



Bring on the Festive Season!

While the month of December signals the end of a calendar year, it is also a good time reflect on the year that is ending and to focus on the new year that is about to dawn.

In this one can be a dreamer, a pessimist or a realist. A dreamer sets the goals and resolutions for the New Year with idealism, yet often unattainable. On the other hand, a pessimist gives up on goal setting without even trying.

The realists tend to work with what is achievable within the time and resources. They set targets that are specific with a clear purpose, measurable in terms of benefits, achievable within the resources, realistic in the goal setting and finally time specific.

This framework is a 'must' for those who are venturing into social welfare initiatives to avoid disappointments in the long run. Hence, we at Optima Foundation have chosen this pathway to set our goals that will benefit the children in need within the resources we have.

Finally, let us wish you all Happiness, Health, Harmony and every success in 2013!

Some highlights from 2012

February 2012



Our two volunteers, Emma Brown and Ruth Stainton, spent three weeks in Yoga Swami Hindu Girls Home, teaching English and life skills. Their

good deeds are appreciated by the girls, warden and the trustees.

March 2012



Girls at Sakthi Illam – Girls' Home received a new dress each. Optima Foundation takes this opportunity to thank Mr and Mrs Linganayagam, Mr and Mrs Thivahara, Emma Brown and Ruth Stainton for their financial and logistical support.

April 2012



On behalf of Optima Foundation Dr Thomas Jeyendran and Ms Andrea Fennessy donated a framed Arsenal Football Club shirt, autographed by the team players to Mr Grant Peters of Little Havens Hospice in Essex, UK.

Little Havens Hospice exists to provide care and support to children with long term or terminal illnesses in the UK.

Optima Foundation takes this opportunity to thank all the players and the staff at Arsenal Football Club of this generous gesture. We also wish the children in Little Havens, managers, staff and volunteers well in 2013.

May 2012



Liz Bloom of St. Albans (UK), a supporter of Optima Foundation was able to complete the BUPA London - 10,000K marathon run on the 27th May 2012. Through this charity run Liz raised £300 towards a new block of toilets for Yoga Swami Girls Home. Well done Liz!

April to May 2012



Following the success in 2011, plant sales at Writtle College were repeated between April and May 2012 to raise money for Optima Foundation.



Optima Foundation is grateful to all staff and students at Writtle College who participated in this to raise money for good causes. Special 'thanks' goes to Mr Simon Hart and the Students Union.

June 2012

Sustaining Human Kind: The Last Dance!



Dr Thomas Jeyendran delivered his last lecture in the current series at the Management Education Centre (Writtle College) on the 12th June 2012.

The DVD sales of this lecture raised £94.00 for Optima Foundation.

July - August 2012



Dr Roy Browne and Dr Thomas Jeyendran visited the children in children's homes.

October 2012



On behalf of Optima Foundation, Mr Firoze Sameer delivers biscuits to the girls in Fathima Welfare Centre.

November 2012



A set of new computer key boards were delivered to Social Welfare Organisation that manages two girls' homes and a skills development centre. Optima Foundation wishes to thank Mr Thivahara for this donation.

December 2012



On our annual feast day, 3rd December 2012, we were able to provide a celebratory lunch for around 800 children in 14 homes and institutions.

Over a thousand smiling faces - Priceless

- ✦ *Thou alone art mother and father to me*
- ✦ *Thou alone art kin and friend to me*
- ✦ *Thou alone art knowledge and wealth to me*
- ✦ *Thou art my all, my Lord of Lords.*

The Award Winners

Once again, the boys at Hari Children's Home have won the "Best Cattle Husbandry" award in the Batticaloa District for 2012. Well done boys!



What we said and what we did in 2012!

At the beginning of 2012, we set our targets to work on 3 projects.



Our first project was to complete the final phase of the Integrated Farm Project at Swami Vipulananda Children's Home with a solar panel. This panel now produces sufficient electricity to pump water from the well in dry summer months.

Our second project was to build a block of toilets on the first floor for Yoga Swami Girls Home. This is to reduce the anguish among girls in using the out-side toilets in the rainy season.



This project has been completed and formally opened on the 1st December 2012. While the girls are benefitting from this indoor toilet facility, Optima Foundation is still awaiting for the photographs of the completed toilet block.

Our third project is to create a biogas production facility in the Integrated Mini Farm at Hari Children's Home. The completion of this project has been delayed due to weather conditions and lack of skilled labour to set up the biogas production unit.



Optima Foundation – Poverty Relief



Our Motto

Enabling children to excel
Disabling their limitations

Our Mission

Optima Foundation exists to provide the underprivileged children with the necessary **support in their own self-development** so that they will, in turn become the guiding light for future generations.



Whilst alleviating the physical hunger among the underprivileged children, Optima Foundation shall actively pursue to support the children in knowledge creation, skills development and good citizenship.

For further information:

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"All our dreams can come true if we have the courage to pursue them"
Walt Disney