

Herald Hindustan

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Volunteering in INDIA

Turn Over to know what's going on!!

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SWAAGAT..

What is attractive about Madurai from the eyes of the volunteers? Do they really like a city which mostly portrays the character of a small town? I have asked this question to a few volunteers and it is interesting to know that this rural area of India is what they would reminisce forever. To westerners it is very unlikely that any sprawling sky scrapers or multi-storied malls would draw attention. What is more attractive to them are those unique Indian trifles that you could buy in those small fancy stores in a labyrinth like market place. Bargaining in an unknown language is another thrill. A foreigner is always treated specially. They would always receive glances from people, but they are only harmless admirers- could be for the attire they sport, the accent they speak or the different nonchalant gait they would walk with. It is a mutual admiration and the locals enjoy the sight of foreigners as much as a foreigner enjoys the new place. These are some of the characteristics lost in the urban population because of the busy lifestyle. I now understand the meaning of "Madurai, one of the largest villages of the world". I am happy that we as an organization is based in Madurai, a city that would never disappoint an avid visitor curious about India.!

Warmest Wishes....

JAGADISH KUMAR
COUNTRY DIRECTOR - INDIA
PROJECTS ABROAD



GAIR DANCE of Rajasthan

Gair Dance is performed by both the sexes. Gair has got its birth from a Bhill dance and it is performed during the festival of Holi. Gair basically means circle, or round. It is performed in a circle and that is how it has got its name. This dance is famous and performed mostly by all the communities but it is more famous of Maiwarh and Marwarh. It is also known as gair ghalna, gair ramna, gair khelna and gair nachna. Gair is not similar in all the places. Every place has its own rhythm, style of forming circle, costume etc. The dancers take turns in clockwise and anti clockwise directions.



The men wear long skirts which have pleats and open out in to full length skirts. In the month of falgun (from the month of February until March) one can listen to the beats of dhol, thali and mardal. Dancers on these beats carry long sticks. When they are dancing it seems as if they are depicting a scene from war front. It is believed by the locals that this dance must have some significance to war. This form of dance is also seen in Africa and Central Asia.

The sticks used in the dance are called Khanda. These sticks are very attractive and catch every eye. The sticks play a vital role in the dance. They are very thin, do not carry much weight and give a flare look.



These sticks are cut from the gundi tree and involve a cleaning process. In some places, instead of sticks, swords are used. In one hand the dancers carry the naked sword and the other hand is occupied with scabbard. Apart from this gair also has a third type in which the dancers carry a sword in one hand and in the other hand he carries the wooden khanda or the stick.

Project Update on Medicine



Ayurvedha – the name itself signifies it is from age old culture. Simply , Ayurvedha refers to treating a body part or the whole body with the help of natural herbs and the extracted oils from the herbs of medicinal value. The treatment for various chronic ailments like degenerative and inflammatory problems of the neck, back and joints, skin diseases, recurrent respiratory problems, menstrual and fertility problems are available in Ayurvedha. It also offers a whole range of authentic Ayurvedic wellness programs like detoxification, rejuvenation, stress management, anti-ageing, immunity enhancement, women's health, skin care programs and individualised preventive healthcare programs combining the traditional healing sciences of Ayurvedha, yoga, music and spirituality with a modern fitness regimen, a healthy vegetarian diet and state-of-the-art accommodation in a peaceful and lush green natural environment. Ayurvedic hospital also operates specialty integrated clinics for Neurology and Developmental Paediatrics, which offer Ayurvedic therapies integrated with Occupational therapy, Neuro-developmental therapy, Physio-therapy, Speech therapy and learning disability training headed by a team of Allopathic and Ayurvedic specialists. Here we can see some of the therapies in Ayurvedha which still exists in India.

- ◆ **Prime Body Care in Ayurveda by Rejuvenation Therapy:** This treatment includes body massage with hand and foot by two masseurs with medicated oil and cream, Ayurveda herbs for internal rejuvenation and medicated steam bath. This Ayurveda therapy rejuvenates mind, body and soul. It can also tone up skin and strengthen all systems in the body so as to achieve ideal health and longevity.
- ◆ **Beauty Care Programme:** In this programme herbal face pack, herbal cream massage, herbal oil massage, intake of herbal tea and steam bath are recommended. This treatment increases the skin complexion, skin tone and beautifies the body figure and makes you glow for the long term!



