

Launch  
Edition

Don't  
believe  
everything  
you  
think

MAKE  
IT  
HAPPEN

THE IMPS - SMAARTR CHRONICLE

HAPPEN

JUNE 2026 ISSUE





FOUNDER'S

*f.o.u.*



# Founder's POV

**MONISHA, NAIRA & KEYA HATKAR**  
**FOUNDER OF IMPS - SMAARTR**  
**MOJO : MAKE IT HAPPEN**

There comes a point in every journey where silence begins to feel heavier than words. Where pain, hope, struggle, resilience, love, and survival can no longer remain hidden quietly within the heart.

Where experiences must turn into expression. Where intention must turn into action. Where stories must finally be documented, not for sympathy, not for validation, but for visibility, connection, healing, and impact.

That is the space from which **MAKE IT HAPPEN | The IMPS-SMAARTR Chronicle** was born.

What began as a deeply personal journey for me and my daughters slowly transformed into something far bigger than I had imagined. What once felt isolating began finding echoes in other lives, other struggles, other dreams, and other voices waiting to be heard. Somewhere along the way, strangers became supporters. Supporters became collaborators. Collaborations slowly began turning into a community.

**A real one.** A community built not on perfection, but on humanity.

Through this journey, I realised something that changed me forever, inclusion cannot be built by one person alone. Not by one organisation. Not by one initiative. It is built when ordinary people choose empathy over indifference, courage over silence, and participation over passive observation.

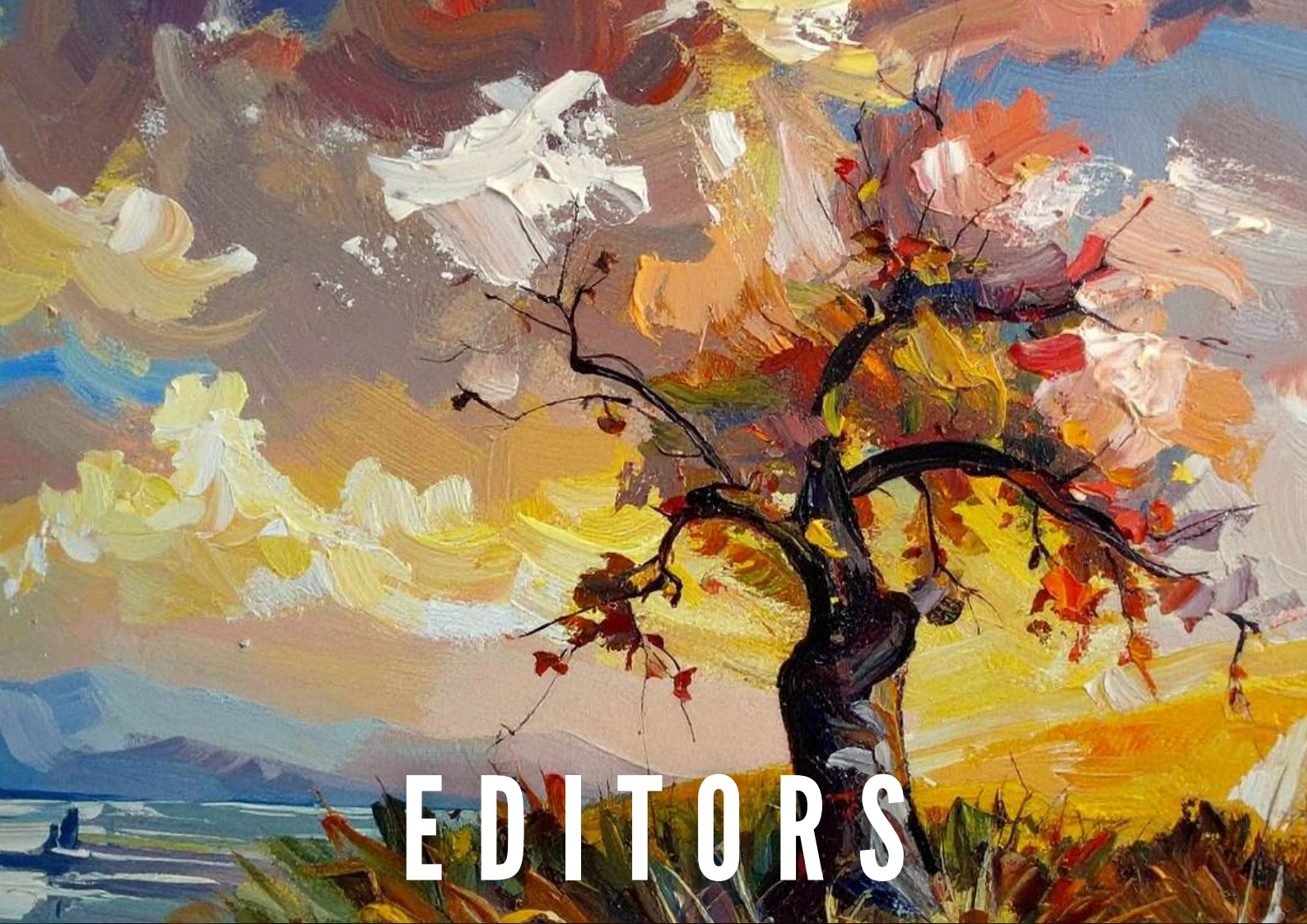
This Chronicle is not meant to be flawless.  
It is meant to be honest.  
It is a space for the unheard.  
A space for difficult conversations.  
A space for creativity, advocacy, vulnerability, resilience, and hope.

A space where journeys will be celebrated not because they are easy, but because they are real. Behind every page of this newsletter are lived experiences. Behind every initiative is emotion. Behind every effort is a quiet determination to create a world where people feel seen, valued, included, and understood.

Somewhere between advocacy and action...  
between exhaustion, hope, survival and purpose...  
between creativity and community...  
something beautiful is beginning to take shape, and every single person reading this is already a part of that story.

*Thank you for showing up, for listening and for believing that change is still possible.*

*Thank you most for choosing to walk beside us as we continue to...*



EDITORS

# *Pitch*



# Editor in Chief

**PALAK TRIVEDI**

**FOUNDER DIRECTOR OF ZEN ZONE  
WHERE EVERY STEP COUNTS**

## **BUILDING BEYOND BOUNDARIES: A VOICE OF INCLUSION, GROWTH & COMMUNITY**

Every meaningful movement begins with a belief, a belief that every individual deserves to be seen, heard, valued, supported, and empowered. **IMPS - SMAARTR** was built on this very foundation to create a community where inclusion is not just spoken about, but genuinely lived through compassion, collaboration, learning, and human connection.

To me, this newsletter is far more than a collection of updates or achievements. It is the heartbeat of our community. It represents stories of courage, moments of growth, shared learning, resilience, hope, and the collective strength of people coming together with purpose.

Every initiative we undertake, every workshop we conduct, every conversation we start, and every family or professional we connect with contributes toward something much larger, a movement that believes in possibilities over limitations and empowerment over barriers.

At **IMPS-SMAARTR**, our vision has always gone beyond creating programs. We aim to create meaningful impact that reaches children, families, educators, therapists, professionals, and communities in ways that truly matter.

Every child supported, every parent encouraged, every professional empowered, and every voice acknowledged becomes a part of this growing journey toward inclusion and transformation.

This platform is a space where experiences are shared openly, ideas are exchanged meaningfully, achievements are celebrated wholeheartedly, and voices from all walks of life are respected and valued. We strongly believe that real progress happens when communities grow together with empathy, awareness, acceptance, and purpose.

Through this newsletter, we hope to continue inspiring conversations, strengthening connections, creating opportunities, and building a future where every individual feels they belong.

Together, we are not simply building a community, we are building a movement rooted in inclusion, growth, compassion, innovation, and possibility.

To every family, child, professional, supporter, and contributor who continues to walk alongside us, thank you for being a part of this journey. Your stories, trust, strength, and belief are what make this community truly special.

**TOGETHER, WE WILL CONTINUE TO LEARN, INSPIRE, SUPPORT, EMPOWER, AND GROW.**



# Editor in Chief

**ARUN KOTHA**

**ENTREPRENEUR | AWARD-WINNING  
AUTHOR | ASIA BOOK OF RECORDS  
HOLDER**

Welcome to Make It Happen, a newsletter born from courage, resilience, inclusion, and the belief that every human being carries limitless potential within them.

At **IMPS-SMAARTR**, we believe that “I Am Possible” is not merely a phrase; it is a mindset that challenges limitations and inspires transformation. SMAARTR represents our commitment towards a mission rooted in compassion, empowerment, and collective action for individuals and families sailing through rare diseases.

This newsletter is more than a collection of articles and stories. It is a platform for voices that deserve to be heard, journeys that deserve to be shared, and ideas that deserve to inspire change. Through Make It Happen, we hope to build a community where awareness meets empathy, technology meets purpose, and challenges are transformed into possibilities.

We are surrounded by stories that remind us of the extraordinary potential of the human spirit. Across the world, countless individuals have overcome physical, social, and personal challenges to become innovators, artists, athletes, entrepreneurs, leaders, and changemakers. Their journeys teach us that limitations do not define a person's potential.

Perhaps the greatest barrier is not disability itself, but the assumptions we make about what people can or cannot achieve. There is no greater disability in a society than the inability to see a person as more... more than just a condition and more than the challenges they face.

At IMPS-SMAARTR, we believe every individual deserves the opportunity to dream, contribute, succeed, and be seen for who they truly are. When we try to understand without judging and replace barriers with bridges, we will create a beautiful world.

We also hope MAKE IT HAPPEN encourages us to look beyond labels and limitations. Every individual carries unique strengths, dreams, talents, and aspirations that deserve recognition and respect. True inclusion begins when we choose to see people for their potential rather than their challenges.

As the editor of this newsletter, I feel honoured to contribute to a movement that celebrates resilience in all its forms. In every edition, we will strive to highlight stories of determination, inclusion, innovation, and hope that remind us that even the smallest step forward can create meaningful impact.

Thank you for being part of this journey with us.

LET US CONTINUE TO LEARN, SUPPORT, INSPIRE, AND MOST IMPORTANTLY, **MAKE IT HAPPEN.**

**DID YOU SMILE TODAY?**



WE

*Make It Happen*



# Story Ft. Malvika Iyer

## *The Gift of Ability*

WRITTEN BY: **MEIRA HARIDASAN**

In a world where challenges often discourage people from moving forward, Malvika Iyer stands as a powerful symbol of courage and determination. She is not only a social worker but also a motivational speaker, author, and advocate for disability rights. Her life story inspires countless individuals to believe that no obstacle is too great to overcome. Through her strength and dedication, Malvika has transformed personal tragedy into a mission of hope and service for others.

Malvika Iyer's journey began like that of any ordinary child. She was bright, curious, and full of dreams. However, her life took a tragic turn at a very young age when she became a victim of a blast accident caused by a grenade. The accident left her with severe injuries, leading to the loss of both her hands and causing significant damage to her legs. What followed was a long and painful period of medical treatment, surgeries, and rehabilitation. For many, such a life-altering event would have ended their aspirations, but for Malvika, it marked the beginning of a new journey.

Education became one of the most important pillars of Malvika's life. Despite her physical limitations, she excelled academically. She completed her schooling with determination and went on to pursue higher education. Her achievements in academics proved that disability does not define a person's abilities or potential. Malvika's dedication to learning not only shaped her future but also set an example for others facing similar challenges.

Over time, Malvika transformed her personal experiences into a source of inspiration for others. She began to engage in social work, focusing particularly on the rights and inclusion of people with disabilities. She strongly believes that society must become more accessible and inclusive, ensuring equal opportunities for everyone. Through her work, she has raised awareness about the challenges faced by differently-abled individuals and has advocated for their rights at various platforms.

