



MAHATMA GANDHI INSTITUTE OF MEDICAL SCIENCES, SEVAGRAM

Workshop on Antarchakshu: An immersion experience in to the world of visual impairment (Workshop 2)

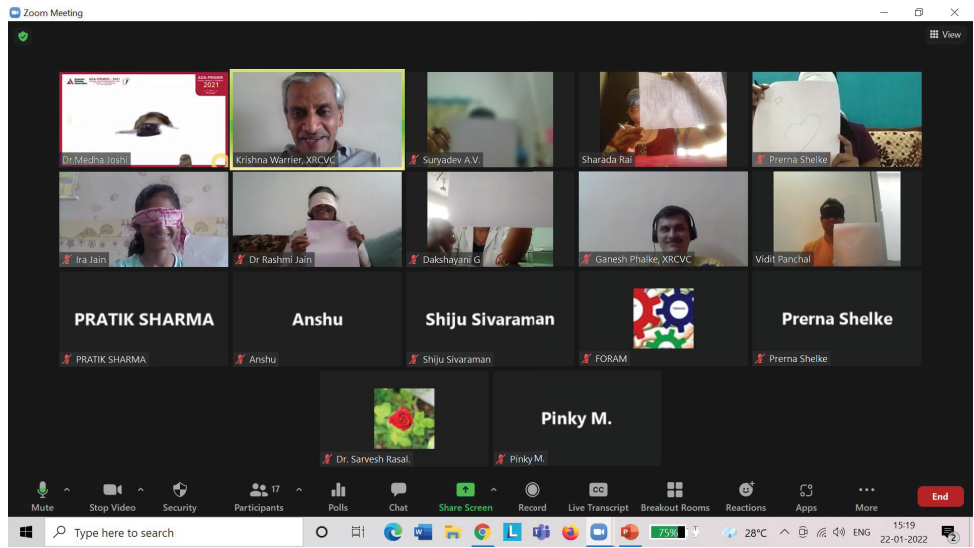
(organized by IQAC MGIMS in collaboration with Xavier's Resource Centre for the Visually Challenged, Mumbai)

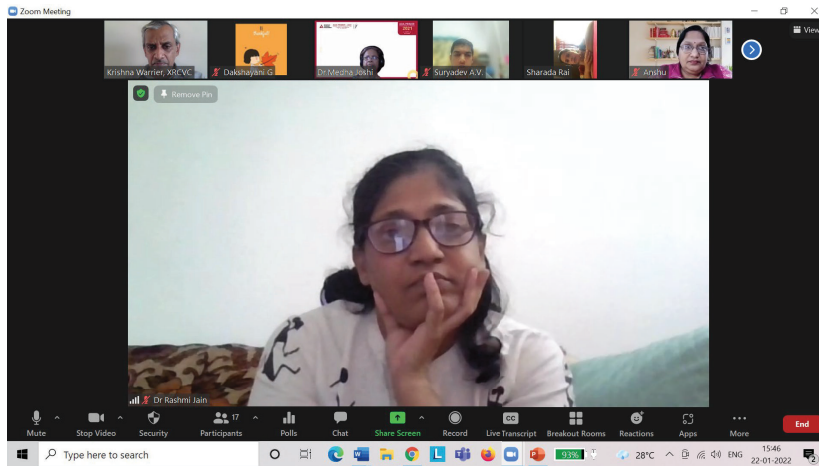
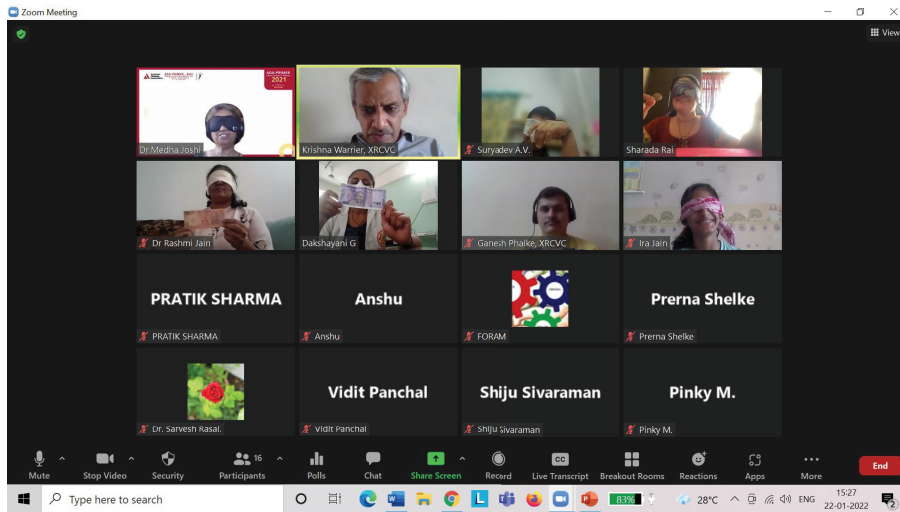
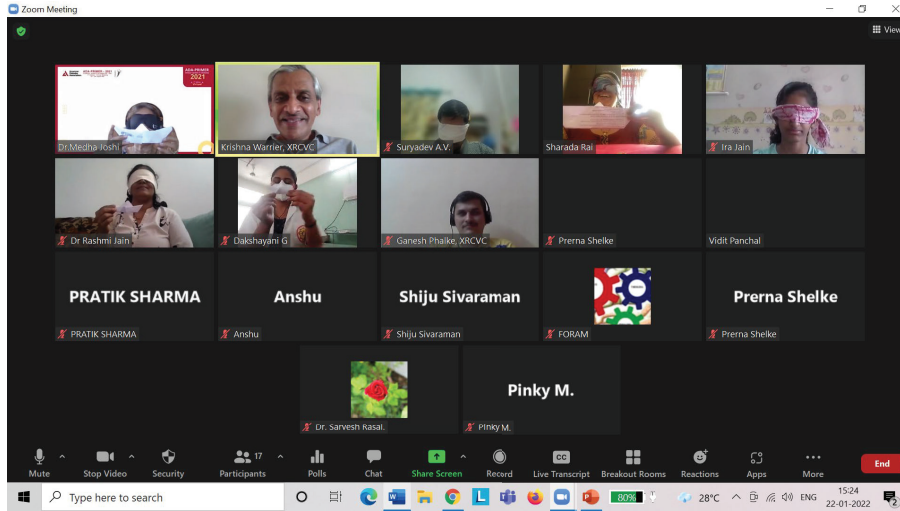
REPORT

