



Dear Students and Parents,

April even though very short has been a very interesting month for students, parents and teachers at Sath Sadhana. All the skill projects started at the beginning of the year were converted into products. Students were excited and surprised to see their final products.

The highlight of this month was the “Virtual Product Display Event”, where the students proudly showcased their products and creativity. The program highlighted the student's work and learning. The students enjoyed the program.

“Importance of ADLs” was explained to the parents during the PTM by mentors and teachers.

Parents shared the improvements in their wards and that this academic year was interesting and there was a lot of learning not only for students but for parents too.

Observing the satisfying results in the past two years, we will be moving to physical space next academic year and would continue to work towards being a heartfelt centre of holistic learning that heals, equips and empowers students and their families to realize their aspirations and potential.

Three cheers to all our students and their efforts!

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.*





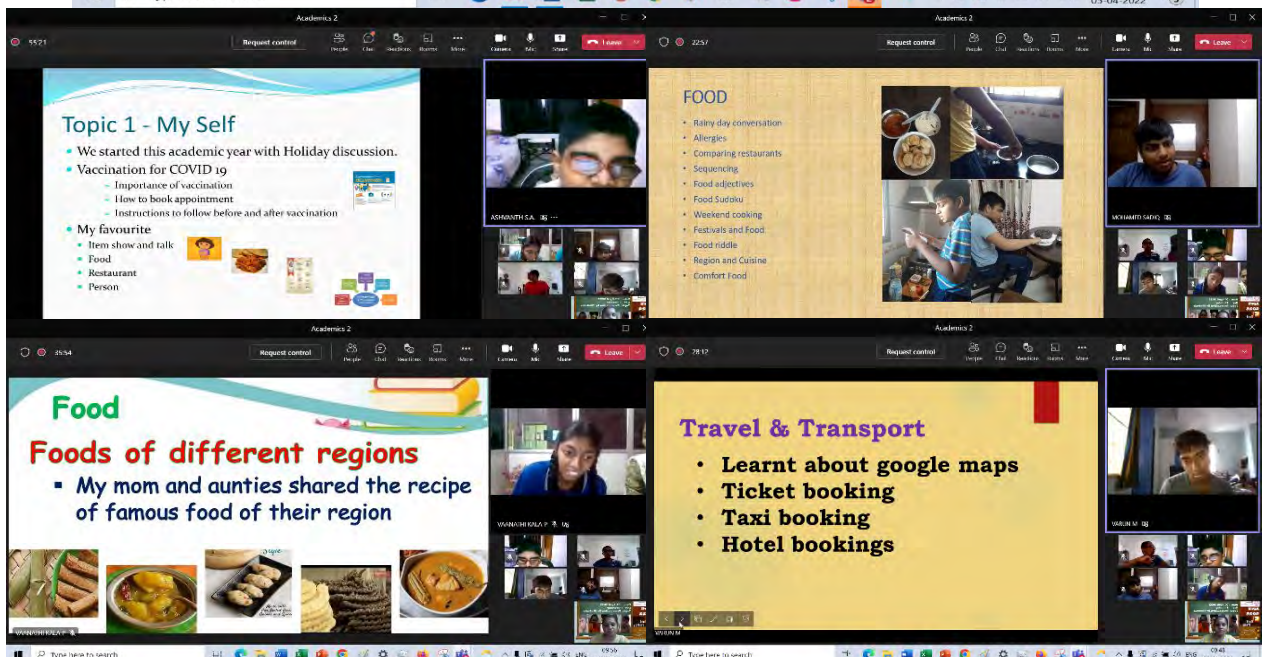
## HIGHLIGHTS:

- Life Literacy and Numeracy
- Skill Development
- Blended Learning
- Motor Development
- Aerobics
- Virtual Products Display Event
- Parent's Experience

# LIFE LITERACY AND LIFE NUMERACY

## Topic(s) I like the most:

In Academics – level 2, as a finale the students prepared a PowerPoint listing various activities they learned as part of life literacy and skill products. They were challenged to choose one activity they liked the most and explain the reason behind it. Students enthusiastically presented their presentations. This activity helped them recollect and talk about each topic and the activities that went along with it. The year ended with a fun “Connexions” game, where they had to guess the name of a food item.



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# LIFE LITERACY AND LIFE NUMERACY

The collage consists of six screenshots from Zoom meetings, each showing a student's presentation slide and a grid of other participants. The presentations are as follows:

- Topic 4 – Mock Conversation:**
  - Buying a new dress online
  - Buying shoes online
  - Compare physical and online shopping
  - Conversation at the grocery store
  - Conversation talking about weekend
  - Conversation talking about food
  - Conversation ordering snacks
  - Conversation at the restaurant
- Circle of Trust:**
  - Personal
  - Family
  - Friends & Extended family
  - Buddy
  - Acquaintance
  - Social helpers
  - Strangers
- CALENDER AND JOURNALING:**
  - Day, Date and important days
  - Recording/ Expression of Emotions
  - Days activities
  - Likes and Dislikes
  - To-do list.
- WHAT I LIKED MOST:**
  - POWERPOINT PRESENTATION
  - EVERYDAY CONVERSATION

I liked the above topics most because it helped me to express myself. The pictures and cue cards used, helped me to speak with ease, it helped to converse with my mother, teacher and friends.
- My favorite academics is maths worksheet. It has many different activities:**
  - We learnt comprehensions and mathematics
  - I enjoyed the following activities:
    - Maths shopping
    - Maths conversation
    - Maths table interaction
    - Planning for a trip
    - Cooking
    - Assignments
    - Journal
    - Preparing face of trust
  - Cooking and mock shopping were my favourite activity because I learnt to make banana milk shake and love to do shopping.
- BLENDED LEARNING CLASS:**
  - In blended learning group class, we created our favourite characters:
    - Designed clothes
    - Shoes
    - Prepared accessories
    - Designed hair
    - Facial expressions
    - I made Mickey and Minnie.
- Topic I liked the most:**
  - Food

