



## FOREWORD

Greetings from Swabodhini!

February began on a refreshing and joyful note with an Eco Park visit for students from all our centres. Walking through the serene pathways of Tholkappiya Poonga, our students and staff connected with nature during an eco-walk that strengthened bonds beyond the classroom walls. It was heartening to see everyone learn, laugh, and explore together in such a peaceful environment.

We are proud to share that our students participated in the sports competition organised by the Rotary Club and brought home several prizes. Their enthusiasm, team spirit, and determination truly made us proud.

This month also witnessed meaningful corporate engagement across our centres. The team from IBS Software visited our Thiruvanniyur centre, spent quality time interacting with our students, and distributed thoughtful gifts. At our Velachery centre, the employees of Prodapt conducted an engaging programme filled with fun games, lively music, and an enchanting magic show. The students were absolutely delighted and awe-struck as the magic unfolded before their eyes.

We also hosted a wellness workshop on the Ayurvedic way of healthy living, conducted by Ms. Anandhi Jeyagopal. She demonstrated simple and natural remedies using everyday ingredients, offering practical insights into maintaining health and well-being.

Our vocational products were showcased through stalls at Ethiraj College for Women and Anna Centenary Auditorium, providing a wonderful platform to display the talents and craftsmanship of our students.

As part of knowledge-sharing initiatives, Ms. Vidya and her team from Srishti Foundation visited our Velachery and Tondiarpet centres to understand Swabodhini's model and functioning. We are always glad to share our journey and learn from like-minded organisations.

Birthdays of our students and staff were celebrated with warmth and joy, as always, adding special moments to the month.

We look forward to meeting you again next month with more updates and milestones from Swabodhini.

Warm regards,

Nandini Priyakumari  
Director  
Swabodhini School and Vocational Centre for Special Children

## BEYOND THE CLASSROOM: A REFRESHING ECO-PARK VISIT

All our students from across centres enjoyed a memorable day trip to Tholkappiar Poonga (Adyar Eco Park). The outing offered a refreshing break from the classroom routine and a chance to connect with nature. Students, staff, and support staff shared moments of learning, relaxation, and joy together. The day strengthened bonds, boosted well-being, and created meaningful memories for everyone involved.



## STUDENTS SHINE AT THE ROTARY SPORTS EVENT

Our students enthusiastically participated in a sports event organised by Rotary Club, taking part in events such as running races, relays, and shot put. The event provided a wonderful platform for them to showcase their strength, confidence, and sportsmanship. Our students performed exceptionally well and bagged several medals across different categories. It was an encouraging experience that promoted physical fitness, participation, and a strong spirit of inclusion.



### Track Event winners

M. Keerthika	Koushik Haran
R. Niraj	Poornitha
K. Deepthi	Kavin
K. Praveen	<b>Shotput</b>
N. Navneeth	Rosario Antony
K.Tharun	R. J. Naren
R. Akshana	K. Amritha
K.Hussy dev	K. Praveen
M.K. Dharshan	S.Ajay
M. Harshini	Kiruthika sree
R.G. Harikrishnan	Chandra vadana
J. Jayabalan	<b>Mini Javelin</b>
K. Amritha	R. Niraj
Yahoshu Mahizhan	
Samanvitha	



## ENGAGEMENT, EMPATHY, AND SHARED MOMENTS

The Velachery centre hosted an employee engagement programme in collaboration with Prodapt, bringing students and employees together through thoughtfully planned activities. Designed to promote interaction and shared experiences, the session created a warm and lively atmosphere. It was an enjoyable and enriching day that encouraged connection, empathy, and mutual learning among all participants.

## MEANINGFUL ENGAGEMENT WITH IBS EMPLOYEES

The centre welcomed employees from IBS Software for an engaging and interactive employee engagement programme. The activities were thoughtfully planned to encourage meaningful interaction between the students and employees, creating a joyful and inclusive atmosphere. As part of the visit, gifts were also shared with both students and staff, adding to the excitement of the day. The programme was filled with warmth, connection, and shared moments that made it truly special for everyone involved.



## FOSTERING SPORTS AND TEAM SPIRIT

The table tennis table and racquets for our centres were generously sponsored by Dr Anirudh and Mr Jagadish. This thoughtful contribution encourages physical activity, teamwork, and recreation among our students. Such support helps create a more engaging and balanced learning environment across centres.