◆ **Ayurvedic Face Treatment:** This is a herbal face pack with specially made herbal powder and fresh herbal cream. The application of the mixture on your face prevents and avoids wrinkles and improves the skin tone. The Ayurveda face treatment is also considered good for the eyes.



◆ **Ayurveda Slimming**

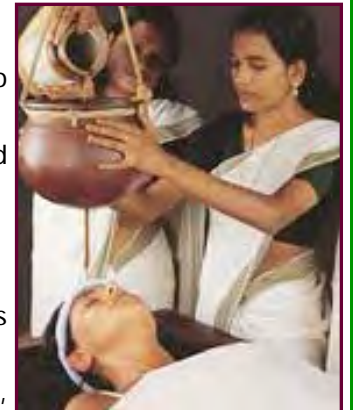


Programme: Slimming through Ayurveda is achieved under this programme through different massages

- (1) Medicated herbal powder massage
- (2) Medicated herbal oil massage

These two Ayurveda massages are given for 28 days or as recommended by the Ayurveda physician with the combination of medicated steam bath, intake of herbal juices and herbal tea. A very special vegetarian Ayurvedic diet is advised during the treatment period.

◆ **Ayurveda Ear Care:** In this Ayurveda process a mixture of herb fumes are applied to the ears for 5 to 10 minutes. This process helps to clean the ear and helps avoid ailments associated to the ear.



◆ **Ayurveda Hair Care:** The Ayurveda hair therapy uses a mixture of natural contents such as sesame oil, milk, herbal extracts of eclipta alba, indigo, balloon vine,

gooseberry, coconut, lavender, rosemary, and liquorice.



The oil is highly reputed for hair growth. A scalp massage with the oil helps to improve circulation in the scalp and stimulate the hair follicles which lead to healthier hair. After the treatment hair will be felt soft, silky and shiny.

Everything in this world has a hidden meaning. It is only years later... that some of us understand.

What's On...???



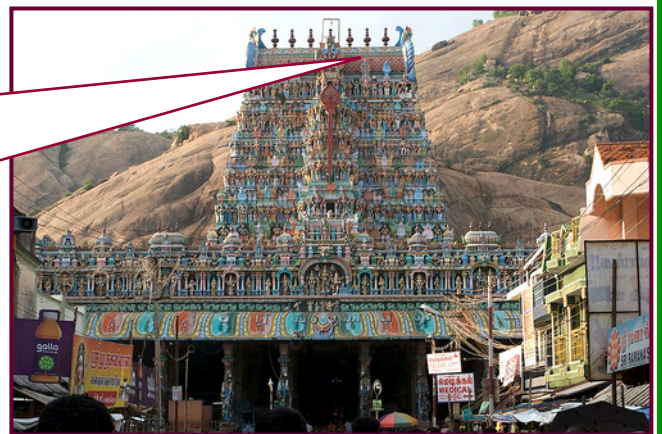
Best time to visit the Meenakshi Amman temple is from 09:00 to 11:00 in the morning and from 06:00 to 07:00 in the evening...

Traditional Dance Show available at Madurai – You can watch Bharatanatyam, Kuchipudi during the weekend evenings and the name of the place is Kadambhavanam.



Gandhi Museum - the museum where one can see the monuments of Mahatma Gandhi (the great Indian Freedom fighter and leader). The museum will be kept open from 10:00 AM to 13:00 PM and from 14:00 PM to 17:30 PM.

The rock-cut temple - Thirupparankundram is open from 05:30 am to 01:00 pm and from 16:00 pm to 21:00 pm. This is the place where you can see White peacocks, a rare variety Indian Bird.



Birthday Celebrations

Projects Abroad India's heartfelt greetings to all the volunteers who are all celebrating their birthdays during the month of April 2011..!

