



# Adaptive Sports, Games and Yoga For Youth with Multiple Disabilities

## Adaptive sports, games and yoga for youth with multiple disabilities

NIEPMD, on Aug.11, organised a sensational sport event titled 'Adaptive sports, games and yoga for persons with multiple disabilities - This moment is yours' on 11th August 2023 at NIEPMD. The event was part of the commemoration of International Youth Day, being celebrated under the theme 'Green Skills for Youth: Towards a Sustainable World'.

This initiative, highlighting the significance of health and independent living skills through adaptive sports, was sponsored by the Mylapore Academy and the guidance of sports experts from General & Adapted Physical Education and Yoga (GAPEY), Ramakrishna Mission Vivekananda Educational and Research Institute, Coimbatore.

About 50 youths with disabilities - multiple disabilities, autism spectrum disorder, mental illness, intellectual disabilities and specific learning disabilities, 50 parents and 50 stakeholders (professionals and volunteers) actively participated in interesting games such as carrom, throwball, basketball, para shoot and adaptive yoga, which are exclusively designed for them.

The expert members S. Rajavarman, Asst. Professor, General & Adapted Physical Education and Yoga (GAPEY), Ramakrishna Mission Vivekananda Educational and Research Institute, Coimbatore, U. Ramesh Kumar, Physical Education Teacher and Prema Devi, Yoga Teacher, NIEPMD, Chennai have

fruitfully shared their expertise and effort in the Adaptive Sports and Yoga sessions benefitting the cause.

NIEPMD along with Ragas Dental College also organised an oral health and hygienic camp. The event was inaugurated by K.J. Suriyanarayanan, Secretary - the Mylapore Academy, as chief guest; Dr.R.Anil Kumar, Principal - Ragas Dental College and Hospital as guest of honour, Dr.P.Madan Kumar, HoD and Professor - Ragas Dental College and Hospital as special guest. Also participating from NIEPMD were: Dr.Nachiketa Rout - Director and Dr.K. Balabaskar - Lecturer.

