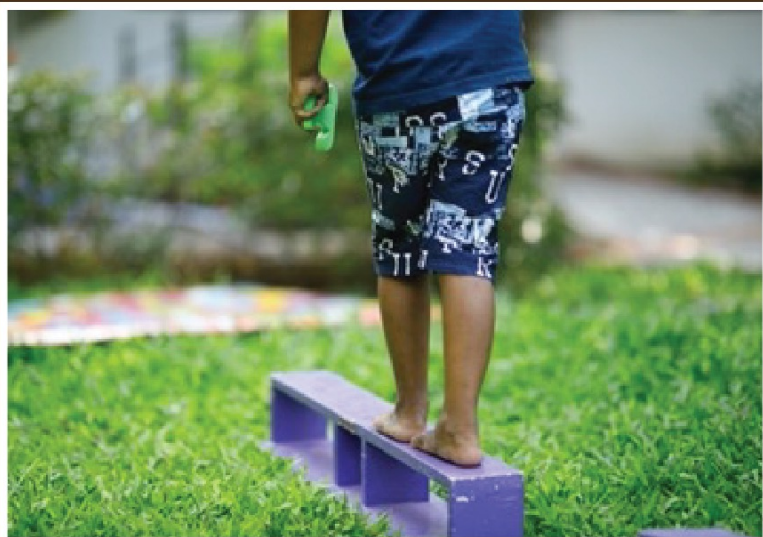




# CADRRE YEAR BOOK

JUNE 2022 - APRIL 2023





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# Director's note

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Dear Friends,

As we stand at the doors of another academic year filled with opportunities and growth, we are excited and determined to make the most of the year ahead with all your support and good will.

Looking back at 2022 we believe that it shaped up to be an incredible year for CADRRE as we continued to make a difference in the lives of individuals with autism and their families.

It gives me great happiness to share some important touch points with those who have always supported us in this journey; your support, opinions and suggestions have been crucial for us.

“Working & living alongside autism every day doesn't make us infallible. But it does give us a vision and experience to accept challenging paths and outcomes. And CADRRE works with this understanding and openness to try out new principles, best practices and imbibe the best parts of tried and tested approaches. Not being stagnant and to continuously strive for innovation is key here.”



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*CADRRE entered its 5th year of operations in 2022; some of our significant milestones in these 5 years are:*

- Over 600 free Autism assessments
- September 2017, our first centre - **The Autism School**, opened as a full-day intervention program for children with Autism in a school setting
- June 2019, our **second centre opened**. Over 70 children in the age group of 2.5-18 years, and their families, have benefitted from the Autism School program
- September 2021, **Intervention for School-Going Children**, was piloted with 7 children
- November 2021, **Employability Training Program** for young adults with Autism, supported by **SBI Card and Payment Services Limited**; two trainees from the first batch got recruited as paid interns in EY; 12 trainees are currently undergoing training
- August 2021, **Parent-Mediated Intervention**, piloted as purely online intervention for 1 child and followed by 2 batches of in-person programs with the child and the parent
- April 2022, **Pay Attention** in partnership with **Tata Power Community Development Trust**, as a first level Autism support network
- July 2022, a **Skills Program** for young adults with Autism at **CADRRE The Artism Studio** with training in glass bottle upcycling, soap-making, candle-making, decoupage, culinary and hospitality skills, besides guidance on turning skills into a vocation or self-employment opportunity



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As we move forward, we continue to be guided by our core values of pursuing excellence, focussing on inputs and results, having a holistic approach and working with integrity.

Working alongside autism every day doesn't make us infallible. But it does give us a vision and experiences to accept challenging paths and outcomes. And CADRRE works with this understanding and openness to try out new principles, best practices and imbibe the best parts of tried and tested approaches. Not being stagnant and to continuously strive for innovation is key here.

We head into this new period knowing that our connections to the autism community and our committed team and advisory board members will continue to produce evidence-based resources, undertake research, and help autistic individuals find their areas of strength and reach their potential. We will also expand our offerings and find more ways to directly support the autism community in addition to their families and caregivers and design programs that are relevant to their evolving needs.

*“ Looking back, there’s no denying that we learned a lot, we grew so much, and we’re on the right path forward. ”*

To those who have, directly or indirectly enriched the lives of our students this year; the teaching and support staff, the advisory board members and to parents and caregivers, I extend my sincere thanks and best wishes. It goes without saying that all of what we could achieve would not have been possible without the contributions from our donor patrons. I thank our donor patrons SunTec Business Solutions and its founder K. Nandakumar, UST and the Chandaria family, and Vishal Nevatia, for supporting CADRRE's vision of emerging as one of the best centres for Autism.

**G Vijaya Raghavan**  
**Hon. Director**  
**CADRRE**



## *Our school - A second home to students*

Students spend a better part of the day at school, and it is where they pick up a lot of habits and routines. It is crucial that it should be a place conducive for learning and a positive environment where children feel at ease.

CADRRE has opted for an autism aware classroom design by giving a lot of emphasis on their sensory challenges and preferences.

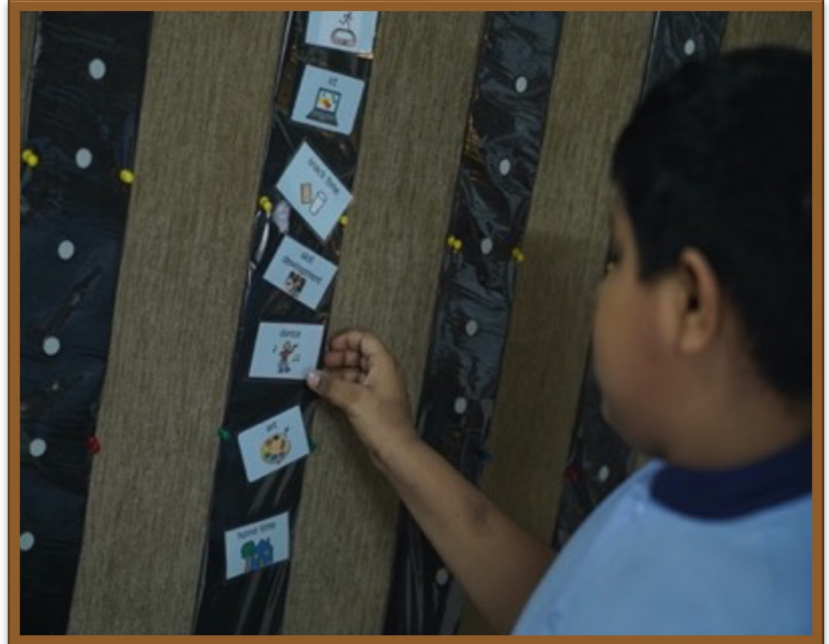
All the three CADRRE centres are in the heart of the city amidst beautifully landscaped greenery

- CADRRE, PMG – Children from 2- 6 years of age
- CADRRE, Sasthamangalam –Children from 7-18 years of age
- CADRRE, Vazhuthacaud – Employability and Skills Training for young adults

## *Our school – A home away from home*

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Visual aids such as colour and pattern are employed in common areas to assist the children in finding their way. This is done discreetly to avoid visual over-stimulation. Signage is another important part of way finding and navigation. Signages dependent primarily upon the written word but it can be a challenge for individuals on the spectrum. Autistic individuals are visual learners, and this concept is applied at CADRRE. Pictorial language is displayed in parallel with written language in most places.



In addition to assisting navigation, this will help develop skills as well as raise self-esteem and encourage inclusion. When continuously viewing and understanding a pictorial sign with written words next to each symbol, eventually some written words may begin to be understood by association. For the same reason, every room is named and marked with a picture card.

We have tried to adjust spaces to help children and young adults with Autism cope with their surroundings and, therefore, learn more effectively.



# *Our school - A home away from home*

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Some adaptive changes we have made are:

## **General Classroom Design**

A space of an intimate scale allowing students with delayed social interaction skills the chance to interact with smaller groups of children in a familiar environment helps them. We have courtyards in all our centres which helps temperature regulation. Courtyards also provide opportunities for outdoor learning- in themes such as nature, weather, motor skills etc., which has been shown to be very advantageous and beneficial for individuals on the spectrum.



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Classrooms are designed in a compartmentalized fashion. Each function or activity is allocated to a “station” which can be physically and visually separated from the remainder of the classroom.

For each activity, an optimum and distinct area and equipment layout is used consistently. It has been found that some activities are best performed with certain layouts. Over time this consistency will act as a visual cue for the student and will assist him/her in predicting the task at hand, hopefully reducing the time needed to get on task.



## Outdoor Learning Spaces

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Outdoor spaces can play an essential role in learning. With autism it is essential to capitalize on every learning opportunity and outdoor areas can be instrumental in this. As mentioned previously, the small outdoor classroom courtyards may help create the opportunity for small-group social interactions between students.

