

JUNE 2022- MAY 2023

ABOUT MIRRA

A Chennai-based charitable trust, Mirra was registered on 2 July 2009 (Regd. No. 797 of 2009). Mirra is in its fifteenth year now. Mirra was born out of a dream of creating an all-inclusive space for children to go beyond disabilities, so that they may both give and receive such beautiful things as ideas, openness, dignity, joy and education. The main objective of Mirra is potential realization, empowerment and inclusion of children with autism, learning disability, and other special needs into mainstream schools and community at large. **Educate, Empower and Embrace** are the three main pillars that drive every initiative at Mirra, driven ably by a nine member team.



VISION 2025

To **enable** neurodiverse children and young adults develop and lead a **sustainable normal life** by partnering with key stakeholders like academic institutions, research bodies, NGOs and parents towards **driving inclusion in family and society**, by developing new tools and methods through research and **leveraging technology** and by shaping policy by engaging with the State Government.



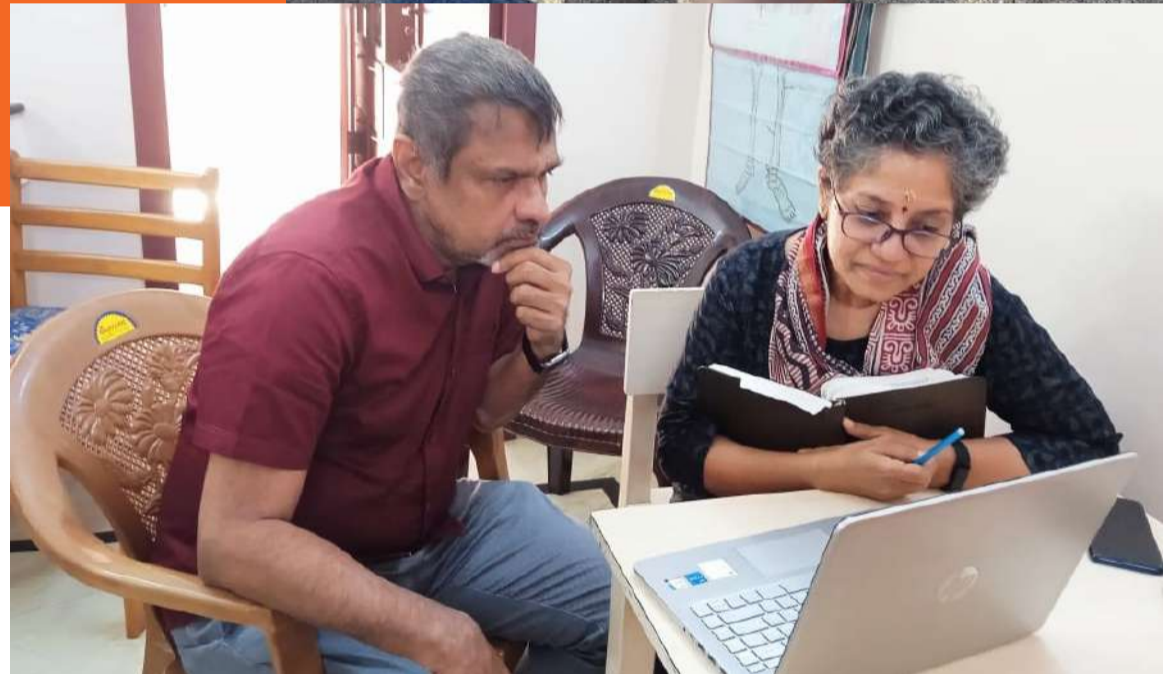
OUR MISSION

We believe that inclusion is a natural way of the Universe; it is a truth in existence. Experiencing this truth and implementing it in the field of education and in life is our mission.

OUR SERVICE OFFERINGS

- Pratikriya (remedials)
- Aikya (inclusion)
- Vinithi (training and workshops for parents and professionals)
- Payirchi (skill development towards a vocation)

The services we offer are aimed at reaching out to parents and children in a variety of ways.



