

**Karnataka Association of Special Olympics
for the Mentally Handicapped**

Ref: No. 01/83

Date: 7/3/1983.

Please reply to: Mrs. Shantha Pillai, 26 B, 8A Main Road,
Rajmahal Vilas Extension, Bangalore - 560 006

To,
Dr. S. Roerich,
9, Edward Road,
BANGALORE - 560 001

Dear Dr. Roerich,

On behalf of the Members of the Committee for Karnataka Association of Special Olympics for the Mentally Handicapped, it gives me great pleasure to formally request you to give us the honour of your presence as Chief Guest during the Inaugural Special Olympics being conducted at Sophia High School on the 19th of this month. I have also been given the pleasant duty of formally requesting your gracious wife to distribute the prizes to the winners and runners up of the various events. You will no doubt be happy to learn that a painting competition is also being arranged to cater to the Spastics and other special children who suffer from impairments in mobility.

The programme for the morning will commence with a March Past at 9 A.M. to be followed by other formalities generally associated with the start of any Olympic Games. The Sports events will start at 9.30 A.M. Prizes will be distributed immediately after the conclusion of each individual event. In all probability the programme will be over by 1 P.M. A detailed outline of the programme will be shortly given to you.

We are indeed happy that you both will be with us on this day, to mark the occasion of the launching of our association, which is being formed to promote all types of activity for the Mentally Handicapped in Karnataka.

Thanking you on behalf of the Members of the Committee and the Mentally Handicapped.

I remain,
Yours sincerely,

Shantha Pillai
(Mrs. Shantha Pillai)
Committee Member

2

INAUGURAL
SPECIAL OLYMPICS
1983

Organised by

KARNATAKA ASSOCIATION OF
SPECIAL OLYMPICS
for
THE MENTALLY HANDICAPPED

PROGRAMME

SOPHIA HIGH SCHOOL
19th MARCH 1983
09.00 Hrs.

P R O G R A M M E

1. Arrival of the Chief Guest, Dr. S. Roerich
(to the accompaniment of the Sophia School Band)
2. Welcome address by Sr. Faith, S.N.D.
3. March Past by participants
4. Olympic Oath-taking by Shekar
"We promise that we will take part in
the 1st Special Olympics in the true
spirit of sportsmanship, respecting the
rules which governs them, for the glory
of sports, and honour of our country".
5. Declaration of the Olympics by Dr. S. Roerich.
6. Arrival of Olympic Torch by Jagannath.
7. Homage to the late Sr. Joelle, by Elizebeth.
8. Figure Running Display by Sophia Children.
9. Flat Races Group A
" B
" C
" D
" E
10. Long jump (Group D and E, Men)
11. Group E
Throwing the ball (Women)
12. Group B
50 Mts. Bursting the balloon (Boys)

13. 50 Mts. Bean bag Race (Girls)
14. 50 Mts. Banana eating Race (Boys)
15. 50 Mts. Hoop Race (Girls)
16. 50 Mts. Obstacle Race (Boys)
17. 50 Mts. Lemon and spoon Race (Girls)
18. Potato gathering (Boys)
19. 25 Mts. Book balance (Girls)
20. 100 Mts. Obstacle Race (Boys)
21. Skipping Race (Girls)
22. 50 Mts. Threading the needle (Girls)
23. Group E
25 Mts. Sack Race (Men)
24. Musical Chairs (Women)
Open Event
25. Shuttle Relay (Group 1 and 2)
26. Walking Race for the Orthopaedically Handicapped.
27. Staff Event.
28. Vote of thanks - Asif Hussain.

NATIONAL ANTHEM

The objects for which the Association of Special Olympics is established are:-

1. To inculcate in the Mentally Handicapped a spirit of healthy competition, sportsmanship and adventure.
2. To train the Mentally Handicapped in all forms of physical and recreational activity, which would include games of all types like hockey, football, cricket, swimming, etc., athletics of all types, and other activities like Yoga, Dancing, Music, Painting, Arts & Crafts, Clay modelling, Callisthenics, Gymnastics etc.
3. To promote play activity for the Mentally Handicapped and to associate the other siblings, the families, and the community in the concept that the Mentally Handicapped can grow both mentally and physically through all forms of play activity.
4. To promote all forms of activity that can help the Mentally Handicapped with their multiple problems connected with speech, mobility, hearing etc.
5. To conduct Special Olympics every year on a State level of Karnataka, and to further promote the participation at a National, Asian, Commonwealth and International level.
6. To promote the training of instructors for the Mentally Handicapped in all forms of Sports, Games and Activities enumerated above.
7. To affiliate, associate and to co-operate with any other associations having objectives altogether, or in part similar to those of this association.
8. To solicit funds and to acquire property for the accomplishment of the above purposes.
9. To do all such acts as may be deemed incidental or conducive to the attainment of the above aims and objects.
10. This association is a non-profit, non-political, non-sectarian organisation. No part of any net earning shall inure to the benefit of any member or individual, and no office bearer of the Association shall receive any compensation for his services as an office bearer, except for actual expenses incurred on behalf of the Association.

