



ON HER
TERMS

STREET JUSTICE

DIWALI DINNERS

**FUNDRAISING FOR AMOS TRUST'S
ON HER TERMS CAMPAIGN**

amos  trust



DIWALI DINNERS

Fundraising for Amos Trust's On Her Terms campaign

“ When I light a candle at midnight, I say to the darkness, ‘I beg to differ.’”

Unknown philosopher 1st century

27th October is Diwali and we would like to see as many Diwali Dinners for our partner Karunalaya happen around the UK on or around the 27th as possible.

Karunalaya's work seeks to ensure that the legal rights of children on the streets, pavement-dwellers, and marginalised local communities, are realised. Since 1995, Karunalaya has grown from a small soup kitchen to a large organisation that runs an enormous range of projects and services to champion the rights of many of the most marginalised women and children in Chennai, India. *Please [click here to read more](#).*

Your Diwali Dinner could be a dinner party for 8-10 people, a big 'bring and share meal' at your local church, place of worship or community hall, or simply sharing some Indian style sweet treats at work. The important thing is to have fun and to tell people about the work of Karunalaya.

This Diwali Dinners resource pack contains everything you need to make your event a success. It includes:

- details about Diwali
- information about Karunalaya
- how to host a Diwali Dinner
- children's activity
- a reflection — 'Karunalaya Arose'
- some Indian recipes from top Indian chef, Manju Mahil
- a publicity poster (*see page 35*).



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We're here to help and support you too so if there's anything we can help you with, *please email Katie Hagley*, who will be pleased to point you in the right direction.

In the meantime, *please watch and share our short film about Karunalaya's work in India* – thank you.



Please watch our short film about the work of **KARUNALAYA**, in Chennai, India.



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About Diwali

Diwali (sometimes also called Deepawali), is celebrated by Hindu's, Sikhs and Jains. Diwali means 'row of lights', and symbolises the spiritual victory of light over darkness, good over evil, and knowledge over ignorance.

The Diwali story is different in Northern India and Southern India. In the South where our partner Karunalaya is based, Diwali celebrates the day that Lord Krishna defeated the demon Narakasura. In the North however, it is when Rama defeated the demons and demon king Ravana.

Individuals, families and communities come together to make 'diya's' — clay tea-light holders — and light them and celebrate by sharing gifts and eating a celebratory meal.

About Karunalaya

Karunalaya's work seeks to ensure that the legal rights of children on the streets, pavement-dwellers, and marginalised local communities, are realised. Since 1995, Karunalaya has grown from a small soup kitchen to a large organisation that runs an enormous range of projects and services to champion the rights of the most marginalised women and children in Chennai, India.

The central pillars of their programme are provide shelter, food, and healthcare, and alongside these, they offer counselling, street-based education with arts & sports programmes, vocational training and family reintegration work. *You can read more about Karunalaya here.*

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AT THE GIRLS' CENTRE

Providing healthcare and the individual psychosocial support to address the trauma experienced at home or on the streets.



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Hosting a Diwali Dinner: Some practical hints and tips

Whether you decide to organise a dinner party for 8-10 people, a big 'bring and share meal' or just to share some Indian style sweet treats at work, here are a few hints and tips to help you:

1. Set a date and promote your event early. Use the poster at the end of this pack to let people know what you are up to or ask them to save the date and send out publicity later.
2. If possible, use this short film about Karunalaya at your event.
3. We are delighted that we're able to share some delicious recipes from professional chef Manju Malhi in this pack but feel free to use your own tried and tested recipes too.
4. If you would like to get children involved, then why not have a go at making diyas with them (*please see page 7*).
5. If you would like to raise more money then think about holding a raffle or something similar as well as charging or asking for donations for your Diwali Dinner.
6. *Click here to download our fundraising pack* for a few more tips on running successful events and for everything you need to know about collecting the money, paying funds in etc.
7. *Contact katie@amostrust.org* to let her know about your event and to ask for resources — postcards, Gift Aid envelopes, newspapers etc.



