



EQUIP ENLIGHTEN EMPOWER

A Learning Space for Persons with Different Abilities

To be a heartfelt centre of holistic learning that heals, enlivens, equips and empowers differently-abled individuals and their families to realize aspirations and potential.



HIGHLIGHTS:

- **Functional Literacy and Numeracy: Cooking Talents!**
- **Skill Development: Stage 2 Here We Come!**
- **Virtual Independence Day**

- **AIMS Multimedia**
- **Dance**
- **P.E and Yoga**
- **Teacher's corner**
- **Learning corner**

Dear Parents,

However challenging the times may be, our students have taught us to make the best use of time and energy!

This month's highlight is the Independence Day Celebrations. The students adapted beautifully to the virtual meeting and showcased their talent and creativity.

This month also focussed on promoting specific skills as the students had adapted and settled well to the online platform.

Happy to connect with you through the Sath Sadhana Newsletter!

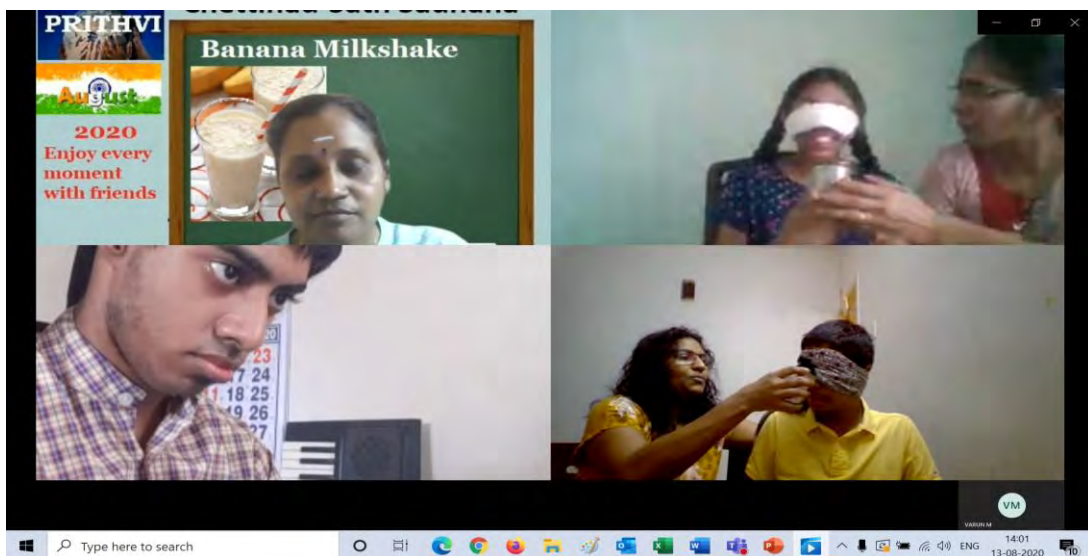
Chettinad-Sath Sadhana Team

WHAT IS HAPPENING?

