



Dear Students and Parents,

With the end of the year 2020 and a term of online classes, the experiences in the past few months have been anything but what we expected!

Learning has happened, practice has happened, fun-filled events have happened, interactions have happened and most of all we have continued to put our efforts past all the difficulties and that has shown our student's perseverance!

The highlight of December is, students of Prithvi and Vayu group lined up with interviews of community helpers they are familiar and favourable to! This has enhanced their communication and has made them much aware of the people surrounding them. The Bhaskara group students have explored Festivals and their importance in day-to-day life!

The Skill development students have started seeing finished designs and products through their repeated practice and consistency!

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:
Interviews can be fun too!
- Skill Development:
Transformation!
- Student Corner

- AIMS Multimedia
- Teacher's corner
- Co-curricular activities at
Sath Sadhana
- Learning corner



LIFE LITERACY AND LIFE NUMERACY

In the month of jingles and bells. Read on to know what is in store !

INTERVIEWS CAN BE FUN TOO!

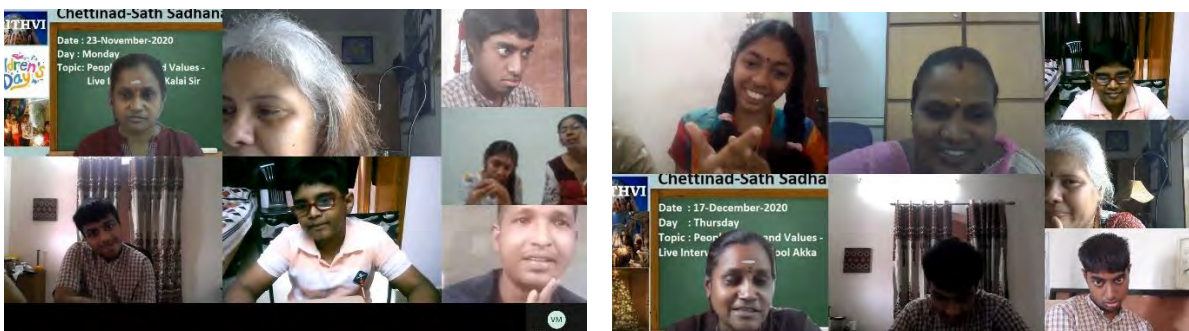
The theme People, Work and Values was planned innovatively to enhance learning for our young adults of Sath Sadhana.

They learnt to respect and value the various community helpers who support us on a daily basis. A day in the life of their mothers, a day in the life of a young college student and a day in the life of their teacher helped them to understand the different kinds of work done by people and the emotions attached with the work they do each day.

Live interviews with their Physical Education teacher and an akka from school helped them to hone their social and interviewing skills and inspired them to be disciplined about their work and “never give up” even if the work is not so interesting or difficult.

A video featuring a young college student, who also doubles up as a Zomato delivery person enabled them to understand the value of hard work and the right attitude toward work.

Students have begun taking more responsibility at home by doing many more chores to help their parents.



Students interviewing their Physical education teacher, Mr. Kalaiselvan

Students interviewing one of their Akkas at school Ms. Raji.