4

INAUGURAL
SPECIAL OLYMPICS
1983

Organised by

KARNATAKA ASSOCIATION OF
SPECIAL OLYMPICS
for
THE MENTALLY HANDICAPPED

PROGRAMME

SOPHIA HIGH SCHOOL
19th MARCH 1983
09.00 Hrs.

P R O G R A M M E

1. Arrival of the Chief Guest, Dr. S. Roerich
(to the accompaniment of the Sophia School Band)
2. Welcome address by Sr. Faith, S.N.D.
3. March Past by participants
4. Olympic Oath-taking by Shekar
"We promise that we will take part in
the 1st Special Olympics in the true
spirit of sportsmanship, respecting the
rules which governs them, for the glory
of sports, and honour of our country".
5. Declaration of the Olympics by Dr. S. Roerich.
6. Arrival of Olympic Torch by Jagannath.
7. Homage to the late Sr. Joelle, by Elizebeth.
8. Figure Running Display by Sophia Children.
9. Flat Races Group A
" B
" C
" D
" E
10. Long jump (Group D and E, Men)
11. Group E
Throwing the ball (Women)
12. Group B
50 Mts. Bursting the balloon (Boys)

13. 50 Mts. Bean bag Race (Girls)
14. 50 Mts. Banana eating Race (Boys)
15. 50 Mts. Hoop Race (Girls)
16. 50 Mts. Obstacle Race (Boys)
17. 50 Mts. Lemon and spoon Race (Girls)
18. Potato gathering (Boys)
19. 25 Mts. Book balance (Girls)
20. 100 Mts. Obstacle Race (Boys)
21. Skipping Race (Girls)
22. 50 Mts. Threading the needle (Girls)
23. Group E
25 Mts. Sack Race (Men)
24. Musical Chairs (Women)
Open Event
25. Shuttle Relay (Group 1 and 2)
26. Walking Race for the Orthopaedically Handicapped.
27. Staff Event.
28. Vote of thanks - Asif Hussain.

NATIONAL ANTHEM

The objects for which the Association of Special Olympics is established are:-

1. To inculcate in the Mentally Handicapped a spirit of healthy competition, sportsmanship and adventure.
2. To train the Mentally Handicapped in all forms of physical and recreational activity, which would include games of all types like hockey, football, cricket, swimming, etc., athletics of all types, and other activities like Yoga, Dancing, Music, Painting, Arts & Crafts, Clay modelling, Callisthenics, Gymnastics etc.
3. To promote play activity for the Mentally Handicapped and to associate the other siblings, the families, , and the community in the concept that the Mentally Handicapped can grow both mentally and physically through all forms of play activity.
4. To promote all forms of activity that can help the Mentally Handicapped with their multiple problems connected with speech, mobility, hearing etc.
5. To conduct Special Olympics every year on a State level of Karnataka, and to further promote the participation at a National, Asian, Commonwealth and International level.
6. To promote the training of instructors for the Mentally Handicapped in all forms of Sports, Games and Activities enumerated above.
7. To affiliate, associate and to co-operate with any other associations having objectives altogether, or in part similar to those of this association.
8. To solicit funds and to acquire property for the accomplishment of the above purposes.
9. To do all such acts as may be deemed incidental or conducive to the attainment of the above aims and objects.
10. This association is a non-profit, non-political, non-sectarian organisation. No part of any net earning shall inure to the benefit of any member or individual, and no office bearer of the Association shall receive any compensation for his services as an office bearer, except for actual expenses incurred on behalf of the Association.

INAUGURAL
SPECIAL OLYMPICS
1983

Organised by

KARNATAKA ASSOCIATION OF
SPECIAL OLYMPICS
for
THE MENTALLY HANDICAPPED

PROGRAMME

SOPHIA HIGH SCHOOL
19th MARCH 1983
09.00 Hrs.

