

# XPRESSIONS

ACADEMY FOR SEVERE HANDICAPS AND AUTISM

www.ashaforautism.com

## Getting back...

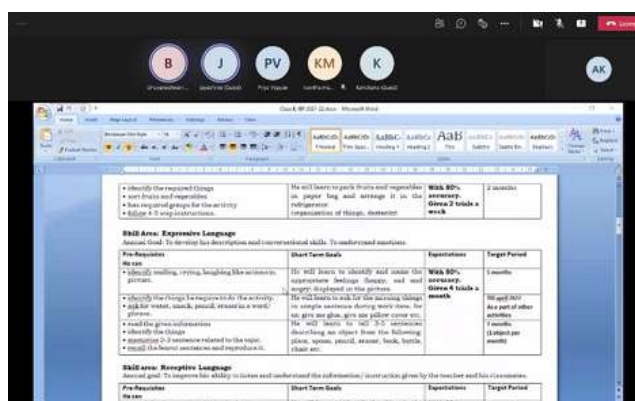
The way we work has changed drastically with COVID. Our intervention and therapies have moved online and after initial roadblocks, service delivery has been smooth. We also conducted many workshops and a training program in Kannada for parents and professionals and because it was online, we were able to reach out to 115 participants!

## MAY 2021

### Preparation of the Individual Education Plan

In May, the special educators in partnership with their team of assistant teachers prepared the Individual Education Plan for each student with what has to be done for the new academic year 2021-22. This was done based on the Annual Report for 2020-21 and the students' current status.

The IEP helps the special educator effectively plan the future course of action for the students and were reviewed by the Director for all the students online.



### COVID 19 Vaccination Camp

On 27th May, the teachers and parents of our students received their first dose of Covishield. All precautions were maintained and social distancing was followed.



# JUNE 2021

The new academic year began in June 2021. Due to the COVID 19 pandemic, the training was conducted through online means. The focus was on revision of goals already achieved and planning steps for the new academic year.

## Online Sessions - Academics

The teachers conducted live sessions for each student and for some students who could not share the worksheets online and the student works on it under guidance from the parent and teacher.

Alternatively, for students who could not access live one on one sessions, due to reasons such as COVID 19 and siblings having online classes, teachers recorded and sent videos to the families to work with the child. The parents then sent recorded videos of students doing the activity for review.

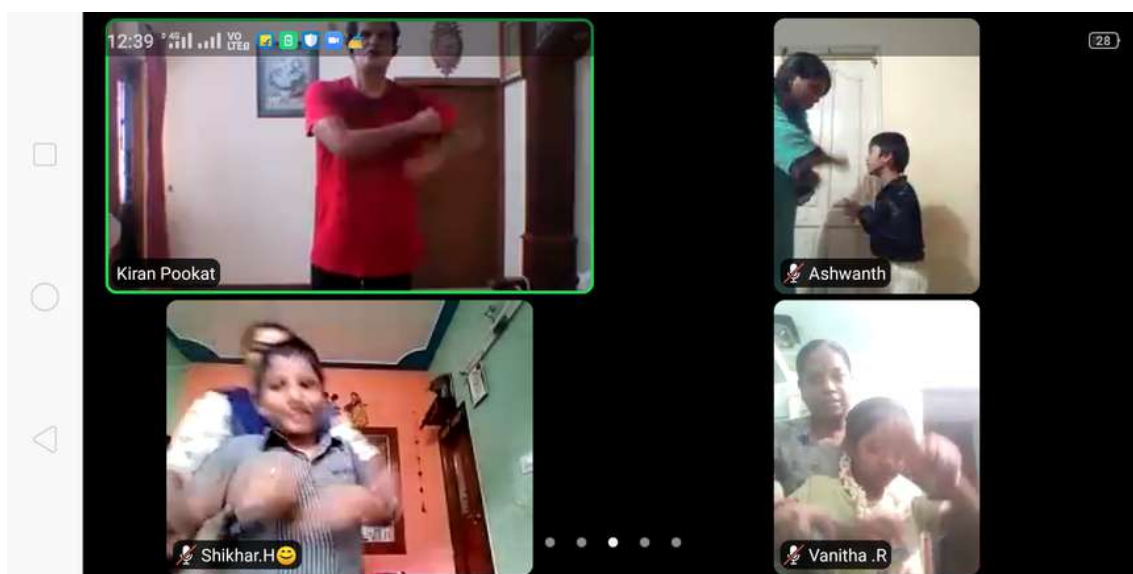
## ONLINE THERAPY SESSIONS

### Speech and Language Therapy

Speech and language therapy was provided by 2 speech therapists. The sessions were for 30 to 45 minutes and each student received 4 hours of therapy per month. The therapist also provided exercises to the parents to be done with the child at home.

### Dance

Dance sessions were provided online by Mr. Kiran. Each student received 30 minutes of dance sessions per week.