LIFE LITERACY AND LIFE NUMERACY

FESTIVITIES AND ITS SIGNIFICANCE

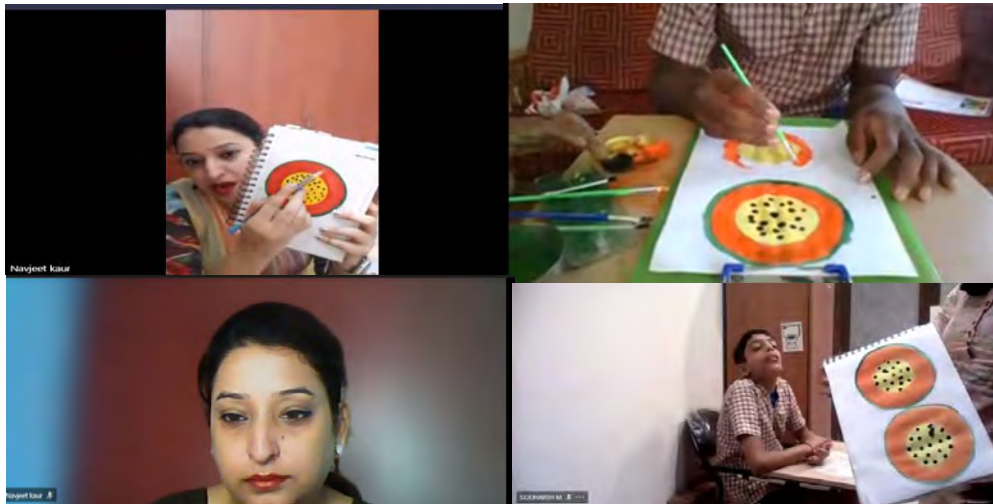
Every festival brings happiness and harmony between our traditions and rituals. Celebrating festival with friends and family can help in meet and greet and we can learn the importance of togetherness. At Sath Sadhana, we believe that It is a very essential to teach the importance of festivals to our children.

Teaching about festivals in classroom helps to explore tradition, rituals, devotion, traditional dress up, festive decorations, variety of foods made during festival, drawing kolam, knowing about offers and discounts during festivals and much more!

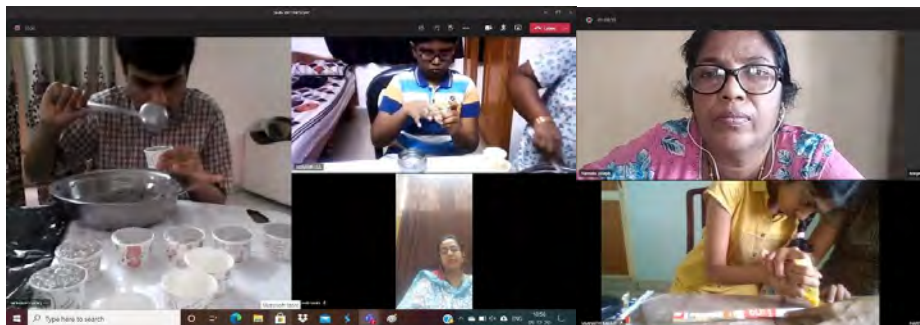


SKILLS

The students at Sath Sadhana began with one small square of learning and gradually over time have attained skills to work on beautiful patterns using different colours. The students have worked through this with practice and patience. The journey has been challenging yet very satisfying!



From working with simple materials, they have moved on to working with complex materials that give results only when practiced repeatedly over time.



As this term ends, we have observed that the students have picked up skills rapidly and their efforts have reaped into beautiful designs! Despite hard times, our students and their family have worked consistently to produce such formidable results!



STUDENT'S CORNER

Students as part of their Multimedia course are being trained in Collage making. Collage making may sound simple, however this requires the student to carefully pick relevant pictures from Newspapers, magazines etc and arrange it to form a collage!

“Knowledge is power. Wisdom is gained by applying the knowledge.”

Mr. Pragadeesh and Ms. Mirudhhula took part in the inter-department collage making competition conducted at their college and produced below collages.



STUDENT'S CORNER

Novel creations by our student Ms. Preethi



Dots design by Mr. Vishwanath



MULTIMEDIA

Level 1 (LBAEMP)

The students after exploring various Photoshop tools and learning few basic designs using Photoshop, has successfully completed their 5th Trimester Assessment. Below are the works of Multimedia Level 1 students.

Graphical Resume designed by our students

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3/491, 7th street
ketambakkam

OBJECTIVE: TO USE AND ENHANCE MULTIMEDIA SKILLS

QUALIFICATIONS:
DRAWING: ██████████
PAINTING: ██████████
PHOTOSHOP: ██████████

EXPERTISE: Ps, P
HOBBIES & INTERESTS: [Icons]

ABOUT ME:
FATHER,S NAME: L.NAVEEN
MOTHER,S NAME: N.VINODHINI
DOB: 19.2.2001

LANGUAGES:
ENGLISH
TAMIL

R.MIRUDHULA
9115, Anu Apts.,
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9952907141
mridulla@sathsadhana.org

OBJECTIVE: To Use and enhance Multimedia skills.

