



**National Institute for Empowerment of Persons
with Multiple Disabilities**

Dept. of Empowerment of Persons with Disabilities (Divyangjan)

Ministry of Social Justice & Empowerment, Govt. of India

Department of Adult Independent Living

NIEPMD/DAIL/30(2)/OPD/2025-26/3985

Date: 29/09/2025

OPEN DAY MEET REPORT - June 2025

(Sharing for caring)

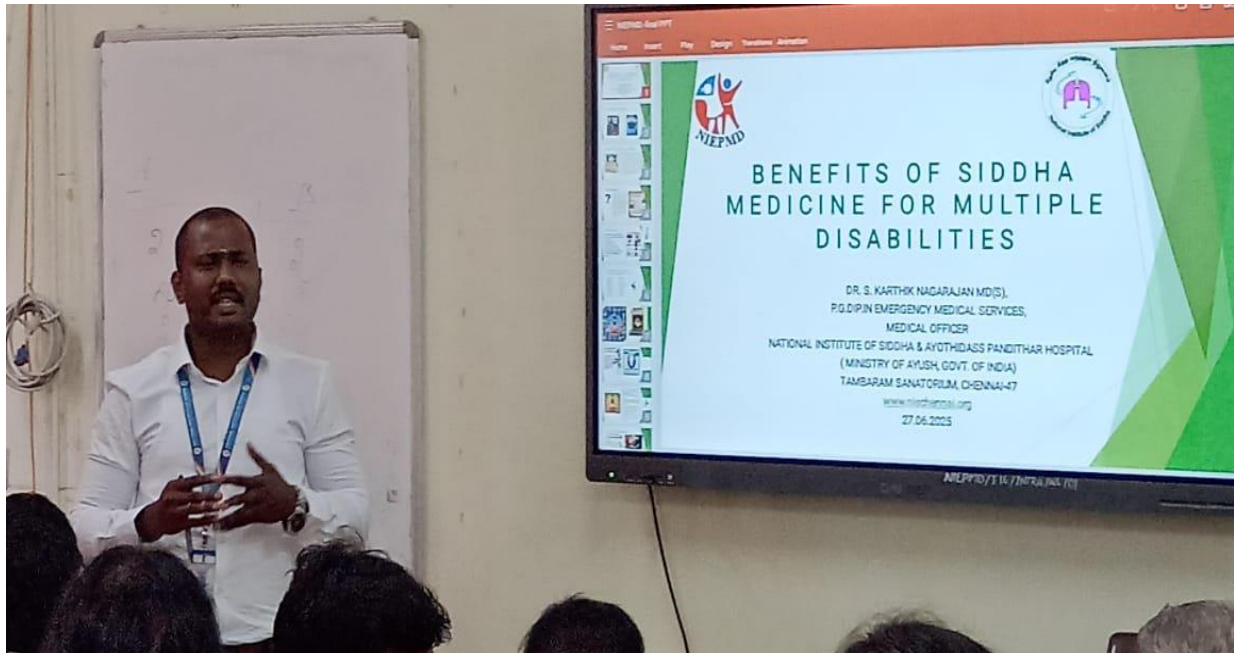
Mr. R. Dhakshnamoorthy, Vocational Instructor, welcomed the participants (parents and students) and outlined the objectives of the meeting. He highlighted the ongoing activities of the Department of Adult Independent Living (DAIL), the significance of the Open Day Meet, and the strong partnership between DAIL and parents in guiding the progress of the trainees. He also emphasized the importance of regular feedback from parents to strengthen the skill development programs of DAIL and ensure inclusive rehabilitation. A total of 43 parents actively took part in the event.

