



By: Bushra Jilani, Editor.

The day of 13th December 2007 was celebrated for the World's largest minority, 650 million people with Disabilities who have been pushed to margins of society. What a marvelous step was taken on 13 December 2006, what a great victory on that day achieved when the "United Nations convention on the Rights of persons with Disabilities was adopted earlier it was opened for signature on March 2007 by member states.

The convention of this century five years of intense negotiations at the UN compelled the countries to agree on the new convention. It rightly did being a matter of life and death for 650 million persons who certainly are the members of some families' .this way there are approximately 2 billion persons who directly affected by disability in the world, representing almost a third of the population.

They collectively represent a significant over-looked development challenge .if the able bodied persons ensure

equality of rights and access for these persons it will have huge impact on the social and economic situation in the countries for this metamorphosis a change of attitude is vital. The need is to replace charity and welfare with equal rights and freedom. The need is to combat negative stereotypes and prejudices and to promote an awareness of people's abilities and contribution to society. Don MacKay of New Zealand said; The convention will force states to develop a different way of thinking about the disability issues once you get the paradigm shift and people adopt a CAN DO rather than a CANT DO approach a whole lot of other things flow from there

Depressing enough is the fact that Pakistan is one of the countries that have not signed the treaty so far.

But what detains us? Our deterrence raises a number of issues, It's an undeniable fact that the convention and the related optional protocol would dramatically affect the lines of the disabled, It's a gigantic aim and a wonderful one. Why Pakistani govt not sign it? The existing legislation (by Zia-ul-Haq) on disability has become moribund because it was not ratified let alone implemented or monitored because there's a world of a difference between a government's intention and a government's signed commitment. We are justified in asking the government to provide

us with an explanation on why the treaty is being constantly neglected? We are justified in demanding for it because without it disabled people are unable to challenge the deprivation of their rights. But the attitude of our government is far from clear.

Is the treaty under consideration or totally rejected like the us people have clearly announced can we hope that one day, any day it will be signed? If it is being actively considered or has become a victim of red tapeism, when government must provide us with a categorical answer? It is a million Dollar question.

The convention, the first comprehensive human rights treaty of the 21st century, proclaims that there never were, and never will be, any human rights to which people with Disabilities don't lay claim.

This new convention is based on existing human rights treaties and their application to PWDS. While the 40 article Treaty does not create 'new' rights, it prohibits discrimination against disabled people in all areas of life Its aim is to guarantee an effective protection of the disabled, and ensure that they enjoy the full rang of human rights; civil, political, economic, social and cultural. Rightly said the UN general Assembly President Jam Eliasson:

"This is the first convention of this magnitude for this century"

By: Asad Rafi

I have had ataxia since the age of 20 which worsened with the passage of time and finally confined me to a wheelchair. I remember my first sight of wheelchair was ended in my termination of not sitting on the chair. It was very hard and took time in accepting the fact that having walked always, the sight of wheelchair was heartbreaking. It took my doctor hours to explain to me the advantages of being in a wheelchair and from that moment on I have never looked back.

It is true that having a disability means being unable to do certain things or feeling frustrated at times but on the other and it does make you stronger and instill in you a spirit of never giving up. Let me tell you about the advantages I have had of being in a wheelchair and how it has helped me.

Quite naturally I never thought of my being handicapped or disabled. It is very important the way you think when you are faced with an obstacle in life. Positive thinking and never giving up hope have been two most beneficial weapon to me in my fight. Negative thinking, getting frustrated or feeling low means that you have given up and are not willing to fight your cause. True it's but bring one back to life natural but a quick look on the bright side of things. Having an active lifestyle has benefited me a lot in my struggle. It includes going to the gym, swimming and doing physiotherapy. Doing exercises has always been of top priority for me in order to lose weight and keep myself light. Doing a job the whole day and then going for my exercises, straight back from work is very tiring but I have got used to it over the years and enjoy it. My physiotherapy is done on Sundays which includes walking with the help of parallel bars. Walking has always been my

ultimate goal and all my exercises at the gym and swimming are aimed at making my legs and lower limbs strong. These efforts are paying off and my walking has improved by leaps and bounds.

A good social life and having very caring friends has always been very rewarding for me. Being able to go to parties and dinners to the top restaurants and clubs is something which everyone can't afford. God has helped me tremendously. I consider myself very fortunate that I have been blessed with all the best things in life; very kind and understanding people, loving and



encouraging parents and loving Friends have always been there for me and have inspired me. One should always try to look at the positive side of things and should have complete faith in God. The ability to achieve things despite being confined to a wheelchair and not by an able bodied person gives me a sense of purpose. For example good swimming gives me immense satisfaction as so many non-handicapped people are unable to swim.

God always compensates things. You have got to realize the fact that your condition is much better than countless others out there. Recently when I went to the children's benefit concert and saw children having various types of diseases, I realized

how improved independent I am and I gladly announced that my being in a wheelchair has proved to be my source of strength in life.

Another advantage would be my working in a very peaceful and relaxing environment helps me a great deal. It is these advantages when I say that being in a wheelchair makes me feel more satisfied. One should never give up hope and have faith in God. Staying focused on work and keeping yourself busy are very important and very helpful whenever you tend to feel lonely. Keeping busy always keeps your mind occupied and does not let it drift away with negative thoughts.

Life has taught me how to be happy. I know that you only live once, and you should try to make the most of it. Recently I started doing community. Work for the under privileged and handicapped and went to a musical concert for the children. It is only by going to such places that you realize

how fortunate and well blessed you are than these unfortunate children.

In conclusion I would like to say that people need to be more aware of the problems of the disabled people especially those confined to a wheelchair and show a lot more patience and understanding. There is total lack of accessibility for disabled people in Pakistan. There is no concept of making of ramps, lifts, elevators or special toilets in a newly constructed office building, shopping plaza or restaurant. In the West it is the law to make ramps, lifts or toilets whenever a new building is constructed.