**EDUCATION: B.Sc. Viscom
Pursuing Diploma in AEMP**

SKILLS: Data Entry ██████████
Drawing ██████████
Photoshop ██████████
Painting ██████████

Expertise: [Icons] **Hobbies & Interests:** [Icons]

Languages Known: English ██████████
Tamil ██████████

About Me:
DOB: 11.8.2001
Mother's Name: N.vidhya
Father's Name: R.Rajaraman
Gender: Female

R.Sanjay
3/18 Neralamman Kovil
Street, Thalambur.
9962817308
Sanjay2003@gmail.com

OBJECTIVE: To Use and enhance my multimedia Skills

EDUCATION: Pursuing Diploma in AEMP

QUALIFICATIONS:
Drawing: ██████████
Painting: ██████████
Art & Craft: ██████████
Photography: ██████████
Photoshop: ██████████

Expertise: [Icons] **Hobbies & Interests:** [Icons]

About Me:
Date Of Birth: 06.10.2003:
Father's Name: Raman:
Mother's Name: Sasikala:

Language Known:
English : ██████████
Tamil : ██████████
Hindi : ██████████

Logo designed by our students:



Visiting card designed by our students:

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MULTIMEDIA

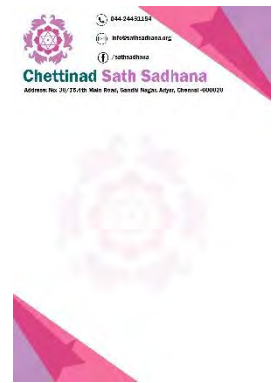
Level 2 (PBAEMP)

The Multimedia level 2 students successfully completed their Assignment on the Topic – **Print Media Designing: Office Stationery**. Currently they are learning to design Publishing materials – Books, notebooks, magazines and newspaper.

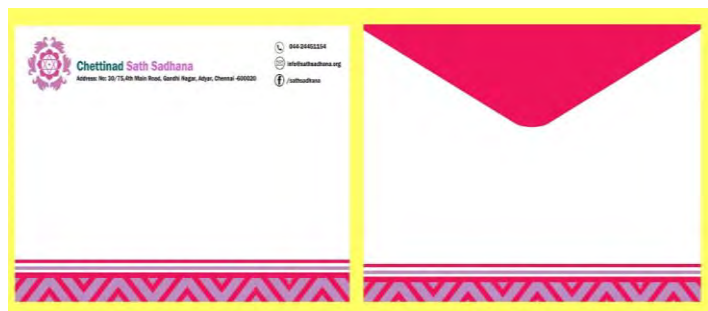
ID cards designs



Letter head designs



Envelopes design



TEACHER'S CORNER

The following is an article written by our own Ms. Navjeet, who works with youth with disability closely on a day-to-day basis. This article was published in a popular website!



**Ms. Navjeet
Kaur**

The invisible population of the world

“The worst thing about a disability is that the people see it before they see you” (Easter Seals)

We are observing The International Day of Persons with Disabilities (IDPD) annually on 3rd December across the world. Although the population of India in the year 2020 is estimated at 138 crores according to UN data, still there is a population which we never ponder about it named as invisible disability population.

India has more than 10 million children with Autism, 10 million people with Epilepsy, more than 150 million people with mental illness, and many more with varied physical disabilities. The number equates to just over ten percent of the population.

“Not all disabilities are visible” invisible disability population includes a list of hidden disability conditions that are not immediately apparent and includes a list of hidden disability conditions. Autism is a brain development disorder that is characterized by impaired social interaction, communication, and restricted/repetitive behaviour before a child is three years old. This set of signs distinguishes autism from milder autism spectrum disorders (ASD) such as pervasive developmental disorder not otherwise specified (PDD-NOS). Autistic individuals display many forms of repetitive or restricted behaviour like purposeless movements, such as hand flapping, making sounds, head rolling, or body rocking. Self-injury includes movements that injure or can injure the person, such as biting oneself.





