

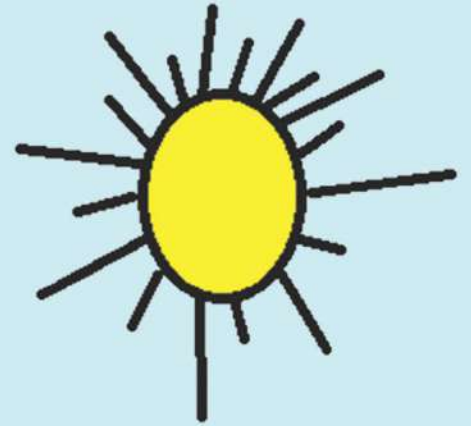


# CARE & SPECIAL EDUCATION

ISO certified 9001 : 2015

NEWSLETTER

Volume: VI



sharanya Ramesh  
10/05/2018  
CSE Student



## DIRECTOR'S MESSAGE

**Dear Readers,**

In April 2018, I was entrusted with being the Director in Charge of the Care & Special Education. This simple instruction caused a riot of emotions within me. I was simultaneously exhilarated and overwhelmed.

I have been in touch with the Care & Special Education (formerly known as Centre for Special Education) almost since its inception. Many of my friends have volunteered time for administrative and other assistance. I was in touch with some students and watched them flower under the care and guidance of the teachers. And now I had the opportunity to assist this wonderful team of teachers, parents and volunteers in doing what they do best. A very exhilarating feeling indeed.

Overwhelming was the realisation of the enormous responsibility this appointment brings. The wonderful strides the centre has made over the years is known to all. The custom built class rooms, computer room, play area, personal assessment and development programs for each student, SEN awareness programs all reflect the effort and intention of all concerned with CSE. The newly appointed School Management Committee, made up of dedicated and committed members is another wonderful development.

I had the opportunity to attend ORENDA, inauguration of the play area and Mother's Day at the centre. What I have seen and experienced encourages me that the way forward is in good hands. The Teachers, volunteers, parents and school

management committee members form a seamless whole, working perfectly and harmoniously. A thought which came to me on Mother's day is that we spend at least 16 years of our lives learning to be worthy of doing a job, but the most important job in the world, of being a mother, is hoisted on us without any training at all. There are no courses which teach us what to expect, how to handle crisis, how to cope. And then, for some of us, life deals us more challenges. I think the only thing which keeps us sane and capable is the quality of LOVE. Love teaches us patience, tolerance and putting others needs before our own, and generates faith and acceptance.

Let us all share this immense responsibility of providing care, love and learning to our special students. I bring with me a deep desire to assist the institution which serves a very important need of the community.

With Much Love,

**Mrs. Asawari Deoras**

**Director In-Charge,  
Care & Special Education**



## CONVENER'S MESSAGE

**Dear Valued Readers,**

Very warm greetings to all of you.

I have been very fortunate to have enjoyed the wonderful opportunity of being closely associated with CSE and its activities for well over 22 years. Each of my various roles in CSE has been a truly enriching experience in interacting with various stakeholders. In my current role as Convener, I am fortunate to have this additional platform to communicate with you.

Dr Baby Sam Saamuel who was our dynamic Director in Charge has recently been elected to take over the coveted very important position of the Chairman of the Board of Indian Schools in Oman. Mrs. Asavari Deoras, a member of the Board, has been appointed to share the responsibilities of the Director in Charge of CSE. Heartiest Congratulations to Dr Baby Sam Saamuel and Mrs. Asavari Deoras !!

As we are heading to our summer holidays, Dr. Analpa Paranjpe who has been the Principal of CSE for four years has decided for personal reasons, to move back to India to be with her family. We at CSE thank her for her contribution and will miss her. We wish her happiness and success in all her further endeavours.

"Behind every young child who believes in himself / herself is a Parent who believed First."

We at CSE have always aspired to work closely with parents towards a win-win relationship for the benefit of CSE children. On the one hand, we try and provide all support to the parents through various initiatives,

and on the other we draw their support in achieving our goals for the care of children.

For everyone, including the Parents, socializing is very important. It can change the whole personality of an individual. It builds confidence to deal with challenges, and lays a solid foundation for a strong support group. I have had very close association with mothers, and have seen many mothers grow in confidence by socializing. While loneliness will affect the whole family, socializing will immensely improve the family life.

CSE provides different formal and informal platforms to foster this healthy relationship.

