



SPJ SADHANA SCHOOL

Empowering persons with special needs

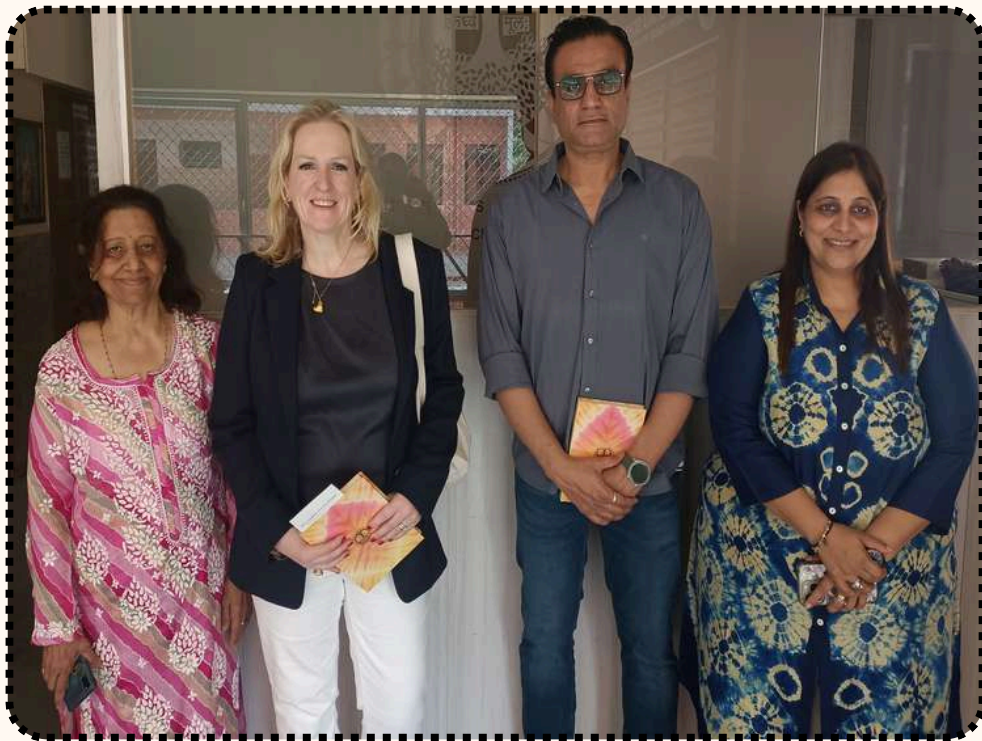
FEBRUARY NEWSLETTER

The month of February 2025 was filled with a range of exciting and enjoyable events.

February focuses on the notion of love for others through the celebration of Valentine's Day. Grades I and II presented a special assembly on this occasion, entitled: "A Celebration of Love and Life". The music, singing and dancing and the cheerful red costumes created an appropriate ambience to celebrate this festival of love. This Special Assembly interpreted and presented the notion of love in various unique ways. An important message is that we must love every moment of our lives. Just like the pieces of a puzzle fit together to complete the picture, the little things in life come together to make it whole and beautiful. The students enacted the message of loving the little things that make us happy. Special children love many favourite little things that calm them and make them happy, such as the sensation of sand slipping through the fingers, playing with pets, bouncing on the therapy ball or blowing bubbles, or doing a favourite activity like cycling. The ultimate message was that happiness doesn't have to be complicated; it's the little things that mean the most. The Special Assembly ended with a song about the love between parents and children, emphasising the message that true love isn't about changing someone to fit a mould, it's about accepting them fully and embracing the unique light they bring into our lives.



The school received a visit from Ms. Alison Ward (CEO) and Mr. Kinner Lakhani (COO/CFO) of Cotton Connect. Mr. Lakhani is the son of our volunteer of over 30 years, Mrs. Rashmi Lakhani, whose dedicated service has been invaluable to Sadhana School. Ms. Ward and Mr. Lakhani felt it was a heart-warming and inspiring experience to meet the incredible children and see the remarkable work being done at Sadhana School. They deeply appreciated the opportunity to observe the dedication of the teachers and staff in creating a nurturing and empowering environment for the students. They expressed a wish to remain connected and support the wonderful work undertaken at Sadhana School. The school looks forward to a continued meaningful relationship with the organization.



On 19th February, the school hosted a joyful Gupshup Day event entitled "Breaking Barriers: Building Consonance". This event was a wonderful opportunity for parents and teachers to connect and engage in a fun-filled session. The afternoon began with the lively icebreaker game "Hungry Caterpillars", setting an energetic tone. Another fun game was called "Match and Snatch", which involved matching the numbers and snatching gifts. The game led to a great deal of laughter and interaction and created a sense of belonging. The parents felt a sense of closeness and rapport with the teachers, thus strengthening the school community.

A mesmerizing musical session followed, led by the talented Hinaben Mehta, an accomplished singer and voice trainer. She was joined by singers Sonali Jhaveri, Shruti Mehta, Shweta Shah, Shreya Shah and Nikita Mehta, with Pranit Kulaye managing the sound. Their foot-tapping performances brought everyone together. The teachers and parents matched each other's rhythms and sang along in harmony, truly breaking barriers. The event ended with parents and teachers sharing and enjoying a delicious lunch, fostering a sense of unity and creating lasting memories.



Students of SPJ Sadhana School participated in the INSPIREX Interschool Competition organised by The Aditya Birla Integrated School (TABIS). This competition is based on the belief that every student is gifted with unique talents that deserve to be celebrated, and the competition provides a platform exclusively designed for students with special needs, to showcase their exceptional abilities.

