



CENTER FOR SPECIAL EDUCATION

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NEWSLETTER

Volume: IV



Anjun Krishna
12/9/2017



DIRECTOR'S MESSAGE

Dear Readers,

Welcome to the world of CSE (Center for Special Education). It is with great pleasure that I present the fourth edition of the CSE newsletter. As CSE continually evolves, this newsletter marks our progress and connects us with the extended CSE family.

Lionel Messi, Sachin Tendulkar, Roger Federer, Vishwanathan Anand. These names evoke in us awe and inspiration. Our children too hold untold potential to awe and inspire us. This is as much true for special needs children as for others. In this spirit, we the Center for Special Education, are proud and excited to host our first Special Sports day in 2018, a one-day event dedicated to giving our children a chance to excel and inspire.

Whether we are active in any sport or we partake in it as spectators, we would all agree that sports and games are platforms that enhance and increase the physical, mental and even spiritual health of the sportsperson. Our event accordingly includes games and competitions that are specifically modified to suit the functional skills and needs of our children. Moreover, we hope to imbibe in our children not just the value of physical exercise but also of socializing and fun. This day would thus be an opportunity for them to explore and celebrate themselves and their abilities, amidst fun and friends.

It is our firm belief that sports and recreation is for all. Building on our passion for inclusion, this event will have participation by the SEN children from across the Indian Schools in Oman.

You will find further details of the event in this newsletter. Please do encourage our budding talents through your presence and support.

Come, let us together make this Sports Day truly special.

With much love,

DR.BABY SAM SAAMUEL

Director In-Charge



FROM PRINCIPAL'S DESK

Dear Valued Readers,

I write this piece with a great sense of happiness, humbleness and pride. You will know why as you read on...

"When you judge someone based on a diagnosis you miss out on their abilities, beauty and uniqueness"

And I believe that love, understanding, bonding, interpersonal relationships and valuing every person is the most important aspect of being human.

In CSE there have been a few major developments and programs that I need to put on record. All these have had a positive impact on CSE this year.

Special Sports Event: CSE has planned the Annual Sports Day in early 2018. This year, (like last year in our silver jubilee annual concert), we plan to include as many SEN children from all Indian schools in Oman in this event as possible. CSE wishes to give a common platform for individuals with special needs to showcase their talents.

The theme for this year's International Day of Persons with Disabilities (IDPD) as proclaimed by the United Nations General Assembly is "Transformation towards sustainable and resilient society for all", pledging to

"Leave No One Behind" by 2030.

In concurrence with the UN theme and in view of our endeavour to help all our children who are above 18 years, we started the Evening School in August 2017 for "Skill Enhancement Towards Work Transition".

I note with pride that two of our students have been accepted as interns at the McDonald's...and are being appreciated by everyone there. Way to go kids !!! We will gradually march towards resilience and sustenance !!!

CSE and Parents have always been partners, with a common aim i.e. optimal development of our children. A tough bond of love and trust makes things easier. As the next step, we had organized a **Family get-together....** and what a stupendous response we got !!! We saw each other in different light...Like in any family we may have differences of opinions, demands, laughs, love, but in spite of all that we move together, hand in hand towards a common goal.

The Parent Enrichment Program, open to all parents of SEN students, started on 15th Nov 2017 with a wonderful response. Ms. Lakshmi Sarkar engaged parents with her wonderful talk on "Brain and Body Control - The Executive Functions". The participation from parents was heartening.

And lastly and most importantly, our **Management Committee** has been formed. All the committee members have a very humanitarian approach, and have pitched in with selflessness, to help CSE in the best possible way. I am sure each one, with their area of expertise, will be a value addition to our CSE family. We are looking forward to work productively, with understanding and love. Our family is growing, with like-minded, good hearted people and that will surely make a difference.

We are at the end of the year 2017, looking forward to a fruitful, bright, joyous and happy new year 2018!!!

With Warmest Regards,
DR.ANALPA PARANJPE



EDITORIAL

Dear Readers,

We are happy to publish our Fourth Edition of CSE newsletter.

