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### Innovation of a new Adaptive functional clothing for Muscular Dystrophy.

**Aakanksha, Anushka Sharma**

<sup>1</sup>(Assistant Professor, Sharda University), <sup>2</sup>B.DesStudent (Fashion), Sharda University

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#### **Abstract**

The procedure of production and designing of the adaptive clothing is found on an investigation of requirements of the consumer. This paper has been made to find the mindfulness about the Muscular dystrophy and furthermore to make new development plans with three main points that are Fashion, Functional and Comfort. A little study was led for the impaired individuals and their method of contemplation with respect to their inability, needs and actual appearance. Pieces of clothing were planned and sewed. From the reactions that are gotten from review, it was seen that unique necessities of handicapped can no more be dismissed and it is before long turning into a trendy. so the creation will always be followed by three major aspects accessibility, visibility and availability.

**Keywords:** Adaptive clothing, Muscular disability, En-clothed cognition.

#### **Introduction:**

This exploratory study is conducted to bring out the solution of the most common and major in number of people in India which is a movement disease namely Muscular dystrophy. According to the survey from National Health Portal the proportion of movement (20% of the disabled population) disability is higher than any other disability. (Rastogi, 2017) There are several NGO's and Brands working under the label adaptive clothing in India just to improve their quality of life. A gathering of hereditary illnesses that cause reformist shortcoming and loss of bulk. In strong dystrophies, strange qualities lead to muscle degeneration. Most structures start

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in adolescence. Harmed muscles become dynamically more vulnerable. A great many people who have the condition in the long run need a wheelchair. Different manifestations incorporate difficulty breathing or gulping. Prescription, treatment, breathing guides or medical procedure may help look after capacity, however life range is frequently abbreviated. Despite the fact that it is recognized as a shortcoming handicap, it is as yet seen as unfashionable by numerous overcomers of MD. Acknowledgment of their own handicap is the significant issue or stress looked by the MD patients as their actual appearance is an extremely enthusiastic or delicate edge for them as it influences them hard on their certainty or mind-set. Scientists have as of late begat the expression "**En-clothed cognition**" to depict the effect that garments have on state of mind and well-being. "Dressing is such a fundamental and private need," Observing these ideas in new methods is a challenge for the evolution. Adaptive clothing will be takes one's lifestyle towards more comfort, confidence, and the consumers satisfaction. The Adaptive clothing industry is highly affectionate to approach the level of more comfort and satisfaction of the consumers

Functionality: Functional apparel might be created 'in the round' with configuration lines identified with fit, extent, and the situating of configuration highlights and brilliant properties around the body, straightforwardly reacting to the specific requests of the body and end-use. In making functional pieces of clothing comparable to the forms of the body, both plan lines and ergonomic cutting lines regularly work in agreement and may converge into spotless, negligible styling. A consciousness of human development, the help of muscles, assurance, and remaining burden, in mix with the application shrewd material advancement, brings about articles of clothing with configuration lines that boost effectiveness combined with significant style. The cycle of planning and designing of Functional garments configuration depends on the results of a target evaluation of numerous necessities of the client, and consequently will in general be unpredictable and iterative. The relationship between different attributes of attire and these necessities has been examined. The need of the consumer is to look good feel great and be confident while stepping their foot outside so taking that into consideration the innovation fulfills all the three requirements the designs are more fashionable along with the inbuilt or detachable functionality. (Gupta, 2011) Adaptive Clothing: Adaptive apparel is apparel clothing for individuals with actual handicaps, the old, and the weak who may encounter trouble dressing themselves because of a failure to control terminations, for

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example, fasteners and zippers, or because of an absence of a full scope of movement needed for self-dressing. "Personal Clothing for an individual tells them that how they will think about themselves along with what other people will think about them," said by Adam Galinsky an American social psychologist in the New York Times. For quite a long time, individuals with disabilities and unique requirements have needed to extemporize. Those individuals suffering with cerebral paralysis that creates issues with their hand in coordinating may replace buttons of the sleeves or side opening of the sleeves with Velcro straps. Guardians for medically introverted children might remove the labels that are inside the garment as it has rough texture from youngsters' shirts. Be that as it may, presently, a huge number of organizations both new and set up are making "Adaptive apparel" to address these issues. Adaptive design is unmistakably an industry which will keep on developing. It's up to producers or manufacturers and designers that they have to ensure individuals with all capacities will be provided garments that fulfill their necessities, which includes their own choice of look or style.

Adaptive apparel assists individuals with beating the difficulties related with dressing themselves: assisting them with getting into garments themselves, be more pleasant and allowing them to dress gorgeously and such as themselves.