Recently Mothers Day was celebrated with great enthusiasm with mothers displaying their talents in singing, dancing, fashion show and other programs.

Many mothers have formed a group for learning dance under a trained instructor, and have now become impressive performers. This can be extended to other fields like Yoga, Art, Cooking etc and such areas of useful interest can be very many. Arrangements have been made with Indian Social Club for providing the space, and we are ever thankful to them for being a solid pillar of support to CSE.

Parent counseling is another major focus area. From time to time, we invite experts to conduct workshops and address parents on relevant subjects. These have been received very well. In addition, our trained counsellors spend time individually with parents.

We are planning Parents Open Forum after the summer break.

We would like to keep up this engagement with parents and work with the motto "Together, We Can".

With Warmest Regards,

**Mrs. Vishala Lakshminarayan**

**Convener-SMC Member**



## EDITORIAL

### Dear Readers,

We are happy to publish our Sixth edition of CSE newsletter.

CSE Team welcomes Mrs. Asawari Deoras as the "Director -In -Charge" for Care & Special Education. Mrs. Asawari Deoras has had a long career of 25 years in Oman in the field of Finance and Audit. Being trained as a Chartered Accountant from India and Certified Internal Auditor from USA, she has held responsible positions of Head of Internal Audit in Oman Oil Company and Director of Finance in Oman Gas Company.

She is a member of the Charity Wing of the Indian Social Club Oman and involves herself in volunteering for other charities in Oman. She is the Director-In-Charge of Indian School Al Seeb, Indian School Muladha and Indian School Sohar.

CSE Principal Dr. Analpa Paranjpe announced that she would be leaving at the end of this academic term due to her personal commitments. She has served the center for four and half years as the Principal. CSE team wishes Dr. Analpa Paranjpe all the very best for her future endeavours.

Mrs.Vishala Lakshminarayan (Convener-SMC Member) will oversee the responsibilities in the interim period.

CSE team Congratulates Mr.Saurabh Saksena on his appointment as the President of School

Management Committee. Mr.Saksena, we wish you and your executive committee a successful year ahead!

Every year, CSE conducts regular medical camps for the students. This is a good way to prevent & tackle immediate problems and diseases. One important reminder to parents is that CSE reinforces good nutrition for the students. Please be mindful about sending beverages and foods for snack or lunch that give your child the healthy nutrition. They need to be productive and engaged learners all throughout the day. Candy, soda, sugary drinks and potato chips are foods to be avoided, and staff will also help remind students that these foods should not be brought to school. The Article "ADHD and Diet" talks about the role of diet in managing hyperactivity in children.

The cover page for this issue is designed by our CSE student Sharanya Ramesh. She is a twelve year old girl from Functional Skill Training Group. She enjoys working on Microsoft Paint and she likes to draw human figures using simple shapes.

The enthusiastic parents of CSE have contributed to this edition. Mr. Ramesh Jayapal and Mrs. Shweta S. Konnur have shared their experience in raising up their child.

Educational visits are great motivators and give students the opportunity to experience the table top activities in real situation. Extra stimulation in new environments can be particularly beneficial to children with special needs and can help teach life skills, build on social skills and improve independence and self-confidence. Browse through the photographs of our educational visits to various places.

We hope everyone's staying cool and enjoying the summer. Wherever you are heading this holiday we hope that you have a relaxing break and that you come back refreshed.

Let's try to make 2018-2019 as successful as the last year. Remember this will only happen if you get involved.

We hope you find this edition and the website ([www.cseoman.com](http://www.cseoman.com)) useful. Take a look and get inspired to write your own stories or articles! Submit them to us at [admin@cseoman.com](mailto:admin@cseoman.com) with subject line 'Article for e-newsletter'. We value your literary contributions and feedback.

Happy Reading!

Ms.Naosheen Zaman

Ms.Jova Anand

Editorial Team



## PRESIDENT'S MESSAGE

**Dear Friends,**

"Care & Special Education", as the name indicates... we create a safe, caring and nurturing environment for children with special needs wherein they can strive to achieve their fullest potential.

As the President of School Management Committee, it is an honor and privilege to partner with all the stakeholders of "Care & Special Education" for achieving the Mission and Vision of CSE.

My association with CSE has been in many forms... initially as a member of Task Force and later as part of SMC in the years Feb'14- Feb'16. I am very happy to be back again.

