



Herald Hindustan

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SHAGATOM..

How often have you engaged yourself in an unselfishness activity? Anything that brings pleasure to you and benefits others too can also be termed as unselfish action. Can planting trees be so? In my words, it certainly is, it gives you a sense of fulfillment when you see them grown and the vicarious pleasure how your posterity would reap its benefits. You have done something good to the earth, to the environment and to the future generation.

I still vividly remember how I would enjoy watering trees in my grandpa's garden. But, for no reason a pang of boredom strikes me when I am half way through and would abandon the work on finding a group of playmates. This would always happen and over time I noticed that the plants that I watered were in full bloom now bearing fruits. But those few that I failed to water, alas have I killed it. Though you can find myriad of escapism like it is the design of nature, I always have an inner guilt that I have killed them those must have been a sweet mango or Jackfruits by now for many to relish. Or could be a gigantic shade giving banyan tree that can cool the environment, shelter and host whole lot of chirping birds and a lush green add to the garden.

After many years, whenever I stroll by the garden a feel of melancholy seeps into me and I only wish I can roll back the time machine.



“YOU MUST BE THE CHANGE YOU WANT TO SEE IN THIS WORLD”- MAHATMA GANDHI.

Warmest Wishes....

JAGADISH KUMAR

COUNTRY DIRECTOR - INDIA

PROJECTS ABROAD

CULTURE OF WEARING FLOWERS IN HAIR

Most Indian women are not fashionable, most of her dressing is for comfort and the rest are essentials. But once in a while there will be an added accessory - the flowers in her hair. For Indian brides the bridal corsage is a must. For a long time Indian women have taken pride in the long black hair. They oil it regularly, wash it with shikakai (soap nuts/shampoo), braid it or tie it in ribbons if they are little girls. Of course now we have hair in highlights/various hues/styled/non-greasy oils/gels etc. But the one hairstyle that will always endure to us, Indians, especially the women, is the long plait. Better still if it has flowers in it. It means she is traditional and holds the Indian women ideal. Hair is considered one of the most beautiful and erotic parts of a woman. It also reveals personality. Primitive and ancient cultures have loved hair with flowers in it. Hair has always been part of human evolution and adorning it became a part of human evolutionary culture. So the Indian women, more from the South, still follow that ritual and have a beauty culture of their own. The most popular flower used in Indian bridal hairstyles is jasmine, which can be strung together and laid across the bride's hair. The strings of jasmine also can be used to wrap the hair when it's styled in a bun. When the hair is plaited, jasmine adorns the length of the plaited hair. Although appreciated for their beauty, flowers hide the pins that hold the hair in place.



Some meanings of flowers:

- Daisy - innocence and purity
- Gardenia - secret love
- Camellia - gratitude
- Ginger - strength
- Tuberose - forbidden pleasures
- Hibiscus - delicate beauty, sensitivity
- Red rose - passion, love
- Pink rose - friendship, admiration, happiness
- Apricot rose - desire, admiration, modesty
- White rose - purity, secrecy, spiritual love
- Jasmine - sensuality
- Yellow carnation - disappointment, rejection
- Violet - modesty, faithfulness.



Flowers have been worn for personal adornment throughout recorded history. Their purpose has been for both beautification and ceremony. Today the emphasis is specifically on personal beauty as the flowers enhance the appearance of the wearer and the apparel, with the bonus of an uplift for the wearer's spirit and inner beauty.

Activities Update

- ◆ The month of May is another busy month with lots of activities taken place at Projects Abroad | India. One of the main event occurred was the Outreach for the Medical Volunteers held at St- Joseph's Hospice - a place for Dyeing Destitute... On 16 May 2011, 20 volunteers and the staff team from Projects Abroad India went to the St. Joseph's Hospice which is situated in the place called Kodai Road. The day was quite good with lots of great work did by our volunteers. The whole team was divided into two and one team concentrated in doing the cleaning activities – such as brooming, dusting , cleaning the floor and so on. And the other team accompanied the inhabitants and helped them in trimming their nails, washing their feet, etc.. The day was really meaningful and Projects Abroad India donated 7000 INR for the Hospice which will help for their monthly expenses.
- ◆ The next activity which was worthy to point out is - the Dirty Day which was held at Sowbhakya Illam - a Children's Home situated in a place named Gandhigram. As per the Home's request. Our volunteer's team which comprises of about 15 members did painting works in the placement premises. The crèche and the primary school in the Children's home were renovated and the crèche has been made colorful with wonderful pictures which was drawn by our Volunteers. We thank all the volunteers for their wonderful support and about 50 children got benefited by the work of our Volunteers who attended the Dirty Day.
- ◆ From the month of May, all the Care volunteers on their arrival will be given a brief view of the Indian Culture, some of the basic and necessary Tamil words that will help the Volunteers during their stay and some of the possible activities suggestion given to the Volunteers as per their respective and allotted placements. This will continue each and every volunteer in the near future.

