

CANDLES In the wind A House Magazine of UDAVUM KARANGAL

Issue No.52

For Internal Circulation Only

Oct-Dec 2022

Foreword by Thiru S.VIDYAAKAR

Dear Friends and Well Wishers.

Greetings!

I am happy to address you all again when the year 2022 is coming to an end.

With all your support we have been working incessantly to complete our core projects like construction of Jeevan Community College, LPG crematoriums and providing relief to the distressed Paraplegic persons.

The last quarter of the year is loaded with festivals and celebrations. Udavum Karangal does not miss even a single celebration because the residents need recreation activity, as everyone from our Home participates in each activity on these occasions like Navarathri Golu, Ayudhapooja, Diwali, Christmas, etc. These activities help resident children to develop their creativity & team work. Even mentally-ill residents are also engaged in these



festive activities because it paves way fortheir rehabilitation. How wonderful is this? It's anenthralled recreation for them.

As one of the oldest alumni of Madras School of Social Work [MSSW], Egmore, Chennai, it's my pleasure to receive a Shield of recognition presented by my College towards the services rendered to the destitute mentally challenged.

I would also like to express my gratitude to Mrs.Padmini, Mrs.Geeta and of course my long time friend Mrs & Mr.Rajan Radhakrishnan Chief Co-ordinator for the fund raising activities of Udavum Karangalat the US Chapter. Similarly, the Sastha Tamil Sangam headed by Mrs.Ramya Velu and her entire family; both, along with their teams, have done wonders in the American soil. I wonder how come the geographical differences don't stop them from doing any good for their country and people. In the USA, they have organised two stage plays by name -"blind justice" & "Yemalogathil-5G" and it was a grand success. All the proceeds will be utilised for our core projects like construction of Jeevan Community College, LPG Crematorium, helping distressed Paraplegic persons. It needs a BIG heart.

This edition of Candles in the wind (issue-52) contains Diwali, Christmas celebrations in all our Homes, rescue & restoration of a mentally-ill person, visitors to our Home at Thiruverkadu. There have also been frequent visits from the students of Nursing Colleges and Schools to our Home. At the end of the day, all of them appreciate the efforts taken by the team of Udavum Karangalin serving the society in an organised manner.

I wish everyone an advance happy New Year 2023 and sincerely thank all the well-wishers, donors for helping us to continue our mission of serving the underprivileged and the downtrodden.

Regards.

S. Vidyaakar, Founder Secretary



"HALL OF FAME" AT MADRAS SCHOOL OF SOCIAL WORK

The Madras School of Social work, Egmore, Chennai is a renowned college which has produced many personalities who have done great service to the society. It honours the alumni of the college by placing a plaque about their works in a separate "Hall of Fame" in their premises with the Central frame of Madam Mary Clubwala Jadhav, the founder of the college in 1952.

In these lines, Mr. S. Vidyaakar, the Social Worker and Founder of Udavum Karangal was also honoured by the College by placing a plaque with photo and citation in the "Hall of fame".



(A picture of Mr.S.Vidyaakar and Dr.S.Raja Samuel, Principal, MSSW)





On World Homeless Day -18-10-2022 Pappa Vidyaakar was honoured for his service towards destitute by Madras School of Social Work.



Shield presented to
Mr.S.Vidyaakar by Mr.Dr.Kuganatham,
ex-City Health Officer, GCC
in the presence of Mr.K.A.Mathew, IAS (Retd)



Mentally-ill man after rehabilitation, reunited with family at MadhyaPradesh.

A mentally ill man who was rescued from the streets of Chennai by the Social workers of Udavum Karangal in 2020 was rehabilitated, counselled and reunited with his family who are at Khandwa District, Madhya Pradesh.

Way back at the age of just 16, Bhagvan Singh experienced both parental loss and failure in his 10th grade. Back then he went through uncomfortable realities of life, becoming infinitely scarier and uncertain. Those suppressed emotions (including anger & guilt) paved the way for his mental illness. Bhagvan's battle with mental health has been a constant back and forth over years. Due to mental instability, his thoughts and behavior were affected. He went missing thrice from his native...and was brought back home.