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Children's Activity: Make your very own Diya

You can make your own Diya's at home for your Diwali Dinner.

Here's what you'll need:

- self-hardening/air-dry clay
- tea light candle (it could be a flameless LED candle if you have restrictions or are worried about fire risks)
- glitter, sequins, beads, and jewels for decorations.

Here's what you'll need to do:

1. Make a large circle with the clay.
2. Using your fingers, gently pinch up the sides to form a small bowl big enough for a candle.
3. Flatten the bottom and make sure the candle fits into the bottom — you could experiment making the Diya in the shapes of leaves, flowers, or even birds (common motifs).
4. Once it's dry, you can paint it in bright colours and use the decorations like sequins, glitter and beads to adorn the outside of your diya.





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Reflection

You can also use this poem/liturgy from Karunalaya to think about the work Karunalaya do and the young people they work with at your event.

Karunalaya Arose

People are not born to be subjugated to others.
We are born to live together in union with everyone.
Human rights are promised to everyone from the womb
unto the tomb, but for those who are marginalised and
living on the edge, rights are unreachable fruit.

Karunalaya Arose

To support children from homes broken by ever increasing inequalities,
Who wander without love and affection;
To rescue children whose eyes of knowledge are not opened
in their age of learning but are labouring to carry their family burden;
and to empower women who are married in childhood,
remarried in their adulthood, face domestic violence and
encounter many distressing situations.

Karunalaya Arose

With sacrifice as its investment, dedication as its instrument,
and a commitment to bring smiles to the lives of children.

Karunalaya Arose

To create a caring society that considers that women are equal to men,
That protects children and that respects human rights.

Karunalaya Arose

To do their duty, to respect the law, and to revolt against injustice
And inequality.

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HEEMA

Champions girl's rights
on the streets.



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A Short Story

Sangeetha (Chennai, India)

Teenage girls in pavement-dwelling communities are forced to leave school early and support the family by working in the prawn shelling factories or steel factories, or to look after younger siblings and serve as home help, often culminating with the girls being married as teenagers so they are no longer a financial pressure for the family.

Karunalaya's outreach workers met Sangeetha when she was 14. She had been forced to drop out of school by her mother and was working at the steel factory polishing goods.

She was one of the first members to join Karunalaya's girls' football team. Karunalaya worked with Sangeetha's mother to help her to understanding of her daughter's rights to an education, how she was being exploited in the factory and how she, as her mother, could receive additional income to replace Sangeetha's earning.

Sangeetha returned to school and in 2017 she was awarded a sports scholarship to go to college. Sangeetha now captains Karunalaya's girls' team, and at a recent anti-poverty march in Chennai, she spoke about children's rights, and on 2018's International Womens' Day, she received an award.

"They want to see a clean India, but what about a poverty free India?"

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THESE GIRLS CAN
Sangeetha captains Karunalaya's
girls' football team.



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Recipes

Here are some delicious recipes that professional chef Manju Malhi has put together for our Diwali Dinners. Feel free to use your own tried and tested recipes too.

Malabar King Prawn Curry

Serves 8

- 1 tsp turmeric
- 1/2 tsp salt
- 40 raw king prawns, peeled and black veins removed (frozen is fine)
- 5 tbsp olive oil
- 4 tsp peeled and grated root ginger
- 3 onions, finely chopped
- 6-8 garlic cloves, chopped
- 2 green chillies, chopped
- 4 tomatoes, chopped or 1 x 450g can of chopped tomatoes
- 1/4 tsp pinch of chilli powder (optional)
- 450ml coconut milk
- 8-10 curry leaves (optional)
- 1 tsp brown mustard seeds

Sprinkle the turmeric and salt over the prawns and set aside. Heat 4 tablespoons of the oil in a large frying pan over a medium heat. Add the ginger, onions, garlic and green chillies and fry, stirring occasionally, for 6-8 minutes until the onions are golden brown. Bring 125ml water to the boil.