Even Ataxia has definitely made me stronger and has given me a lot of will power and the attitude of "Never Say Die".

Mental Retardation means slow or total arrest of growth of mental faculties. It stifles intellectual development, impairs intelligence, keeps the person subnormal and backward and in fact renders him feeble-minded. Mental Retardation should not be confused with mental illness, disturbance of the mind or psychological disorder, which presupposes a sound mind having been so afflicted.

Such a person would be abnormal as opposed to a retarded person who is termed subnormal. A Retardate on the other hand may or may not be so afflicted. His mind simply does not grow beyond a certain point.

However, inability to give expression to his feelings and energy, or to do anything, absence of activity, boredom, being constantly ignored, unnecessary restraint, unremitting criticism, sense of uselessness and resultant frustration, and otherwise mistreatment or abuse could create psychological complications or mental disturbance, aggravating the problem further.

MANIFESTATAION OF RETARDATION

Mental Retardation can manifest itself in innumerable ways in the development and life of a child. The main symptoms/failings are :

- a) Unintelligent, bare, expressionless, blank and insipient face look.
- b) Lack of mental and physical growth according to chronological age. The child does not respond, act or do things expected of his age

or lags behind in doing so.

- c) Lack of perception, of concepts and intelligibility.
- d) Lack of motor co-ordination e.g. between thought and action, eyes and hands hearing and understanding, command and obedience.
- e) Inability or Slowness in learning even simple tasks: and
- f) Failing generally to keep up and compete with other children,



persons of the same age and background, leading sometimes to violent behavior.

INTELLIGENCE QUOTIENT (I.Q.)

The level of intellect or intelligence of a person is his Intelligence Quotient or I.Q. It is defined through the use of traditional clinical and psychometric measure and is ascertained by a series of questions, tests, practical exercises and his responses thereto, within a specified time span. More specifically it emphasizes the functions of his ability by describing his skills.

The I.Q. of a normal person has been determined as 100 with a plus or minus margin of 5-10. Too high or too low an I.Q. could mean a Genius or Mentally Retarded persons respectively.

The system is devised by education experts, neuro physicians, psychiatrists, occupation therapists, other specialists and social workers, keeping in view the Thinking, Living Patterns, General Standards, Social Customs and Attitudes, Educational Level and other norms of society from time to time.

These questions, tests and exercises are so designed, as are normal for the age group of the child, and the society in which he is born and brought up, so as to bring into focus his inherent qualities, capabilities and development potentials. The time span is also specified with these standards in view. However, the interpretation of criteria and norms differs over time and across each society.

Correct response and performance expected of a child's age means normal I.Q. approximately 100. Significant variation would determine otherwise. The tests used in the West would not be suitable in Pakistan and should be modified to suit our conditions.

I.Q. Tests should be available with specialists as well as with institutions working for the Mentally Handicapped and should be applied to determine, to what extent if any, the child is Mentally Retarded. These tests would also help select programs for education, training and rehabilitation of the Retardate suitable for his individual needs.

By Shoji Nakanishi,
Regional Chair, DPI-Asia Pacific
(Source DPI)

Topong Kulkhanchit passed away at 11:20 am. (Thai local time) on June 7th, 2007. He returned from the South Asian workshop on "Capacity Building of Southern Disabled People's Organisations" in Bangladesh on June 4, 2007. At his return his health was delicate and he had to stay at home. Moments later he developed a high fever (over 40 degrees celsius) and was taken to the Army Hospital. In the night of June 6, his condition turned to be critical. During the night he had five cardio-respiratory arrests and after the struggle with illness, he passed away while he was receiving heart massages.

Topong was a great leader of disability movement. Before he became disabled in 1986, Topong had served in the Royal Thai Army. Following his graduation from Royal Military Academy in 1981, he extended his study and training at the US. Army Infantry School in 1984-85.

He became disabled after a car accident during his patrol duty near the Thailand-Malaysia border in 1986, injuring his cervical cord, and becoming quadriplegic. He was promoted to be lieutenant colonel after leaving the army in 1989. While taking rehabilitation at the hospital, he participated in DPI Regional Assembly held in Thailand in 1988.

His encounter with disability sector led him to deep commitment to equal opportunities of persons with disabilities in society. Then he got a chance to participate in the Nagoya City Marathon and to visit

an independent living center, Human Care Association in Japan.

During his visit, he stayed at my home and learned that a person with a severe disability could live in the community and not in an institution. He began to live in community where he started to drive a car and to write by himself.



Topong became President of the Association of the Physically Handicapped in Thailand (APHD) and developed APHD from a small organization covering only Bangkok area to a nation-wide organization.

He was also an activist in an independent living (IL) movement, after he had invited to an IL study trip in U.S.A. in 1991 organized by the Human Care Association of Japan. He was always a great leader of our movements, such as establishment of Rehabilitation Law, making accessible stations of Bangkok Sky-train, and organizing

campaign for barrier-free new Bangkok airport. Appointed as Regional Development Officer of DPI-Asia-Pacific region in 1999, he used his talent for fostering young leaders with disabilities in Asia and the Pacific. His attractive character caught many disabled persons' minds and brought unprecedented success in the last 20 years of disabled persons' movements in Asia-Pacific region.

DPI has now 26 member countries. In the region, there is no person with disability who has never heard of Topong Kulkhanchit.

movement deeply owes to his activity. Once he said "Leader works when staff are tired. Leader keeps awake to work when staff go to bed. Leader works without taking meal when staff are hungry,." He spent his life as his words. He continued his fight until his last moment and I believe he fulfilled his life.

May he rest in peace. I also offer my sincere condolences to his wife Ying, and his mother and sister.

We persons with disabilities left behind carry his torch and continue to fight to realize his vision of society of full participation and equality.

