



Thamarai  
Educational Projects  
Annual Report  
2018-2019



Thamarai  
Educational Projects

**Thamarai  
Educational Projects  
Annual Report  
2018-2019**



## INDEX

I slept and dreamt that life was Joy  
 I awoke and saw that life was service  
 I acted and behold service was joy.

**Rabindranath Tagore**

• Acknowledgements .....	7
• Co-ordinators' Note .....	8
• Our Values and Context .....	9
• THAMARAI AFTER-SCHOOL .....	10
• After-school .....	11
• After-school Wall .....	12
• Summer Camp 2019 .....	14
• Educational Excursions .....	16
• Facilitators Training .....	17
• LEADERSHIP AND CAPACITY DEVELOPMENT .....	18
• Stewardship for New Emergence .....	19
• Leadership and Filming Project .....	20
• Testimonials .....	21
• THE PLAYGROUP .....	22
• Playgroup .....	23
• HEALTH AND WELL-BEING .....	24
• Healthcare Programmes .....	25
• Alcohol Addiction to Wellness Programme .....	26
• Testimonials .....	27
• Review and Evaluation .....	28
• Plan of Action .....	29
• Financial Report .....	30

## Acknowledgements

We are in deep gratitude for all who are part of our Thamarai journey, in particular the local communities we serve of Annai Nagar and Edayanchavadi villages - the children, women/youth groups and the elders who support us and co-create the activities. Our own diverse team of local (some ex-Thamarai students), national and international volunteers makes such a rich cross-cultural learning environment. Gratitude also for our playgroup teachers and the nourishing network of mentors who guide us and are a source of direction and creativity. And to all of you, our Thamarai friends from near and far, partners and co-creators, we thank you from the bottom of our hearts for believing in us and this work that we weave together.

Yours in joyful service,

*The Thamarai team*

## Co-ordinators' Note



It is renewing to take some time to reflect on our work this year that brought educational resources and opportunity to people in marginalised villages in the vicinity of Auroville. We believe quality education and equality of access support people to strive for their full potential and be change-makers in their communities and the wider world. Human unity is our guiding principle and it is important to us that equal opportunity is available to all. This vision shapes our work, and 2018-2019 was no exception, as we strengthened our after-school service with more resources and training for the children and the local youth graduates who deliver the programmes. Our children grew in confidence and skills this year after taking part in a 6-month leadership and film-making programme led by Davaselvy, Muthukumari and the Yatra Media team.

We have started the initial design and fundraising stages for a new building to establish permanent learning centre in Annai Nagar village and are planning for the opening of a second after-school service that will be located in Edayanchavadi in July 2019. Plans are also finalised for our playgroup to move in 2020 to a bright new building with outdoor play area and activities. Muthukumari has worked to increase the levels of health awareness and well-being in local communities by designing and implementing a natural healthcare programme with 130 women and she has just launched a health

education programme for local school children. Muthukumari has been joined by Doctor Linda Lee, who is a doctor of Chinese medicine, and together they are launching an acupuncture detox program for addiction using a worldwide tested acupuncture protocol that hopes to decrease the levels of alcohol and drug addiction in our area.

We had the great pleasure to have the support of Sophie Caradec, a management and evaluation specialist who guided us through a review and evaluation process that refined our direction and highlighted areas we want to work on to build our efficiency. We also had the support of skilled visiting facilitators such as Tracey Evans for drama teacher training and Nupur Mahajan for teacher training on the unlimited potential of self and children. This year we were grateful for the voluntary support of Auroville specialists such as Paula for regular games and art programmes, Gundolf and team for specialised music class for 4th standard and Marion from the Auroville Teachers' Centre who provides ongoing mentoring to our team especially for our daily English classes. Our friends from Kedge university, France were back again this year for 3 weeks with the incredible gift of the funds for the first phase of the new Thamarai Learning Centre. We are blessed with support from Auroville, the local community and well wishers from abroad that have provided us with free classroom, internet facility, office space, contributions in cash and in-kind and a wealth of friends who have stepped forward to offer programmes or mentorship to our team. This generosity has helped us greatly to strengthen the service.

The annual report covers the activity reports of all programmes offered by Thamarai Educational Projects in 2018-2019.

**Bridget Horkan & Muthukumari Mayavan**  
Thamarai Co-ordinators

## Our Values and Context

**“One can never consent to creep when one feels an impulse to soar” – Helen Keller**

Thamarai is a project that stands on the values of full potential and well-being for all. Just like a Thamarai, meaning a lotus flower, we believe each one should have the opportunity to flower to their fullest. We have engaged with the villages near the International township of Auroville since 2006 focussing on a series of informal education projects such as:

- two after-school centres for 90 children focusing on homework, English, digital literacy, arts, cultural and environmental programmes,
- community leadership and capacity development programmes,
- a daily playgroup for 36 children,
- a natural healthcare education programme conducted for women groups and school children and
- alcohol awareness and de-addiction programmes.

In context to our 12 years of service Thamarai's work has been a counter support to:

- a strong reliance on rote education in schools rather than a more integral approach,
- a growing drain from local government to private schools,
- a considerable population of adults with inadequate literacy skills to support their children's after-school educational needs,
- a high prevalence of alcohol-related issues in home environments and
- Lack of agency and a sense of disempowerment.

Thamarai envisions to create an enabling environment for the children and young adults to be creative, expressive, responsible and productive along with improving their learning curve and agency.



