



 **pudiyador**
times

45TH EDITION
OCTOBER - DECEMBER
2020



Our President's Message

Dear Pudiador family,

Goodness, 2020 is finally behind us! As terrible as the year was, we were constantly reminded of our privilege and honor to work with people like you. With each challenge that our Pudiador communities faced, we had your relentless support.

Food shortage. **You** supported our food drive within and beyond our communities. Schools closed. **You** volunteered to teach our children and teens online. Job losses. **You** raised your donation amounts to keep our staff employed.

You were there for us when we needed you the most. What a comforting feeling it is to know that we are all in this together! Thank you!

The Pudiador family wishes you and this whole world a fresh start. Happy 2021!

With Love,
Swapnaa

PUDIYADOR PROGRAM OVERVIEW



Pudiyador is an education-driven child and family organisation that caters to disadvantaged communities in Chennai, India. Our goal is to equip children and their families with experiences and opportunities that will empower them and their communities to break the cycle of generational poverty.

Look for these circles in the following pages to learn more about each program!

Our programs are meant to serve the entire community, starting from birth and going a full circle:



Cradle Health
(for expectant and new mothers and their infants)



School Bridge
(3-5 years)



Children's Program
(5-11 years)



Early Teens Program
(12-15 years)



Youth Advancement Program
(16-19 years)



Women's Empowerment and Community Development Program
(everyone)

We hire our teachers from within the communities to teach our children. A rigorous training program for our teachers ensures high quality of care and education and a steady source of employment for themselves.

RECAP OF EVENTS

From October 2020



DISTRIBUTION OF KITS

We completed 20 rounds of distribution of our snack kits and our cradle kits within our Pudiyador communities.

CYCLONE ALERT

In preparation of cyclone Nivar, our ground team ran individual check-ins with all of the families to ensure they were safe.

TAILORING CLASS

We have resumed our regular tailoring class that was on hold since the lockdown. A new batch consisting of 5 women have joined this class.

RESUMING GROUND OPERATIONS GRADUALLY

Although most of our programs still continue to engage our communities remotely, we have slowly resumed our ground operations. We have remodelled several programs to ensure all safe distancing measures and protocols are followed strictly at our Pudiyador centres.



CRADLE HEALTH

Program for our expectant/new mothers and their infants



CRADLE HEALTH WORKSHOP PART 2 COMPLETED!

We successfully finished our cradle health workshop - part 2 about breastfeeding with our cradle mothers . 27 of our mothers have successfully completed this virtual workshop that happened on a weekly basis since the lockdown.

We conducted a survey to assess the impact of the workshop. All mothers learnt about various myths and misconceptions related to breastfeeding and are now empowered to care for their children. We eagerly look forward to part 3 - cognitive development for infants.



MICRO-CLASSROOMS!



Micro-classrooms have resumed for our School Bridge program and our Children's program.

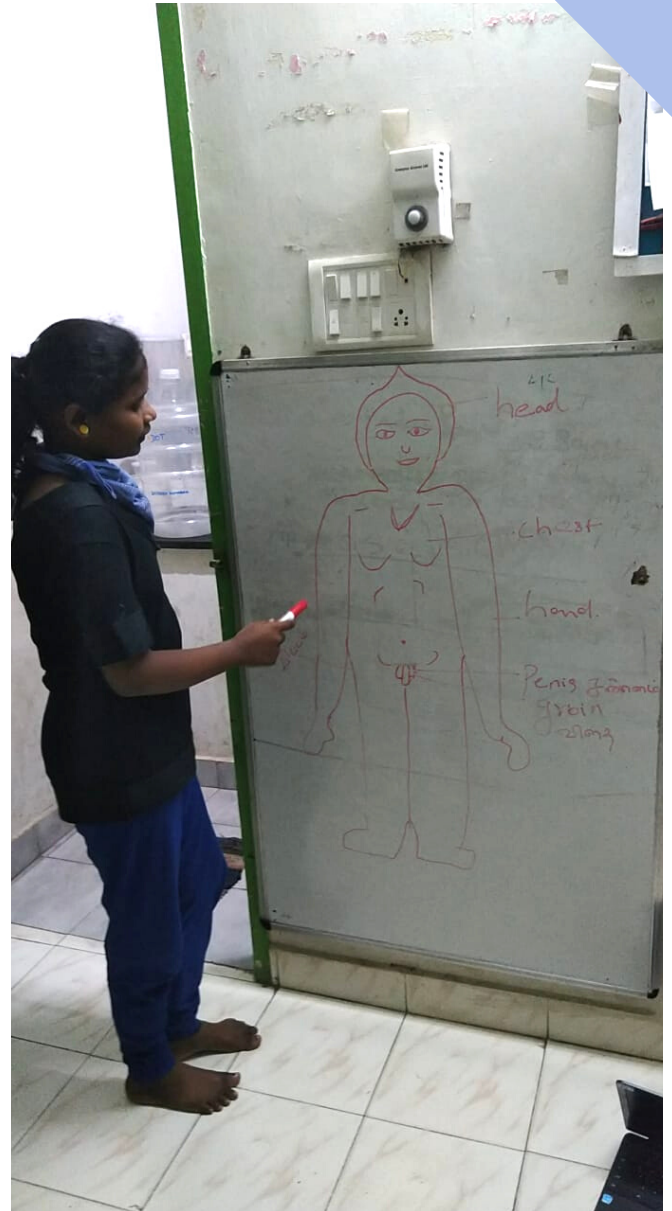


Due to the pandemic, Pudiyador centres were closed till recently, when it opened with the format of micro-classrooms; small groups of children learning while abiding by social distancing norms. Our children are so happy to be back at our centers and so are our teachers!