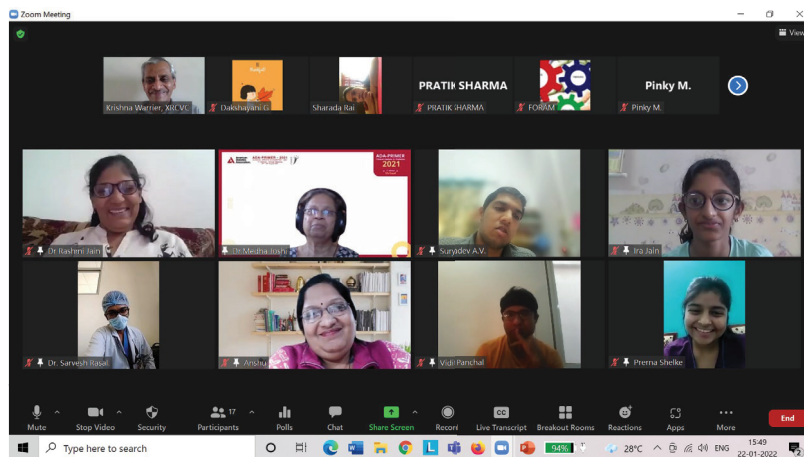
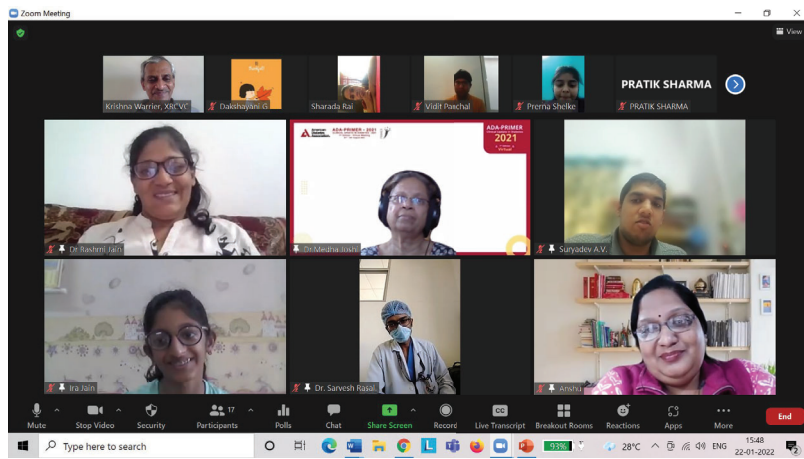
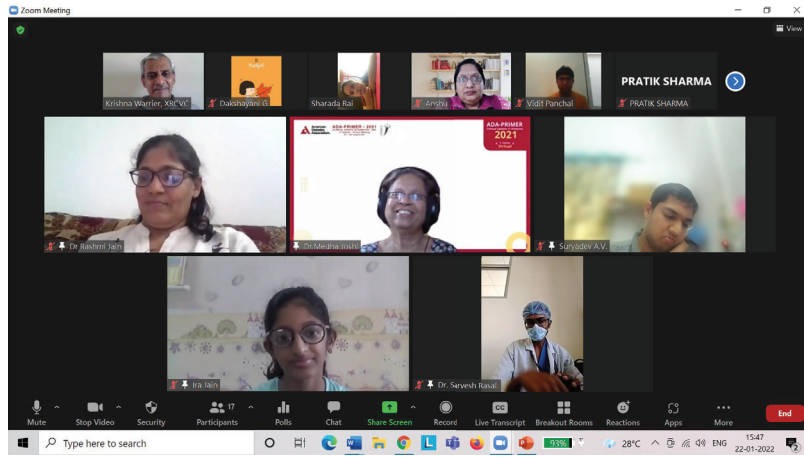
Date	:	22 Jan 2022
Organizing Secretary	:	Dr Anshu, Coordinator, IQAC, MGIMS Sevagram
No. of delegates	:	12 participants
Key topics	:	Workshop on disability sensitization towards visually impaired; conversation with visually impaired who do everyday things, in an extraordinary manner.
Resource persons	:	Mr Krishna Warriar, Xavier's Resource Centre for the Visually Challenged, Mumbai; Ganesh

