

The Indian Stammering Association Newsletter



# Samvad

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## Swifter, Higher, Stronger

Dear Readers,

As the world celebrates the biggest sporting event Olympics, it reminds us of the famous Olympic motto – "Citius, Altius, Fortius", which means "Swifter, Higher, Stronger". This edition of Samvad too is an evidence of how we at TISA have grown "Swifter, Higher and Stronger".

TISA is making a splash on the national scene. Recently we represented the stammering community at a Disability Conference in Bangalore. Taking it further, TISA is also set to partner with the Confederation of Indian Industry (CII) in promoting a program called 'India@75'. And the most special of all, TISA is also going to participate in 'Diversity & Inclusion in Asia 2012', an HR event to be held at Hong Kong. Samvad brings you all the details of these exciting opportunities in store.

While running an SHG (Self-help group) remains to be a challenge, a few PWS have taken the SHGs to new heights. Taking advantage of technology, a group of PWS has formed a virtual SHG which has crossed the barriers of distance and other difficulties of running a SHG. The cover story – "it's A Small World" tells you the story of how this innovative idea was born. Also featured is an exclusive interview with Vishal Shah, a PWS who is now a successful entrepreneur in Coimbatore.

We have two inspiring articles from our friends overseas. Ruth Mead from USA explains her philosophy about stuttering with a beautiful analogy. Jaan Pill from Canada writes how his life got transformed from being afraid to answer phone as a child, to organizing the first national conference in Canada.

In Hindi, Jitendra Gupta gives a comprehensive insight on acceptance in his article. Umesh Rawat puts some light on the significance of Self Help groups and its advantages for people who stammer. Amit Singh Kushwah brings a detailed report on the recently held communication workshop at Delhi.

Finally, we hope you like the new look and feel of our editions. Drop us a mail with your feedback.

- Samvad Team

प्रिय पाठको,

इस समय दुनिया सबसे बड़े खेल आयोजन ओलम्पिक का आनंद ले रही है। यह हमारे प्रसिद्ध ओलंपिक आदर्श वाक्य "सीटिअस, अल्टीअस, फोर्टीयस" की याद दिलाता है, जिसका मतलब है तेज, उच्च और मजबूत। संवाद का यह अंक इस बात का गवाह है की टीसा तेज, उच्च और मजबूत इरादों के साथ आगे बढ़ रहा है।

टीसा राष्ट्रीय परिदृश्य में अपना स्थान बना रहा है। हाल ही में विकलांगता पर बेंगलूर में आयोजित कार्यशाला में हमने हकलाने वाले व्यक्तियों का प्रतिनिधित्व किया। वहीं दूसरी तरफ टीसा कन्फेडरेशन ऑफ इंडियन इंडस्ट्री के साथ मिलकर "इन्डिया एट 75" कार्यक्रम को बढ़ावा दे रहा है। आपको यह जानकारी खुशी होगी की हांगकांग में आयोजित होने जा रहे "विविधता और समावेशन 2012" जो की मानव संसाधन से सम्बंधित इवेंट है में टीसा भी शामिल हो रहा है। संवाद में इन सबके बारे में विस्तार से बताया गया है।

स्वयं सहायता समूह चलाना एक चुनौतीपूर्ण कार्य है, लेकिन हकलाने वाले साथियों ने स्वयं सहायता समूहों को नई ऊंचाइयों पर पहुँचाया है। तकनीक का लाभ लेकर इन्टरनेट पर हकलाने वाले व्यक्तियों का एक आभासी स्वयं सहायता समूह गठित किया है जिसने दूरियों की बाधाओं और अन्य चुनौतियों को पार कर लिया है। कवर स्टोरी में आप यह जान पायेंगे की कैसे यह अभिनव विचार पैदा हुआ। इसके अलावा विशाल शाह, जो की कोयंबटूर में एक सफल उद्यमी है का विशेष साक्षात्कार दिया जा रहा है।

इस अंक में, हम हमारे विदेशी मित्रों के दो प्रेरणादायक लेख शामिल कर रहे हैं। संयुक्त राज्य अमेरिका से रुथ मीड ने हकलाहट के बारे में अपना दर्शन रोचक अंदाज़ में पेश किया है। कनाडा से जान पिल ने अपनी कनाही व्यक्त करते हुए बताया की कैसे बचपन में फ़ोन पर बात करने से डरने से कनाडा का पहले राष्ट्रीय सम्मेलन के आयोजन तक, कैसे उनके विचार में परिवर्तन आया।

हिन्दी सेक्शन में जितेंद्र गुप्ता ने अपने आलेख में हकलाहट की स्वीकार्यता के विषय में विस्तार से चर्चा की है, वहीं उमेश रावत ने हकलाने वाले व्यक्तियों के लिए स्वयं सहायता समूह के महत्व और उसकी उपयोगिता पर प्रकाश डाला है। हाल ही में नई दिल्ली में संपन्न टीसा की संचार कार्यशाला की रिपोर्ट अमितसिंह कुशवाह ने पेश की है।

अंत में, हम आशा करते हैं कि आप इस अंक में नया और बेहतर पाएंगे। आपकी प्रतिक्रियाओं का हमें इंतज़ार रहेगा।

संवाद टीम



The  
Indian Stammering  
Association





With some innovative thinking and enthusiastic efforts a few stutterers from Bangalore and Hyderabad have made this possible with technology. Sphere-heading this initiative, are Karthik Rajagopallan and Dinesh Chauhan from Bangalore and Rajesh from Hyderabad, around 10 to 15 PWS from across India and the world too are having an online meeting on Skype on a daily basis, from 9 pm to 11 pm, India time. The Skype meetings have become a new phenomenon and the talk of TISA town. With the help of the 'the three musketeers' who initiated and carried the idea Samvad got in touch with the entire team who have been putting their efforts in conducting these meetings. We are proud to bring a special feature on a great effort to take SHGs to another level with the help of technology.

### The Idea

It all started with Subodip and Karthik, conversing with each other and wanting to reach out to more PWS. They wanted to extend their services to other people with similar challenges. Later with this idea, they arranged an online meeting broadcasting on the Yahoo group- IndianPWS. This kick started the entire process.

The meetings started happening with a few PWS talking online on Skype. Dropping Mails and updates in IndianPWS about the Skype meetings helped in promoting the idea. People started joining and showing interest gradually. In the initial days the strength was low. But now due to regular updates on blog and IndianPWS, the meetings started going great.

One of the great spinoffs of this meeting was Rajesh, who saw these updates, joined Skype and is presently coordinating the Hyderabad SHG.

### The Activities

Presently, the meetings are primarily

## It's A Small World

Imagine being in an SHG meeting with an attendance of around 15. All attendees from different part of the country, and some even from abroad. Amazing! And wouldn't it be great if such meetings are held every day? Wow!

coordinated by Karthik and Rajesh. The Chair person is rotated during the meetings so that others get an opportunity to manage conference calls and develop their leadership skills. Members will be asked for leading the calls every day. This depends on the individuals' interest and volunteering.

The meetings are full of fun with activities such as Role Plays, Attendance call, Story Building, Extempore, Crazy Questions, giving answers to Alternate Questions, Singing, Slow Reading, Group Discussion, Thought sharing, Story building with an image, joke narration and more. If any of members have important presentations in their office or colleges then the same is being rehearsed during the calls as one of the activities.

The meeting organizers (Rajesh and Karthik) come up with new activities often to revive the interest of participants. They also change call leads to make calls interesting. When new folks lead the call, they would get confidence in themselves and they strive every time to get the best from them.

### The Response

'Awesome' wouldn't be enough to describe the kind of response that is received for the meetings. The coordinators believe that the response they received was love. Here's what the team of coordinators have to say about the response: "People who have seen changes in their speech patterns and gained confidence are showing too much love and dedication in attending calls. They are also making their PWS friends join Skype meetings."

The team further adds, "Skype meetings have

(Continued on Page 2...)