Also, it's exceptional for guardians or helpers who are supporting people who can't dress themselves, considering the way that Adaptive clothing vanquishes a segment of the issues related with conventional articles of clothing that make them cumbersome/ heavy or difficult to put on.

### **Types of moderation**

There are various alterations made to traditional garments plans. It can mean supplanting buttons and shoelaces with Velcro, setting closures or plackets on the back as opposed to front of clothing and making garments from exceptional textures to address tangible issues.

Front closing bras, side opening jeans and consistent socks are extra changes that make life simpler. Label less shirts and weighted vests are different kinds of adaptive dress, and pressure stockings are likewise mainstream. Also, adaptive garments can be hand crafted (custom made) to suit singular varieties. (Matchar, 2018)

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**Muscular Dystrophy:** Muscular dystrophy is a gathering of inherited sicknesses that harm and debilitate your muscles after some time. This harm and shortcoming are because of the absence of a protein called dystrophin, which is fundamental for typical muscle work. The nonappearance of this protein can cause issues with walking, swallowing, and muscle coordination. Muscular dystrophy can occur at whatever stage throughout everyday life, yet most ends occur in youth. Little ones will undoubtedly have this ailment than youngsters. Muscular dystrophy has numerous types. The most well-known muscular dystrophy has Symptoms that starts in teen/ youth, generally in young men. Different sorts usually don't affect until the adulthood of an individual.

There are in excess of 30 unique sorts of Muscular dystrophy, which differ in side effects and seriousness. There are nine unique classifications utilized for determination.

- a) Duchenne muscular dystrophy
- b) Becker muscular dystrophy
- c) Congenital muscular dystrophy
- d) Myotonic dystrophy
- e) Facioscapulohumeral (FSHD).
- f) Limb-support muscular dystrophy
- g) Oculopharyngeal muscular dystrophy (OPMD)
- h) Distal muscular dystrophy
- i) Emery-Dreifuss muscular dystrophy.

Muscular dystrophy doesn't have any solution. Yet, prescriptions and treatment help in moderating the growth of the infection and oversee symptoms.

**Causes:** Certain characteristics are related with making proteins that safe strands of muscles. when one of these characteristics is imperfect Muscular dystrophy occurs. Every kind

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of dystrophy is achieved by an inherited change explicit to such an ailment. A huge part of these changes is procured.

**Danger factors:** The dystrophy happens in all ages and races and in both genders. Be that as it may, the most well-known assortment, Duchenne, normally happens in little fellows. Individuals within a same bloodline background of muscular dystrophy face higher danger of getting contaminated or offering to their adolescents.

Difficulties: Confusions of reformist weakness in muscles include:

- Trouble walking: Few individuals need to utilize a wheelchair in the end.
- Trouble in utilizing arms: If the muscles of the arms and shoulders are influence then the daily exercises can be more problematic.
- Shortening of muscles or ligaments around joints(contractures): It can additionally restrict strength.
- Breathing problems: The constant growth in shortcoming influence the muscles that are related with breathing procedure. Individuals with MD may in the long run need to utilize a breathing help gadget (ventilator), at first around evening time yet perhaps at the same time in days.
- Curved spine: The Weakness in muscles may not be able to hold the spine straight.
- Heart problems: MD can lessen the effectiveness of the muscles related to heart.
- Swallowing problems: In case the muscles related to swallowing are influenced, dietary issues and aspiration pneumonia can develop. There might be the only option left that is electron tube or feeding tube.(NAZARIO, 2020)

## Objectives:

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- To study the details about functional clothing, adaptive clothing.2. To understand adaptive clothing for muscular dystrophy particularly in fashion.3. To create a new innovation as the solution to the needs of survivors in today's time.

### Literature review:

All clothing is known to play out various capacities – from stylish to fundamental security from the parts. 'Functional garments' can be described as a nonexclusive term that consolidates all such kinds of dress or get-together that are unequivocally intended to pass on a pr-portrayed execution or usefulness to the customer, far beyond its ordinary capacities. Useful attire is a moderately new and energizing portion of the specialized materials gathering — one which is responsive to new item advancements and innovations and teeming with specialty applications. Utilitarian attire is characterized as that explicitly planned and designed to guarantee predefined execution necessities and usefulness for the client.