In a similar manner the larger playground area may allow for larger scale interactions.

The outdoor spaces act as a transitional zone which helps in sensory recalibration for the student. While moving from a high stimulus function such as music and movement therapy in the high stimulus zone to a low-stimulus high focus activity such as communication therapy, the student can pass through the outdoor area and be allowed a few minutes to perform a sensory readjustment to prepare for the upcoming task.





# *Our school - A home away from home*

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## Windows offer **assurance**

Some children have anxiety and ritualistic behaviours and may want to spend time returning to a space they have just occupied, for reassurance. If strategically placed openings are provided, they do not need to go back physically to this space for reassurance, they can look at them from a distance. This allows more time for learning in the classroom.





## Multiple Entrances

A main entrance may be too busy, so providing a quieter, alternative side entrance helps by establishing a slow longer route from the play area to classrooms, as well as a quick short route – again giving both choice and time to process information.

Equally, softening the boundary from an internal to an external space also helps. An external canopy creates an ideal outdoor learning space to help with anxieties surrounding sudden sensory change.

## *Our school - A home away from home*

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A sensory garden comprised of textured pathways, water-play, aviary, sensory wading pool and a kitchen garden is the core of this space.

Providing a physical structure not only enhances the predictability of the environment and improves the clarity about the space but also helps in reducing anxiety and distracted behaviour. It clearly compartmentalizes one area from the other thereby reducing visual distraction and the child's tendency to wander from place to place, repetitive behaviour.

At CADRRE, the older children are provided a locker with their name on it which gives them a sense of structure and habit to keep their belongings and be organised. CADRRE centers are equipped with libraries, play areas, dining areas, sensory rooms and walkways, ADL (Activities of Daily Living) rooms, walk-in aviaries and water-play area.





# CADRRE Model for Children

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CADRRE is perhaps one of the few autism schools in India that advocates an interdisciplinary model that aims at the holistic development of the child. Our model provides a unique blend of academics, life skills, and therapy, in school settings, for the wholesome development of the child - physically, psychologically, emotionally, and socially.

Our interdisciplinary team together with parents, evaluates and draws out an Individualized Education Plan (IEP) for each child after identifying their individual learning styles and strengths. Group and individual goals are drawn up for the children as per their assessment which is reviewed and updated as the children meet the goals mentioned in their IEP. Group sessions are encouraged as compared to one-to-one sessions to facilitate social interactions, communication (verbal and non-verbal) and learning in a dynamic environment. Experiential learning is integral to our program, and this is incorporated through our field trips, Functional Fridays, ADL rooms, role plays and other fun activities.



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Our curriculum is designed with the intent of helping our younger students transition and integrate into mainstream schools. Those who continue with us focus on functional academics, life skills and different vocational skills. The main domains which are covered under our curriculum are:

## Speech therapy

Autistic individuals often have challenges with social communication and interaction.

A person with autism may:

- Not talk at all
- Utter grunts, cries, shrieks, or throaty, harsh sounds
- Hum or talk in a musical way
- Babble with word-like sounds
- Use foreign-sounding “words” or robotic-like speech
- Parrot or often repeat what another person says (called echolalia)
- Use the right phrases and sentences, but with an inexpressive tone of voice

Speech therapy can help them communicate more meaningfully and effectively by building their communication and social skills.

About one out of three people with autism has trouble producing speech sounds to effectively communicate with others. The person’s language, if present, is simply too hard to understand.



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**Speech-language pathologists** work on skills including reading, listening, speaking, and language. Each therapy is tailored based on a child's need, and the SLP develops learning activities for the child's specific needs to help them develop critical communication skills. The whole purpose of speech therapy is to help a child to improve their communication. For children with autism, this is especially important because communication is a key component in their ability to form relationships and function in their world.

Speech therapy isn't only about words. It can help teach children with autism how to connect words to other cues. An SLP guides the child toward growing more comfortable with eye contact and noticing the context of hand gestures. For example, a session might include practice using (or just noticing) voice inflections. Other lessons may focus on becoming more confident with two-way conversations by breaking down the details of listening, understanding, and responding.





If an autistic individual is nonverbal or has major trouble with speech, the speech therapist introduces alternatives to speech. This may be done through different modes like sign language, PECS (Picture Exchange Communication System) or speech generating devices.

Overcoming oral sensory issues and motor deficits is another main area of focus. The speech therapists also work on developing each child's language comprehension, understanding of language syntax, semantics and their ability to express themselves.

At CADRRE, every child will have individual goals to be achieved when it comes to speech interventions and our primary goal is to make it possible for our students to improve their ability to form relationships and function in day-to-day life.



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## Social Skills Training

Psychologists with CADRRE help in bringing out behavioural interventions which include teaching appropriate behaviours, including speech, social skills, classroom skills, and self-help skills, while reducing challenging behaviours. Some of those are comprehensive, aiming at addressing all areas of need and some of those are focused, having more circumscribed set of goals.

Therapists reinforce desired target behaviours, first by shaping them, breaking them down so they can be learned in a step-by-step fashion and then rewarding each step clearly and consistently.

Social stories is another approach used to increase social skills and social understanding. Social stories can involve various formats, but frequently utilise simple, cartoon-type drawings to help even very young children understand why they experience specific social problems, why other people react as they do, and how behaviour might be modified in future. Children are also taught about personal safety, safe and unsafe touch and are guided to enforce personal boundaries.



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## Occupational Therapy (OT)

Our occupational therapists engage children through a series of fun activities using a sensory wall, playing in a customized room built just for the sensory needs of the children, known as the Blue Room, water play, obstacle courses and sensory circuits; that develop their cognitive, physical, social and motor skills. These activities may be customized after considering the physical, social, emotional, sensory, and cognitive abilities and needs of the students. An intervention plan is developed keeping these in mind and incorporated into the IEP and daily schedule of the child. A plan usually comprises of a sensory diet necessary to keep children regulated along with group and need-based individual sessions that facilitate learning and regulation. Some of the common goals that therapists work on involve eating, grooming, using the bathroom, and developing gross and fine motor skills such as writing, colouring, using cutlery and so on. Toilet training is one area that has been very crucial amongst many of our students and, one that parents have found greatly beneficial.



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## Computer Skills Training

In ICT, children are familiarized with using a laptop or desktop through activities such as identifying alphabets on the keyboard that improves hand-eye coordination and playing online games related to their academic goals. Junior students use an adaptive keyboard (Clevy keyboard) that has bigger keys and intelligent colour coding to represent different functional areas on it for children to work and learn with ease. Older students usually use the conventional keyboard and work on functional activities like typing out a grocery list (which is a part of their ADL curriculum) or ICT tools such as PowerPoint games help to make learning more interactive and helps to work on their ability to communicate.

As computers provide predictability and consistency, they help to motivate the children with autism.



It is a complex and difficult task to educate a child with ASD in real-world interactive environments when the trainer must think rapidly. But with the help of ICT tools, pictures and sketches are used to make the child distinguish the size, shape and color of the things as well as with the help of sound and voices the students find it easier to concentrate.



**Music Therapy** - Music classes are a favourite amongst many of our students. Music therapy has the exceptional ability to elevate moods and uplift spirits. This is true for most people, especially individuals on the autism spectrum - many of them who have unique and remarkable abilities in appreciating and understanding music. A serene environment with acoustic music of familiar songs that have repetitive lyrics or rhythm is ideal for creating a musical experience that engages them emotionally and cognitively. We encourage our children who respond positively to music to explore different styles of music and instruments.



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## Dance

Dance is a form of expression in which the body, mind and soul step in tune with the music. It taps into the deepest emotions and uses the body as the canvas to express those feelings. In addition, it bolsters positivity, improves posture and instils confidence. It is a fun, creative and therapeutic way of utilizing the healing power of dance to help individuals on the spectrum. Dance therapy also stimulates the brain, addresses sensory needs, encourages communication, helps develop motor skills and most importantly, gives the child an avenue to truly experience their uniqueness.





## Art

Creating art is a cathartic experience. It gives children with special needs a voice of their own. Through the medium of art, they can explore and understand their surroundings and themselves better. Children are introduced to different styles of art and craft to gauge their interests and skill sets. They are given different media such as crayons, paint, sketch pens, stamps, pencils etc. from which they can pick and choose. While some of them love getting messy by splattering and dribbling paint, others prefer crayons and colour pencils to work with. Activities such as handling a pair of scissors, applying glue, and using crayons and paint brushes also develop their fine motor skills. They get to explore different materials, textures and styles of working that facilitates personal growth and expression. It taps into the creative potential of our children and with that build the self confidence that many lack but deserve to feel.