**Why**

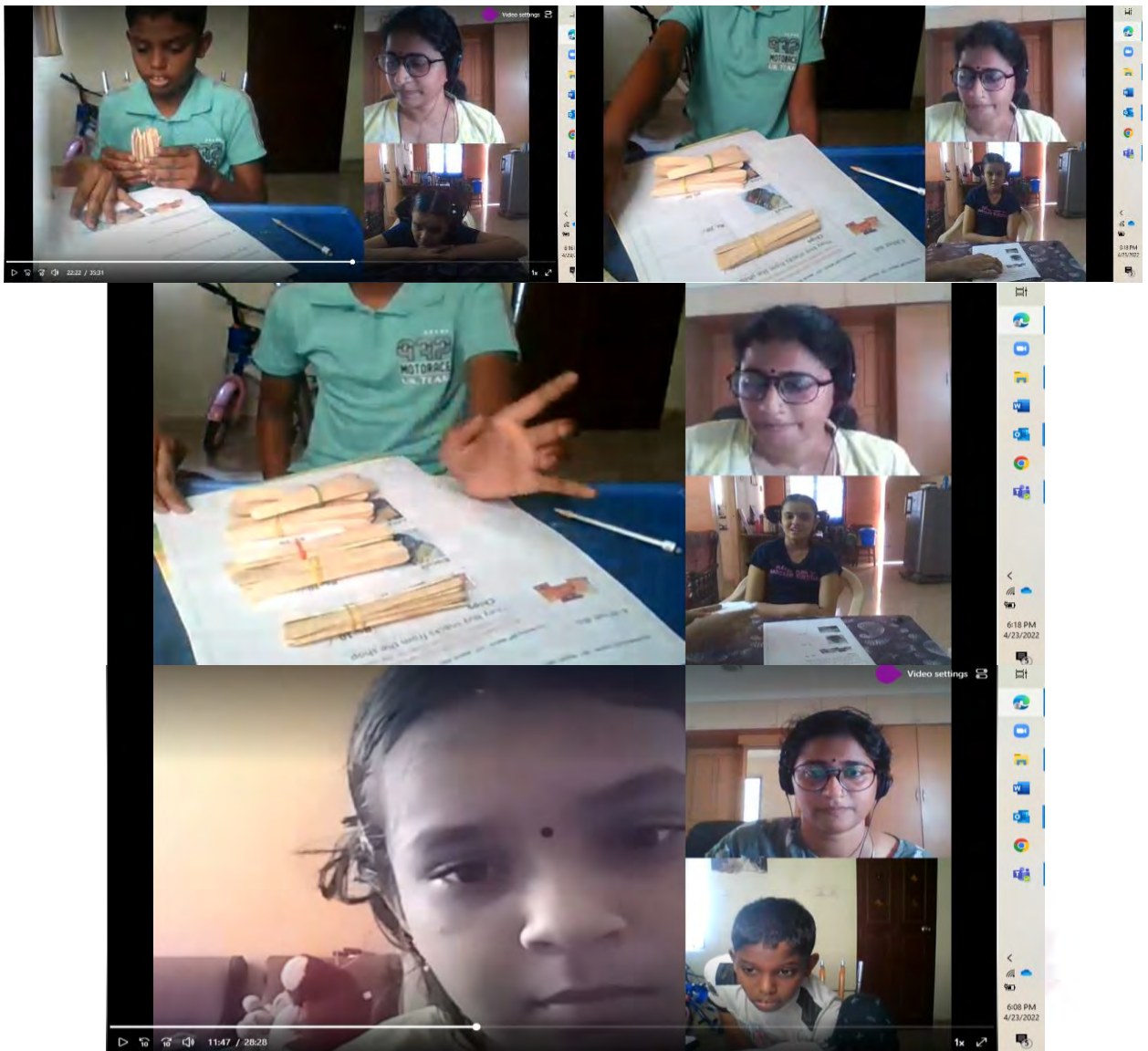
  - Came to know varieties of food
  - Cooked and enjoyed with family
  - Picture puzzles
- Character Formation:**
  - Choosing my favorite characters - Dora & Boots
  - Base coat
  - Making Dress & accessories
  - Making face expressions
  - Hair
  - Story telling using Dora & Boots
- My Favourite Topic is:**
  - Mock Conversation.
  - I liked the conversation in the restaurant.
  - I liked ordering my favourite food using cream centre menu and eating in the restaurant.

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# LIFE LITERACY AND LIFE NUMERACY

## Reinforcement and Revision:

April being the end of the academic year, the students revisited and revised the topics they have learned earlier with some twists and turns. The sessions were more interactive with picture and audio comprehension. Reinforcing the concept of quantifying/grouping the numbers, money, mapping and packing were some key areas covered. Students enjoyed the activities and were able to recall.





# SKILL DEVELOPMENT – PRODUCT – ECO TABLE MATS

The making of our Eco Mats started with simple newspaper slats we made as pre-skill training. From beginning with simple steps and then moving on to complex levels our learners took one step at a time. They finished the Eco Mats with borders to make them sturdy. They used adaptation, numbering and presentation skills to make this product beautiful.

## HOW THE PRODUCT EVOLVED FROM SIMPLE TO COMPLEX



Slats Making



Using Adaptation



Compiling



Finishing



End Products



## ECO – TABLE MATS



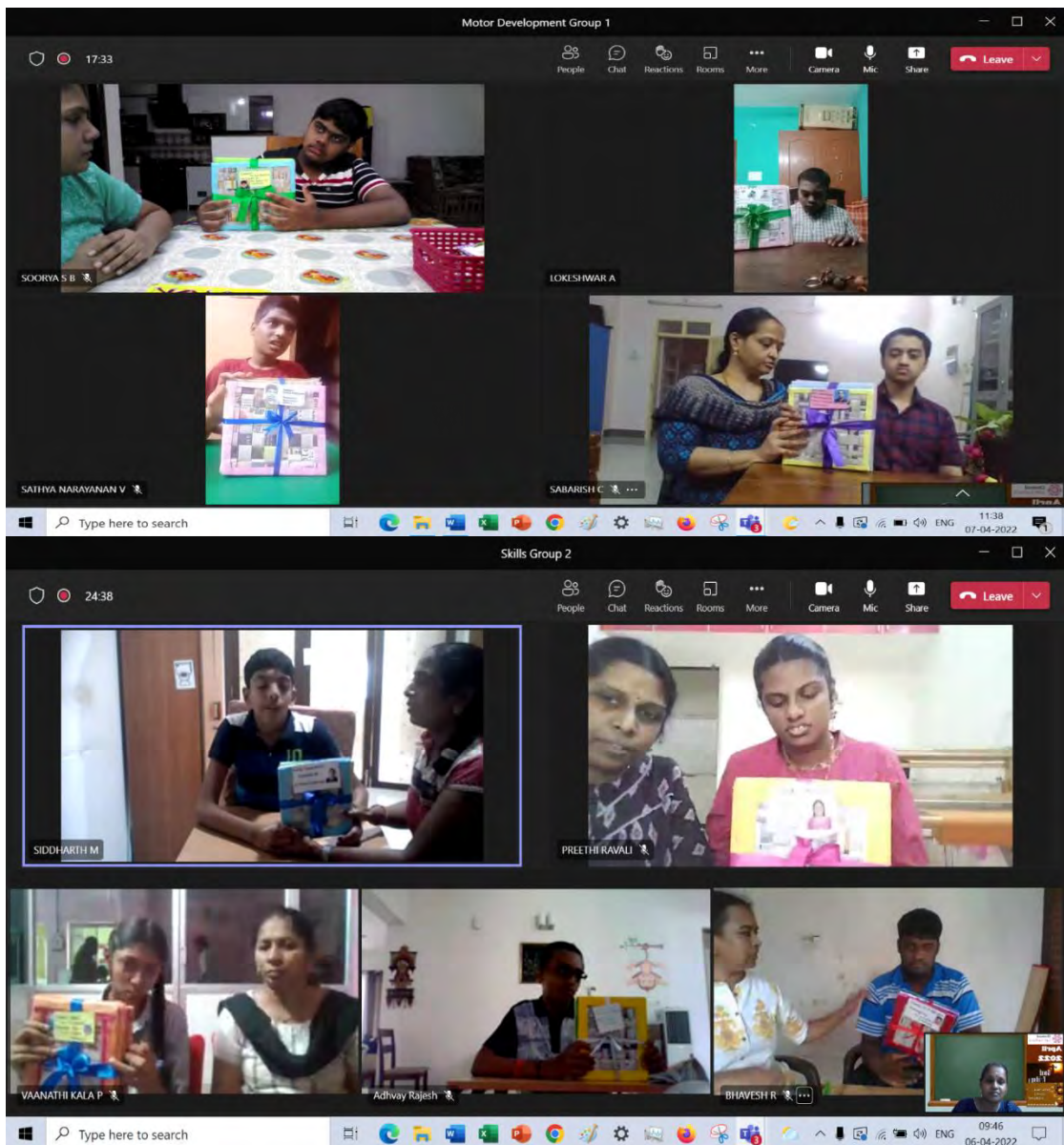
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# SKILL DEVELOPMENT – PRODUCT – ECO TABLE MATS