As a motivational speaker, Malvika Iyer has touched the lives of thousands. She delivers powerful speeches that encourage people to face their fears, overcome hardships, and believe in themselves.



Her words carry authenticity because they are rooted in her own life experiences. She often emphasizes that challenges are a part of life and that true strength lies in how we respond to them. Her speeches are not just about overcoming disability but about embracing life with courage and positivity.

In addition to her work as a speaker, Malvika is also an author and writer who shares her journey and insights through her work. One of her well-known books is "The Gift of Ability", where she narrates her life story and inspires readers to focus on strengths rather than limitations. Apart from books, she has written articles for reputed platforms such as The Hindu and other national publications, where she discusses disability rights, inclusion, and social change. Her writings are thoughtful and aim to change society's perspective towards people with disabilities.

Malvika's contributions have been widely recognized and appreciated through various awards and honors. She was named among the BBC 100 Women, a prestigious recognition celebrating influential and inspiring women across the world. She has also received the Nari Shakti Puraskar, one of the highest civilian honors for women in India, presented by the Government of India. In addition, she has been honored with awards such as the Red Ink Award for courage and has been invited to speak at several national and international forums.



What makes Malvika Iyer truly remarkable is her perspective on life. She does not see herself as a victim but as a survivor and a changemaker. She believes in focusing on abilities rather than limitations and encourages others to do the same. Her life teaches us that strength is not measured by physical abilities but by the courage to keep moving forward despite difficulties.

Today, Malvika continues to work tirelessly to promote inclusivity and empower individuals with disabilities. She collaborates with organizations, participates in awareness campaigns, and uses her voice to bring about social change. Her efforts have contributed to a growing recognition of the importance of accessibility and equal opportunities in society.

In conclusion, Malvika Iyer's life is a powerful example of resilience, determination, and service. Through her books, articles, and awards, she has reached and inspired people across the globe. Her story reminds us that no matter how difficult life may seem, with determination and a positive attitude, it is possible to overcome any obstacle and make a meaningful difference in the world.

# Story Ft. Om Jignesh Vyas

## Speak through Devotion

WRITTEN BY : **MONISHA HATKAR**

In a small home in Ahmedabad, silence once carried the weight of sorrow. For nearly eleven years after marriage, Om Jignesh Vyas's parents waited for the sound of a child's laughter to fill their lives. Every festival felt incomplete. Every family gathering reminded them of the emptiness they carried in their hearts. Relatives offered sympathy, neighbours whispered questions, and nights often ended in tears and prayers.

But instead of allowing pain to break them, they turned toward faith. With hope as their only strength, they undertook the sacred Kailash Mansarovar Yatra, one of the most difficult pilgrimages in the world. Through freezing winds, dangerous mountain paths, and exhausting journeys, they prayed to Lord Shiva with folded hands and trembling hearts. They asked for nothing except the blessing of a child. Soon after returning from the pilgrimage, their prayers were answered.

On September 12, 2006, Om was born.

To his parents, he was not just a son. He was "Shivaprasadi" a divine blessing gifted by Mahadev Himself. During the pilgrimage, they had passed the sacred Om mountain, and because his zodiac sign also began with the letter "O," they lovingly named him Om.

For the first time in years, their home was filled with joy. But happiness soon met heartbreak. As months passed, Om's parents noticed that he was not growing like other children. He struggled to move. His body remained weak. Doctors examined him repeatedly before delivering the devastating truth Om suffered from nearly 90% cerebral palsy and intellectual disability.

The words shattered the family.

Doctors explained that he would never live like an ordinary child. He would struggle to walk, speak, learn, or even perform basic daily activities. Reading and writing would remain impossible for him. His mother cried endlessly. His father stood silently, trying to hide his pain. The child they had prayed for after eleven years now faced a life filled with suffering. The world looked at Om with sympathy. Some people pitied him. Others quietly assumed he would never achieve anything meaningful.





But his family refused to give up on him. When Om was just six months old, his grandparents noticed something unusual. Ordinary lullabies could not calm him. Toys failed to attract his attention. But the moment they began reciting the Hanuman Chalisa, Gayatri Chalisa, or Sai Bavani, the restless child suddenly became peaceful.

His tiny eyes would focus. His breathing would slow. A strange calm would spread across his face. It was as if his soul recognised devotion before his mind understood words.

As Om grew older, something extraordinary began to unfold inside him. Though he could not read even a single letter, he started memorising Sanskrit verses simply by listening. Every shloka he heard stayed in his memory forever. His family would recite prayers near him, and within days, he would repeat them perfectly.

At an age when most children struggled to memorise poems from schoolbooks, Om began reciting sacred hymns with astonishing clarity. Slowly, the impossible became reality.

He memorised thousands of Sanskrit shlokas, all eighteen chapters of the Bhagavad Gita, and sacred scriptures like the Sundarkand from the Ramayan entirely through listening.

His family watched in disbelief.

The same child whom doctors believed would never learn was now reciting ancient scriptures that many educated adults struggled to remember. What the world called disability was slowly revealing itself as divine ability.

Yet life remained painfully difficult. Om still struggled with physical movement. Simple tasks required support. Travelling caused exhaustion and pain. Speaking clearly demanded immense effort. There were moments when his body refused to cooperate, when exhaustion overwhelmed him, and when his parents silently wondered how much suffering their son would have to endure.

But Om never complained.

There was no bitterness in his eyes. No anger toward life. Instead, he chose devotion over despair. As years passed, people began inviting him to spiritual gatherings and religious events. Sitting on stage with innocence shining across his face, Om would begin reciting sacred verses with remarkable confidence and purity.

Audiences often sat in stunned silence. Many people wept while listening to him. Some folded their hands in prayer. Others saw in him a reminder that miracles still exist.





Today, Om has performed on more than 1,000 stages across India without accepting a single rupee. For him, devotion was never a business. Every recital became an offering to God.

Despite severe physical challenges, he travelled more than 50,000 kilometres by train across the country. He completed the sacred Char Dham Yatra, visiting Yamunotri, Gangotri, Kedarnath, and Badrinath journeys that even healthy individuals struggle to complete.

Every journey tested his body, but his faith carried him forward. Recognition soon followed.

In 2016, Prime Minister Narendra Modi personally sent Om a letter appreciating his extraordinary talent and devotion. Former President Ram Nath Kovind honoured him with a shawl and requested a recital from him.

But beyond awards, applause, and recognition, Om's greatest achievement lies elsewhere. His story gives hope to parents raising children with disabilities. It gives strength to people fighting silent battles. It reminds society that human worth cannot be measured by physical perfection.

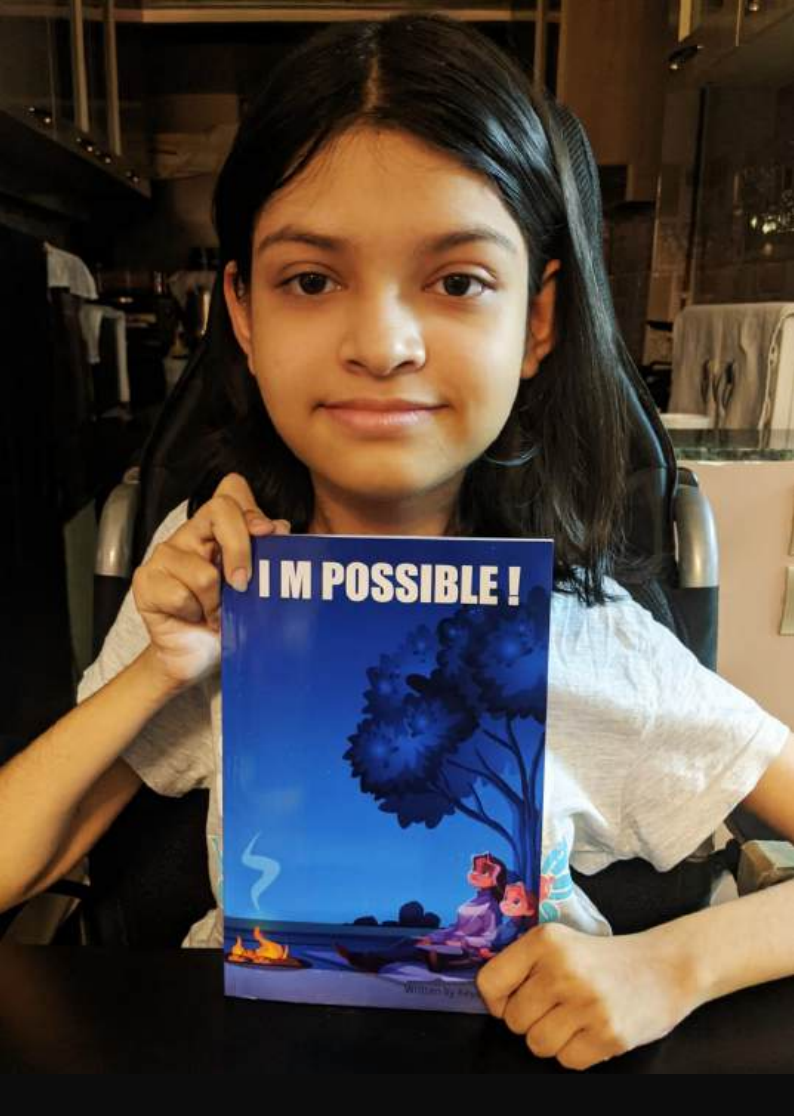
Om's life is not merely the story of a gifted child. It is the story of parents who refused to lose faith after years of heartbreak. It is the story of grandparents whose prayers shaped a child's destiny. It is the story of a boy who transformed suffering into spirituality.

Most importantly, it is the story of a soul that refused to surrender.

Om Jignesh Vyas teaches us that true strength is not measured by physical ability, academic success, or worldly achievement. Sometimes, the strongest souls are born in fragile bodies.

Sometimes, those who cannot walk steadily still guide thousands toward hope. And sometimes, when the world says "impossible," devotion quietly creates miracles.





## Story Ft. Keya Hatkar

# Flipping “Impossible” Into “I M Possible”

WRITTEN BY: **ARADHANA SEN**

Some people inspire through success. Others inspire through survival.

But once in a generation, a soul emerges that transforms pain itself into purpose, reminding the world that courage is not the absence of suffering, but the decision to rise despite it.

At just fifteen years old, Ms. Keya Hatkar has become one such extraordinary light.

Recipient of the prestigious Pradhan Mantri Rashtriya Bal Puraskar 2024, national and global award-winning author, TEDx speaker, disability inclusion advocate, podcaster, coder, digital artist, YouTuber, entrepreneur, and one of the Top 30 Global Disability Inclusion Advocates, Keya's achievements appear almost unbelievable for someone so young.

Yet beyond the accolades lies a far deeper story. A story not of comfort, but of resilience.

Not of privilege, but perseverance.  
Not of impossibility, but transformation.

Diagnosed at only ten months old with Spinal Muscular Atrophy (SMA), a rare and progressive genetic disorder, Keya entered life carrying a battle most adults would struggle to endure. SMA slowly weakens the muscles and nervous system, affecting the body's ability to walk, sit, move independently, or even perform basic daily activities.

For many families, such a diagnosis becomes the beginning of hopelessness. But Keya's life became the beginning of something else entirely. A revolution of spirit.

Behind every extraordinary child often stands an extraordinary parent, and in Keya's journey, that force has been her mother, a single parent whose unwavering faith became the foundation upon which Keya built her dreams.

Through emotional hardship, medical uncertainty, financial pressure, and social challenges, her mother stood beside her like a pillar that refused to collapse. She fought tirelessly for her daughter's treatment, dignity, education, and future. Together, they transformed survival into strength.





