



ஸ்காந்த

SKAND

ACADEMY FOR SKILL DEVELOPMENT &
EDUCATION



About

Skand Academy of Skill Development and Education is a dedicated initiative designed to support children with special needs through a blend of recreational therapy and educational programs. Our mission is to empower children and their parents by offering personalized interventions that nurture essential skills, foster independence, and promote holistic development. We aim to guide children toward becoming self-sustainable adults, equipped with the skills and confidence needed to thrive in various aspects of life. Our comprehensive approach ensures that both children and their parents receive the support and knowledge necessary for a fulfilling journey of growth and learning.

ACADEMY

SKILL DEVELOPMENT

OUR SERVICES

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ACADEMIC PROGRAM

- NIOS (OBE LEVEL)
- THERAPEUTIC PRESCHOOL

SKILL DEVELOPMENT

- DANCE
- YOGA
- HANDWRITING
- MUSIC
- DRAWING/ PAINTING
- COMPUTER SKILLS

SPORTS/FITNESS CLUB

- SKATTING
- CYCLING
- GENERAL SPORTS
- GENERAL FITNESS
- NUTRITIONAL SUPPORT

CERTIFICATION COURSES

- SHADOW TEACHER TRAINING COURSE
- APPLIED BEHAVIOUR ANALYSIS

THERAPEUTIC PRESCHOOL

Therapeutic preschool focuses on children with developmental delays or disabilities, typically aged 2-6 years, to enhance their development and prepare them for mainstream education. The main goal is to minimize the impact of disabilities, improve functional abilities, and enhance the quality of life for children and their families.



Why Therapeutic Pre-school?

- 1. Experienced Therapists/care-givers:**
Our team includes skilled occupational therapists trained to understand and meet each child's needs.
- 2. Individualized Plans:** Every child follows a personalized plan designed to support their strengths and address their challenges.
- 3. Family-Centered Approach:** We believe that family involvement is essential, and we work closely with parents to support progress at home and school.
- 4. Comprehensive Skill Development:**
From motor skills to social interactions, we cover all areas of development to prepare your child for success.

NIOS ACADEMY

The National Institute of Open Schooling (NIOS) formerly known as National Open School (NOS) was established in November, 1989 as an autonomous organisation in pursuance of National Policy on Education 1986 by the Ministry of Education (MOE), Government of India. NIOS is providing a number of Vocational, Life Enrichment and community oriented courses besides General and Academic Courses at Secondary and Senior Secondary level. It also offers Elementary level Courses through its Open Basic Education Programmes (OBE)

OUR TARGET GROUPS:

- **School dropouts**
- **People with special needs i.e., physically and mentally challenged persons**

Vision: "Sustainable inclusive learning with universal and flexible access to quality school education and skill development"



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YOGA

Yoga can also be performed by those with acute or chronic and painful disabilities, those who suffer from chronic illnesses and those with missing limbs too.

Children with special needs have various physical and mental disabilities which affect their mental attitude. They lack confidence and have a poor self-image. They develop feelings of inferiority from their awareness of their own abnormality and lack of success in all directions. They are frustrated due to the inability to do simple tasks, either unable to do it or do it with immense difficulty. Hence they are highly tense and tire easily from physical exertion. The spine is stiff, thus producing much pain, which further limits movement, imbalances co-ordination of limbs. They also have difficulty in concentration.



DANCE

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Through dancing, a child learns about body coordination and control through purposeful movements. Performance of each dance move requires moving the body through a variety of different planes of motion while using combinations of large and small muscles.

Using these muscles builds strength, improves endurance, and fosters motor planning. Movement provides physical and sensory feedback about the body to the brain. Dance provides a platform for children with special needs to develop and improve social skills. A major benefit is a potential for improving dysregulations. Rhythmic movements are known to be calming and dance is linked to reduced levels of cortisol, a hormone that influences stress and anxiety. Choreographed sequences can also help enhance one's memory and recall skills.



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MUSIC

Children with autism typically experience difficulties in expressing their feelings and processing words. Music can help them communicate a lot better because it is non-verbal. This means that verbal expression barriers are eliminated. Furthermore, it improves their verbalization and vocabulary. Because music has rhythmic patterns, it helps children with autism understand auditory messages through structured means. Plus, it is multi-sensory, which means that it enhances their understanding and learning through tactile, auditory, and visual senses. It also improves their overall cognitive ability as it stimulates the whole brain. children with autism may find it hard to express their emotions. Thus, they throw tantrums when we, adults, don't understand them. This makes them more vulnerable. Music can help them relax as well as develop a tolerance to frustrations and stress.



ART & CRAFT

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Arts and crafts provide a fun and interactive way for children to practice things like their fine motor skills and their problem-solving capabilities. It improves,

- Creativity and Imagination
- Self-Expression
- Confidence and Independence
- Fine Motor Skills
- Problem Solving
- Hand-Eye Coordination
- Social Skills
- Critical Thinking



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COMPUTER SKILLS

Computer skills training for individuals with special needs focuses on building foundational skills like typing, navigating operating systems, and using assistive technologies to enhance learning and communication. This training can also encompass more advanced skills like programming, researching online, and using various software applications. The goal is to empower individuals to access technology and participate fully in education and employment.



OTHER ACTIVITIES



- Cycling
- playground activities
- Football
- Silambam
- Handwriting class
- Skatting class



Courses/Training

(Parents, Mental Health Professionals, General Public)

- Shadow Teacher Training course *(10 online class + 5 hands on training)*
- Applied Behaviour Analysis (ABA) *(Online course)*
- Insights with Skand *(public awareness & Parental training webinars)*