P R O G R A M M E

1. Arrival of the Chief Guest, Dr. S. Roerich
(to the accompaniment of the Sophia School Band)
2. Welcome address by Sr. Faith, S.N.D.
3. March Past by participants
4. Olympic Oath-taking by Shekar
"We promise that we will take part in
the 1st Special Olympics in the true
spirit of sportsmanship, respecting the
rules which governs them, for the glory
of sports, and honour of our country".
5. Declaration of the Olympics by Dr. S. Roerich.
6. Arrival of Olympic Torch by Jagannath.
7. Homage to the late Sr. Joelle, by Elizebeth.
8. Figure Running Display by Sophia Children.
9. Flat Races Group A
" B
" C
" D
" E
10. Long jump (Group D and E, Men)
11. Group E
Throwing the ball (Women)
12. Group B
50 Mts. Bursting the balloon (Boys)

13. 50 Mts. Bean bag Race (Girls)
14. 50 Mts. Banana eating Race (Boys)
15. 50 Mts. Hoop Race (Girls)
16. 50 Mts. Obstacle Race (Boys)
17. 50 Mts. Lemon and spoon Race (Girls)
18. Potato gathering (Boys)
19. 25 Mts. Book balance (Girls)
20. 100 Mts. Obstacle Race (Boys)
21. Skipping Race (Girls)
22. 50 Mts. Threading the needle (Girls)
23. Group E
25 Mts. Sack Race (Men)
24. Musical Chairs (Women)
Open Event
25. Shuttle Relay (Group 1 and 2)
26. Walking Race for the Orthopaedically Handicapped.
27. Staff Event.
28. Vote of thanks - Asif Hussain.

NATIONAL ANTHEM

The objects for which the Association of Special Olympics is established are:-

1. To inculcate in the Mentally Handicapped a spirit of healthy competition, sportsmanship and adventure.
2. To train the Mentally Handicapped in all forms of physical and recreational activity, which would include games of all types like hockey, football, cricket, swimming, etc., athletics of all types, and other activities like Yoga, Dancing, Music, Painting, Arts & Crafts, Clay modelling, Callisthenics, Gymnastics etc.
3. To promote play activity for the Mentally Handicapped and to associate the other siblings, the families, and the community the concept that the Mentally Handicapped can grow both mentally and physically through all forms of play activity.
4. To promote all forms of activity that can help the Mentally Handicapped with their multiple problems connected with speech, mobility, hearing etc.
5. To conduct Special Olympics every year on a State level of Karnataka, and to further promote the participation at a National, Asian, Commonwealth and International level.
6. To promote the training of instructors for the Mentally Handicapped in all forms of Sports, Games and Activities enumerated above.
7. To affiliate, associate and to co-operate with any other associations having objectives altogether, or in part similar to those of this association.
8. To solicit funds and to acquire property for the accomplishment of the above purposes.
9. To do all such acts as may be deemed incidental or conducive to the attainment of the above aims and objects.
10. This association is a non-profit, non-political, non-sectarian organisation. No part of any net earning shall inure to the benefit of any member or individual, and no office bearer of the Association shall receive any compensation for his services as an office bearer, except for actual expenses incurred on behalf of the Association.

INAUGURAL
SPECIAL OLYMPICS
1983

Organised by

KARNATAKA ASSOCIATION OF
SPECIAL OLYMPICS
for
THE MENTALLY HANDICAPPED

PROGRAMME

SOPHIA HIGH SCHOOL
19th MARCH 1983
09.00 Hrs.

P R O G R A M M E

1. Arrival of the Chief Guest, Dr. S. Roerich
(to the accompaniment of the Sophia School Band)
2. Welcome address by Sr. Faith, S.N.D.
3. March Past by participants
4. Olympic Oath-taking by Shekar
"We promise that we will take part in
the 1st Special Olympics in the true
spirit of sportsmanship, respecting the
rules which governs them, for the glory
of sports, and honour of our country".
5. Declaration of the Olympics by Dr. S. Roerich.
6. Arrival of Olympic Torch by Jagannath.
7. Homage to the late Sr. Joelle, by Elizebeth.
8. Figure Running Display by Sophia Children.
9. Flat Races Group A
" B
" C
" D
" E
10. Long jump (Group D and E, Men)
11. Group E
Throwing the ball (Women)
12. Group B
50 Mts. Bursting the balloon (Boys)

13. 50 Mts. Bean bag Race (Girls)
14. 50 Mts. Banana eating Race (Boys)
15. 50 Mts. Hoop Race (Girls)
16. 50 Mts. Obstacle Race (Boys)
17. 50 Mts. Lemon and spoon Race (Girls)
18. Potato gathering (Boys)
19. 25 Mts. Book balance (Girls)
20. 100 Mts. Obstacle Race (Boys)
21. Skipping Race (Girls)
22. 50 Mts. Threading the needle (Girls)
23. Group E
25 Mts. Sack Race (Men)
24. Musical Chairs (Women)
Open Event
25. Shuttle Relay (Group 1 and 2)
26. Walking Race for the Orthopaedically Handicapped.
27. Staff Event.
28. Vote of thanks - Asif Hussain.

