



Dear Students and Parents,

January is a month of many festivals, family time and lots of fun. This also meant lots of breaks and pauses in the online routine. But we believe that it is very important for every student to experience various events in their lives. As long as safety is maintained and the student feels comfortable in a public place, nothing like meeting cousins or family friends through events. Memories created will be cherished for life!

The end of December witnessed the beautiful and powerful mothers of Sath Sadhana celebrating with an event exclusively for them. Pongal was celebrated with fun filled activities with students.

The highlight in January is, Academic students have taken a new turn in Health and Safety. They concentrate on general safety measures, physical health and also Emotional health of self. The younger group also dealt with the same topic but what was more important is that they learnt to apply some of it to their day-to-day life and understand its relevance.

The Skill development group is fine tuning and perfecting on their skills developed over time. Perfect designs and products are not far away!

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 and Numeracy
- Skill Development
- Student Corner
- AIMS Multimedia

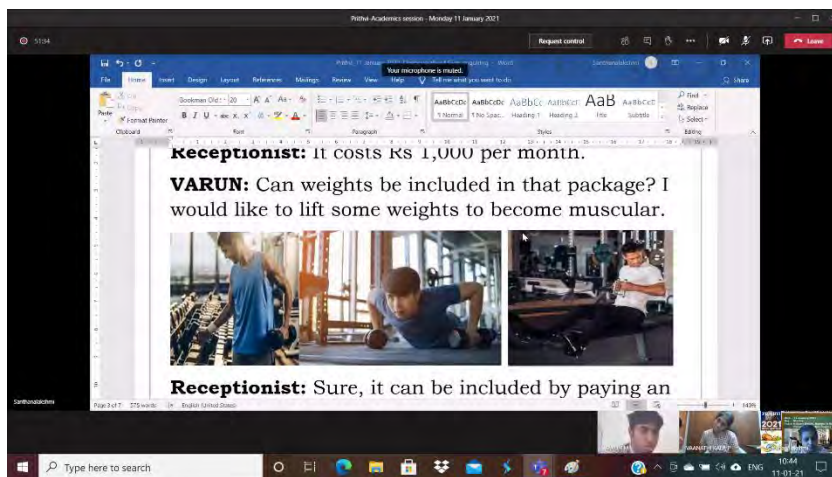
- Mother's event
 - Pongal celebration
 - Co-curricular activities at Sath Sadhana
 - Learning corner
- 

LIFE LITERACY AND LIFE NUMERACY

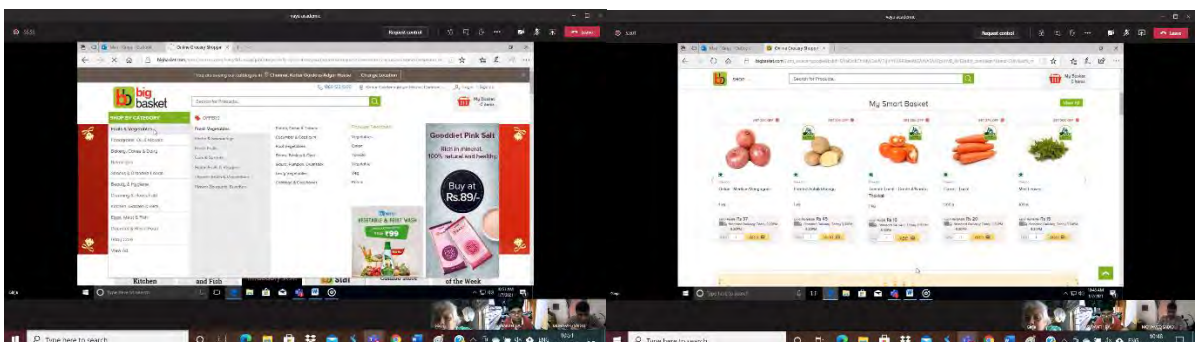
The month of January witnessed a Festival frenzy...Read on to know more!

