

June 2011

Droplet 2

# RIPPLES



ARVIND FOUNDATION

(A Charitable Organisation for Special Children)



A Family Quarterly Newsletter

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## Editors:

**Gomathy Tamilselvan**  
**Arun Prasath**



### Dear Friends

We are here with the next droplet of **'RIPPLES'**. I thank each of you for your encouraging text messages and mails appreciating the first issue. This issue will revolve around the events of the annual day which was held on 6th Feb. 2011. I have no words to thank our staff for their meticulous planning and hard work which made this event a great success. I also thank the parents for their patience and cooperation. The result was that our children performed like professionals!

On behalf of the foundation I would like to thank **Dr. Yamuna Krishna**, Principal, SRMC - Hospital Management for motivating her first year batch students to launch our **THEME SONG – 'Chinna Chinna Siragugal'**. We are greatly indebted to Allen Pradeep who scored the music for the song and Kedhar who provided the lyrics. We would launch this enthralling song on our web site soon.

We thank all the volunteer friends who helped us with designing and conducting the events.

We thank each one of you who had come to attend the celebration. Your participation encouraged us a lot and we hope to remain connected with you.

I welcome **Gomathy Tamilselvan** who is taking over as editor of RIPPLES. I thank her from my heart for agreeing to support us and I also thank Arun Prasath for agreeing to support her in this effort.

I hope you find this issue too enjoyable and interesting

- Athma

# Our Annual Day.

We celebrated our 3rd annual day on **6th Feb. 2011** at Mahodaya Hall Ashok Nagar, Chennai. We would like to use this opportunity to thank all those who came over and encouraged our children and staff.

The highlight of the annual day was the cultural programs by our children which stole the show. Their performance stunned the audience. As the saying goes 'A picture is worth a thousand words', we would like to share some pictures from the event rather than just describe it in words..



Setting the tone (Dharini, our volunteer who anchored the event )

Welcome address by Sowmya , our grade 4 teacher



Lighting of kuthuvilaku





Invocation song by our teachers



A skit by Staff and parents from our Porur center



Some of our students from ARVINDNIKETAN – K.K Nagar performing



Some of our students from ARVIND OUTREACH – Porur performing



A spontaneous speaker (Pulavar PANASAI SS ARUNA a retired Headmaster rose from the audience and walked on to the stage and profusely lauded the efforts of the teachers and staff of ARVIND FOUNDATION in training the children with patience and expertise. This unexpected genuine gesture took us all by surprise.



We released the 1<sup>st</sup> droplet of our news letter **RIPPLES** during this occasion. Mr Vaikunth IPS (Retd DGP - Tamilnadu) released the first (soft) copy. This news letter would be a quarterly issue and will bring to you the happenings & happiness of the foundation's activities.

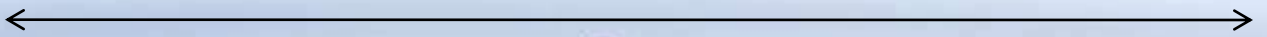


Thanks to the enthusiastic 1<sup>st</sup> year MBA - Hospital & Health System Management students of SRMC lead by **Hari Balaji and Sweytha**. This team made it possible to release our theme song (**chinna chinna siragugal**) on this day. The music was scored by a student & Music Director **Allan Pradeep** when other 2 students **Bhavani & Jeraldine Shruthi** provided the feminine touch to this song . The lyric was penned by writer & Lyricist **Kedhar**.

**Ms. Anupama**, Vice President Mahindra Satyam, gave away the mementos to the 'theme song team'. (right)



Later our street theatre group gave the audience a glimpse of our street plays which we enact in remote areas around Chennai in order to create awareness on special children, disability, social acceptance of such children, their rights & privileges etc.



Mementoes were distributed to our teaching & non-teaching staff at the end.



Our children undergo training in carpentry & pottery as part of their curative educational program. Our support staff Bhuvan & Saravanan who train our children in these activities received their mementoes from **Dr R. Bharathi** Prof. (retd) Loyola College – Chennai.