Despite severe physical limitations, Keya never allowed her condition to define her identity. While many saw disability, Keya chose to focus on possibility. And from that mindset emerged the philosophy that would eventually inspire thousands:

**“I M POSSIBLE.”**

The phrase became more than a title. It became her life’s message.

Keya discovered early that although her body carried limitations, her mind carried no boundaries. Encouraged by her English teacher, who recognised her literary talent, she began expressing herself through writing. Words became freedom. Stories became healing.

Her first major work, *Dancing on My Wheels*, inspired by her participation in a dance competition while using a wheelchair, won the Best Entrepreneur Author Award at BriBooks NYAF 2023-24.

Her second book, *I M Possible!* earned her the title of India’s No.1 Best-Selling Author at BriBooks NYAF 2023-24.

Through her writing, Keya gave voice not only to herself, but to every child who has ever felt unseen, underestimated, or limited by society’s expectations.

Keya did not excel only in writing. Keya evolved into a self-trained artist in both traditional and digital mediums, a coder, podcaster, YouTuber, and motivational speaker. At an age when most children are still discovering their hobbies, she was already building platforms for awareness, advocacy, and inclusion.

Her work earned recognition from across the country and beyond. She received prestigious honours including The Economic Times Author recognition, Global Kids Achiever’s People’s Choice Award, the Language Writer Award, and a Bronze Award at The Queen’s Commonwealth Essay Competition.

Then came one of the proudest moments of her young life.

In December 2024, Keya received the Pradhan Mantri Rashtriya Bal Puraskar from President Droupadi Murmu, cementing her place as one of India’s most inspiring young changemakers and making everyone in her life so proud. As she wheeled forward to receive this award, her Mother cried tears of happiness, thanking everyone who supported their journey thus far.





But what makes Keya truly extraordinary is not the number of awards she has received. It is the depth of compassion with which she chooses to live. Rather than becoming consumed by her own struggles, Keya with support from her Mother, dedicated herself to helping others battling SMA and rare diseases.

Together with her mother, she co-founded I M POSSIBLE & SMAART (IMPS) and SMAARTR, initiatives devoted to raising awareness, providing emotional support, financial empowerment to people living with rare conditions. Her advocacy also expanded into legal and policy awareness. Understanding the unbearable cost of life-saving SMA medicines, Keya became a voice demanding affordable healthcare access for rare disease patients in India.

Even Prime Minister Narendra Modi recognised her remarkable efforts and encouraged her mission. He reportedly directed the Ministry of Women and Child Development to translate her books into regional languages so awareness surrounding rare diseases could reach families across India.

Wherever Keya speaks, she leaves behind more than applause. She leaves transformation.

During one of her public seminars, she shared her deeply emotional journey before hundreds. She spoke not with bitterness, but with grace. She spoke of wheelchairs, surgeries, struggles, courage, and dreams. She spoke of resilience not as theory, but as lived truth.

Then came the words that silenced the room and awakened hearts:

“Don’t let your disabilities hide your abilities.”

It was not merely a motivational line.

It was her life condensed into one sentence.

As the seminar ended, Keya led the students in a powerful chant:

**“I M POSSIBLE!”**

And in that moment, the room transformed. Fear became hope. Doubt became determination. Those who entered as spectators left believing differently about themselves, about struggle, and about human potential.

That is the power of Keya Hatkar.

She reminds the world that strength is not measured by physical ability, but by the refusal to surrender. She reminds us that even fragile bodies can carry fearless souls.

And perhaps most importantly, she reminds us that life is not defined by the obstacles we face, but by the courage with which we choose to rise above them. At just fifteen, Keya Hatkar is not merely writing books. She is rewriting the meaning of possibility itself.





TRANSFORM

*Nation*



## Story Ft. Meenal Acharya

# Turning Pain into Palette

WRITTEN BY : **MONISHA HATKAR**

Some lives are lived quietly. Others become poetry carved through pain. Meenal Acharya's story belongs to the second kind.

Born in Kerala in 1992 to Mumbai-based Malayali parents, Chandra Acharya and Radha, little "Meenu" entered the world beneath anxious eyes and cautious silence. Before she could even understand language, her body had already begun speaking a difficult truth.

Diagnosed with idiopathic kyphoscoliosis caused by severe musculoskeletal deformities, her spine curved in ways that would shape not only her body, but the emotional landscape of her entire childhood. For her mother, every day became a prayer disguised as routine.

Radha held her daughter between fear and faith, hoping the fragile child in her arms would someday discover strength beyond suffering. But childhood was rarely gentle to Meenu.

In Pune, and later in Bahrain, school became a place where she learned early that the world notices difference before humanity. Children stared openly. Some mocked. Some bullied. Even kindness occasionally carried the quiet sting of pity.

So Meenu did what many wounded children learn to do she became perfect. Her handwriting became immaculate. Her colouring flawless. Her discipline unquestionable. She smiled softly, answered politely, and carried herself with quiet obedience, hoping excellence might protect her from rejection.

But behind that perfection lived loneliness. As adolescence unfolded, the ache deepened. While other girls experimented with fashion, confidence, and self-expression, Meenu hid herself within simplicity. Loose clothes concealed the body she feared would never belong in a society obsessed with perfection.

Mirrors became difficult companions. Yet somewhere beneath the shame, another self was waiting patiently to emerge. That transformation began through art.

When words failed her, pencils spoke. Sketches became emotional refuge. Colours expressed what silence could not contain. Every drawing became a conversation between pain and possibility.



Her talent slowly began attracting attention. School diaries filled with illustrations. Newspapers noticed her work. Medals accumulated quietly beside medicines and medical appointments. But for Meenu, art was never about recognition.

It was survival. Then came a teacher who changed everything. Anantha Krishnan entered her life not merely as a mentor, but as someone who recognised possibility where others saw limitation. He built her a tiny easel with wood and belief, and upon that fragile structure Meenu discovered freedom.

Oil paints transformed her life. Every brushstroke became rebellion against invisibility. Every canvas became proof that beauty could emerge from suffering without denying its existence.

Even after her mentor disappeared from her life, his faith remained behind like an invisible inheritance. Loneliness no longer arrived empty-handed. It brought resilience with it.

She painted through trembling muscles, through spinal pain, through nights when exhaustion consumed her body. Her first completed oil painting was not simply art.

It was resurrection. Returning to India after Bahrain brought another wave of struggle. Society demanded practicality. Art was dismissed as fantasy. Stability meant office jobs, predictable careers, and conventional success.

She faced exploitation, betrayal, and institutions that measured human worth through narrow definitions of ability. There were moments she nearly abandoned art entirely.

But destiny has a strange way of rescuing those who refuse surrender. At MAAC JM Road in Pune, mentors finally saw beyond disability and recognised her brilliance. Through digital art and 3D animation, Meenal learned to merge creativity with technology, imagination with discipline. She adapted without losing herself. And through that process, she discovered a truth many spend lifetimes learning:

Adaptation is not surrender. It is survival becoming wisdom.

Years later, at the age of thirty-two, Meenal travelled to Jaipur with her parents to receive her convocation robe the same robe she once feared wearing because visibility itself once terrified her. Standing beneath the desert sun wrapped in crimson fabric, something shifted within her forever. She was no longer Meenu, the frightened girl shrinking beneath judgment. She had become Meenal, the conscious woman who finally reclaimed herself.





Soon came exhibitions that carried her art beyond private struggle and into public light. "Feelings" at Darpan Art Gallery in Pune marked the beginning. Then followed Swapnachitra in Kozhikode, Altered Perceptions in Dubai, and the India Inclusion Summit in Bangalore.

With every exhibition, her voice travelled farther.

One of her most powerful works, Draupadi in Crimson, portrayed a crowned woman holding a blade above her head, fierce, wounded, divine. It mirrored Meenal herself: fragile in body, unstoppable in spirit.

Perhaps the most emotional moment arrived when visually impaired audiences touched the textured surfaces of her 3D paintings.

Watching blind individuals experience art through feeling rather than sight transformed her understanding forever.

Vision, she realised, belongs not only to the eyes, but to the soul.

Today, Meenal Acharya stands not merely as an artist, but as a living reminder that human beings are far greater than the limitations imposed upon them.

Her life speaks for those silenced by pity, judgment, and societal expectations. She transformed pain into palette, loneliness into meaning, and survival into art.

The little girl who once feared mirrors has now become one. A mirror reflecting resilience, fragility, courage, and hope back into the world.

And perhaps that is her greatest masterpiece of all, not the exhibitions, not the recognition, but the extraordinary courage to exist fully despite every reason the world gave her to disappear.



**Meenal Acharya**  
Art of Existence

*LOGO:*

*Not just a Logo, but her transitional journey.  
Meenal Acharya - Art of Existence.*



## Story Ft. Nagesh

# *Silence to Resilience*

WRITTEN BY: **ARUN KOTHA**

There are some people whose struggles are visible to the world, and then there are people like Nagesh, whose battles remain hidden behind silence, intelligence, kindness, and an often misunderstood mind.

At fifty years old, Nagesh carries within him both extraordinary brilliance and invisible pain. As a moving encyclopedia, a gifted Carnatic vocalist, a multilingual speaker, and a passionate learner, he can speak deeply about music, history, science, technology, philosophy, and world affairs with remarkable clarity.

He served as a Senior Software Engineer in several IT companies, both in India and abroad. His mind absorbs knowledge endlessly. Yet, the same mind that understands complex ideas also struggles with everyday life in ways society rarely notices or understands.

For years, Nagesh has lived with Major Depressive Disorder and Obsessive Compulsive Disorder. The psychiatric medication he consumed has a severe toll on his health. Chronic insomnia stole his nights, while mental exhaustion consumed his mornings. He often endures severe pain and stiffness in his head and neck, despite doctors finding no physical cause.

He could spend hours deeply immersed in thought, music, or knowledge, losing all sense of time. Deadlines slipped away not because he lacked sincerity, but because his mind worked differently. Simple daily tasks that others perform effortlessly often become overwhelming challenges. Yet society, which measures worth through speed, productivity, and social conformity, rarely saw the gentle, intelligent, and compassionate human being behind these struggles.

Life tested him further through heartbreak. After marriage, emotional conflicts and family tensions slowly tore apart the stability he hoped for. Eventually, the marriage ended in separation and divorce. Soon after, his former wife remarried, leaving their young son, Aditya, behind. What followed were years of painful legal battles of Nagesh against his in-laws for the custody of Aditya.

Many people battling severe mental illness collapse under the weight of such circumstances. Nagesh did not.



Despite depression, loneliness, insomnia, emotional trauma, and social misunderstanding, he continued moving forward quietly, patiently, and with dignity. Years later, he finally won custody of Aditya and began raising him alone as a single father.

The part of his story that deserves to be remembered is not the suffering. But his resilience.

Nagesh's life reminds us that inclusion is not merely about offering sympathy. True inclusion means recognizing the humanity, intelligence, and dignity of people whose minds function differently from societal expectations.

It means understanding that a person may struggle to manage time, perform routine tasks, or navigate social situations, while simultaneously carrying immense wisdom, creativity, and compassion within them.

Today, Nagesh and Aditya continue to live a quiet life filled with music, reading, learning, and caring for each other.

Nagesh may not fit society's standard definition of success, but his journey reflects something far more meaningful: the courage to continue living with kindness despite the obstacles.

Some people survive by becoming harder. Nagesh survived by remaining gentle. And perhaps that is his greatest strength of all.