Read messages from around the world about Topong's passing:

"Topong participated and contributed to many ILO meetings, marched with the ILO and trade unions for disability rights as part of the May Day activities each year, included the ILO and decent work issues in many of his activities and presentations, and his work with DPI was an often cited

success story as part of the tsunami project". Debra A. Perry, ILO



movement as we work towards bettering the lives of PWD's worldwide", Desmond Brown, DPI Bahamas

"It is with very big sorrow that I learned of the death of my close friend and colleague Topong. He was a great leader and a very cheerful friend".

Nawaf Kabbara, DPI
World Council Member, DPI

in general". Frankson Musukwa, Zambia Deaf Vision

"Topong is irreplaceable; his contribution to the disability work will always be missed". Rose Bulime, NUDIPU, Uganda

"My sincere condolences to the comrade/fallen hero and the family". Sebenzile Matsebula, South Africa

"For Indonesia, Topong is one of the motivator in resurrection in region and world involvement of our activists. Behind his strong and straight behaviors, he is a person who always willing to give opportunity to the young generation and women, he always try to fulfill the vision and mission of the struggle, an international fighter but never neglect his nationalism concern".

Siswadi, Chairperson, Maulani A Rotinsulu, PPCI (Indonesia Disabled People's Association)

"Topong has given hope to thousands of disabled persons in the Asia-Pacific Region and beyond. He has left an invaluable legacy which should be embraced, nurtured and continued". Ms. Mary Mitchell-Coombs, DPI Information Officer



Lebanon

"His physical presence however is not with us but his remembrance and words of inspiration always remain in our memories as encouragement to move forward to uplift the disability movement and I believe that we have to generate enthusiasm for the accomplishment of his mission to mainstream disability in development". Birendra Raj Pokharel, DPI Nepal

Toutes noscondoléances et nos profondes pensées à sa famille et ses amis. I.E.Chaker, Président de l'Union Nationale des Aveugles de Tunisie

"We will truly miss his great contribution to the struggle of persons with disabilities in Africa and world



"Let us honor his life and work by continuing steadfast in the

Dengue is caused by a family of viruses called Flavivirus, which is transmitted by the bite of the Aedes mosquito. It is usually characterized by fever, which may vary from mild to severe hemorrhagic fever and fatal shock (dengue shock syndrome)

Symptoms

1 Sudden onset of high-grade fever and chills.

2 The fever occurs in two phases. The first phase lasts three to seven days, followed by a fever-free period (few hours to two days) and then comes the second phase which lasts one to two days.

3 Excruciating (“break bone “ head, back, arms, and legs ache accompanied by a sore throat and extreme tiredness.

4 Red eyed and flushed skins may also be present.

5 A rash which spares the palms and soles appears in over 50% of the cases three to four days after the onset of the fever.

6 Signs of the dengue hemorrhagic fever may include appearance of reddish spots on the skin, bleeding from the nose and mouth, and blood in the stool and urine.

7 Continuous abdominal pains, vomiting, decreasing levels of consciousness and below normal body temperature are indicative of dengue shock syndrome.

Diagnosis of the disease requires laboratory verification of a blood

sample using the polymerase Chain Reaction (PCR) method and detection of specific antibodies in the blood.

Prevention

1 Prevent mosquito bites by using repellents and minimising uncovered, body areas particularly in the early morning and late afternoon.

2 Use window and net screens with fine mesh netting.



3 Use mosquito repellent coils and mats.

4 Eliminate mosquito breeding places like stagnant water pools.

The writer is a consultant at Al Mustafa Medical Center.

ATTENTION PLEASE

The Magazine team would highly appreciate your suggestions, identification of any mistake or ideas for possible improvement in the magazine, You may Contact us at our office address or by an e-mail message.
Editor

A man went to a barbershop to have his hair cut and his beard trimmed. As the barber began to work, they began to have a good conversation. They talked about so many things and various subjects. When they eventually touched on the subject of God, the barber said: “ I don’t believe that God exists.” “Why do you say that?” asked the customer.

“Well, you just have to go out in the street to realize that God doesn’t exist. Tell me, if God exists, would there be so many sick people? Would there be abandoned children? If God existed, there would be neither suffering nor pain. I can’t imagine a loving God who would allow all of these things.” The customer thought for a moment, but didn’t respond because he didn’t want to start an argument. The barber finished his job and the customer left the shop. Just after.

He left the barbershop; he saw a man in the street with long, stringy, dirty hair and an untrimmed beard. He looked dirty and unkempt. The customer turned back and entered the barber shop again and he said to the barber: “You know what? Barbers do not exist.”. “How can you say that?” asked the surprised barber. “I am here, and I am a barber. And I just worked on you!” “No!” the customer exclaimed. “Barber don’t exist because if they did, there would be no people with dirty long hair and untrimmed beards, like that man outside.” “Ah, but barbers DO exist!” answered the barber. “ What happens, if people do not come to me.” “ Exactly!”- Affirmed \the customer. “That’s the point! God, too, DOES exist! What happens, if, people don’t go to Him and do not look for Him.

That’s why there’s so much pain and suffering in the world.”

ALL SINDH CRICKET TOURNAMENT AND SDF MEETING AT KARACHI PAKISTAN.

3rd Person with Physical Disabilities All Sindh Cricket Tournament 2007 was organized on Wednesday, 17th October, 2007, at 9 am to 5 pm at the City Officers Club, KMC Sports Complex, Kashmir Road, Karachi. Tournament was organized by Association for the Rehabilitation of Challenging

- invited. And teams from
- a) Karachi (4 Teams)
 - b) Nawabshah
 - c) Mirpurkhas
 - d) Sanghar
 - e) Ghotki

Total 8 teams Participated in One Day Cricket

Tournament. In this tournament two teams of Person with Intellectual Disabilities participated and played Exhibitory Matches with Winner teams.

National and International Level. Also to highlight the abilities of PWDs and also trying to organize Physical Disabled Cricket at National & International Level. In the end, Prizes Distributed among the participants, the Executive District Officer (EDO) Community Development Department (CDD)



People (ARCP). In previous two tournaments only Karachi City teams participated but this time with collaboration of Sindh Disability Forum (SDF) teams from rural and remote parts of southern Pakistan also participated and played in the tournament.

