



 pudiyador times

57TH EDITION  
JAN-JUN  
2024

# Our President's Message

Dear Pudiyador family,

As we move through our busy lives, think family, work (and more work), meals, workouts, TV, friends... it's not always easy to imagine what's happening in the Pudiyador world. That's why we send you these newsletters: to gently draw you into the lives of the communities you support.

While we're stressing over a deadline, a Pudiyador child may be celebrating the joy of self-publishing her first book. Our teenage boys might be cross-dressing in a heartfelt tribute to the women in their lives. In Assam, mothers are playing for the very first time, running across a field with their daughters, laughing and learning together through our Playquity ultimate frisbee program.

Come, take this short break with us. Soon enough, you'll return to your day, but perhaps with your heart a little fuller.

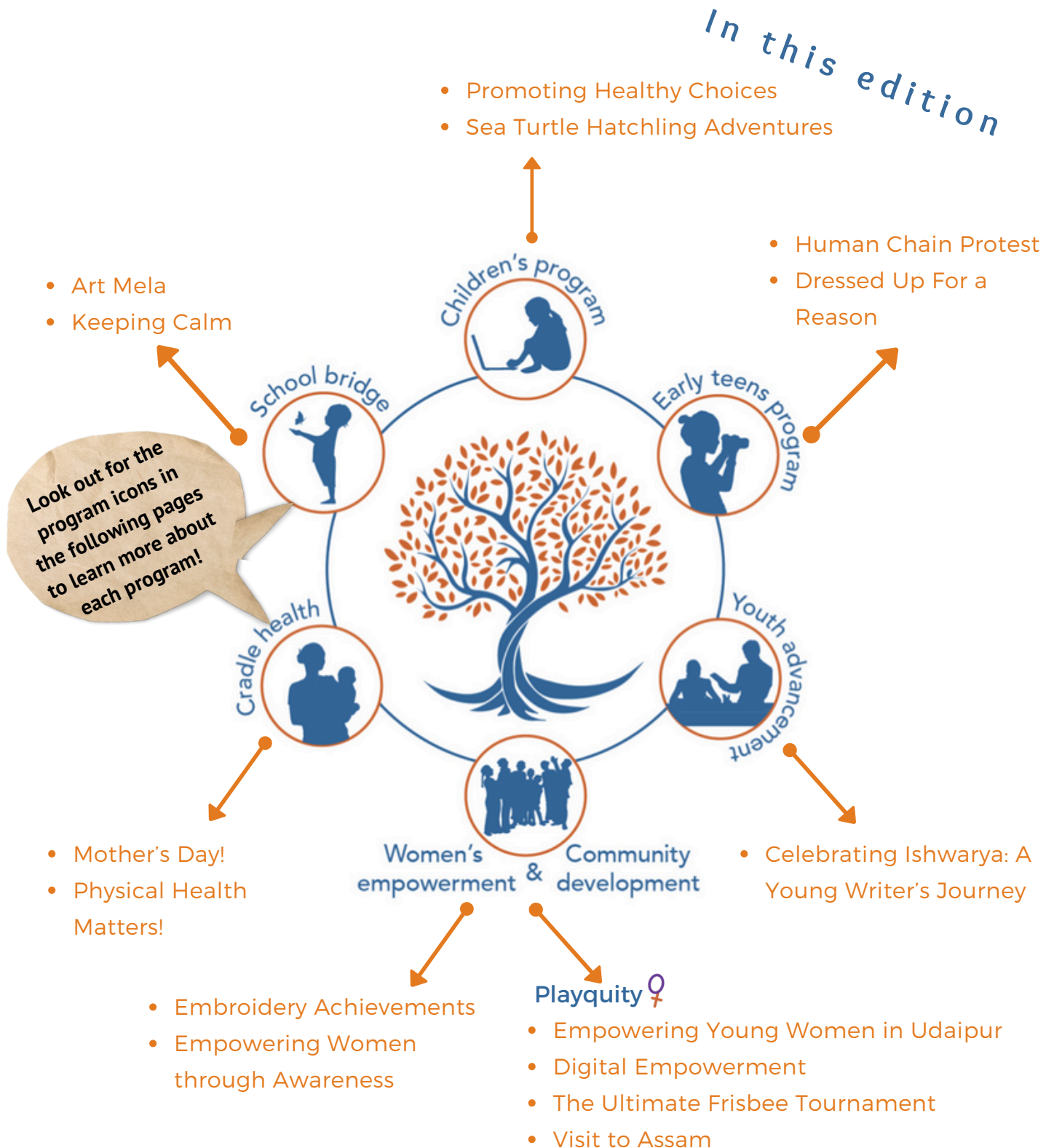
With love,  
Swapnaa





# '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.



# PUDIYADOR-WIDE HIGHLIGHTS

## CULTURAL FEST & PONGAL CELEBRATION

We kickstarted January with Cultural Fest & Pongal Celebration, uniting women, children, and community members across all three sites in Chennai. The event blended Pongal festivities with the Cultural Fest, highlighting the talents of children & women. Activities included a Gallery Walk showcasing Pudiyador's different initiatives, children's performances such as dramas and traditional villu pattu (a form of musical), and vibrant dance performances. The event was a celebration of community spirit and togetherness.



## SPORTS DAY

Pudiyador's Annual Sports Meet was a vibrant celebration of inclusivity, where children and women enthusiastically participated in various sports activities. Toddlers aged 3 to 5 exuded boundless energy throughout the day, while women enjoyed a well-deserved break to join sports events tailored for them. The event united our staff, donors, volunteers, and well-wishers in fostering community spirit and empowerment, showcasing a day filled with joy and achievement.



# PUDIYADOR-WIDE HIGHLIGHTS

## TEACHER'S DAY

The 3rd of January marks the birthday of Savitribai Phule, an Indian social reformer who fought for women's right to education in India. At Pudiyaador, we celebrate this special day as teacher's day! Keeping this in mind, an event to honor all our teachers was organized in January. The event was laced with moments that appreciated the teachers for all the hard-work and the joy that they bring into nurturing and uplifting children, women, and the community as a whole.