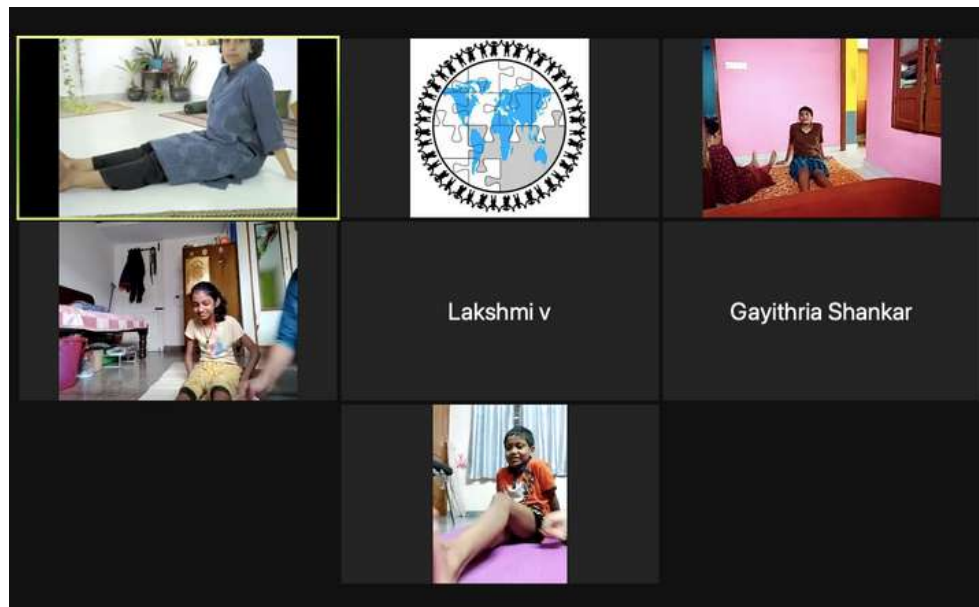


### Music

Music sessions were provided online by Dr. Meena. Each student received 30 minutes of music per week. Music improves speech, increases neural activity and concentration.

## Yoga

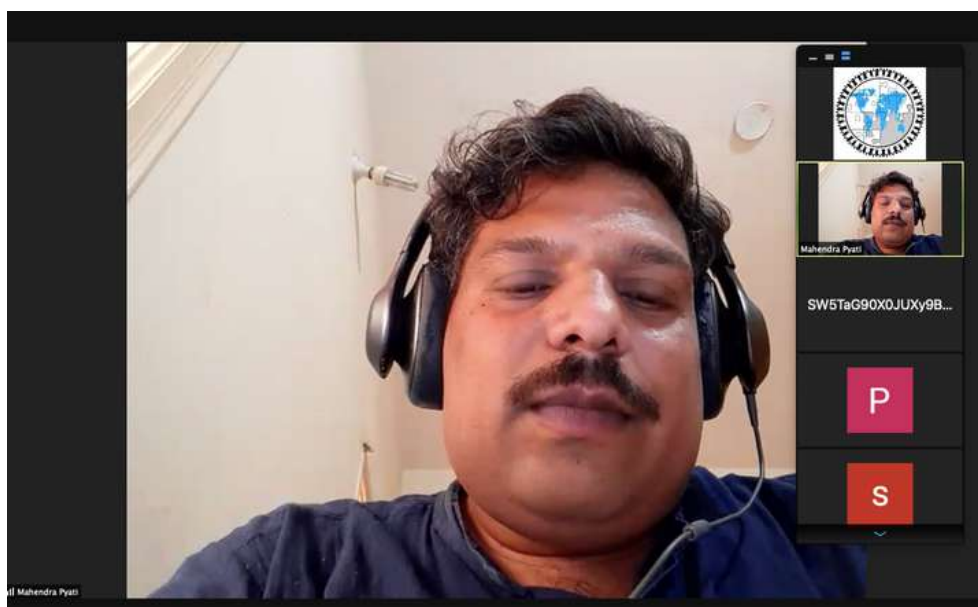
Yoga sessions were provided online by Ms. Suma. Each student received 30 minutes of yoga per week. Yoga is beneficial for overall health and reduces anxiety in the students.



## PARENT TRAINING

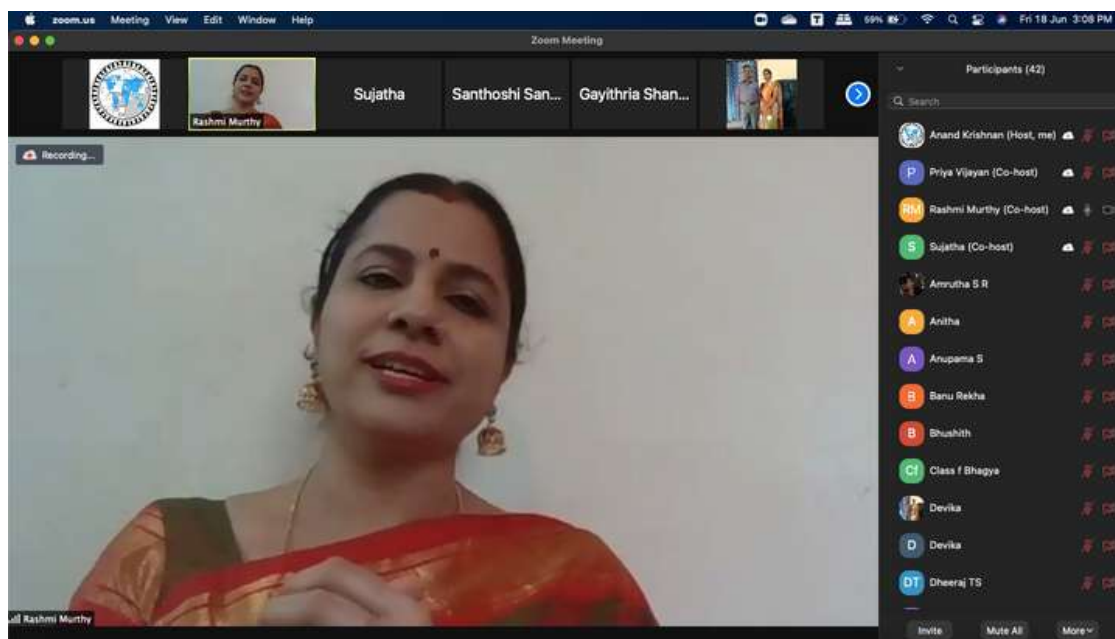
### Problem Solving

Mr. Mahendra Pyati, Trustee of Nav Prabhuthi Trust conducted a workshop on Problem Solving for teachers and parents. The first session was on the 5th of June and the second session was conducted on the 12th June. The sessions were attended by 50 participants.



