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Dear Readers,

Have you ever been at a loss of words to express yourself? Found it difficult put what you feel into words? We all go through this dilemma of expressing ourselves every now and then. So, how is it that people with special needs are able to do so? Creativity is the answer. Creative expressions bring out the innermost feelings in them. Art, music, crafts, and other creative talents are hidden in each of our special-needs children, and we try to nurture it in them. In fact, in each of us, there is some creativity hidden that comes out in some form or the other. All we need to do is be in touch with our souls. Anthroposophy helps do just that—it nurtures the soul. It motivates creativity based on free will. We are ever so grateful for having found this philosophical treasure that forms the basis of curative education—therapeutic method that we follow—which guides our teachers and most importantly our children. It is such a joy to see each of our children being able to start communicating or getting better at it. We just have a small wish—to see as many special needs children start communicating their feelings and become as independent as they can.

– **Gomathy T (Editor)**



National CSR Leadership Congress Award

“Blessings sometimes show up in unrecognizable disguises.”

- Janette Oke

It is an honour to be recognised by the National CSR Leadership Congress and Awards. Arvind Foundation was awarded a Certificate of Merit on 1 Sep 2016 by the CSR Leadership Congress. This award recognises those organisations that have embraced the CSR and sustainability agenda at various levels and areas, delivering not just a neutral impact on the environment as a consequence, but a clear benefit.

The certificate is dedicated to TEAM AF that has displayed finesse in all aspects of healing and educating our special needs children and adults. Its unwavering perseverance in combination with effective and transparent administration has aided our special children and adults alike to progress consistently in their academics as well as personal well-being.



Celebrations at Arvind Foundation

The last couple of months kept the children and the teachers quite busy. We celebrated Navarathri, Onam, Gandhi Jayanthi, Krishna Jayanthi, and Vinayagar Chaturthi, and the all-time favourite, Diwali. Children learnt the significance of each festival and they celebrated them with great enthusiasm.

Gandhi Jayanthi



Krishna Jayanthi

Navarathri





Onam



Diwali





Daan Utsav

Popularly known as the “Joy of Giving Week,” Daan Utsav is a festival of philanthropy encouraging the public to donate to the needy in cash or kind in the month of October.

Arvind Foundation takes pride in participating in Daan Utsav. As part of this celebration the various wishes of our special needs children were placed in various corporates like Bank of America, L&T, Olympia Tech Park, Aavin Outlets, and CAMS. CONSTEL and Round Table also contributed towards fulfilling our children’s wishes.

We are grateful to all the kind hearts who came forward to grant the wishes of our blessed children.



Seventh Anniversary celebration at Arvindniketan

It was a walk down the memory lane on 29 Sep 2016 when our teacher Ms Nithyakala spoke about the last seven years at Arvindniketan. We celebrated the seventh anniversary of Arvindniketan with pride and enthusiasm.

Parents of our special children were our guests. Eurythmy and planting of saplings were among the events organized that day.



Life Skill Training

As part of our initiatives to enhance our staff's skills, there was an upskilling programme organized for them. Apart from being trained in the subject matter, it is important for our staff to go through holistic personality development training. In our endeavour to impart this to our staff a life skill training programme was organized on 1 October 2016.

Our staff turned students and team building was the topic of the day. Our sincere gratitude to the trainers Mr. Vipin and Mr. Srikumar of MLS Academy who brought the team together binding them closer during the four-hour long training with interesting activities, anecdotes, theories and real-life examples. We are thankful to Ms. Gajalakshmi Senthil to have co-ordinated this training during which simple yet

thought-provoking activities made the staff wear the thinking cap on.

Silence—the power tool, appreciation, thinking beyond vision, letting go, thinking out of the box, team spirit, change, how we are oblivious to change, adapting to change, etc. were some of the life lessons learnt. While there were also numerous moments of reminiscence that left all who participated inspired to do more of what they are best at doing, touching lives and achieving goals of the Foundation.



Curative Lectures by Rudolf Steiner

Dr Rudolf Steiner's second lecture (26 June 1924) gives detailed information about how to move on deeply into the symptoms of the disease. He also speaks about the curative teacher who must have reverence for the cosmic ether. The universal law that every principle is influenced by the one above it also applies between the teacher and the child. So a curative teacher develops her astral body to influence the child's etheric body. Dr Steiner demonstrates this (the involvement of teacher—on the basis of four bodies on the child) with the help of a table:

CHILD	TEACHER
Physical Body	Etheric Body
Etheric Body	Astral body
Astral body	Ego
Ego	Spirit-self

In lecture two, Dr Steiner speaks about the following twelve inner qualities of a curative educator:

- To develop a deep religious feeling towards the cosmos (sacredness, awe & wonder) towards all that it encompasses.
- To be instinctively understanding of any disabilities that may be in the etheric/life body.
- To be deeply compassionate of other people's experiences. Not to be judgmental about their behavior or get annoyed.

- To have the ability to eliminate in oneself all subjective reaction of feeling.
- To be calm and composed.
- To show real deep interest in the mystery of the human organization.
- To not be fanatic about anything.
- To look with love upon the soul and spirit nature that descends from the spiritual world.
- To look at karmic connections with others.
- To have a deep sense of responsibility.
- To have a high level of consciousness.
- To have the ability to make new decisions.

The next lecture of Dr. Steiner speaks about the treatment of mental illnesses, phenomenon of epilepsy, kleptomania and physical deformations about which we will discuss in the next edition of our Ripples.

– **Sudha Athmaraj (Co-founder)**

Wedding bells

Our dear Ramesh, Chief Physiotherapist and Admin head at the Foundation, tied the knots to Renuga and has entered the new phase of married life. We wish him a happy and blissful life of togetherness.