## Testimonies

### Vipul Singhal, Delhi

I always wanted to discuss my stuttering problems with someone who could understand it. Only a PWS can understand it. After years, I found SHG group at skype. Sharing the stress we face in our daily lives with SHG members really reduced my stuttering to 50%. The speech exercises we do in the skype conference call are really worth. We get to a chance to talk to several PWS, not only from India but from throughout the world. Almost every member of SHG has gone through similar phases. 'Story making' and 'Role Playiing' are perhaps the most enjoyable activities on the conference call. I can easily give my introduction to anyone now, which was actually a big fear earlier. Meeting a successful stutterer really boosts up confidence level and a feeling to be successful arises again. When he can do it... why can't I??? I thank SHG for everything I have gained from it.

### Prakash, Mumbai, presently in USA

Skype is an virtual shg meeting for every pws. The way coordinator drives the Skype session is unbelievable. Thinking out of d box with different speaking techniques has helped pws to extreme level. It is profoundly helping the people who cannot attend their local shg. I see many people who are regular and improving day by day. Hats off!!

## Testimonies

### Rajesh Vassey, Hyderabad

After participating in skype calls I saw a huge improvement in my speech patterns. I have decreased my anticipatory fear to a great extent. One can increase their leadership qualities and communication skills by joining meetings. I have joined calls from March 24th this year and from then on i was attending almost everyday. It helped me in my daily practice and also experimenting with my speech patterns in many situations which i couldn't do it else where. Overall it is a nice platform for working on your speech patterns and get better control on them.

### Chen, China, presently in UK

My name is Chen. I've just been to this Skype conference three times because of the time zone, but I like to be here. It provides a valuable opportunity for all stutters in this world to communicate with each other and practice our speeches. Everyone in this conference is very friendly and very patient about your speech. That's impressive! There are many stutterers in this world. I can't say stuttering is cool or stuttering is fine, but I believe we can cure it if we really trust our selves and other people. The Skype session has been very helpful to me. I can practice with other stutters. You are allowed to stammer, that's a great liberty for every stammer. Thank you all leaders.

(... continued from Page 1)

been a great platform to connect Indian PWS. Due to this PWS database in IndianPWS yahoo group has gone from 30 people to 100 people!! This has also been the trigger point for initiate the revival of the SHG in Hyderabad. People who have joined had started improving right from day one!"

### Reaching out across the globe

The skype meetings have not only been a sensation in India, but across many other countries as well. There have been members from Pakistan, England, Turkey, Canada, Florida, Netherlands, Peterlee, Norway, Arab, Oman, Bahrain, New York, Australia and many more. The response from these attendees from other countries too has been overwhelming! They are happy to say that they can practice and acquire good awareness on stammering. The coordinators say- "As of now we didn't connect with NSA members, but we are hopeful and very much excited to do so in near future!"

### Why Online..?

This is a Virtual SHG meeting. Those who cannot meet PWS in their cities have a great opportunity to meet PWS on Skype – in the comfort of their home and on daily basis. PWS are hesitant to meet other PWS first, these meeting provide an excellent intermediate step for the PWS to get to know others and open out.

The Phobia of talking to people using electronic devices like cell phone, internet will decrease to great extent. Self confidence increases to a great level. It is advantageous to people who wanted to do daily practice. People who are not having SHG groups in their area can join Skype with simple internet connectivity.

Skype meetings not only help a person with stammering, but also improve their confidence professionally. We conduct mock interviews for people who struggle in their real life. This has helped many folks in professional life as well.

### The Challenges

The purpose of meetings is to connect PWS so that they can talk to each other and share ideas. Over that whatever else that is done is a bonus. The biggest challenge, the team believes, is to keep the meetings going; the content is taken care of itself by new participants / by the participants who have been there. Of course there

would be certain activities which are repeated everyday eg: Introduction. But we can't overlook the fact that people who have had a nightmare to introduce themselves even with a single person, now feel very confident introducing themselves even in a gathering.

### The Takeaway

By participating in meetings people will come to know that they can speak better than what they expect. This increases confidence and this is a best takeaway one can have. The awareness of what stuttering is and how it can be managed – all this in the comfort of your home. Generally PWS folks are a lamp inside a pot. A lamp inside a pot is of no use unless it is brought out. Same way a talent not shown to the world is of no use. When they attend these meetings, they start to grow within. Their confidence increases for every meeting. People who are regular take away this gift on daily basis.

### Future Plans

The coordinators have exciting plans for the future- "We are planning to have regular audio/video podcasts. – Stutter interviews – after the Coorg National Meet to be held in Sep-Oct, 2012. Regular members are being asked for new innovative ideas. People are already coming with great ideas. We have a plan of starting calls in early morning for people for doing Yoga activities."

There is a song "*Pain, is the secret of Success*". Hunger to grow, is the only medicine for stuttering. There is no medicine for stammering in this world. And for people to grow, online SHG Skype calls provide a great platform to express oneself fully even if he/she stammers. Here, you are allowed to stammer freely. No one is judged. Sharing the joys and pains of each other gives a HUGE emotional relief.

To be a part of this revolution, add one of these coordinators in your Skype list:

rajesh.jaca2 - Rajesh Vassey

aishkarthik - Karthik Rajgopallan

dinesh.singh316 - Dinesh Chauhan

## TISA Representation at Disability Workshop

TISA participated and represented the stammering community of India in a disability workshop. TISA's contingent, Jai Prakash Sunda (TISA Coordinator) and Vivek Singh (Pune) were in Bangalore to participate in the recently held workshop on Disability on 19th June 2012.

The event was organized by community business and TISA was one of the supporting organizations. The event was similar to TED talks. There were three "faces" who shared their experiences with the disability that they have. Vivek was one of

them and he shared his story very candidly. After this the audience did some brain storming and tried to suggest some probable solutions to some of the challenges faced by PWS. With this representation, stuttering was discussed out in open among many HR professionals and managers. Find the link to Vivek's talk on the side bar to the right.

To read about the program and other details, [click here](#).

### Vivek Represents the IPWS



Vivek Singh from Pune addressed a talk on stammering to the participants at the disability workshop in Bangalore. [Click Here](#) to watch the video of Vivek's address.

## TISA to Participate in D&I Conference, Hong Kong

TISA will participate at the [Diversity & Inclusion conference 2012](#) to be held in Hong Kong on 6th and 7th November this year.

The conference comprises of training sessions that are designed to give diversity and HR professionals in Asia specific insights and learning they can take back to their organizations.

The 2012 Conference comprises a combination of Plenary Sessions and Breakout Sessions to facilitate learning, exchange of ideas and sharing



of best practice. In addition, Community Business has introduced new sessions and activities designed to enhance networking opportunities.

## TISA to Promote Nation-wide Program with CII



The confederation of Indian Industry (CII), a non-profit union led by the Indian Industries, has invited TISA to be the part of their nation-wide program [India@75](#), initiated to boost Indian talent, resource potential and entrepreneurial skills.

Seizing this opportunity, TISA has agreed to volunteer, which would provide a great platform for the Indian people who stammer to come out of their comfort zones and confront their fears by being a part of this exercise.

Briefing about the idea, Jai Prakash Sunda, Coor-

dinators for TISA adds- "India@75 is an initiative of Confederation of Indian Industries, which is promoting volunteerism as way to create a new India that is modern, socially equitable, fair and transparent by her 75th year of independence. TISA members would work as India@75 Ambassadors and would contribute in the Nation-wide campaign by talking about the campaign and spreading word of mouth publicity. Members can film themselves as India@75 Ambassadors and then submit their videos as motivational stories on India@75 FB page and You Tube Channel. It will help the members to work on their communication while doing something very meaningful and contributing to the society. We sincerely hope the videos will also help put stuttering out in the open!"

If you wish to be a part of this program by being a volunteer, write to TISA at: [info@stammer.in](mailto:info@stammer.in)

### Be an 'India@75' Ambassador

Join TISA in promoting India@75, for a better nation.

Volunteer to be the ambassador and talk to the nation

Write to us at:

[info@stammer.in](mailto:info@stammer.in)

Find more details on our [blog here](#).



