



Dear Parents,

The month of November saw various modes of school, including online classes, but the process of learning must go on and doesn't stop.

The highlights of the month are Diwali celebrations, followed by Children's Day celebrations. Sath Sadhana also organized a music session as part of the UTSAV celebration and a parent-child yoga session for the wellness of students and parents.

This month, the unit for life literacy and numeracy falls on "Home is where the heart is". Students equipped themselves to organize, sort, arrange, and identify many things we use at home.

Three cheers to all our students and their efforts!

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 – Sorting - Home is where the heart is
- Circle Time
- Skills – Paper Bag
- Kitchen – Lemon Juice
- Physical Development
- Utsav Music Session
- Parent and Child Yoga Session
- Diwali Celebrations 2022
- Children’s Day Celebration 2022



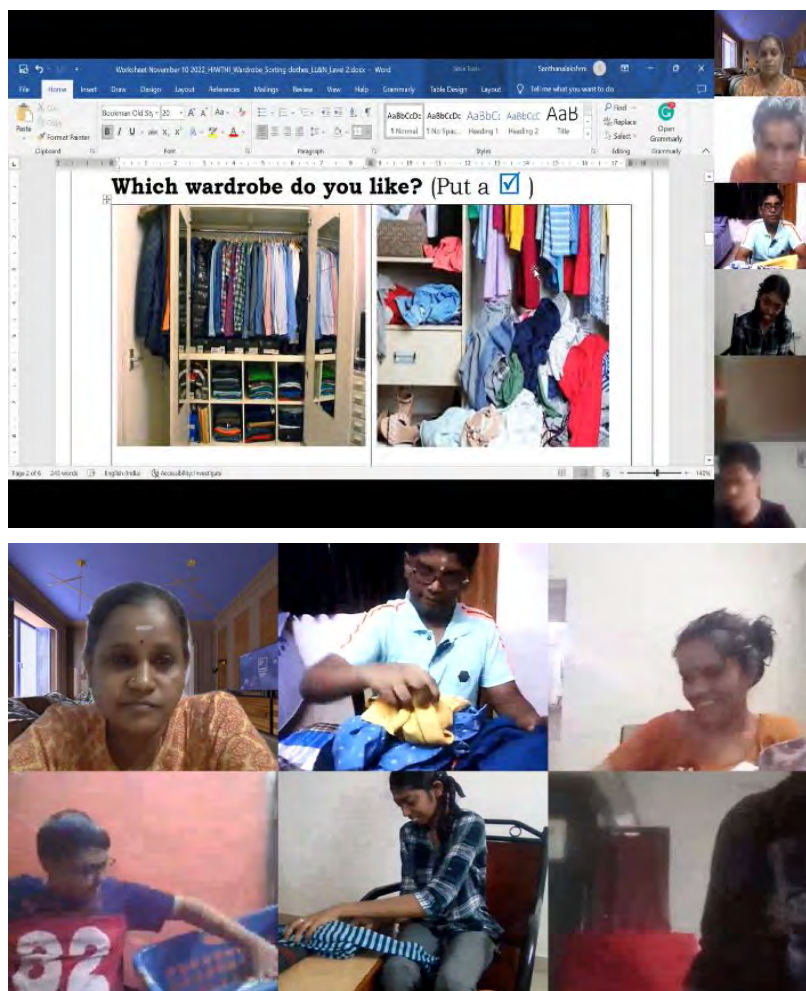
Life Literacy

Sorting – Home is where the Heart is

As part of the topic "Home is where the heart is," students sorted clothing printed on paper by colour and by type (all shirts together) in the month of October.

In November, students were encouraged to practise this at home with actual clothing of their own and that of their family members. The teacher had a chance to observe this home activity as part of the online classes that were conducted during rainy days.

The teacher and the students discussed why we needed to sort the clothes by type. A few students said that it will help us store the clothes in an organized way in the wardrobe, so it will be easy to take the clothes out.



Circle Time

Improving Communication and Group work

Students started to communicate with each other by having circle time. At circle time, students will gather and sit in a circle, take attendance, and discuss what they had in the morning. Students and the acharya do yoga stretches and read affirmation statements.

