

# Tender Heart News

Updates from the Tender Heart Team



## Two Olympic Champions in Tender Heart

Tender Heart is proud to announce that Himsuta Raina and Parveen are bringing back four medals from Abu Dhabi Special Olympics.

We have exciting news to share with you about Himsuta Raina and Parveen, two of our special needs children who have been visiting Tender Heart for a couple years now. After two years of training, on the 7th of March, they have flown to Abu Dhabi for the Special Olympics with a group of eleven other children. Himsuta Raina participated in the cycling competition and we are very proud to share she has received a bronze medal. Parveen, who has been visiting Tender Heart for four years, surprised us with incredible power lifting skills and three silver medals.

They returned back home on the 23rd of March and there was a huge celebration prepared for them. They went around the city riding horses, from the community centre to Delhi Public School, Faridabad where the whole crowd, including some Tender Heart students, were waiting to congratulate them and celebrate their achievements.



## Greetings From Renu

Dear former volunteers, Our last group of volunteers has come up with the idea of sharing with you our newsletter via email. The idea is to keep you all updated of what is happening and the progress we are making here at Tender Heart, where I am sure you have all left a piece of your heart.

What keeps this place running is the amazing volunteers we welcome every day and the great ideas that you have all brought to make this a better place. We hope you find this newsletter and the stories in it as exciting as we do. We also wish that you will reconnect with what you have experienced and learnt here as well as maybe plan to come and visit us sometime in the future.

अलविदा/ Goodbye,  
Renu

We feel very proud of both of them for their hard work and perseverance. After long and intense training, we are happy to see how their determination and desire to succeed has taken them all the way to Abu Dhabi. We can see how this achievement has helped change stereotypes of differently abled children in our community. These achievements are also a huge example for all the special needs children in our community, that nothing is impossible when you work hard to reach your dreams.



## IHG colleagues visit us for the third year

We welcomed fourteen IHG Colleagues to support our development for the third year in a row.



This month, we welcomed a group of fourteen InterContinental Hotels Group Future Leaders who travelled from all around Europe to continue the journey that their colleagues started three years ago, here at Tender Heart. They have spent fifteen days with us and have worked on several projects; that we are very excited to share with you.

First of all, they worked on the creation and decoration of our new Coffee Shop Area. For those of you that remember, there is a spacious area behind our dining room that was not being used. They have organized and decorated the entire space which now looks great and is a lovely environment for our volunteers to come, read, relax and enjoy food and drinks. We are also hoping to open this area for customers in the future and raise additional funds for our cause.



They have also focused on improving accommodation facilities for our volunteers. We are happy to share that Room 1 and 4 have been re-painted, re-arranged and re-decorated and are now much more comfortable and ready to welcome some new volunteers.



Our IHG colleagues also became big yoga fans after daily 7am yoga sessions with Pushpa in our garden. They suggested we could transform an area in the garden to become a yoga terrace for other volunteers to

practice yoga under a more comfortable surface. Some of them arranged to buy the materials and worked on the construction of this beautiful yoga terrace that makes our garden look more alive. We are excited to see all the projects that this group of volunteers has achieved in only 2 weeks and hope that Tender Heart is now a more welcoming oasis for new volunteers to visit in the future.

## A NEW COMPANION IN TENDER HEART

For those of you that remember our dear rescue dog, Indi, we are happy to share that she has changed addresses and has now moved to Canada. One of our most recent volunteers from Canada, Rhonda, fell in love with Indi and decided to take her back home with her. She arranged all the preparations for Indi to be able to travel to Canada and although we were sad to see her go, we are happy for her to discover a new home with a lovely new owner.

A couple days later, the group of IHG colleagues found a poorly 3-month-old puppy in our garden. They decided it would be a good idea to keep it and took care of his vet visits. We are super excited to share with you that we now have a new dog named Loki. These last days we have really seen how he is recovering and growing fast while enjoying playing with our volunteers and children.