MESSAGE FROM OUR FOUNDER TRUSTEES

- We are grateful for an amazing year – a year of continued commitment to our vision. The newsletter details our activities through last year, every one of which went towards making further strides in realizing Vision 2025. In our effort to educate and empower our students and their families we were fortunate to have collaborated with some wonderful individuals and organisations. We continued this past year to explore technology, research and innovation in our attempt to make our offerings more accessible, adaptable and efficient.
- We were inspired as always by the willingness to learn by our students and the commitment of parents. Thank you, dear parents, for your faith in us, your valuable feedback and constructive criticism. It helps us grow. We are grateful to our well-wishers and patrons for their continued support and encouragement.
- Every member of Team Mirra has enabled Vision 2025 with their sincerity, diligence and perseverance. Grateful With promises of another year of great learning that honours diversity and embraces and celebrates every individual, we wish each of you the best.

HIGHLIGHTS

- Mirra enters its 15th year of operations from July 2023 onwards
- Around 6350 hrs of remedial support – 5660 hrs of one-on-one remedials and 690 hours of group remedials
- Around 870 hours on Payirichi – Multimedia and empowerment towards independent living(Malarchi)
- Around 1500 hours on parent empowerment focusing on emotional well-being, Professional development and Train-the-trainer.



> Group Programs

o Pratikriya

Arumbu (Early Intervention), Saaram (10 – 14 years) and Manjari (15+ years for girls) imparting holistic learning and functional outcomes

o Payirichi

● Multimedia

- **LBAEMP:** Course completion and awarding of diploma for our third batch
- **PBAEMP:** Second batch pursuing their advance diploma along with execution of projects
- **Malarchi** – A 6-month certificate course on empowering life skills for independent living completed for third batch (direct sessions)

- **Shraddha** – Our 6-month program for educators and parents to handle a multi-ability classroom completed for batch-7
- **Hybrid mode of learning** – Online sessions and direct sessions
- Online mode has helped to reach students across the globe – other parts of India, Singapore, Dubai and US
- **VISION 2025** – All pillars of our vision pursued with great rigor and several initiatives kicked off to realize our vision
- **LMSKIT** – Our digital platform extended for Shraddha, Malarchi and Saaram

- **Release of Mirra 2023 calendar** – completely designed in-house by our students
- Yet another successful enablement of inclusion completed in Christwood School
- Events such as **Sensory exhibition** on engaging our Senses through the Arts, **Sangamam** – periodic event to engage and enjoy with performing artistes both inhouse and professionals,
- **Kalakriti – The Stage** (our cultural event), **Annual Sports Meet, Science Project Day and Certification Day** were conducted

- > National festivals and Themed months were celebrated across the year.
- > Collaborations with various organizations to share our expertise and provide our students with methods and tools to enhance learning and functional independence
- > Internship to APU – Bangalore, Christ University students
- > Santulan conducted in April 2023
- > 5 webinars/workshops attended by Mirra Staff

PRATIKRIYA – REMEDIAL

This year, we reached out to about 90 students through our remedial programs – the youngest being 2.5 years and the oldest 26 years of age, and about 45 students through assessments and home programs. The sessions with the students are individual sessions, group sessions across various age groups and small group sessions. The services include physical therapy, communication and thinking, functional application of science and math in daily life, functional English, digital literacy, play therapy, the arts and independent living skills.

Parents get empowered to continue the work done in the session at home as they get to observe and participate in the sessions. Presence of the caregiver in the session is mandatory at Mirra.

- **Hybrid mode (online/direct)** to continue the learning process and our engagement with the students and parents
- **Therapy sessions** incorporating movement, yoga, literacy and perceptual activities, activities of daily living and sensory processing were conducted
- **Group sessions across various age groups for holistic learning and functional outcomes**
 - **Arumbu** (Early Intervention) for facilitating self-awareness and awareness of others through movement and play for holistic development
 - **Saaram** (10 to 14 years) for providing opportunities for interactions in a group setting with holistic development focusing on independent life skills and functional academic
 - **Manjari** (14+years girls) for providing awareness and all-round exposure to independent life skills

- **Customized and Individualized digital literacy program** delivered through one-on-one and group programs (Saaram, Malarchi, AEMP)
- **Cooking** sessions being conducted in a hybrid mode to encourage children to participate in healthy cooking and eating at their homes
- **Yoga** sessions for students and as a wellness effort for mothers
- **Sensory Experience Exhibition** held on July 2022 had students and parents engage their senses through the arts. Over the two days – it was beautiful to SEE the myriad ways in which our senses provide scope for development, language, learning and function.