As an institution, we see the role of CSE as that of 'enablers'. We have to assist parents and help children in unlocking their latent potential. It is not about developing new potential. It is more about bringing out and helping children express and enhance the potential already latent in them. Once the children catch a glimpse of their potential, that's when the passion is born in them to achieve the same, albeit with a little help and care from their caregivers. So, it is not just about ideas. It is about making ideas happen. As Temple Grandin said, "Kids have to be exposed to different things in order to develop. A child's not going to find out he likes to play a musical instrument if you never exposed him to it..."

My message to staff is, whenever you are in any dilemma regarding what course of action must be taken; adopt the mantra - "Child First". Ask yourself

one simple question every morning on your way to work - "Would you want to be a student in your class?" I ask three questions to myself. Who am I? What is my purpose? What do I need to do? I am a member of Team CSE. My purpose is to ensure that we give our collective best to help each child bloom to his/her fullest potential. I need to ensure that all possible assistance is given to staff and most conducive environment is created for everyone to contribute towards the achievement of our mission and vision.

I urge each one of us, whether parent, teacher, therapist, support staff or volunteers to ask these three questions to ourselves. This approach will be the basis for planning, executing, monitoring and reviewing all activities, policies and decision-making.

Our efforts should be guided by our beliefs and commitments to Independence (of children) Inclusiveness (for children), Participation (by children), Quality (in all we do) and Openness (to spur creativity). If someone asks us, "What do you do?" Unhesitatingly, our answer should be, "Whatever it takes."

Let's all continue to Love, Teach, Encourage, Mentor, Praise, Influence, Guide and Inspire children under our care.

I wish you happy time with your loved ones during the forthcoming summer break.

With best wishes,

**Mr.Saurabh Saxena**

**President, School Management Committee,  
Care & Special Education**

## Life has an expiry date...

It was painful when few years ago we went to our daughter's school where she was in Grade 1 and her class teacher advised us to move her to special education as she wasn't able to catch up like other kids. As if we hadn't had enough, this was a massive blow especially when you're not around your elders who can boost your morale in such situations. It was a hard decision to make as we never had any knowledge about differently abled children and life wasn't easy from thereon.

We think most parents would agree it is a tiring and endless task raising and caring for our children, however being the parent of a young teen who is differently abled with various special needs, takes things to another level of fatigue. Even if I have had a reasonable night's sleep or even time away from the office, there is always another feeling of tiredness looming over me, brought on by the emotional or physical strain of tending to my daughter's needs.

It took us a long time to come to terms with our daughter's disabilities, I suppose I can honestly say I have had pains of jealousy in the past when I see another children of the same age being able to accomplish something that I knew would take years for my daughter to achieve. You may well think 'well at least you have a child' or 'but special needs kids are so loving' both of which you are correct and you may well think it is petty to feel like this, but it doesn't diminish the amount of pride we have for what our daughter has achieved.

Sometimes for my sanity it has been a help being able to connect with other special needs parents as we all have something in common either therapy, behavior difficulties, toileting issues and the list could go on. I used to wonder those days, is this what the rest of my life is about and despite me knowing my daughters unique thought process and the associated

challenges, with the honor of caring for her comes the solitude of the role.

I used to be scared all of the time about how people would view my daughter because she was 'different' and any comments that may be made. Perhaps my daughter doesn't see herself as being different to the next person, she accepts everyone on face value, not on the basis of their achievements or how they wear their hair or what clothes they buy. This was the turning point changing our confined way of looking at life. My daughter has been the most inspiring thing that has happened to me and I can't believe how lucky I am to have her. She's loving, tactile, funny and beautiful and she has proven that having a disability, doesn't have to hold you down.

We love our children but aren't we too children to our parents who too are concerned about our happiness? Today we learned to co-exist, thanks to our daughter. We are blessed with another daughter, am sure she too will be a great teacher to us.

So my dear special parents, step out, simply enjoy life and the great pleasures that comes with it, because life has an expiry date.

**Mr. Ramesh Jayapal**

Parent, Care & Special Education

*Performer of the*  
**QUARTER**

*Congratulations!*  
*You have been selected as the*  
*Performer of the Quarter*

Compassionate      Creative

Good Listener      Responsible

Ms. Dimple Mathew

## ADHD and Diet

Following an ADHD nutrition plan rich in protein and vitamins can help control symptoms of attention deficit. People always have questions about supplements and elimination diets. Can eating the right food help your child focus better or reduce hyperactivity? While there is no absolute scientific evidence that the type of diet followed can cause or reduce ADHD, research suggests that certain foods do contribute to the elevation or reduction of symptoms in some people.

