



 pudiyador times

52ND EDITION  
JULY - SEPTEMBER  
2022

# Our President's Message

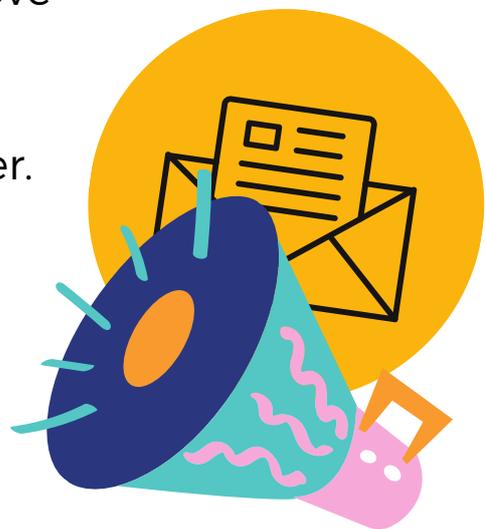
Dear Pudiador family,

As we return to near-normal life, we want to cherish and celebrate every event and activity at Pudiador. Our experiences in the last 2+ years have taught us how precious they are.

Our programs and our learning centers have sprung back to full life with a vigor that is palpable. And we want to share everything with you.

As we near the holidays, we would love to get your support so that we can *together* have a deeper and greater impact on people who deserve better.

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

- Storytelling Sessions
- Snake walk with Kaali

- Assessment Reveals High Impact
- Gym for the Mind and Body

- Celebrating Social Justice
- Gender Sensitization Sessions

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



- Celebrating International Breastfeeding Week
- Navigating Motherhood through self-care

Women's empowerment & Community development

- New Community Centre
- Spoken English
- A Fledgling Library

- Celebrating International Youth Day
- Environmental Fellowship with Palluyir Trust

# HIGHLIGHTS



## WORKING WITH THE GOVERNMENT

When the State Government of Tamil Nadu's (home to our communities) Education Department called for recommendations from the public, a Pudiyaador taskforce of students, parents and educators brainstormed over 2 months and delivered a report with our views on the state of education in Tamil Nadu and recommendations on how to make it better. We have made our report available for you as well [here](#).



## BRIDGING THE DIGITAL DIVIDE

Through a partnership with Rotary Reykjavik in Iceland and the Rotary Club of Thiruvanmiyur in Chennai, we kickstarted our digital literacy program in an attempt to bridge the digital divide that grew wider during the pandemic. We received a large number of laptops and tablets for each of our community learning centres. We are now using these devices to empower the teachers, youth, women and children in the communities. The teachers use the devices to employ new pedagogies for the children to make learning more exciting. Education at Pudiyaador has also started having a 21st-century approach through digital literacy training for the women, youth and children.

# HIGHLIGHTS

## CELEBRATING INTERNATIONAL DAY OF PEACE

The children of Pudiyaador read the story of Sadako, a young Japanese girl who made over 1000 origami crane as a symbol of hope during World War II. They also learned to make origami cranes, wrote messages of peace on them and created an art installation of Sadako's paper cranes at our learning centre.

The teenager program staff facilitated a peace activity by pairing teens that don't get along, helping them to step back and listen as a first step in conflict resolution.



**"PEACE IS NOT THE ABSENCE OF NOISE  
OR TROUBLE - IT IS OUR ABILITY TO BE  
CALM IN THE MIDST OF THEM. "**



Our cradle health program mothers discussed the importance of not remaining silent about their personal issues and tried to find peaceful ways to express their emotions and find real peace in their families.

# CRADLE HEALTH

For our expectant/new mothers and their infants



## Celebrating International Breastfeeding Week

The cradle program celebrated International Breastfeeding Week with a month of educational activities. We organized lectures about breastfeeding, troubleshooting sessions about lactation, quizzes and a 'Writing for mental health' workshop. With the help of Koushalya who runs D'Mommy Talks - a well-known YouTube channel, we compiled brochures and handouts about critical breastfeeding topics. A follow-up discussion and Q&A session at our learning center helped the mothers internalize all this information.



## Navigating Motherhood through self-care

With many mothers staying home and experiencing hardships during the pandemic, mental health took a backseat. We explored different ways of finding joy and self-expression for mental health during Cradle activity sessions - with games, writing and sharing circles.

