



 **pudiyador times**

49TH EDITION  
OCTOBER - DECEMBER  
2021



# Our President's Message

Dear Pudiyaador family,

I feel compelled to quote Desmond Tutu: "Hope is being able to see that there is light despite all of the darkness."

As we wrap up 2021 and we look forward to 2022, we are filled with hope. Allow us to treat you with short stories that will fill you with hope! This edition is all about our mothers, teachers, teens, and even our little ones who are not only able to see light in the darkness but also make this world so much brighter.

We also want to give you a little teaser about our new 'Playquity Method' - building gender equity through play - which we have been developing over the last 2 years. Keep an eye out for the sneak peek in this edition!

The Pudiyaador family wishes you all a fresh and radiant new year!

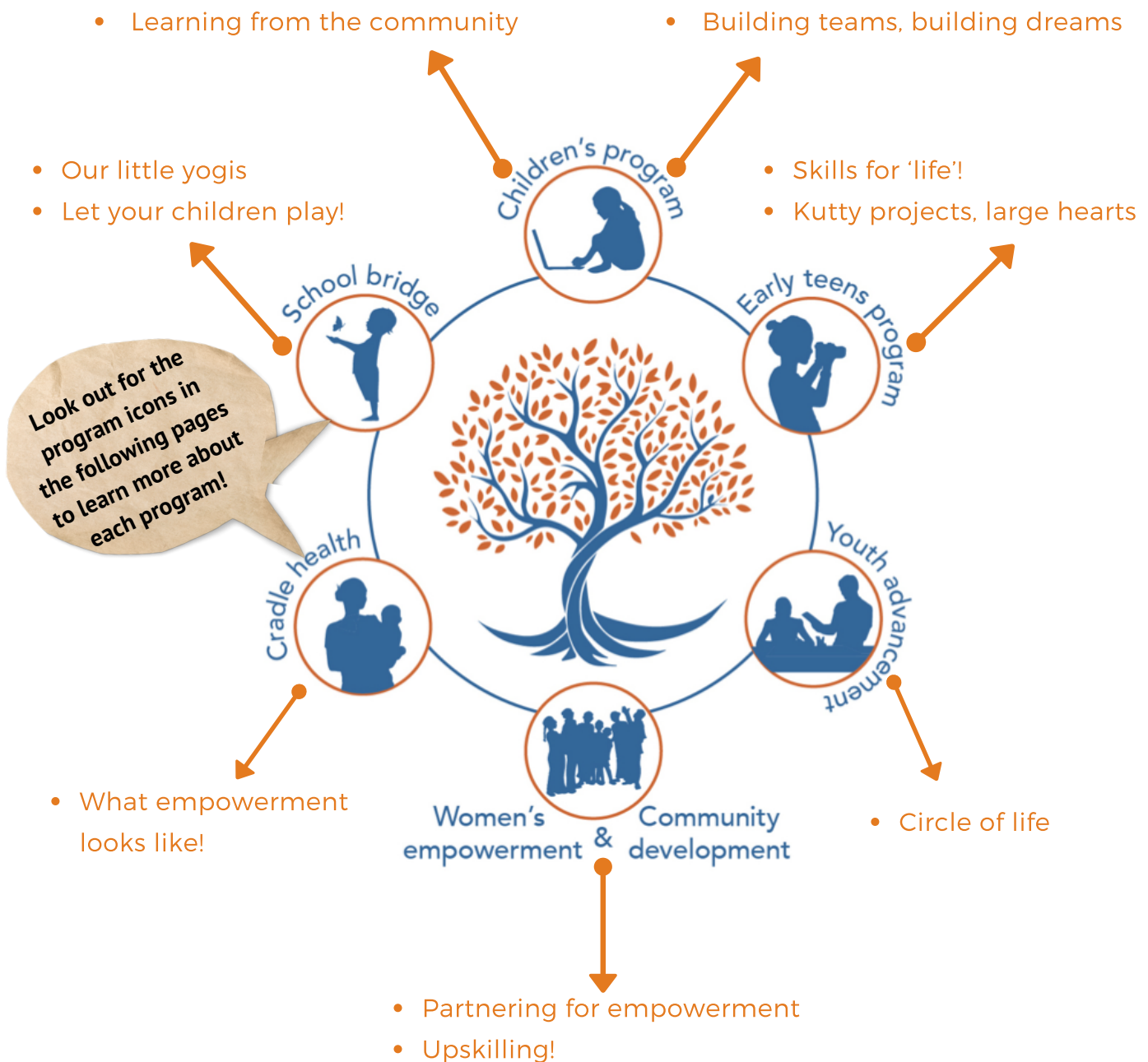
With love,  
Swapnaa



# '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



# CRADLE HEALTH

For our expectant/new mothers and their infants



## What empowerment looks like!



Even with Nithya, Cradle Health's Coordinator, being away on maternity leave, we witnessed an unexpected and wonderful change in our community! Viji and Saranya, beneficiary mothers from the first batch of the Cradle Health Program who were later hired to become staff members, took up the complete responsibility for all of Pudiador's cradle health programming: from planning the sessions, coordinating with health care professionals, visiting homes of the beneficiaries, distributing nutrition kits, and collecting feedback, they have grown into leaders of the program! The transformation aligns wonderfully with Pudiador's vision to empower the beneficiary stakeholders to take ownership of the community. Viji and Saranya taking this step towards ownership is a reassurance that we are moving steadfastly towards Pudiador's dream of true community empowerment.



