



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

(DEPWDs), (Divyangjan) Ministry of Social Justice&Empowerment, GOIECR, Muttukadu, Kovalam post, Chennai-603112

Department of Adult Independent Living

NIEPMD/DAIL/30(5)/2022-23/

Date:16/05/2023

OPEN DAY MEET REPORT- APRIL'2023
(Sharing for caring)

At the outset Mrs.Mala, Voc.Instructor presented welcome address to the Parents participated. Shared the objectives of the meet, responsibilities of the parent with reference to the significance of combined approach of Parent & DAIL in monitoring progress of the clients. Further briefed on each & every activity of DAIL in reference to the Open Day meet. The Open Day meet organised on 28/04/2023. About 22 Parents and 5 students of Job Coaching unit have participated in the meet.

Team Members:-

Mr.J.V.Subbaraman	Rehabilitation Officer
Mrs.R.Anandhanayaki	Placement Officer
Mr.Pradapkarasala	Senior Clinical Staff
Mr.E.Raja	Senior Vocational Instructor
Mrs.C.Mala	Vocational Instructor



Followingly, Mr.Raja, Vocational Instructor briefed on the services of the Facilitation cell duly explaining the objectives of the NHFDC schemes & the networking of NIEPMD with State Channelizing Agency towards the promotion of Self Employment venture. Recalled the special session of last month presentation i.e Aavin outlet and exclusively shared about the establishment of Aavin outlets through NHFDC. Also clarified about the viable state government scheme that could also loan for the purpose.



Sequentially at the second special session on "Impacts of summer and home management care for persons with disabilities" Mrs Ananthanayaki Placement Officer has delivered an inspiring lecture.

Noticingly from the session the key points are:-

- During summer people are more vulnerable to digestive, skin, seasonal flu, and infection problems.
- The summer season affects immune system due to heat & humidity. severity of heat waves should not be neglected and hence preparation in advance to face summer impacts is very much important.
- Mosquitoes and flies increase greatly and their bites give rise to diseases like malaria, and diarrhea.

Few problems faced in summers:-

- watery eyes, burning sensation, nose and throat allergies.
- Prone to have headache, ear closure, sore throat, and poor sleep.
- Heatstroke and sunburns are quite inevitable. One can experience sunburns when skin turn red and swollen patches due to excessive exposure to ultraviolet rays from the sun.
- Rashes and foot infections.



Home remedies to avoid summer impacts:-

Tips to avoid Heat Stroke:

- The most important is to wear clothes that are light in weight and not very tight for benefitting sufficient air circulation.
- Every adult need to drink not less than 2 liters of water per day and the best remedy for dehydration is to keep one hydrated by drinking plenty of water to maintain normal body temperature.
- Intake of large number of fluids like buttermilk, tender coconut water and some of the juices like plums, coriander, mint leaf, and aloe vera juice will greatly help in the prevention of heatstroke.

Tips to avoid Sunburns:

- Avoid Sunburns by applying sunscreens or sunblockscream 15 to 30 minutes before exposing to sun. Milk cream or aloe vera application to face can cure sunburns.

Tips to avoid Rashes:

- Bath both morning and evening regularly.
- Wearing clean, open, light, and airy clothes and avoid wearing tight clothes of dark color.
- Do not leave soap in clothes while washing.
- Use of itching medicine if itches are more.

Leisure activities:

- Quality leisure time facilitates wider psychological and cognitive well-being, physical health, and quality of life.

- Physical activities and exercise will help adults with disabilities achieve mental and physical potential.
- Daily Yoga, walking, dancing, skipping, simple exercises, stories, improved work ethic, and improved creativity activities, puzzles, arts & crafts, traditional games, carromboard would promote good holistic health

Precautionary tips :

- Avoid roaming in heat wave, intake of cool drinks, artificial drinks and hotel food, street foods & spicy foods.
- Avoid Mobiles, TV, video games

Prime Rehab-care:

- DAIL advised exclusive care on children to keep engaged meaningfully in routine activities with special focus on personal hygiene, domestic skills, communication & social skills.

The entire presentation was gladly receptive by the participants as each & every suggestion placed by Mrs. Anandhanayaki, Placement Officer as happened to be the most essential need of the hour facilitating to care the persons with multiple disabilities from summer impacts.

Followingly, Mrs Mala handled the feedback session and the suggestions/ requisition made by the participative parents during the session were recorded for evaluation. The Parents have placed their whole hearted gratitude to the DAIL for the beneficial special session on summer impacts & management and the meeting concluded with a vote of Thanks by Ms.Mala, Voc. Instructor.

Thanking you