



Aruna Vani

A BI-MONTHLY NEWSLETTER OF ARUNODAYA
●●● VOL - 1 | ISSUE - 11 | OCT. - NOV. 2022



The News Letter of every issue will contain

| Arunodaya News | Write ups by professionals | Teachers | Parents & Siblings | Gallery | Updates and Information on disability management



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Editor's Note



Dear Distinguished Readers,
Greetings !

“When every one says you cannot, Determination says YES YOU CAN” ROBERT M.Hensel.”

Welcome to our latest edition of ArunaVani, E- Newsletter. We hope our E news letter has helped to keep you updated and this latest news edition will also provide information on various programmes useful for children with special needs. . Every issue is having a specific theme. This issue focuses on general topics pertaining to children because it is a November issue which is Special for children . Even more special for a special children.

Our aim is to focus always on real experiences to help the parents and all stake holders. In future we would like to introduce resource Lilbrary. I request our parents to share stories about the famous and popular people who were labeled as Disabled and also share your experiences with your child . This will help not only to inspire but also help in giving solutions and hope.

Inside Arunavani 6 Articles including campus news is waiting to be read you.

- ✕ Vritti Vidyalo Totapani (Gardening in Vocational Education) How Arunodaya vocational trainees were involved in gardening and how the skills improved and learnt Social adjustment etc will update the knowledge of the readers in a new dimation.
- ✕ Me & My strength Is Siblings Voice. She shares her journey with her sister K.Vani, Arunodaya vocational student.
- ✕ Cerebral Palsy (CP) Causes of CP, Symptoms and Common types and treatment gives information for early Identification of the condition.
- ✕ Pratyekamainac kreedalalo BOCCE kreedaa. (Significance of BOCCE sport as a special sport) This article introduces BOCCE a Special Olympics sport and its rules for playing.
- ✕ Success Through Art: How Art will influence children with special needs are mentioned. Arunodaya Children have been always exposed to art through various projects and sending them to outside competitions.
- ✕ Letters to Editor: Given feedback about the contents of the workshop.
- ✕ Pictures can really speak Our campus news really talks about various co-curricular and extra-curricular activities implemented for our children.

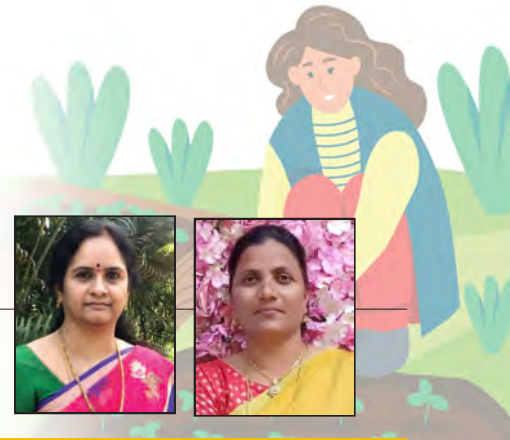
I thank Smt. Nupur Bhatt, President, Arunodaya Local Management Committee, Mrs.Vani Deshikachar, consultative Editor,for continuous guidance.

I appreciate Editorial team for their dedication upto final draft and team work of Arunodaya staff. I would also like to thank RINL-VSP, Parents and Readers for their cooperation. Lastly I Bless our beloved children for whom ARUNAVANI was started.

Best Wishes
V.RajaRajeswari



వృత్తి విద్యలో తోటపని



జి.రమాదేవి, వైప్రిన్సిపాల్
కే.స్వర్ణలత, ప్రత్యేక ఉపాధ్యాయురాలు

మన జీవన విధానములో పరిసరాల విజ్ఞానంపట్ల అవగాహన చాలా అవసరం. అందులో భాగముగా దానిపట్ల ఆసక్తిని, అవగాహనను పెంపొందించడానికి వృత్తి విద్యలో భాగముగా మేము విద్యార్థులకు ముందుగా తోటపని నేర్పించడం మొదలు పెట్టాము.

మొదటగా తోటపని కొన్ని భాగాలుగా విభజించాము. విద్యార్థులకు వారిశక్తిసామర్థాలకు అనుగుణముగా వారికి త్రవ్వడము, నీరు పోయడము వంటి పనులు ఇవ్వడము జరిగింది.

