

# XPRESSIONS

ACADEMY FOR SEVERE HANDICAPS AND AUTISM

[www.ashaforautism.com](http://www.ashaforautism.com)

## LEARNING AND MOVING FORWARD

July has been a busy month. Children settled in their daily classroom activities. Many outdoor activities were planned and executed. These outdoor activities helped children experience a new environment. Thanks to the many volunteers who made this possible.

The organization was also busy receiving guests from the Global Autism Project, Maersk and United Healthcare.

### ACTIVITIES AT SCHOOL

#### COGNITIVE ANALYSIS

Hybrid Explore is a fingerprint based psychometric tool used to analyse the innate brain architecture in any individual.

After administering the tool, a Personalised Learning Method (PLM) Chart or Multiple Intelligence (MI) chart is created for each child. According to hybrid systems, this tool helps teachers prepare an effective Individual Education Program. 17 children have used the tool and results are expected soon. The methods are non invasive and the approach is through finger printing.



#### EDUCATION

Our children are enjoying the art sessions with Ms. Bharathi. Her creativity and expertise make the sessions interesting for every child.

Apart from regular classroom teaching, the children are trained to do activities that will help them in their day to day life such as cutting vegetables, making a simple salad and cooking.





Parents will be happy to note that academic lessons have also started and teachers are busy preparing relevant materials and worksheets.

## EARLY INTERVENTION PROGRAM

Supported by Deloitte & United Way, Bengaluru

The early intervention program has 25 children and mothers. The assessments for each child have been completed and the Individual Education Plans have been completed. The therapists have explained to the mothers about the child's current level of functioning and the goals taken.



## PARENT TRAINING WORKSHOPS

Supported by  
United Healthcare

### WORKSHOP ON SENSORY INTEGRATION

Some individuals with autism have sensory processing issues – they have difficulty in reacting to sound, touch, light etc. Ms. Sowmya Kuduvalli, a developmental psychologist and partner of HOPE - The Early Intervention Centre conducted the session on 8th July. She spoke about the 7 senses and demonstrated activities to reduce the symptoms of sensory processing disorders.





## MISSION 1000

Mission 1000 is an initiative of Disability NGOs Alliance (DNA) with the aim of scaling livelihoods for persons with Severe, Developmental & Multiple Disabilities.

This workshop conducted on 13th July by Ms. Varada Heggade, Ms. Roopa Reddy and Ms. Reshma of Enable India shared information about training and job opportunities for persons with disabilities. The session was followed by questions from many parents regarding job opportunities for persons with disabilities.



## UNDERSTANDING THE USE OF SIDDHA MEDICINES IN THE TREATMENT OF AUTISM SYMPTOMS



Siddha is an Indian treatment approach using plant based medicine. The workshop on Siddha was conducted by Prof. Guna Magesan and Shri. Kaviarasu Balakrishnan in association with Manushyaa Blossom on 18th July. Prof. Magesan explained the principles of Siddha medicine and how it can help manage some of the symptoms of autism. A detailed assessment form was given to the parents in advance and medicines were prescribed after a detailed consultation.



## VOLUNTEERING & CORPORATE SOCIAL RESPONSIBILITY

### GLOBAL AUTISM PROJECT



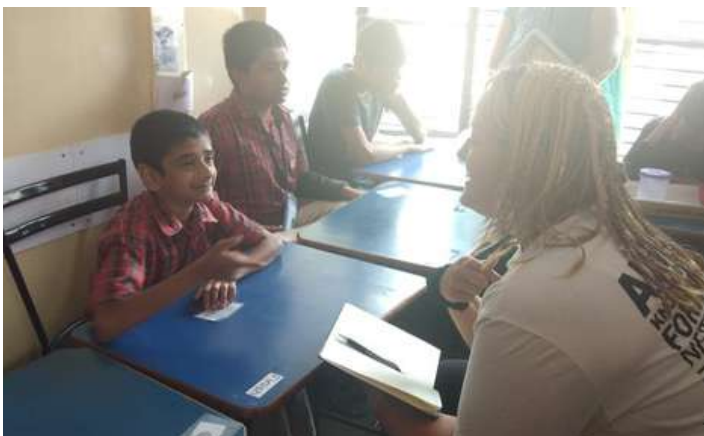
**AUTISM KNOWS NO BORDERS;**  
FORTUNATELY NEITHER DO WE.®

We partnered with the Global Autism Project in 2018. The Global Autism Project is a USA based non profit that is helping us in training and clinical support via their SkillCorps program and remote telehealth technologies. The first team of 9 SkillCorps volunteers visited ASHA on the 22nd July and they will be with us till the 2nd of August. Each trip lasts two weeks and brings relevant, high quality, on-the-ground training for our teachers. The team comprised experienced special educators, a speech language therapist and an early intervention therapist.



The team visited the Assessment, Training and Guidance Centre to observe the Early Intervention program. Ms. Kavita Shah, the coordinator of the centre and Mrs. Vani Nagabhushan, the early intervention consultant explained the features of the program and the difficulties faced. The team observed the program for a week and suggested measures to improve it. Overall, the team was happy with the structure of the program and the fact that it empowered the mothers was one of the unique features.

The team observed the functioning of the classrooms at ASHA and the process of teaching followed. They spoke to the teachers about the challenges and gave tips on how to overcome them. They had a detailed look at all the Individual Education Plans (IEPs) based on assessment reports. The team spoke to the teachers from each class to understand the process. The team also worked with a few children one on one and got a first hand experience.





## VISIT TO THE PLANETARIUM

The volunteers from a corporate company accompanied 40 children to the Jawaharlal Nehru Planetarium on 11th July. The visit to the planetarium helped children experience a new environment, gain a basic understanding of the solar system, stars and principles of science.

The volunteers explained to the children in a simple manner and helped the children understand the solar system and its science.



## VISIT TO THE BANNERGHATTA NATIONAL PARK

All 60 children of the school were assisted by volunteers to navigate the Bannerghatta National Park. The volunteers took excellent care of the children, explained to them about animals, plants and trees. This fun trip was on the 18th of July.



## A SPECIAL MESSAGE

Ms. Mandisa Mathew, a 13 year old studying at the International School of Kenya volunteered with us for 1 week. She worked with the children in the classroom and observed the work we do.

Thank you, Mandisa and we are sharing some of her thoughts.

Dear A.S.H.A,  
Thank you for all the amazing things you have done for me and children on the spectrum. My week at A.S.H.A has been outstanding. Every child there was sweet, eager to learn, inspiring and amazing. The teachers were no less. Every member of staff was welcoming, kind, enthusiastic and positive. I couldn't have asked for a better group of people to work with.  
I came to volunteer at A.S.H.A to learn more about autism. At the end of the week I had gained much more than knowledge. I have gained experience, a better understanding about autism and many ideas I can take back to Embrace the Amazing in Kenya.  
I am so happy I am

## DONATION OF EQUIPMENT

Maersk donated learning materials and toys. The team from the company visited ASHA on 26th July and handed over the equipment. A big thank you to Maersk for their generosity!



## UNITED HEALTHCARE

The team from United Healthcare, India visited ASHA on the 27th July to understand more about the parent training program. The company has been supporting the program and has enabled us to provide quality training to the parents to know more about autism and its management.

The team also handed over certificates to students who completed the 18 month AIMS Multimedia Training Program.



**We thank the Government of Karnataka, Corporates, philanthropic partners, volunteers and friends for supporting our work.**



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