ADHD experts believe that a high protein diet for breakfast or after-school snacks is beneficial in improving concentration and even aiding ADHD medication to be effective for longer periods of time. Nuts, cheese, eggs, meat and beans all come in this category. Dairy products like cheese and yogurt may cause hyperactive symptoms in some cases, it is always better to try it in your child's diet and see if there is an adverse effect before removing it from the diet. Complex carbohydrates which are found in fresh vegetables and some fruits like pears, apples, oranges, grapes, kiwi etc. are also good for an ADHD diet and can help to sleep well if eaten in the evenings. Omega-3 fatty acids are also good to be included in an ADHD management diet. It can be found in olive oil, canola oil, walnuts, Brazil nuts, salmon, tuna and some varieties of white fish. A non-stimulant omega compound called 'Vayarin' is used in ADHD medication for children. It should be noted that fish like mackerel, shark and swordfish which contain trace amounts of mercury should be avoided as mercury is difficult to digest and if it accumulates in the brain it can lead to hyperactivity.

It is important to cut down on foods with simple carbohydrates, products made with white refined flour or 'maida' like cakes, white bread, sugar, honey, white rice etc. Sugary foods like candy, cakes or sweets can cause children to become hyperactive and thus should be avoided. It should be only consumed occasionally as a treat or reinforcement. Foods rich in caffeine should also be avoided, remove caffeinated drinks like cola drinks and chocolates from your child's diet. Caffeine can aggravate some of the side effects of ADHD medications. One study has shown that artificial food coloring, flavors and preservatives also increases hyperactivity in some children. Experts recommend avoiding such additives, especially MSG, aspartame and red & yellow food colors.

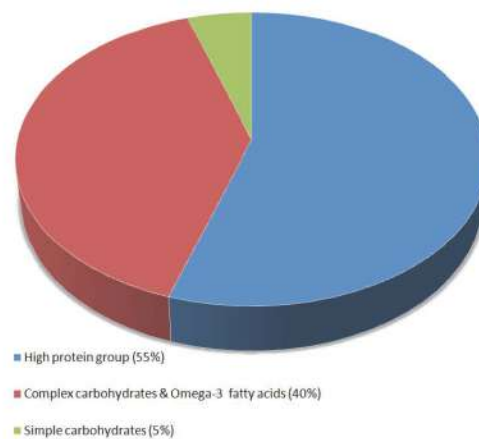
These are the foods to avoid if your child has ADHD:

- Sugary snacks, candy
- Foods made with white flour/'maida'
- Chocolate

- Coffee
- Cola drinks
- Energy drinks
- Bottled /Tetra Pack Processed Fruit Juices
- Frozen fruits/vegetables (may contain artificial colors)
- Mackerel, swordfish, other fish containing mercury.

Before deciding on nutritional supplements or an elimination diet it is advisable to consult your child's pediatrician first, and also see a dietician who can help you devise a suitable diet plan that works for your child.

**Mrs.Shweta Gomes**  
Asst. Special Educator



## In this 'Unplanned Journey' you are not alone....

When parents learn about any difficulty in their child's development, this information comes as a tremendous blow. They begin a journey that was unplanned and that which takes them into a life that is often filled with strong emotions, difficult choices, interactions with many different professionals and specialists and an ongoing need for information and services. As any parent they might not be prepared for this JOURNEY.....a path which is often rough and emotionally challenging.

Sometimes parents go through different phases like denial, grief, fear, guilt, confusion, disappointment and depression. Not all parents go through these stages, but it is important for parents to identify with all of the potentially troublesome feelings that can arise, so that you will know that you are not alone.

Acceptance is one such phase, that once you reach this stage, you will wonder why didn't we get here earlier. You are likely to feel relieved because you are more at ease with your child and your parenting experience. You are also likely to want to reach out to other parents to help them to reach this phase and find the same sense of peace that you now have. This is also the point when you are ready to share your experience and your journey.

After undergoing the initial emotional turmoil many families are able to find the strength within themselves with the help of families, friends and professionals. They learn to successfully adapt to and handle the emotional and physical stressors and challenges that may accompany their child's delay or difficulty.

Many things can be done to help yourself through this period of trauma. There are many constructive actions that you can take immediately, and there are many sources of help, communication and reassurance.

