



CENTER FOR SPECIAL EDUCATION

ISO certified 9001 : 2015

NEWSLETTER





DIRECTOR'S MESSAGE

Dear Readers,

It is with a sense of fulfilment that we present to you the second version of the CSE newsletter.

CSE as a facility dedicated to special education nurtures children with varying needs. What began as a celebration of the 25 years of CSE's service-filled existence, is now an endeavour to take CSE a notch higher.

We hope this newsletter

- Enlightens and educates
- Inspires you to make a difference &
- Brings about a change

Despite living in the age of information, there is a certain lack of awareness of what goes on inside and around a child with special needs. Since the world now seems to need a "day" for celebrating everything from family to love to women, here is an entire month – April, the International Awareness month on Autism dedicated to raising conversations about Autism.

Autism is a spectrum disorder, which means it is a range of conditions with some common features and some challenges and strengths that are unique to each person. Occasionally, it also brings exceptional abilities along with the limitations.

Autism affects each child uniquely; therefore each child needs personalized care and attention. For these children, as with most children with special needs, earliest intervention; appropriate and adequate therapy; and timely Integration/Rehabilitation support are critical and can make a world of difference.

What we all probably know is that it is a developmental disorder, often with lifelong impact. What we don't often enough realise is that autistic children can eventually have a fulfilling and meaningful life, given the right kind of support.

This Oscars saw the work of two autistic artists Jacob Fenster and Noah Schneider for the movie Doctor Strange nominated for the Best Visual Effects. So, let no barriers stop our children from aiming for the stars.

Come, let's talk Autism.

With much love,

Baby Sam Samuel

Director In Charge



FROM PRINCIPAL'S DESK

Dear Friends,

Greetings!!

In this quarter, world is celebrating two important days:

On 8th March the world celebrates the International Women's Day.

And the ninth annual World Autism Awareness Day is on April 2, 2017.

Every year, Autism organizations around the world celebrate the day with unique fundraising and awareness-raising events. Autism is a complex neurobehavioral condition that includes impairments in social interaction and developmental language and communication skills combined with rigid, repetitive behaviors. Because of the range of symptoms, this condition is now called Autism Spectrum Disorder (ASD). On a worldwide level, the Puzzle Piece symbol reflects the mystery and complexity of Autism Spectrum Disorder (ASD). Also, since every puzzle piece is different in some way, a puzzle piece accurately represents the diversity of the individuals affected. Firstly, I would say that we, who are working with Autism realize how this has enriched our lives in diverse ways.

Secondly, I take this opportunity to wish all the women, on their special day.

Women power and women energy is boundless, unbeatable. We have seen several women working shoulder to shoulder with men and achieving great heights, nationally and internationally. And then there are lots of women around us who strive to create happiness around them, for their loved ones. They forfeit their needs for those they care. A woman is always seen to think of herself at the very last. And that, my friends, becomes more the reason to celebrate her existence!!

As I pen down my thoughts, I am thinking of so many women around me, who have made a difference globally. There is a great number of women who are doing amazing work but do not want to come in the limelight. And they do not even think of the personal sacrifices they have made...

take a bow, women!!

Once, many years ago, one of my teachers' had told me "Be Strong, Be Brave, Be Bold, you have it in you to achieve a lot, make it". These words have been a driving force thereafter, throughout my life. I am grateful for having met such a teacher in my life. And I believe that all of us need just that little push, someone who believes in us, someone to fall back on.

I would like to share the same message with all my women friends. The suppressed and oppressed women of this world, each one has some positives, talents and abilities. The only thing that limits us is lack of self-belief. Our worst enemy is WE ourselves. You have the strength: emotional and social. There is no gender difference in intelligence, art, logic, memory and any other aspect of personality, except for probably the physical strength. You comprise 50 % of the population approximately. World will be a changed place if women decide to do it. My friends, Be Brave to see the change!!!

And to the other 50 % of population, the Men, I would like to say this...

'Cherish the women in your life', they are very precious. Be it your mother, wife, friends, partner, daughter, niece, aunt, or anyone. They have always stood strongly albeit silently beside you, behind you. What they need in turn is your support, acknowledgement, understanding, love and care. The feeling that you are there... So friends, expect roses, chocolates, jewellery, and other goodies from your loved ones!!