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CHALLENGING CHILD MARRIAGE

Working with families to value their daughter's rights to education.



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Add the tomatoes and chilli powder, (if using), and fry for a further 2 minutes. Tip in the prawns and continue stirring for 2 minutes.

Pour or add the coconut milk into the pan with the just-boiled water and simmer for 2 minutes, or just until the prawns turn opaque.

Heat the remaining 1-tablespoon of the oil in a small frying pan over a medium heat. Add the curry leaves, (if using), and mustard seeds and fry for 30 seconds, or until the seeds splutter. Watch carefully so they do not burn. Stir them into the prawn curry and serve hot

Tempered Red Lentils — Tarka Dal

Serves 8

- 600g split red lentils
- 120g butter
- 1.5 tsp brown or black mustard seeds
- 10-15 curry leaves (optional)
- 2-3 green chillies, chopped
- 1.5 tsp turmeric
- 1/2 tsp salt
- 1/4 tsp asafoetida (hing)

Bring 1.5 litres of water to the boil in a large saucepan over a high heat. Add the lentils and return the water to the boil. Partially cover the pan, reduce the heat to low and simmer, uncovered, stirring occasionally, for 20-30 minutes until the mixture becomes mushy. Watch carefully so the lentils do not burn.

Top up with extra boiling water if necessary. Heat a frying pan over a medium heat. Melt the butter. When it bubbles slightly, add a few of the mustard seeds.

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WOMEN

Empowering women
and mothers.



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When the seeds appear to be crackling or sizzling, add the remaining seeds, curry leaves, chilli, turmeric, salt and asafoetida and fry, stirring constantly, for 30 seconds, or until the spices splutter. Watch carefully so they do not burn.

Stir the buttery spice mixture into the lentils, then cook for a further 2 minutes.

White Cabbage with Red Chilli and Mustard Seeds

Serves 8

When choosing cabbages, pick ones that feel heavy for its size with unblemished, smooth leaves.

- 1 kg white cabbage, finely shredded
- 2 tsp lemon juice
- 1.5 tsp brown or black mustard seeds
- 5 tbsp Bengal gram or chana dal
- 3-4 dried red chillies
- 4 tsp rapeseed or olive oil
- 2 tsp turmeric

Remove the thick outer leaves of the cabbage which appear damaged or bruised. Then place the cabbage in a bowl of salted water for 5 minutes. Then rinse under a cold tap for a few seconds.

Pick over the Bengal gram or chana dal lentils to check for stones. Then put them in a bowl and add about 120ml of water and set aside to soak.

Cut the cabbage into quarters. Cut off the stem and tough core from each wedge. Place the flat part of the pieces against the board so it's sturdy and thinly slice the cabbage into strips.

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HOMEWORK CLUB

Children are re-enrolled into formal or informal education.



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Indian Coconut Treats

Makes approximately 10-12 treats

- 100ml/6½ tbsp condensed milk
- 125g coconut powder
- 5-6 cardamoms, seeds removed and crushed

Pour the condensed milk into a small saucepan and warm over a low heat. Add 100g or ½ cup coconut powder and simmer for 2-3 minutes, stirring constantly, until the mixture leaves the sides of the pan. Watch carefully so it does not burn. Add the crushed seeds of the cardamom pods and mix.

Remove the pan from the heat and set aside until the coconut mixture is just cool enough to handle.

Sprinkle the remaining coconut powder onto a plate. Wet your hands and shape the mixture into 10-12 balls of equal size. Roll each ball in the coconut powder to cover them evenly. Serve immediately, or transfer to an airtight container and refrigerate for 5-6 days.

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Barracks Road
by night.



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Tomato, Onion and Chilli Salad — Tamatar Pyaaz aur Mirch ka Salaad

Serve 8

Indian salads are refreshing compliments to elaborate dishes that are loaded with spices and flavour. This sharp tangy recipe is remarkably simple and pairs well with meat or chicken.

