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PUTHALIKA PATRIKA

July 2024



PUTHALIKA PATRIKA

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In this Issue

- p03-04: Editorial
- p05-16: World Puppetry -Puppetmongers Theater
- p17-18: About Puppetry: Rod Puppets
- p19-19: Art in School Education
- p20-29: Events and arts
- p30-32: Puppet Therapy
- p33-59: Therapeutic Puppet Play 1 & 2
- p60-65: Role of Puppetry in Education
- p66-69: Creative Corner
- p70-75: Nature's Lap
- p76-76: Waste to Wealth Tips

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We are changing the nomenclature for edition's month. From hereon Month of Publishing

Date would be Month of Edition of Puthalika Patrika

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Editorial Column

Padmini Rangarajan

Narrative Game:

I was recently watching two podcasts on YouTube, one about narratives and the other about communicating with animals. Hey!! Why am I bringing this up now? Well, I, as a puppeteer, deal with both: one is narrative and telling stories and the second is about performing animal and bird stories. The term 'narrative' is derived from the term 'narration'. Does narration pertain to the action of recounting a story? Affirmative, it does. India takes great pleasure in the enduring global popularity of the Ramayana's narrative, which remains prevalent to this day. It seems improbable that Sage Valmiki ever went overseas to further the fame of the Ramayana. India is globally renowned for its expertise in Ayurveda and spiritual wisdom. The dissemination or transmission of knowledge regarding Ayurveda and spiritual science has also resulted in the interchange of Indian narratives. We must extend our appreciation to all the individuals who have had a role in transmitting these

narratives from India, including the storytellers, traders, and artists. Moreover, it is crucial to differentiate between the notions of narrative and storytelling. Narrative refers to the act of recounting or telling a tale. In the realm of storytelling, the reader acquires a comprehensive understanding of the narrative from start to finish. This process leads to the development of a strong conviction in a new belief or goal. Additionally, the reader reacts to the story's entertainment value and finds themselves continuously contemplating its memorable aspects. Ultimately, a deep connection is formed between the reader and the story. Finish it. We identify with the tale, recount it, and infuse it with our ideas, imaginations, and nuances, therefore converting it into a cohesive story. Narrative is of utmost importance in the history of our homeland and in our personal life experiences, as it helps us comprehend the unique viewpoints of each individual. Perspectives of nations and communities. What is the cause of this occurrence? We construct every story

Editorial Column

Padmini Rangarajan

using elements of human experience, social interaction, and connections. The absence of threads results in the loss of historical information and creates multiple gaps that require filling. Each event description is a narrative that tells a story. There is no better way to spend time with family than to sit down and play an oral storytelling game; we will all recount the same story in our own special ways. Engaging with family members involves more than just enjoying oneself; it also entails considering the perspective, context, and style of the narrator. Indian folktales have several stories and narratives that provide detailed accounts of animal life, showcasing the ability to communicate with animals and birds. Nevertheless, it is crucial for all individuals to comprehend that people have encroached upon the natural habitats of animals by constructing towering urban structures and roadways, resulting in significant distress for these creatures. Additionally, it is crucial to demonstrate sensitivity by refraining from intruding upon their territory and expressing gratitude towards them. As humans, we have completely encroached upon their habitat and are attempting to feign affection and concern.



World Puppetry:

World Puppetry -Puppetmongers Theater

Padmini Rangarajan

"Without Ann and David and the Puppetmongers there would be no puppet community in Toronto. They are tireless when it comes to spreading the word about our great art form."

Mike Harding, Applefun Puppetry

Puppetmongers' aim is to explore and advance the theatrical possibilities of puppetry, to promote the art by making our new and broader definition of puppetry into a widely accepted part of theatre. Our definition encompasses all objects manipulated for a theatrical purpose be they representational or nonrepresentational, including the scenic elements and live performers when used as objects.

"We create something never seen before, yet accessible because it is grounded within recognizable traditions. By exploring stories with meaning and placing the work in a contemporary context, we delight and engage the consciences of our audiences. We challenge our audiences' expectations of puppetry, of what they might see at the





theatre, and ultimately about what life has to offer. Our desire is that through our productions, education, outreach and support for emerging artists we will contribute to a humanist, supportive and accepting society”.

Founded in 1974 by Ann Powell and David Powell, Puppetmongers has gained global recognition as a pioneering and influential enterprise in the realm of puppetry. Up to this point, we have produced twelve original plays that cater to both young and mainstream audiences. These productions have garnered numerous accolades for both our team and our partners. They engage in independent and collaborative

World Puppetry:

World Puppetry -Puppetmongers Theater

Padmini Rangarajan

projects, while also organizing an annual conference called Fresh Ideas in Puppetry. This conference serves as a platform for both experienced and young artists to showcase their passion and expertise in the field of puppetry. The Toronto School of Puppetry was established in 1996 with the purpose of disseminating our innovative methodology and offering a cooperative environment for puppetry enthusiasts and multidisciplinary artists seeking to broaden their theatrical repertoire. They cater to students ranging from elementary school to post-graduate level. Puppetmongers Theatre was founded by Ann Powell and David Powell, who serve as Co-Artistic Directors. Since the establishment of Puppetmongers, we have been committed to the creation of new plays and to preserving our collection of unique shows, which currently consists of twelve productions. We produce performances tailored for both family and school audiences, such as Cinderella in Muddy York, a reinterpretation of the traditional fairy



World Puppetry:

World Puppetry -Puppetmongers Theater

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tale set in 19th century Canada. Additionally, they produce shows specifically for adult audiences, such as The Pirate Widow Cheng and Charles Dickens' Hard Times, both of which garnered nominations for three Dora Mavor Moore Awards collectively. Puppetmongers has conducted performances in Canada, the US, the UK, France, Belgium, Germany, and Iran. Since 1990, we have consistently presented our Annual Winter Holiday Tradition of family-oriented performances in Toronto. The firm engages in commissions and collaborations with other artists, as well as school performances, workshops, and run-outs across the greater Toronto area and Southern Ontario. As senior artists, we are frequently sought out by the performing arts community to serve as advisors, mentors, designers, and builders. Puppetmongers has proven to be an extremely important asset to local and national educators and community groups. They receive frequent invitations to take part in both national



World Puppetry:

World Puppetry -Puppetmongers Theater

Padmini Rangarajan



and international puppetry events, and our expertise as instructors for Master Classes is in growing demand. Puppetmongers has inadvertently served as a catalyst for the establishment of three puppet groups – in Windsor, the United Kingdom, and Belgium – and has exerted a significant influence on several artists throughout the Americas and Europe. We have served as cultural representatives of Canada, namely in the field of Iranian puppetry. Our contribution includes the development of the "Powell Technique," which involves the use of puppets with handles on their backs that are operated by visible manipulators.

Puppetmongers is a thriving puppet theatre company in Ontario that stands out among the few of its kind in our generation. We credit our long-lasting success in the

World Puppetry:

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Padmini Rangarajan

arts to our leadership in advancing the art form. This is achieved through our professional development programmes, such as the PXL (Puppetry Exploratory Laboratory) programme, the Puppetry Hive, and our annual Fresh Ideas in Puppetry workshop and showcase, which feature emerging puppetry works.

In 1996, Puppetmongers established the Toronto School of Puppetry with the purpose of spreading the history, techniques, and concepts of puppetry to adult learners. Within the School, we have conducted numerous workshops, which have included sessions with esteemed organisations such as the Old Trout Puppet Workshop of Calgary, directors such as Mark Cassidy of Threshold Theatre and David Craig of Roseneath Theatre, musician and composer Rick Sacks,



dancer/choreographer Yvonne Ng of Princess Productions, and various other notable individuals. Furthermore, we launched Fresh Ideas in Puppetry in 2006, which served as a platform for puppeteers from various mediums such as cinema, TV, and theatre to collaborate and exchange their groundbreaking techniques. Fresh Ideas is a yearly event that promotes the exchange of ideas and collaboration among artists from different disciplines through demos, discussions, and brief performances. In order to

World Puppetry:

World Puppetry -Puppetmongers Theater

Padmini Rangarajan



foster the growth of puppetry as an art form, Puppetmongers dedicates a significant portion of their efforts to providing professional development opportunities for individuals who are interested in exploring and integrating puppetry into their artistic endeavours. Puppetry is a synthesis of various art genres, including writing, drawing, painting, design, mechanics, sculpture, sewing, directing, performance, marketing, and more. In 1995, we established the Toronto School of Puppetry with the aim of providing individuals with the chance to expand their knowledge and skills in the field of puppetry. This includes the opportunity to learn from experienced puppeteers and other artists who are eager to impart their expertise. There are both in-person and online workshops available.

World Puppetry:

World Puppetry -Puppetmongers Theater

Padmini Rangarajan

Fresh Ideas in Puppetry -2024

This annual mini-conference-and-festival showcases artists taking new and ground-breaking directions in puppetry. It is an event for exciting innovations and explorations, presentations, demonstrations and discussions, culminating in an evening cabaret of short fresh new performances. A stimulating event for everyone interested in current developments in puppetry.



SATURDAY, JUNE 1 – ONLINE – FEATURING:

Sphoorthi Theatre for Educational Puppetry, Art, and Craft (STEPARC) – (India)

"Raitatma"– Puppetry in action: Life, Struggle and Challenge faced by Indian Farmers. A presentation about using puppets to show farmers' suffering to farmers, non-farmers, groups, individuals, institutions, and government.

Swallow's Wings Puppetry (London, UK)

Allons Enfants! A grassroots UK arts organisation experience. A collective of UK Black Creatives who strive to instill in children a love for African-Caribbean culture and history; they are committed to working with children, neurodiverse communities and elders.

