

Optima Foundation - Poverty Relief

25 Oxford Avenue, St. Albans, Herts, AL1 5NS, UK

Established: 1996 (Web: www.optimafoundation.org)

Associate Partner: International Children's Medical Aid – UK Charity No: 1072509

News Letter – Issue 22

April 2009

Happy Easter / South Asian New Year!

First of all, let us wish you a **Happy Easter** and for those who are celebrating their New Year, a **Peaceful and Harmonious New Year**.

While every attempt was made to publish our News Letter - Issue 22 in December 2008, events had overtaken our wishes.

In Issue 21 we mentioned the increase in food prices, especially in the less developed countries. For this reason, we had to focus our efforts on increasing our feeding programmes in the orphanages and children's homes.

Year 2009 has not made our efforts any easier. As the advanced economies are now experiencing the economic down turn, fund raising has become a challenge. This somewhat curtails our endeavours in nurturing the parentless children in various institutions.

Our turbulent world

Our turbulent world is a mirror image of our own toxic mindset: **excess desire, greed and egoism**.

"Before the Fear, There was Foolishness" New York Times, United States – 1929 Dec. 13.

God our Protector

"Often we complain, because we are not able to receive"

Swami Paramananda

Whoever goes to the Lord for safety, whoever remains under the protection of the Almighty, can say to Him:

"You are my defender and protector, you are my God; in you I trust"

He will keep you safe from all hidden dangers and from all deadly diseases.

Psalm 91:1-3

Our aims and purpose

Optima Foundation exists to provide **Poverty Relief** on a global basis, thus reducing the physical, intellectual and spiritual hunger. In this mission, Optima Foundation aims to promote the Five Lamps concept in Human Values. They are **Love, Peace, Truth, Right Conduct and Non Violence**.

Cost of feeding

On average, we spend around 60 Pence per child for a hearty meal.

Our commitment

Optima Foundation is fully committed to the principles of **Interfaith Harmony and Human Values**. Thus, we carry out our work without any social barriers based on gender, race, class, religious affiliation and physical or mental limitations of individuals.

One who does good to others (Sadaqa or Zakat in Arabic - Sodhaka or Mitzvah in Hebrew) does good to himself (*Old Testament*)



Our work continues.....

❖ Annual Celebration / Feeding



Since 1996, we have been consistently supporting the annual celebratory event / day in December. On this day, children are encouraged to celebrate the **"positives"** of what they have achieved and pray for **"Peace and Harmony"** around the world. At Optima, our contribution is to provide a celebratory meal on that day (similar to Christmas dinner with all the trimmings!) to the children. In 2008, the Annual Celebration was on the 15th December. However, as we currently cover 16 orphanages and children's homes in the Western and Eastern Provinces in Sri Lanka, the days were staggered to take into account the local needs and logistics. Once again we were able to provide the celebratory meal for around 1500 children in Sri Lanka. Some photographs depicting the celebration are shown below.

Mangaiyarkarasiyar Girls Home – Celebration - 2008	TS Kurukulam Boys Home – Celebration - 2008	SVCH Boys Home – Prayer time 2008
		

No child deserves neglect and starvation – Let us show that we care!

❖ **Completed projects in 2008:**

1. **Dairy cattle project - 2008** Hari Boys Home now has three jersey mix dairy cattle with calves providing milk for children.
2. **Clean water project at Hari Boys Home – 2008** The water well has been built in the plot of land that is half a mile away from the Hari Boys Home. As part of our “**self sustaining initiative**” this water well is not only expected to provide clean water for the boys, but also support the dairy cattle and the vegetable garden.

Vegetable Garden at Hari Boys Home 2008	Garden of Eden for Hari Boys Home! Work and play (the new water well is in the background)
	

❖ **Completed project in 2009:**

Young boys at Manikavasagar Boy’s Home in Batticaloa, Sri Lanka received shirts, trousers, underwear, night wear, shoes, personal bed linen, pillows, study aids, stationery etc as their New Year gift (we are still awaiting for some photographs!). Thank you, Peter and June Jackson for your sponsorship.

❖ **Ongoing project in 2009:**

The girls at the Om Sakthi Girl’s Home (Kaluwanchikudy near Batticaloa) are continuing to receive milk on a daily basis to counteract the malnutrition, sponsored by **International Children’s Medical Aid** (Thank you, Anita Bhardwaj and Michael O’ Hanlon for your sponsorship).

❖ **Work in progress in 2009:**

Optima Foundation has recently released the funds to complete the first floor dormitory at Hari Boys Home. This is to provide an independent sleeping area without doubling up the ground floor for sleeping, eating and socialising.

Optima Foundation is helping to complete the first floor dormitory at Hari Boys Home.	“ Walking bus to school ” initiative at Hari Boys Home to ensure the safety of the boys
	

❖ **Project in planning stage – 2009:**

Optima Foundation is currently working on a project to construct a dairy cattle barn in Yoga Swami Girls Home in Batticaloa, Sri Lanka. The cost of this project is estimated at £6,000.

Can you help us to fund our projects!

If you can fund one of our projects or would like to hear more about our work, please get in touch with Dr. Tom Jeyendran (details are shown below). We spend 100% of the funds we receive on the projects for the benefit of the children in need.

<p>For further information – Please write to: Miss Valli Luschwitz (Hon. Chairperson) At Optima Foundation – Poverty Relief 25 Oxford Avenue, St. Albans, Herts, AL1 5NS, UK</p> <p>Or: email: tom_jeyendran@yahoo.co.uk Telephone: Tom on 01727 841468 (Web: www.optimafoundation.org)</p>	<p>Bankers: National Westminster Bank 10, St. Peter’s Street, ST ALBANS, Herts AL1 3LY Sort code: 60 – 18 – 11 Account Number: 45319502 BIC: NWBK GB 2L IBAN: GB87 NWBK 6018 1145 3195 02</p>
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