*From left to right: Babu, Sowmiya, Manuel, Jagadeshwari, Dinesh, Rama, Santosh, Bridget, Rathna, Chloe, Mitali, Savithri, Muthukumari and Anandhi*



## THAMARAI AFTER-SCHOOL

Thamarai Learning Centre hosts a daily after-school facility for homework support, sports, regular classes in arts, cultural activities and themed core subject classes. The centre has 60 regular children and a team of 11 youth facilitators daily (local and international) and many regular visiting facilitators for special classes. Annai Nagar is a marginalised community, being dalit, with a population of 1,500 people and 135 families. What has been an interesting development is the number of children/youth who are attending the service from surrounding villages. We have enhanced our programme this year by incorporating digital literacy and English as key components, as well as widening our sense of place with linkages to projects and student in other locations locally and worldwide. We also have completed health programmes for children.

## After-school

*By Mitali*

This academic year successfully marked the completion of 2 years in Annai Nagar since we started the after-school project. We still have a daily count of around 60 children and sometimes even more. To our surprise, not only students from Annai Nagar village attend the after-school, but many from the surrounding villages also travel to come to Annai Nagar.

We have noticed that one of the major barriers among the children is the English language. Since the beginning, our project's main goal has been providing support to learn English and encourage digital literacy, as it is very important in this technology-driven era. Last year, a Cambridge syllable-based programme was adapted to make speaking and listening in English more accessible and interesting. Since then, each student of after-school is given English language training everyday at the beginning of the after-school. The requirement of being equipped with computers is necessary, hence we also focussed on providing them basic computer training and also a programming-based training to let them discover the back-end of computers. This was done in affiliations with Stemland, an Auroville unit that supports math and science education in Auroville outreach schools.

Most of the parents approached us to



*Reading session during the free time*

help their children with homework support. We provide one and a half hour to students to complete their homework under our guidance. But our main aim to not only let students complete their homework with our help but also enable them to be efficient in self-study. Last year, Manuel, one of the volunteers of Thamarai, facilitated on concentration activities that helped them be more aware of the surrounding and improve their ability to focus. For past two years, we have been providing Stick dance and Silambaam classes for children to be intact with their cultural dance and sports. The stick dance is proven to increase the concentration levels of children. Paula, an Aurovillian, conducted Art classes for a year where children created their own game with patterns that they themselves invented. Over the year, we also had many short or one-day sessions with resource people from Auroville, who conducted several cultural and art sessions with the children.

Every year, we celebrate Pongal, a new year in the South of India, which is celebrated in January. It is also a celebration to invite the harvest season. But as Thamarai is a cross-cultural team, this year we even celebrated Christmas where the children made their own Christmas tree, decorated it, coloured pots, made hot chocolate, sang carols, played games and so many other things that ended up being a celebration of a week. This academic year, we also conducted two camps where we covered various activities (See the next section to know more). The after-school project envisions to provide an holistic environment with a focus on academics and as well as personal development, and we feel this year, we were able to achieve the goal that we had set for the year.

## After-school Wall

- Oliyin vitai festival on Annai Nagar sports ground (1),
- flower of self-confidence art activity (2),
- the Incredible India Team from Kedge Business School who visits Thamarai every year for 3-weeks (3),
- cooking class during summer camp (4),
- children working on flooring work at the new after-school centre (5),
- music performance by Vanaver Caravan (6),
- dance performance during Pongal celebration (7)
- music session with Pedro (8),
- botanical garden camp (9),
- shifting material for the new centre (10),
- children practicing Silambam on the ground (11),
- origami class conducted by Dinesh, student (12),
- children at Artisan Festival in Auroville (13),
- visit of Reunion Island students (14),
- daily English class (15) and
- computer class for Grade 12 students during vacation (16).



## Summer Camp 2019

By Chloe

At every vacation, the Thamarai after-school transforms itself. No more subject books on the tables, no more children escaping from the homework session but lovely giggles coming from the sports ground, happy kids making piggy bank made of plastic bottles, and children brainstorming to get through a treasure hunt, are some golden scenes that we meet. Behind the blue gate of the after-school, a light and festive atmosphere emanates: holiday is definitely in the air and everybody from children to facilitators are celebrating it.

'What would you like to do?' is the question we asked to the children during the pre-summer camp Children Council. Because the local culture favouring the voice of the community, we are willing to bring more opportunities to the children to express themselves, their wishes and needs (after all, they know better than us what is good for themselves). To our great surprise, the children have shown a very strong interest in having dance class for the summer camp. So far, they have been exposed to traditional Tamil dances in Thamarai and, in addition to semi-classical dance taught by my Savithri and Subbalakshmi, both facilitators at after-school, we exposed them as well to the 5 rhythms dance this year. This type of dance allows the children to move freely to tunes, and guided by Irena and Pedro from Auroville, they explored movements and rhythms, getting more aware of the sensations in their body. The children loved it (just like the facilitators)!

Camps are as well great opportunity for the children to get more familiar with living in community. Before every camp, the children are invited to decide of ground rules which will set the tone for the programme. We have noticed more co-operation coming from them and that is in a harmonious atmosphere that the children have come up with their own talent show to close the last camp. Every

evening, they used to design and practice their act: puppetry show, mime performance, magic show, drama, and dance performance of course, were on the agenda. The children were in the starting block, shining on stage and it was touching to see them full of self-confidence presenting their creation. They seemed ready to start a tour outside!

During the summer camp, the children have been roaming around the centre, visiting the surroundings. During their 3 day camp, the elder ones could climb the hills of Gingee and browse the calm waters of the mangroves in Pichavaram while the little ones were discovering Auroville for a day. Visits and excursions are always a big deal for them, and it is wrapped in fancy garments that the children strolled around the botanical garden and rushed down the slide in Nandanam school after having meditated at the Matrimandir.

