



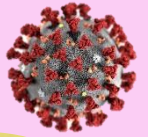
NATIONAL INSTITUTE FOR EMPOWERMENT OF PERSON WITH MULTIPLE DISABILITIES-NIEPMD, (DIVYANGJAN)

DEPwD (Divyangjan), Ministry of Social Justice & Empowerment, Govt. of India
East Coast Road, Muttukadu, Kovalam (Po), Chennai-603112 Tel: 044- 27472113, 27472046

Email: niepmd.dail@gmail.com Website: www.niepmd.tn.nic.in



Home Living Activities for Adult Girls with Multiple Disabilities During Lockdown



Yoga



Plucking Flowers



Washing Vessels



Hand Embroidery



Clean Nuts & Dal



Stitching Cloth



Washing Cloths



Playing Carrom



Ironing Cloths



Woolen Mat Weaving



Cleaning Home



Cutting Vegetables



Cleaning Surrounding



Watering Plants



Painting



Folding Cloth

Benefits :

Boost Confidence

Maintain Mental Hygiene

Independent Living

Develop Self Esteem

Maintain Physical Fitness

Regular Routine

Keep Well being

Waiting Tolerance

Decision Making

Family Members requested to implement home living activities at specified time in a structured environment.



For Guidance and Support Contact: Department of Adult Independent Living

9444812938, 8778425556, 9677310770, 9710511630, 9626719390, 9840089613

For further information :

- Call at Ministry of Health, Govt. of India's 24*7 control room number +91-11-2397 8046
- Email at ncov2019@gmail.com



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