Ms Sarah GROENER— 9th April

Ms Bethany ECCLES - 19th April

Ms Aske HOCK - 22nd April

Ms Joy CLAVEL - 22nd April

Ms Carina FRANK - 27th April

Donations for the Month

Projects Abroad Contribution

- ◆ Projects Abroad INDIA contributes 7100 INR to Our Care placement - Madurai Seva Ashram for cleaning up their Play ground.
- ◆ Projects Abroad contributed 1000 INR for the Sports Day at the Girl's Home which has been held at Madurai Seva Ashram.

Volunteer's Contribution

- ◆ One of Our Medical Volunteer - Dr Robert Graham contributes 4500 INR to the Leprosy Hospital at Manamadurai. Well done Robert!!!



- ◆ Our Care Volunteer - Ms Saskia BROCKINGTON conducted few games for the Children at Love & Care and the total cost comes around 2500 INR. Also Saskia gifted some play materials for the Children at Love & Care.

Medicin & Sundhed I Indien

"Jeg føler mig så bæret". Det var en af mine første tanker om mit ophold i Indien. Fra den første dag paa Booma Nursing Home fik jeg lov til at stå på første række, når de fødende kvinder var i et smertehelvede af veer, liggende på stenbriksen kun omringet af sygeplejersker, rengøringskoner og lægen. Ingen pårørende har tilladelse til at komme ind i rummet. Så jeg følte mig utroligt bæret over at få lov til at observere så mange kvinder føde, og jeg har gjort mit aller bedste for at støtte dem



ved at lade dem klemme mine hænder, så hårdt de ville og give dem massage, mens de havde veer.

Jeg har følt mig så bæret, når jeg har stået lige bag lægen under kejsersnit, og når jeg har observeret, når naturen slår fejl, og barnet bliver dødfødt

Det meste kommunikation foregår på tamilsk, men når det kommer til graviditet og følelser, snakker vi det samme sprog verden over.

Gennem mit ophold i Indien har jeg boet hos en værstfamilie med 5 andre fantastiske piger. Jeg har følt mig utroligt bæret over, at familien har åbnet døren til deres hjem for mig og endda haft lyst til at bruge noget af deres fritid med mig. Hvis du viser interesse og er villig til at tilpasse dig deres kultur med alle de fantastiske traditioner, de har, vil du få meget mere ud af din tid som volontør i Indien. Jeg har fået opbygget et rigtig godt forhold til min værstfamilie, og jeg skal helt sikkert holde kontakten ved lige, når jeg kommer hjem til Danmark.

Også forholdet til de andre volontører har været skønt! Vi har delt en masse tanker og oplevelser og rejst rundt i Sydindien sammen på weekendture og ferie.

Jeg kan helt sikkert anbefale et ophold med Projects Abroad i Indien. Og hvis du tvivler på, hvilken uddannelse, du vil vælge, kan det være en god ide at komme herved og prøve at observere en hverdag i faget. Mit ophold paa Booma Nursing Home har i hvert fald dræbt al min tvivl. Jeg skal være jordemoder, og jeg kan ikke vente, til jeg kommer hjem og starter mit studie!

Placement à l'hospice Saint Joseph à Dindigul (Tamil Nadu)

Septembre 2010, le déclic. Réaliser mon projet que je souhaitais depuis des années.

C'était maintenant ou jamais. Un clic sur le net : "**PROJECTS ABROAD**". Le destin était là, car il répondait tout à fait à mes attentes.

Après une grande réflexion, je décidais de me lancer dans cette grande aventure, cette nouvelle découverte. Mon choix fut porté sur l'Inde. J'avais envie d'aider les autres, de partir loin de mon pays (qui est la France), et de retrouver de vraies valeurs que l'on a tendance à oublier dans la vie de tous les jours.

Ca y est, j'arrive à l'hospice de Dindigul dans le Tamil Nadu. Cet hospice a été fondé il y a quatre ans et demi par le Père Thomas Rathappillil. Depuis, trois prêtres se sont rattachés : Père Mathai Saint Joseph, Père Georges Saint Joseph, Père José U. Thomas, dont la soeur Nambi (apprenant le français) est ici depuis 8 mois.

Il y a également 8 jeunes garçons et 13 jeunes filles. Tout ce petit monde pour faire la cuisine, servir les repas, faire le ménage, les soins médicaux...