“People who stuttered were the only people I knew who constantly thought about the mechanics of speech, leading me to conclude that stutterers insert a conscious element into speech that served as resistance to flow”

## If Your Mockingbird Won't Sing

Her stuttering philosophy narrated in with a beautiful metaphor. Author of the famous book 'Speech is a River', Ruth Mead writes exclusively for Samvad

I had a major stuttering problem until I was 33 years old. I did not have one of those “cute little stutters.” I stuttered violently. During those years the main thing I learned in speech therapy went something like this: “If you work hard enough to develop speech controls, you can improve.” Developing controls meant planning how to say words before I spoke, when and how deeply to breathe, scanning ahead, switching words and talking to the rhythm of a metronome. I was so adept at control mechanisms, I could create them in my sleep.

I wasn't able to provide adequate push-back to their philosophy because my own reasoning was a rehash of what I'd been taught. I edited my speech constantly and believed “my conscious mind is in control of speech” and the more panicky version of that theory: “If I don't work hard at various controls, I will suffer the ultimate catastrophic failure: not being able to force a single word out of my mouth.”

I was paying the price, even then, of preferring the voice of authority to my own observations, one observation being that people who stuttered were the only people I knew who constantly thought about the mechanics of speech, leading me to conclude that stutterers insert a conscious element into speech that served as resistance to flow.

Like most people who stutter, my stuttering was situational. I could speak perfectly well when reading aloud to myself (no one within hearing distance). The flow was there. However, as soon as an adult entered the room, the flow stopped, as I thought of each word I said as well as how to say each word. Stuttering seemed to take on all the properties of a full-blown performance anxiety: the more I wanted to perform well, the more I stuttered and the more I tried to control my performance, the more stuck I became.

I vaguely knew there were two systems in the brain and that the possibility of conflict is endless between the intuitive “experiencing” System-1: the subliminal brain which is spontaneous and auto-



matic, taking care of endeavors such as speaking and breathing without thought or effort. And the theoretical “remembering”. System-2: which exerts conscious control over the world around it, often acting in ways destructive to the best interests of natural spontaneous System-1. (THINKING, FAST AND SLOW by Daniel Kahneman).

Speech is flow, and timing between these Systems is so crucial to fluency that even one attempt to control my stutter was enough resistance to interrupt that flow. When resistance moved out of the way, flow happened.

This belief that I had to control the mechanics of speech seemed to trigger the conscious part of my brain (System-2) signaling it to do something it was never meant to do: edit the production of speech. We know the brain automates speech, freeing the mind from monitoring what we say. When motion signals move to the motor system without interference from the conscious mind, speech becomes automatic.

I lost this spontaneous automatic aspect of speech when I tried to control speech.

My stuttering disappeared a long time before I knew exactly why, even though I had written reams of observations during the time my stuttering went away. Later, when I read John Harrison's REDEFINING STUTTERING I felt I had at last come home. Harrison confirmed my own discoveries: in general, that the conscious mind, because of its inability to think of more than 1, 2 or at the most 3 things at a time, is clearly unable to do the incredible multi-tasking necessary to perform the astounding

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complexities of speech. And to expect the conscious mind to do what it has no ability to do, can, and frequently does, create a state of panic.

“Ironically blocking happens because of over-control” Harrison writes. And Barbara Dahm, a speech therapist from Israel, concurs: “I stand in disagreement with my colleagues who argue that stuttering happens because of lack of control. They say that head jerks, facial grimaces, repetitions and laryngeal blocks are signs of a lack of control, but this is an illusion. The fact is that speaking is an automatic system in the brain. Neurologists say this, psycho-linguistic experts say this. The time has come for us to tell this to people who stutter.”

As I saw that recovery would only be found in allowing speech to function spontaneously and automatically, I was still unable to let go of old patterns. Trying to speak naturally is still trying and trying is a major form of control. It was as if I said: “I’m not going to let my conscious mind control my speech any longer so I will work very hard at not working hard.” I couldn’t break through. I had a long legacy of angst from years of feeling “stuck” when I stuttered. This inability to move forward was just too hard.

When I was most afraid of losing the hard-won-ground I had gained in the “spontaneous department”, my temptation was to turn back to conscious System-2 and whine: “This control-free way is too hard and scary! I miss my old control mechanisms!”

One day I looked at my motivation for giving up control. I was trying to stop controlling speech so I could stop stuttering. This means I was not giving up control at all. I was simply trying not to stutter. My friend, Sophie Sacca said “I know I must relinquish control over my speech completely if fluency results, but if my motivation is to speak smoothly, then I find myself back trying to gain control over speech again.”

Stuttering was still part of my remembered voice, and memory is hard to overcome. Finally I was able to stop controlling speech because I saw automated speech as one of nature’s gifts, nothing I could earn or work for. I could either take it and say “thank you” or keep on working, wrenchingly trying to manufacture something already “there.”

I also realized that most problems are rooted in this control issue, a systemic problem in which System 2 clings to the illusion it is in control and ruins our

performance in sports or speech or even playing a piano.

## THE METAPHOR

Powerful metaphors make the invisible visible (picture electricity as water running through a pipe.) There was one metaphor that gave me a leg-up in seeing what was going on with both writing and verbal blocks.

The unconscious, as we know, speaks the language of symbol and metaphor. Just as “Speech is a River” went to work underground, undoing the illusion that I had to manufacture each word I spoke and each breath I took, the mockingbird metaphor that came to me destroyed the illusion that my mind was capable of controlling the mechanics of speech.

This new metaphor began with something that wouldn’t let go: a silly little song I had played for children on my violin. You probably know it:

“Hush, little baby, don’t say a word...

Momma’s gonna buy you a mockingbird.

And if that mockingbird won’t sing,

Momma’s gonna buy you a diamond ring.”

Finally, I wrote “If your mockingbird won’t sing” in my notebook and simply waited to see if anything else wanted to be written.

A few minutes later: “This is about a mockingbird, not any old mockingbird, but what I believe to be my mockingbird...and apparently it won’t sing.” Furthermore, my stuttering problem may involve more than the fact I can’t speak fluently. It may also involve a relationship between my mockingbird (my creative mind, or System 1) and me (my controlling mind...System 2...who discovers her mockingbird won’t sing and appoints herself as Bird Trainer whose job is to make her mockingbird perform.)

It was as if I had no understanding that birds sing bird songs because they are birds, not because they are taught to sing or choose to sing. So I appointed myself “Bird Trainer”, as if my mockingbird didn’t know how to sing. This meant I must teach my mockingbird to sing. I command my bird: “Perform! Sing! I demand that you sing!” (and then smugly think “There! Now my mockingbird will sing!”)

But my mockingbird just sat in his cage and gawked at me. And now my demands get a bit abusive. I go “Listen, Bud, you owe me a song (Continued on Page 6...)

“It was as if I had no understanding that birds sing bird songs because they are birds, not because they are taught to sing or choose to sing. So I appointed myself “Bird Trainer”, as if my mockingbird didn’t know how to sing.”



## PICKS

### From Our Blog

TISA lauds the Hindi movie director Vivek Agnihotri for the sensitivity in portraying a stammering character in his movie “The Hate Story”

[Click here](#) to read the news item about TISA’s special thanks to the movie director.

## Speech is a River



Grab a copy of Ruth Mead's book "Speech is a River".

Download the e-book [here](#).

or two. What is wrong with you? Have you got a rock in your craw or WHAT?"

And then I turn to threats: "Listen, I know you can sing if you want to sing. Well, listen good...you better start wanting to sing if you know what's good for you."

But still my mockingbird won't sing.

This ticks me off. This bird is NOT going to get to me. It may be true that I can't teach my bird to sing but a specialist surely can!

So I take my mockingbird to the most experienced specialist I can find. I drive home alone. I'm so relieved. The specialist wouldn't charge so much money if he didn't know how to teach my bird to perform, would he? Of course not! So I am happy and relieved. This is my answer.

A few days later the specialist calls me: "Your bird is cured! I put him in a room by himself and he sang so beautifully." And I say "Wow, cool, that's great. I'll be right over."

