



SPJ SADHANA SCHOOL

(Empowering persons with special needs)

MARCH & APRIL NEWSLETTER 2026

The month of March and April brought enthusiastic celebrations of several important festivals, such as Gudi Padwa and Eid al-Fitr. The students celebrated through dance performances, spoke about the significance of these festivals and conveyed heartfelt greetings to each other, exchanging cards and sharing festival cheer. This was a follow up activity of the concert.

Students of the Vocational Department enjoyed a unique outing to a gastro pub. "Dobaraa." The arrangements were carefully and thoughtfully planned, with a separate banquet hall exclusively for the students, beautifully decorated with silver streamers and a sparkling disco ball creating an exciting ambience. One of the highlights was the DJ, who was extremely friendly and cooperative, playing all the students' song requests. With cues from the teachers, the disco lighting was thoughtfully managed and the lights were controlled appropriately, to avoid any discomfort or risk of convulsion episodes for the students. A wide variety of mocktails, delicious starters, and food was served, and under the teachers' careful supervision this became an important learning experience in making mindful food choices, exercising portion control, and experiencing a new social setting while enjoying responsibly. The students who were not able to go on overnight excursion were accommodated at this outing to experience social communication skills.



The Educational Enrichment Excursions for students of the Formative Years provided meaningful learning experiences through enjoyment.



Students of the Formative Years celebrated the festival of Holi. An eco-friendly Holi was observed using flower petals. This eco-friendly approach ensured a safe and sensory-friendly experience while also ensuring cultural awareness and social bonding. The children enjoyed the celebration through music, dance and fun activities in a safe and joyful environment.

Students of Grades 3 and 4 visited Snow Kingdom at R City Mall, for a recreational and sensory experience. The excursion was preceded by careful prior preparation including parent orientation, consent, and the use of visual schedules to help the students understand the sequence of the trip. The students enjoyed the snow activities which supported sensory integration and social interaction.



Students of Grades 1 & 2 went on a fun-filled excursion to Kamala Nehru Park, where they explored the surroundings, participated in the activities, played many games and enjoyed the delicious snacks. The trip was truly a wonderful and explorative experience in a natural outdoor setting.



Students of Grades 3 and 4 also visited Sai Inn Resort, Alibaug, for a day trip. Travel, which was via ferry and bus, was the highlight of the trip. The students were cooperative and excited by the novelty of the ferry ride, which encouraged peer interactions, confidence and independence. At the resort students enthusiastically participated in various recreational and group activities showing cooperation and positive social behaviour. They demonstrated important skills such as waiting during mealtimes, making appropriate food choices, maintaining hygiene and supporting peers. Minor challenges like fatigue and travel discomfort were handled smoothly with staff support. Thus the trip provided valuable opportunities for social interaction, independence and real-life learning.



Grades 1 and 2 also went for an outing to the Playseum, which was a highly interactive and fun day. The students participated in many interactive games, and sensory play which provided practical learning through fun creative activities. For the students it was a rich learning experience through a day filled with laughter, joy and excitement.

The Inner Wheel Club of Bombay, led by President Roopal Thakkar, conducted an engaging "Sound Space" session with the students. The activity included singing and dancing, creating a lively and enjoyable learning environment. The Club also generously extended a donation to the school. Students were also given the "Mumma Mall, Left Brain & Right Brain Activity Busy Book", designed to enhance focus, creativity and hand coordination.



Grade 4 students attended a birthday celebration at Theobroma, organised by Sayandeep's parents. The outing provided an opportunity for students to practise social skills in a real-life setting. Students enjoyed the food, interacted with peers, and participated enthusiastically in the celebration activities.

Autism Awareness Day was celebrated with a range of activities involving the skill of sequencing. Students of Grade 3 practised sequencing shapes, while Grade 4 worked on sequencing of cones. The Pre-Vocational Class completed sorting and sequencing activities using 2 attributes. The Skills Enhancement Class worked on sequencing of days of the week and sequencing of notes and coins. The Wood Art and Handicrafts class used sequencing as an integral part of its activities including beadwork, tailoring, wood art, packaging and flower craft. Students participated well in activities such as Snakes & Ladders; skip counting, as well as sequencing using wooden and plastic buttons, showing improved focus, attention and organization skills. The Hospitality and Catering Class undertook sequencing of the operations of weighing.