Camps contribute widely to the children's growth. It allows them to experience an activity they want to get familiar with, to interact more with children from different standards, to feed their desire to explore what is beyond their village... They become more co-operative, more creative and more expressive. Definitely, children and facilitators are looking forward for the next holiday!

*1. 5 rhythms dance session with Irena from Auroville*

*2. Children making laddus*

*3. Laddus ready to be eaten!*

*4. Free time at Nandanam school playgroup*

*5. Children council designing their summer camp ground rules*

*6. Vignesh and his piggy bank*



## Educational Excursions

By Jagadeshwari

Summer camps and trips are two things that our children keep asking us throughout the year. This year we conducted two trips - one for the younger group (Standard 1st to 4th) and another for the older children (5th to 8th).



*Younger children of after-school at Ashram's*

On February 10, 2019, the younger children were taken to Faith Farm, an animal farm owned and managed by Sri Aurobindo Ashram. The farm is located near Usudu lake. The farm was a beautiful place with all the farm animals roaming around. Even though the children come across many domestic animals in their day to day life, it was their first time seeing a turkey, emu, goose, parakeets, etc. They fed the ducks that were roaming around during lunch time and even played with beautiful

pigeons. It was a really fulfilling experience for us as facilitators to see a different side of the children in a new environment and children being happiest roaming around beautiful garden yards with friendly and beautiful animals. The children were made aware of their importance, their role in the farm and how they come useful in our everyday life. Later, we took the children for a half an hour boat ride in the Usudu lake. The children were singing and explored different birds and flower fields during the boat ride.

The older children requested for a field trip to Mahabalipuram. During their summer holiday, on May 21, 2019, we conducted this trip with the children from Annai after-school and the new after-school that will officially begin this July in Edayanchavadi village. The children were taken to Mangroves forest and explored how and why mangroves are important for our ecosystem. Later, we took them to salt marshes and children were explained the process of it. Mahabalipuram is known for its beach and the famous Pallava temple. The students were made aware of the history of the temple and all the great beliefs. To end the trip on a fun note, we headed to the beach and climbed the lighthouse.



*A trip to Mahabalipuram*

## Facilitators Training

By Savithri

This Year, Thamarai facilitators took part in many training programmes. To understand children as they are rather than what we expect them to be, to understand ourselves, why we are here and what changes we want to bring and also many technical training sessions that would help us better our class management and subject knowledge. It is very important to know why each one of us come to Thamarai and if we support the same dream that the organization supports.

Nikitha from Eco-Femme, an Auroville based social initiative that makes sanitary cloth napkins, conducted a session with facilitators providing a space to talk about personal and professional life. The session involved activity like River of life, where each of us drew a river of their own life - the river symbolizing the life and the surrounding being the growth and maybe the obstacles that we had during our life. The session gave us an opportunity and space to share and know our colleagues. Nikhita will also start conducting regular sessions for female facilitators to talk about menstrual problems and personal hygiene. The sharing sessions brought the team together and a feeling of being supported and connected with each other.

We often have healthcare sessions with Muthukumari. In her recent training, she taught

us how we can bring positive energy and how it is our choice to decide which energy we attract and spread. The session helped me realize how if I try to keep a happy, joyful surrounding while teaching children in after-school, it will spread a positive and motivating environment for the children while they're studying. The training also involved session on the 5 layers of body energies -- Annamaya Kosha, Pranamaya Kosha, Manamaya kosha, Vigyoyamaya kosha and Aananthamaya kosha.

One of the major set-back we as facilitators have is how to teach in English. Marion from Auroville Teachers' Centre trained the facilitators how one can excel at classroom management and activities that are most effective while teaching a language. Many valuable insights were noted how children will mirror only what we do, hence, being conscious of what you do in front of the children is very important. Other valuable point she mentioned, that I often try to incorporate in my classes is to give more responsibilities to hyperactive children but at the same time do not forget to acknowledge the child who always follow your instructions.

Our final training was with Nupur Mahajan, who came as a volunteer in Auroville but is an established teacher trainer based out of New Delhi. Nupur showed us how each individual is limitless, and how to see children beyond the labels that we or the society has put onto them. The constant reviewing and practice after the trainings have made us more aware of our and the children's behavior and helped us understand them in much better way.



*Art class during facilitators training camp*



## LEADERSHIP AND CAPACITY DEVELOPMENT

Children, youth and adults are fostered to discover their value-based leadership skills and competencies and to see themselves as agents of change in their lives and communities. Currently, Thamarai Educational Projects trains each of their volunteers and facilitators in this programme to have a common language in designing the projects for the organisation.

This year, we had a special filming programme, where the students were trained under Stewardship for New Emergence and films were made based on the projects that the children had designed. (Please read the following articles for in-detail activity report.)

## Stewardship for New Emergence

*By Bridget*

Leadership and capacity development and the agency it creates is a core element that shapes and supports our work at Thamarai. We have all grown in confidence and capacity using the programme tools for the past 6 years that supports us to see that we, like others, have the capacity to create the values based change we yearn for. In August 2018, our full team were part of training sessions with Dr. Monica Sharma, the former director of leadership and capacity development with the United Nations, who created this programme that is used in 60 countries worldwide from grassroots organisations like our own to leading institutions such as MIT. We are all in regular practice groups and design activities and projects in Thamarai using the conscious full spectrum framework which is a values based design tool that produces sustainable results while addressing the cultural and/or structural systems that create and sustain problems. Monica has come annually to Auroville since 2012 and we have been privileged to work closely with her ever since. The programme provides mentorship and guidance towards leadership/stewardship development. All Thamarai facilitators, local youth and children (from 6th standard upwards) are trained to use the tools to self reflect and to design and

implement values based projects. The children had the opportunity this year to link the programme also to film-making which you can read about in the next section and have their work presented as part of the Auroville Film Festival.