On 17th January 2020, our team from Udavum Karangal rescued Bhagvan Singh (41 years) from the streets of Puzhudivakkam near Raymond showroom. His clothes were shabby and extremely filthy. We took him to one of our shelter- Shanthivanam followed by medical investigation. He found the last ounce of strength through constant psychiatric evaluation and general medication over the last 2 years at our facility.

Bhagvan Singh was restored on World Mental Health Day (10th October 2022)

Fortunately, through medication, he is now stable and gave us the details of his residence which has been confirmed by his relatives. As he wished to move back with his family residing at Khandwa - Madhya Pradesh, we arranged his train trip 2- class sleeper from Chennai central to Bhusaval with the voluntary support from co-passengers Mr.Periyaswamy & Mr. Bhawar Lal. As we know mental health is not a destination but a process, Bhagvan Singh was restored on world mental health day 10th October 2022 and the whole process of reunion was organized by our Social Worker Mr. Srinivasa Rao under the guidance of Mr. Vidyaakar, Founder of Udavum Karangal.

Mr. Vidyaakar, says, "It is time that each member of this society becomes aware of mental health and starts caring for the persons in their family with mental illness with love and compassion. Failing to do this will not only put the family in disarray but would add to the woe of the society, which would become difficult to handle. So let us all join together to help overcome mental issues of our family members first and then there would be a society free of mental problems."





Bhagvan Singh at the time of Rescue



Mr.Bhagwan Singh after rehabilitated with Mr.Vidyaakar Founder of Udaum Karangal



Mr.Bhagwan Singh post restoration with his Family

Donation of Sewing Machines:

Senthilnathan Ramadoss, Senior Manager from Wipro, Bengaluru donated 5 Hi-speed Industrial Sewing Machines for the Tailoring Training centre at Jeevan Community college on 5th October 2022. The machines have been kept at our Tailoring Centre at Thiruverkadu. Mr. S. Vidyaakar conveyed his gratitude to Mr. Senthilnathan for his contribution.



S. Vidyaakar with the newly arrived sewing machines



Justice Dalava visit to Udavum Karangal Shanthiyanam Home

Justice Dalava Subrahmanyam, former Judge, High Court of Andhra Pradeshand Mrs.Dalava Subrahmanyam visited Udavum Karangal - Shanthivanam Home situated at Thiruverkadu Chennai on 12th October 2022. They are also sponsors of two resident girls. Ms.Stuthi Vidyaakar and Ms.Pradhanya Vidyaakar.They distributed biscuits for all the resident children.



Shenbagha College of Nursing made an Observation visit to Udavum Karangal Home, Shanthivanam, Thiruverkadu on 19/10/2022 & on 08/12/2022.

Shenbagha College of Nursing made an observation visit to Udavum Karangal Home, Shanthivanam, Thiruverkadu on 19/10/2022. Mrs.Kavitha, HOD, Jeevan Community College guided them and made their visit a memorable one. Nursing students were given field training on their visit. At the end of the day students of Shenbagha College felt that it was a valuable and useful session.



Students of Shenbaga College of Nursing with Mrs.Kavitha, HOD, Jeevan Community College with other staff of Udavum Karangal at Shanthivanam Home, Thiruverkadu





Students of Shenbaga College of nursing visited our home 8.12.2022

Ayudha Pooja 2022 Celebrated at Various Udavum Karangal Homes

Ayudha Pooja-2022 was celebrated at various Udavum Karangal Homes in Chennai, Coimbatore and Thiruvannamalai on 4th October 2022. All the residents werevery much exited since a week as they all enthusiastically started cleaning their respective homes in order to celebrate Ayudhapooja. Post pooja sweets and savouries were distributed and all the residents had a good time.





Ayudha Pooja celebrated at Thiruvannamalai Ayudha Pooja celebrated at Thiruvannamalai





Ayutha Pooja celebrated at Sondham Ayudha Pooja celebrated at Sakthivanam



Mental Health Day 2022 Observed at Various Udavum Karangal Homes

Mental Health day on 10th October 2022 was observed at various Udavum Karangal Homes in Chennai, Coimbatore and Thiruvannamalai. Various programs like Skit, Dance, Singing, Fancy dress etc took place. Everyone participated with full enthusiasm and the best working members were presented with a small gift as a motivational factor.