This term has been both busy and productive time for the students and staff at CSE.

Looking through this issue there is much to celebrate and to be proud of.

“
*Use the skills that I have got.
 Do not focus on what I have not.
 Of course, I am aware of my limitation.
 Yet, I am a part of God’s
 wonderful creation.
 Therefore, please accept me with
 “This - Ability” of mine,
 Then let the full range of my
 potential shine.*

-William E. Lightbourne-

Without a doubt the biggest event on the calendar is “CSE –Special Sports 2018”. We bring you a glimpse of Special Sports practice sessions through our article “Sports for Differently Abled”. The photographs

reflects the efforts put in by our students and staff working happily and efficiently to make this upcoming event a grand success. We endeavour.... that all students have equal opportunities to succeed in their events. We see the abilities that our students possess and encourage them to do their best.

Mr.Barakat Al Harthi – “CSE Brand Ambassador for Special Sports” gives exclusive Interview for CSE Newsletter.

The cover page for this issue is designed by Master Arjun Krishnan. Arjun, a young boy on the Autism Spectrum is a talented artist. He loves cooking and plays keyboard.

On 28th October 2017 Center For Special Education had organised “Family Get Together” for the parents of CSE. We have captured some special moments of the fun filled evening for parents.

We shall not delay you any longer from ruffling through these very pages. We would like to briefly thank our students, parents, staff and community partners for all your hard work and support this year and wish everyone a well-deserved winter break and A Happy New Year in advance.

As soon as you finish the Editorial note, you can venture on to the words of our colleagues to enjoy what they have written.

In every issue we try our best to ensure that you have quality reading to interest every single audience; everything we do is for you our readers.

We hope you find this edition and our website (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 with subject line ‘Article for e-newsletter’. We value your feedback

Happy Reading!

Ms.NAOSHEEN ZAMAN

Ms.JOVA ANAND

Editorial Team



SPORTS FOR DIFFERENTLY ABLED WE DO THINGS DIFFERENTLY!



Sports play a critical role in the health and development of all children, including those with disabilities.



Children with Special needs are often left behind when it comes to sports. Many difficulties of special needs, including inattention, lack of impulse control, and trouble following directions make sports activities seem difficult for them.

Sports activities for children with special needs is very limited, but the children can benefit by a group game if the child is unable to perform in individual games. Participation in sports activities boosts their confidence and also makes them happy.

Sports also helps to encourage social interaction for older and younger children. Parents view these programmes as a way for children to receive stimulation. These stimulating activities improve both social interaction and physical ability.

Many of these physical activities can be challenging, but most children with special needs perform the events with smiles on their face. In the case of children with cerebral palsy, encouragement will motivate them to do things which they normally don't perform. And above all, it provides a sense of satisfaction when they succeed.

BENEFITS OF SPORTS :

- Improves the lifestyle of the child .
- Any kind of physical activity helps control obesity,



promote activeness, increase a child's self-esteem and social skills, and increases motivation.

- The physical activity along with support, rewards, and interaction can be very helpful for children with special needs. Developing a sense of self-esteem and confidence is an extremely important part of special education.
- It helps in developing motor skills and physical fitness .
- It improves the cognitive skills in children with special needs and allows them to discover and access strengths that cannot be challenged in their traditional class-room settings.
- Children can learn communication and interaction with peers through involvement in sport.
- Parents must be role models for an active lifestyle. Use your imagination and find fun, clever ways to get your child moving indoors and outdoors.

Ms. SHERINE LIJU

Physiotherapist





EXCLUSIVE

**AN INTERVIEW
WITH OMAN'S ACE
SPRINTER BARAKAT
AL- HARTHI**

Sports icons are usually too conscious about their public image to be truly candid, and tend to speak in bland cliché.

To our surprise, it was easy to start up a conversation with Oman's ace sprinter Mr.Barakat Al Harthi as he came out to be a very affable person.

Barakat Mubarak Al Harthi- is an Omani sprinter who specializes in the 100 meters.

