



Thapovanam



9 – 17 August 2025
Children's Events

(9.8.2025) Saturday Events

❖ Meditation Practice

9.30 – 10.30 am: Meditation training for children and facilitators was conducted by Mrs. K. Kumuthini.



❖ Swimming Practice

9.30-12 am: Swimming lessons were given to the facilitators and students of the University of Oceanography by the Oceanography University instructor Mr. Christhu Raja. At the same time, the children were also taught swimming by the instructor while they played on the beach.



❖ Children's Games

9.30 - 11 am: children played football, ball catching, badminton, etc. with the help of facilitators.



❖ Nutritional foods

Lentil balls and cow's milk were served to everyone as a nutritious meal.

(12.8.2025) Tuesday Events

❖ Drama Training

9.30 - 11 am: Drama training was provided by arts teacher, Mrs. C. Yasodhara, through songs, dances and games as an enrichment activity for the children.



❖ Nutritional foods

Aval and milk tea were served as a nutritious meal for everyone.

Aval

Coconut flower

Jaggery

Aval

(13.8.2025) Wednesday Events

❖ Drawing practice

From 9-11 am: Drawing lessons were given to the children by teacher Mr. M. Ganeshanandan to improve their artistic skills.



❖ Nutritional foods

Everyone was served a nutritious meal of boiled and seasoned chickpeas, date cake, and lemon drink.

(14.8.2025) Thursday Events

❖ Stage-based activities

9.30 11 am: Teacher Ms. E. Vijayalakshi conducted theatrical activities to bring out drama skills of the children.

Sharing experiences of participants afterwards:

- *“The mind is at ease, and the body and mind are cooled.”*
- *“I forgot about my personal problems and felt at peace.”*



❖ Nutritional foods

Boiled lentil balls and lemon drink were served to everyone as a nutritious meal.

(16.08.2025) Saturday Events

❖ Meditation practice

9.30 10.30 am: Mrs. K. Kumudini conducted meditation training for the children and facilitators. All the children participated quietly with great enthusiasm.



❖ Swimming Practice

11 - 12 am: Swimming lessons were given to the children by the facilitators. At the same time, the children also played at the beach.



❖ Nutritional foods

Nutritious meals of kadalai parruppu vadai, sugary snack, and lemon drink were provided to everyone.

Thank You