## EXPLORING EVERYDAY WELLNESS THROUGH AYURVEDA

A workshop on Ayurveda was conducted for parents and staff at the Velachery Centre by Dr. Anandhi Jeyagopal. The session focused on how Ayurveda supports overall well-being and the importance of balanced living. The audience were introduced to simple, practical habits that can be followed daily to improve health. The workshop was informative, engaging, and encouraged a holistic approach to everyday wellness.



## LEARNING, CREATING, AND SHOWCASING - STALL AT ETHIRAJ COLLEGE

Our students proudly showcased their vocational products at Ed Bazaar conducted by Ethiraj College for Women, gaining valuable exposure beyond the classroom. The stall reflected their skills, creativity, and hands-on learning through vocational training. The appreciation and encouragement from visitors made the experience truly motivating for the students.



## SHOWCASING OUR WORK AT ANNA CENTENARY AUDITORIUM

We were pleased to set up a stall at Anna Centenary Auditorium, engaging with a diverse audience and sharing insights about our work. The stall served as a meaningful platform to create awareness, interact with visitors, and highlight our initiatives. It was encouraging to see the interest and support from the community, reinforcing our mission and impact.

## ENGAGING INTERACTIONS WITH SRISHTI FOUNDATION

Ms. Vidhya and her team from Srishti Foundation visited our Velachery and Tondiarpet centres. The interaction was engaging and meaningful, creating a warm space for connection and shared learning. The visit added value to the day and was appreciated by both students and staff.





## **ESTABLISHING COMMUNICATION: A LIFELONG GIFT FOR CHILDREN WITH AUTISM**

**Autism Spectrum Disorder (ASD)** is a developmental condition that affects how a child communicates, interacts socially, and understands the world around them. Many children with autism experience delays or differences in speech and language development. Speech therapy is a specialized support that helps children build communication skills, whether through spoken words, gestures, visuals, or assistive devices. Early speech therapy is essential because communication is the foundation for learning, relationships, and independence.

**Communication is more than words** — it is connection, understanding, and belonging. For children with Autism Spectrum Disorder, developing communication skills early can transform not only their learning journey but their entire quality of life.

Many autistic children experience challenges in expressing their needs, emotions, and thoughts. When communication is delayed, frustration often replaces expression. However, when we intentionally build communication from an early age, we open the door to confidence, independence, and meaningful relationships.

### **How Can We Establish Communication in Autistic Children?**

Early intervention works best when simple, consistent strategies are used both at school and at home.

Here are a few powerful approaches to establish effective communication:

#### **1. Follow the Child's Interests**

Communication grows faster when we connect through what the child loves. Whether it is cars, music, spinning objects, or water play, joining their interest motivates interaction and engagement.

#### **2. Use Simple and Clear Language**

Short, consistent phrases help children understand and respond better. Simple language reduces confusion and builds comprehension step by step.

#### **3. Introduce Visual Supports**

Many autistic children are strong visual learners. Picture cards, visual schedules, and communication boards help them understand routines and express choices. Visual systems can provide a voice even before spoken language develops.

#### **4. Encourage All Forms of Communication**

Speech is only one way to communicate. Gestures, pointing, eye contact, signs, sounds, or assistive devices are all meaningful. When adults respond positively to every attempt, children learn that communication is powerful.

#### **5. Create Opportunities to Communicate**

Small pauses during daily activities encourage children to initiate interaction. Waiting before opening a snack or handing over a favorite toy gently prompts them to request, gesture, or make eye contact.



## The Impact of Communication

### When a child learns to communicate:

- Frustration decreases
- Social interaction improves
- Learning becomes more accessible
- Confidence begins to grow

**Speech therapy is not just about teaching words** — it is about giving a child the ability to express needs, share joy, and connect with the world around them.

**Every child deserves a voice. When we establish communication, we are not only supporting development — we are nurturing dignity, independence, and lifelong possibilities.**

**Ms. Sowmiya Ragnathan**

Centre Head (Thiruvanniyur & Tondiarpet)

## BIRTHDAY CELEBRATIONS ACROSS OUR CENTRES

The birthday was celebrated across all centres with warmth and joy, making it a special day for everyone involved. Students came together to share wishes, smiles, and moments of togetherness. The celebrations reflected the sense of unity and care that defines our community, creating happy memories across centres.



## PARENT TESTIMONIAL

Our son struggled to feel comfortable in his previous schools, but everything changed when we reached Swabodhini. The team patiently taught him the basics — from sitting to appropriate behaviour — and within three months, we saw clear improvements.

He grew more confident and began actively participating in sports, dance, and music. He has since been placed with the international company Grundfos and now travels independently for work. We are deeply grateful to the entire Swabodhini team for their guidance, support, and constant encouragement.

Parent of Student who got placed