# Story Ft. Navneet Kulkarni

## Power of my Words

**NAVNEET KULKARNI**

**AWARD WINNING NON-VERBAL  
AUTISTIC AUTHOR**

I am Navneet Kulkarni, a self-published and award-winning author, poet, blogger, autism advocate, and nature enthusiast. I believe in myself and my intuitive mind. I am a neurodivergent person, so I see the world from a different angle. "Like me or hate me, it is none of my business" is the wisdom of my words and my life mantra.

My journey into the world of words is fueled by my passion for writing, coupled with the intuitive musings of my mind and unwavering support from my parents. Being a neurodivergent person, I always hammer my thoughts towards building an inclusive society. As a daydreamer, I find inspiration in the simple joys of life, including watching birds, listening to their songs, connecting with nature, humming along with the avian melodies, and indulging in soothing music. My aspirations extend beyond personal fulfillment; I aspire to make a meaningful difference in the lives of others, especially those in need, and create a lasting legacy of compassion and understanding.



'Non-speaking is Non-thinking' is a misconception, a myth I wanted to change in society. I am a non-speaking autistic, but my voice is more powerful. People believe that gesture is the only mode for communication, people related my gestures to behavioral disorder, my feelings and emotions were judged in the wrong way, giving the label of a boy with anxiety disorders, a boy with tantrums, a mad boy, and a bad boy.

My brain is filled with many thoughts, but decoding them through speaking was very challenging and complex. Speech is a motor action, and communication is a cognitive action. Combining these two things forms an oral way of communication. The connection between the left and right hemispheres of the brain is important for speech and language development, but when a person is dealing with complexities, channelizing the right and left hemispheres of the brain affects a person's speaking abilities.

The reason for rendering was unlimited thought. I used to wake up at midnight and walk like a fox to deal with my thoughts. Gestures were limited only to need-based communication. Nightmares held my mind for getting out of the trap, because I was not able to express my dreams through gestures. Being a non-speaker was not my fault, but being non-communicative made me a dead ghost, my tree of knowledge buried under emojis.



Being rescued from the brutal behavior of people today, I am able to fight for my self-advocacy. RRR is my icon, Revolve, Refold, Recreate. I am helping the community by giving my insights to know more about non-speaking autistics. RRR (Revolve, Rescue, Recreate): Revolving towards building inclusive communities, Rescuing non-speakers from getting harassed, and Recreating a holistic approach is my icon.

“Acceptance is not just saying I am there for you. Acceptance is dealing effectively with diversity.” More than understanding, I wish people to respect me as I am. Once people start respecting neurodivergent people, then the real inclusion begins.

Non-speaking autistics are not meant to learn academics because they cannot speak, or are not able to write is the mindset of the people. But I proved it wrong. When I was around eight my mother used to teach me functional academics through flash cards, educational apps, writing was a big challenge for me as I am struggling with motor challenges.

My mother introduced typing for learning academics then slowly it turned to communication, I started expressing my day to day needs, feelings, emotions through typing on tablet and pointing on letter board which I created and customized to my need.

My wisdom of words turned into a powerful voice for spreading inclusion of AAC, i.e., alternative, augmentative communication. The author in me came out bringing more unique perceptions, thoughts with beautiful articles, poems. I tried to spread spiritual knowledge in society with my wisdom of words.

Desperately, I want non-speakers to get an education, because learning verbal education is freedom of speech for non-speakers. Being a non-speaker, I make gestures with my hand and reader in mind, and together it forms a verbal communication.

My reader in mind is always in a hurry to decode information, but my fingers are a little slow for expressing, this is the sad reality we are dealing with. I want people to understand non-speakers' way of communication through AAC. My abbreviation of AAC is 'Allow All To Communicate' because communication is every human being's right.

Speech is a form of communication where oral motor skills are used by a person to express thoughts and needs, whereas communication is a complete process of understanding language and decoding it in different modes in the form of verbal and non-verbal means of communication. Communication is not likely to happen only through speech. I want to make this fact aware in society. A person who uses words to describe an action orally or in a written form is called verbal, so people should know the difference between verbal and nonverbal. Here, I would like to suggest some tips for AAC users.

- \* Don't feel that using AAC is stopping you from speaking orally
- \* Grow with AAC using multi-model means of communication
- \* Connecting with people using AAC is more comfortable than speaking orally.
- \* Make your life easier with communication

So, last but not least, I want to tell non-speakers that people will see our talent when we become more expressive. Communication is the key to exposure; do not lose hope with skeptics.



## Story Ft. Aarav Trivedi

# Quiet Storyteller: Turning Silence into Strength

### AARAV TRIVEDI

**AWARD WINNING AUTHOR THRIVING WITH AUTISM.**

There are some stories that arrive loudly, demanding attention from the world. And then there are stories like Aarav Trivedi's soft, thoughtful, and deeply meaningful stories that do not need to shout because their truth quietly reaches every heart they touch.

At just fifteen years old, Aarav Trivedi, a student of La Senda Global Academy, has already achieved something extraordinary. He is the author of nine books, a young poet, storyteller, and creative voice who is steadily inspiring readers across different ages and communities.

As an autistic author, Aarav is not only writing books; he is helping the world understand neurodiversity through honesty, imagination, and compassion.

Aarav's journey began long before awards, publications, or recognition. It began in the quiet corners of childhood in moments that others may not have understood at first. He was a child who found comfort in patterns, colours, sounds, and small details that many people overlooked. While the world often moved too quickly around him, Aarav observed it differently, gently, deeply, and with remarkable sensitivity.

His mother, Palak Trivedi, an educator specializing in Special Education, remembers those early years clearly. Aarav rarely responded to his name, avoided eye contact, and could spend long hours watching the spinning wheels of a toy car. Yet behind those silent moments was a child with an incredibly rich inner world. After years of understanding and observation, Aarav was formally diagnosed with autism in Grade 5. Rather than becoming a limitation, the diagnosis became a doorway, a way for his family to better understand the beautiful uniqueness of his mind.

For Aarav, words became more than language. They became comfort. They became connection. They became freedom. When Writing Became a Voice.

The turning point came during a storytelling competition in Grade 2. While many students narrated familiar stories, Aarav chose to create his own. His story carried emotion, structure, imagination, and sincerity far beyond his years. That day, he won first prize, but more importantly, he discovered something powerful within himself.

Writing slowly became his safest and strongest form of expression. When conversations felt difficult, stories spoke for him. When emotions felt too large to explain, poetry carried them gently onto paper.

During the Covid-19 lockdown, Aarav spent hours filling notebooks with poems, reflections, and stories inspired by his thoughts and observations. Many of these writings were later published in magazines and platforms that encouraged young voices and creativity.



His first book, *Window To My World*, became exactly what its title promised, a sincere glimpse into his inner thoughts, emotions, and imagination. The book introduced readers to a young mind that viewed the world with unusual depth and quiet beauty. Soon after came *Jolly the Giraffe*, a warm and heart-touching story that reflected Aarav's innocence, kindness, and creativity.

From there, his literary journey only continued to grow. Each new book carried pieces of Aarav himself, his observations of nature, his emotional sensitivity, and his ability to discover meaning in the smallest details: the sound of rain against a window, the leaning branches of a tree, the silence of an afternoon breeze, or the comfort hidden in ordinary moments.

*Creating Without Pressure*. What makes Aarav's writing truly special is its honesty. He does not write to impress people. He does not write for attention or applause. He writes because his heart has something to say.

For Aarav, creativity is never forced. Stories arrive naturally, often inspired by personal experiences, emotions, nature, and the world around him. His latest writings, created from the perspective of a neurodivergent child, explore themes of empathy, environmental care, emotional resilience, and acceptance. Every page reflects authenticity and perhaps that is why readers connect so deeply with his work.

### **A Journey Filled with Recognition**

Over the years, Aarav's quiet voice has reached remarkable milestones. His work has been recognized through several prestigious awards, publications, and achievements, including:

*RobinAge Bright Sparks Award (2023–2024)*

*Literoma Junior Star Award (2024)*

*Bribooks Writing Medals*

*Window To My World (2023) Bribooks*

*Jolly The Giraffe (2024) Bribooks*

*Media Waves Young Talent Award (2025)*

*Future Icon Award 2025 – Inspiring Young Poet – Qidz UAE Talent Hunt*

*Talent X Kids Achievers Awards (TKAA) Season 5 – Autistic Author Prodigy*

*Golden Wings Book Award 2026 – Winner for Window To My World*

*Golden Wings Book Awards 2025 – Jolly The Giraffe*

*Runner Up – Best Poem of the Year 2025 – Beyond The Box*

*Einstein World Records Participation for reciting his own poem*

*Story publication in Khaleej Times*

Featured works in *Beyond the Box*, *Zoomerang*, *RobinAge*, and *Spectrum Autism Awareness Project*. Most recently, Aarav received the prestigious *International Excellence Author Award 2025*: a recognition that celebrates not only his literary achievements but also his contribution toward spreading awareness about inclusivity, neurodiversity, and creative expression. For many, these awards represent success.

For Aarav, they represent something even more meaningful, proof that differences can become strengths when nurtured with understanding and belief.



### **A Heart That Wants to Give Back**

Beyond books and awards, Aarav carries something even more inspiring: kindness. He actively contributes to the Kitaab Organisation, an NGO that helps provide books and educational resources to underprivileged children. To Aarav, this effort is deeply personal. He understands what it feels like to feel unseen or misunderstood, and through his contributions, he hopes to help other children feel valued, supported, and encouraged.

His journey reminds us that true success is not measured only by achievements but also by empathy.

### **A World Full of Creativity.**

When Aarav is not writing, he enjoys exploring other forms of creativity. He loves painting, baking, playing the piano, and listening to calming music. Each activity gives him another way to express himself and connect with the world around him.

His future remains beautifully open-ended perhaps as a full-time writer, perhaps an artist, perhaps a baker, or maybe all of these together. What matters most is that he continues to grow in a world where he feels accepted, understood, and free to be himself.



### **Redefining What It Means to Shine**

In today's fast-moving world, people often associate success with being the loudest voice in the room. But Aarav Trivedi reminds us that quietness can also carry extraordinary strength. His journey is not simply about writing books. It is about resilience, acceptance, patience, creativity, and the unwavering support of a family that chose understanding over fear. It is a story that encourages society to look beyond labels and recognize the brilliance that exists within every neurodivergent mind.

Aarav's words continue to touch hearts because they come from a place of sincerity. Through every poem, every story, and every page he writes, he gently teaches the world an important lesson: Being different is not something to hide. Sometimes, it is the very thing that makes someone extraordinary. And perhaps that is Aarav Trivedi's greatest achievement of all, showing the world that stories do not always need to roar to create change.

Sometimes, they only need to whisper softly... and the world will still stop to listen.



GUEST

*Scribes*



# Inclusive Education

## *Impact of Technology*

**NACHAMMAI**

**PASSIONATE EDUCATOR AND  
LIFELONG LEARNER**

In today's rapidly changing world, technology has become an inseparable part of everyday life. From communication and banking to healthcare and education, digital transformation is shaping the future of society.

Among all sectors, education has witnessed one of the most meaningful changes through the integration of technology. Inclusive studies and technological advancements together are creating a learning environment that is more accessible, engaging, and effective for both teachers and students.

Inclusive education focuses on providing equal learning opportunities to every child, regardless of their abilities, background, learning pace, or social differences. In earlier times, educators faced many challenges in meeting the individual needs of students within a classroom.

However, the introduction of modern educational technology has significantly supported teachers in creating inclusive and student-centered learning environments.

As an educator and a regular user of internet-based systems, I strongly believe that technology does not increase teachers' workload; instead, it reduces work pressure by nearly 20 to 30 percent when used effectively.

Digital tools help teachers manage lesson planning, assessments, attendance, communication, classroom activities, and student progress more efficiently. Platforms such as smart boards, educational applications, AI-based learning tools, online assessments, and digital worksheets save time and allow teachers to focus more on meaningful teaching and student interaction.

