

# RIPPLES

The Arvind Foundation Newsletter



Dear Readers,

The new academic year 2018-19 has begun at Arvind Foundation, and it has begun with great enthusiasm and hopes. We see a lot many things happening already and we will soon update you about them. For now, we still have some updates from our last academic year that you were waiting for!

We will bring you more updates soon!

Gomathy T  
Editor

## SNEAK PEEK

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Saaraansh - The essence of knowledge gained

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Arvind's Cafe - a green leafy affair

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# Saaraansh - The Essence of Knowledge Gained

## **Do Colors Convey Messages?**

A ray of pure light has no colors, but when split it produces, magic. It was an experience of sorts as we learnt that colors are more than just being pleasing to the eyes - they tell a story, a journey, convey empathy and touch your senses, speak your language and much more. Color and sound complement each other so well that there is practically no room for words.

It was a Sunday of colors & sound for some of us in Chennai as we witnessed a wonderfully designed event by a group of special-need students of Arvind Foundation, Chennai. There was not a single word spoken yet the program themed "Colors of Evolution" conveyed a million words. Travelling through different time periods in the evolution process, the program was wonderfully choreographed to explain the complex process of "Evolution"- starting with Mineral Kingdom, traversing through Plant & Animal kingdoms and culminating in the humans of today.

It was a divine experience for those witnessing our annual day at the "Mahodaya hall", Chennai on 11th March.

The overall concept of evolution was enacted in 4 stages by the students of Arvind Foundation depicting evolution of life, development of the forms of evolution, interdependency and final harmony among the various kingdoms. The program seamlessly linked the relationship between colors and the evolution process, blending the colors with the behavioral pattern of the elements of evolution.

The event brought the audience together, cutting across age barriers, every complex aspect of the play enacted by the students was loudly cheered, acknowledged and enjoyed. The audience was a true representation of the society; there were parents, students of all ages, men and women of repute in the society, and younger generation of volunteers.

The program brought out the best of these special children, their native talent, immense hard work, ability to learn and a strong will to move forward in life. The dance and movement sequences were spotless with an amazing mix of sounds befitting the scene on stage. The "Fire dance" was a true treat to the eyes and ears.

The students sent out a strong message to the society – however powerful the forces of diversity may seem, there is always an overpowering unity to prevail over. This aspect was conveyed through a powerful blend of dance movements, sound and colors. The grand finale was a free for all dance at stage for the students and the audience.

There was never a dull moment during the course of the 90 minutes program as we sat awe struck at the professional manner in which the event was organized, explained, and executed to perfection.



**Glimpses of Saaraansh' 18**



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## SPECIAL CAFE BY SPECIAL FRIENDS OF ARVIND FOUNDATION

Be it rainy day or a hot summer evening, wouldn't hot pakkoda with mint cooler be just perfect & how about some soup and dhokla or just a cup of sundal?

Well, what if these were all made of greens as a healthy variant? And what if these were prepared by young SPECIAL NEEDS CHEFS of ARVIND FOUNDATION!

That's exactly what happened on a weekend in April at Arvindniketan, K.K Nagar. ARVIND's CAFE opened it's doors again treating guests with delicacies made of greens (murungakeerai soup, ponnanganni keerai pakkoda, agathi keerai sundal, palak dhokla and mint cooler) on a perfect weekend evening.

Teachers of Arvind foundation trained their students over the last 2 months and together presented these to our loving guests. While recipe secrets were happily displayed, the team surprised guests with a flash mob performance with a message that greens are good for health.

Thanks once again for those who dropped in for the cafe. For those who couldn't make it, we'll be back soon with yet another spread to treat your taste buds.