## Namaste Corona

'Namaste Corona' was conducted by Dr. Rashmi S. Murthy on 18th June to understand the signs and symptoms of COVID 19 in children, prevention, treatment and safety measure to take. The impending 3rd wave of COVID 19 was also discussed. Parents had many questions on vaccination as well which were answered by Dr. Rashmi. 50 parents attended the session.



## Art and Craft

Art and Craft by Ms. Vinaya Kini was conducted on 25th June. The sessions helped the parents understand the importance of engaging children productively especially during COVID where opportunities to go out are limited. She showed examples of art and craft which can be a vocation later in life. 50+ parents attended the session.





# JULY 2021

## ONLINE SESSIONS - ACADEMICS

The teachers conducted live sessions for each student and for some students who could not attend, the worksheets were shared and the students worked on it under guidance from the parent and teacher.

Working mothers could not give time to work with the child therefore, in such instances, video sessions were recorded and sent to the families to work with the child.



## ONLINE THERAPY SESSIONS

We provided speech and language therapy, dance, yoga, music for 30 minutes a week for each student.

### Computer Education

The computer education sessions aims to teach basic as well as advanced computer skills to the students. This prepares them for vocational activity or employment later in life. As a part of the program, the computer teacher prepared the curriculum and gave an orientation and hands-on demonstration about the curriculum to the teachers.

## PROFESSIONAL TRAINING



### Processes and Flow Charts

On 1st July, Mr. Mahendra Pyati, Trustee - Nav Prabhuthi Trust conducted a session on flow charts. The session was attended by the teachers of ASHA to help understand processes. The workshop helped establish a process and improve productivity.

## PARENT TRAINING

### Finding Ways to Communicate - Communication and AAC

A session on 'Finding Ways to Communicate - Communication and AAC' was conducted on 2nd and 3rd July. The session was unique as the parents came to the fore and shared their experiences about the strategies they have used with their child to improve communication. 40+ parents attended the session.



### Building Creativity and Engaging Individuals with Special Needs

4 sessions on 'Building Creativity and Engaging Individuals with Special Needs' by Ms. Vinaya Kini were conducted on 9th, 16th, 23rd and 30th July. The sessions helped the parents understand the importance of engaging children productively. She showed examples of art and craft which can be a vocation later in life. 50+ parents attended the sessions.

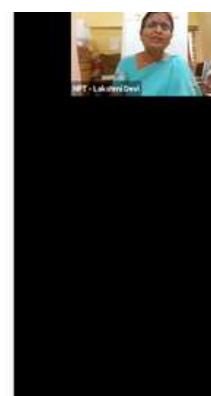


### Pre-requisites for Data Entry

On 24th July, Mrs. Lakshmi Devi from Nav Prabhuthi Trust conducted a session on Pre-requisites for Data Entry. She showed opportunities and methods for students to follow in a vocational setting. 40+ parents attended the session.

#### How to start non-computer activity in the class

- Prayer
- Self introduction
- Exercises
- Text book format for noncomputer programs
- Typing in computer
- Other activities



# AUGUST 2021

## ONLINE SESSIONS - ACADEMICS

The special educators provided intervention to develop self-help, cognition, motor skills, language and communication and academics. The teachers conducted live sessions for each student and for some students who could not attend the worksheets were shared and the student worked on it under guidance from the parent and teacher.

Most of the students have gained independent self-help skills. The senior students have improved pre-vocational skills such as assembling, sorting, measuring and others.

Language is another focus area with students improving in expressive and receptive language skills.

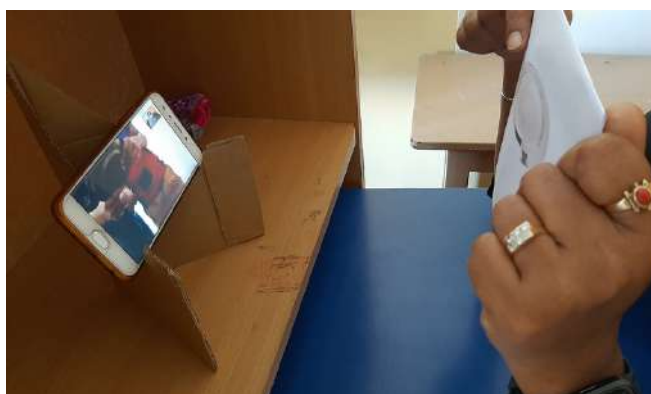


## ONLINE THERAPY SESSIONS

We provided speech and language therapy, dance, yoga, music for 30 minutes a week for each student.

### Speech and Language Therapy

The therapist focussed on expression of words such as body parts, shapes and colours. For students who do not use words to communicate, are using PECS (picture exchange communication system) to express. To improve pronunciation, oral motor exercises such as blowing bubbles have helped some students.