## USES OF THE PRODUCT

- Table Mats
- Heat Pads
- Place Mats
- Coasters
- Door Mats
- Decorative Mats
- Tray Base





# SKILL DEVELOPMENT – PRODUCT – ECO-POT HANGINGS USING BRAIDS

At the beginning of the academic year, students started to braid using colourful tinsels. Once they learned the art of braiding, they were introduced to braiding using ropes. Then the students customized rope braids along with colourful eco-beads, to come up with a beautiful eco-friendly pot hanging.



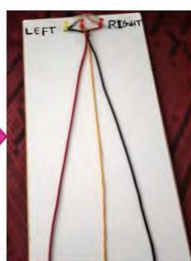
## BRAIDING



## HOW THE PRODUCT EVOLVED...



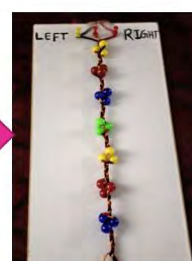
**Using  
Tinsels**



**Using  
Rope**



**Rope  
Braid**



**Rope Braid  
with Beads**



**End  
Product**

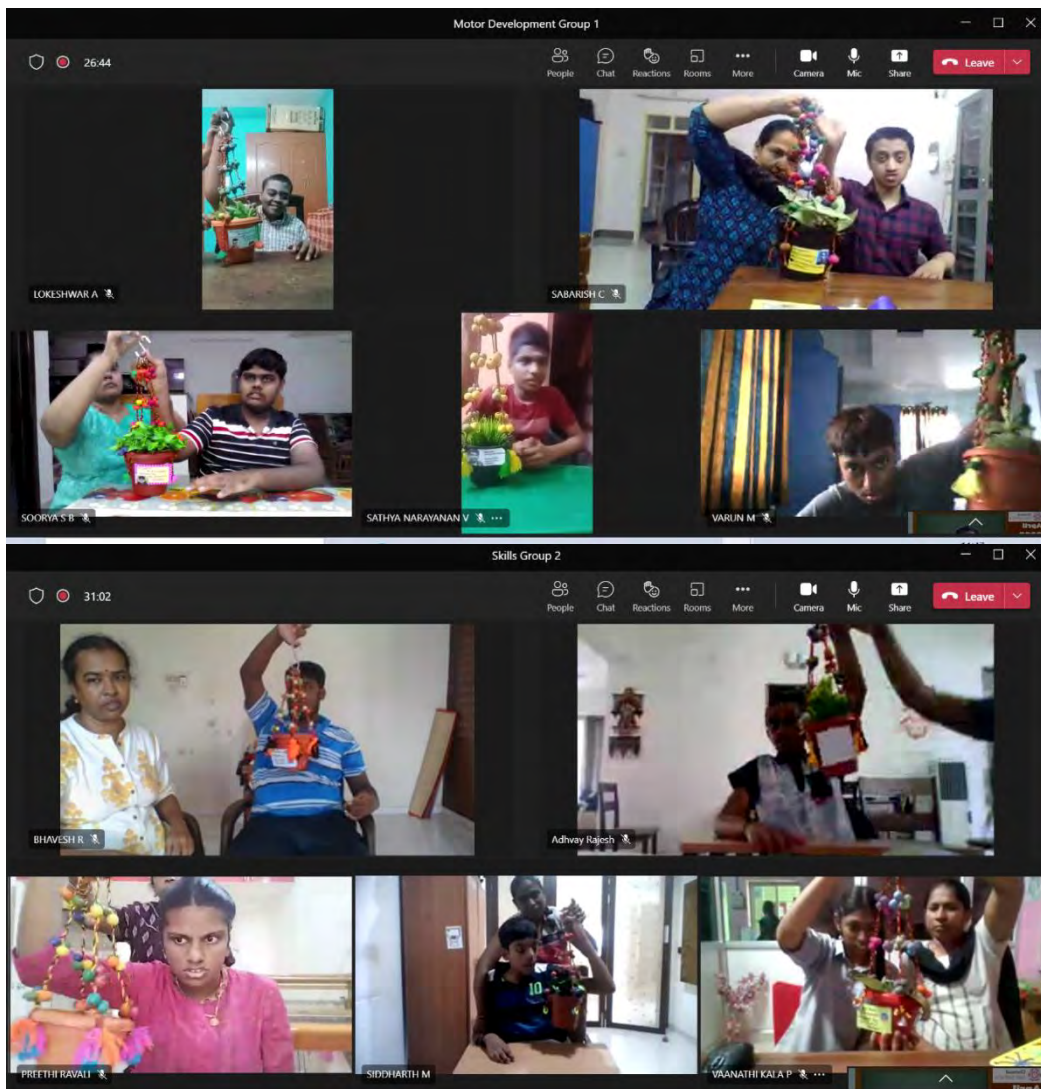
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# SKILL DEVELOPMENT – PRODUCT – ECO-POT HANGINGS USING BRAIDS

## USES OF BRAIDS

- Hair Styles
- Wrist Bands
- Hair Bands
- Art and Craft Work
- Interior Decorative Products



# BLENDDED LEARNING – STORY CREATION

In blended learning sessions, our students at Chettinad - Sath Sadhana created characters of their choice. After completion, the characters were assembled on a pebble path that they had created as a pre-skill in the last academic year.