Cricket teams from all over Sindh Province (Southern Region of Pakistan) were



of City Government Rehana saif was the Chief Guest of Prize Distribution Ceremony. Trophy was given to the winner team captain and other prizes given to the individual players on their best performance.

On that occasion the chief guest of the ceremony EDO, CDD Rehana Saif also addressed the disabled



This tournament was the part of selecting and organizing Cricket team to enhance collaboration with other activists in Disability Movement on



participants of the ceremony.

Ms. Rehana saif informed them the City Government is introducing Environmental Friendly Green Buses, if same buses may be imported with Accessibility Facilities. Government will not pay extra money but such facility will mobilize person with disabilities of the biggest

Government now SDF should have its own office with Staff and bank account will be open very soon in Allied Bank Limited Pakistan. Some rules were set that from today all member organization of SDF will work as chapter of SDF and SDF will support the network as umbrella organization from Southern part of Pakistan. SDF will also support

was realized that SDF has not brought big successes for mobilizing of Women with Disabilities so it was decided that very soon a wing of women with Disabilities will be introduced in SDF. To meeting the modern challenges and developments it was decided that SDF will follow the bottom of approach in first step an



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City of Pakistan. She further said that she will raise buses issues to her higher competent authorities and try her level best to make public places accessible for Person with Disabilities.

**After the Tournament
a meeting of
Sindh Disability Forum
was organized.**

after registration of Sindh Disability Forum with the



Independent Living Centre will be established at the Rural and Remote area of Sanghar and after success same will be replicated in all over Sindh, with next ILC in Karachi.

It was realized that Last Election of SDF were held on 3rd December 2005. So next elections will be held very soon according to constitution of SDF



those districts where DPOs are not organized or working SDF will work in those areas to develop new self help organizations of Person with Disabilities. It



JEALOUSY HURTS

By Dr Irfan Tariq Mirza

To learn to manage jealousy, one must first be willing to modify one's behaviour

Webster's defines jealousy as "suspicion or resentment arising from mistrust of another". One who is jealous exacts exclusive devotion and is intolerant of rivalry.

Most authorities on jealousy agree that it is an immature, unwholesome, unattractive emotion. Ancient Greek and Hebrew texts describe jealousy as "the outburst of impassioned feelings over the need to possess and control someone else."

Dr.W.L Watkinson, noted scholar theologian, describes jealousy as being "a morbid sensitiveness lest we be deprived of something to which we suppose ourselves entitled, a painful solicitude lest we be out done by the genius, beauty or fortune of another". From a psychological point of view, the emotion of jealousy immediately suggests an exaggerated egoism, a readiness to infer the worst concerning another, a disposition to interpret trifles ungenerously, to begrudge the success of friends and to taste a secret satisfaction in their failure. Jealousy has its roots in feeling of inadequacy, self-doubt, low self-esteem, the lack of security in relationship and fear of losing affection and support of another. Jealousy has always been mentioned as a negative emotion to be wary of in religious scriptures too. Research has found that jealousy tends to be more prominent in men than in women, as male desire power, title and position, Women on the other hand?

vulnerable to jealousy because of the desire to gain security through performance and acceptance by other and the emphasis placed on health and beauty in global culture.

The purpose of this article is not to convey the detrimental effects of this self-defeating emotion on health, life and relationship of a person only,



but to suggest the ways to cope with it too. It is mandatory that one will suffer from this emotion now and then as only a few rare individuals never experience jealousy. They are either more highly evolved than most of us mortals or are oblivious to their inner self. So the best strategy is that one should regard it as given, assuming it will occur, and be prepared with ways to successfully address it and minimise the damage. Some of these suggestions are common to all kinds of jealousy that is of men who suffer due to the lack of power, title and position or women who mostly are jealous of their male partners.

WAYS TO OVERCOME JEALOUSY:

To overcome jealousy you will need to learn where boundaries begin and end, both for yourself and others.

JEALOUSY NEVER COMES ALONE: We tend to think of jealousy as a single emotion, but actually it is a whole bundle of feelings that tend to get lumped together. Jealousy can manifest as anger, fear, hurt, betrayal, anxiety, agitation, sadness, paranoia, depression, loneliness, envy, coveting, feeling powerless, feeling inadequate, feeling excluded. It often helps to identify what is the exact mix of feelings you experience when you feel jealous! what is the primary emotions you feel when you are jealous? Demystifying the exact components of jealousy can be a giant step towards getting a grip on thing and resolving the problem. Is it always the same for you or does the mix change from time to time depending on

circumstances? For instance, one women figured out that her jealousy was about 50 per cent fear, 20 per cent anger, 20 per cent feeling powerless -and 10 cent feeling betrayed. However, when she asked her partner for reassurance and affection, and he provided it, the anger and betrayal disappeared. Then her jealousy was much more manageable, because most of what was left was fear and she could express those feelings more easily to her partner and resolve them.

JEALOUSY IS ACTUALLY FEAR:

There is an emotion behind forever jealous feeling that is much more significant than jealousy itself. Behind jealousy there is an unmet need or a deep fear that our needs will not be met. Recognising those fears and unmet needs is the key to unmasking jealousy and taking away its power. Jealously is just the

finger-pointing at the fears and needs we are afraid to face. When jealousy kicks in, it is the ancient primitive part of our brain going into a cause. We feel that our very survival is threatened. When you feel jealous, ask yourself: what is it that I am really afraid of? What is the worst thing that could happen and how likely is that to happen?

JEALOUSLY AND MYTHS:

We are addicted to few fallacies about relationships that are almost guaranteed to create jealousy even in well-adjusted people. Most of us have absorbed these beliefs without even realising it. Identifying and dismantling these beliefs in our “heart of heart” is the single most effective way to short-circuit jealousy. Ask yourself how much of you believes each of these statements? Is it 90 percent of yourself that believes them? 50 percent? Notice which belief is most entrenched in your subconscious mind and which one you made the most progress on:

- Many men and women believe the myth that if you love some one you will be jealous. But God says, Love is patient, loves is kind. It is not jealous, love does not brag and is not arrogant.”

