



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**
- **Skill Development**
- **Lateral Shift**
- **AIMS Multimedia**

- **Dance**
- **P.E. and Yoga**
- **Teacher's Corner**
- **Learning Corner**

Dear Parents,

All the ups and downs, technical glitches, sudden power cuts, we as acharyas and parents have seen it all!

A big salute to the parents, facilitators, caretakers and guardians who are giving their 100 percent to make the virtual classes a success!

A special mention to our students goes without saying. In their own novel ways they have also participated wholly in all the learning activities!

We are now into the second month of the online sessions and it has been a heady experience to see the sessions unfold!

This month's highlight has been the introduction of Skill development to the Academic students as part of their weekly time schedule. The students are showing a lot of interest and have begun to enjoy their skill sessions too!

The dance trainer and physical trainers are looking forward to more focussed sessions with the students to make it a wholesome learning experience.

Chettinad-Sath Sadhana Team

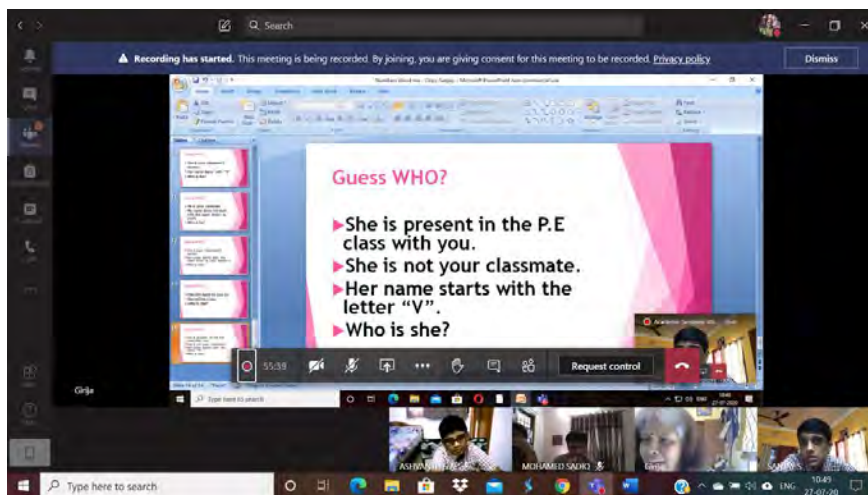
WHAT HAPPENED IN JULY?

In Functional Literacy and Functional Numeracy

Now that the students had explored a month on the concept of 'Myself', they were eager to know more! They learned more about themselves through personalized crossword puzzles. They also learned about the important places around their locality!

They discovered new facts about their family and their acharyas. They worked on the concept of autobiography and learned how to create a simple one for themselves!

They learned to make their own personal calendar marked with all the activities they have through their day.



Numbers were introduced to the students in the form of their own age and the age of their family members.

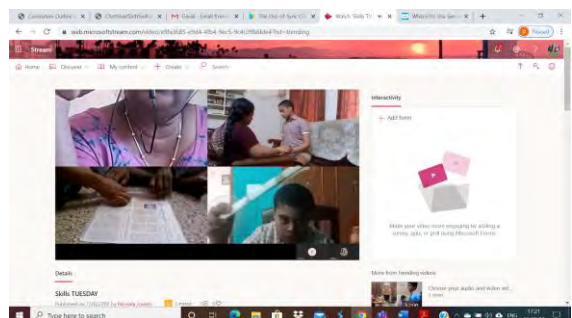
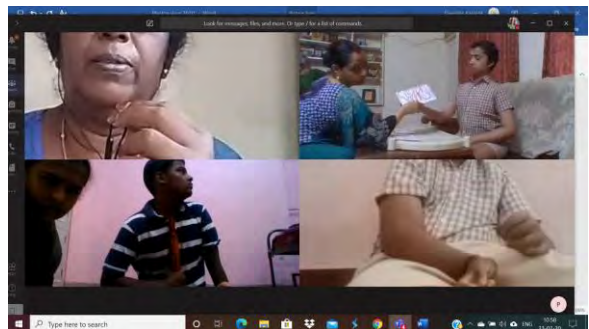
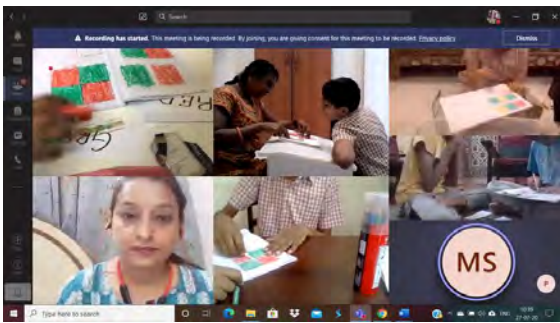