C'est un hospice comptant environ 325 pensionnaires. Il recueille des personnes abandonnées, mourantes, sans maison; exclues de la société. Hommes, femmes, enfants errent devant les hôpitaux, gares, stations de bus... Ces personnes n'ont pas d'argent, il est donc difficile pour eux de survivre dans la rue et de se faire soigner. Parfois leur âge est approximativement déterminé, car elles-mêmes ne le savent pas. Aucun papier, aucune adresse, elles n'ont donc pas le droit de voter. Les pensionnaires peuvent être des malades mentaux, ou peuvent avoir des blessures très



importantes, et aussi des fractures. Malheureusement le centre manque de matériel médical. Nous ne pouvons satisfaire tout le monde correctement. Nous soulageons leur douleur par de simples pansements (Bétadine, sérum physiologique, compresses non-stériles, et bandages). Ces personnes souffrent. Beaucoup d'entre elles auraient besoin de traitements spécifiques, de soins palliatifs... 35% sont des malades mentaux, et n'ont aucun pouvoir sur leur démence. Nous comptons 20 décès par mois. Malgré le manque de matériel, nous faisons le maximum pour les aider physiquement et moralement. Chacun est libre de faire ce qu'il veut. Travailler ou non. Il a été instauré des travaux journaliers : jardinage, couture, aide aux repas, construction, assister les soins médicaux. C'est

très important pour eux, ils se sentent valorisés, et s'intègrent plus facilement dans l'hospice. Tous s'entraident, c'est comme une grande famille. Face à cette misère, aucune contribution financière ni du gouvernement, ni de l'église, ni des entreprises privées. Pourquoi ? Ne sont-elles pas au courant ? Est-ce normal ? Pourquoi "fermer les yeux" sur cette réalité ? Un seul pays apporte son soutien financier : L'ANGLETERRE.



Mon rôle est d'apporter des soins médicaux. Avec l'aide de Sarah (une volontaire anglaise), nous travaillons toute la matinée et une bonne partie de l'après-midi. Il y a énormément de gens à soigner, mais tout se fait dans la bonne humeur. Je suis triste pour eux mais ils ont toujours un sourire pour nous. Ici les gens sont simples, gentils, affectueux. Ils n'ont peut-être pas de valeurs matérielles, mais ils nous rappellent les valeurs sûres qui se perdent : UN BONJOUR, UN SOURIRE, UN MERCI.

J'ai passé très peu de temps avec eux, mais ce que j'ai vécu ici à l'hospice restera inoubliable. C'est un enrichissement personnel, et à la fois humain. Ce que je ressens est difficilement explicable. Lorsque vous voyez dans leurs yeux leur tristesse, puis qu'ils s'illuminent par magie parce que l'on s'occupe d'eux, c'est beau, réconfortant. Lorsque j'arrivais avec mon appareil-photo, c'était l'attraction. Ils adoraient. Tous venaient me voir pour que je les prenne en photo. Ils aimaient se regarder, ça les faisait rire. C'était amusant, j'aimais les voir sourire. Les jours passent, et à regret je dois les quitter. Si c'était à refaire ?... Avec grand plaisir.

D'ailleurs, Père Thomas va bientôt ouvrir un second hospice près de Chennai. Il pourra accueillir près de 500 personnes. Alors faites comme moi, venez les aider. Ils en ont réellement besoin, ils n'attendent plus que vous. Sincèrement, vous ne le regretterez pas.

Merci à tous!!!

Karine DELIAUX | FRANCE



Upcoming Weekend – Kodaikanal

Literally meaning the 'gift of the forest', Kodaikanal has always lived up to this name! This was the discovery of the Americans and nature seems to have been extra generous in granting it the boon of woody slopes, enchanting waterfalls, beautiful lakes and rare flora and fauna.