Each class of functional clothing has an all-around characterized usefulness which recognize it from different classes. Anyway, notwithstanding this particular usefulness, every single practical class must satisfy certain necessities which are regular to all clients these contemplations can be characterized into these classifications:

- a) **Physiological:** These identify with the human physiology and life structures shape, size, mass, strength and metabolic exercises of the body or the need of the body to feel great and comfortable in a dress framework.
- b) **Biomechanical:** Biomechanics manages the mechanical qualities of the body just as the kinematic dynamic and social examination of human movement. It's application address mechanical structure, strength and portability or mobility of people for designing and production purposes.
- c) **Ergonomics:** Ergonomics is characterized as the science work of the individuals who do it and the manner in which it is done, of the devices hardware they use, the spots they work in and the mental parts of the working circumstance.
- d) **Psychological:** Psychological viewpoints identify with how person feel, think, act and communicate under a given conditions. As clothing is an expansion of one's persona, strong sentiments or

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feelings are regularly connected with its appearance and feel.(Gupta, 2011)

**Order and utilization of functional clothing:**

A couple of instances of all the more generally utilized useful apparel are introduced here, as the zone is perplexing and wide. Utilitarian garments might be arranged by the principle application zones, characterized by Tech-textile, which characterizes 12 primary application regions for specialized materials, separated into following gatherings:

**a) Geo-Tech:** Made for special industrial purpose: separating rock from soil. Mostly used by civil engineers: For industrial construction (roads, etcetera).

Function:

- Separate layers of material from linking.
- Drain areas where water pools.
- Serve as effective filters (catching materials to prevent clogging drains).
- Strengthen the earth structure.
- Protects and guard's erosion.

Properties:

- Strong/Resistance to rot/Heavy/ varying degrees of permeability.
- Made of Materials as: polyester and polypropylene.
- Made in two ways: Woven & Non-Woven (filter fabrics).(P.Dhanapal, 2006)

**b) Cloth-Tech:** Technical textile is playing a crucial role in combining functionality and lifestyle. This category of smart textiles is clubbed under the head "CLOTHTECH". Technical textiles which represent functional components of clothing. Cloth Tech includes-

- Interlinings
- Sewing thread
- Shoe laces

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- Fasteners (Zips, Velcro)
- Umbrella cloth
- Elastic narrow fabrics

Extensively used for making special purpose clothes & footwear.

Properties required for cloth-Tech.

- Stability to high temperature & pressure.
- High abrasion resistance.
- Durability.
- Shrink proof and Wrinkle Resistance.
- Resistance to UV radiations and water proof.
- Corrosion resistance and light weight.
- High strength and resilience.
- Tough weather and solvent resistance(CLOTHTECH (CLOTHING TEXTILES), 2020)

c) **Med-Tech:** Combination of textile technology + medical sciences =medical textiles.

- Should have: compatibility, flexibility, strength.
- Aim: enhance comfort of the users. (converting painful days to comfortable days).

~ The significant requirements of medical textile materials:

· Absorbency.

▪ Tenacity.

• Flexibility.

○ Softness.



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- At times biostability or biodegradability.

~Arranged into four isolated and concentrated zones of utilization, as follows:

- Healthcare/cleanliness garments,

- Surgical garments,

- Therapeutic garments,

- Intelligent useful garments(Chet Ram Meena, 2020)

**d) Pro-Tech:** Specific garment might be intended to give assurance or protection against risks experienced during explicit kinds of work. Examples include garments providing protection against cuts, abrasion, ballistic and other types of severe impact, including stab-wounds and explosions, fire and extreme heat, hazardous dust and particles, nuclear, biological and chemical hazards, high voltages, static electricity and extreme cold. High-visibility wear also comes into this category.(Khalil, 2015)

### Classification of protective clothing:

1. Protection against mechanical impact.
2. Protection against physical injury (abrasion, perforation, cuts, bites).
3. Protection of drowning.

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4. Protection against heat and/or fire.
5. Protection against cold.
6. Protection against rain.
7. Protection against electric shock.
8. Protection against radiation.
9. Protection against dangerous substances and infective agents.
10. Protection against invisibility.

e) **Sport-Tech:** Active wear (sportswear) requires a critical degree of breath ability and sogginess, dampness, fumes move joined with additionally wind-sealing and heat protection, waterproofing and UV insurance. The numerous applications include usefulness that should be considered related to associations between substantial movement, dress, and the climate. The capacity of streamlined or aerodynamic apparel (for example pieces of clothing for athletic or cycling wear) is to trap a dainty layer of air close to the body. Both standards might be utilized in mix or independently, as per the necessities. Compression apparel (for example leggings, dress, and stockings) incorporates flexible, body-shaped suits with a designing pressure angle and which might be worn as upper or lower body pieces. (Bunyamin Uzumcu, 28, November 2019)

