

# RIPPLES

The Arvind Foundation Newsletter



Dear Readers,

Sports imbibes social skills and team spirit in our children which are integral for them to be a part of the society. It teaches them to work in a team and to accommodate each other at any given situation. They learn to help each other, co-operate with their team mates and encourage others to complete a task. It also creates a self-awareness in them in the sense that they are able to recognise and overcome difficulties that they never thought they could. At Arvind Foundation, we recognize the importance of sports for our children and that is how the seed for a sports event was sowed and it's roots have now taken a strong hold and bearing fruits. It is a great pleasure to watch them participate in the sports events with so much enthusiasm. This issue bears an invitation to all of you to come and witness the positivity that the event AADUKALAM brings along!

Hope to see you there :)

Gomathy T  
Editor

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# *Special Café by our Special Chefs*

Cooking has fast become a life skill for all and by teaching cooking to our special-needs young adults, we can cover a wide variety of skills that help them develop themselves into better equipped adults, both physically and psychologically. At the Foundation, we aim to give holistic training to our young adults to ensure self-reliability and thus, a far better quality of life.

Cooking at the Foundation involves understanding cooking vocabulary and kitchen safety, identifying and using cooking tools and ingredients, following a recipe, preparing for and planning and delivering a cooking project.

We go the extra mile by organizing Arvind's Café from time to time where they get to display not just their culinary skills but they also welcome guests, take orders, serve and entertain the guests. The theme this time was "**vegetables**" and our trainers put together an interesting and wholesome menu consisting of **vegetable soup, cucumber and mint paanagam, veg papdi chat, veg salad and veg bajji**. The team dressed in black and white looked dashing and treated the guests to this mouth-watering menu of healthy snacks and quick-bites while now and then a flash mob performed to a famous Carpenters number using ladles as props. A stall was put up displaying hand crafted things such as earrings, keychains, letter holders, bedsheets etc made by our special-needs young adults.

We thank all our guests for gracing the occasion and encouraging the young chefs and the trainers along with whom we dream, one day, our students would be able to use these skills and make a living out of it to make their families and us proud.



***Arvind's Café***  
***July 2018***

# Our Shining Stars

Shining stars is an annual cultural and sports event organized by Cognizant outreach at Siruseri. This year it was held in the month of July.

Around 40 students from our Chennai and Chengelpet attended the event. The distance to Siruseri did not matter to our students and they enthusiastically travelled all the way 3rd year to participate in various events like dance, skit, fancy dress and a variety of sports events. The staff of Cognizant were very friendly and had taken utmost care to make the students comfortable. Our students had loads of fun and enjoyed the day thoroughly.



# ***We are all set for Aadukalam' 18***

Arvind Foundation's special-needs children and adults are all geared up for Aadukalam 2018. AADUKALAM is an intra-centre sports meet at Arvind Foundation that takes place every year at Police Training College, Ashok Nagar. More than 100 special-needs children from five of our centres, aged between 3 and 39 years participate, win, cheer their friends, win prizes and medals on this day. Our special-needs children and adults have great fun participating in more than 30 games and sports with their peers, trainers and parents.

Daniel (name changed) aged 29, during this practice for sports at school asked his class teacher,

***"I am bored of participating in the same game that I won last time; Can I take part in the new game - Multitask?"***

Multitask is the game which involves five sub-games. It's overwhelming and surprising that our special children are rising up to the challenge, improving their skills in all aspects and gaining tremendous confidence. Our children learn and imbibe the values of team spirit, co-operation, and most importantly celebrating others' wins.

So many volunteers from corporate companies and colleges come forward to assist our children participate in the events without which this event wouldn't have been a success. Our sincere gratitude to them. We sure are blessed to have tremendous support from such volunteers and well wishers.

It would be a pleasure and an honour for us to have you all witness our sports event, Aadukalam, this year on **19 August 2018, 08:30 a.m. onwards, at the POLICE TRAINING COLLEGE, ASHOK NAGAR, CHENNAI**. We sure will be expecting you there!

For further details, please contact Arvind Foundation, Ph: 9841034234, 9841615333, 7299911022



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(a charitable organization for children with special needs)

**Cordially invites you for our Annual Intra-center Sports Meet 2018**



**EVENTS :-**

1. Track event
2. Field event
3. Hand activity event
4. Indoor event

**Date** : 19<sup>th</sup> August 2018, Sunday  
**Time** : 09.00 a.m. to 01.30 p.m.  
**Venue** : Police parade grounds, Police training college,  
Ashok Nagar, Chennai - 83.  
**Landmark** : Behind Hotel Hotchips, 100 ft road,  
next to Ashok pillar

**Our Centers**

**a. Curative centers**

- > Arvindniketan - K.K Nagar, Chennai
- > Arvind Outreach - Anthakarana, Chengalpet

**b. Outreach Center**

- > Arvind Outreach - Mannavanur, Kodaikanal

**c. Vocational Centers**

- > Arvind Institute of Vocational Excellence,  
K.K Nagar, Chennai
- > Arvindaalayam - Kolappancherry, Chennai

**Please come and encourage our students and staff...**

***Please do come and grace the event!***

***We look forward to seeing you at the games!***