## **The CADRRE Model – For Parents & Caregivers**

Parents, caregivers, and others who interact with the children regularly form an integral part of the CADRRE model. As part of our initiative to provide ongoing education and support to families with individuals on the spectrum, our team provides need-based counselling sessions to them. Our team has also developed training modules specifically for parents and grandparents of individuals on the spectrum. Each module is about an hour or two and equips the primary caregivers with the knowledge and tools to help themselves and their children.

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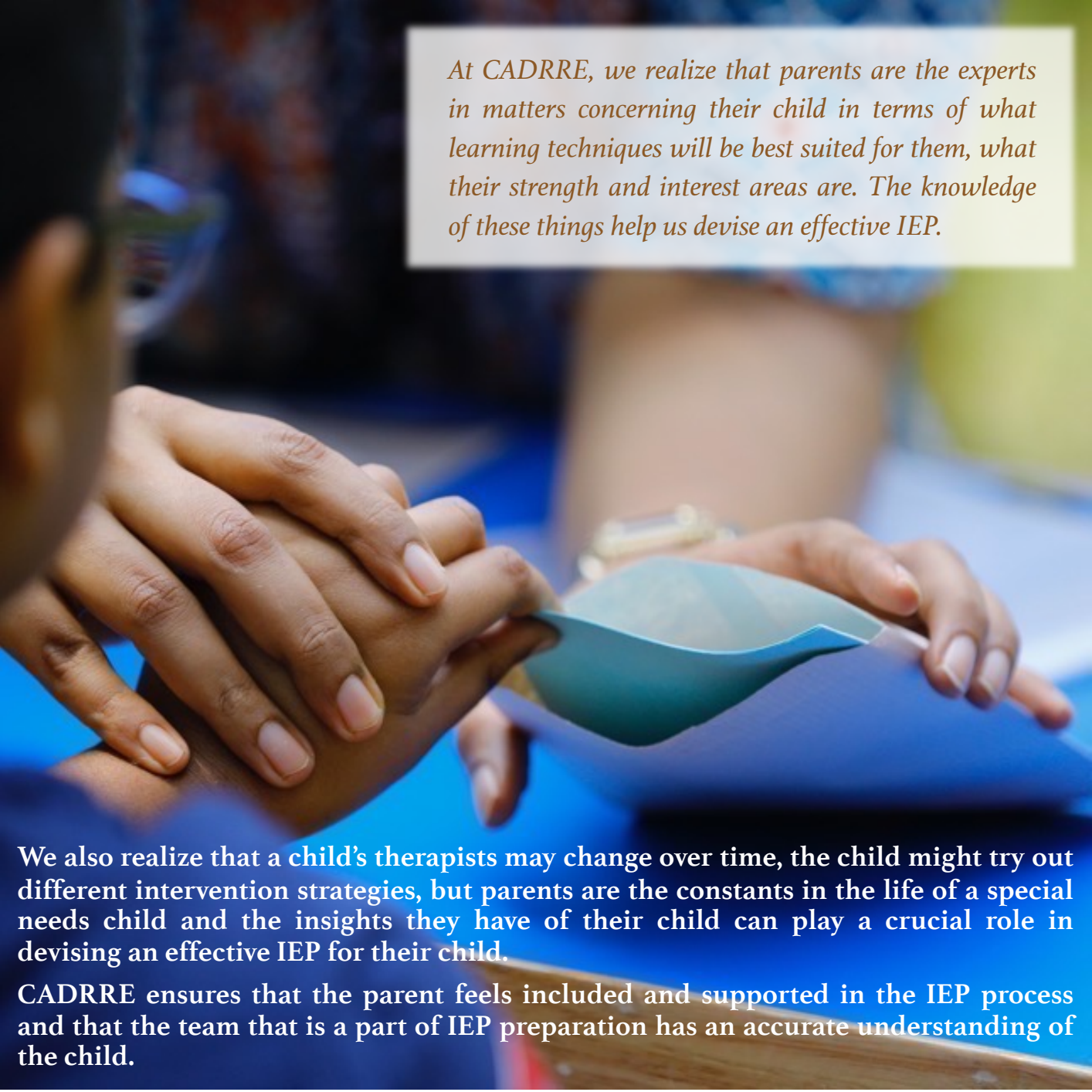
Parents play a major role in creating an Individualized Education Plan (IEP) for the child. Mentor meetings happen every week in which our team discusses with the parent about the progress/ milestones of the child or areas in which they need to work further.

The need for a routine is crucial when it comes to children on the Autism Spectrum and hence every aspect of learning will require a follow up at home too. Parents are included at every step of the way, be it about a new skill that is taught or exploring new strength areas for the child.

The learning methodologies are tweaked and adjusted based on how the child responds to it and on the feedback from parents or caregivers. They are given the support for effective implementation of strategies followed at school to be carried out at home also.







*At CADRRE, we realize that parents are the experts in matters concerning their child in terms of what learning techniques will be best suited for them, what their strength and interest areas are. The knowledge of these things help us devise an effective IEP.*

**We also realize that a child's therapists may change over time, the child might try out different intervention strategies, but parents are the constants in the life of a special needs child and the insights they have of their child can play a crucial role in devising an effective IEP for their child.**

**CADRRE ensures that the parent feels included and supported in the IEP process and that the team that is a part of IEP preparation has an accurate understanding of the child.**

# CADRRE Hosted ADOS Workshop by Fulbright Specialist **Dr. Catherine Lord**

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Our team strives for excellence in their own learning and development, to deliver the best to our students and families and are supported to do so through access to regular professional development.

CADRRE hosted Dr. Catherine Lord as a Fulbright specialist in September. She is the Distinguished Professor-in-Residence at the School of Medicine at University of California Los Angeles and a Senior Research Scientist at the Semel Institute for Neuroscience and Human Behaviour



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She has also been involved in the development of standardized diagnostic instruments for ASD with colleagues from the United Kingdom and the United States – The Autism Diagnostic Observation Schedule (ADOS), an observational scale, and the Autism Diagnostic Interview – Revised (ADI-R), a parent interview, now considered the gold standard for research diagnoses all over the world.

The workshop saw the participation of members from Sree Chitra Tirunal Institute for Medical Sciences and Technology, Child Development Centre Trivandrum, National Institute of Speech and Hearing (NISH), Trivandrum, India Magpie Speech Therapy Bengaluru, Bubbles Centre for Autism Bengaluru, KIMS Hospital Trivandrum and Trivandrum International School in addition to members from Team CADRRE.



The workshop gave a detailed introduction to ADOS including theoretical underpinnings related to Autism Spectrum Disorders .

Dr. Lord also did a live demonstration of ADOS in which CADRRE students from three age groups participated.





The workshop introduced the coding conventions in ADOS and gave information for further training in clinical and research use.

Dr. Lord also also gave a talk at KIMSHEALTH on – *'Update on Autism Spectrum Disorder'*. The scientific session was attended by doctors from the Pediatric wing and Neurosciences at KIMSHEALTH, Speech Language Pathologists, Psychologists and parents of individuals on the Autism Spectrum.

Dr. Lord also interacted with the team at CADRRE and spent time separately with each group of students and shared her insights and feedback about the various techniques followed by our team.







# CADRRE and Pay Attention Autism Awareness Initiatives



Pay Attention is India's first bridge digital Autism Support network by Tata Power in collaboration with CADRRE. Two members from Team CADRRE along with Pay Attention team from Tata Power conducted an interactive workshop with Anganwadi workers, Govt. staff & parent groups from the Trombay region, Mumbai to learn basic identification marks and behaviour patterns for early identification of the Autism Spectrum & related learning diversities.

The program is aimed at strengthening of Autism Support network through the exchange of experience, partnership building, and reaching out to grassroots communities. It is aimed to create a network of champions who would spot the early signs of autism in toddlers, explain the need for a diagnosis to parents sensitively and professionally and help them to understand the importance of early diagnosis and intervention as well as multi-disciplinary intervention. More than 75 Anganwadi workers and parent group members attended the interactive session and are now empowered to strengthen the Autism Support Network, which helps spread the message of awareness in the community.



