

Hindi

NyUs a} 4 vEs (NSW) kI bhAsi itk ivkI agta vK al t sS4a

MDAA me hm vkal t krte hE | [ska A4R hE ik hm ivkI ag I ogo, pirvaro. v smday kesa4 iml kr ibna AgE bol ne val e p#wUm (NESB) ke NSW ke ivkI ag I ogo. v]nke pirvaro. A0r deq wal k taRo. ke Ai2k aro. v ihto. ko b!ava dne bcav krne v s ai9t rq neke il O kam krte hE |

hm Aapk I v Aapke pirvar kI shayta k E e kr sk te hE

VyIKtgt vkal t : Ok kayR taR ij se vkII khte hE Aapke Ai2k aro. kI AvhE na hone pr Aap kesa4 kam krta hE | vkII Aapkesa4 qDa hoga A0r shyog dga, taik Aap Svy. Apne fE le kr ske A0r jo cahev h pPt kr ske | Ok vkII Aapko Apne Ai2k aro. ke il O qDa hone me Aapki mdd kr skta hE]dahr` ke il O, jb Aap ko 6r, Aapvas, kam, SkU A0r ivkI agta s waAo. se smSyaOe AatI hE |

hm Aapke smday kI k E emdd kr sk te hE

vkal t Ivkas : hm ivkI ag I ogo. kesmb v]nke pirvaro. ke sa4]nke Ai2k aro. ke il O qDe hone ke bare me A0r Ai2k sIq ne ke il O [k -e iml kr kam krte hE | [sse Aapko Apne il O mhTvpUR bate k hne me mdd iml skti hE |

smday Ivkas : MDAA Aapke smday ke sa4 ivkI agta, ivkI agta s waAo. A0r ivkI ag I ogo. ke Ai2k aro. ke bare me j ankarl v jag+k ta b!ane ke il O kayRkr skti hE |

p2it kI vkal t : hm raj nIitbaj o. v srkarl ivwago. ko sa4 mel e h0 NESB ke ivkI ag I ogo. v]nke pirvaro. ka jIvn btr bnate hE |

hmarl vkal t v samdayk Ivkas s waOe In:xuk hE |



solf ya II NDnr

mar qol na

wart v AaS'el ya me
Anuv kI g{ ivkI agta

MDAA
%

NyU sa} 4 vEs (NSW) ke il O kayRt hE j ha. ivkI agta v sS4 it kI pVR Lpna, shayta v pksa kI jatI hE



Sikh Council of Australia, Inc.

Aawar siht



Federation of Australian Indian Association (FAIA)



NSW Indian Welfare Association

SaaNdā x l os r neyh irpōB NSW k l bhā aSj itk
ivk l agta vk al t s S4a (MDAA) ke il O il q l hE |

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AaS'ēl ya

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pAm pK ax n nvMbr 2004
ISBN 1-920821-12-0

[s irpōB ke s vaR2kar s tī9t hē ibna l aw val e
s amdaiyk dl o. ko irpōB ke ik s l wl wag ko pū:
pštū krne k l Aa) a hē bx Rē ik mU A4R bnaO
rqa j aO AOr l ēk v NSW k l bhā aSj itk
ivk l agta vk al t s S4a ko]ict Aawar idya
j aO| bak l s wl ANy VyiKt v s S4aOe j o [s irpō3R
se ivvr` k l pū: pštūt krna cahte hē]Nhe NSW
k l bhā aSj itk ivk l agta vk al t s S4a se Aa) a
pāPt krnl caihO |

NSW ke vyovk² ivk l agta Ovm\ gh deq wal ivwag
ke s hyog ke pīt MDAA j t) ta se Aawar pK 3 k r t l
hE |

Aawar

'μar q ol na' (Opening Doors) ivi wNn j aityo. ke s mdayo.
me ivk l agta ke pīt) an b" ane ke il O MDAA μara
k { VyiKtyo. v s S4aAo. ke sa4 iml kr k l g {
piryoj na 4l |

MDAA wartly s mday ke pTyk VyiKt ka 2Nyvad
krna cahgl ij s ne [s piryoj na me hmarl s hayta
k l |

iv8y s t l

- hmne pUR al me ivk l ag l ogo. k e s a4 k B a Vyvhar ik ya6
wart me ivk l agta k e bare me Kya wñ ya ivXvas hE 8
- Kya k o{ Oe l 63na0e 4l ij Nhone ivk l ag l ogo. k e pŕt
rvŕe k o bdl idya ? 9
- Kya ivk l ag l ogo. k e bare me pŕog k l j ane val l hmarl
wa8a bdl g{ hE ? 10
- Kya x hrl v dñat l l ogo. k l ivk l agta k e bare me Al g
pŕtiŕya hE 11
- ivk l ag l ogo. k l dñ wal k rne me pirvar Kya wag Ada
k rte hE ? 12
- ivk l ag l ogo. k e il O Kya s wa0e] pl B2 hE ? 13
- ivk l ag l ogo. k e Ai6k aro. k e bare me s mday Kya j anta
hE ? bltes al o. me [s me k B e pirvt R hAa hE ? 16
- [s l ã ke il q ne me pŕog k l g{ vbs a{ 3e 19
- ivk l agta Kya hE ? 20
- ivk l ag l ogo. k o Kya s hayta iml s k t l hE ? 21
- ivk l ag l ogo. k e il O iml ne val l s waAo. k e bare me A0r
k B e j ana j a0 ? 23

