

The Beat

AKSHADHAA NEWSLETTER

Nurturing Inclusion • Empowering Growth
• Celebrating Possibilities

NEWSLETTER | AF017 | APR-JUN | 2025

Volunteering with Taj Hotels

A multi-week engagement saw Taj Hotel volunteers join hands with Akshadhaa Foundation for dynamic sessions blending academics, structured play, creative art, and life skills. Activities such as role-play, group games, movement sessions, and snack preparation enabled students to build fine motor skills, cognitive focus, communication, and social interaction all in an inclusive, joyful setting.



Neurodiversity Sensitization at Akshadhaa

Taj Hotel staff engaged in an awareness session designed to foster empathy and understanding of neurodiversity. Through Zumba, "Passing the Game," and collaborative activities with children, volunteers gained hands-on experience in inclusive interaction, challenging stereotypes and deepening their advocacy.



Park Visit for Sensory Exploration

A special outdoor session at Banaswadi Park allowed children to connect with nature through sensory-rich play and group activities. The experience enhanced physical coordination, peer bonding, and sensory integration while reinforcing social and turn-taking skills.



Parent Orientation Program

The orientation welcomed parents to the new academic year with insights into Akshadhaa's academic and therapeutic frameworks. It fostered stronger communication, prepared families for upcoming goals, and reinforced the critical role of parents as partners in their child's development journey.

World Environment Day at Horticulture Center

Children explored the outdoors through sapling planting and a nature walk at APD Park. The event cultivated environmental responsibility, peer bonding, and sensory awareness helping students engage meaningfully with the world around them.



Father's Day Celebration

Father's Day was joyously celebrated across all units of Akshadhaa Foundation, creating a heartfelt atmosphere filled with gratitude and love. Students enthusiastically crafted creative handmade cards and keychains as tokens of appreciation for their fathers. These activities were beautifully integrated with sentence-building exercises and video storytelling sessions, encouraging children to express their emotions meaningfully.

The celebration not only highlighted the significance of paternal bonds but also fostered emotional expression, creativity, and communication. Through these engaging activities, children enhanced their fine motor skills, expanded their emotional vocabulary, and built stronger bridges between school and home.

It was a truly touching experience—nurturing hearts, hands, and minds.



International Yoga Day

Our centers celebrated inclusive movement with a yoga session that honored every learner's rhythm. Focused on sensory regulation, emotional balance, and collective well-being, the event embraced yoga as a tool for connection and self-expression beyond traditional postures.

Summer Skill Engagement Program

Designed to make summer productive and joyful, students participated in horticulture, jewellery making, baking, and digital editing. The sessions helped children explore interests and strengthen focus, routine, and task sequencing.

Mother's Day Celebration

Students created heartfelt greeting cards and bracelets while learning the language of appreciation. A "Thank You" speech session helped reinforce emotional expression and gratitude, fostering stronger family bonds.



Buddha Purnima – Mindfulness Day

Through storytelling, meditation, and yoga, students explored emotional calmness and self-regulation. Activities emphasized inner peace and reinforced daily mindfulness practices for neurodiverse learners.

Online Parent Orientation

Parents received a virtual walkthrough of the academic and vocational roadmap, including updates on smart classrooms, outdoor learning tie-ups, ISO certification, and the Goonjan portal. The session boosted family confidence and collaborative engagement.

Indoor World Environment Day Celebration

From poster making to slogan writing and gardening, students actively engaged in hands-on learning about sustainability. Activities sparked enthusiasm around pollution, recycling, and green practices.

Vocational Trainees' Horticulture Field Visit

Children explored plant life cycles, watering techniques, and hands-on gardening. Planting saplings and learning about waste segregation helped nurture eco-awareness, sensory development, and fine motor skills.



Bosch Volunteers Experience Akshadhaa's Vocational World

Volunteers from Bosch recently visited Akshadhaa Foundation for an immersive experience into our vocational training ecosystem. The visitors observed live skill-building sessions across various stations including baking, computer training, smart board-assisted learning, and candle making. The hands-on exposure offered a meaningful glimpse into how neurodiverse individuals are empowered through structured, inclusive education. Reflections from the team expressed deep appreciation for Akshadhaa's inclusive model and its impact, strengthening community awareness and corporate engagement. This visit not only celebrated abilities but also sowed seeds of continued collaboration and support.

