



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

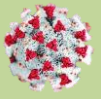

~Accredited by NAAC~ ~ISO 9001: 2015 ~ (HRD & Clinical Services)  
DEPwDs (Divyangjan), Ministry of Social Justice & Empowerment, Govt. of India  
East Coast Road, Muttukadu, Kovalam (Po), Chennai – 603 112

Website: www.niepmd.tn.nic.in, Tel: 044- 2747 2113, 2747 2046, Toll Free No: 1800 425 0345



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## WHAT COVID - 19 MEAN FOR US @ HOME LEARNING LIFE SKILLS, INDEPENDENCY & ADVOCACY

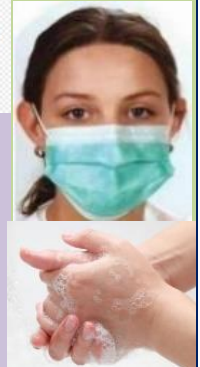
**“R** Color of Blue Represents Inspiration”



**“R** Color of Orange Represents Creativity”

### LIFE SKILLS: -

1. Self-awareness
2. Empathy
3. Critical thinking
4. Creative thinking
5. Decision making
6. Problem Solving
7. Effective communication
8. Interpersonal relationship
9. Coping with stress
10. Coping with emotions




**“E** Color of Rose Evokes Strong Friendship”




**“E** Color of Red Evokes Strong Courage”

### Recreational Activities Include: -

- Physical Exercise
- Art & Craft
- Painting
- Reading
- Newspaper/magazine
- Watering Plants
- Indoor games




Available in 11 different languages  
Scan to Download  
**Aarogya Setu**  
App for iOS and Android



**“R** Color of Yellow Represents Energy”



**“R** Color of Green Represents New Growth”



**“R** Color of Brown Represents Stability”

### Suggested Activities for Daily Living: -

- Yoga
- Grooming
- Washing drying Cloths & Folding
- Assisting in -
- Cooking
- Hand Embroidery
- Playing Indoor Games

### Skill Training Online Course:

<https://eskillindia.org>

### WHO online Course:

<https://openwho.org>

### Covid-19 Information:

<https://www.mygov.in/covid-19>

### Mental Health service:

Toll free no 08046110007

For Individualized Vocational Training and Carrier Guidance & Counselling service through tele mode  
Contact: -

Department of Adult Independent Living (DAIL), NIEPMD  
niepmd.dail@gmail.com



87784 25556, 94448 12938, 96773 10770,  
81248 62799, 97869 78145





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## BUILDING LIFE SKILLS FOR INDIVIDUALS WITH MULTIPLE DISABILITIES - COVID 19



News Paper Reading



Dear Friends  
Stay Healthy  
By  
Performing  
the Following  
Activities



Typing Practice



Prayer Activities



Plucking Green leaves



Indoor Game



Home Gardening



Yoga Practice



Assisting in Cooking



### Advantages to Build: -

- Confidence
- Independency
- Bonding & Sharing
- Relationship
- Responsibility
- Planning & Time



### WHAT ARE LIFE SKILLS?

- ❖ Self-awareness
- ❖ Empathy
- ❖ Critical thinking
- ❖ Creative thinking
- ❖ Decision making
- ❖ Problem Solving
- ❖ Effective communication
- ❖ Interpersonal relationship
- ❖ Coping with stress
- ❖ Coping with emotions



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