



Dear Parents,

At Chettinad - Sath Sadhana, June was a brief yet captivating month for students, parents, and teachers. The month began with Parent Orientation on June 15th, 2023, followed by the reopening and the start of the new academic year for students on June 22nd, 2023.

The students at Sath Sadhana were happy to be back at school, eager to learn and explore throughout this year. They were excited to meet new classmates, forge new friendships, and include them in their group.

The highlight of the month was the celebration of the International Day of Yoga on June 23rd, 2023. The students, accompanied by yoga volunteers, gathered at the school premises to participate in yoga activities. It was a memorable and invigorating experience for all involved.

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:

- Parent Orientation at Sath Sadhana
- New Academic Year... New Beginning
- International Day of Yoga Celebration



15th June 2023

Parent Orientation at Sath Sadhana

Sath Sadhana commenced the academic year with Parent Orientation on June 15th, 2023.

Both existing Sath Sadhana parents and parents of new students attended the informative meeting.

The orientation program primarily emphasized the comprehensive and integrated approach employed at Sath Sadhana.

The curriculum, comprising Skill training, Life skill literacy and functional academics, which greatly benefits students in a holistic manner.



The Pre-skills program focuses on developing student's readiness, improving their ability to sit and focus. They also work on addressing behavioral challenges by establishing routines, which aids in staying organized.

In the Life Skill Literacy program, students learn the importance of age-appropriate behavior, being responsible, showing respect, following directions, and acquiring culinary skills. They also learn about self-care, both for their physical and emotional well-being.

Functional academics cover various areas such as foundational literacy, including basic reading and numeracy skills. Additionally, students learn about health literacy, financial literacy, digital literacy, socio-emotional literacy, and civics and ethical literacy.

Engaging in these areas helps students become well-rounded individuals, developing organizational skills and efficiency.



22nd June 2023

Beginning of Academic year for students

Following an extended summer break, the students of Sath Sadhana embarked on their academic journey on June 22nd, 2023. With enthusiasm, they arrived at school to warmly greet their teachers, eager to embrace the new academic year. New students were warmly welcomed and supported by their fellow classmates, fostering new friendships.

Under the guidance of the teachers, the students followed their familiar routine and delved into the diverse array of activities planned for them. They joyfully engaged in playing together on the grounds and participated in various engaging endeavors. Throughout the day, laughter and excitement filled the air, leaving the students eagerly anticipating the exploration of countless activities that await them in the upcoming academic year.




23rd June 2023

International Day of Yoga Celebration

On June 23rd, 2023, Sath Sadhana celebrated the International Day of Yoga in the company of dedicated yoga volunteers. During the event, student Swaminathan demonstrated various yoga asanas in front of fellow students and guided them in their practice. The students at Sath Sadhana find yoga to be a relaxing activity that greatly benefits their physical and mental health.

Yoga holds great significance in our lives, providing numerous benefits to our physical, mental, and emotional well-being. It contributes to our physical health by enhancing flexibility, strength, and balance. Moreover, it plays a vital role in improving our mental state by reducing stress, anxiety, and promoting mental clarity. Through yoga, we acquire effective tools for managing and relieving stress, allowing us to cultivate inner calm and resilience amidst life's challenges. Its holistic approach facilitates healing and personal growth, fostering self-acceptance and self-discovery. Additionally, yoga fosters a sense of community, bringing together individuals from diverse backgrounds on a shared path to well-being and self-exploration.





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



Chettinad
Sath Sadhana

Chettinad - Sath Sadhana

No: 30/75, 4th Main Road, Gandhi Nagar, Adyar, Chennai – 600 020. Phone No: 044 – 24451154