- If my partner really loved me, he or she can never have any relationship with another one, what does it mean?

This belief sees any interest your partner has in anyone else as a direct reflection of how much she loves you. It is a quantitative view of love which equates the amount of love with the ability to be interested in having another partner. When you break it down, this is as absurd as saying that a couple that gives birth to a second child must not love their first child or they couldn't possibly have any interest in having a second one.

- If my partner were happy

with me, and if I were a good partner/spouse/lover/etc., my partner would be so satisfied that she or he wouldn't want to get involved with anyone else.

This belief is even more insidious. With the first belief you can at least blame it on your partner for not loving you enough. This belief says that if your partner is interested in someone else, it is your fault for not being the perfect lover or spouse and your relationship must be a failure. If you truly believe that your lover could only be interested in another partner because you're inadequate, you can see how that will generate jealousy.

It's just not possible to love more than one person at the same time. This belief is built on the myth that love is expandable, there is only much to go around, and there is never enough. Therefore, if my partner gives any of her or his love to anyone else, that necessarily means that there is less for me. Because most people already feel there are some areas in their (time, love, affection, sex, support, commitment) they are fearful that they partner gets involved with additional partners.

Because each of these beliefs is connected to a very primal fear, they take time and effort to overcome. The first belief gives you a dangerous justification where you fail even to realise the devastating nature of jealousy. The second expresses a deep fear that you are not loved and will be abandoned. The third taps into our insecurities and the fear that we are not adequate or deserving of love, and the fourth is a fear of deprivation and being starved for love and attention. So have compassion for yourself and your partner(s) as you work with these beliefs and gradually replace them with beliefs that support your desire to embrace open

relationships. Try on these new beliefs instead for the last three and see how they feel to you.

- My partner loves me so much that he or she trusts our relationship to expand and be enriched by experiencing even more love from others.

- My relationship is so solid and trusting that we can experience other relationships freely. My partner is so satisfied with me and our relationship that having other partners will not threaten the bond we enjoy.

- There is an abundance of love in the world and there is plenty for everyone. Loving more than one person is a choice that can exponentially expand my potential for giving and receiving love. The fact that these new beliefs sound so strange and almost laughable to us at first shows just how deeply the old paradigm beliefs about love and relationships are ingrained in our consciousness. It also underscores the importance of dissolving these old beliefs if we ever hope to enjoy/multiply relationships free of jealousy.

To learn to manage jealousy in yourself, you must first be willing to modify your behaviors. You must realise that jealousy has a destructive effect, not only on the jealous person, but on the object of jealousy and often on a third party who may be seen as the cause of the jealousy. It is helpful to explore the roots of your jealousy by examining the antecedent behavior, attitudes and teachings that have led to your feelings of insecurity and wounded self-esteem. In dealing with jealousy, it is also important to resolve resentment. If resentment is allowed to grow, it will turn to bitterness and hate which is very destructive and can lead to crimes of passion.



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ON INTERNATIONAL DAY OF DISABLED PERSONS,
SECRETARY-GENERAL ENCOURAGES PLEDGE
BY ALL TO ENSURE DISABLED PERSONS' FULL PARTICIPATION IN COMMUNITY LIFE

Following is the text of UN Secretary-General Ban Ki-moon's message for the International Day of Disabled Persons, 3 December:

This year's International Day of Disabled Persons focuses on the goal of decent work for persons with disabilities, and reminds us that every person deserves opportunities for productive employment in conditions of freedom, equity, security and human dignity.

Persons with disabilities are deprived of adequate employment opportunities in nearly every society. Estimates show that at least half of all disabled people in developed nations, and the vast majority of those with disabilities in developing countries, are unemployed. Most others are underemployed, or will never have full access to the labour market. This situation is deplorable. Persons with disabilities have the ability to make valuable contributions in the workforce as employees, entrepreneurs and employers. But they face numerous barriers that prevent them from fulfilling their potential. Early in life, they encounter difficulties gaining access to an education or acquisition of employable skills. Later on, fears and prejudices about their abilities deny them the work opportunities available to others. Inaccessible workplaces, explicit and implicit discriminatory legislation and practices, and unfavourable work conditions pose additional hurdles. Yet, whenever the opportunity arises, persons with disabilities prove their worth as productive members of the workforce. That is why more and more employers are slowly coming to the realization that employing persons with disabilities makes good sense. Changing workplace environments and advances in information and communications technology are also giving persons with disabilities new avenues for seeking decent work.

Most States do not have legislation protecting persons with disabilities in the workplace. The Convention on the Rights of Persons with Disabilities, which is expected to enter into force early next year, recognizes the rights of persons with disabilities to work and employment on an equal basis with others. It stresses their right to earn a living from freely chosen work, and to work in an environment that is both accessible and accepting.

On this International Day, let us reaffirm our commitment to seeking equal rights for all, and let us pledge to ensure the full participation of persons with disabilities in the lives of their communities.

TELENOR PAKISTAN'S NAYA QADAM AIMS TO EMPOWER THE DISABLED

Telenor Pakistan has initiated a project, called Naya Qadam, with one of the country's foremost disable welfare organizations to help empower persons with physical disabilities - by making them partners in business.

As part of the Naya Qadam project, Telenor Pakistan's Karachi-based partner organization,



Disabled Welfare Association (DWA), will loan out special motorcycles to select physically disabled individuals. The motorcycle-cum-kiosks are especially modified so that people

physically disabled entrepreneurs to become retailers for its most popular product, EasyLoad, in order for the entrepreneurs to earn a respectable living. To supplement their income from mobile EasyLoading, they will also be able to sell small snack items from the built-in tuck boxes on the motorcycles.