Children's Corner

Some pencil sketches by our special needs student, Suresh of Arvind Outreach, Porur.





சாப்பிடமாட்டாள். ஆனால் இப்பொழுது தானாக சாப்பிட பழகிக் கொண்டாள். கற்று கொடுப்பதை ஆர்வத்துடன் கற்றுக் கொள்கிறாள். தெளிவாக பேச முயற்சிக்கின்றாள். காலை எழுந்ததும் தன்னுடைய காலை வேலைகள் செய்வதற்கு நம்மை ஆர்வத்துடன் அறிவுறுத்துகிறாள். ஒன்று முதல் பத்து வரை எண்களை மனப்பாடமாக சொல்கிறாள். பாட்டு (ரேம்ஸ்) பாடுகிறாள், நடனம் ஆடுகிறாள்.

– மீனாக்ஷியின் பாட்டி, Arvind Outreach, Porur

Parents' Corner

மீனாட்சி இப்பள்ளியில் சேர்ந்து ஒரு வருடமாகிறது. அவள் சேர்ந்த பொழுது பேசுவோ, அவளுக்கு தேவையானவையை கேட்கவோ தெரியாமல் இருந்தாள். ஆனால் இப்பள்ளியில் சேர்ந்த இவ்வொரு வருடத்தில் நல்ல முன்னேற்றம் தெரிகிறது. இந்த ஒரு வருடத்தில் ஏழு பதக்கங்கள் பெற்றுள்ளாள். முன்பு பசிக்கிறது என்று கூட சொல்லத் தெரியாமல் இருந்தவள் இப்பொழுது கை சைகையால் சொல்ல கற்றுக் கொண்டாள். முன்பு சிறுநீர் வந்தால் ஆடையிலேயே கழித்து விடுவாள். ஆனால் இப்பொழுது கழிப்பிடத்திற்கு செல்கிறாள். முன்பு அவளிடம் பேசினாலோ, கூப்பிட்டாலோ பதில் கூறாமல் இருப்பாள். ஆனால் இப்பொழுது நாம் பேசுவதை புரிந்துக் கொள்ள கூடிய அளவிற்கு முன்னேறியிருக்கிறாள். முன்பு சாப்பாடு உண்டி விட்டாலும் சரியாக

என் பெயர் கற்பகம். Arvind Institute of vocational excellence-ல் என் மகன் Sivapeter, Vocational Training பயிற்சி எடுத்துக் கொள்கிறான். இந்த மூன்று மாதத்தில் என் மகனிடம் மாற்றங்கள் ஏற்பட்டுள்ளது. மம்மி எனக்கு கல்யாணம் பண்ண மாட்டீங்களா? நீங்க இறந்தீட்டீங்களா என்னை யார் பார்த்துப்பாங்க? என்று கேட்பான். ஏன் என்றால் நாள் முழுவதும் டி.வியில் பாட்டு மட்டுமே பார்ப்பான். இப்போது அவ்வாறு பேசுவது இல்லை. நீங்க செலக்ட் பண்ணியிருக்க ஆசிரியர்களை எனக்கு ரொம்ப பிடித்திருக்கிறது. ஒரு சில பெற்றோர் மாற்றுத் திறனாளி குழந்தைகளுக்கு என்ன பிரச்சனை என்று தெரியாமல் இருக்கிறார்கள். இவர்களுக்கு விழிப்புணர்வு கொடுக்கலாமே. இதற்கு முன்னாலேயே என் மகனை சேர்த்திருந்தால் நிறைய மாற்றம் கிடைத்திருக்கும். இதை உங்கள் மூலம்

ஆரம்பித்து வைத்த கடவுளுக்கு நன்றி.
செய்தீத்தாள் மூலம் படித்து என் மகனை
உங்களிடம் அனுப்பிய ஆசிரியருக்கு
நன்றி. எங்கள் குழந்தைகளுக்கு பயிற்சி
கொடுக்கிற ஆசிரியர்களுக்கு நன்றி.

–*சிவா பீட்டரின் அம்மா, AIVE, K.K.*

Nagar

Upcoming Events

1. Staff training on learning disabilities at Arvind Institute for Vocation Excellence, K.K. Nagar on 12 Nov 2016
2. Anthroposophic training for preparing case report to assess a child at MGR Janaki College, R A Puram on 18 Nov 2016
3. International Post Graduate Medical Training (Anthroposophy) from 22 Nov 2016 to 30 Nov 2016
4. Art exhibition at Russian Cultural Center from 15 Nov 2016 to 19 Nov 2016 (invitation and details follow)
5. Staff picnic on 10 Dec 2016

Art exhibition

Abdul Rahman, 7, and Kameshwaran, 9, special needs students of Arvind Foundation, specially endowed with artistic talents have a few of their paintings exhibited from Nov 15 to Nov 19.

These artistic embellishments are an expression of their inner most feelings and emotions which take on colours and forms through which they communicate. For special needs children, art is not only a source of joy but a mode of communication and expression to the outer world—colors in conversation on the universe within and without.

We invite our well-wishers to come and encourage our children and enjoy the art works.

Colours in Conversation on the universe within and without

An Art Exhibition by 12 unique Stars of the zodiac
and a revolving Sun



Inauguration @ 3.00 pm on 15th November
by shooting Stars

Mr. Mikhail Gorbatov,
Vice-Consul & Director, Russian Center of Science and Culture

Mr. Ramana Kumar,
President, Photographic society of Madras

Mr. Keshav
cartoonist, "The Hindu"

Date: 15th to 19th November, 2016
Venue: Russian Cultural Center, Chennai

74, Kasturi Ranga Avenue 1st St, Kasturi Estate, Teynampet, Chennai, Tamil Nadu 600018

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