

PUDHU UDHAYAM

Pudhu Udhayam is a special school and residential home for intellectually disabled children and those with cerebral palsy. Located in the serene village of Murugathuranpatty near Nilakottai, Dindigul District, Tamil Nadu, .

The center currently serves 60 mentally and physically handicapped children, providing them with holistic residential care, special education, therapy, vocational training, and life skills development.

Our mission is to empower these children—often abandoned or marginalized—with the tools, confidence, and compassion to lead meaningful and independent lives.

What We Offer



SPECIAL EDUCATION

**SPECIAL
EDUCATION FOR
SMALL CHILDREN**



**CARING
ACCOMMODATION &
PHYSIOTHERAPY
MEDICAL ASSISTANCE**



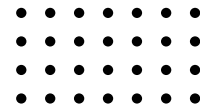
**NUTRITIOUS
MEALS**



**SKILL TRAINING FOR
GROWN-UPS**



Special Education



The academic program is tailored to the children's cognitive and functional levels:



PRIMARY LEVEL

Focus on Daily Living Skills (DLS) such as brushing, dressing, toileting, eating, and grooming.

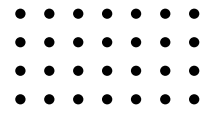
SECONDARY LEVEL

Functional literacy like name writing, address writing, identifying shapes, basic math (addition/subtraction), and understanding money.

WHAT ARE DLS?

Daily Living Skills are essential self-care tasks that allow individuals to live as independently as possible. At Pudhu Udhayam, this includes personal hygiene, toileting, eating, mobility, communication, and leisure participation.

Therapy & Rehabilitation



50% of Children showed improved in mobility with result of Physio-therapy

MEDICAL CAMPS

Regular check-ups and medical advice are given to ensure the children's physical and emotional well-being.

YOGA

Every morning begins with yoga to improve posture, flexibility, balance, and emotional regulation. Personalised adaptations ensure all children benefit.

PHYSIOTHERAPY

Led by trained professionals, physiotherapy sessions are designed to:

- Improve posture, coordination, and gross motor skills.
- Address conditions like cerebral palsy or muscular dystrophy.
- Foster physical independence in daily life.

Skill Building for Sustainability

Vocational Training

Children participate in:

- Candle & chalk making
- Basket weaving and Chain making
- Phenyl production
- Goat rearing

These activities promote self-worth and are essential steps toward long-term rehabilitation and self-reliance.



Occupational Therapy through Goat Rearing

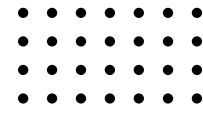
Children feed, clean, and care for goats in our mini farm—learning responsibility while also developing empathy and emotional intelligence. This also contributes to the center's sustainability.



 **100%**

OF CHILDREN PARTICIPATING
IN GOAT REARING REPORTED
REPORTED EMOTIONAL
ATTACHMENT AND
MULTIPLIED HAPPINESS

Inclusive Activities & Community Integration



Sports & Games

Children participate in daily games and inter-school sports competitions (e.g., sack race, shotput, long jump). These improve motor coordination, confidence, and social bonding.

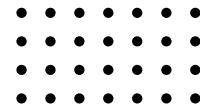
Entertainment & Creativity

Activities like drawing, singing, storytelling, and music foster emotional expression and joy.

Celebrations

We honor events like Independence Day, Republic Day, and World Disability Day with pride. These are platforms for inclusion and awareness where children showcase their talents and are celebrated.

Monitoring, Governance & Engagement



- Weekly and Monthly Staff Meetings focus on planning, child progress, and service improvements. Led by Dr. I. Sebastian (Executive Director) and Ms. M. Devibala (Managing Trustee).
- Regular review Meetings are held every second Saturday to discuss diet, therapy, and education, and to strengthen participation.

Conclusion

- Pudhu Udhayam is more than a home or a school—it is a community of care, growth, and dignity. By investing in each child's potential, we uphold their right to live, learn, and thrive regardless of their disability. We invite supporters, funders, and partners to join us in this life-affirming journey.
- 📍 Location: Murugathuranpatty, Malaiyagoundanpatty (PO), Nilakottai, Dindigul – 624201
- 👧👦 Number of Children Benefiting: 60