Volunteers and staff utilized this opportunity to learn more about these mentally ill patients and try to help them better.



Cake cutting was done by
Pappa-Vidyaakar
Founder of Udavum Karangal
as a part of Mental Health Day
Celebration



Resident girls singing at Karunai Illam Home Chennai



Residents performing a dance at Karunai Illam Home Chennai



Mental Health day celebrated at Coimbatore Home



NAVARATHRI 2022 – the festival of learning celebrated at Udavum Karangal Home

The nine days of Festival of Dolls - Kolu, A typical Tamil Culture and tradition is celebrated at Udavum Karangal for and by the children with much fun fair. Empowerment of women and child enrichment is in the fore of this celebration.

Every doll placed on the decorated dais has a moral behind it. It has been a tradition at our center to mark every day of Navarathri with a story telling having cultural values and ethos. It inculcates dynamism, divinity, equanimity, peace and has a positive psychological impact on the children and residents. It was such a pleasure to see the beautiful newly painted dolls. Seeing this, everyone was so excited that even in this pandemic situation we were able to go through it joyfully.

Prasadam (different varieties of pulses) are served every day after the pooja which is high in protein. This adds to the health and nutrition of the patients and children.

Everyone carries a positive energy at the end of each day's celebration and Pooja. This is evident from the fact that our girls when they get married and join the mainstream of the society show this strength of a Divine Mother and become a life-force.





Diwali 2022 Celebrated at Various Udavum Karangal Homes:

Diwali 2022 was celebrated at various Udavum Karangal Homes in Chennai, Coimbatore and Thiruvannamalai. The residents had a good time, it was a day filled with joy for them. All the residents admired the lighting works. It was a feast for their eyes. Later sweets and snacks were distributed. They were also served scrumptious meals.



Diwali celebrated at Karunaiillam Chennai Home Diwali celebrated at Ramana Rehabilitation



Home Thiruvannamalai



Diwali celebrated at Sakthivanam Home Coimbatore



Diwali celebrated at Thanjam Home



Actor Arun Vijay celebrated his birthday on 19th November 2022, at Shanthivanam Thiruverkadu

Mr.Arun Vijay, formerly known as Arun Kumar, is an Indian actor who works primarily in Tamil cinema. He also starred in a few films in Telugu, Kannada and Hindi. Born as Arun Kumar and being the only son of veteran actor Vijayakumar.

Mr. Arun Vijay birthday falls on 19th November 2022, usually he celebrates at Shanthivanam Home, Thiruverkadu and this year also he did the same, all his family members were present and made the function a grand Gala. Arun requested our staff to organise a breakfast for all our residents and the same was carried out. Arun and his family members were very happy to see all our residents; they also took some photographs with our resident children







Grooming of marriageable resident girls of Udavum Karangal by Lakme India

The Students headed by its HOD of Lakme Academy, Adyar conducted a free personal grooming session for 15 marriageable girls between the ages of 18 and 25 in our organization on 19th Nov. 22. They have been doing this session at colleges, business offices, and reputed organizations.







Field Visit of post-graduate students from Madras Medical College



Prof Dr Somasundaram, Coordinator-Director, Institute of Community Medicine, MMC (9443812848) organized the visit of the following PG students of MMC to Karunailllam, Maduravoyal on 30th Nov 2022 to study the activities undertaken in Udavum Karangal's Home.

1. Dr Nabil Fayas | 2. Dr Nivedhita | 3. Dr Manimozhi | 4. Dr Soundarya

Feedback from the field visit Doctors

Thank you for the opportunity to visit the home. Home in-charge staff accompanied us to all the rooms and told the history of the patients. We interacted with the people out there. It was really a good experience for us. It was a excellent effort by Udavum Karangal to serve and care for the needy ones.