“The objectives of the project are to direct attention to the potential our physically challenged community has and to provide them with a decent opportunity to be part of the

opportunity. According to WHO, close to a tenth of the Pakistan population has some sort of disability and we hope that the public, corporate and social sectors will come forward to level the field for their disabled fraternity. The initiation of this project in Ramadan bids well for us.”

Naya Qadam will be evaluated by both partners for sustainability for a given period of time at first with 5 mobile retail shops to see whether the project should be expanded.

Telenor Pakistan is managing this pilot project as part of its corporate responsibility efforts. The company



booming telecom business. These are talented individuals and if we can give them their much needed mobility and an honest



with disabilities can use them with ease, display and sell their sale items, on the move. In an attempt yet unprecedented in the telecommunication sector, Telenor Pakistan has arranged for the

business opportunity, they can take care of their families with the integrity all of us deserve,” says Syed Hasnat Masood, Head of the Corporate Responsibility function at Telenor Pakistan.

Commenting on Naya Qadam, DWA's President Javed Raees says, “We appreciate Telenor Pakistan's support and the fact that they consider us partners asking only for an equal

runs many community support projects with the aim to bring the benefit of telecommunications to the most disadvantaged segments of the society.

About Telenor Pakistan
The Telenor Group is an international provider of high quality telecommunications, data and media communications services. Telenor ranks as one of the biggest GSM service providers in the world with over 130 million subscribers. Telenor Pakistan is 100% owned by Telenor ASA and adds on to its operations in Asia together with Thailand, Malaysia and Bangladesh.

2007 Theme: Decent Work for Person with Disabilities

The annual observance of the International Day of Persons with Disabilities, 3 December, aims to promote an understanding of disability issues and mobilize support for the dignity, rights and well-being of persons with disabilities. It also seeks to increase awareness of gains to be derived from the integration of persons with disabilities in every aspect of political, social, economic and cultural life. The theme of the Day is based on the goal of full and equal enjoyment of human rights and participation in society by persons with disabilities, established by the World Programme of Action concerning Disabled Persons, adopted by General Assembly in 1982.

The official title of the Day was changed from International Day of Disabled Persons to International Day of Persons with Disabilities by General Assembly resolution 62/127 on 18 December 2007.

How the Day may be observed

Involve: Observance of the Day provides opportunities for participation by all interested communities - governmental, non-governmental and the private sector - to focus upon catalytic and innovative measures to further implement international norms and standards related to persons with disabilities. Schools, universities and similar institutions can make particular contributions with regard to promoting greater interest and awareness among interested parties of the social, cultural, economic, civil and political rights of persons with disabilities.

Organize: Hold forums,

public discussions and information campaigns in support of the Day focusing on disability issues and trends and ways and means by which persons with disabilities and their families are pursuing independent life styles, sustainable livelihoods and financial security.

Celebrate: Plan and organize performances everywhere to showcase - and celebrate - the contributions by persons with disabilities to the societies in which they live and convene exchanges and dialogues focusing on the rich and varied skills, interests and aspirations of persons with disabilities.

Take Action: A major focus of the Day is practical action to further implement international norms and standards concerning persons with disabilities and to further their participation in social life and development on the basis of equality. The media have especially important contributions to make in support of the observance of the Day - and throughout the year - regarding appropriate presentation of progress and obstacles implementing disability-sensitive policies, programmes and projects and to promote public awareness of the contributions by persons with disabilities.

This year's International Day of Disabled Persons focuses on how to ensure decent work for persons with disabilities and on ways to tap into the abilities of this marginalized talent pool. The recently adopted Convention on the Rights of Persons with Disabilities recognizes in Article 27 the rights of persons with disabilities to work and employment on an equal basis with others. It stresses the right of persons with disabilities to earn a living from freely

chosen work, and to work in an environment that is both accessible and accepting.

Many countries do not have legislation to promote and protect the rights of workers with disabilities. This makes discrimination on the grounds of disability legitimate, hindering persons with disabilities from entering the labour market. However, the discrimination often begins a lot earlier in life, when persons with disabilities are denied other opportunities that would facilitate their inclusion into the workforce, such as education or training in employable skills, accessible transportation to get to work, and accessible workplaces.

Employers often resist employing a person with disabilities believing they will be unable to perform their roles and/or that it would be too expensive. This attitude is rooted in fear and stereotyping, focusing more on the disability than on the abilities of the individual. Empirical evidence, however, shows that persons with disabilities have high performance ratings and retention rates, as well as better attendance records than their colleagues without disabilities. In addition, the cost of accommodating workers with disabilities can be minimal, with most requiring no special accommodation at all. Studies have shown that there are other benefits to employers of persons with disabilities, such as improved workforce morale and increased customer goodwill.

The International Day is an invaluable opportunity that should be seized by Governments, business groups and persons with disabilities to discuss and formulate ways that allow persons with disabilities to participate fully in the labour market.

RESEARCH has shown that genes to a large degree, determine the capability for happiness. This was stated by psychology professor David T. Lykken, author of *Happiness: Its Nature and Nurture*. He says that “trying to be happier is like trying to be taller.” We each have a “happiness set point,” he argues, and move away from it only slightly.

Despite this theory, psychologists believe that happiness can be pursued by thwarting negative emotions as pessimism, resentment, and anger. Positive emotion as empathy, serenity and especially gratitude can be fostered.

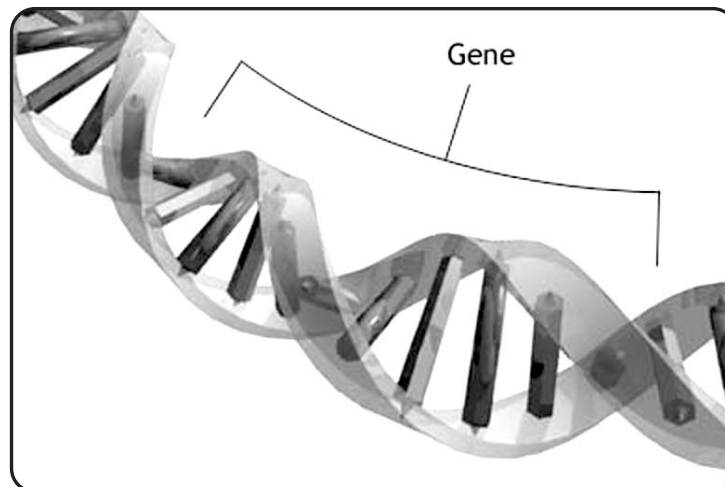
Psychologists have devised seven ways to acquire happiness. Happiness must be, an achievement rather than a gift of God. A great contribution is made by inward and outward achievement. One should have the intention, desire and commitment to be happy. The techniques required are self-management skills, interpersonal skills, and career-related skills. The environments and people around should increase the probability of happiness. Being truthful and personal growth give most happiness.