PRATIKRIYA – REMEDIAL

- Tenth **Science Day** was conducted as **Project Day**. Observing and discussing about things around us, explaining the process of growing a plant, making organic pesticide, exploring properties of liquids, light and sound – the students did it all. And some went one step further and built prototypes to check whether the theory they learnt works in models. All of this with absolute confidence and flair
- Mirra hosted its third **cultural event – “Kalakriti – The Stage” at The TEACH auditorium**. It was a 4-hour program where our students sang, played instruments, staged a skit, narrated stories, recited Thirukkural, danced, displayed their art work and demonstrated martial arts.
- Three hours of wholesome fun marked our very **First Annual Sports Meet** at the **Apps Eden Sports Academy** – three hours of dedication and perseverance, skill and fitness, camaraderie and pride

- Our annual year end group activity, **Santulan**, themed on Summer Fun was held over a week in April 2023 covering hands-on, movement and experiential activities
- **Festivals** such as Pongal, Dasara, Christmas, Independence Day were celebrated
- **Kindness month** was celebrated in November where every opportunity to share, care and help was demonstrated and practiced
- **Certification Day** was held in April to acknowledge the efforts of our students completing their diploma and certificate courses and our year-long group programs
- **Smart7Wellness** team assessed our Saaram students on physical literacy as an independent reviewer and shared their recommendations
- **Learn2Learn Music** team provides choral training for some of our students
- **Continued and increased focus on ethics and governance** through various standards and protocols being published for managing data privacy and security