- 4 tomatoes, chopped
- 1 red onion, finely chopped
- 2 green chillies finely chopped (optional)
- 2 tbsp freshly squeezed lemon juice
- 1 tsp sugar (optional)
- a generous pinch freshly ground black pepper
- a pinch salt

Put all the ingredients in a non-metallic bowl and toss together. Cover the bowl with cling film and refrigerate until required. Taste and adjust the seasoning, adding more pepper, if necessary just before serving. Serve chilled.

Chettinad Chicken

Serves 8

The interesting thing about this dish is that it has all the flavours of a rich luxurious curry with very little oil. Black peppercorns stimulate digestion and has been known to be carminative (a substance which helps prevent the formation of intestinal gas).

It is from the south Indian state of Tamil Nadu where a variety of spices are used in their preparations and most of the dishes are eaten with rice.

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GAYA

Building confidence so girls can
reclaim their rights.



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To make the paste:

- 2-3 dried red chillies, stalks removed
- ½ tsp black peppercorns
- 2 tsp fennel seeds
- ½ tsp cumin seeds
- 2 tsp peeled and grated root ginger
- 6-8 garlic cloves, crushed
- 4 tbsp desiccated or frozen grated coconut
- 1 kg skinless and boneless chicken pieces, cut into 2cm pieces
- 4 tbsp olive oil
- 2 x 2.5 cm cinnamon stick
- 8 green cardamoms
- 4 cloves
- 2 onions, chopped
- 8-10 curry leaves (optional)
- 3 tomatoes, chopped
- 1 tsp turmeric
- a few washed and chopped coriander leaves

To make the paste, heat a pan on a medium heat and add the red chillies, peppercorns, fennel and cumin seeds. Roast for a couple of minutes. Remove from the heat and allow to cool.

In a coffee or a spice mill, blend into a medium to fine powder. Add the remaining ingredients for the paste and grind again.

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HOME

Three generations of Sangeetha's family live on a pavement.



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Place the chicken pieces in a bowl and add the paste. Mix well. Cover and place in the refrigerator for 10 minutes. Heat the oil on a medium heat and add the cinnamon, cardamom and cloves. Mix for 30 seconds until you can smell the aroma of the spices.

Add the chopped onion and the curry leaves, if using, and fry for 5-7 minutes until the onion pieces are golden brown. Mix in the tomatoes and sauté for 5 minutes.

Add the marinated chicken and turmeric. Sauté for 10 minutes, adding 4 tablespoons of water. Cover with a lid and cook on a medium to low heat until the chicken pieces are done.

To check that the chicken is cooked, cut a piece in half and if it is white on the inside, the chicken is ready. Garnish with coriander leaves and serve with plain Basmati rice.

Kerala Chicken Stew

Serves 8

Keralan cuisine has adopted colonial British stew recipes, adding spices to make them their own. In southern India, stew is made with coconut milk and Malabar Coast spices.

- 6 green chillies, roughly chopped, plus 2 more, slit lengthways, to garnish
- 1/2 tsp turmeric
- 2 tsp ground coriander
- 1/2 tsp ground cinnamon
- 3 tsp peeled and finely grated root ginger
- 6-8 garlic cloves, roughly chopped
- 1/2 tsp salt

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PAVEMENT DWELLERS RIGHTS

Supporting street communities to empower them to lobby for their rights.



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- 6 tbsp groundnut or sunflower oil
- 6-10 curry leaves (optional)
- 5-6 cloves
- 3 onions, thinly sliced
- 1 kg chicken drumsticks and thighs, skinned and pricked
- 400ml coconut milk

In a blender or with a pestle and mortar, blitz the chillies, turmeric, coriander, cinnamon, ginger, garlic and salt with 1 tablespoon of the oil and 2 tablespoons of cold water to make a coarse paste.

Heat the remaining oil in a heavy-based pan. Add the curry leaves, if using, cloves and onions and fry over a medium heat for 5 minutes. Add the paste and fry for a minute. Tip in the chicken pieces and fry for 10 minutes on a medium to low heat until the chicken is white on the outside.

