



Dear Reader,

We are excited to share the second edition of our newsletter for the academic year 2024-2025.

Together, we are celebrating milestones and inspiring futures!

The way our learners are developing self-assurance in their vocational and life skills is truly impressive.

Participation in various events, including the Rotary Cultural Event, CM Sports Trophy, Bharat Special Olympics, and Occupational Therapy Screening camp, presented our learners with opportunities to showcase their talents. Participating in social events helped learners connect with the community and grow into confident changemakers.

Another proud highlight was our participation in the DCPCA (Dakshin Chennai Prabasi Cultural Association) Dussehra celebration. Products made by our learners were displayed for sale and received an overwhelmingly positive response.

We sincerely thank our parents, friends, and supporters for being an invaluable part of our journey.

Thank You & Stay Connected!

Please visit our website or follow us on Facebook and Instagram.

Chettinad - Sath Sadhana

Work-Based Education: Entrepreneurship Skills

As part of our Work-Based Education program, learners are now learning embroidery as a new skill. Their practice involves backstitch and satin stitch. Their embroidery pieces are used for making cloth bags.



Embroidery Practice

Work-Based Education: Entrepreneurship Skills

In recent weaving sessions at Sath Sadhana, learners have been exploring the art of planning, organising, and implementation to stay focused and complete given tasks.

The activity also supports essential motor skill development, such as coordination between the left and right sides of the body and eye-hand coordination. Improved motor skills not only make weaving a valuable and enjoyable experience but also assist learners in managing everyday tasks better.



Weaving Doormats

Work-Based Education: Entrepreneurship Skills

Creating organizers using paper mats involves attention to detail and precision. The activity is designed to enhance focus, improve hand-eye coordination, and strengthen fine motor skills, while providing hands-on creative learning experience.



Making Recycled Paper Organizers

Work-Based Education: Entrepreneurship Skills

Learners at Chettinad-Sath Sadhana have been actively engaged in making Areca leaf plates. These eco-friendly plates are used for in-house programs, such as celebrations and serving food to guests, and are sold as needed.



Areca Leaf Plates

Work-Based Education: Administrative Skills

In Term I, learners developed administrative skills like organizing workspaces and filing documents.

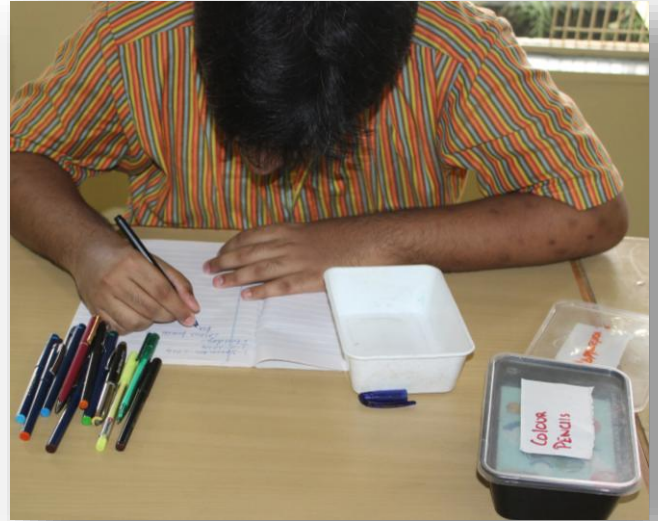
In Term II, they have begun to print and laminate documents, record attendance, maintain stock record, while assisting with data entry and staff communication. Additionally, they are beginning to use office stationery like highlighters and staplers. Through these hands-on activities, they are gaining the skills and confidence needed for future administrative roles.



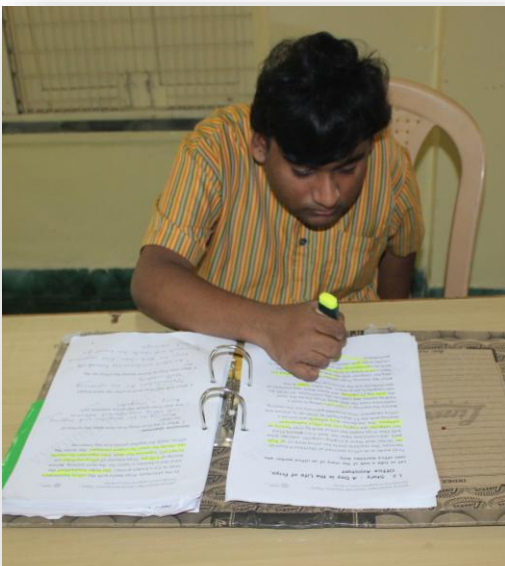
Reading about Jobs

Work-Based Education: Administrative Skills

Using Office Supplies



Stock Taking



Work-Based Education: Administrative Skills

Communicating through Phone



Recording Attendance



Communicating through Written Words



Work-Based Education: Administrative Skills

Data Entry



Lamination



Photocopying



Work-Based Education: Core Capabilities Development

Grocery store visits are part of life skills training for our learners. These trips help them practice decision-making, money management, and social interaction in a real-world setting. The fact that some learners are able to interact with shop assistants independently demonstrates their independence, confidence, and sense of accomplishment.