Being a special educator, I can throw light on children with autism through my personal work experiences. In the beginning few years, it was quite stressful with lots of challenges and see tiny success. Success, that I as a teacher was jumping for joy and other people look at me like I am crazy. Challenges in the classroom range from behaviours to teaching multiple levels/class standards for many students at the same time. Some people do not understand the complexities that students with autism spectrum disorders have and even after explaining it over and over, they don't get which is annoying. I am empathetic to the struggles of these children and what their families deal with every day.

Over time, I developed my own sense of what it means to have Autism: someone with autism lacks certain connections and pathways that are natural to a neurotypical mind. For example, understanding that a basketball is a ball that is larger than a baseball, or recognizing that they are both balls, yet different *kinds* of balls, may be difficult for those with autism. Lacking these pathways is not the same as lacking intelligence, and fortunately, extensive practice can help those with autism develop these pathways. Behavioural therapies are critical because they provide autistic children with a far better chance of leading a fulfilling life—whether it's having a job, or starting a family.

The statistics give us an alarming signal to get aware of invisible disabilities. Physical disabilities are often acknowledged in India, but mental illness and conditions where there are no obvious physical symptoms are often ignored or worse stigmatized. Indian health care infrastructure is no doubt growing year by year, but still, a long way to go head to meet the expectation.

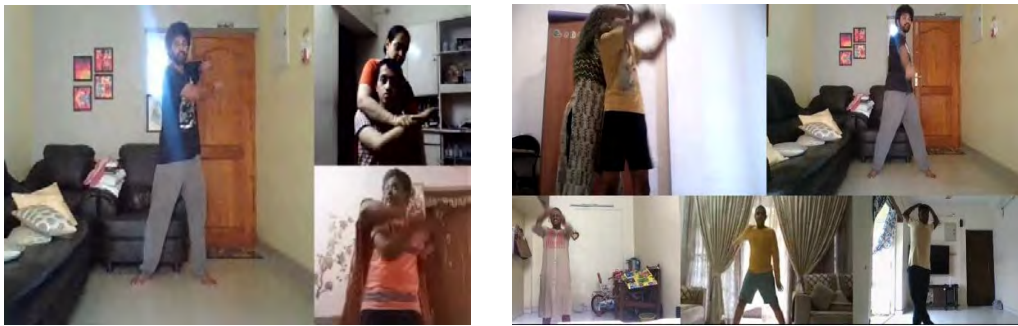
I strongly believe that working with an invisible disability population is a blessing for me and I would say it is not a time for charity, it is time for awareness!!



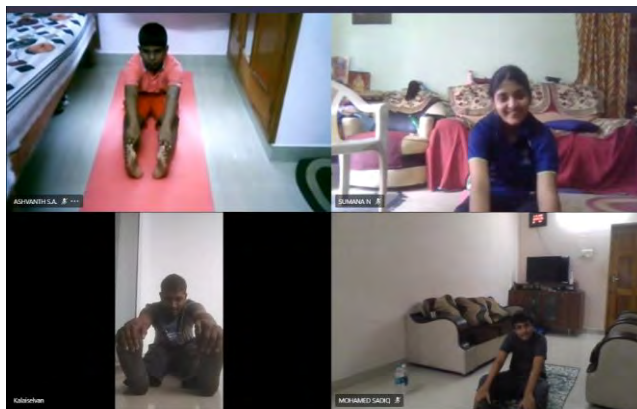
CO-CURRICULAR ACTIVITIES AT SATH SADHANA

DANCE

Everybody needs some rest and everyone needs some fun! What is better than dancing away to jingles and in the process, learning new ways to coordinate their bodies Students at Sath Sadhana never miss their dance session during the week as part of their routine!



PE AND YOGA



A deep stretch after a work out helps one feel in harmony with their body. Stretching helps in improving blood flow, stress levels and gives balance and stability too! The more you stretch your body, the more you stretch your mind too!



CO-CURRICULAR ACTIVITIES AT SATH SADHANA

Sasangasana - Chettinad - Sath Sadhana, teaches yoga to the students and lays the foundation for life long healthy practice.

A forward bending asana, that helps to strengthen the back muscles and provide relief from mental troubles. It not only opens the spine deeply, helping to stretch and stimulate the intervertebral discs, but also helps to maintain the spongy nature of the discs which helps them absorb shock from daily movement to prevent back pain. It gently stretches the hips, thighs and ankles. It helps in relieving neck and lower back pain and is recommended to perform the asana with proper support offered to the torso and the head.