The Holy Gasp (Toronto)

Out of the Hands of the Wicked (and into the hands of the competent). An exclusive

World Puppetry:

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Padmini Rangarajan

preview of The Holy Gasp's newest music video, followed by a presentation on the new work by writer Benjamin Hackman and director Luke Sargent, who will discuss their first foray into producing puppet cinema, and provide practical advice for other first-time producers.

Ricky Chavez (Los Angeles, US)

Making a Point: Turning Lyrics into Laughter

Los Angeles-based puppeteer Ricky Chavez talks through his process of creating a short-form puppetry piece from a song, and breaks down the creation process of the puppet and production for his most recent slam piece, "Cacti'm a Fool to Want You."

Panther Aquila Teatro (Mexico)

Princess Wanted

A puppet play from independent Mexican-Venezuelan theatre company Panther Aquila, created in 2015. Directed by Hebert Poll Gutiérrez and Adriel Luna; performed by Carlos Asand and Marian Navlag.

FRAU TRAPP (Spain/Switzerland)

Five Lines

A multidisciplinary show where miniature models, words, music, acting, and audio-visuals create the story of a couple in the future.



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Little Onion Puppet Co. (Vancouver)

Puppet Lab: An Exploration of Ideas and Questions

Craving some low-pressure space to experiment with form, investigate persistent questions, and deepen our understanding of puppetry, Randi Edmundson and Stephanie Elgersma devised this strange little question: what

would happen if we got a handful of puppet nerds together in a room, each bringing a burning curiosity, and attempted to find some answers with one another?



Puppetry Panel

Moderated by Robin Polfuss; with Puppetmongers Theatre, Frank Meschkuleit, John Nolan & Kathy McLellan (Ottawa's Rag & Bone Puppet Theatre), Mike Harding (Applefun Puppetry), and Jim Morrow (Nova Scotia's Mermaid Theatre)

SUNDAY, JUNE 2 – IN PERSON – FEATURING:

Pied Piper Puppets (Brooklyn, NY)

Homing

A segment from the original play "Homing," which honors the life of heroic carrier pigeon, Cher Ami.

Puppetry eXploratory Laboratory 2024

A performance and talkback with this year's Puppetry eXploratory Laboratory cohort.

Ocean Shadows

Off-Piste (Excerpt from The Run)

World Puppetry:

World Puppetry -Puppetmongers Theater

Padmini Rangarajan

Join Michelle and Meredith, intrepid adventurers in shadow form, as they ascend a mountain with stoke in their hearts. Will they go down in history for their grace on the slopes or will they just go down? With Keatonesque visual humour, they tread the fine lines skiing The Canadian Rockies.

Puppets & Shadow Theatre

The Shadow Book

A giant storybook with a shadow puppet screen that magically changes scenes as pages turn. While we've tested a basic version, we're now crafting a new show to enhance its storytelling capabilities. Arlene Thomas will present our latest puppet tale and innovative storytelling approach.

Little Chaos Co.

Moondance

A transportable do-it-anywhere shadow puppet show about a young girl dealing with grief, finding magic and going on an adventure.

Honeyball Puppetry

Chloe and Meraki

From receiving an OAC Recommender grant to developing a full show for the Toronto Fringe Festival KidsFringe, Honeyball Puppetry will share some of the evolving and changing process of story development, puppet building, and world creation! Best of all, they'll bring their adorable dancing otters!



World Puppetry:

World Puppetry -Puppetmongers Theater

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The Puppetry Hive is a by-invitation artistic collective of professional puppeteers, emerging puppeteers and other arts professionals who incorporate puppetry into their work. The Hive's aim is to foster the ongoing development of the art form through the pooling of resources and knowledge, to nurture collaboration between artists of different practices: all to encourage greater creativity and new economic partnerships, for the benefit of puppetry in Canada and the world.

To Contact: **Email:** info@puppetmongers.com

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Credits: All the information and pictures are taken from <https://puppetmongers.com>



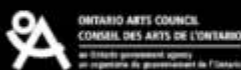
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About Puppetes:

Rod Puppets

Dr. Arun Bansal

Rod puppets are a type of puppet that is controlled by rods or sticks attached to various parts of the puppet's body. These rods extend from the puppet's head, arms, and sometimes other parts of the body, allowing puppeteers to manipulate the puppet's movements in a more dynamic and expressive manner. Rod puppets are often used in puppet theater performances and can range from simple designs to more elaborate and detailed creations.

Here are some key features and aspects of rod puppets:

- 1. Construction:** Rod puppets are typically constructed with a lightweight, articulated frame made from materials such as wood, wire, or plastic. The puppet's body is usually made from fabric, foam, or other flexible materials, while the head and limbs are often sculpted or molded from materials like clay or latex. Rods or sticks are attached to the puppet's head, arms, and other movable parts, allowing puppeteers to control their movements.



About Puppetes:

Rod Puppets

Dr. Arun Bansal

- 2. Movement:** Rod puppets are manipulated by puppeteers who hold and move the rods or sticks attached to the puppet's body. By moving the rods up, down, and side to side, puppeteers can make the puppet walk, gesture, dance, and perform other actions. The rods give puppeteers greater control over the puppet's movements compared to hand puppets, allowing for more fluid and lifelike performances.
- 3. Expression:** Rod puppets are capable of conveying a wide range of expressions and emotions through their movements and gestures. Puppeteers can use subtle changes in the position and angle of the rods to create nuanced facial expressions, body language, and gestures that bring the puppet to life. Some rod puppets also feature mechanisms or controls that allow puppeteers to manipulate the puppet's eyes, mouth, and other facial features for added expression.
- 4. Manipulation:** Manipulating rod puppets requires skill, coordination, and practice on the part of the puppeteers. Puppeteers often work in teams, with one or more puppeteers controlling the rods and another puppeteer providing voices and dialogue for the puppet characters. Rehearsals and training are important for puppeteers to develop the techniques and timing needed to create convincing and engaging performances with rod puppets.
- 5. Performance:** Rod puppets are commonly used in puppet theater productions, where they play central roles in storytelling and dramatic performances. They can also be used in educational programs, television shows, and other entertainment events. Rod puppets are versatile and adaptable to different styles of performance, from comedic and light-hearted to dramatic and emotional.



Photo Credits: PNA

Overall, rod puppets are celebrated for their expressive movements, lifelike appearance, and ability to captivate audiences with their performances. They are an integral part of the rich tradition of puppetry and continue to delight audiences of all ages around the world.

Art in School Education



Ms. Puneet Madan





Chandigarh Sangeet Natak Akademi 7-day Summer Theatre Festival

presents

The Scarecrow

A Puppet Theatrical performance by PNA



Written By:
Suddhasattwa Basu

Directed By:
Subhasis Neogi

Lyrics & Composition:
Munna Dhiman

Music Production: Shubham
Vocals: Munna Dhiman &
Shubham

PNA theatre events

Events of the Month

Mentor: Subhasis Neogi

26th June 2024 | 6:30 PM | Tagore Theatre, Chandigarh





Birds of a feather flock together



PNA theatre events

Events of the Month

Mentor: Subhasis Neogi

Artistes performing during second day of the Theatre Festival-2024 at Tagore Theatre in Chandigarh on Wednesday.

KESHAV SINGH/HT

PNA theatre events

Events of the Month

Mentor: Subhasis Neogi



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Summer Camp Jun 2024

बनाया 35 फुट चौड़ा, 10 फीट ऊंचा चाइनीज ड्रैगन

Puppet Workshop

26 जून को पीएनए (पुटुत नाचेर अशोर) ग्रुप के कलाकारों द्वारा 'द स्केयरक्रो' की प्रस्तुति होगी। 25 कलाकार एक साथ एक्ट करेंगे।

फिटी रिपेटर | चंडीगढ़

चार तरह की फॉर्मस आती हैं चाइनीज पपेटरी में। पहला मैरियोनेट्स ऑन स्ट्रिंग्स, दूसरा रॉड पपेट्स, तीसरा



शेडो और हैंड मैनिपुलेटिड ग्लव पपेट। इसी पर आधारित पपेट परफॉर्मंस 26 जून को होगी। चंडीगढ़ संगीत नाटक एकेडमी की ओर से सात दिवसीय समर थिएटर फेस्ट का आयोजन किया जाएगा। इसके पीएनए (पुटुत नाचेर अशोर) ग्रुप की प्रस्तुति 'द स्केयरक्रो'

से होगी। इसके लिए खास रॉड-जायंट पपेट सेक्टर-35 के बंग भवन में तैयार किया जा रहा है। ग्रुप के देवायन और शुभापेरा ने बताया - 35 फुट चौड़ा और 10 फीट ऊंचा चाइनीज ड्रैगन बनाया है, जो अस्सल में जायंट पपेट है। इसे छह लोग चलाते हैं। नाटक में

65 पपेटरी शामिल होगी। इसमें 60 स्ट्रिंग, रॉड, बॉडी और पांच जायंट पपेट को एकसाथ जोड़ा है। इस नाटक को दिखाने के लिए 25 परफॉर्मंस मंच पर होंगे। इस नाटक में पांच गीतों के लिрикस् और म्यूजिक को खास मुन्ना धोमान ने तैयार किया है।

PNA theatre events

Events of the Month

Mentor: Subhasis Neogi



Events of the Month

Social Substance



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4:00 PM TO 7:00 PM

— ACTIVITY PARTNER —



और कलर मिक्स करना सिखाया



Events of the Month

ब्रश पकड़ना

Art Workshop

सोशल सब्सटांस की ओर से सोहाना में पेंटिंग वर्कशॉप शुरू हुई, जो हर शनिवार को होगी।