Wart me Anuv k l g{ ivk l agta

yh wlmka wartly l ogo. v pirvaro. para ivk l agta ke Anuvo. pr k eNdġ hE | yha. cicR ik O gO k ū rvġe v ivXvas ANy sSj ityo. ke ivk l ag l ogo. v]nk e pirvaro. ke il O wl samaNy hE |

hmne pVR al me ivk l ag l ogo. ke sa4 k B a Vyvhar ik ya

ibil yn k l j ns Qya val e wart me sSj ityo. v 2moR k l bDġ iviv2ta hE | l ěk n wartly sSj it k l iviwNnta v j i3l ta ka mU a2ar ivx8 Aatirk mUy hE | samaNy t:, s wl wartly 2moR v prMpraAo. me ivk l ag l ogo. ke pġt idya j ane val a prMpragt]%r, pirvar ke para pġan k l j a rhl. deġ wal v s hayta hE |

k ū iml a k r ivk l agta ko s k araTmk dk*3 se nhl. deġ a j ata 4a, A0r AKsr ivk l ag l ogo. ko TyaJy +p me deġ a j ata 4a | k ū Ok pK ar k l ivk l agtaAo. k l dġ ro. k l Apġa Jyada inNda k l j atl 4l. A0r]Nhe ivk l agta ke +p me mana hl nhl. j ata 4a, j B e ik manisk ivk l agta, manisk blmarl A0r imrgl | xarlirk v s v el ivk l agta Jyada pTy9 v maNy 4l, ivx8t: A2e l ogo. ko Sk U o. v ivXviv´al yo. me AKsr s hayta dl j atl 4l |

h8R

h8R A2a pEa hAa 4a | bcpn me]se Sk U me
Ai2k tr shayta iml l A0r bad me vh ivXviv'al y
gya, j ha. vh Apne im5o. ke sa4 p! ne ke k mro. me
gya A0r]s ne A@yyn dl o. me wag il ya | prl9aAo.
me ivXviv'al y ne]se 'Ok l ek' de kr s hyog
idya |

Kyoik ivkl agta k7 Osa iv8y 4a ijs pr hmne
Ai2k bat nhl. kl 4l, [sil O [s bare me km
)an 4a ik ivkl agta Kya hE | hmne ivkl ag l ogo.
ko ix9a, p'x9`
A0r roj gar para shyog nhl. idya v smaj me]nke
Ai2k aro. ko b!ava nhl. idya | kwl - kwl hmne
ivkl ag l ogo. ka mj ak]Daya |

AKsr l ogo. ne Aprl ivkl agta ko d8 ro. sei7pane
kl koixx kl, Kyoik]Nhe Apne iviwnn hone me
xmR mhs8 hotl 4l | bht se mata - ipt a nhl.
cahte 4e ik smday ko pta cleik]nka Ok
bCca ivkl ag hE Kyoik]Nhe Saamaij k Al gav se
Dr 4a v]Nhone [se mhs8 ik ya 4a | ivkl ag
l ogo. ne ivx8+p se manisk blmarl v b0i2k
ivkl agta val e l ogo. ne samdayk jlvn me wag
nhl. il ya | Sk U o. ne ivkl ag bCcenhl. il O A0r
mail ko. ne ivkl ag l ogo. ko kam pr nhl. rqa |

m@ym v }Cc &el kel ogo. ne soca ik ivkl agta
kvl pirvar kl ic'ta ka iv8y hE A0r [se
pairvairk cm0tl ke+p mesmza | [s ne ivkl agta
ko Ok samaij k mae ke+p me socne seroka A0r
fl Sv+p smaj v srkar para]das lnta brtl g{

| bht se grlb pirvaro. kl k hanl bht Al g hE |
wartly smaj keinMn Str me pEa h0 l ogo. keil O
j livt rhne ka s68R k#or hE pirvar ke Ok
ivkl ag sdSy ko pal ne ya de wal krne me
ATyai2k ki#na{yo. ka samna krna pfta hE

wart me ivkl agta ke bare me Kya wfn ya
ivXvas hE?