In Functional Literacy and Functional Numeracy

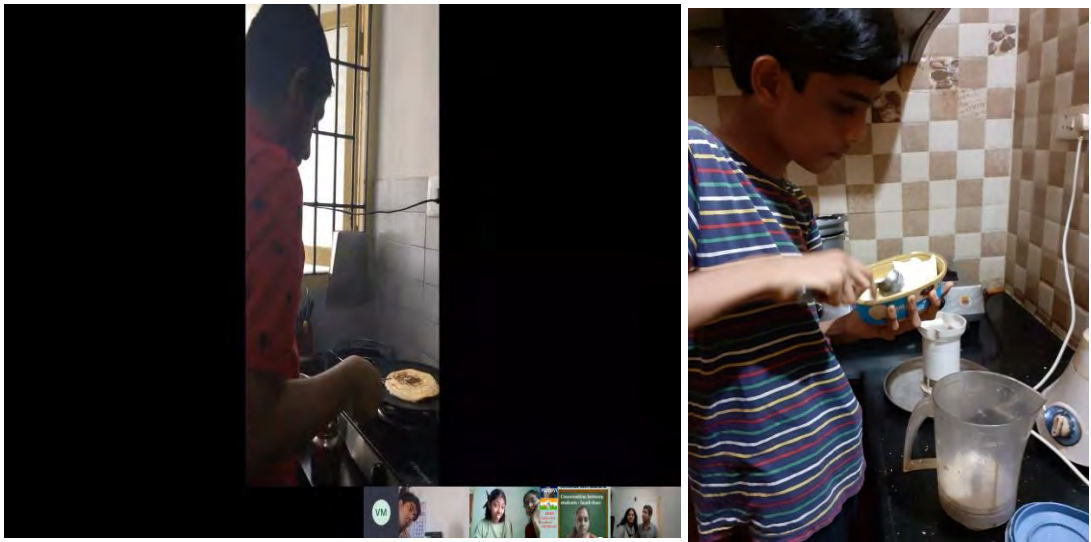
After talking on the topic 'Myself', students moved to the next topic "Food". They explored smells and textures of different food ingredients. They learned about the different appliances in the kitchen and the different sounds they make and so on. They learned to categorize food. They tried out simple recipes at home with their parents.

They enjoyed making shopping lists for their parents and pointed items which they would love to purchase!





STUDENTS EXPLORING THEIR LATEST HOBBY- COOKING!



“Coffee makes me happy!”

“Last week, I made coffee for my mother and myself. I made it in the evening. My mother boiled milk. I put coffee powder and sugar in two cups. Then I poured hot milk into the cups. I stirred it well with a spoon. I could smell the rich aroma of coffee. My mother and I drank the coffee. It was delicious. We were delighted and enjoyed the coffee after a tiring day”.

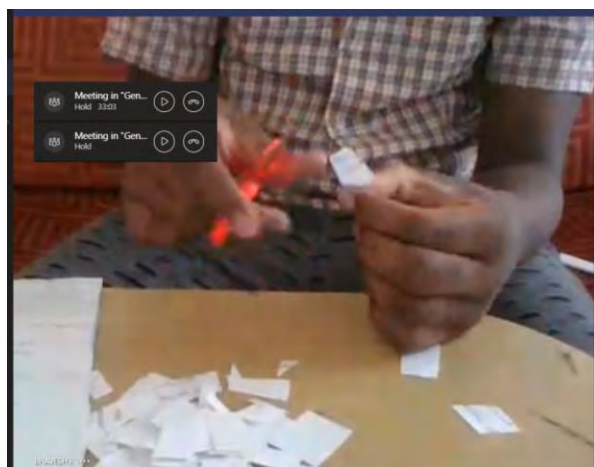


IN SKILLS...

We at Sath Sadhana believe that the activities designed should motivate the child socially, emotionally, cognitively in a positive environment. No one should be inaccessible to facilities or services due to any reason. Every activity given to a student should have a context, motivation and an end goal.

This month, we are ready to move to the next stage in pre-skill and development and have designed activities which would need better precision and care from the student to arrive at his goal.

As the student is progressing from one stage to another, he or she is creating a journey of skills that they have learned in the process. The student is trained to learn practical skills that would be needed in their day-to-day life. The student is also trained to learn theoretical skills that would give him/her a better understanding of his surrounding.