This particular asana plays an important role in boosting energy through the body! It improves the blood circulation and thereby it is a great asana to begin the day and end the day with a good night's sleep.



LEARNING CORNER

SEEKING SLEEP



When a child gets less sleep, they naturally struggle through the day. They will observe difficulty in concentrating and may have behaviour problems too. As adults it very important to ensure that they get best sleep possible. And if a child is having trouble sleeping, the whole family suffers too!

The good news is, this is not something you will always have to live with. Sleep problems can be helped with minor lifestyle changes at home.

Tips for common sleeping challenges

BEFORE BEDTIME:

- Get at least thirty minutes of whole-body exercise least three hours before you plan to go to bed
- For two hours before going to sleep, avoid electronics.
- Turn off wireless devices.
- Avoid sugary snacks.
- In the evening, avoid coffee and tea with caffeine.
- Avoid naps during the afternoon.

AT BEDTIME:


- Sleep in 100 percent cotton sheets with a high thread count, as well as cotton blankets and comforters.
- Go to bed at the same time every night to improve self-regulation.
- Relax with a calming activity:



LEARNING CORNER

- Rock in a rocking chair.
- Bounce lightly or roll on a therapy ball.
- Take a warm bath.
- Get a back rub or deep pressure.
- Cuddle with someone (or a soft pillow).
- Listen to quiet music from a regular, wired (not wireless) AM/FM radio, or put on a familiar, calming CD on continuous play.
- Read a real book or magazine (the kind with paper pages)
- Wearing a sleep mask.
- Breathe slowly and deeply, in through your nose, out through your mouth.

But remember, that young adults are completely capable of falling asleep and waking by themselves. Help them form a routine, periodically check when they are sleeping and this could be gradually stopped! Give them all they need and step away! This makes them independent in going to sleep in the long run and also help them to fall asleep when they wake up in the middle of the night.



LEARNING CORNER



Heading Out into the World

A seemingly ordinary task of stepping out of the house becomes an *UPHILL* task for an adolescent with Sensory processing disorder (SPD). Physically transporting oneself from one point to another is harrowing. Additionally, walking on the streets is close to a nightmare with varied sounds, smell, crowds and visual distractions.

Home feels reliably comfortable and safe and the world outside seems unpredictable and confusing. The anticipation of real or imagined pain heightens their anxiety.

Sensory challenges can make going out of the house equivalent of roughing it on a camping trip- You want the new experience but dread the discomfort you have to endure!

DRIVING WAS TOO SCARY

In high school, other girls were excited about getting to drive. Driving was too scary for me, so I held off getting my license until after college. My teen and young adult years were tough because I didn't learn to drive until I was twenty-eight. I always had a fear that I would crash or get into an accident. I was pushed to get my license, and when I finally did, it was great for a while, but I haven't driven much, because I still have that fear . . . what if . . .

-Nicole Wolske



LEARNING CORNER

Now how can one think or dream of driving and heading out in the world??

Driving a car requires a lot of Perceptual-Motor skills-Balance, Bilateral coordination, Laterality, Body awareness, Directionality, Gross and Fine motor control, Visual Spatial awareness and Auditory-language skills.

There is a spectrum of driving ability just as there is a spectrum of sensory processing. For some it is challenging, overwhelming and some love to drive. A lot of people with SPD love to drive and after a lot of practice learn to do it well.


Leaving the house can be unsettling, yet it must be done. With support, determination and preparation it is possible to get out there, taking one small step at a time

YOU DON'T HAVE TO PUSH YOURSELF

I learned to drive on an old brick road, away from people, cars, noises, etc. My mom taught me there. I just could not motor plan; plus pay attention to the things you need to when driving. So, I had to drive an automatic car—that much was clear. Problem number two was my surroundings. I learned to just take different routes and keep off streets that are always busy or packed at rush hour. To deal with unavoidable problems while driving, I learned to sometimes just pull over and breathe!

-Ember Waler

The voices from the Book, *"The Out of Sync Child Grows up"*



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



Chettinad
Sath Sadhana

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