Technology also supports differentiated learning. Every child learns differently, and modern educational tools make it easier to address individual learning needs. Visual learners can benefit from videos and animations, auditory learners from recorded lessons, and kinesthetic learners from interactive activities and simulations. Students with special educational needs can also access customized resources that improve participation and confidence in learning.



The internet and modern systems have transformed traditional classrooms into interactive learning spaces. Teachers can now access global educational resources, collaborate with educators worldwide, attend professional development programs online, and continuously improve their teaching methods.

Artificial Intelligence, educational games, virtual learning platforms, and assessment tools help in making learning more engaging and effective.

However, the successful implementation of technology in education depends greatly on teachers' willingness to adapt and upskill. In the modern era, educators must continuously learn new technologies and update their digital competencies.

Upskilling is no longer optional; it has become essential for professional growth and quality education delivery. Teachers who embrace technology can improve not only classroom learning but also their own quality of life by reducing stress, improving time management, and enhancing work efficiency.

Technology should not replace teachers; rather, it should empower them. The human connection, emotional understanding, and guidance provided by educators remain irreplaceable.

Technology acts as a supportive tool that enhances the teaching-learning process and helps educators perform their roles more effectively.

The introduction of technology in education is not merely a trend but an adaptation to the needs of the new era. Today's students are digital learners growing up in a technology-driven society.

Therefore, educational institutions must integrate modern tools responsibly to prepare students for future challenges and opportunities.

In conclusion, inclusive studies and educational technology together are shaping a more progressive and accessible education system.

By adopting modern technologies, educators can reduce workload pressure, improve teaching quality, and create inclusive learning environments where every child receives the opportunity to succeed.

Continuous learning, adaptability, and openness to innovation are the keys to transforming education for the future generations.





## Technology Check

# Learning to Code Today : Need or an Option ?

**CHIDAMBARA SINGH**

**SENIOR EDUCATOR & CURRICULUM HEAD AT MINDCHAMP**

AI has become the most used acronym nowadays. I have not verified this but it is definitely the buzzword. The next term we think of is "coding" as it seems to be the next logical block in the flowchart after AI.

How much related AI and Coding are, we need not discuss this as most of us already know that coding is at the backend which makes AI run. But how important it is to learn coding with respect to AI is something we can surely discuss.

There are a plethora of articles on this in the media now, still I would like to put my views about it too.

AI is shaping our world today, not only your or my life as an individual. It is the base of many events that we are witnessing today globally. As a commoner, we cannot shy away from this technology.

The good part is even if you are not from a programming background, you can still use AI to ease a few things in your daily life and can save some time and effort.

The tools available out there need a small learning curve and bang on, you are there to create some really well curated content for your purpose. Here you accept what AI gives you as is, after a few iterations of prompting.

On the other hand, if you wish to use AI to create something in your technical field, some basic knowledge of coding is always useful and comes handy in asking the AI to create what is in your mind.



Here we come to the point where thinking should still be done by us and not AI. Youngsters should learn the basics of coding as a "skill" which in today's world is as important to know as swimming or cycling.

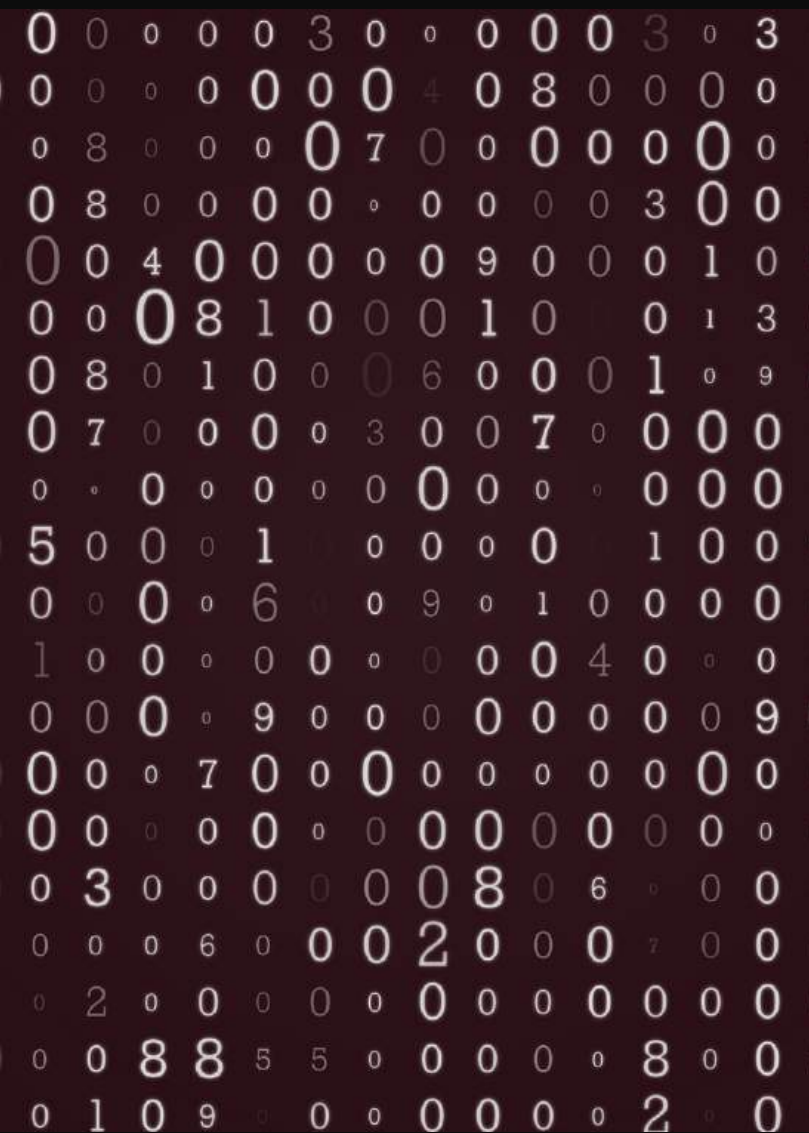
If a 20 year old knows how a website is made from scratch, and he also knows what exactly he wants to build as a product, he is in a much better position to ask AI to make it for him.

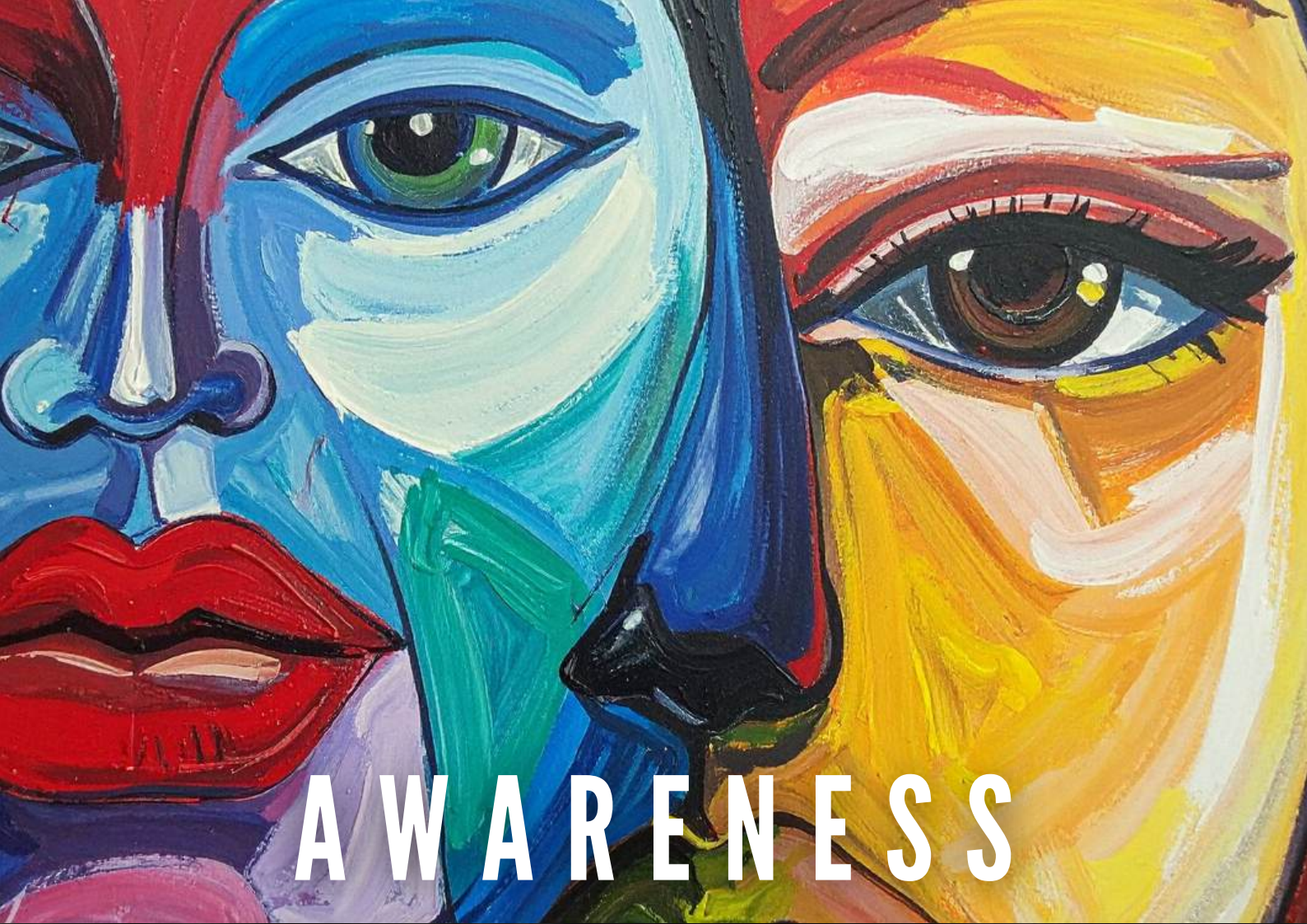
To tweak the features of the website, he can always give a prompt to do the changes. But even prompting has costs.

As you go deeper into creating a product, you get more involved in the error - fix - error - fix cycle with the AI model because of its limitations.

Here, knowledge of coding becomes handy and you can try to fix the error in the code yourself which might be just a small tweak as small as making that Opacity value from 0.1 to 0.3 for an image in your website.

The AI models are also becoming smarter each day. The balance of getting tasks done by yourself vs doing them by using AI has to be there so that we are still creatively smart. Let AI be something that empowers, but doesn't overpower you.





AWARENESS

*Quotient*



# Mental Health Check

## *Why do Suicidal Thoughts Arise?*

**NAVNEET KULKARNI**

**AWARD WINNING NON-VERBAL  
AUTISTIC AUTHOR**

May is recognized as Mental Health Awareness Month, a time to speak openly about struggles that are often hidden behind professional success, social status, and quiet resilience.

In my previous writing, I explored mental illness. This time, I want to address something more complex and sensitive, i.e., suicidal thoughts, especially among those we assume are the strongest: doctors and healthcare professionals.

We are increasingly witnessing doctors individuals who dedicate their lives to saving others losing their own battles with mental health. This raises a difficult question: What is missing?

### **The Hidden Burden Behind the White Coat**

There is a common myth that doctors are mentally strong, almost immune to emotional suffering. But doctors are human first. They work in environments of: **Constant pressure and responsibility**

Long, exhausting hours, exposure to suffering, death, and grief, fear of making life-altering mistakes, and social expectations to “stay strong”.

Over time, these factors can lead to burnout, depression, anxiety, and emotional exhaustion. Many doctors hesitate to seek help due to stigma, fear of judgment, or professional consequences.