Kodaikanal is a miniature paradise graced by verdant forests, unsullied landscapes, gently sloping hills and



gurgling waterfalls. Kodaikanal sits on a plateau overlooking the Parappar and Gundar Valleys. This beautiful hill station is snugly wedged in the Palani Hills. This area offers spectacular views and world-class scenery. From the majestic waters of **Kodaikanal Lake** to the towering trees, bursting blooms and an abundance of fresh air, this region is one of India's premier tourists areas. Kodaikanal also witnesses the influx of a good number of trekkers as Kodaikanal boasts some wonderful trekking routes. Kodaikanal is steadily making its presence felt as a popular tourist destination, thanks to some popular tourist attractions like Berijam Lake, Bryant Park, Kodaikanal Lake and Silver Cascade Waterfall. The fact is, most of the activities are centered around the Kodai Lake, and this also serves the



base for excursions around the town. As you move around these sights and sounds, the town unfolds like a maze of cafés, hotels and signs of "fresh home-made chocolates and honey available here"! It might all look the same, but take the usual boat ride, trot on a pony and explore that which is truly Kodai!

Gathering the Children



Preparation of the Ground



Playing Kids Musical Chair



Game - Passing the Ball



Game is - Potato Relay



Playing the Bun & Make-up relay



SPORTS DAY @ CHILDREN'S HOME



Prize Distribution

Kids getting ready for the Competition



Easter Egg hunt & Easter Greeting Card Competition



Prize Distribution



LOVE & CARE CELEBRATION

Leh Ladakh

Miles of cold desert swept by freezing winds and brilliant sunlight, placid blue lakes, barren landscape and multi-hued mountains - Ladakh is a land like no other. Tucked between two of the world's greatest mountain ranges, The Great Himalayas and the Karakoram Range and traversed by two other parallel ranges, Zaskar and Ladakh, this remote beauty of Jammu and Kashmir offers endless dramatic vistas. Often referred to as The Last Shangri-la and



Moonscape, Ladakh is situated in a high altitude desert at an altitude of 9,000 feet and is the highest inhabited region of India. Dotted with quaint hamlets around the Indus River and fascinating *gompas* perched on soaring hilltops, Ladakh mesmerises you with its untouched surreal landscape, Buddhist heritage, scenic hamlets and occasional cultural festivals. Ladakh was once covered by an extensive lake system, remnants of which can be found in the south-east region flanked by beautiful water bodies. Leh, the principal town of Ladakh, had been on the trade route to Tibet and Central Asia for centuries but today it is primarily a centre for Buddhism and a settlement for Tibetan refugees.

The mountainous region of Ladakh in the North Indian state of Jammu & Kashmir, is like NO other place in the World. Because of its unusual terrain and barren landscape it's sometimes referred to as 'Moonland'. Ladakh is



renowned for its remote mountain beauty and culture. Strongly influenced by Tibet and largely inhabited by people of Tibetan descent, Ladakh is also known as 'Little Tibet'. It is not only home to some of the most beautiful and serene monasteries, but it is also a land of barren beauty. The enormous mass of the Himalayas creates a rain shadow, denying entry to the moisture-laden clouds of the Indian monsoon. Ladakh is thus, a high altitude desert. Many travellers find themselves at a loss to understand

how something so barren can be so beautiful.

Tamil is one of the few living classical languages and has an unbroken literary tradition of over two millennia. Tamil is one of the major languages of the Dravidian family of languages. And here are some of the Tamil words for you to try out!

I – Naan

He – Avan

She – Aval

You – Nee

It – Adhu

What – Enna

Your – un, unga (respect)

Come – Vaa

Come (to elders) – Vaanga

Cooking – Samaithal

Lock – Pottu

Clothes – Thunigal

Light – Vilakku

Book – Puththagam

Please take bath – Kulinga

Will come – Vanthiruvan (male)/vanthiruva (female)

Please be seated – Ukkarrunga

What's your name? – Unga Peyaru enna?

My Name is ___ – En Peyer ___

How are you? – Eppadi irukeenga?

I am good/fine – Naan Nalla irukkaen

Thank you – Nantri

Had your food? – Saapteengala

I had my food – Naan Saaptitaen

I am feeling hungry – Yenakku Pasikudhu

Congratulations – Nalvazhthukkal

Please be fast – Seekiram

You are looking beautiful – Neenga Alaga irukeenga

What should I do? – Naan enna seiyyanum?



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