Grocery Shopping

Life-Skills Education: Adaptive and Positive Behaviour Development

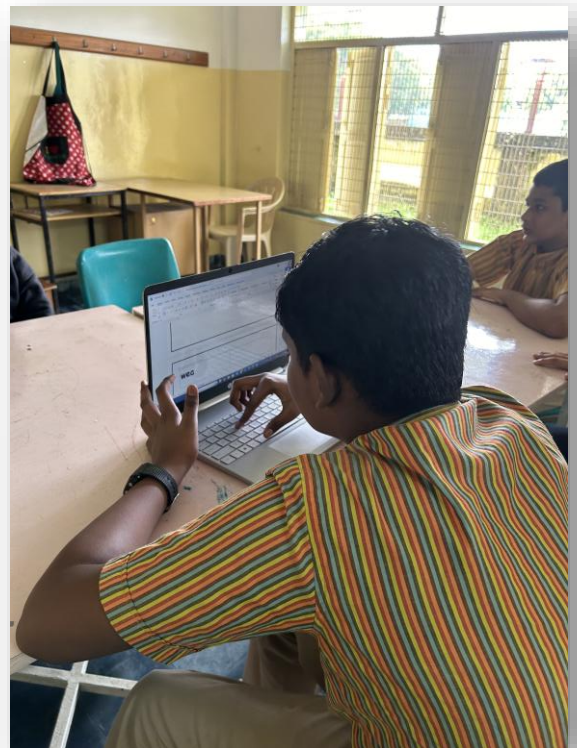
Life-skills education provides our learners with diverse immersive experiences. From preparing *pulav* in culinary sessions to plucking fresh vegetables in gardening activities, they actively explore practical life skills. Learners also participated in enriching indoor and outdoor communication sessions, fostering social interaction and teamwork. These activities promote holistic development in a supportive environment.



Immersive Experiences

Life-Skills Education: Academic Sessions

Learning to create personal recipe books as part of culinary skills, engaging in discussions on diverse topics, exploring connections between food and gardening, and participating in numeracy-based activities, is helping our learners to strengthen their creativity, critical thinking, and practical application of knowledge.



Literacy, Language & Communication

Life-Skills Education: Core Capabilities Development

Learners, have been actively learning to prioritize tasks. During work-based education sessions, they are able to successfully translate their learning into practical applications.



Prioritizing Tasks

Leisure - Sports

Learners at Chettinad-Sath Sadhana have recently been introduced to two track events - shot put throw and outdoor running of 100m and 200m. This initiative, aimed at preparing them for upcoming sports events, has also helped promote physical fitness, confidence, and teamwork.



Track and Field Event Practice

Leisure – Culinary skills

In Term II, learners revisited the recipes they learned in Term I, including Moringa Soup, Bread Sandwich, and Ladies Finger Gravy. They now are learning to cook Sambar Rice, Vegetable Pulao and Vegetable Raita.

Working together as a team, they organized themselves into an efficient assembly line to complete the dishes quickly and smoothly.



Cooking Meals

Leisure – Expressive Art

At Chettinad-Sath Sadhana, our learners are actively exploring various types of lines, shades, designs, and patterns. They are applying these concepts in their daily lives by creating to-do lists. Through this hands-on approach, creative skills are combined with practical living skills.



Practical Skills Development through Creative Arts

Events & Celebration

Occupational Therapy Camp

Chettinad-Sath Sadhana organized an Occupational Therapy Camp for learners with neurodevelopmental difficulties, in collaboration with the Chettinad School of Occupational Therapy - Chettinad Academy of Research and Education. The open-house camp provided assessments for our learners and individuals not affiliated to Chettinad Group, helping families identify key areas for growth and improvement. The success of the camp highlighted the significance of collaborative efforts in promoting holistic development and well-being. We extend heartfelt gratitude to the Chettinad School of Occupational Therapy for their dedication and expertise and look forward to continuing this meaningful work for the benefit of our learners and the community.



Wellness – For Learners

Events & Celebrations – Navaratri

Chettinad-Sath Sadhana celebrated Navaratri with joy and festive cheer. Learners brought clay and paper-mache dolls to create a vibrant mini Golu. They distributed tamboolam to the Acharyas and enjoyed the occasion with prasadam, soulful bhajans, and lively dancing, making it a truly memorable celebration.



