



## **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:**  
**Travel planning**
- **Skill Development: Simple to  
Complex activities**
- **Children's day celebration**
- **AIMS Multimedia**

- **Student Corner**
- **Teacher's corner**
- **Co-curricular activities at  
Sath Sadhana**
- **Learning corner**

Dear Students and Parents,

The students have just finished their explorations through Transportation and Travel. Now they have moved on to learn about the different people, jobs and their lives. The acharyas' wish to give the students the experience of knowing other people's job and lives virtually. They plan to conduct live interviews, show pre-recorded videos of various community helpers in our day to day lives to give some insight on the different sort of jobs being done which may not be known to our students.

In Skills, the students are becoming much more efficient and in charge of their work. They are slowly being prepared for the set up which may be daunting and overwhelming for them at first. Our students are fast and adept learners! Regular physical exercise and yoga is being practiced to help structure their routine at home.

The highlights for this month is the Children's day celebrations. Students had some relief from the usual routine and interacted with the teachers through few fun-filled games and activities. Some of the students shared their talent through pre-recorded videos, creative art work, jewellery making skills etc.

Pragadeesh, our AIIMS multimedia student put his talent to design a magazine cover for the Autism Club of Ernakulam. Mirudhhula student of multimedia designed a Cancer Awareness Poster as part of a poster making competition conducted on "World Cancer day."

***Chettinad-Sath Sadhana Team***

# IN NOVEMBER

## In Life Literacy and Life Numeracy

As a grand finale to the Transportation and Travel topic, the students learnt to reserve train tickets, reserve a hotel and also send short message to their parents regarding their travel.

The corona pandemic may have stopped us from stepping out of the house but it did not stop the students from making virtual tour to Mysore, a train journey and explore much more during their travel journey.

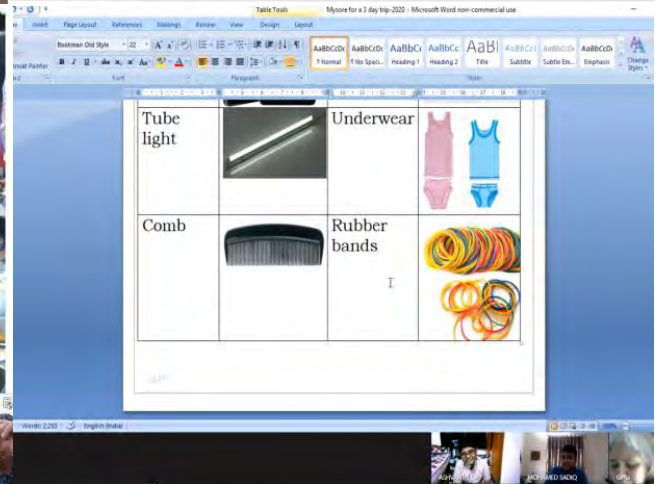


**From Mysore station to hotel:**

You have reached Mysore station.