# SCHOOL BRIDGE

For our toddlers between ages 3-5 years



## Our little yogis

Brimming with enthusiasm, the children at our learning centers are always ready to not only learn but also teach one another. Led by two children - Gomathi and Krithikalakshmi - the School Bridge yoga sessions showcase how "peer learning" is an important pathway to community-based learning!



## Let your children play!

We believe that learning with context is key in child development. Pudiyaador's curriculum team emphasizes the involvement of parents and community in a child's learning journey. During this quarter, parent-teacher meetings were held at all learning centers to educate parents about the importance of play in aiding early child development. Our staff discussed how play allows children to be creative, while also helping them expand their physical dexterity and cognitive abilities.





# CHILDREN'S PROGRAM

For children between 5-10 years



## Learning from the community



Getting to know their own communities and environment is a crucial part of growing up for children. To facilitate such learning, we now run environmental awareness sessions as part of the Children's Program, where the focus is on observing, getting to know the local ecology, and importantly, spending time outdoors. In the Besant Nagar zone, where two of our communities are located, the topics revolve around the beach nearby, where children learn about the sand, waves, seashells, and about the coastal flora and fauna. We use Dakshin Foundation's activity manual - "Sand in my hands" - as a guide for these sessions. At the Ramapuram zone, the children explore their neighborhood by creating street layouts and maps, and by also study the different roadside plants and trees, and even weather patterns!



# EARLY TEENS PROGRAM

For our teenagers between 11-14 years



## Skills for 'life'!

We partnered up with **Thozhamai**, a Chennai-based NGO for life skill sessions for teenagers. Over a course of 16 sessions, they covered topics like conflict resolution, communication, menstrual health and gender equality. To mark the completion of the program, the facilitators organized a graduation ceremony for the teenagers where the students got a chance to share



their thoughts and express their gratitude to the organization. We are thankful to Thozhamai for their contagious enthusiasm with the children and their continued partnership with us!

## *Kutty* projects, large hearts

The teenager programme was briefly understaffed this quarter, but learning never ceases at Pudiador! We engaged all of the teenagers in 'Kutty (**small** in Tamil) Projects', that involved short-term tasks that they completed enthusiastically. Projects included writing of short stories, creating in-house storybooks for the Pudiador library; making flashcards with alphabets and numbers on them, that are being used as learning tools for the 3-5 year old toddlers at Pudiador. The teenagers learned how to give back to the community, in their own ways!





# 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.*

## Building teams, building dreams



Our teachers are always at the core of the transformational practices at Pudiyaador and our teacher training sessions help our teachers to be better prepared with new curricula and pedagogies. This quarter, we conducted a session on the challenging topics of Sex Education. The teachers also learned how to mediate friendships between children by understanding concepts in communication and trust. The sessions also featured a discussion on taboos in sex education and how to address topics such as gender, sexuality, and menstrual health with the students. The teacher training session was a great way for the team to bond with each other while also reaffirming their common purpose of community transformation at Pudiyaador!



# YOUTH ADVANCEMENT PROGRAM

For our teenagers between 15-19 years



## Circle of life

Learning at Pudiador is lifelong, and that is best represented by our graduating youngsters, who are looking forward to giving back to their own communities. Several of the them that graduated from Pudiador's Teenager Program have now started teaching and running sessions for the younger children at Pudiador. A few of these bright, young minds have the following to say about being a part of the Pudiador experience!

Having grown up as a Pudiador student, it gives me a great sense of pride that I now get to teach at Pudiador. I wish the next generation will also continue this practice!

Pudiador not just taught me different things, but has also raised me to be an individual who can teach children the same things that I learned. I can confidently say that I will always be associated with Pudiador!

**Gowtham**

**Meenaroshini**

Pudiador has given me access to a wide range of interests and opportunities like dance, art, frisbee, and music; and to think that today I work as a staff at the very same organization gives me a lot of happiness.

Pudiador has taught me a lot of things and has changed me in a lot of ways! I started as a 4-year-old student and today I'm giving back to the organization by being a support staff for the School Bridge program.

**Jayshree**

**Priya**



# WOMEN'S EMPOWERMENT



Our women's empowerment program

## Partnering for empowerment

**Chalk Piece** is a non-profit organization that uses design to identify and solve social problems. They have been involved with Pudiyaador as a partner in our women's empowerment program. This quarter, Chalk Piece ran workshops for the women in our communities on women's rights, including a discussion about the famous book 'Pen Yen Adimaiyanal' (Why Women Got Enslaved?) written by Periyar, who was a social activist and politician who rebelled against caste and gender inequality.