### **Why Suicidal Thoughts Happen?**

Suicidal thoughts are rarely caused by a single factor. They often arise from a combination of:

- Untreated mental health conditions like depression or anxiety
- Chronic stress and burnout
- Emotional isolation : feeling unheard or unsupported
- Loss of meaning or purpose
- Perfectionism and self-criticism
- Neurobiological factors (such as imbalances in brain chemistry, including neurotransmitters like dopamine and serotonin)



When emotional pain becomes overwhelming and feels endless, the mind may begin to see escape as the only option not because a person wants to die, but because they want relief from suffering. The Silence Around Pain.

After a tragedy, society often focuses on how someone died rather than why they were hurting. Conversations turn into speculation instead of compassion.

We must change this. Instead of judgment, we need understanding. Instead of silence, we need safe spaces to talk, because behind every professional title is a human being carrying invisible emotions.

### **Rethinking Success and Happiness**

Today, many people chase success, cars, houses, financial security while silently carrying emotional pain. But what is the value of success if mental well-being is neglected?

*"We love life when there is love in life. When love is missing, we don't love to live, we survive."*

### **Breaking the Myth**

Strength Includes Vulnerability, Seeking help is not a weakness. Sharing feelings is not failure.

Doctors, like everyone else, need emotional support, rest, and care. If those who heal others are suffering, it is our collective responsibility to support them as good human beings.

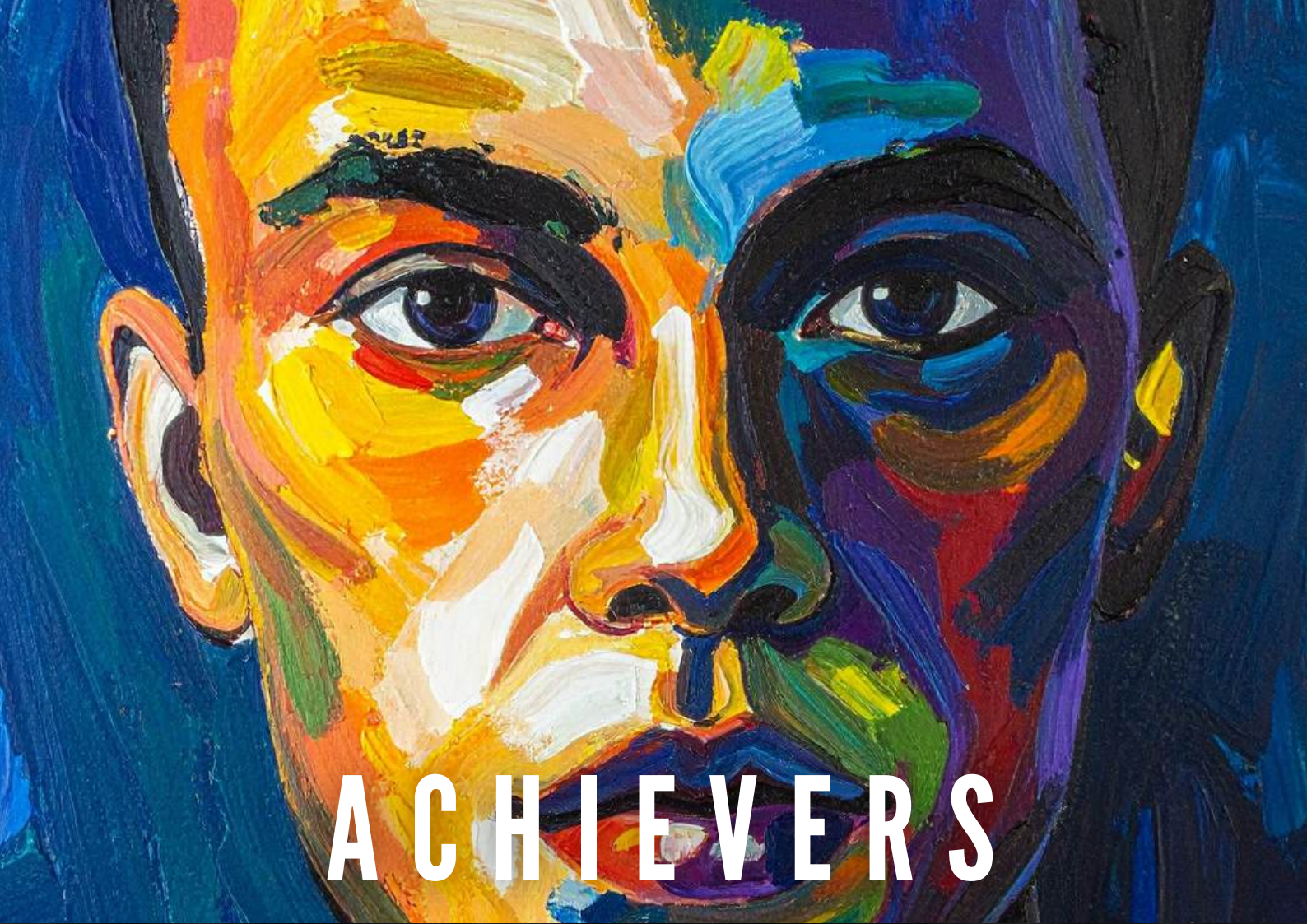
### **A Call for Compassion and Self-Care**

- Mental illness should never be hidden behind masks.
- Talk to someone you trust
- Practice self-care without guilt
- Normalize therapy and emotional expression
- Offer kindness because you never know what someone is carrying
- Self-love is not selfish it is essential.

### **A Final Thought:**

We are not robots. We are human beings with emotions that need to be expressed, not suppressed.

Let us build a world where healing is not just given to patients but also to those who care for them. Hold my hand I will take you to a world where love, understanding, and compassion lead the way.



ACHIEVERS

*Bench*



## GIRL OF THE YEAR

Keya Hatkar | [www.keyafightssma.in](http://www.keyafightssma.in)  
 Kianni Jackson | [www.neurodivergentempowered.com](http://www.neurodivergentempowered.com)  
 Maryam Jazeem | [www.maryamjazeem.com](http://www.maryamjazeem.com)  
 Mayanshi Parthasarathi |  
 Renad Baomar |  
 Shaima Sharafath Yoosuf |  
 Sophie Shumack | [www.sophieshumack.com](http://www.sophieshumack.com)  
 Wakisa Chikadza |

## Achiever's Bench

# Women Changing the World : Girl of the Year Award 2026

**KEYA HATKAR : RECIPIENT OF PRADHAN MANTRI RASHTRIYA BAL PURASKAR 2024**

Some moments feel bigger than awards. This is one of those moments.

When Keya Hatkar was diagnosed with Spinal Muscular Atrophy as a baby, nobody could have predicted the journey that lay ahead.

A journey filled with challenges, barriers, and countless moments where the world seemed unprepared to understand her reality.

Yet, instead of allowing those circumstances to define her, Keya chose to write her own story.

From a young girl finding her voice through words, to becoming a three-time national and global bestselling author, TEDx speaker, advocate, and changemaker, she has continued to prove that limitations do not define potential. Today, that journey has been recognised on a global stage.

We are incredibly proud to share that Keya has been awarded the Silver Award (2nd Place) at the Women Changing the World Awards 2026 in Paris, France. 🇫🇷.

For many, this may be another award. For us, it is a reminder of every challenge overcome, every doubt silenced, every late night spent believing in a dream that seemed impossible to others.

This recognition belongs not only to Keya, but also to every rare disease warrior, every child who has ever felt different, every parent who refused to give up, and every person who continues to choose courage over circumstance.

At IMPS - SMAARTR, we often say that inclusion is not about making space for people. It is about recognizing the value they already bring.

Keya's journey is proof of that. She did not change herself to fit the world. She is helping change the world to become more inclusive, compassionate, and human.

**[Congratulations! Keya.](#)** (Click Link to view list of winners)

Her story reminds us that the most powerful journeys are not measured by the obstacles we face, but by the lives we touch along the way.

And this is only the beginning.



# ARTIST'S CORNER

*Shilpkar*



## Artist Corner

# Colours of Debarghya

**ARTIST : DEBARGHYA**

**DEBARGHYA IS A 20 YEAR OLD ON AUTISM SPECTRUM.  
ART IS DEBU'S PASSION AND PROFESSION.**

*Serene Forest  
2 ft x 4 ft  
Acrylic on Canvas Roll*

Fondly known as Debu, is a young artist on the autism spectrum who loves painting abstracts and landscapes. Art is Debu's way of connecting to the world around him and channeling his abundant energy.

Starting his art journey 5 years back in an art class in Gurugram, India, Debu has already made his dent in the professional art world.

Debarghya has participated in many National and International Exhibition, has sold art pieces in India and abroad. Debarghya got Art for Inclusion Fellowship by Indian Inclusion Summit in 2023. In 2024, he has won Kalasamman Award by Kalagram Society, Gurugram.

Fingerprint of Debarghya's art is bold strokes of bright colours and ample details. Debarghya has difficulty in understanding complex verbal instructions. But like a sponge, he absorbs what's demonstrated and gives it a unique twist.

Links to follow:

<https://www.facebook.com/colorsofdebarghya>

<https://www.instagram.com/colorsofdebarghya/>



## Artist Corner

*S. B. Arts*

*Light of Hope  
Oil Pastels on Paper  
Available in prints of desired size.*

### **ARTIST : SWARNAVA BERA**

**SWARNAVA IS A TALENTED ARTIST THRIVING WITH SPINAL MUSCULAR ATROPHY.**

Having secured 95% in her 12th board exams, followed by an all India rank of # 807 in the tough NEET entrance exams, today Swarnava is pursuing her graduation, majoring in human physiology. She would have happily accepted a seat in a medical college, had she not been denied one.

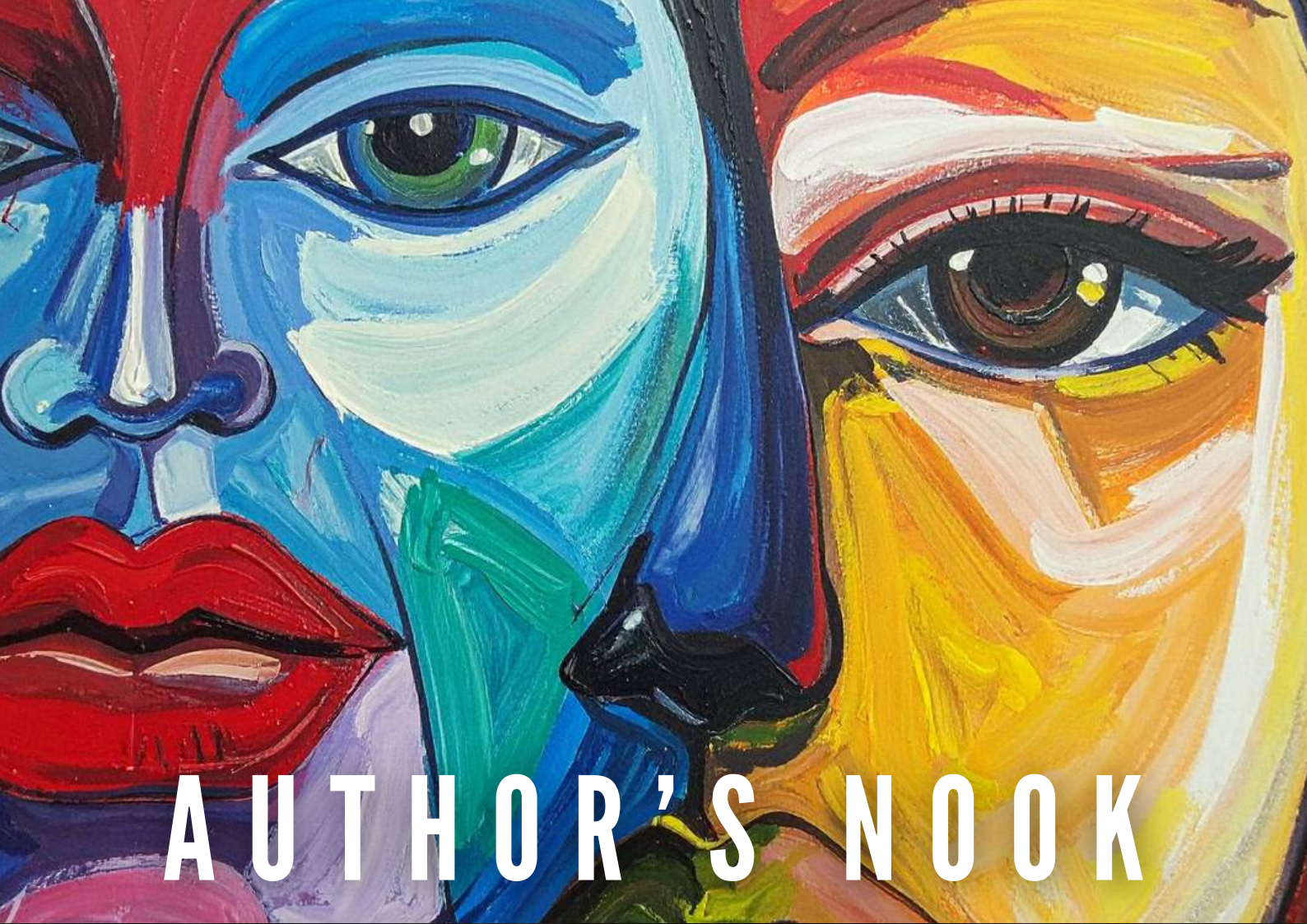
Some day in the near future, Swarnava aspires to research into finding cures for rare diseases, one of which has bound her to a wheelchair, called Spinal Muscular Atrophy, since she was just 10 years old.