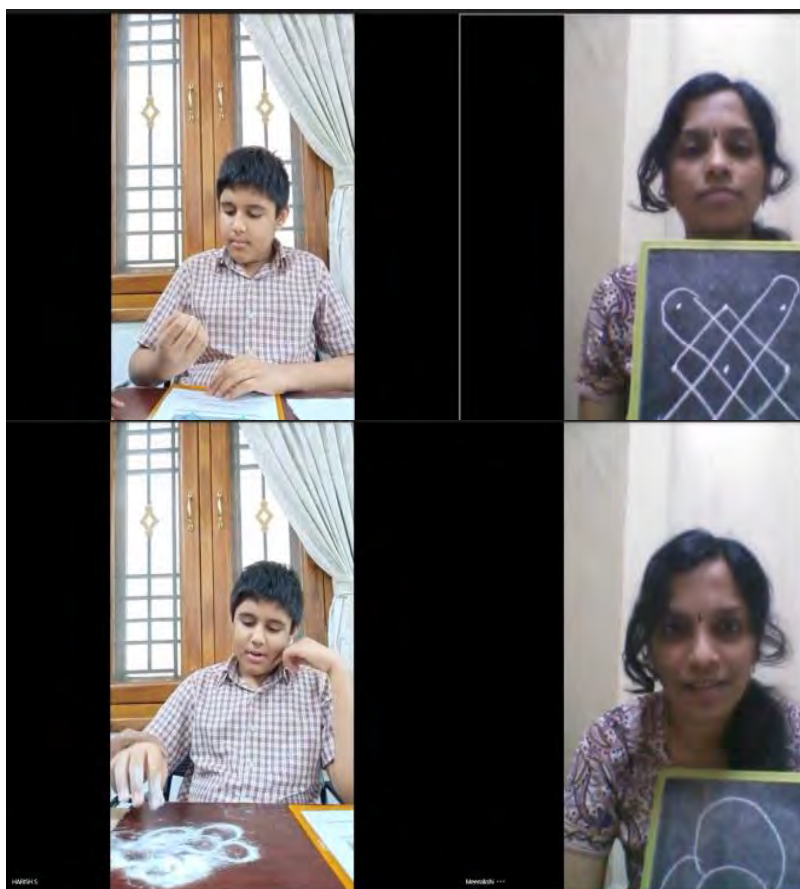


- a) Finally, you have reached Mysore. You send a message to your father. What does it say?





We at Sath Sadhana believe that learning has no boundaries, learning should transcend to one's day to day life. Learning should inspire the students to become aware, responsible and independent individuals in the community.



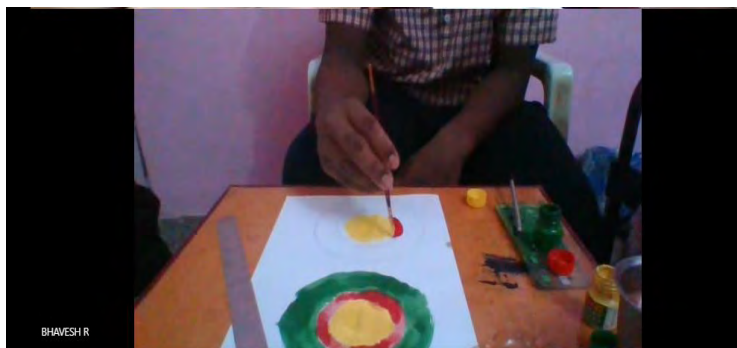
## IN SKILLS

Students of Sath Sadhana have shown tremendous commitment and growth in terms of skills during these virtual classes.

As much as they learn skills, the students are also made to understand the rules of life: being respectful, responsible, punctual, organized and most of all a self starter!

Students feel secure and confident when they have a structured and planned routine which also help them to cope up with stressful situations.

He/she feels much more competent and accomplished when the work assigned to them is specific and comparable. They work best when the final completed model is present to them before the activity begins.



