

XPRESSIONS

ACADEMY FOR SEVERE HANDICAPS AND AUTISM

www.ashaforautism.com

WELCOME!

The new academic year 2019-20 started for the children on the 3rd of June. Two of our teachers - Ms. Latha and Mr. Avinash will not be continuing with us from this year and we wish them success in future endeavours. We have Ms. Amrutha and Ms. Devika join us as teachers and we welcome them to ASHA.

Five of our students, Kavinolli, Rakshith, Sohan, Rahul and Gaganraj have moved from our school. We will miss them all! We welcome six new students; Aarika Arun, Ayush Samantha, Kanish, Shreyas, Sumanth and Navneeth.

The preparations for the year began a week earlier where the teachers organized the classrooms and prepared the time tables. This week was also devoted to sharing of skills and information. The teachers made presentations on various topics and was well received by their colleagues.

We also conducted 3 workshops this month on Self Help Skills, Parents' Journey and Music Therapy for parents of our organisation.

ACTIVITIES AT SCHOOL

TEACHER TRAINING

A week before the start of school for the children, teachers made presentations on a variety of topics related to teaching and autism. The presentations were made in groups and this helped in sharing of skills as well as learning before the start of the academic year. Our Director, Ms. Jayashree Ramesh attended each presentation and was discussed in detail.



THE FIRST DAY

The children started school on the 3rd June 2019. It was great to have the children back after a gap of more than a month. Most of them were happy to come back and meet their teachers!



THERAPIES

Our other therapies such as yoga, music therapy and sports therapy are continuing on a regular basis. The children are enjoying the sessions and showing progress.



DENTAL CAMP

Dentists from the Department of Pedodontics from the Krishnadevaraya Dental College and Hospital, Bangalore came to our organization for a regular check up of all the children. The dentists took a lot of care and patiently conducted a thorough check up and suggested further treatment where required. The camp was held over two days - on the 14th and 18th June.



INDIVIDUAL EDUCATION PLAN MEETING

The teachers created individual education plans (IEP) for each child and shared it with the parents at a meeting on the 23rd June. The teachers discussed what short term and long term goals they will be working on for the year and the activities with the parents and provided clarifications.

PARENT TRAINING WORKSHOPS

Supported by
United Healthcare

We have renovated the 4th floor space to conduct workshops comfortably. The space is now equipped with an LCD projector, microphone, screen, a TV, a false roofing with improved lighting and ventilation.

WORKSHOP ON SELF HELP SKILLS

Self help skills are skills that enable us to look after ourselves independently. This includes brushing teeth, bathing, eating etc. To talk to the parents about the importance of this skill domain, Mrs. Shobha Karanth, a special educator conducted a workshop on Self Help Skills and Activities of Daily Living on the 18th of June. Mrs. Karanth spoke on how and when to start teaching these skills and gave real life examples as a mother of a young man with autism. The session was well received by the participants and they appreciated the practical tips given by the speaker.



PARENTS' JOURNEY - THE IMPORTANCE OF REGULAR TEACHING AT HOME

Getting intervention from a therapist at the earliest is one of the important steps to teaching a child with autism. But the parents are often the first therapists who spend the most time with the children and it is vital that intervention happens in the home environment and community too.

We had Mr. Nagaraj and Mrs. Vani Nagaraj, parents of a young man on the autism spectrum who is living independently to inspire our young parents to work with the children at home. Mrs. Vani spoke on how she worked with her son everyday and involved him in day to day work to develop self care, pre learning skills and independent living skills. Mr. Nagaraj inspired the fathers with his account and how he used to take his son to community events to develop social skills and get him used to people. The parents, especially fathers were encouraged and spoke to Mr. Nagaraj even after the end of the session! The session was conducted on 23rd June.



WORKSHOP ON MUSIC THERAPY

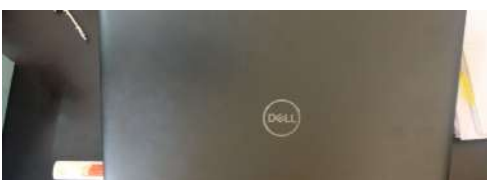
Music has been known to be an effective aid to teaching for children as well as adults. Mrs. Revathi G., a music teacher and therapist conducted a session the 27th June for parents on how music therapy helps children with autism. She spoke on how ragas affect mood and demonstrated a few ragas. The parents were intrigued with the wide scope of music as a therapy and look forward to more such sessions on alternate therapies for autism.



VOLUNTEERING AND CSR

We had many volunteers visit us and help us make teaching aids for the new academic year. These initiatives help us a lot as creating teaching aids take time and effort.

We thank our volunteers for all the hard work and dedication to help our cause!



Maersk has supported us in the purchase of learning materials, toys, laminating machines and two computers to help the children learn better. A big thank you to Maersk!

EARLY INTERVENTION PROGRAM

Supported by United Way,
Bengaluru
and Deloitte

The Early Intervention Program is a continuing program from 2018 supported by United Way, Bengaluru and Deloitte. The program is designed to provide high quality training for children as well as parents by empowering the mothers. The program provided a selection of therapies including speech, occupational and physio therapy and counselling for 20 children and their mothers in 2018-19.

The project helped the children and the parents immensely last year and we are replicating the program again for 2019-20. This year we have 24 children and mothers in the program.

The site of the project has moved to a new building in Mahalaxmi Layout, Bangalore.

#287, 5th Main, 11th Cross, Mahalaxmi Layout, Bangalore - 560086.



The month of June kickstarted the year with a whole range of activities keeping everyone on their toes. This is just the beginning! Wait for next month's update.

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



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