Students have a calm time at the end of circle time where they relax by being calm and mindful. Students learn to communicate in groups, share their experiences, and learn about the day's necessities by participating in circle time.



Skills

Paper Bags

A new skill project, "Paper Bag," was introduced to the level 2 students. The activity starts with sight words that are keywords in instructions for making a paper bag. As the teacher shows and calls out the word, the student picks up the same word from their set and says the word aloud. This helps the students learn a few words as part of the skill project.

Once the sight word reading is completed, as the teacher demonstrates how to make a "paper bag," the students follow the instruction and repeat the activity after her. The students who need help are supported. Once the students learn to make paper bags with precision and independently, these paper bags will be converted into a marketable product.



Kitchen

Lemon Juice

Culinary skills were introduced in October 2022, beginning with lemon juice. November students are mastering the concepts they learned, such as selecting the materials suitable for making lemon juice, organizing it as a pre-cooking activity, measuring the appropriate quantity for making a glass of lemon juice, combining various raw materials into a consumable product, checking the quality, and most importantly, exercising hygiene and safety tips while in the kitchen.

Students had a good time making a refreshing drink for themselves, and they were even happier when they served it to all the acharyas and akkas.



Physical Development

This month's focus was on strengthening and balancing. Beginning with warm-up and followed by stretching. The students have become confident in using the treadmill and trampoline which helps them to strengthen their body, create vestibular axis & balance along with core strengthening.

This month students further were engaged in various activities which helped them to concentrate better. Students did not miss out on their daily fitness even in the online class, instilling that physical fitness is an essential life skill.



Parent and Child Yoga Session

19th November 2022

Students of Sath Sadhana started doing yoga twice a week at school. They learn to focus on their breathing and body flexibility.

To enhance the benefits further, Sath Sadhana organized a Parent-Child yoga session in which parents got an understanding of the asanas done at school in order to practice at home for more benefits. Awareness of yoga can also be used as a mindful activity for students and parents.

Many parents found it relaxing and enjoyed doing activities with their children on a weekend.



Utsav Music Session

18th November 2022

Utsav is celebrated across our group schools. It is an honor that Sath Sadhana is participating this year. Utsav is about learning the importance of traditions and core values for enriched living. The values are taught to students through Art, Music, Theatre, traditional games, and by performing Seva.

We started with a Music workshop, where guest singer Ms. Meenakshi graced the event by teaching Carnatic songs, thaalam, and ragam. Students learned to do thaalam which helps them with their proprioceptive skills and 2 ragas for calming and relaxing. As they enjoyed the music they also focused on the thaalam.

It was one of those occasions where both the audience and the performer were in sync experiencing the essence of Music.



Celebration at a Glance

Diwali Celebrations 2022 – 26th October 2022

Diwali was celebrated on the Sath Sadhana campus on October 26th, 2022. Students came to school in their Diwali dress, made paper diyas, lit LED diyas, gathered together for Lakshmi puja and Bhajan chanting. By doing so, students learned about the traditions that should be observed on the auspicious day of Diwali.

During the video viewing session, students learned about the history of Diwali traditions in India and around the world. This aided them in generalising an event. Many people were thrilled to learn that Diwali was also celebrated outside of India.




Celebration at a Glance

Children's Day Celebrations 2022 - 14th November 2022

Children are the most valuable assets that Sath Sadhana treasures. On Children's Day 2022, students dressed up in bright colours and celebrated the entire day. Students participated in a variety of indoor and outdoor games that helped them improve their aim, concentration, group work, and teamwork. Students had a great time playing with everyone.

Students at Sath Sadhana watched the Disney film Encanto with acharyas in the afternoon. Students joyfully ate popcorn and watched the movie. Students danced when a song came on and were very enthusiastic throughout the film. The film discussed individuality and the search for our own power through our brain.





It is a pleasure to summarize our events for the month of November 2022!

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

Till then stay safe and stay positive!

Cheers and All the best!

Chettinad – Sath Sadhana Team



Chettinad
Sath Sadhana

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No: 30/75, 4th Main Road, Gandhi Nagar, Adyar, Chennai – 600 020. Phone No: 044 – 24451154