Al-Harthi won a Gold Medal at Fifth Asian Beach Games, 2016 held at Danang, Vietnam.

Barakat Al Harthi is the "Brand Ambassador for CSE Special Sports 2018."

In a candid tête-à-tête, the sprinter gives us the scoop on his workout regimen, about his interest towards encouraging sports in children and his message to the society to encourage Special Sports in Oman.

Excerpts from an exclusive interview with CSE Newsletter Editorial Team.



Q.What is your biggest accomplishment in your sports?

Mr.Barakat Al-Harathi : *I am very happy to represent my country in Sports and am proud to have got a gold medal at Asian Beach Games in 2016.*

My previous achievement at the Asian level was a bronze-medal win at the 2010 Asian Games in Guangzhou, China. I was also a gold medallist at the World Military Games in South Korea in 2015.

Q.Tell us about your routine and the diet you follow .

Mr.Barakat Al-Harathi: *My routine and diet is different than average people. I get up early in the morning and head over to the track. I do rehab work, abs and some stuff for my hip flexors. Then I do my drills and some easy strides. I'm on a very high-protein diet. I've added more fruits and vegetables to my diet.*

Q.Do you have a saying or a motto that you live your life by?

Mr.Barakat Al-Harathi: "Practice Makes Man Perfect"

Practicing at something persistently will enable one to get better at that thing. Working hard at any kind of skill is the only way to achieve a high standard at it. Perfection cannot be achieved instantly. Rather, it is only achieved through putting in a certain amount of time and effort.

Q. How important do you feel is the role of a parent in helping the child develop his/her Sporting Skills?

Mr.Barakat Al-Harathi: *Parents of children with special needs should encourage participation in sports and physical activity in general. Don't think that sport activities are something they can't do, but rather guide them toward participating in sports in which they can succeed. They are like us, they are no different. Continuous practice is very important.*

Q.Who is your role model?

Mr.Barakat Al Harthi: Ali Abdullah Harib Al-Habsi

He is an Omani professional footballer who plays as a goalkeeper.

Q. Any message to the Society to support Special Sports in Oman.

We all should encourage Special Sports in Oman. Children with Special needs deserve equal opportunities like us. Continuous practice is very important. We should make special needs friendly environment to encourage Special Sports. Break the Barrier and make opportunities for them to grow.



CSE Editorial team with Mr BARAKAT AL- HARTHI



Professional Development of Staff



Mr. Joseph Prabhu (Occupational Therapist) CSE and Ms. Hema Mohanasundaram (Special Educator) CSE attended National Conference on Paradigm Shift in Inclusive Schooling

26 – 29 June, 2017, Goa

Mr. Joseph Prabhu E. presented a paper titled “Structured Clinical Observation as a Tool for Assessment in Inclusive Education” and Ms. Hema Mohanasundaram presented a paper titled “Transition from Special Education to Inclusive Education”.

Ms. Jamuna Senthil Kumar, Ms. Shanthi Vijayaraghavan and Mr. N. Alex attended a one day workshop on Introduction to Aquatic Therapy conducted on 26th June 2017 by Aquatic Therapy Network of India Chennai.



Mr. N Alex, Ms. Shanthi Vijayaraghvan, Ms. Ramya Rajshekhar, Ms. Fiona Ignastia attended a workshop on Enhance Communication and Language on 5th and 6th July 2017 at Coimbatore conducted by Akila Vaidyanathan.



Mr. N. Alex, Ms. Ramya Rajshekhar, Ms. Shanthi Vijayaraghvan, Ms. Vibha Kulkarni and Ms. Jamuna Senthil Kumar attended VELVI FESTIVAL 2017 at ECC centre, Whitefield, Bangalore. The festival was a three days (from 21st to 23rd July 2017) residential program, giving exposure for children with special needs based on discovering their abilities through Drama, Art and Music, Creative movement and yoga in an enriched natural environment.