Then next theme in line after people, work and values is holistic health, safety and hygiene. The former topic lead them to understand the importance of other lives, to know their jobs and responsibilities in a day. The latter is to give insight about the fact that health does not always mean physical health but it also extends to Emotional health, Mental health. Automatically, the topic got paired up to safety and hygiene which also works hand in hand with health.

As part of health, they sharpened their communication skills by staging a mock conversation between a receptionist at the gym. The main idea was to explore their thoughts on exercising, health and the different options available in and around them.

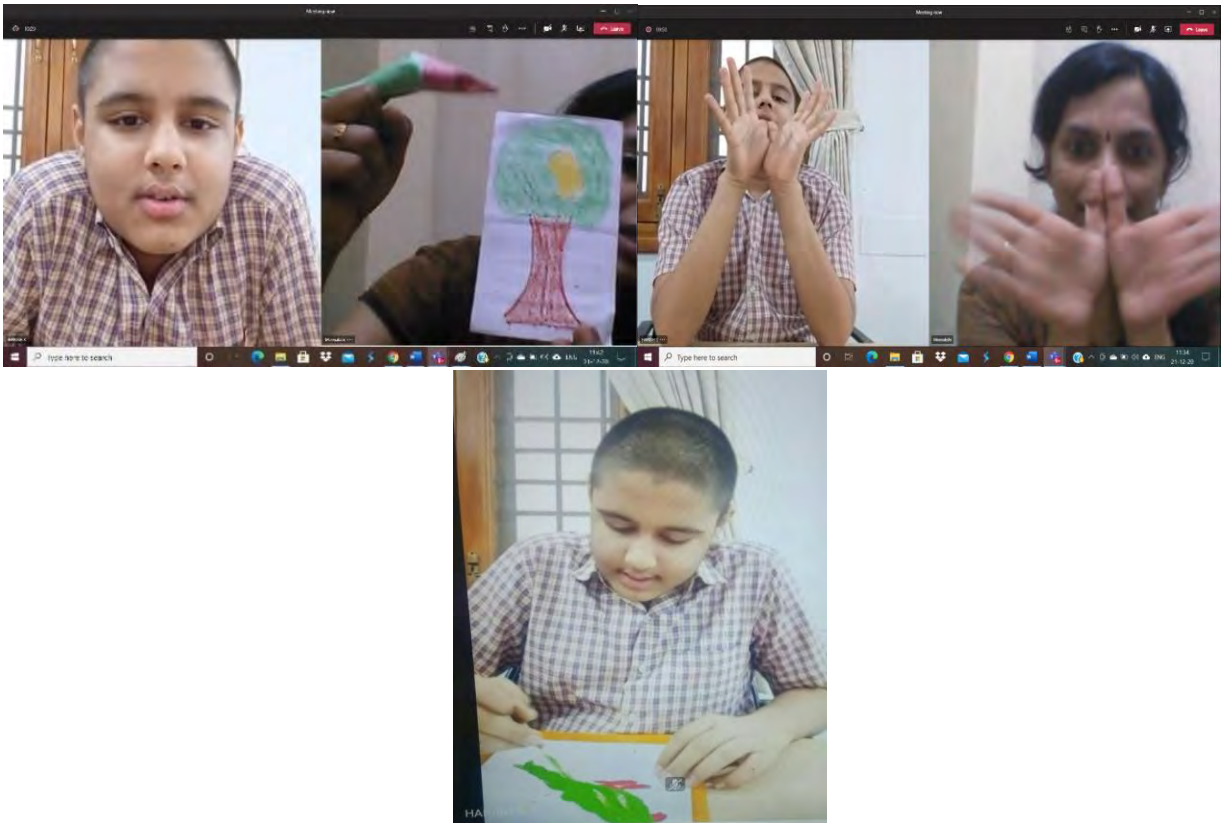


Learning Math can never get more interesting when one has to choose items from an online website and do mathematical calculations based on items they would like to purchase for themselves and their family.



