



Dear Parents,

The month of November filled with various modes of school, including online classes, but the process of learning doesn't stop by the end of the day.

The highlights of the month are Diwali celebrations followed by Children's Day celebrations.

Sath Sadhana also had their first field trip to Tholkappiyar Eco Park, which is also an highlight of the month.

This month, the unit for Life literacy and numeracy falls on students routine at school and home where students shared their home routine and discussed about home chores and the importance of learning while doing 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 – Grid Colouring**
 - **Kitchen – Soup Making**
 - **Jewellery – Pre Skills**
 - **Physical Education**
 - **Field Visit to Tholkappiyar Park**
 - **Diwali Celebrations 2023**
 - **Children’s day celebration 2023**
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Skills

Grid Colouring

At Sath Sadhana, the grid colouring and cutting activities offer a comprehensive learning experience, fostering creativity and precision. The graded progression from smaller to larger grids ensures mastery at each level before advancing. The integration of colouring and cutting helps with precision and fine motor skills, while introducing patterns at the 3X3 grid level enhances cognitive development.



Skills

Grid Colouring

These activities provide a multisensory engagement suitable for diverse learning styles. The practical application of cut-coloured squares in decorating paper bowls demonstrates the real-world relevance and transferability of acquired skills.

Beyond artistic development, these activities cultivate essential soft skills such as focus, patience, and decision-making, contributing to holistic student development. The process encourages personal expression and creativity. Mastering each level instils a sense of achievement, positively impacting self-esteem and motivation to learn. Overall, this educational approach is designed to nurture various facets of student development.



Kitchen

Soup Making

Step into the kitchen at Sath Sadhana, where students are learning to make delicious soups just like in a fancy hotel kitchen. It's not just cooking – it's a well-organized system! Different counters are set up for different ingredients, each with its own job.

The Head Chef is like the leader, making sure we have all the ingredients and solving any problems that pop up. Then there's the Organizer who takes care of getting everything we need and making sure the kitchen stays clean and tidy.

Students have different tasks at each counter, and as they get better, they get to try new things. The Head Chef doesn't just cook; they also make sure the soup is served perfectly.

To help students work on their own, we have charts for each counter. These charts give them a guide to follow, so they can do their jobs with less help from teachers. The goal is for students to learn all parts of making soup and be ready for cooking adventures in the future.



Skills

Jewellery – Pre Skills

At Sath Sadhana, students are learning how to make jewelry with the help of their teacher. They start by sorting and stringing beads, exploring lots of colors, texture and patterns. This helps them build a strong foundation for creating detailed and beautiful jewelry.

Through these hands-on activities, students gain the ability to choose and combine different elements, which boosts their creativity. The teacher, plays a crucial role in guiding them and making sure they really understand the art. This process not only improves their technical skills but also helps them appreciate the many aspects of designing jewelry.



Skills

Jewellery – Pre Skills

In addition, students are getting really good at stringing beads of different sizes. This practice is great for improving their fine motor skills, which means they become better at using their hands for precise tasks. As they carefully thread beads of various sizes, students aren't just making pretty jewelry – they're also developing important motor skills that will help them be more precise in their artistic work.

This part of the school program highlights how Sath Sadhana focuses on teaching in a well-rounded way. Every activity students do has two important goals: it helps them become better at art, and it also improves their basic motor skills.



Physical Education

Taking part in well-organized physical activities has shown significant advantages for students. The brain's ability to adapt, known as neuroplasticity, responds positively to regular physical activity. Studies indicate that spending just 30 minutes each day on physical exercise can improve neuroplasticity, leading to notable enhancements in cognitive functioning.

This increased neuroplasticity can particularly impact the coordination of motor skills, which is crucial for individuals facing challenges in this area. Additionally, short sessions of purposeful physical activity, as brief as 10 minutes, can have a significant effect on problem-solving abilities, overall performance, importantly and boost self-confidence.



Physical Education

These activities offer more than just physical benefits; they contribute to a well-rounded approach to students' development, addressing both their physical and cognitive aspects. These findings underscore the vital importance of incorporating regular and purposeful physical activity into students' daily routines.

In conclusion, fostering a consistent culture of purposeful physical activity in students not only promotes their physical health but also lays the groundwork for robust cognitive development. This holistic approach empowers students to navigate challenges with enhanced problem-solving skills, fostering a resilient and confident mindset. By recognizing the interconnectedness of physical and cognitive well-being, we pave the way for a more comprehensive and impactful educational experience.



Field Visit to Tholkappiyar Eco Park

In a fun trip, the students of Sath Sadhana went on their first field visit to Tholkappiyar Eco Park in Adyar on October 31, 2023. Some students had their parents with them on the bus, which made the trip even more special. It was a really enjoyable and enlightening experience.

In the lush green park, students explored various plants and trees, learning about how they benefit people. The best part of the visit was finding a peaceful water pond in the park, where they were amazed by a pelican.