Let us salute the women from all walks of life, big hugs and warmth!!!

Dr. Analpa Paranjpe

Principal

EDITORIAL

Dear Readers,

We are happy to publish the Second Edition of our quarterly CSE e-newsletter.

We wish our readers A Very Happy Women's Day!

"The hand that rocks the cradle is the hand that rules the world"

William Ross Wallace

The saying goes right for our mothers of CSE. A mother plays a very important role in raising a child and when the child is with special needs it becomes more challenging for a mother to nurture with utmost care. And here we go, we salute the mothers who sacrificed their career, comfort and had sleepless nights to raise their little bundle of joy.

We admire every single mother who has been there, is there and never gave up.

Here we give them a platform to share their experience and to take us through the journey of raising a child with special needs. We are showcasing our new "Super Mom Diaries" column where we invite especially mothers to share their experience, to know their journey and learn more from them.

In the current edition, we share Lyndon's mother's experience of integrating her child in the mainstream school. Lyndon was a student of CSE for approx 6 years. A critical aspect of inclusive education for a child with special needs is in having the acceptance and friendship of classmates. This kind of support also aids in the progress of special children and helps them gain confidence within the school environment. Parents have a vital role as partners to make inclusive education successful within the classroom.

When it comes to integration we don't limit ourselves to the classroom. We also think and help for integrating them into society by means of employment and to make them economically independent. Here we present another article "Transition from School to Workplace" for a child with Special Needs. Empowering individuals with

special needs has to be prioritized, both in the educational system and in the family structure. We have to make the model sustainable for the lifespan of individuals with special needs.

When we talk about integration it also means integration of mind and body. Some studies have shown regular yoga can improve nonverbal communication, imitation skills, spatial awareness, eye contact, play patterns and more. Our article "Yoga and Special needs Children" talks about the benefits of yoga for children with Special Needs.

Our newsletter gives voice to issues from health and education, to diversity, difference and diagnosis. We shed light on vital topics that assist parents every step of the way and improve the quality of their children's lives. Another article in this edition talks about Learning Disability, CSE's initiative towards Inclusion.

CSE takes pride in the amazing work kids can do, and love showcasing it here and on our website! We strongly believe in creating opportunities for socialization and interactions with the outside world. We give you a glimpse of various such activities that took place in last three months. I hope you find this edition and this website 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 (Editor-in-Chief)

Reach out and touch our Hearts

*Reach out and touch our hearts
For Lord has made us Special
What if we can't, what you can do
Afterall you dislike most you do*

*Reach out and touch our hearts
Every creation of His has a purpose
We have our place and dignity
Don't look on us with any pity*

*Reach out and touch our hearts
And here we are on a mission
To redeem, aid and guide you
Find in deeds a fulfillment so new*

*Reach out and touch our hearts
No results can result without efforts
Unless you extend that friendly hand
We just can't pass on our magic wand*

*Reach out and touch our hearts
See they are warm, vast, unblemished
Learn from us what true love is
Share it with others, Live in peace*

2nd May 1998

Vishala Lakshminarayan



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Indian Navy chief's wife visits Center For Special Education



CSE Picnic "Rose Garden"



Classroom Activity



Little Yogis



"Visit to Beaconhouse School"



YOGA AND SPECIAL NEEDS CHILDREN

What is yoga?

Yoga is a way of life. It means "union"- union of mind, body and spirit.

It has a special importance for special needs children.

Daily practice of yoga will help the children in many ways.

Why Yoga?

Why is yoga needed for the differently able? It provides a lot of benefits for children. In fact, it can be an alternate therapy for some of them. Some of the benefits are listed below.

- The most prominent and important benefit of yoga is the increased **flexibility and muscle strength**. Children with Cerebral Palsy generally have a rigid or abnormal muscle tone. The stretching poses in Yoga helps in releasing the tension in the muscles. Holding the poses further strengthens the muscles.
- Yoga can be very effective in **reducing the stress and anxiety**. There are many Yoga breathing techniques that help the child in self-calming. It also helps them in coping better to various situations and environments. Anxiety makes the breathing rhythm short, quick and shallow. Doing calm breathing, belly breathing etc. can help lower the anxiety. It also gives the child a sense of control over himself.
- Another benefit of regular Yoga is developing **coordination**. Special needs children generally experience delayed motor development. Balancing poses can greatly enhance their coordination and stability.
- Many children generally suffer from highly sensitive nervous system. Loud noises and bright lights can make them very uncomfortable. The settings for Yoga are soothing and **calming** for them.
- Yoga can also be seen as a **coping mechanism** for hyperactive children. Through the various yoga asana and breathing exercises, their energy can be channelized constructively.