We have also been privileged to be part of the organisation and programme delivery team for the Amma Appa Stewardship programme which is an annual 30 hour programme in Tamil especially designed for the local Tamil communities, many whom work in Auroville. This is an annual opportunity for the Thamarai team to serve as Stewardship practitioner coaches and to deepen our experience and understanding of the tools while learning from the depth and quality of insights generated and shared by the participants. The programme is designed for constant progression as those in practice can develop themselves from participants, to practitioner coaches and resource persons delivering the programme to others.



*Thamarai Team at the Amma Appa programme/ After-school children presenting their projects during Oliyiv Vitai Festival*

## Leadership and Filming Project

By Bridget

The quiet streets of Annai Nagar resound in January with the sounds of “Silence, sound, camera, action” as the 6th to 8th standard students took on film production roles and completed the final stage of a six-month leadership and film-making programme which culminated with each of the children making their own 2 minute film on a societal issue they felt passionate about and a new world they want to create. The programme integrated children of 3 different villages and different castes and was a co-creation between Thamarai, Udhayam and Yatra Learning centres. It has been funded by the Government of India through the Auroville 50th fund and has supported children and youth to see themselves as agents of change in their own communities.

Both the Yatra and Thamarai teams have had continual training with the Stewardship for new Emergence leadership tools and have shared the programme with children who responded enthusiastically to it. The children now embrace what they each stand for and are designing projects such as waste and water management, the development of sports activities, and fostering peace and unity in their village. The leadership programme was followed by weekly classes on film production, skillfully guided by Srini and

the Yatra Arts Foundation team, that started from the history of film, to understanding how films are created and the techniques to script, shoot and record their own films.

The children presented their films and their insights on what they had learned during the screening of the films in the local village grounds to eager audiences of parents and friends. Children have grown in capacity, confidence and skill from the whole experience and now understand that what goes on behind the film screen can be a lengthy and rigorous process! We eagerly await the Auroville Film Festival as the children’s films have been accepted for screening to a wider audience. In 2020 we hope to build on this experience with drama and street theatre training and production.



After-school filming class students with Yatra Arts Media team

## Testimonials



“In this programme, I learned what values I stand for, and also what are my fears. I learned how to speak courageously in front of the audience. Before I feared speaking in front of people, but now I speak with everyone freely, especially very comfortably with the facilitators. I also learned how to write a project. My project was on sports, which was also used to plan the new sports ground in my village. We also shoot a film on the project in Film class, for which I wrote my own script. In film class, I learned how to operate the camera, how to act in front of the camera and operate the boom mic. It was very hard to hold the boom mic during the shooting, my hands pained a lot but I used to be very happy and excited to operate it. So I feel happy and proud”.

**Surendhar, Thamarai Student**

*Stand for self-confidence for myself and others*



“The magic of the Stewardship tools is the perfect blend between a sharp method and being aware of our inner values to design smart projects. I really appreciated this programme for giving me the tools to make my projects more sustainable while also helping me to figure out which impact I deeply want to bring around me. The fact that we are learning through intense workshops are quite powerful as well (even though it is a lot of information to take in at the first time). Little by little, I have got the specific vocabulary coming from the tools. Now that everyone is trained in Stewardship in Thamarai, we even make jokes among us using the “Stewardship language”! Practicing Stewardship tools make me feel part of a big family because there is this common will to provide ourselves with the means to be the change we want to see in the world”.

**Chloe, full-time Volunteer and Facilitator**

*Stand for courage, self-determination and care for myself and others*



“Stewardship has helped me find my stand and how to notice my fear. Before attending this workshop I had never spoken on stage but after this workshop where I received an opportunity to speak and the platform being so friendly, I gained the confidence and now I like to speak on the stage. These workshops have let me explore the leadership qualities. The conscious full spectrum, a project designing method, helps me a lot while planning my projects. I have designed many projects through these workshops, one of them being the waste management in my village. What I have learnt through these workshops has not only helped me at my work place but also in my personal life. I use tools like integrity, feedback, commitment behind complaints, etc. in my daily life and it has benefited me. I have made so many new friends during this workshop and have learnt so much while sharing with others. It has been a place for growth and provided joy of learning. In Thamarai, we practice these tools once every week.”

**Jagadeshwari, full-time Volunteer and Facilitator**

*Stand for courage and care for myself and others*



## PLAYGROUP

Playgroup offers play activities that aim to provide a balance between sensory-motor and psycho-social development. We have 36 children for whom we offer a 5-day, 9am -3pm, activity-based learning environment for 2 to 3 years old children. The playgroup is facilitated by Thamarai Educational Projects under the management of Udavi School.

Most of the children are from the Edayanchavadi village - where the school based out of. All the children are assured a place for further education in Udavi School, an Auroville outreach school. The following articles mentions the activities that were facilitated over the year keeping in mind the goal of the project.