Thank you sir Nabil Fayas



Narayana e-tech school visited Shanthivanam Home on 14.11.2022 and donated essential items and interacted with the children



The students of Vellammal School visited Shanthivanam Home on 14.11.2022 and donated essential items and interacted with the patients



US Chapter of Udavum Karangal organized Fundraising Programmes in Dallas, Houston & Boston

The US Chapter of Udavum Karangal organized fundraising programmes in Dallas, Houston and Boston by Mrs.Ramya Velu, Mrs.Padmini Ranganathan, and Ms.Geeta. It was a grant success and Pappa Vidyaakar congratulated all of them for their great effort. They supported the Projects of UK viz., Jeevan community college, Crematorium, Paraplegia patients.





Christmas celebrated at various Udavum Karangal Homes

Nazareth College celebrated Christmas with Shanthivanam Residents Nazareth College of Arts and science, Avadi, students and faculty came to Udavum Karangal on 22nd December 2022 to celebrate Christmas along with the children. They distributed cakes and sweets to the children. A programme was organized by the students special called the "Bommalattam" with a good moral story. The children enjoyed the programme and greetings were exchanged.





Christmas Celebration by Good Shepherd Brothers

On 10.12.2022 good shepherd brothers organized Games and Dance event for the patients of Sakthivanam and Thanjam, Coimbatore. Our inmates participated in the games and felt very happy on the occasion of X-mas with the arrival of Santa Clause. They all danced together with the Santa clause. Finally brothers distributed cakes for the patients.



Carmel Garden School Children Event

On 20.12.2022 76 school children from Caramel Garden Matriculations School entertained our inmates with dancing and singing songs. They also provided biscuits and some stationeries for the inmates. Our inmates also eagerly danced and singed with the school children. We also exhibited some of the craft items made by Thanjam Residents.





MERRIMENT AT SHANTHIVANAM (29TH DECEMBER 2022)

Merriment was initiated for the well-being of Shanthivanam children to engage them in team building activities once in a week. As we know, "Every day may not be good, but there is something good in every day" which will enhance our mental stability by involving in physical activities.

In fact, play is such a crucial element of a child's life so it is important for us to engage them in play and recreational activities appropriate to the age of the child and to provide them an opportunity to participate freely in cultural life and the arts.

Week - 1 Listening walk; Cup game; Balloon race

Physical activity increases the levels of neurotransmitters in the brain, which can help improve mental health. Team building activities also reduces stress and promotes a deeper state of relaxation. It can also improve mental clarity and boost learning and memory. On top of that, it can also increase creativity and self-esteem. Children felt extremely satisfied and expressed their heartfelt gratitude for making this happen.



The above events were organised by Ms. Manjari, Social Worker at Shanthivanam.



New Year wishes by all our donors & well wishers

A.G. Ponniah <agponniah@gmail.com> to udavum Karangal

16:45 (27 minutes ago)

Thank you for the greetings. Wishing You and Your Team a very Happy, Healthy and Blessed New year

Warm regards

A.G.Ponniah

Former Emeritus Scientist, ICAR-CMFRI

Former Director ICAR-CIBA & ICAR-NBFGR,

Former Discipline Leader, World Fish Centre, Malaysia

1Tansowa Chennai

We cannot see god directly, but you are a real god

SUNDARAMURTHY PURATCHI VENDAN TANSOWA

9283286237

AravindKrishnaswamy

Fri, 30 Dec

Wishing a Happy and Warm New year to the Udavum Karangal team.

Best regards

Aravind

Prakash <finwinindia@gmail.com>

14:49 (1 hour ago)

Thank you Sir.

Let us bring peace, prosperity, health and happiness to all in this world in the Year 2023.

With regards

Prakash

Bangalore

NEW YEAR GREETINGS -2023 box

Fri, 30 Dec, 16:54 (16 hours ago)

V NagarajaRao

WISHING YOU ALL IN UDAVUM KARANGAL AND YOUR FAMILY A HAPPY & PROSPEROUS NEW YEAR - 2023

With regards,

V. NAGÁRAJÁ RAO



janakiramanraman <cjvjnr@gmail.com>

Wish you and all who are associated with your great service a very happy and healthy new year

Balasubramanian G < gbalar@gmail.com>

Namaskar.