*Medical
Outreach*

@

*St. Joseph's
Hospice*



Dirty Day

@

the

Children's

Home



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 and the staff members who are all celebrating their birthdays during the month of June 2011..!

Volunteers....

Mr Kevin GONCALVES—2nd June

Mr Joe SPENCE - 19th June

Ms Maureen MEYRE - 26th June

Ms Emilie DESHAIES - 27th June

Ms Monica STRAVA - 30th June

Staff....

Mr Vasanth (Doodle) - 20th June

Donations for the Month

Projects Abroad Contribution

- ◆ Medical Outreach for the volunteers been conducted at St. Joseph's Hospice and the total expenses cost around 10000 INR.
- ◆ Projects Abroad | India contributed 7500 INR for the Medical Placement - St. Joseph's Hospice for their expenses.
- ◆ Dirty Day was conducted at the Care placement—Sowbhakya Illam and our Volunteers renovated the Baby's crèche and the Class rooms at the Home.

L'expérience à la ferme modèle



J'ai passé trois mois à faire du volontariat au sein du projet conservation que propose Projects Abroad. Le projet a débuté fin décembre et je suis arrivé le 2 janvier. Je suis pour ainsi dire le premier volontaire. Je dois dire que j'ai passé trois mois formidables, passés à travailler dans une ferme afin de proposer aux paysans d'un village un mode d'exploitation agricole organique, passés à côtoyer des gens super sympa avec qui j'ai appris à connaître et à apprécier, passés à découvrir l'Inde du Sud, une région magnifique.

Étant donné que le projet débutait lorsque je suis arrivé, j'ai été chanceux de constater l'évolution de la ferme, de mon arrivée à mon départ. En effet, tout était à construire, des plantes à planter et à s'occuper afin qu'elles poussent, des animaux à acheter jusqu'aux relations avec des villageois à faire fructifier.

La ferme possède des champs de riz, des plantes à fleurs et des fruits, un potager, des « nurseries » de toutes sortes telles que du piment et des oignons, 1 jeune taureau, une vache et un veau, quelques poules. La ferme grandit de jours en jours.

Nos activités principales consistent à s'occuper de la ferme, des cultures aux plantes en passant par les animaux. Le projet consiste également à faire de la reforestation. Nous plantons ainsi des arbres, surtout des plantes médicinales dans des endroits où tout le monde peut venir bénéficier de leurs propriétés thérapeutiques.

Un élément qui m'a beaucoup touché est les moments privilégiés avec les villageois et plus particulièrement avec notre famille d'accueil chez qui nous mangions à chaque repas. C'est vraiment l'occasion de s'imprégner de l'ambiance d'un petit village en Inde du Sud et c'est l'occasion idéale pour échanger, communiquer, apprendre et se faire de vrais amis.

Je voudrais terminer par remercier toute l'équipe de Projects Abroad en Inde qui ont été merveilleux et très efficace. La réussite de mon séjour dépendait aussi de leur travail et de leur gentillesse.



Thierry MONNIN | Netherlands

Easter Day



On March 26th 2011, Easter came early to Love & Care orphanage! I planned the day to share my traditions and celebrations with the children while at the same time, providing them with a fun day full of activities that I hope that they will remember for a long time. In Western Society, Easter is celebrated with chocolate eggs, springtime wildlife such as chicks

and rabbits are often associated with the holiday. It is a time with a lot of decoration and fun. I wanted to share these conventions with the children, but I needed help in getting my message across. With the help of the Projects Abroad staff, who helped translate my ideas to the orphanage and organized ways of getting materials for the day, we set a date! 300 eggs were delivered to Love & Care orphanage! These were distributed for the different activities that the children could take part in. The older girls were to participate in Egg Decorating; after draining the eggs of their yolks and rinsing them, the girls could decorate their eggs with the pens, paints and stickers provided. The creativity and skill they showed in their decorations was phenomenal and some really beautiful patterns and designs came out on the eggs.

The boys took part in an Egg and Spoon Race, they were given a lot of eggs as I thought many would get dropped and broken, but in fact the boys were too good! They ran very fast and used great teamwork in the relay races - there were only a couple of egg tragedies! Everyone who took part was a good sport and



they received cheers and support from those watching. The younger children spent the day making beautiful Easter Greeting Cards, again the children showed amazing creative designs, paying attention to detail. They used different coloured paper and card and decorated with pens, paints and crayons, resulting in beautiful cards.



While the children ate lunch, myself and two other volunteers judged the egg decorations and the greeting cards. We chose winners and runners up and these children were rewarded with chocolate and a magazine. There was also a prize for the Easter Egg Hunt; hundreds of paper eggs were hidden around the



orphanage and the child who found the most was also rewarded with chocolate and a magazine. At the end of the day each child was given an eclair, to thank them for behaving so well and letting the day run so smoothly. It was a great success, thanks to the help I received from the Projects Abroad staff and the two volunteers, Grace Higgins and Anna

Lena Gerlach. I had a lot of fun and think the children did too!