## Playgroup

By Malliga

In this academic year, the playgroup children were taught different activities that would develop their skills physically and mentally. There were different activities to encourage their fine and gross motor skills. Through Awareness Through Body activities, they developed how to balance their own body in different walks and movements. This also improved their social development which made them to work well in groups with coordination. Children were introduced to different activities like clay, blocks and some hand-made works which completely molded them into creative thinkers. This year, we had 36 children and 4 teachers along with a volunteer. Teachers attended 3-days Stewardship programme to be trained for developing valuable projects over the year. The topics that we covered in this year were colors, flowers, vegetables, fruits, parts of the body, vehicles, numbers (1-10), birds, wild and domestic animals and insects. All these topics were taught by using different living and non-living objects, flash cards, songs, stories, drawing and taking them to field trip to let them witness the domestic animal in person. Children were given awareness on festivals like Pongal, Diwali and Christmas. The children wore traditional outfits on these days to the school to feel the celebration and appreciate

the ethnicity that each festival represents. This year we had an amazing volunteer Manual who was really supportive and creative thinker. He always ensured materials were interesting for the children to play and learn from.

With classroom teaching, we also focus on providing the children an experience of the outer environment. Most of the children at this age have never explored anything outside than village, moreover without their parents. In the last academic year, the children were taken on a field trips to different places in and around Auroville. Botanical garden in Auroville has various varieties of plants and trees that supported the curriculum we taught during their school hours. We also visited few temples in other villages. A meditation trip to Matrimandir, a trip to Ashram's Animal Farm in Pondicherry that had many different farm animals. The year's final trip was at the Auroville Beach. A fulfilling year with lot of learning and exploring.



*A trip to Auroville Beach (Sri Ma)/ Children playing during their playtime/*



## HEALTH AND WELL-BEING

The Mobile Health Education and Healing Project cares for the well-being for all. This project aspires to empower adults and children towards cultivating well-being by building up body, mind and soul. The project involves programmes like health education, yoga and natural therapies.

This project currently has following programmes:

- follow-up session with trained healthcare providers
- yoga and health awareness programmes in Auroville units, surrounding villages and schools,
- acupuncture treatment facilitated by our current volunteer Dr Linda Lee,
- yoga and well-being awareness sessions in 10 villages,
- alcohol de-addiction and wellness programme and
- dental programme for Thamarai after-school children in Annai Nagar village.

## Healthcare Programmes

*By Muthukumari*

In the year 2017-2018, we trained 89 women under our well-being programme. Chitra is one of our participants who went on to conduct Yoga and Healthy lifestyle sessions in Auroville units and her village. We still continue to provide health awareness programme in 5 villages and Auroville Units.

In June, 2018, Yatra Arts Foundation, students and myself travelled through 10 villages giving yoga demonstrations and health awareness to mark International Yoga week. Some of ladies trained in well-being programme performed in village squares in the evenings to inter-generational audiences. The programme profiled students that had made lifestyle and healthy changes as role models to empower and encourage others to be change-makers in their families. People came out of their houses, away from their television, to view the performances. It created a lovely social atmosphere and people came on stage after the performance for the open mic sessions to share what they had learned, talk about health and well-being and their appreciated the students and the awareness that they are spreading. This year the main focus was to provide the well-being programme in the schools in and around Auroville. The programme was offered in Allankupam schools and 3 government schools in Kalvarayammalai District. For the

first time, through eco pro services, health education and yoga awareness was created in the Kalvarayammalai District. The programme involved students from Grade 4 to Grade 9 in Pavender School in Allakupam. The sessions were scheduled for 3 months and we had participation of 140 students. The programme also involved training the teachers and the staff to continue the healthy lifestyle habits. The programme covered topics on personal hygiene, human anatomy, yoga for body systems and holoenergetic, breathing, relaxation and concentration exercises. We noticed that children changed their lifestyle by practicing more yoga and avoided eating junk food. We received a good response through our programme and the Principals of these schools are keen on continuing these programmes in future as well.

Past two years we have also been conducting a dental camp at Annai Nagar after-school for the children and the residents of the village in November. This year we had a total of 54 children, youth and adults.



*Yoga class at Annai Nagar After-school/ Yoga and well-being class at Morattandi village*

## Alcohol Addiction to Wellness Programme

By Muthukumari

Alcoholism has been one of the major healthcare issues at the village level and has been a root cause for other serious issues for families such as ill health, lack of funds for education, debt, violence and peer pressure. Most of the women in our programme have people with alcohol addiction in their extended family. Thamarai since 2016 initiated a well-being programme for those addicted with the support of 2 local counselors. The programme supports regular AA meeting and also provided sponsorship to patients who were willing to enroll in a 30-day residential rehabilitation programme. In the year 2018-2019, 5 people went for residential rehabilitation programme, for which the expenses were partially funded by Thamarai. Now, the recovering alcoholics continue with their medication and follow-up checks in Mother care de-toxification centre.

Dr. Linda Lee, a doctor of Chinese medicine, has joined the healthcare team for one year. She is experienced in treating addiction with ear acupuncture. A trainer from Delhi will visit Auroville to train the healthcare facilities of Auroville for providing de-addiction services.



A session by Dr. Palani

## Testimonials



"The yoga class has been really beneficial for the children. Initially many children used to come to me during the after-school, mentioning them having frequent headaches and stomach pains. After having regular yoga class, nowadays there have been less children with these problems. Initially even I use to visit hospital very frequently because of back pain, but since I have started practicing yoga regularly, my pain is not so chronic and severe anymore."

**Jagadeshwari**  
Facilitator at the after-school



"We learned many asanas and techniques to practice yoga in the health class. We feel happy, energetic and more fit after the class. In the beginning we were careless to come for the yoga class and would always run away when we were informed to come, but now we really like coming for the class and learn more and more new asanas".