bht se wartly l ogo. keil O 'ivkl agta 'xBd me
dya ka wav i7pa hE | Awl wl ivkl agta ko
7paya jata hE | l og ivkl ag sdSy val e pirvar se
bcav krge v]s pirvar me xadl nhl. krge | pdy:
hm Apne bCco. ko wiv*y keinvæ +p me de'te hE |
AKsr j b ivkl ag bCca pEa hota hE tb mata -
ipta]s bCce ko wiv*y me shyog ya Aay ke
sa2n kl trh nhl. de'te | hmare ipt<-p2an smaj
ke kar`, ivkl ag l Dk e ko ivkl ag l Dkl kl
Ap@a Ai2k SvIk ara jata hE | ivkl ag l Dkl ko
Aprl xadl krane me bDl ki#na{ya. Aatl hE | kwl
- kwl pirvar ko l Dkl kl xadl keil O Ai2k
dhj_dæa pDta hE |

j8eik wart bht spNn prMpraAo. A0r Anko. pkar
kl sSj ityo. val a dæ hE vha. ivkl agta ke bare me
iviwnn k Lpna0e A0r khainya. hE | yh bht samaNy
bat hE ik hm
ivkl agta ko A2ivXvas ke sa4 de'te hE | k7
l og Osa mante 4eik]s idn, sPtah ya mhlne me
ijs me bCca pEa hAa hE]s me Hone val l ik sl wl
brl 63na keil O ivkl ag pEa hAa bCca hl do8l
hE | [sil O yid ko{ 'dæna' 63l, to hm yhl
k hge ik ivkl ag pEa h0 bCce kl 'brl AaTma' ya



'būl xīkt' hl]s d6Bna ka kar` hE | dE ra
A2ivXvas ivkl ag bCca pEa hone ke smy val e
gho. ke taramDI ko do8 dēa hE | mata -ipta
Ak sr {Xvr se pā4Rā kr nek l koixx krte hE A0r
m5oCcar` para gho. ka Aaxl rad magte hE |

j b ivkl ag bCca pEa hota hE tb pirvar xok v
pIDa ka Anwv krta hE l ēk n [se Apna waḡy ya
pārB2 man kr SvIkar wl krta hE | kmR meihNdA.
ka ivXvas , ya ip7l ek moR ka wog, [s SvI; it
kl wavna me ANtinRht hE | ivkl ag pEa hAa
bCca ,]ske Apne mata -ipta ya pirvar ke ip7l e
k moR kl inxanl mana jata hE A0r 'wgvan para
wḡa gya' mana jata hE | samaNy +p se pirvar
ip7l ej Nm kl giLtyo. ko s @arne ke il O tp krta
hE |

2lre - 2lre waḡy b bāl AaTma ke pṛane ivXvas Ab
pāriwk hSt9p A0r [l aj ,]ict dē wal v
shyog,]pk r` v ix9a pḏan krane ke samne
ixi4l pD_ rhe hE |

**Kya ko{ Os l 63na0e 4l ij Nhone ivkl ag l ogo.
ke pīt rvḡe ko bdl idya ?**

hal hl ke salo. me wart ne bhṭ j ldl ivk as
ik ya hE | ivx8t: wart se bahr ke pṛwavo, dḏdxR
v mliDya A0r sa9rta v ix9a ke b l i e h0 Str ke
kar` ivkl ag l ogo. ke pīt rvḡya bdl rha hE | 12
v8R tk kl Aayu val e bCco. ke il O Ab ix9a
in:xūk hE A0r wart ke k 7 raJyo. me mEṭ woj n
bCco. ko k9a me]piS4it ke il O Aaki8R krta hE
A0r bhṭ se l og ix9a ya 7ū@ya. ibtane ke il O

ivdṛ ya5a krte hE A0r ve bhṭ se iv8yo. ke bare me
A0r Ai2k j ankarl ke sa4 wart l 03te hE ij nme
ivkl agta wl xaiml hE |

mhavlr
mhavlr Ok A2a VyiKt hE ij s ne ivXviv`al y me
p! a{ kl A0r Snank o%r ix9a kayR m j arl rqa |
]se A@yapk o. v pā@yapk o. ke k { nk araTmk rvḡyo.
ka samna krna pDā |]sk l ivkl agta ke kar`
ve]ske pīt wḡwv krte 4e | l ēk n ifr wl]s ne
Svy. ko [s sb ke kar` nhl. rok a A0r Apnl
p! a{ pḏl kl |

phl e bhṭ se &ē# nēaA0,]dahr` ke il O Da0
AMbelkr ya mhaTma ga2l ne ivkl agta ke pīt
j ag=k ta b! ane me yogdan idya A0r Aaj kl ,
raj nEt k v 2aimR nēa j E ik sTy sa{. baba,
mata Am4anNdamy l A0r baba AaM3e ivkl ag l ogo.
ko Apne j lvn kl iS4ityo. ko s @arne me shyog
dē hE A0r smḏay mej ag=k ta b! ate hE |