## WOMEN'S DAY

On account of International Women's Day on March 8, a special celebration was held with 46 women beneficiaries participating in the event, which kicked off with bookmark-making activities and ice-breaking games. Through discussions and reflections, the significance of Women's Day was explored. A video screening highlighting Pudiyaador's Cradle Health Program and Women Empowerment Program activities was shown to the beneficiaries. The launch of the Pudiyaador blog ([pudiyaador.wordpress.com](http://pudiyaador.wordpress.com)) marked an exciting milestone. The festivities continued with various entertaining activities, including dancing, quizzes, and laughter-inducing games and marked a day in which all participants enjoyed.





# PROGRAM-WIDE HIGHLIGHTS

## DALIT HISTORY MONTH

April is the month dedicated to celebrating Dalit history and identity. The theme for this year's celebrations was, Dalit : Land & Water. The week-long festivities included events such as movie screenings, discussions on Dalit leaders, short story recitals, and reflections on the significance of land and water in Dalit narratives. The closing ceremony, held across two zones, featured Dalit activists - Shalin Maria Lawrence and Dr. Amal whose speeches left a profound impact on the audience, particularly the children, reaffirming the commitment to empowering them with a deeper understanding of their rich heritage.



## SUMMER CAMP

The Summer Camp in April, a staple at the end of each academic year, remains a cherished tradition at Pudiyaador aimed at ensuring children make the most of their break. Spanning a week, this year's camp, organized across all programs, was filled with engaging activities crafted by our staff. From insightful explorations of different topics to a wide range of fun-filled adventures, the camp provided ample opportunities for learning and enjoyment, ensuring the children had a fulfilling and enriching experience during their vacation.



# CRADLE HEALTH

For our expectant/new mothers and their infants



## Mother's Day!

In the Mother's Day celebration this year, an important and thought provoking conversation was initiated to inspire the mothers of Pudiyaador's Cradle Program. In a heartfelt discussion on glorifying motherhood, the essence of responsibility and sacrifice was explored. Mothers said that they often feel the weight of both, believing they must sacrifice their dreams for their families. But amidst this noble duty, how do they distinguish between responsibility and sacrifice? Encouraging the honoring of a balance between nurturing families and personal dreams, the event emphasized that true fulfillment lies in embracing both with love and resilience.



## Physical Health Matters!

A "Physical Health Care for Mothers" session was conducted by Koushalya and Ramya from Mommy Talks Wellness Hub which focused on workouts and yoga. These exercises are designed to promote strength and flexibility, crucial for postpartum recovery and prenatal care. The session was well-received by the mothers, helping them understand the importance of maternal health and well-being.



