



 **pudiyador**
times

46TH EDITION
JANUARY - MARCH
2021



Our President's Message

Dear Pudiyaador family,

Our relentless hope for a safer, better world for everyone has carried us through this last quarter. With your continued support, we have been taking sensible and cautious steps towards progress.

In this edition, you will see how the hard working Pudiyaador team and our community members are adapting to the new normal. Donning masks and sanitizing hands and surfaces have almost become second nature. Same time last year, we would not have dreamed of being where we are today.

Here's to the sheer resilience of the human spirit. Here's to keeping calm and carrying on!

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 January 2021



Snake Awareness

Besant Memorial Animal Dispensary conducted an awareness session about snakes for our children. They spoke about various snakes, their types & common myths.

Art Workshop

We partnered with *Bhumi* to organise an art workshop for our children. They taught children how to create art on different mediums. Our children created beautiful works of art!

Reading Sessions

We started reading session for our teachers. Every Monday and Wednesday, teachers read a book of their choice. At the end of the week, they review the book and share their reflections with others.

Tree Walk

Nizhal is an organization which organizes 'Tree Walk' at Kotturpuram and other places in Chennai creating awareness about the importance of various trees. 'Tree Walk' was organized to identify the trees around the community, understand their importance & the medicinal values of various trees. Dr. Babu from Nizhal explained about all the trees spotted and connected it with the traditional values, beliefs & practices. It was a thought provoking session for all the children and teenagers.



CELEBRATIONS AT PUDIYADOR



Celebrating Pongal!

This year we celebrated Pongal in our communities. Our children & teenagers took the responsibility to completely organise this event. They took charge with planning the schedule, collecting all materials required, estimating the budget & keeping up with all the performance rehearsals. We also distributed Pongal gift boxes to our Cradle infants and mothers. Every Pongal cradle kit had a hand-crafted message written by our Pudiyador Cradle Team. The event was spectacular with dance performances, street play, group singing, fun games, beautiful kolams, sweet sugarcanes and yummy pongal to eat!

National Science day!

All the children at Pudiyador were involved in the National Science Day Celebrations. Our theme this year was "Natural Science: Science about flora and fauna". We conducted various offline and on-spot competitions and we distributed appreciation certificates for all the children who participated in the event. The idea behind the celebration and competitions was to induce scientific temper in children. We chose this particular theme to tell children the importance of living in harmony with nature.



CRADLE HEALTH

Program for our expectant/new mothers and their infants



Home Based Early Simulation

Home Based Early Simulation is for infants between ages of 2-3 years. Our School Bridge coordinator conducted these sessions for our cradle mothers. The sessions teach our cradle mothers of how they can help infant development by performing simple home based activities with their babies. These sessions primarily focus on infant physical development (gross motor and fine motor skills), speech and language skills, social bonding, cognitive development and emotional development of infants.

Session On Mental Health

We conducted a session on mental health for mothers at cradle health. First, we started out by asking some questions to understand how women feel after becoming mothers. Many shared the struggles of managing household chores and taking care of the baby at the same time without support from their families. Few of them spoke about how they are always blamed by their family in case of any mishappenings with the baby. We have decided to plan sessions on these aspects and hope to address more issues around mental health of mothers.

SCHOOL BRIDGE

Our program for toddlers between 3 to 5 years



NEW BATCH OF TODDLERS!

A new batch of toddlers have joined our school bridge program this year! We conducted a baseline assessment to understand their current physical and cognitive development. We allowed the toddlers to settle into the program and started with simple skill development activities for them. The toddlers were able to follow their teachers' instructions to perform activities like stringing beads and counting.

After a successful pilot last year, we have hired our first School Bridge teacher at Urur Kuppam community in Besant Nagar community!

Children's Program



Our program for toddlers between 6 to 11 years



YOUR BOOK DONATIONS HAVE FOUND A LOVELY HOME IN OUR PUDIYADOR LIBRARY!