Swarnava has been thriving with pure grit, winning awards regularly, both at the district and state levels for her artistic talent and academic excellence. Young and determined adults like Swarnava, hold the light and are gracefully showing the way to the aspiring young children from the rare disease community in India, giving them HOPE all the way.

Links to follow:

<https://www.instagram.com/bera.swarnava/>

<https://www.facebook.com/profile.php?id=100034461443297>



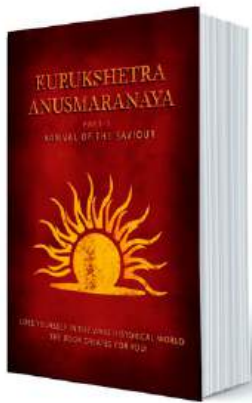
AUTHOR'S NOOK

*Akshar*

VIRTUAL  
**BOOK LAUNCH**

**KURUKSHETRA  
ANUSMARANAYA**  
PART 1. ARRIVAL OF THE SAVIOUR

"In 250 BC, a war mathematician embarks on a quest to solve a distant kingdom's mathematical riddle, uncovering parallels to the Kurukshetra war and a revelation that challenges the very foundations of Hinduism."



SCAN ME



PLATFORM

MAKE IT HAPPEN | THE IMPS - SMAARTR CHRONICLE

Arun Kotha

**KURUKSHETRA  
ANUSMARANAYA**

PART-1  
ARRIVAL OF THE SAVIOUR



LOSE YOURSELF IN THE VIVID HISTORICAL WORLD  
THE BOOK CREATES FOR YOU!

**Book Launch**  
*Kurukshetra*  
*Anusmaranaya:*  
*Arrival of the Saviour*

**ARUN KOTHA**

**ENTREPRENEUR | AWARD-WINNING  
AUTHOR | ASIA BOOK OF RECORDS  
HOLDER**

In 250 BC, a brilliant war mathematician embarks on a quest to solve a mathematical riddle posed by a distant kingdom. As he delves deeper, he draws striking parallels to humanity's greatest war, the Kurukshetra. His quest leads to a serendipitous revelation challenging the very foundations of the history of Hinduism.

Will Suhar solve the mathematical challenge? What parallels will he draw to the Kurukshetra war? What revelation is he going to make that shakes the foundations of Hinduism?

**BOOK LINK : AMAZON**

<https://www.amazon.in/dp/B0DSJG1FSV>

**AUTHOR'S NOTE :**

From Dream to Realization - Kurukshetra Anusmaranaya

Storytelling, for me, has never been merely a creative pursuit. It has become a journey of endurance, research, faith, and resilience.

I am Arun Kotha, the author of the historical and mythological fiction series Kurukshetra Anusmaranaya: Arrival of the Saviour and Secret of Avatara.

Deeply inspired by mythology, philosophy, ancient civilizations, linguistics, and the suffering endured across human history, my work attempts to blend fiction with extensive cultural and historical research to explore themes of unity, compassion, and humanity's timeless search for truth.

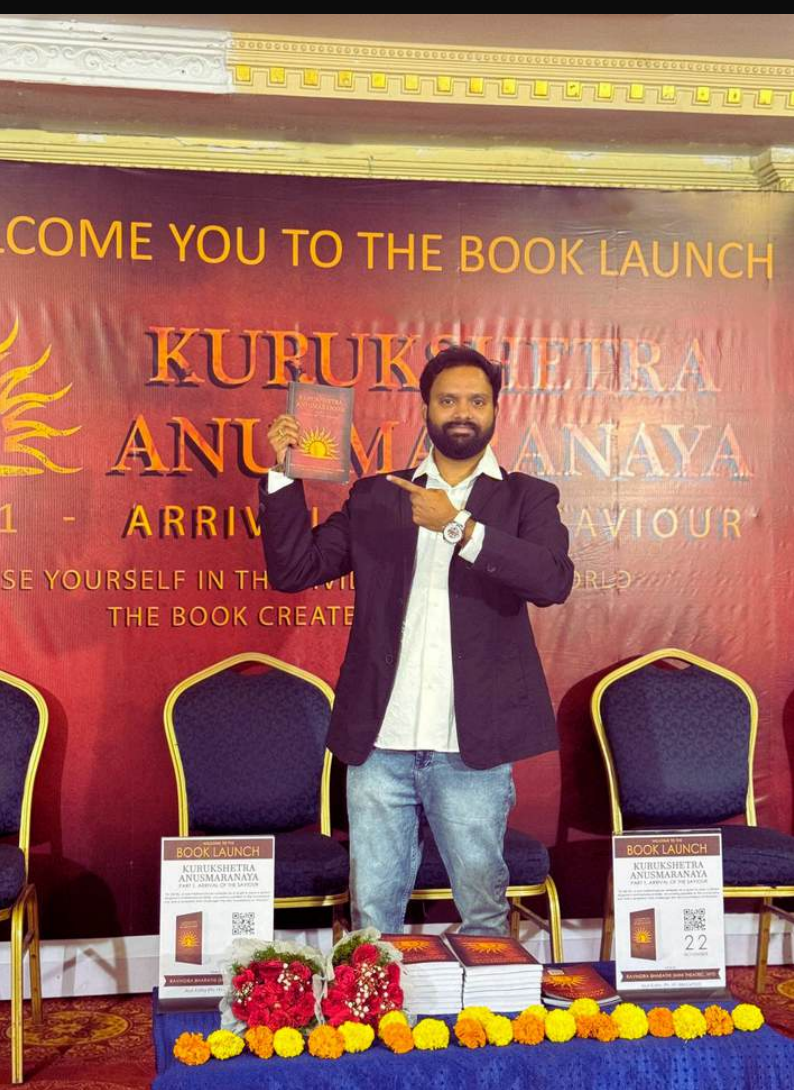
Before becoming a full-time writer, I spent over 14 years serving as the Director and Co-founder of VisaTree Consultants LLP, helping thousands of students pursue international education and career opportunities. Yet my literary journey began unexpectedly, through a vivid dream that revealed to me the central plot of Kurukshetra Anusmaranaya.



History has often shown us how dreams can inspire extraordinary creations. Sri Tallapaka Annamacharya is believed to have visualized Lord Balaji in his dreams, Beethoven heard musical compositions in his dreams, August Kekulé envisioned the ring structure of the benzene molecule in a dream, and Srinivasa Ramanujan believed Goddess Namakkal revealed complex mathematical theorems to him through dreams. In a similar way, this story came to me as a complete vision.

Upon waking, I began researching the timeline, historical events, and cultural background surrounding the story. To my astonishment, I discovered that many elements from the dream matched remarkably with real historical timelines, events, and locations. That discovery inspired me to transform the vision into a deeply researched historical and mythological fiction series, 'Kurukshetra Anusmaranaya', set circa 250 BC.

While writing the first part of Kurukshetra Anusmaranaya, I resolved not to trim my beard until the final word of the manuscript had been completed. What began as a symbolic commitment slowly became a year-long testament to discipline and perseverance. By the time I completed the book, my beard had grown over a foot long, serving as a visible reminder of the sacrifices, patience, and unwavering dedication behind the pages.



The second book demanded an even greater test of determination. During the completion of Secret of Avatara, I faced health challenges and hospitalization close to the submission deadline for the Likhega India World Record Mission.

Yet even from a hospital bed, with intravenous needles attached to my hand, I continued writing and editing the manuscript with relentless focus, determined to submit the work before the deadline and become part of the historic literary achievement.

That determination eventually bore fruit when I became part of the Asia Book of Records recognition for the maximum number of books published in a single day.

Through every challenge, my literary journey has remained guided by one belief: that stories possess the power to heal divisions, preserve forgotten histories, and remind humanity of its shared roots.



# CERTIFICATE

This certificate is awarded to Arun Kotha for participating in the record title 'Maximum E-books Published in a Single Day', set by India Authors Academy, Mumbai, India, founded and led by Sweta Samota and Manish Samota. The event took place on December 17, 2025. Within a single 24-hour period, 774 authors successfully published 774 original eBooks online (fiction, non-fiction, academic, poetry), marking one of the largest coordinated digital publishing initiatives. All final publishing actions and live releases were completed within the record window, as confirmed on January 17, 2026.

Issued on : January 7, 2026

  
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Editor-in-Chief  
Nepal Book of Records



  
Dr. Nguyen Hoang Ahe (USA)  
Vice President  
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Asia Book of Records is registered with the Government of India with RN no HAR/NG/2014/0503

My fascination lies in the origins and dissemination of Buddhism in ancient Sri Lanka and the ancient Indian subcontinent, encompassing its cultural and linguistic heritage (Sanskrit and Pali).

Additionally, I explore the connections between Sanatana Dharma and, the culture, language (Avestan) and religious practices of ancient Iran and Afghanistan's Zoroastrians, where these influences interlaced with Hellenistic (Greek) and Hindu cultures.

At the heart of Kurukshetra Anusmaranaya lies a message of universal brotherhood, an attempt to bridge cultures, philosophies, and civilizations through storytelling that speaks equally to the intellect and the human spirit.

"No dream is too fragile to survive hardship, and no story is too heavy to be written."



PODCAST DROP

*Shravya*

# PODCAST

Full Episode

## HEROES OF INCLUSION

*What does Inclusion meant to You?*



AARAV



KSHIPRA



KEYA



NAIRA



DEBOSMITA



MAHIMA



DEEPIKA

### HEROES OF INCLUSION IMPS VIDEO PODCAST SERIES

HOST : Monisha Hatkar  
Founder IMPS - SMAARTR

Guests:

✨ Aarav ✨ Kshipra  
✨ Keya ✨ Deboshmita  
✨ Naira ✨ Mahima ✨ Deepika

🎬 Episode #6

📺 Watch Here: [https://youtu.be/\\_f6Aa9mfVIE](https://youtu.be/_f6Aa9mfVIE)

## Podcast Drop

# *What does Inclusion mean to You?*

**Children by Nature. Change-Makers at Heart. Meet our Inclusivity warriors.**

In this special episode, young SMA change-makers Deboshmita, Aarav, and Mahima share a reality that is deeply familiar to my daughter Keya and countless other children living with disabilities. Behind every child is a family striving to navigate a world that often lacks basic empathy, accessibility, and inclusion.