स्ति रिपोर्टर | चंडीगढ़

ऐसे बच्चों के लिए भी वर्कशॉप जरूरी है, जो सीखना तो चाहते हैं लेकिन उनके पास मंच नहीं होता। क्योंकि शहरों में तो बहुत ऑप्शन होते हैं गांव में ऐसा नहीं होता। इसलिए भाई घनैया जी केयर सर्विस एंड वेल्फेयर सोसायटी ने सोशल सब्सटांस की ओर से सोहाना में पेंटिंग वर्कशॉप शुरू हुई। यह हर शनिवार को होगी

और बच्चों को पेंटिंग की अलग-अलग तकनीक के बारे में बताया जाएगा। जेएस डॉली ने बताया- एक आर्टिस्ट के लिए सिखाना बहुत जरूरी होता है। इस दौरान कई बातों का ध्यान रखना पड़ता है। क्योंकि कई तरह के स्टूडेंट्स मिलते हैं जैसे किसी को पहले से कुछ जानकारी

होती है तो किसी को जीरो से सिखाना पड़ता है। इसमें 10 बच्चे शामिल थे। पहले दिन बच्चों को सिखाया कि पेंटिंग साफ बननी चाहिए। इसके लिए कलर अच्छे से मिक्स करना पड़ता है, ब्रश को पकड़ने और चलाने में कंट्रोल होना चाहिए। तकनीक तो बाद की बात है।

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Session Suitable for all age groups

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Events of the Month

अमरनाथ ने दूसरों के लिए पेश की मिसाल, अपने दम पर 12 लोगों की टीम कर दी तैयार
जगह-जगह बिखरी हुई मूर्तियां देखीं तो मन को ठेस
पहुंची, अब इकट्ठा कर नदी में कर रहे हैं विसर्जित

सिटी रिपोर्टर | चंडीगढ़



कई लोग मूर्तियों के खंडित हो जाने पर उन्हें विसर्जन करने की बजाए किसी भी जगह या पेड़ के नीचे रख देते हैं, जोकि गलत है। इस समस्या के समाधान के लिए काम कर रहे हैं अमरनाथ। उन्होंने अपने दोस्तों के साथ मिलकर जगह-जगह पर रखी मूर्तियों और तस्वीरों को जुटाना शुरू किया और फिर एक साथ उन्हें विसर्जित कर देते हैं। साथ ही इस काम के लिए लोगों को जागरूक भी कर रहे हैं। अमरनाथ ने बताया - मैं एक कलाकार हूँ और खुद का बिजनेस भी है। कई बार जगह-जगह बिखरी हुई मूर्तियां देखीं तो मन को ठेस पहुंची। दुख पहुंचा और मन में था कुछ करना चाहिए। फिर पिछले साल अगस्त में मैंने दोस्तों के साथ इस पर काम करना शुरू किया।

इस मुहिम को चंडीगढ़ आस्था ग्रुप का नाम देना है, लेकिन अभी स्वच्छता एवं शिक्षा जागरूकता अभियान के तहत के हम काम कर रहे हैं। हम स्वच्छता अभियान के तहत लोगों को साफ-सफाई रखने के लिए जागरूक कर रहे हैं। हम सभी को संदेश देना चाहते हैं कि किसी की आस्था और भावना को ठेस नहीं पहुंचानी चाहिए और सच्चे दिल से पूजा करनी चाहिए। खुद से

यह सवाल करना चाहिए कि खंडित या पुरानी होने पर मूर्तियों और तस्वीरों को नजरअंदाज करना कहां तक सही है? ऐसे करते हैं काम अमरनाथ बताते हैं कि हम खुद से ही मूर्ति, तस्वीरें इकट्ठा करते हैं। रामदरबार में ओपन एरिया में जमा करते हैं और एक साथ ही नदी में विसर्जन करते हैं। जगह-जगह हमने बोर्ड भी लगाए हैं। इसके जरिए भी लोग हमसे

संपर्क करते हैं। हफ्ते में 3 या 4 फोन आ जाते हैं। मेरी टीम में 12 लोग हैं। इस काम के लिए आपस में ही मिलकर पैसे लगाते हैं। अब तक 15000 के करीब मूर्तियां-तस्वीरें विसर्जित कर चुके हैं। अगर कहीं पर तस्वीरें और मूर्तियां नजर आए तो - इस नंबर पर 9872502458 संपर्क कर सकते हैं। - समय सुबह 8 बजे से लेकर शाम 5 बजे है।

Summer Camp at City Centre, DLF Mall, Chandiarh

Events of the Month



मॉनसून की तीसरी बारिश के बाद ही शुरू करें पौधे लगाना

Plantation Drive

मॉनसून सीजन के साथ ही लोग ट्री प्लांटेशन करना शुरू कर देते हैं, लेकिन इसकी तैयारी कैसे करें। कौन-सा वक्त सही है और कहां मिल सकेंगे फ्री में पौधे यह जानकारी हम आपके लिए लेकर आए...

एकता श्रेष्ठ | चंडीगढ़

मॉनसून सीजन में प्लांटेशन का दौर चलता है। क्योंकि पौधे लगाने का सही समय यही है। मॉनसून में एक तो बारिश का पानी पौधे को मिलता रहता है। मिट्टी नम रहती है तो पौधों की जड़ें जमीन पर अच्छे से पकड़ बना लेती हैं। पौधे आसानी से पनपने लगते हैं। हॉर्टिकल्चरिस्ट राहुल महाजन ने कहा - प्लांटेशन हमेशा नेटिव ट्री को करना चाहिए। जैसे यहां पर इमली, पिलखन, बड़, नीम, पीपल आदि के पेड़ लगते हैं। इसके अलावा हो सके तो ज्यादा से ज्यादा फलों के पेड़ लगा सकते हैं जैसे शहतूत, लीची, चीकू, लोकाट, अमरूद, आम आदि। फ्लावर और इबर्नल प्लांट भी लगा सकते हैं। वहीं बात करें पौधों को लगाने की जगह के बारे में तो घर, टैरेस, पार्क, गार्डन में तो प्लांटेशन लोग करते हैं, लेकिन इसके अलावा कई जगहों पर पेड़ गिर गए हैं या काट दिए गए हैं सबसे पहले वहीं पर या इसके आसपास वैसा ही पेड़ लगा सकते हैं। स्कूल, कॉलेज, इंस्टीट्यूट के अलावा कई ऐसी जगह हैं, जहां प्लांटेशन कर सकते हैं। अगर घर पर जगह नहीं है तो प्लांटर का इस्तेमाल करें। बड़े ड्रम में भी इन्हें लगा सकते हैं। ऑर्गेनिक शेयरिंग फाउंडेशन की ओर से फ्री प्लांट्स स्कूल, कॉलेज व गांव के लोगों को ही दिए जाएंगे।



ये लोग अपने स्तर पर करते हैं प्लांटेशन



पौधे रोपने से तीन दिन पहले करें तैयारी

हॉर्टिकल्चरिस्ट राहुल महाजन ने कहा मॉनसून की पहली बारिश



या इसके पहले प्लांटेशन न करें। अगर अच्छा नहीं जा चाहते हैं तो तीसरी बारिश के बाद ही प्लांटेशन करें। तब तक मिट्टी अच्छे से नम हो जाएगी। प्लांटेशन करने के लिए कम से कम तीन दिन पहले तैयारी करें। सबसे पहले जगह चुनें और वहां तीन फुट गहरा गड्ढा करें। जो मिट्टी उसमें से निकली है उसमें से पत्थर व अन्य सामान अलग निकाल दें। इस मिट्टी में खाद मिलाकर गड्ढे में डाल दें। फिर तीन से पांच दिन के बाद इसी जगह पर पौधा लगाएं। जरूरी नहीं हर पौधे के लिए तीन फुट का गड्ढा करना है। साइज के हिसाब से 1 से 2 फुट का गड्ढा भी कर सकते हैं।

जुलाई से लेकर अगस्त तक 1500 लगाने हैं

मॉनसून में हर बार प्लांटेशन करते हैं। इस बार 1500 से



ज्यादा पौधे बांटने और लगाने हैं। हमने जुलाई से लेकर अगस्त तक टाईमिटी में प्लांटेशन करनी है जैसे पीपू, सोहाना,

सूटार आदि। तुलसी, पीपता, नीम आदि के पौधे लगाने हैं। भाई धनैय जी केयर सर्विस एंड केन्वेंचर सोसायटी के साथ मिलकर हम यह करते हैं। ●
- अरुण बंसल, नेचुरल बायोडायवर्सिटी

पंचकूला में लगाएंगे अमरूद, जामुन के पौधे

अभी यह तय नहीं किया कि कितने प्लांट्स लगाने हैं लेकिन



यह तय है कि कितना जगह पर वैन-वैन से प्लांट्स लगाने हैं जैसे पंचकूला में लगाएंगे। किस जगह पर ज्यादा पेड़

लगाने की जरूरत है। हमने अमरूद, हरड़, जामुन, आम, तुलसी आदि के पौधे लगाने हैं। ●
- एनके झिंगान, एनवायनमेंट सोसायटी ऑफ इंडिया

गाजीपुर में 500 का टारगेट बनाया है...