Students at after-school

"I was part of the 1 year yoga and healing programme for Upasana team. It really helped me to bring a healthy lifestyle. In the beginning, I use to have major body pain, tension, would feel lot of heaviness in the body and also obesity. Now, after practicing yoga, personally I feel my body is light and free, and also my menstrual cycle is regular. For 1 year, I use to take medicines for my menstrual problem which were also very expensive. Now I have completely stopped those and practice yoga regularly".

**Amudha**  
35 years, Unit: Upasana, Village: Koot road

"Since 1 year, me and my whole family were suffering before of my husband's alcohol addiction. He had once burned down all the clothes. He had no job. Sometimes he would even beat me under the influence of alcohol. My children were mentally affected. The environment in the house was too disturbing. I enrolled him in this programme, and there has been a significant change in his behaviour. He has now completely left drinking and regularly takes medicines and visits Mother care for counselling and treatment. The environment in the house is now happy and my children feel safe and happy too."

A house-keeping staff from Auroville Guest House. Name hidden for confidentiality purposes.

## Review and Evaluation

2019 brought the great blessing of Sophie Caradec, a management professional who worked in Iran for many years with United Nation NGO teams and supports small organisations like Thamarai to build teams and efficiency through evaluation and mentorship. Sophie took us through an in-depth envisioning and evaluation process where we looked at the timeframe from now to 2030 and what we want for the outcome and impact of Thamarai's work. We dreamt and co-created a future reality together, we also looked at the present things that hold us back from our full potential and the trade winds that support and carry us forward. We were together for 3 intense days, offsite, where we could really enter the experience fully. The results were the realisation that we have a beautiful dream together and are working for meaningful change, we also realised that there are difficulties holding us back and opportunities within our grasp. We realised what measures we would need to take to stand on our values - full potential, well-being and unity - which has guided our vision and our mission to build bridges between Auroville and the surrounding villages through educational programmes co-created with the local people. We identified communications, internal organisation and fundraising as key areas of development and designed a two-year plan to guide us.

It was a very strong process together

and the main outcome was a realisation that we needed to shift from an organisation that was run primarily on a voluntary basis to one that is resources with enough people and skill to take Thamarai forward. Since this process, we have started to work on the action points and have expanded our team by upgrading 4 volunteers to full-time employees and taken on more part-time facilitators.



We are now committed to annual evaluation and review as an intrinsic part of our growth and year together and are very grateful to Sophie for opening that door for us.



*Sophie Carradec team-building session for Thamarai after-school and office team*

## Plan of Action

Our plan for the coming year is to firstly strengthen our organisation by implementing the outcomes of the evaluation and envisioning process in a 2-year, staged plan, covering internal organisation, communications, fundraising and program design.

In July 2019, we will open another after-school in association with the Joy of Impermanence team in Edayanchavadi village in a modest beginning of a small hut that is on a beautiful piece of land that can be developed for play and sports activities. This after-school already exists in the street outside the home of former students of Thamarai who will be our facilitation team along with a senior team leader and also a former student. Building application has begun for our Learning Centre in Annai Nagar village and we will launch a fundraising campaign in August 2019 and hope to have the first stage finished and moved in by March 2020. We have stewardship of 2 big pieces of Auroville land in Annai Nagar village that have much capacity to bring activities and social services to the village. For now, we are entering an envisioning stage with the children and youth who are already dreaming about sports and educational facilities to include computers, art and music, also an herbal and fruit garden and play areas.

Muthukumari and Linda have plans to scale our de-addiction programme with the addition of an acupuncture treatment for the

ear that is a worldwide protocol generating results in de-addiction. A training programme is planned for July 2019 in association with the Sri Aurobindo Society where an expert will travel from Delhi to train local healthcare practitioners who will be able to take this service to Auroville and the surrounding villages.

We are in the process of creating promotional and communications materials and hope to encourage our friends in India and worldwide to send us small regular donations wherever possible so we can build a strong regular financial foundation from which we can joyfully create and serve.

We very much look forward to the year ahead and to seeing what takes shape through us all. We are grateful for the commitment and support that we feel from a worldwide movement of friends and family that have faith in us and have been such a support on which we can create.

In gratitude and appreciation,

*The Thamarai team*



*Inauguration of New After-school in Edayanchavadi village*

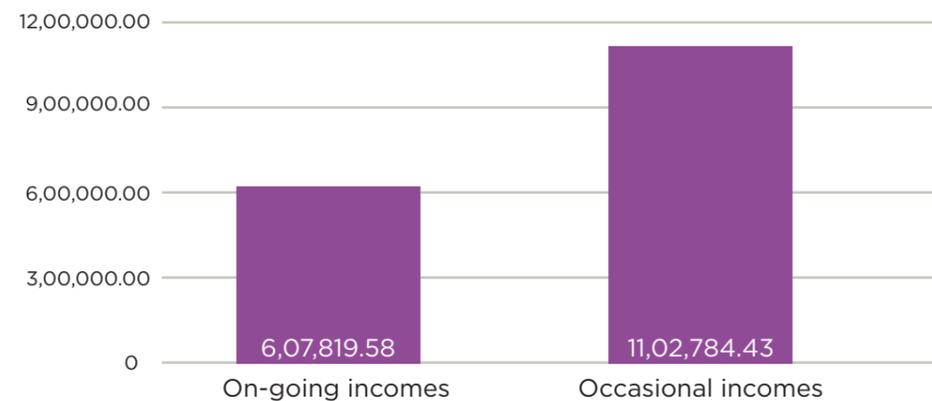
# Financial Report

## INCOMES

Thamarai received 17.1 lakh in donations in 2018-2019 of which 35.53% were in regular donations.