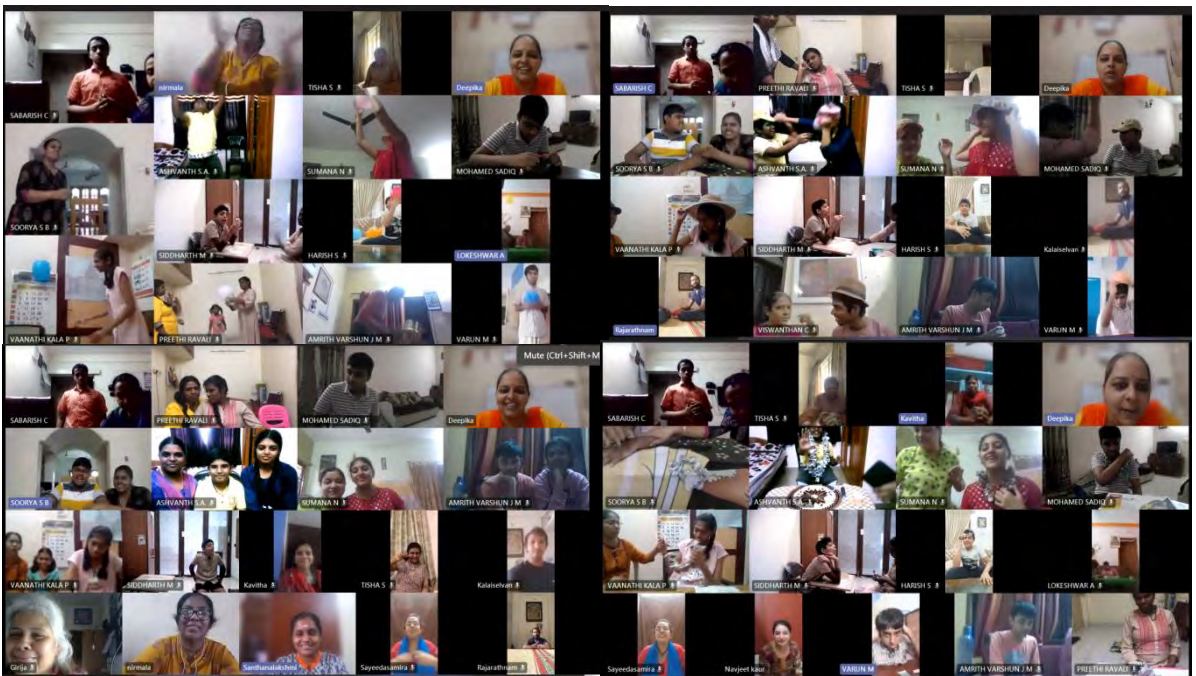
# Highlight

## CHILDREN'S DAY CELEBRATIONS

*Give our children roots..and give them wings to fly!*

“Children’s day gave us an opportunity to relax, enjoy and celebrate the joy of being with our wonderful students! Games and endless fun was the agenda for the day!

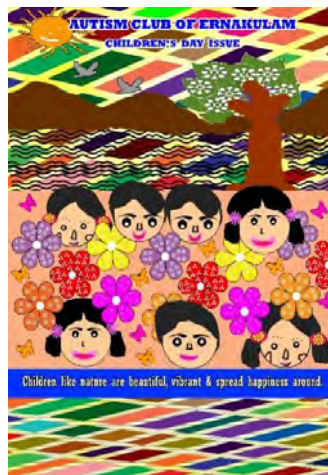
The teachers took turns to play very different games with limited items available at home. The students also shared recorded videos, art work and jewellery designs exhibiting their talent.



## STUDENT'S CORNER

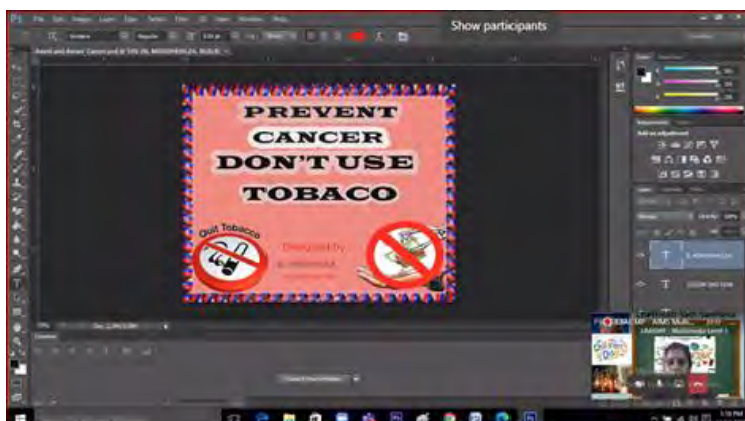
### Portrait of Pragadeesh's work in magazine cover of children's day issue-Autism club of Ernakulam

We are very proud to showcase special talent of our student Mr. Pragadeesh who has designed a magazine cover for the Children's day corner for the Autism club of Ernakulam using Photoshop. Pragadeesh is part of the Advanced level Multimedia course at Sath Sadhana. It gives us great pleasure to see our student applying the concepts they have learnt in and outside the classroom.