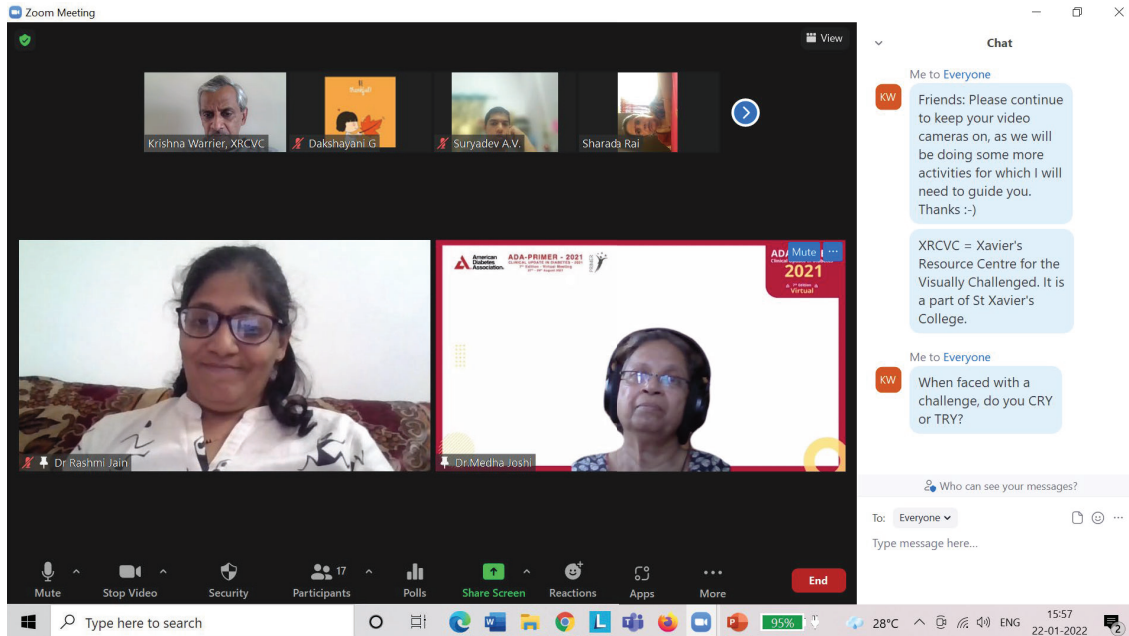
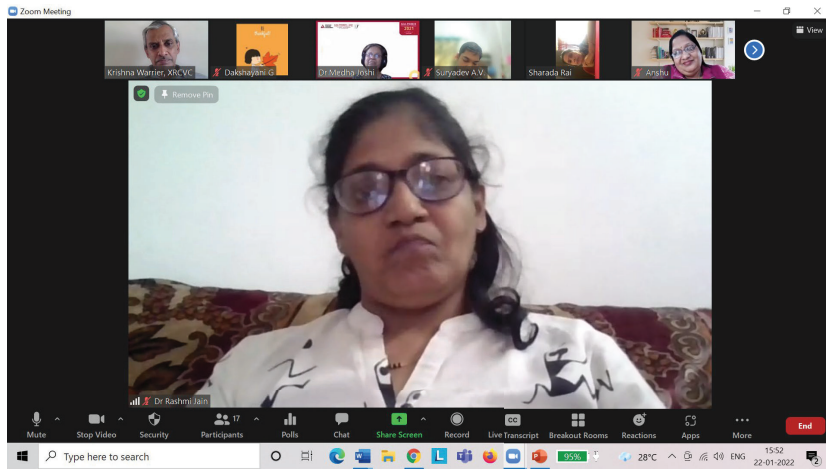
Have you ever wondered how life would be if you lost your vision? The IQAC MGIMS conducted a disability sensitization workshop in collaboration with the Xavier's Resource Centre for the Visually Challenged (XRCVC).