Wish you a very happy & successful year in 2023 & ahead.

We highly appreciate your efforts and services.

Respectfully yours,

G.Balasubramanian Mobile :+ 91 98156 55937

Behind Swamy Narayan Mandir Vadodara 390021 Gujarat India

Gopalakrishna Varanasi

Wishing you all Happy New year with everlasting service to under privileged society

Sindhu Kumar <sindhu4308@gmail.com>Fri, 30

Its our pleasure to help sir and we thank you for the opportunity you have given us to help. We will always continue to be part of your noble cause. Thank you for the wishes sir. We wish you and the UdhavumKarangal family a very Happy & Blessed New Year.

Best regards,

Sindhu& family

SantanuDey <santanudey2005@gmail.com>

14 hours ago)

This gentleman is doing a Yeoman's Service for the past nearly 50 years taking care of hundreds and thousands of Orphans of mostly Chennai but other nearby towns also. I have been in touch with his organization for quite some time. In fact, my daughter who lives in the US - a mother of two kids of her own, has adopted two inmates in that Home. And that way I am their Grandfather too!.

padma m h

Fri, 30 Dec, 20:42 (13 hours ago)

Hi pappa I was a visitor to ur organization last 10 years. Due to corona I couldn't visit ur place. I am 52 years old I would like to join in ur home for my future career please help me out

vasukivijayarangam <pv.vasuki@gmail.com>

Fri, 30 Dec, 23:02 (10 hours ago)

Respected sir

Thanks a lot for your wishes

Wishing you and your whole family a very happy new year

Thank you

Vasuki P V

CANDLES IN THE WIND



MURALI RAJENDRAN < reachmuralisrly@gmail.com>

Fri, 30 Dec, 23:33 (10 hours ago)

Wish you a very Happy new year sir.



nalapvs <nalapvs@gmail.com> to UdavumKarangal 09:49 (3 minutes ago)

Thanks for the new year wishes, wish all inmates a HAPPY NEW YEAR



Syed Yakoob
Wishing you all the same. God bless you all

SivanandamThangavelu <sivanandamt.51@gmail.com> 10:07(6 minutes ago)
Thanks a lot for your New year wishes .I wish you and the dedicated team a very Happy and healthy New Year. Regards Sivanandam
9176689616

DyaneshVidyakar 10:11(2 minutes ago)
Thank you pappa..

Best wishes for a happy and prosperous new year. I hope all of your dreams come true, pappa.

Regards,
Dyanesh Vidyakar



YOGA SESSION FOR PATIENTS AT SAKTHIVANAM & THANJAM HOME, COIMBATORE



Ms.Subha from Yoga & Natural Science on 23.11.2022 conducted yoga sessions for the inmates of Sakthivanam and Thanjam

Two computers were given on 10/11/2022 under CDPS Scheme:

As a part of the Community Development Project–Schools initiative we have identified a School with strength of more than 100 students. It is a co-education and matriculation board. The name of the School is Gopichinnaswami Naidu Primary School, Perumalagaram Chennai – 600 077. Udavum Karangal had donated two brand new computers for the above said school on 10th November 2022.

Our representatives Mrs. Kavitha, Head of the Department, Jeevan Community College and Mrs. Jayashree, Administrative Manager, Ramakrishna Vidya Niketan School handed over the computers to the above said school. The children as well as teachers were overjoyed and they profoundly thanked the Founder Secretary, Mr. S. Vidyaakar for identifying our School for the donation of two computers.



Mrs.Kavitha & Mrs.Jayashree handing over the computers to the School authorities



Laparoscopic Surgeries now @ Gayathri Hospital - The Jewel in the Crown

The Gayathri Hospital is updating with new advanced technology services. The new arrival of Laparo scopy Instrument is adding jewel in the crown. The Laparoscopy is a non-invasivetype of surgical procedure that allows a surgeon to access the inside of the abdomen and pelvis without having to make large incisions in the skin. They can start their routines within a span of period and makes quicker post –operative recovery. This procedure will protect from fewer wound complications. The equipment is presently being used for the patients of Gayathri Hospital.

