

Dyslexia decoded

An Insight Into The Most Misconstrued Learning Disability 'Dyslexia'

Youth Power is an annual social leadership programme organised by The Global Times, where different teams from Amity schools engage in varied social causes in several stages. One of them is 'Panel Discussion' where experts from different walks of life discuss several aspects of the chosen social cause. Here's presenting **Part I** of this exclusive series, based on the panel discussions organised by YP teams for the year 2023-24, and a host of opinions as experts share their insights on 'Dyslexia', the cause chosen by YP team of AIS Gurugram 46.



Panellists share their views on the chosen cause

Identify the disorder correctly

Panellist: Dr Roma Kumar, clinical psychologist

"The most crucial task is to identify and differentiate between different learning disorders at an early stage. By doing this, the educators and parents can find the right approach to support their child. Also, it



is important to focus on the strengths of the child and not on the weakness. These days we have new learning methods that should be used to maintain diversity in education."

Nobody is perfect

Panellist: Dr Manish Samnani, paediatric occupational therapist

"Once a child is diagnosed with dyslexia, the parents often go through a whirlwind of emotions. In the initial stage, denial and guilt often take centre stage, with parents questioning



the accuracy of the diagnosis. So, the inclusion of such children is not a big challenge but the acceptance part of it is. Parents and educators must understand that no child is perfect."

Skills reinforcement is key

Panellist: Sangeeta Das Gupta, clinical hypnotherapist

"For dyslexic kids, sight-based comprehension can be difficult. Therefore, using all the senses - including touch and sound - can help in learning. Learning can be improved with the help of



board games and ambidexterity exercises. Positive skill reinforcement improves visualisation and comprehension speed, which therefore increases confidence in the individual."

Every little achievement counts

Panellist: Purnima Sood, sc & co-founder, Women Health Company

"It's important to understand that parents of children suffering from dyslexia are expected to encourage their children to excel in their areas of strength, be it math or history. It's critical



to recognise that these difficulties are not illnesses, but rather unique characteristics that need nurturing and support. Even their most minor achievement should be celebrated."

Yoga can help with anxiety

Panellist: Reema Bhattarai, yoga & meditation expert

"The idea of 'special education' has placed more emphasis on inclusivity and fostering a classroom free from discrimination. Yet, social pressures can cause worry and shame. A sup-



portive atmosphere can be created by engaging students in activities like yoga therapy, which can help in easing the difficulties faced by them and in controlling their anxiety."

Dyslexics are highly creative

Panellist: Sarvesh Nayyar, psychology student

"In contrast to popular belief, dyslexics are not only capable of normal cognitive function, they can even have IQs above average, Albert Einstein is an example. The only problem is that they



may have learning difficulties which are considered more 'typical' like reading or writing. Dyslexic children are known to be highly individualistic and creative in their thinking."

Create a supportive environment

Panellist: Meenu Nayyar, pre-school teacher

"I'd like to share the story of a rather intelligent four-year-old boy who struggled to express himself due to dyslexia. Activities focusing on sensory experiences helped him in expressing himself



through actions rather than words. A personalised learning environment can have a profound impact. Accommodating the needs of such children can help them flourish."

Better legal framework is needed

Panellist: Garima Singh, lawyer

"Dyslexia lacks support from specific legal provisions despite its inclusion in the Persons with Disabilities (PWD) Act. Unlike physical impairments, dyslexia is about cognitive challenges,



which are not addressed specifically by the existing laws of our country. This highlights the necessity for legal recognition and support within educational and societal spheres."

No need to worry about a career

Panellist: Riya Rastogi, special educator

"Dyslexia concerns about a child's future and in accessing appropriate support. Schools and special educators must adapt teaching methods to cater to individual learning styles. If



dyslexic children are supported properly, there are many avenues for careers like digital marketing, content writing, and fine arts, where they can forge a path for themselves."