the care and protection of the person with disability in the event of death of the parents or the guardian.
- To deal with problems of person with disabilities who do not have family support

Rehabilitation:

India disability related policies are moving away from Medical Rehabilitation towards more Social Based Rehabilitation approach for self sufficiency and improvement person with disability status through medial care, education, training, employment and rehabilitation of person with disabilities



With a rural population of 74.3%, Indian Social and Economic conditions are most suitable for implementation of Community Based Rehabilitation programs (CBR) for the Disabled.

Community Based Rehabilitation is a "strategy for enhancing the quality of life for the disabled people by improving service delivery, by providing more equitable opportunities and by promoting and protecting their human rights."

Community Based Rehabilitation additionally may be defined as "a strategy within community development for the rehabilitation, equalization of opportunities and social integration of all people with disabilities."

CBR is implemented through a joint effort between people with disabilities, their families and communities, and the appropriate health, education, vocational and social services. In the history of social services in India, no other concept has become more popular in such a short time as CBR.

Research:

There are national institute which conduct research in disabilities funded by Ministry of Social Justice And Empowerment, Government of India.

The Institutes are:

- 1] National Institute for the Mentally Handicapped, Secundrabad.
- 2] National Institute for the Orthopaedically Handicapped, Calcutta.
- 3] Ali Yavar Jung National Institute for the Hearing Handicapped, Mumbai.
- 4] National Institute for the visually Handicapped, Dehradun.
- 5] Institute for the Physically Handicapped, New Delhi.
- 6] National Institute of Rehabilitation Training and Research, Cuttack.
- 7] National Institute for Empowerment of Person with Disabilities.

There are few Journals publish in India compare to developed countries on Rehabilitation such as,

- 1] Indian journal of Disability and Rehabilitation [A half yearly journal publish by Ministry of social justice and Empowerment]
- 2] Disabilities and Impairment [Half yearly journal from New Delhi]
- 3] Asia Pacific Disability Rehabilitation Journal [Mumbai]
- 4] Action aid Disability News/News letter [a monthly Disability published from Bangalore]
- 5] International Journal of Disability Studies [half yearly-interdisciplinary journal from New Delhi]

Employment of Handicapped

Objective:

Assistance to be given to the disabled persons in getting gainful employment either through special cells in normal Employment Exchanges or through Special Employment Exchanges for physically handicapped persons.

Implementation:

Scheme is implemented through Labour Department of State Governments/UT Administrations.

Up to 100% financial assistance is provided in the case of Special Cells 80% and in case of Special Employment Exchanges to State Government//Union Territory Administrations.

The Government of India has set up 17 Vocational Rehabilitation Centres (V.R.C's). The main purpose of these centres is to evaluate the capabilities of disabled clients. They also sponsor candidates to potential employers. There is acute shortage of sheltered workshop for severely disabled persons. The Ministry of Social Justice and Empowerment is therefore exploring the production centres manned largely by disabled persons on the pattern of welfare factories in China.

The main objectives of V.R.C's are:

- Vocational evaluation and adjustment of disabled persons
- Assessment of the medical, psychological, rehabilitation needs
- Assist in developing rehabilitation plans depending upon the specific needs
- Sponsor disabled registrants against notified/identified vacancies
- Act as distribution centres for various schemes like scholarship/aids and appliances
- Make referrals to financial institutions for funding self-employment ventures

Table 4 .Types of disability among the disabled employees

Types of disability	Percentage of total disabled employees
Visual impairment	9.87%
Loco-motor impairment	70.57%
Speech and hearing impairment	8.26%
Mental retardation	0.66%
Other disabilities	1.87%

Table 5. Disabled persons as a percentage of the workforce in different companies

Types of company	Percentage of disabled persons employed
Public sector companies	0.54% of the total workforce
Private sector Indian companies	0.28% of the total workforce
Multinational companies	0.05% of the total workforce

APA in education:

There are University/Colleges which offer course in adapted physical education or activity in India. The aim of the faculty would be to promote interest in sports and fitness among the disabled and bring them to mainstream. The courses offered in these universities/Colleges are:

- 1] Post Graduate Diploma/Diploma in Special Olympics
- 2) Bachelor in Mobility Science
- 3) Post Graduate Diploma in Adapted Physical Activity.

Target people: a. Mental challenged

b. Orthopaedically Challenged

c. Visual impaired

Recreation:

There are several organizations and clubs in India for physically and mentally challenged individuals for recreation games sports and arts. The special education schools serve as an important place for recreation for students with disabilities.

Other facilities in community are more common in big cities because of the awareness about the disability and the need for rehabilitation. Most of the recreational sports are funded by NGO, Philanthropists, Charity Clubs (Lion club, Rotary Club and Round Table Number)

Some of the organizations are

- All India Federation of the Deaf, based in New Delhi (national organization).
- SWIMAID

Some of the non governmental organizations and trusts are organizing activities and games for disabled. The absence of a single window process ensures that person with disabilities (PWDs) are often unaware of what benefits and schemes are available to them. The activities of the Society will include accessing and raising resources from local, state, national and international agencies, Govt. and NGOs. Resources are available in various departments and schemes such as Rural Development NPRPD, SSA, IEDC, and grant in aid schemes for special schools, pension schemes, UNDP programs, CAPART, NHFDC, and international funding organizations such as NORAD, Action Aid, SIDA, DANIDA and others.

