

NAMMAL MUDIYAM – THE “WE CAN” PROJECT



Edayanchavady Youth foster Well Being

Young women and men of Edayanchavady village have identified alcohol addiction as a primary cause of poverty, violence and lack of household resources. They want to highlight these issues, set up supportive structures and reposition a new story of a healthy, empowered, socially engaged village leading positive change.

The project begins with a one-day well-being campaign that highlights; the effects of alcoholism, available recovery supports and a suggested refocus of life as well being and health. The event will be presented through; related talks, drama, film, art, martial arts, organic gardening and therapy in Edayanchavady Temple Square, February 28th, 4.30pm to 9pm (see program below).

The event will be followed by a strong alcohol recovery support structure through Alcohol Anonymous meetings, Al Anon family Counselling and De-addiction programs through Auroville Village Action Group and Edayanchavadi Healing Centre/Thamarai

The young people also hope to follow the campaign with a similar well being road show that could travel to other villages and possibly a youth lead film project that will provide a deeper insight into the issues and problems that dis-empower local people, the underlying systems and patterns that hold them in place and the ways in which the wisdom of youth may be sourced to shape a new reality.

[short Nammal Mudiyum campaign film](#)

Please join us for this event in **Edayanchavady Temple Square, February 28th, 4.30pm to 9pm** (see program below). Should you like to donate to this work please use Auroville Financial Centre **account** (251465 Village Alcohol Awareness) and for those in other parts of India or abroad please contact: [**thamarai@auroville.org.in**](mailto:thamarai@auroville.org.in)

***“Whatever you can do or dream you can; begin it.
Boldness has genius, power and magic in it. Begin it now”***

NAMMAL MUDIYAM !

16.30 – 18.00pm Well Being Activities -Art Kart Event, Acro Yoga, Silambam, Capoeira presentations, Shiatsu Massage and creation of school Vegetable Garden.

18.00 - 19.00pm- Alcohol Awareness Talks by de-addiction health specialists from Pudicherry Government Hospital, Mothercare Detoxification Centre, members of AA association and local people who have been through recovery.

19.00 – 19.45 pm - Edayanchavady Youth Drama that profiles alcohol addiction and repositions a life of health, well-being and social engagement through the help of de-addiction support structures and well being activities.

19.45 - 20.00pm - Follow up announcements of next AA meetings, Counselling and Detox supports and Well Being training activities opportunities (Silambam, Yoga, Energy Healing and Massage).

20.00pm – 20.30pm–Performance of Silambam traditional Tamil Martial Arts

20.30pm – 21.00pm Dhanama family film drama on the effects of Alcohol by Yatra Film Foundation

Post campaign day follow up :

- AA meetings in Edayanchavady Healing Centre -Thamarai(opp. The temple) weekly from Sundays March 6th at 10am
- Family and/or individual Al Anon Counselling in Auroville Village Action Headquarters Irumbai (opp.TNEB sub station), weekly Saturday afternoon 2pm by Mothercare De-addiction Ngo.
- Alcohol De-addiction placement and sponsorship
- On going de-addiction support session at Edayanchavady Healing Centre and AVAG office
- Well being support and daily yoga class at Edayanchavady Healing Centre
- Well being activities and training for young Women from Sunday March 6th 4.30pm at Edayanchavady Healing Centre.
- Silambam Martial Arts mens class weekly from Sun, March 6th 5pm Udayi
- Well being and Alcoholism awareness on going programs at Auroville Village Action

For further information contact:

1. Edayanchavady Health and Healing Centre 0413-2622077,
email Thamarai @auroville.org.in

2. Auroville Village Action Group 0413 2678871, email avagoffice@auroville.org.in