मैं और मेरा बोस्ट वॉल्वर सिंह चार सत से प्लांटेशन कर रहे



हैं। इस बार जीरकपुर के सामने गाजीपुर में 500 से ज्यादा पेड़ लगाने का टारगेट है। पीपता, बड़, नीम, अंबला,

जामुन आदि के पेड़ लगाने हैं। हर बार हम अपने स्तर पर ऐसा करते हैं। ●
- अशोक कुमार मल्होत्रा, चंडीगढ़

अपने एरिया में 100 प्लांट्स जरूर लगाएं

हमारा 10 लोगों को ग्रुप है, जो हर साल मॉनसून के सीजन में



ट्री प्लांटेशन करते हैं। इस बार भी हमने तैयारी कर ली है। इस बार हम नीम, पीपल कटहल आदि के पौधे लगाएंगे।

टारगेट है इस बार कम से कम 100 प्लांट्स तो जरूर लगाएं। ●
- अमित गर्ग, सेक्टर-40

मुफ्त में पौधे ले सकते हैं या कर सकते हैं डोनेट

- नेचुरल बायोडायवर्सिटी ग्रुप (अरुण बंसल) 8360188121
- एनवायनमेंट सोसायटी ऑफ इंडिया (एनके झिंगान) 9417004937
- ऑर्गेनिक शेयरिंग (राहुल महाजन) 9316215454

चंडीगढ़ में मॉनसून शुरू होने संभावना 28 जून से बन रही है।

Selection of the Month



Official Selection
**Fresh Ideas in
Puppetry 2024**



Official Selection
**Fresh Ideas in
Puppetry 2024**



Fresh Ideas in Puppetry 2024

INTERNATIONAL ONLINE COURSE IN PUPPET THERAPY 2024

INTERNATIONAL ONLINE COURSE IN PUPPET THERAPY 2024 – 11th

Puppet Therapy Barcelona calls for applications to the **10th edition** of its International Online Course in Puppet Therapy.

This Online Course created in 2017 is designed and focused on the use of puppets and objects in the expressive and therapeutic dimension; to rescue memory and learnt hopelessness. The Puppet Therapy course invites you to be

part of a journey where creativity, and the exchanging of experiences between students and teachers from different fields and places around the globe are combined.

THE COURSE IN PUPPET THERAPY INTEGRATES

- Theory, practice and research on the therapeutic potential of puppets and animated forms.
- An extensive and current bibliography.
- 3 International seminars with experts.
- Puppet construction workshop
- Support for 8 creative explorations.
- 5 Workshops



INTERNATIONAL ONLINE COURSE IN PUPPET THERAPY 2024

- Guidance and mentoring for the design and writing of a puppet therapy group intervention model.
- Advice on the creation of a therapeutic micro-theatre piece with puppets and objects.

GENERAL INFORMATION

Date of classes

SEPTEMBER 12th, 19th, 26th

OCTOBER 3rd, 10th, 17th, 24th and 31st

NOVEMBER 7th, 14th and 21st

Schedule

Thursday 17.00 to 21.00 hrs. Hour Madrid, Spain

Sponsored by: UNIMA Education, Development and Therapy Commission

All classes will be recorded so that students who for reasons of schedule, work, health or other situations are unable to connect, have the possibility to review the session.

SEMINARS: In addition to the classes, this version of the program includes the following lectures:



INTERNATIONAL PUPPET THERAPY SUMMER SCHOOL
JULY 2024 BARCELONA

INTERNATIONAL ONLINE COURSE IN PUPPET THERAPY 2024

- Matthew Bernier (United States). The psychological functions of puppets and puppetry.
- Cariad Astles (United Kingdom). Puppetry within applied theatre.
- Raven Kaliana (United Kingdom). Puppetry as Public Testimony for Social Change.

Application- form link

<https://docs.google.com/forms/d/1Qelay2RY9Eaek7VWTSOEr4qKIiK7p588nuB7eOLukdQ/edit>

For more information:

Academic director: Andrea Markovits

Email: puppettherapybcn@gmail.com

Web: <https://www.munecoterapia.cl/>

IG <https://www.instagram.com/munecoterapia/>



**PUPPET THERAPY ONLINE COURSE
SEPTEMBER TO NOVEMBER 2024**

www.munecoterapia.cl

Therapeutic Puppet Play

Padmini Rangarajan Senior Fellowship Award 2021-22

Therapeutic Puppet Play: A study of Socio-Emotionally Disturbed Type 1 Diabetic Children (T1D)-An Empirical Study

(Socio-emotional well being support to Type 1 Diabetes T1D - Significance and Importance of puppets in awareness campaign of Type 1 Diabetes)

-Padmini Rangarajan Senior Fellowship Award 2021-22

All about Type 1 Diabetes and Diabetes Warriors

A research study paper titled "Type 1 diabetes in India: Overall insights authored by Ashok Kumar Das published in Indian Journal of Endocrinology and Metabolism April 2015, I happened to go through. The author further elaborates that In South-East Asia, the majority of children diagnosed with type 1 diabetes are found in India. India has three new instances of type 1 diabetes for every 100,000 children aged 0 to 14 years old, as stated in the sixth edition of the diabetes atlas published by the International Diabetes Federation. In India, the prevalence of diabetes varies, and according to three different sets of statistics, the state of Karnataka has 17.93 cases per 100,000 children, Chennai has 3.2 cases per 100,000 children, and Karnal (Haryana) has 10.2



Therapeutic Puppet Play

Padmini Rangarajan Senior Fellowship Award 2021-22

cases per 100,000 children. There is no denying the fact that type 1 diabetes is quite widespread and widespread. The Registry of People with Diabetes in India with Young Age at onset youth dependency ratio was initiated in the year 2006 with eight collaborating centres across India. Subsequently, the number of centres that participated in the registry expanded to ten. The Registry was supported by the Indian Council of Medical Research (ICMR). The ICMR register is the name given to this registration, which is maintained by the Government of India. This registry is not just concentrating on type 1 diabetes, but it is also providing an overview of diabetes in young people. Among the information that has been gathered by the registry are the following: the age at which diabetes first appeared, the presentation, the treatment patterns, the insulin regimens that were prescribed, complications (neuropathy, retinopathy, and nephropathy), infection, and deaths. In the near future, the results of the registry will be made public. It has been discovered via a number of epidemiological studies that type 1 diabetes is almost exclusively seen in children who come from disadvantaged backgrounds. People from lower socioeconomic strata, as well as those from higher socioeconomic strata, are affected by diabetes, which is the reason why the Changing Diabetes in Children programme was created. However, the programme has a greater emphasis on the lower socioeconomic strata. This paper gave an insight into this



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autoimmune disorder to a great level; however, the awareness and acceptance among the masses are still quite low.

Symptoms of Type 1 Diabetes

Type 1 diabetes also known as juvenile diabetes have type 1 diabetes will frequently appear with extremely high blood glucose levels and will exhibit a great deal of symptomatology. Within a space of a few weeks or a month, they may experience a significant loss of weight, pass an excessive amount of urine, and frequently experience feelings of thirst. In type 1 diabetes, the levels of glucose in the blood might be extremely elevated. During the diagnostic process, some people diagnosed with type 1 diabetes are found to be suffering from a severe disease known as diabetic ketoacidosis. The existence of diabetic ketoacidosis, which can be clear in the history of a routine urine check, is not the only way to differentiate between type 1 diabetes and type 2 diabetes; screening for



ketones can also be an easy strategy. Evaluation of patients is the strategy that provides the most accurate results when attempting to discriminate between type 1

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diabetes and type 2 diabetes. Patients who have type 1 diabetes are at risk for developing a dangerous illness known as diabetic ketoacidosis, which occurs when an acid known as beta hydroxybutyrate or acetoacetate accumulates in their blood plasma. When taking into consideration the fact that many individuals who have this illness are fairly young, the mortality rate, which is the percentage of people with this condition who do not survive after being hospitalised, is close to 5%. This is a very high statistic, especially when considering the fact that this ailment can be life-threatening.



Risks

There are a lot of risk factors associated with type 1 or juvenile diabetes, like-

- **Family History** - Genes play an important role even in acquiring chronic health problems. If one of the family members is type 1 positive, you can be prone to juvenile diabetes.
- **Genetics** - If you have a certain diabetic gene in your markups, you'll be prone to type 1 diabetes.
- **Geography** - When one travels away from the equator, the chances of type 1 diabetes increase.
- **Age** - Juvenile diabetes can be acquired at any age but the general peak

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ages are 4-7 years in younger children and 10-14 years in pre-teen children.

- **Diagnosis**
- The methods used for diagnosis include;
- Glycated haemoglobin A1C test- the average [blood sugar level](#) is calculated and analysed in the A1C tests. It gives the analyses of 2-3 months and will measure the blood-sugar percentage with an oxygen-carrying protein in haemoglobin. Higher blood sugar levels indicate more sugar attached with Hb. A level of 6.5 and higher indicates a higher chance of diabetes.
- Not everyone is suitable for these tests like pregnant women and hence are recommended different diagnostic tests



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- Random blood sugar test- Random testing will be done on the blood sample to analyse the sugar level. This can be repeated more than once and is expressed in mg/dL. A level higher than 200 will indicate sugar or diabetes.
- Fasting blood sugar test- this test is conducted after a fast; that is overnight fast. A value equal to 126 or higher indicates sugar in these tests.
- After the diagnosis, a test to know autoantibodies is done. These are common in type 1 diabetes and are run through blood tests. The common

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Padmini Rangarajan Senior Fellowship Award 2021-22

presence is validated by the presence of ketones.

- The doctors will also take blood and urine samples to check the liver function, thyroid, kidney, and cholesterol levels periodically. Physical examinations will also be done like the BP and sugar levels.