**Kya ivkl ag l ogo. ke bare me pḡog kl j ane
val l hmarl wa8a bdl g{ hE ?**

wart me Anko. Waa8a0e hE | phl e]n s wl wa8aA0. me
hm AKsr ivkl ag l ogo. ke bare me bat krne ke
il O 'pagl ' ya 'l gDē j E woDe xBdo. ka pḡog
krte 4e |

hal ke v80r me hm ij s trh se ivkl agta ke bare
me bat krte hE vh bdl ne l ga hE | Ab hm
ivkl agta ke bare me Ai2k sk araTmk trike se

bat krte hE ivx® +p se b0i²k ivkl agta val e l ogo. ke bare me |]dahr` ke il O "ivkl ag" kl j gh Ab "cm0tl wrë xBd ka AKsr pyog hota hE | l êkn ifr wl hmme se k ū Awl wl ivkl ag l ogo. ke bare me bat krte h0 nk araTmk xBdo. ka pyog krte hE |

Kya xhri v dhat l l ogo. kl ivkl agta ke bare me Al g pŕtiçya hE?

wart me bhᅡ Qya me l og dhat me rhte hE j ha. xhro. kl Apᅡa smalay me l ogo. ke AKsr Ai2k xi` xal l b2n hote hE | fl Sv+p ivkl ag l ogo. ke il O km Ak e apn,]nke pŕt Ai2k dya ka Vyvhar krte hE A0r Ai2k smy dte hE | dhato. me sa2no. kl kml Ok smSya hE | jo sva0e]pl B2 hE ve bhᅡ km sa2no. val l hE | xhro. me k { pli!yo. ka [k -a rhne ka prMpragt trika paXcaTy pŕvav A0r dono. mata -ipta kl n0krl ke kar` Ab km ho rha hE | mata -ipta ke pas pirvar ke ivkl ag sdSy kl dᅡwal ke il O Ab A0r Ai2k smy nhl. hE |



Ai2k tm s iv2a0e s S4a0e Sk U A0r Asptal xhro. me hE | kwl kwl ivkl ag bCce ke pirvar ko bCce ke il O bᅡtr sva0e pŕpt krne ke il O xhr ya xhr ke pas j ane ke il O mj bᅡ hona pDᅡa hE | xhro. me ivkl ag l ogo. ke il O [martev s fkedhato. kl Apᅡa AKsr Ai2k Aasan phᅡ val l hotl hE | yh Awl wl samaNy bat hE ik l og w0itk =k av3o. ke kar` j n S4ano. me sa2ar` t: nhl. j a s k te hE |

wart ke xhro. me grlb ivkl ag l ogo. ka Apnl xarlirk 9it ka pyog kr gil yo. me wlq magte paya jana ibLk u samaNy bat hE | yh l ogo. me ivkl ag l ogo. ko dya se de ne v]Nhe nlca smzne ka kar` ho sk ta hE A0r yh]nke pŕt nk araTmk +q ka kar` ho sk ta hE | dᅡrl Aor [se Aay ke sa2n ke =p me de a jata hE jo ANY ivkl agta riht grlb l ogo. ke pas nhl. hE |

ivkl ag l ogo. kl dᅡwal krne me pirvar Kya wad Ada krte hE?

hmare il O pirvar AiStTv kl mU [ka{ hE | pVR al me 'pirvar' me Ok hl 6r me rhne val l k { pli!ya. xaiml 4l. | rhne ka yh !g Ab kmtr hota ja rha hE Kyoik Ai2k tr l og n0krl !Une xhr mejate hE | ifr wl pairvairk b2n xiKtxal l hE A0r wa{ - bhn Ok dᅡre ke pas rhne kl, AKsr iml ne A0r Ok dᅡre ko shyog dæe kl koixx krte hE |



pirvar ivkl ag bCce kl dᅡwal Apnl trf_ se]%m !g se krne kl koixx krte hE | yid ve bCce kl dᅡwal krne me sm4R nhl. hE kᅡl tb ve dᅡrl shayta l ge | hm ivkl agta ko n kᅡl ivkl ag Vyikt ke il O Ok smSya ke +p me de te hE biLk vaStv me Ok 'pairvairk ivkl agta' kl trh de te hE | pirvar]s Vyikt kl mago. v j +rto. ka samna krne kl v tnav ko iml ba3ne kl koixx krta hE ivx®t: 6r kl A0rte | yh Aam bat hE

ik ivkl ag Vyikt kl dEnk deq wal 6r kl A0rto. pr 7oD_dI j atI hE |



7o3I pairvairk [ka{yo. ke sa4 yh A0r Ai2k mhtvpUR hota ja rha hE ik ivkl ag pairvairk sdSy kl deq wal ke il O Vyy kr sk ne yoGy svaOe !U! jaOe | AKsr shayta svaAo. kl kml ke kar` ivkl ag

Vyikt ke pas 6r me rhne ke isvay A0r ko{ ivkLp nhl. hote | jo pirvar qcRkr sk te hE ve p{v8 svaAo. Yaa deq wal k taAo. ko pEa de hE | grlb I og deq wal ke il O pirvar me hl ya dan sS4aAo. pr inwR kr te hE |

ivkl ag I ogo. ke il O Kya svaOe]pl B2 hE ?