ముందుగా వారికి కుండీలలో మొక్కలు నాటడము, విత్తనాలు వేయించి నీరు పెట్టడం లాంటి పనులు చేయించాము. అందుకోసము మేము వారానికి మూడు రోజులు రోజుకి ఒక గంట సమయాన్ని తోటపనికి కేటాయించడము జరిగింది. పిల్లలతో మట్టిని, ఎరువుని సమభాగాలుగా వారితోనే కలిపించి దానిని కుండీలలో వేయించి మెంతికూర, తోటకూర, పాలకూర వంటి ఆకుకూర విత్తనాలు చల్లించి, ఒక పద్ధతిలో వాటికి నీరు పోయడము అనేది అలవాటుగా నేర్పించాము. కొద్ది రోజుల తరువాత మొలకెత్తిన విత్తనాల్ని చూసిన పిల్లలో మొఖాలలో కన్పించిన ఆనందము అనీర్వచనీయం.

తరువాత తోటపనిలో భాగంగా మట్టిని త్రవ్వడం, గడ్డిని తీసి నేలను చదును చేయడము, సహాయకుల సహాయముతో చిన్న, చిన్న మడులు తయారు చేయించి వాటిలో మరల కొన్ని విత్తనాలు వేయించాము. అలా గేకొన్నిరకాల పాదులు అనగా చిక్కుడు, ఆనప, గుమ్మడి లాంటి తీగజాతి మొక్కలు. టామాట, వంగ, మిరప, లాంటి మొక్కలు వేయించి వాటినిశ్రద్ధగా సంరక్షించేలా వారిలో ఆసక్తి పెంపొందించాము.

ఈవిధంగా ఒకపనిని సంయుక్తంగా చేయడము వలన మన విద్యార్థులలో స్నేహభావం పెరగడమే కాకుండా ఒకరికొకరు సహాయం చేసుకునే గుణం కూడా పెరగడము మేముగమనించాము.



ME & MY STRENGTH

K Rani Padma Sree



Hi! I am K. Rani Padma Sree, 35 years old, working as a Manager at Hindustan Shipyard Limited. I am happy to share about my sister who is a special child. I feel she is god's gift to our family. My sister, K. Vani is 31 years old and she is in Auronodaya Special School.

Standing at this point of time, I really can't imagine my childhood without her presence in my life. When I was a school toddler; It reminds me of those days, when I used to rush after school to reach home and play with my sister. Spending time with her taught me many things, especially her love which was so pure and unconditional. I have always loved her a lot, showered her with kisses and love very affectionately, tickle her to make her laugh, carry her in my arms and go on merry-go-rounds which was her favourite of all. Earlier, she never smiled or laughed much, but eventually she started smiling, which was a feeling of achievement to me. This kind of gestures and progress from her, made me more anxious towards exploring her in every form. I remember, those black days, whenever she fell sick and was admitted in hospital. Those days were my fearful days of her absence beside me, I waited for my sister at home, hoping and praying for her early recovery and settling back in home again. Days when she would be unwell, were terrible nightmares for me. She was god's made child and hence was strong enough. Having her as a sibling to me and a daughter to my parents was like a blessing for us. Her silence and happiness when am around her attracted me and made her more close to my heart. My caring grandmother's lullabies,

stories and games that I learnt I used them on her just to see her sparkle in her eyes. Eventually, she got so attached to me that I was always surrounded by her at our home. We shared same room and same bed and I always put her to sleep. The Bond between both of us got thick and started understanding each other a lot more than before. She used to sit beside me wherever I sat, played with me, we laughed together and fell asleep together. I still remember my silent night out days, studying and getting prepared for exams, my sister sat those late hours of night along with me holding a book, though she doesn't know to read.

Growing up, I understood that I was trying to take care of her as a mother and she in return tried being the strength when I needed, although she can't understand my situations, she rightly read my heart and has been my strong support. This is just one simple instance which I could convey out of the many I have experienced. I am proud to say that she has been biggest strength, silent support, who touched our souls very quickly. She was learning and repeating the common words / number of times which I wanted her to learn. It made me wait for good times filling me with positivity. My attitude, way of handling situations and dimensions of taking care of people was built up just because of her.

I can without a doubt say that her presence and love in my life as a sister transformed me to the person I am today and brought out the kind person I am. Thank you Vani dearest, you are truly SPECIAL!



CEREBRAL PALSYP [CP]

MARISA NAGA VAISHNAVI
PHYSIOTHERAPIST



CEREBRAL PALSYP [CP]

Is a physical disability that affects movement & posture.

(CP) is a birth-related disorder that affects the brain and nervous system. The nerve damage caused by this disorder limits a child's motor skills. It affects a child's posture, ability to walk and other movements.

Impaired cognitive ability and epilepsy are also associated with this disorder.

Due to this disorder lack posture, deformities may develop like **scoliosis, hallux varus, flat foot, kyphosis, flexion deformities** etc.