"Yoga teaches us to cure what need not be endured and endure what cannot be cured"

B.K.S. Iyengar (Founder "Iyengar yoga")

Anupama kaul

Recipe Corner

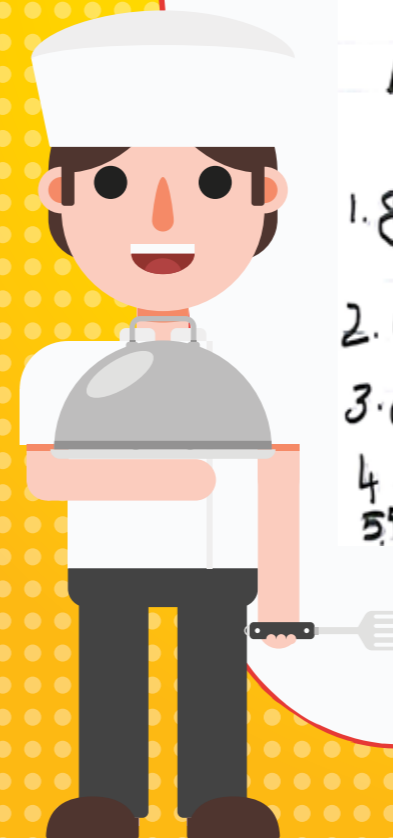


MUG CAKE
Ingredients

4tbsp	Maida
2tbsp	cocoa
1/4tbsp	Baking Soda
1tbsp	chocolate chips
3tbsp	Powdered Sugar
3tbsp	Milk
3tbsp	oil or butter
3-4drops	Vanilla essence
1-tbsp	Crushed Oreo Biscuit

Method

1. Sieve maida, cocoa, and baking Soda
2. Mix everything together
3. Grease the Mug
4. Pour the mixture
5. Micro wave for 2 mins



Performer of the
QUARTER

Ms.Hema Mohanasundaram



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

Committed

Knowledgeable

Professional

Goal - Oriented

“

I alone cannot change the world, but I can cast a stone across the waters to create many ripples”

Mother Teresa

International Women's Day (8 March): Be Bold For Change

“The story of women's struggle for equality belongs to no single feminist nor to any one organization but to the collective efforts of all who care about human rights,” says world-renowned feminist, journalist and social and political activist Gloria Steinem. Thus International Women's Day is all about unity, celebration, reflection, advocacy and action - whatever that looks like globally at a local level. But one thing is for sure, International Women's Day has been occurring for well over a century - and continues to grow from strength to strength.

The first National Women's Day was observed across the United States on 28 February 1909. Women continued to celebrate the occasion on the last Sunday of February until 1913. In 1911, it was celebrated for the first time in Austria, Denmark, Germany and Switzerland on March 19. In 1913, it was decided to transfer International Women's Day (IWD) to March 8, and it has been celebrated on that day ever since. The day was only recognized by the United Nations in 1975, and since then a theme was created each year for the celebration.

Theme for this year 2017 celebration is Be Bold For Change.

International Women's Day (IWD), originally called International Working Women's Day, is celebrated on March 8 every year in many countries around the world. It is a day when women are recognized for their achievements regardless of divisions, whether national, ethnic, linguistic, cultural, economic or political. In different regions the focus of the celebrations range from general celebration of respect, appreciation and love towards women for their economic, political and social achievements.

Since those early years, International Women's Day has assumed a new global dimension for women in developed and developing countries alike. The growing international women's movement, which has been strengthened by four global United Nations women's conferences, has helped make the commemoration a rallying point to build support for women's rights and participation in the political and economic arenas.

The www.internationalwomensday.com is the digital hub which was launched to re-energize the day as an important platform to celebrate the successful achievements of women and also calls for accelerating gender equality.

