



 pudiyador times

53RD EDITION
OCTOBER - DECEMBER
2022

Our President's Message

Dear Pudiyaador family,

As we close out 2022, you can tell that we're marching stronger with every month as we get farther from the worst of the pandemic nightmares. We continue to be careful, but the colors in our lives are getting brighter.

Did some say colors? In this edition, you will read about colors, climate, corporation, cradle, connect-capable-count-courage, camp, canning, and community.

I hope you have as much fun reading this edition as I had fun with this alliteration :)

Wishing you a wonderful 2023!

With love,
Swapnaa



'From cradle to college to community'

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



HIGHLIGHTS



CLIMATE RALLY

Teens, youth and teachers from Pudiyaador joined the 500 people rallying at Besant Nagar against climate change on December 3rd. The 'Namma Chennai, Namma Future' Rally was organised by eight local youth groups and demanded action to combat climate change.

A week of preparing, writing chants and making placards culminated in an evening of marching and shouting out for action. Asking for urgency in delivering climate justice and social justice - not next year or the next decade - but right now.



CHILDREN'S DAY

Children's Day was celebrated at all of our community learning centres on the 14th of November 2022.

The teachers organised the events, with music, dance, games, skits, a puppet show and tasty snacks. Police officials from J5 Shastri Nagar police station, Chennai came bearing gifts.

Sending smiling children back home, after evenings like this makes us happy and lets us hope that we are making a positive difference in their lives.

HIGHLIGHTS

TEACHING GENDER JUSTICE IN CORPORATION SCHOOLS

“

‘I AM WEARING THIS DRESS (JEAN) BECAUSE I LIKE IT, NOT FOR ANYONE ELSE’S HAPPINESS.

- Aishwarya (in reply to women in her community commenting about her wearing a jean)

Saravanan, the Program Manager of the Early Teens Program, is the developer of our 15-week Sex and Gender Sensitisation Curriculum. Pudiyaador partnered with Teach For India (TFI), Chennai and took the first 3 sessions of this topic for a mixed gender class at the Chennai Higher Secondary School, New Washermenpet. This opportunity to share the best practices developed in our own community learning centers with other organisations and schools - and gradually educate more people about this essential topic gives us so much satisfaction.



Ishwarya, a typically timid teenager from Ramapuram accompanied the team and shared her recent gender specific experiences in her life with the children in the Government School. The whole team was thrilled to see the growth in her confidence and articulation. Sharing from young people about their own experiences and thoughts helps the peers in the classrooms connect with the subject better and treat it with seriousness and maturity.

CRADLE HEALTH

For our expectant/new mothers and their infants



Celebrating Prematurity Day

World Prematurity Day is observed on 17 November to raise awareness of preterm birth and the concerns of preterm babies. Dr. Shruti taught our participants how to care for premies, deal with unnecessary guilt and how to ensure that their infant grows in health and overcomes issues like respiratory distress, and feeding difficulties.



Dr. Shruti



Dental Care for New Mothers and Their Babies

The drain on a mother's calcium stores during lactation can result in the development of cavities and weak bones, but dental care for new mothers is often neglected. Dr. Akshaya a practising pedodontist taught the correct method of oral care for new mothers and their infants, and answered questions about common dental problems and their treatment.



SCHOOL BRIDGE

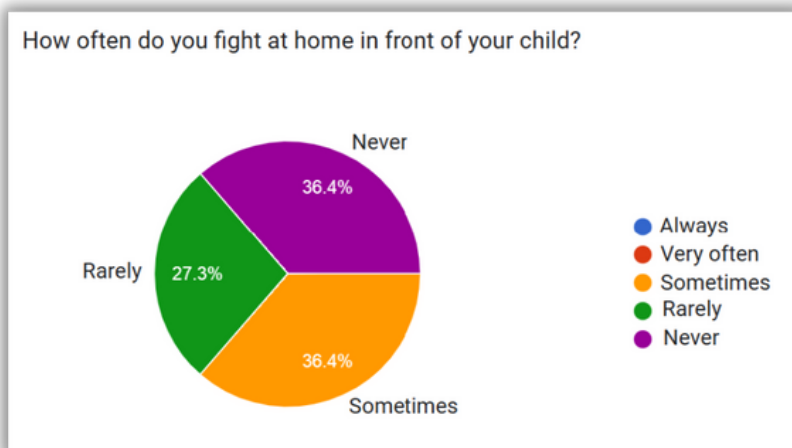
For our toddlers between ages 3-5 years



Handling Negative Behaviour

Negative behavior by children has been an issue that many parents complain about. During the Parent Teacher meeting, we taught them the concept of attention seeking behavior and how they could deal with it by using the 4 Cs,

1. **Connect** - And reassure the child that they are loved
2. **Capable** - Appreciate the child's capabilities
3. **Count** - Make them feel that they are valued by the parent, and that their existence matters to them.
4. **Courage** - All these together would give children courage and calm, and their attention seeking destructive behavior will be less.