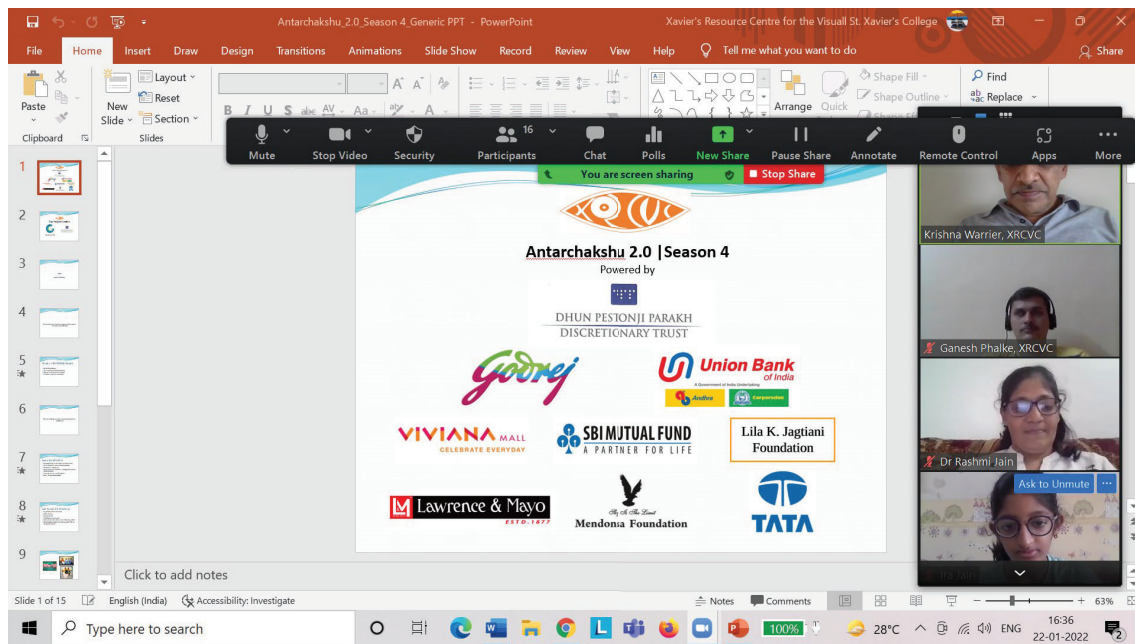
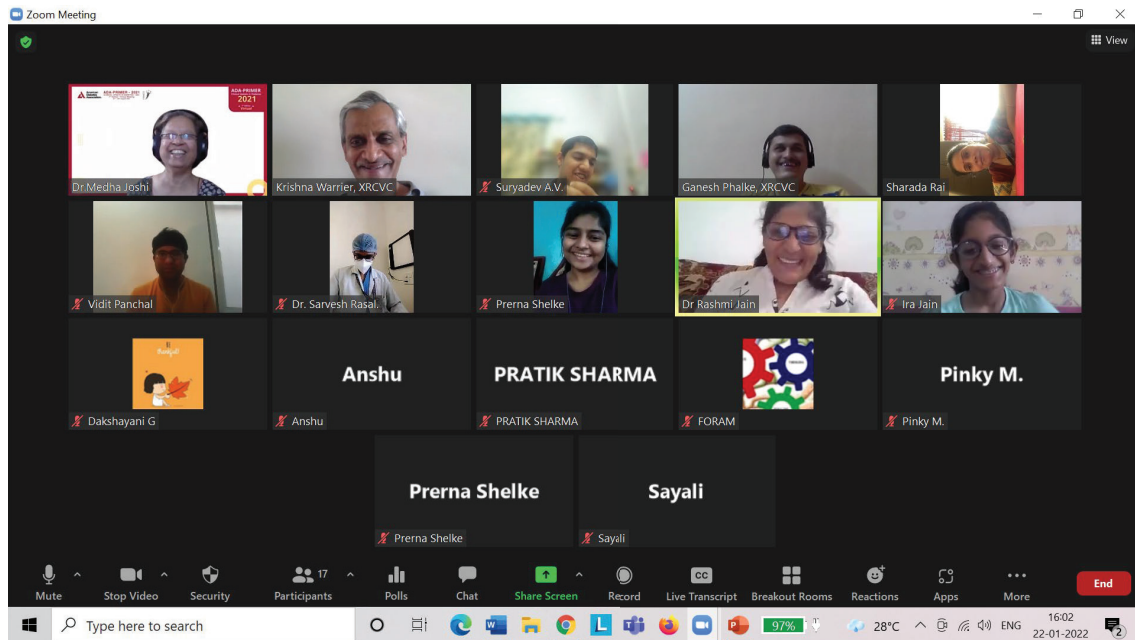
In this two-hour workshop called **Antarchakshu** ('The eye within') participants got an immersion experience into the world of people with visual impairments (blindness and low vision). They had a free-wheeling conversation with the visually impaired and learnt how they make their way into the world, doing everyday things, in an extraordinary manner.