CAUSES OF CEREBRAL PALSYP

A problem that affects the development of a baby's brain in the womb

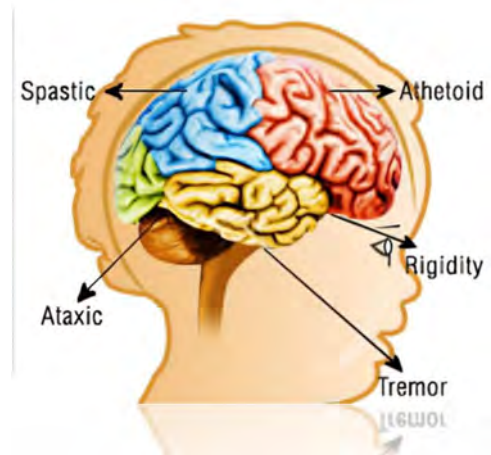
- Birth trauma
- Lack of oxygen
- Low birth weight
- Infection during pregnancy
- Genetic
- Bleeding into the brain in the womb

SYMPTOMS:

- Lack of motor skills/ muscle coordination
- Stiff muscles and spasms
- Bad posture
- Instability
- Difficulty walking (acc. To age)
- Impaired cognitive ability
- epilepsy

COMMON TYPES IN CEREBRAL PALSYP

- **Spastic CP or Hypertonic CP:** this type experience with high muscle tone and exaggerated, jerky movements.



- **Ataxia CP:** it causes balance, coordination and voluntary movement.
- **Athetoid CP or dyskinesic CP:** This type causes issues with involuntary movement in face, torso and limbs.
- **Hypotonic CP:** It is causes low in muscle tone which result loss of strength and floppy muscles.
- **Mixed CP:** it is a combination of spastic and athetoid cp

HOW CAN PHYSIOTHERAPY HELPS TO CP:

The physiotherapist may suggest CP treatment plan that includes various techniques like **stretching, strengthening & positioning** exercises. Remember, the treatment goals and activities are customized for each child, promoting flexibility, movement & stability. Thus, Physiotherapy can enable CP children to engage in daily life activities helps improving the overall health and function.

Common exercise for kids who have CP:

1. WEIGHT EXERISES WITH GOOD POSTURE
2. BALANCE WEIGHT SHIFT
3. CLOSED KINETIC CHAIN EXERCISES
4. JOINT BALANCING etc



ప్రత్యేకమయిన క్రీడలలో BOCCCE క్రీడ

కే. స్వర్ణలత, ఎస్. అరుణ, క్రీడ కమిటీ



ఈ ఆటను ప్రత్యేకమైన విద్యార్థుల కోసము రూపొందించబడినది. ఈ ఆటను అంతర్జాతీయ ప్రత్యేక ఒలింపిక్స్ జాబితాలో చేర్చి పోటీలు నిర్వహిస్తారు.

ఈ ఆటలో రెండు జట్లు వుంటాయి. ఒక్కొక్క జట్టులో నలుగురు సభ్యులు ఉంటారు. కోర్ట్ ప్రత్యేకమయిన కొలతలతో నిర్మిస్తారు. వాటి వివరాలు పొడవు-60 అడుగులు, వెడల్పు-12 అడుగులు మొత్తం చుట్టూ కొలతలు. మొత్తం కోర్ట్ ను 4 భాగాలుగా విభజిస్తారు. 10 అడుగులగది, 30 అడుగులగది, 20 అడుగుల గది మరియు 10 అడుగుల గది.

10 అడుగులు

30అడుగులు

20 అడుగులు

10 అడుగులు

ఈ ఆట ఆడటానికి రెండు రంగులలో 8 బంతులు వుంటాయి. 4 ఎరుపురంగు బంతులు మరియు 4 ఆకుపచ్చ బంతులు. ఒకచిన్నతెలుపురంగు బంతి వుంటుంది. దానిపేరు పల్లీన.

ఆట ఆడు విధానం:

రెండుజట్లకు టాస్ తో ఆటను మొదలుపెడతారు. టాస్ గెలిచిన వారు పల్లీన తో ఆట మొదలుపెడతారు. పల్లీనాను పట్టుకొని 10 అడుగులు ఉన్న గదిలో నిలబడి ఒకకాలుముందుకి ఒక కాలు వెనకాలకు పెట్టి మోకాలు క్రిందిభాగం నుండి పల్లీనాను బలముగా,మెల్లగా విసరాలి. పల్లీనా 30 అడుగులు వున్న గదిలో నుండి 20 అడుగులు వున్న గదిలోకి వెళ్లి ఆగాలి. ఎంచుకున్న రంగు బంతిని కూడా పల్లీ నా దగ్గరకు వెళ్ళాలి. అలాగే రెండు జట్టుల వాళ్ళు ఒకరి తరువాత ఒకరు బంతిని పల్లీనాకు దగ్గరగా విసరాలి.

