

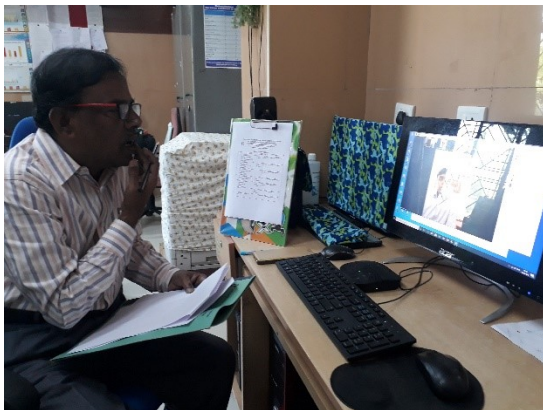
1. Distribution of general provisions

NIEPMD provided general provisions to 50 families having persons with disabilities under CSR Initiative.



2. Interview

Interview for the Temporary contract post of Assistant Professor (Nursing) and Lecturer (Clinical Psychology) was held through online mode on 22nd May 2020.



3. Video Conference:

NIEPMD participated the Video Conference on setting up of Early Interventions Centres in NIs and CRCs on 26th May 2020 Chaired by Smt.Tarika Roy, IAS, Joint Secretary to Govt. of India, DEPwD, MSJ&E.



b. Action taken in Response to COVID 19 – Initiatives of NIEPMD

As COVID-19 pandemic continues to expand in India and in the world, only one thing is certain: the current outbreak will have profound impact not only in the health and economic situation, but also on the psychosocial wellbeing of societies across nations. The impacts will be felt differently among different population groups. As the coronavirus pandemic spreads, self-isolation or quarantine is one of the key strategies in “flattening the curve” of infection rates. The quarantine has created extra burden for parents/caregivers of person with disability.

The institute received instruction and order from DEPwD, Ministry of SJ & E, Ministry of Home Affairs, DOPT and as per the Disaster management act 2005, para 3 guidelines, were followed on management of COVID-19. As per this guideline issued by various ministries and Govt. of India guidelines were strictly followed by the Institute in all respect of the institutions

NIEPMD took various Initiatives and measures to facilitate the Divyangjan, Parents of PwDs, through Awareness Posters, Videos, on-call Physiotherapy, Occupational Therapy, Speech Therapy, Psychological Counselling, Vocational Guidance counselling, Special Education rehabilitation services etc., during the Lockdown period of COVID-19. NIEPMD along with its CRC’s sprang into action by 22nd March 2020 itself through various activities, the details of the program initiated for the above are as follows.

Persons with Disabilities

Tele mode

- Toll free number being used significantly to provide services through tele mode
- On call Psychological guidance & Counselling for individuals with disabilities and families
- On call guidance on coping strategies for families during lockdown and capacity building of caregivers
- On call Vocational Guidance Counselling services for Individuals with Disabilities
- On call Occupational Therapy Services during lockdown
- On call Physiotherapy Services during lockdown
- On call Speech Therapy Services during lockdown
- On call Special education services
- On call services for caring the assistive devices during lockdown

Institution mode (Direct contact by keeping social distancing)

- Provision of anti-psychotic drugs
- Sending the anti- psychotic drugs through speed post to the families who cannot come

Online/Video mode/Social media activities to be carried out at home

- Speech Therapy at Home (2 series)
- Tips to stay emotionally healthy during Covid-19 lockdown
- Teaching Pre-writing Skills
- Developing Social Skills & Communication
- Functional Activity for Adult with Disabilities during Lockdown due to COVID-19
- Care for children during lockdown
- Home Living Activities for Adult with Multiple Disabilities during lockdown
- Management of challenging behaviours of children with special needs at Home during Lockdown
- Exercise for children with Autism during lockdown
- Guidance for children with Autism during lockdown
- Activities for kids at home during lockdown

Parents of PwDs (The information was provided through tele mode/Social media/Videos)