Students were encouraged to create a story about the character they designed. Teachers brought out their story-creating skills by probing them with 'Wh' questions. With parent-teacher support, our students visualized the story and articulated it admirably.



## BLENDDED LEARNING



## HOW THE PRODUCT EVOLVED...



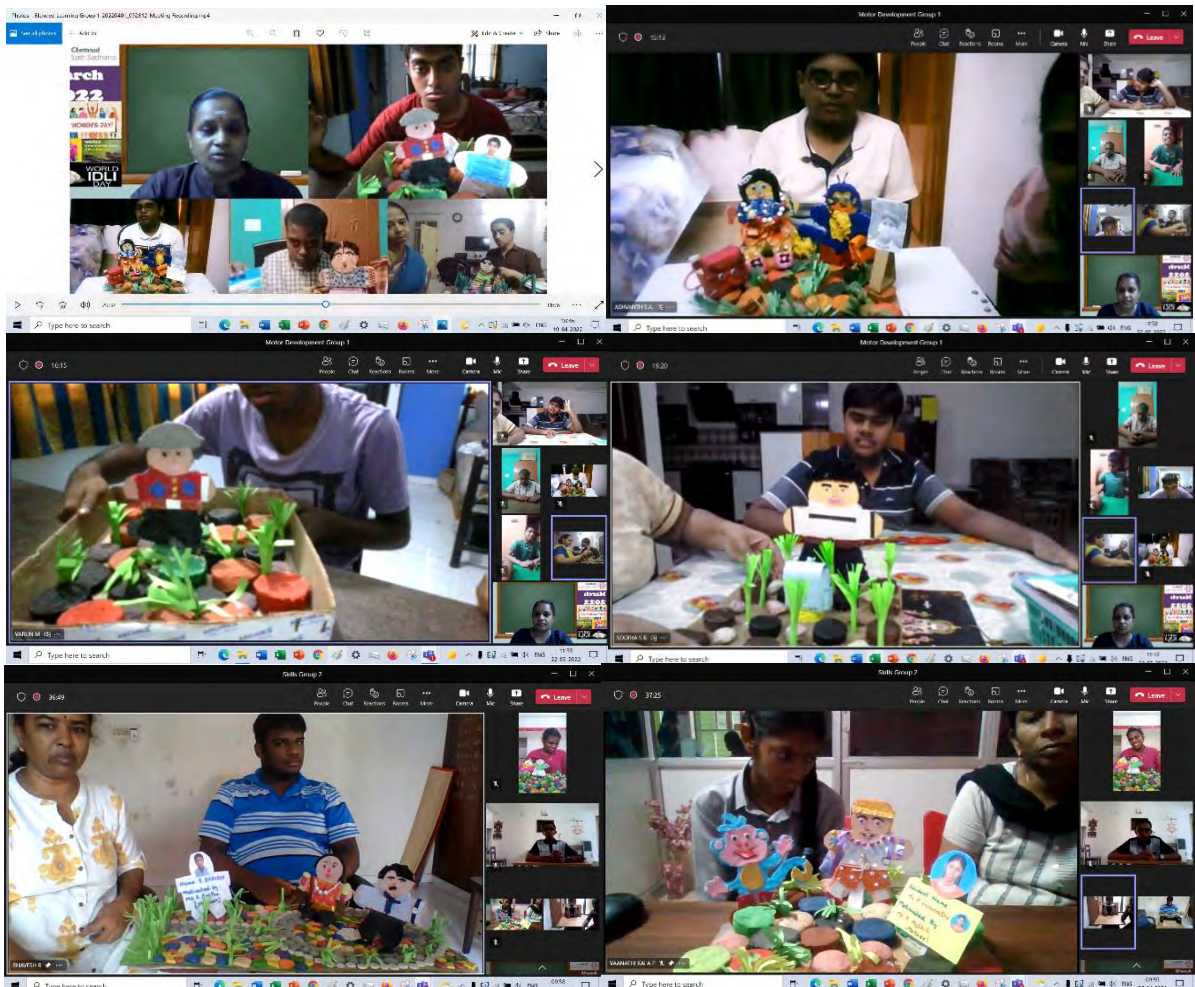
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# BLENDED LEARNING – STORY CREATION

## USES OF THE PRODUCT

- Improving the Creative Skills
- Fine Tuning all the Senses
- Enjoying to Learn
- Self Motivation
- Supporting Total Development



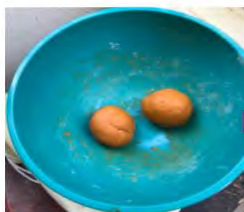
# SKILL/MOTOR DEVELOPMENT – PRODUCT - ECO BEADS & MAKING OF CHIME OR WALLHANGING

Making chimes and wall-hanging started with eco-beads. Our learners used the dough made out of maida, glue, water, and a few drops of acrylic colours. The student rolled the dough into a rope, measured and cut it into pieces. Rolled the pieces into a ball, inserted a stick to make beads.

They chose a design from the internet for making chimes and wall hangings. They took the loose beads and strung the beads into the desired pattern to arrive at these beautiful and unique products.



## HOW THE PRODUCT EVOLVED...



**Raw material getting ready**



**Rolling and Measuring to Size**



**Making Beads**



## ECO – BEADS



Continued....