LIFE LITERACY AND LIFE NUMERACY

Learning best through story telling



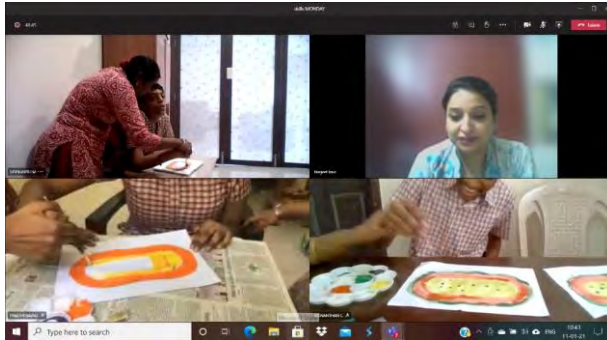
No form of learning can be as interesting and engaging as storytelling. It is an art form where two or more people engage and relate to a tale through voice and gesture. Learning literacy through stories is probably the most effective way.

In a classroom, especially a remote setup, stories always help in setting the mood, channelizing positive energies and bringing the student back to the class. It helps the student to communicate their thoughts and feelings.

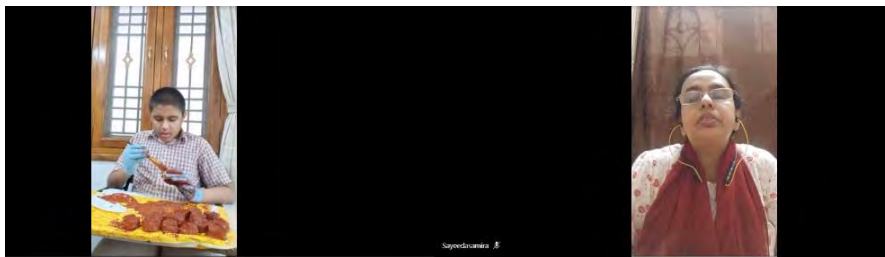
Story telling is an integral part of theatre, it enhances itself with the use of speech, gestures, music, dance and accessories like puppets etc.

SKILLS

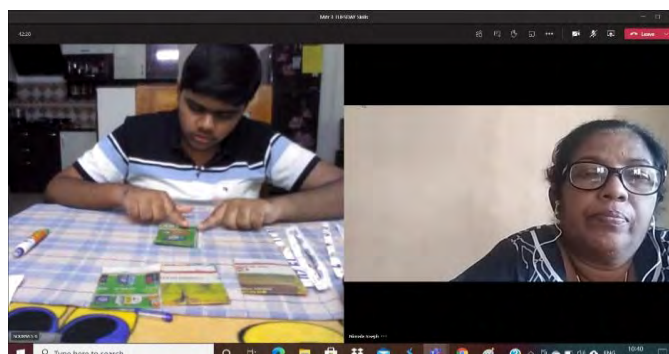
Learning is a systematic process. The facilitator at every step records the student's response to the activity, how does the student comprehend or understand the activity and how well it is replicated during the class. The facilitator also observes the interest and participation of the student during the activity and his/her ability to perfect their skills whilst maintaining the standards of the procedure.



The availability and cooperation of parents during session is also duly noted and appreciated in this triad approach of Facilitator, Parent and Student. Effective commitment from all the 3 parties involved has led to steady progress and development of final stages of products and designs.



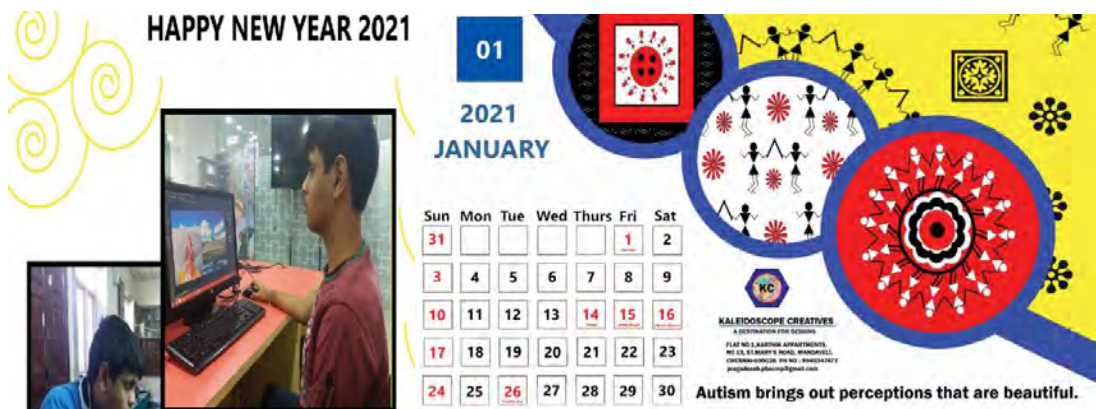
As the student becomes proficient in each step, they are gradually shifted to the next step in the process. Skill development at Sath Sadhana promotes learning while working. The set-up is being planned in a simulated fashion and comparable to other outside manufacturing processes.