The specialist has made a diploma ready for framing for my mockingbird, attesting to his cure.

This calls for a celebration. I cook a special dinner for the family and light the candles. I tie a big yellow ribbon on the birdcage, put the cage right by the table, and feed my bird his favorite nuts and fruit.

Dinner is over. Now for the magical moment. We wait expectantly for the mockingbird to perform. (Oh no! Not this again!) "Please! We are waiting. We want to hear you sing," we plead.

My child, disappointed and sad, says "Poor wild bird feels 'scared'". And I agree. "That's it!! That's the problem!! My bird is afraid to sing. Why didn't I think of this before? This bird needs a counselor to help him face his performance fear."

I take my bird to a counselor. She listens to me, then shakes her head sadly. She cannot help my

mockingbird. "Mockingbirds have no fear," she tells me, therefore I can't cure your mockingbird's fears."

"Then what is wrong?" I plead.

"Release your mockingbird", she urged. "He has a song of his own. Caged mockingbirds don't sing."

We drive home, my mockingbird and me. I am angry at the Counselor. She doesn't know how much my bird needs me. If it wasn't for me, what would my poor mockingbird do?

But I am desperate. I take the cage inside my house. I sit beside my mockingbird, my head in my hands. All day long I think about my bird who can't sing songs to me. In spite of all my efforts, I can't make my mockingbird perform.

There's only one thing to do.

I carry the cage of my mockingbird into the balmy summer evening and open his door. I cry as my beautiful mockingbird flies free. I watch him soar into the sky. Soon darkness falls and the moon rises in the sky. Thick clouds cover the moon for a time. I shiver all over, worrying about my mockingbird in the darkness, all alone. I go back into my house and stand alone at the open door.

Wait! What do I hear? I rush through the open door, into the night air, running on tiptoe. High above, on the tallest branch of the sycamore tree, I see the shadow of a bird in the moonlight, white slashes on the wings of my mockingbird. When the full moon bursts through the clouds, I hear a melodic love song, the plaintive soulful night-time song of my mockingbird.

**Contributed By: Ruth Mead, USA**  
([ruthymead@gmail.com](mailto:ruthymead@gmail.com))

## Help Members to attend Coorg National Get-together

Help members to attend the National meet in Sep-Oct this year by providing financial support to those who need it. Your helping gesture may change their lives..!

To donate, [click here](#).





## The Flying Birdie

Running an advertising agency in Coimbatore, Vishal Shah is a successful entrepreneur and looking to go places into this business. Vishal has been dealing with stammering since he was 5. Samvad interviewed Vishal in which he shared about his courageous experiences living with the stammer- from feeling rejected as a child, to having adapted a policy of 'choosing to stammer' and fulfilling his entrepreneurial dreams.

**Samvad:** Can you briefly introduce yourself to our readers?

**Vishal:** My name is Vishal Shah from Coimbatore, Tamilnadu, India. I am 30 years of age and have done my MBA. I run an ad agency called 'Orange Birdie' here.

**Samvad:** Since when you had a stammer?

**Vishal:** I started stammering from the age of 5 years.

**Samvad:** Any stuttering incidents of your childhood / adolescence which you would like to share?

**Vishal:** I can remember 2 incidents. One, when I was studying in UKG. That's the first time I experienced and realized I have stammering. I was attending the class and the teacher asked me to talk.

The second incident was in my 9th standard, where we had a community meet at Ooty, where I had to do public speaking on the stage, and I was unable to speak.

**Samvad:** A brief insight about your school / college life? Any particular fears you had during your childhood?

**Vishal:** I always had a fear of public speaking in school. My school life was not that great. There were kids who used to laugh. No discrimination from the teachers, though I was not happy with the quality of the teachers and their method of education. I never had the fear of roll calls in school, but in college I had.

**Samvad:** So how did you feel as a stuttering child?

**Vishal:** I believe every stutterer knows the fear and experience of being 'REJECTED'.

**Samvad:** Did you always want to be an entrepreneur? How did the idea originate?

**Vishal:** I had no idea I would be an entrepreneur till I completed MBA. I always wanted to work in a creative field and advertising turned out to be my passion.

**Samvad:** Did you have any apprehensions about your stammer when you decided to venture in entrepreneurship?

**Vishal:** Yes, I did. I could not start my firm for 5 long years as I believed that stammering would become a major obstacle for starting my business.

**Samvad:** So what really helped you in your recovery?

**Vishal:** In June 2010, I did Landmark forum (An education of Ontology science) where I learned to choose my stammering. I met a guy from USA who had a severe stammer for over 40 years and over came it just by accepting & choosing to stammer. Now this guy has taken speaking as his profession and is a 'motivational speaker'. The experiences of his life journey has inspired and helped me a lot.

**Samvad:** Do you stutter while on business meetings / deals ? How do you deal with such situations?

**Vishal:** I stammer every time on a business meeting. All I do is, allow myself to stutter. When I talk business, people know that it can be useful for them. So they listen with more attention. Stammering is an advantage on business meet. People listen with all the attention which otherwise, they don't.

(Continued on Page 8...)



### The Orange Birdie

Orange Birdie is an established full fledged brand service firm in Coimbatore offering a comprehensive array of world class advertising and designing services. Orange Birdie, provides integrated brand services that combine creative design, leading technologies and well-thought out strategies that give their clients, a competitive edge to their marketing efforts.

Visit Orange Birdie at:

[www.orangebirdie.com](http://www.orangebirdie.com)

## PICKS

### From Our Blog

A primary school in Pune expels a primary student because of his stammer..!

TISA condemns the school's decision by writing an open mail to the school in question.

[Click here](#) to read TISA's formal e-mail to the school authorities.

## PICKS

### From Our Blog

Find pictures of the lately held Communication in Delhi on our blog.

[Click here](#) to see the pictures.

(... continued from Page 7)

**Samvad: Any practices / exercises that help you? (Eg. Bouncing / Meditation etc?)**

**Vishal:** I attended the Stammering Cure Centre at Bangalore and I practiced those prolongation exercises for 5 years (2002-2007). Those exercises complicated my speech. I also tried meditation. I used meditation to correct my speech in my mind, which also played a part in making my speech complex. Now I don't meditate or practice which I believe has helped me a lot. My stammering has decreased considerably.

**Samvad: Any positive incidence with regards to your stammer which you would like to share?**

**Vishal:** When I was in 9th Standard, at our Jain Community meet at Ooty, when I was asked to introduce myself on stage, I was dumbstruck on the stage & was shivering with shock for next half an hour. This fear was haunting me till last month, when I spoke on stage at the all India Jain community meet at Mumbai. I spoke and stammered at my will. Now I am no more afraid of stammering. I am happy that I got the free-

dom to stammer to anyone on this planet!!!

**Samvad: Your message to fellow people who stammer?**

Have a bigger problem in life. If you focus on stammering, that is what you will get. If you focus on something big, stammering will no longer continue to be a hurdle.

**Editor:** Stammering is a trivial condition. Every person who stammers, stammers differently and have different issues associated with it. What works for one may not work for others. We eventually have to discover our path of recovery. While not practicing works for Vishal, some of us would prefer to practice regularly or periodically with a certain technique, or may be practicing hard before a real talking experience. The bottom line is, to be brave and push our boundaries.

Vishal Shah's story is an inspiration and example of how acceptance, or in Vishal's language, 'choosing to stammer' can work wonders!

Samvad wishes Vishal all the very best for his present and future endeavors.

## 2-day Communication Workshop held in Delhi

A two-day communication workshop was recently organized in the capital city of New Delhi, with the local SHG, on 14-15 July 2012. The workshop drew a huge response with 27 members participating from a number of states like Uttarakhan, Haryana, Uttar Pradesh, Madhya Pradesh and Delhi. The workshop was coordinated by TISA coordinator, Jai Prakash Sunda.

The workshop had various sessions and group

activities, both indoor and outdoor. The highlights of the workshop were a session on how to prepare for job interviews and what the organizations look for, by an HR Professional and also a PWS, Pawas Anand. The participants were also put into practical situations with activities like phone calling, going out in real world and asking directions and inquiring at the ticket counters and so on.

