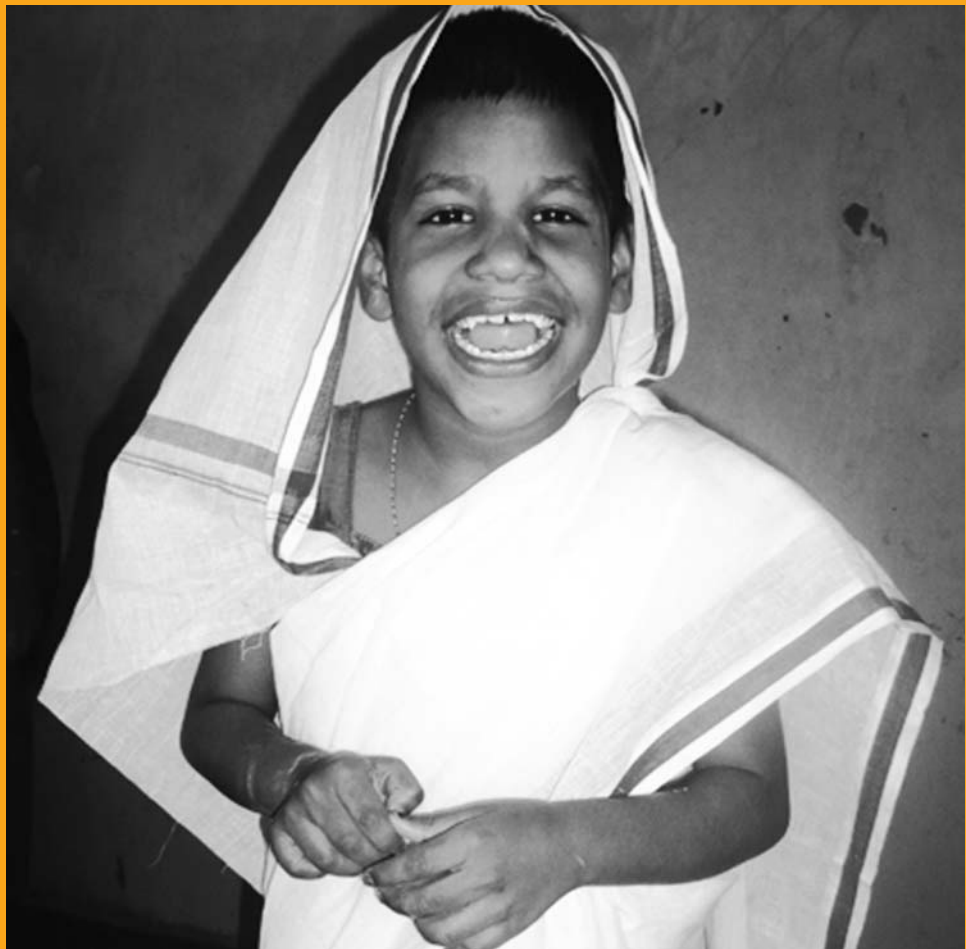




# Udhayam

Quarterly Newsletter

January - 2011



**SRI ARUNODAYAM**  
Home for Mentally Challenged Destitute

## From the Admin desk

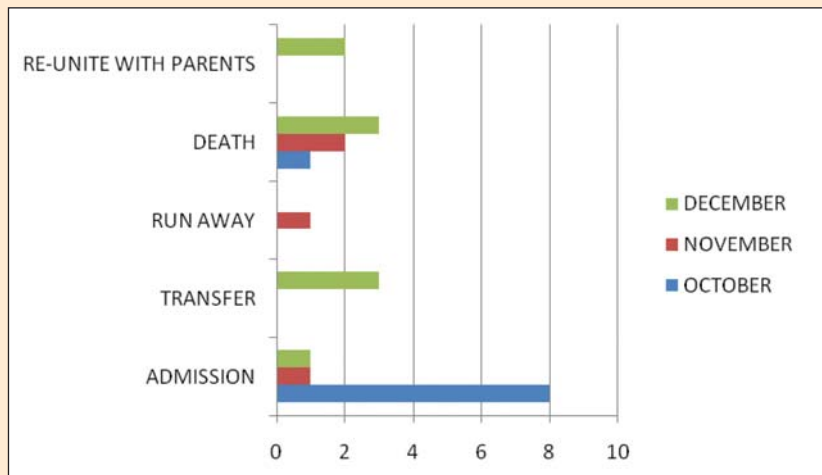
In months of October, November and December 2010, ten children were admitted into Sri Arunodayam. Three children were transferred to other homes two children were re-united with their families and six children passed away. Two children ran away. We managed to locate and rescue one child while the other one was not found.

We submitted the monthly strength report, death report, grant in aid details, retention letters and death expenditure reports to the Department of Social Defence.