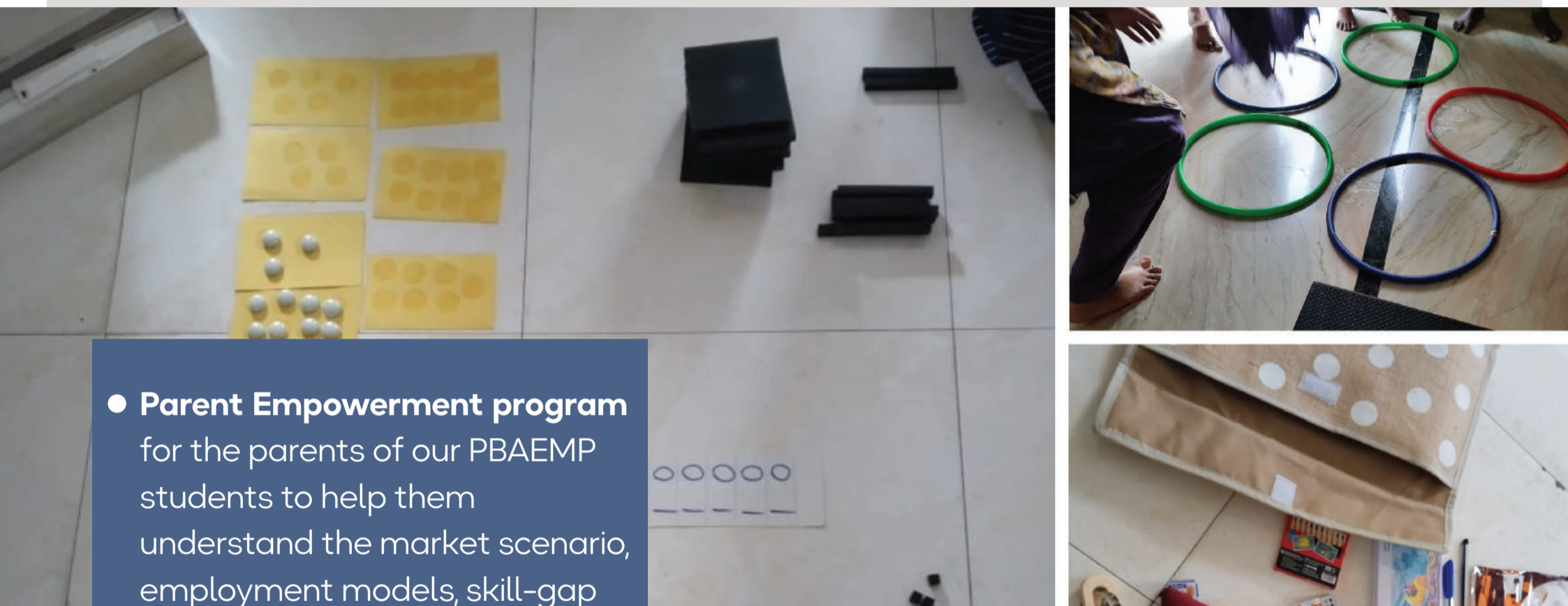
AIKYA – ENABLING INCLUSION

- This year was a significant one in our outreach for inclusion as we stepped out of supporting and enabling inclusion in **Christwood School**, Chennai. A journey that began in 2016 has come to a beautiful close as the school is ready to take the journey forward on its own. During this past year, enabling the SEN department to operate independently was the focus. Hence all training sessions were towards this goal. Mirra wishes Christwood School the very best as they step forward into another year of providing learning for ALL.
- Mirra provided support on a consultative mode for **CanBridge** on their digital literacy curriculum. Krita for Graphic design was introduced.
- **Sangamam**, our initiative to bring the arts on stage for our students, facilitators and parents launched. The first edition of Sangamam was listening to melodies by two young and upcoming singers, The second edition was a "Parent Special" to showcase and bring out the artist in them.
- Students of **CanBridge** prepared and served yummy beverages and snacks for our second edition of Sangamam



VINITHI – CAPACITY BUILDING

- **Shraddha batch 7** comprising of 7 students completed their course in March 2023. Shraddha is a Saturday-only certificate course aimed at empowering teachers, parents and special educators to reach out to a multi-ability group of children. Over 170 hours, participants interested in working with the neurodiverse population learn and practise the following: developmental milestones and learning – the CNS and learning, perceptual development, early experiences in literacy and Piaget's theory. They are facilitated to promote early literacy, thinking and learning, use visual strategies in learning, organise and manage a classroom, and address challenging behaviours. The theory of Multiple Intelligence (MI) empowers the facilitators to help the child learn through his/her predominant intelligence. The participants learn to assess, write a CPL (current performance level) of an individual, suggest remediation and make an IEP. Participant facilitators also experience using the multi-arts in the teaching-learning process. Self-care is an important component of the course. Each individual explores and experiences different ways to nurture self, such that they are more empowered to facilitate learning for others



- **Parent Empowerment program** for the parents of our PBAEMP students to help them understand the market scenario, employment models, skill-gap and steps to be taken towards employment. Brand name has been decided by the group and work in progress for creating a portfolio and other pre-requisites for starting their own firm

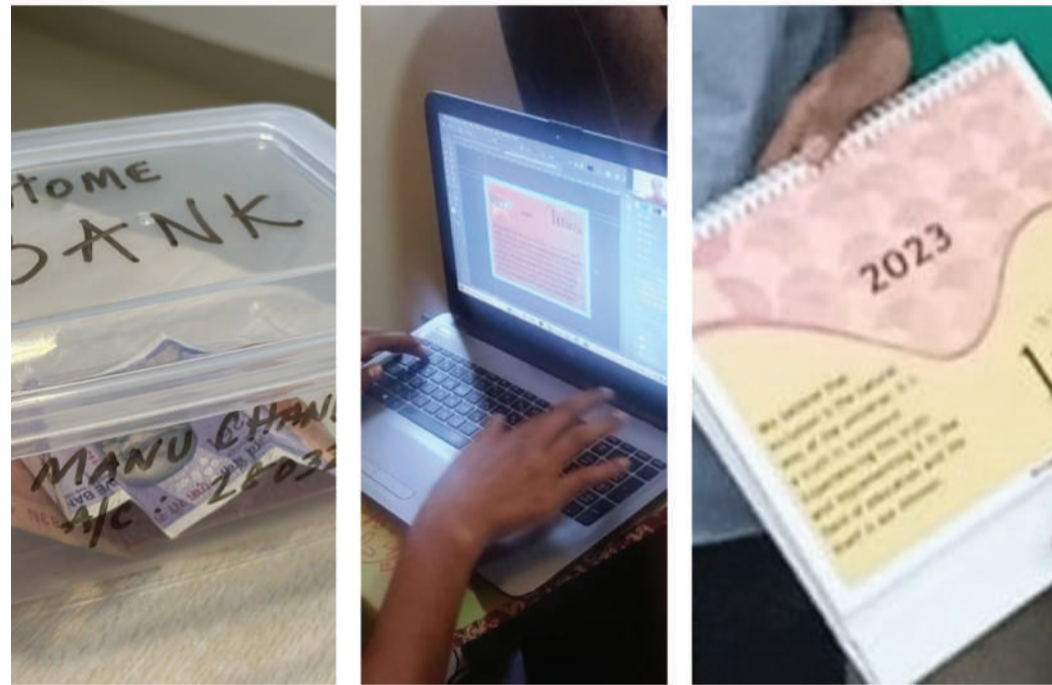
- Internship to **APU and Christ** University students offered where they observed our sessions and helped in creating resource materials

