



## QUARTERLY REPORT OF "KANAVU PATTARAI" PROJECT IN SCHOOLS SUPPORTED BY GLOBAL GIVING

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### INTRODUCTION

Kanavupattarai (Workshop of Dreams in Tamil) is a 3 days residential art camp organized for adolescent children suffering from depression and disruptive behaviour. A combination of theatre activities , creative games, sand therapy, yoga, dance, music and peer-to-peer conversations are used to bring about behavioural changes.

### FOCUS AREAS

- ✓ Improve self-esteem
- ✓ Develop perseverance
- ✓ Understanding emotions
- ✓ Build empathy
- ✓ Improve self-worth
- ✓ Reduce depression

### COVERAGE AS ON DATE

S.No.	Name of the School/Institution	Camp dates	Camp Location	No. of participants
1	Rainbow Homes, Chetpet and Kosapet, Chennai, Tamil Nadu	06-09.07.2015	DakshinaChitra, Chennai	26
2	SOS Village, Tambaram, Chennai, Tamil Nadu	03-06.08.2015		27
3	Sevalaya School & Home, Kasuva Village, Kilakondaiyur, Tamil Nadu	12-15.10.2015		25
4	Chennai High School Ganeshapuram & MGR Nagar, Chennai, Tamil Nadu	26-29.10.2015		25
5	KGVB School, Kadapalli, Kuppam, Andhra Pradesh	28-30.10.2015	Agastya International Foundation, Kuppam Andhra Pradesh	29
6	Chennai Middle School Seven Wells & Begum Sahib Street, Chennai, Tamil Nadu	02-05.11.2015	DakshinaChitra, Chennai	23

## VOICE OF THE DREAMERS



“Kanavu Pattarai helped me overcome my shyness in interacting and being in the company of girls, as I was feeling insecure because my mother at SOS had retired and new one was appointed. I realized I should not pass rude comments about the girls, which I used to do earlier alongwith my best friend Ramkumar. Self-Portrait, abstract art and traditional games were the activities I enjoyed the most in the camp”**Tamilselvan, Standard 9, SOS Village, Tambaram.**

“I am constantly distracted and interested in what others are doing. I find it difficult to focus and that leads me to disturb others in my class and get into arguments and fights with others. Importantly, I pass comments about other’s looks as I felt I look very good. In Kanavu Pattarai, they explained what beauty means and also gave me responsibility to manage the group. I enjoyed the experience and made more friends” – **Lokesh, Standard 9, Chennai Middle School, Ganesapuram**





“Gracy, Vijay’s caregiver at the SOS Children’s Village described him as a boy with learning difficulties, lacking concentration in anything that he is asked to do. He neither excelled in academics nor took keen interest in extra-curricular activities. Gracy had a real hard time controlling him, throughout these years. On the first day of the camp, all that he loved to do was to run and move around the activity space and to disturb whatever his peers were involved in. There was a surprise in store for us on the second day when we saw him deeply involved in the “Dreamcatcher” activity which required a lot of concentration, he also started showing keen interest in the activity which involved using colours. During the peer appreciation session, he was the only child who could give specific feedback. Grace was taken aback by this improvement in his behavior” – **Dhivya Ramalingam, Facilitator – Nalandaway Foundation.**