# CADRRE and Pay Attention Autism Awareness Initiatives

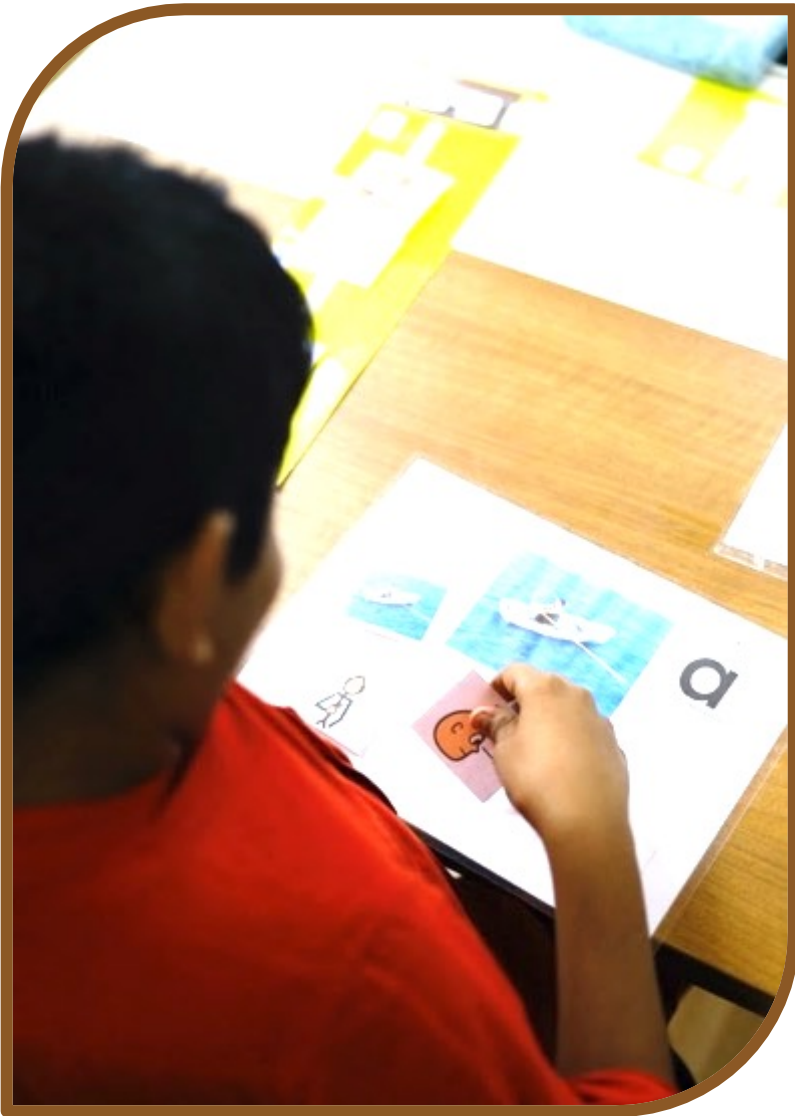


CADRRE staff also conducted similar workshops in Delhi and Odisha. In Odisha workshops were conducted at various rural locations including Behrampur, Chatrapur and Balasore, in collaboration with TPSODL (Tata Power South Odisha Distribution Limited) and TPNODL (Tata Power North Odisha Distribution Limited) The workshops were attended by over 500 participants including Anganwadi workers, local government officials, nursing and physiotherapy students.

Pay Attention webinars were also conducted for IHCL (Indian Hotels Company Limited) Mumbai and Bhubaneswar. Workshops in Trivandrum were held for the executives and staff of Taj Vivanta and Taj, Kovalam.

# PARENT MEDIATED INTERVENTION PROGRAM

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We started our first PMI batch on August 17th with 2 children aged 6yrs 7months and 6yrs, respectively. The 3 weeks of intensive training, Mon-Fri, 9.30 am-1.00pm was attended by the parents along with their children. There were sessions on social skills, communication skills, and occupational therapy; the areas of toileting and feeding were also worked on. After the 3 weeks of training, the parents and teachers meet virtually every week to review progress, discuss concerns and to plan the activities for the following week. They will also have monthly in-person sessions at CADRRE for the next 2 years.

Our next batch started on October 12, 2022, with 4 children.



## Testimonial from a PMI parent

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*"We are very thankful to you and all CADRRE staff for giving us this golden opportunity. It was such a wonderful time. The atmosphere of care and compassion at CADRRE is unmatched anywhere"*





## **CADRRE WELL - WISHERS MEET AT THE ARTISM STUDIO**

The soft launch of CADRRE The Artism Studio took place on the 17th of August 2022. It was a beautiful, intimate evening, rekindling friendships, beautiful conversations, lot of catching up and unwinding. Many of our friends and well-wishers who supported us in our journey of celebrating Autistic individuals were present on the day, as we started a new chapter in our journey.



To add a zing to the vibrant evening we had a music performance by Ananya Bijesh, a budding young musician on the Autism Spectrum. This was the first in The Artism Studio's Amazing Artists' Series. We are planning to conduct performances by differently abled artists from time to time giving them opportunities to explore and take their talents to a larger audience.



## *WELL - WISHERS MEET*



We had refreshments made by the trainees of The Artism Studio for the day, finger sandwiches, tarts, puffs, crispy fried eggplants and more to munch on and flavoured mojitos to savour the experience.

The trainees served the snacks and drinks to the guests with great enthusiasm. As a token of love towards their valuable support and counsel, we gave an assortment of gifts carefully curated by the trainees of The Artism Studio.



## WELL - WISHERS MEET

The gift hamper had a sand art bottle showcasing The Artism Studio, a cloth bag with a graceful Kathakali image created by one of our trainees who loves drawing, sketching and creating caricatures and an Autism badge conceptualised by CADRRE. It is a step towards making people understand more about Autism and its strengths. The assortment also had a loaf of bread baked by the trainees of The Artism Studio for every family! The trainees at The Artism Studio are set out to bake a difference and we hope you support them in their journey!







*"The trainees at  
The Artism Studio are set out  
to bake a difference and we hope  
you support them  
in their journey!"*



# *ONAM HUES 2022*

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Onam is a very special festival for Keralites and there is hardly any other festival celebrated with as much enthusiasm and joy as Onam! Traditionally Onam is a harvest festival and has reasons associated with mythology also. But the way people celebrate Onam has changed over time and has many cultural variations.

We had a blissful Onam at CADRRE with children dressing up in their traditional best, looking lovely in their shirt and mundu, and pattupavadas. A lot of fun games and activities, dressing up as Maveli and Vamanan, learning the story behind Onam, rekindling the Onam spirit!







Children clicked group photos, played games as a group. They had set up a colourful *pookalam* with the flowers they brought from their homes, living the spirit of Onam, sharing and helping each other to create a beautiful floral carpet. This way even parents became a part of their child's Onam celebration.













The children played musical chair and danced together. There was also a small program coordinated and conducted by the trainees of the Employability Training Program with group song, skit and dance and what awaited the team was a splendid and delicious sadya!



# CADRRE'S SPECIAL MILESTONE

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Two of our trainees from the first batch of CADRRE Employability Training Program for Young Adults on the Autism Spectrum got recruited as paid interns by Ernst & Young (EY) Global Delivery Services (GDS) at their Trivandrum Campus.





The ETP program at CADRRE is open to young adults in the age group 18 to 25. The program is run out of CADRRE's Vazhuthacaud centre at CADRRE The Artism Studio.



It was a red-letter day for the parents and family of Rohit and Liya as well! To see their children - surpass all challenges and work hard to create a life for themselves where they are financially independent and meaningfully employed means the world to them!



# CADRRE'S SPECIAL MILESTONE





# CADRRE'S SPECIAL MILESTONE



CADRRE is happy and proud beyond words to be able to enable them and support them in this journey. We cannot thank the EY team enough for driving the change and being in the forefront in creating neurodivergent workspaces and realizing the benefits of a diverse work environment.

Liya and Rohit and their parents were featured in Malayala Manorama's Sunday edition. Their love is a sure testimony to the fact that a happy home can do wonders for your child and that parents are the best teachers to their children and loving them unconditionally is the best therapy they can give.

To read the article: <https://www.manoramaonline.com/news/sunday/2022/09/25/autism-success-story.html>



# CADRRE TEAM BONDING

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One can never pour from an empty cup and recharging one's batteries and rejuvenating becomes very essential, for not just care givers but teachers and therapists who work with individuals on the spectrum, as every day is different, which can be equally challenging and rewarding!

Our team planned a one-day trip to Poovar on the 10th of June 2022 as part of the team building activities planned before the new academic year. Our team had a fun day with all of us travelling together to Poovar Island resort. We spent the day there, played on the beach, travelled in a boat, watched the rain pouring down to the sea, got drenched in the rain, ate salted mangoes and pineapples from the sea-side stall, clicked selfies and groupies, played some fun games and had an elaborate buffet lunch.