STUDENT'S CORNER

MULTI-TALENTED PRAGADEESH!

What a great way to start the New Year! One of our Multimedia level-2 student Mr. Pragadeesh has designed a creative desktop calendar for 2021 using Photoshop skills learnt at Chettinad-Sath Sadhana. The charming artwork and the quotes on autism are eye catching and brightens up the workspace. Arrangements are being made for the product to be available to the general public also. Mr. Pragadeesh is an example of a self- starter and is growing towards becoming an entrepreneur!



HARISH THANKING NATURE!

One of the best ways to appreciate nature is through Gardening. Most important life lessons can be learnt through Gardening. It teaches qualities like responsibility and patience. Plants take a relatively long time to grow, Watching the plants growing teaches patience. Gardening is not only a hobby. It becomes a responsibility. Taking care of plants will make one proud when they grow. It gives immense pleasure when you can harvest vegetables from the garden for cooking.

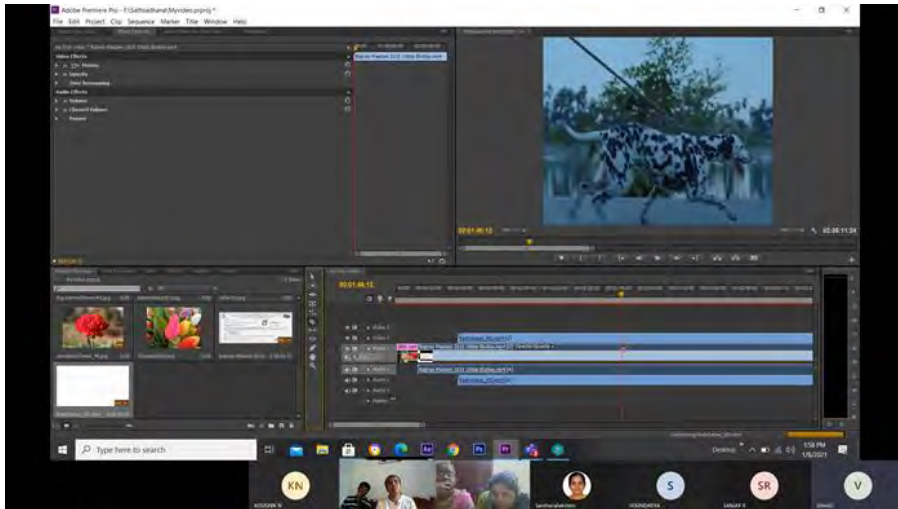


MULTIMEDIA



Level 1 (LBAEMP)

The students after successfully completing two trimesters on learning Photoshop, they have moved into learning video editing and stop motion animation.



Level 2 (PBAEMP)

Level 2 students successfully completed their Assignment-13 on the Topic – **Print Media Designing: Print & Publishing**. Now, they are learning to design Gifts & Packing – Carton box, product box, calendars and school almanac.