### Mirudhhula's Cancer Awareness Poster

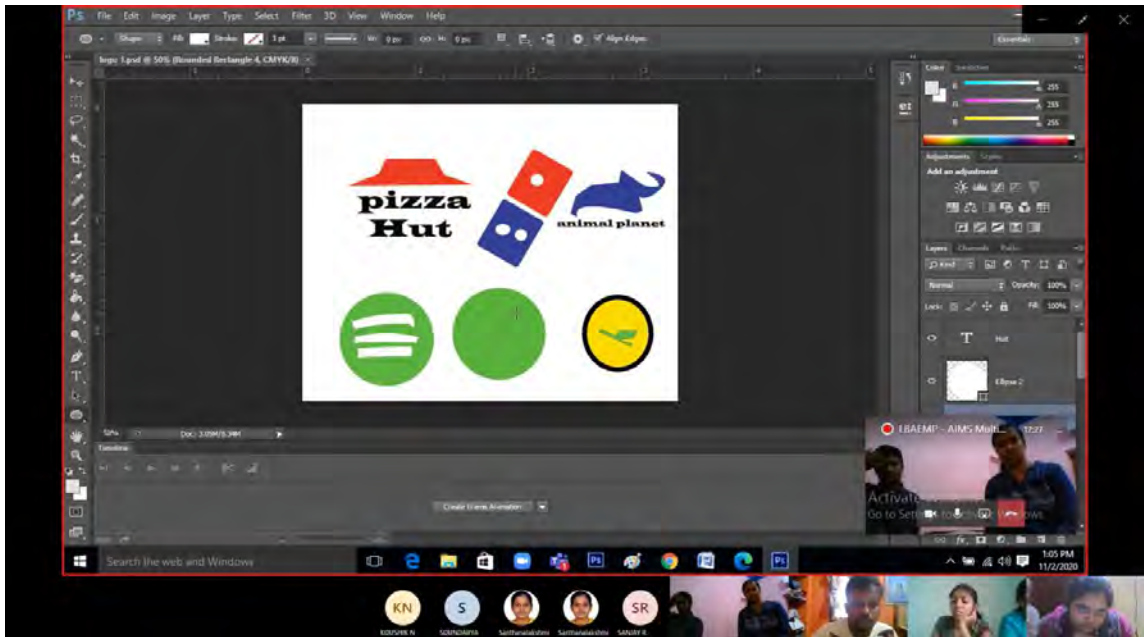
Students at Sath Sadhana being trained to design posters as part of their Multimedia sessions. This Cancer awareness poster was designed by Ms. Mirudhhula as part of a poster making competition conducted on "World Cancer day." She is part of our Basic level of the Multimedia course available at Sath Sadhana! It is indeed a pleasure to see students applying concepts they learn during class sessions!



# AIMS MULTIMEDIA

**Multimedia level 1 (LBAEMP):** The students just entered the second trimester of learning Photoshop. The students after exploring various Photoshop tools and basic design, now are learning Vector design. Currently the students are learning to **design T-Shirts, Logos, Visiting cards and Menu cards.**

**Multimedia Level 1 students learning to design Logos:**



**Visiting cards designed by our Multimedia Level-1 students:**





## Menu cards designed by our Multimedia Level-1 students:

## T-Shirts designed by our Multimedia Level-1 students:



**Multimedia level 2 (PBAEMP):** The Multimedia level 2 students successfully completed their Assignment-12 on the Topic – **Printing and Packing: Design labelling for food items.** Currently they are learning to design Office stationaries – Visiting cards, ID cards, Letter heads, Envelopes and Brochures.