ANtRa**ly Str pr maNy Anmano. ke An8 ar I gwg 7 krof ivkl ag I og wart merhte hE hal aik 2001kl j ng` na ne 2.2 krof kl sQya ka Anman idya 4a | Ai2k se Ai2k gE- srkarl sS4aOe (NGOs) A0r srkarl svaOe hE I ek n ifr wl ve kvl OK bhE 7o3e Anpat pr ivkl ag I ogo. kl mdd krtI hE |

ivkl agta pbl +p se grlbi se j D_ hE A0r ivkl ag I ogo. kl pavaB svaAo. kl sfl ta bDe pEhane pr samdaiyk ivkas kayR mo. pr inwR krtI hE | ivkl ag I ogo. v]nke pirvaro. ke il O s2ra hAa j lvn Str AvXy hl smaj ke OK bDe s iv2a vict ihSse grlbo. ka wl fayda krga |

hal hl ke v8oR me s E D_ gE- srkarl sS4aOe A0r Svysok sS4aAo. ne d8 keswl ihSso. me ivkl ag

I ogo. ke il O Vyavsaiyk k Nd/ S4aipt ik O hE | ve ivkl ag I ogo. v]nke pirvaro. ke il O sl ah, dEnk]pcar, icikTsa, samdaiyk ix9a, Vyavsaiyk pavaB, pirri9t rojgar A0r pramxR sS4aAo. ke jal kl jankarl de hE | y'ip srkar ne cna jgane v ivx8 +p se pxi9t kmE airyo. ke ivkas ke il O ra**ly sS4aOe qolI hE ifr wl sva]pl B2 krane ka kayR bDe pEhane pr gE- srkarl sS4aAo. pr hl inwR hE |

dwaBy se wart me bhE sl ye svaOe bhE Qyk AabadI ko Aasani se pPt nhl. hE | Aai4R tgl, ALp yatayat ke sa2n A0r ix9a kl kml mata iptako ivkl ag bCce ke il O samaly svaAo. kl pPt krne ko ki#n bna de hE |

hmare Ai2k tm xhro. me iviwnn pkar kl ivkl agta vale bCco. ke il O Sk U hE | S4anly Sk U o. me kwl -kwl hmare pas xarlirk v s vdl ivkl agta vale bCco. kl [k -I k 9aOe S4aipt krne ke il O pxi9t A@yapk hote hE I ek n manis k blmarl ya b0i2k ivkl agta vale bCce sa2ar` Sk U o. me nhl. ja sk te |

cNd/ cNd/ ko bcpn me poil yo hAa 4a A0r]skI 3age I kva gSt ho g{. | I ek n ifr wl]sne Sk U smaPt ik ya, A0r ivXviv'al y se]pai2 pPt kl A0r Ab Ok bE Ai2karl kl nOkrl krtahE |]sne gaD_ clane ka I a[s8 wl il ya A0r Svcailt igyro. val I kar clata hE |



ip7l e 50 v8oR me wart me ivkl agta Aadol n ka ivkas hAa hE A0r NGOs ne Ok mQy wag Ada ik ya hE | mQy smSya yh hE ik Ai2k tm NGOs ke pas sa2no. kl kml hE | wart ke iviwnN ihSso. me k { siCytavadl dl bn go hE | n{ idLI l me ra**ly ivkl ag roj gar vk² k Nd/ (National Centre for Promotion of Emplment for Disabled People) ne *ivkl ago. ke Ai2k aro. h#u dl* (Disabled Rights Group) ka inmaR ik ya A0r wart ke swl iviwnN ihSso,]%r, di9`, piXcm v pUR me ij ska pItini2Tv hE | ve ivkl ag l ogo. ke bare me c#na j gane ke il O ivcar goi*#ya. krte hE | dB ra dl , ADAPT (*yo6y, ivkl ag, swl l og sg sg*), jo wartly Aittan sos a{ 3l (Spastic Society of India), mMb{ ke kayR %aA0. para bnaya gya, Ok Svys v k sg#n hE vh ivkl ag bCco. v nvyvk o. ke il O kayR krta hE | &l ram; *` imxn l ogo. ko swaOe pDan krne ke il O Ait p/s² hE | A0r to A0r xhro. me p{vB j lvn deq wal k Nd/ wl q u nex# ho go hE ij Nhe p{vB Vyaparo. se pC# dan iml ta hE |

ye NGOs A0r smb s amdaiyk deq wal ko blava d#e hE A0r j lvn deq wal k Nd/ ivkl ag l ogo. ko dStkarl isqa kr]Nhe AaTm inwR bnane me mdd krte hE | hmarl sSi it me s amdaiyk Aa2ar pr p#vaB bh# jict hE j ha. samaj k v s amdaiyk b2n bh# mj b# hE A0r [s se ivkl ag l ogo. ko smday me 6l ne iml ne me shayta iml nl caiho | ye p#vaB kayR m shayta kl j =rto. val e]n bCco. v VySk o. tk slimt hE ij Nhe inR Ntr ivix*3 shyog caiho |