IN SKILLS...

We at Sath Sadhana aim at making the learning process a multi-simulated experience!

The skill session aims to improve the sitting tolerance in students, create a focussed session with no disturbance and improve their working time span. Better concentration and commitment is evident as we all watch them work! As they become more confident at completing the activities, the help required from adults also minimizes!

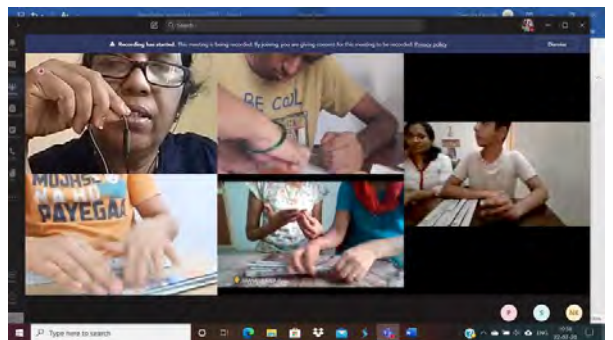
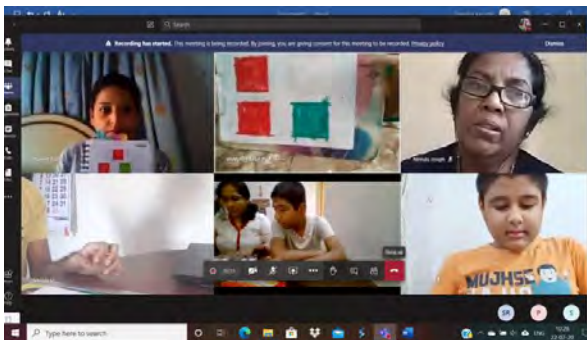
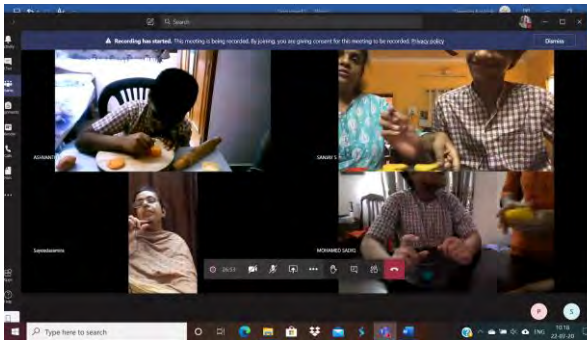
They were trained to identify whole words that look like sign boards which would also help them relate to real-life signs they see on the roads. They were trained to identify the three most important colours - Red, Green and Yellow which also represent the traffic signal at a crossing. We looked at blending skills with practical knowledge to prepare them for their real life.



