



## Centre for Differently Abled Persons

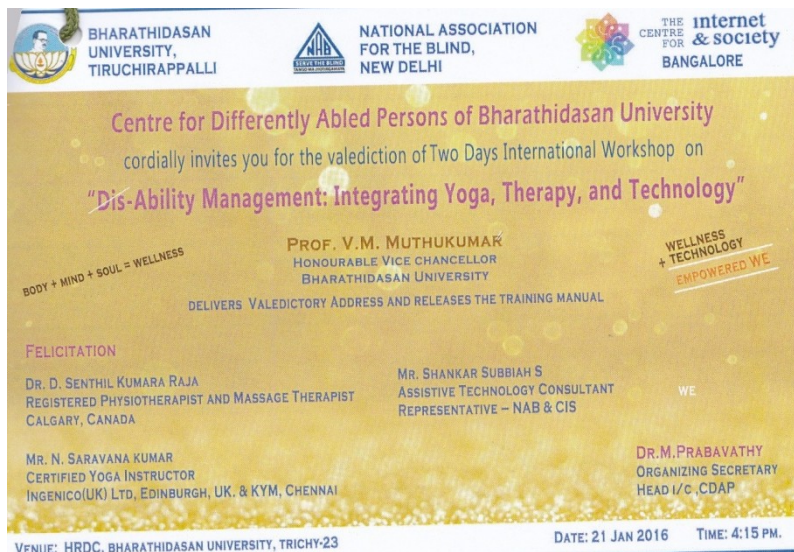
### Bharathidasan University

#### Report of the Activities of

#### Two days International Workshop on “Disability

#### Management Integrating Yoga, Therapy and Technology

A two day international workshop on “Dis-ability Management: Integrating Yoga, therapy and technology was organized by CDAP/in collaboration with



NAB & CLS . It was inaugurated at 10.30 A.M on 20<sup>th</sup> Jan. 2016 at Human Resource development Centre, Bharathidasan University, Trichy. The

organizing Secretary of this workshop, head and Assit. Prof. of CDAP

Dr.M.Prabavathy, Welcomed the gathering and briefed on the

objectives of the workshop . The inaugural address was rendered by Dr. E. Ram Ganesh, Prof. and Head, Dept. of educational technology, Bharathidasan

University. Then the resource person Mr. Saravana kumar .B.E.M.S. (UK) Ingenico(UK) Ltd, & KYM Chennai sketched on the significance of Yoga.



First session was handled by Dr. D.Senthil kumara raja, registered Phsiotherapist and

massage therapist from Pt. health ,Calgary, Canada. He highlighted the integration of modern scientific therapies like physiotherapy, massage therapy ,Diet therapy and ergonomics . he also threw light on the ancient wisdom of yoga therapy in the management of disability in differently abled persons as well as disability caused by lifestyle disorders. He demonstrated simple physiotherapy exercises that can be done to get rid of ailments due to overwork or stress.



Ten  
special  
children  
of our  
centre  
who are  
pursuing  
a  
certificate  
course

on course on Adapted yoga demonstrated various Yoga Postures to the participant's. The second resource person Mr. Saravana kumar explained on the adaptation of yoga therapy in the management of disability of differently



abled persons as well as disabilities caused by life style disorders. He also mentioned that practicing yoga improves the memory power, reduces stress and improves co-ordination in the body and mind.

The resource person of first session of the second day Mr. S.Shanker subbiah, Assistive Technology

Consultant, representative - NAB & CIS gave an overview on the accessibility options that has to be incorporated in the colleges and public buildings. he also highlighted the various assistive technologies and devices that aids the persons special needs in reading, writing and in use of technology..



The second resource person Mr.K.Navarasan, Teacher of English emphasized on screen reading software's and related technologies.

Around 90 participants from nearly 15 institutions attended in the workshop. the institutions are Vivekananda yoga center, Srirangam, Athma Psychiatric

clinic, Government law college, Bharathidasan University, Dolphin Special school, trichy, Bharathidasan University Constituent colleges at Perambalur, Orathanadu. Lalgudi, Jamal Mohamed college, Srimad Andavan college of Arts

& science ,Cauvery college for women,National college, Holy cross college and volunteers



The participants were heterogeneous group consisting of faculty members from various disciplines , students with special needs – visually impaired ,learning impaired ,locomotor disabilities and muscular dystrophy.

Dr.V.M.Muthuakumar, Honourable Vice-Chancellor of Bharathidasan University proposed the Valedictory address and distributed certificates to the participants