



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:

- **Message from the Coordinator**
- **Functional Academics**
- **Skill Development**

- **Physical Education & Yoga**
- **Dance session**
- **Teacher's Corner**

From the Coordinator's desk

Dear Parent,

Every activity at school leaves a lasting impact on the student and prepares them for the world outside. We at Chettinad - Sath Sadhana aim at nurturing a joyful learning environment where school and life are interwoven in the curriculum, making education an experience of the mind, body and the soul.

The online sessions at Sath Sadhana facilitates the student to develop confidence, ensure physical and mental health while boosting their emotional and social well-being through an array of activities ranging from PE, Yoga, Music and Dance.

The Sath Sadhana newsletter is a forum to provide you glimpses of virtual learning at school.

We welcome you to our journey through this new academic year.

DEEPIKA KAUSHIK
COORDINATOR



THE TEAM



**Ms. Deepika
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Ms. G. S. Kavitha



Ms. M. Vallikannu



Ms. C. Keerthana



Mr. K. Kathiravan

Functional Literacy and Functional Numeracy

As much as we thought that the Online sessions may be hard on our students, they adapted to it beautifully and of course the support of the parent is commendable!



In the month of June and July the students were given opportunity to discover themselves, question the changes that have occurred to their body over time. Personalized stories based on their life experience were used to make reading and writing more fun!





The activities presented helped them to create a profile of themselves, understand their likes and dislikes, be aware of their height, size of T-shirt, size of shoes etc. The students enjoyed measuring their height, their feet and their T-shirt size with the help of their parents! In other words, the students acquire skills that will help them in their day to day life too!

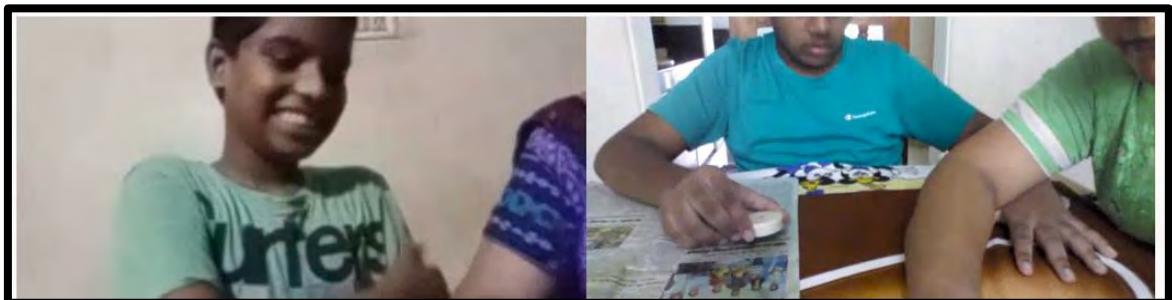
The students got a chance to explore their talent on Computer in the form of Data entry, creating stick figures in MS Paint and working on MS Excel!




SKILL DEVELOPMENT

Students were introduced to a systematic way of learning skills that are essential Life skills.

The skill training process aims at preparing the students physically, emotionally, socially and functionally. They learn the importance of being on time to classes and presenting themselves neatly to the session.





The students participated enthusiastically and showed much happiness working with different materials available at home to enhance their creativity and expression of art.

They are trained to identify material, sight word reading, concept of size and communication through the skills trained. They learn to come ready for the session and also completed the activity by putting away material back at the work station.


The students are being engaged in Pre skills which eventually will help them to cope up with the Skill set up at Chettinad-Sath Sadhana premises. They experience working in small groups, learning to focus on the pre skills for a span of 30 minutes and learning to develop sitting tolerance for the given period of time

AIMS MULTIMEDIA

Multimedia uses a combination of different forms like text, images, audio, video and interactive content.

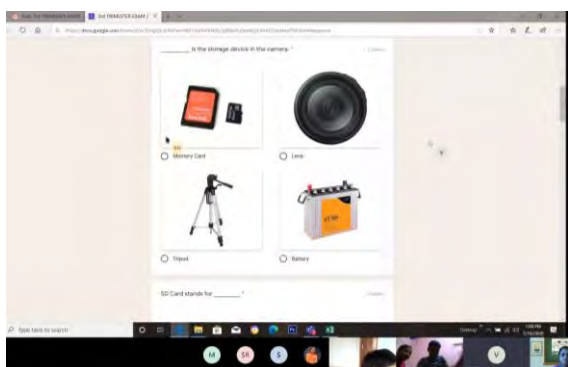
Multimedia was introduced at Chettinad-Sath Sadhana (then Chettinad Shrihari Vikasam) in August 2017 in collaboration with AIMS Media. The program offered is called Ability Enhancement Multimedia Programme (AEMP).

Currently, there are two levels of students in the multimedia program. Live online classes were introduced for the students for both the levels. The students are finding it interesting and they are participating with great enthusiasm.