ఏ రంగు బంతి పల్లీనాకు దగ్గరగా వుంటుందో ఆ జట్టుకి 12 పాయింట్స్ వస్తాయి. ఏ జట్టుకి 12 పాయింట్స్ వస్తే ఆ జట్టు గెలుస్తుంది.

ఉపయోగాలు:

1. ఏకాగ్రత పెంచుతుంది.
2. పెద్దకండరాలలోసామర్థ్యత పెరుగుతుంది.
3. కంటికి, చిన్నకండరాలకి మధ్య వున్న సమన్వయాన్ని పెంచుతుంది.
4. నియమాలనుపాటించడంఅలవర్చుకుంటారు.
5. ఆటల వలనసామాజిక, శారీరక , మానసికవికాసంపెరుగుతుంది.



SUCCESS THROUGH ART



Mrs. M.INDUMATHI
SPECIAL EDUCATOR

**"ART WASHES FROM THE SOUL THE DUST OF EVERY DAY LIFE"
-PABLO PICASSO**

Imagine being filled with emotions, yet unable to express how you feel? That's what exactly many children with disabilities face. Through "Art" however all children may freely express their feelings.

Children who have problems with speech, language and motor skills struggle with verbalizing what they feel and need. This is frustrating for the children, upsetting for parents and challenging for their educators.

Fortunately, Art provides a child, the ability to express their emotions creatively also benefits cooperative and physical development, strengthens problem solving and critical- thinking skills, develops a sense of goal-setting and nature's social skills that are critical both inside and outside the class-room.

Art represents one amazing subject, at school and home, at which children with special needs can succeed. Along with being a catalyst for skill development, art teaches life lessons through a therapeutic method. One lesson is the power of planning. For special needs students, the planning the drives the artistic process is more important than the finished work.

With Art there is right or wrong answer, its simply created, exhibited and appreciated.

Parents should promote art education at home by planning projects and following through every step. Appreciate no matter how it ends up and showcase their work by displaying their creations around the house. This gives children a sense of pride and accomplishment, builds a "can-do" attitude and

enhances feelings of self-worth-notably when kids see other people advising their work.

Go beyond crayons and paints, incorporate tactile materials such as clay, dough, beads, pulses, magnets etc., into projects. Working with variety of materials helps children improve Eye-Hand Co-Ordination, motor skills and using the hands is therapeutic.

Even dance provides an alternative format that is not commonly considered participating in dance classes is influential in the development of young people's creative, imaginative individual and communicative skills. The use of dance within a class-room increases physical fitness, enriches motor skills, Co- Ordination and enhances social skills. "Art can help to heal people with disabilities by improving their mental health. It can even improve physical health by reducing stress, anxiety".

As a special educators and parents of children with disabilities, its important to remember that Arts for children with special needs help many ways, including.

1. Building fine motor skills and problem solving.
2. Enhancing communication and expression
3. Promoting self-esteem and motivation to succeed Finally

"The Arts can level the playing field , because children with difficulties in academic subjects might excel at drawing, painting, acting or dancing and singing".

Aruna vani magazine is a good read. Every photo explains itself how the special teachers are working with the children. Also I would like to thank all the teachers for their support and role in the development of my child. I feel that we are all the parts of Arunodaya family tree.

K Manimala



Aruna Vani is a very informative journal for parents of special children like us

Valuable inputs we could gain from this edition of the magazine are :

- 1) Identify your child's strengths and work on them
- 2) Special Education is far more challenging and laudable to normal education
- 3) Techniques to improve the pencil grasp of a child which is the first step towards calligraphy & illustration
- 4) Concept & beauty of Inclusive Education which is the future
- 5) Parental role in the development of children which is of utmost importance

We strongly believe these inputs will speed up the normalisation process of our child

We sincerely thank the editorial team for the precious inputs n motherly care ??

We are very fortunate and deeply indebted for having got Arunodaya's shelter

Request : Success stories from anywhere across the world can be included as encouragement to the parents

- J N S Harsha



Staff of Arunodaya attended online certificate course in sensory integration therapy

Dussehra Celebrations



Drawing competition by Vigilance dept.



Corruption free India for a developed nation vigilance awareness week 2022



Diwali Greetings to President



Steel Club and Mark Media conducted Inter school cultural fest-Arunodaya children participated in Rangoli designing, art and craft, dance performance





Pearl jubilee of Youth hostels - dance performance was given by Arunodaya children



Mrs.S.Aruna and Mrs.K. Swarnalatha at Bocce training programme for teachers





Annual Sports day of JBV-Sector -5 Chunni drill by Arunodaya students



Children practicing on congos





Physiotherapist taking heights and weights of children

Occupational Therapy by Mr. Yogesh Kumar Kundara



Group therapy by Ms. M.Naga Vaishnavi

