



NATIONAL INSTITUTE FOR EMPOWERMENT OF PERSONS WITH
MULTIPLE DISABILITIES (DIVYANGJAN)

Department of Adult Independent Living

NIEPMD/DAIL/30(5)/2023-24/

Date:27 02/2024

OPEN DAY MEET REPORT- JANUARY'24
(Sharing for caring)

The Open Day Meet for the parent of DAIL clients was organised on 24th January 24. About 100 parents and 8 students have participated in the said meeting. At the outset Mrs. C. Mala, Voc. Instructor has presented welcome address to the Parents participated. Shared the objectives of the meet, responsibilities of the parent in significance of Joint approach of both the Parents & DAIL in monitoring as well as mentoring progress of the clients.

Team Members:

J.V. Subbaraman	Rehabilitation Officer - DAIL
Mrs. Sudha Thilak	Yoga specialist from coimbatore
Mr.S. Shankar Subaiah	ICT-Consultant
Mrs.R. Ananda nayagi	Placement officer- DAIL
Mrs.C.Mala	Vocational Instructor

Mrs. Anandhanayaki Placement officer has introduced the Special invitees namely Mr. S. Shankar subaiah –ICT Consultant and Mrs. Sudha Thilak (Yoga Specialist) who have consented to address on the impact of Life skills and yogananas in the livelihood of children and adults with with multiple disabilities

Following, Mrs. Sudha Thilak conducted a demonstration showcasing a variety of profoundly beneficial yogananas, including Uttanasana, Balasana, Garudasana, Setu Bandha Sarvangasana, Utthita Trikonasana, Marjaryasana, Viparita Karani, and Savasana. The demonstration aimed to enlighten parents of children with multiple disabilities about the transformative effects of these asanas on enhancing life skills for both children and adults with disabilities.

Through the demonstration, parents gained insights into how these yogananas could improve their children's physical, emotional, and cognitive abilities. By experiencing the practical benefits of these yogananas first and, parents gained a deeper understanding of how incorporating yoga into their children's routines could significantly enhance their overall well-being and life skills.



Mrs.SudhaThilak's demonstration served as a catalyst for empowering parents to integrate yoga into the lives of their children with multiple disabilities, fostering holistic development and improved quality of life.

Ensuingly Mrs Ananthanayaki Placement Officer led the feedback session where in the participants expressed utmost gratitude to Mrs Sudha Thilak, Mr. Shankar Subbaiah and DAIL for facilitating such a beneficial session. The meet concluded with vote of thanks by Mrs Anandhanayaki Placement Officer DAIL

.....