

**XRCVC began an Activities of Daily Living program covering knowledge and skills in the following areas:**

- Orientation to files and folders
- Filing papers and important documents in file folders
- Punching papers, stapling, use of scissors, pasting papers
- Use of hole guard
- Identifying different sections of a backpack
- Orientation to different plates, trays spoons and bowls for serving
- Orientation to different trays in the canteen
- Orientation to ironing cloths
- Folding various kinds of clothes
- Organising clothes in cupboard
- Packing a suitcase
- Setting a table
- Making easy snacks like Sandwich, Scooping an ice-cream from a container, etc
- Washing Dal, rice, orientation to pressure cooker
- Orientation to washing clothes, washing machine
- Sweeping using broom, mopping using mop, cleaning table and kitchen platform using sponge.
- Shoe polish, use of hangers and clips, nail art and use of nail cutter
- Sewing, thread, needle, make up, saree and tie, orientation to first aid box

**For whom?:** 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

**Those interested should kindly register by using the link appended below:**

<https://forms.gle/ioLjwu2vCoQqVWin9>

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:** 29 November 2022 – 19 January 2023

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

**Resource persons-** Shizanne D'mello & Dr. Kasturi Kulkarni

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