

# Capacitar

## Report January – May 2022

A group of 70 single-mothers who get a goat they will be propagated in rotation chain by giving the new born kid to another single mother in Huye District. In order to strengthen the resilience of them. The beneficiary single-mothers are very appreciative for support they have received. They promise to manage what they have received well; a group of 87 handicaps including a relative who takes care of him or her in Muyanza Parish; a group of 43 women and men in Muhazi and group of women with men in Kisaro were 87 persons. From February to May we have trained 287 people.

Through their testimonies, all people who has been trained recognize the impact of capacitar in their lives.

### **HANDICAP MUYANZA IN RULINDO DISTRICTAS NEW GROUP**

#### **These are the principal situation:**

1. *Trivial disabilities are often sources of intense conflict.*

As a result of injury, they may occur an increased sensitivity toward and interest in the body. Such an interest may find expression in discovering and magnifying bodily defects which all individuals may be presumed to have. Owing to the increased sensitivity, certain trivial disabilities acquire a degree of importance which may be totally unrealistic but which often serve as means for the handicapped individual to work out personal and social problems to which the trivial disabilities are actually unrelated.

2. *The disabled individual is inclined to experience more loneliness, morose mood, self-conscious attitude, sensitive perception, and suspicious of people's opinions*

Despite all his (her) effort in portraying himself (herself) as non-disabled member of the community, the non-disabled still keeps the stigma and bias against disabled persons that are so common. This inability to see the world through the spectrum of disabled people makes the efforts vain and puts more pressure on the disabled. In addition to this, the fact that the disabled people are unable to fully participate empathically in the larger social environment and may also contribute in his or her sensitivity, sense of non-belonging, and suspicion of others' motives and opinions.

## CAPACITAR GROUP AT THE SAINT VINCENT YOUTH CENTER 2022

The girl-mothers testify that the following exercises are the most familiar and beneficial to their lives and the lives of their children:

- Body movements to release and balance energy.
- TAI CHI exercises
- PAL DAN GUM exercises
- Finger holding to manage emotions

Delighted, the beneficiary mothers appreciate the support they have received in small livestock. They also appreciate the benefits of the exercises. They also promise to manage what they have received well. Through the testimonies they give, they show how often the Capacitar practices have helped them, their children and their families in general. They will continue to practice them regularly.

### SOME TESTIMONIES

1. Before coming to Capacitar, I had kidney disease, I used to go to diuresis three times a week for four hours.

In those days I couldn't walk even five meters I immediately felt tired, my blood pressure was always **TA 195/90; 180/75; 200/95.**

After reaching in Capacitar I have trained with others every day after 6 months my blood pressure dropped to **130/70** as a healthy person.

The Capacitar really helped me a lot, because now things I used to feel on my knees, back and in my body were gone. Now I feel better as a living person.

I now urge all others who have similar problems to practice Capacitar training  
Thank you Capacitar for thinking and helping us, may God bless you.

2. Before I came to Capacitar I didn't know that I had a high blood pressure, one day I went to a health center, where I was rushed to a hospital by ambulance.

When I got there they told me that my high blood pressure could kill me, they advised me to drink water and food without salt and I tried.

Later the neighbors came to tell me that there was CAPACITAR training and that it would help me, I came and do CAPACITAR training every day.

Shortly I began to feel better, before reaching in Capacitar I spent two years without a shed to cultivate.

I also had a grandson, his father was in prison, and his mother was poor.

The grandson also fell ill with a disability he is handicap, and the CAPACITAR teacher used to come and help him in the CAPACITAR practice.

Then we took him to the hospital, when we were arrived there my blood pressure had risen, the doctors told me that I was going to be treated too, I denied their decision and told them I had no money.

They told that their decision is clear?

I also told them that there was a CAPACITAR exercise I used to train to help me lower my blood pressure and I will work on lowering my blood pressure. They denied it and we debate it, after they asked me to show them the CAPACITAR exercise and I did it. So they write down my names and when tomorrow I will have a test.

I start doing CAPACITAR exercises every day and people start laughing at me.

The next day at 3 o'clock I went for a test and found that my blood pressure had dropped from **200 to 170**. They told me it was good but I should try harder, and I continued.

After few days I came out of the hospital with 130/70 of blood pressure, and then I went back to the hospital and they tested me and found that I had **120/60**.

Thank you to CAPACITAR and the CAPACITAR members for their help.

3. I am someone who lives with disabilities (my arms).

Before I joined the CAPACITAR I was lonely and depressed and I could not walk far, I was always wearing coats for hiding my disability, at school other students used to laughed at me.

After arriving at CAPACITAR I met others children with disabilities and immediately enjoyed being with them, they taught me CAPACITAR training which is very helpful for me because now I am left with no coats on, I can go for a long walk without pain in my legs, now I am happy with who I am.

Thank you CAPACITAR for caring for us and reassuring us that we are human like everyone else,



*Group of women with men in Kisaro*



*Group of women and men in Muhazi*



*Group of handicaps including a relative who takes care of him or her in Muyanza Parish*



*Group of Single-mothers in Huye District*