NATIONAL ANTHEM

The objects for which the Association of Special Olympics is established are:-

1. To inculcate in the Mentally Handicapped a spirit of healthy competition, sportsmanship and adventure.
2. To train the Mentally Handicapped in all forms of physical and recreational activity, which would include games of all types like hockey, football, cricket, swimming, etc., athletics of all types, and other activities like Yoga, Dancing, Music, Painting, Arts & Crafts, Clay modelling, Callisthenics, Gymnastics etc.
3. To promote play activity for the Mentally Handicapped and to associate the other siblings, the families, and the community in the concept that the Mentally Handicapped can grow both mentally and physically through all forms of play activity.
4. To promote all forms of activity that can help the Mentally Handicapped with their multiple problems connected with speech, mobility, hearing etc.
5. To conduct Special Olympics every year on a State level of Karnataka, and to further promote the participation at a National, Asian, Commonwealth and International level.
6. To promote the training of instructors for the Mentally Handicapped in all forms of Sports, Games and Activities enumerated above.
7. To affiliate, associate and to co-operate with any other associations having objectives altogether, or in part similar to those of this association.
8. To solicit funds and to acquire property for the accomplishment of the above purposes.
9. To do all such acts as may be deemed incidental or conducive to the attainment of the above aims and objects.
10. This association is a non-profit, non-political, non-sectarian organisation. No part of any net earning shall inure to the benefit of any member or individual, and no office bearer of the Association shall receive any compensation for his services as an office bearer, except for actual expenses incurred on behalf of the Association.

DECCAN HERALD

WEEKLY

REGD. No. KRN-A-24

Vol. XXXVI No. 77

BANGALORE, SUNDAY, MARCH 20, 1983

CITY

18 PAGES

70 PAISE

DECCAN HERALD, Sunday, March 20, 1983 3

Special Olympics for mentally retarded

By A Staff Reporter

BANGALORE, March 19. The hot summer sun shone down upon a special day for the mentally handicapped in the City, today. About 450 of them took part in a special Olympics organised by the Karnataka Association of "Special Olympics" for the Mentally Handicapped.

Dr. S. Roerich, the chief guest, after a jubilant march past and an olympic oath-taking ceremony, declared the olympics open.

Music filled the Sophia High School grounds as men, women and children from nearly every school for the mentally retarded, ran several kinds of races like bean bag race, banana eating

race, hoop, lemon and spoon race, skipping for the girls and potato eating for boys. They even had musical chairs, threading the needle, shuttle relay and a walking race for the orthopaedically handicapped. Autistic children too were not forgotten.

Naturally, not all the participants were fast. Nor were they orderly. Confusion and chaos often prevailed and not always from the participants side! sometimes the organisers too got overworked, understandably, considering this was the first event of its kind. But the important point is that the participants were experiencing a rare chance to meet, and play and eat together. It was the first outing where so many of their kind had met. And for the parents too it was a welcome opportunity to exchange their fears and doubts and viewpoints.

Dr. Roerich while declaring the Olympics open hoped that this would lead to not only State level but national and someday even international olympics for the mentally retarded.

Mr. Alphonse Benjamin, Committee member, said that one of its main objectives was to reach out to those large numbers of parents who did not admit their MR children in schools, out of shame or fear. "Vacancies exist in quite a few schools but parents are unwilling to admit their children, preferring to exist on false hopes of their recovery" he said. "But hope for the MR lies only in education and practice. And to deprive him of that would be very unfair."

And the competitors who ranged in age from 55 years to 5 years, zestfully enjoyed the joy of sports as only they can without the worry of winning or losing. But several of them could not come because of lack of transport.



Geeta, aged seven, a student of the Bala Mano Vikas Kendra, getting ready for the hoop race in the Special Olympics for the Mentally Retarded in Bangalore on Saturday.