- **Enfold Training** imparted an "Understanding of Sexuality and promoting Awareness and Safety in Neurodiverse individuals". This was achieved through interactive online sessions featuring case studies, discussions and reference materials. The Suvidha Kit - a resource compilation of handouts, charts and a comprehensive manual was provided as part of the training
- Three members of Team Mirra are **ACE - Avaz Certified Enablers**. They have successfully completed training and fulfilled requirements as part of the course conducted by Avaz India in Augmentative and Alternative Communication.
- Certification training in **Adding Value in Caregiving** conducted by Madras Seva Sadan as a week-long engagement.

PAYIRCHI – SKILL DEVELOPMENT

Development of life skills is considered a key part of the programs at Mirra. In addition to life skills, skills imparted at Mirra are aligned towards pre-vocational skill development so that the students are ready to get trained on an appropriate vocational skill.

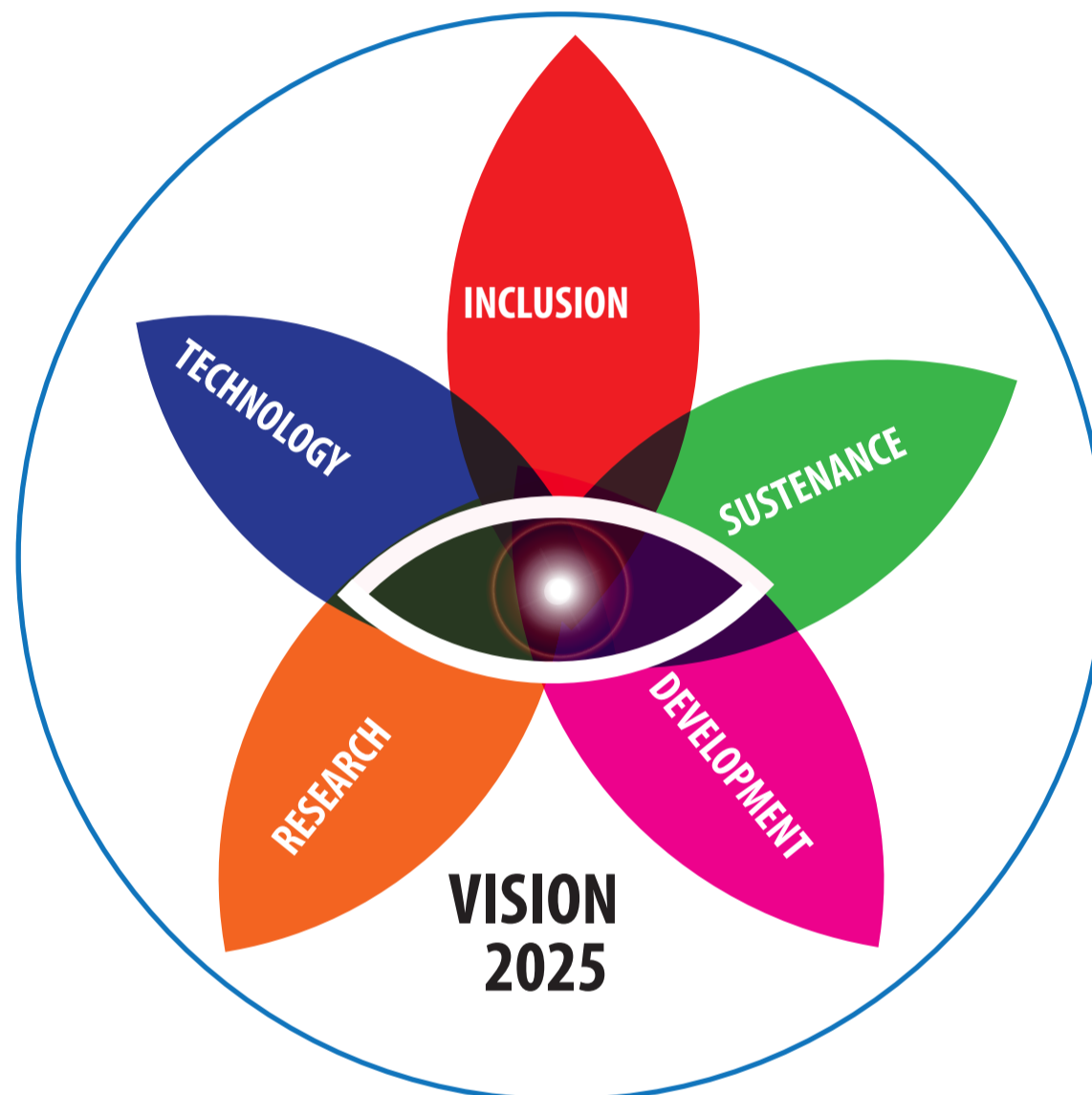
Activities are designed to enable the students to achieve proficiency on the required pre-vocational skills. Currently, we focus on Multimedia skill development through our Ability Enhancement Multimedia Programme in collaboration with AIMS Media.



