



## How Should Society Deal With Persons With Cerebral Palsy

Cerebral Palsy  
Capable Person  
Just know that

*Author:*  
*Dr, Riitesh Sinha*

### Introduction

People with Cerebral Palsy have all the desires and aspirations as any other human being on this planet. There are more than 40 lakh people affected with Cerebral Palsy in our country. There is a sheer lack of social acceptance, education and employment opportunities, and accessible infrastructure for people with disabilities, particularly people with Cerebral Palsy.

### Redefining the Status Quo

According to me a Disabled Person is a Distinctly Abled Person and a person with Cerebral Palsy is a Capable Person and with proper education and training he/she can do anything that a so-called able-bodied person can do. Not just physical exercise but Mudraa therapy, education and games are essential for the overall development of People with CP.

The authorities need to immediately consider taking measures to foster inclusivity for People with CP at a systemic level. At regular intervals, the government, state and national-level sports authorities, and NGOs should organize games and Abilympics for People with CP. Industries and organizations would require a proper re-modelling to help facilitate the inclusion of People with CP as valuable contributors. After education, People with CP can take up professions which require more mental work and less physical work, such as a computer science professional, author, poet, financial consultant, human resource manager, sustainability consultant etc.

When it comes to the social stance of People with CP, the greatest drawback in our society is that we judge the mental

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capability of a person solely by their voice and body movements. People think that if the voice of a person is clear and body movements are proper, his/ her Intelligence Quotient (IQ) is high and vice versa. As we all know that human beings are social animals, so people should interact equally with People with CP and they should be considered as integral part of society.

To create a more inclusive society, Disability Studies with practicals should be made a mandatory part of school education from an elementary level to even higher forms of education.

General Public should treat People with CP as any other human being. Whenever someone meets a Person with CP, they treat him as if they are meeting a lunatic person. Such an attitude reduces confidence in the Person with CP.

## **The Critical Adolescent Phase**

Adolescent phase is a very important period of time in anybody's life, but it is not regarded with as much importance for children with Cerebral Palsy. As children with CP cannot interact with other people, it needs to be parents who should guide them on these issues which are not dealt with much importance. Parents should also guide children with Cerebral Palsy on how to protect themselves from sexual exploitation by anybody. This knowledge is not only important for children with Cerebral Palsy, but it is important for other children too.

## **Innovative Solutions to Persisting Problems of PwCP**

Under the Public Private Partnership (PPP) model, the Government of India could foster partnerships with private organizations and Non-Governmental Organizations (NGOs) in order to set up centers in every district of India wherein People with CP can get solutions to all their problems upon discussion with trained personnel.

A new Hasta Mudra known as Riitesh Mudra developed by me is very useful for People with CP. I have also developed a pencil holding technique known as Riitesh's Method of Holding Pencil, which is very useful for People with CP in reduction of spasticity. These are like magic wands for PwCP.

I have developed a foot-operated tricycle named as Riitrike. It is very useful for quadriplegic people like me. It has dual benefits. Firstly, it gives physiotherapy to the rider and secondly, it gives a sense of independence to them and thus enhancing their confidence level.

I along with my family members have developed accessible clothings, which is very useful for People with Cerebral Palsy.

## **Building a Community**

To raise awareness about Cerebral Palsy among the general public, I have composed an anthem named 'The Cerebral Palsy Anthem' in Hindi and English. I have also authored a book titled 'Understanding Cerebral Palsy' which explores the problems, requisite medical interventions in terms of alternative therapies and what people should know about Cerebral Palsy, to raise collective conscience when it comes to acceptance of People with Cerebral Palsy.

To thoroughly discuss and solve the problems of People with CP, I have created a group on WhatsApp and Facebook by the name "Capable Persons' Group".

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We the people of India, who have some or the other disability have no right to get insurance policies as a non-disabled person. I request you all to find solutions on how to get insurance policies for disabled people and especially People with CP.

### **Concluding Remarks**

The Indian Constitution considers People with Disabilities as equal citizens but in our society, there should be a greater degree of sensitization. Although we are empowered by the Rights of People with Disabilities (RPWD) Act 2016, there is a suboptimal degree of implementation when it comes to civil society and accessibility of infrastructure. Various state governments have launched welfare schemes for the differently abled, but there is a sheer lack of awareness among the desired recipients.

Greater work needs to be done in the direction of implementation of such regulations and welfare policies to make differently abled people feel included so that they can contribute to the next golden period of the Indian Economy.

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