



SPJ SADHANA SCHOOL

(Empowering persons with special needs)

JANUARY NEWSLETTER 2026

The new calendar year 2026 began with a focus on health.

SPJ Sadhana School has introduced a home lunch system for all classes, to encourage healthy eating habits and ensure that students receive nutritious home-cooked food. This initiative helps children enjoy familiar meals that suit their individual tastes and dietary needs. It also supports better health, improved concentration in class and overall well-being. Through this step, the school aims to build good food habits and create a caring and supportive mealtime routine for all students.



The festival of Makar Sankranti was celebrated in a unique way at Sadhana School. On this occasion, Ms. Avani Choksi a well-wisher of our school lovingly gifted bubble wands to our students, in fond memory of her nephew Ridhay, an ex-volunteer of our school. The thoughtful gesture filled the day with joy, as students happily blew bubbles and watched them float through the air with excitement and laughter. It was a beautiful way to celebrate the festival while cherishing Ridhay's memory. We sincerely thank Ms. Choksi for her kindness and generosity, which brought bright smiles to our students' faces.



The School received a visit in connection with the programme undertaken by the Department of Curriculum Studies and Development, NCERT, which aims at developing a comprehensive repository of Teaching Learning Materials (TLMs) in Mathematics, specifically designed for Children with Disabilities (CwDs). In this regard, a questionnaire had already been mailed, to collect the necessary data and details of materials. As a second step in this programme, a two-member team from NCERT, Prof. A. K. Wazalkar, (Head, PMD, NCERT), and Dr. Sumin Prakash, (Associate Professor, DEGSN, NCERT), visited the school to interact with teachers/teacher educators and collected resources and related materials. On this occasion, the Principal, Ms. Fionika Sanghvi, and the Maths Teacher, Ms. Kalpana Kapadia, made a presentation on the Let's Talk Math Programme run by Sadhana School.



The Brahmakumaris Organization, which is a worldwide spiritual organization, conducted a workshop at SPJ Sadhana School, on behalf of the Divyang Seva Wing of the Brahmakumaris, Mumbai. The workshop dealt with implementation of the Disability Equality and Empowerment Campaign. The program was conducted well and the students received invaluable guidance.



The month of January was also filled with excitement and hectic activity in preparation for the upcoming school concert, "Wish Upon A Star". The students have begun practising on stage in the Auditorium, and the excitement is clearly visible as they rehearse their performance with enthusiasm and confidence. These practice sessions help them get comfortable on stage, learn their movements and work smoothly together as a team. The school is proud to see their hard work and we look forward to a wonderful show.



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☆ Happy ☆
New Year
2026
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