Incomes & Donations of Thamarai	In rupees	In euros	In dollars
On-going incomes	6,07,819.58	7,792	8,809
Occasional incomes	11,02,784.43	14,138	15,982
<b>Total</b>	<b>17,10,604.01</b>	<b>21,930</b>	<b>24,791</b>

### Nature of incomes (in rupees)

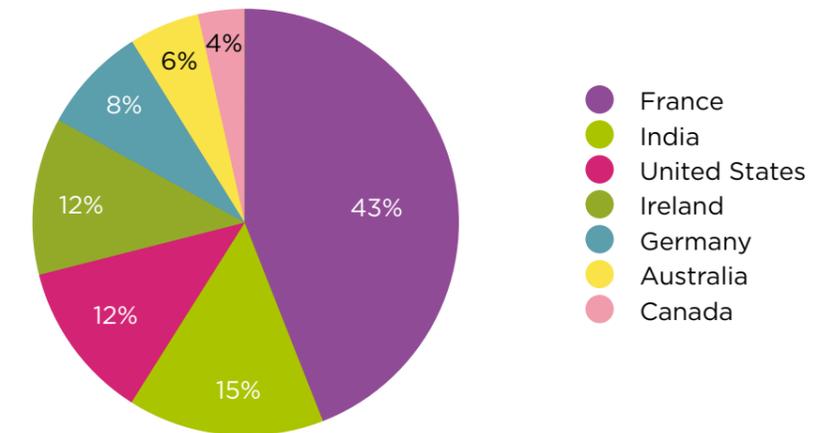


Single donations made up the bulk of total donations which come from many countries as can be seen below.

Here you can see the donation sources by country.

Donations sources by country	In rupees	In euros	In dollars
Contribution from Australia	98,909.58	1,268	1,433
Contribution from Canada	70,449.00	903	1,021
Contribution from France	7,35,803.00	9,433	10,663
Contribution from Germany	1,26,850.00	1,626	1,838
Contribution from India	2,51,224.00	3,221	3,640
Contribution from Ireland	1,94,755.43	2,497	2,823
Contribution from the United States	1,99,692.00	2,560	2,894

## Donations sources by country

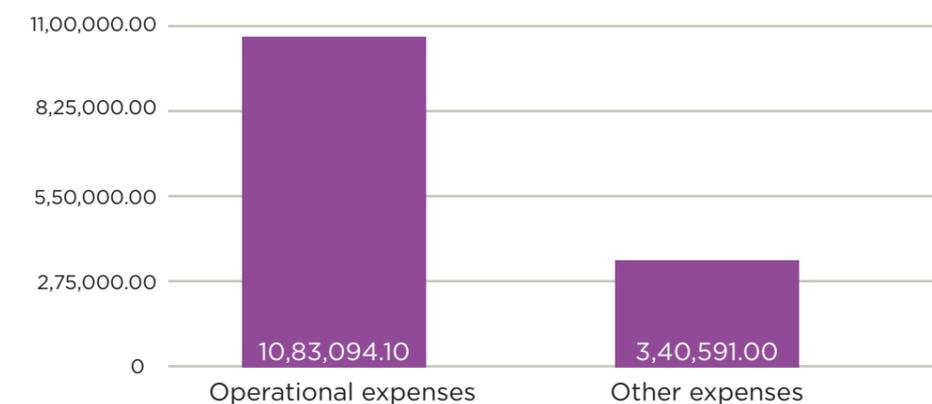


## EXPENSES

This year, the operational costs (fixed and variable costs) amounted to Rs 10,83,094.10 or about 76.08% of the total expenditure. The other costs are the exceptional expenses of this year: the filming project or the site development.

Expenses of Thamarai		In rupees	In euros	In dollars
Operational expenses	Fixed costs	8,38,012.45	10,743	12,145
	Variables costs	2,45,081.65	3,142	3,552
	<b>Total</b>	<b>10,83,094.10</b>	<b>13,885</b>	<b>15,697</b>
Other expenses		3,40,591.00	4,367	4,936
<b>Total</b>		<b>14,23,685.10</b>	<b>18,252</b>	<b>20,633</b>

### Nature of expenditures (in rupees)



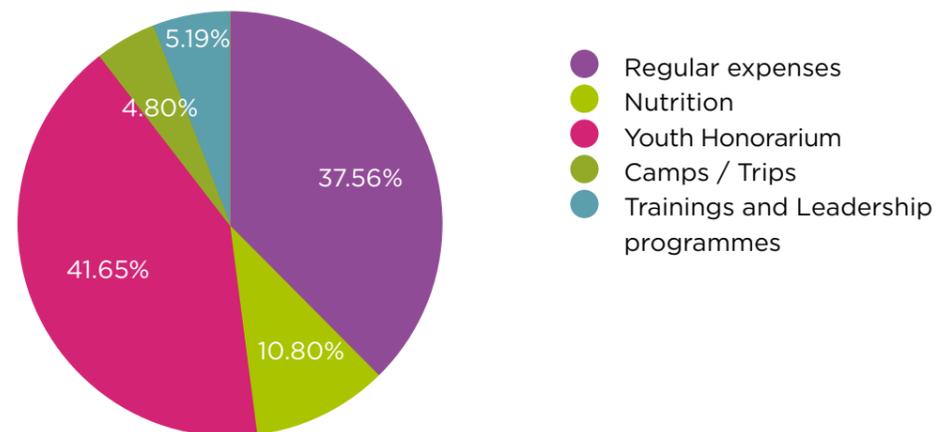
Distribution of expenditure	In rupees
Administration	1,10,890.90
After-school	7,01,726.20
Healthcare Programme	50,581.00
Personnel	1,68,656.00
Playgroup	1,14,685.00
Programme Activity	1,55,500.00
Site Development	1,21,646.00
<b>Total</b>	<b>14,23,685.10</b>