- Home based program done by Parents of PwDs during lockdown
- Looking after your mental health during Lockdown
- Social Scripts Series 1-3 (COVID – 19)
- Advisory for Senior Citizens during COVID period

- How to Clean Vegetables to Prevent Harmful Viruses & Bacteria (In Sign Language)
- General Measures to Enhance Body's Natural Defence System
- Home based training given by Parents of PwDs with the guidance of Teacher
- Message to Parents of Divyangjan regarding Corona Virus
- On-call Counselling and Guidance Services for Covid-19
- Guidelines by AIIMS on How to Stay Safe from Covid-19 (Part-1)

Human Resource Development

- Faculties engaged in taking classes online through Videos, Skype
- Online feedback, discussion with each individual student through text messages, social media were initiated
- Internal unit tests are also being conducted through social media and videos

Research & Development

- All the members involved in R & D prompted into action by creating awareness posters, social media posts and pamphlets
- The members are also involved in producing modules to carry out activities at home for PwDs, Family members and caregivers
- The members have also started creating manuals on various topics related to prevention, activities, psycho social well-being, communication, activities of daily living & functional academics

Participation by NIEPMD staff (Online)

- NIEPMD staff underwent WHO online courses (11 courses, which were applicable)
- NIEPMD staff also participated and successfully completed the quiz on COVID-19 available from corona.mygov.in
- NIEPMD staff also attended Training for Social Workers on Psycho social interventions during COVID-19 conducted by NIMHANS

Arogya Setu App

- All the NIEPMD staff, students, parents of individuals with disabilities, individual with disabilities are using Arogya Setu App and awareness was created on the usage of this app.

Sanitization of NIEPMD campus

NIEPMD sanitized the entire campus

Provision of Masks and Sanitizers to Security and Housekeeping staff

All the security and housekeeping staff were provided with masks and sanitizers. The securities have been provided with infrared thermometer to check the temperature of the people, staff, clients entering the campus.

P M cares fund

NIEPMD and its CRC staff contributed their one-day salary towards the P M cares fund amounting to Rs.3.75 lakhs;

Success and best practices

Services to PwDs :

1. In the regular mode services were being provided by professionals to the clients. The family members of the clients are the passive recipient of the services. The COVID-19 pandemic given an opportunity for the family members to actively involve the services provision and many parents are directly providing services to the clients with many innovative methods. In fact parents are looking at this pandemic not as a threat but an opportunity to empower themselves through clients with disabilities.
2. NIEPMD professionals start to develop many technology-based models which include assessment, training and management of students with disabilities.
3. Parents' feedback is being received online which is also a new method of service provision.
4. Many home-based tools on training, education and services are developed to use by parents at home level.

Human Resource Development:

1. Students are facilitated to listen to more expert discussions and web materials, referring to more books and making their own learning patterns guided by the faculty provided a new insight into the learning methods.
2. Students are linked with National and International level resource persons. Library to equip themselves in the specialized subject.
3. Faculty also developing the classes in digital mode which may be available for every one easily.

c. Total No. of Beneficiaries serviced under various Clinical and / or other services May 2020):

New Cases	No. of follow up Beneficiaries
20	6945

* No. of case may vary on receipt of data from extension centres & ongoing camps/short term Training programs.

d. Conferences/Seminars/Job fair conducted during the month/any other events:

Webinars

- **NIEPMD conducted the following Webinars**
 1. Health and Hygiene
 2. How to address problem behaviours in individuals with ASD (Special Focus during crisis period)
- **NIEPMD conducted the following Webinars in collaboration with;**
 1. Dysphagia: A clinician’s perspective in collaboration with Speech & Hearing association of India, West Bengal branch
 2. Supporting the child with special needs during COVID-19 pandemic in collaboration with Voice4ability.
 3. Reaching the Unreached with rehabilitation services
 4. Lockdown : challenges and Facilities for PwDs in collaboration with AYJNISHD, Mumbai and NIEPVD, Dehradun.



Participation of Details of Online Training of WHO to meet the response of Corona pandemic :

NIEPMD staff are encouraged to attend the online training of WHO to meet the response of Corona Pandemic with reference to the requirement of NIEPMD. The following programs has been attended by staff.