While conversations around treatment and fundraising are important, what is equally important is creating a society where every individual feels valued, respected, and included. What gives me hope is seeing young change-makers like Deepika, Kshipra, and Naira already embodying empathy, kindness, and inclusivity. They remind us that these values are innate. Our collective responsibility is to nurture them, protect them, and ensure they grow stronger with time.

Listen to these remarkable young voices as they share their thoughts, perspectives, dreams, and vision for a more compassionate world. Please help us amplify such stories that matter and celebrate the everyday heroes who inspire meaningful change.



Episode 1 : What Makes Me Feel Calm & Happy



**STEPS & STORIES**  
**A SAFE SPACE TO FEEL, SHARE & GROW**

HOST : Palak Trivedi  
Founder Zen ZOne

Guests : Dhvani Gopakumar

Episode #1

Watch Here: <https://youtu.be/3XfhTbU7bQo?feature=shared>

Podcast Drop

# What makes Me feel Calm & Happy

At Zen Zone, we believe that every emotion matters and every voice deserves to be heard.

## Episode 1 - What Makes Me Feel Calm or Happy with our Guest Dhvani Gopakumar

This episode creates a gentle, inclusive space where children and individuals of all abilities are encouraged to express emotions, share personal stories, and discover what brings them peace and joy.

Through stories, reflection, and connection, we take small steps toward emotional awareness, self-regulation, and confidence. Because inclusion is not about fitting in, it's about belonging. At Zen Zone, every step counts.

Come as you are.  
Feel safe to express.  
Grow at your own pace.

Steps & Stories by Zen Zone is a warm and inclusive space where children and individuals of all abilities can safely express emotions, share experiences, and explore what brings them happiness and calm. Through connection and storytelling, the initiative encourages emotional growth, confidence, and a true sense of belonging ,because every step matters.



**BUILD @ SMAATR**

*Gurukul*

"Every child is an artist. The problem is how to remain an artist once we grow up" – Pablo Picasso

# BUILD @ SMAARTR

DESIGN THINKING & ENTREPRENEURSHIP SUMMER LAB



by  
**GURUKUL**



**ENROLL NOW**

- INR 2000 / INDIVIDUAL
- INR 3000 / PARENT+CHILD
- 3 BATCHES
- 10 DAYS EACH

BATCHES:  
1<sup>ST</sup> BATCH: 11 MAY - 22 MAY  
2<sup>ND</sup> BATCH: 25 MAY - 5<sup>TH</sup> JUNE  
3<sup>RD</sup> BATCH: 8 JUNE - 19 JUNE  
SESSIONS: MON TO FRI  
4 PM TO 6 PM (IST)  
UPI 85198 99332  
QUERIES & INFO

## Build @ SMAARTR

# Design Thinking & Entrepreneurship Lab

COACH : MONISHA HATKAR & SHARMILA MUKHERJEE

### ★ BUILD @ SMAARTR

Design Thinking & Entrepreneurship Summer Lab

Brought to you by GURUKUL ★

**Batch 3 Enrolling Now!**

A practical, simplified, action-oriented 10-Day Online Summer Lab designed to help aspiring entrepreneurs & future change-makers understand how real businesses are built and grown.

### 💡 OUR BELIEF :

Every individual with a talent is a prospective ENTREPRENEUR. Knowledge is the only conduit to SUCCESS.

If you have a talent, you can build something meaningful out of it.

### 👥 WHO CAN ATTEND ?

You can be anyone above the age of 12 years and above and aspiring to be an Entrepreneur or you can even be a Parent supporting your child's future.

### 🚀 WHAT WILL YOU LEARN :

- 💡 Design Thinking
- 📊 Retail Management
- 📈 Sales & Marketing
- 👛 Consumer Management
- 🌱 Learn how to turn your talent into opportunity and ideas into income.

📅 **DURATION** : 10 Days | 🖥️ Live Online

🎯 **ENROL TODAY ! NEW BATCH COMMENCES FROM 8<sup>TH</sup> JUNE**

Enrolment Link : <https://forms.gle/q3jQZhCXteQxXg4j6>

Course Info : <https://tinyurl.com/SMAARTRsummerlab>

### 🗣️ LEARNER'S TESTIMONIAL :

*I'm extremely thankful for these sessions, I mean getting to learn from professionals like you both is awesome.*

👏 Please share widely! You never know whose idea you may help spark with this knowledge.

GURUKUL IS OUR LEARNING ACADEMY SEEKING TO ONBOARD COACHES WHO WEAR THEIR HEARTS ON THEIR SLEEVE AND TEACHING IS THEIR PASSION. Let's LEARN, EXPLORE & GROW TOGETHER. 📈

Team  
IMPS-SMAARTR  
[www.imps-smaartr.com](http://www.imps-smaartr.com)

# Child Support Organisation

## Zen Zone

**PALAK TRIVEDI**

**FOUNDER & DIRECTOR OF ZEN ZONE, UAE**

Zen Zone is a platform dedicated to creating an inclusive, compassionate, and empowering space for children, families, educators, therapists, and professionals through speech and language support, special education, inclusive learning, skill development, awareness initiatives, and community empowerment.

Founded and led by Palak Trivedi, Founder Director of Zen Zone, the organization reflects her vision of building a community where every individual feels heard, valued, supported, and empowered.

With a strong commitment toward inclusion, child development, communication, and holistic growth, Zen Zone works across various areas including speech and language therapy, social communication, life skills development, literacy and academic support, parent guidance, teacher training, professional development programs, awareness campaigns, webinars, podcasts, newsletters, research, publications, and creative learning activities such as music, movement, storytelling, and interactive engagement.

Through individualized learning approaches, community initiatives, and meaningful collaborations, Zen Zone continues to create opportunities that promote confidence, learning, independence, emotional growth, and participation for every individual.

Rooted in empathy, awareness, acceptance, and purpose, Zen Zone believes that true transformation happens when communities grow together, and through every initiative, session, workshop, and conversation, it continues to inspire, support, empower, and create a future where everyone truly belongs.

### ZEN ZONE : WHERE EVERY STEP COUNTS



**ZEN ZONE**  
WHERE EVERY STEP COUNTS FZE

*"See the Ability, not the Disability"*

Contact us for more info  
**+971 55 701 1200**



#### Zen Zone HUB - ONLINE / OFFLINE

- ✓ INTEGRATED THERAPIES & ENGAGING SESSIONS (CRAFT, DRAMA, STORY, ART ETC)
- ✓ EDUCATIONAL & DEVELOPMENT SUPPORT
- ✓ CREATIVE & EXPRESSIVE SESSIONS, ART SESSIONS, PLAY & GAMING SESSIONS ETC
- ✓ PROVIDING PLATFORMS TO SHOWCASE DIFFERENT TALENTS / TALK SHOWS / COMPETITIONS
- ✓ TAILORED LEARNING HUBS & LEARNING REQUIREMENTS
- ✓ CONNECTING & COMMUNICATING WITH PARENTS ON DAILY BASIS
- ✓ DESIGNING IEPs, ILPs & ASSESSING CHILD'S SKILLS, PROGRESS TRACKING, BEHAVIOURAL PATTERNS
- ✓ ONE-TO-ONE SESSIONS WITH CHILDREN & PARENTS
- ✓ OVERALL HOLISTIC & EMOTIONAL APPROACH (NEURODIVERSITY ADVOCATE)



✉ [zenzone.uae@outlook.com](mailto:zenzone.uae@outlook.com)  
📷 @UAE\_ZENZONE  
📘 Zen Zone Where Every Step Counts



STEP INTO OUR

*Circle*

FINE ARTISTS



MUSICIANS



HAND CRAFTERS



# Meet Us Half Way

## Monthly Sabha

IMPS - SMAARTR

IMPS-SMAARTR is a community led initiative to create awareness for rare medical conditions in India and to help empower families of those living with such conditions, while including people from every walk of life in doing so, in turn making the RARE feel less rare. It is a Community where Inclusion is in Action and where everyone belongs.

At the heart of every meaningful movement are people who choose to come together, not because they have to, but because they believe in something bigger than themselves.

The IMPS-SMAARTR Community was built on a simple yet powerful belief: that every individual deserves to be seen, valued, and empowered to contribute their unique gifts to the world.

Each month, our **General Townhall, Monthly SABHA** brings together a diverse tapestry of artists, professionals, students, entrepreneurs, caregivers, educators, volunteers, advocates, and changemakers who share a common commitment to Inclusion in Action.



Monthly



# SABHA



**IF YOU HAVE THE TALENT... WE HAVE THE COMMUNITY. ENTRY IS FREE AND EVERY ARTIST IS WELCOME.**

IMPS-SMAARTR Sabhas serve as key entry points into the our creative community ecosystem where we empower every artist. AGENDA : Share spotlight events, community updates and brainstorm on new collaborations.



SINGERS



LINK IN THE POST



WRITERS

It is a space where stories inspire, collaborations begin, opportunities emerge, and lifelong connections are formed. Whether you are seeking purpose, looking to give back, hoping to learn, or simply searching for a community that understands and supports your journey, there is a place for you here.

- ★ **Join Us at the Next Monthly SABHA**
- 📅 **4th Sunday of Every Month : 28<sup>th</sup> of June**
- 🕒 **10:00 AM – 12:00 PM (IST)**
- 💻 **Online via Zoom**

Together, we celebrate achievements, spotlight community initiatives, share upcoming opportunities, and explore new ways to create meaningful impact.

Because when people come together with empathy, purpose, and a willingness to serve, extraordinary things happen.

👉 Find your tribe. Discover your purpose. Co-create impact.

👉 **Register for the next Townhall:**  
<https://forms.gle/9kuVhsNNxj4a9gLNA>

We would be honoured to welcome you into the IMPS-SMAARTR family.



## Follows Us

# Find Your Tribe

IMPS - SMAARTR COMMUNITY

You Were Never Meant to Walk Alone. Every dream needs a believer. Every challenge feels lighter when someone understands. And every individual deserves a place where they are seen, heard, valued, and celebrated for who they truly are.

At **IMPS-SMAARTR**, we are more than a community, we are a family of dreamers, doers, creators, caregivers, advocates, and changemakers united by a shared belief in the power of inclusion, empathy, and collective growth.

Here, your story matters.  
Your voice matters.

Your unique gifts can create ripples of change that touch countless lives. If you have ever wished to belong to something bigger than yourself, to connect with people who lift each other up, and to be part of a movement that is building a kinder, more inclusive world, this is your invitation.

Come as you are.  
Bring your dreams, your talents, your hopes, and even your uncertainties.

Together, we will learn, grow, create, and make a difference. Because when hearts come together, extraordinary things happen.

### Here is how you can take your First Step towards joining us:

- 🌐 Subscribe to our Newsletter on our website : [www.imps-smaartr.com](http://www.imps-smaartr.com)
- 📱 Connect with Us on WhatsApp: <https://chat.whatsapp.com/HF3AUGKIRFf7BA2E8joqxS>
- 🎧 Listen to Stories that Inspire: <https://www.youtube.com/@IMPS-nfi>

Join the IMPS-SMAARTR Community.

Find your people. Find your purpose.

LET US **MAKE IT HAPPEN.**