Through the month of April, Sadhana School thoughtfully planned a series of theme-based activities specially designed for students with special needs, focusing on fun, engagement and holistic development through the lens of multiple intelligences. Each day's activity was designed to stimulate different learning styles.

Book Day encouraged Linguistic intelligence through Storytelling and Reading, while also supporting Interpersonal Skills as students listened and shared ideas. This helped improve communication and imagination in a relaxed setting.





Art Day, which involved T-shirt painting, developed Bodily-kinaesthetic and Visual-spatial intelligence, allowing students to express creativity through colours and movement. It also enhanced fine motor skills and self-expression.

Pet day promoted naturalistic intelligence by connecting students with animals. Interaction with pets helped to foster empathy and sensory awareness.



Selfie Day and Photo Booth activities nurtured interpersonal and visual intelligence, helping students to recognise emotions, expressions and social bonding, while making memories in a joyful way.

Water Day (Summer Splash) focused on Bodily-kinaesthetic and sensory intelligence, offering therapeutic play that improved coordination, relaxation and sensory integration in a fun environment. The IL students did a craft activity called "Under the Sea", as a water activity.



Activities like puzzles, quizzes and cooking strengthened Logical-mathematical intelligence and practical life skills, encouraging problem-solving, teamwork and independence.

Singing, poems and karaoke enhanced musical intelligence and linguistic skills, boosting confidence, rhythm and verbal expression.

Laughter Day (movie and relaxation) supported emotional intrapersonal intelligence, helping students unwind, understand humour and experience joy in a stress-free atmosphere.



Traditional Day promoted cultural awareness and interpersonal intelligence through a fashion show and a shared meal, building confidence, social participation and a sense of belonging.



All these activities created a multi-sensory, inclusive learning environment where students could explore their strengths, build new skills, and learn joyfully through experience rather than pressure.

The year concluded with a productive Capacity Building Workshop and end-of-term Staff Meeting, bringing together professional development, reflection and team bonding.

The session began with an Internal Audit and Inventory Review, ensuring that school systems, resources and materials were systematically assessed and prepared for the upcoming academic year.

A valuable session on Nutrition and Healthy Eating was conducted by Ms. Khushbu Shah and Ms. Dhvani Dhupelia, who shared practical insights on balanced diets, healthy food choices and the importance of nutrition in supporting student well-being and development. The workshop encouraged staff to reflect on integrating healthier food practices into classroom routines and life skills sessions.

In celebration of Earth Day, the staff participated in a series of engaging and environmentally conscious activities. These included gardening sessions, where staff members learned to care for plants and created beautiful terrarium planters, reinforcing the importance of nurturing green spaces. A Nature Walk, followed by leaf painting, encouraged participants to observe, appreciate and creatively engage with the natural world. Staff also enjoyed hands-on activities such as making a healthy salad and nutritious drink, which were Summer Cooler, Watermelon Feta Salad and Simple Green Salad, thus promoting wellness through simple, practical food preparation.

Another creative highlight was toy-making using cloth, an eco-friendly activity that emphasised re-using materials and reducing waste, while encouraging sustainable practices.



The end-of-term discussions focused on meaningful reflection and future planning. Staff reviewed the recently concluded Exhibition and Concert, sharing feedback and discussing ways to strengthen planning and execution in the coming year. Teachers also presented reflections on the Enriching Educational Excursion (EEE), exchanging suggestions to further enrich next year's programmes. Case conferences were discussed in detail, allowing staff to review student progress, share observations and plan appropriate interventions. Important announcements were also made regarding the next academic year, helping staff prepare for a smooth transition into the new term.

The month concluded on a warm and celebratory note with a staff outing and farewell lunch at Dobaraa Restaurant. The gathering offered staff an opportunity to unwind, connect, and celebrate the year's efforts in a relaxed setting.



*Happy Summer
Holidays!*

DR. ROSENDO RIBEIRO CHILDREN'S COMPLEX, SOPHIA COLLEGE CAMPUS,

BHULABHAI DESAI ROAD, MUMBAI 400026

TEL : 022-23517913, 022-23510853,

MOBILE NO : +91-7304928910

EMAIL: SPJSADHANA@GMAIL.COM

WEBSITE: WWW.SPJSADHANASCHOOL.ORG