The Storytelling event invited students to share their creativity and imagination through original stories. Participants were encouraged to craft and present tales that reflect their unique experiences, ideas or dreams. Participants could choose one of the following categories: Fiction/Fantasy, Real-life Experiences, Humour and Comedy, Drama/Emotional Impact. Two of our students, participated:

Aarya Jain: "At the Picnic"

Yuvraj Mehra: "Yuvraj the Warrior"

We are proud to share that Yuvraj won the Runner-up Trophy for Storytelling.



The Art Competition invited students to explore their creativity and address global challenges like ocean conservation and climate action, fostering a sustainable future. The key themes for the competition were: Life below water, and Climate Action. The two students who participated were:

Aaria Mansinghka

Aditya Akhadkar



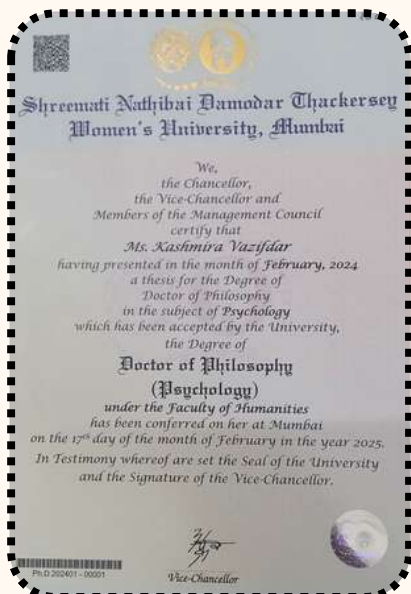
The CSR Committee of the Cricket Club of India (CCI) invited Sadhana School to participate in their celebration of Inclusion and Diversity. Ten of our students along with their parents attended the celebration, which was truly a wonderful experience that they thoroughly enjoyed.



The Rotary Club of Bombay Uptown organised a grand Carnival at Maharshi Karve Udyan, Wadala, to which our students were invited. The entire garden was lit up to create a festive atmosphere. There were a series of interesting activities such as a Puppet Show, a Magic Show, Jugglers, Stilt Walkers, a Mascot, a DJ, stalls for popcorn and candy floss, etc. There were also several rides, game counters, artist counters, etc. 12 of our students along with their parents attended the Carnival. According to feedback received from the parents, the event was very useful in helping our students overcome their anxiety in crowded places.



The school psychologist, Ms. Kashmira Vazifdar, was awarded the Ph.D. degree in Psychology by the S.N.D.T. University at their Convocation Ceremony on 17th February. She completed her thesis entitled "Mediated Self-Talk and Arts-based Therapy as Facilitators of Social-Emotional Adjustment in Children with Special Needs", under the guidance of Dr. Anuradha Sovany. This intervention-based research was conducted with the students of S.P.J. Sadhana School. Ms. Kashmira Vazifdar is sincerely grateful to the management, staff, students and their parents for their assistance and support.



Our students participated in a Joy of Reading Session organised by Ms. Nirmala Mehendale of Kindness Unlimited. The sessions used the pre-recorded Karadi Tales as an opportunity to bond and share the love of reading accompanied by music and dance.

Students of SPJ Sadhana School also participated in the Annual Music Competition "Light up Lives", which is an initiative of the Concern India Foundation, which was held on 21st February at the Children's Museum (Prince of Wales Museum), Kalaghoda, Mumbai. The five students who participated were Dhanashree Khandekar, Vyom Bhope, Vidur Narang, Atharva Singh and Tanishq Indulkar. Vidur Narang was awarded 1st Prize for Solo Dance .

The Enrichment Educative Excursion is an important part of the activities and curriculum at Sadhana School. This year, the IL and VOC classes were taken on an excursion to the Monteria Village Resort in Khalapur, which has a scenic and rustic environment, providing the students with an immersive experience, allowing them to connect with nature and learn valuable life skills. The primary objective of this excursion was to develop and showcase their Social Skills, Life Skills and Activities of Daily Living (ADL) Skills in a real-world setting. During the excursion the students participated in various activities designed to enhance these skills, such as participating in team building and building friendships, participating in outdoor games and sports, experiencing village life, adapting to a new routine and environment and developing organisational skills. The excursion provided our students with the following benefits: improved social skills through interaction with peers and resort staff, enhanced life skills through participation in activities such as cooking and gardening, increased confidence and self-esteem through achievement of tasks and activities, better understanding of activities of daily living skills and their importance. The excursion also aimed at assessing the students on these skills. The students were accompanied by experienced teachers and staff who ensured their safety and well-being throughout the excursion. The excursion provided our students with a valuable and enriching experience that would help them to grow into confident and capable individuals.



The students of Grade 3 and 4 went for a movie screening of "Mufasa" in order to celebrate Yana Khoshiya's birthday. They enjoyed being present in this new environment and were very well behaved. They were very settled while watching the movie and also during snacks. It was a fun experience. Movie was at Metro Mini Theatre. The ambience suited the sensory needs of the students – comfortable seats, smaller theatre and controlled sound.



The students of Grade 3 and 4 went to a play area - RUSH in order to celebrate Vivaan Singh, Tanishq Indulkar and Aarav Ruhela's birthday. The students had a wonderful time jumping on the trampoline, sliding in the ball pool and playing different arcade games. Some of them also won prizes. It was truly a fun and exciting day spent with their friends. The outing at RUSH satisfied the need for movement for most of the students on the Autism Spectrum.



Thus the month of February was filled with a range of valuable and enjoyable activities and experiences.

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