



**Dear Reader,**

We are excited to present the first edition of our quarterly newsletter for the academic year 2024-2025, which is brimming with thoughtful reflections, important updates, and unforgettable highlights.

This year, we proudly launched a work-based education program in collaboration with the School of Occupational Therapy – Chettinad Academy of Research and Education (CSOT-CARE). This program is designed to equip our learners with essential administrative and entrepreneurship skills.

Our dedicated learners deserve a big round of applause for their outstanding efforts!

The primary focus of our first semester was on leisure and wellness. Our learners and their families were able to engage in various recreational activities to de-stress and recharge.

We also enhanced our community engagement by hosting several open-house events, offering a valuable platform for everyone to connect, learn, and grow together.

Thank you for being an essential part of our journey. To stay updated on all the latest developments and see what's coming next, be sure to visit our website, Facebook, or Instagram.

Together, let's continue to celebrate the achievements of our learners and look forward to the exciting journey ahead!

**Chettinad-Sath Sadhana**



# Work-Based Education: Entrepreneurship Skills

At Chettinad-Sath Sadhana, our Work-Based Education program is intended to equip learners with essential entrepreneurship skills. We provide our learners with hands-on experience and practical knowledge to prepare them for real-world opportunities.

## Learners Weaving Doormats



## Learners attending Theory sessions



# Work-Based Education: Entrepreneurship Skills (contd..)

## Learners making Paper Bowls



## Learners making Areca leaf plates



# Work-Based Education: Administrative Skills

At Chettinad-Sath Sadhana, we strive to develop vital administrative skills through our Work-Based Education program. Hands-on experience, practical training, and visits to various offices enable learners to gain a comprehensive understanding of administrative functions.



**Learners Organizing their tables**



**Learners filing the documents**



**Learners visiting office**

# Work-Based Education: Core Capabilities Development

**Grocery store visit** is more than just a shopping experience for our learners. It is an essential life skill that fosters a sense of accomplishment and self-reliance. Each visit gives them an opportunity to practice decision-making, money management, and social interaction in a real-world setting.





# Life-Skills Education: Adaptive and Positive Behaviour Development

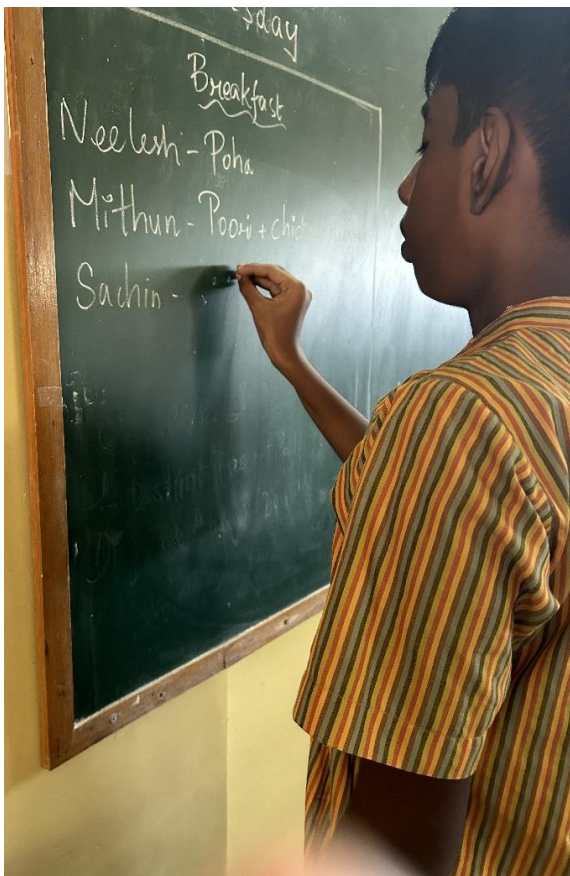
**Temple visit** provides our learners with a valuable opportunity to explore cultural and spiritual traditions while practicing mindfulness and respect. From participating in ceremonies to observing the surroundings, our learners gain a sense of connection and reverence.



# Life-Skills Education: Core Capabilities Development

**Functional Academics**, develop the four essential abilities of reading, listening, writing, and speaking. Interactive activities like measuring, counting money, and reading time are used to impart practical knowledge.