Few steps you can take to help yourself are :

- You are not alone.....Seek the Assistance of another parent of a child with a disability, and seek his or her assistance.
- Talk with Your Partner, Family, and Significant Others –in your life—your best friend, your own parents.
- Rely on Positive Sources in Your Life- Go to those who have been a strength before in your life.
- Seek Information -The important thing is that you request accurate information. Don't be afraid to ask questions, because asking questions will be your first step in beginning to understand more about your child.

- Do Not Be Afraid to Show Emotion -So many parents, especially dads, repress their emotions because they believe it to be a sign of weakness to let people know how they are feeling. The strongest parents of children with disabilities are not afraid to show their emotions. They understand that revealing feelings does not diminish one's strength.

- Learn to Deal with Natural Feelings of Bitterness and Anger -Feelings of bitterness and anger are inevitable when you realize that you must revise the hopes and dreams you originally had for your child. It is very valuable to recognize your anger and to learn to let go of it.

- Maintain a Positive Outlook-A positive attitude will be one of your genuinely valuable tools for dealing with problems. Focusing on the positives makes life easier to deal with.

- Find Programs for Your Child -Even for those living in isolated areas of the country, assistance is available to help you with whatever problems you are having.

- Avoid Pity-Self-pity, the experience of pity from others, or pity for your child is actually disabling. Pity is not what is needed. Empathy, which is the ability to feel with another person, is the attitude to be encouraged.

- Take Care of Yourself-Get sufficient rest; eat as well as you can; take time for yourself; reach out to others for emotional support.

You Deserve a BREAK.....You may feel guilty if you allow any time for yourself: Sit down with a book, sleep a little late, stop for a cup of coffee, and that voice in the back of your head is liable to go into overdrive with alerts about all the things you should be doing, all the problems you should be worrying about..... That untiring motivation and determination are a large part of your effectiveness as a parent of a child with special needs, but that doesn't mean you don't have a right -even a responsibility to turn it off every now and then...You will be of no good to anybody if you hit the wall of mental and physical exhaustion. Charging up your batteries every now and then with some good old selfish "me" time helps you keep that Spark.

Ms.Dimple Mathew  
Psychologist



## PARENTING

I, on behalf of our staff, wish every mother 'A Happy Mother's Day'. Actually all parents have the nurturing quality in them, so 'Mother' is just Gender specific. I know so many fathers who are very good at taking care for their families.

Being a Parent is easy, but PARENTING is at times difficult!

Our last edition had some articles on Parenting and we are carrying on this theme into this edition too. After reading our last newsletter, I met few friends who shared the problems they were facing while dealing with their children. In my counseling sessions, over the years, I have heard so many varieties of problems faced by parents that it really gets me thinking often times about the reasons.

Agreed, that due to explosion of knowledge, too much freedom of movement, freedom of expression, the World Wide Web, the new technologies and discoveries, the new generation comes across as smart. And they are in some ways. The parents probably cannot keep up with their pace, and feel a little inferior, at the same time proud of their children. The human dynamics in such situations really sets the roles each one plays. And therein lays the real reason why today's parents face a problem in dealing with their children.

In nuclear families, the whole household revolves around the child or children. Discipline is either too harsh, or very lenient or inconsistent. In such cases the child becomes confused because for similar behavior the parents react differently. Then they try their limits, how far they can go - even our children with special needs.

Parenting is like a roller-coaster ride. You have the happy moments, the anxious moments, the memorable times and the times you just want to forget.

Whatever might be the experience, our responsibilities, as a good parent does not change. No parent is perfect in carrying out the responsibilities, but all of us strive to be good.

The most important traits for being parents and care givers are: Love, Empathy, Consistency, Communication, Active Listening, Understanding, Being Responsive, and Patience.

A few important pointers for the parents:

- Love unconditionally and Express it too
- Appreciate Generously

- Avoid comparisons
- Set rules and consequences
- Strive to be a role model
- Share their special moments
- Teach socialization, let them explore
- Most important, help your child to be independent

Parenting is not easy. It requires all your time and effort to be a good parent but anxiety is there at every stage of your child's development. Trust them, love them, and do your duties as a parent. That will provide a safe and ideal environment for your child to grow into a responsible person.

Dr. Analpa Paranjpe

## CSE MOTHERS DAY CELEBRATION

*“Of all the gifts that life has to offer, a loving mother is the greatest of them all.”*

The noblest calling in the world is that of a mother. This day that recognises the true essence of the motherhood was celebrated in high spirits and merriment at CSE on 14th May 2018 at the OMPH, ISM. It was a day to honour and appreciate the spirit of positivity and strength that the CSE mothers radiate.