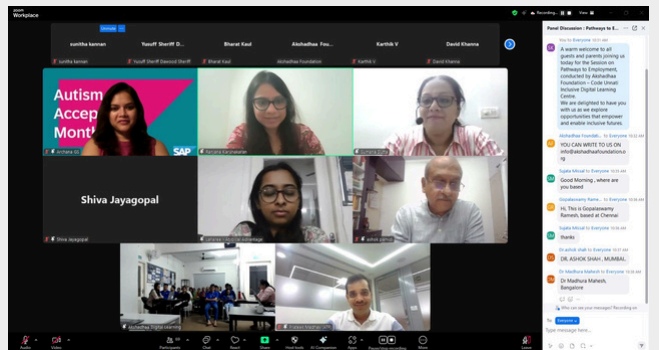


Autism Awareness Day

Students deepened their understanding of autism through an engaging presentation and videos showcasing autistic artists. They also created their own superhero characters, reflecting on their personal strengths and unique abilities. The session encouraged empathy and peer-sharing of "superpowers," building confidence and self-awareness.

Pathways to Employment for Neurodiverse Youth

A panel discussion involving students, parents, and industry experts highlighted inclusive employment practices. Participants explored diverse career pathways for neurodiverse individuals and emphasized the importance of family involvement in achieving long-term vocational success.



World Health Day

Health awareness was brought to life through presentations, videos, and a fun interactive quiz. Students then designed a 'healthy plate' using Canva and reflected on their own dietary habits by identifying existing healthy foods and areas for improvement.

Earth Day

Students took part in an interactive session on environmental conservation. A curated presentation and videos introduced simple, actionable ways to protect the planet. Learners discussed their personal responsibility towards environmental sustainability.



International Dance Day

Though the summer vacation limited attendance to one student, the session continued with enthusiasm. The student explored different dance forms through a PPT, participated in a dance-along activity, and enjoyed a fun quiz on global dance styles.



Visit by AssisTech

Representatives from Atypical Advantage spent time with the students in a relaxed and inclusive setting. They exchanged stories about vacations, hobbies, and interests, helping build rapport and comfort through informal conversation.



International Day of Families

A session on family structures and values encouraged students to reflect on their own families. They created personal family trees, shared cherished memories, and imagined what kind of rules they would set as future parents.



International Museum Day

Students explored the significance of museums globally through PPTs, quizzes, and video resources. They worked in groups—some researched famous international museums while others created visual documents using MS Word and images from the internet.

SAP Volunteering Visit

A team of 18 SAP volunteers visited Unit 3, beginning with ice-breaker activities and fun games like Pictionary. Together, students and volunteers engaged in group card-making, singing, and storytelling. The event concluded with a guest talk from a Ph.D. scholar and a memorable group photo session.



Visit to Iron Mountain

Three students were accompanied by a trainer for job interviews focused on data entry and verification roles. The visit evaluated their typing skills and digital literacy in MS Office, offering valuable real-world exposure to workplace environments.

National Creativity Day

Creativity took center stage as students participated in quizzes and watched inspiring videos on different forms of expression. They showcased their talents through sketching, short story writing, and designing digital collages using Canva.

Visit to Deloitte

Students visited the Deloitte office for an interactive and confidence-building session. The visit included self-advocacy opportunities, office tours, and performances in singing, dancing, and beatboxing. A shared lunch fostered further connection and joy.



We extend our heartfelt gratitude for your unwavering support throughout the last financial year. Your generosity and commitment have enabled the Akshadhaa Foundation to make meaningful strides in empowering our neurodiverse community.

As we step aboard on a new year, we humbly request your continued support. Your contributions play a pivotal role in helping individuals with diverse needs live their lives with dignity, fostering inclusivity, and creating opportunities for growth and development.

Together, we can continue to make a positive impact and build a more inclusive society where everyone has the chance to thrive. Thank you for standing with us in our mission.



Akshadhaa Foundation Special School and Rehabilitation Service # 4 BC - 803, located, 4th 'B' Cross HRBR Layout, 1st Block, Kalyan Nagar, Bangalore - 560 043.

Akshadhaa Foundation Vocational Training and NIOS Center # 2C - 720, 2nd Cross, HRBR Layout, Block 1, Banaswadi, Bangalore - 560 043.

*Akshadhaa Foundation Inclusive Digital Learning Centre
Block 1, 987, 2nd K Cross Rd, HRBR Layout 1st Block, HRBR Layout, Banaswadi, Bangalore - 560043.*

Reach Us + 91 963222 0375 | +91 831097 6860 info@akshadhaafoundation.org