October - For the newly admitted children, we conducted the assessment and set goals for them to achieve. All the children were given a neat haircut. Seven year old Shylu passed away. Monthly staff meeting was conducted. Social Work Students from Gujarat visited Sri Arunodayam.

November - Three children Latha, Satish and Priya were admitted in the hospital for treatment. Fifteen year old Selva and four year old Vijayavel passed away. Monthly staff meeting was conducted.

December - Sixteen year old Ramzani ran away from Sri Arunodayam. We traced him in Kerala and brought him back. Monthly staff meeting was conducted. Students from Loyola College, Good Shepherd Convent and Dhanalakshmi Engineering College visited Sri Arunodayam.



## A note from the Managing Trustee

Dear Friends  
and Well wishers,

Welcome to the January 2011 issue of Udhayam e-newsletter from Sri Arunodayam Charitable Trust. This issue presents the events that happened in the months of October, November and December 2010 at Sri Arunodayam.

Hope you have an interesting read. We look forward to your feedback which motivates us to progress and propels us ahead!

**Iyyappan Subramanian**  
Founder & Managing Trustee



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## Mealtimes at Sri Arunodayam

Food is the basic requirement of living beings. The children at Sri Arunodayam are those who have been neglected and abandoned by their biological families. Prior to their coming to Sri Arunodayam, most of these children would not have had square meals. It is evident at the time of admission in their physical, physiological conditions and their natural longing to have good food. Children are very happy during mealtimes and eat to their heart's content.

Our cooks prepare three meals a day for 87 children/adult beneficiaries and 30 staff members. The menu is planned based on the recommendation of the Nutrition Department, Institute of Child Health, Egmore Children's Hospital, Chennai. Periodically we review and change the menu. The latest addition to the menu is Ragi malt which is prepared by our staff. Our children enjoy the drink.

The wholesome, healthy food that we provide enables the children grow and develop very well. Their resistance to infections and diseases has improved. The trauma caused by the deprival of love, care and warmth is mitigated to a large extent by providing good care and protection. With the secure feeling that Sri Arunodayam takes care of them, these children begin to develop socially, emotionally, try hard and overcome their intellectual limitations.

Of the 87 residents, 54 can eat their food independently while 33 require assistance. During mealtime, the care giver, special educator and the physiotherapist work with the children to help them achieve independence in meal time activity.

It is interesting to note that almost 98% of the meals are sponsored by individual donors. We have an excellent system where the donors call us and book the meals they would like to sponsor on specific dates. We invite the donors to serve food for the children and celebrate the special occasion. In the months of November, December and January devotees visit the famous Sabarimalai shrine. As part of the preparation for the pilgrimage they usually serve food for the needy (Annadhaanam). In November and December 2010, 75% of the meal bookings were done by Sabarimalai pilgrims.

We are happy to note the evolving healthy attitude of celebrating birthdays, wedding anniversaries, special occasions and observing remembrances by sponsoring food for abandoned mentally challenged children. Come! Join us to witness the happiness our children express during mealtimes. Add more meaning and contentment to your lives!



## Other Activities

- We conducted the FCRA audit and filed the reports with the Ministry of Home Affairs.
- Quarterly evaluation was performed for the children in the Early Intervention and Pre-Primary Level 2 groups.
- Iyyappan Subramanian was awarded the Best Social Worker by Lions Club of Bright Sun.
- Fifteen of our children attended the Golu which is part of the Dussera festival.
- Half-yearly accounts were sent to the auditors.
- Children from Amrita Vidhyalam School visited Sri Arunodayam.
- Our children participated in the events conducted by the Special Children Sports Academy and won three gold, eight silver and six bronze medals.
- We celebrated Gandhi Jayanthi
- We introduced Kung-Fu training for a group of thirty children
- In October we celebrated Ayudha Pooja
- In November we celebrated Deepavali.
- We celebrated Children's Day by taking our children for a movie.
- Dishaa's members visited the children and donated clothes



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## How you can help us

You can join us to serve the children better by contributing money / material. Some options are,

1. Sponsor a day's breakfast for the 90 abandoned mentally challenged children - Rs: 1500
2. Sponsor psychiatric medicines for one month for a mentally challenged child - Rs: 700
3. Sponsor a day's lunch for the 90 abandoned mentally challenged children - Rs: 2000
4. Sponsor annual health check up for a mentally challenged child - Rs: 2000
5. Sponsor special education training for one month for a mentally challenged child - Rs: 650
6. Sponsor a day's evening snack for the 90 abandoned mentally challenged children - Rs: 550
7. Sponsor a new dress for a mentally challenged child - Rs: 600
8. Sponsor physiotherapy treatment for a mentally challenged child for one month - Rs: 750
9. Sponsor a day's dinner for the 90 abandoned mentally challenged children - Rs: 1500
10. Donate any amount towards the children welfare

### Gift in Kind:

- " You can gift furniture, Bed sheets, clothes, toys in usable condition for the children.
- " You can gift psychiatric medicine for the children
- " You can gift provisions.

