



SPJ SADHANA SCHOOL

JANUARY 2025 NEWSLETTER

The month of January 2025 brought many meaningful moments and activities.

SPJ Sadhana School is proud to announce that our former student Ms. Sanjana Pore received the Nandini P. Divatia Award for the Disabled for the year 2024, from the Rural Development and Management Institute, Ahmedabad. The award as well as a cash prize of Rs.18,00/- was presented at a ceremony organised at Ahmedabad.



Sadhana School is happy to announce that they offer a series of extra classes/training to the students:

1. Animal Assisted Therapy: Every Wednesday:

The aim of this project is to provide an animal assisted intervention programme for children with special needs, with a focus on emotional and social development through the medium of therapy animals. The objectives would be:

- to provide systematic goal-oriented activities to improve social and communication skills
- to provide unconditional love and acceptance through therapy animals
- to create opportunities for spontaneously expressing emotions, thus helping in emotional development
- to improve social and interpersonal skills with the help of therapy animals
- to provide calming activities and recreation through animal assisted intervention programmes



2. J's Academy Speech and Drama: Every Tuesday:

J's Academy is a Theatre Education Institute that uses theatre-based tools to encourage students to learn lifelong skills like creative thinking, socialising, empathy, teamwork and confidence.

The programme focuses on equipping the learners with transferable skills that can be used in other spheres and subjects. It encourages learners to explore creative outlets along with developing confidence and a strong sense of self. On completion of the programme, students will receive a certificate from J's Academy of Speech and Drama.

Objectives to be consolidated through the programme are:

- vocal techniques like projection, colour, pausing, pacing, vocal expression
- facial expressions and use of gestures
- use of body for performance
- use of space for performance
- awareness of audience for performance
- elements leading to the performance of a play
- collaboration and teamwork

These learning objectives would be consolidated in a short class representation for the parents and teachers.

3. William Pogo Dance Class: Every Wednesday:

The students would learn several different dance styles with a lot of movement, and would be encouraged to add their own.



4. Mickey Mehta Fitness Training: Every Friday:



SPJ Sadhana School along with Dr. Mickey Mehta and his team provides Therapeutic Wellness sessions for children with special needs, for their emotional and mental wellness, to improve focus, concentration, memory, social interaction, self-regulation, thus leading to well-rounded development of the child. The sessions would include Music and Movement, Brain Development Activities, Breathing Exercises and Meditation. The benefits of this programme include: helping the learners to improve their Biochemistry, Biomechanics, and Bioelectricity working

on Neurobics i.e. the left-brain/right-brain connections, improving the faculties of the five senses of touch, taste, smell, sight and hearing. The sessions would include Pranayama with singing and dancing blended with yoga. Nutritional counselling would be provided to the parents once a month. All this would result in improvement of the students' capabilities and would make them independent.

16 of our athletes participated for the Disabled Children organised by District Level Sports Meet organised at Priyadarshini Park by the International Association of Lions Club and Social Welfare. We are proud of our student Ketaki Bhosle, who won a Silver Medal for Shot-put.



Students of SPJ Sadhana School also participated in the Swimming Competition organised by the Special Olympics Association, Mumbai, Maharashtra at the YMCA Swimming Pool, Agripada, Mumbai. Two of our students, Ayaan Menon and Sakina Takulla won gold medals in 50 metres Freestyle Swimming.



The Association for the Welfare of Persons with a Mental Handicap (AWMH) (please check if the full form of the name is correct), invited SPJ Sadhana School for the event Yoga by the Bay, an initiative by The Times of India, at Marine Drive. Students and teachers spent a refreshing morning in the open air, performing yoga asanas as a celebration of unity, wellness and inclusivity.



The International Conference on Education (ICE3) was organised by the S.N.D.T University, Mumbai, at the Garware Clubhouse, Churchgate. A total of 20 staff members from SPJ Sadhana School attended the Conference.

Three papers were presented at the Conference by staff members of our school:

1. "Use of Money - Teaching and Learning a Critical Life Skill for Cognitively Delayed Young Adults" presented by Ms. Fionika Sanghvi and Ms. Kalpana Kapadia.

The paper emphasised the ability to use money is an important skill needed for self-determination and for the opportunity to live independently. The paper provided a glimpse into the Let's Talk Math programme, crafted by an expert from CIMEH, Israel, and implemented at S.P.J Sadhana School. Foundation, Assimilation and Expansion are teaching techniques used for young adults with cognitive delays. A responsible learning attitude for money management and use of money can be life-changing for the learners, as it provides for a sense of self-worth, transitioning them towards rehabilitation, integration and inclusion into the mainstream.

2. "Multimedia (Graphics and Animation) - Developing Artistic Sense and Functional Skills in Students with Special Educational Needs" presented by Ms. Fionika Sanghvi and Ms Parul Mody. The paper stresses the importance of exploring new avenues for self-expression and the need to create supportive, open employment opportunities. The Ability Enhancement Multimedia Programme, delivered through a hybrid model, aims to educate, empower and unleash the creative potential of differently-abled individuals. During the learning process, emphasis is placed on stimulating the right hemisphere of the brain. Specific teaching methodologies are employed to enhance creative thinking and problem-solving abilities.

Participants are exposed to industry-relevant training, which not only improves cognitive and technical capabilities but also develops essential non-cognitive skills. Through this programme, individuals could procure freelance projects, internships and work-from-home options. This has helped them to gain confidence and learn the multimedia skills needed to thrive in diverse employment settings, ultimately contributing to a more inclusive society.

3. "Mediated Self-Talk and Arts-based Therapy: Enhancing Social-Emotional Adjustment for the Rehabilitation of Persons with Special Educational Needs" presented by Ms. Kashmiri Vazifdar.

The paper stresses the importance of Social-Emotional Learning (SEL) for persons with special educational needs. The research study used an exploratory model to examine the combined role of two innovative interventions, Mediated Self-Talk (a therapeutic intervention rooted in Professor Reuven Feuerstein's theories), and Arts-based Therapy (developed by the WCCL Foundation, Pune, which is the integrated use of a variety of art forms such as art therapy, dance movement therapy and drama therapy). These two therapies were applied together for the first time, in order to study their combined effectiveness in enhancing the Social-Emotional Learning of persons with Intellectual Development Disorder and Autism Spectrum Disorder.



S.P.J Sadhana School received a personal visit from Mr. Kavish Tanna, Managing Director of Discount Fabrics Ltd., accompanied by his wife. Mr. and Mrs. Tanna very graciously distributed toys and other items to the students. The school is grateful to them for their generosity.



The festival of Makar Sankranti was celebrated with great joy at Sadhana School. This festival represents new beginnings, gratitude and togetherness. The kite flying festival symbolizes the release of our aspirations, while the soaring kite symbolizes our dreams soaring high for a peaceful and satisfying year ahead. The teachers and students shared gratitude and laughter with those they loved.



Republic Day was celebrated by the little hearts of Sadhana School as they saluted the National Flag while learning about their country and commemorating the freedom fighters.



A Special Assembly was conducted on the occasion of शहीद दिवस also known as Martyrs Day, by the students of the Visual Arts and Crafts Department and the Hospitality and Catering Department. The performance was a learning experience, since Performing Arts is a co-curricular subject contributing to the students' holistic development.



Thus the month of January represented a perfect start to the New Year, with a combination of therapies, sports, academic research, and festivity.