- Health cluster coordination E-learning course
- Competence based learning

- Introduction to COVID 19 through Video based and sign language
- Protect respiratory infections
- Infection prevention and control
- Operational planning guidelines and COVID 19 partners platform to support country.
- How to put on and remove personal protective equipment
- Standard precautions – Hand hygiene

e. Skill Development Activities:

Online skill/Employable training programs for Adult persons with Multiple Disabilities. In the wake of COVID 19 pandemic NIEPMD had initiated 3 online skill training programs for Adult Persons with disabilities to occupy them with some employable activities. The following trades are provided in online

1. Sublimation printing
2. Multimedia training
3. Data Entry operator training

f. Awareness Generation / Distribution and other camps organized:

Talk show



- A talk show about management of persons with disabilities during COVID-19 on Chennai AIR FM Gold 720/102.3/ Mhz on 8th May 2020 at 6:45 P M was broadcasted. *COVID 19 pandemic* Awareness posters and stickers prepared and circulated through Social Media.

g. Action Taken / Progress Made in:

i. E-Governance:

- NIEPMD website got SSL certificate (Secured website).
- Renewed the STQC certificate for NIEPMD website.
- NIEPMD website registered with National Portal of India
- Implemented PFMS

- Member of National Digital Library of India to access E-books and Journals
- Most of the Payments made through electronic clearance
- Digitalization of Service and Administration.
- Library services are automated.

ii. Swachh Bharat Abhiyan:

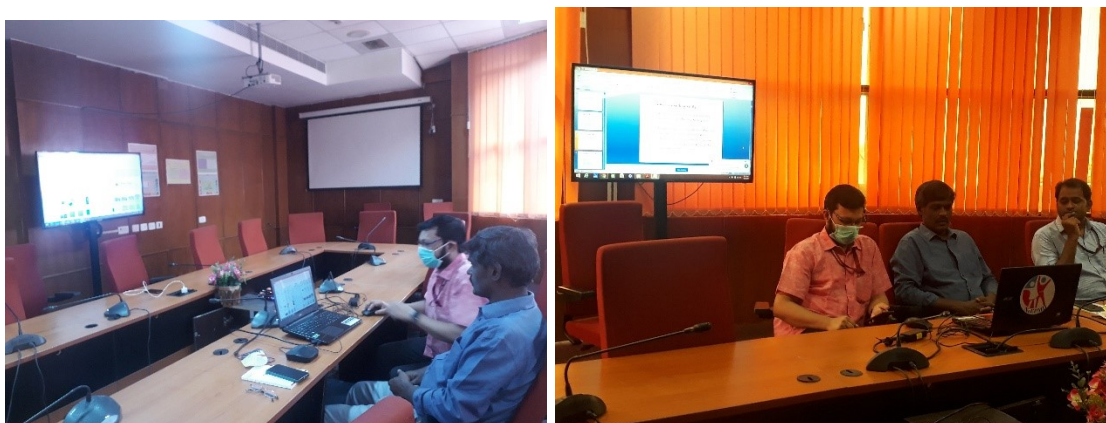
Routine cleaning and sanitization of the campus activities carried out during the month. Automatic Sanitizer Dispenser machine has been installed in NIEPMD important entry points and Departments.



a. Major Activities undertaken during the month of June 2020:

1. Webinar:

NIEPMD organized a webinar on Skills for counseling through Mental Health Helpline on 8th June 2020. The Resource person of the program was Dr.Himangshu Das, Director, NIEPMD, and Dr.Kalpana, Srivastava, President, Indian Association of Clinical Psychology.



2. Interview

Interview for the post of Assistant Deputy Controller of Examination (NBER) consultant was held through online mode on 15th June 2020.

