



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: Transport through time!**
- **Skill Development: Going strong!**
- **Virtual Teacher's Day**
- **Onam Celebrations**

- **AIMS Multimedia**
- **Dance**
- **P.E and Yoga**
- **Teacher's corner**
- **Learning corner**

Dear Students and Parents,

"The Secret of Change is to focus all of your energy not on fighting the old, but on building the new" – Socrates

All the new changes have brought about so many challenges, but we have emerged stronger, more confident and resilient!

This month's highlight was the virtual Teacher's day Celebration to appreciate and applaud the efforts taken by our Acharyas!

Onam was celebrated at home safely and students shared various clicks of their pookalams and the lovely attire they wore on the day!

Students have started exploring food tastes, smell and making their own snacks in the kitchen. Food always brings out the best in us! The students have started using descriptive words to express their likes and dislikes towards food items. The experience as a whole has been very enriching for the Acharyas as well as the students.

With the new activities introduced, the Skill development students are showing tremendous improvement in sitting tolerance, precision in hand movement and overall working. Pre- and post organization skills of students have also evidently improved.

Happy to connect with you through the Sath Sadhana Newsletter!

Chettinad-Sath Sadhana Team



A SEPTEMBER TO REMEMBER..

In Functional Literacy and Functional Numeracy..

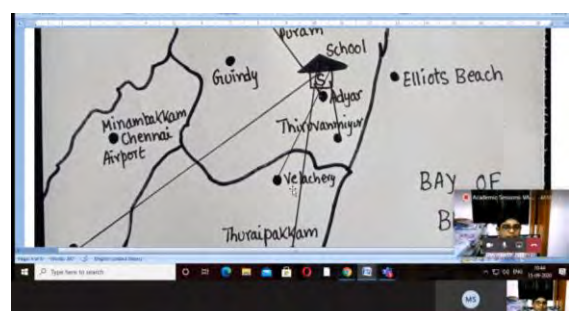
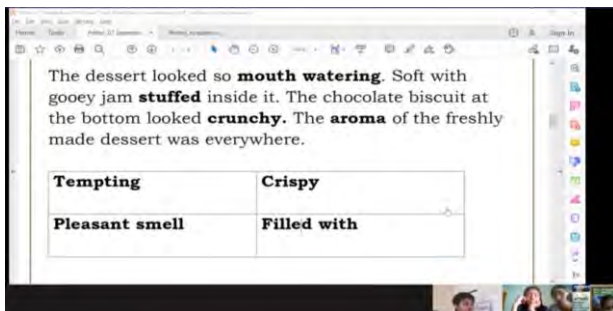
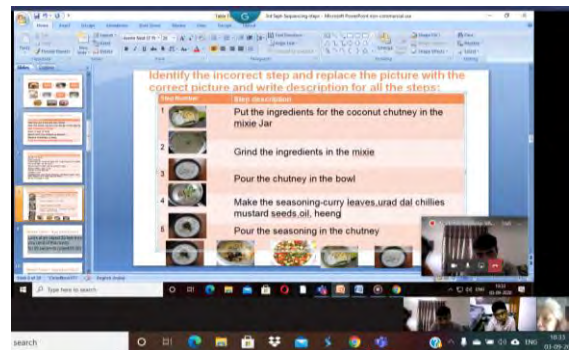
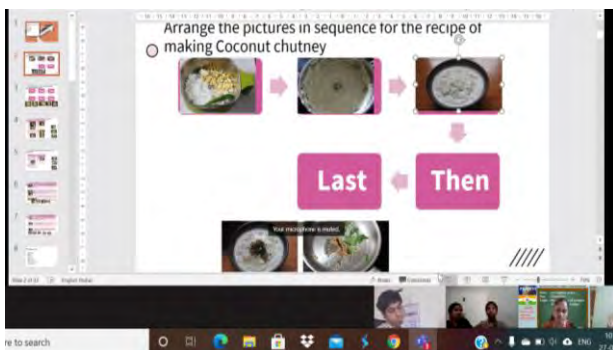
The exploration of the theme - Food has been as satisfying as eating a tasty meal. The students discovered eating out of food trucks, learnt the art of shopping and sequencing the different steps involved in preparing simple meals. They completed the topic with a power point presentation of making their favourite food items and presented it virtually during class sessions!

Various skills like scanning, estimation, sequencing, related math skills, data entry skills were explored as part of food!