# SKILL/MOTOR DEVELOPMENT – PRODUCT - ECO BEADS & MAKING OF CHIME OR WALLHANGING



## HOW THE PRODUCT EVOLVED...



Loose Beads



Stringing



Product Formation



End Product

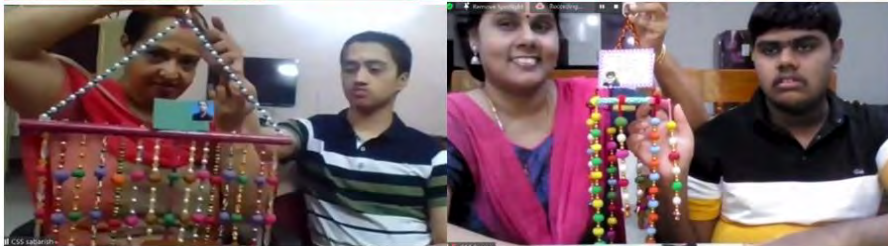
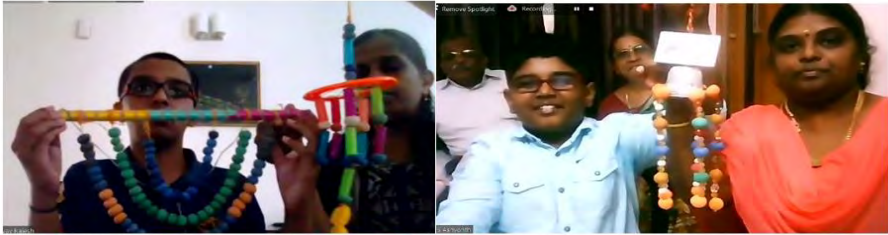
## CHIMES / WALL HANGINGS MADE OUT OF ECO-BEAD



## USES OF ECO-BEADS

- Chimes
- Jewellery
- Key Chains
- Purse
- Bag Handles
- Wall Hangings
- Fidget Gadgets

# SKILL/MOTOR DEVELOPMENT – PRODUCT - ECO BEADS & MAKING OF CHIME OR WALLHANGING





# SKILL/MOTOR DEVELOPMENT – PRODUCT – LACING & STITCHING

Lacing and Stitching at Chettinad - Sath Sadhana as part of Skill and Motor development. At the beginning of the academic year, our students learned common stitches like Hemming and Tacking using laces. Slowly they shifted to Hemming and Tacking using wool yarns. Over time, they have been introduced to slightly forward points like the Cross stitch and the Star stitch to create star stitch patterns.

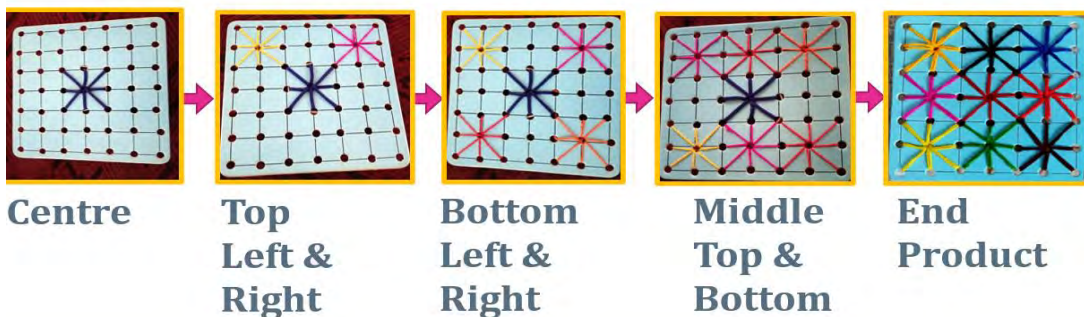


## LACING & STITCHING

- Hemming
- Tacking
- Cross Stitch
- Star Stitch



## HOW THE PRODUCT EVOLVED...



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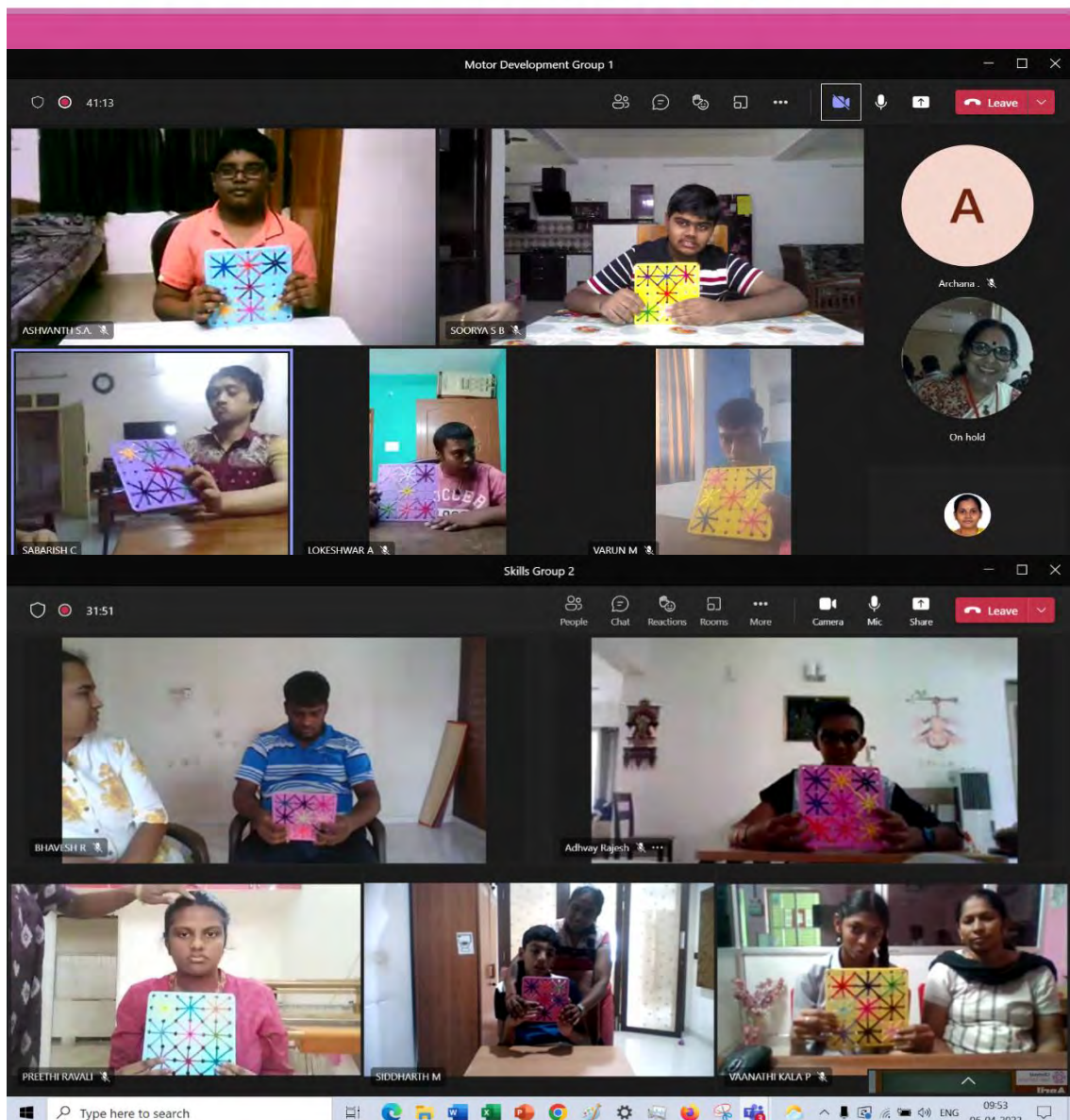


# SKILL/MOTOR DEVELOPMENT – PRODUCT – LACING & STITCHING



## USES OF THE PRODUCT

- Fabric Designs
- Variations in Designs
- Gift Articles
- Home based employment opportunities
- Handmade Motifs for applique work





## PHYSICAL DEVELOPMENT - AEROBICS

Aerobics is a great avenue for physical activity which can impact the learners' cognitive skills, attitudes, and academic behaviour - the important elements of improved academic performance. It also enhances concentration and attention as well as improved classroom behaviour. Students at Chettinad - Sath Sadhana were introduced to both upper body and lower body exercises as part of aerobics.