Sample assessment question that was asked to the parents in the Parent-Teacher meeting



Dr. Aarti C Rajaratnam's (Psychologist & Author) workshop helped our teachers give parents simple, practical and effective ways to understand and cultivate a healthy parent- child relationship.

Involving Fathers in Active Parenting

During the Parent-Teacher meeting, only mothers were present, so teachers conducted home visits when fathers would be present. They taught fathers positive parenting methods and conducted a survey of their current parenting methods. The fathers were receptive to the lessons and committed to implementing them. As a result, many fathers reported seeing less negative behavior in their children since the implementing the suggestions.

CHILDREN'S PROGRAM

For children between 5-10 years



Understanding Words

Word identification is a crucial step in vocabulary building and basic literacy. Two types of activities are being used to help this skill: flash card games and puppets. Flash cards help children build speed of hearing and understanding, while puppets keep interest alive during story reading sessions and help students associate a particular word and its sound with the visual it represents. Parents report that school teachers have been praising the growth in the reading and writing abilities of their wards after starting these activities.

Parent Teacher Meeting

A good turnout, participative parents, excited children and enthusiastic teachers made the recent Parent-Teacher meeting into a heartfelt day of sharing. The children made welcome gifts for their mothers. To help build trust and empathy with the children, the teachers enacted a skit of the various parent-child daily interactions, and how they could be handled differently - by doing simple things like - Listening, Trying to understand their child and Showing interest.



Mothers posing with the smiley masks made by their children. The children welcomed them to the center with gifts and a short song recital

EARLY TEENS PROGRAM



For our teenagers between 11-14 years



Voting for Democracy

The Child Parliament Initiative at Pudiyaador helps the teenagers become more politically aware. They learn about democracy, their rights and responsibilities as citizens - and how they can participate in elections as candidates and as voters.

The children nominated their candidates and held campaign meetings before the elections on the 17th of December - and for the first time in 3 years, had a 100% voter turnout.

Our Stars at Nakshatra

On the 30th of October, the children and teenagers participated in Nakshatra 2022, the National Talent Fest organised by Bhumi NGO. A whole month of practice and a lot of anticipation ended in an action-packed fun day for these children and their teachers. They took part in a wide range of art, literary and cultural events, won many prizes and certificates and ended the day with a smile on their faces! Thank you Bhumi for giving them a platform to showcase their talents and abilities and grow in self-confidence.



YOUTH ADVANCEMENT PROGRAM

For our teenagers between 15-19 years



Reflecting on Mental Health

10 youth members on the cusp of great changes in their lives got together to talk about mental health, on World Mental health day, 10th October, at the Quest Unlearning center. They talked about being aware of their own feelings, the importance of asking for what they needed and how to communicate their feelings effectively. The discussions, journalling and sharing circles helped these young people get clarity on their fears, hopes, aspirations and doubts. Working their way to mental strength as a group was a fitting celebration of the day.

December Camp

Winter camp for the youth had workshops on Love, Finance, Conflict resolution and getting job ready - all topics of utmost relevance to their lives and with which they grapple endlessly. The activity-based workshops gave information and facilitated discussion and sharing circles to help them get a better handle on these topics. The Love workshop began with a movie screening of a Tamil movie, 'Love Today' followed by the youth sharing their own thoughts, opinions and experiences of love, first crushes and how love can be handled. Speaking freely among their peers helps the youth get clarity about these topics and is the first step to building relationships and navigating life happily.



Youth playing 'The Bean Game' - to learn budgeting, Step 1 on the road to financial literacy

TEACHER TRAINING

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



Evaluation of Teaching Methods

The teacher training program wrapped up the year with an evaluation of all the changes and innovations made in teaching methods. The teachers were particularly excited to share their experiments with reading, books, puppets and flash cards with the whole team.



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.



Tobacco Cessation Training

Tobacco addiction is a burning issue in all our communities and begins with children as young as 10. Banned tobacco products are freely available and are cleverly priced to be affordable and entrap people in cycles of addiction. Our teachers took part in a Tobacco Cessation Training camp with the Adyar Cancer Institute, teaching them about the warning signs of tobacco use and how to approach it. Revathi, the resource person, conducted an informative and impactful session for our teachers and ground team. Thanks to Adyar Institute, our staff members now have a better understanding of the issue.

