



SPJ SADHANA SCHOOL

(Empowering persons with special needs)

AUGUST NEWSLETTER 2025

August 2025 was a joyful season, a month filled with festivals and celebrations at S.P.J Sadhana School.

On Friendship Day the students celebrated the special bond shared between friends, learning to express love, caring and gratitude for friends and classmates. The students affectionately greeted each other and exchanged cards, gifts and kind words. It was truly a day full of happiness and togetherness, a day to appreciate the joy and strength that true friends bring.



The festival of Raksha Bandhan saw a great deal of activity, as the Wood Art and Handicrafts Department made Rakhis of beautiful colours and designs. Each rakhi was hand-made with care, creativity and a touch of tradition, making each one as special as the bond between brother and sister. Orders poured in for the beautiful rakhis, showing how much the students work was appreciated.

The students celebrated the festival of Janmashtami which is the birth of Lord Krishna, with devotion, dance and delightful smiles. Dance Movement Therapist trained a few students to dance for the special assembly. Students were cheered to form a human pyramid to break hung pot. This role planning explained students one of Krishna's story. Experiential learning makes learning meaningful for Internalisation.



A young school going student from USA, Mr. Sahil Prasad volunteered and spent time and worked at S.P.J Sadhana School. He is a 15-year-old student who loves working with children. He is highly motivated, with prior experience of mentoring young children in Washington. S.P.J Sadhana School appreciated the valuable help and time spent by him working with our students. We are pleased that he will be writing an article about his experience at S.P.J Sadhana School for his school magazine.



**Mr. Sahil Prasad Feedback-Click
Video**

The school is delighted to have its very own Sugarcane Juice Machine inaugurated by Mr. Amish Kothari. Providing fresh, healthy and refreshing juice, this new addition is a step towards promoting natural and nutritious choices for the students and staff. It will also provide a new skill that will be taught to the Hospitality and Catering students, giving them hands-on experience in preparing and serving fresh beverages. Learning new, simple and innovative skills is taking the students a step closer towards main-streaming and entrepreneurship.



For the Independence Day Celebration, the spirit of the Tricolour came alive as our teachers lit up the stage with a heartfelt dance, leaving students, fellow teachers and the Chief Guest captivated. Our talented Vocational Department students also showcased their craftsmanship, creating beautiful safety pin flag brooches. Mrs. Gopika Doshi, President of the Inner Wheel Club of Bombay Queen's Tiara had ordered 50 safety pin brooches for her club event – a proud moment of skill and creativity.



The students participated in an Imagination Activation Workshop in school, conducted by an artist, Ms. Maya Renee Hendricks. Ms. Hendricks has completed a Bachelor of Fine Arts at the Tisch School of Arts at New York University, with a focus on Theatre and Environmental Performance. The two hour workshop was a gentle, creative exploration rooted in art and emotional expression, for which students were invited to bring their own personal "nature guide" which could be any natural object, that appealed to them, such as leaves, stems, stick, flowers, fruits, vegetables, shells, etc. The students were encouraged to choose the object themselves. Using paper, paints and locally sourced fruits and vegetables, they collaboratively imagined and painted "a day in the life" of that object. Through this process, students projected their inner world onto something outside of themselves, helping them explore and process a range of emotions in a safe expressive way. This practice has proved to be particularly resonant with children with special needs, as it allows them to see their feelings reflected in nature, normalizing their experiences and helping them feel less alone. this workshop was an attempt to open up abstract thinking abilities in a unique and play way method.



The National Sports Club of India (NSCI) hosted an indoor cricket tournament at the Dome enclave, to which our students were invited. Students from the Vocational Department along with staff members enjoyed the event right from the Inauguration Ceremony, and watched two matches with short innings. This experience of a cricket match allowed the students to experience the thrill of a stadium, helping them understand the game as they cheered the players. The students were given T-shirts and snack boxes at the event. The school is grateful to Mr. Raveeji, who is a Committee member of the Cricket Association of the NSCI, for inviting our students to this enjoyable event.



A Workshop was conducted by Ms. Mansi Jasani, owner of "The Cheese Collective", where students were introduced to different kinds of cheese. Ms. Jasani provided an informative presentation explaining how various cheeses are prepared and how they differ in taste and texture. Some of the cheeses discussed included Cheddar, Brie, Gouda, Burrata and Blue Cheese. Students also learned that some cheeses taste great when paired with crackers. The workshop was both educational and fun, helping students explore new flavours and understand more about food culture.



The Ganesha Chaturthi celebrations filled the school with a festive atmosphere. Students joyfully welcomed Lord Ganesha by placing a beautiful idol made out of paper in the school. This activity was conducted during ABT Session. All the different art forms were combined to make a Ganesha using plate plates, eco-friendly décor using student's art work, making modaks and playing musical instruments to perform a drum circle to sing prayers, bhajans, and aarti that were performed with devotion. After a few days of celebration, the Visarjan Ceremony was held, where Formative Years, students carried the idol in a small procession with songs and drums, before immersing it in water. This celebration helped students learn about teamwork, tradition and the importance of protecting the environment.



Thus the month of August 2025 combined the learning experience with festivity and enjoyment.



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