

XRCVC began an **Orientation and Mobility program** covering knowledge and skills in the following areas:

- Sensory development, or maximizing all of your senses to help you know where you are and where you want to go.
- Using your senses in combination with self-protective techniques and human guidance techniques to move safely through indoor and outdoor environments.
- Using a cane and other devices to walk safely and efficiently.
- Soliciting and/or declining assistance.
- Finding destinations with strategies that include following directions and using landmarks and compass directions.
- Techniques for crossing streets, such as analyzing and identifying intersections and traffic patterns.
- Problem-solving skills to determine what to do if you are disoriented or lost or need to change your route.
- Using public transportation and transit systems.

### **For who?**

High school, college students, and adults with blindness or low vision.

### **Terms and Conditions for the Course:**

1. A minimum of 80% attendance is required.
2. Regular punctuality is expected.
3. A deposit of Rs. 500/- will be charged at the time of registration.

This amount will be returned along with a completion certificate which will be provided at the end of the course, subject to satisfactory attendance, good conduct, and conscientious work.

**Dates:** 30 January 2023 - mid-March 2023

Please note, that the course dates and timings will be decided based on your availability.

**Venue:** XRCVC, St. Xavier's College, Mumbai

Participants interested in a similar course may register for the same [here](#).

For more details/queries, please contact Shizanne D'mello ([shizanne@xrcvc.org](mailto:shizanne@xrcvc.org) or call 022-022-35223298 (extn: 105) or 022-22623298)