



**Vinay Jani**

Delhi, India

Vinay Jani is an endurance cyclist, marathoner, and a committed and passionate epilepsy advocate. He is a member of IBE's Global Youth Team and Ekatwam, an NGO working on spreading awareness about epilepsy and supporting below the poverty line people.



Diagnosed with epilepsy at the age of 21, Vinay was unaware of what epilepsy was since people in India don't talk about this neurological condition openly due to the social stigma associated with it. In India people also associate epilepsy with black magic, bringing a key or onion to the nose whenever a seizure occurs.



“

I have been lucky in having family and friends who have always supported me, but I have learned that many families with epilepsy live with the stigma and the people do not have the freedom to live their lives as they wish.

”

**What can we do to  
reduce stigma?**

“

Our minds are everything,  
and we become what we  
think. Epilepsy stigma can be  
reduced when we start  
thinking in a positive way.

”



Vinay Jani

“

A person with epilepsy can achieve anything in their life but stigma can only be removed from society when we start speaking openly about it.

”



International  
Epilepsy Day





Discover more stories like Vinay's and  
learn about epilepsy stigma at  
[internationalepilepsyday.org](http://internationalepilepsyday.org)

