Growing Abilities, Celebrating Achievements at Sophia Opportunity School, Bangalore



The Vocational Training Center of Joelle Differently Abled Trust provides trainees with meaningful opportunities to develop practical skills, build confidence, and become more independent. Through baking, art and gardening, the trainees learn by doing while strengthening their fine-motor coordination, concentration, teamwork, responsibility and self-reliance.

The trainees participated enthusiastically in **Ragi (millet) Brownie Making and Garlic Bread Making**. These activities helped them learn to follow instructions, measure and mix ingredients, use kitchen equipment safely, maintain hygiene and cleanliness, and work together as a team. They were encouraged to complete each task with minimal assistance, giving them a sense of achievement, pride and confidence in their abilities. Such experiences also help them acquire useful skills for everyday living and future employment.

Through **Sunflower Pasta Art and Sand Art Making**, the trainees explored their creativity and self-expression. Using pasta, black horse gram, coloured sand, glue and simple designs, they created beautiful individual artwork. These activities helped develop their fine-motor skills, hand-eye coordination, concentration, colour recognition, patience and perseverance. Watching their ideas take shape and completing their own creations brought them immense joy and a strong sense of accomplishment.

Gardening activities provided another valuable opportunity for hands-on learning. The trainees actively participated in arranging and decorating the roof garden, cleaning the surroundings, organising plants and pots, removing dry leaves and caring for the garden. They also harvested beans, tomatoes and fresh greens from the terrace organic garden. Through these activities, they learned to identify ripe produce, handle plants carefully and appreciate the importance of nurturing nature. Gardening also encouraged responsibility, cooperation and a sense of ownership.

These activities go beyond vocational training. They enable trainees to discover their abilities, develop practical life skills, strengthen their self-confidence and experience the satisfaction of accomplishing tasks independently. Every small achievement is an important step towards greater self-reliance and social participation.

Through creativity, meaningful work and care for nature, **Joelle Differently Abled Trust continues its mission of empowering lives and enhancing abilities**, helping each trainee recognize their potential and move towards a more confident, meaningful and independent future.