The focus of this article is on Women who conquered their disabilities and showed to the world what could be achieved with sheer grit, determination and a never die attitude. Some people may see disabilities as a limitation. However, there are others who see these disabilities as an opportunity: a chance to strive for more and accomplish what many only dream of. These

brave women broke all stereotypes and overcame tough challenges to make a place for themselves.

Irrespective of the physical limitations these women are successful, and these are just two examples.

Deepa Malik : First Indian woman to win Paralympics Silver medal in Shot-put. Deepa Malik has created sporting history after becoming the first Indian woman to win a Paralympics medal. She is a paraplegic and paralyzed from waist down. A mother of two, she overcame a spinal tumour, 31 surgeries and 183 stitches to win India a Silver medal. She is the best story of grit and determination that we can possibly have and is proof that it was never about facilities and infrastructure as it is often made out to be. It was always about will and the determination to succeed.



Safiya Al Bahlani : Omani artist, creative designer, inspirational & motivational speaker. She has phocomelia, a congenital disorder that meant she was born with no forearms. Safiya aims to draw attention to the Omani society to recognize that people with special needs, are unique, talented and are able to contribute to the society.



Women with disabilities are not limited by what society thinks of them; they change the stereotypes.

Despite many great challenges, women with disabilities are capable of changing society—and the world!

Kudos to all the Women !! and to women with Disabilities.

Happy Women's Day!

Jamuna SenthilKumar

MAKE A BIG CHANGE WITH SMALL STEPS!

Has your child recently been diagnosed with a learning disability?

Did you immediately begin to worry about how he or she will cope with school?

80 - 90% of all children with learning disabilities have reading problems. Children with severe reading disabilities have trouble reading single words, deficits matching sounds with letters (phonological awareness), and difficulty quickly naming what they see (rapid naming speed). Children who have trouble reading quickly and accurately also have difficulty comprehending what they read.

Most students with learning disabilities have trouble with spelling, vocabulary, grammar, and punctuation. Some students have a specific disability with written language. These students have difficulty planning what they write, and they often write what immediately comes to mind. They often do not organize ideas or edit their writing.

Calculation and number reasoning can be difficult across the grades for most children with learning difficulties. They often have trouble retrieving math facts and solving word problems. Sometimes they have difficulty conceptually understanding what numbers represent.

Learning Disability afflicts 10% of school going children. There is no “cure” for learning disabilities. They are life-long. However, children with LD can be high achievers and can be taught ways to get around the learning disability. Every child has a different learning style and pace. Each child has the potential to learn and has an ability to succeed. With the right help, children with LD can and do learn successfully.

Keeping in mind the need and demand by the parents of children with Learning Disabilities, Centre for Special Education has taken an initiative to open Learning Disability Unit to reach out to the masses. This will enable individuals with learning disabilities to reach their full potential. Our aim is to assist people with learning disabilities and their families by providing support, & guidance

Schools in Oman need greater awareness to deal with learning disabilities. Schools also need to sensitize their staff to deal with this invisible disability. School managements should become proactive by setting up resource rooms and employing special educators to ensure that these children receive regular and affordable remedial education and be diligent in ensuring that these children get the mandatory provisions both during school and board examinations.

Here are the relaxations for special candidates made by the Central Board of Secondary Education (CBSE).

Concessions for Candidates with Learning Disabilities (Dyslexia, Dysgraphia, Dyscalculia) in CBSE Board:

- A writer is allowed
- An additional hour is given for each paper
- One compulsory language as against two in addition to any four of the following subjects: Maths, Science, Social Science, another language, Music, Painting and home Science.
- Leniency in paper assessment: spelling mistakes overlooked for learning disability students.

One of the most important principles of inclusive education is that no two learners are alike, and so inclusive schools place great importance on creating opportunities for students to learn and be assessed in a variety of ways. Teachers in inclusive schools therefore, must consider a wide range of learning modalities (visual, auditory, kinesthetic, etc.) in designing instruction. Certainly, this enhances the way in which teachers provide support and accommodations for students with disabilities, but it also diversifies the educational experience of all students.

It also requires parents to explore innovative strategies and to understand the preferred modality of the child that suits best for him to learn new concepts. Every day there is a new beginning and a fresh challenge in the offing for an adventurous ride.