Additionally, collaborative discussions play a vital role in enhancing functional learning. Questions such as "When will a plant bloom?" or "How many vegetables are needed for a salad or soup?" encourage critical thinking and active participation. By linking classroom learning to everyday experiences at home, such as preparing meals, students are able to grasp academic content in a relevant and effective manner.



## Leisure - Pottery

**Pottery** at Chettinad-Sath Sadhana is a highly anticipated weekly activity that encourages our learners to express themselves creatively while refining their fine motor skills and hand-eye coordination. This enjoyable and soothing experience not only serves as a creative outlet but also instills a sense of pride and happiness in each piece they craft.





# Leisure - Cycling

At Chettinad-Sath Sadhana, teaching cycling goes beyond being just an enjoyable activity—it's a path to independence and confidence for our learners. Cycling enhances physical fitness, coordination, and social interaction. Our learners not only relish the excitement of riding but also develop essential skills that elevate their self-esteem and overall well-being.



## Leisure – Culinary skills

At our centre, cooking is more than just a culinary skill—it's a mindful activity that engages all the senses, helping learners stay grounded in the present moment. This essential life skill is something our learners eagerly look forward to, as it brings them joy and pride in creating their own meals. The satisfaction they experience when they cook and savour their food is truly rewarding.



# Leisure – Gardening

In our lush green environment, gardening is an integral part of the learning experience. Our learners thoroughly enjoy every step of this activity, from planting seeds to watching them grow. Gardening provides a hands-on, therapeutic way to connect with nature while teaching responsibility and patience. It's more than just growing plants; it's about nurturing minds and spirits.



## Leisure – Expressive Art

In our creative space, exploring the world of dots has become a favourite activity for our learners. Using various mediums such as pencils, crayons, and paint, they experiment with patterns and textures to create captivating works of art. Through this hands-on process, learners not only improve their focus and fine motor skills but also discover how a simple dot can lead to intricate designs.

As they gain confidence in their abilities, they have started applying their skills to design creative products like bookmarks and fridge magnets. Each carefully placed dot becomes a joyful step in their artistic journey.



# Wellness –For Parents

At Chettinad-Sath Sadhana, we held a series of wellness events that brought joy and relaxation to our community.

Our storytelling session captivated adults and adolescents, with participants actively engaging and bringing the story to life.

In celebration of International Yoga Day, parents joined a meditation session led by Sahaj Yoga practitioners, while learners enjoyed a yoga class with volunteers from Krishnamacharya Yoga Mandiram.

We also hosted a sound healing session for parents to de-stress and rejuvenate. These events underscored our commitment to nurturing both mind and spirit.



## Wellness – For Learners

As part of our wellness program, we recently conducted a Sound Healing Session for our learners, led by certified therapist Ms. Suniti S Ramesh. Using instruments like singing bowls, chimes, gongs, and xylophone the session created a soothing environment that helped reduce stress and improve focus. The calming vibrations promoted relaxation and emotional balance, fostering sensory integration crucial for many of our students.

Sound healing will now be a regular part of our wellness program, providing learners with opportunities to thrive emotionally and mentally, while supporting their well-being compassionately and innovatively.



# Wellness - Fitness for Learners

## Boost Your Day with Morning Fitness Sessions!

Our morning fitness sessions for learners are in full swing, providing a fun and engaging way to start the day! Tailored to suit different needs and abilities, these sessions focus on movement, coordination, and strength-building activities that promote physical and mental well-being. Held every morning at 9:30 am, these exercises help boost focus, reduce stress, and improve mood, setting students up for a successful day of learning. We're thrilled to see our students thrive as they move, play, and enjoy the benefits of fitness!



# Events & Celebrations – Independence Day

Our Independence Day celebration was a vibrant mix of education and creativity! The day began with a captivating video that enriched the learners' understanding of our heritage and the essence of independence. Following this, the students enthusiastically crafted their own Indian flags, which they proudly displayed. Demonstrating key life skills, the learners also took responsibility for cleaning up their workspaces. The event culminated with a ceremonial flag hoisting, filling everyone with pride and a renewed sense of patriotism.