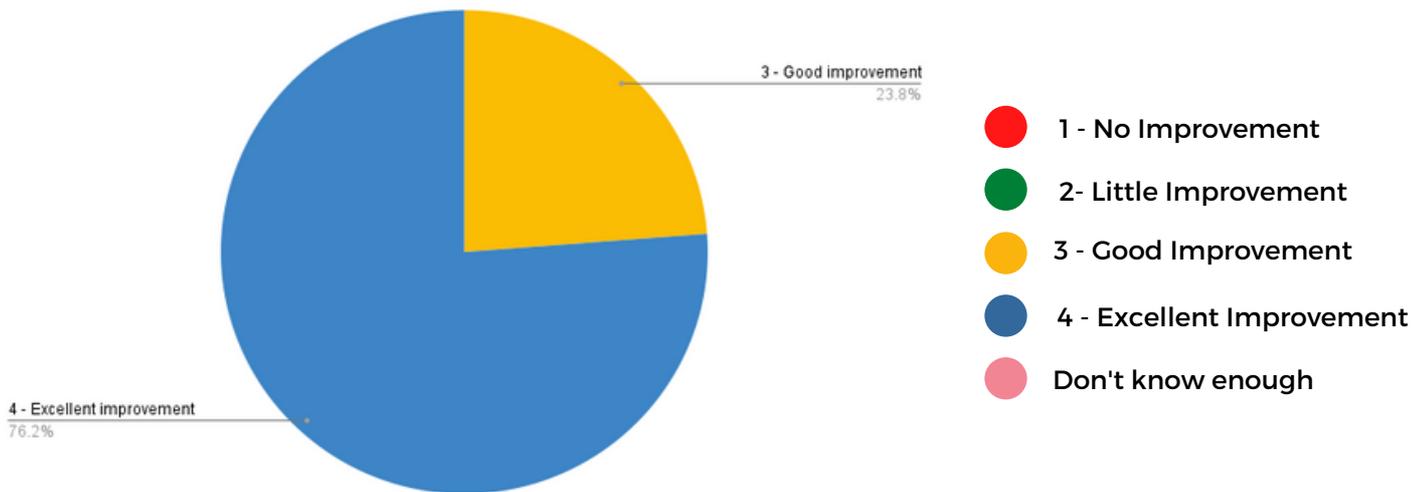


# SCHOOL BRIDGE

For our toddlers between ages 3-5 years



On a scale of 1-5, rate Pudiyaador's program in terms of visible improvement noticed in the beneficiary.



## Assessment Reveals High Impact

From our quarterly impact assessment, 76.2% of parents of School Bridge children said that they saw a tangible improvement in behaviour, and 90% said that they would recommend our programme. Our team also noticed the subjective and substantive change, from earlier accounts of frustrated parents dealing with aggressive children, to the present-day reports of parents complimenting the changes in children’s behaviour. Such moments help our staff believe in the impact of their consistent effort, and in initiatives like the “Parental Partnership” model, where parents help in delivering parts of the School Bridge curriculum at home.

## Gym for the Mind and Body

We have introduced several activities this past quarter at School Bridge. Fun yoga workouts to stay healthy and Brain Gym sessions to keep the young minds sharp are part of the new initiatives.



# CHILDREN'S PROGRAM

For children between 5-10 years



## Storytelling Sessions

Gershon, a book illustrator from New York, volunteered his time with the Children's Programme. He shared the joy of reading with our kids, with his wonderfully illustrated books - his system of golden star awards and bird-shaped bookmarks for all was a hit among the children.



## Snake walk with Kaali

As a part of our partnership with Chennai's Palluyir Trust for Nature Education and Research, our children visited the Center for Herpetology, the famous Madras Crocodile Bank, in the outskirts of Chennai. They interacted with Kaali, a resident snake expert, who taught them how to identify various snake types, and the basics of first-aid if bitten by a snake.

*Our kids were thrilled to touch a sand boa, and see a bronzeback tree snake, two cobras and an Indian rattle snake.*

# EARLY TEENS PROGRAM

For our teenagers between 11-14 years



## Celebrating Social Justice

On the 17th of September, we celebrated the birthday of E.V.R. Periyar as Social Justice Day. The teens learnt how relevant the concepts of social justice, equality, self-respect, and rationalism are even now. A discussion and a quiz helped them understand the topic. Then, they were spurred to find areas in their own lives where they could strive towards equality, equity and social justice.

## Gender sensitization sessions

Sex and Gender - two 'taboo' words that we would like our teens to say without giggling or feeling shy... During the 10-week workshop, the teens participated in sessions that covered topics related to gender, gender roles and identities. We hope that the teens now know more about the changes happening to their bodies, minds, and emotions and would be less hindered by perceived barriers of sex and gender in everyday life.