# SCHOOL BRIDGE

For our toddlers between ages 3-5 years



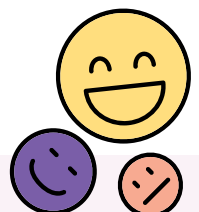
## Art Mela

A two-day Art-Mela was organized and open to all children aged between 3 and 5 from the community. Many toddlers participated in it and had a blast exploring various art forms like color mixing, fingerprinting, sand art, texture art, and paper crafts. It was heartwarming to see parents actively supporting and guiding their children during the event, taking on a shared responsibility toward their child's growth.



## Keeping Calm

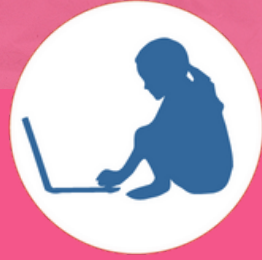
A special corner at our community learning centers has been set-up for children aged 3 to 5. It's filled with smiley balls, coloring books, clay, and building blocks—all there to help them when they feel upset or worried. This calming space teaches them how to handle emotions early on, fostering their emotional well-being.





# CHILDREN'S PROGRAM

For children between 5-10 years



## Promoting Healthy Choices

The Parent-Teacher meetings held for the Children's Program in March centered on exploring the detrimental effects of unhealthy eating habits and stressing the importance of a balanced diet. Discussions revolved around distinguishing between good and unhealthy foods, with a focus on limiting access to the latter for children. Parents openly shared their struggles and experiences with managing their children's diets. Some parents shared their children's health issues linked to poor eating habits. These stories emphasized the urgency of collective efforts to promote healthier lifestyles.



## Sea Turtle Hatchling Adventures

Every year, our children eagerly anticipate seeing sea turtle hatchlings, thanks to the informative sessions provided by Volunteers from the Students Sea Turtle Conservation Network (SSTCN). Through engaging storytelling, we learn about sea turtles' nesting habits, dances, and their journey back to the ocean. As the hatchlings make their way to the sea, shouts of "bye!" fill the air, and conversations about their growth and return to our shores ensue. It's remarkable how a single storytelling session ignites such lively discussions among the children, highlighting the lasting impact of these immersive experiences.





# EARLY TEENS PROGRAM

For our teenagers between 11-14 years



## Human Chain Protest

At Pudiyaador, we are working toward nurturing politically aware teenagers by actively engaging them in community issues, encouraging critical discussions, and empowering them to participate in meaningful activism. In March, teenagers from the Ramapuram and Besant Nagar communities joined a human chain protest at Besant Nagar beach, standing in solidarity against the ammonia gas leak from the Coramandel Fertilizer Unit. Following the leak on March 26th, which led to hospitalizations and evacuations, community members rallied for the plant's shutdown. All the teens actively participated in the rally showing their support.



## Dressed Up For a Reason

This year, we continued the tradition of celebrating Women's Day with teenagers. The event was a wonderful blend of fun games, exciting activities, and meaningful conversations. One of the highlights was the cross-dressing fashion walk, which everyone enjoyed! Teens dressed in outfits typically associated with the opposite gender, with boys in frocks holding items like baby diapers or vessels, and girls in boys' clothing. This fun activity led to great laughter and sparked important discussions about gender roles, making it a memorable day for all!





# YOUTH ADVANCEMENT PROGRAM

For our teenagers between 15-19 years



## Celebrating Ishwarya: A Young Writer's Journey

Ishwarya, a young adult, has been a part of Pudiyador since childhood. Always an enthusiastic learner, she developed a strong interest in reading and writing. During her time in the Early Teens Program, she expressed her desire to become a writer. To nurture her dreams, the Program Manager, created a blog for her to share her stories. Writing under the pen name "*Anbazhagi*," (which means a girl who is the embodiment of love and beauty). Ishwarya crafted eight short stories over the course of two years.

To celebrate her achievements and inspire other children, we decided to compile her stories into a book. This exciting moment took place during the closing ceremony of the Dalit History Month celebrations, where chief guests at both zones of operations proudly unveiled the first copy of her book. It was a proud and inspiring moment for all of us, showcasing Ishwarya's journey and talent.





# 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.**

## Workshop by Barefoot Academy

Teacher training is essential for enhancing educational practices and improving student outcomes. In line with this, we provide both in-house and external training for Pudiyaador's teachers. Recently, Vikash from Barefoot Academy (an organization in Chennai that seeks to better governance processes) conducted a workshop that focused on understanding the roles of teachers within our community. The session encouraged teachers to view education from the perspective of ordinary people in society. Many of our teachers left the workshop with a deeper understanding of current educational policies and the vital roles they play in schools. Although the topics were complex and did not lead to definitive conclusions, the workshop successfully inspired teachers to think critically and reflect on their own beliefs about education. It was a valuable learning experience that offered fresh insights into our educational landscape.