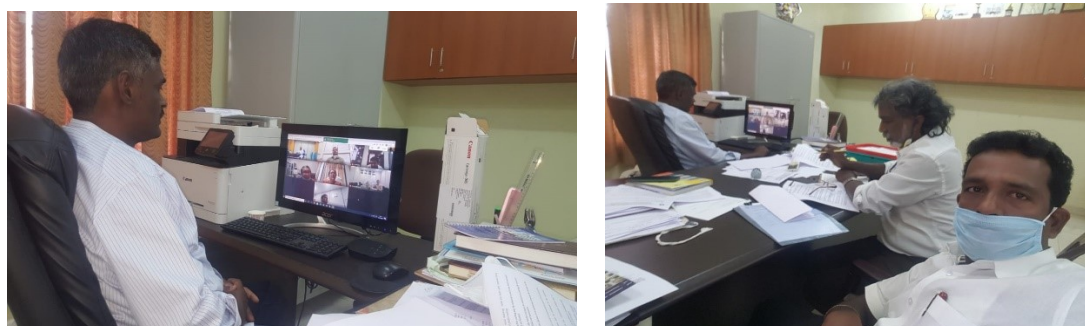


3. Video Conference:

NIEPMD participated the Video Conference on Online examination being conducted by various academic institutions during COVID 19 under the Chairmanship of Ms.Sakuntala D Gamlin, Secretary, DEPwD, MSJ & E, on 8th June 2020

4. RCI Meeting:

Rehabilitation Council of India (RCI), a statutory body of DEPwD, MSJ&E, GoI convened the meetings of Directors of National Institutes on Smooth conduction of Board Examinations of RCI approved Certificate and Diploma courses through online on 18th June 2020.



The following Agenda points were discussed during the meeting

- i. To obtain course wise, academic year and TTIs wise status of backlog/pending examinations:
- ii. Plan of action to conduct Term End theory and Practical Examinations for academic session 2019-20
- iii. Maintain social distancing norms and health safety measures during conduct of practice teaching
- iv. Explore other modes for conduct of examinations amid COVID-19 situation
- v. Status of implementation of recommendations of Malpractice Prevention Committee of RCI
- vi. Conduct of online classes by TTIs for 2019-21

vii. Any other matter related to exams

5. Celebration of International Day of Yoga:

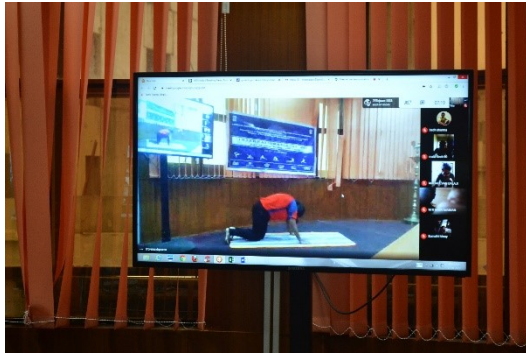
As per the direction by the Department of Empowerment of Person with Disabilities (Divyanjan), Ministry of Social Justice and Empowerment, GoI, vide letter No: F - 2206/55/2020 – NI (E13230) dated 12th June 2020 for Observance of 6th International Day of Yoga (IDY) on 21st June 2020, NIEPMD observed the Yoga Day. To mark the occasion various programs had been organized. The details are as follows.

1. Webinar on “Yoga for Prevention of COVID 19 for Children with Special Needs” on 19th June 2020. The Resource persons of the program was Dr.Prema, Yoga Instructor, NIEPMD. About 85 participants attended the program
2. Awareness posters and banner on Yoga displayed in the campus premises and also uploaded in Social Media.
3. NIEPMD building illuminated with Lights.
4. A Live demonstration of Yoga with the theme of Yoga at Home and Yoga with Family on 21st June 2020 through Google meet.