Find detailed reports and pictures of this workshop on our blog.



# I Enjoy Making Presentations To Large Audiences



“My life changed in May 1987, when I was 41. By that age, I had tried many forms of speech therapy. I had made some progress in controlling my stuttering but did almost no public speaking in those years.”

I began to stutter at the age of six. In my teens and early twenties, I stuttered

severely. Sometimes, I could not get out any words at all.

One time, I phoned someone and tried to say hello. I found the “H” sound at the beginnings of words especially hard to say, in those years. After about thirty seconds or so of trying to say hello, I just hung up the phone, without saying a word. You can imagine how I felt. On many levels, but fortunately not on all of them, I lived outside of the mainstream of life and felt discouraged about my prospects.

I was born in Sweden to parents who fled as refugees from Estonia during the Second World War. At the age of five I traveled with my family to Canada. We sailed across the Atlantic Ocean and arrived in Halifax, Nova Scotia in 1951. I grew up in Montreal, lived for some years in Vancouver, and now live in Toronto.

My life changed in May 1987, when I was 41. By that age, I had tried many forms of speech therapy. I had made some progress in controlling my stuttering but did almost no public speaking in those years. I had, however, become more open about the fact I stuttered, and made an effort to enter into speaking situations, rather than avoiding them.

I am now 66 years old. On May 4, 1987, twenty-five years ago, I read an article in the Toronto Star newspaper about an intensive three-week stuttering therapy clinic in Edmonton, Alberta. I flew from Toronto to Edmonton in July 1987 and attended a clinic at the Institute for Stuttering Treatment and Research (ISTAR).

In Edmonton, I relearned how to speak. I like to say I learned Fluency as a Second Language. I received expert, individualized instruction regarding the application, in everyday situations, of a set of five clearly defined fluency skills. The clinic

practices a data-driven, evidence-based approach to stuttering treatment. The program is continuously updated. I find these ways of doing things tremendously inspiring.

I worked hard to maintain my new fluency skills after I left Edmonton. I practiced my fluency skills every day for over four years. I recorded large numbers of conversations and phone calls, and analyzed two-minute segments of them, to ensure I was applying the skills correctly. Sometimes people have remarked that I had to do a lot of work to deal with my stuttering. Yes, it was a lot of work, and well worth the effort. These days, when I make presentations, I work hard at rehearsing what I wish to say. It's well worth the effort.

I would add, however, that what has worked for me will not work for all people who stutter. About 80 percent of stutterers can achieve lasting benefit from the kind of speech therapy that I encountered. Some people who stutter, about 20 percent, for reasons having to do with how their brains are wired for speech production, are not able to attain the same lasting benefit. In that case, people who seek help from the clinic in Edmonton can benefit from a ‘stuttering modification’ approach whereby they learn to reduce the severity of their stuttering.

After the clinic, I began to make presentations to large groups of people. The presentations went smoothly, but I found it hard to adjust to my new level of fluency. It felt strange to be able to stand up in front of a group and speak fluently. This was a source of concern for me, but my non-stuttering friends couldn't see what the problem was. I decided that it would be useful, in the circumstances, to compare notes with other stutterers about this problem. That led me to start a self-help group in Toronto for people who stutter.

(Continued on Page 10...)

## Jaan Pill

Jaan Pill is a documentary maker, writer, and beginner practitioner of mindfulness. His web-site is at:

[www.preservedstories.com](http://www.preservedstories.com)

For over twenty years he was active as a volunteer on behalf of people who stutter at the local, national, and international levels. He is a retired elementary school teacher who occasionally still speaks to classes of students. He lives with his family in Long Branch in the City of Toronto.

## Jaan Pill Shares...

If you'd like a more complete overview of what I've learned, I recommend that you view a well-received online video, [Stuttering – A Listener's Guide](#).

The speaking notes for the above-mentioned presentation, which has to date received 415 plays, are available [here](#).

A summary of what I've learned can be found in an article entitled [If I stutter, what help is out there for me?](#)



## Research About Stuttering

At the Canadian Stuttering Association, we like to share brief summaries of research about stuttering. Jaan Pill shares some summaries about topics that have engaged his interest as a volunteer:

[Changing adolescent attitudes toward stuttering](#)

[Stuttering has social consequences, even for 3 and 4 year olds](#)

[Peer attitudes toward children who stutter](#)

[Other Articles on Stuttering](#)

[Teachers and students who stutter](#)

[Stuttering and your career](#)

[Self-help and the international scene](#)

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In the years that followed I was involved in organizing of the first national conference for Canadians who stutter. That took place in 1991 and led to the founding of the Canadian Stuttering Association: <http://www.stutter.ca/>. In 1990, I made presentations about stuttering in Estonia, speaking in my native language, which is Estonian. That led to the founding of the Estonian Stuttering Association in 1993: <http://www.kogelus.ee/>. I was a co-founder of the International Stuttering Association – <http://www.isastutter.org/> – in 1995 and represented national self-help associations during the early years of the International Fluency Association: <http://www.theifa.org/>.

Before I found something that worked for me, I tried many things that didn't work. I believe strongly that an evidence-based approach is essential when considering the options available to us. Show me solid evidence that a given approach works on a long-term basis, in everyday situations, for a majority of stutterers. Show me results published in peer-reviewed

professional journals. Otherwise, I am not interested.

For parents of young children who stutter, it's useful to know that the Lidcombe Program, developed in Australia, is highly effective in treatment of stuttering in pre-school children, as indicated in research reported in the British Medical Journal and other peer-reviewed professional journals.

My own volunteer work is largely in the past. A new generation of leaders has taken over leadership of such work in Canada. These days I follow with interest the work that a younger generation is doing with social media. In that regard, I'd like to mention Stutter Social, a great way for people who stutter to connect online:

<https://www.facebook.com/pages/Stutter-Social/307357639290892>

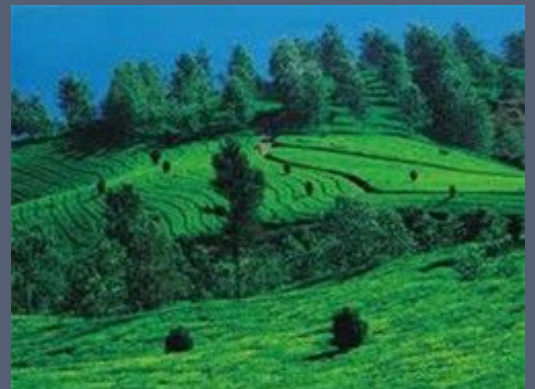
**Contributed By: Jaan Pill, Canada**  
(Contact at: [www.preservedstories.com](http://www.preservedstories.com))

## National Get-together at Coorg, Bangalore

The Indian Stammering Association (TISA) is organizing a national get-together in the scenic hill-station and beautiful locales of Coorg. The event is going to be a three-day event, starting from 29<sup>th</sup> Sep to 01<sup>st</sup> Oct 2012.

To register your seat, read the agenda or anything else you want to know about the event, follow this link:

[http://www.rkarthik.in/national\\_conference\\_TISA\\_2012/](http://www.rkarthik.in/national_conference_TISA_2012/)





## हकलाहट के सच को स्वीकार करें..!

पहले कोई मुझे चिढ़ा देता या मुझ पर हँसता था तो मुझे बहुत गुस्सा आता था तथा बहुत ज्यादा मानसिक पीड़ा होती थी लेकिन अब ऐसा नहीं है. अगर कोई व्यक्ति मुझे चिढ़ाने के लिए हकलाने का नाटक करता है तो मैं उसके पास जाकर सबके सामने उसके लिए हमदर्दी व्यक्त करता हूँ और भरोसा दिलाता हूँ की वह बहुत जल्द ठीक हो जायेगा.