wart srkar ne *ivkl agta, x02 v p#vaB ke ra**ly s S4an* (Natioanal Institue of Disability, Research and Rehabilitation) e

kl mdd se idLI l me *ivkl agta A0r p#vaB ka ra**ly s tna k Nd/* (Natioanal Information Centre on Disability and Rehabilitation) S4aipt ik ya hE yh Ok Osa k Nd/ hE jo ivkl agta ke bare mej ankarl Ok 5 v pDan krta hE | *ra**ly ivkl ag roj gar vk² Aayog* (National Commission for Promotion of Emplment for People with Diability) ivkl ag l ogo. ke il O roj gar ke Avsr bl aneka kayR krta hE |

wart kl ra**ly srkar ne Awl tk ivkl ag l ogo. ko Aai4R shayta d#e ke il O samaj k s #a p7al l S4aipt nhl. kl hE | [s sesrkarl samaj k swaOe d#e kl yh ij Mmdarl mQyt: raJy srkar pr Aa jat l hE A0r ye swaOe hr raJy me Al g - Al g hE | k # raJyo. me ivkl ag l ogo. ko savRink yatayat ke il O k # Aai4R shayta iml tl hE | hal hl ke v8oR me s k D0. NGOs A0r Svys v k sg#no. ne wart ke swl ihSso. me ivkl ag l ogo. ke il O Vyavsaiyk k Nd/ S4aipt ik O hE | ve ivkl ag l ogo. v]nke pirvaro. ke il O slah, dEnk]pcar, icikTsa, s amdaiyk ix9a, Vyavsaiyk p#vaB, pirri9t roj gar A0r pramxR s S4aA0. ke bare me j ankarl d#e hE | y'ip srkar ne c#na j gane v ivx# +p se p/xi9t kmBairyo. ke ivkas ke il O ra**ly s S4a0e qol l hE ifr wl swa d#e ka kayR bDe p#nane pr gE-srkarl s S4aA0. pr hl inwR hE |

ivkl ag l ogo. ke Ai6k aro. ke bare me smday Kya janta hE ? blte sal o. me [s me k B e pivtr hAa hE ?

wart me ivkl agta ke bare me Al g trh kl soc k #l hal hl mex# h# hE | j b hm ivkl agta kl bat krte hE tb hmara A4RAKs r xarlirk ya s well

ivkl agta se hota hE Kyoik manis k blmarl A0r b0i²k ivkl agta ko AKsr Awl tk maNyta nhl. dl jatI hE | smday ko ivkl agta val el ogo. ke Ai2k aro. ke bare me Awl wl Ai2k j ankarl nhl. hE | kwl kwl ivkl ag l ogo. ko wl Apnl ivkl agta ke bare me Jyada j ankarl nhl. hotI | [ska Ok mQy kar` inr9rta hE |

ivkl ag l ogo. ke Svy.-vkal t Aadol n ne1970 ke xtk mej or pk Da, l ek n 1990 ke xtk tk ko{ kanb l agU nhl. hAa | 1995 me *ivkl ag Vyikt Ai2inym (Persons with Disabilities Act)* ko ivkl ag l ogo. kl smanta v pUR shwaigta ko blava dne ke il O AarMw ikya gya | dwaBy se yh Ai2inym Awl tk wl pbl trh sel agU nhl. ho paya hE | dE ra Ai2inym 1999 me x# ikya gya : *Svl Inta, pmiSt*k Ag6at, manis k mdn A0r bhuiivkl agta val e l ogo. ke k Lya` h#u ra**ly "S3 Ai2inym | A0r to A0r, hmare pas srk arl v gE srk arl ivwago. me n0k iryo. ka Ok ivx8 pItxt wag ivkl ag l ogo. ke il O Aari9t hE | dwaBy se savRink wvno. v 95o. tk phE Awl wl wartly srk ar ke il O mhTvpURiv8y nhl. hE |*

y'ip, ivkl ag l ogo. ke il O hal hl ke v8oR me svaOe ivkist hE hE A0r ivkl agta ke pIt jag=kta bl l hE l ek n ij tna j Ldl hm cahte hE vE e OeC7k pivrtR pApT krna miXkl hE | Awl wl k{ kanb A0r svaAo. ke pl7e ivkl ag l ogo. ke k Lya` ya]Nhe dan dne ka rvya hE | Osa ko{ l 9` nhl. hE ik ve kanb ivkl ag l ogo. ke nagirk hone kenate]nk epIt Aadr ke fl Sv+p bne hE |

mliDya ke para ivkl ag l ogo. kl AavXyk taAo. ko sboi2t krne v ivkl agta ke pIt jag=kta ko bl ane ke pyTn ik O go hE | dtdxR (3lvi) A0r AaB [iDya reDyo ivkl ag l ogo. ke pnaVaB ko bl ane ke kayR mo. ka pSar krte hE | pCil t if Lme v 3lvi ke 2aravaih kwl kwl ivkl ag l ogo. ko sxKt v sk araTmk p2an pa5 ke =p me idqate hE | l ek n Awl wl ivkl ag l ogo. ke mQy j nj lvn me me j ol ke pIt samaNy]das lnta hE | pIs² ivkl ag l og [se bdl neka pyTn krte hE |