LATERAL SHIFT

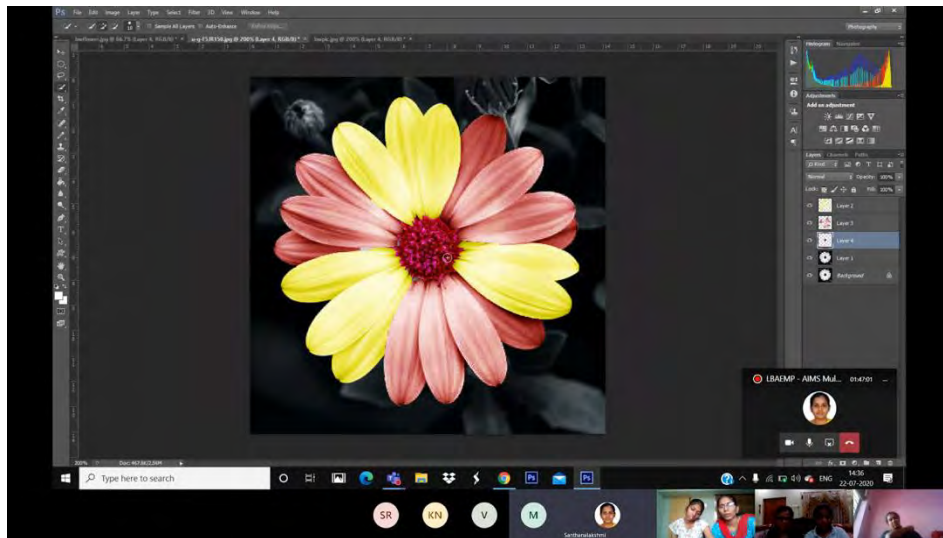
As much as functional literacy and numeracy is important to growing children, it is also very important that they develop skills required to function in their day-to-day practical lives. Like any skills unit, which works with many personnel functioning at various work stations to produce a common end product, our students too were prepared step-by-step to be ready for a similar set-up at school.

Our students enjoyed working with their hands and became better and better as they kept repeating the activities. Their sitting tolerance and concentration improved as they worked with simple step processes and became masters of these techniques with time.

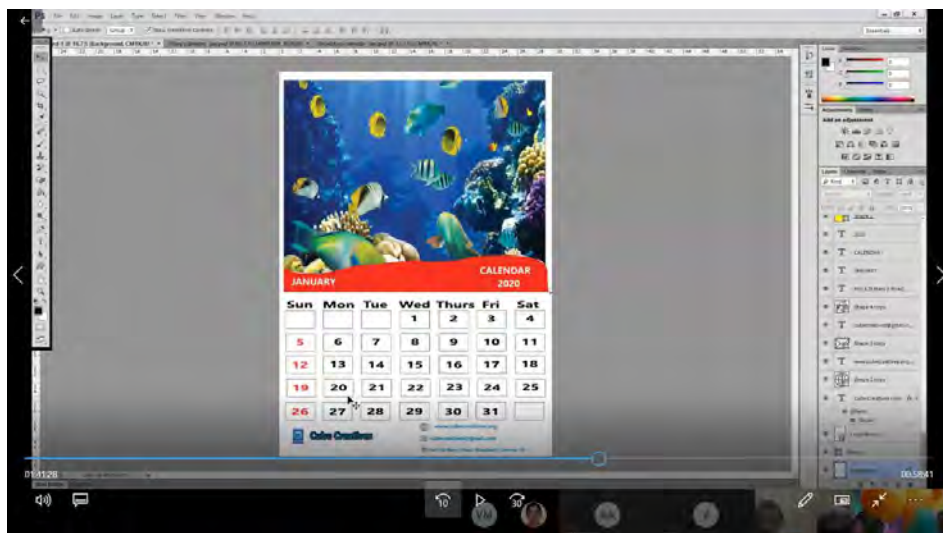


AIMS MULTIMEDIA

From the month of July, the Level 1 students had started working with Photoshop. The students explored how to select an image using various tools, besides learning image manipulation and working with specific tools.



In Level 2, students learned to design gift wrappers, product labels, wall calendar, desk calendar and diary calendars.