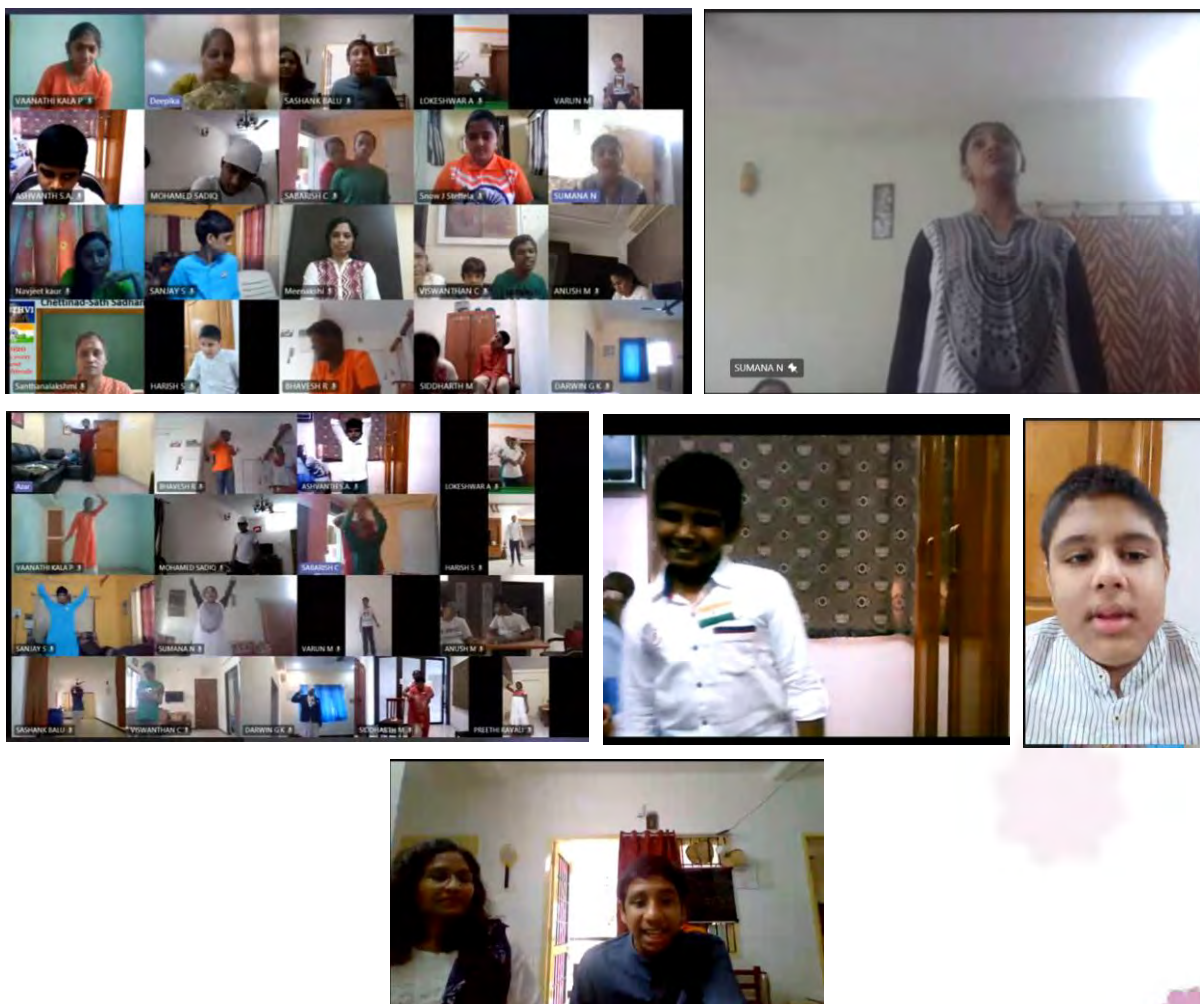


Highlight

Virtual Independence Day Celebrations..

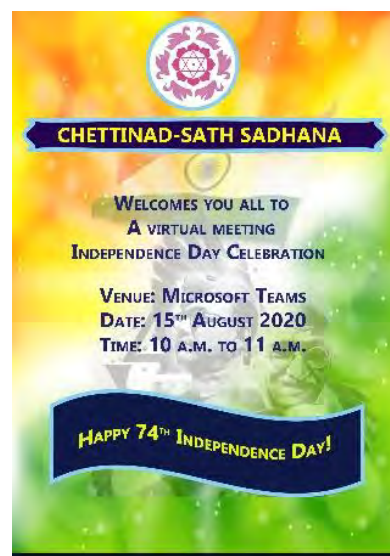
Independence Day was celebrated with great enthusiasm at Chettinad Sath-Sadhana. The ceremony started at 10 am virtually with a large crowd of staff, students and parents. Students participated enthusiastically during the one-hour celebration to showcase their talent and creativity! Ms. Sumana gave a passionate speech on the History of Independence and the need to remain united even during the Covid-19 situation. Mr.Harish sang the famous “Sare jahan se accha” song.