**Classification of sports-functional clothing:**

- Golf: Golf fashionable apparel (permit likewise an easygoing or a conventional look of garments)
- Tennis: Short tennis skirts, shirts, Tennis dresses made out of an assortment of superior textured fabrics, Men shorts, shirts
- Soccer: Soccer uniform
- Basketball: Basketball wear
- Baseball: Baseball uniform (sliding shorts and pullovers)
- Football: Football shirts, football shorts, Protective attire – shin protectors
- Swimming: Swimsuit, swimsuit, swimming outfit, Professionals skintight ensembles, Bodysuits, called as dive skins
- Diving: Diving suit, Wetsuits

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- Running: Women's running apparel (lightweight execution in an athletic plan), Men's running attire (lightweight execution in an athletic plan), Skintight article of clothing.
- Skiing: Ski suit, snowsuit, Jumpsuit (two-piece, as a ski coat and coordinating pants), Racing suit, Cross-nation gear, Ski coat.
- Ice skating: Skating dress, Speed skating dress
- Cycling: Cyclist wear
- Motocross/cruiser riding: Protective attire for proficient bike riders (coats, pants, one-piece or separated suits)
- Aeronautics: One-piece flying suit
- Fencing: Fencing garments, coat, pants
- Karate: Special karate attire
- Fitness clothing: Men's shirts, tank tops, shorts, pants, Ladies sports bras, exercise jeans or shorts
- Mountaineering/elevated climbing: Mountaineering dress, Climbing-attire, ascending breeches, snow-shirt, Expeditionary apparel, Wanderer garments, Running wear.

**f) Adaptive clothing for special needs:** The class of clothing is worried about improving the personal satisfaction for individuals with unique requirements or incapacities. This incorporates wheelchair clients, stroke casualties, joint inflammation victims, and those with confined development.

Exceptional requirements clothing for handicapped individuals are articles of clothing made to quantify for singular solace. This incorporates attire with alterations for paraplegics, the old and debilitated, hypo-allergenic articles of clothing, garments for Alzheimer's victims, joint inflammation patients, incontinence victims, jumpsuits, tangible keen kids' dress and garments for those with different incapacities. The requirements of each gathering are unmistakable. It is thusly important for the apparel to be designed to explicit prerequisites. Plan contemplations remember changes for body shape, impediment of portability, ergonomic and physiological prerequisites and mental and social necessities.

Anything that enables individuals with incapacities or exceptional requirements gets an enormous approval from us. Living with exceptional requirements can be testing, especially with regards to individual consideration. Versatile garments offer basic yet creative answers for the challenges presented by customary apparel, empowering people to be more agreeable and freer in their every-day lives.

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“The first misconception is that people with disabilities are a niche demographic. In fact, people with disabilities are the largest minority on the planet,” Scheier says. “The second is that these people don’t care how they look and don’t spend money on clothing.”

For quite a long time, individuals with handicaps and unique necessities have needed to extemporize. Those with cerebral paralysis that influenced their hand coordination may supplant sleeve catches with Velcro. Guardians of medically introverted children would remove the scratchy labels of their kids' shirts. However, presently, a large number of organizations both new and set up are making "versatile attire" to address these issues.

Other adaptive clothing companies focus more on high-fashion. Russia-based Bezgraniz Couture has shown their fashion-forward adaptive designs at fashion weeks across the world, featuring models. In 2014, designer Mindy Scheier launched Runway of Dreams, a nonprofit that promotes inclusive clothing design. Scheier was inspired by her son Oliver, who has a form of muscular dystrophy. Oliver wanted to wear regular jeans to school like his friends, but couldn’t find any that fit properly over leg braces and were easy to get on and off.

### **Style for Everyone:**

As of late, the style business has observed individuals with incapacities. In the previous four years, organizations, for example, Nike, Target, and Tommy Hilfiger have dispatched shoe and attire lines for youngsters and grown-ups with exceptional necessities. Retailers are planning zippered footwear that obliges lower leg foot orthotics, shirts that snap along with magnets for individuals with feeble or halter kilter appendages or fine engine weaknesses, and shirts made with fragile textures to oblige a tactile problem. Also, business is blasting. In 2017, Cat and Jack, Target's attire line for youngsters, added a determination of versatile pieces for kids with incapacities

### **Fitting In:**

It wasn't until 2013, when her 8-year-old child, Oliver, returned home from school and requested to wear pants, that Mindy Scheier understood the significance of available design. Oliver, brought into the world with an uncommon type of strong dystrophy,