*We had a beautiful time catching up and unwinding.*





## EVENTS AT THE ARTISM STUDIO

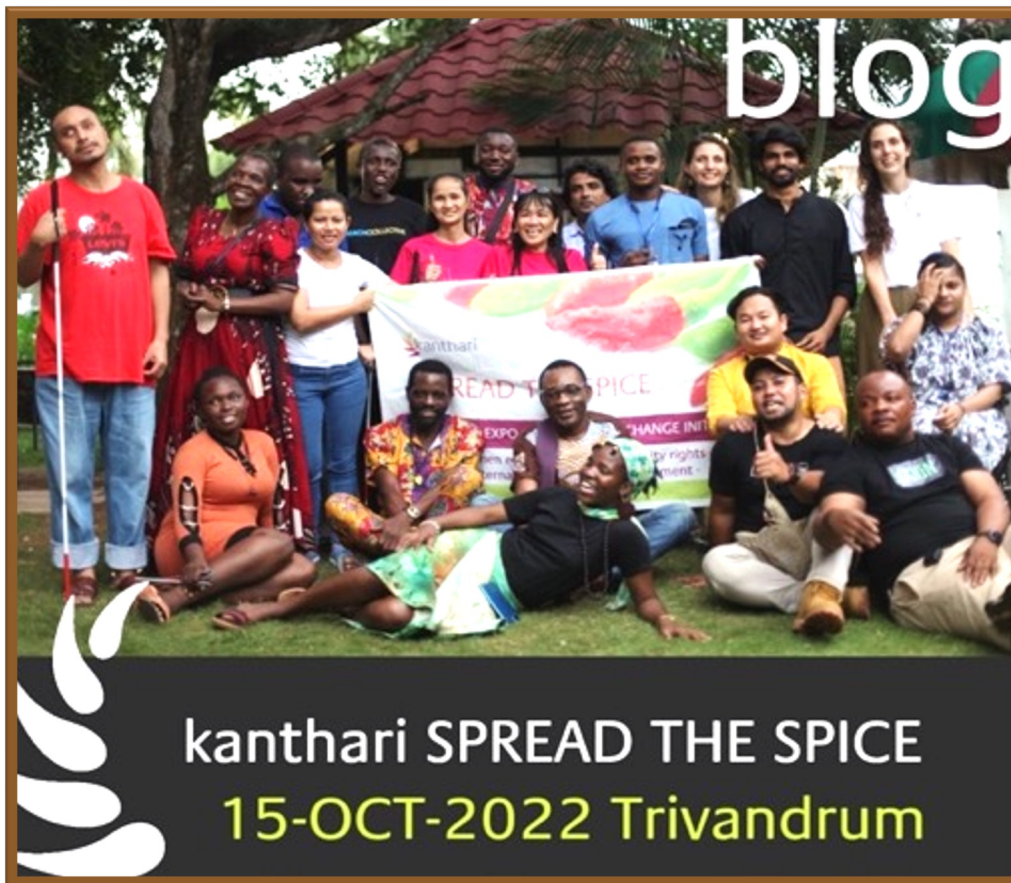
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On 25th September, Heritage Walk Trivandrum hosted a lecture demonstration on “The Joy of Rhythm & Meter in Malayalam” by Prof. Achuthsankar S Nair. Heritage walks are centred around exploring monuments, architecture. It takes curious people on layered explorations through the lanes and by-lanes of the city.

The Artism Studio was filled with conversations surrounding language and literature and children who accompanied their parents playing outside made to be beautiful evening. Towards the end of the workshop, they savoured the rice porridge made by a member of their group in biodegradable leaf plates creating a sustainable model for events and functions like these.



# Kanthari SPREAD THE SPICE Festival



Spread the Spice festival by Kanthari was hosted at The Artism Studio on the 15th of October. Kanthari in Trivandrum, Kerala, offers one year leadership program for visionaries who have overcome adversity and who are keen to drive ethical social change. Kanthari equips participants with tools that are required to start and run an NGO, an organisation or social venture.

To catch a sneak peek visit: <https://www.instagram.com/reel/ClDuDvGvRU8/>

# Kanthari SPREAD THE SPICE Festival

Spread the Spice 2022 was a one-day exhibition on ideas of social change. 21 change makers from 12 countries showcased socially relevant issues and the solutions they will implement soon after they complete their training at Kanthari.

The Artism Studio was bustling with energy on the day with lot of young volunteers from Sree Chitra College of Engineering and lot of walk-ins who came to see the exhibition. There were more than 25 stalls which dealt with topics such as agriculture and environment, women empowerment, alternative education, LGBTQI rights, cultural taboos, disability rights and more.



The event was engaging with lot of games to try out, a brain cycle, song and dance performances. You can catch a glimpse of the beautiful event here.

The Artism Studio, first ever concept studio in Trivandrum catering to the individuals on the Autism spectrum provides you with an opportunity to celebrate your special and intimate events here.



# CADRRE JOURNAL CLUB

Every child's autism journey is different. One needs to be aware of the latest developments in the field to cater to the evolving needs of the students. Hence, we introduced a Journal Club that meets once a month. The team is divided into four groups and each group should choose a recent article with innovative research from any renowned journal and make a presentation on it. The team meets virtually, and the presentation is followed by a Q&A session.

The first in the series was on the topic 'Problem Solving Performance of Students with ASD' by authors Gulnoza Yakubova and Teresa Doughty.



# When 2021 Batch of IAS Officers Visited CADRRE

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Eight IAS officers of batch 2021 who would be taking charge as assistant collectors in various districts of Kerala visited CADRRE, as part of their training at Institute of Management in Government.

The trainees went through in detail the programs and interventions provided at CADRRE and interacted with the children and the teachers at CADRRE. They also had a detailed conversation with Mr. G. Vijaya Raghavan, Hon. Director CADRRE, on the challenges and bottlenecks that the autism community faces in Kerala and steps that can be taken to help them.





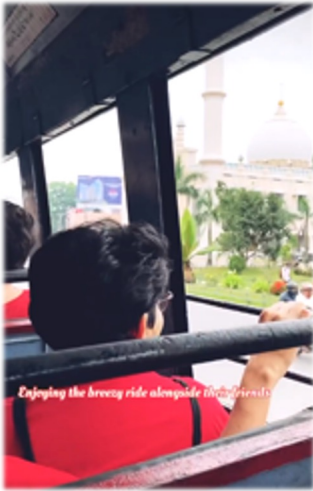
# FIELD TRIPS



CADRRE gives a lot of emphasis to field trips as we believe that a lot of learning happens outside of classrooms and need not be within their familiar spaces. Field trips provide students with a lot of opportunity to observe new things, respond to new situations and exercise their reflexes. Students who are on the autism spectrum rarely get such opportunities to experience various social settings because their family and caregivers might be worried about how others will perceive their varied ways of interactions and mannerisms. Because of the restrictions that came with the pandemic we had to put a long break to our field trips, but as soon as the restrictions were behind us, we planned a field trip for our students to Funtura, Lulu Mall.







We wanted our children to have a very natural experience in taking a bus to a destination and hence we chose to book KSRTC buses for our students to go to Lulu. Our staff also travelled with them, one staff accompanying each child. All of them were excited to take the bus ride on the sunny morning to Lulu Mall. With a gentle breeze and city-sights, the ride was indeed a memorable one for not only the students but also for the staff to see the children enjoy the ride and adapt well to new experiences.





# FIELD TRIPS

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The children watched a 7D movie at Funtura. On request, a few lights were kept switched on; some children did not find it comfortable to wear their 3D glasses but all of them watched the short movie for the whole duration.



Students tried out a lot many different rides, carousel, soft play, video racing games, wall climbing, drop and twist tower, bumper cars and top dancer – an exciting ride that takes you upward and downward in clockwise and anti-clockwise directions, with surprising changes in speed and unexpected drops from heights.



The children turned out to be braver than their teachers when trying out these new things!

They also spent a lot of time on the trampoline bouncing away their sensory discomforts and worries. We left Lulu wanting to come back for more fun!

You can catch a glimpse of the beautiful day we had here <https://www.instagram.com/reel/CnMJugRiXNY/>



## When CADRRE Visited Intimate Farms

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Students from CADRRE visited Intimate Homes, a small farm in the heart of the city. Amidst nature and greenery, our children got to see a lot of lovely beings. Breeds of Cows, Ducks, Hens and Goats.

Pet therapy has been shown to yield great benefits for people of all abilities encouraging social interaction, comfort and play. One of the most recognizable benefits of animal therapy for individuals with autism is the increase in positive social behaviours. When an animal accompanies a child on the spectrum, they laugh, talk, smile, and participate more. Animals serve as a conversation starter to ease social communication.







They boost feelings of self-confidence and well-being, significantly reducing the feelings of loneliness people on the spectrum often face. They have proven quite effective at calming an autistic person through stressful situations, helping to avoid emotional meltdowns or lash-outs. Our students had a wonderful time at the farm caressing the animals, some of them observing them from afar, some were curious and a few of them played with them. Students went home excited to share about the lovely day they had at the farm.