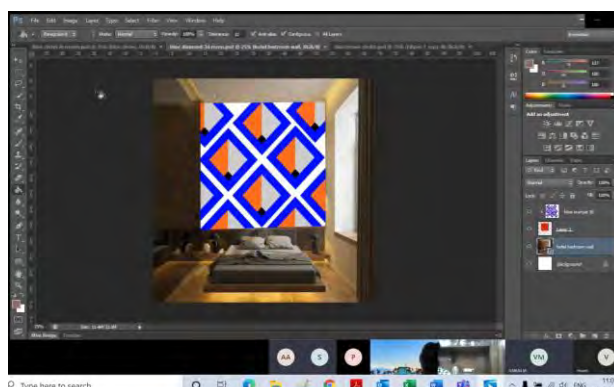
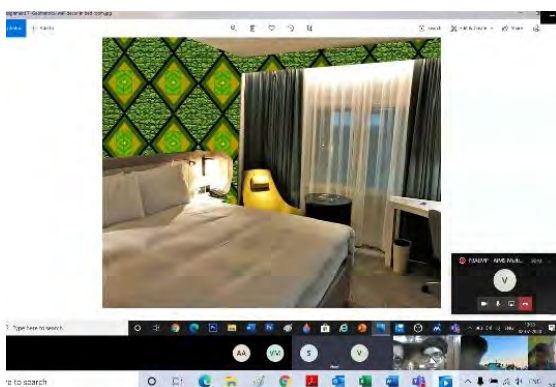


The AEMP level 1 students started with Photoshop and are currently exploring the various tools of Photoshop. They successfully completed their Trimester-3 Assessment in MS-Word and MS-Paint (last Trimester's topic).



Student working on an Online test as part of the Trimester Assessment

The AEMP level 2 students were taught the topics Design of Wallpapers using different textures, geometric shapes 2D/3D. All the level-2 students successfully completed their monthly assignment on this topic using their own creativity.



Student geometric wall design in a hotel room



DANCE

Students attended a dance session to boost emotional and social well-being as moving the body to the sound of music can transform them into confident individuals enabling them to express themselves effectively.



The students enjoyed the 30-minute virtual dance session which started with hand movements, followed by hand and leg movements. Students were keen to know the music they are going to perform to.

YOGA & PE

The PE and yoga sessions focus on developing the 3 H's - physical Health, emotional Health and spiritual Health. The sessions aim at strengthening the body and developing cardiovascular endurance. The students have learnt about 20 exercises like movement of joints while also learning to understand and follow instructions. Remarkable improvement has been noticed in their eye contact with the teachers during the sessions.



Yoga sessions are taught for improving their body flexibility and concentration. Stretching exercises are taught to avoid injuries. Students were able to understand and follow instructions during these virtual sessions.

TEACHER'S CORNER

I have over 14 years of experience as a Teacher presently working as a Skill Trainer at Sath Sadhana. I believe the curriculum currently followed in school, enables virtual active learning and is completely child centric. Children have been learning using this curriculum since June and have shown tremendous progress using a combination of Functional Literacy and Skills Development based on their own abilities.

- Navjeet Kaur





Savouring the beauty in every flower: Ms. Deepika

A small boy climbed up his favourite hill top and saw a beautiful flower emerging between the rocks facing the vast sea below. He looked at this natural beauty and said, “You are so confident, you are so happy, you are not disturbed by anyone, you sway to the wind at your own pace, I want to be like you.” The flower replied, “Of course you are like me!”

You have emerged like me as a strong survivor with all the odds lurking around!

Your smile is a rare sight but a sight to behold!

Your sparkling eyes are like a reflection of the sun on water

Your fingers are as soft as the petals I possess

You stand like a warrior with all the fear and confusion tucked inside you

Your courage is immeasurable!


You, my child, are a rare flower

The boy asked, “But, when will I bloom like you?”

And the flower answered,

“Every flower blooms in its own time!”





I have been with Sath Sadhana since 2months. The support and professionalism have been exemplary. Online classes have been good and enabled a lot of new learnings. Our focus has been to make the teachings and learnings interesting, functional and relatable to a student's day to day living and geared towards making him / her more independent. The lesson plans have been creatively made keeping this goal in mind. I have learnt a lot in the process to enable students to become better learners and integrate academics with functional skills.

The support from my colleagues has been wonderful. I like the positive energy and warmth that is so essential for an institution of this nature.

Thank you

- *Girija. V*

A PARENT'S VOICE

I am Rajeshwari, mother of S. Sanjay attending online classes as part of Vayu class.

At the outset, I would really like to thank the entire Sath Sadhana team to meticulously plan and execute this online program. It shows the commitment and sincere efforts behind.

Like many parents, I was initially little apprehensive about how it will work out, everything and everyone being new. But I am really happy the way the academic sessions as well as the PT, Yoga and dance classes are conducted. The sessions are interactive and personalized according to each child's individual capabilities.

Thank you so much and wish you all the best to continue the good work.





LEARNING CORNER

Insights on Sensory Processing disorder (SPD)
Few inner voices ...


I have learned it is okay to be quirky, spirited, unique- and to dance to the beat of your own drum. The world is full of quirky people, and I am proud to be one of them! Without my sensory processing disorder, I wouldn't be.... well, me." Shonda Lucas


"So, you may wonder what my strategy is for seeking—and finding—sync. If I encounter something that challenges me, I can either figure out a way to deal with it or get out of the situation. Often, I must simply be still—find a place—find my inner sanctuary." Lisa Wunderlich Taylor

"Extrasensory grace in other words intrinsic, elegant and spirited, especially gifted talent or quality that comes from within. Extrasensory grace arrives when individuals with SPD learn to love their quirky selves and discover what they are meant to do and do well."

"The inability to function smoothly is not because the child won't, but because he can't"

The Out of Sync Child Grows Up" by Carol Stock Kranowitz.





We will catch up with you, with many more interesting developments and exciting programs soon!

Till then, stay safe with a positive note!

Cheers and All the best!

Chettinad-Sath Sadhana Team



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