To inculcate the habit of reading amongst our children and teachers, we started the Pudiyador Library in all our Pudiyador centres. This library has a collection of books donated by our volunteers and well-wishers for our children and teachers to read. This library was set up entirely by our children with the help of their teachers. During the inauguration we had teachers, children and program coordinators sharing personal anecdotes, thoughts and perspectives on reading.

Children's Program



CHILD SEX ABUSE WORKSHOP

We started child sexual abuse sessions at Pudiyador for our children. Before starting the session, an orientation was given to the teachers on important markers of child sexual abuse and ways to go about them. The session was conducted in two batches, the first batch consisted of 1st-3rd grade children, and the second batch of 4th-5th grade children.



SESSIONS ON SEX EDUCATION

In our recent parent-teacher meeting we conducted a session on sex education for the parents. We began with an orientation about sex education and how to start a conversation with their children about the same. Many parents asked questions and shared their reservations and knowledge about topics related to sex. We had great attendance in this session with the participation of over 90% of parents from all communities.



EARLY TEENS PROGRAM



Our program for teenagers between 12 to 15 years

Child parliament is an initiative by Pudiyador to sensitise our teenagers about governance, enabling them to become politically adept citizens. Our child parliament was put on hold due to the lockdown when our centres were closed. As our centres are open now, we resumed child parliament in all centres.



How Child Parliament Works



Our teacher Ms. Jothika took the responsibility of a Governor and did the swearing-in for the newly elected chief minister and the council of ministers. This was followed by a name card distribution to the new minister. To make our teens proud & responsible, we gave each of them an identity card that has their name, designation & their election symbol that they contested in.

Youth Advancement Program

Our program for teenagers between 16 to 19 years



FRISBEE SESSIONS FOR OUR YOUTH

We have restarted our frisbee sessions with our youth. They were eager to play after a gap of a year. Most of them wanted the frisbee session to be conducted during the lockdown. In the end of March, we started sessions as part of our partnership with OneAll. OneAll is a non-profit organisation dealing exclusively with life skills through frisbee. The pre-program survey for the same was conducted in the 3rd week of March.



Digital Literacy Workshop

Our youth finished the 10-week digital literacy workshop conducted in partnership with Humanitarian Upliftment Mission (HUM) Network. Now, several of our youth are working with their mentors and have been receiving career guidance and insights into possible fields they could explore.

TEACHER TRAINING

Our training program for teachers



TEACHER TRAINING WORKSHOP

After almost a year we resumed our monthly teacher training workshop for our teachers. All teachers assembled at our Pudiyador centre. In the workshop we worked with our teachers in setting big picture goals for their respective programs. The workshop also included poetry writing, team building activities, group singing, and other interactive games. After the training workshop, we took our teachers for a bird watching session at Broken Bridge Wetland at Urur Kuppam.

MAGALIR MATTUM

Our Women's Empowerment Program



INTERNATIONAL WOMEN'S DAY

Women along with their children from all communities were present at our women's day celebration this year. This was the first physical event in our community since the lockdown last year. Women have been eager to resume in-person sessions at our centres. This women's day, we had interactive games, music & dance and speeches by women from the community. The celebration was a mix of fun activities, learning from each other, and sharing personal struggles and experiences. We finished the event with a sweet ending: some ice-cream of course!