Sharing a quick glance into the beautiful day:  
<https://www.facebook.com/reel/550836780437672>





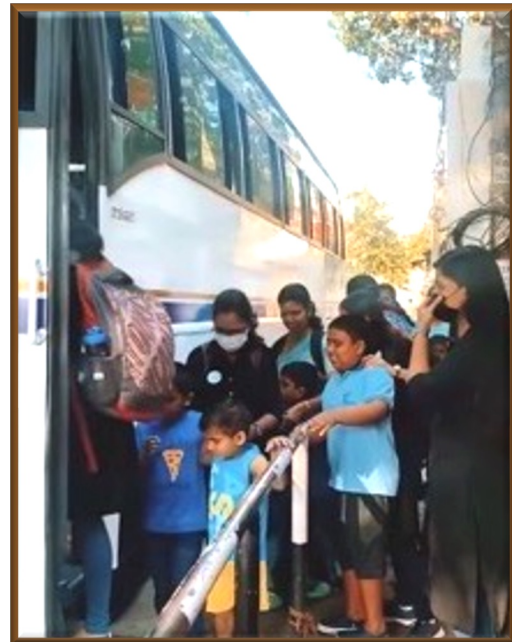
# Visit To Akkulam Park

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Nature has the power to heal. By slowing down and letting yourself notice the smell, sound and feel of nature, you become calmer, aware, and often experience less stress.

It feels good to get out of the busyness of life, from closed walls, mobile notifications, laptop screens and other material things occasionally, to feel the sunshine on you, to feel the soil beneath your feet, and to smell the flowers.

We wanted our students to experience this when we took them to Akkulam park.







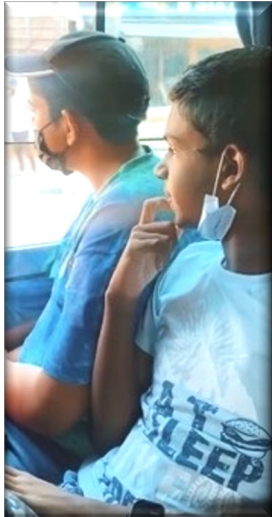
A pleasant sunny day , children loved the ride from school to the park. Crossing the road together holding each other's hands, observing families and kids around them, trying out different rides, jumping up and down in the castle, splashing away the heat in the pool and watching a musical fountain. They enjoyed the day thoroughly!

You can catch a glimpse of the beautiful day we had here:

<https://fb.watch/m8yrBzyxuh/>



**Children bouncing away their sensory discomforts**









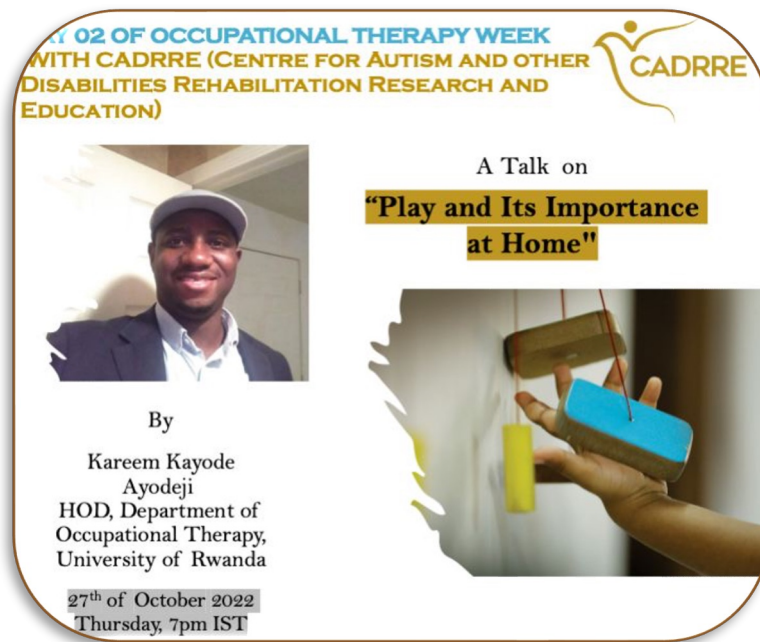
# OCCUPATIONAL THERAPY WEEK

As part of World Occupational Therapy Day on the 27th of October 2022, CADRRE celebrated Occupational Therapy (OT) Week with talks by field experts and a lot of OT related activities for students. The goal of occupational therapy is to improve the skills that are needed to live life as independently as possible.




Occupational Therapy Week  
with CADRRE


On the Occasion of World Occupational  
Therapy Day  
Webinar on  
"Home Adaptations to Meet the Sensory  
Needs of Children with Autism"  
By  
Anna Daniel, Vice Principal of OT  
College, National Institute of Physical  
Medicine and Rehabilitation (NIPMR),  
Thrissur  
At 7pm, October 26th 2022



DAY 02 OF OCCUPATIONAL THERAPY WEEK  
WITH CADRRE (CENTRE FOR AUTISM AND OTHER  
DISABILITIES REHABILITATION RESEARCH AND  
EDUCATION)



A Talk on  
"Play and Its Importance  
at Home"



By  
Kareem Kayode  
Ayodeji  
HOD, Department of  
Occupational Therapy,  
University of Rwanda

27<sup>th</sup> of October 2022  
Thursday, 7pm IST

Occupational therapy can help you to cope with a physical limitation and manage better in everyday life. This can improve your quality of life and health. Occupational therapists can help, for instance, if you have limited use of your hand or arm due to a medical condition. They may recommend various exercises or activities, offer you advice, or suggest changing certain things in your everyday life.

# OCCUPATIONAL THERAPY WEEK

Students at CADRRE are exposed to various occupational therapy activities on a regular basis.


Listening to experts from the field and understanding the various techniques implemented by them have helped our team to devise better strategies and methods of implementing OT therapy activities at CADRRE.

The speakers of the OT week:

- Anna Daniel, Vice Principal of OT College, National Institute of Physical Medicine and Rehabilitation (NIPMR) Thrissur
- Kareem Kayode Ayodeji, HOD, Dept. of Occupational Therapy, University of Rwanda
- Shobhana Moorthy, Director, Head Occupational Therapist, Smart Sensory Kids Therapy Centre
- Joan Surfus, Adjunct Assistant Professor of Occupational Therapy, University of Southern California

**OCCUPATIONAL THERAPY WEEK WITH CADRRE**



A Talk on  
**"Dealing with Sensory Overload at School and Home"**  
By  
**Dr. Joan Surfus**  
Adjunct Assistant Professor of Occupational Therapy  
University of Southern California



**29<sup>th</sup> October 2022, Saturday, 9:30 am IST**

**OCCUPATIONAL THERAPY WEEK WITH CADRRE**

A talk on  
**"Functional Independence at Home"**  
By  
**Ms. Shobana Moorthy**  
Director, Head Occupational Therapist  
Smart Sensory Kids Therapy Centre



**29<sup>th</sup> October 2022, Saturday, 6:00 pm IST**

T C 12/43, PMG-Plamuda Rd., Trivandrum, Kerala, India  
[www.cadrre.org](http://www.cadrre.org) [contact@cadrrre.org](mailto:contact@cadrrre.org) +91 9207450001



# CHILDREN'S DAY CELEBRATION

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We had a lovely celebration on the 14th of November, the younger children came dressed as little chachajis on Children's Day. With a beautiful rose pinned on to their pristine white shirts they looked nothing less than amazing.





They read together about Children's Day, played some fun games, exchanged hand-made cards which they made for each other, spent some time in the pool – they spent the day playing, sharing and learning together.





*Children dressed as little Chachajis!*

# DIWALI & KERALA PIRAVI CELEBRATIONS

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Every occasion is celebrated with great enthusiasm and interest at CADRRE. Students come in dressed for the occasion, they are made to experience how it is to celebrate each festival in its authentic way and understanding the traditions and customs behind them.

For Diwali our children came dressed in their traditional best, lighted lamps, created a rangoli of vibrant colors and clicked groupies. They brought sweets and shared with each other.







On the 1st of November, Kerala Piravi, commemorates the foundation of the state of Kerala. At CADRRE our students had an elaborate sadya , a feast served on a banana leaf. One dish each was brought by every student from their homes, and they had lunch together sharing the happiness, excitement and food.



# CHRISTMAS JOY

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We had a joyous and vibrant Christmas at CADRRE. The centre was decked with Santa, reindeer, snowman, sleigh, mistletoes and bells to ring in the spirit of the season. Students actively participated in creating various do-it-yourself décor hangings with the help of their teachers. The students baked a cake together, sang, danced and performed for us. The students were busy practicing for their performances starting two weeks prior to the celebrations.





The juniors showcased a skit depicting the story behind Christmas. Certain textures of clothing and accessories can be hard for the children on the spectrum as they have varied sensitivities to different textures. Yet, all the children were accommodative, and they pushed themselves to perform in the best way they could and that made our Christmas celebrations even more special!