Abilympics – ‘**Olympics of abilities**’- is a wonderful addition to the range of competitive events for the persons with disabilities. The Abilympics, apart from other objectives help to provide opportunity for people with disabilities to learn more about work and skill opportunity through forums and seminars as well as networking with other disability.

These contests of vocational skills of the disabled have held every 4 years internationally starting with the first one in Japan. We hosted Abilympics in New Delhi in November 2003.

Vocational skills contest:

Above 15 years

1. Cane technology
2. PC assembling
3. Computer Programming
4. Creating WWW pages
5. English Text Processing
6. CAD- Engineering Drawing
7. English Desk Top Publishing
8. Ceramics
9. Tailoring –Men’s
10. Dress Making – Women
11. Silk, Hand Painting
12. Tie & Dye
13. Block printing on Fabric card designing
14. Jewellery making
15. Electronic Assembly and Testing
16. Poster Designing
17. Photography- studio portraits
18. Photography- contest coverage
19. Wood Carving

Leisure and living skills contest

Above 15 Years

1. Crochet work
2. Hand knitting
3. Macrame
4. Chess
5. Contest bridge
6. Embroidery
7. Batik
8. Waster Reuse

Over 8 – 15 years

1. Embroidery
2. Computer skills & Accuracy
3. computer skills & Greeting
4. Lego
5. Jigsaw Puzzle
6. Painting
7. Chess
8. Card Designing – Get well card
9. Card Designing- Birthday Gre

- | | |
|--|------------------------------|
| 20. Cake Decoration | 10. Origamy – paper folding |
| 21. Floral arrangement –Ikebana | 11.Modelling with plasticine |
| 22. Floral arrangement – western style | 12. Cartooning |
| 23. Painting –Water colours on papers | |
| 24. Painting –Oil on canvas | |

(Adapted from disability dialogue II, September- December 2000)

Assistive Device

Science and Technology Project in Mission Mode on Application of Technology for the Welfare and Rehabilitation of the Handicapped

Objective:

The objective of the scheme is to coordinate and fund the research projects for generation of new technology in terms of development of assistive devices for large scale use by the disabled. The focus of S&T Mission Mode scheme is to design, develop and standardize new and innovative assistive devices. Leading research institutions are encouraged to undertake research on better materials, design and technology for fabricating high quality modern state of the art assistive devices. Several products have been successfully developed, to name a few such as plastic aspheric lenses for the low vision persons, B.K. Prosthesis, inter-pointing Braille writing frame, PU Foam foot, multifunctional wheelchair, feeding aid for spastic etc. developed under the Mission Mode.

Implementation:

100% funding to the research/scientific institutions through Rehabilitation Technology Centre.

Paralympics India

The International Paralympics committee (IPC) in Bonn accepted our request for affiliation and granted us the status and recognition as the sole sports body representing the disabled athletes of India. This new affiliation with IPC required us to change our name to the Paralympics Committee of India (PCI). PCI is solely responsible Elite sports or Paralympics sports

There are two national sport federation for differently enabled person recognised

By Ministry of youth affairs and sports

1] Paralympics committee of India

2] Special Olympics

Most of the athletes are trained by general physical educator and specialised coaches who usually train normal elite athletes, hence there is an inadequate knowledge in training elite athletes and at grass root level, there is no institution to teach or train or coach the elite differently enabled sports in India.

Achievement in International games:

India got his first gold medal at the Athens Paralympics in 2004 by Davendra in Javelin Throw.

And other achievement in FESPIC Games

FESPIC GAMES	GOLD	SILVER	BRONZE	TOTAL
1999	6	7	7	20
2002	3	9	10	22
2006	5	8	19	32

Affiliated Association:

- 1] Indian blind sports association, New Delhi
- 2] Wheel chair sports federation of India, Bangalore

Sports fund for pension given to meritorious sports person after he/she attain the age of 30 years for His/her lifetime. The pensions are provided as follow:

- 1] Gold medalists of Para-Olympic Games Rs. 3,000/- p.m.
- 2] Silver medalists of Para-Olympic Games Rs. 2,500/- p.m.
- 3] Bronze medalists of Para-Olympic Games Rs. 1,500/- p.m.

Special Olympics Bharat:

Special Olympics is recognized as National sport federation for mentally challenged by Ministry Of youth affair and Sports on 10th of May 2006.It has conferred on Priority Classification. Special Olympics Bharat offers sports training to the mentally challenged through its 26 sub-programs in 24 States across the country and it is the national accredited programs of Special Olympics International.

Achievement:

Summer world games: Participated athletes: 81, Participated sports: 12

Summer world Games	gold	Silver	bonze	total
Dublin,Ireland.,2003	34	36	40	110

Winter world games:

Winter World Games	Events	Place
Alaska, USA 2001	Floor hockey	bronze
Nagano,Japan,2005	Floor hockey	fifth

Special Olympic Bharat has been initiative in the spread of Cricket as sports in special Olympic and the First Asia Pacific Cricket tournament organized by Special Olympic Bharat at Ahamedabad in 2004 and First ever special Olympics International Cricket Cup Tournament took place on 6-13 November 2006 Mumbai, India. These two events created a mass awareness about Special Olympics and it has outreached at local level. The motor activity program and unified sports has not been implemented in special Olympic

Conclusion:

Adapted Physical Activity is in embryonic stage in India. There are few APA specialists in India as such there is a great demand for Trained Adapted Physical Activity specialist compare to population of disabled person. Through this course, we feel we would act as a resource person for APA in our country. As such we need APA Specialized person to be trained in APA developed Universities like K.U LEUVEN.

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