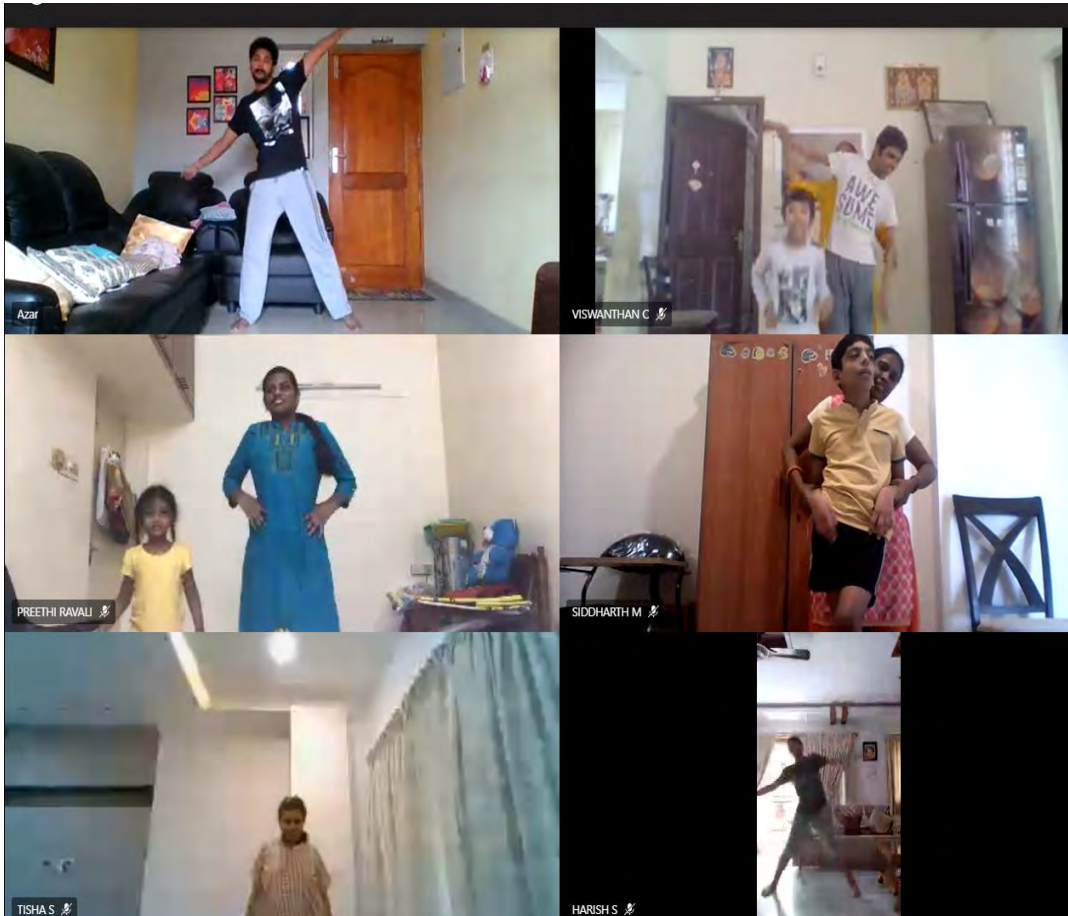
**Below are few of the works of Multimedia Level 2 students as part of Assignment-12:**



## CO-CURRICULAR ACTIVITIES AT SATH SADHANA

### DANCE

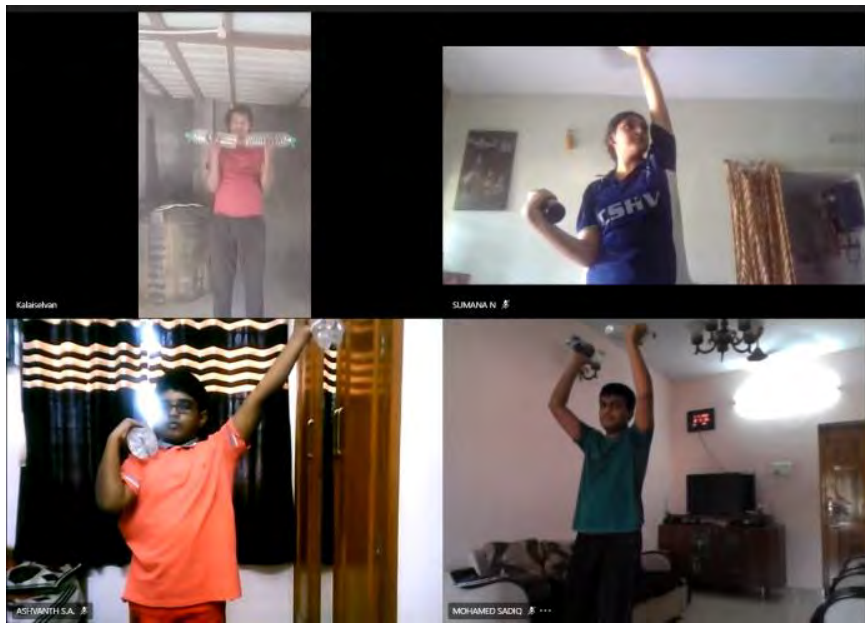
Dancing makes one feel younger. it gives a chance for the students to bond with their friends and gives them a sense of connection with the trainer. It helps them feel less conscious about themselves and loosens them up a bit too!