Having a grudge and grievances affect physical and mental health. To overcome these feelings, forgiveness has to be adopted. This will reduce bitterness. Breathing, yoga or relaxation techniques are the best. Negative thoughts can give a feeling of being inadequate and helpless.

The best antidote to unhappiness is close friendship with caring people. Happiness is achieved when the mind is thoroughly absorbed in a meaningful task. Leisure activities may not provide pleasure. Happiness is thus a choice. People having the happiness genes are at an advantage, but positive thinking, certain thought patterns and personal skills are extremely helpful. ___ Fatema Jawad

GENES MAY HELP PEOPLE FEEL LESS PAIN

People who tolerate pain better



may just be blessed with better genes. Scientists say levels of a molecule called BH4, required for the production of major neurotransmitter chemicals; influence the body’s sensitivity to pain.

The team of international researches, based at Massachusetts General Hospital, Boston, says BH4 levels might also determine a person’s vulnerability to chronic pain.

Reporting in the latest online issue

of *Nature Medicine*, they found that a certain set of variations in a gene that is involved in producing BH4 appear to reduce a person’s pain sensitivity.

This is the first evidence of a genetic contribution to the risk of developing neuropathic pain in humans. The pain-protective gene sequence, which is carried by about 25 per cent of the population, appears to be a marker both for less pain sensitivity and a reduced risk for chronic pain,” Dr Clifford Woolf, director of the Neural Plasticity Research Group at MGH, said. “Identifying those at greater risk of developing chronic pain in response to medical procedures, trauma or diseases could lead to new preventive strategies and potential treatment,” he said.

In research involving hundreds of volunteers, the scientists concluded that people with a protective GCHI haplotype –a set of variations in the gene that are inherited together- were less sensitive to pain. This GCHI haplotype reduces production of BH4.

“Our results tell us that BH4 is a key pain-producing molecule. When it goes up, patients experience pain, and if it is not elevated they will have less pain,” Dr Woolf said.

He stated that the data also suggested that individuals who claimed to have felt less pain were not just stoics but genuinely inherited molecular machinery that reduced their perception of pain __PPI

By Our Staff Reporter
Health practitioners at a seminar said that the living in unnatural conditions and increasing pollution and smoking were among the factors leading to asthma, which claims about 250,000 lives across the globe every year.

The seminar was organised by the Pakistan Chest Society, Sindh, in connection with the National Asthma Day, which was attended by chest physicians, postgraduate students and senior doctors from all over Sindh.

Dr Masood Alam, directors of the Jinnah Postgraduate Medical Center said that asthma patients could lead a normal life with proper treatment and precautionary measures. He remarked that asthma was the disease under-diagnosed and under treated worldwide, particularly in less developed countries including Pakistan.

In presentation on 'Asthma Burden', Dr Mohammad Hussain, consultant, Department of Pulmonary Medicine, Liaquat National Hospital said that the global prevalence of asthma ranged from one per cent to 18 per cent of the population in different countries. Annual worldwide deaths from asthma have been

estimated at 250,000, he added.



Dr Saleemullah, consultant pulmonologist, Abbasi Shaheed

Hospital, said that the rate of asthma increased as communities adopted western lifestyles and became urbanized. Increasing pollution and smoking are other contributory factors toward the increase of the disease, he informed the gathering.

In his welcome address of, Dr Nadeem Rizvi, Head of the Department of Chest Medicine, JPMC, said that PCS, Sindh observed the national asthma day in December because most incidences of acute or severe asthma occurred in the country in winter Prof Javaid Khan, Head, Section of pulmonary and Critical Care Medicine at the Aga Khan University Hospital, explained about the modern treatment for asthma.

Dr Asif Imam of the AKU said over 80 per cent of patients interviewed for a survey were found allergic to two common allergens namely, house dust mite and cockroaches, which were also taken as asthma triggers.

Dr Mohammed Irfan of the Ojha Institute of Chest Diseases and Dr Jawaid Warind of Liaquat National Hospital discussed the management of asthma. Shahina Qayyum of the JPMS said that patients with asthma suffered because of poor knowledge and presence of many misconceptions about the disease.

By William J Madsen

What is it like to “hear” a hand?

You have to be deaf to understand

What is it like to be a small child,

In a school, in a room void of sound-

With a teacher who talks and talks and talks:

And then when she comes round to you,

She expects you to know what she said?

You have to be deaf to understand.

Or the teacher who thinks that to make you smart

You must first learn how to talk with your voice

So mumbo-jumbo with hands on your face of hours
without patience or end

Until out comes a faint resembling sound?

You have to be deaf to understand.

What is it like to be curious,

To thirst for knowledge you can call your own

With an inner desire that's set on fire-

And ask a brother, sister, friend

Who looks in answer and

says, “Never mind!”

You have to be deaf to understand.

What is it like in a corner to stand

Though there's nothing you've done really wrong

Other than try to make use of your hands

To a silent peer to communicate

A thought that comes to your mind at once?

You have to be deaf to understand

What is it like to be shouted at

When one thinks that will help you to hear:

Or misunderstand the words of a friend

Who is trying to make a joke clear
And you don't get the point because he's failed,
You have to be deaf to understand.