Saskia BROCKINGTON | United States of America

Upcoming Weekend – Kanyakumari

Kanyakumari is located at the southern tip of the Indian subcontinent. The small temple dedicated to Kanyakumari, or the youthful form of the primeval energy Shakti (Mother Goddess) is located on the seashore, in the town known by the same name. Kanyakumari was referred to by the British as Cape Comorin. Kanyakumari represents the site where the spiritual leader Swami Vivekananda spent days in meditation upon a rock off of the coast. A memorial built in his honor is accessible via ferry. There is also a recently built memorial to Thiruvalluvar, the author of the philosophical work Thirukkural - a treatise on the Indian way of life.



The Kanyakumari Temple is an ancient one and has been mentioned in the Ramayana, Mahabharata, and the Sangam works Manimekalai and Puranaanooru. It is believed that the image of Kanyakumari was installed and worshipped by Parasurama, who is credited with reclaiming Kerala from the ocean, and building several shrines.

Legend has it that the demon Baanaasuran wreaked havoc on the inhabitants of this world, and that Mahavishnu requested the Gods and the humans to request primeval energy Paraasakthi to vanquish the demon. Answering the prayers of the oppressed, Shakti appeared as a young virgin girl at Kanyakumari and commenced penance with the desire of marrying Shiva at Suchindram. Legend has it that the celestial Sage Narada, fixed the midnight hour as the auspicious time for the wedding. When Shiva's procession reached a site by name Vazhukkumpaarai, a rooster crowed, heralding daybreak, and that Shiva assuming that the auspicious hour was past, returned to Suchindram. The disappointed Goddess decided to spend her life in Kanyakumari as a virgin, and that all the food prepared for the wedding was laid waste and that it turned into the colored sand seen on the southern shores of the subcontinent. The demon Banaasuran upon hearing of Shakti's story proceeded to Kanyakumari to win her hand in marriage by force, and this led to a fierce battle in which he was slain by her.

The temple: The black stone image of Kanyakumari in the sanctum bearing a garland is an enchanting one. Of particular significance is the glittering nose ring that is visible from a distance. Legend has it that the light emanating from this nose ring misguided arriving ships and caused them to crash onto the rocky coast. There is a door now, to the east of the shrine which is opened only five times a year.

There are also shrines to Vijayasundari and Balasundari, friends and playmates of the Goddess in her youthful form. There are a total of 11 theerthams associated with the temple in the ocean surrounding the area. The confluence of the seas, at the southern tip of the subcontinent has been held sacred for centuries.

Jim Corbett National Park

A Real adventure, should definitely involve wildlife and thick woods. Jim Corbett National Park is just the adventure destination for those who love nature and want to see wild animals in their natural habitat. The park is located in the state of Uttarakhand.

Tourist places in and around the park:

There are beautiful rivulets and streams that criss-cross through the whole land imparting more beauty to the area. The National Park has 577 birds, 50 species of mammals, and 25 different kinds of reptiles. There are fishes and alligators in the water. There are many animals in the Jim Corbett National Park,

such as tigers, jungle cats, leopards, sloth bears, jackals, porcupines and Indian gray mongooses, among many others. There are also deers, like the barking deer, chital and Kakkar. Elephant rides are also available for exploring the National Park. The Jim Corbett National Park is a paradise for bird lovers. There are over 580 bird species. There are many birds, such as egret,

black-necked stork, sandpiper and herons among others. There are also pythons, vipers, cobras and other kinds of snakes that are mainly found in the swampy areas of the national park.

Things to do:

The national park is possibly the most famous in India. Walking is allowed in some areas but one has to be accompanied by a guide.

Besides checking wild life, one can also enjoy elephant rides to explore the park. They can be enjoyed in the mornings and evenings.



EGG PULUSU RECIPE

Egg Pulusu is a very popular recipe. Also it will take only 20 minutes to prepare the recipe. The preferred quantity can serve up to 3 people.

Ingredients:

- 6 Eggs
- 1 1/4 Onions (chopped)
- 6 - 7 Curry Leaves
- 1 tsp Mustard Seeds
- 1 tsp Cumin Seeds
- 1 tsp Chilli Powder
- 1 tsp Tamarind Extract
- 1/4 tsp Fenugreek Seeds
- 1 tsp Ginger Garlic Pieces
- A pinch turmeric
- Oil
- Salt to taste



How to make Egg Pulusu:

- ◆ Boil eggs and take off the shells. Put some deep cuts on the eggs.
- ◆ In a large pan heat the oil and add 1 cup of onion, ginger, garlic and deep fry until they turn brownish.
- ◆ Prepare a smooth paste.
- ◆ Heat a little oil and add mustard seeds, cumin seeds and fenugreek seeds. Once they start popping, its time to add the curry leaves and the remaining onion. Deep fry it for few minutes.
- ◆ Add turmeric, chilli powder, tamarind and 1/4 cup water and boil until the mixture thickens.
- ◆ Add the onion paste, salt and water to make a gravy.



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