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Xavier's Resource Centre for the Visual St. Xavier's College

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Prerna Shelke
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Pinky M.
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Dr. Sarvesh Rasal

Antarchakshu® — The Eye Within

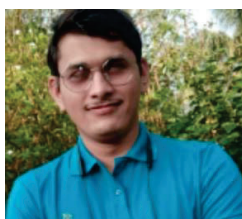
About Antarchakshu®

Antarchakshu® — The Eye Within, conceptualized by the Xavier's Resource Centre for the Visually Challenged XRCVC, is an experiential workshop aimed at creating a sneak preview for the sighted into the world of persons with disabilities in general and blindness and low vision in particular. It is a simulated environment where participants, through experiencing a disability simulation, will learn to reflect on personal attitudes towards persons with disabilities. This simulation is then followed by an interactive session. The objective of the workshop is to equip its participants with insight, understanding and basic facts about the lives of the visually impaired, the 'How?' of their lives, as also to foster an insight in developing their own perspective on the issue. Antarchakshu® serves the dual aim of not only sensitizing participants to disability but serves as a potent tool towards personal growth and motivation.

Resource Persons



Krishna Warriar has over 30 years' experience in Journalism and Communications Skills. After his career in journalism he has been working in the area of disability awareness. He has held senior editorial positions in Reader's Digest, Hindustan Times, Mid-day, and Centre for Monitoring the Indian Economy (CMIE). He has trained students in various facets of communication at institutions like St Xavier's College, Sophia College, KC College, Wilson College, Xavier Institute of Communications (XIC), IITB-Monash Research Academy (IIT Bombay), etc. Additionally, he has held training and sensitisation workshops across India for corporates like IBM, Hindustan Unilever, BNY Mellon, Sanofi, Deloitte, etc. Trekking and table tennis are his other passions.



Ganesh Phalke completed his graduation from St Xavier's College in 2019. He lost his sight at the age of 9 due to an accident. He is a motivational and inspirational speaker and is determined not to let his disability come in the way of realising his ambitions. He is deeply interested in reading, and has good writing skills. There is a deep desire in him to change people's lives by doing whatever he can. He has worked as an accessibility tester for a leading company in the disability space and now wishes to move on to advocacy in the field of disability. He loves to create audio stories with the help of sound editing.

About XRCVC

The Xavier's Resource Centre for the Visually Challenged (XRCVC) is an integral part and department of St. Xavier's College - Autonomous, Mumbai which is a premium educational institution run by The Bombay St Xavier's College Society. The XRCVC was started in 2003 as an effort to ensure an inclusive environment at St. Xavier's College, one of the most well-known educational institutions in the country, for its students with blindness and low vision. Having created an inclusive set-up for its own students, and keeping with the college's long tradition of creating social impact within the larger community, the XRCVC has today become a national advocacy and support centre for inclusion.