### Computer Education Program

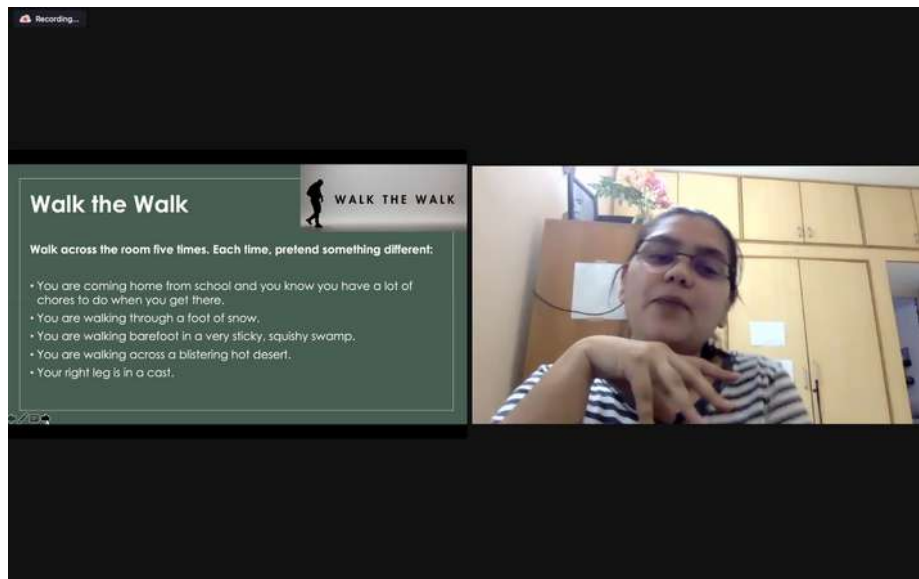
The goals of the computer skills training were sent to the parents.

The parents worked with the students at home. The students are learning basic MSOffice operations. The sessions happen mostly on weekends as the fathers are working with the child.

## PARENT TRAINING

### Story Telling

A session on 'Story Telling' was conducted by Ms. Kavita Shah, special educator on 6th August 2021. The session explored the importance of stories in building language, cognition and attention in individuals with special needs. Kavita also stressed the importance of reading stories in an imaginative way to build interest. 40+ parents attended the session.



### Papier Mache

A session on 'Papier Mache' was conducted by Mrs. Lakshmi Devi from Nav Prabhuthi Trust on 14th August. Papier mache or paper clay can be used to make a variety of items – cups, pen stands, idols etc. Mrs. Lakshmi showed the process of making papier mache and how it can be a vocational activity for individuals with autism. 50+ parents attended the sessions.





## ACADEMIC SKILLS TRAINING PROGRAM FOR CHILDREN WITH LEARNING DIFFICULTIES

Academic Skills Training for Children with Learning Difficulties is a 20 session online training program for parents and teachers conducted exclusively in Kannada.

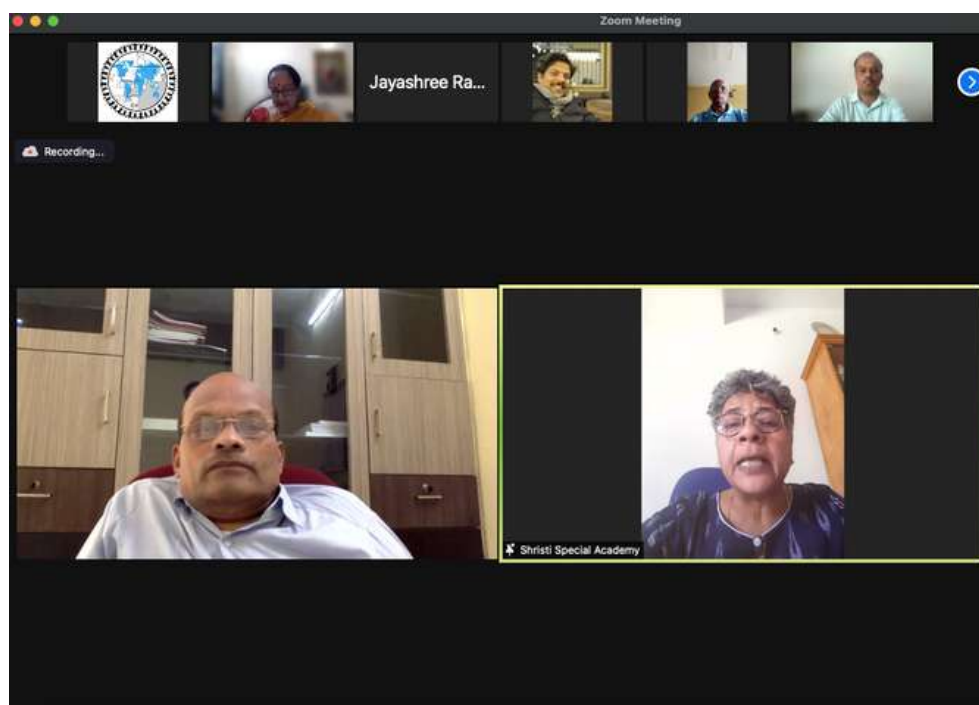
The program was conducted by Nav Prabhuthi Trust in association with Academy for Severe Handicaps and Autism, Disability NGOs Alliance, Rotary District 3190 and Inner Wheel Club of Bangalore.

The purpose of the program was to train parents and professionals to work effectively with individuals with learning difficulties.

The 20 session program was conducted every Thursday, Friday and Saturday for 1 hour 30 minutes per session. The program was coordinated by Mrs. Sujata Satyamadhava, from ASHA along with a resource team of doctors and professionals from various institutions.

