

XPRESSIONS

ACADEMY FOR SEVERE HANDICAPS AND AUTISM

www.ashaforautism.com

WE ARE 24!

August marks the 24th year of ASHA! It's been a wonderful journey starting off with just 3 children and growing to add so many services.

Like always, we had many school activities and volunteer have been very active in August such as visits to the museum and Cubbon Park. We conducted 3 workshops for parents this month.

Our Director, Mrs. Jayashree Ramesh visited Bali for the Global Autism Summit and represented ASHA.

ACTIVITIES AT SCHOOL

EARLY INTERVENTION PROGRAM

The early intervention program has 25 children and mothers. The mothers are working with their children based on the therapists' guidance. The children are being trained to improve their motor skills through painting, bowling, catching and throwing a ball. They are also learning about the parts of the body, learning self help skills such as washing their face and hands and wearing clothes. They are learning social skills such as greeting each other and doing Pooja activities.

Supported by Deloitte & United Way, Bengaluru



ACADEMICS & IN THE CLASSROOM

Academic training is an important part of the school program. The younger children have started with pre-academics - the foundation such as matching, sorting and naming before moving to alphabets and numbers.

The senior children are continuing with theme based lessons, writing on the black board.



One of our students is preparing for the National Institute of Open Schooling (NIOS) Grade 5 exams in English, Maths, Computer Science, Science and Social Science.



Activities of daily living skills such as cleaning the table is also being taught in the classroom.



BUILDING SOCIAL SKILLS

As part of developing social skills in the children, Shreya's classmates and her teachers visited her house on the 14th August. These outings help the children learn how to conduct themselves when taken to someone's house, how to greet people and engage in small talk.

Supported by Heart and Hand for the Handicapped, USA



YOGA & MUSIC THERAPY

Yoga has helped many of our children in a number of ways. Ms. Sudeepta, the yoga teacher visits ASHA on a weekly basis and teaches yoga to all the children based on age and ability. Music therapy sessions are also running well and the children enjoy the sessions and look forward to it.

Supported by Gupta Family Foundation, USA



DENTAL CHECK UP

Dr. Sahana Mahesh from the Department of Pedodontics and Preventive Dentistry from the V.S. Dental College and Hospital visited us and conducted a dental check up of all the children. The visit was on the 30th of August.



VOLUNTEERING & CORPORATE SOCIAL RESPONSIBILITY

VISIT TO CUBBON PARK

Twenty five children and their mothers visited Cubbon Park accompanied by our volunteers on the 2nd of August. The children were from the Early Intervention Program. The volunteers arranged for games for the children and the mothers along with snacks. The experience was fun and the mothers got to socialise with others and the children had a fun filled day.



VISIT TO THE MUSEUM

The volunteers from a corporate company accompanied 45 children to the Visvesvaraya Industrial and Technological Museum on 7th August. The visit helped children understand and explore the basic principles of science. Since all the exhibits can be tried hands on, the learning was fast. The volunteers were enthusiastic and explained the exhibits to the children patiently.



PARENT TRAINING WORKSHOPS

Supported by United
Healthcare

LEARN PAINTING

Mrs. Bharathi Vittal Rao, our art teacher conducted an art workshop for parents on 6th August. This time, the topic was to paint using simple techniques. Mrs. Bharathi took a lot of interest and helped parents - some of who had never lifted a paint brush since childhood! Art is an effective stress buster and the parents had a good time exploring their artistic side.



MY CHILD IS DIFFERENT

Dr. Krishna Thalagavara, a consultant psychiatrist at ASHA spoke to parents on the 18th of August on 'How to make your child special'. He explained the issues and challenges in raising a child with autism is different from other disabilities due to poor communication, sensory issues, food habits among others. He motivated the parents to look on the positives like concentration, attention and logical thinking which can be productive and engaging, thus reducing burden on care takers. He reiterated the role of immediate family members, care takers and professionals and importance of co ordination among all these to bring in positive results. Thirty five parents attended the session.



TEACHING SOCIAL SKILLS AT HOME

Social skills are skills that enable an individual to build and maintain relationships, how to get along with others and communicate their needs. Mrs. Renuka Jiothiswaroopan, a special educator, spoke to the parents on developing social skills in the home environment on the 22nd August. She stressed the need for exposing the child to different situations without hesitation, as the children have enormous capacity to learn. 45 parents attended the session.



PARTNERSHIP

GLOBAL AUTISM PROJECT

The Global Autism Project, through the weekly supervision calls is collecting data from our teachers to understand any behaviour challenges, provide suggestions to improve the activities and improve communication.

Our Director, Mrs. Jayashree Ramesh attended the Global Summit 2019 in Bali organized by the Global Autism Project from 14-16 August. The summit is a platform to inspire innovation, challenge new thinking, and establish action plans. The 3 days were packed with workshops, small group sessions, and interesting presentations from keynote speakers. Each International Partner, including ASHA had the opportunity to present and demonstrate successful programs or unique achievements from their organizations.



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



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