

XPRESSIONS

ACADEMY FOR SEVERE HANDICAPS AND AUTISM

www.ashaforautism.com

A PACKED YEAR!

We are very excited to present our newsletter, XPRESSIONS with a new look. This edition will present a glimpse of all that has happened at ASHA and the programs we conducted or were associated with from June to December 2017.

This academic year has been busy with many events and projects happening at ASHA. We strive to provide a variety of activities and therapies to our children and their families. We got involved in Velvi Art for Autism Festival in July and it gave us a whole new approach to working with autism through different art forms. Sama, the music workshop piqued a great deal of interest from all the participants and we will take it forward this year. We also had many volunteers who worked hands on with our children and we are impressed by their dedication. We look forward to their help and association.

We wish you all a very Happy New Year 2018 and happy reading!



HEALTH CAMPS

- To promote good health The Rotary Club Bangalore West organized an awareness program on hand washing and good habits on 6th June 2017.
- Dr. Divya Reddy and team, from Sri Rajiv Gandhi Dental College & Hospital, Bangalore organized a dental checkup for the children and staff on 17th August 2017.



RESEARCH

- Mr. Surendra Sankhla, a PhD. Scholar from S-VYASA, Yoga University, Bangalore conducted his study on Electro Photonic Imaging for the Diagnosis and Monitoring of Health in Autistic Children using yoga on 28th June 2017.
- Students from BMS College of Computer Science and Engineering conducted a test trial of an assistive technology Android app on 10th August 2017.
- Ms. Tina, student from KLE's Institute of Dental Science, Bangalore, conducted dental check up and collected saliva samples from students for analysis on 20th September, 2017.

ASHA was
awarded the Best
Special Education
School in
Karnataka by
Brainfeed School
Excellence
Awards 2017



FUN FOR THE KIDS

- Kilikili, a children's organization promoting inclusive play areas conducted a drawing and coloring fun activity for special children at Gayathri Devi Park, Rajajinagar on 14th July 2017.
- Children participated in Splash - a sit and draw competition for the specially abled children from all sections of society on 18th August 2017 at Bal Bhavan, Cubbon Park, Bangalore.

KALAANGANA 2017

Kalaangana is an inter school talents festival for individuals with special needs. The festival ran from 21st Nov to 23rd Nov at Vidya Vihara Hall, Bangalore.



Winners

Keerthana - 3rd Prize for Solo Dance
 Thushar Patil - Special Prize, Solo Dance
 Laksh - Special Prize Solo Dance
 Rohan Gowda - Special Prize for Art
 Drum Circle - 3rd Prize

FAMILY MEET!

The Rotary Club of Bangalore West conducted a Family Fun Entertainment Program for families and children with special needs on Sunday, 16th July 2017 at Bal Bhavan, Cubbon Park. The event included dance, music and drama!



VELVI ART FOR AUTISM FESTIVAL

ASHA, along with Mr. Parasuram Ramamoorthi and Ms. Akila Vaidyanathan, Director, AMAZE Charitable Trust, Coimbatore organised the VELVI Art for Autism Festival 2017 at the Ecumenical Christian Centre, Bangalore. VELVI is a unique event that brings in different approach such as music, drama, modelling, art and movement to help individuals with autism and their families. The 3 day residential program from July 21st to 23rd had 90 participants along with 20 children and their families, facilitators and volunteers.



Ms. Bombay Jayashri Ramnath, Academy Award nominated singer and her team conducted the music sessions.

Mr. Parasuram Ramamoorthi and Ms. Soumya Ram conducted the drama sessions along with Mr. Andrew Nelson of Marshall University, USA.

Ms. Akila Vaidyanathan conducted the session for families and how to deal with stress.

The yoga sessions were conducted by Ms. Sowmya Iyer, Founder - Prafull Oorja.

Ms. Shaloo Sharma conducted the art sessions.

Ms. Tripura Kashyap conducted the movement therapy sessions.

The last day combined all the sessions and culminated in a dance, music performance!

Mrs. Padmaja Suresh, Bharatnatyam dancer and the Director of Aatmalaya was the chief guest for the valedictory.



SAMA - A MUSIC THERAPY WORKSHOP FOR INDIVIDUALS WITH SPECIAL NEEDS

Sama was organized by the Inner Wheel Club of Bangalore, Vijayanagar in collaboration with ASHA on 25th October 2017, at The Green Path, Malleshwaram, Bangalore. The Program was conducted by Vidushi Dr. Meenakshi Ravi, Music Therapist and Executive Director, Meera Centre for Music Therapy Education and Research.



Many individuals with special needs shared their experience with music therapy and how it helped overcome many of the deficits associated with their condition.



The Sama Music Workshop will be conducted later this year. Get in touch with us at atg.asha@gmail.com

AWARENESS AND OUTREACH

#NOWGETIN CAMPAIGN

Our long association with TCS L&G and others under the leadership of Mrs. Lakshmi Sucheta has yielded wonderful results and new initiatives have been formulated. 'NowGetIn' autism awareness campaign has been launched. The concept has been very carefully curated by Anil Annaiah of Brand Radianz. National Trust and Rotary are our partners in this project that hopes to create awareness across borders.

A Mobile Application carrying relevant information about autism will soon be available on Google Playstore.

The 'Now Get In' Android application was previewed on 17th Sep at Abhinava Samskruti Brindavan Convention Center, Bangalore. The app consists of useful resources on what autism is, the red flags, where to get a diagnosis and directory of schools and services.