## There are three options for you to donate money to Sri Arunodayam

1. Donate directly to Sri Arunodayam
  - You can send in your contribution directly by account payee cheque to Sri Arunodayam Charitable Trust, 35, Sivananda nagar Kolathur, Chennai - 99.
  - If you are in Chennai and your donation needs to be collected, our staff will visit and collect it from you.
2. You can remit your donation in our bank account directly. NRI donors, kindly sent a copy of your passport to the bank by mail. After approval, your donation will be credited into our account.

Name of the Bank	ICICI Bank
Branch Name	Anna Nagar
Account Number	602701217045
Name of the Account(Cheque to be made in the name of)	Sri Arunodayam Charitable Trust
9 digit number (MICR Number)	600229011
Current / Saving Account	Savings account
SWIFT Code/ Remittance Instructions (Please check with your bank)	NBBXXXICICI
IFSC Code	ICIC0006027
Address of the bank	A-78, Plot No. 3211, 3rd Avenue, Anna Nagar, Chennai - 102

Please avoid sending cash by money order.

3. Online donations - You can also send in your donations through these approved websites. Please read the instructions and guidelines before making your donation.
  - GiveIndia is a donation platform that allows you to support a cause of your choice from about 200 NGOs that have been scrutinized for transparency & credibility. Please note that when you donate through Give India you have to pay 9.1% extra as charges towards GiveIndia. This is towards the handling and administrative charges incurred by GiveIndia. For instance, when you donate Rs.100 you have to add Rs.10 to GiveIndia, and you donate a total of Rs110. Of this, GiveIndia retains Rs10 and passes on Rs100 to the NGO. Thus, what GiveIndia retains as a part of your TOTAL contribution is 10/110, i.e., 9.1%.

Visit <http://www.giveindia.org/m-859-sri-arunodayam.aspx> to donate through GiveIndia.

- GlobalGiving is a non-profit that connects donors with grassroots projects around the world to make a high impact. Please note that when you donate through Global Giving you will be requested to add an extra percentage (options vary) of tax deductible donation to meet the operating charges of Global Giving Foundation. If you do not add any extra percentage, the operating charges will be deducted from the donation amount.

Visit <http://www.globalgiving.com/projects/support-abandoned-mentally-challenged-children/> to donate through Global Giving

## Presently we require

S.No	Name of the items	Quantity	Rate (INR)	Amount (INR)
01	Ceiling Fan for the new building	25	1200	30000
02	Tube lights set	50	280	14000
03	Generator	1	59000	59000
04	CFL lights for new building	50	120	6000



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## Early Intervention

As the term early intervention denotes, providing rehabilitation training during the early years of life proves beneficial in improving the quality of life of the children with developmental delays and intellectual disabilities.

Presently there are 54 children in the Early Intervention group. Of them fourteen are trainable and forty are provided custodial care.

The Early Intervention training program at Sri Arunodayam is based on a module called Upanayan. This module is a systematic, structured programme for training children with developmental delays and intellectual disabilities. Each child is assessed for the level of disability. Based on the outcome of this assessment, goals are set for children in areas such as - Gross Motor, Fine Motor, Grooming, Receptive Language, Expressive Language, Reading, Writing, Number, Time and Money concepts. Apart from these, we have included Yoga and games.

In each of these areas, specific activities are designed. For instance, in money concept - the child is asked to identify coins from a group of similar metallic objects. Every day, the Special Educator trains the children from 10 am to 4 pm. The training includes group activities such as singing songs, rhymes, story-telling; individual activities for each child based on its unique needs - during this session the child is trained to achieve the set goals. The Special Educator also assists the child in meal times to eat food and drink water. When the children follow this specific structure daily, they are able to strengthen their abilities and mitigate the disability that prevents them from leading an independent routine life.

All the children in the custodial care group endure multiple and profound disabilities. The rehabilitation program for them includes Physiotherapy, Occupational Therapy and Sensory Integration Training.

## Our Team

We take this opportunity to thank our team members who are the building blocks of Sri Arunodayam.

In October we conducted a Behaviour Management Training program for our staff. Special Educators, Physiotherapists and five Care Givers attended the program which was facilitated by Ms. Smitha Ruckmani, Psychologist. Mrs. Sundari, assistant cook was selected best staff of the month.

Ms. Poongothai was selected the best staff of the month in November. She works as a therapist and nurse.

Mr. Ezhumalai was selected the best staff of the month in December. He works as a male Care Giver.



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## Credits and Acknowledgement

We personally acknowledge the e-mail and telephonic feedback given by our donors, well-wishers and supporters on our e-newsletter. We acknowledge with gratitude those who have sponsored the goods that we had mentioned in the required list.

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