



Dear Parents,

December marks the end of year 2023 and end of second term at Sath Sadhana. Huge kudos to all students for making steady progress.

This month's highlights featured the Volunteer Day Celebration on December 12th, followed by Christmas Celebrations on December 23rd, 2023. Students' work was also showcased at the Chettinad Sarvalokaa Christmas carnival.

In life literacy we focused on Things I Like – students get to discuss about the things they like – in food, leisure time activities and everyday chores.

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:

- **Skills – Braiding**
 - **Skills – Lacing**
 - **Skills – Gardening**
 - **Life Numeracy**
 - **Physical Education – Yoga**
 - **Christmas Carnival 2023**
 - **Volunteer’s Day Celebration 2023**
 - **Christmas Celebrations 2023**
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Skills

Braiding

Embarking on a rewarding journey at Sath Sadhana, students refine their braiding skills through an organized learning program. Divided into two levels, the curriculum enables seamless progression from Level 1 to Level 2, mastering intricate braiding techniques. This systematic approach not only enhances braiding proficiency but also positively influences essential areas like eye-hand coordination and midline crossing. Furthermore, the process of learning to braid has been found to contribute to cognitive development, fostering improved concentration and problem-solving skills.

Beyond braiding, the structured learning cultivates heightened focus among students, nurturing holistic development that extends beyond the artistry of braiding itself. As students navigate this approach, their braiding skills flourish alongside the added benefits of enhanced cognitive abilities. This holistic learning experience goes beyond technicalities, instilling a sharpened focus that not only contributes to braiding mastery but also positively impacts brain development.



Skills

Lacing

Our students are deeply engaged in the art of lacing, using specially designed boards with larger perforations and vibrant laces as a foundation for learning. These boards serve as a crucial stepping stone, allowing students to master independent tacking and hemming. Beyond the immediate realm of sewing, the hands-on experience with lacing has proven to be a powerful catalyst for cognitive development and the refinement of fine motor skills.

As they progress from mastering basic techniques on the boards to the advanced stage of tacking directly onto fabric, students not only enhance their sewing proficiency but also actively participate in a creative and tactile experience. This comprehensive approach, particularly beneficial for students and, ensures that they not only grasp the technical aspects of lacing and sewing but also gain substantial cognitive and motor skill benefits. The sensory-rich nature of manipulating fabric with a needle on flexible materials like cloth provides a unique and inclusive learning experience, fostering a deeper understanding and appreciation of the art of working with textiles.



Skills

Gardening

Engaging in gardening proves to be a tranquil and delightful pursuit for students, fostering a connection with nature and the great outdoors. This activity, marked by notable enthusiasm, encompasses physical exercise, social camaraderie, and exposure to natural elements, including the rejuvenating sunlight. Apart from cultivating valuable skills such as observation, responsibility, and cooperation, this hands-on experience contributes to a deeper appreciation for the wonders of nature.

Gardening serves as a holistic learning journey, providing students with practical skills and life lessons. As they progress through the stages of planting and nurturing, students gain first hand insights into the interconnectedness between themselves and the environment. This experiential process not only nurtures curiosity but also instills a sense of responsibility for the well-being of the cultivated plants. Through collaborative efforts and shared experiences, students, particularly those with sensory issues, develop a profound connection with the natural world, enhancing their overall learning experience.



Life Numeracy

Engaging students in hands-on numerical activities, which involve the use of Montessori materials and currency, not only enhances comprehension and real-world application but also provides benefits for students. This approach goes beyond traditional teaching methods, fostering a deeper understanding and cultivating heightened focus and attention in students, including those with sensory sensitivities. The instructional focus on the concept of money allows students to not only identify currency but also grasp its value with the utilization of hands-on materials, creating a more tangible and meaningful learning experience.

This inclusive approach aims to enhance comprehension and instill a practical understanding of the significance of money in everyday life. By incorporating tactile learning experiences, particularly beneficial for students and the learning environment becomes more interactive and effective. This approach promotes practical skills that extend beyond the classroom, providing a well-rounded and accessible learning experience for all students, aiming to the ultimate goal of independent living.



Physical Education

Integrated seamlessly into our Physical Education curriculum at Sath Sadhana, Yoga sessions are a dedicated part of our program, occurring twice a week for 30 minutes each. Tailored to meet the specific needs of our students, various Asanas are introduced, providing a comprehensive experience. Participating in these yoga sessions not only brings valuable physical benefits but also allows students to explore relaxation, balance, and self-care.

Yoga internalize the principles of mindfulness, equilibrium, and personal well-being. By dedicating time to these practices, students foster a deeper understanding of the mind-body connection, enhancing their overall learning experience at Sath Sadhana.

Additionally, incorporating Yoga into our curriculum has shown specific benefits for students, offering them a structured and calming outlet. The practice helps improve sensory integration, reduce anxiety, and enhance focus, contributing to a more balanced and supportive learning environment.



Christmas Carnival at Sarvalokaa

Beyond the personal satisfaction of achievement, receiving recognition and acknowledgment for one's work is not only gratifying but also profoundly encouraging. Sath Sadhana, a budding enthusiast with a passion for skill projects, achieved a significant milestone by captivating the audience at the Christmas carnival held at Chettinad Sarvalokaa School in Kelambakkam. This event provided the perfect platform for Sath Sadhana to showcase exceptional skills and creations, leaving an indelible mark on the festive celebration.

Sath Sadhana's booth at the carnival stood out, garnering attention with its unique and engaging projects. The carefully curated display featured a diverse range of skills, reflecting the dedication and hard work invested in each endeavor.

The products revolved around the theme of transforming waste into wealth, reflecting a commitment to the ideology of sustainability. The investment was the students' efforts, which, in turn, significantly contributed to their development and progress.



Volunteer Day Celebration 2023

Due to unexpected rain holidays, Sath Sadhana decided to observe International Volunteer's Day on December 12, 2023, deviating from the usual celebration date of December 5. The event was a joyous occasion where all the devoted volunteers of Sath Sadhana were cordially invited to partake in the festivities. During the celebration, students gathered to express their heartfelt gratitude through thank-you speeches, acknowledging the volunteers for their invaluable support and the time they dedicated to fostering student wellness.


As a tangible expression of appreciation, the students took the initiative to craft thank-you cards, which were presented to the volunteers as a sincere gesture of gratitude. This thoughtful act served as a touching reminder of the profound impact these volunteers have had on the student community, highlighting the importance of their selfless contributions to Sath Sadhana's mission.



Christmas Celebrations 2023

As Christmas has evolved into a global celebration transcending religious boundaries, it now stands as a time to celebrate kindness, acceptance, and the spreading of cheer and joy. At Sath Sadhana, Christmas became a lively and festive occasion on December 22, 2023. The students came together for harmonious chorales and the spirited tradition of participating in Secret Santa. Embracing the spirit of giving, students exchanged gifts with enthusiasm, fostering a heartwarming atmosphere of joy and celebration. The festivities reached their peak as students engaged in lively singing and dancing, collectively sharing the jubilation that defines the Christmas season.





It is a pleasure to summarize our events for the month of December.
As always, we will catch up with you soon with many more interesting
developments and programs next year.
Till then stay safe and stay positive!

Cheers and All the best!
Chettinad – Sath Sadhana Team



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