At the end of the activity, students were able to use descriptive words to describe the food items they liked as well as disliked.

Students also worked on the theme - Transport. They have begun working on the Chennai map beginning from familiar localities in and around their house.

Today travel means booking cabs and booking cabs means google maps! So why not our students learn to do the same?!



IN SKILLS



We at Sath Sadhana believe that the activities should be planned according to the student's need and ability as they require a concrete, planned and focussed environment to achieve best results. Every activity is planned keeping in mind their capabilities and all round improvement of the student.

This month, the students have been working on the Stage 2 activities as per plan and have become confident at moving precisely with intent and concentration through the working time. Their concentration, focus, inclination to work, working time span, regularity, pre and post organization skills have improved tremendously in the last 3 months.

Few changes and additional steps are gradually introduced to their daily schedule to challenge their abilities and also to engage them positively.

Various skills like identification, shading within the given space, uniformity, folding, creasing, pouring, un moulding have been imparted to the students from June till now.



Highlight of August Month

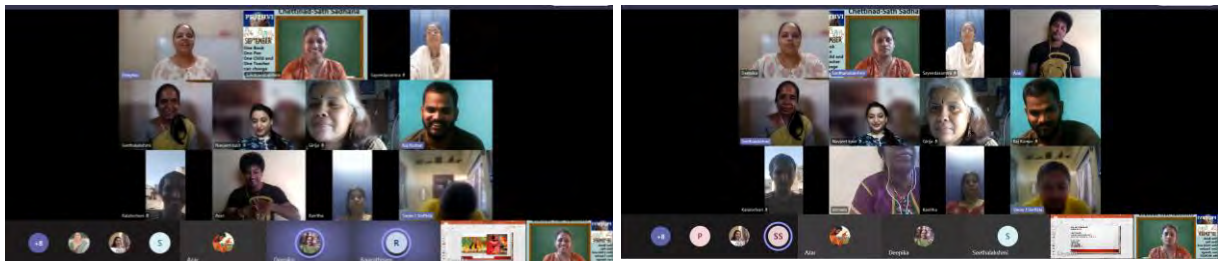
Virtual Teacher's day

Teacher's Day would be incomplete without remembering late Dr. A.P.J Abdul Kalam, our former president, a scientist, scholar and an excellent teacher. Not just as a role model for the children, Dr. Kalam is also remembered as a teacher par excellence whose inherent passion for teaching in itself was an inspiration for children to become good citizens.

A life dedicated to teaching, befittingly ended while he was delivering a lecture at IIM Shillong.

Dr. Kalam had envisioned a strong and self-reliant India and believed that teachers built the future generation of our country that could think independently and find solutions to problems.

On the occasion of Teacher's day, Geetha ma'am addressed the teachers. This was followed by few games and happy moments spent together.



Onam celebrations at home

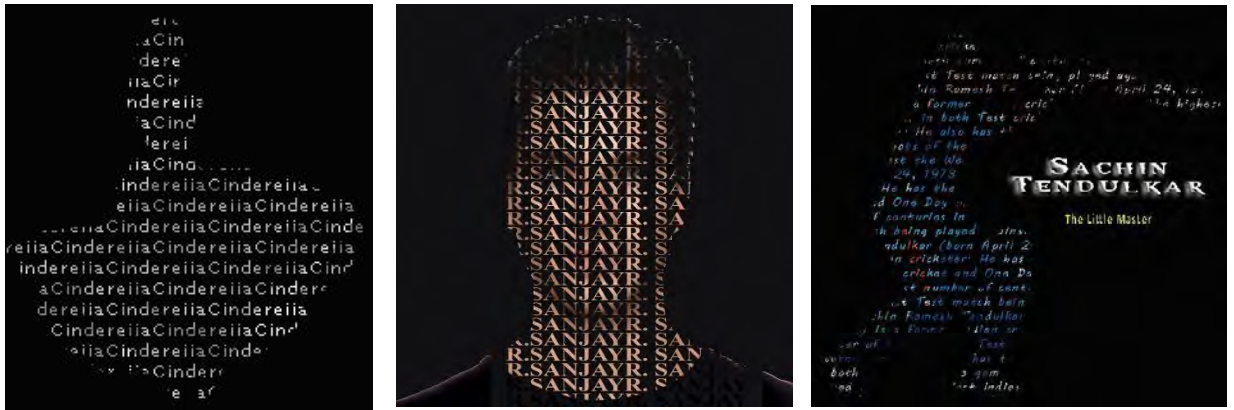
The greatness of a culture can be found in its festivals! Onam the festival of Kerala is an example of that! Our students enjoyed their day by dressing up and making pookalams!



