NAMMAL MUDIYAM – THE “WE CAN” PROJECT

Edayananchavady 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.

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

“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 - Edayanachavady 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 Edayanachavady 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 Edayanachavady Healing Centre and AVAG office
- Well being support and daily yoga class at Edayanachavady Healing Centre
- Well being activities and training for young Women from Sunday March 6th 4.30pm at Edayanachavady 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. Edayanachavady Health and Healing Centre 0413-2622077, email Thamarai@auroville.org.in

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