DECCAN HERALD

WEEKLY

REGD. No. KRN-A-24

Vol. XXXVI No. 77

BANGALORE, SUNDAY, MARCH 20, 1983

CITY

18 PAGES

70 PAISE

DECCAN HERALD, Sunday, March 20, 1983 3

Special Olympics for mentally retarded

By A Staff Reporter

BANGALORE, March 19. The hot summer sun shone down upon a special day for the mentally handicapped in the City, today. About 450 of them took part in a special Olympics organised by the Karnataka Association of "Special Olympics" for the Mentally Handicapped.

Dr. S. Roerich, the chief guest, after a jubilant march past and an olympic oath-taking ceremony, declared the olympics open.

Music filled the Sophia High School grounds as men, women and children from nearly every school for the mentally retarded, ran several kinds of races like bean bag race, banana eating

race, hoop, lemon and spoon race, skipping for the girls and potato eating for boys. They even had musical chairs, threading the needle, shuttle relay and a walking race for the orthopaedically handicapped. Autistic children too were not forgotten.

Naturally, not all the participants were fast. Nor were they orderly. Confusion and chaos often prevailed and not always from the participants side! sometimes the organisers too got overworked, understandably, considering this was the first event of its kind. But the important point is that the participants were experiencing a rare chance to meet, and play and eat together. It was the first outing where so many of their kind had met. And for the parents too it was a welcome opportunity to exchange their fears and doubts and viewpoints.

Dr. Roerich while declaring the Olympics open hoped that this would lead to not only State level but national and someday even international olympics for the mentally retarded.

Mr. Alphonse Benjamin, Committee member, said that one of its main objectives was to reach out to those large numbers of parents who did not admit their MR children in schools, out of shame or fear. "Vacancies exist in quite a few schools but parents are unwilling to admit their children, preferring to exist on false hopes of their recovery" he said. "But hope for the MR lies only in education and practice. And to deprive him of that would be very unfair."

And the competitors who ranged in age from 55 years to 5 years, zestfully enjoyed the joy of sports as only they can without the worry of winning or losing. But several of them could not come because of lack of transport.



Geeta, aged seven, a student of the Bala Mano Vikas Kendra, getting ready for the hoop race in the Special Olympics for the Mentally Retarded in Bangalore on Saturday.

New 'blue bus'

Healthy rivalry is the watchword

BANGALORE, March 19

The starter's gong sounds and the competitors get off the mark — some on their own, some after a gentle push. Somebody wins and a loud cheers goes up. This was the familiar scene at the inaugural Special Olympics held here at Sophia's High School on Saturday.

The spirit was much the same as any sports meet, only the kind of competitions and competitors was different. The competitors were all mentally retarded and the meet was specially organised for them by the Karnataka Association of Special Olympics to inculcate the spirit of healthy competition, sportsmanship and adventure.

About 445 boys and girls from 15 institutions took active part, gamely participating in which ever event their teachers asked them to. Dressed in their best school colours some children were at a loss to know what the hustle bustle was about, but all of them instinctively knew it to be a festive occasion. The age group of the competitors varied from five to thirtyfive but their attitude was the same. Most of them, having

realised that they would have a chance to show off their 'abilities' on it, off immediately after she had got

setting their disabled world In contrast, twelve year old Shalini liked being the centre of attraction so much that she had taken pains to practice for the big day — was reluctant to leave the vic-tory stand even after the cere-mony was over. She had to be cajoled into getting down. Hefty Anil was not deterred that he flopped down every time he tied the long jump. He picked himself up to have a go again and again till he got it right.

When his friend Vijay was seen enquiring who won the race, he hugged was the winner in the event he was tightly happy in his friends had just participated and lost.

He then went to the winner and shook hands with him and even took him upto his teacher Sunder who refused to part with the baton in the shuttle relay race one of the last items, probably not will-ingly to end a day which had provided such stimulation to him

There was an autistic, Vidya, physically who is orthopaedically handicapped with no control or co-ordination of the limbs. She went on to win the walking event determinedly ahead of Tanya. After the race she came down to the ground tiredly. While Vidya had to be helped on to the victory stand, Tanya feeling uncomfortable on the unfamiliar victory stand got

It was a sight to see young Dexter Defty working his way through after he got entangled in the throwball net in the obstacle race. He had to wage a battle with it, almost. It was funny for everyone-for the spectators who were happy that the kids had the right spirit to enjoy some things in life despite their disability, for the participants who basked in all the attention they got and made others laugh with their antics. On the whole it was a happy and satisfying day for all those involved and that is what matters most.

