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Dear Readers,

It is great to be back after the summer vacations. The students and staff are excited about the new academic year and the challenges that it holds for us. In the new academic year, we have decided to introduce more vocations for our students and we hope to slowly introduce more and more skills that will help us go a little further towards our goal of making our students self-reliant.

Volunteers, well-wishers and donors have been ever so supportive in all our activities and they are an inevitable part of our Foundation. It is with their support that we have come thus far and we are sure we will be able to reach more and more heights along with them.

Our ultimate goal is to move towards a more inclusive society with our students and the society in utmost comfort with each other. It will be a great honour for us to play host to anybody who wants to understand and interact with our children. We believe that together with the society we will be able to dissolve the invisible boundaries and make it a better place 😊

Gomathy T, Editor



Arvindniketan Visits the Children's Park

It was a fun day for our students at Arvindniketan on 16 Mar 2017. We visited the children's park for a picnic. The children's park is home to many animals and the students absolutely loved watching the animals and learning about them. We were greeted by the deer near the entrance and the children got excited from the very beginning. The students enjoyed watching the various animals and birds. They were fascinated with the aquarium so much that they did not want to come out of it. They became silent observers while watching the snakes and reptiles. The students enjoyed playing in the play area where there were swings, see-saw, merry-go-round and other rides. It was a great day filled with fun and learning for all of us. The children already can't wait for the picnic next year 😊



A Visit to Mahabalipuram

The staff and students of Arvind Outreach–Anthakarana, our Chengelpet center children visited Mahabalipuram for a picnic on 08-Apr-2017. Volunteers from Cognizant (CTS) accompanied us on the picnic. These picnics are fun and bring about a very positive change in our students. Students who are usually reluctant to walk, on that day were very enthusiastic to tread the long distances; students who were scared to walk on uneven surfaces also walked on rocks and slid on them. Parents had also accompanied us and they were overjoyed seeing their children having fun at the picnic.





Fun Day at Our Centers

Having fun is a part of our agenda at the Foundation and we try and keep it interesting and engaging for your students. On 21-Apr-2017, the teachers of Arvindniketan conducted a fun day for the students. After circle time, the teachers conducted games for the students. They played catching the ball, *kolakolayamundirika*, and hide and seek. Then all the teachers cooked lunch for the students and served it to them. Some of the children helped wash and peel the vegetables. The staff and students had lunch together. It was great fun playing and cooking and eating together.

Food Carnival – Arvind Outreach Porur

Millet craze has caught our attention too! We had a millet carnival at our Porur center. The students had brought food items made of millets specially prepared from their home. Millets have been our traditional food and our students were being taught about their nutritive value in our daily life. Everyone alike enjoyed the delectable fair of millets and stunned at the varieties of dishes that can be made of millets. The enthusiasm with which the parents participated in the food carnival to come up with various dishes were amazing. Literacy/economic status did not hamper their enthusiasm. We intend to make our students more conscious about their food habits through such events and ensure that they eat healthy which is very essential for them.

Autism Awareness Program

On April 2, 2017, World Autism Awareness Day, students from Arvindaalayam went to a nearby government school to create awareness regarding Autism among the students of the school. The students put up a Tamil skit "*Autism pillaigalum Samudaayamum*". Our teacher, Ms. Shakthi spoke about Autism to the children of the school. The teachers of the school also encouraged our students to be socially responsible by teaching them harmful effects of the *velikaathan shrub* and by helping them remove the shrubs. This is our new initiative to be a part of society and make our students socially responsible.



Kiosk at Bank of America

On 11 April 2017, we put up a kiosk at the Bank of America, Tharamani. Through this kiosk which was manned by Mr. Ramesh and Ms. Nithyakala (staff of Arvind Foundation) we sold the products made by special-needs adults of the vocational group. The kiosk was supported by the team of Bank of America. They have always been supportive of the activities of the Foundation and the BOA staff are ever so ready to volunteer at all our events. Our sincere gratitude to Bank of America for all their support.



All Staff Picnic

We went for staff picnic on 1-Apr-2017 to Mahabalipuram. Even though we have all been to Mahabalipuram earlier, it was still a learning for us about the historical importance of the place. We got our doubts cleared from the guide and it was very useful. We also went boating at Muttukadu and it was great fun.

Teachers' Training

As part of our staff up skilling program, we had a workshop for our staff both at the end of the previous academic year (April) and at the beginning of this one (June).

We concluded the academic year 2016-17 with our mentors Padma ji, Dr. Suchithra and Dr. Karthiyayini giving us an insight about the different disabilities. They made us look at our students in a different angle; the discomfort they undergo; the reason for the behavioural issues; a different view of the case study that made us travel with a different perception of the same thought. Ms. Sherin excited us by sharing her experience with autistic children.

The sessions were a combination of Eurythmy, wet-on-wet painting to experience the blending of colours, vibrant movement of foam painting and movements. We also sang many songs and familiarised ourselves with Steiner's verses.

The 2017-18 academic year started with another training session. Curriculum preparation was the main agenda for this session. We prepared our curriculum based on the Waldorf system of education. Eurythmy, movements, songs, gross motor and fine motor activities were planned for the academic year as per the requirement of the children in each class.

We also learnt a series of eurythmy and movement to enhance ourselves with more knowledge and strength to perform well during the academic year ahead.



Arvind's Café

Yet another milestone in the journey of our special adults in Arvind Institute.

Vanakkam, welcome, table number? Menu card, order please, 2 plates adai, chukku coffee first, laddu please, saamai payasam? Wow, it's delicious, vaazhaipoo vadai 2 more plates, thank you, god bless you, how did you make this, recipe please!

This is all one could hear for more than 2 hours last Saturday evening when the sun wouldn't just set. The Special adults of Arvind Foundation sported the chef's hat and created titillating and mouth-watering yet healthy dishes using millets, vegetables and truckloads of love. The trainers gave a helping hand as usual and it was a treat for the tastebuds, a feast fit for Kings and queens.

All dishes were sold out in no time like hot buns and literally left people wanting for more. As it was time to draw the curtains, enquiries for the next gastronomical journey along with blessings poured in.





The team patted one another's back for leaving no stone unturned to serve the promising guests, true to the saying, Athithi Devo Bhava!



New Vocations at Our Centers

The special needs young adults at our centers have learnt to make jute bags, candles, costume jewellery sets, greeting cards, handkerchiefs, table cloths, nameboards, key chains and other gift articles as part of their vocational education. Apart from these they have also learnt to make kashayam powder and garam masala.

In this term, we are going to teach them sambrani, phenyl, and agarbathi making.

All these items are for sale and we are ready to take orders as and when you need them. All you have to do is give us a call 😊

Upcoming Events

- Shining Stars at Cognizant Outreach, Siruseri – July 30
- Aadukalam – August 20, at the Police Parade Grounds, Ashok Nagar **(Please block your calendars! We will send you the official invite shortly)**



An Appeal to Our Well Wishers

No help is small help! We are always looking for funds and volunteer help for our various events and for us to reach more people and help more special children lead better lives.

If you would like to help us in our journey, please contact 9841034234, 9841615333 or 7299911022 or email us at arvind_foundation@yahoo.in

All contributions to the foundation are eligible for tax exemption under 80G