The program was inaugurated on the 25th August by Mr. P.G. Dwarkanath, Secretary, Vidya Vardhaka Sangha, and the Key note was delivered by Mr. M.K. Shridhar, Professor, Canara Bank School of Management Studies. The guests of honour, Mr. B.S. Basavaraju, Ex-Karnataka State Commissioner for Persons with Disabilities and Rtn. Gurunagesh, Director, Basic Education and Literacy, RI District 3190 also graced the event. The inauguration was attended by 150 people including representatives from ASHA, Rotary District 3190, Inner Wheel Club of Bangalore West, Disability NGOs Alliance and Nav Prabhuthi Trust.

Academic Skills Training for Children with Learning Difficulties had 115 participants of which 26 were parents and 26 teachers from ASHA.

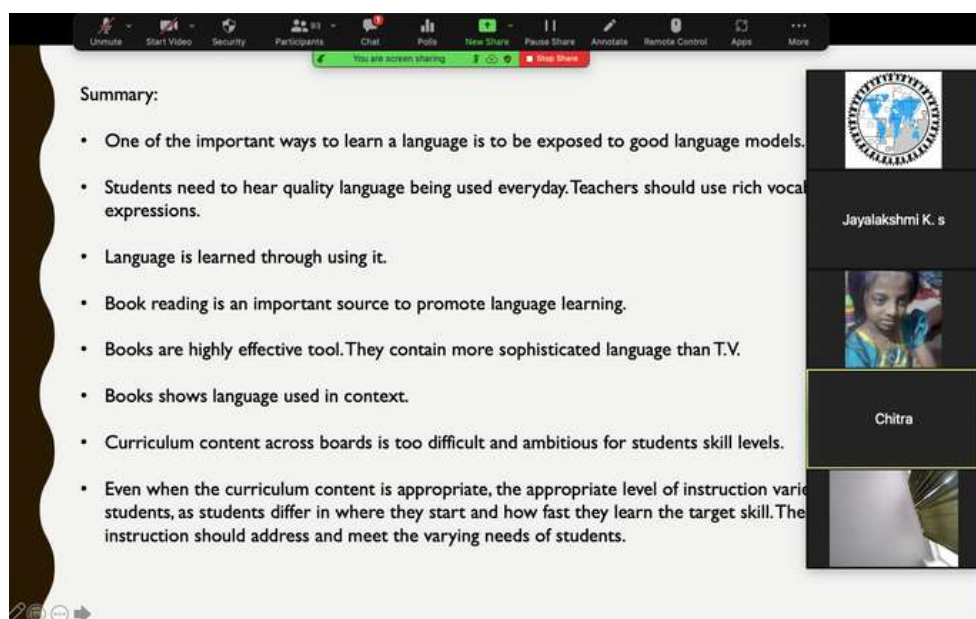


The first session on National Education Policy was conducted on 26 August by Dr. Indumathi Rao, Regional Coordinator, CBR Network to explain its main features and current status of implementation in the country.



The second session was on 'Factors that foster academic learning' by Dr. Venkatalakshmi from Smt. VHD College on 27th August.

The third session on 'Developing Reading Skills' was conducted by Ms. Chitra Kumar, special educator on 28th August which explored the pre requisites of reading in children.

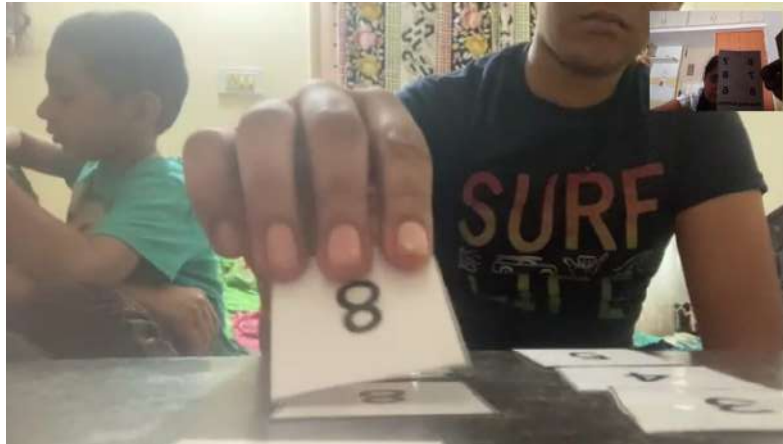


# SEPTEMBER 2021

## ONLINE SESSIONS - ACADEMICS

The teachers conducted live sessions for each student and for students who could not attend, worksheets were shared and the student worked on it under guidance from the parent and teacher.

Functional academics was given prominence and theme based lessons were done with the senior students. Being at home, the students' activities of daily living skills have developed well.



## RESUMING IN SCHOOL SESSIONS

With the reduction in the number of COVID cases and gradual reopening of schools, selected students came to the centre for one to one sessions. This is being done with all COVID safety protocols and parental consent. The students were happy to be back to learn in the classroom and meeting their teachers.



## ONLINE THERAPY SESSIONS

We provided speech and language therapy, dance, yoga, music for 30 minutes a week for each student.

## ACADEMIC SKILLS TRAINING PROGRAM FOR CHILDREN WITH LEARNING DIFFICULTIES

The fourth session on Importance of Language Development and Pre requisites for Comprehension was conducted on 2 Sep by Mrs. Shubhra Shanker Vinay, Speech Pathologist.

The fifth session was on 'Developing Cognition and Comprehension Skills by Mrs. Kamini Ravichandran, special educator on 3 September.