Bomma Golu

Events & Celebrations – Diwali

For Diwali, learners decorated the campus with vibrant rangoli designs and diyas, while enjoying traditional Diwali sweets. They learned about the cultural significance of Diwali, embracing the themes of light, positivity, and togetherness. The celebration brought warmth and happiness to everyone, creating a memorable Diwali experience for all involved.



Celebrating Positivity

Events & Celebrations – Children’s Day

Volunteers from the YUVA Foundation conducted engaging art and sports-based activities that delighted everyone. The event concluded on a cheerful note as the volunteers distributed thoughtful gifts to the learners, making the day even more memorable.



Celebrating Childhood



Events & Celebrations – Christmas Celebration

The spirit of Christmas came alive at Chettinad-Sath Sadhana as learners celebrated the festival with joy. The day was filled with delightful activities, including decorating a Christmas tree with handmade ornaments. One of our learner's mother volunteered to facilitate a carols singing and dancing session, spreading the message of love and unity. A special highlight was the exchange of gifts, symbolizing the joy of giving.



Celebrating Togetherness



Events & Celebrations – UTSAV

As part of UTSAV, an annual celebration of Indian culture and traditions, learners at Chettinad-Sath Sadhana joyfully explored *prasadhams* and creatively designed *pooja* spaces with natural materials. Teaming up for *poojas*, taught them to value collaboration and spirituality. UTSAV has truly become a celebration of self, others, and shared experiences.



Celebrating Spirituality

Events & Celebrations – DCPCA

The Dakshin Chennai Prabasi Cultural Association's annual Navaratri celebrations provided Chettinad – Sath Sadhana a venue to display and sell its products. It was encouraging to see inclusivity in action, as our learners explored the activities at various stalls.

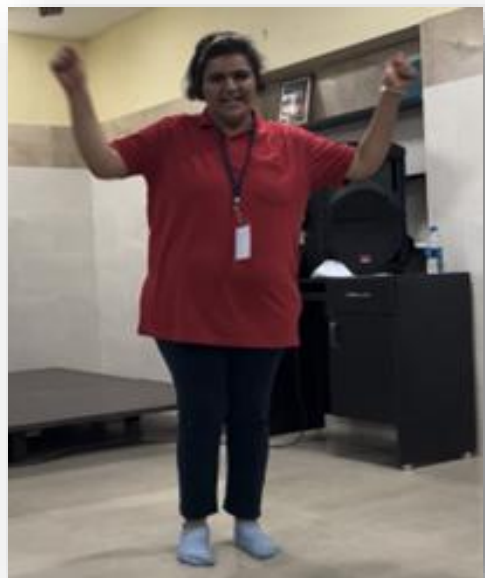
A heartfelt thank you to everyone who supported us by showing interest and purchasing our products. Your encouragement means so much!



Sale!

Events & Celebrations – Rotary Octave Event

Learners from Chettinad-Sath Sadhana participated in the Rotary Octave Special Learners Hunt. They took part in dance and a fashion show, showcasing their enthusiasm and effort in the event.



Showing Off!

Events & Celebrations – Bharat Special Olympics

Learners from Chettinad-Sath Sadhana showcased their talent and dedication at the Bharat Special Olympics District Level selection, earning prizes in their respective events. We are proud to announce that three of our learners have been selected to represent Chennai at the state level. Congratulations to all participants for their achievements, and best wishes to our state-level contenders!



District Level Sports Event

Events & Celebrations – Melting Pot at Chettinad-Sarvalokka

The Christmas Carnival & Melting Pot at Chettinad Sarvalokaa Education, provided a platform to highlight our learners' skills and abilities. It was a proud moment to celebrate their hard work and talent with a wider community.



Christmas Cheers!

Professional Developmental Programs for Facilitators

As part of their professional development initiatives, facilitators from Chettinad-Sath Sadhana visited Vidya Sagar, a renowned organization dedicated to empowering individuals with disabilities. The visit provided an enriching opportunity to learn from Vidya Sagar's extensive experience in implementing entrepreneurial programs, designing training based on in-house needs, and conducting specialized workshop for facilitators.

This exchange of knowledge and best practices will help Chettinad-Sath Sadhana further enhance its educational and vocational training programs, empowering learners and facilitators to achieve greater success in their endeavors.



A School Visit

Upcoming Events




Pongal Celebration



Field Trip



Sports Day



As we wrap up this edition of our newsletter, we would like to express our sincere thanks to all our learners and staff. Our success is a result of your dedication, passion, and hardwork.

We look forward to continuing this journey together, embracing new challenges and celebrating future achievements.

Cheers and All the best!
Chettinad – Sath Sadhana