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for the most part wore warm up pants, which were simpler to pull on and change over his legs. "No chance would I be able to disclose to him he was unable to wear what every other person was wearing," Scheier reviews. A veteran of the style business, Scheier spent the remainder of the late evening tearing separated some pants and adding Velcro and elastic groups so her child could put on and secure the jeans himself. "It was truly educational to see the intensity of attire to support confidence and certainty," Scheier says. The experience roused Scheier to dispatch the Runway of Dreams Foundation, a not-for-profit bunch that has workshops and discussions on versatile plan and advances the incorporation of models with inabilities in the style business. In 2016, the organization cooperated with Tommy Hilfiger to dispatch Tommy Adaptive, which remembers similar articles of clothing for Hilfiger's standard line however with attractive terminations and side-crease openings. That year, Tommy Hilfiger turned into the primary significant brand to dispatch its own versatile attire line. From that point forward, many others have taken action accordingly. "Organizations are understanding that not exclusively is comprehensiveness the correct activity, yet it's a rewarding business opportunity," Scheier says.

### **Style Success:**

After numerous models and amendments, Kern and OSL made a strawberry-hued fleece cover with gold catches. Kern can put it on autonomously by embeddings her correct arm into one sleeve, swinging the coat to the opposite side with the assistance of a roundabout bar inside the collar, and afterward placing her left arm in the other sleeve. "The significance of having versatile attire is something physically fit individuals don't generally comprehend," Kern says. "It's not just about getting into a shirt. Individuals begin to consider you to be an individual with a fashion awareness, and it starts a discussion other than, 'Goodness, hello, I like your wheelchair.' Accessible style resembles this door—to acknowledgment, socialization, simpler business. Everything."(Matchar, 2018)

**1 Research methodology:**The Adaptive clothing label has been alchemically influencing the fashion industry and has a lot of direct or indirect influence on functional clothing. Hence the result of this research paper will be offering an understanding and an on how the attitude and factors of adaptive functional clothing still have the direct or indirect impression on muscular dystrophy

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patients (Movement disability). It also examines the attitude of the consumer who are still in search of more comforting and fashionable garments those fulfill their requirements and how are they effected with one. Both qualitative and quantitative has been conducted for this research paper by collecting the relevant data along with the survey of online feedbacks of consumers on existing products and the survey of disabilities in India in numeric ration form and drew a hypothesis and proved it to be true. I've used the online websites and research papers as my research tools. The first survey was consisted of the basic knowledge about the disabilities in India. The aim was to conduct an inductive research in order to collect all the relevant or non- relevant data that provides us the basic idea of the disable's lifestyle, followed by the deductive research that consisted of all the data about the functional clothing along with adaptive clothing and adaptive clothing for muscular dystrophy. Brands or the Designers or foundation that still follows the current wave of adaptive fashion directly or indirectly were surveyed. Along with the analysis to compare the evolution of adaptive clothing in fashion industry and its impact on consumers as well as the current scenario of the data to draw the conclusion of the hypothesis to be true or false. The community observed while conducting this research was majorly among survivors or those experts who were interested in taking forward the importance adaptive functional clothing and were keen to be of help in the social cause of improving the quality comfort and safety of lifestyle in form of Functional clothing

**2 Roadmap for future:** As the functional clothing is not a compact topic its rather a vast area to understand and so is the adaptive clothing (Clothing for special needs). Therefore, this research paper is followed by the two of the relevant researches conducted to study these points thoroughly. The first will be concerning the awareness of digital and marketing world in adaptive clothing (current scenario) and the other will be carrying the research of final innovation created as the result of this thorough study on adaptive functional clothing for muscular dystrophy.

**3 Conclusion:** Planning and designing of useful garments is a perplexing test measure. What adds to the unpredictability is designing clothing with functionality for uncommon needs. Changes and impediments that happen in actual body are more articulated for the individuals with exceptional requirements and they have extraordinary trouble discovering clothing that fit effectively, hang appropriately and being dressed without any problem. The sensation of self-confidence, the feeling of prosperity and of social acknowledgment that comes from the wearing of

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garments that is functional, fitting, and alluring, is imperative to all individuals, however to those with extraordinary requires, it is significantly more significant. The Adaptive clothing is new moving mark under functional clothing in fashion industry. The initiatives taken by the brands, engineers, creators, and different establishments to drag this social reason forward has been continually bringing about an altered or modernized world with design. Muscular Dystrophy being one of the development incapacities that is the most widely recognized in India, the victims face rather numerous challenges in their garments.

Concerning actual appearance their solace their openness and the designing or functionality, there are numerous means taken to facilitate their lifestyle. Joint exertion of designers, engineers, clinical consideration by physiologist, ergonomist and the consumer are expected to solve the amassing issues identified with converting an advancement from and thought to an end reasonable item for a particular need.

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