



Dear Parents,

We are happy to connect with you through the Sath Sadhana Newsletter.

September 2022 is a month of celebrating more festivals and learning about festivals, along with methods of conducting them in different ways in different states of India.

In academics, the students completed the topic of "Mindfulness and Me" as the term ended, and in skills, students learned about coordination and quality checking through slat making and grid coloring.

This month's highlights were Ganesh Chaturthi celebrations, followed by Teacher's Day, Onam, and ended with the Pre-Celebration of Navratri.

Three cheers for all our students and their efforts!

The 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 Level 1 – Mindfulness and Me
 - Life Literacy Level 2 – Mindfulness and Me
 - Skills – Slat Making
 - Practical – Foot Soak
 - Physical Development
 - Ganesh Chaturthi Celebrations
 - Teacher’s Day Celebration
 - Onam Celebration
 - Mindful Mandala - Parent Wellness
- 

Life Literacy Level 1

Mindfulness and Me

Practicing mindfulness is the month's theme. Worksheets on this subject were distributed to the students in several formats. Making them examine and comprehend their surroundings - in which their senses play a crucial role - this is the greatest method to introduce them to mindfulness. As part of the functional learning process, students were required to see, smell, touch, hear, and observe their surroundings. For numeracy, students were required to gather seeds from the ground and learn to count, so that learning may be enjoyable and practical.



Life Literacy Level 2

Mindfulness and Me

This topic is all about being mindful and relaxing. Students found this topic very interesting, useful, and fun. It helped them to observe smaller things that we normally do not notice. As part of this topic, students went on a mindful walk and noted down a list of items they saw, heard, and smelt. They learned self-massaging techniques, tested their memory power, and identified things they like and do not like. They were also exposed to identifying objects using only one sense (smell, sound, or touch). All these activities helped the student to use all five senses in a playful manner and be mindful at the same time.



Skill Training

Paper Technology

We have introduced paper technology to our students. Students learn to work in their own space during this learning process, which encourages them to bring in perfection and focus on their work. Students learn not only how to make products but also a variety of other necessary skills during this process.



Physical Development

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

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



Celebrations at a Glance

Ganesh Chaturthi Celebration

Celebrating the birth of Lord Ganesha at Sath Sadhana was one of the biggest events that happened in August 2022. Students made their own murti of Ganesha using homemade dough as clay. Ganesha images were also prepared using various mediums such as peepal leaves and flowers. Together, they celebrated Ganesh Chaturthi. They sang songs, recited slokas, and did pooja with all the murtis of Ganesha. It ended by sharing and distributing sundal prasadam brought from their homes.



Onam Celebration

The Onam festival is associated with flowers and various sports to commemorate the arrival of Lord Mahabali and, more specifically, Lord Vishnu in the avatar of Vamana.

At Sath Sadhana, Onam was celebrated with all the students creating pookolams in their respective classrooms and visiting other classrooms to see their works of art. Students danced and watched videos together about the story of Onam, various activities done at Onam, Onam Sadya and so on.

Students not only had fun but also learnt about the significance of the Onam celebration.



Teacher's Day Celebration

Marking the birth anniversary of Dr. Sarvepalli Radhakrishnan, Teacher's Day is celebrated on the 5th of September every year.

The parents of Sath Sadhana students had a surprise planned for their teachers. They all gathered at the campus and gifted us a beautiful paper flower bouquet made by the parents with our students' images on them. The Acharyas received it with an immense amount of happiness filled in their hearts. Student Ashwanth gave a speech about Teacher's Day. Students wished all the teachers on the occasion of Teacher's Day.




Parent Wellness

Mindful Mandala

A mandala is a spiritual and ritualistic symbol in Asian cultures. It can be understood in two different ways: externally as a visual representation of the universe or internally as a guide for several practises that take place in many Asian traditions, including meditation. It is believed that entering the mandala and moving towards its centre guides you through the cosmic process of transforming the universe from one of suffering to one of joy and happiness. These vibrant, intriguing works of art, which are stunningly beautiful and inspiring, have deeper meanings.

The repetition of patterns, colors, and shapes invites the practise of pure presence. There is nothing to do but stay in the moment, in the flow. Working with mandalas is a playful, creative, and inspiring way to practise self-discovery and mindfulness. Parents appreciated this activity of finding joy and calmness for themselves.





It is a pleasure to summarise our events of as we come to the end of Term I.

We will catch up with you soon with many more interesting developments and programmes next month.

Until then, stay safe and stay positive!

- Team Sath Sadhana



Chettinad
Sath Sadhana

Chettinad - Sath Sadhana

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