Mr.Sashank reminded us of the sacrifices of the great leaders during the freedom struggle and Mr.Ashwanth gave an eloquent speech in Tamil on Gandhiji. A digital exhibition of the student’s artwork was displayed on the screen with few students dressed up as freedom fighters! Finally, we saw the children dance to a tune and they enjoyed it immensely!



AIMS Multimedia

Multimedia level 1 (LBAEMP): After exploring the various tools present in Photoshop, the students of Multimedia Level 1 moved to designing of posters and invitations. The Multimedia Level 1 students were encouraged to design invitations for the Virtual Independence Day celebrations that took place in our school. Below is the invitations created by the Multimedia Level 1 students:



Multimedia level 2 (PBAEMP): The Multimedia level 2 students successfully completed their assignment on the Topic – Designing of Product Box with Product Label and Design of School Diary with a Calendar page. They have started working on the topic Home Décor: designing wallpapers for bedrooms, childrens’ room, dining room, drawing room, office, table mats and coasters.

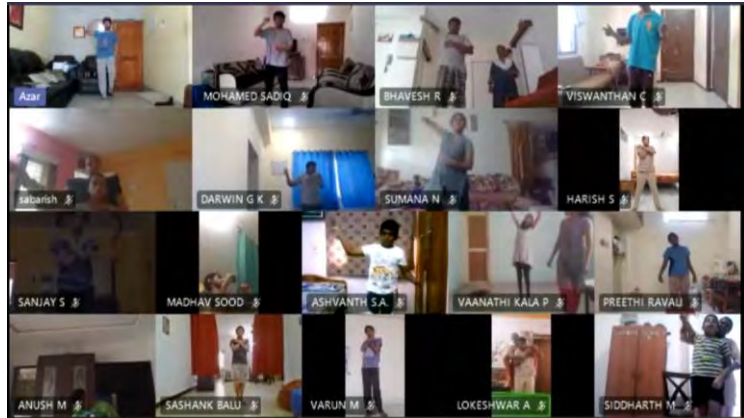
Below are few of the creations by Multimedia Level 2 students:





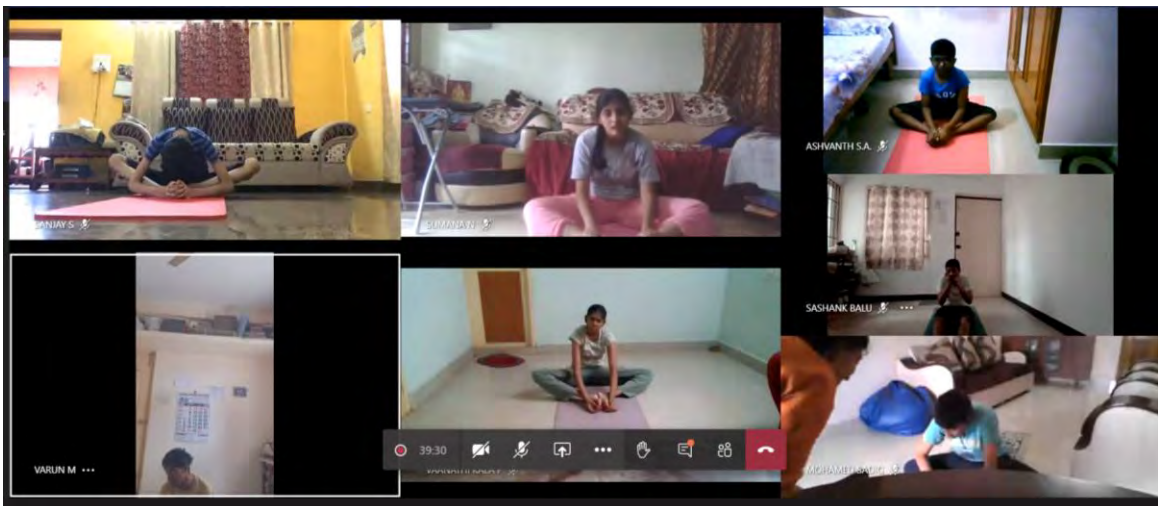
DANCE

This month, the students focussed on practicing for Independence day celebrations.