Rinse out the blender or mortar that contained the paste with 200ml cold water. Mix this with the coconut milk. Pour over the chicken and mix well. Cover the pan and simmer for 15 minutes until the chicken is cooked. Garnish with the slit green chillies and serve hot with lemon rice.

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CONFIDENCE

When children know their rights,
they become agents of change.



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Cucumber Yogurt Salad

Serves 8

This is a variety of yogurt salad seasoned with chilli and cumin which can be served with a lentil dish and chapatis.

- 400ml natural unsweetened yogurt
- 1 tsp ground cumin
- 2 tbsp finely chopped coriander leaves
- 1/2 tsp salt
- 1 medium cucumber, roughly grated
- 2 tsp sunflower oil
- 2 green finger chillies, slit lengthways
- 2 tbsp unsalted peanuts, crushed (optional)

In a bowl, whisk the yogurt until it is smooth. Mix in the cumin, coriander leaves and salt. Squeeze out and remove as much water as you can from the cucumber and then fold into the yogurt.

Heat the oil in a small frying pan. Add the chillies and peanuts, if using. Fry for a minute, then set aside to cool for a couple of minutes. Mix well with the yogurt and chill for at least 30 minutes before serving.

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DIWALI
Celebrating in the fishing
community.



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Lemon Rice — Elemicha Sadam

Serves 7-8

This dish is a south Indian rice recipe. Before cooking Basmati rice, rinse the grains thoroughly in cold water to remove any starchy residue: this makes it less sticky when cooked.

- 2 cups white Basmati rice
- 2 tsp skinned split black lentils or urad dal (optional)
- 2 tbsp groundnut or olive oil
- 6-10 curry leaves (optional)
- 1 tsp brown or black mustard seeds
- 4 medium dried red chillies
- 1/2 tsp salt
- 1/2 tsp turmeric
- 2 tbsp lemon juice

Rinse the rice in a colander or sieve under cold running water for at least 30 seconds. Pick over the lentils, if using, to check for small stones.

Heat the oil in a heavy-based saucepan. Add the mustard seeds. When they pop and crackle, add the lentils and curry leaves, if using, red chillies, salt and turmeric, and stir for few seconds.

Add the rice and mix well, then pour in 4 cups boiling water. Cover tightly and simmer over a low heat for 5 minutes. Add the lemon juice. Replace the lid and simmer for a further 8-10 minutes (all the water should be absorbed by the rice).

Serve hot with Kerala Chicken Stew (*see page 24*).

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FAMILY

Challenging injustice and reclaiming their future.



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Apricot Nut Dessert — Malai Khumani

Serves 8

- 100g caster sugar
- 500g dried apricots, finely chopped
- 4 drops rose extract or 1 tsp rose water or 1 tsp vanilla extract
- 400ml double cream, stiffly whipped
- 100g chopped pistachios

In a heavy-based pan, gently dissolve the sugar in 400ml cold water, stirring occasionally until all the sugar has dissolved. Add 400g of the apricots and simmer for 10-12 minutes. Drain.

Stir the rose extract, water or vanilla extract into the whipped cream. Fold the apricots into the cream and spoon into 8 ramekins or serving glasses.

Serve chilled, garnished with the chopped pistachios and the remaining dried apricots.

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PAVEMENT DWELLERS
Creating safe and empowered
communities.



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DIWALI DINNERS 2019

“When I light a candle at midnight,
I say to the darkness, ‘I beg to differ.’”

UNKNOWN PHILOSOPHER — 1ST CENTURY

amostrust.org/diwali-dinners



JOIN US AS WE STAND IN SOLIDARITY WITH CHILDREN
LIVING ON THE STREETS OF CHENNAI, INDIA.

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All money raised will go to Karunalaya in Chennai, India, who seek to ensure that the legal rights of children on the streets, pavement dwellers and marginalised local communities are realised.

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