Ms. Dimple Mathew and Ms. Sunitha Balan attended a workshop on "Practical Strategies to develop Positive Behaviours, Communication and relevant skills in individuals with exceptionalities (ASD, ADHD, Behaviour Disorder) on 14th and 15th July, 2017 at Kochin, Kerala.

Ms. Revathy Rajgopal attended two days Al Noor ATX Pre-Conference Workshop on 'Assistive technology' by Mr. Ian Bean on 29th and 30th October, 2017 conducted by Al Noor Training Center at Dubai, U.A.E.



Ms. Jocine Gloria attended two days Al Noor ATX Pre-Conference Workshop on 'Assistive technology' by Ms. Jane Korsten on 29th and 30th October, 2017 conducted by Al Noor Training Center at Dubai, U.A.E.



WELCOME

NEW SMC MEMBERS

Mr.Saurabh Saksena
(Academics and Inclusion)

Mrs.Shamah Shamsuddin
(SEWT/Evening School)

Mr.Sunil Kattakath
(Infrastructure)

Mr.Biren Patel
(IT)

Mr.Shahab Rizvi
(Extra Curricular Activities)

Mr.Jolly Mathew
(Purchase)

Mr.A.K Moidu
(Finance)

Ms.Vishala Lakshminarayan
(Convener)

Dr.Alex C.Joseph
(Asst. Educational Advisor)
Board Representative



Performer of the QUARTER



Ms. Jocine Gloria

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

Takes initiative

Responsible

Sincere

Amicable



SKILL ENHANCEMENT AND WORK TRANSITION (SEWT)

The much awaited Skill Enhancement and Work Transition classes (CSE evening school) commenced from the 20th of August 2017. These classes cater to the young adults who are 18 years and above.

There has been a great need for these classes. The primary objective of these classes is to make young adults with special needs as independent as possible – socially, emotionally and going forward financially.

These classes also aim to provide the young adults a training platform where they can engage themselves in meaningful skill enhancement and on-the-job training activities.

Another goal is to provide the training where emphasis is laid on the practical application of academic skills in daily life and work situation.

Assessments are conducted to ascertain the skill level and other criteria for vocational training. IEP is made per student which includes long term and short term goals.

Based on the skill level, they are placed in 3 different groups and accordingly they are trained for open, supported, sheltered and home based means of livelihood.

At Center for Special Education we provide opportunities for training for the Open and Sheltered employment.

In the Open employment setting students are trained to work effectively in the areas of office assistant, assistant special educator, librarian, data entry operator etc. This training module not only would help enhance skills but would also build the students self-confidence, self-esteem, social skills, communication and personality as a whole.

Sheltered workshop involves training children for handicraft, art, cookery and making stationary items like note pads, files etc. in a safe and secured work

environment to enhance the productive skills of students with special needs under the guidance of professionals.

These classes also aim in developing personality and provide them a sense of direction for a better future.

Work schedule

Daily work schedule includes skill enhancement training, communication, social interaction amongst each other, cooking, baking, yoga and sports.

Skill enhancement training helps them hone their skills in being an assistant to a special educator, clerical work, assistant photographer and assistant librarian to name a few.

Besides this, they learn handicrafts like jewellery making, candles, notepads, files, book binding, lamination, photocopying etc.

At present many persons with special needs do not find opportunities for employment, but if we provide them with the necessary training, placement and support services we can tap their potential to work, earn and live in the community as respectable individuals.

At CSE we have a holistic approach at educating, training; grooming young adults with special needs to bring out their potential and to integrate them into the society and the world of work.

SEWT is like a new born baby. It needs the nurturing, support and care from everyone, to help it grow and become independent.

Ms. ANUPAMA KAUL
Special Educator

Mr. PRAMOD PRAMOD PRASANNAKUMAR
Vocational Instructor



SUPER MOM DIARIES

Ashwath with his mom

Pathway to Inclusion: Moving from CSE to ISM

Our first day of school will always remain embedded in my memory as one of the most cherished moments of my life. Ashwath was very excited about the whole idea right from the beginning.

On reaching the school we saw a teacher at the gate. We enquired with her where the class I -H was and she guided us with the directions to the class.