*Playing games on the beach together. Focusing on being a part of a team - not just 'girls' and 'boys' on opposing sides*

# YOUTH ADVANCEMENT PROGRAM

For our teenagers between 15-19 years



## Celebrating International Youth day

Yuvan Aves, the naturalist who is the founder of the Palluyir Trust, conducted a workshop on the occasion of International Youth Day. He introduced our youth to the River of Life activity where they visualized their life as a river and depicted their trials, joys and pivotal moments as points on this river, using sketching, drawing and painting. The workshop provided an opportunity for our youth to reorient themselves within their communities post-pandemic, savour their achievements and struggles, and look to the future with hope. An instagram page (@youthofpudiyador) was set up on this day and has become a space for the youth to share their learnings at Pudiyador.

## Environmental fellowship with Palluyir Trust

Palluyir Trust, the nature-based educational organisation kickstarted the Youth Climate Fellowship for beneficiaries at Pudiyador this quarter. The 10-month fellowship will focus on sensitizing the youth about their communities' ecology and educating them about building sustainable environments. Our youth took part in a snake walk and a shore walk as a part of the fellowship and learnt more about natural spaces near their communities.



# 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.*



## Giving Back to the Community

Pudiyador recently kicked off a Teacher Training internship, aimed at youth with potential, to provide teaching experience with a stipend. Saranya and Bhuvana, young women that have been Pudiyador beneficiaries since the Cradle programme, are now running one-on-one academic tutoring sessions in the evening. We also recently hired two young men - Bala and Gowtham - that had joined the Children's Program when they were boys, who are now full-time teachers at the same Children's Program! These young folks represent Pudiyador's dream of working with children from a young age, to enable and empower them to give back to their communities.

## Peer-to-Peer Training

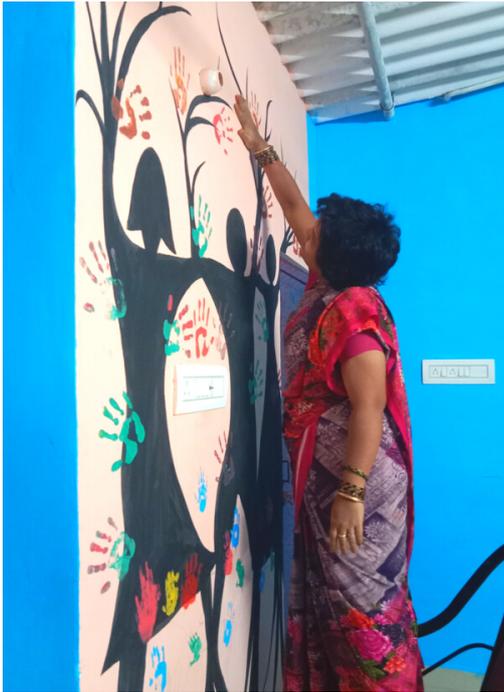
Our teacher training programme has seen its teachers grow in both confidence and ability with continual training over the years, with some of the teachers tweaking and developing curricula. This quarter, Kumudha and Justin from the Urur Kuppam community that have over 8 years of teaching experience, developed their own material to teach foundational language skills for the Early Teens Program. In addition, they have created teaching aids and session plans and shared them with their peers among the Pudiyador teaching staff.



# WOMEN'S EMPOWERMENT



Our women's empowerment program



## New Community Centre

The Women's Programme at the Kakkan Colony community has a new home. Although it is a small space with a view looking onto the community, it is now a safe haven, buzzing with activity - yoga, library sessions, tailoring classes and other workshops for the Cradle Programme mothers, who inaugurated the opening of their space by painting the walls with beautiful murals. The women are experiencing a newfound freedom, to work, learn and play together.



## Spoken English

Shruthi Ramesh is a volunteer that helps empower women at the new Kakkan Colony Center with sessions to teach spoken English. She uses simple words and learning aids such as picture-dice to help her students string words together and make simple sentences in English.

## A Fledgling Library

The Kakkan Colony Center also houses a small library. With its posters of inspiring women achievers and a small cache of interesting books, represents a new beginning the women have created for themselves - to read, to paint and to make time for themselves and their own growth.



# Pudiyador Charitable Trust Projected Budget - 2022

**Projected Budget for 2022 - 68.18 Lakh INR / 84,456 USD**



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

Projected amount to be raised:  
**20.07 Lakh INR / 24,719 USD**



## **Quarter 4: Oct-Dec**

Projected amount to be raised:  
**17.25 Lakh INR / 21,246 USD**

## **As of September 30, 2022**

Total amount raised:  
**16.33 Lakh INR / 19,993 USD**

Total amount to be raised including  
previous quarter deficit:

**20.99 Lakh INR / 25,853 USD**



Quarter 3 deficit

**3.74 Lakh INR / 4,606 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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