AIMS MULTIMEDIA

Multimedia level 1 (LBAEMP): The focus for the students of Multimedia Level 1 for the current month was “Typography” and “Effects”.

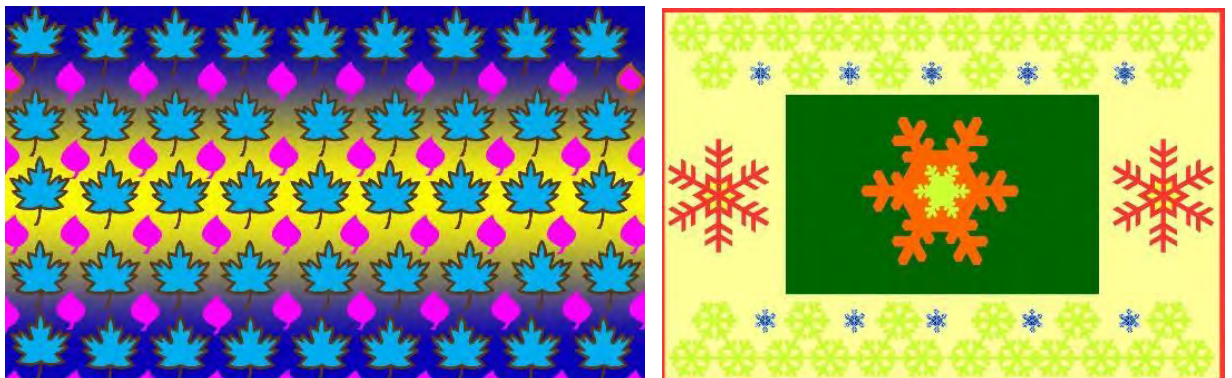
Below are a few designs created by the Multimedia Level 1 students:

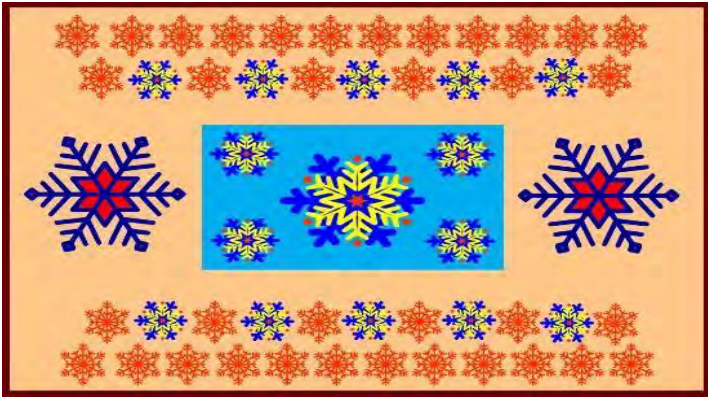


Multimedia level 2 (PBAEMP): The Multimedia level 2 students successfully completed their Assignment on the Topic – **Home Décor: Designing of Wallpapers** for bedrooms, kids’ room, dining room, drawing room, offices, etc., table mat and coaster designs. They have started working on the topic - Print and Packaging: designing of outer packing of tubes and ointments, bottles and containers.

Below are few of the designs of Multimedia Level 2 students:

Table mat designs:





Coaster designs:



Wallpaper Designs:



