

The Latika Roy Foundation started in 1994 in Dehradun, in the foothills of the Indian Himalayas. Our vision has always been a better world for disabled children. And when the world is better for them, it's better for all of us. Our vision includes the old, the sick, the dying, those in chronic pain and those who are temporarily disabled. We've lost track of the number of neighbours we've loaned wheelchairs, walkers and aids to, neighbours who always thought disability had nothing to do with them. Think again. We are all only temporarily able. Let's practice inclusion starting now.



Manik Mandol



Pablo Picasso

To kill a picture,  
hang it beautifully on the wall -  
soon you will see nothing of it but the frame.  
Hang it crooked and you see it better.



Manik Mandol

Apologies to Great Questions for Small Answers





The trouble is,  
you think you  
have time.

Buddha



Manik Mandal

This year, the calendar begins not in January but in March. Some years are like that. Too short, too long. Time stands still or speeds up. Illnesses, crises, deaths and sudden catastrophes: they catch us unprepared and whatever we were planning is dropped. It has to be. We surrender to what has arrived and make the best of it.

In October of 2022, just as I was to complete this calendar, I was struck with *chikungunya*. It's spread by mosquitoes and its name, which means contorted, describes the stooped appearance of those suffering the excruciating joint pain of this disease. I have never experienced such pain.

In our work in disability, we often say that people are only temporarily able. So don't get used to it. Don't take it for granted. Accidents, illnesses and mental health catastrophes usually come out of nowhere. Suddenly disabled, we struggle to find our way in what is essentially a foreign country. We have to learn new ways to move. We have to give up our independence and accept help when we would rather not. We may lose our privacy, our ability to communicate, to take care of our most intimate needs or to finish a calendar on time.

As I write this, I am still disabled by pain. My daughter pours my water because I can't lift the bottle. I get stuck putting on sweaters and have to call my husband to extricate me. My tiny granddaughter weighs less than 15 kilos and I've waited over two years for her to come to India, but I don't have the strength to lift her.

My image of myself has changed from a competent, active, busy person to one who sits on the sidelines while everyone else gets things done. I worry about the future and how I will cope as age robs me of even more mobility and energy. And I'm only 10 weeks into this.

I don't like it one bit. 2022 lasted longer than necessary and 2 months of 2023 has already hurtled past me as I struggle to keep up.

I never realized quite so viscerally just how important what we do is. We talk grandly about inclusion and universal design as if it's meant for someone else. Yet here it is: my turn already. It may be yours tomorrow. That inclusive world we are building is for us. Be patient with everyone. We are all only temporarily able.

Jo Chopra

The 2023 calendar - all 10 months of it! - was created with love and patience by Shalini Sinha, friend, designer and illustrator beyond compare. It was printed at Thomson Press, under the able supervision of our old friend Abhijit Bose. The photographers - Manik Mandal, Edmund Cluett and Jo Chopra - happily donated their services. All contributions go to support the Latika Roy Foundation's path-breaking work to make this world a better place for all of us.



It turns out I was right.  
But nothing has come of it.

Wisława Szymborska



**MARCH**  
2023

sunday	monday	tuesday	wednesday	thursday	friday	saturday
			1	2	3	4
<b>5</b>	6	7	<b>8</b> Holi	9	10	11
<b>12</b>	13	14	15	16	17	18
<b>19</b>	20	21	22	23	24	25
<b>26</b>	27	28	29	<b>30</b> Ram Navami	31	



Manik Mandal

Apparently there is nothing that cannot happen today.

Mark Twain



# APRIL 2023



sunday	monday	tuesday	wednesday	thursday	friday	saturday
<b>30</b>						1
<b>2</b>	3	<b>4</b> Mahavir Jayanti	5	6	<b>7</b> Good Friday	8
<b>9</b>	10	11	12	13	<b>14</b> Ambedkar Jayanti	15
<b>16</b>	17	18	19	20	21	<b>22</b> Id-ul-Fitr
<b>23</b>	24	25	26	27	28	29



Manik Mandal

Fate has been kind to me thus far.  
 I might never have been given  
 the memory of happy moments.  
 I might have been myself, minus amazement.  
 That is, someone completely different.