हकलाहट को नियंत्रित करने का सबसे पहला आधारभूत नियम स्वीकार्यता (Acceptance) है. हमें यह तथ्य स्वीकार कर लेना चाहिए की हम हकलाते हैं क्योंकि हम इस समस्या के अस्तित्व को नकार नहीं सकते. जब हम हकलाने वाले व्यक्तियों से हकलाहट को स्वीकार करने के लिए कहते हैं तो उसका पहला उत्तर यही होता है कि "मैं हकलाहट को बहुत पहले स्वीकार कर चुका हूँ, इसलिए मैं बात करने से बचता हूँ, क्योंकि मुझे मालूम है की मैं जब भी बात करूँगा हकालाऊँगा ज़रूर. इसीलिए मैं बेकार की कोशिश में अपना समय व्यर्थ नहीं करता".

स्वीकार्यता (Acceptance) का मतलब यह भी नहीं है की हम हकलाहट को स्वीकार करने के बाद यह मान लें कि हम कभी ठीक नहीं हो सकते और हकलाहट को कंट्रोल करने की कोशिश करना भी छोड़ दें. असल में इसका उद्देश्य समस्या को स्वीकार करके उसको नियंत्रित करने की कोशिश करना है. इसे हम एक उदाहरण के माध्यम से समझ सकते हैं. अगर हमें बुखार हो गया है तो हमें पहले यह सच स्वीकार करना होगा कि हमें बुखार है और हमें डॉक्टर के परामर्श और दवाओं की ज़रूरत है तथा बुखार होते हुए भी अगर हम यह मानने से इंकार कर देंगे की हमें बुखार है तो आगे की परिस्थिति आप खुद समझ सकते हैं.

इसी प्रकार सबसे पहले हमें यह स्वीकार करना होगा कि हम हकलाते हैं. यह स्वीकार करने के बाद हमें अपनी इस चुनौती पर कार्य करना आरम्भ कर देना चाहिए. जब तक हम हकलाहट को स्वीकार नहीं करते हम अपनी जिन्दगी घुट-घुट कर जी रहे होते हैं. हमें कैसा महसूस होता है जब हम क्लास में किताब पढ़ नहीं कर पाते, किसी के प्रश्न का उत्तर नहीं दे पाते, किसी से रास्ता पूछें तो वह हमारी बात को अनसुना करके आगे बढ़ जाए या फिर जब हमारा फोन यह कहकर कट दिया जाए की आवाज़ साफ नहीं आ रही.

इन सभी परिस्थितियों में हमारी भावनाएं एक जैसी होती हैं. हमें अपने आप पर शर्म आने लगती है की हम सही से बात भी नहीं कर सकते, अपराधबोध से ग्रस्त हो जाते हैं. ऐसा लगने लगता है की हकलाकर हमने कोई गुनाह कर दिया है. इस कारण जब हमसे किसी से बात करने के लिए कहा जाता है तो हम पहले ही पीछे हटने की कोशिश करते हैं. हम अपना सारा समय यह

सोचने में व्यर्थ करते हैं की अगर हम हकला जाएंगे तो लोग क्या सोचेंगे?

आमतौर पर जब कोई हमें हकलाने के कारण चिढ़ाता है या हमपर हँसता है तो हमें बहुत गुस्सा आता है और हम कुछ देर के लिए डिस्टर्ब हो जाते हैं. इस वक़्त की मनोदशा का चित्रण करना थोड़ा मुश्किल है. स्टेमरिंग को स्वीकार करने वाले इस मनोदशा से सदैव के लिए बचे रहते हैं. मेरा खुद का अनुभव काफी अच्छा रहा है. पहले कोई मुझे चिढ़ा देता या मुझ पर हँसता था तो मुझे बहुत गुस्सा आता था तथा बहुत ज्यादा मानसिक पीड़ा होती थी लेकिन अब ऐसा नहीं है. अगर कोई व्यक्ति मुझे चिढ़ाने के लिए हकलाने का नाटक करता है तो मैं उसके पास जाकर सबके सामने उसके लिए हमदर्दी व्यक्त करता हूँ और भरोसा दिलाता हूँ की वह बहुत जल्द ठीक हो जायेगा. उसके बाद वह व्यक्ति मुझे दोबारा नहीं चिढ़ाता. कुत्ते आप पर तभी तक भौंकते हैं जब तक आप उनसे डरते और भागते हैं.

जैसे ही हम स्टेमरिंग को स्वीकार कर लेते हैं इसका हम पर जादू सा असर होता है. स्वीकार कर लेने के बाद अगर हम हकलाते हैं तो भी हमारे मन में किसी प्रकार की नेगेटिव फीलिंग नहीं आती. अर्थात हम "हकलाने के डर" के मुक्त हो जाते हैं. ऐसा बिलकुल भी नहीं है की केवल स्टेमरिंग को स्वीकार कर लेने से हम ठीक हो जायेंगे, लेकिन हकलाने के कारण होने वाली मानसिक पीड़ा का काफी हद तक अंत हो जाता है.

हम ध्यान से सोचकर देखें तो हमें पता चलेगा की हकलाना हमारे लिए उतनी बड़ी समस्या नहीं है, जितना की "हकलाने का डर" और हकलाने के कारण होने वाली मानसिक पीड़ा है. स्टेमरिंग हमें केवल तब तक प्रभावित करती है जब तक हम मौखिक संवाद (बातचीत) करते हैं, बाकि समय में हमें केवल "हकलाने का डर" ही परेशान करता है. हम लिखित और विजुअल कम्युनिकेशन का उपयोग बहुत अच्छी तरह कर सकते हैं.

अगर हम हकलाने के डर और इससे उपजी मानसिक पीड़ा को समाप्त कर लेने में सफल हो जाते हैं तो समझ लीजिये कि हमने इस दौड़ का

“स्वीकार्यता (Acceptance) का मतलब यह भी नहीं है की हम हकलाहट को स्वीकार करने के बाद यह मान लें कि हम कभी ठीक नहीं हो सकते और हकलाहट को कंट्रोल करने की कोशिश करना भी छोड़ दें. असल में इसका उद्देश्य समस्या को स्वीकार करके उसको नियंत्रित करने की कोशिश करना है”





जब आप स्वयं सहायता समूह की बैठक में आते हैं तो पता चलता है की हमारा दर्द इतना बड़ा नहीं है जितना हम इसे लेकर परेशान रहते हैं. हम अकेले नहीं हैं, हम सबसे अलग नहीं हैं. हमें भी लोग सुनना पसंद करते हैं, हम भी बोल सकते हैं. हम भी लोगों को चुटकुले सुनकर लोगों को हंसा सकते हैं.

- उमेश रावत

आधा सफर पूरा करा लिया है. इसके बाद हमारा काम केवल स्टेमरिंग को कम करना रह जाता है.

हम सभी के लिए यह स्वीकार करना की हम हकलाते हैं बहुत मुश्किल है, लेकिन यह सोचना भी बेकार है क्योंकि स्पीच से सम्बंधित सभी अभ्यास और तकनीक शुरुआत में अनोखी और अजीब लगती हैं. इसलिए इनको वास्तव में अपनाना मुश्किल हो जाता है, लेकिन अगर हम स्टेमरिंग को स्वीकार कर लेते हैं तो हमें इन तकनीकों में कुछ भी अजीब नहीं लगेगा और हम इसे आसानी से उपयोग कर पाएंगे.

