



Dear Parents,

As we bid adieu to January, which had quite a few breaks, we are delighted to report that routine and structure have been restored in February. It has been a productive month for both our students and facilitators, as they continue to make remarkable progress in their respective fields.

In academics, our students have been focusing on activities related to hygiene and grooming, which are essential for their daily routine. This effort will not only improve their personal hygiene but also contribute to their overall well-being.

In skill development, our students have been diligently fine-tuning and summarizing their work. We are proud to say that due to their consistent efforts, they will soon be able to see the final product they have created.

Three cheers to all our students and their efforts!

We are 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 – Hygiene and Grooming – Taking Care of their spectacles/sunglasses
 - Skills – Lacing
 - Kitchen – Bread spread
 - Physical Education – Warming up for the day
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Life Literacy

Hygiene and Grooming – Taking care of spectacles/sunglasses:

As part of our "Hygiene and Grooming" curriculum, our students had the valuable opportunity to learn both the theory and practical application of maintaining and caring for their spectacles or sunglasses. Additionally, they received instruction on proper usage and potential pitfalls to avoid. To further promote eye health, they were introduced to simple eye exercises. It is primary to empower our students with life skills that they can readily apply in their daily lives.



Skills Lacing

At Sath Sadhana, our students are learning the art of lacing as part of their skill development activities. Through practice, they are mastering the hemming and tacking techniques that improve their eye-hand coordination. In addition, lacing nurtures various cognitive skills, such as attention to detail, analysis of lace stitching, and translating thoughts into actions. As part of the activity, motor skills are also developed through pulling, pushing, and using the pincer grip.

Moreover, the students can apply their newfound lacing skills to design garments and create embroidery works, which can serve as both a practical and leisurely activity. We are excited to provide our students with these life skills that are not only enjoyable to learn but also have practical applications in various areas of their lives.



Culinary Skills – Bread Spread

Bread spread with spread of the student's choice

In 2023, our students began learning a new culinary skill of spreading jam on bread. After mastering the technique, they were able to choose their preferred spread and were encouraged to experiment with a variety of spreads, which helped them develop their decision-making skills. They also learned to adjust the pressure of application based on the texture of the spread. Moreover, this activity taught the students to resist the temptation to eat before completing the task and cleaning the counters.

We are thrilled to witness our students expanding their culinary abilities, discovering their preferences, and developing a passion for cooking. This hands-on experience not only enhances their learning but also fosters a lifelong appreciation for the culinary arts.




Physical Education

Warming up for the day

At Sath Sadhana, it is essential to include various tasks throughout the day to help our students reach their goals. To prepare for the day ahead, students take part in a morning warm-up during the assembly time that includes a variety of stretches. By stretching their bodies at the beginning of the day, students feel more energized and motivated to tackle their school day with renewed vigor. This practice promotes physical wellness and establishes a positive tone for rest of the day..





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

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

Till then stay healthy and stay positive!

Cheers and All the best!

Chettinad – Sath Sadhana Team



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