



Dear Parents,

August 2022 is purely a month of celebrations with various learnings with the element of happiness and fun around the students.

This month's highlight is the 75<sup>th</sup> Independence Day followed by Janmashtami celebrations at school. The students made all the events beautiful and colorful with their wonderful contribution.

In academics, the students got settled down to the school environment and were taught in the topic of "Mindfulness and Me" & in skills, they got to learn about color concepts and so on.

Three cheers to all our students and their efforts!

Happy to connect with you through the Sath Sadhana Newsletter.

Chettinad-Sath Sadhana Team

## **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:

- Life Literacy – Make your Own ID Card
- Life Literacy – Circle to Communication Time
- Skills – Grid Colouring
- Practical - Kolam

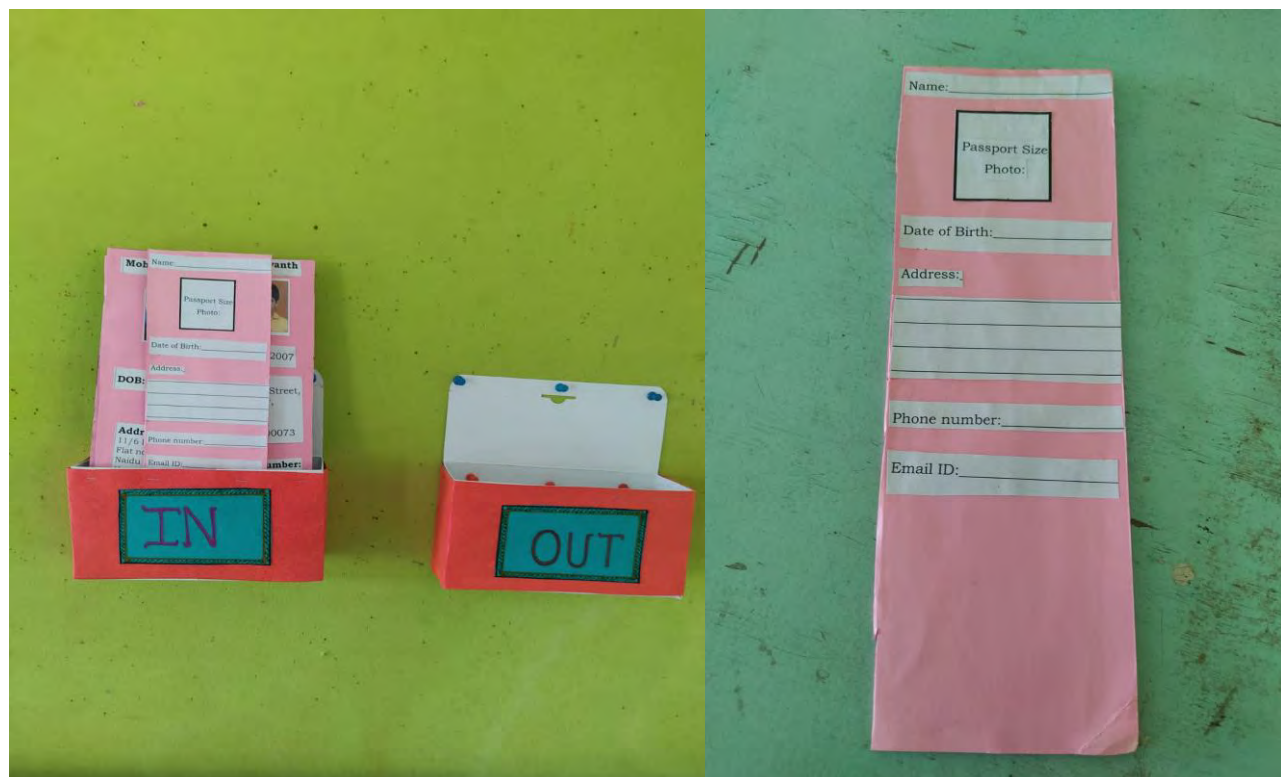
- Physical Development
- Independence Day 2022 Celebrations
- Janmashtami 2022 Celebrations



# Life Literacy

## Make your own ID Cards

Remembering personal details can be a bit challenging for many of us, but these details are important, as we will need them to fill out forms on many occasions. It could be overwhelming for our students to remember all these details. To address this, the students created an ID card for themselves with basic details. Students will be using this card to mark IN/OUT of the classroom, who is present and who is absent for the day, and most importantly to fill in forms. As of now only the basic information is added to the card, slowly other information will be added, so it becomes one place to refer to for their personal information. As adults, we also don't remember all of our personal information and we keep referring to documents. By making their own ID cards, the students understand that they can always have a reference from where they can look for information and also that it is normal and not necessary to remember all their details.



# Life Literacy

## Circle to Communication Time

Circle time has been developed to communication time where students can communicate about topics like “I Like”, “ I don’t like”, “I am...” where they can share about their favorites to other students and can understand other’s favorites too.

Inclusion of Music and basic stretches at communication time helps the students to relax and regenerate better and to express themselves in a better way.





# Skills

## Grid Colouring

The way of learning through skill – self-analysis, focus on work, creating pattern, choice making.

Students are given to work on their space, choice it's overall development of the Student.

Learning happens in a group. Students are given opportunity to choose their own color for coloring. Practicing to bring in perfection, after they are masters then move to next level.



# In Practical

## Kolam

Students at Chettinad-Sath Sadhana are introduced to drawing free-hand Kolam and Rangoli. As a first step, students are asked to join 4 dots to make a square and then fill it in with different materials. All the materials used to fill in are recycled materials like fallen twigs, fallen leaves, fallen fruits, day-old flowers from temples, etc... This activity helps the students relax and be creative. It also teaches them sustainability.

Literacy skills promoted through this activity are reading Kolam stories, sight words, comprehension, observation and discussion about things used in Kolam  
Skill focused:

- Different types of material benefit their sensory need for touch.
- Teamwork to encourage working amicably and collaboratively with peers.
- Sitting down on the floor to encourage natural stability. Sitting on the floor engages core stabilization and helps maintain the natural curvature of the spine, important for stable walking.





## Physical Development

This month has been focused on strengthening and balancing in which it usually starts with warm up followed by stretching. The students have been trained in doing on the spot jogging, forward & backward jogging, various methods of rotation and other activities.

By doing this, students can learn to balance themselves and strengthen their body.



## Highlights of the Month

### 75<sup>th</sup> Independence Day Celebration - 15<sup>th</sup> August 2022

Students of Sath Sadhana gathered on 15<sup>th</sup> August 2022 to hoist Indian Flag and pay respect to our country. After flag hoisting, students along with their parents did kolam activity to depict India in the way they wanted. Students were asked to select 3 colours of their choice for doing this activity along with their parents.






## Highlights of the Month

### Janmashtami Celebrations – 18<sup>th</sup> August 2022

Janmashtami – a celebration filled with fun and happiness around. At Sath Sadhana, all the students gathered together in traditional wear for celebrating the birth of Lord Krishna and did flower pooja, sung bhajan songs and danced together with their friends. They'd played tug of war with fellow students and at the end, they did pot breaking activity which helped them to concentrate better & to aim with other's encouragement.





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 next month.

Till then stay safe and stay positive!

Cheers and All the best!  
***Chettinad – Sath Sadhana Team***



**Chettinad**  
**Sath Sadhana**

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