## Events & Celebrations – Friendship Day

Friendship Day was the perfect time to celebrate the special bonds that make life so meaningful. Whether it was a lifelong companion or a new friend who had recently touched our lives, we took a moment to express our gratitude and appreciation. Learners made heartfelt greeting cards for each other and exchanged them, creating a warm and personal way to honour their connections. Friendships enrich our lives, providing support, joy, and countless cherished memories. This Friendship Day, we celebrated these connections and cherished the friends who made every day a little brighter.



# Events & Celebrations – Krishna Jayanti

The Krishna Janmashtami celebrations at Sath Sadhana were filled with joy and devotion. Our learners enthusiastically took part in every aspect of the festivities, from decorating the space with vibrant and beautiful decorations to preparing delicious prasadam. The pooja ceremony was the highlight, bringing everyone together in a shared spirit of devotion. The day concluded with the traditional Uriyadi game, which was both exciting and fun, adding a perfect touch of tradition to our celebrations. It was truly a memorable and joyous occasion for all!



# Events & Celebrations – Ganesh Chaturthi

The Ganesh Chaturthi celebrations at Sath Sadhana were filled with joy and devotion. Our learners actively participated in all aspects of the celebration, from crafting eco-friendly clay idols of Lord Ganesha to decorating the space with vibrant and colourful decorations.

The prayer ceremony was the highlight of the day, where everyone came together to offer flowers and prasadam, lovingly prepared by our learners. The chants and bhajans filled the atmosphere with a sense of peace and spirituality, creating a truly sacred environment.

The celebrations were a beautiful blend of tradition, devotion, and creativity, making it a memorable and enriching experience for everyone involved!



## Events & Celebrations – Onam

The Onam celebrations at Sath Sadhana were filled with joy and tradition, with our learners actively participating in all the festivities. The highlight of the day was the creation of a beautiful Pookolam, which the learners made with great dedication and calmness, adding vibrant colours to the celebration. The day also included traditional singing and dancing, along with the preparation of a delicious fruit payasam as prasadam, making the occasion even more special. It was a wonderful and memorable celebration for all involved!



## Events & Celebrations – UTSAV

UTSAV at Sath Sadhana provides a rich platform for learners to engage in meaningful activities through hands-on experiences. They planned and decorated their own pooja spaces, taking pride in creating a sacred environment for worship. They contributed towards SEVA by preparing prasadam for festival poojas, deepening their connection to traditions.

These activities promote responsibility, creativity, and teamwork. Singing simple bhajans and devotional songs to deities like Ganesha, Krishna, Vishnu, and Shiva enhances their listening, memory, and vocal skills. This participation fosters holistic development, supporting emotional well-being and an understanding of cultural values.



## Events & Celebrations – CM Trophy

Sath Sadhana learners proudly participated in their first sports event at the CM Trophy 2024, competing in the 100-meter race and shotput throw. After practicing diligently at our centre, they were able to demonstrate their skills during the actual event. Our learner, Mr. Mithun, showcased his athleticism by competing in the 100-meter race, while Mr. Mohammed Sadiq, Mr. Sai Bragadish, and Ms. Anisha participated in the shotput throw, displaying great enthusiasm and interest in the sport. This experience was a memorable milestone for our learners.




# Professional Developmental Programs for Facilitators

At Chettinad-Sath Sadhana, our facilitators are dedicated to continuous professional growth, regularly participating in workshops and conferences to enhance their expertise. Notably, our facilitator, Ms. Divyasree, presented an academic paper titled "Exploring Employment Transition Needs for Learners with Neurodevelopmental Difficulties" at the LEARN conference in September 2024, showcasing our commitment to preparing learners for future employment opportunities. Additionally, our facilitator, Mr. Anand Kumar, attended a workshop for Special Olympics, furthering his understanding of inclusive sports and how physical activities can empower learners with special needs.

Ms. Sayeeda Samira also took part in an art workshop focused on expressive arts, exploring creative methods to support learners' emotional and artistic development. To celebrate Teachers' Day, all facilitators attended a workshop on Expressive Art Therapy, providing them with an opportunity to unwind and rejuvenate through creative expression. These professional development experiences equip our team with innovative tools to support the holistic growth of our learners, ensuring they receive well-rounded and inclusive education.





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***