WOMEN EMPOWERMENT



Our women empowerment program



An outfit handcrafted by Bamini

Fledging Woman Entrepreneur

Bamini's story is inspiring. From being a participant of the first embroidery course at Ramapuram community, she has grown immensely into many roles. She is now a Pudiyaador teacher, a tuition teacher, undertakes embroidery and tailoring orders. An enthusiastic participant of each of Pudiyaador's classes, she constantly upskills herself and tries to make her own life better. Women like her inspire us to look for more avenues for them to learn, grow and succeed.

Jammin'

The women of Ramapuram began their winter camp with a workshop on homemade jam making. They learnt to use jaggery, fruit pulp, juices and peels to make tasty jams with no preservatives, on par with costly products available in gourmet stores. One lady, Sangeetha, went home and promptly made a batch for her own home.

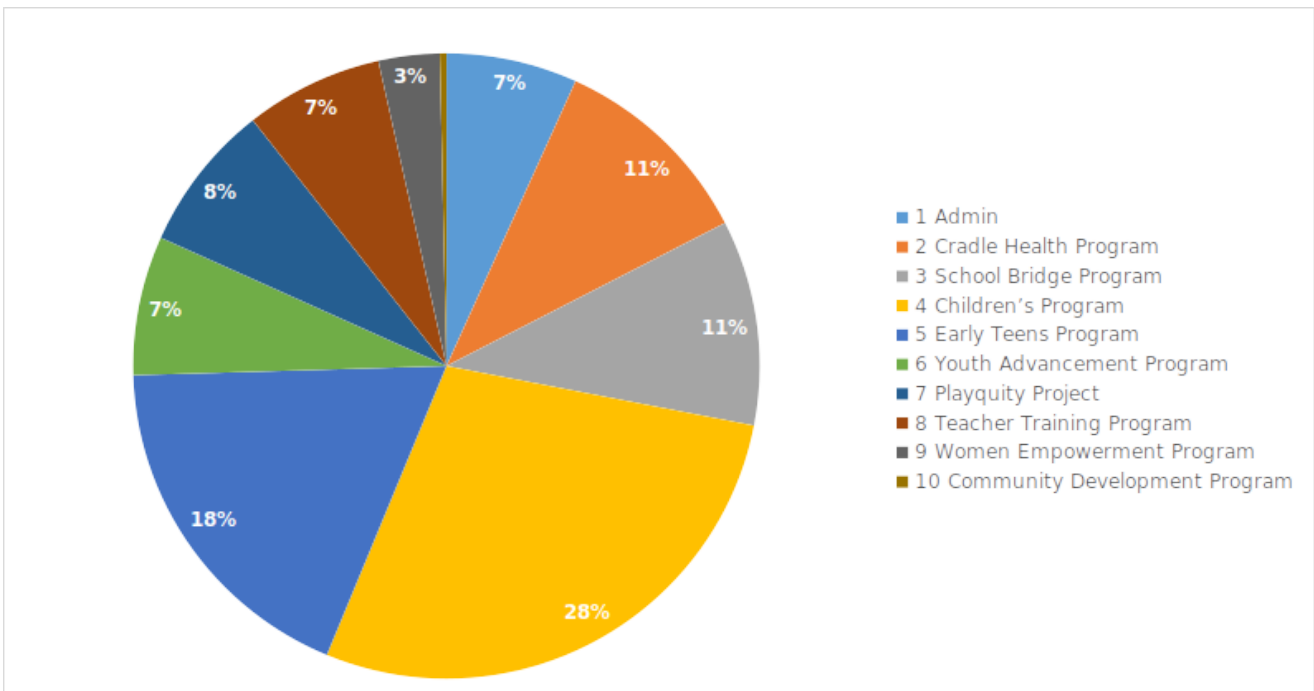
She is now planning to make more jams of different varieties for sale. Stay posted and support her with orders.

Those interested can call Ruby at 8807607041 for more details.



FINANCIALS

Reported Budget for 2022 - Programwise expenses from Jan'22 to Dec'22



Projected Budget for 2023 - 78.00 Lakh INR / 93690 USD



Quarter 1: Jan-Mar 2023

Projected amount to be raised:

20.00 Lakh INR / 24023 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!

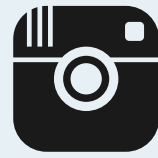


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Click on the logos to head to our social media!



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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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