

 pudiyador times

47TH EDITION  
APRIL - JUNE  
2021



# Our President's Message

Dear Pudiyaador family,

All I can think of lately is how we can teleport you safely into our Pudiyaador centers so that you can experience the magic first hand. I wish you could see our children overcoming great odds, our alumni stepping up to give back to their communities, our teachers solving seemingly impossible problems, our team deftly adapting our programming, our communities bravely rallying despite unspeakable losses...

Our newsletters can't do justice to ground reality, but we try :) In this edition, you will read about people who will warm your heart, and you will want to give hugs, fist-bumps, vanakkams, or beaming smiles. It has been a long wait, but very soon, I hope we can all be a little closer. Until then, I will continue dreaming about teleportation.

With love,  
Swapnaa



# 'From cradle to college to community'

Pudiyador is an education-driven child and family organisation that caters to marginalised 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.

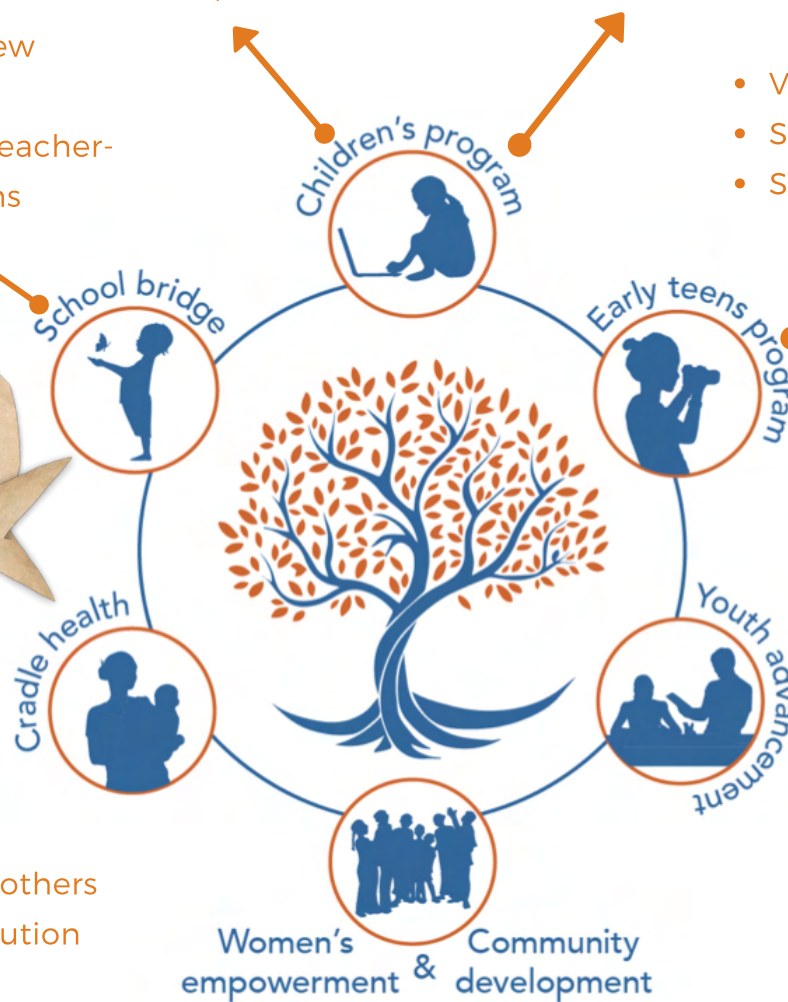
## NEWSLETTER OVERVIEW

- Parai sessions
- Sex & sexuality education sessions for parents
- Circles of safety

- Expansion to new communities
- Virtual parent-teacher-children sessions

- Voting awareness rally
- Space renovation
- Siruthuli peruvellam

Look out for the program icons in the following pages to learn more about each program!



- Addressing COVID concerns of new mothers
- Nutrition kit distribution

- Women leaders in sport

- Economic empowerment
- Domestic abuse awareness

- Urban farming update
- Tailoring skills

# \* Highlights \*

## SHIFT TO VIRTUAL MODE

As the number of Covid-19 cases increased, we switched from in-person interactions to a virtual mode - starting from May 2 to end of June.



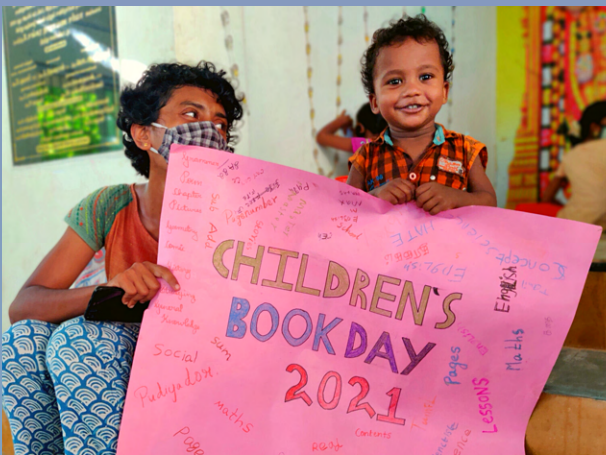
### Vaccination awareness

We conducted a survey of beneficiaries from communities to know vaccination status and concerns and fears about vaccination. Our staff collated a list of questions and shared with Dr. Shylaja and Dr. Sudhan. Virtual sessions with the doctors helped our beneficiaries, with their concerns were addressed and questions were answered. After the sessions, several community members were convinced of the need and decided to get vaccinated.