Team Members: -

Dr. K. Balabaskar	Lecturer - AIL
Mr. J. V. Subbaraman	Rehabilitation Officer
Mr. R. Dhakshnamoorthy	Vocational Instructor - DAIL
Topic	<i>"Benefits of Siddha Medicine for Persons with Multiple Disabilities" and Parents sharing experience</i>
Date	27-06-2025
Guest Speakers: (Representatives from parents of DAIL students)	
Dr. S. Karthik Nagarajan,	Medical Officer, National Institute of Siddha Tambaram Sanatorium, Chennai.
Mrs. K. Usha	M/o Mr. K. Rajvignesh (Hospitality and Associate)
Mr. Pappachan	F/o Mr. Vincent Paul (Food and Beverage)



Dr. S. Karthik Nagarajan - Medical Officer, National Institute of Siddha, Tambaram Sanatorium, Chennai and also a siblings of 2 PwDs (Brother & Sister)



During the special session, **Dr. S. Karthik Nagarajan, Medical Officer, National Institute of Siddha**, highlighted how Siddha medicine benefits persons with multiple disabilities by improving overall health, immunity, mobility, and mental well-being while reducing pain and stress. He explained that Siddha offers natural, individualized care with fewer side effects and complements conventional treatments. Key therapies include herbal medicines, therapeutic oils and massages (Thokkanam), specialized diet plans (Pathiyam), detox therapies, physiotherapy-based interventions, respiratory and neuro-supportive care, as well as yoga and meditation practices. He also stressed the importance of family training and home-based guidance to ensure continuity of care, helping individuals achieve better health, independence, and quality of life.



Highlights from the Parent Sessions:

Parents of students enrolled in various skill training and Follow-up programs under DAIL shared their experiences, offering valuable insights into how DAIL's initiatives are positively benefiting the lives of adults with multiple disabilities.



Mrs. K. Usha, mother of Mr. K. Rajvignesh (Hospitality and Associate), stated that the exposure visit to the Institute of Hotel Management (IHM), Taramani, Chennai, provided the trainees with a clear insight into the hospitality industry. She observed that such visits significantly enhance self-confidence and better prepare trainees for real-world job roles. Describing the experience as meaningful and enriching, she appreciated the professional and welcoming approach of the hotel staff and noted that the visit inspired trainees to pursue careers in hospitality with greater interest, motivation, and confidence.



Mr. Pappachan, father of Mr. P. Vincent Paul (Food and Beverage), stated that the exposure visit to Taj SATS Air India Catering Limited, Chennai, provided trainees with hands-on practical experience, including preparation of diverse dishes, while emphasizing food hygiene and simple culinary tips. He noted that such visits enhance skills, self-confidence, and readiness for real-world job roles, opening opportunities for both employment and self-employment. He appreciated the professional approach of the staff and remarked that the visit inspired trainees to pursue careers in hospitality with greater interest and motivation.

During the interaction, parents raised queries regarding eligibility and course structure. All questions were addressed, and parents were encouraged to enrol and make use of this opportunity to contribute to family-cantered, community-based rehabilitation.

Participants expressed their sincere appreciation to the guest speakers and conveyed their heartfelt thanks to the DAIL team for organizing a meaningful and informative session. The platform offered parents an opportunity to share, learn, and feel supported in their journey. The program concluded with a Vote of Thanks delivered by Mr. R. Dhakshnamoorthy, Vocational Instructor, DAIL.

GLIMPSE OF DAIL OPEN DAY MEET FOR PARENTS – 2025
organised by Department of Adult Independent Living (DAIL) on 27-06-2025

Topic: "Benefits of Siddha Medicine for Persons with Multiple Disabilities "
Resource person: Dr.S.Karthik Nagarajan, Medical Officer, National Institute of Siddha Tambaram Sanatorium, Chennai.
Parents sharing experience:
Mrs. K. Usha (M/O Mr. K. Rajvignesh's Hospitality and Associate) - Institute of Hotel Management (IHM), Taramani, Chennai
Mr. Pappachan (Mr. Vincent Paul's Father - Taj Sats Air India Catering Limited, Chennai:
