



Dear Parents,

The term commenced on the auspicious day with the festivities of Vijaya Dashami, a celebration that served as an opportunity for students to explore into the diverse traditions and values associated with various festivals. The students found great delight in gaining a deeper understanding of their traditional customs and the attendant responsibilities.

October unfolds, marking the commencement of the second term at Sath Sadhana, students have delved into a fresh subject - 'Daily Routines at school' wherein they take pleasure in examining their everyday activities and their sequencing to optimize their daily routines.

The highlight of this month includes Temple Visit as part as UTSAV, where students got to explore the nearby temple and to learn the history of the same.

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 – Daily Routines at school**
 - **Kitchen – Lime Juice**
 - **UTSAV – Temple Visit**
 - **Experiential Learning – PTM**
 - **Financial Planning for Students – Parent Workshop**
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Life Literacy

Daily Routines at school

In this topic, students dive into their daily routines and further gain insights into the teachers' routines. This exchange aims to incorporate activities related to daily living skills that align with each student's abilities. We're encouraging students to practice these skills at home, fostering self-sufficiency.

Furthermore, we're putting a spotlight on hobbies and leisure activities, motivating students to explore what they enjoy. We'll also be identifying students' favorite activities, and homework will be assigned to nurture these interests and instill positive habits in their routines. This could involve tasks like tidying up their cupboards and encouraging pursuits such as art and craft, all in a bid to reduce excessive TV time and promote a more balanced and fulfilling lifestyle. These discussions will focus on creating well-rounded, responsible individuals.



Kitchen

Lemon Juice



Even a basic task such as preparing lemon juice can serve as a valuable opportunity for individuals to learn about ingredient selection, careful organization, precise measurement, and the importance of hygiene, all while crafting a delightful glass of lemon juice.

During this engaging process, learners gained hands-on experience in identifying suitable materials for making lemon juice. They honed their skills in pre-cooking preparation, skillfully arranging ingredients in an orderly manner. The lesson extended to accurately measuring the necessary quantities for a single serving of lemon juice, displaying their mastery over proportions.

The students' excitement was palpable as they actively participated in the lemon juice-making process, relishing the application of their newly acquired culinary skills. This experience not only nurtured their understanding of food preparation but also encouraged teamwork, attention to detail, and a sense of accomplishment. As these skills extend beyond the kitchen, students are well-equipped for various life scenarios, armed with knowledge that spans from culinary expertise to hygiene-conscious practices.



UTSAV

Temple Visit

As part of a school event at Sath Sadhana, students walked to the nearby Anantha Padmanabhan Swamy temple. Visiting temple with friends and classmates was a thrilling experience for them. Before the visit, students were taught essential guidelines about the do's and don'ts within the temple premises. This pre-trip lesson emphasized to ensure a positive and respectful experience during the temple visit.

The outing served as an enriching adventure for the students, offering them a chance to explore the temple's fascinating cultural and relish the delicious prasadam. They were encouraged to absorb the spiritual atmosphere by sitting in calm and chant in their mind. Overall, the visit was a valuable learning experience and an opportunity for the students to visit a temple with friends and teachers and manage themselves connect with local culture and traditions.



Experiential Learning - PTM

During a special workshop for parents focused on acquiring skills akin to those imparted to their children, valuable insights were shared by the parents. They described how engaging in hands-on activities, such as paper technology and coconut scrubbing, proved to be transformative experiences, enhancing several essential skills.

Parents attested to an improvement in their sitting tolerance, as they dedicated extended periods to these tasks, mirroring the learning journeys of their children. The tangible results of their efforts highlighted increased focus and concentration, emphasizing the intricate nature of these activities.



Experiential Learning - PTM

In particular, parents acknowledged that these tasks necessitated careful sequencing, a skill that they themselves cultivated during the workshop. Moreover, the pursuit of quality control was evident, with parents taking great care to ensure that their final products met certain standards, fostering a keen sense of attention to detail.

Through repeated practice, parents also achieved uniformity in their work, underlining the consistency they developed. In summary, the workshop not only allowed parents to gain a deeper understanding of their children's learning experiences but also equipped them with valuable skills applicable to various facets of their lives.






Financial Planning for Students - PTM

In an ever-evolving world, the importance of financial planning cannot be overstated, especially when it comes to securing our children's future. To address this imperative, Sath Sadhana organized a transformative workshop on October 7th, 2023, aimed at guiding parents towards effective financial planning.

This forward-thinking event highlighted a critical aspect of modern life - the need to plan not for just one but for two retirements: our own and that of our children. Sath Sadhana recognizes this vital need and is committed to providing the knowledge and tools necessary to navigate this complex financial landscape.

The workshop featured two distinguished panelists, Mr. Ram Vangallu and Mrs. Shanthi Balamurugan, whose expertise in financial planning made the event truly invaluable. Their insights, gleaned from years of experience, shed light on creating a robust financial foundation that not only secures one's retirement but also paves the way for a prosperous future for our children.


Participants had the opportunity to explore various aspects of financial planning, from investments to savings, and gain a deeper understanding of the strategies that can help safeguard their financial well-being. The workshop emphasized the significance of informed choices, risk management, and long-term planning in an increasingly dynamic financial world.



Financial Planning for Students - PTM

In an age where financial security is paramount, the Financial Planning Workshop at Sath Sadhana has emerged as a beacon of knowledge and guidance. It is a testament to Sath Sadhana's commitment to empowering not only its students but also their parents with the skills and insights required to navigate the complex world of finance. By ensuring their financial stability, the workshop is equipping parents to take charge of their own retirement while securing a sustainable future for the children.





It is a pleasure to summarize our events for the month of October.
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



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