GAYATHRI HOSPITAL IN- HOUSE CAMP. NUMBER OF BENEFICIARIES - 25, HELD ON 30-10-2022









Koyambedu market public camp organised by Gayathri Hospital. Total number of beneficiary 55. Held on 18th & 20th Oct 2022.



ARVI AUTOMOBILES CORPORATE camp organised by Gayathri Hospital. Number of beneficiaries - 55 Held on 10-10-2022





Mahalaxmi College Women Health awareness campaign organized by Gayathri Hospital held on 08-10-2022



Total number of students 150

MEN's Health UPDATE Interactive session @ Kun Hyundai Ambattur



Total number of Unit Heads 35



Community Medical camp @ Pattabiram and surrounding held on 18th Sep'22. Total number of beneficiaries-85



BLS Training program on 13th AUG 2022 at Harsha Toyota Velappanchavadi TOTAL NUMBER OF STAFF-35





IMA MEETING IN GAYATHRI HOSPITAL



Total Number of Doctors-15, 8 AUG 2022

Corporate Camp Jeevan Technology Ashok Nagar



Total number of staff-115, 1 Aug 2022











Gayathri Hospital conducted CPR Training for Shenbagha College of Nursing 11/07/2022









CPR Training programs conducted by Gayathri Hospital Joined with phy sio Med Therapists 11/06/2022



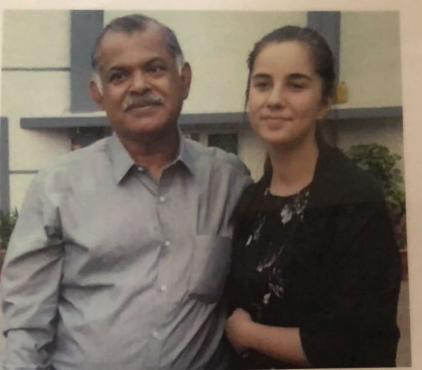
Student Ambassador donates to Jeevan Community College

Ms.Diede Vouston, Netherlands donated 395 Euros, which was collected as Gifts in a recent celebration of her family. She is one of the Ambassadors of Dendron College who visited Udavum Karangal in December 2017 on an inter- school collaboration to bring the joy of camaraderie between the students of two different Nations.

She desired that we utilize it for the students of Jeevan Community College. We have purchaseda High Speed Industrial Sewing Machine with all accessories to be used in the Tailoring Training Unit of the Jeevan Community College. This will be helpful for the students to get trained in tailoring and get employed immediately in Export Garments unit or set up their own Tailoring shop.

We all pray for her successful completion of the school and take up teaching next year. We also pray for her and her family's well-being, happiness and prosperity.





Commode Wheel Chair donated to patients

The Grandmother of Ms.Kamatchi residing the Sundaracholapuram in Thiruverkadu was given Commode Wheel Chair on 18-11-2022





Donation of wheel chair to Accident victim

Shri.Nagaraj, S/o Srinivasan of Chinthatharipet was a lorry driver who met with an accident some years back and lost both his legs. He was provided with a Wheel chair on 6th December 2022. Mr. Mohan, Health Manager personally handed over the wheel chair to

Mr.Nagaraj, who thanked Mr.Vidyaakar and Udavum Karangal

Fun Corner

Management Lessons

A rabbit saw a crow sitting on a tree, doing nothing all day. The rabbit asked the crow, "Can I also sit like you, doing nothing all day long?" The crow said: "Sure, why not."

So, the rabbit sat down on the ground below the crow, and started taking rest.

Suddenly there came a fox, he jumped on the rabbit and ate it.

Moral of the story:

To sit and do nothing, you need to be on the top.



Editorial Team

Mr. M.J. Joseph Mr. A.R. Mallikarjunan Mr. D. Baskaran Mr. A. Anosh Nishter Sadat

Published by

Thiru.S. Vidyaakar

on behalf of Udavum Karangal a NGO located at 460, N.S.K. Nagar, Arumbakkam,

Chennai - 600 106.

Phone: 044-2621 6321 / 6421 / 6521 Website: www.udavumkarangal.org Email: udavumkarangal@gmail.com