DANCE

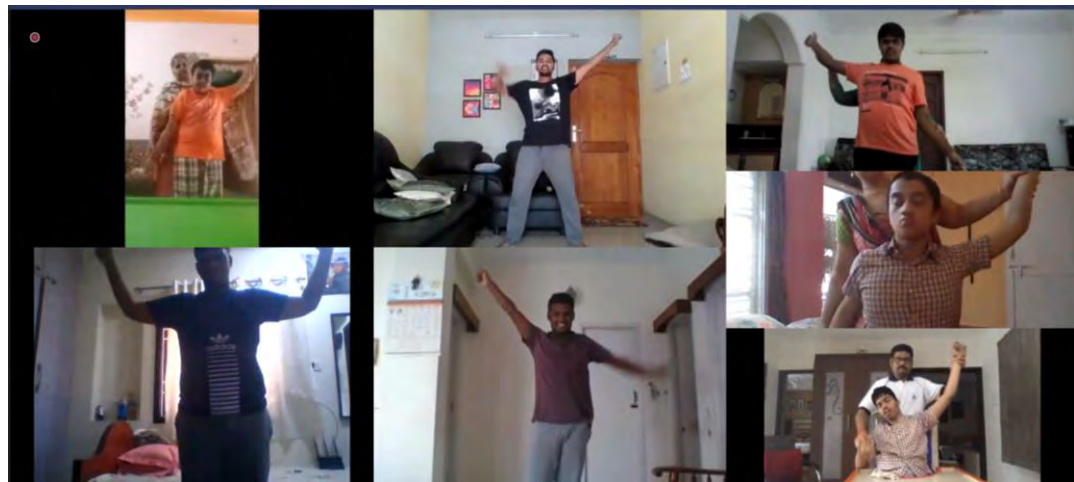
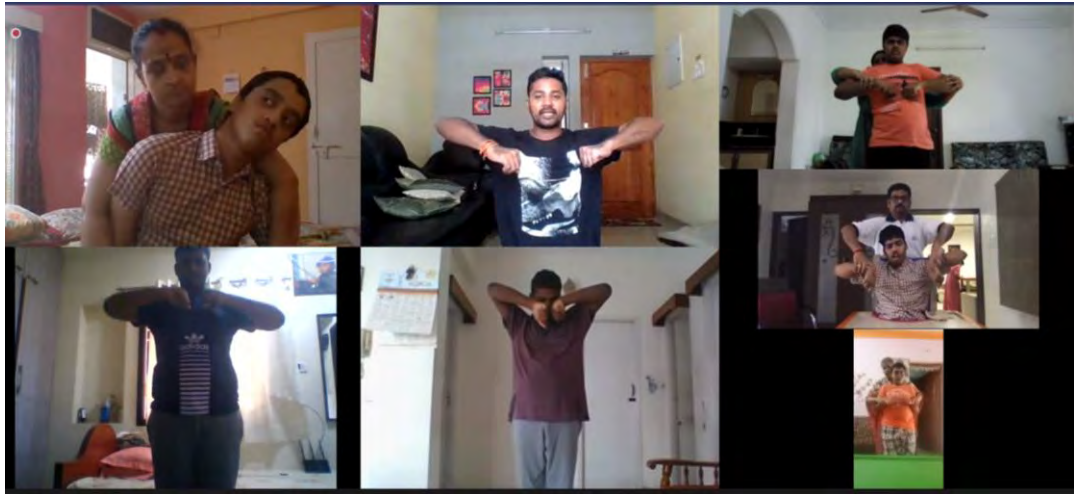


Dancing is not just steps put together or dancing to a tune!

Dancing requires synchronization, coordination, sequencing, precise movement, awareness of left and right, muscular strength, balance and focus to perform a sequence of steps.