Treatment

There are a lot of treatments available for juvenile diabetes that are done to manage and maintain diabetes levels. These are:

- Taking insulin
- Carbohydrate, fat and protein count
- Blood sugar monitoring
- Eating a good diet
- Maintaining a normal weight

Insulin and other medications

- Lifelong insulin therapy can help to manage juvenile diabetes. There are 4 types of insulin available- short-acting or regular, rapid-acting, intermediate-acting or NPH, and long-acting.
- These are taken via injections or an insulin pump. Orally they would lower the blood sugar level.
- Injection- insulin pens or syringes are available for this procedure and one would need a mixture of insulin types. One would need 3 or more insulin injections to improve these levels.
- Insulin Pump- These are worn on the body and have a tube that connects a reservoir of insulin to a catheter. It is inserted under the abdomen. It can be worn on the waistband or just in the pocket.

Therapeutic Puppet Play

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- Artificial pancreas- Children 14 years of age and older can also use artificial pancreases that are exclusively made to treat type 1 diabetes. This is also known as closed-loop insulin delivery and is an implanted device. The insulin pump would check the sugar level periodically and deliver the right amount of insulin to the body.
- Medications for high blood pressure and cholesterol-lowering drugs can also be used.

Blood sugar monitoring

- Doctors suggest checking the blood sugar at least 4-5 times a day and keeping a record of it- before the meal, after the meal, after waking up, or before going to sleep.
- Continuous glucose monitoring or the CGM is a new technology that checks blood sugar levels. It can prevent hypoglycemia and can lower the A1C.

Maintaining a Healthy Lifestyle

- Weight management is very important if one has diabetes. Hence, it is recommended to follow a nutritious diet along with cardiovascular exercises and move the body along.
- Your diet should be nutritious and contain carbohydrates, proteins, fats and fibre in optimal quality and



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quantity.

- Give up the junk food and opt for more healthy options like dry fruits and fruits
- Follow a workout regime of Yoga, muscle training and physical aerobic exercises like walking, swimming or running. Devote at least ½ hour for these workouts.

With a brief outline information about Type 1 Diabetes, let me now introduced Type 1 Diabetes Warriors” or “Diabetes Ambassadors” or “Diabetes educators” [One](#) such are R. Lakshminarayana Varimadugu and Divyashree R Lakshmi Narayana Varimadugu

"The story of Lakshminarayana Varimadugu (29) who hails from Anantapuram, Andhra Pradesh, is not only inspiring but also an example of how people should move forward in their lives when they face adversities. At the age of 17, Lakshminarayana, who was born visually impaired, received a diagnosis of Type I diabetes. Lakshminarayana, who graduated from the University of Hyderabad with a postgraduate degree in Political Science and currently works as a 'Digital Accessibility Tester' at TCS, lives in Hyderabad. "Here's his remarkable story of overcoming the obstacles he faced in life and how he is leading a normal life despite all the odds." Despite displaying the typical signs of type 1 diabetes, Lakshmi Narayana, who was 17 years old at the time, delayed receiving the diagnosis. Over the course of a few months and only after a few visits, one of the doctors requested a blood test, and the results showed that his blood sugar levels were 646 mg/dl. A normal random glucose level is greater than or equal to 200 mg/dL. After receiving the diagnosis, Lakshminarayana, who has been blind since birth, experienced feelings of isolation and struggled with depression. His illness was thought to be unique because he didn't know anyone else with it. Despite the fact that Lakshminarayana's family comes from

Therapeutic Puppet Play

Padmini Rangarajan Senior Fellowship Award 2021-22

a semi-rural location in Hyderabad that has few resources, they were completely unaware of the existence of type 1 diabetes. The statement that he makes is, "Now I know people with type 1 diabetes all over the country." Lakshminarayana asserts that governments view diabetic items as a luxury. "Without access to glucose monitoring resources or ketone strips, one is unable to take any action." We are devoid of power or control. "This is the most significant source of frustration we face as diabetes educators in India." CGMs and insulin pumps are prohibitively expensive for the average Indian family due to their high expenses. "As a motivational speaker, I previously explained my use of glucose readings and timely insulin administration to maintain a regular lifestyle." Laskhmi, as he is popularly known recalls an incidence— "once, a mother of a 5-year-old child with type 1 diabetes approached me to inquire about the price of a continuous glucose monitor (CGM). It constituted about 50% of her monthly income". Lakshmi clarifies that although the mother had access to complimentary human insulin, she still had to purchase the syringes. The child, aware of the mother's financial constraints, continued to use the same syringe and needle until administering insulin became excessively uncomfortable. "Listening to this narrative was like a sudden and forceful blow to the face." An inadequate level of education among governments and the healthcare workforce is one aspect that contributes to the problem. Healthcare professionals in India, similar to their counterparts in other economically disadvantaged nations, face a significant number of patients and limited time, which they blame to their heavy workload. Nevertheless, Lakshmi, along with other diabetes educators, acknowledges the valuable contributions of doctors, dietitians, and other healthcare professionals who play a crucial role in supporting individuals with diabetes. These professionals recommend new patients to support groups and assist in training diabetes educators. Lakshmi garnered media attention when he was featured in the title "Hyderabad youth, afflicted with diabetes and visual impairment, to participate in the Chennai marathon"

Therapeutic Puppet Play

Padmini Rangarajan Senior Fellowship Award 2021-22

in the December 2022 edition of The Times. The Freshworks Chennai Marathon took place on January 8, 2023, in Chennai, with the objective of raising awareness and support for "Type 1 Diabetes". Lakshmi has been training with two companions who accompany him, providing guidance. His running companions include Ms. Sree Divya Akula, a software engineer with Type 1 Diabetes (T1D), and Girish Jain, an entrepreneur. Lakshmi honed her skills on a secluded section of the Osmania University campus. Lakshmi secures either a handkerchief or a band around his wrist, and his accompanying runner seizes the free end to direct him. This allows Lakshmi to adapt his movements in response to obstacles such as speed bumps, rocks, or slick surfaces. Lakshmi joined a gym in Hyderabad to enhance his leg movement on the treadmill. Initially, the gym teacher had some reservations, but eventually, they developed a strong friendship. Lakshmi effortlessly completed a distance of 5.7 km during his initial run. On May 26, 2024, Lakshmi was honoured with the "Diabetes Warrior" award from Dr. Mohan's hospital in the presence of former Chief Justice of India Hon'ble. N.V. Ramana and many esteemed doctors. Understanding this mechanism empowers individuals to effectively manage hypoglycemia, ensuring optimal health and well-being. On April 18, Lakshmi, as he is popularly known and called, was at the studio of Spotify's "Happy Moments Pal Pal ki Khushuyan." Lakshmi converted his fear into strength and progressed with his career and life. Blind by birth, he availed of free education from the Rural Educational Trust. He was diagnosed with type 1 diabetes when he was 16–17 years old. So, I was supported by the trust, and he was initially in two minds about whether to continue with higher education or not, but he made up his mind to attempt and was successful. During this period, he came to know about the Type 1 diabetes groups, Sweet Souls, and he posted his needs and queries regarding insulin dosage, intake, and so on. The Sweet Souls volunteers' quick response made him want to connect with the group and be a part of it initially. As the days passed by, Lakshmi started taking an active part. He is a vivid marathon

Therapeutic Puppet Play

Padmini Rangarajan Senior Fellowship Award 2021-22

runner and takes part in 5 KM, 10 KM, and 25 KM marathons. He wakes up every morning and then attends to T1D query calls in the morning. In the afternoon, he is working, and later again in the evening, he attends to T1D queries. During weekends, he is busy with T1D groups and organizations. For Lakshmi, physical activity is a must for everyone on a regular basis. The intake of healthy foods high in fibre and protein. His friend and colleague, who is also a T1D inspiration, pushed him towards marathons. His first marathon in Maroathan 2023 was for Type 1 Diabetes, where he took part and completed 42 km and in 2024 in Chennai again, he completed 42 km with support and

Link: <https://open.spotify.com/episode/4dAjAsL2MLXdyAvPaxhzZr?si=tenRRtZvSFe>

Sree Divya Akula–Software Engineer

Sree Divya hails from Hyderabad, making her a true Hyderabadi. During her school days, she displayed introverted tendencies, but when interacting with other social circles, she gradually developed a more sociable demeanour. At the age of 7, she received a diagnosis of type 1 diabetes. However, due to her young age, she lacked the maturity to comprehend the nature of T1D or correctly pronounce diabetes mellitus. Most others would offer recommendations, recite mantras, but she rarely adhered to them. Initially, she was not adept at managing her sugar levels, but eventually, she began to comprehend her mother's struggle and efforts to regulate her sugar levels. As a result, Divya became more disciplined and cooperative, leading to a better understanding of Type 1 Diabetes (T1D). She began reading to gain a deeper understanding of T1D and the strategies for managing it. Initially, she viewed T1D as a burden or penalty that imposed additional dietary limitations. During the first 7-8 years, she experienced emotional distress, financial strain, and lacked a suitable social circle. Fortunately, she was aware of the Sweet Souls organisation and encountered numerous warriors, among them Lakshmi. Here, she was guaranteed



Therapeutic Puppet Play

Padmini Rangarajan Senior Fellowship Award 2021-22

the ability to enhance her own power and was given the additional duty of empowering others. Consequently, she initiated the coordination of events, activities, social gatherings, and races specifically for individuals with Type 1 Diabetes, in collaboration with others. She has diversified her fitness pursuits by engaging in regular long-distance running (marathons), hiking, trekking, and travelling. Additionally, the opportunity to meet remarkable individuals really motivates her. Additionally, she asserts that she was obese and lacked any form of physical exercise, and her brother played a significant role in motivating her. Upon becoming a member of the Sweet Souls, she recognised the need for personal transformation. She decided to engage in running by joining a collective, which led her to discover a multitude of captivating activities. She is heavily engaged in job, daily routine management, adventures, Sweet Souls events, meet-ups, and various other commitments, all of which serve as a source of inspiration for others. Currently, she assumes the role of a committed volunteer, diabetes educator, and event coordinator at Sweet Souls. She conveys a compelling message to individuals with type 1 diabetes, highlighting the significance of physical fitness, as demonstrated by the @ecilrunners.