## PE AND YOGA

Strength training and flexibility training forms the core of Physical education. Regular exercise helps muscles to remain stronger and flexible. Warming up before exercises and stretching after a day's workout is quintessential. At Sath sadhana, we understand the student needs and also know that exercise can become monotonous at time. Thus, we always try to add certain elements to the routine to make it much more interesting to our students.



## LEARNING CORNER

### COVID-19 PANDEMIC AND ITS EFFECT ON OUR CHILDREN

From March 2020, the only topic of discussion at the coffee table or dinner table has been COVID-19 and its severe implications in our lives. As expected, amongst all, one of the majorly affected groups are the people with disabilities!

If level of inclusiveness was one of the major issues during normal times, now, the main issue is social distancing, distance learning and its effect on our students.

The students suddenly isolated at home, lack of interaction with friends and change in daily routine has been a silent killer during these times. Of course, what goes without saying is the tremendous pressure suddenly posed on parents.



But for most children, digital learning has become the only way possible to learn and communicate with their facilitators. Students with differential abilities suddenly need to adapt themselves to a very different form of learning which is virtual and distant.

Systematic care along with education has become the need of the hour. However, in the given times the responsibility falls on parents to deal with the situation.

Thus in relation to distant or virtual learning, education systems have adapted to individualized or student centered learning methods to address the student's diversity and to aid in learning. It has also paved way to independent learning and development of regulation skills.

The involvement of parents in digital learning has been very crucial for the progress observed in the students. Parental encouragement, parental modelling, reinforcement, encouragement and providing instructions have been very helpful in the learning process.

Parental encouragement has helped in identifying the child's needs, finding appropriate strategies, planning work at home, supporting and helping in trouble shooting with technical issues. Parent-teacher communication has been much more effective during these times.

## EATING IS IN OR OUT?

Eating is probably the most pleasurable act for any person. Eating is part of our day to day and the act is repeated over and over again with at most devotion. But, for students with sensory issues could find the act of eating distasteful and may avoid most food group!

### I FED IT TO THE DOG

"I have always been a picky eater. My parents made me sit at the table for hours forcing me to eat food that I couldn't get down due to my tactile issues. I didn't go near certain textures of food, no matter the consequence.

My dad insisted that I eat what was put in front of me. My mom, understanding more than my father, would whisper, "Feed it to the dog."

-Debra Em Wilson

### GETTING OLDER HELPED

I am sensitive to foods—taste and texture. for example, crunchy nuts in soft brownies.

I also don't like it when things taste different than I expect.

Recently we bought a new brand of milk because our old brand wasn't available. I did not like the new brand, because it didn't taste the same.

I wish my parents had known that if I don't like a new food the first time, I probably won't like it the next day, or even for the next few months.

- Justin Wayland

Most of picky eaters will refuse to sit at the dinner table due to the strong smells and may refuse items which is generally loved by the others at home!

Going out to eat may be quite hard for our teenage students as they would prefer to eat at home—a familiar and predictable environment rather than a hotel where the taste and textures could be traumatizing!

Most of our children have a higher sensory and nutritional needs than other children. Their poor, self-limited diets due to their heightened responses to textures and tastes.



These super-sensitive tasters/smellers could be suffering of mild zinc deficiency. Sometimes, with a zinc supplement, foods which taste revolting to them may be reduced to normal levels.

A simple blood check, or a zinc testing kit online could help us find out! Green leafy vegetables, dairy food, eggs, whole grains, dark chocolates, legumes, seeds and mushrooms are some of the food groups rich in zinc.

Some of our children may naturally get into the habit of cooking their own creative and nutritious food according to their body needs. Sometimes to be able to eat it they should make it! They often find cooking enjoyable and love to be kept busy and productive and to be in charge! You never know, their culinary skills could turn out to be bonus for the entire family!



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.

Till then, stay safe and stay positive!

Cheers and All the best!

***Chettinad-Sath Sadhana Team***



**Chettinad**  
**Sath Sadhana**

**Chettinad - Sath Sadhana**

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