It was a day filled with fun, laughter and joy. The day’s events showcased various talents of the mothers which included Fashion Show, group song and various dance performances. A group of CSE children presented “Fairy dance”, a special performance dedicated to the mothers .

A major highlight of the event was the entry of various cartoon characters into the hall. This took every child and adult present in the hall with utmost surprise. They were received with a lot of welcome cheers and laughter and even the adults in the room became children for a few moments. The day’s events also included fun games for the mothers.

The Shrimad Rajchandra Love and Care group, Muscat and it’s members played a major role in making the day’s events a success by duly supporting CSE in this endeavour.

The DIC, Mrs.Asawari Deoras and School Management Committee members Mrs.Vishala Lakshminarayan and Mr. Shahab Rizvi too graced the occasion with their presence.

The day was enjoyed by one and all. The earnest effort to portray the significance of the mother in a child’s life was indeed felt and the same emotion filled the air all through the event.



**Mrs. Jova Anand**

**Counsellor/Co-ordinator - Inclusion**



## Super Mom Diaries



### ***“ GROWTH IS ENDLESS & OUR LIVES CHANGE & CHANGE BEYOND ANTICIPATION”.***

So was on 1st Jan 2000, the millennium day me & my husband had no boundaries of joy, when doctors confirmed that I was carrying.

Yes we were expecting the baby like all first time parents. On 30th Aug'2000 we were blessed with a cute baby boy. It was indeed the most beautiful moment of my life. My cute little baby was no less than a born model.

I was really blessed. All the reports were normal & baby was healthy & our journey as parents had started.

Every moment was full of joy till such time Mihir, my, my cute little baby, was diagnosed with meningitis at the tender age of 2 months. Then onwards our journey as parents took a different direction.

The worst was yet to come, Based on advice & feedback from medical fraternity, well wishers considering the amount of damage to the brain which was heading to a disastrous depression.

My husband & me analyzed the feedback & decided to accept the challenge, with qualitative approach to

digest the unexpected development & correct the short comings to care for the baby.

With all medical assistance & proper care Mihir was growing.

In August 2005, we got an opportunity to seek admission for Mihir in CSE.

Since then, the world changed for Mihir & me.

I accompany Mihir to school everyday & get an exposure to important information which helps me to identify & apply in his development.

Teachers/ volunteers & parents with their enormous knowledge have helped me a lot. The knowledge thus gained has helped me to understand and implement to develop Mihir.

Considering his short comings & physical capacity for speech, Occupational Therapy, & Physio therapy, has helped Mihir a lot.

Support from teachers with love & care to Mihir has gained his interest in learning certain things in his capacity.

Ambience in the school & surroundings has made him understand to love the environment.

In Muscat we came across a voluntary organization - SCG group which is dedicated to children with special needs. Here to we are exposed & trained to understand the way the child's needs should be groomed & developed.

As Mihir is growing, vocational training to keep him busy, has been started to make him learn to make soaps, candles & block printing.

Like every parent I too wish to see Mihir grow as an independent child & take care of himself

**Shweta.S. Konnur**

**Mihir's mother**

## NMC MEDICAL CAMP AT CSE

The NMC Hospital Ruwi conducted a medical camp for the students of CSE on 9th May 2018. The camp saw doctors from the Paediatric, ENT, Ophthalmology, Dental and Diet & Nutrition departments rendering their valuable service to CSE. The camp was well received and appreciated by the parents present at the camp. The NMC group has assured their complete support and service to CSE in every way that they can, in the future too.



**Mrs. Jova Anand**

Counsellor/Co-ordinator - Inclusion

NMC Medical Camp at CSE on 9th May 2018

## Educational visit to McDonalds - Pre-Vocational II and Primary II



## Visit to A'Soud Global School



## Skill Enhancement for Work Transition Exhibition on Mother's Day



## Education visit to Sarvana Bhavan - Functional Skill Training Group, Lifeskills II and Primary-IB, Primary IA, Primary III



## Educational Visit to Burger King at Ocean Mall and Car Wash at Qurum Heights-Skill Enhancement For Work Transition





**Farewell to  
Ms.Marina,  
Ms.Keshni,  
Ms.Bhuvna and  
Dr.Analpa Paranjpe**