Early Teens Program



We have started our project based curriculum* on Sex Education for our teenagers!



OUR CURRICULUM

Our curriculum focuses on teaching our teenagers about their bodies as well as introducing them to the human reproductive system.

LET'S HAVE A CONVERSATION

We want our teenagers to comfortably talk about topics like sex and gender which are still not openly discussed in schools today.

We obtain parental consent to discuss these topics with children and teens at Pudiyador.

Youth Advancement Program



ONLINE DIGITAL LITERACY CLASSES

We have started our online digital literacy sessions and conversational english workshops for our college-going youth. We have partnered with HUM Network, a philanthropic organization focused on humanitarian aid and education as core mission objectives. HUM network helps students with various aspects of education like career based mentorship, conducting workshops and educational sessions, providing tuition scholarships etc. We have successfully finished 20 digital literacy weekly sessions.



Weekly discussion Sessions with our Youth

We have finished 10 sessions of our weekly discussions covering an array of topics and current affairs. We cover topics like mental health, gender equality, societal problems etc.

MAGALIR MATTUM

Our Women's Empowerment Program



ONLINE TO IN-PERSON

We have shifted our Magalir Mattum sessions from conference call to in-person sessions at our Pudiyador centres. We have divided our women into small batches to ensure we can accommodate everyone and follow safe distancing measures.

Our women use our Magalir Mattum sessions to share personal experiences, discuss social issues, make deeper connections and catch much-needed laughs.

COMMUNITY DEVELOPMENT



Micro-finance Project

Our Micro-Finance project offers soft loans with 0% interest to pairs of women to start a business of their choice. Since the inauguration, pairs of women have been pitching their business plan to our project panel members. 2 pairs of women successfully received funding from Pudiyador to start their business.

Menstrual Hygiene Session

We partnered with the Rotary Club of Chennai, Thiruvanmiyur to conduct a menstrual hygiene awareness program for the women in our Pudiyador communities. Women were informed about eco-friendly and safe alternatives to sanitary napkins like cloth pads and menstrual cups, free sample of which were distributed.



COMMUNITY DEVELOPMENT

OUR URBAN FARMING PROJECT



REACHED THE FINISH LINE!

Our Urban Farming project has successfully come to an end with 65 *Pudiyador families* participating from our 4 communities operation. Majority of our participants enjoyed this project and said to have learnt exponentially about urban farming.

BENEFICIARY SURVEY

Through our survey we were able to understand how our families went about the project, what their constraints were, vegetables they preferred, water consumption patterns, and savings made through the project. Many families also shared that the project also helped to keep them engaged mentally during the pandemic.



HIGHLIGHTS

The highlights from our survey was that almost all families enjoyed gardening and understood how to harvest different vegetables. Participants were also made aware of their water consumption as well as their savings from growing their own produce.

Food and Health

SNACK KITS FOR CHILDREN

Our snack kits are provided to all our children and youth attending our after-school programs in our four communities of operations. These kits are designed to provide a variety of nutritious snacks to one child for one week. Each kit has six different snack items (one for each day of the week) that are freshly prepared and packed, ready to eat.

**OVER 3,450
SNACK KITS
DISTRIBUTED**

We have successfully completed 20 rounds of distribution, with an average of 160 families per week.

**OVER 350
CRADLE KITS
DISTRIBUTED**

Our cradle kits are distributed to new/expectant mothers within our communities.

CRADLE KITS FOR MOTHERS

Our cradle health kit is a weekly kit designed to provide a variety of healthy and nutritious supplements which supports one mother and child. Items in the kit include eggs, legumes, vegetables and fruits, milk, ghee, nuts and seeds, cereals.



Pudiyador Charitable Trust

Projected Budget - 2021

Projected Budget for 2021 - 69.02 Lakh INR / 94,640 USD



We need your help in raising
16.30 Lakh INR / 22,350 USD

**We have currently
raised 95,560 INR /
1,310 USD as of
Jan 1, 2021**

**We need to raise
17.25 Lakh INR /
23,660 USD at the
end of this quarter**

Help PudiyaDor reach our fundraising goals for 2021!

Donate on a special day

Make a donation to PudiyaDor when your loved one celebrates a birthday/anniversary.



Organise an Office drive

Help organise an office drive and get your co-workers involved in your favourite cause!



Put together goodie bags!

Put together goodie bags for our children and teachers – they love gifts as much as you do!



We need learning devices!

Donate laptops/tablets/phones to our after-school programs. Consider asking your friends too!



Champion a cause!

Make a donation for a cause you champion within PudiyaDor, and we'll make it happen!



Encourage your loved ones to donate

Choose 3 of your favourite friends/relatives and encourage them to support PudiyaDor.



Cover food expenses for our children

Cover our children's food expenses for 1 week (or a month!).



Gift from our wish list!

Pick a gift from our wish list of things that we currently need for our programming.



PudiyaDor Wish List

- 1) Projector
- 2) Classroom Furniture
- 3) Sports Equipments
- 4) Music Instruments
- 5) Steel Utensils
- 6) Stationery
- 7) Portable Speakers
- 8) Printer
- 9) Camera
- 10) Cooking Induction



For monetary donations: <https://www.pudiyaDor.org/donate>
For other gifts, questions, and ideas: email at veena@pudiyaDor.org