All the participants were given participation prizes and the winners were awarded medals.



It is football alright...but they were allowed to use their hands!



And there goes the banana... A competitor busily munching away in the 50 Metres banana eating race for boys.

INDIAN EXPRESS

20th MARCH 1983

Healthy rivalry is the watchword

BANGALORE, March 19

The starter's gong sounds and the competitors get off the mark — some on their own, some after a gentle push. Somebody wins and a loud cheer goes up. This was the familiar scene at the inaugural Special Olympics held here at Sophia's High School on Saturday.

The spirit was much the same as any sports meet, only the kind of competitions and competitors was different. The competitors were all mentally retarded and the meet was specially organised for them by the Karnataka Association of Special Olympics to inculcate the spirit of healthy competition, sportsmanship and adventure.

About 445 boys and girls from 15 institutions took active part, gamely participating in which ever event their teachers asked them to. Dressed in their best school colours some children were at a loss to know what the hustle bustle was about, but all of them instinctively knew it to be a festive occasion. The age group of the competitors varied from five to thirtyfive but their attitude was the same. Most of them, having realised that they would have a chance to show off their 'abilities' on it. In contrast, twelve year old Shalini liked being the centre of attraction so much that she was reluctant to leave the victory stand even after the ceremony was over. She had to be cajoled into getting down. Hefty Anil was not deterred that he ther they won or their neighbour flopped down every time he won. In fact Ajay of a Navjot Trust dropped off mid-way in the open event so that he could cheer one of his friends. When his friend won the race, he hugged him tightly happy in his friends success.

And there was Prakash who wanted to stand ahead of everyone else in the 50 metre race. There was P. Girish who went on merrily bursting balloons and Deepika threading the needle patiently even after their races were over.

There was an autistic, Vidya, who is orthopaedically handicapped with no control or co-ordination of the limbs. She went on to win the walking event determinedly ahead of Tanya. After the race she came down to the ground tiredly. While Vidya had to be helped on to the victory stand. Tanya feeling uncomfortable on the unfamiliar victory stand got off immediately after she had got

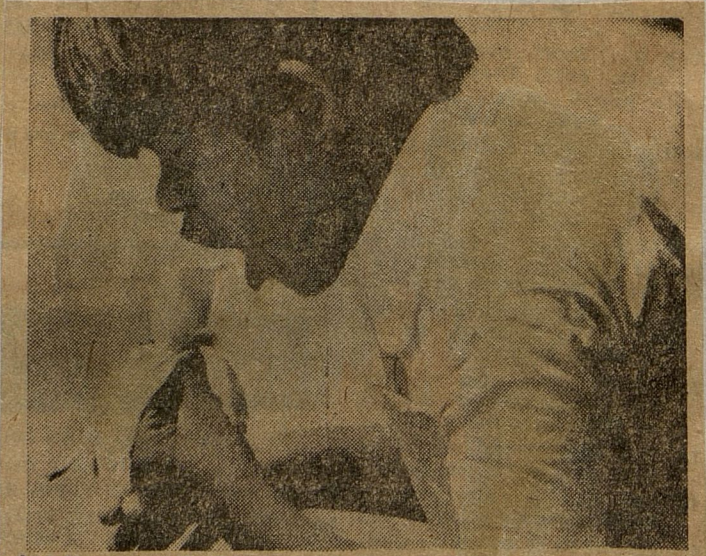


It is football alright...but they were allowed to use their hands!

off immediately after she had got chance to show off their 'abilities' on it. In contrast, twelve year old Shalini liked being the centre of attraction so much that she was reluctant to leave the victory stand even after the ceremony was over. She had to be cajoled into getting down. Hefty Anil was not deterred that he ther they won or their neighbour flopped down every time he won. In fact Ajay of a Navjot Trust dropped off mid-way in the open event so that he could cheer one of his friends. When his friend won the race, he hugged him tightly happy in his friends success.

And there was Prakash who wanted to stand ahead of everyone else in the 50 metre race. There was P. Girish who went on merrily bursting balloons and Deepika threading the needle patiently even after their races were over.

There was an autistic, Vidya, who is orthopaedically handicapped with no control or co-ordination of the limbs. She went on to win the walking event determinedly ahead of Tanya. After the race she came down to the ground tiredly. While Vidya had to be helped on to the victory stand. Tanya feeling uncomfortable on the unfamiliar victory stand got off immediately after she had got



And there goes the banana... A competitor busily munching away in the 50 Metres banana eating race for boys.