R.K. Swamy (Vice president Mahindra Satyam) giving away a memento to Mathan the 'logo man'. ( The memento is a priceless painting done by a student of our Porur center )



A few good men – few of our dedicated volunteers





Address by our Group Principal (Lakshmi Sunil), the Co-Founder & Correspondent (Sudha Athmaraj) and Founder (Athma Raj)



We launched our **Green initiative** Program on this day and the institution began its journey towards making a greener planet. **Mr Kiran Kavle** Sr. VP – Mahindra Satyam gave away the first saplings to our children and flagged off the initiative. Our Children later planted them in 2 places in Chennai city. In all they planted about 25 saplings.



our students from our community college (ARVIND-IGNOU Community College) performing a skit on the stage

A blood donation drive during our Annual day



## Do Parrots Speak?



*This spontaneous article was penned by Ms Gajalakshmi Sendil of British Council Library – Chennai.*

‘There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle’. (Albert Einstein)

Dedicated to Arvind...

It was yet another busy Saturday morning for me with the argument between my heart and brain about the day being a holiday or not, my brain wins most of the time.

The Glass wing of the British Library had an odd combination of people watching the presentation on the library by our head while I was waiting for my turn to walk the people around. My eyes fell on this kid in a green and white checked smart shirt as he was “special” in all the sense of the word.

He was special because he didn’t pretend to listen to the presentation.

He was special because he was not like any of us.

He was special because he didn’t really belong there.

He was special because nothing or no one there could stop him from what he wanted to do

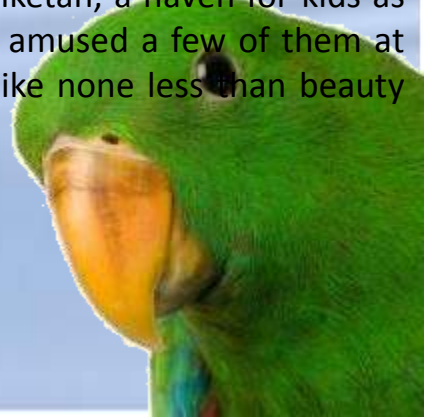
My heart reached out to him and how I longed to hold him in my arm. My brain and my heart argued hard and my brain won again. That was not the place and what would the parents think? I was not trying to sympathize, just wanted to show my love.

A little while later, my heart battled through the argument and I got a chance to hold the little hands for barely a few seconds and it felt so good but he never answered my questions instead held my hand close to his cheeks.

He was special again as he could communicate with his eyes and touch. I made a new little friend.

I moved on with my work and sometime later his father walked up to me to thank me for my gestures. He was lavish with praise and I was being as modest as I should. A few emails exchanged and 2 weeks later, I visited my little friend at Arvindniketan, a haven for kids as special children like Arvind, with my parrot Sonali who I believe amused a few of them at least. I met Sudha and the other wonderful ladies who looked like none less than beauty queens for me for what they were doing.

*(Continued....)*





## Do Parrots Speak? Continued...



I believe God's most beautiful thoughts bloom into children and he has a reason behind every creation which we humans may never understand.

God might have been punching those extra hours when he created these little angels and probably forgot to put in them those stuff that would have made them less special and what we call normal or he purposely put in them that extra innocence and purity to make them very very special.

I have realized (once again) that we can play a great role in their lives by giving a little of our time and affection or am I being selfish as this makes me feel worthy of being alive.

Thanks to my little friend Arvind...

