FOOTSTEPS TO FREEDOM – Tales of Therapy in Rural India

FOOTSTEPS TO FREEDOM – Tales of Therapy in Rural India is a book about the development and progression of a Community Based Rehabilitation program in South India, named Samuha Samarthya. The story progresses from the turmoil of leaving home to spend a year with Samuha as a physiotherapy trainer, to life-changing experiences accumulated over 25 years of involvement with Samuha. The book follows six children from infancy to adulthood and documents their progress. It also discusses the initiation of a Canadian charity in Prince George, BC, to support this work, named Samuha Overseas Development Association (S.O.D.A.) and shows how money was raised to build a spinal cord injury unit for adults, as well as an Early Intervention Centre for children with disabilities.

I have been writing for many years. At one time I was editor of Dispatches, our Global Health newsletter. I had accumulated a few short stories about my experiences in India, particularly one story about Babumiya, who suffered a spinal cord injury in his village. I have been taking an annual writing course in Wells, BC, and three years ago I spent my time there writing about my experiences in India. I received such positive comments and encouragement from the instructor and fellow writers that I decided to persevere. At the end of this course, the instructor asked us all to make three commitments about our future writing and my main commitment was to write a book on my experiences in India. Three years have gone by, and I have it published! I hope this book will encourage more therapists to pursue careers in overseas development work and enlighten others on life experiences in the majority world.

For those interested in acquiring this book, they can order by email at hcrowley@mag-net.com and can purchase by e-transfer for $27, including shipping. More information on the work of Samuha is available at www.samuha.ca.