### हकलाहट को कैसे स्वीकार करें?

इसके लिए सबसे पहले हमारे मन में इतनी इच्छाशक्ति होनी चाहिए की हम सभी से बेझिझक अपनी समस्या के बारे में बात कर सकें. हमें सभी को यह बताना चाहिए की हम हकलाते हैं ताकि हमसे लोग धाराप्रवाह बोलने की अपेक्षा न करें. और साथ ही हमें अपने आपको एक साधारण वक्ता की तरह पेश करने से बचना चाहिए. हमें ऐसे मौकों की तलाश करनी चाहिए जहाँ हम लोगों से हकलाने के बारे में बातचीत या बहस कर सकें. स्टेमरिंग को स्वीकार करने का सबसे बेहतर तरीका स्वैच्छिक

स्टेमरिंग करना है. स्वैच्छिक स्टेमरिंग करने का मतलब जानबूझकर, आराम से हकलाना होता है. इसमें हम प्रत्येक शब्द के पहले अक्षर को थोड़ा रिपिटेशन या प्रोलॉन्गेशन का उपयोग करते हुए आराम से उच्चारित करते हैं. इसका उपयोग हम उन शब्दों पर करते हैं जिनको बोलने में हमें कोई समस्या नहीं होती अर्थात इसका प्रयोग हम नॉन-फीयर वर्ड्स पर करते हैं. इसे अमल में लाना थोड़ा मुश्किल है इसीलिए इसकी शुरुआत हम तेज़ आवाज़ में लेकिन आराम से बुक रीडिंग करके कर सकते हैं तथा इसके बाद हम इसका प्रयोग अन्य लोगों से बातचीत में कर सकते हैं. उदहारण के लिए, आप किसी दुकान में जाकर दुकानदार से जानबूझकर हकलाकर बात कर सकते हैं या किसी अजनबी से हकलाकर टाइम पूछ सकते हैं. स्वैच्छिक स्टेमरिंग हमारे अन्दर के शर्म को समाप्त करने में सहायता कर सकती है. इसके द्वारा हम यह भी जान सकते हैं की आम लोग हकलाने वाले लोगों से किस प्रकार का व्यवहार करते हैं. स्वैच्छिक स्टेमरिंग करने से हमारे अन्दर के हकलाने के डर और तनाव से राहत मिलती है.

जितेंदर गुप्ता "प्रथम", नई दिल्ली

## खुले आकाश में उड़ना सिखाता है स्वयं सहायता समूह

स्वयं सहायता समूह ऐसे लोगों का संगठन है जो एक नाव पर सवारी करते हैं. ये लोग एक-दूसरे कि चुनौतियों और समस्याओं को अच्छे से समझते हैं. कोई भी सामान्य व्यक्ति जो की धाराप्रवाह बोलता है हकलाने वाले व्यक्ति कि परेशानी और दर्द को तब तक नहीं समझ सकता, जब तक कि वह खुद उस हालत से न गुजरा हो. स्वयं सहायता समूह की बैठक किसी को इस बात की गारंटी नहीं देती की यहाँ पर आकर उसकी हकलाहट ठीक हो जाएगी लेकिन यह उन लोगों के लिए एक बहुत अच्छा वातावरण बना देती है, जो अपनी स्पीच पर काम करना चाहते हैं और आगे आकर हकलाहट के डर का सामना करना चाहते हैं. मीटिंग में आकर हम अपने अनुभव, विचार और अपने अब तक के अच्छे या बुरे अनुभव को बाँट सकते हैं. सबसे बड़ी बात तो यह है की हम एक-दूसरे से सीख सकते हैं और एक-दूसरे के लिए प्रेरणा बन सकते हैं.

मैंने अपने अनुभव से जाना है कि स्वयं सहायता समूह में आकर भावनात्मक सपोर्ट मिलता है जो हकलाहट की रिकवरी में अहम् भूमिका निभाता है. हमारे साथ ज्यादातर ऐसा होता है की हमें अपने आस-पास की दुनिया में अपने जैसा कोई नहीं मिलता, इसलिए हम खुद को और भगवान् को कोसते रहते हैं की ऐसा हमारे साथ क्यों हुआ? वहीं जब आप स्वयं सहायता समूह की बैठक में आते हैं तो पता चलता है की हमारा दर्द इतना बड़ा नहीं है जितना हम इसे लेकर परेशान रहते हैं. हम अकेले



नहीं हैं, हम सबसे अलग नहीं हैं. हमें भी लोग सुनना पसंद करते हैं, हम भी बोल सकते हैं. हम भी लोगों को चुटकुले सुनकर लोगों को हंसा सकते हैं. मीटिंग में आकर ही हम जान पाते हैं की बचपन में जो कुछ बुरा या अजीब हमारे साथ हुआ वह सभी के साथ हुआ है. इसी वजह से स्वयं सहायता समूह हमें बाहर की बजाए अन्दर से ठीक करना प्रारम्भ करता है. हालांकि यह प्रक्रिया थोड़ी धीमी मालूम पड़ती है, लेकिन यही एक तरीका है जो दूर तक काम करता है.

पहले मैं सोचता था की अब मैं ज्यादा हकलाने लगा हूँ और मुझे बोलने में अधिक रुकावट होती है. जब से मैंने स्वयं सहायता समूह की मीटिंग को अटेंड करना शुरू किया और अपने हकलाने को खुलकर दिखाना प्रारंभ किया तो मेरे दिमाग से मानसिक तनाव काफी हद तक कम हो गया. कभी-कभी मैं



बहुत बुरे तरीके से हकलाता हूँ फिर भी मन में संतोष का भाव रहता है क्योंकि मैंने वही बोला जो मैं बोलना चाहता था. खुलेपन का भाव और अपने आप पर विश्वास जागृत हुआ.

स्वयं सहायता समूह की बैठक में शामिल होने से आपको और भी कई लाभ होते हैं जैसे :-

- \* इससे आपको कई नए दोस्त बनाने का मौका मिलता है, जिससे आपका सामाजिक विकास होता है.
- \* अलग-अलग प्रदेशों के लोग आपसे जुड़ते हैं जिससे वहां की संस्कृति और ज्ञान को जानने-समझने का अवसर मिलता है.
- \* आपको कभी हताशा घेर ले या आप दुःखी हों तो तुरंत किसी हकलाने वाले दोस्त को फोन कर सहायता

और सलाह ले सकते हैं.

\* स्वयं सहायता समूह के मित्र हमेशा सकारात्मक होते हैं. आप उनसे जिस भी मदद की जरूरत हो ले सकते हैं.

\* यदि आप स्वयं सहायता समूह को-ऑर्डिनेट करते हैं तो इससे आपके नेतृत्व कौशल का विकास होता है जो की आपके कार्य में भी सहायक है।

\* और आखिर में स्वयं सहायता समूह आपको बाहर की दुनिया में आने और उसका सामना करने का हौसला देता है. आपको और भी ज्यादा मज़ा आएगा अगर आप नई जगहों पर यात्रा करने का शौक रखते हैं.

उमेश रावत, भिवानी, हरियाणा



## दिल्ली में टीसा की संचार कार्यशाला संपन्न



कार्यशाला के दोनों दिन कभी यादगार रहेंगे। अनजान लोगों से बातचीत करने का डर अब दूर हो गया है। मेरे जीवन में एक नया पड़ाव आया है, अब मैंने उड़ना सीख लिया है।

देश की राजधानी नई दिल्ली में 14-15 जुलाई 2012 को टीसा की दो दिवसीय संचार कार्यशाला भारतीय सामाजिक संस्थान में संपन्न हुई. इस कार्यशाला में दिल्ली, उत्तराखंड, हरियाणा, उत्तर प्रदेश और मध्य प्रदेश के दो दर्जन से अधिक प्रतिभागीओं ने हिस्सा लिया। इनमें टीसा के राष्ट्रीय समन्वयक जयप्रकाश सुंडा, प्रमोदसिंह बुंदेला, सिकंदर, ललित पाण्डेय, उमेश रावत, पावस आनंद, अमित दीक्षित, जितेंद्र गुप्ता, रवि, डॉ. विजय, डॉ. ताबिस, शैलेन्द्र, नितिन, ईशान, अभिषेक, अमित श्रीवास्तव, राकेश जैसवाल, सौरभ अग्रवाल, अजय, आशीष, प्रभात, संचित, हेमंत, सुबोध और अमितसिंह कुशवाह आदि प्रमुख रूप से शामिल हैं।

औपचारिक परिचय के बाद कार्यशाला के प्रथम सत्र की शुरुआत करते हुए पावस आनंद ने हकलाने वाले युवा साथियों को जॉब के इंटरव्यू की तैयारियों और नियुक्ता की जरूरतों से अवगत कराया। पावस ने बताया की हकलाने वाले लोगों को अपनी योग्यताओं और कौशल को पहचान कर सही फील्ड का चुनाव करना चाहिए जिससे वे बेहतर परिणाम दे पाएं। यह व्याख्यान काफी जानकारीपरक रहा और प्रतिभागीओं ने सवाल पूछकर अपनी जिज्ञासाओं का समाधान किया।