Community Development

Our program for all community members

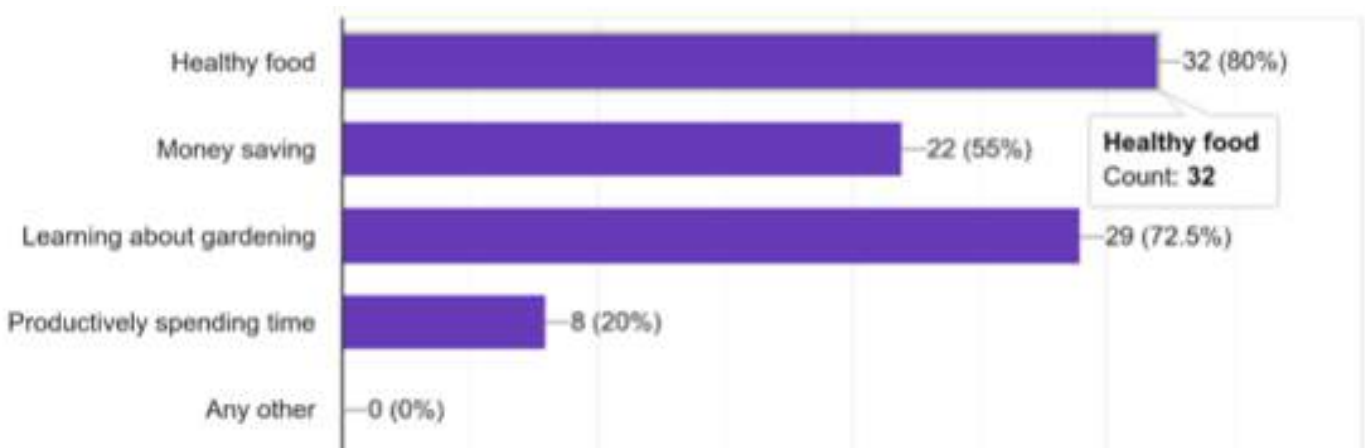


URBAN FARMING - CLOSING CEREMONY

Our urban farming project started in the month of September in 2020 and ended in February of this year. Our beneficiaries were given a variety of vegetables and greens to grow during this period. The ceremony was planned and executed by our own teens and youth who were the field resources for this project. In our closing ceremony, we selected 10 best performers from the 65 beneficiary families, and gave them mementos as an appreciation. All the participants were given a certificate to acknowledge their participation in this project. Snacks for this event were made from the harvest of this project!

We thank our urban farming project partners; *Atlantic Council, Adrienne Arsht-Rockefeller Foundation Resilience Center (AARFRC) and Chennai Resilience Center* for the success of this project!

Important findings of the project showing how our beneficiaries were positively impacted:



Pudiyador Charitable Trust

Projected Budget - 2021

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



Quarter 1 : Jan-March

Projected amount to be raised:
17.25 Lakh INR / 23,660 USD

As of March 31, 2021

Total Amount raised:
9.52 Lakh INR / 13,000 USD

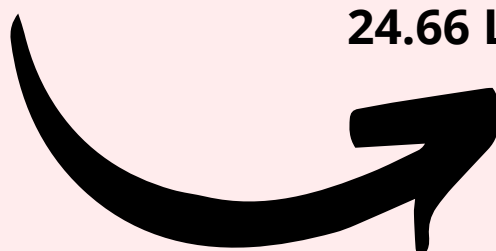


Quarter 2 : April-June

Projected amount to be raised:
16.84 Lakh INR / 22,995 USD

Total projected amount to be raised including previous quarter deficit:

24.66 Lakh INR / 33,655 USD



Quarter 1 deficit

7.73 Lakh INR / 10,660 USD



THIS INTERNATIONAL WOMEN'S DAY SUPPORT OUR CRADLE HEALTH PROGRAM



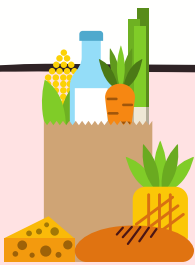
Donate INR 1,500
or 20 USD

**Sponsor toys that
develop cognitive and
fine motor skills for
infants of our cradle
mothers**



Donate INR
5,000 or 70 USD

**Sponsor our Cradle
Health Nutrition Kit
for one community
for a month**



Donate INR 3,000
or 45 USD

**Sponsor a cradle
nutrition kit for one
cradle mother and her
infant for a month**



Donate INR
15,000 or 200
USD

**If you are an obstetric
care provider, conduct
prenatal/postnatal
sessions on physical and
mental wellness or
sponsor one workshop
with a healthcare
professional.**



Donate INR 5,000
or 70 USD

**Sponsor weighing
machine to help
measure the weight of
babies**