INDIA INCLUSION SUMMIT 2017



A few of our children and staff from ASHA and Navprabhuthi Trust displayed block printed designer clothes on stage at the India Inclusion Summit 2017 which was held on 12th November at The Park Plaza Hotel, Marathahalli, Bangalore.



VOLUNTEERING AND CSR

Volunteers from Goldman Sachs, Mphasis and Deloitte visited our school to conduct many programs and made teaching aids, visited the HAL Museum and conducted family programs.



Fidelity National Financial India is sponsoring the Project SCALE and Technology Aided Intervention for 2017-18. The Project provides for a series of therapies such as yoga, technology intervention, occupational and speech therapy for 25 children.

SPORTS DAY

ASHA celebrated its Annual Sports Meet at Vidya Vardhaka Sangha School grounds, Rajajinagar on the 5th of November. The event was supported by the volunteers from Oracle and headed by Mr. Hariharan Srinivasan.



WORKSHOPS AND TRAINING

A total of 27 workshops were conducted for parents and professionals on a variety of topics such as developing self care, vocational skills, social skills among many more.

Ms. Gitanjali Sarangan, Director of Snehadhara Foundation conducted a workshop on creativity and art as a therapy for children with autism.



Ms. Sana Chingangbam, a PhD student from Smt. VHD Central Institute of Home Science conducted a series of workshops for parents on various topics such as self help skills, building social skills, vocational skills and pre academic skills from June to August 2017.

Dr. Shankar, Dept. of Psychiatry, Victoria Hospital, spoke on Eating Difficulties in Children with Autism and its mitigation in September.



Ms. Suma Shastri trained a few of our teachers and parents on Portage Early Intervention in September.

TEACHERS DAY

Teachers are the foundation of ASHA and without their innovation and hard work, learning is incomplete. Every year, teachers are recognized for their dedication and felicitated. This year, Mrs. Saraswathi and Mrs. Gayathri were felicitated.



NEW INITIATIVES

AUTISM SELF ADVOCACY

Self advocacy play an important role in demanding for better services and facilities for individuals on the autism spectrum. In July, Mr. Andrew Nelson, a certified autism self advocacy facilitator from Marshall University, USA conducted the first workshop on building Self Advocacy Skills in Individuals with autism. 12 individuals with autism shared their experiences and look forward to meeting again later this year.

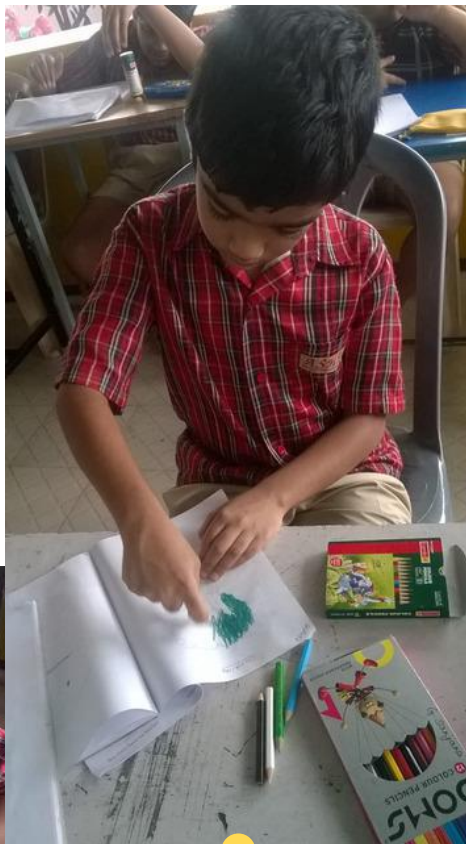


AIMS MULTIMEDIA TRAINING PROGRAM

The AIMS Ability Enhancing Multimedia Program (AEMP) aims to teach children with autism and special needs multimedia and animation with the goal of employment. The program began in August at ASHA.

The program started off with the basics of drawing - lines, curves, shading, object drawing and colouring.

Our students never cease to surprise us with their drawing skills!

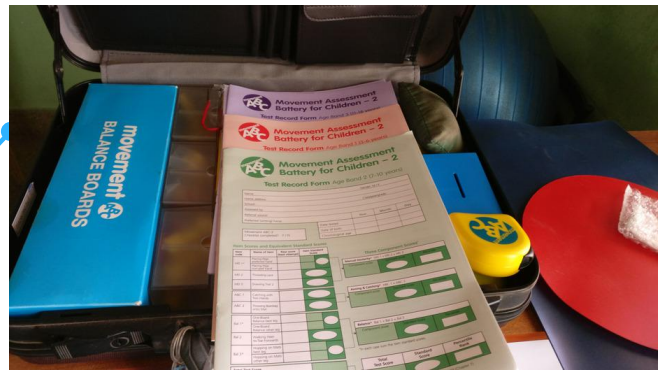


THE PROCESS



Before admission into the school program, the child is assessed on various psycho-educational tools.

The reports are given to the parents and counselled about the intervention.



An Individual Education Program is prepared by the special educator after a week of working with the child and based on the areas of strengths and deficits as mentioned in the report.



The intervention includes one on one remedial sessions and group sessions. Other therapies such as speech, occupational therapy, yoga, technology intervention may be included.



IN THE CLASSROOM AND OUT!



Individual sessions as a part of classroom teaching.



Assistive technology plays a significant role in enhancing learning in the children.




Group sessions to teach skills such as sharing, turn taking and waiting.



Saturday Fun programs focus on building skills such as communication, socialization and improving physical health.



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