Link https://open.spotify.com/episode/4VjptnKdSNK9DTZNG2cnIW?si=qiqn2h_BRiSVIzsBg6HyXg

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Therapeutic Puppet Play - 2

Padmini Rangarajan Senior Fellowship Award 2021-22

Therapeutic Puppet Play: A study of Socio-Emotionally Disturbed Type 1 Diabetic Children (T1D)-An Empirical Study

(Socio-emotional wellbeing support to Type 1 Diabetes T1D - Significance and Importance of puppets in awareness campaign of Type 1 Diabetes)

About Sweet Souls NGO's activity

Sweet Souls have been a good community support group in Hyderabad city for Type 1 Diabetes.

Monthly Meet ups

A monthly gathering is arranged to exchange information and support, greet new participants, and coordinate activities for those with Type 1 Diabetes (T1Ds). The dissemination of awareness and service activities has now become extensive and widespread. A multitude of families in Hyderabad convened to engage in discussions on a wide range of themes, encompassing food, different forms of insulin, insulin-to-carbohydrate ratio, insulin sensitivity, dosing approaches, insulin pumps, the mechanics of insulin, prevalent misconceptions, and more. These events are essential in providing a venue for families who have been affected to



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DRCOG, DFRH, Consultant Physician
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Therapeutic Puppet Play - 2

Padmini Rangarajan Senior Fellowship Award 2021-22

convene, exchange information, and offer mutual assistance. The several facets of diabetes management and treatment encompass a range of factors. The Type 1 diabetes group encounters specific problems in their daily lives. Advocacy commences by fostering inclusivity, facilitating the exchange of experiences, and extending an invitation to all members of the community to express their perspectives, as every individual's lived experience holds significance. The Sweet Souls community is issuing a call to action.

Sweet Souls is delighted to introduce a new programme that provides complimentary medical consultations to those from economically disadvantaged families. These consultations will be available on the third Thursday of each month, starting from March 21, 2024, at our recently created "Sweet Souls Centre." Our goal is to identify and treat patients with Type 1 Diabetes by working together with committed medical professionals. The center's first free consultation event showcased Dr. Sheetal, Diabetes Educator Madhuri, founder Ramesh, and six patients who have Type 1 Diabetes.

WEBINAR

TYPE 1 DIABETES FOUNDATION OF INDIA

Everything you wanted to know about
Type 1 Diabetes & Medical Insurance

Harsh Kohli
Speaker
Patient Advocate, Certified Diabetes Educator, Associate Member - ISPAE, Living with T1D since 31 yrs

Dr. Subramanian Kannan
Panelist
Consultant, Narayana Hrudhalaya Hospitals, Bangalore

Santhosh Oiety Sathyanarayana
Panelist
Associate Professor & HOD, Paediatric & Adolescent Endocrinology, Karnataka Institute of Endocrinology and Research, Bengaluru

19 JUNE 8PM - 9PM

Registration Link to follow soon

SEL (Social Emotional Learning)

SWEET SOULS

Teaching Talks

Guest:
Mr. Sunil Khandelwal
20 years strong: Living, Thriving with T1D
Languages: English & Hindi

Join us virtually on Saturday,
11-May-2024 at 9:00 pm IST

Lets know about his journey management and perseverance!!!

Therapeutic Puppet Play - 2

Padmini Rangarajan Senior Fellowship Award 2021-22



Every consultation posed distinct issues due to the varied backgrounds of the participants, encompassing contrasts in rural and urban settings as well as linguistic diversity. Dr. Sheetal and Madhuri dedicated a significant amount of time to understanding the difficulties faced by individuals with type 1 diabetes, both children and adults, and offered valuable advice on managing the condition.

In April 2024, a complimentary medical consultation will be held to provide cost-free insulin cooling pouches to individuals with little financial means. Under the leadership of Dr. Sheetal, our team delivered empathetic medical assistance to persons diagnosed with type 1 diabetes, while Ramesh Garu and Naveen provided assistance and advice to parents of children affected by the ailment. As part of our dedication to reaching out to others, we have chosen individuals who come from economically poor households and have started distributing "Frio" insulin cooling pouches. Dr. Sheetal distributed these pouches directly to two children, providing an explanation of their significance and demonstrating the correct way to use them. We express our sincere



Therapeutic Puppet Play - 2

Padmini Rangarajan Senior Fellowship Award 2021-22



gratitude to Shashikala Garu, the mom of a child with Type 1 Diabetes (T1D), Harini, for her generous contribution in sponsoring the insulin cooling pouches. April 7, 2024 marked the commemoration of Dr. V. S. Ajsaonkar's birth anniversary and World Health Day. This occasion held great significance for all participants, which included his family, medical professionals, and individuals affected by diabetes. We paid tribute to his life and the significant influence he had on everyone he met. The event, led by Sheryl Salis and backed by a team of doctors from JDF, Mumbai, was very motivating.



Therapeutic Puppet Play - 2

Padmini Rangarajan Senior Fellowship Award 2021-22

2nd Meetup in Siddipet for T1D

The 2nd Siddipet Type 1 Diabetes meeting organised by Sweet Souls in March 2024 was a resounding success. Individuals hailing from Siddipet, Sirisella, and Karimnagar congregated to participate in the gathering. Introductions facilitated the process of familiarising and establishing connections among everyone. We explored the significance of basal-bolus therapy, glucose monitoring, a well-rounded diet, and physical exercise.



Teaching Talk with Diabetes Warriors

In addition, Sweet Souls arranges enlightening educational discussions with individuals who have diabetes. Recently, I collaborated with Sunil Khandelwal, an exemplary individual who embodies resilience and a positive mindset. Hailing from Kolkata, Sunil's upbringing was influenced by the vibrant hues of Jaipur. Currently residing in the lively streets of Hyderabad, Sunil, who transitioned from being an HRBP to an ERM enthusiast, has embarked on an exceptional adventure. Sunil courageously confronts several challenges in life: 1. hypothyroidism 1994; 2. T1D (Type 1 Diabetes) since 2004; and 3. Celiac illness (an allergy to gluten and water) since 2014, demonstrating the power of inner strength

CARE FOR TYPE 1

IMPORTANT ANNOUNCEMENT
CBSE Examination Guidelines

Students living with Type 1 Diabetes & Caregivers

You are now permitted to carry following items in the examination hall in a transparent pouch:

- Sugar tablets/Chocolate/Candy
- Fruits like Banana/Apple/Orange
- Snacks like Sandwiches/High Protein Diet
- Medicines as per Doctor's prescription
- Water Bottle 500ml.
- Glucometer & Glucose Testing Strips
- Continuous Glucose Monitoring (CGM) machine, Flash Glucose Monitoring (FGM) machine and/or Insulin Pumps

Kindly refer to the SOP (circular issued / refer website) to be followed by students for availing these facilities.

Therapeutic Puppet Play - 2

Padmini Rangarajan Senior Fellowship Award 2021-22

T1D Foundation meet

An advocacy panel was organised by the Juvenile Diabetes Foundation, Mumbai, and the T1D Foundation of India during the Type 1 Diabetes community conference on April 7, 2024. A total of 75 individuals from various age groups, including individuals with Type 1 diabetes, their families, carers, and medical professionals, were present at the event. T1 proponents offered their



individual experiences and perspectives, promoting an inclusive conversation with the audience. Prashanth Mani from Chennai, Paras Devani, Vaishali Vakil, Dr. Anushree Mehta, Riddhi Modi from Mumbai, Lakshminarayana and Karthik from Hyderabad, and Anil Kumar Vedwal from Delhi participated in discussions regarding the difficulties of living with this chronic autoimmune condition that necessitates reliance on insulin. They discussed issues based on their individual firsthand encounters and urged audience members to contribute their own narratives.

T1D Meet at MGM hospital Warangal, Telanagana

The T1D Workshop in Warangal was highly impactful and empowering. Sweet Souls and MGM Hospital together hosted a groundbreaking workshop on T1D at MGM Hospital in Warangal on Friday, April 26, 2024. Around 50 persons from villages and small towns participated in a highly impactful seminar. The team of educators focused on the fundamental aspects of Type 1 Diabetes (T1D), including comprehending optimal blood sugar levels, effectively managing high and low levels, mastering insulin injection techniques, ensuring proper insulin storage, developing a well-balanced diet, and emphasising the significance of regular glucose monitoring. The

Therapeutic Puppet Play - 2

Padmini Rangarajan Senior Fellowship Award 2021-22

"Centre of Excellence" clinic offered an optimal environment, decorated with informational charts, enabling a thorough presentation of many aspects of T1D care. Dr. Chandrasekhar, the highly regarded superintendent of MGM Hospital, attended the meeting and spoke words of encouragement, expressing his commitment to supporting our cause in the future. Dr. Chandrasekhar emphasised the

immediate requirement for a strong local support system specifically designed to assist individuals with Type 1 Diabetes (T1D) residing in Warangal and its neighbouring regions. At the conclusion of the event, children eagerly took part in the "Insulina Dance," an innovative method to educate them about the rotation of insulin injection sites. We express our gratitude to MGM Hospital for offering us the opportunity to educate and empower persons who are living with Type 1 Diabetes (T1D). We express our sincere gratitude to Roja, a committed diabetes educator at MGM, Praveen Garu, Dr. Shravan, and Dr. Chandrasekhar Garu for their steadfast assistance in sponsoring this educational initiative. Our sincere appreciation is extended to our committed Sweet Souls Warangal team and the wider Sweet Souls Diabetes community.