दूसरे व्याख्यान में जयप्रकाश सुंडा ने हकलाहट की स्वीकार्यता पर डॉ. सत्येन्द्र श्रीवास्तव का एक विडिओ दिखाया. इसके बाद सभी लोगों ने हकलाहट की

स्वीकार्यता के बारे में अपने विचारों को साझा किया और यह भी बताया की वास्तविक जिन्दगी में वे कैसे स्वीकार्यता को अपनाते हैं।

लंच के बाद दूसरे सत्र की शुरुआत करते हुए जयप्रकाश सुंडा ने स्पीच टूल और तकनीकों की चर्चा की। इसमें बाउंसिंग, प्रोलाउंगशिफेशन, पौजिंग आदि पर बातचीत की गई। इसके बाद थकान को दूर करने के लिए म्यूजिकल चेयर का गेम सबने बड़े उत्साह से खेला। फिर सभी लोगों को चार समूहों में बांटकर सभी ग्रुप को एक लेपटोप और कैमरा दिया गया, जिससे रिकॉर्ड किया जा सके। सबने हकलाहट के बारे में अपने विचार और अनुभव शेयर किए।

शाम को चाय के समय एक एक्टिविटी के तहत सभी लोगों ने फोन पर अपने किसी परिचित को टीसा की इस कार्यशाला के बारे में विस्तार से बताया। अगली गतिविधि के लिए हम सब जवाहरलाल नेहरू मेट्रो स्टेशन गए। वहां पर सभी ने हकलाकर या स्वेछिक हकलाहट की तकनीक का इस्तेमाल कर टिकट काउंटर पर जाकर टिकट लिया. इससे हम समझ गए की हमारा हकलाने का डर बेवजह है. इस तरह कार्यशाला का पहला दिन काफी रोचक और ज्ञानवर्धक रहा।

कार्यशाला के दूसरे दिन 28 लोगों ने भाग लिया।



पावस आनंद ने हकलाने वाले युवा साथियों को जॉब के इंटरव्यू की तैयारियों और नियुक्ता की जरूरतों से अवगत कराया.



टीसा कि इस कार्यशाला में सबसे कम आयु के प्रतिभागी नई दिल्ली से १० साल के ईशान ने शामिल होकर हकलाहट के बारे में जानने और हकलाहट को नियंत्रित करने के तरीकों के बारे में जानकारी हासिल की। इस बालक को अपने बीच पाकर हकलाने वाले युवा साथी खुश थे।

प्रथम सत्र में स्वैच्छिक हकलाहट पर आधारित एक फिल्म को देखा। इसमें यह दिखाया गया था कि सार्वजनिक स्थानों पर हकलाने वाले व्यक्तियों के प्रति आम लोगों की प्रतिक्रिया ज्यादा सहयोगात्मक नहीं होती है। इस फिल्म को देखकर हम सबने स्वैच्छिक हकलाहट के लाभों और इसकी उपयोगिता के बारे में चर्चा की। अगली कड़ी में प्रमेन्द्रसिंह बुंदेला और अभिषेक ने हकलाहट के बारे में एक सार्वजनिक इंटरव्यू का डेमो दिया। इसमें हकलाहट के बारे में आम आदमी से कुछ सवाल और उसके संभावित जवाब को दोनों ने बखूबी प्रदर्शित किया।

हकलाहट के बारे में लोगों के विचार जानने के लिए सभी प्रतिभागीओं को 6 समूहों में बांटकर आउटडोर एक्टिविटी का चुनाव किया गया। सभी समूह कार्यशाला स्थल के आसपास अलग-अलग दिशाओं की ओर गए। सभी ने बारी-बारी से अनजान व्यक्तियों से हकलाहट के विषय में कुछ प्रश्न पूछकर उनके विचार और हकलाहट के बारे में उनकी जागरूकता को जानने की कोशिश की। 45 मिनट बाद सभी वापस लौटे और अपने अनुभवों को साझा किया। इस गतिविधि से यह बात सामने आई कि हकलाहट के प्रति लोगों को थोड़ा कम जानकारी है, इसके बावजूद कई लोगों का नजरिया सकारात्मक रहा।

लंच के बाद डॉ. सत्येन्द्र श्रीवास्तव का एक विडिओ हम लोगों ने देखा, इसमें हकलाहट की स्वीकार्यता के विषय में और अधिक चर्चा की थी। इस विडिओ से हम यह जान पाए कि हकलाहट की स्वीकार्यता क्यों जरूरी है और इसका क्या महत्व है। इस सत्र में हकलाहट की स्वीकार्यता के बारे में प्रतिभागीओं ने कई सवाल किए और अपने खुद के अनुभवों को भी बताया।

अंतिम सत्र में प्रतिभागीओं ने हकलाहट के विषय में अपने विचारों, अनुभवों और उसमें आए परिवर्तन का जिक्र किया। सिकंदर ने मानसिक तनाव को दूर करने और हमेशा उर्जावान रहने में ब्रम्हकुमारी की क्रियाओं के महत्व और उसकी उपयोगिता की चर्चा की। अमितसिंह कुशवाह ने हकलाहट के बारे में अपने

अनुभव को बताया और प्रतिभागीओं के कुछ प्रश्नों का उत्तर भी दिया। रवि ने अपने एक जॉब इंटरव्यू और अजय ने हकलाहट के बारे में चर्चा की।

इस कार्यशाला के आयोजन में दिल्ली स्वयं सहायता समूह के सभी सदस्यों का योगदान सराहनीय रहा।

## प्रतिभागीओं के विचार

"कार्यशाला के दोनों दिन कभी यादगार रहेंगे। अनजान लोगों से बातचीत करने का डर अब दूर हो गया है। मेरे जीवन में एक नया पड़ाव आया है, अब मैंने उड़ना सीख लिया है।"

- रवि

"टीसा की इस कार्यशाला को "हकलाने वाले व्यक्तियों को जीने की कला" सिखाने का मंच कहा जाए तो बेहतर होगा।"

- सुबोध सिंह

"यह वर्कशाप हकलाने के डर, शर्म और अपराधबोध की मानसिकता को बदलने में चमत्कारिक रूप से कारगर है।"

- हेमंत कुमार

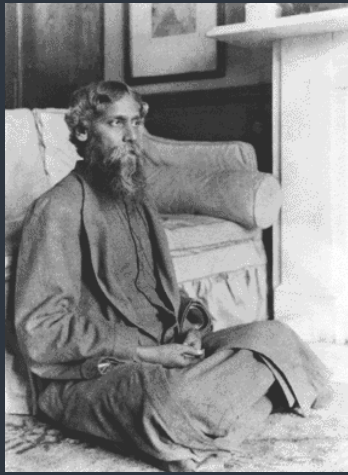
"हर बार टीसा के इवेंट में शामिल होकर काफी कुछ नया सीखने का मौका मिलता है।"

- उमेश रावत

"टीसा की इस कार्यशाला ने मेरे अन्दर जीवन के प्रति एक सकारात्मक सोच को पैदा किया है।"

- जितेंद्र गुप्ता





## Closed Path

I thought that my voyage had come to its end  
at the last limit of my power,---that the path before me was closed,  
that provisions were exhausted  
and the time come to take shelter in a silent obscurity.

But I find that thy will knows no end in me.  
And when old words die out on the tongue,  
new melodies break forth from the heart;  
and where the old tracks are lost,  
new country is revealed with its wonders.

- Rabindranath Tagore

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### English Section

editor@stammer.in

Phone: (0091)9823211467

### Hindi Section

Amithsingh Kushwah (Editor, Hindi)

amitsk68@gmail.com

Phone: (0091)9300939758

### For more inspiration & information:

<http://stammer.in>

<http://t-tisa.blogspot.com>

### Jai Prakash Sunda (Coordinator, TISA)

jaiprakashsunda@gmail.com

Phone: (0091)9915686678