MULTIMEDIA - Level 2 (PBAEMP)

The students also created a portfolio of all the designs they have created for the past 2½ years. The student's portfolio size ranged from 30 to 50 pages. Few designs from the portfolio are as follows:



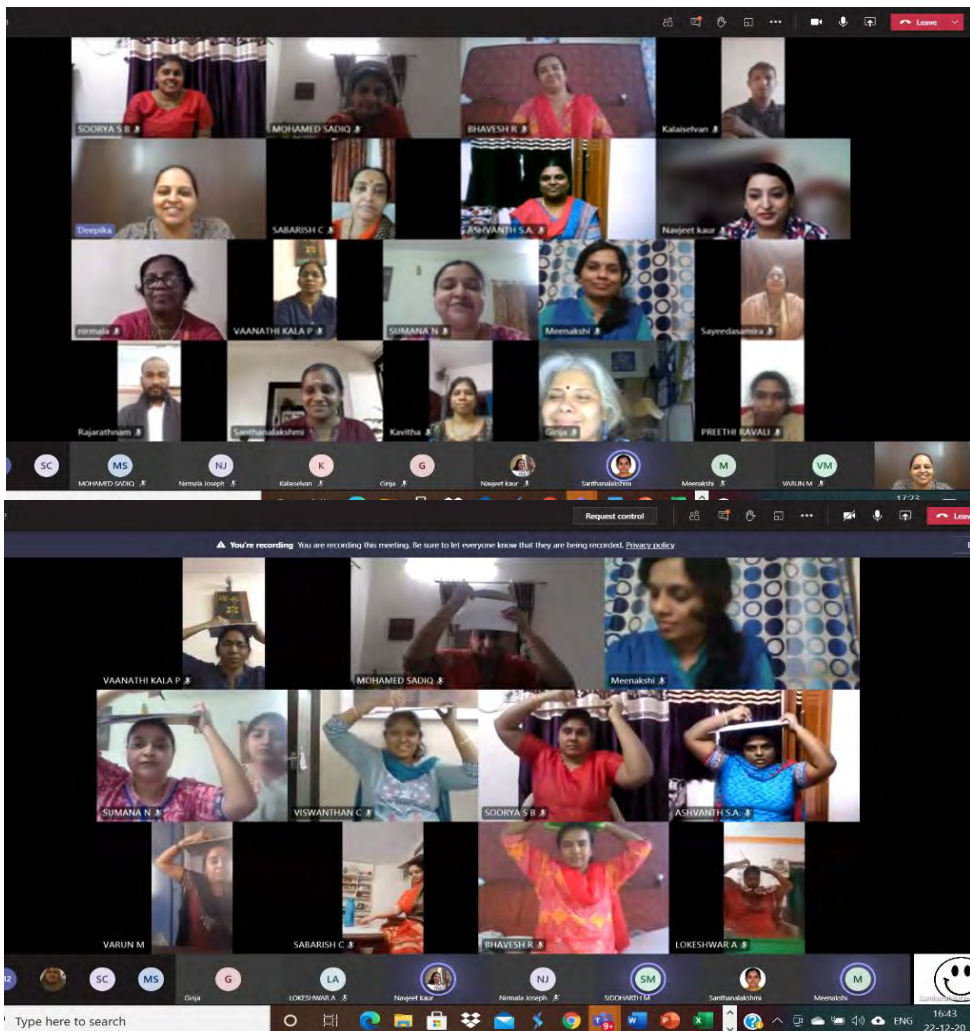
MOTHER'S EVENT

Being a mother brings a lot of happiness and emotions to one's life but the demands and stress of looking after loved ones and especially young ones can leave one physically and emotionally exhausted.

We at Chettinad- Sath Sadhana, wished to cheer and applaud our Sath Sadhana Mother's untiring efforts.

Mothers of Sath Sadhana took some time off their busy unending schedule and had some fun with us! What better way to show our gratitude to the super moms than some fun games, talent hours and some sweet memories!

Appreciation to all our mothers who participated in the event!



PONGAL CELEBRATION

Festivals all over the world denote traditions, rituals, togetherness and celebrations! At Chettinad-Sath Sadhana we believe celebrating festivals remind the students of the important traditions and cultural heritage that has travelled over time from our ancestors!

For Pongal- The harvest festivals, the students came together to make beautiful kolam designs, art work, collage work and many other things to celebrate and thank our rich nature and its constant love and affection to us.