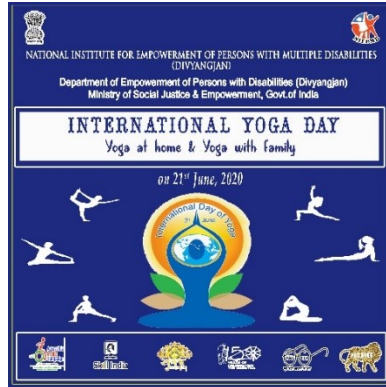


Illumination of NIEPMD Building





Live demonstration of Yoga through Google meet



HOW YOGA TRANSFORMS YOUR BODY

- Controls Blood Sugar & Diabetes
- Helps in Weight Loss
- Improves Bone Density
- Reduces Risk of Heart Disease
- Improves Brain Function
- Improves Sense of Balance
- Relief From Chronic Pain
- Relief From Depression & Anxiety
- Improves Lung Capacity
- Increases Flexibility
- Improves Blood Pressure
- Increases Immunity

Tips For Beginners

- Wear loose and comfortable clothing for ease of movements
- Use yoga mat for better grip
- Keep your mind open and follow your instincts
- Start with easy poses until get comfortable for the tougher ones
- Follow your own level of ability



Yoga at home and Yoga with Family

Family is so important, time and care are needed to nurture it and make it work; yoga is perfect choice. Children, parents, and even grandparents get to enjoy practicing yoga together and strengthen their bonds while they support each other.



SURYA NAMASKAR

Surya Namaskar Salute to the Sun or Sun Salutation, is a practice in yoga as exercise incorporating a sequence of some twelve gracefully linked asanas.

1. Pranamasana (Prayer)
2. Uttara Dhanurasana (Upward Bow)
3. Bhujangasana (Cobra)
4. Bhadrasana (Warrior)
5. Dhanurasana (Bow)
6. Pawanasana (Wind-Relieving)
7. Navasana (Boat)
8. Bhujangasana (Cobra)
9. Bhadrasana (Warrior)
10. Bhujangasana (Cobra)
11. Uttara Dhanurasana (Upward Bow)
12. Pranamasana (Prayer)

NATIONAL INSTITUTE FOR EMPOWERMENT OF PERSONS WITH MULTIPLE DISABILITIES (DIVYANGJAN)
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 (Dept. of Empowerment of Persons with Disabilities (Divyangjan), Ministry of Social Justice & Empowerment, Govt. of India)
 East Coast Road, Muttukadu, Kovalam Post, Chennai-600 112. Tele: 044-27472113, 2747206. E-Mail: nireg@nic.gov.in, website:www.nieapd.gov.in
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Common Protocol for Yoga

1. Pranayama
2. Bhujangasana
3. Bhadrasana
4. Bhujangasana
5. Bhadrasana
6. Bhujangasana
7. Bhadrasana
8. Bhujangasana
9. Bhadrasana
10. Bhujangasana
11. Bhadrasana
12. Bhujangasana
13. Bhadrasana
14. Bhujangasana
15. Bhadrasana
16. Bhujangasana
17. Bhadrasana
18. Bhujangasana
19. Bhadrasana
20. Bhujangasana



Yoga and Mental Health

Yoga functions like a self-soothing technique in that it alters the stress response system, helping to "tame" and quiet down the nervous system. In this way, the mental benefits of yoga are witnessed with the reduction of stress by way of decreased cortisol (stress hormone) levels in our body.

- RECOGNIZED SELF ACCEPTANCE
- IMPROVED ATTENTION
- DECREASE STRESS
- HEIGHTENED MOOD
- REDUCE ANXIETY
- SUPPORTS CONCENTRATION
- CURTAIN DEPRESSION
- BOOSTS MEMORY
- ELIMINATES HOSTILITY
- DIMINISHES EFFECTS OF TRAUMA
- LOWER RISK OF MENTAL HEALTH CONDITIONS



DESKTOP YOGA

- Easy Desktop Yoga is a series of exercises based on yoga and designed specifically for working people.
- Desktop Yoga is the perfect solution for those who want a simple, relaxing workout which they can perform while sitting at their desks.
- It is excellent for reducing stress during a long workday.
- This programme targets the muscles that are mostly affected while sitting for a long period of time.

