



Dear Parents,

As October marks the beginning of the second term at Sath Sadhana, this month has been marked with the beginning of a new unit in academics and the introduction of new skills like braiding, lacing, and gardening.

This term started with Vijayadashami celebrations in which the various traditions and values of the festivals were taught to the students. They enjoyed learning about their traditional values and responsibilities.

Three cheers to all our students and their efforts!

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 – Sorting - Home is where the heart is**
- **Kitchen – Lemon Juice**
- **Physical Development**
- **Yoga**
- **Vijaya Dashami Celebrations 2022**

Life Literacy

Sorting – Home is where the Heart is

The new unit, "Home is where the heart is," was started in October. At home, we do lots of sorting, categorizing, and arranging objects. These skills are focused on as part of this topic. Students were encouraged to sort different materials like beads, buttons, etc., by colour and also by type. Once they are familiar with these concepts, they are encouraged to sort clothing printed on paper by colour and by type (all shirts together). Students are encouraged to practise the same at home with actual clothing of their own. Slowly, these activities will be converted into functional sorting and become a habit as part of their daily living.

This activity also helps to increase their focus, attention span, sitting tolerance, and ability to work independently. It is also noted that this activity helps to soothe and calm oneself.



Kitchen

Lemon Juice

Culinary skills were introduced at Sath Sadhana in October 2022. Students started with the making of lemon juice. In the process, students learned to select the suitable materials for making lemon juice, organise them as a pre-cooking activity, and measure the appropriate quantity for making a glass of lemon juice for a person. Students thus learned to combine various raw materials into a consumable product, checking quality and knowing which hygiene tips to be practised in the kitchen.

The students were excited and enjoyed making the lemon juice as part of their culinary skills.



Physical Development

This month's focus has been on strengthening and balancing, which usually starts with a warm up followed by stretching. The students have been trained on the treadmill and trampoline, which help the students to strengthen their bodies, create vestibular axis and balance, and engage in core strengthening.



Yoga

As part of physical education, yoga has been introduced at Sath Sadhana. Asanas have been introduced based on the needs and comfort of the students. By doing yoga, students get to learn about relaxation and balancing. It also promotes body awareness.



Celebration at a Glance

Vijaya Dashami Celebrations 2022 – 5th October 2022

Vijaya Dashami was celebrated at Sath Sadhana. Students were gathered with Golu dolls. Parents joined the students in preparing the golu and celebrating Dashami pooja. They all chanted slokas and sang devotional songs. Later, students distributed Thambulam to their parents, acharyas, and akkas. As part of the celebration, the Acharyas and students danced to Dhandiya tunes.

Students learned about the various traditions and traditional values observed during Navratri in various parts of India, as well as their significance to us.



It is a pleasure to summarise our events for the beginning of Term II!

As always, we will catch up with you soon with many more interesting developments and programmes next month.

Until then stay safe and stay positive!

Cheers and All the best!

Chettinad – Sath Sadhana Team



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