



Dear Parents,

The month of July, there was a dedicated effort to warm up through continuous and focused work. The students have established their daily routines within the classroom. Progressing forward, gradual improvement and positive responses are being observed among the students with upgraded projects introduced to them.

In the context of academics, there is a notable focus on honoring individual boundaries. Students are receiving instruction on the preservation of their personal space, the ability to seek it when necessary, recognizing their personal possessions, and making decisions about their personal belongings. This commitment to upholding personal space has expanded from the confines of the school campus and reaches further..

Concerning numeracy, students have embarked on their educational path by participating in activities like counting, sorting, identifying currency, and undertaking tasks that revolve around counting and combining. By utilizing a variety of materials, students are starting to incorporate numbers into their everyday experiences.

Regarding skills development, all students are diligently striving to refine their abilities and achieve a level of independence. They are in the process of preparing themselves to tackle more advanced skills in the upcoming months.

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 Numeracy – The power of Money**
 - **Group Activity – Creating their name board**
 - **Kitchen – Grating of Carrots**
 - **Physical Education**
 - **Professional Development Session by Dr. Parthiban**
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Life Numeracy

The Power of Money

At Sath Sadhana, we think it's important for everyone to understand how money works. So, we've come-up with a cool way to help students learn about money. We do fun things like pretend shopping and figuring out budgets for real situations. It's like going on an adventure where you learn about different kinds of money by using play money. You also get to see why money matters in the world today by doing different activities and worksheets made just for you. Our lessons about money are super cool because they let you solve problems like real money situations. It's like getting ready for real life!



Group Activity

Creating their name board

We're excited to tell you about something awesome that the students at Sath Sadhana did together! They all worked as a team to make a special name board for their class, and it turned out amazing. They used all sorts of different things to make the name board, and now it looks really cool in their classroom.

While they were making the name board, the students learned some important things. They got to show how creative they are, and they also learned how to work well together as a team. They produced ideas, divided tasks, and worked together to finish the name board. This taught them how important it is to communicate with each other verbally or with gestures, help each other, and treat each other nicely when they're working together on something. It was a really great experience for them!





Kitchen

Grating of Carrot

Students at Sath Sadhana are learning to grate carrots. Grating carrots is often seen as a simple kitchen skill, but its importance should not be underestimated.

Grating carrots, or any other food, can provide a light workout for several muscle groups in your upper body. While it may not be an intense exercise, it still engages and strengthens the following muscles:

Forearm Muscles: When you move the grater back and forth, you use the muscles in your forearms. These muscles help your wrist and fingers move.


Shoulder Muscles: Holding the grater and pressing down works the muscles in your shoulders, like the deltoids and rotator cuff muscles.

Bicep Muscles: When you press the carrot onto the grater, your biceps help you push.

Triceps Muscles: Your triceps keep your arms steady and control the movement.

Core Muscles: To stand properly and keep steady, your core muscles like the abs and obliques help.

Chest Muscles: Pushing and pulling the grater also gives your chest muscles a little workout.





Grating carrots isn't just about making small pieces – it's a simple activity that gives work out to different parts of your body. This activity not only makes muscles stronger but also helps with sitting longer, focusing better, and paying attention. Students were eager to take home the carrots they grated.

Incorporating grating carrots into educational settings can be a multifaceted approach that encompasses physical, cognitive, and social development.



Physical Education

We are thrilled to share the progress of our physical fitness program, which has been dedicated to strengthening and balancing our students' bodies. This month, our physical education classes have taken a comprehensive approach, incorporating warm-up exercises, stretching, and a variety of activities to promote physical well-being.

The students have enthusiastically participated in on-the-spot jogging, forward & backward jogging, and various rotation exercises. These activities not only promote cardiovascular health but also focus on enhancing balance and coordination. Through guided instruction, our students have learned to engage their core muscles and maintain stability, gaining confidence in their physical abilities.





Gym balls provide a multitude of benefits for special needs children, fostering not only physical development but also cognitive and sensory integration. These versatile tools enhance core strength and stability, aiding in improved posture and reduced musculoskeletal issues. The dynamic surface engages various muscle groups, promoting better balance, coordination, and proprioceptive input crucial for sensory processing.

Gym Balls are used in occupational therapy to focus on sensory integration, leading to enhanced sensory processing and improved attention. Moreover, the adaptable characteristics of gym balls enables to design customized exercises that address individual sensory and motor requirements, establishing them as a priceless asset within comprehensive occupational therapy approaches.

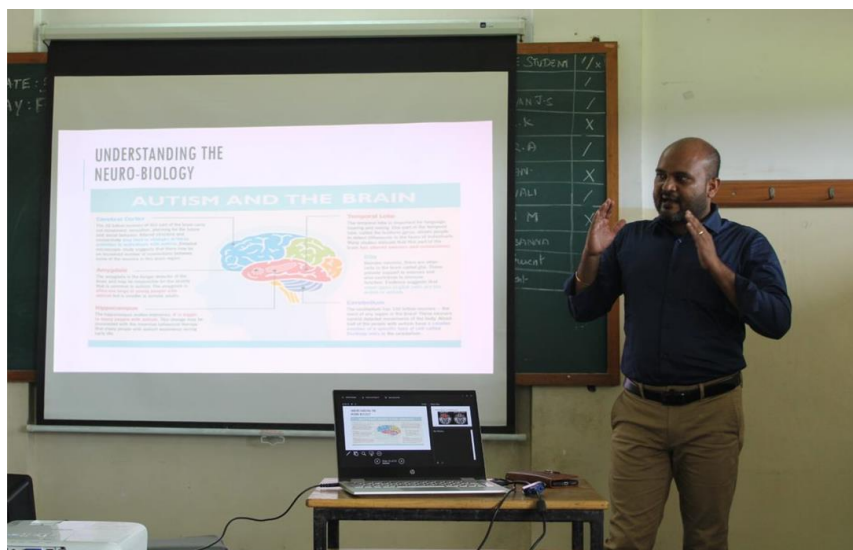



Professional Development Session

We are thrilled to recount the success of the professional development session led by the esteemed Dr. Partheeban on July 1st, 2023. This enlightening event revolved around deepening our comprehension of autism and delving into the intricate relationship between the body and autistic behaviors.

During the session, a spotlight was cast on the profound significance of the gut-brain connection in the context of autistic behaviours. Dr. Partheeban introduced innovative external approaches, including foot baths and liver compress techniques. These novel measures have exhibited promising results in enhancing gut health and instilling a sense of tranquility in individuals with autism. This hands-on approach introduces a fresh outlook on catering to the distinctive requirements of those on the autism spectrum, empowering our Acharyas to foster an environment of inclusivity and support.

Our sincere gratitude goes out to Dr. Partheeban for generously sharing his expertise. We also commend our Acharyas for their enthusiastic participation and active involvement throughout the session. With the newfound knowledge, we are confident in our collective ability to fortify our endeavours in cultivating an all-encompassing educational community that effectively addresses the diverse needs of each one of our learners.





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

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