*We had a Christmas filled with love, laughter and warmth!*

Sharing a sneak peek into the lovely time we had here: <https://www.instagram.com/reel/Cmldys4IXGJ/>





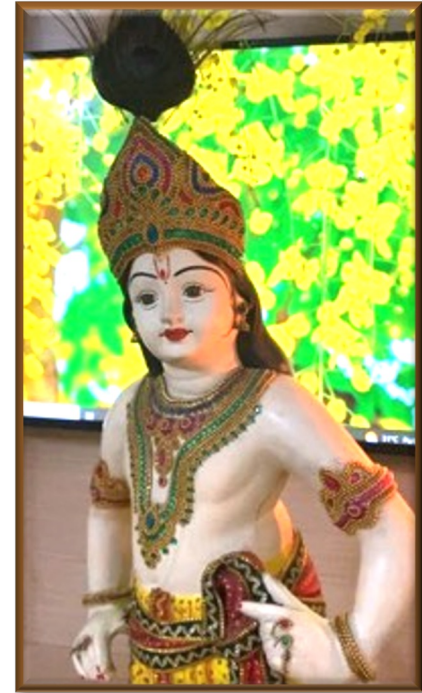


*CHRISTMAS DÉCOR @ THE ARTISM STUDIO*

# VISHU GAIETY

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Vishu is a cultural festival of Kerala celebrating the harvest season. Vishu is marked by the Vishu Kani (A tray of flowers, especially the yellow blooms of the golden shower tree, along with fruits and vegetables, rice, coins, and gifts placed beside a lamp and Krishna idol). Seeing this as the first sight of the day after waking up is set to bring abundance and prosperity.



We set up a very elaborate and beautiful Vishu Kani for our students. Each student brought a fruit of their choice, a vegetable or a cereal which became a part of the kani. The children were curious and inquisitive to observe every little thing in the extensive kani that we set out for them.

A sneak peek into our Vishu celebrations: <https://www.instagram.com/reel/CrFqB4juTUn>





Parents came in with their children and clicked photos in front the kani. All of them came dressed in bright and happy yellows of different kind and they looked very smart and beautiful in their traditional best attires.

Two of our students came dressed as Krishna and Radha and it was as cute and real as it can get as those mythological characters came to life for all of us.



After Vishu celebrations CADRRE closed for summer break for its students; a personalised gift awaited every student to be taken home which was done by the trainees at the Artism Studio - a pen stand created using the decoupage technique with the family photo of the child on one side and a photo of their second home, CADRRE on the other side. Children were excited to see their parents' photo and showed it to them with great enthusiasm.



# VISHU GAIETY



Some games were also planned for the students, musical chairs, passing the parcel and other fun games to play with their friends. We clicked a lot of photos. They all ordered in the chatti choru, traditional lunch that comes in an earthen pot with lot of veg curries, fish dishes and so on. They had a Vishu filled with happiness, sharing and warmth.

The staff at CADRRE also had some fun, as they did a dance number which you can watch here:

<https://www.instagram.com/reel/CrImjwOJplv/>





# AUTISM AWARENESS INITIATIVES

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Sometimes it is challenging to accept what we cannot see, interpret or fully understand. But CADRRE has always strived to give people a better understanding of Autism through our advocacy initiatives.

We urge people to understand and remember that acceptance starts where judgment ends. Shared experiences can uplift us, empower and lay a strong foundation for support.

Acceptance begins with us, but where we lead by our own examples, determines its impact.



CADRRE in association with Lulu Mall Trivandrum organised a Mallathon for Autism at Lulu Mall on the 2nd of April 2023 to mark the 16th World Autism Awareness Day.

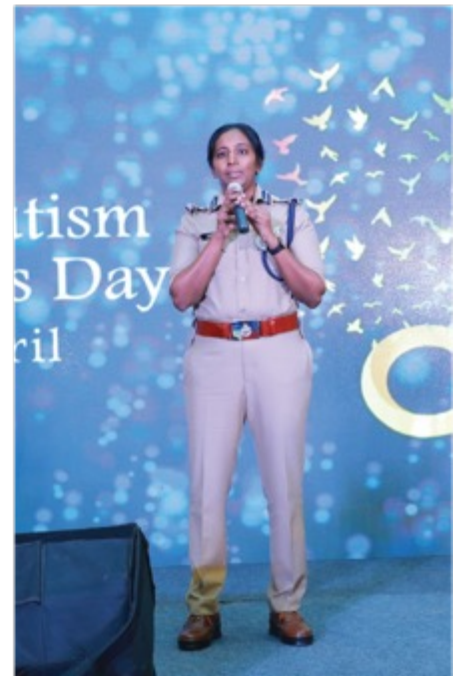
**Dr Shashi Tharoor MP** launching the event called for the need for the public to understand Autism better and be empathetic to the cause & bring them into the mainstream.

**Nishanthini IPS**, DIG Police flagged off the Mallathon for Autism and walked with the children and young adults on the autism spectrum

**Aparna Rajeev** who was the guest of honour entertained the audience with her soulful rendering of songs.









Over 150 children and parents and members of the team CADRRE took part in the mallathon. There was a sea of people dressed in blue at Lulu Mall Trivandrum to represent the Autism Community. Trainees of the Employability Training Program spoke about their journey with Autism, and few of our students added a zing to the program with their dance performance and song rendition. It was such a special moment for CADRRE to see our students perform in front of a huge audience!

We believe that by empowering individuals on the spectrum, we can create a more inclusive world that encourages people to be the best version of themselves. From caregivers and parents, teachers and therapists, to self-advocates and brave people sharing their stories - every person contributes to the positive impact on the autism community.

*Acceptance begins with us, but where we lead by our own examples, determines its impact.*



# A Day for Our Autism Warriors

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We wanted all the parents of CADRRE to have a day where they take a moment to realise and reflect on the resilience that they all carry within themselves!



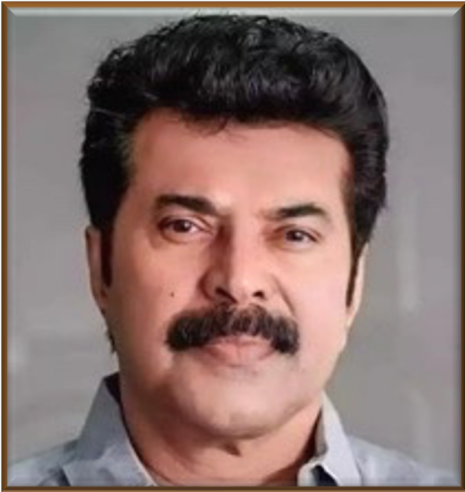
A little time to "just be" without any inhibitions or judgement. A time off to spend with people who could easily understand them and help create a community to support them, as they navigate the complexities of parenting. They got to know each other better, difficult conversations were made easier, laughed a little, paused a little to notice the friendships and companionship around them! All of them together learned few steps of a dance number and danced together. It became a day to cherish and remember!



# AUTISM AWARENESS VIDEO SERIES

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CADRRE featured a video message from one celebrity every day of the month of April starting from the 2nd of April 2023, World Autism Awareness Day making a total of 28 videos.







We chose to do this series with celebrities from varied fields of work as they have a greater influence and reach with the general public and the message will reach a wider audience.

The messages were kept short and crisp and was about the various aspects of autism and shed light on the misconceptions surrounding autism.

You can watch the videos here:

<https://shorturl.at/kqsRT>

# CADRRE FAMILY

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Our strength comes from the team who puts in their best, day in and day out to provide the best possible support to the autism community.

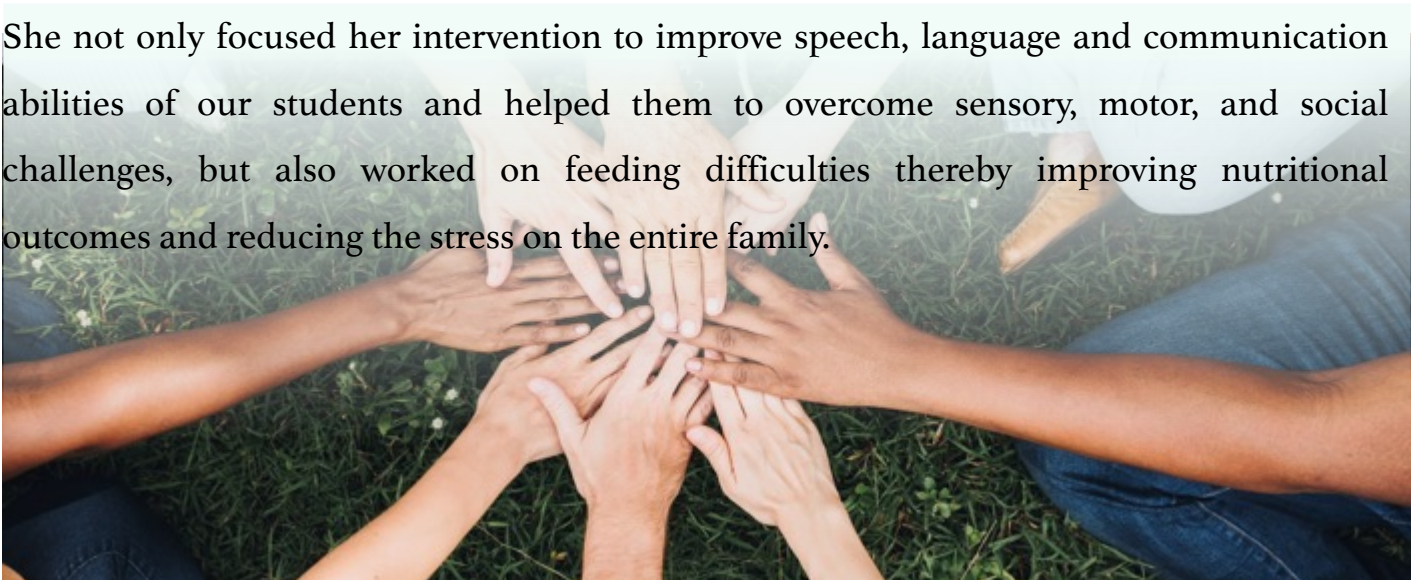
We are a 35 people team and most of us have been with CADRRE for an average of 3 years or more which speaks in itself about the bond that the team shares.