DANCE

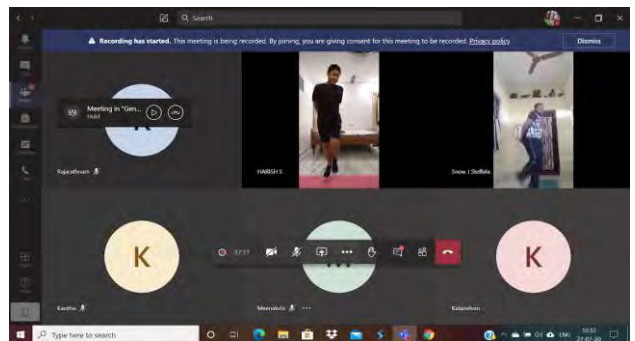
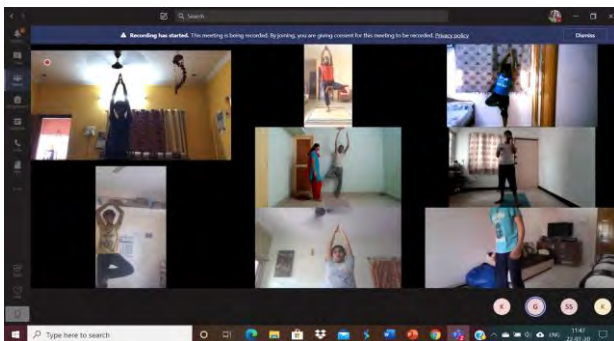
Students at Sath Sadhana never get tired of dancing to a tune and enjoy their classes with Azar sir, our dance trainer! Dancing gives them a chance to enjoy and re-wind!



P.E AND YOGA

“All work and no play makes Jack a dull boy!”

As the saying goes, our ever enthusiastic and spirited young physical trainers play a very important role in energizing our children with a plate full of activities which includes warm up exercises, yoga asanas, aerobic movements and warming down!





TEACHERS' CORNER

I have been working in this institution for the past two years. From my experience, I have learnt how to support students of all abilities. The opportunity to assist a child to become a contributing member of society is of paramount importance to me. From my teaching experience here at Chettinad - Sath Sadhana, I have learned that "practice makes a man perfect".

Snow J Steffela

I work as a Skills Trainer at Chettinad - Sath Sadhana. I am extremely delighted to be a part of this wonderful team of dedicated special educators. Every day has been a new learning experience for me as far as the skill training program is concerned. Being a special mom myself, it gives me immense satisfaction to be a part of the children's life and guide and train them in my capacity as a skills trainer.

Nirmala Joseph Daniel

TEACHERS' CORNER

The invisible population

Globally we count to 180 million people but still we are ignored! Who are we??

Almost 180 million adolescents and young adults between the ages 10-24 live with a physical, sensory, intellectual disability or other related disabilities. Typically, disabled young people are grouped together with children or adults.

But the needs of a 5-year-old are very different from 13 or 17-year-old!





But unfortunately, we all fall under the same category during programs. In many countries, adolescents and youth with disabilities are also alienated!

Young people with disabilities have needs very similar to those of other young people. They need a safe and supportive environment, education, health services and access to sports and recreation!

(By Nora Ellen Groce in Developmental Article, *“Adolescent and Youth with Disability: Issues and Challenges”*)


HOW DOES IT FEEL WHEN YOU ARE MISUNDERSTOOD?

What is life for a boy or a girl when the sensory system doesn't work well?



Sensory Processing Disorder (SPD) may sometimes seem like other disorders and misdiagnosed!

A young child may develop into a self-regulating functioning grown up, if he or she receives understanding, support and early intervention! It is never too late to get help!



Happy to connect to you through the Sath Sadhana Newsletter!

As always, we will catch up with you soon with many more interesting developments and programs

See you next month!

Till then stay safe and stay protected!

Cheers and All the best!

Chettinad-Sath Sadhana Team



Chettinad
Sath Sadhana

Chettinad - Sath Sadhana

No: 30/75, 4th Main Road, Gandhi Nagar, Adyar, Chennai – 600 020. Phone No: 044 – 24451154