What is it like to be laughed in the face

When you try to repeat what is said:

Just to make sure that you've understood,

And you find that the words were misread

And you want to cry out, “please help me, friend?”

You have to be deaf to understand.

What is it like to have to depend

Upon one who can hear to phone a friend:

Or place a call to a business firm

And be forced to share what's personal, and,
Then find that your message wasn't made and
song?

You have to be deaf to understand.

What is it like on the roads of life

To meet a stranger who opens his mouth

And speaks out a line at a rapid pace:

And you can't understand the look in his face

Because it is new and you're lost in the race

You have to be deaf to understand.

What is it like to comprehend

Some nimble fingers that paint the scene

And make you smile and feel serene

With the “spoken words” of the moving hand

That makes you part of the world at large?

You have to be deaf to understand.

What is it like to “hear” a hand?

Yes, you have to be deaf to understand.

PAKISTANI PWDS DISPLAY THEIR TALENT IN IA 2007, SHIZUOKA JAPAN.

Karachi: Pakistan disabled team comprising Muhammad Mobin Uddin and Hafiz displayed their real talent in the 7th International Abilitympics, held in Japan, at Shizuoka city in mid of November 2007. Around 80 countries across the world participated in this

Embroidery competition.

Their participation made possible due to the efforts and sponsorship of **City District Government Karachi (CDGK) Nazim Mustafa Kamal**. Who directed the city government authorities to provide

people to be highlighted on the World Map, and their confidence to be boost up.

Therefore, Community Development Department (CDD) of CDGK had been directed to provide help sending the Pakistani



delegation to Japan and EDO, CDD Rehana Saif herself took the delegation to Japan as observer and also participate in Symposium.

prestigious event organized for the disabled persons to boost their vocational skills and in order to promote their socio-economic activities.

help to the disabled persons of the

Mobin told the Estanara that 3 hours were given to each disable



Muhammad Mobin Uddin, who was the group leader of Pakistani delegation, participated in the photography event while Hafiz participated in the

society to participate in such type of international events so that the vocational skills of Pakistani disable

photographer in the competition and his category was to catch the glimpses of the skill full work of the disable people.



He took the snaps how the disabled people work by their hands and earned their butter and bread. He highlighted the

professional skill work of the disable



people in the 7th IA competition. He declared 7th best photographer among the participants.



Hafiz from Mirpurkhas Sindh, an Embroider by profession, participated in the Embroidery competition among 50 other



countries including India, China, UK, USA, Central Asian Countries,

various Arab countries etc. He also

given three hours to show his skills by hands and completed the task within the stipulated time. Hafiz declared 9th best embroider among the 50 contenders. Overall Pakistani delegation

comprised six members EDO CDD, Rehana Saif, PS of City Nazim Muhammad Rehan, DO CDD

Rashid Ali, Muhammad Mobin Uddin, Muhammad Afzal Uddin and Hafeez.

Pakistan Delegates participation in Exhibition in IA 2007, displayed the products made by the

disable persons at Pakistani Stall. Products send by the members and workers of PWDs, collected from different parts of Pakistan. These

products were consist of hand made embroidery, paintings, dresses, toys, hand made equipments and earthen pots, etc, which were highly acclaimed through the

viewers. The organizers of the Exhibition, and other participants came here across the world

appreciated the work of PWDs. IA



2007 Committee also arranged visit in High School for Shizuoka Friendship Program.



Ms Rehana Saif led the delegation as an Observer, also addressed the Symposium of the IA 2007, and vowed that all efforts are being



conducted in Pakistan to improve the vocational skills of disable

people. The CDGK is paying its due role helping disable people in

It was their first experience to participate in the international event

Mr. Muhammad Mobin Uddin who is also the President Disabled



Peoples International Pakistan (DPI-P) and work for the betterment of disable people, said that his desire after the participation in such a big event that the

different ways to improve the professional skills of disable people.

and it was possible due to support of city Nazim Mustafa Kamal, who address all the civic and social

same event to be held in Karachi at national level in which skill full disable people invited to participate

She said that tremendous

in the even and show their vocational skill, he said.



He said that he would request to the City Nazim Mustafa Kamal, to play his role in this regard

achievements and experience received to the participants of Pakistani team in such a big event

problems of the city and by sending the disable people to participate in the IA 2007, in Japan, he also

and organized a big event in Karachi in befitting manner. The disable people would also provide all



support to organize the event in Karachi, which would prove help full high lighting the vocational skills of disable people, besides bring the disable

which was like a World Cup competition for the disabled persons.

accommodated the disable people.

people close to each other, through this event.

He also requested to the EDO CDD Rehana Saif to play her due role to organize the event in Karachi for disable people which would be a

be benefited by organizing such type of event when opportunities would be given them to show their skills in different fields, Mr. Mobin said.



great services as far as the



betterment and socio – economic issues of the disable society of the country.

Hundreds of disable people would

Background of International Abilympics: The 1st International Abilympics was held in Tokyo in 1981 to commemorate the United Nations'



International Year of Disabled Persons with wide support of both government and non-government organizers. Since 1972, Japan has been holding National "Abilympics with the aims of improving vocational skills of people with disabilities in order to promote their participation in socio-economic activities.

The Abilympics have helped to overturn traditional views in regard to the skills, potential and abilities of disabled persons, resulting in increased employment opportunities and vocational stability.

The experience and experts of Japan's National Abilympics was utilized at the 1st IA. In addition to the skills contents, various demonstrations, exhibitions and

international seminars were held, all of which contributed to raise public awareness that people with disabilities have vast potential and that they can contribute to the society.

Since then, the IA has been held in Bogotá, Colombia (1985), Hong Kong (1991) Perth, Australia, (1995)

Prague, Czech Republic (2000) and Delhi, India (2003).

During the Bogotá IA, it was proposed to establish an international organization in order to promote the IA and to hold it on a regular basis. After a long discussion, the International Abilympics Federation (IAF) took a first step forward during the Hong Kong IA to realize the philosophy of the Abilympics.