The screenshot shows a Zoom meeting interface. The main window displays a presentation slide titled "DICE CIPHER" by Ben Thompson, March 18, 2004. The slide lists prerequisites for good reading comprehension: "There are some prerequisites for good reading comprehension. If any of these skills are lacking, comprehension will be lacking as well: Decoding skills, Fluency, Vocabulary, Background knowledge. But even when these foundational skills are present, reading comprehension is not necessarily automatic. Some important strategies may still be required." The slide also shows a grid of letters A-Z and a list of words: K N I G H T S, T E M P L A R. On the right, a list of participants is visible: Karthik, G, and Dinakar.

The sixth session on 'Developing Spelling Skills' was conducted by Ms. Chitra Kumar, special educator on 4 September.

The seventh session on 'Motivation and Building Self Esteem in Children' was conducted on 16 Sep by Ms. Anupama Ramsesh, Behaviour Therapist at ASHA. The session went through the intricacies and importance of motivating children to learn and build self esteem for better outcomes.

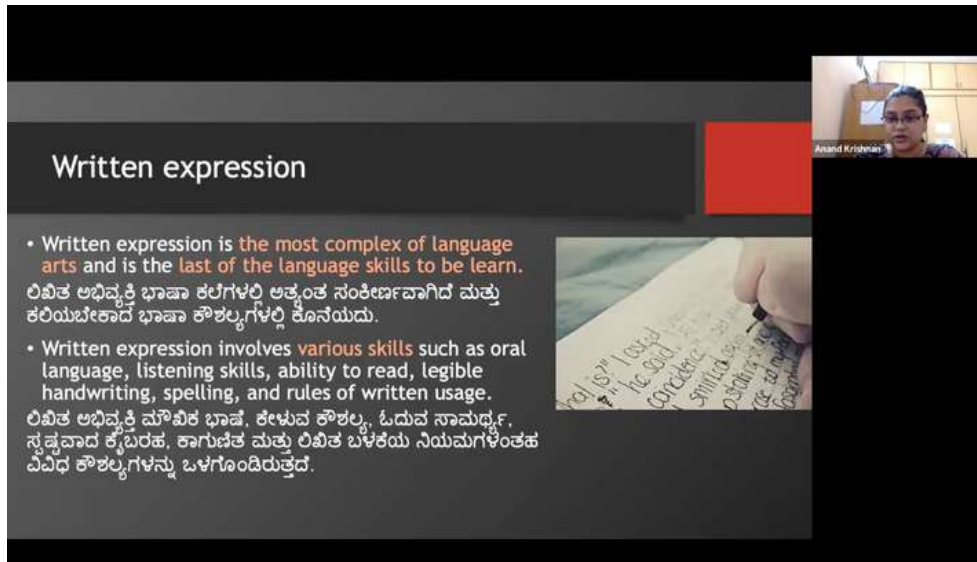
The screenshot shows a Zoom meeting interface. The main window displays a presentation slide titled "WHAT SHOULD PARENTS DO???" with a list of bullet points:
 

- Focus on Talents
- Rejoice in What They Do Well
- Involve them in Hands-on Activities
- Reassure your child that you accept him or her even when others do not.
- Make them feel special.
- Treat your child with respect.
- Teach problem-solving skills.
- Involve your child in chores around the house that stretch his or her abilities.

 On the right, a video of Ms. Anupama Ramsesh is visible, wearing a green patterned top and glasses.



The eighth session of the Academic Skills Training Program was on Written Expression by Ms. Kavita Shah, special educator on 17 September. Written expression is the last skill to develop in language skills and is the most challenging. There can be many obstacles to writing and Kavita gave very specific ideas to encourage written expression.



**Written expression**

- Written expression is the most complex of language arts and is the last of the language skills to be learn.
- Written expression involves various skills such as oral language, listening skills, ability to read, legible handwriting, spelling, and rules of written usage.

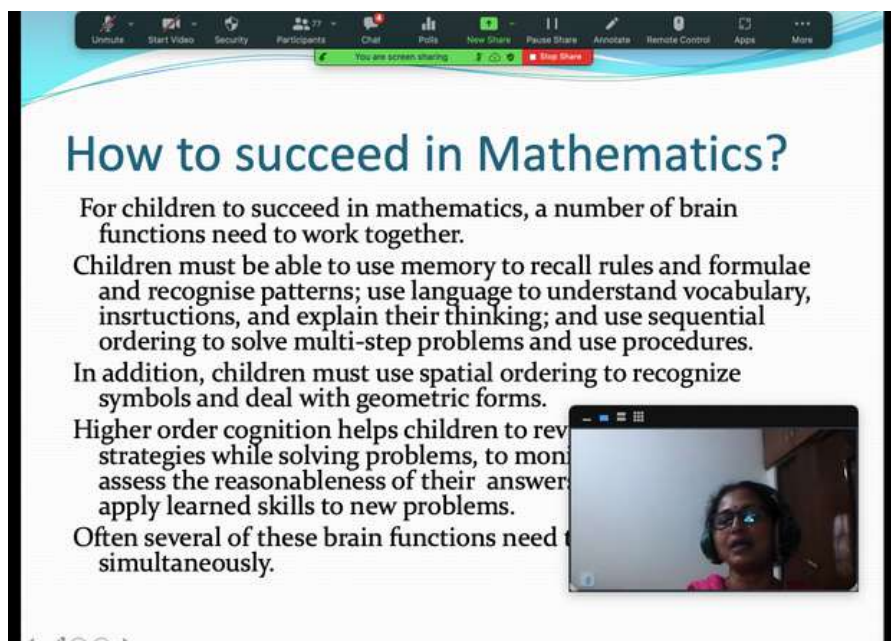
ಲಿಖಿತ ಅಭಿವ್ಯಕ್ತಿ ಭಾಷಾ ಕಲೆಗಳಲ್ಲಿ ಅತ್ಯಂತ ಸಂಕೀರ್ಣವಾಗಿದೆ ಮತ್ತು ಕಠಿಣವಾಗಿರುವ ಭಾಷಾ ಕೌಶಲ್ಯಗಳಲ್ಲಿ ಒಂದಾಗಿದೆ.