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Awarness posters on Yoga



Webinar on Yoga for Prevention of COVID 19 for Children with Special Needs

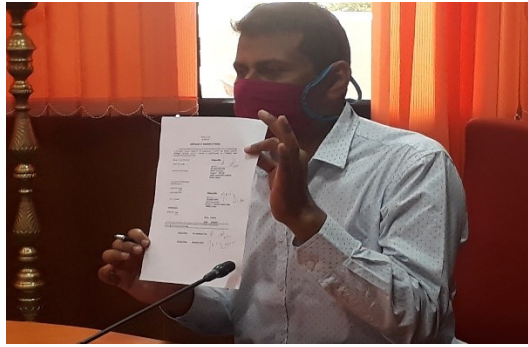
6. Mental Health Helpline Meeting:

NIEPMD convened the meeting through online on 22nd June 2020 with Stakeholders for setting up the Mental Health Helpline as per the direction by DEPwDs, MSJ&E, GOI



7. Assuming Office:

Shri.Nachiketa Rout, Associate Professor(Speech, Hearing & Communication), NIEPMD, taken over charge of Officiating Director, NIEPMD from Dr.Himangshu Das, Director, NIEPVD, Dehradun on 30th June 2020.



b. Action taken in Response to COVID 19 – Initiatives of NIEPMD

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Arogya Setu App

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Sanitization of NIEPMD campus

The entire campus of NIEPMD sanitized at the regular interval.

Provision of Masks and Sanitizers to Security and Housekeeping staff

All the security and housekeeping staff were provided with masks and sanitizers

The securities have been provided with infrared thermometer to check the temperature of the public, staff, clients entering in the campus premises.



(For detailed information please click the link: <http://niepmd.tn.nic.in/covid19.php>)

c. Total No. of Beneficiaries serviced under various Clinical and / or other services June 2020):

New Cases	No. of follow up Beneficiaries
102	5783

d. Conferences/Seminars/Job fair conducted during the month/any other events:

Webinars

- **NIEPMD conducted the following Webinars**
 1. Webinar on Skills for counseling through Mental Health Helpline on 8th June 2020. The Resource person of the program was Dr.Himangshu Das, Director, NIEPMD, and Dr.Kalpana, Srivastava, President, Indian Association of Clinical Psychology
 2. Webinar on Yoga for Prevention of COVID 19 for Persons with Special needs on 19th June 2020 . Smt.Prema, Yoga Instructor, NIEPMD was the Resource Person
 3. Live demonstration of Yoga with the theme of Yoga at Home and Yoga with family on 21st June 2020
- **Resource Person of NIEPMD staff and conduction of Webinars in collaboration with other organizations :**
 1. Dr.K.Balabaskar, Lecturer (AIL), Resource Person on the Topic “Mindfulness and Life Skills” for the Webinar organized by Alagappa University, Karaikudi, on 3rd June 2020.
 2. Dr.K.Balabaskar, Lecturer (AIL), Resource Person on the Topic “Mobility and Well being of PwDs at Workplace: Post COVID 19” for the Webinar organized by SBI foundation, Mumbai on 5th June 2020

3. Inclusion of Person with Deafblindness: Speak for Inclusion of Persons with Deafblindness on 27th June 2020.
4. Shir.Rajesh Ramachandran Reh.Officer (Service & Program), Resource Person on the Topic “Multiple Perspectives on Autism” for the Webinar organized by CRC-Gorakhpur on 18th June 2020.
5. Dr.K.Balabaskar, Lecturer (AIL) as a Resource Person on the Topic “Life Skills and Skilling for Individual with Developmental Disabilities” for the Webinar organized by Saksham (Tamil Nadu Chapter) on 26th June 2020.
6. Dr.K.Balabaskar, Lecturer (AIL) as a Resource Person on the Topic “Life Skills Training for Individual with Developmental Disabilities” for the Webinar organized by SIRTAR, Rohtak, Haryana, on 29th June 2020.