The after-school is our biggest expense at 7.1 lakh in 2018-2019. Expenses cover snacks for children, facilitator’s stipends, transport, sport materials, etc... Furthermore, the after-school expenses include also the children’s trips and the trainings for facilitators and volunteers.

### After-school expenses

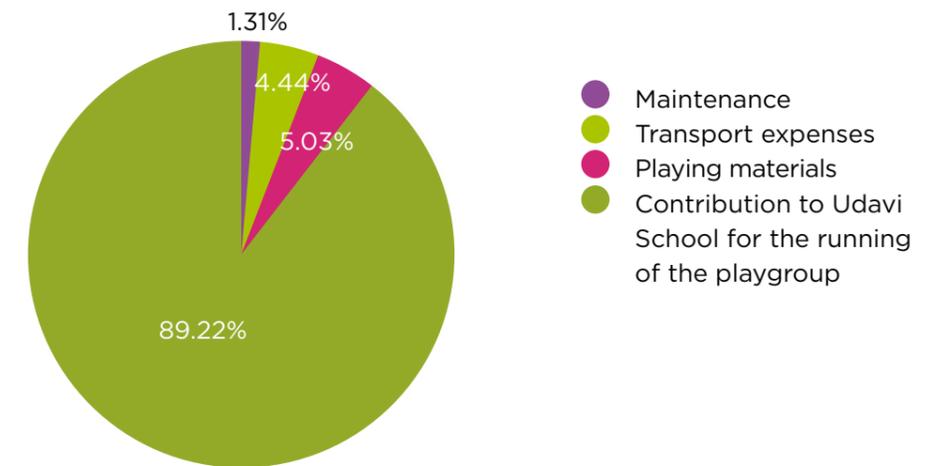
After-school expenses	In rupees
Regular expenses	2,63,603.02
Nutrition	75,68.18
Youth Honorarium	2,92,256.00
Camps / Trips	33,708.00
Trainings and Leadership programmes	36,391.00
<b>Total</b>	<b>7,01,726.20</b>

Here you can see the after-school is the major focus.



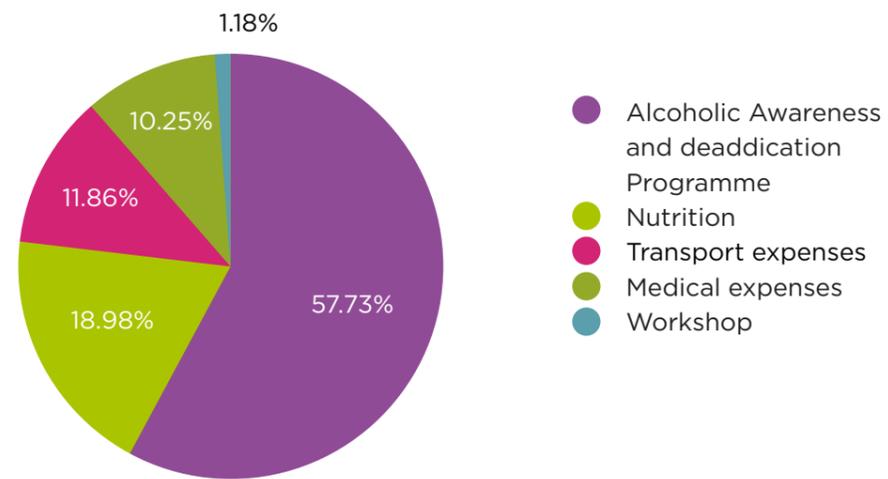
### Playgroup expenses

Playgroup expenses	In rupees
Maintenance	1,501.00
Transport expenses	5,090.00
Playing materials	5,774.00
Contribution to Udavi School for the running of the playgroup	1,02,320.00
<b>Total</b>	<b>1,14,685.00</b>



### Thamarai Health Programme expenses

Thamarai Health Programme expenses	In rupees
Alcoholic Awareness and deaddication Programme	29,200.00
Nutrition	9,600.00
Transport expenses	6,000.00
Medical expenses	5,185.00
Workshop	596.00
<b>Total</b>	<b>50,581.00</b>



## CONCLUSION

This year Thamarai had a positive balance of Rs 2,86,918.91 however Rs 2,00,000.00 of this is a grant reserve for a natural health awareness program to be carrier out by Muthukumari from July 2019.

Thamarai's Balance	In rupees	In euros	In dollars
Incomes	17,10,604.01	21,930	24,791
Expenses	14,23,685.10	18,252	20,633
<b>Profit</b>	<b>2,86,918.91</b>	<b>3,678</b>	<b>4,158</b>



Thamarai Educational Projects  
Auromode complex, Auroshilpam, Auroville 605101, Tamil Nadu, India

Bridget: +91 9442270640; Muthukumari: +91 8940438617

Email: [thamarai@auroville.org.in](mailto:thamarai@auroville.org.in)

[www.thamarai.org](http://www.thamarai.org)