



Dear Students and Parents,

February has been a short but productive month for the students and facilitators. After many breaks in the previous months, routine and structure was restored.

The highlight of this month is, Academic students explored the different dimensions of health and safety, they worked extensively to understand their emotional health which prominently changes the way they deal with their day-to-day life. The parents understood the importance of the topic and supported us phenomenally!

The younger group worked with health and safety too, but the aspect was more towards self- regulation and self-control in their day-to-day activities.

The skills team are rounding up on all their efforts, fine tuning their work and will very soon see creative products of the consistent effort put by them in the last year.

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

- Student Corner
- AIMS Multimedia
- Co-curricular activities at Sath Sadhana
- Learning corner

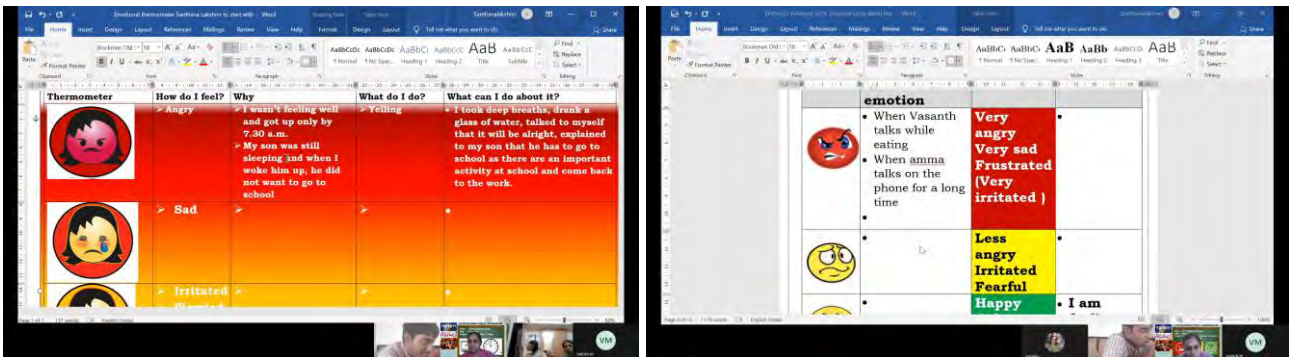
LIFE LITERACY AND LIFE NUMERACY

The month of February focussed on restoration of routine after lot of breaks!

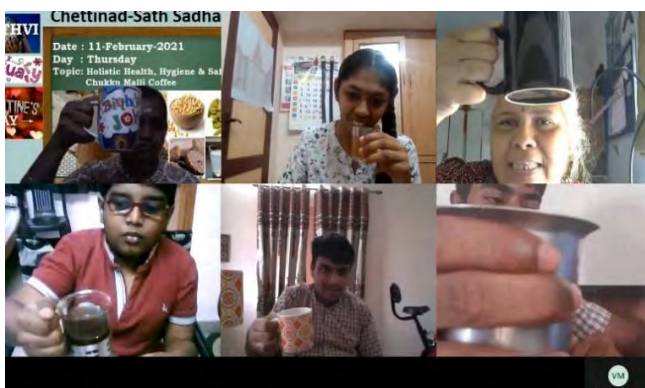
The students continue to work on the topic “Holistic health, Hygiene and Safety.” After exploring the importance of physical health and healthy diet and the significance of Indian festivals in relation to health, the students have moved on to work on Emotional Health and home remedies that could help them feel much better and to nurture their health.

An emotional thermometer or a feelings thermometer is an essential tool that helps students to assess a situation, building self-awareness and self-management and mainly connecting to their thoughts, feelings and actions.

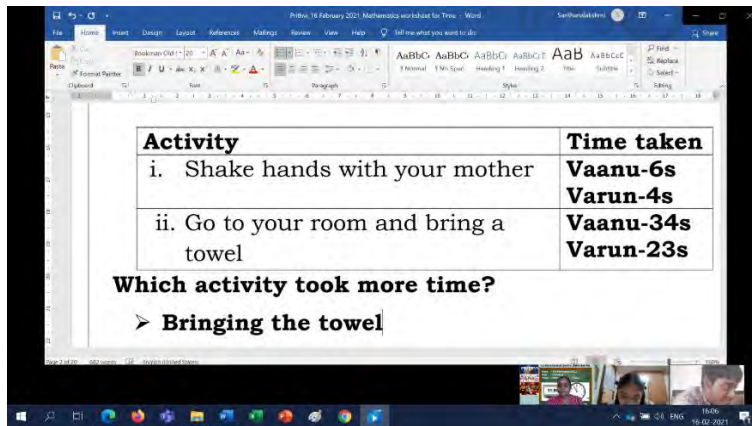
Students at Sath Sadhana have begun discovering their personal emotional thermometer through the lenses of a model thermometer of their teacher/parent.