ಲಿಖಿತ ಅಭಿವ್ಯಕ್ತಿ ಮೌಖಿಕ ಭಾಷೆ, ಕೇಳುವ ಕೌಶಲ್ಯ, ಓದುವ ಸಾಮರ್ಥ್ಯ, ಸ್ಪಷ್ಟವಾದ ಕೈಬರಹ, ರಾಗುಚಿತ್ರ ಮತ್ತು ಲಿಖಿತ ಬಳಕೆಯ ನಿಯಮಗಳಂತಹ ವಿವಿಧ ಕೌಶಲ್ಯಗಳನ್ನು ಒಳಗೊಂಡಿರುತ್ತದೆ.

The ninth session of Academic Skills Training for Children with Learning Problems was on Basic Numeracy by Ms. Ambika Subramanian and Ms. Prabha Acharya on 18 September. The session was practical and easy to understand and focused on pre requisites of maths skills.

The tenth session of Academic Skills Training for Children with Learning Problems was on Assistive Technology by Ms. Kavita Shah on 23rd September. The interactive session showed plenty of apps and devices that can be used with children with special needs.

The 11th session of Academic Skills Training for Children with Learning Problems was on Maths Skills and Computation by Ms. Sharada P. founder of NELE Learning Centre. The session on 24th September was practical and showed how maths can be taught easily to young children in an engaging manner. The participants appreciated the resource person's expertise.



**How to succeed in Mathematics?**

For children to succeed in mathematics, a number of brain functions need to work together.

Children must be able to use memory to recall rules and formulae and recognise patterns; use language to understand vocabulary, instructions, and explain their thinking; and use sequential ordering to solve multi-step problems and use procedures.

In addition, children must use spatial ordering to recognize symbols and deal with geometric forms.

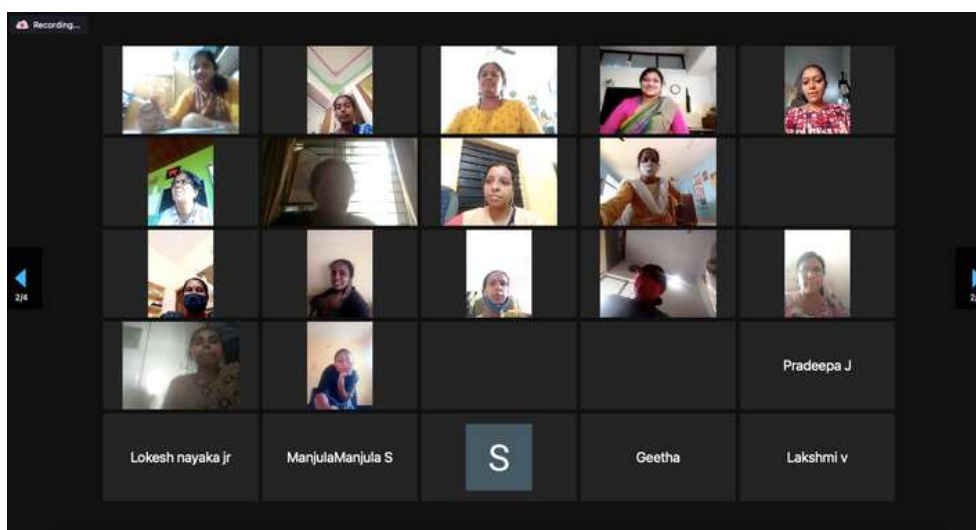
Higher order cognition helps children to review strategies while solving problems, to monitor and assess the reasonableness of their answers, and to apply learned skills to new problems.

Often several of these brain functions need to work simultaneously.

Ms. Kavita Manjunath, special educator at ASHA spoke about Play Skills for the Academic Skills Training Program on 25th Sep. Play is often not given the importance it deserves in learning. Learning through play is effective and is a great aid to classroom teaching.



Ms. Sowmya Kuduvalli, co founder of HOPE - The early intervention centre conducted a session on Perception on 30th Sep as part of Academic Skills Training. The 13th session talked about the sense organs, how they help in perceiving the environment and learning.



# OCTOBER 2021

## ONLINE SESSIONS - ACADEMICS

The teachers conducted live sessions for each student and for students who could not attend, worksheets were shared and the student worked on it under guidance from the parent and teacher.

Functional academics was given prominence and theme based lessons were done with the senior students. Being at home, the students' activities of daily living skills have developed well.



## RESUMING IN SCHOOL SESSIONS

With the reduction in the number of COVID cases and gradual reopening of schools, selected students have been coming to the centre for one to one sessions. This is being done with all COVID safety protocols and parental consent. The students were happy to be back to learn in the classroom and meeting their teachers.