# WOMEN EMPOWERMENT

Our women empowerment program



## Embroidery Achievements

Ten women from the Ramapuram community eagerly joined our Aari embroidery classes this quarter, seeking to unlock their creativity and potential. Through this skill, we aim to empower women with opportunities for self-expression and income generation. After weeks of dedication, all ten participants successfully completed the course, proudly receiving their certificates in a closing ceremony.



## Empowering Women through Awareness

In general, women from the communities we work with have traditional, patriarchal understandings of gender and sex. Kanniyammal from the The International Foundation for Crime Prevention and Victim Care (PCVC) Organization led an impactful Women's Rights and Gender Sensitization workshop for women from the Ramapuram community. The session began with a discussion on the difference between gender and sex. As participants shared their personal thoughts, they were guided through an activity using interactive worksheets. The day was filled with conversations and hands-on learning, leaving each woman more aware than before.





# PLAYQUITY

Building equity through play by  
inverting gender roles



## Empowering Young Women in Udaipur

Our partner, AIF (American Indian Foundation) extended its impact through on-ground training initiatives, with three of its dedicated fellows – Aashritha, Jahnvi, and Arbeena – visiting the Jhed School, Udaipur. While Aashritha works directly with Playquity, her counterparts work on gender issues with other NGOs. These three young women conducted sessions along with the support of Playquity Coaches-in-training (CIT's) on “The sense of self and identity” and “Art and gender issues” at the School in Udaipur.

The aim of these sessions was to empower young women with foundational tools for self-discovery, to give them a framework for sharpening their communication prowess and to educate and initiate dialogue on the identity and the constraints of womanhood.

The young women at the school enthusiastically immersed themselves in these sessions, uncovering fresh insights about their identity. They also learnt the basic principles of communication. When they went back, their hearts brimmed with the satisfaction of heightened self-awareness, fueling a passion to spark transformation within their own neighborhoods.





# PLAYQUITY

Building equity through play by  
inverting gender roles



## Digital Empowerment



Playquity programs run across many villages in rural India, we connect with our Coaches-in-training (CIT's) through online sessions. While these sessions have been instrumental, the limitations of using phones hindered the CITs' ability to fully engage in the learning experience.

But thanks to Navya, an 11th-grade student and dedicated volunteer, who has been running remote online sessions for the CIT's, this situation has changed. Seeing the commitment & interest from CITs, Navya's parents through a grant from Indium Software (India) Private Limited provided digital devices - a laptop and a tablet for each CIT.

This invaluable tool will provide them with endless resources, support, and connectivity, ensuring they're equipped to excel in their coaching endeavors.

It's heartening to see - Navya and Indium Software (India) Private Limited, empower the next generation of young women leaders, through the incredible support they've provided.



Navya



# PLAYQUITY

Building equity through play by  
inverting gender roles



## The Ultimate Frisbee Tournament

On May 1st, Labor Day this year, in Chabua, Assam, a group of women made an inspiring breakthrough by playing frisbee for the first time. Thanks to Playquity's efforts, these women, traditionally unfamiliar with sports, eagerly joined the game their daughters love. The event marked a small but powerful step toward challenging the belief that sports are only for men, and it showcased a growing movement towards gender equality in sports in rural India.



## Visit to Assam

During their visit to Playquity's Assam site, Aashritha and Jyoti from the operations team were struck by the contrasting lives of Coaches-in-training, Junmoni and Rashmi. Rashmi's humble home, with cow-dung flooring and limited amenities, highlighted the resilience of these young women who juggle family care and tough commutes. This experience underscored the need to empower young women, regardless of their circumstances, to become leaders in their communities.





# Pudhiyadhor Charitable Trust

## Projected Budget - 2024

**Projected Budget for 2024 - 78.00 Lakh INR / 89066 USD**



### **Quarter 1 & 2: Jan-Jun**

Projected amount to be raised:  
**40.00 Lakh INR / 45,675 USD**

### **As of June 30, 2024**

Total amount raised:  
**12.25 Lakh INR / 14,596 USD**



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

Projected amount to be raised:  
**18.00 Lakh INR / 20,552 USD**

Total amount to be raised including  
previous quarter deficit:

**45.74 Lakh INR / 52,227 USD**



Quarter 1 & 2 deficit

**27.74 Lakh INR / 33,037 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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