



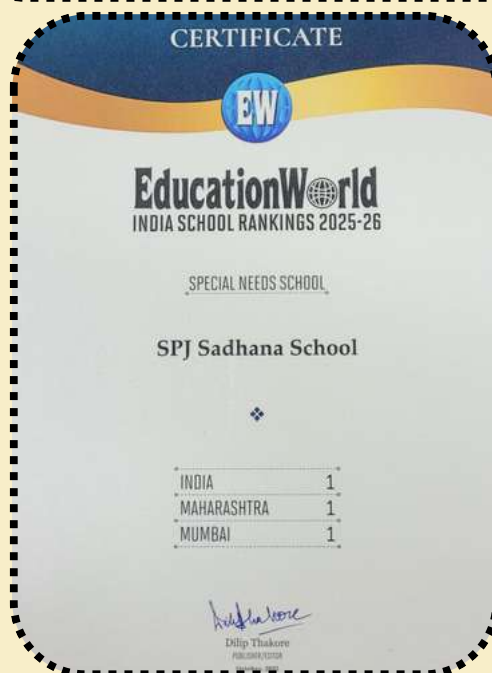
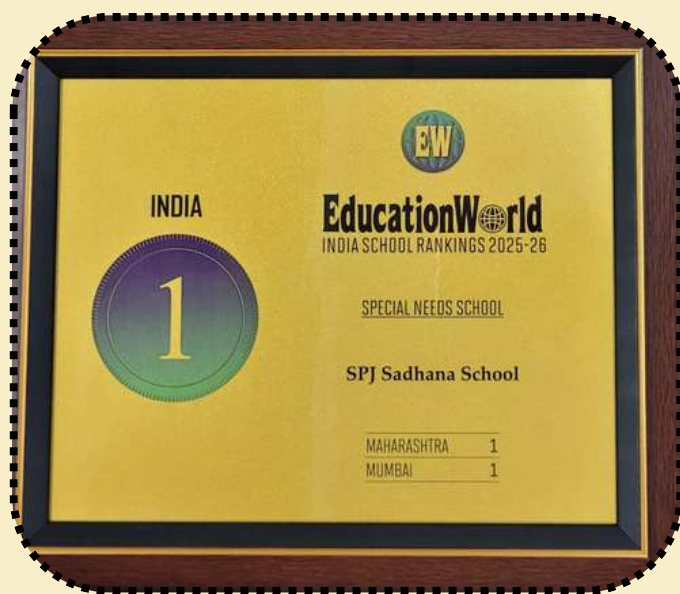
SPJ SADHANA SCHOOL

(Empowering persons with special needs)

SEPTEMBER & OCTOBER

NEWSLETTER 2025

We very proudly announce that **SPJ Sadhana School** has once again been ranked **No. 1 in India, No. 1 in Maharashtra, and No. 1 in Mumbai** in the category of *Special Schools* at the *Education World India School Rankings 2025-26*. The award was received at the award ceremony held at **the Pullman Hotel, Delhi**. This honour is an endorsement and recognition of the school's vision, the dedication and hard work of the entire Sadhana School team, and the unwavering support of the management in carrying out numerous innovative practices. Every staff member – teaching and non-teaching – was given an appraisal in appreciation of their contribution to making the school a No. 1 institution across the country.



Teacher's Day was celebrated with great enthusiasm at Sadhana School. The day began with parents taking on the role of teachers for the morning, setting up interesting activities for the students in each classroom. Then the students and parents arranged a felicitation for the teachers. Students from each grade greeted their teachers, presented the teachers with cards lovingly prepared by them, recited a "shlok", and said a few words in praise of their teachers. Thus Teacher's Day was celebrated with love and gratefulness in appreciation of all the hard work and efforts of the teachers.



A workshop was organized entitled "**Caring for the Caregiver**", conducted by **Dr. Michelle Shah**. Dr. Shah is India's first Pediatric Lifestyle Medicine Specialist with a focus on developmental and preventive health across the years, from preconception through childhood and adolescence. Her work blends pediatrics with the pillars of lifestyle medicine: nutrition, movement, sleep, psychological well-being, growth and development, epigenetics and immunity. For children and young adults with special needs, this can be transformative in enhancing focus, reducing anxiety, supporting nutritional needs, building gut and immune health, managing behaviour and fostering independence. The workshop was designed for parents and staff members dealing with children with special needs, to help them manage everyday challenges and develop effective care strategies. The experience goes beyond generic self-care, to provide care-givers with practical, evidence-based tools they can integrate immediately into daily life. Participants explored quick reset techniques to manage stress in high-pressure moments, learned sensory-friendly routines that ease mealtime, bedtime and school transitions, and discovered language strategies that shift everyday interactions into opportunities for connection and growth. The session also introduced child-inclusive practices (simple breathing games to co-regulation techniques) that allow parents and staff to calm them while simultaneously teaching their children self-soothing skills. With its unique blend of science and actionable takeaways, the workshop equipped caregivers to nurture their own well-being and their child's development, creating a stronger foundation for the entire family.