Therapeutic Puppet Play - 2

Padmini Rangarajan Senior Fellowship Award 2021-22

T1D meet up in Anantapuram, Andhra Pradesh

Sweet Souls had a remarkable inaugural type 1 diabetes meeting in Anantapuram, owing to the exceptional support from the "Rural Development Trust". The evening commenced with endearing presentations by youngsters diagnosed with Type 1 Diabetes, followed by enlightening conversations on self-care strategies such as insulin injection methods, site rotation, and maintaining a balanced diet. Parents such as Thimmakka, Mahesh, Vijayalakshmi, Shivasankar, Uma, and Venkatalakshmi left families feeling encouraged and well-informed by their shared experiences.



T1D summer Camp at Osmania General Hospital

As part of the summer programme, the Paediatric and Endocrinology Department at Osmania General Hospital in Hyderabad, in partnership with charities like Sweet Souls, organized a one-day summer camp for children with Type 1 Diabetes (T1D) who are enrolled in a monthly plan that provides them with free insulin, strips, and follow-up care. As per the department head, the hospital has approximately 500 individuals registered with Type 1 Diabetes (T1D), and a majority of them are from the disadvantaged segment of society. All individuals receive complimentary insulin, and a substantial portion of them also receive complimentary test strips. Ms. Padmini Rangarajan from Sphoorthi Theatre -STEPARC and a volunteer from the Sweet Souls organization presented a puppet presentation on the topic of "Do's and Don'ts". The presentation was characterized by a warm and inviting atmosphere, with the majority

Therapeutic Puppet Play - 2

Padmini Rangarajan Senior Fellowship Award 2021-22



of parents actively engaging and openly discussing the difficulties they encountered. They also highlighted their resilience and attributed it to their effective coping strategies and the help provided by the hospital.

Denial of Admission in the School – A reported case study

Another news report has emerged regarding the rejection of admission for a youngster with Type 1 Diabetes (T1D) in Chhattisgarh. Prior to examining this case study, it is crucial to recall that in March 2023, the Chairman/Secretary Education Boards of all States and Union Territories were sent a letter by the National Commission for Protection of Child Rights (NCPCR) instructing schools to ensure that children with Type 1 diabetes receive adequate care and necessary amenities.

Despite the extensive dissemination of information and the implementation of the CBSE's "Right to Education" policy, pupils still encounter refusals when seeking admission. An example of such a case is Aadya. Social media handles facilitate an

Therapeutic Puppet Play - 2

Padmini Rangarajan Senior Fellowship Award 2021-22

expanded range of coverage by highlighting and bringing attention to different perspectives and struggles. A tweet that gained popularity on social media site X (formerly known as Twitter) on February 8 highlights the distressing situation of Aadya Agrawal, a six-year-old child residing in Chhattisgarh. Blue Circle Diabetes Foundation advocates on her behalf, despite her refusal to be admitted to school.

With their tweet receiving 18.1k views, several folks courageously revealed their personal encounters with type 1 diabetes. Ms. Nupur Lalvani, who has Type 1 diabetes herself, and serves as the Chief Executive Officer (CEO) of the Blue Circle Diabetes Foundation, spoke to the print media regarding their personal experiences. The Blue Circle Diabetes organization, established as a recognized non-governmental organization in 2019, is a nationwide organization in India dedicated to assisting patients in combating diabetes. They are a Mumbai-based organisation that operates both online and offline platforms to raise awareness about all forms of diabetes. Nupur's primary recommendation for educating children and promoting widespread knowledge about Type 1 diabetes in schools is to enhance awareness. She emphasized the importance of raising awareness about this relatively unknown condition, both in India and beyond. Engaging in public notification and initiating conversations is the sole method of moving forward. In addition, Nupur, who has been managing Type 1 diabetes for the past 28 years, discussed strategies for parents to monitor their children's health issues during their absence. "Parents can conveniently monitor their child's health



Therapeutic Puppet Play - 2

Padmini Rangarajan Senior Fellowship Award 2021-22

status using a mobile application if students utilize the Continuous Glucose Monitor (CGM), a device that measures blood glucose levels." Nupur declared. This application is commonly known as the Blue Circle Diabetes Mobile App. To summarize, the CEO of Blue Circle delivered a message to persons managing Type 1 diabetes, highlighting the significance of proactively engaging with a wide audience to enhance



awareness. "When a patient reaches out to someone who can distribute information, it enables a wider audience to acquire knowledge and take action to provide assistance." Furthermore, she said that if schools can educate children about Type 1 diabetes, treating it as they would any other common health issue; it may facilitate a better comprehension of their own situation and that of others.

NCPCR AND CBSE guidelines for T1D for Board examination 2024

On February 4, 2024, the Central Board of Secondary Education (CBSE) released a circular outlining the various facilities available to candidates with type 1 diabetes in the upcoming CBSE class 10, 11, and 12 board exam in 2024. The board acknowledged the difficulties students with Type 1 diabetes face when taking board exams earlier this week and has issued special guidelines and standard operating procedures for students to use these facilities. *The notice states, "CBSE being the pace pace-setting National Board has considered the problems faced by the students suffering from diabetes Type-1 and appearing in the Board Examinations. Accordingly, several facilities were extended to the students to overcome the medical issues in the examination."*

Therapeutic Puppet Play - 2

Padmini Rangarajan Senior Fellowship Award 2021-22



After careful consideration with experts, CBSE has decided to provide the following facilities to students with Type-1 Diabetes during Class X and XII Board Examinations:

1. Sugar tablets/Chocolate/Candy
2. Fruits: Banana/Apple/Orange
3. Snack items like Sandwich and high protein diet
4. Medicines as per Doctor's prescription
5. Water bottle (500 ml)
6. Glucometer and glucose testing strips
7. Continuous Glucose Monitoring (CGM) machine, Flash Glucose Monitoring (FGM) Machine, and/or insulin pumps

Therapeutic Puppet Play - 2

Padmini Rangarajan Senior Fellowship Award 2021-22

The CBSE board also issued the Standard operating procedures SOPs as guidelines as well.

1. During registration or submission of the Letter of Consent (LOC), students will indicate if they have T1D.
2. Students must upload specific documents on the portal to access facilities during board examinations. These include medical specialist recommendations for CGM/FGC/Insulin pump usage during exams and patients' assurance that these devices won't pose a safety risk.
3. To utilize these facilities, schools/students/parents must apply within the specified schedule provided by the CBSE. No request will be considered once this schedule has passed.
4. Students or schools should inform the centre Superintendent at least one day before the exam about the items the students need to bring.
5. On the exam day, students must arrive at school by 9:45am, at least 45 minutes before the exam begins.
6. All applications and request must be submitted through the school, along with the required documents. Direct requests from students to the CBSE will not be accepted.
7. With the exception of body –attached equipment, all other items will be stored with the assistant superintendent (invigilator) in a transparent box/pouch and can be accessed by students as needed.

CBSE has provided additional resources to assist students in managing medical conditions during examinations. Due to improvements in medical technology, improved therapies have become accessible, prompting a reassessment of the current facilities. T1D, parents, schools, and supporting groups are left feeling

Therapeutic Puppet Play - 2

Padmini Rangarajan Senior Fellowship Award 2021-22

encouraged after being informed about the complimentary insulin programme and regulations approved by NCPCR and CBSE. The encounter served as a catalyst for their decision to travel together to Hyderabad in order to seek medical advice and acquire complimentary insulin. Additionally, they are preparing to engage with government officials in order to launch a programme that provides free insulin at Siddipet



government hospital and to seek glucometer strips. Sweet Souls, expressed sincere appreciation to the physicians of RDT Battalapalli Hospital and the administration of RDT High School for their steadfast assistance.

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Role of Puppetry in Education

Dr. Arun Bansal



India possesses a diverse and abundant cultural legacy. Different states in India showcase unique art forms and skilled craftsmanship. Puppetry is prevalent in various regions of India, such as Odisha, West Bengal, Rajasthan, Karnataka, Tamil Nadu, Kerala, Mharashtra, Gujarat and Telugu speaking states in India exhibits a wide variety of puppetry styles, such as shadow puppetry, rod puppetry, glove puppets, and string puppetry. The linkage among these many forms of puppetry is intricately connected to those who possess great expertise in their art. The puppets in question embody a wide range of characteristics that are inspired from grand narratives and mythical stories. These works mostly draw inspiration from epic storylines like the



Role of Puppetry in Education

Dr. Arun Bansal

Ramayana and the Mahabharata. Over time, specialists have acknowledged the educational importance of these various puppets and have incorporated them into the curriculum. The depiction of different personalities as either malicious or virtuous is effectively communicated through the utilization of puppets, enhancing pupils' understanding of the contrasting nature of actions.

Puppetry is widely acknowledged as a vital tool for spreading knowledge across many locations worldwide. Puppetry incorporates a range of artistic disciplines, such as literature, painting, sculpting, music, dance, and drama. This helps to nurture the creative abilities of students. Puppetry has always been a well accepted and economical method of spreading knowledge about Indian myths and stories within the cultural framework of India. Puppetry, a versatile artistic medium suitable for individuals of all age groups, has been used as a method to



facilitate educational learning in school settings. The Centre for Cultural Resources

Role of Puppetry in Education

Dr. Arun Bansal

and Training (CCRT) provides a thorough and cohesive training programme that concentrates on the development, manipulation, and production of puppet shows. These modules can be used in a variety of formal and informal educational environments.