- **"Malarchi"** – Blossoming of our young adults to empowered, confident and independent individuals", is a certificate course . The modules covered in this program are Self-care and self-awareness, Communication, Independent living skills, Financial literacy, Thinking and problem solving, Anxiety management, Empathy, Work etiquette, team work and time management, Personal and cyber safety.
Our third batch comprising of 6 students completed the course in March 2023 over a period of 6 months, attending 112 hours of in-person sessions, actively participating in discussions, completing assignments, putting into practice and demonstrating what they have learnt. Multi-modal learning techniques such as role-plays, games, hands-on activities, audio-visual streaming etc were adopted to make the learning diverse and engaging for the students.
- Second batch of **Project based AEMP** in progress and students are actively involved in executing projects
- Third batch of **Learning based AEMP** completed
- Design of the calendar and all other invites, brochures are done in-house by our students
- **Convocation** for our Malarchi certificate course and LBAEMP was done at Mirra

VISION 2025

- **Networking and collaboration** with various organizations to share our expertise and provide our students with methods and tools to enhance learning and functional independence
 - LMSKIT for digitization of our learning platform
 - Learn2Learn Music for Choral training
 - Enfold Inc for Suvidha Kit and training on the same
 - AIMS Media for Multimedia diploma programs
 - Smart7Wellness for Physical literacy
 - Initiated discussions with several organizations for aiding our VISION 2025 goals



➤ Curriculum planning

- Curriculum design and development in progress to cater to various levels of students for functional academics and physical literacy. This will be uploaded into our digital platform for home schooling as well as facilitator led education.

➤ Digitization

- Development of the digital platform in progress by LMSKIT for our level based curriculum to be accessed by all
- Identified areas of automation and application development
 - To help reach out to our students better
 - Minimizing administrative overheads
- Data gathering and analysis
 - Initiated pilot study for designing a model for quantitative progress tracking leveraging technology and seamlessly integrating this model with remedials

OUR GOALS FOR 2023-24

Pratikriya

- Continue both online and direct sessions
- Group sessions for holistic learning and functional outcomes all through the year
- Development and Digitization of learning content
- More focus on twinning programs (two students in a session) to enable readiness for group programs

