



গড়গাঁও মহাবিদ্যালয়  
GARGAON COLLEGE  
NAAC accredited with 'B' Grade

**International Day of People with  
Disabilities**

## Capacity Building and Skill Enhancement Initiative

*Popular talk on life skills for coping with disabilities*

*Organised on the occasion of*

*International Day of People with Disabilities*



**Title of the Day Celebrated:** International Day of People with Disabilities

**Theme of the Programme:** Popular talk on life skills for coping with disabilities

**Date:** 03/12/2022

**Background/Significance of the day:** A disability is a condition or function judged to be significantly impaired relative to the usual standard of an individual of their group. The term is often used to refer to individual functioning, including physical impairment, sensory impairment, cognitive impairment, intellectual impairment, mental illness, and various types of chronic disease. This usage has been described by some disabled people as being associated with a medical model of disability. Every year December 3 is observed as the International Day of Persons with Disabilities. The annual observance of the International Day of Disabled Persons on December 3 was proclaimed in 1992, by the United Nations General Assembly resolution 47/3. The observance of the Day aims to promote an understanding of disability issues and mobilize support for the dignity, rights and well-being of persons with disabilities. The day is about promoting the rights and well-being of persons with disabilities at every level of society and development, and to raise awareness of the situation of persons with disabilities in all aspects of political, social, economic, and cultural life. WHO joins the UN in observing this day each year, reinforcing the importance of securing the rights of people with disabilities, so they can participate fully, equally and effectively in society with others, and face no barriers in their life.

**Resource Person:** Dr. Bhaskar Bora, Physician, Motivational Speaker, Disability and Cancer Advocate, UK, London

**Details of the programme** To mark the International Day of people with Disabilities, the Department of Education, English and Central Library of Gargaon College in collaboration with IQAC organized an Online Talk on Life Skills for Coping with Disabilities on 3<sup>rd</sup> December, 2022. The resource person invited for the talk was Dr. Bhaskar Bora, Physician, Motivational Speaker, Disability and Cancer Advocate, UK, London. While inaugurating the programme, the Principal

of the college, Dr. Sabyasachi Mahanta, elucidated the significance of the observation of International Day of the People with Disabilities which is observed every year on 3<sup>rd</sup> December to promote the rights and equality towards the disabled people of society. Dr. Mahanta said that United Nations has established for the call of equality and with this motto, it is of utmost necessity to create awareness for promoting an understanding of disability issues and mobilizing support for their healthy living. He stressed on inclusive development, equity and equality and to inculcate a self confidence among the disabled people so that they can establish themselves in mainstream society. He also added that the fundamental rights and the basic human rights has to be protected for promoting the well being of people with disabilities. The invited speaker, Dr. Bhaskar Bora highlighted on the various issues of disability. Sharing his experiences, he had thrown light on various situations, struggles, adversities that he encountered in his life. He said that disability is not a failure. We must appreciate our struggles, he added. The adversity should be taken as an opportunity, a chance to redefine oneself. Dr. Bora said that a collective effort is much needed to promote the rights, dignity and well being of the disabled people. Management comes in all perspective of life. Acceptance is the first measure step towards positive development. He further said that it is important to carry on with desire and with perseverance and belief. His motivational speech encouraged the participants to develop awareness and a genuine understanding of a positive approach for success. The programme ended with a fruitful interaction by the participants mediated by Mr Janardan Chetia, Guest Faculty, Department of English. Dr. Anjan Konwar, Assistant Professor of the Department of English, acted as moderator of the programme. At the end Vote of thanks was offered by Dr. Nitali Borgohain Konwar, Assistant Professor of Education Department, Gargaon College.

## Flyer of the Programme:

**GARGAON COLLEGE**  
(Department of Education, English and Central Library in collaboration with IQAC)

**ORGANIZES**

**International Day of the People with Disabilities**

*Popular Talk on Life Skills for Coping with Disabilities*

**INAUGURATOR**



**Dr. Sabyasachi Mahanta**  
Principal  
Gargaon College

**RESOURCE PERSON**



**Dr. Bhaskar Bora,**  
Physician, Motivational  
Speaker, Disability and  
Cancer Advocate  
UK (London)

**Date 03/12/2022 (Saturday)**  
**Time 7:30 PM**

Platform 

## You tube link:



Click for YouTube video



## Screen shots of the programme over zoom:

