

Change is
Never Easy



Akshadhaa Foundation

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MESSAGE FROM FOUNDER'S DESK

Post pandemic situation where people are slowly moving out from home a bit more and parents are again desperately looking for schooling options for their special needs children, we were flooded with phone calls where the parents are looking for re-assessment, effective school programs, therapies for settling their hyperactivity and attention deficit behavior and also wanting counseling support.

Though the world has seen the booming tech communication and virtual meeting platforms, it was not that smooth and easy for many children with autism and communication challenges.

There were symptoms of increased anxiety, lack of sleep, behavioral outbursts, and temper



MS. SUMANA DUTTA

**FOUNDER MANAGING TRUSTEE
AKSHADHAA FOUNDATION**

tantrums among the children which were majorly incurred due to a lack of understanding of the outer world situation and disturbed daily routine. Other associated conditions observed among the children were meaningless munching at different times as there were no structured engagements at home, increased self-stimulatory plays and behaviors, or spending long hours of screentime with phones and tabs.

PTO...

DON'T WAIT. THE TIME WILL NEVER BE JUST RIGHT.

The children who were settled once with longer school hours and classroom sitting habits were found with a lot of fidgeting and lack of focus in this post pandemic time. We have kept a multi-sensory approach, play based sessions with the children to allow them explore the tools and environment, make them interested and look forward to their sessions. Visual timetable, to do list with the clear expectation of what to do, how to do and how much to do were presented to the child at the beginning of an activity. The predictability of the session and the expected reinforcements at the end of successful completion always motivates the children, specially with communication challenges and autism. Social story of the daily routine with pictures and words based on the child's comprehension level can be made, displayed and explained at home to make the child familiarized with the new routine. Sharing those changes, new information through pictures, flash cards can help the children understand the new norm. This pandemic taught us lot of life lessons, one of which is, that life is full of unpredictability. This is the responsibility of ours to impart that important life skill and coping mechanism to our children with special needs and prepare them for their future life.



Read our honorable founder Ms. Sumana Dutta's latest article in The Hindu on World Autism Awareness Day. [Click here](#)



WORLD AUTISM ACCEPTANCE DAY 2ND APRIL

2nd April is being celebrated worldwide as Autism Acceptance Day through seminars, events, workshops and talks. This WAAD we at Akshadhaa Foundation planned to do something outside the four walls of our premise and do in the community and spread awareness. We started our WALKATHON with children, parents, volunteers and well wishers from both of our campuses and took them around the nearby community till nearby BDA park where lot of engagement activities were planned for them. Children participated in clay sculpture work, face painting, pot painting, canvas painting, music sessions and drum circle. BBMP Special Commissioner Revenue Dr. Deepak RL & Mr. G V Gopala Rao former Chief Commissioner of Income Tax joined us to motivate our children.

"I AM DIFFERENT, NOT LESS"

IF YOU HAVE THE KNOWLEDGE, LET OTHERS LIGHT THEIR CANDLES IN IT.

Akshadhaa Foundation always encourages college students to join us and gain knowledge to serve people with disabilities. We congratulate four Jain University students for successfully completing their one-month internship with us



CELEBRATING WORLD HEALTH DAY

It is always our endeavour to take the children through the learning which is experiential and application based in daily life. While we talk about health, hygiene, the nutritional value of food items, we also involved them in making healthy fruit salad, vegetable platter which they can make at home too. The children prepared their food, shared with friends and ate together. Many a times, parents find tough time to make their child eat fruits and vegetables. But while they are in group, they follow it so well! Kudos to our transition program group of students.



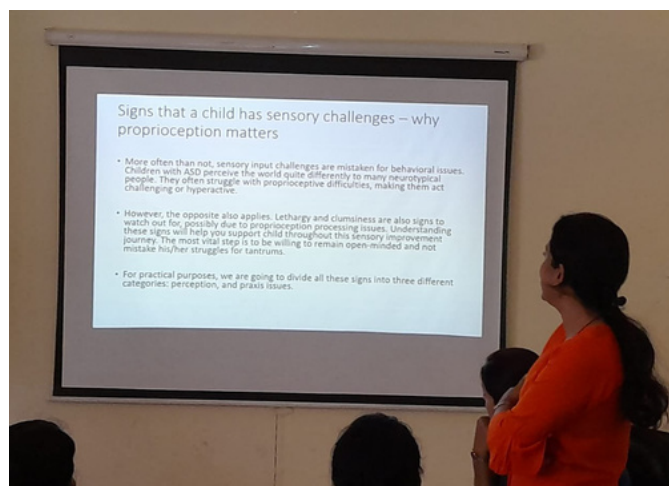
GROW YOUR MICROGREENS!

There are a lot to learn on World Health Day. "How to grow microgreens at your kitchen balcony" Microgreens are extremely healthy and rich in micro-nutrients and antioxidants. So we have created each bowl of our own. Great stuff to go in our salad bowl.

WHEN EVERYONE ELSE SAYS YOU CAN'T, DETERMINATION SAYS, "YES YOU CAN."

It is our effort to protect and improve environmental quality, control and reduce pollution from all sources. To make our students understand the concept of Reduce Reuse and Recycle, they did different horticulture activities to reuse plastic bottles to create self-watering pots, simple thanksgiving gifts, or how glass jar can be created as a planter for water plants.

Nature is the best healer. It brings so much sensory input when we work with soil and plants. It helps to bring us close to the nature, bring love empathy and emotional regulation. Our students participate into various gardening activities which are very much hands on and productive.



AKSHADHAA LAUNCHPAD

is our new initiative to bring opportunities to empower each other with their field of education, training, new research and though that, support peers learning and passion for therapeutic domains for the professionals in our team.

Akshadhaa FIREFLY has been launched this month for the staff members to celebrate their efforts, engagement and dedication towards the organization and its growth. Every month one team member will be nominated and felicitated as the Firefly of the month for their engagement.



Functional math is something where our students learn by using application-based and experiential methods. Using analog and digital weighing scales, measurement of the gram, and kilogram, knowing the heavier and lighter weight objects and measuring cocopeat and packing in pouches all happened through horticulture training which is very much hands-on for them.

USE THE SKILLS THAT I HAVE GOT, DO NOT FOCUS ON WHAT I HAVE NOT.



CERTIFICATION TIME!!

16 MSc students of Clinical psychology from CMR college and 7 Masters in Counseling Psychology from Kristujayanti college successfully completed their one month internship project with Akshadhaa. They received training, mentoring sessions, observation of children and hands-on experience of attending to the children in the classrooms. We had a reflection session on the last day where they shared their learning and perspectives. They are the future professionals in the field of rehabilitation. Wishing them all the best in their coming endeavor.

To celebrate World Environment Day 2022, we took our children to N S Hema Horticulture Center to have an exposure visit to different plants, and to know how the saplings were cut and get potted. They took part in preparing the soil, doing sapling cutting, understanding different plants, and spent the day with nature.



PICNIC DAY



A picnic needs a plan, a picnic needs friends to spend time together to celebrate a day. The theme of picnic was picked up as a social emotional bonding for the students in this month. The topic was taken in literacy level by creating situation and making them address question answer, social talk and finally deciding one day where they brought food items, visited nearby BBMP park, played games and at the end had food by sharing.

I CHOOSE NOT TO PLACE "DIS", IN MY ABILITY.



EMOFIE STALL AT BANJARA ...

Akshadhaa Foundation was invited by Banjara Academy at their alumni meet where we had put our stall of gifting products for the passed-out counselors and the new students of Banjara counseling batches. It was an eventful day, meeting people, and sharing our vision and story and our student trainees too got the opportunity to interact and showcase their skills.

Akshadhaa Foundation vocational unit trainees got an invitation from Art Houz Bengaluru to be part of their art exhibition called 'UNCONDITIONAL LOVE' which was inaugurated on 30th June. Art Houz's team gave a detailed orientation about the art exhibition and explained the displayed arts. Our trainees have taken part in a workshop and painted beautiful paintings as per the theme. Art Houz management decided to display our trainee's painting in their exhibition hall to promote INCLUSION.



YOUR TAX RUPEES COULD ALSO TRANSFORM A LIFE

Dear Friend,

Donating to a cause is one of the simplest ways of giving back while saving tax. Your hard-earned money can help a child or adult with a disability receive a nourishing meal, get an education or professional training, get rehabilitated, become a physically and financially independent individual, and an earning member of society.

Eight out of every hundred people with disability need prosthetic and orthotic assistive and adaptive aids and devices. Akshadhaa Foundation works with children and adults with disability from economically weak homes. We apply a lifecycle approach that supports and empowers a person with a disability from early age to employment.

Your donation can make a difference. Donations to Akshadhaa Foundation are eligible for 50% tax exemption under Section 80G of the Income Tax Act of India.

DONATE

Special School and Rehabilitation Service
4 BC - 803, located, 4th 'B' Cross HRBR Layout, 1st Block,
Kalyan Nagar, Bangalore - 560 043.

Vocational Training and NIOS Center
2C - 720, 2nd Cross, HRBR Layout, Block 1,
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