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**Free webinar on
 Yoga for prevention of COVID 19
 for persons with special needs**

Celebrating International Day Of Yoga

Resource Person: Smt. Prema (Yoga Instructor, Model School, NIEPMD)

**19.06.2020
 (11.00 AM to 12 Noon)**

**Join with Google Meet
 meet.google.com/gtp-ydwe-nmn**

**Co-ordinators:
 Shri. P. Kamaraj, HoD, Special Education, NIEPMD, Chennai
 Shri. Stalin Anil Regan, Incharge, Model School, NIEPMD, Chennai
 Technical Co-ordinator:
 Shri. M. Rajesh, IMO, NIEPMD, Chennai**

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 Website: www.niepmid.tn.nic.in E-mail: niepmid@gmail.com

Presents
Activities on Observance of International Day of Yoga

Live demonstration of yoga

**Resource Person: Smt. Prema (Yoga Instructor NIEPMD)
 Technical Co-ordinator: Shri.Rajesh Ramachandran RO(S&P)**

**21.06.2020
 (7.00 AM to 7.45 AM)**

Google Meet <https://meet.google.com/xgn-uvpg-ean>

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NIEPMD staff are encouraged to attend the online training of WHO to meet the response of Corona Pandemic with reference to the requirement of NIEPMD. The following programs has been attended by staff.

- Health cluster coordination E-learning course
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- How to put on and remove personal protective equipment
- Standard precautions – Hand hygiene

e. Skill Development Activities:

Online skill/Employable training programs for Adult persons with Multiple Disabilities. In the wake of COVID 19 pandemic NIEPMD had initiated 3 online skill training programs for Adult Persons with disabilities to occupy them with some employable activities. The following trades are provided in online

1. Multimedia training
2. Data Entry operator training

f. Awareness Generation / Distribution and other camps organized:

As part of the Celebration of International Day of Yoga, NIEPMD developed various awareness posters on Yoga and its benefits. It has been displayed in prominent places at NIEPMD campus and also uploaded in social media.

g. Action Taken / Progress Made in:

i. E-Governance:

- NIEPMD website got SSL certificate (Secured website).
- Renewed the STQC certificate for NIEPMD website.
- NIEPMD website registered with National Portal of India
- Implemented PFMS
- Member of National Digital Library of India to access E-books and Journals
- Most of the Payments made through electronic clearance
- Digitalization of Service and Administration.
- Library services are automated.

ii. Swachh Bharat Abhiyan:

Routine cleaning and sanitization of the campus activities carried out during the month. The Automatic Sanitizer Dispenser machine has been installed in all the Departments. NIEPMD campus premises has been sanitized at regular intervals.

iii. Sugamya Bharat Abhiyan:

- Orientation on Universal Design and accessible websites given to students and Internship trainees of various colleges, and schools of Chennai who visited NIEPMD.

iv. Progressive use of Hindi (Rajbhasa):

Quarterly report has been sent to Ministry.

- 51% of Letters received in Hindi are replied in Hindi.
- Preparation of Program schedule, banners, Conference Invitation was also done in Hindi.
- Printing posters on the various themes of Swachh Bharat Mission printed in Hindi.

h. Redressal of Public Grievances:

Nil

i. Major important Achievements of the organization/Institute:

- NIEPMD received ISO 9001:2015 certification
- NIEPMD Accredited by NAAC with B Grade in the 1st Cycle

j. No. of New Courses/ any other activities Initiated:

- Common Entrance Test (CET – 2020) Admission Notification the courses of BPT, BPO and BOT has been published National and Regional Newspapers.
- NIEPMD initiated to setup the National Mental Health Line under the Guidance of DEPwD to address the mental health issues and COVID 19 pandemic mental health issues.

K. Any other Information considered important to be intimated:

Transfer Land for Rehabilitation Services :

The Department for Promotion of Industry and Internal Trade, Ministry of Commerce and Industry, Govt. of India has allotted 3.6 acres of Salt Department land in Kelambakkam village, Kovelong salt Factory, Chennai, Tamil Nadu to NIEPMD for Rehabilitation services to the Persons with Disabilities vide letter No: P-34014(11)/14/2018-Salt dated 11th May 2020.