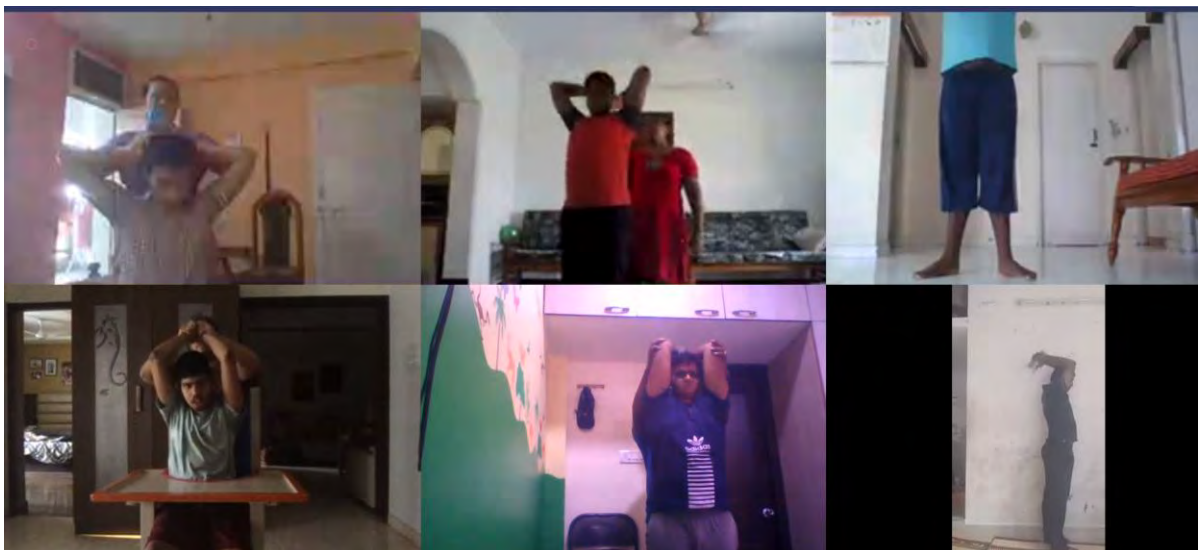
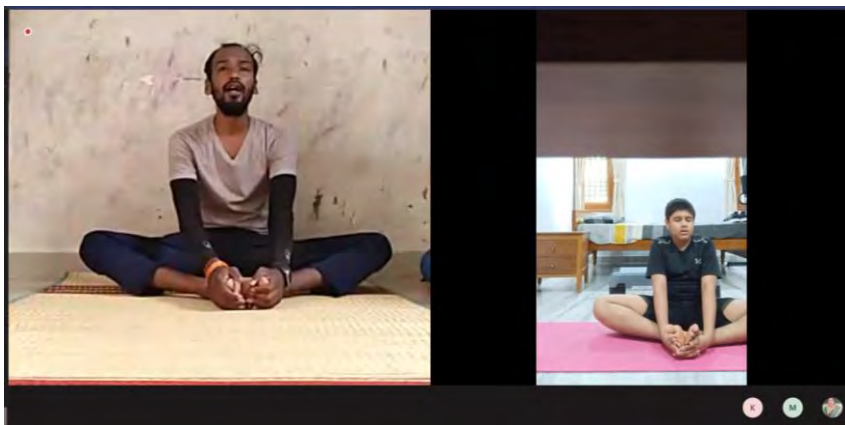
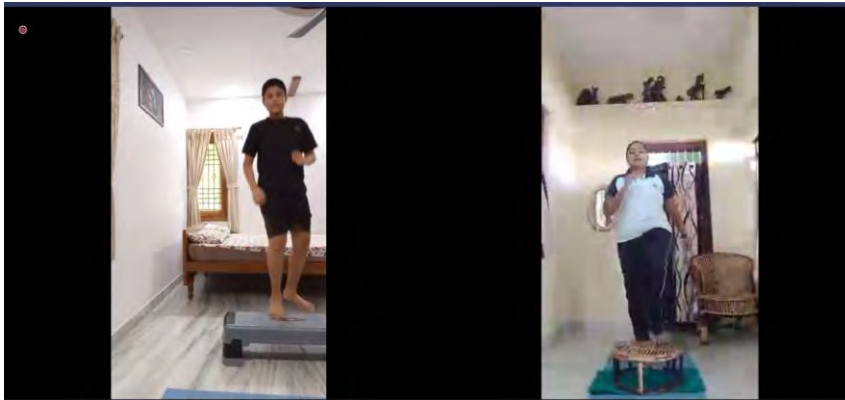
Dancing also improves overall fitness and allows scope for expression besides unwinding oneself.

Our students always enjoy dancing as part of their routine!



PE AND YOGA

Regular exercises benefit both the body and the mind. Physical activities improve the general mood and help in keeping anxiety and depression at bay. Physical education is much more than learning a sport. It helps students to learn how to work in a team, solve problems and increase their attention span and focus. This eventually gets transferred to a classroom setting also.



YOUR TEACHERS



I joined SHV in Oct 2016 where I got to teach Megham and Prithvi class students.

The online classes have been a new experience. Initially, it felt different meeting the students on screen, but as time went on, it became normal. Online classes are almost like regular classes where the students are interactive and the sessions fun and interesting.

The curriculum is interesting and is planned in such a way to help the students become independent in doing their day-to-day activities. They enjoy doing the various activities and tasks given to them, which in turn helps them to learn new skills.

The ambience of the online classes is pleasant as they learn from the comfort of their home. Online classes enable the teacher to use various tools and techniques for teaching, such as text, video, audio, presentation, etc... The students' excitement and interest in learning is heart-warming. I missed working with the students last year and I'm glad to be back.