The main goal of the Workshop on the Role of Puppetry in Education is to accomplish the following:

The objective of this discourse is to demonstrate the significance of puppetry as a good instrument for augmenting educational encounters.

The aim of this instructional programme is to provide information and expertise in the building and administration of various forms of puppets, such as gloves, shadows, rods, strings, and others.

The aim of this study is to create educational scripts and programming that employ puppetry as a teaching tool for curriculum subjects. Furthermore, the study seeks to evaluate the efficacy of training in assessing the effects of these educational interventions.



Role of Puppetry in Education

Dr. Arun Bansal

The aim of this effort is to enable teachers to gain information about the ancient puppet theatre forms of India, while also providing them with the chance to have meaningful contact with traditional puppeteers.

The aim is to encourage the use of affordable teaching resources and the adoption of creative student-centered activities, in order to improve the overall efficacy of classroom teaching methods.

The main focus of the session is to present puppetry as a method for augmenting education. An exchange of ideas is started among the participants participating to discuss the effectiveness of puppetry as a teaching tool in the field of education. The assessment of using puppetry as an educational tool in the classroom is based on achieving educational objectives, the availability

of resources, and taking into account time and financial constraints. The importance of puppetry in the field of education arises from its capacity to cultivate the growth of imagination, creativity, and observational skills in children.

Teachers are frequently invited by traditional artists from different regions of the country to become acquainted with regional traditional puppetry forms. Lecture demonstrations are organized to familiarize participants with the many forms of



Role of Puppetry in Education

Dr. Arun Bansal



traditional puppet theatre in different parts of India, thereby offering an introduction to this artistic expression. The participants are provided with guidance on how to create and manipulate fundamental paper puppets, including finger puppets, masks, and paper rod puppets. The trainees are taught about the many techniques for creating puppet heads using paper maché and paper pasting.

The participants are informed that the purpose of the session is to construct simple puppets utilising easily obtainable and discarded items. These puppets are designed to facilitate the communication of educational topics and promote awareness of social issues in the classroom. Detailed guidance on how to manipulate these puppets is given after each hands-on session. Teachers develop the required abilities to create educational puppet shows by using different forms of puppetry.

Aside from the primary programming, additional workshops are organized to enhance participants' communication skills. These sessions concentrate on sketching, dance and mime, creative writing, creative speech, dialogue delivery, and voice modulation. The primary component of the puppet presentation is a meticulously constructed

Role of Puppetry in Education

Dr. Arun Bansal

educational message. The composition of the script for puppet performances is highly significant. Subjects suitable for puppet plays are selected according to the target audience, and a small number of captivating narratives are picked after careful discussions where participants contribute to the creation of each story.

Ms. Padmini Rangarajan, a member of our editorial staff, has been actively participating as a knowledgeable individual at CCRT Hyderabad since 2010. During the recent Role of Puppetry in Education workshop from June 19- July 3, 2024, as part of a new endeavour, she was assigned with instructing educators from the states of Bihar, West Bengal, Chattisgarh, Rajasthan, Gujarat, Maharashtra, and Karnataka in India on the creation of basic rod puppets.



The primary school years are crucial for laying a strong groundwork for the future development of youngsters. Thus, it is crucial to give priority to the creation of improved educational settings for children that enable and support their self-expression. Teachers are essential in this situation, as they have the knowledge and skills to assess what is most beneficial for the child. Puppetry functions as a remarkably efficient instructional instrument that captivates young individuals in a pleasurable learning encounter. Using puppets in the classroom can help educators nurture children's hidden talents and provide an opportunity for discovery.



Creative Corner:



Use the given symbol/ figure as a reference and complete a meaningful picture

This is open for kids between the age group of 5 to 14 years.

Use the symbol/ figure as a reference and complete a meaningful picture.

(Free to use colour pencils, crayons or paints)

Post the completed pictures and give full details:

Name, Parent/s name, Age of the child, Class, School, Place and State

Contact number to

puthalikapatrika@gmail.com

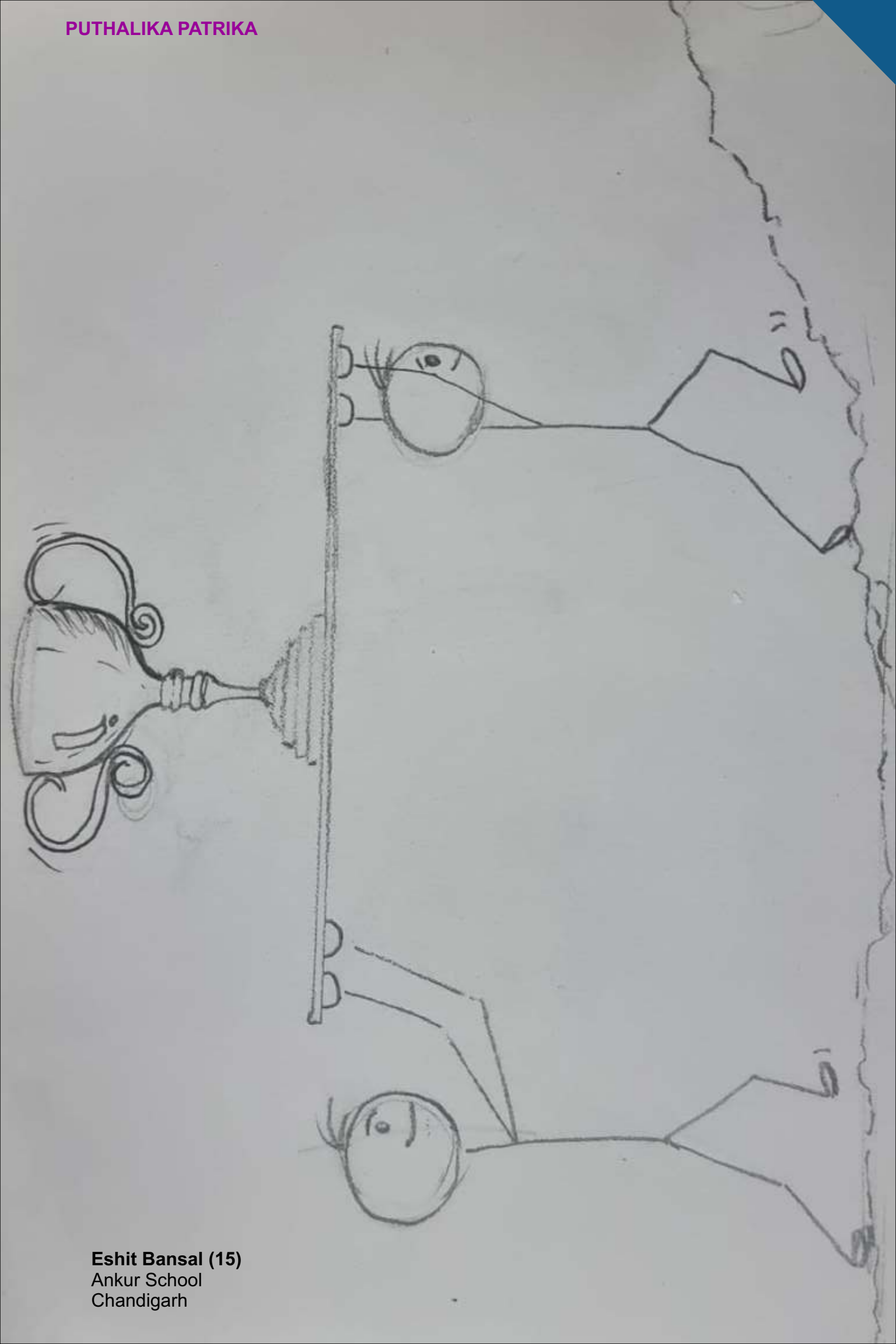
The best six will be issued e-Certificate

Final Submission Date: July 22, 2024





Dishant Bansal (12)
Ankur School
Chandigarh



Eshit Bansal (15)
Ankur School
Chandigarh



Anagha Raghunath
6 years, 2nd class
Vaarahi Kids, Hyderabad, Telangana

Anagha

8.6.2024

Saturday

Nature's Lap

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Dr. Arun Bansal



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Dr. Arun Bansal



Cam Art

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Dr. Arun Bansal



Cam Art

Dr. Arun Bansal



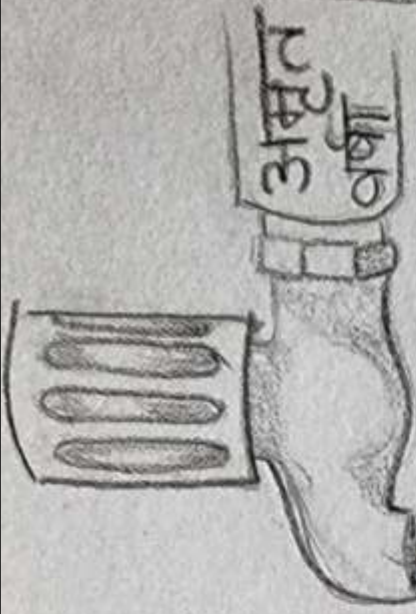
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Eshit Bansal
Ankur School

2 जन 2024

WASTE TO WEALTH TIPS

Ankita panda

Class 8

Delhi Public School, Chandigarh



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Illustrated
To Make
Beautiful
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Card**

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