Swathy, a Speech Language Pathologist, has been with CADRRE since its inception.

When she had to leave us due to her family's relocation to Qatar, it was overwhelming for all of us as we had shared numerous milestones with her, and she had played a vital role in building up the team of Speech Language Pathologists at CADRRE.

She not only focused her intervention to improve speech, language and communication abilities of our students and helped them to overcome sensory, motor, and social challenges, but also worked on feeding difficulties thereby improving nutritional outcomes and reducing the stress on the entire family.







## ***Swathy's farewell message to Team CADRRE:***

"I'm saying goodbye to each one of you with a heavy heart. I would like to thank Mr. Vijaya Raghavan for giving me the opportunity to work with such a wonderful team. The learnings and experiences that I have got from here is immeasurable.

Working with each one of you has been a truly rewarding experience and I feel privileged to have been a part of this team. Throughout our time together, we have worked hard, laughed a lot, and made a lot of memories that I will always treasure.

I will always remember the times we spent together, whether it was collaborating on a difficult case or simply sharing a laugh during lunch. I want to thank my team and friends for your unwavering support and encouragement throughout my journey.

As I move on to new opportunities, the knowledge and experiences I gained here will be with me forever. Thank you for the opportunity to be a part of this wonderful team and for allowing me to make a difference in the lives of our children whom I'm going to miss the most.

Thank you all."

# TEAM CADRRE





# CADRRE IN NEWS



SECTION

മലയാള മനോരമ

E-PAPER TOP NEWS PREMIUM KERALA INDIA WORLD EDITORIAL BUSINESS SUNDAY INFOGRAPHICS

manorama ONLINE

അച്ഛൻ ജോർജ് മാത്യുവിനൊപ്പം ലിയ. ചിത്രം: അരുൺ ശ്രീധർ/മനോരമ

ഓട്ടിസം ബാധിച്ച ലിയയ്ക്കും രോഹിത്തിനും മൂന്നിൽ പരിമിതികൾ അപ്രസക്തമായി. അവരെ വഴിനടത്തിയ അച്ഛൻമാരുടെ കൂടി വിജയമാണിത്

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To read full article:

<https://www.manoramaonline.com/news/sunday/2022/09/25/autism-success-story.html>

## Pay Attention partners with local anganwadis to create early identification champions for Autism in Trombay, Mumbai

· Part of Pay Attention grassroots awareness series to strengthen Autism Support Network and to create awareness - Pay Attention..

AUGUST 12, 2022 9:57 am 930 Views SHARE

**PAY ATTENTION**  
— A different mind is a gifted mind —



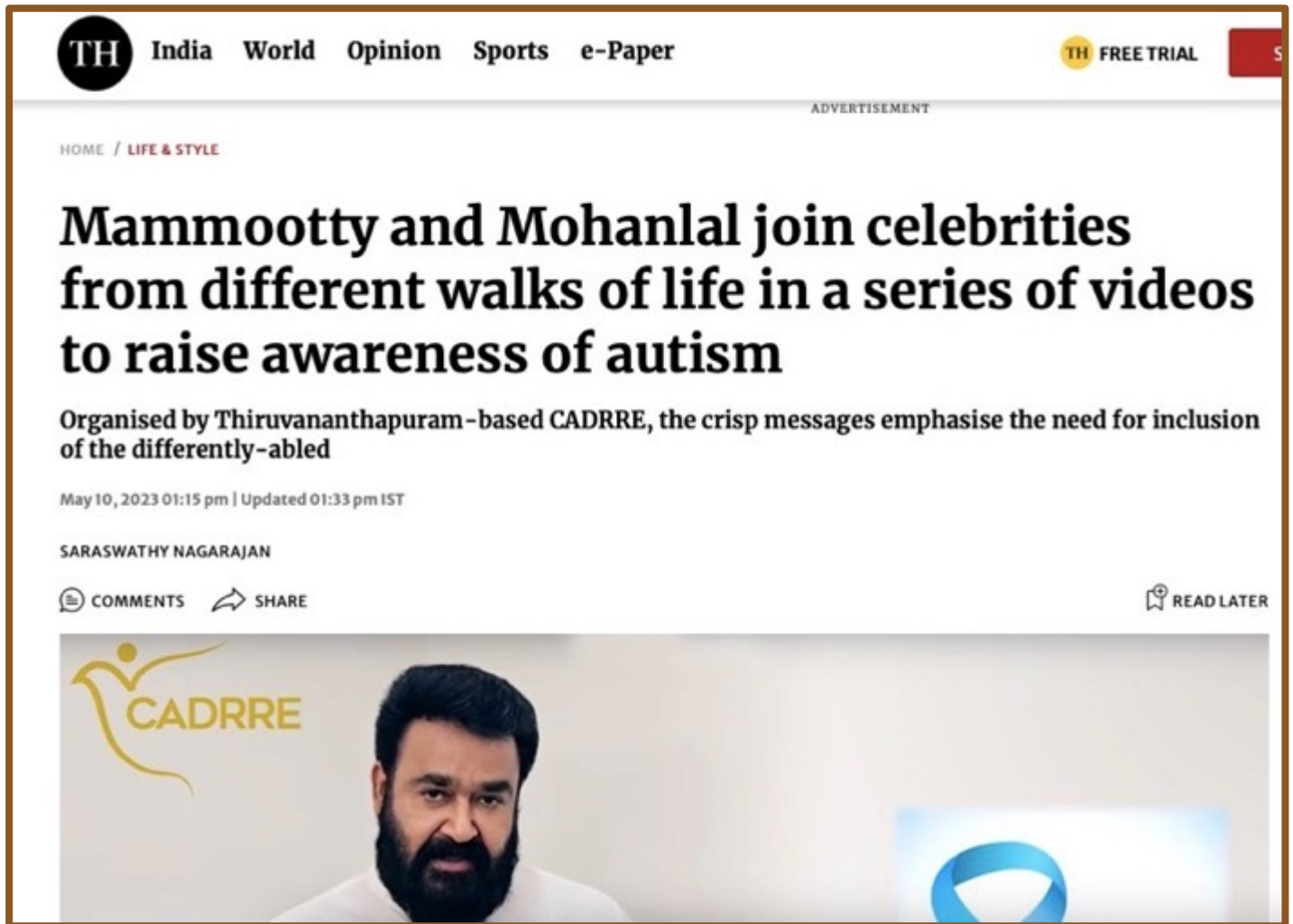
· Part of Pay Attention grassroots awareness series to strengthen Autism Support Network and to create awareness

· Pay Attention is India's first bridgital Autism Support network by Tata Power in collaboration with CADRRE

To read full article:

<https://medgatetoday.com/pay-attention-partners-with-local-anganwadis-to-create-early-identification-champions-for-autism-in-trombay-mumbai>





TH India World Opinion Sports e-Paper

TH FREE TRIAL

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HOME / LIFE & STYLE

## Mammootty and Mohanlal join celebrities from different walks of life in a series of videos to raise awareness of autism

Organised by Thiruvananthapuram-based CADRRE, the crisp messages emphasise the need for inclusion of the differently-abled

May 10, 2023 01:15 pm | Updated 01:33 pm IST

SARASWATHY NAGARAJAN

COMMENTS SHARE READ LATER

CADRRE

Autism awareness ribbon

To read full article:

<https://www.thehindu.com/life-and-style/mammootty-and-mohanlal-join-celebrities-from-different-walks-of-life-in-a-series-of-videos-to-raise-awareness-of-autism/article66826534.ece>

## Editorial Committee

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<https://www.linkedin.com/company/cadrre-centre-for-autism-and-other-disabilities-rehabilitation-research-and-education/>

# Thank you!