s@a

s@a cN³n wart me Ok pIs² ntk l v Aiwn5l hE | Ok dE Bna me]s ne Apnl da{ 3ag qo dl A0r Ok j i5m Ag pApT ikya | [s j i5m Ag kl xLy icikTsa ke sa4]s ne Apnl j lvnvkt jarl rql, ivXviv'al y se Apnl pl a{ pbl kl A0r Ab 3lvi 2aravaihko. me Aiwny krtI hE |

hmne pivrtR deqe hE A0r wart me Ok ivkl agta Aadol n hE l ek n ivXv ke bhE se ANy S4ano. kl trh yha. wl Awl OK l Mba raSta ty krna hE |

[s l e k e i l q n e m e p y o g k l g { v b s a { 3 e

<http://www.cirrie.buffalo.edu/india.html>

<http://www.disabilityworld.org/Aug-Sept2000/International/india.html>

<http://www.interights.org/pubs/Bulletin%2014.3%20Word%20Docs/Legal%20Protection%20for%20Disabled%20Persons%20in%20India.doc>

http://www.disabilityworld.org/09-10_01/women/ghai.shtml

http://www.choike.org/nuevo_eng/informes/1406.html

AaS" èl ya me Anwv k l g {
ivk l agta

ivk l agta Kya hE?

ivk l agta Ok Os l k ml hE j o i k s l VyiKt k o
]nk l vai 7t dEnk i f yaAo. k o k r n e s e r o k t l hE |
NyUs a} 4 vès me k m s e k m 19%, ya pac me s e Ok
VyiKt, inMn me s e Ok ya Ok s e Ai6k bat o. k a
Anwv k rga:

- A2apn ya d k *3 d o8 (cahe cXma ya k a3k3 l B phne ho)
- bhrapn ya &v` d o8 (cahe j b &v` s hayta y5 kan me l ge ho)
- rs ayno. s e s v e l n x l l t a
- Apnl p4m wa8a me bol ne k l k i #na { ya.
- Aaq o. k e Aage AN2ea 7a j ana, d0re pDna ya bnoxl
- Anj ane vat avr` me iS4t wai t ho j ana
- s l q ne v s m z ne me d e l
- t l v / Aak u t a
- f B l e k r n e me k i #na {
- ha4o. ya baj Ao. k a A2ba p y o g
- 7o3l vSt Ao. k o k s k r p k Dne ya 4amne me k i #na {
- d t l pr ya l Mbl p t l 9a k e s m y me xarlirk k m j g r l
- s . t u n v t a l m e me k m l

- pavo. v 3ago. ka A2ba pyog
- }cl ncl j mln, sli!yo. v c!a{ pr cl ne me ki#na{
- ddR 4k av3 v Vy4a
- sas l eeme ki#na{
- l Mbl blmarl
- DaK3rl dxa A0r /ya xarlirk Aiw6at kekar` }pr il iqt dxaAo. meseOk ya Ai2k seplift hona

AaS`el ya meivkl agta ko AKsr iviwnn &e`yo. me rqa jata hE j Beik: xarlirk ivkl agta (]dahr` ke il O poil yo, j oDg. kl sJn, j l nekeinxan, mo3apa, 3BI hi-ya, Ag - ivC7dn), b0i²k ya xE9k ivkl agta(]dahr` ke il O Svl lnta, manisk mdn, @yan me kml ka do8), manisk ivkl agta ya manisk SvaS\$y kl smSya(]dahr` ke il O Aiw6at ke bad tnav ka do8, mnoivdl ta, Avs ad), s.vell ivkl agta (bhrapn, A2apn) A0r ti5kly ivkl agta (]dahr` ke il O idmagl co3, r!_kl h-l me co3- A2rag6at A0r ctöp9ly Ag6at, pmiSt*k Ag6at, paik Rs n rog, mL3lpl Skl eois s)|

ivkl agta S4a{ ya AS4a{ ho sktl hE | bhæ se ivkl ag l ogo. ka khna hE ik]Nhe Smday me pUR +p sewag l eke il O]nkl ivkl agta nhl. bilk smaj para pda kl g{ +k av3e A0r smday ka nk araTmk rvya rok ta hE |

ivkl ag l ogo. ko Kya shayta iml sktl hE ?

