



Dear Parents,

As we near the end of Term III, we are thrilled to report that Sath Sadhana students have made significant progress in various aspects of their personal development. One notable achievement is the strong sense of community that has developed among our students as a result of making meaningful connections with one another. In addition, our students have been actively working on developing life skills that will benefit them in the long run.

In terms of functional literacy, our students have been focusing on cultivating good hygiene and grooming habits, which are critical for their daily routine and overall well-being.

Finally, our students have been working diligently on skill development, refining, and summarising their work to create impressive final products. We are proud of their consistent effort and look forward to seeing the results of their hard work.

Three cheers to all our students and their efforts!

Happy to connect with you all 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 – Hygiene and Grooming – Hairstyles
- Life Literacy – Learning Mother's Contact Number
- Skills – Matting
- Kitchen – Bread Sandwich of their choice
- Kitchen – Shelling
- Kitchen – Pre and Post Organization

Life Literacy

Hygiene and Grooming – Hairstyles

We presented pictures of various hairstyles to our students in our "Hygiene and Grooming" session, and we supported them while they groomed themselves accordingly.

One of our female students even took it upon herself to style her mother's hair over the weekend as a result of how much she enjoyed the exercise. It is quite heartening to see how enthusiastic and inspired our students are, and we are dedicated to helping them develop their life literacy in our classes.



Life Literacy

Learning Mother's Contact Number

One important life skill that can be used in students' daily activities is the ability to match and recognise their mothers' phone numbers.

By learning this useful skill, our students may be able to grow more independent and self-assured in their abilities to handle a variety of situations. This essential life skill can benefit students for years to come, helping them to stay connected with loved ones and access important resources.

Students will be more prepared to deal with unexpected situations and emergencies if they are able to recognise and match their mothers' phone numbers. Students who possess this skill will feel more prepared and capable in their daily lives.



Skills

Matting

The students have been actively involved in creating newspaper slats since the beginning of the academic year, which they have painted and converted into mats. This project has been instrumental in promoting the development of essential skills such as fine motor skills, hand-eye coordination, patience, creativity, and self-expression.

The matting process has also fostered problem-solving and troubleshooting skills, helping students to develop focus, concentration, and counting abilities. Additionally, this project can be a calming and meditative activity, providing a platform for stress relief and emotional management.

Moreover, matting using newspaper slats is an eco-friendly option, promoting sustainability and environmental awareness. The project's positive impact on the environment is an added benefit that complements the students' skill development.



Culinary Skills – Bread Sandwich

Bread Sandwich with spread and fillings of student's choice

Our students are constantly developing their culinary abilities, and they recently tackled the challenge of creating delicious bread sandwiches. Beginning with the technique of spreading jam on bread, they were encouraged to experiment with different spreads before moving on to the next step of adding fillings of their choice to make a sandwich. Our structured, graded step-by-step approach to learning enabled students to progress from simple to complex tasks, promoting independence in the process.

In addition to their sandwiches, students also learned to make refreshing lime juice, making for a perfect beverage during the upcoming summer holidays. We hope that our students will continue to hone their culinary skills and share their creations with their loved ones. By promoting experimentation and independence, we take pride in supporting a learning atmosphere that fosters growth and creativity.



Culinary Skills – Shelling

In our culinary class, some students are honing their cooking skills while the rest are engaged in tasks such as separating usable leaves from a bundle of greens or removing peas from their pods. This activity has numerous benefits, including improving concentration and increasing sitting tolerance. It also enhances hand-eye coordination, fine motor skills, and sensory exploration.

By engaging in this task, students learn the value of waiting their turn and occupying themselves during downtime. Furthermore, this often-neglected activity is a vital part of cooking that is often overlooked, and introducing it helps students develop an appreciation for every step, no matter how small.




Culinary Skills – Pre and Post Organization

Learning to cook could be an essential life skill for students. One of the key advantages of learning to cook is that it gives the learner a sense of accomplishment and self-reliance. Preparing their own meals and then enjoying them fills them with pride and happiness.

Additionally, students understood the pre-cooking and post-cooking activities, such as washing their hands before cooking, cleaning the utensils, arranging the ingredients, and after cooking, cleaning the utensils, the kitchen counter, and returning the utensils to their proper place.

Since, the preparation of food is equally important, they began to learn how to remove the mint leaves from the stems, which also offered them a sensory experience.





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

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



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