The journey to becoming an Inclusive School may be long and challenging at times, but ultimately this journey can strengthen a school teaching methodology and it will benefit ALL children. “Inclusion” does not simply mean the placement of students with disabilities in general education classes. This process must incorporate the basic change in the way a school supports and addresses the individual needs of each child. As such, effective models of inclusive education not only benefit students with disabilities but also create an environment in which every student, including those who do not have disabilities, has the opportunity to perform to their best of their abilities.

Hence, Learning Disability Unit is a small step towards Inclusion.

So take a small step now, and the world will surely be different.

“Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid” – Albert Einstein

Ms. Naosheen Zaman

TRANSITION FROM SCHOOL TO WORK PLACE

“ Your life is a story of transition. You are always leaving one chapter behind while moving on to the next. ”

The transition from a vocational training unit to the workplace becomes a flawless process when appropriate planning is done well in advance.

By the time the person enters the vocational unit, proper orientation for the adult life and workplace is very fundamental. It is only then that the individual can be successfully trained and be integrated into the right job in the future.

CSE too believes in the philosophy of pre- planning and being prepared for the future. At CSE the pre-vocational unit is where the foundation for the future is laid. Goals are set here in such a way, so as to prepare them for their future vocation, according to their flair and skill. The goals set for these students include developing skills needed for functional living, preparing them for outside work experience, maximizing their independence, promoting survival skills and are ultimately prepared for their vocation.

Depending on the skills acquired, the student undergoes training in the vocational unit, under two categories- “Open employment”, wherein the individual has acquired the higher order skills required for independent nature of working, and the other category is the “Sheltered employment”, wherein the person will work only in an instructional environment.

Once the students enter the vocational unit, they are given job oriented training as per their functional skills. At CSE training is presently given in the following areas:-

1. Office assistance - how to use the photocopier and printing machine. They are also taught book binding, punching and filing documents.
2. Computing skills like data entry.
3. The CSE also has a small production unit, wherein the students are trained to make spiral books and note pads. An endeavour that CSE hopes will grow into a much bigger unit.
4. Students are also trained to become class assistants so that they too can assist and shadow in special centers in the future.

At CSE, the pre-planning process also includes making the parents aware of the importance of recognizing and appreciating the skills of their ward and to assist them in choosing a job best suited for them with respect to his or her competence.

The bridge between the vocational center and the workplace becomes hassle free when the ward is well groomed for the future and is ably supported by his teachers and family members.

CSE has been and hopes to continue in playing a significant role in moulding the dreams of each of our children.

Mrs. Jova Anand

SUPER MOM DIARIES



Lyndon with Mother

Every mother wants to make a better world for their children. I'm no different. We were determined to give the best education to Lyndon and treat him no different than our other children, and so we had him enrolled in the Centre for Special Education, Indian School Muscat. After having studied in the special school for 3 years, my family and I feel extremely proud to see Lyndon attend normal school at Indian School Muscat. We are so grateful to God that he gives us the opportunity to see our little boy ready to jump out of his skin with excitement as he prepares to go to school everyday. Raising a child with Down syndrome is harder than raising my other 2 children. It not only made me a stronger person, but also taught me a level of unconditional love that I'd never know otherwise. I believe every child is like a recorder, so we must teach them everything we can and they'll pick it up.

Lyndon lives a very normal life, he speaks a lot (laughs), sings, dances, plays, draws and studies different subjects. As a parent, it is an emotional moment to watch my son take photographs on his phone and I pad gifted by his siblings and edit them. Lyndon is full of spunk and loves to be the center of attention. The 11-year-old loves to do whatever his siblings are doing, whether that's chatting on WhatsApp or clicking selfies. A child with Down's syndrome is a living human being, with the same

longing to be loved as the rest of us.

We still face situations where people look at him differently, but it does not bother us since we as a family believe he is a blessing in our lives and cannot imagine a life without him. A message I would like to give is that love does not count chromosomes; if you are sad, a hug from these children will make an ocean of difference in your life.

ARTICLE - LYNDON MARINO PINTO

After 11 years of commitment, relentless effort, courage and dedication, Jacinta Pinto, an Indian resident in Muscat for the past 30 years, says childhood is not a race to see how quickly a child can read, write and count; but it is a small window of time to learn and develop at the pace which is right for each individual child. Today Jacinta speaks of her journey as a mother with a special child that made her family special.