SPJ Sadhana School participated in the **exhibition “The Joy of Giving” - The Fair 2025**, held at the **Somaiya Vidya-vihar Campus**. The aim of this event was to nurture values of empathy and generosity in the students and to instil social responsibility. The theme of the fair was: "Make a difference with every purchase". Sadhana School was happy to participate and showcase their products at this event.



The Sports Skills Event was conducted in school to showcase the skills learnt during the sports sessions. These skills are essential to prepare students for athletic and field events by focusing on essential motor coordination and physical skills. Some of the goals included maintaining attention on the target/coping with height, distance, speed of ball/regulating impulsivity (Soft Ball Throw), developing bilateral motor coordination/following task sequentially (Dot to Dot Jumping), maintaining attention/developing motor coordination/motor planning/developing fine-motor abilities (Basketball Dribbling), developing body awareness, balance, agility/developing tracking vision(Football Dribbling), developing stamina and strength in lower limbs and core muscles/regulating impulsivity/improving flexibility, agility(Box Jumping), developing eye-hand coordination/improving stability/regulating sensory issues (Wall Shooting), developing hand stability/coping with distance, height, speed of ball (Tik Tok), developing tracking vision/developing focus and concentration (Table Tennis). These activities together promoted physical fitness, self-regulation, and overall motor development.





A **Capacity Building Workshop** and visits have been organised for the staff, at **Shishu Kalyan Kendra and Merakii Bakehouse (Andheri West)** to gain insights into the use of minimal or abundant resources and creative engagements.

A **Navratri Celebration** was organized, and parents and siblings of the students were invited to join in the celebration. **Dance and Movement Training** was organized as part of Capacity Building for the Staff, which culminated in a performance as part of the **Navratri Garba Celebration**.



A review of the first academic term was presented to the parents by discussing their child's progress on **Open Day**. A case conference of every student was conducted based on the class report and therapeutic report collated by the teachers and therapist. The suggestions and feedback gathered were documented to formulate the educational plan for the second term.

Feedback was collected from parents regarding the food programme **"Eat Right Feel Bright"** which was introduced this year. Through this programme every parent was organizing a simple home meal for the students, class-wise. This allowed the parents to come to school and serve the home cooked meal to the peers/ classmates of their child. All of the parents have appreciated this initiative by the school and expressed immense joy to participate. It has given every parent an opportunity to contribute in the learning of their child as well as an insight on the areas for improvement. This programme will continue to help build on the students' sensory integration needs as well as activities of daily living.



Diwali Celebration Week was conducted at the school, exposing the students to a range of activities around the theme of Diwali, providing an exciting blend of creativity, learning and sensory exploration. Students enthusiastically participated in a variety of festive activities such as chocolate making, making greeting cards, crafting "Kandeels" (Lanterns), creating colourful tie-and-dye items as part of the Camlin Art Workshop. Each activity was thoughtfully planned to engage different senses, enhance fine motor skills and gross motor skills, develop eye-hand coordination and control and cater to multiple intelligences. The Brain Gym and Sensory Play activities based on the Diwali theme encouraged body movement, balance, stretching, focus, etc. Sensory exploration was enriched through the aroma of melted chocolate, making learning fun and experiential through delicious chocolates. The Diwali Week concluded on a festive note, with a Diwali Party, Puppet Show, music and dance along with lunch and gifts as well as lighting of firecrackers down the slope outside the school.

Thus the Diwali Week provided a joyful and holistic learning experience that beautifully combined art, movement, and sensory learning, celebrating the spirit of Diwali with enthusiasm and inclusivity.



The Snoezelen experience helped to build on sensory integration. All these experiences promoted Visual-spatial intelligence through designing and colour selection, Interpersonal intelligence through teamwork and peer collaboration and Intra-personal intelligence by encouraging self-expression and creativity.



We now await the coming **Second academic term** which will focus on skill training for the vocational department as they will prepare and gear up for the annual exhibition and sale of products. The school's curriculum is based on Howard Gardner's Multiple Intelligence theory, learning through performing arts and tapping the unique intelligence of every student through this modality is the focus for the upcoming concert. In lieu of this event a **Pre preparatory activity** was organized - a screening of the heart-warming Disney production movie "Wish", providing a message of hope, positivity and togetherness.

Feedback was collected from every student to know what their personal **'Wish'** was. Some students verbalized and gave insights on their "Likes" and "Wish", whereas many others conveyed this feeling through play-way modality.

Plans for the **Educational Enriching Excursion (EEE)** are also underway, promising another exciting experiential learning opportunity.

The school now looks forward to another fruitful and inspiring academic term ahead.



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