Wisława Szymborska



**MAY**  
 2023

sunday	monday	tuesday	wednesday	thursday	friday	saturday
	1	2	3	4	<b>5</b> Buddha Purnima	6
<b>7</b>	8	9	10	11	12	13
<b>14</b>	15	16	17	18	19	20
<b>21</b>	22	23	24	25	26	27
<b>28</b>	29	30	31			



Edmund Cluett

Sometimes people let the same problem make them miserable for years when they could just say: So what.

It's one of my favourite things to say. So what?

Andy Warhol



## JUNE 2023

sunday	monday	tuesday	wednesday	thursday	friday	saturday
				1	2	3
<b>4</b>	5	6	7	8	9	10
<b>11</b>	12	13	14	15	16	17
<b>18</b>	19	20	21	22	23	24
<b>25</b>	26	27	28	<b>29</b> Bakr-Id	30	



Manik Mandal

The only people who see the whole picture  
Are the ones who step outside the frame.

Salman Rushdie



**JULY**  
2023

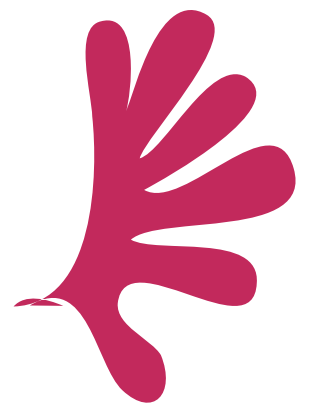
sunday	monday	tuesday	wednesday	thursday	friday	saturday
<b>30</b>	31					1
<b>2</b>	3	4	5	6	7	8
<b>9</b>	10	11	12	13	14	15
<b>16</b>	17	18	19	20	21	22
<b>23</b>	24	25	26	27	28	<b>29</b> Muharram



Jo Chopra

If it is true that we are all in the hands of God, what a capacious hand it must be.

William Maxwell



## AUGUST 2023

sunday	monday	tuesday	wednesday	thursday	friday	saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15 Independence Day	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31 Raksha Bandhan		



Manik Mandal

I wonder how many people  
I've looked at all my life  
and never seen.



John Steinbeck



**SEPTEMBER**  
2023

sunday	monday	tuesday	wednesday	thursday	friday	saturday
					1	2
<b>3</b>	4	5	6	<b>7</b> Janmashtami	8	9
<b>10</b>	11	12	13	14	15	16
<b>17</b>	18	19	20	21	22	23
<b>24</b>	25	26	27	28	29	30



Manik Mandal

Tell me what you see vanishing  
and I will tell you who you are.

W S Merwin



## OCTOBER 2023

sunday	monday	tuesday	wednesday	thursday	friday	saturday
<b>1</b>	<b>2</b> Gandhi Jayanti	3	4	5	6	7
<b>8</b>	9	10	11	12	13	14
<b>15</b>	16	17	18	19	20	21
<b>22</b>	23	<b>24</b> Dussehra	25	26	27	28
<b>29</b>	30	31				



Edmund Cluett

Soon there will be nothing left here but sky.  
 When I think about the fact  
 I am not thinking about you  
 It is a new way of thinking about you.

Suzanne Buffan



## NOVEMBER 2023

sunday	monday	tuesday	wednesday	thursday	friday	saturday
			1	2	3	4
5	6	7	8	9	10	11
12 Diwali	13	14	15	16	17 Moy Moy Jayanti	18
19	20	21	22	23	24	25
26	27 Guru Nanak Jayanti	28	29	30		



Manik Mandal

In the beginner's mind there are many possibilities;  
in the expert's there are few.

Shunryu Suzuki



## DECEMBER 2023

sunday	monday	tuesday	wednesday	thursday	friday	saturday
<b>31</b> New Year's Eve					1	2
<b>3</b>	4	5	6	7	8	9
<b>10</b>	11	12	13	14	15	16
<b>17</b>	18	19	20	21	22	23
<b>24</b>	<b>25</b> Christmas Day	26	27	28	29	30