Dr. Shylaja

Dr. Sudhan Muthu



### International children's book day celebration

On this day, Pudiador staff conducted reading-oriented activities such as a treasure hunt, storytelling and "make your own book", and also getting to meet Mr. Geo Damin, a well-known author. The goal was to make reading exciting for kids, especially when schools were not open.



### Coming a full circle

Many of Pudiador's past alumni have chosen to give back and strengthen our programming, and the latest role-model is Rabiya. For the past decade, she has been a beneficiary, and now has stepped up to become an assistant teacher for the School Bridge program. Another highlight from the program is Harshath, who initially was unable to interact with others but through the efforts from the School Bridge teachers and his parents, he is now actively participating in classes and has been bonding well with his peers.



Rabiya

Harshath



# CRADLE HEALTH

For our expectant/new mothers and their infants



## Addressing COVID concerns of new mothers

Pudiyador reached out to Dr. Shruthi to address COVID-related questions, and organized virtual sessions for new infant and lactating mothers. The sessions covered questions on vaccines, precautions for the 3rd wave, and also mental health of new mothers. Dr. Shruthi was able to clarify doubts arising from misinformation in the media, and in addition pointed to legitimate sources of information from the government related to the health of new mothers.



At the end of the session, the mothers thanked Dr. Shruthi with a surprise video that appreciated her efforts in bringing science-based understanding to their community.

## Nutrition kit distribution

For our expectant/new mothers, the distribution of nutrition kits was restricted because of the total lockdown announced by the local government. Two of the "Cradle" program staff members, Viji and Saranya, worked with retailers within the community to distribute kits to the mothers. They also ensured the safety of the mothers by providing sanitizer in the stores and encouraging masking during the distribution of the kits.



We appreciate the efforts of one of the mothers, Kavitha, who volunteered to help with the kit selection. To encourage the use of the kit, benefits and recipes were shared on the Community Mothers WhatsApp group.



# SCHOOL BRIDGE

For our toddlers between ages 3-5 years



## Expansion to new communities

We have expanded our activities in the Ramapuram and Kakkan Nagar communities. We began with an offline orientation and subsequently moved to online orientation sessions across the centres. Several parents who attended the sessions responded positively to our program's goals and impact. Overall, the parents in the community are keen for Pudiyaador to continue learning activities, and they will support online sessions until the centres are reopened.

## Virtual parent-teacher-children sessions

To engage with parents and children, sessions were conducted virtually that were well-attended. The progress of these virtual activities were reviewed by the teachers. In addition, the Pudiyaador team assessed the well-being of children and provided a list of weekly activities for parents to undertake at home to spend quality time with their children.



# CHILDREN'S PROGRAM

For children between 5-10 years



## 'paRai' sessions

Pudiyador celebrated Dalit History month in April by raising awareness about the rich musical Dalit traditions. The '**paRai**' is a hollow drum played by two sticks of varying lengths and thicknesses, that resembles a flat board, and is carved from the wood of a neem tree in the shape of an arc. Since the 'paRai' has long been associated with the Dalit community, Pudiyador conducted a music session to teach children the history of the 'paRai' and how to play it.

\*Italicised words- written as per the pronunciation of the word

## Sex & sexuality education sessions for parents

During the lockdown, Pudiyador staff members ran virtual sessions bringing parents together; parents were able to talk freely about their concerns and get their questions answered.



# TEACHER TRAINING



Our training program for teachers from all of our child-centric programs

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



## Circles of safety

Circles of Safety is an Ahmedabad-based organisation working towards sensitising schools and communities on Comprehensive Sexuality Education, with their own curriculum. As our partner, they have agreed to share their curriculum, while Pudiador will assess and share the impact of the curriculum. To kick start the partnership, Ms. Anuja conducted an orientation for our teaching staff that included sensitising the teachers on the topic, various guiding principles to keep in mind during the sex-education classes, and the challenging questions that will be posed by children.



# EARLY TEENS PROGRAM

For our teenagers between 11-14 years



## Voting awareness rally

In the run-up to the local and state elections in April, we organized a rally to spread awareness of the upcoming elections within the community. Pudiyaador's children and teenagers enthusiastically took part by making placards emphasizing the importance of voting that were showcased in the neighborhood. The teenagers also ran a successful signature campaign to get community members to exercise their right to vote.



BEFORE

## Space renovation

As part of the Children's Parliament, Pudiyaador teens set up a garden at the space opposite the Ramapuram learning center. The teens worked hard to clean the space, paint the walls and planted over 30 plants.