This festival is also about eliminating the negativity and giving space for new positivity. This maybe the most important take away for us in such tough times.



CO-CURRICULAR ACTIVITIES AT SATH SADHANA

DANCE



Dancing always brings a smile to our face. Dancing not only means fun but also means increased strength, boosting energy levels, improving flexibility levels and mainly works on one's balance and coordination.

The students at Sath Sadhana practicing for a special performance on a folk song during Pongal celebrations!

P.E AND YOGA



Physical educators use OT strategies that play an important role while working with students with poor body awareness. They work on specific exercises to improve the student's awareness on their own body, posture, strength and to bring back their focus and attention to the class in a fun filled way!

LEARNING CORNER

BLENDED LEARNING (BI)- THE LATEST TREND!



The word blended learning means combining online and offline mode of learning in such a way that both of them complement each other to benefit one's overall development.

E-Learning or remote learning has suddenly come into focus and like it or not has become a quintessential part of our lives!

Blended learning is the latest learning model which has been part of the education system in many countries for a long time. But its significance and efficacy has been tested out the most during the COVID-19 times.

In a nutshell, BI is the ability to reach and teach students effectively using online technology which also focusses to supplement the existing process and transform the learning process.

It is slightly different to that of E-Learning as it is a mix of both physical/ online classes. BI is a step towards bridging the gap between traditional education and digital learning.

Another topic relevant to new age technology latest interventions is The Gen Y or Millennials. An interesting fact is -We are all part of the Millennials !

The Generation Y who are born between 1986-1996 are widely accepted and coined as Millennials. They are called the baby boomers or Gen Y who are born at a time where heightened use and familiarity of Internet, mobile devices and social media was observed.

The Covid-19 situation has brought about what is called the "New normal" which has majorly impacted the Millennials and their way of life!

Learning at Sath Sadhana is a fine example of project-based blended learning which uses both online for access to the complete course and face to face interaction and collaboration to design, iterate and publish project-based learning products and skills related to them.

This method works best with involvement of Parent, Teacher and student for progressive development of child.

LEARNING CORNER

BE WHAT YOU ARE AND DO WHAT YOU LOVE!

"Everyone has more than one side!" – A voice from: The out of sync child grows up by Carol Kranowitz.

Most of our students with disabilities face many physical, emotional and social challenges as adolescents. They are mostly exhausted by the over powering feelings they undergo every minute. A person working with them may figure out only few of the challenges they face but a million may go unsaid.

As a facilitator it is very important to encourage and push people with SPD to become aware of their body, the subtle changes and how good it would feel to be in-sync. Breathing, yoga, meditation and other forms of re-creation are probably the best tools to get the body and mind to function as one unit.

Everyone is born with instincts and a drive to be somebody and to develop themselves into a self-sustainable person, they may just need the right fuel to channel their energies towards it!

A DRUMMER AT HEART

I am a drummer at heart, but many years ago, few would have believed that. Throughout elementary school, I had severe sensory problems and very few friends. I made the jazz band, learned to love performing, and started to make many friends. Music had given me the huge social boost I needed. I am living proof that with inner drive and the proper guidance, people with challenges can overcome academic, social, and emotional obstacles that SPD presents.

- Michael Jacobs

SINGING MEANS EVERYTHING TO ME


As a girl, I often couldn't sleep at night because I could hear every little creak in the house and my sister breathing loudly across the room. In my family I am known as the "Bat" for being able to hear a pin drop in the other room. Music became my life, and singing means everything to me. Now, I sing for friends and family, and I even get paid to sing when requested!

- Ember Walker

MARTIAL ARTS: WHERE I BELONGED

- At twenty, I joined a martial arts school. There I found such peace! The physical activity and discipline were so influential on my life. I never had pain there. It was not a team sport, so finally I found somewhere that I belonged in my aloneness. The hard exercise relieved so much stress. I spent several years doing this, and it helped me transition from a teenager to a young man. To this day I can see the influence it had on my life.

- Paul Balius



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 soon.

Till then stay safe and stay positive!

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