The students also enjoyed their combined classes to understand the preparation of age-old home remedies like Chukku malli coffee or ginger tea when they have a cold. The students were also encouraged to make their own remedies at home with the parent’s help and they came up with such variety.



As part of math, the students are exploring the concept of time by working on passing time. Students have started to time simple activities and classify them into short and long duration. They have also started to time their day-to-day activities, which they will later use to complete it within a specified time using a timer by themselves.



The younger students, have been exposed to emotional health in the form of expressing feelings and emotions, physical health in the form of expressing pain and learning relevant home remedies.

The student worked on a personalized chart that would help him express and understand his feelings. They also worked on few mindfulness activities like “blowing the candle: to understand breathing patterns and Mandala activities with items from home. The student enjoyed this thoroughly and calmed him a lot.



SKILLS

Blended Learning is a novel form of learning which combines the online and offline mode of learning such that they complement each other to benefit the student's overall development. This method focusses on supplementing the existing process and has transformed the learning process.

The project-based learning method at Sath Sadhana is a fine example of blended learning which uses online mode of access to the complete course, face to face interaction and collaboration to learn skills, design and generate project-based products.

As the students move from one step to the other, they acquire knowledge about understanding patterns, copying patterns to produce exactly similar images and space management skills.

The concept of space is being facilitated by moving from a single large structure to gradually many smaller structures in symmetry.

Learning literacy and numeracy in skills is aligned to the skill itself, which becomes a constant reminder for repetition through the process.



STUDENT'S CORNER

HOME REMEDIES BY STUDENTS

A student at Sath Sadhana making ginger tea for himself and his family as part of the concept home remedies for good health.



Another student, making jeera water to help his irritable tummy to become better.



Self- Learning is an important skill for our young mind during their journey towards adulthood. Traditional learning through instructions from the facilitator forms the base of the learning process at school but working out answer or solving problems by themselves is the essence of learning.

This is the essence that we would like to transfer to our young minds at Sath Sadhana.

It is not only rewarding, it also makes the learning more relevant and equips the individual to build independence and confidence in their ability to progress.

MULTIMEDIA

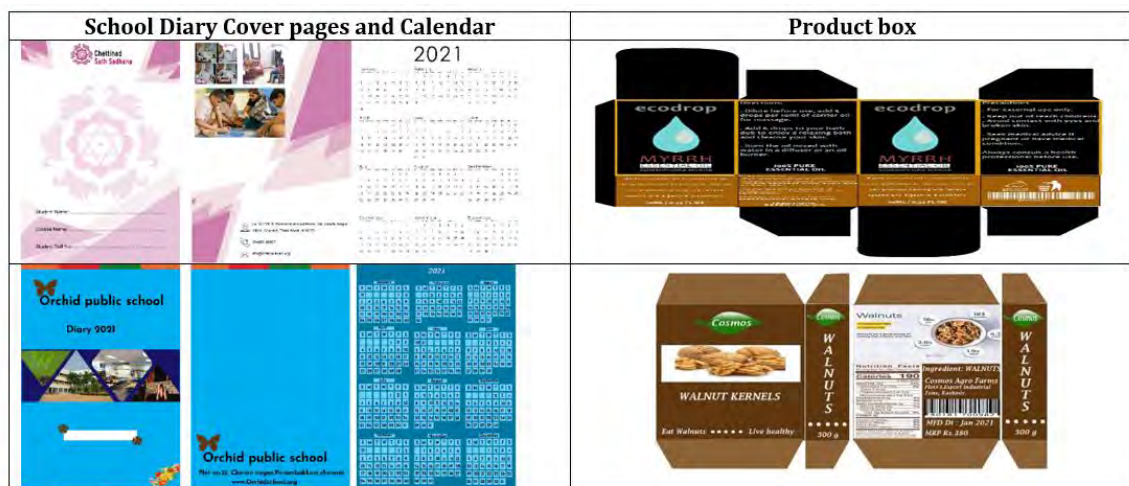
Level 1 (LBAEMP)

The students are continuing to work on the Adobe premier software and are exploring different skills like trimming, splitting, merging, editing, adding text to audio and video files and stop motion animation with transition effects.



Level 2 (PBAEMP)

The students are successfully working on the topic Print Media Designing: Gifts & Packaging. They have designed school diary with calendar page and Product box. Currently they are learning to design Marketing Collateral – Menu cards, Sign Boards, Hoardings, Outdoor Advertisements, Flex Boards, Dangers, Buntings, etc.



CO-CURRICULAR ACTIVITIES AT SATH SADHANA

DANCE



The goal while dancing besides having fun is also to engage and explore movement through music. The foundation of this art is to make one feel confident and successful at what they love to do. Relating to movements in this class helps them to understand concepts like space, direction, rhythm which is the foundation of any life skill. The effect of movement is not only physical but is cognitive too.