AFTER

We thank Nizhal, a Chennai-based nonprofit that promotes tree-planting, for donating 20 saplings. We also appreciate the efforts of 5 volunteers from Uyirmmmai, a local book publishing firm, who helped the teens with the painting.

## 'siRuthuLi peruveLLam'



**'siRuthuLi peruveLLam'** is a Tamil phrase that means **little drops of water make an ocean.**

To encourage our young beneficiaries to give back to community and serve the less privileged, the Pudiyaador staff created a program that encouraged the teenagers to collect a bit of rice and dal every week to reach a goal of 25 kilos, to be donated to an orphanage. The teens are enthusiastically participating in this activity! They have been talking to their neighbours and friends in the community, and encouraging small but growing rice donations.

\*Italicised words- written as per the pronunciation of the word



# YOUTH ADVANCEMENT PROGRAM

For our teenagers between 15-19 years



## Women leaders in Sport



Priyadarshini



In April, the first cohort of the 'Women Ultimate Fellowship' was announced during the annual conference of the UPAI, India's sporting body for ultimate frisbee. Priyadarshini, from our Urur Kuppam community, has been selected to the 8-member fellowship! Before the pandemic, Priya used to coach the girls ultimate frisbee program at the Urur Kuppam community centre.

“Leadership has been running strong, and we're excited and proud to see how this fellowship can help her grow!

”



# COMMUNITY DEVELOPMENT



For all our Community Members

## Urban farming update

The project's introduction to Pudiyaador communities had a positive impact in 65 families that had received mobile kitchen garden kits, which was reported in Pudiyaador Times #45. In the 2nd phase, we have extended it to 100 more families, with our own youth community members taking the lead in awareness, tracking and reporting the progress.



## Tailoring skills

Our staff conducted a skill training session to teach community women to make bibs and cloth bags. Immediately following the training session, all of the participating women were able to successfully tailor bibs and cloth bag samples of good quality.





# MAGALIR MATTUM

Our Women's Empowerment Program



## Economic empowerment

The women's self-help group, funded by Pudiyador's **pay-it-forward** micro-finance scheme, with the help of a local resource person, produced and packaged their first batch of products! Their product line included dishwashing detergent, herbal lemongrass and citronella.

## Domestic abuse awareness

**PCVC (International Foundation for Crime Prevention and Victim Care)** is a Chennai-based organization known for their work in preventing domestic abuse - including awareness, counseling, and rehabilitating survivors as well as nurturing community advocates towards this cause.

PCVC conducted a virtual session on "Domestic Abuse Awareness". The session was well-attended by women from the Besant Nagar zone, with Pudiyador staff ensuring that COVID safety protocols were followed. The session covered topics such as gender sensitization and the link between violence and gender.



# Pudiyador Charitable Trust Projected Budget - 2021

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



## **Quarter 2 : Apr-Jun**

Projected amount to be raised:  
**24.66 Lakh INR / 33,660 USD**



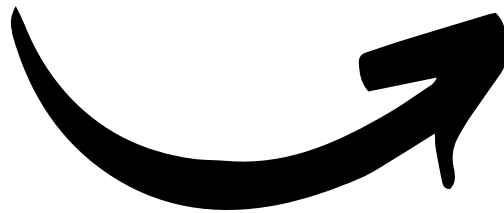
## **Quarter 3: Jul-Sep**

Projected amount to be raised:  
**17.25 Lakh INR / 23,546 USD**

## **As of June 30, 2021**

Total Amount raised:  
**15.76 Lakh INR / 21,512 USD**

Total projected amount to be raised  
including previous quarter deficit:  
**26.14 Lakh INR / 35,680 USD**



Quarter 2 deficit  
**8.89 Lakh INR / 12,134 USD**



# Here's how YOU can help!

This **INTERNATIONAL YOUTH DAY**  
support our youth advancement program



## Bridge the Digital Divide

Donate a laptop/tablet/smartphone or fund the purchase of such equipment

## Conduct Educational Workshops

Volunteer to conduct skill development workshops or sponsor one for INR 3000

## Sponsor One Child's College Education

Supporting the college pathway for one or more Pudiador youth, after their 12th grade

## YOU CAN ALSO SUPPORT US IN THE FOLLOWING WAYS:

### VOLUNTEER WITH US!

Dedicate a few hours of your week to help teach our children in-person or remotely. They would love interacting with you!



### FOLLOW US ON SOCIAL MEDIA

Click on the logos to head to our social media!



Pudiador



@pudiador



@pudiador.india



Pudiador

### DONATE AND EMPOWER OUR COMMUNITIES!

Your contributions ensure that Pudiador's operations continue to empower communities – from providing rations to families in need, to supporting community teachers, maintain ongoing programming for mothers, children, teens and youth.



### CONNECT US WITH ORGANISATIONS YOU KNOW

Help us partner with organisations you know so we can conduct events and start new projects!



For more information, contact us at:

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