



குயில்

KUYIL

November 2018

News Letter of The Health Centre

Editorial



Karthigai Deepam is celebrated as the festival of light, when the full moon is in line with the six star constellation called Karthigai during the month of November. At Deepam, school for special needs within our campus, it is celebrated yearly with great fervour and exquisite decorations. We include some photographs above, kindly shared by Deepam.

Ganesha, seen in the photo above, is the God of beginnings and is honored at the start of rites and ceremonies. He is revered as the remover of obstacles, the patron of arts and sciences and the deva of intellect and wisdom.



Puppet Shows and card games in Village Schools.....



We are continuing puppet shows in the village primary schools, with stress on nutrition and sanitation. We have noticed that puppets are a great way to encourage and capture the attention and imagination of children of all ages. The children enjoy playing with the puppets. The use of puppets in the child-to-child program promotes the child's learning of new skills and concepts. It helps and supports children who are shy and reluctant to speak. The flash cards are creative ways to improve memory and increase participation of children.





Adolescence is an awkward phase, between the ages of 10 and 19, involving the shift from childhood to adulthood. It is a transitional period with physical, sexual, psychological and social developmental changes, all taking place at the same time. There is societal pressure to conform, which is much heavier on girls, and often leads to mental disturbances. They are hesitant to share their problems with their parents or teachers and often have no way to receive answers for uncomfortable questions. This has led to the requirement of psychological counselors in senior schools and colleges.

We were requested to conduct regular classes for this age group. Their main concern is about menstruation, acne, dietary advice, emotional troubles and dental problems. We are adding advice on nutrition, menstrual hygiene and healthy life styles. We encourage them to discuss their worries with a trusted older person. Adolescents of today are more aware of the state of the world around them, and are eager to get more information.

Annual Health Checkups

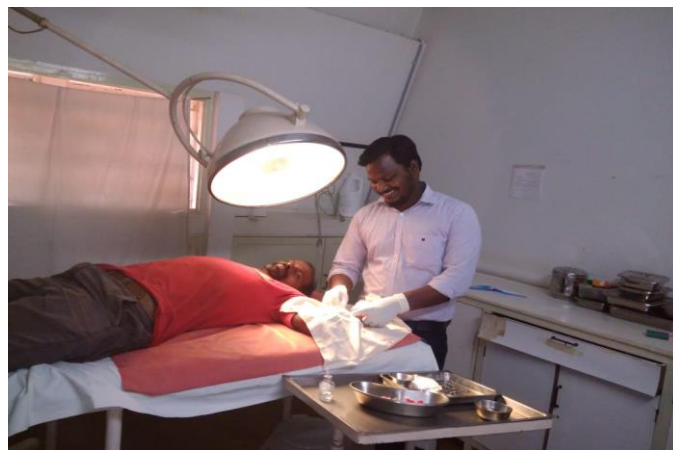
We continue our regular annual health monitoring in the nearby schools. The children are happily cooperative, even for the blood test and sit patiently for their turn.





Introducing Dr Venkadesan

Dr. Venkadesan, who graduated from a nearby medical college, joined the Health Centre in mid July 2018, replacing the previous doctor. It is good to have a young and active doctor who can communicate smoothly with the local people.



Would you like to help us ?

Any donations towards AVHC will be greatly appreciated. The easiest and simplest way to transfer money is by "SWIFT" (electronic transfer) from anywhere. You may go to your bank and give them the following information, with your donation.

SWIFT CODE: *S B I N I N B B 4 7 4*

Account with: *State Bank of India, Auroville International Township Branch, Kulapalayam, Auroville 605 101, India Branch Code: 03160*

Name of the Account Holder: *Auroville Unity Fund*

Account No: *1 0 2 3 7 8 7 6 5 0 8*

Purpose: *Auroville Health Centre*



Editorial team

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