Field Visit to Tholkappiyar Eco Park

This trip was more than just regular learning; the students did hands-on activities. They saw snake skin and even got to interact with a live tortoise, learning important lessons on how to handle these cool creatures. Walking through a tunnel added an adventurous touch, creating special memories for the students who were with their buddies throughout the whole journey.

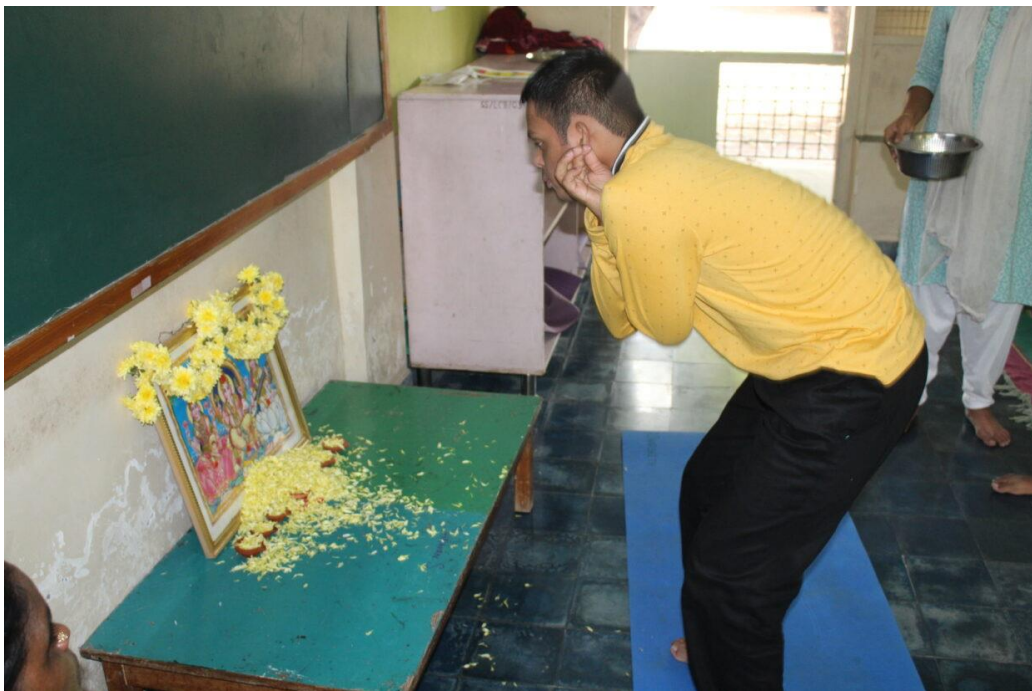
This field visit wasn't just a break from the routine; it was also an immersive educational experience. The students of Sath Sadhana left the Eco Park with more knowledge about nature, wildlife, and why it's crucial to preserve our ecological treasures. It was truly a day filled with joy, discovery, and shared moments of exploration.



Diwali Celebrations 2023

At Sath Sadhana campus, Diwali was celebrated joyfully on November 10, 2023. Students wore colorful Diwali clothes, made beautiful diya posters, lit earthen lamps, and gathered for Lakshmi puja and Bhajan chanting. These activities helped students learn and embrace the traditional practices of Diwali.

In the video-watching session, where they learned the story of Diwali, students also received important guidance on safety measures during the festival. The session also shared insights into diverse Diwali traditions from different regions of India and the world. This exposure gave students a deeper understanding of how Diwali is celebrated, allowing them to join in the festivities with cultural richness and appreciation.



Diwali Celebrations 2023

Through hands-on activities like making diya posters, lighting earthen lamps, and participating in traditional rituals such as Lakshmi puja and Bhajan chanting, the students actively immersed themselves in the joyous spirit of Diwali. These experiences allowed them to not just learn about the festival but also feel a personal connection to its traditions.

The active engagement of the students in these festivities and educational sessions not only added to their joy but also deepened their cultural understanding. This hands-on and insightful approach ensures that the essence of Diwali goes beyond textbook knowledge, making it a meaningful and memorable experience for each student at Sath Sadhana campus.



Children's Day Celebration 2023

On Children's Day 2023 at Sath Sadhana, students brought the place to life with colorful laughter and excitement. Dressed in their vibrant clothes, the kids created a lively atmosphere that showed the diversity and energy of youth.

Throughout the day, the school grounds were filled with the sounds of kids playing both indoor and outdoor games. These games were more than just fun; they were meant to help the children learn important skills and values. From board games that made them think strategically to outdoor sports that kept them physically active, each game had a lesson.




Children's Day Celebration 2023

The games gave students a chance to improve their aiming, concentration, and teamwork skills. While having friendly competitions, they also learned the importance of working together and supporting each other. These experiences weren't just for fun; they were like important life lessons disguised as play.

At Sath Sadhana, we understand that children are precious, and through celebrations like these, ensures that every child feels seen, valued, and encouraged to become a well-rounded person. The Children's Day celebration in 2023 wasn't just about having fun; it showed how Sath Sadhana is committed to growth of every child and provides them with opportunities to shine.





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