

The banner features the 'play to potential' logo on the left. To its right are contact details: a WhatsApp icon with the number '+91 85914 52129*', a Twitter icon with '@PlayToPotential', and a globe icon with 'playtopotential.com'. Further right, under the heading 'Also available on:', are icons for Spotify, Apple Podcasts, and Google Podcasts. On the right side of the banner is a portrait of a man in a suit and glasses, identified as 'Podcast Host Deepak Jayaraman'. At the bottom left of the banner, a small note reads: '*Just send us a Whatsapp with your name, number and email and we will add you to our distribution list.'

Context to the nugget

Deepa talks about Wheeling Happiness Foundation, an initiative she and her daughter have started. She talks about how they plan to bring hope to the life of people and become a medium towards creating an inclusive and accessible (physically, emotionally, mentally) India

Transcription

Deepak Jayaraman (DJ): How do you think about your goals and aspirations in the future?

Deepa Malik (DM): I have always had a plan I have always set myself another bench mark, so while I am working hard for this I don't leave myself in empty space, I immediately have my next target on live that also keeps me going I guess and it helps me raise my bar each time for now it is Asian games and post that I am very clear that I have to start working at my foundation wheeling happiness because it's time to spread the light, pass on the and have more Deepa's coming up that's what we need there is immense talent out there that needs to be nurtured that need to be brought out into the light and some guidance and if I can become the medium of change in somebody's life like people have become medium so it's time to give back now so that's the next goal I have right now like I have the Asian games to look forward to.

DJ: What is 'Wheeling happiness' is all about?

DM: It was my daughters brain child it was her initiative and my elder daughter met with an accident when she was just year and a half and due to the head injury she got Hemiplegia which is the left of the body got entirely paralysed and after that I got my tumour back so I got paralysed, so actually we are two of us who have motivated each other and done a physiotherapy together and overcome our challenges and both of us are probably the only mother daughter dual who played together in Para sports, she has also represented India and she has somehow chosen the field or probably felt the need or understood the advantages of emotional happiness, in the process of overcoming disability because she has seen it in me she has first had experienced in her own life and right now she is pursuing probably only one in India to go to the world's number one sport college university which is Loughborough University UK and she is pursuing a PhD course in disability sports psychology so she has dedicated her life to betterment of this particular sector to bring hope to the life of people and become a medium to create and including and accessible India and not just physically and emotionally and mentally also sensitise people so we do a lot of counselling sessions, we encourage people support them to pursue their hobbies because we feel that if a person is first happy then that person will be able to deliver learn adapt in a better way if you are already in a sad space how do you expect that person to be motivated enough to come out of that and become somebody who can achieve or

somebody who can work or somebody who can be out there in the world doing things for him or herself so that's how we call it wheeling happiness, we try and find their sources of happiness.

DJ: And how do you do that if I may ask?

DM: We do a lot of seminars, we do a lot of interactive sessions, we do a lot of updating through our pages and then a lot of people connect to us for example if someone wants to learn driving, because they have seen me driving it's like leading with an example and asking people to follow, pursue, it's a very small initiative but I am very happy and proud that Devika has won the queen's young leader award for it in Buckingham palace and she is currently working very closely with the commonwealth youth council while she is there in England, she recently became the voice of the youth at the commonwealth government heads meeting which was opened in Buckingham palace this March and she made that appeal to the 53 government heads for having these whole planet little more inclusive and give equal opportunities, so we are also fighting for the rights we are helping people, with sports, wheel chair or some kind of supplements or sports equipment or if somebody wants to work out of home so helping them to learn the computer skill and getting them a laptop so whatever way they can be emotionally happy we are trying to work at that.

Reflections from Deepak Jayaraman

DJ: If you wish to know more, please visit wheelinghappiness.org. Thank you for listening.

End of nugget transcription

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About Deepak Jayaraman

Deepak seeks to unlock human potential of senior executive's / leadership teams by working with them as an Executive Coach / Sounding Board / Transition Advisor. You can know more about his work [here](#).

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