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AMK's Fab Four Do India Proud!

Win a collective haul of 7 medals including 2 Golds at the World Summer Special Olympics



A victorious homecoming.

Four students from AMK, Ashish John, Ramandeep Kaur, Harbinder Singh and Gurcharan Singh and have won laurels for the country by winning 7 medals at the just concluded World Special Summer Olympic Games, in Athens, Greece. Ramandeep Kaur, the only girl in the AMK team, won the Gold with her India teammates in the 4 x 100 m relay race, and grabbed a Bronze in Shotput. Harbinder Singh, our ace shuttler, won a Silver in Badminton Singles, a Silver in Badminton Mixed Doubles, and a Bronze in Badminton Doubles. Gurcharan Singh won a

Bronze in the 15 Km cycling road race, while Ashish John won Gold in Basketball. The World Summer Special Olympics Games, 2011, held from 25 June to 4 July, saw a participation of 7500 athletes from 180 countries, competing in 22 different sports categories. Our heartiest congratulations to all our four athletes, as well as their parents, and the entire AMK team, lead by Principal Suresh Thakur, whose hard work and commitment have made so much possible.



Ashish John won a Gold in Basketball

A Shooting Star!

For young Ashish, the year 2003 was filled with both hope and disappointment. He had been selected as an alternate athlete at the World Special Olympics in Dublin, Ireland. But fate decided otherwise. He could not make it to the final team. But it was an opportunity in disguise. An opportunity to train, to work hard, and emerge as a top athlete in of the country. Over the next few years, this boy from AMK, born mentally challenged, grew to excel in sports, painting and dancing. He began to win awards and accolades at state level cultural tournaments. And on the sporting field, he won the coveted “Best Male Athlete” Award, three times in a row.

His efforts got him on the list of Olympic probables for 2011, once again. But self-doubt had become a thing of the past. Ashish cleared each round of rigorous trials, made it to the Basketball team representing India at the Special Olympics World Summer Games in Athens in 2011, and won a Gold Medal too.

For a child diagnosed as mentally challenged, Ashish has certainly come a long way. He had come to AMK when he was 10 years old. Over the years, dedicated training and therapy enabled him to read and write, and carry out his daily tasks independently. As part

of his rehabilitation process, AMK put Ashish through pre-vocational skills and trained him to run a juice bar independently. With training in the exchange of money, juice making and customer service, Ashish moved on to set up his own enterprise, earning close to Rs. 500 daily. This change has been enhanced by the confidence gained through his achievements in sports. Despite drawbacks, Ashish has successfully merged talent and hard work and aimed high. He is truly an inspiration and a star.



Ramandeep Kaur won Gold in 4x100m relay race, and Bronze in Shotput.

Run Ramandeep, Run!

Punjab is a state of contrasts. Girls from the state ranked high in the medals list in the Commonwealth Games, Delhi, 2010. At the same time, newspapers carried reports of the continued instances of female foeticide. It's a state that both celebrates and denies the rights of the girl child in the same breath. But girls from the state are brave, and determined. AMK's Ramandeep Kaur is all this and more. This young girl has now gone on to represent India in the Special Olympics World Summer Games in Athens in 2011 and win laurels for the country. She won a Gold in the 4x100 relay race, and won a Bronze in Shotput.

When she first came to AMK, she had difficulties in communicating, and was dependent on others for her day-to-day needs. At AMK, she found the right combination of therapy, training and support to grow. She took to sports and dancing, moving with speed on the tracks and with grace on stage. She is now part of the pre-vocational group learning skills in cutting & tailoring, and cooking. Soon her new skills can enable her to earn her own livelihood and be independent.

The cheerful girl soon took the Punjab sporting scene by storm last season with her feats on the tracks winning her medals and the accolades of her peers. Today she has

achieved sporting glory in Athletics in the international arena. When she ran for the Gold in Athens for India, she did not run for herself alone. She ran for every girl who has been denied to opportunity to do so.

Run Ramandeep, Run!

Energise. Involve. Enable.



Harbinder Singh won three medals in Badminton

academic skills, and was stubborn to boot. Over the past 5 years, Harbinder has transformed into an independent person, with the ability to take care of all his daily activities. He is able to read, and write, and is now in the pre-vocational group, learning the skills that would make him independent for life. A confident boy with good social skills, his transformation into an international badminton player simply underscores the fact that with an *I CAN* attitude, disability is nothing.

Energise. Involve. Enable.

Ace Shuttler

Perceptions can be a funny thing. Just when you think that life's hard for a mentally challenged child, someone comes along, turning your views right on its head.

Meet Harbinder Singh.

Sixteen, born mentally challenged, and now an Olympic Medalist! His reflexes on the court are quick, and he moves with agility and swiftness to win one round after another. Today, he is one of India's ace shuttler, having won a Silver in Badminton Singles, a Silver in Badminton Mixed Doubles, and a Bronze in Badminton Doubles at the World Special Summer Olympic Games, 2011.

For a child who had issues in speech and hearing, and poor social and self-help skills, the podium at national sporting meets is certainly a long way. But the journey has been possible because of the grit and determination of the young boy, and the able support of the AMK team. When Harbinder first came to AMK, he had no interest in sports or recreational activities; had poor



Gurcharan Singh won a Bronze in Cycling

Speeding to Glory

18-year old Gurcharan loves to ride. He pedals with speed, feeling the wind in his face; the earth slipping past him. Gurcharan combines a love for cycling, and a talent for singing, and has been able to excel in both the fields at the national level. Today, he is an Olympic Medal winner, having won the Bronze in the 15 Km cycling road race.

Though cycling is a beautiful and thrilling sport, it calls for a sense of balance, ability to gauge speed, distances, and an understanding of road rules. These were tall tasks for the boy diagnosed as mentally challenged. When he came to AMK four years ago, Gurcharan used to suffer from a lack of social skills; was weak in academics and had difficulty speaking in complete sentences. He was also pretty stubborn, refusing to cooperate or follow instructions given by his teachers or parents. But within a year, he had found both his voice, and his feet at AMK.

Gurcharan learnt to sing clearly - ending up with the Best Singer Award at the state level competition four years later. He also loved his bicycle. His first few trips on wheels ended up with bruised shins, and scrapped knees. But Gurcharan not only mastered cycling, but competed with his peers in state and national level

tournaments, winning medals for his team and institution. Today, he has won the highest medal of them all. When he is not training, Gurcharan works with the team at Ambuja Cement Foundation, Ropar, learning the ropes of agro-based livelihood programs. The transformation from an awkward kid into this self-confident young man is an achievement for AMK, as well as a testimony to his determination to beat the odds.