Santhana Lakshmi Mohanraj

I have 8 years of experience as a yoga instructor at Chettinad-Sath Sadhana. I believe that yoga improves the child's quality of life and helps in increasing their abilities to perform day-to-day activities. Currently we are conducting Yoga and Physical education classes online and it has been an enjoyable experience. The online sessions have been a true learning experience interacting with the students, mentors and colleagues.

Raja Ratnam



STUDENT LEARNING CORNER

REMEMBERING JAVED ABIDI



Javed Abidi, a disability activist, was one of the pioneers in creating a disability movement in India. He was a champion of employment and accessibility for disabled people and one of the integral forces behind the enactment of the Rights of Persons with Disability Bill in 2016.

The RPWD Act was approved by the Parliament in 2016 and the bill stated Imprisonment up to 2 years along with a fine ranging from Rs.10,000 to Rs. 5 Lakhs for discrimination against the differently abled. The Act also aided in increasing the number of recognized disabilities from 7 to 21.

He passed away in 2018 but he is always remembered for his passionate voice in the disability space across India.

Despite continuous requests to make 50% government buildings and 25% of Public transport disabled-friendly, it has fallen on deaf ears!

The Javed Abidi Foundation (JAF) founded by Abidi's nephew Shameer Rishad is honouring his legacy by taking his work forward and implementing the RPWD Act of 2016 which was one of Abidi's unfinished agendas.

JAF organizes the Know Your Rights workshops, in collaboration with the Commonwealth Human Rights Initiative (CHRI) and Disability Rights India Foundation (DRIF). Through these workshops, youth are becoming aware of the RPWD Act of 2016.

WHY IS IT SO IMPORTANT TO LOOK GOOD?

People with autism spectrum and with SPD are often contradictory, they will notice the slightest of imperfections in someone else's appearance or smell but can be unaware of their own!

THEY CALLED ME "COCKROACH"

I thought of myself as an absentminded professor and it wasn't uncommon to see me

with my shirt on inside out, backward, or both! I didn't comb my hair. I didn't brush my teeth. I didn't—wouldn't—take a bath or a shower, neither in the morning nor at night. My T-shirt was loose and dirty, but I didn't care. My shorts were stained and hadn't been changed in a few weeks, but that never deterred me. To them, I was just the nickname they gave me, "Cockroach." I still remember their calling me that every day. I went along with it because, on the one hand, I didn't know what else to do. On the other hand, I was starved for attention and desperate for friends, so even the insult seemed good because it gave me an identity.

-By Daniel Travis


SENSORY SMART SELF- CARE FOR TEENS AND YOUNG ADULTS

Self-care tasks like brushing your teeth, washing your hair, getting a haircut, shaving and wearing makeup can be profoundly difficult or even painful if you have sensory issues. But becoming "sensory smart" could change your experience with all the above.



- Use softer tooth brushes, if the regular ones hurt your gums. If you do not like the minty taste of the tooth paste, find herbal paste with lesser minty taste and foam. Some even taste like chocolate, strawberry, cinnamon etc. Find what suits you!
- Is the bathroom light very harsh on your eyes? Replace it with a dimmer switch. Play soft music or music that you like to make the experience less painful. Switch off the exhaust or any other sounds that irritate you in the bathroom
- Do you feel safe standing and brushing? If not, sit down on a stool and use a spitting bowl while brushing.
- If you hate washing your hair, start by deeply massaging your scalp. Take someone's help if need be.
- If you hate hair-cuts, try going first thing in the morning to salons so that it is cleaner and more suitable. Or nothing like having a buddy who could help you cut your hair at home! The same goes with shaving too!
- Most important is, designate a friend to tell you whether you are due for a haircut, bath or anything else. Sometimes we need others to tell us about it!






When Dan was a teen, washing up, brushing teeth, and tolerating touch. He was stuck: starved for attention, desperate for friends, self-harming, hopeless, hapless, helpless.

Fortunately, Dan got the help he needed, and today he is a successful Web developer and an effective “doer” with a wide network of friends.

Developing a bathing-brushing-deodorizing routine takes practice.

-Daniel Travis

The voices from the Book, *“The Out of Sync Child Grows up”* continues to give us hope and happiness that all will be well when we act!



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.

Till then, stay safe and stay positive!

Cheers and All the best!

Chettinad-Sath Sadhana Team



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