## AEROBICS

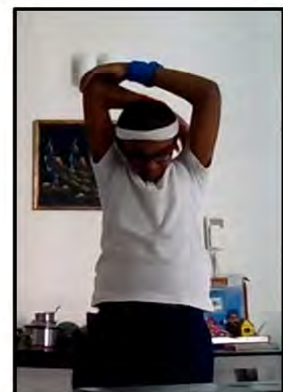


**Physical  
Development**



## BENEFITS OF UPPER BODY EXERCISES Chettinad Sath Sadhana

- Improves Posture
- Good Stamina
- Better Cardiac Function
- Promotes general feeling of Well-being
- Improves Metabolism



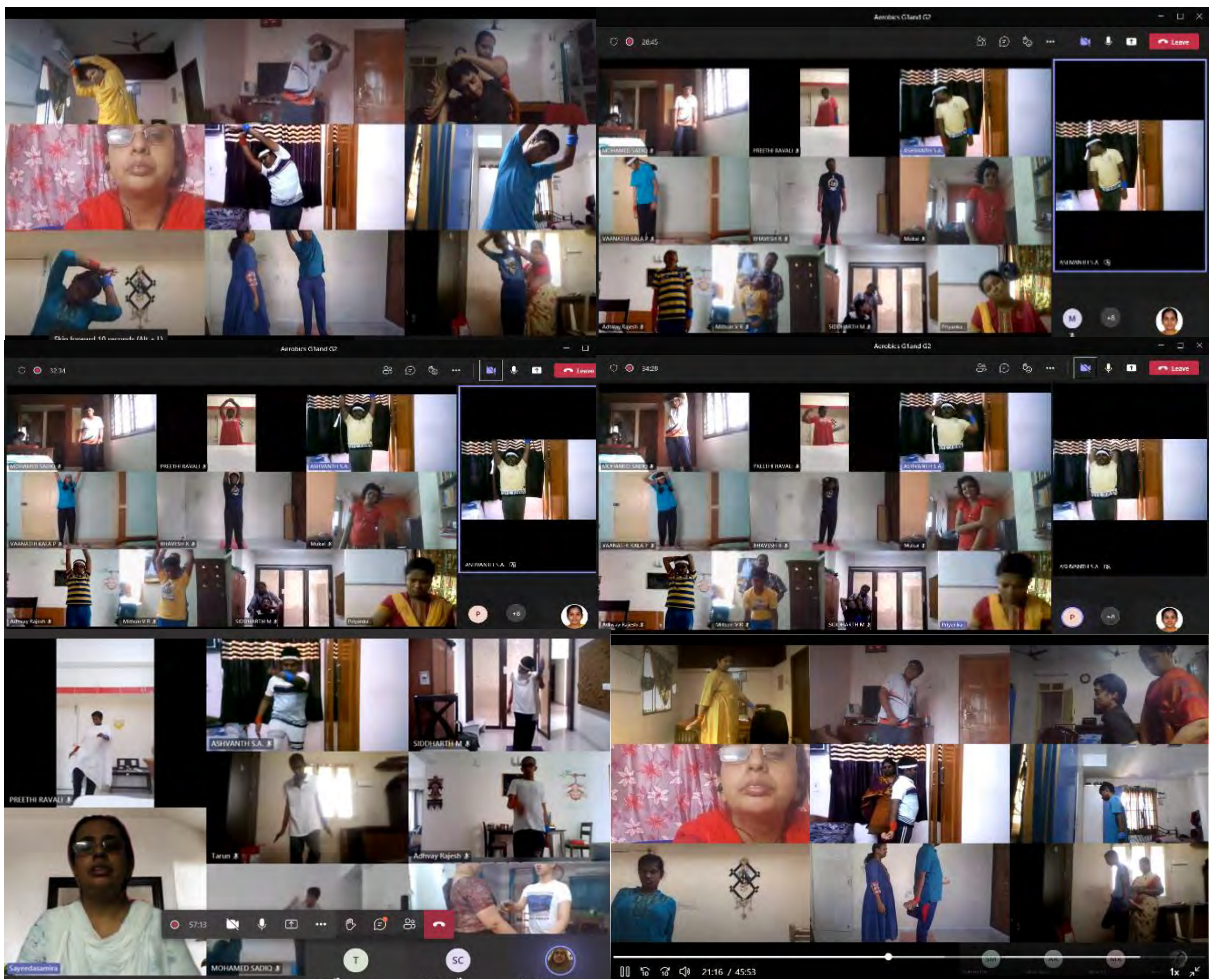
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# PHYSICAL DEVELOPMENT - AEROBICS

## BENEFITS OF LOWER BODY EXERCISES



- Midline Crossing
- Enhance Mobility
- Stimulates your Immune System
- Healthy Joints
- Involvement in Sports