(Here is a little poem by Juanita Grotjan for the parents and the lovely ladies at Arvindniketan)

A meeting was held quite far from Earth!  
It's time again for another birth.  
Said the Angels to the LORD above.  
This Special Child will need much love.  
His progress may be very slow,  
Accomplishments he may not show.  
And he'll require extra care,  
From the folks he meets down there.  
He may not run or laugh or play,  
His thought may seem quite far away.  
In many ways he won't adapt,  
And he'll be known as handicapped.  
So let's be careful where he's sent,  
We want his life to be content.  
Please LORD, find the parents who  
Will do a special job for You.  
They will not realize right away,  
The leading role they're asked to play.  
But with this child sent from above,  
Comes stronger faith and richer love.  
And soon they'll know the privilege given,  
In caring for their gift from Heaven.  
Their precious charge, so meek and mild,  
Is HEAVEN'S VERY SPECIAL CHILD.



**Gajalakshmi** and her parrot **Sonali** are now friends of ARVINDNIKETAN.

## Did you know we have twelve senses?

Dear readers,

*SENSES* – there is something fascinating about this and I have always been amazed by them. I would like to take you through the journey of understanding senses. Frankly speaking I thought there are only five senses. But Dr. Rudolf Steiner believed that senses are twelve in number. For most of us, senses other than those of Sight, hearing, taste, smell & touch seem rather strange. For example, we are all new to sense of thought, ego, concept and many other senses as perceived by Dr. Steiner. There are many references available on this topic and I have chosen the book ‘*Our Twelve Senses*’ by Dr. Albert Soesman as my guide in this journey that I want to take you through.

In this book, Dr. Soesman talks about spiritual activities of the senses and the resulting gifts that each sense brings to us. Wow! What a deep thought. I always thought that senses are just an inlet for information to the brain. For example in relation to touch, one can be hot, cold, rough or smooth. But if I look at senses from Dr. Steiner’s point of view then it seems as they are something magical which bridges us between earth and heaven.

Dr. Soesman reveals a great secret. He says *“the senses are the very foundation for virtues of the soul. We learn at a bodily level through the senses, capacities for truth, beauty and goodness. We also discover the source of having a conscience of sensing our destiny and the capacity to live in community. The senses are more than the simple activity of perceiving, they are indeed the foundation for soul to express itself through the body.”*

When I read this, I started correlating senses, physical body and emotions. So we can also say that all children with special needs are expressing their soul through their body and behaviour. So instead of naming and correcting their physical body, we should take a step ahead, and look into their souls and try to understand what they are talking.

With this thought to carry in our soul,  
I will continue the discussion about senses in our next editions.

- **Lakshmi Sunil**



## Every Little Help

There was a man taking a morning walk at the beach. He saw that along with the morning tide came hundreds of starfish. The tide was fresh and the starfish were all alive. When the tide receded, they were left behind and with the morning sun rays, they would die. The man started picking up the starfish one by one and threw them into the water.

Another man who was walking nearby watched this and asked him, 'What are you doing? There are hundreds of starfish. How many can you help? What difference does it make?'

This man took two more steps, picked up another one, threw it into the water, and said,

**'It makes a difference to this one!'**

**What difference are we making? Big or small, does not matter. If everyone made a small difference, we'd end up with a big difference, wouldn't we? We can touch many lives this way. If you choose to touch the life of a special child please contact us.**





# ree Plantation



## We love you Mother Earth

Mother Earth is getting precious day by day. While many of us do our bit to contribute to the welfare of the environment, our children from our K K Nagar school – ARVINDNIKETAN also pitched in to say 'we too love you Mother Earth' in action. About 25 saplings were planted by these tiny hands in 2 places – Ekkaduthangal and Olympia Tech Park (Chennai). They will be going to these places once a month to watch these plants grow and also water them during these visits. The children were briefed about the significance of this activity and they enjoyed every moment of the trip.





**happenings**



Wedding bells



**Saravanan  
&  
Bhavani  
- 20<sup>th</sup> Apr 11**

(Mr. Saravanan our pottery master)



**Aedal Queen  
&  
Parthiban  
- 23<sup>rd</sup> Mar 11**



(Aedal Queen – our teacher, Porur center )





# **Arvind Foundation**

**(a charitable organisation for special children )**

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