When the decision was made that Ashwath is ready to be integrated to regular school, I decided that I would be his shadow teacher in the class. But, at the same time I was anxious too about the new role I was going to step into.

On reaching the class, a few kids came to us and started talking to the two of us. But there were a few who were quite hesitant to talk to Ashwath. Very soon the first bell rang and the class teacher came. To our surprise, it was the same teacher that we had seen at the school entrance in the morning.

She gave us a smile and Ashwath wished her loudly in an excited tone.

In the days that followed, her support and encouragement played a big role in Ashwath's performance in the class. She boosted his confidence to new heights. Ashwath grew very close to her and became very attached to her emotionally.



It was Ashwath's first birthday in the regular school. The class teacher asked one of his good friends to accompany Ashwath to distribute chocolates to the other classes. I was a little apprehensive and doubtful about sending Ashwath but his teacher gave me a look of assurance and I felt that yes Ashwath could do it. And yes he did!

In the classroom the teacher advised that we both sit on the first bench. She believed that Ashwath would be able to improve and perform well if additional help and assistance is provided. Ashwath made gradual progress in all areas like vocabulary, language, framing sentences. His behavior and level of confidence was at a new high.

And soon Ashwath started performing in his PE and Music classes independently and did not require my presence with him.

One of the biggest challenges Ashwath faces is his low vision. Being seated in the front row helped him see the writing on the classroom board but climbing the many stairs down from his classroom was quite a task for him. I used to always hold his hands when he climbed down as I feared he may fall. But his teacher encouraged me to start making Ashwath climb down independently. And as days passed I saw Ashwath independently getting down the stairs, just like the other children. This truly was a big achievement for Ashwath .

Another unforgettable moment for me as a mother was my son's first class assembly. He had to recite a poem along with the other children. I was always given confidence from the teacher that he could do it. And Yes! he performed just like other kids . There were a few teachers who felt that the class might lose the prize because of his loud singing . But the class teacher told me that Ashwath's performance would be the best prize for her. These words will always reverberate in my ears.



Ashwath with Sports teacher Mr. I.Ezekiel

I firmly believe that if every child got a teacher like her, children could do wonders.

My son is a star in his class today. Even with the few limitations he has, he can perform at par with the other children in his class.

Thank you CSE for being the guiding step for Ashwath during his initial years.

Mrs. SOUMYA NANDAKUMAR

Ashwath's Mother





CSE FAMILY COMES TOGETHER

Experts say that a positive and strong parent-school bond contributes enormously to the child's overall growth and development.

Keeping this thought in mind, CSE hosted a family get together to further strengthen the special bond that we share with our parent community. The aim was to have some fun time together and connect with each other at new levels. Invitations were sent to parents of our current students.

The get together held at the NMPH, ISM on Saturday 28th October 2017 witnessed around 150 plus members of the parent community, children, SMC members and staff coming together. It was an evening filled with fun and excitement.

It was also a platform for parents as well as staff to showcase their hidden talents. The performances from both sides included mime, singing, dancing, mono-acts etc.

Parents had a great time facing the various challenges put to them during the spot games. Another major highlight of the day was the Sports events conducted for the parents.

The day gave CSE family a chance to explore the vibrant side of each other's personality. Two of CSE students did the photography of the complete event in the most professional manner possible.

Hence forth , we hope to make this a tradition at CSE and host such a get together at least twice in a year.