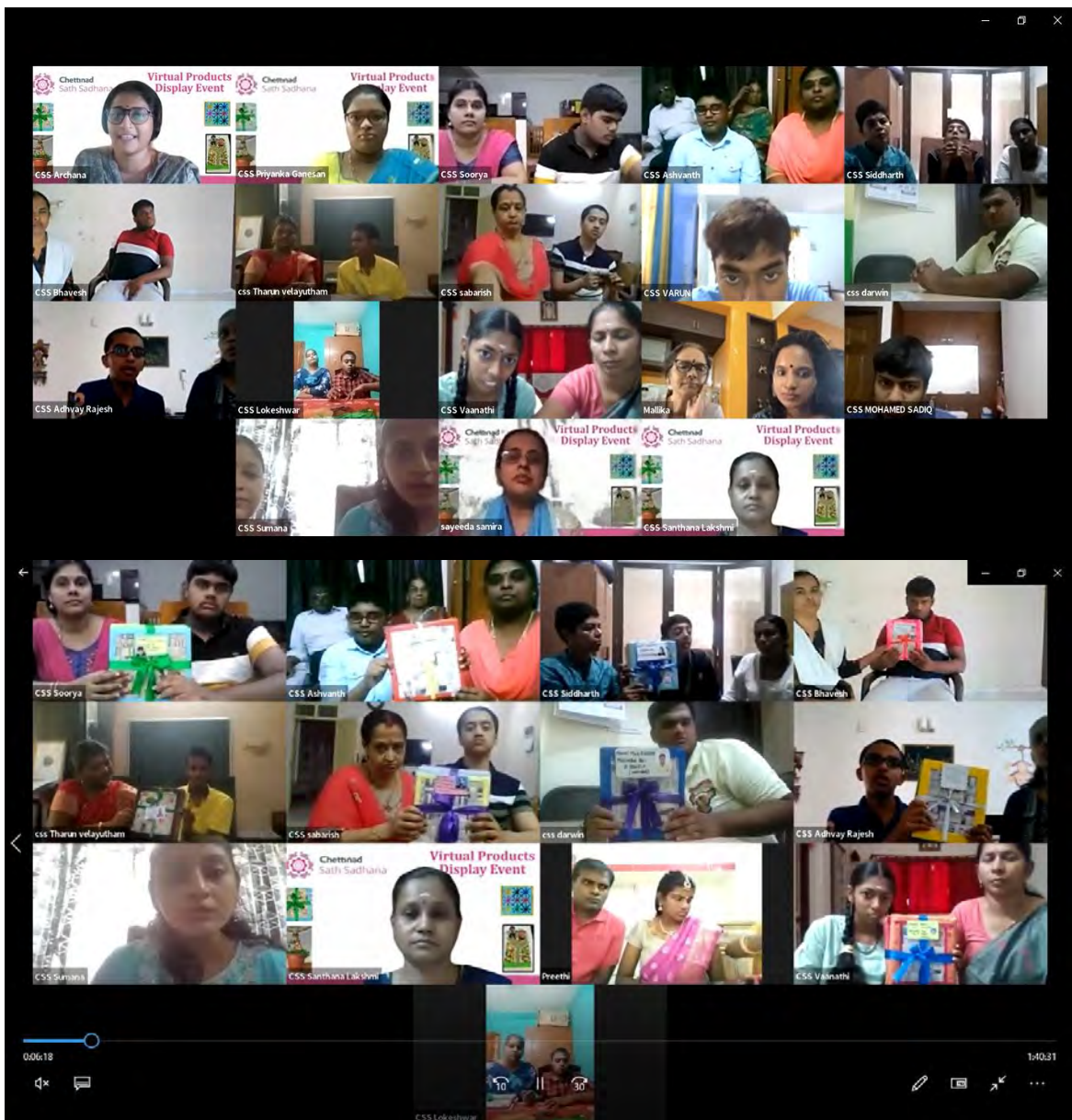




# VIRTUAL PRODUCTS DISPLAY EVENT

It was a proud moment for Sath Sadhana as our students with teachers' guidance and parents' support showcased their products which are the result of their hard work and creativity.

Students at Sath sadhana have been exposed to many skills during this academic year (2021-2022) through online training like Matting, Bead making, Braiding, Lacing, Blended learning and Aerobics. Students' story narration along with the character that they made was commendable. This product is useful to be more creative. It fine-tunes all the senses and shows the enjoyment in the process of learning.