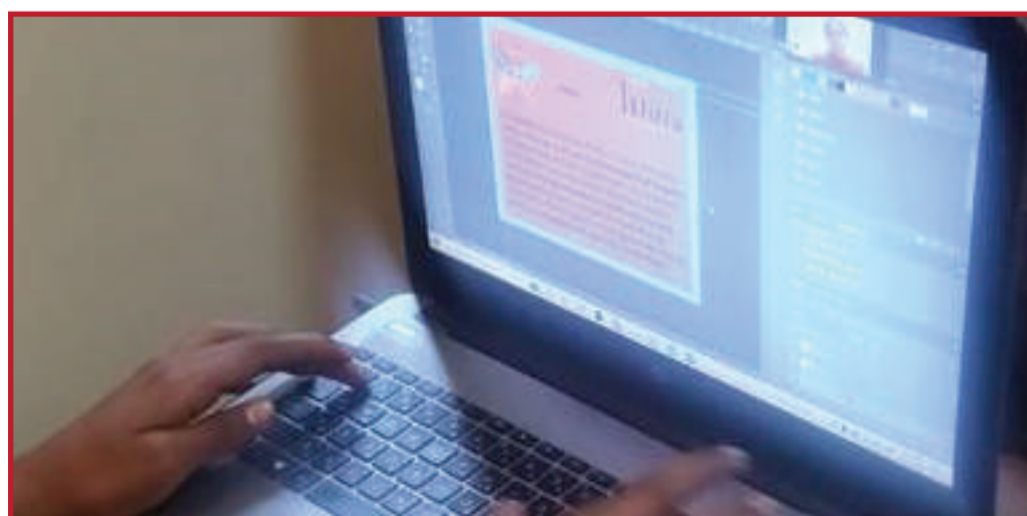
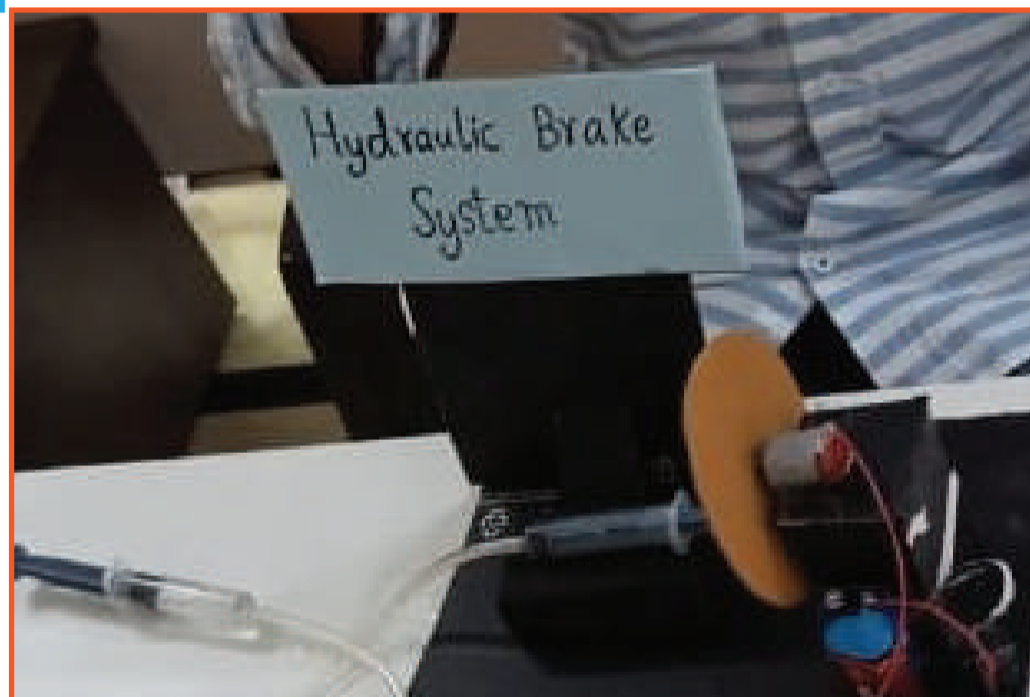


Aikya

- Create platforms for students for social interactions
- Support other organizations in curriculum development

Vinithi

- Next batch of Shraddha, which is a certificate course aimed at empowering teachers, parents and special educators to reach out to a multi-ability group of students, to be launched
- Parent empowerment and wellness workshops
- Interactive live forums with experts



Payirchi

- Malarchi certificate course for the next batch of students
- Second batch of PBAEMP to complete their course
- Focus on skill development programs such as mug printing, t-shirt printing etc

Vision 2025

- Engage experts and volunteers for curriculum development and proceed as per the plan
- Testing of learning platform and pilot implementation
- Continue networking and collaboration with organizations
- Complete pilot data study and arrive at requirements of a model for measuring progress