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“MY PERSONAL PERSPECTIVE ON SPINAL  
CORD INJURY” BY INDEEP SIDHU



# MY PURPOSE



## EARLY DAYS





# NAIROBI TO STOKE MANDEVILLE



24<sup>TH</sup> APRIL 1988



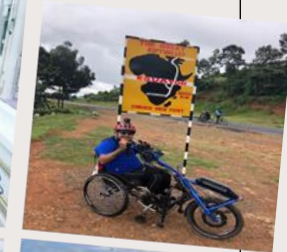
3RD AUGUST 1988





## EDUCATION & EARLY INDEPENDENCE (13–25)





# DEFINING YEARS 25-43



# HOW IS LIFE GOING AFTER 37 YEARS



# KEY LIFE LESSONS



Work & Purpose (A reason to get out of the bed in the morning)



Adaptability, Learning, Growth and Moving Forward



Gratitude and Positive Outlook & Giving Thanks (Give more than you Take)



# Q&A & CLOSING



## Final Thoughts and Takeaways