Mrs. JOVA ANAND
Counsellor/Inclusion Co-ordinator



INDEPENDENCE DAY CELEBRATION



OMAN NATIONAL DAY CELEBRATION AT CSE



CHILDREN PERFORMANCE AT BTA AWARDS, KERALA WING, AL Wafa REHABILITATION CENTRE



PARENT TRAINING PROGRAM PRIMARY SECTION

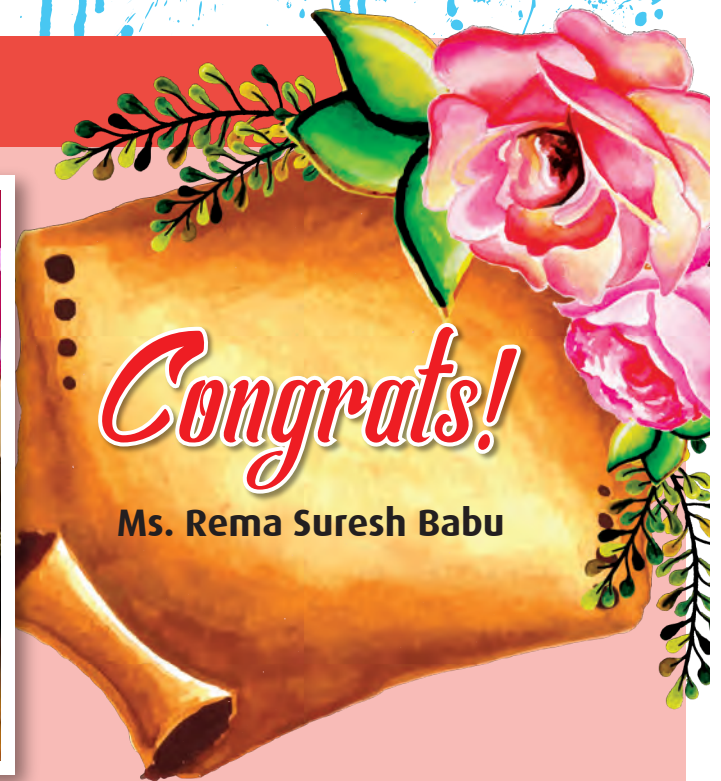


PARENT ENGAGEMENT PROGRAMME - NOV 2017

Speaker- Ms.Lakshmi Sarkar (Occupational Therapist)



BEST TEACHER AWARDS 2017



PRESS RELEASE: GOA TIMES

‘Oman more sensitive to needs of persons with disability than India’

Compared to India, Government of Oman is more sensitive to the needs of the persons with disability as most of the places are accessible for wheel chair-bound persons and has barrier free environment, says Special educator of Sultanate of Oman Hema Mohansundaram in a conversation with GT scribe **NIBEDITA SEN**. Hema was in Goa to attend four-day National Conference on Paradigm Shift in Special Education which concluded on Thursday.

Q. What is happening in Muscat which is not happening in India?

A: When we compare Muscat with India, the Government of Oman is much more sensitive to the needs of the persons with disability. Most of the places are accessible for wheel chair user and has barrier free environment. New laws and regulations for the special needs are coming up in most of the areas like education, employment, etc. Like India, the awareness and acceptance of inclusive education is increasing in Oman too.

Q. What is the approach of people in Muscat towards disability?

A: The acceptance and advocacy for the rehabilitation services for the special needs is rated high in Muscat. Not only the parents, but also the whole community stands together to raise this awareness and for the rights of people with special needs.

Q. What kind of research have you performed and what are the results?

A: I have presented an individual case study of 9-year-old boy with Down syndrome who has successfully moved from special education to inclusive education through partial integration and best classroom practices. Today, the child is able to successfully continue his education in



Hema Mohansundaram. Pic: Nibedita Sen

inclusive setup with accommodated curriculum modification, classroom modification, alternative teaching and evaluating strategies with the support of his shadow mother.

Q. What was the objective of you going to Muscat and dealing with disability issues?

A: I am working for the Indian community in Oman as a special educator. I wish to continue my services with the updated content and knowledge which I gained from this National Conference in Goa.

The basic elements of inclusive education

- Curriculum Modification
- Individualised Educational Programme
- Co-teaching Method
- Learning styles
- Alternative teaching and evaluating strategies
- Parental involvement

Recommendation:

- Need to measure the quality of education in inclusive education
- Ensure that educators have the training, flexibility, and resources to teach students with diverse needs and learning styles
- Ensure that kindergartens and schools receive adequate and sustainable financial support so that all activities and services are fully inclusive

GT EXCLUSIVE