## ONLINE THERAPY SESSIONS

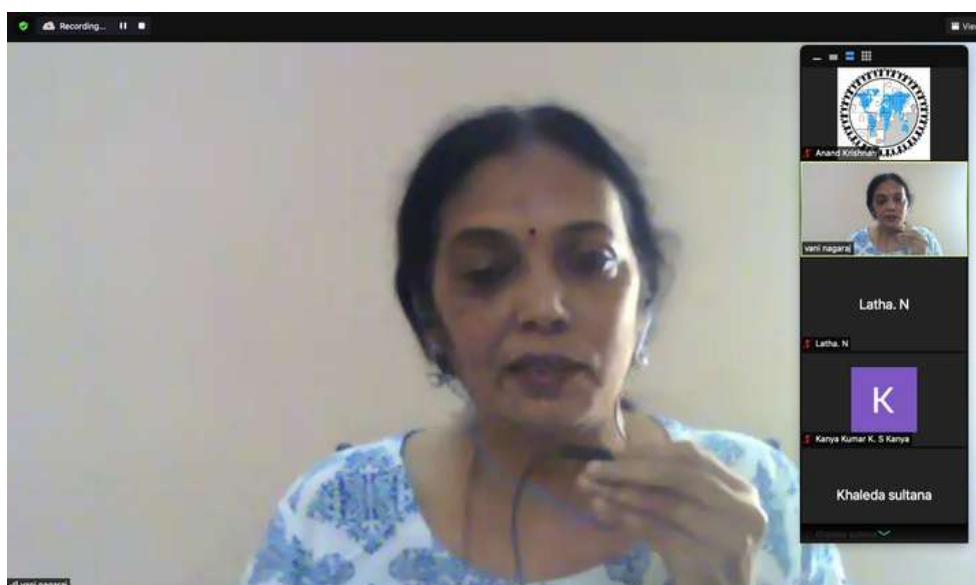
We provided speech and language therapy, dance, yoga for 30 minutes a week for each student.



## ACADEMIC SKILLS TRAINING PROGRAM FOR CHILDREN WITH LEARNING DIFFICULTIES

Dr. Vijaya Raman from St. John's National Academy of Health Sciences conducted a session on Assessment on 1st Oct. Dr. Vijaya explained the importance of assessments in planning an intervention plan, mapping a child's progress and identifying gaps in development.

On Oct 2nd, a session on 'All about inclusion' was conducted by Ms. Vani Nagaraj. The session shared experiences of Ms. Vani bringing up her son and how inclusion is a combined effort involving several people. The participants found the session valuable and helpful, especially for the parents.



Ms. Sumathi Ramjee, certified ABT therapist conducted a fun filled session on 'Making learning fun! Using creative ways to teach' on 21st October. The session helped participants use various games, art and craft and mediums to make learning fun and engaging.



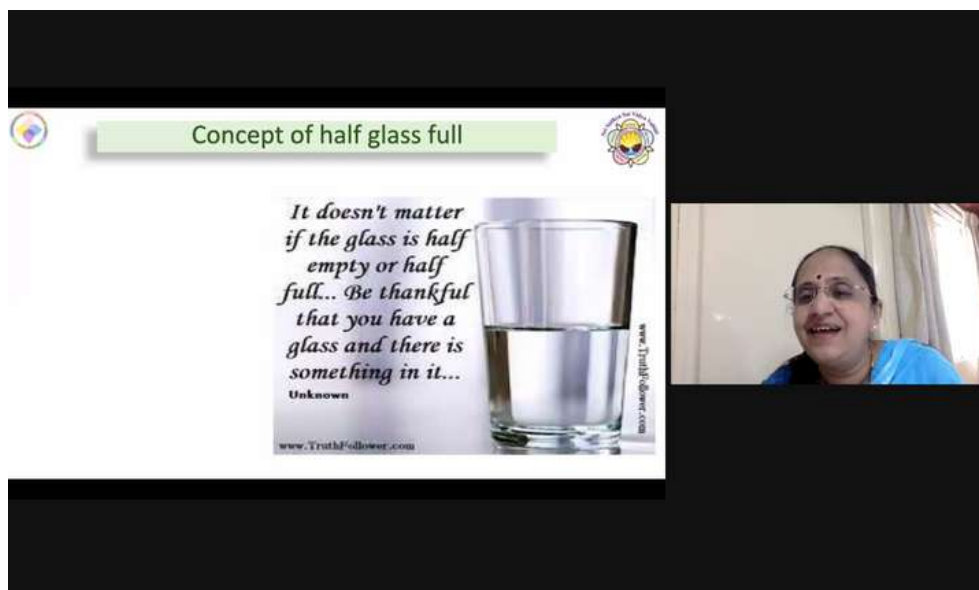
Ms. Sumathi Ramjee, certified ABT therapist conducted another session on 'Making learning fun! Using creative ways to teach' on 22 October.



Dr. Nalini Menon from Spastics Society of Karnataka conducted a session on Multiple Intelligence on 23 October.

On 28th October, Ms. Suchita Somashekariah, Director, Shristi Special Academy conducted a session on Collaborative Team Approach. The session was much needed as it brought about the importance of each teacher and therapist in the development of the child. With proper roles and responsibilities and team work, intervention can be successful.

Ms. Ambika Subramanian, Ms. Prabha Acharya conducted a session on the 'Role of parents' in the development and wellbeing of the child on the 29th of October.



The Valedictory of the training program was conducted on the 29th October. The chief guest was Ms. Karuna Munshiji, Director of Sri Sathya Sai Vidya Vahini who addressed the participants. Ms. Jayashree Ramesh, Director, ASHA also shared a few words.



The feedback received was positive. The participants appreciated the depth and knowledge of the resource persons, their practical experience was invaluable. As many of the participants were parents, the resource person's advice was highly appreciated in behaviour management, tips to promote language and communication, engaging the child and teaching creatively. The participants also appreciated the interactive nature of the sessions and the question and answer segment at the end of each session. The overall management of the program was also positive with the sessions starting on time.

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



**Academy for Severe Handicaps and Autism**

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