The organization has also launched a new initiative called 'Samathuva Vattam', which means "circle of equality" where women discuss socially relevant issues such as gender inequality and discrimination. We would like to thank Chalk Piece for their efforts in partnering with us, and we hope to continue our collaboration!

## Upskilling!

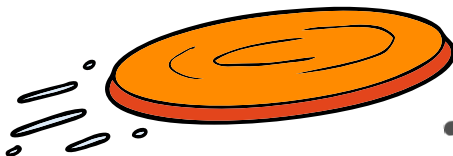
We are constantly helping the women in our communities to gain new skills by conducting and facilitating workshops. This quarter, the women learned the basics of stitching blouses, made earrings out of paper quilling, learned to weave wire baskets, and have also enrolled in a beautician course! All of these workshops are mostly taught by members of the community, and these women have really given the word 'self-reliance' a whole new meaning!





# SNEAK PEEK

What's new at Pudiyaador?



We created the Playquity Method two years ago, inspired by the lived experiences of young women who struggle for a semblance of equality. Playquity brings sports to girls first, helping them build strength and skill, subsequently empowering them to lead mixed-gender teams, and ultimately to be leaders in their communities.

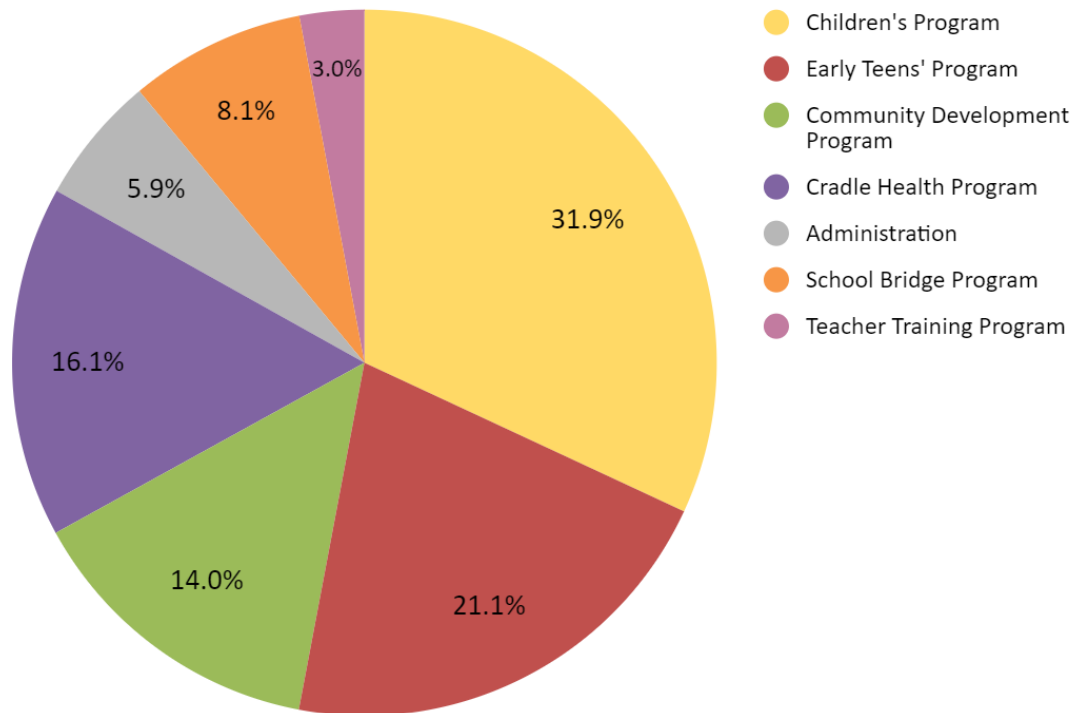
The Playquity Method has been piloted in our Pudiyaador programming and the results are... well, we will tell you all about that in our next edition!

*Play + Equity = Playquity*

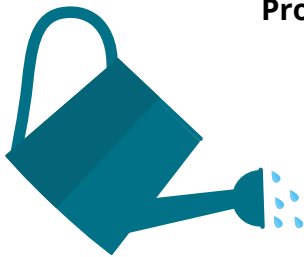


# FINANCIALS

## Reported Budget for 2021 - Programwise expenses from Jan'21 to Dec'21



**Projected Budget for 2022 - 69.02 Lakh INR / 92,216 USD**



**Quarter 1: Jan-Mar 2022**

Projected amount to be raised:

**17.25 Lakh INR / 23,047 USD**



# Here's how YOU can help!

## 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!



Pudiyador



@pudiyador.india



Pudiyador



@pudiyador

## DONATE AND EMPOWER OUR COMMUNITIES!

Your contributions ensure that Pudiyador's operations continue to empower communities – from providing rations to families in need, to supporting community teachers, maintain ongoing programming for children, youth, women and other members of the community.



## 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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