AaS`el ya meivkl ag l ogo. ko dæ rel ogo. kl trh sman manvly Ai2kar pãPt hE | [s mesmday ka wag bnneka Ai2kar, Apne fBlel eeka Ai2kar

A0r]ict j lvn -yapn ke il O svaOe pãPt krneka Ai2kar xaiml hE |



ivkl ag l ogo. ko veswl svaOel eeka Ai2kar hE jo Aivkl ag l ogo. ko pãPt hE | Aam samdayk svaAo. ko ivkl ag l ogo. ko svaOe pdan krnl pDtl hE | isfR [s il O ik ik sl Vyikt ko ivkl agta hE [ska A4Ryh nhl. hEik]Nhe Aam svaOe pãPt nhl. ho sktl | bhæ se]dahr` o. me ivkl ag l ogo. ko]sl S4an se shyog v shayta iml sktl hE j ha. se ivkl agta riht l ogo. ko iml tl hE |

hal aik, yh sunixct krne ke il O ik ivkl ag l ogo. ko sman Avsr iml e isfR ivkl ag l ogo. ke il O ivx svaOe hE | [n svaAo. meinMn xaiml hE

- Aapko n0krl ya A0r Ai2k pãx9` dæekl mdd ke il O svaOe- j Beik *roj gar A0r lyavs ayk svaOe* |
- Aap v Aapke pirvar ko Ok dærese 7@l l eeme mdd ke il O dl jane val l svaOe j Beik knd/iS4t A0r 6r me- *ivram deq wal* |
- Aapkl injl deq wal me mdd ke il O dl jane val l svaOe j Beik *pircr deq wal svaOe* |
- Maata-ipta kl mdd krne val l svaOe j b Aapko phl l bar pta cleik Aapke bCceko ivkl agta hE j Beik *pãriwk hSt 9p kl svaOe* |
- mQyt: nv yvko. / yvityo. ko A0r Ai2k kxl taOe slq ne me mdd krne val l svaOe j Beik *kam kaym me s.c.m`, samdayk shwaigta kaym, samdayk phæ kl svaOe ya dEnk kaym* |

- Aapko s mday me s hyog ke s a4 rhne me mdd dæ val l s v a O e j B e i k *Aavas ly s hyog s v a O e* |
- Aapko tk nkl,]pk r` , [l aj A0r pEa- mEDKl kl ivix *3 s v a A o. me mdd dæ val l s v a O e j B e i k *PADP (ivkl ag l ogo. ke il O]pk r` k ay m)* |
- Aapke Ai2k aro. ke s Mman v j ank arl pãPt krne me mdd dæ ke il O s v a O e j B e i k *vk al t v s t na s v a O e* |

ivkl ag l ogo. ke il O iml ne val l s v a A o. ke bare me A0r k B e j ana j a O ?

j bik bh t sl s v a O e ivkl ag l ogo. ke il O h E l è k n]nka pta l gana ya k 0n sl s v a A apke il O]ict h E]sko ! U na A asan nhl. h E | A0r k wl -k wl s v a O e pirpUR hotl h E A0r]nme p t l 9 a s t l hotl h E ya k wl -k wl Aapko pta nhl. cl ta ik ik sep v e ya k 0n sl s v a ke bare me p v e |

ya. hmne k v s v a A o. kl s t l dl h E ve s v a O e j o k htl h E ik yid Aapko j ãrt ho to Aapke il O d wai 80 ka pb2 k r g l |

Aapxas A0r bh s a S i tk Ovm\ d x j maml o. ke ivwag kl Anvad v d wai 8 ya s v a (TIS) Aa S i l ya me iksl wl Vyikt ya s S4a ko]pl B2 h E ij se d wai 8 ya s v a O e cai h O e | TIS idn ke 24 63 e s Ptah ke 7 idn]pl B2 h E |

TIS fon nMbr: 131450

piriS4ityo. A0r Aap iks se bat kr rhe h E [s Aa2ar pr Aapko f l s d al pD_ sk t l h E |

s i il k (Centrelink) j ank arl pãPt krne h t u pãrw krne ka Ok AC7a S4an h E |

s i il k fon nMbr: 131021

s i il k bhwa8ly fon k d / fon nMbr: 131202

3l 3l va{ fon nMbr: 1800810586

yid Aap Apne S4anly s i il k ke k aya R y me j a skte h E to Ok bat krne ke il O ivkl agta Ai2k arl AC7a Vyikt h E |

A0r Aapke il O k a n n v E 4 k y r i l k p o g a m wl Aarw krne ka Ok AC7a S4an h E |

k a n n v E 4 k y r i l k s i s fon nMbr: 1800052222

3l 3l va{ fon nMbr: 1800555677

wa8a- se wa8a p s ar` fon nMbr: 1800555727

Any ivkl agta j ank arl s v a IDEAS h E |

IDEAS ka fon nMbr: 1800029904

Aap bh s a S i tk ivkl agta vk al t s S4a (MDAA) ko wl fon kr skte h E jo Ag g l n bol ne val e p s # w l m (NESB) val e ivkl ag l ogo.]nke pirvaro. A0r de j wal k t a o. ke Ai2k aro. ko b l a v a d e l h E A0r]nkl r 9 a k r t l h E |

MDAA ka fon nMbr (02)98916400 ya 1800629072 h E