



Dear Parents,

January marks the commencement of a fresh academic term, ushering in vibrant hues of celebration and a dedicated emphasis on cultivating life literacy and numeracy skills. The curriculum for this period was designed to involve learners in subjects that are relevant to them, while providing them with opportunities to develop cultural awareness.

Pongal celebrations assisted learners in developing insights into diverse traditions and customs followed in our society. Gardening activities provided learners with a hands-on experience in planting and nurturing seeds. Peer visit from another school provided our learners an opportunity to practice their social skills.

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 – Things I Like**
  - **Skills – Gardening**
  - **Walking Routine**
  - **Peer Visit at Sath Sadhana**
  - **Pre – Pongal Celebration 2024**
  - **Pongal Celebration 2024**
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# Life Literacy

## Things I Like

In our life literacy program, we focused on helping learners identify things they like at home and school. This included their favorite snack, people they like, things they enjoy doing, places they like, or activities they prefer at school.

This exploration helped learners connect with others who share similar interests. By encouraging learners to explore what they like, we created opportunities for them to appreciate their preferences and feel good about it.

In order to foster a sense of community in our school, we assisted our learners in identifying common interests among their peers.



# Skills

## Gardening

Gardening is a calming and fun activity that helps learners connect with nature and the outdoors. At Sath Sadhana, it is a blend of physical exercise, spending time with friends, and being outside in the sun. Besides being enjoyable, gardening teaches learners important skills like paying attention to details, taking care of things, and working together. It enhances their appreciation for nature's beauty.





## Skills

### Walking Routine

Adding morning walks to our daily schedule at Sath Sadhana has been a big positive change for our learners. Walking is helping many of our learners feel better and start their day on the right note. The beautiful natural surroundings help everyone feel better and more focused.

Being able to chat with other teachers while walking is another source of enjoyment for our learners. The morning walks are becoming more than just exercise, they are a whole experience that makes our school feel positive and energetic all day long.



## Peer Visit at Sath Sadhana

Students studying psychology and sociology at Chettinad Harishree Vidhyalayam (CHSV) visited Sath Sadhana to learn about activities that foster life skills.

Conversations between both school learners revolved around learning activities. CHSV learners gained a better understanding of the link between psychology, sociology, and skill development. Not only did the visit encourage academic discussion, but it also demonstrated Sath Sadhana's inclusive and diverse educational approach.

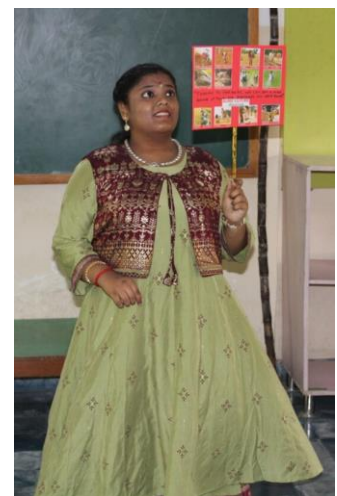




## Pre Pongal Celebration 2024 – Show and Tell

Sath Sadhana celebrated Pongal, the harvest festival, in style. Starting on January 12<sup>th</sup>, 2024, learners had a show-and-tell session where they explained the importance of different activities and things used during Pongal. They thanked farmers and animals for their hard work and help in providing food.

On January 23<sup>rd</sup>, 2024, the school had a kite-flying festival. Learners flew kites they had made during an art activity. There was lots of laughter and cheering, showing the happy and friendly atmosphere at Sath Sadhana during the festival.




## Pongal Celebration 2024

Lastly, on January 24<sup>th</sup>, 2024, Sath Sadhana had its Thai Pongal celebrations. The day started with a special prayer for Go Matha, followed by everyone working together to cook and offer Pongal to the Sun god. There were traditional dances like Kummi and singing, showcasing our rich culture. Learners wore traditional clothes and took part in the rituals. Stories about Pongal were shared, helping everyone understand the festival better. The celebration brought everyone together and made it a day to remember.







It is a pleasure to summarize our events for the month of January.  
As always, we will continue to share our experiences and learning.  
Till then stay safe and stay positive!

Cheers and All the best!  
***Chettinad – Sath Sadhana Team***



**Chettinad**  
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