



Dear Reader,

We are thrilled to present our annual newsletter, brimming with memories, valuable information, and important news.

New experiences and exploration dominated the academic year 2023-2024. Learners were able to acquire new life skills and had many opportunities to showcase their abilities. They had a great time participating in various events organized by institutions like RASA, Rotary Club, NIFT and visiting places of interest in the neighbourhood.

*Three cheers for all our learners and their hard work!*

Our new academic year 2024-2025, will focus on enhancing occupational competencies of our learners. Under the auspices of the School of Occupational Therapy – Chettinad Academy of Research and Education (CSOT-CARE), we plan to offer a number of therapeutic and training programmes.

Leisure and wellness will be prioritized more. A range of activities will be available for our learners, their siblings, and parents.

Our desire to foster greater community engagement will see us hosting a range of open-house events.

Discover all the details about our upcoming events on our website.

*Don't miss out on any of the action!*

Chettinad - Sath Sadhana

# Events & Celebrations

## Festivals: Local, National & Global

Celebrating festivals is a significant part of learning at Chettinad Sath Sadhana. Our learners dress up in their best attire and participate enthusiastically in all organized events.



**Vinayagar Chaturthi**



**Krishna Jayanthi**



**Onam**



**Navratri**



**Diwali**



**Pongal - Kummi attam**

## Sweet Aval

### *A recipe for fireless cooking*

For 10 minutes, soak one cup of flattened rice (Aval) in two cups of water. Drain the water using a sieve. Add half a cup of jaggery, six teaspoons of grated coconut, and one sliced banana. Mix all the ingredients. You can now enjoy Sweet Aval.

# Events & Celebrations

## Events

Social interaction and community engagement are essential aspects of our celebrations.



**Products made at CSS - Christmas Stall at the Chettinad Sarvalokaa Education**



**Akkas Day**



**International Yoga Day**



**Interaction with CHSV learners**



**Sports Day**



**Annual Day**

## **Lemon Mint Cooler**

*A refreshing drink for busy days*

Soak several fresh mint leaves in a cup of water for ten minutes. Add half a lemon juice to this cup. Add the sugar and salt to taste. Stir all the ingredients together. Enjoy this tangy thirst-quencher

# Co-Curricular & Off-Campus Activities

## Fitness, Movement & Visual Arts

Visual arts, dance, music, theater, sports, physical training, yoga, and meditation contribute to the physical and emotional well-being of our learners.



## Off-Campus Events

Off-campus events give our learners the opportunity to explore new environments and compete in various competitions. It also offers their parents the chance to explore and connect with other institutions.



**Tholkappiyar Park**



**Utsav-Temple Visit    NIFT Fashion Spectrum    RASA's Annual Day**



**Athletics competition  
by Rotary**

## **Bread-Butter-Jam Sandwich**

### *A quick snack for energy*

Take two slices of bread. On one slice spread some butter. On the other slice spread some jam. Place the buttered side on the jam slice of bread. Enjoy this tasty snack.



## Health & Wellness - Facilitators

Facilitators at Chettinad - Sath Sadhana are enthusiastic participants in all professional and personal development programmes.



**A session on Ayurvedic way of Health**



**Table Tennis match to celebrate Women's Day**



**A session on Digital Literacy**



**Celebrating Teacher's Day**



**Exploring Theatre**

## Health & Wellness – Parents & Siblings

Parents and siblings are important to us and we ensure that they are part of our health and wellness journey.



**A workshop on financial awareness**



**Sports Day - A relay for parents**



**A session on virtual reality**



**Annual Day - A flash mob dance**



**A parent session on adolescent needs**

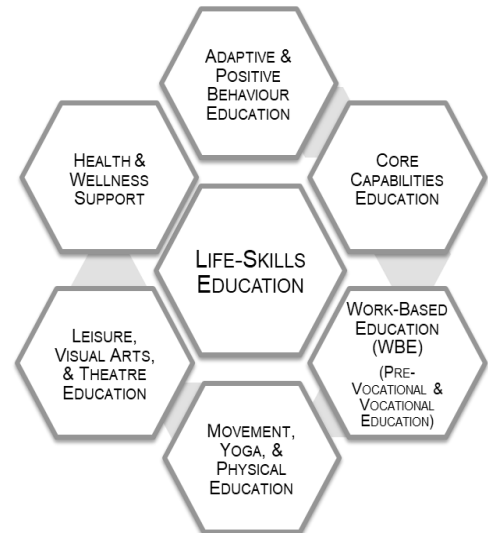


**A skills experience session**

# Learning at Chettinad – Sath Sadhana Life-Skills Education

Chettinad – Sath Sadhana provides a cross-curricular education that addresses diverse life skills, therapeutic, and occupational needs.

Our life-skills curriculum introduces knowledge, attitude, and skills essential for managing the demands and challenges of everyday life, including occupational competency.



## Upcoming Open-House Events

Individuals with special needs and their family members who are not affiliated to the Chettinad – Sath Sadhana are welcome to attend our open-house events.

**Chettinad Sath Sadhana**

**EXPERIENCE THE MAGIC OF STORYTELLING**

**A Special Session for Adolescents & Young Adults with Special Needs**

AGE GROUP **10-27 YEARS**

**Date:** 1st June, 2024  
**Time:** 10:30 - 12:00 PM

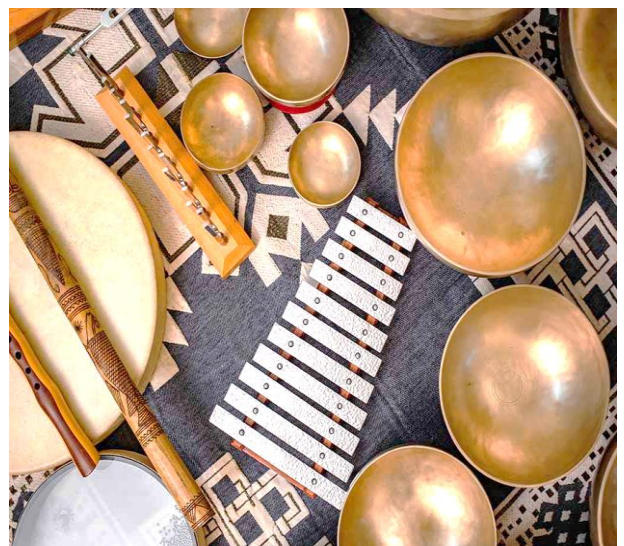
**Register for free:**  
📞 **94453 66057**

**Venue:** Chettinad Sath Sadhana, Adyar

**Fun with Stories by**  
**Ms. Janaki Sabesh**




**Sound Healing  
For Parents - June**



**Sound Healing  
For Siblings - July**

.....and more





As we wrap up this edition of our newsletter, we would like to express our sincere thanks to all our learners, parents, and staff. Your support and dedication have been the cornerstone of our success.

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

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



**Chettinad**  
**Sath Sadhana**

**Chettinad - Sath Sadhana**

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