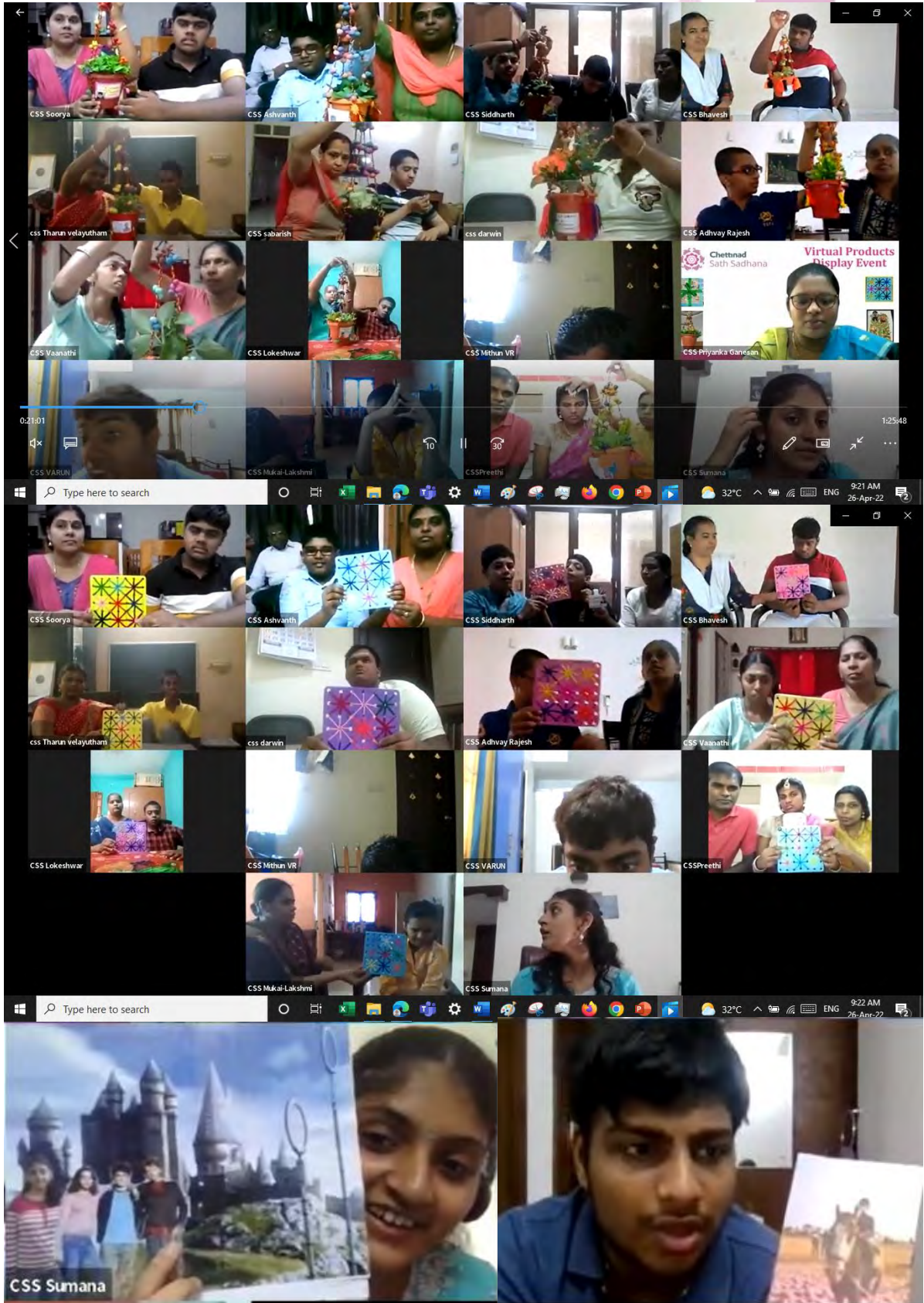


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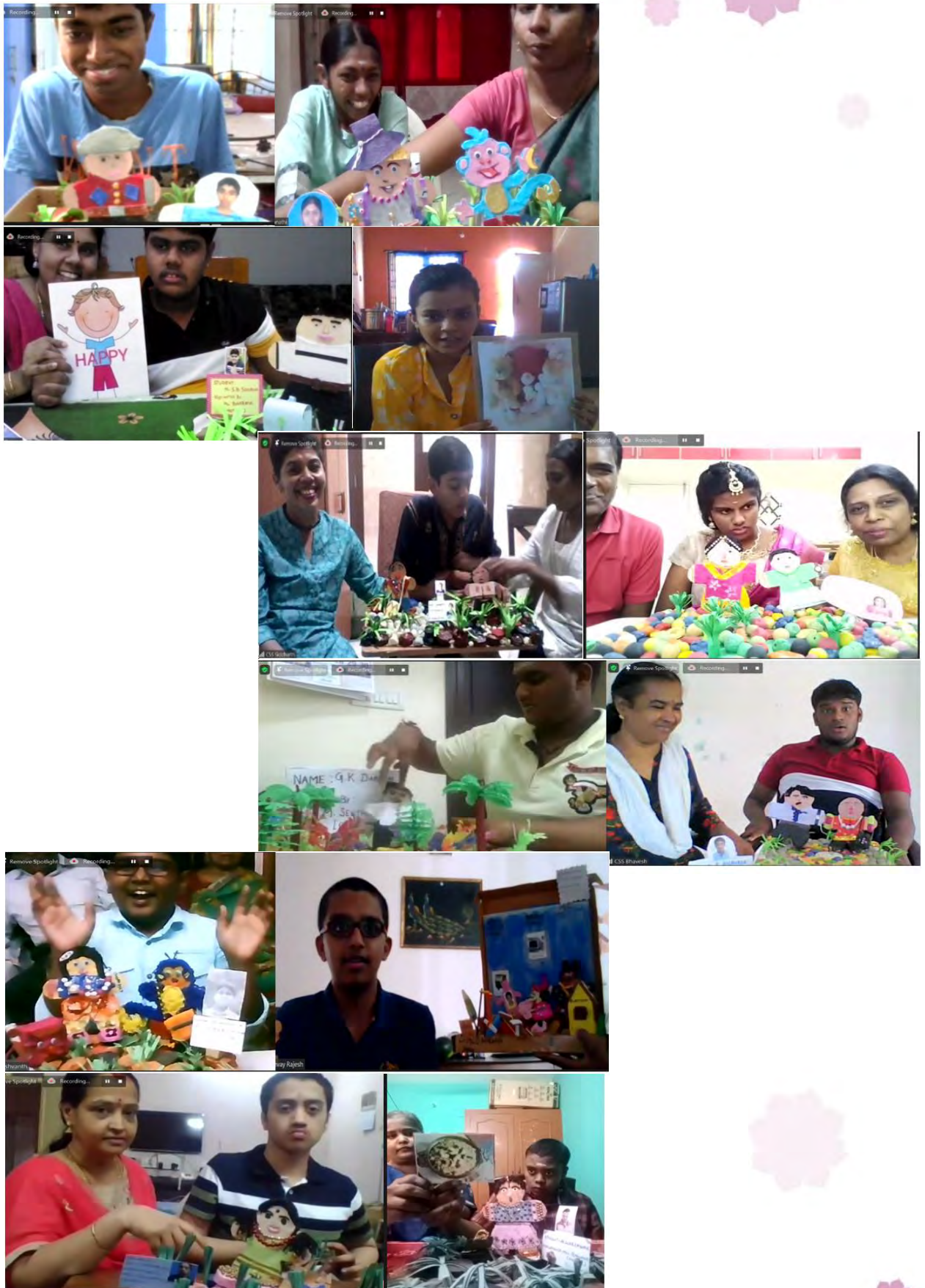
# VIRTUAL PRODUCTS DISPLAY EVENT



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# VIRTUAL PRODUCTS DISPLAY EVENT



## PARENT'S EXPERIENCE

**Ms. Indu, Varun's mother:** For the past 2 years, we all had a different journey. Team Sath Sadhana brought a nice structure with a different activity each day. Started as a simple paper slat, braiding, stitching using cardboard shapes - the activities, though simple, were quite engaging. Each activity imparted an essential skill. Academics sessions were very interesting with graded learning. Money and time were given a lot of focus. The difficulty level was gradually increased without any pressure. So many daily life topics were covered, and Presentations gave a lot of confidence. After about 5 classes, students understood the activity and their confidence levels improved. Kudos to the Academics and Skills team - the curiosity of what this blended learning and other activities are leading to, kept all of us going. All the activities matured into nice products. My heartfelt gratitude to the entire team for their dedication and commitment.




**Ms. Padmaja-Sidharth's mother:** "we would like to express our gratitude to all the acharyas for managing the online session fairly well and taking a keen interest in every child and having frequent interactions with the parents. Sidharth has benefited well overall this year thanks to the acharyas and management.

Sidharth was able to practice and do the activities independently and also shown very good improvement in sight-reading. All the credits go to Acharyas who are God-gifted. Aerobics has improved Sidharth's spine and walking capability. thank you".

**Ms. Rupa - Ashvanth's Mother:** We are connected with Chettinad Sath Sadhana School for the past 5 years. The past two years of online learning have been a great experience. The teaching methods are great, very clear and concise. The manner of teaching is wonderful and refreshing!! The teachers are patient and supportive, know how to motivate the student, and engage them in a variety of activities that improves their conversation, reading, thinking and writing skills. I personally liked the academics and blended learning sessions. My son enjoys each and every session. He is doing his work himself with minimal support. He is much more disciplined in doing his work now a day. He can get ready for class on time. Connect to the TEAMS by himself, completes all the school work and submit it on time.

As a parent, I am expecting the same good work to continue in the physical school. I know you all are amazing at what you do! Your passion and dedication are beyond words! Thank you so much once again.





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 soon.

Meet you all again, in the next academic year, with the latest updates and news from Sath Sadhana!

Till then,  
Take care and stay safe and stay positive!

Cheers and All the best!  
***Chettinad-Sath Sadhana Team***



**Chettinad**  
Sath Sadhana

**Chettinad - Sath Sadhana**

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