P.E AND YOGA

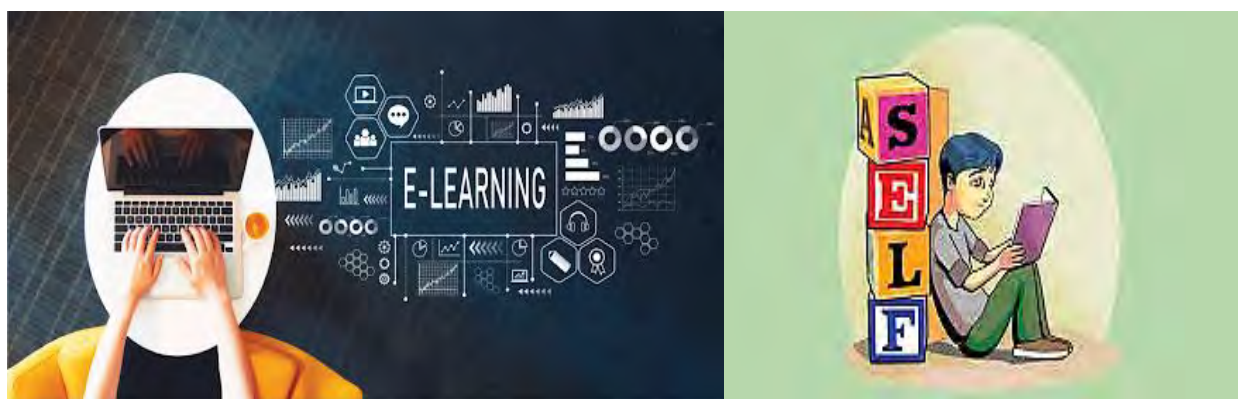


The elasticity or plasticity of the brain and cognitive functioning are said to significantly improve through physical activity. Just 30 minutes of physical activity every day is said to improve the plasticity of the brain and in turn have positive effects on motor-skill coordination. Constructive physical activity for even 10 minutes is said to have significant effects on one's problem solving, performance and overall confidence.

LEARNING CORNER

LEARNING IS LIFE...EXPLORATION IS LIFE!

Learning is abundant in individual who have aspirations, who are curious, self-aware and sensitive to others. Effective learners will break barriers, compete with disequilibrium, always be on the look-out for new opportunities and make time to acquire knowledge to fine tune their capabilities amidst existing responsibilities. None of the above is easy or convenient.



Self-directed learning in students requires flexibility and well thought through delivery of concepts. For this, it is important to understand the learner's interest and preferences and integrating both individual and virtual learning which is in other words called blended learning method and techniques.

Self-learning will go a long way for a student through their journey through adulthood. Encouraging students to assess their own work will help them understand of their abilities, interests and also where they need to put in more effort. This will help them gain confidence and self-motivation too.

This form of learning requires a triangular fold approach, where the facilitator introduces the learning, in-turn the parent of the student reinforces the same at home and finally the student initiates his or her learning with the help of books, articles and the internet to become a self-learner.

This method of learning helps in nurturing one's independence, developing strong self-learning skills which help them derive the necessary skills to cope with the ever-changing world.

LEARNING CORNER



MOVING INTO ADULTHOOD

Growing up means taking responsibilities and becoming much more independent. Even if our adults with differential abilities may mature slowly, they do learn to take ownership of their self and develop new strengths and abilities. This happens with proper guidance and love from people that surround them.

Strategies that could help one coping with various issues related to their abilities are as below

Self-Learning:

- ❖ Making choices about your personal day to day routine, social situations, home and work environment which one would have not wondered about as a child and merely followed an adult for arrangements of any kind
- ❖ Developing self-regulation in order to manage day to day activities like dressing, eating, sleeping etc. This includes developing control to tolerate occasional discomfort for desirable outcomes later.
- ❖ Accepting yourself the way you are! Take ownership of who you are!
- ❖ Constantly working on communicating to others, making basic conversations and maintaining friends
- ❖ Become passionate about what you want to do, fight for it and strive for it!
- ❖ Practicing consistently to achieve goals
- ❖ Being mindful of others

Adult Support:

- ❖ Aware, attentive and support to help them cope with their difficulties and problem solving!

SOMETHING PRETTY SPECIAL

SPD is not a disorder to me anymore. A child can be successful when given understanding, encouragement, and most of all, love. Parents need to know the ability to cope with SPD can form a child into something pretty special.


- Annette Himmelreich

NOT AFRAID ANYMORE TO STAND OUT

By the time I was a senior in high school, I realized what a gift SPD could be. . I could see that this thing, which at the time I had no name for, had actually made me a stronger person and more firm in my belief of who I was and what I stood for. . I had learned to advocate for myself. I still had some years before I felt completely comfortable doing it, but I learned how to stand on my own two feet.

- Ember Walker





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.

Till then stay safe and stay positive!

Cheers and All the best!
Chettinad-Sath Sadhana Team



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