On July 22, 2005 when Lyndon was born and the doctors screened him to confirm he was a Down Syndrome baby, little did I know what it meant and the journey I would have to be mentally prepared to begin. While it is the prevailing societal sentiment that someone “suffers” from Down syndrome, that is not the way I see it. Lyndon “has Down syndrome,” is the better word choice as I don't perceive him as suffering. In the grand scheme of things, I like to believe God makes each of us purposefully, and with unique characteristics and specific gifts to bring to this world and so God wants us to recognize that people with disabilities are also made in the image and likeness of God, and play a perfectly unique role in life's journey, which we are all part of together. As a mother of a child with Down syndrome, I know something the experts never will. With love and dedication shown to him by his parents and elder brother and sister, Lyndon began walking and talking a little later than normal children, but is more advanced than other Down syndrome kids his age.



Lyndon with Teacher

PRESS RELEASE

NATION

02 MUSCAT DAILY | SUNDAY, MARCH 12, 2017

Indian Embassy celebrates International Women's Day

Honours prominent women achievers from the Indian community in Oman



H E Indra Mani Pandey (sixth from left), Indian Ambassador to Oman; Sushma Pandey and Sayyida Basma al Said with prominent Indian women achievers who were honoured during the event (Muscat Daily)

Our Correspondent
Muscat

The Embassy of India in Muscat celebrated the International Women's Day 2017 at its premises on March 8.

The celebration was attended by over 300 Omani and Indian women. H H Sayyida Basma al Said was the guest of honour.

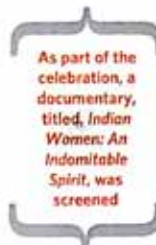
Sayyida Basma spoke about her recent visit to India and shared her perception about the status of Indian women. She underlined the need for change in the mindset of both men and women to ensure equal rights and opportunities for women.

She also honoured ten prominent women achievers from within the Indian community in Oman by presenting shawls to them as per Indian tradition.

For the first time, befitting the occasion, it was Sushma Pandey, wife of India's Ambassador to Oman, and not the Ambassador himself, who welcomed the invitees on behalf of the embassy. In her welcome address, she highlighted the importance of International Women's Day and tremendous strides made in ensuring equal rights and opportunities for women throughout the world, including India. She underlined the challenges which the

world still confronts in ending discrimination and bias against women, including entrenched social, religious and cultural traditions and prejudices. She highlighted immense contributions and achievements of the Indian women in India as well as in Oman.

Sushmita Gupta, a noted painter, author and orator, made a presentation on the status of women in India and the world through narrating stories and presenting inspiring examples of women who have left their mark in various fields in spite of the odds they faced. As part of the celebration, a documentary, ti-



tled, Indian Women: An Indomitable Spirit, was screened, which presented success stories of five women in the fields of engineering, science and technology, business, art, and local

governance.

The Constitution of India guarantees fundamental rights to both men and women. There have been tremendous changes in the status of women in India since its independence. The Government of India is committed to promoting social and economic empowerment of women through its welfare policies and programmes, mainstreaming gender concerns, creating awareness about women's rights and providing institutional and legislative support.

In order to fulfil this vision, the Government of India has recently launched a number of ini-

tiatives, including the *Beti Bachao Beti Padhao* (Save the Daughter, Teach the Daughter) mission, and the *Sukanya Samridhi* Scheme (Girl Child Prosperity Scheme), which aim at encouraging people to save for education and marriage of girl child. Further, every year Government of India confers prestigious *Nari Shakti Puraskar* (Women Power Prizes) on eminent women and institutions in recognition of their service towards the cause of women empowerment.

A historic step in empowerment of women in India and enhancing participation of rural women in political process was

the 73rd Amendment of the Constitution of India, under which one third of all seats in Panchayati Raj institutions (local self-government institutions) are reserved for women. Development of rural India will not be achieved without the full participation of rural women in decision-making process and various developmental programmes, as the most important stake-holders.

The political empowerment of rural women achieved through their participation in local self-governance has also impacted on their status and role in other spheres of social life and economic activities in rural India.