P.E AND YOGA

A good start to the day with some relaxing asanas, balancing movements and physical activity.





TEACHER'S CORNER

I am an RCI registered special educator associated with the institution since June 2019. I am excited to be a part of Chettinad-Sath Sadhana. I'm very passionate about my work and it gives me immense pleasure to work with the children.

Learning is a continuous part of life for a teacher. I believe in empowering the children to be independent and I always keep this in mind while planning for the activities.

Currently during our online sessions, I am awestruck by the way the children have adapted to the virtual learning process. The students seem to be independent and have shown remarkable improvement with the combination of functional literacy, skill training, P.E and Yoga. A special mention to all the parents for putting in equal efforts as we teachers have done. Thank you!

- Meenakshi

I am a special educator and have 7 years of experience. I have been part of the transformation of Chettinad Srihari Vikasam to Chettinad-Sath Sadhana. I am excited about the transition and enthusiastic for the young adults of Chettinad-Sath Sadhana. Looking forward to a great learning experience!

- Sameera



LEARNING CORNER

COPING AND HOPING

It makes me sad because I end up hanging around with adults when I really want to be able to hang around with other teens. I want them to like to hang around with *me*.

People with autism and sensory issues aren't dumb. Most of us are very smart! We're just like everyone else, except more sensitive to sound, sight, touch, smell, motion . . . to everything in our environment. So if others want to help us, *tone it down* and give us a chance. (Be quiet, slow down, give me a minute!)

- *By Kevin Larson*

If I say I need a minute or two, give me time and do not rush me. Don't punish me for needing a break. I am punished enough by my guilty and overloaded feelings. Listen to me, and never doubt what I tell you or my feelings. Don't laugh them off like they are no big deal, as they are a big deal to me.

- *By Chloe Rosthchild*



DON'T MISS THE BOOK

THE OUT OF SYNC CHILD GROWS UP: By Carol Kranowitz

This book is a beautiful narration of how one would feel growing up with Sensory Processing Disorder. It gives hope by dwelling on how parents, teenagers, teachers, doctors, medical professionals, therapists and other interested people can make a difference in the life of an adolescent and young adults with SPD.

The book has also given an opportunity for adolescents and adults to share their feelings and stories of growing up with SPD, by helping readers living with or living as an adolescent with SPD be able to relate to and validate their feelings and issues.

Finally the book speaks of a lot of hope and gives a sense of what the future holds!





THE INVINCIBLE POPULATION- We are no longer invisible!!

More often adolescents and young adults are grouped together and discussed jointly because they share common characteristics. Of all the groups with disability, the groups which are understood the least are adolescents and young adults.

Young people with disabilities have needs similar to that of anyone. It is important that they also develop skills that will allow them to serve the community and the work place like all of us.

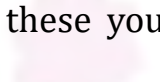
The period between childhood to adulthood is a period that prepares the individual for successful adulthood. Yet, for young people with disability, there is an almost universal lack of inclusion in activities that build their social, educational and economic skills.


Globally employment opportunities for all adolescents and youth is a problem. The employment rates of disabled youth is rarely tracked in developing countries. They are rarely allowed to explore their options. Their employment status if existing is also in a constant state of flux.

Models for transition to the workplace have begun to appear in developing countries and successful small programs for adolescents with disabilities to teach them job skills have been introduced. Training and support to enter mainstream training programs help them in finding jobs or use their skills to start a business.

Studies of such networks have shown that they provide social support and resource networks that allow adolescents with similar disabilities to compare experiences and help each other to make the transition into the adult world.

In many countries, disability is seen as a transient state. Their existence and well-being as a whole, however, will be much richer if these young people are allowed to develop to their full potential!





It is a pleasure to summarize our events for the month!

As always, we will catch up with you soon with many more interesting developments and programs. Till then stay safe and stay positive!

Cheers and All the best!
Chettinad-Sath Sadhana Team



Chettinad
Sath Sadhana

Chettinad - Sath Sadhana

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