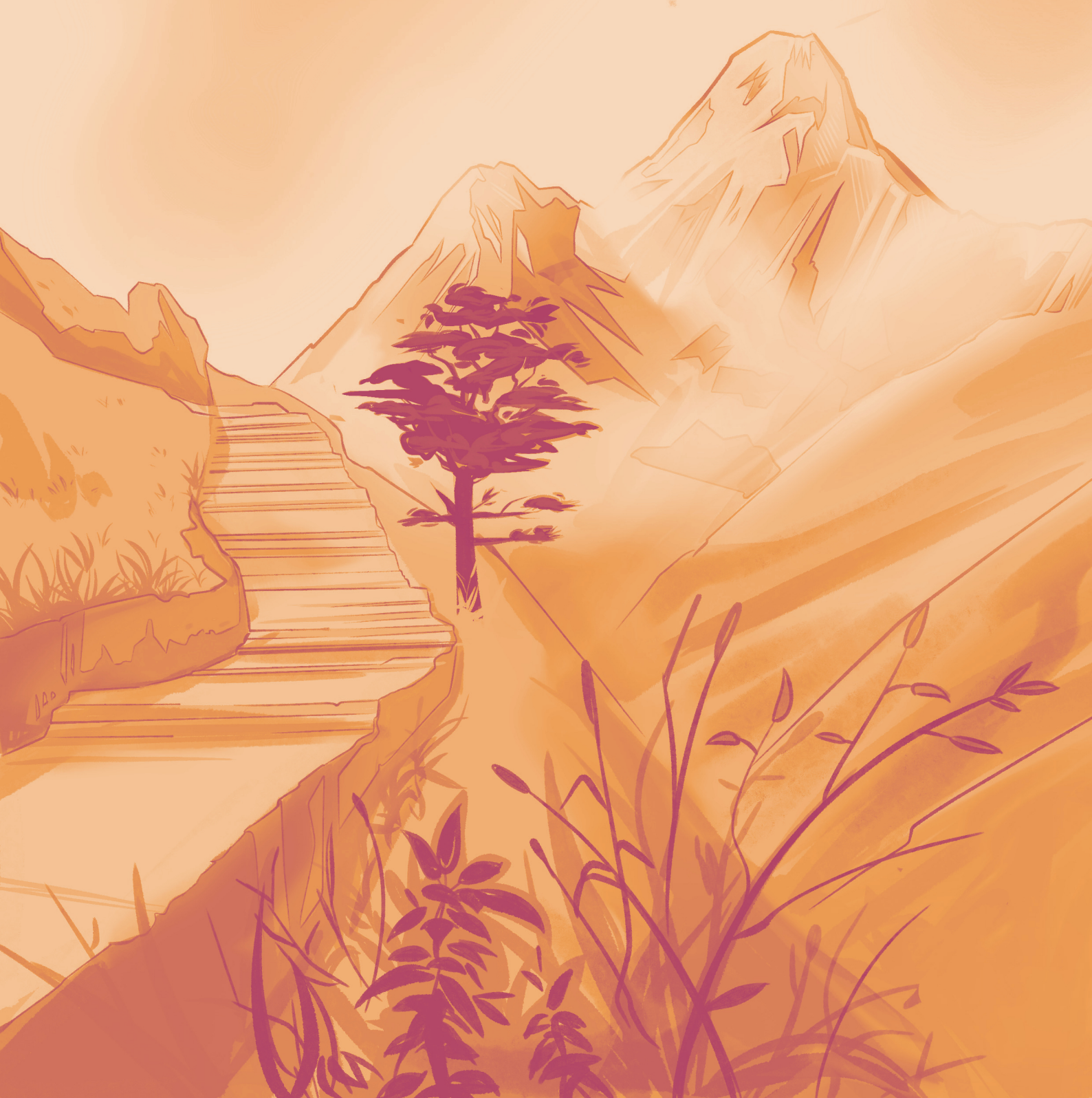


ENGAGE



Building Confidence and Resilience Through Art

Now I'm enjoying painting and studying this subject at the bachelor's level, it has also helped me as a therapy. I have a desire to collaborate with other friends by involving them in resilience workshops using this skill and medium of art that I have. And these days, I often think about how it would be if I could exhibit my paintings and the artworks created from resilience workshops together in the future.

Embracing Independence and Self-Confidence

Some of my daily routine is also spent on basketball. I've become able to cook and eat on my own. I can do my own work. But from the state of disability before to the current situation, the self-confidence in me doesn't let anyone's gaze affect me. Now I feel confident that I can even face 4-5 people alone if necessary. I realize that strength lies not in physical power but in self-confidence. I have embraced the new me in my second life. In every step I take, I find myself. Whatever situation comes, I will keep moving forward.



Story 7 Nabin Worst Nightmare of My Life

Introduction to a Healthy Life

I was a healthy, strong person until 2076-2-32. I grew up in a village, so I used to climb trees, swim in the river, and play football, which was one of my favorite hobbies.

The Accident

One night, I was involved in a severe accident. I don't remember how it happened, but when I woke up in a hospital bed after eight days, my parents told me about the accident. I had hit a pole at midnight. I was completely unconscious for eight days and unaware of what was happening to me. I was unable to move my legs and one hand. I couldn't sit up; my parents had to hold me and shift me on the bed. I was being fed food and medicine, and it seemed like it was just a matter of time—a few days, weeks, or months—before my legs and hand would function again. However, while my hand recovered, my legs did not, even after treatment and rehabilitation.

Recovery and Independence

Thanks to my parents, who were strong when I was weak, I chose to live rather than die. A big thanks to my therapists, who taught me how to be independent: how to sit up on my own, balance myself, eat, wear clothes without help, use the restroom, bathe, sit up from the bed, and use the wheelchair.

Reflection on the Journey

It has been more than five years since my accident, and I still wonder what the next five years will bring—hopefully better things. The journey wasn't easy. I have met some fabulous people along the way and hope to meet many more. Having gone through a near-death experience and now being able to live each day happily,

I often think about the possibility of walking again or having a better recovery if I had been taken to the hospital properly.

Improper Handling of Injuries

In most road traffic accidents, injuries are worsened due to improper handling of the injured person. After the accident, there is less chance of damage, but it increases when the injured person is taken to the hospital incorrectly. The injured person should be taken to the hospital with proper techniques to ensure safety. They should be placed on a stretcher with a pillow under the neck and secured to avoid movement. My bad luck was that after my accident, the police took me in a police van without a stretcher, and my body was not straight. I was taken quickly and improperly, with no safety measures.

The Impact of Improper Transport

Sometimes, I recall and think that if I had been taken properly, I might have had a better recovery and less damage. Schools, colleges, ambulance services, and police should have this knowledge to prevent similar injuries in the future.

