



Tamil Wellbeing Strategic Framework

*Te oranga taurite
Living in Balance*

முன்னுரை Why Aram

Aram (அறம்) is the oldest word in the Tamil moral universe the principle of living rightly, in balance with oneself, one's family, and one's community. For two thousand years it has guided how Tamils understand a life well lived.

This framework borrows that word deliberately. It is an attempt to describe in Tamil terms, grounded in Tamil literature, and woven into the life of Aotearoa New Zealand what it means for our community to be well.

The Wellington Muthamizh Sangam was founded in 2009 to support the Wellington Tamil communities and preserve and perpetuate Tamil culture through the three classical pillars of the language இயல், இசை, நாடகம் (Literature, Music and Drama). In the years since, our community has grown, and so has our understanding of what it needs. Language and culture remain our foundation. But wellbeing of body, mind, belonging, identity and spirit has become the work of this next chapter.

**புறந்தூய்மை நீரான் அமையும்;
அகந்தூய்மை வாய்மையால் காணப்படும்**

**“The body is made clean by water;
the inner self, by truthfulness.”**

திருக்குறள் - ௨௯௮ | Thirukkural - 298

Two thousand years ago, Tamil wisdom held that wellbeing is twofold the care of the body and the care of the inner self, each essential, together making a whole person, something modern wellbeing science is catching up to: that the mind and body are one system. Aram begins here with the conviction that wellbeing is not the absence of illness, but the presence of balance.



தொலைநோக்கு | Vision

மகிழ்ச்சியான, ஆரோக்கியமான, ஒருங்கிணைந்த,
வேருன்றிய ஒரு தமிழ் சமூகம்.

A happier, healthier, connected, and grounded Tamil
community

நலவாழ்வு களங்கள் Strategic Domains



உடல்
Te tinana
Body



உளம்
Te hinengaro
Mind



இணைப்பு
Te hono
Connection



அடையாளம்
Te tuakiri
Identity

தொலைநோக்கின் வெளிப்பாடு Strategic Outcomes



Happy



Healthy



Connected



Grounded



முன்னுரிமைகள் Our Strategic Priorities

Over the next five years, Aram focuses our energy on five priorities the places where we believe we can make the greatest difference.

01 Break the silence on mental wellbeing மன நலம்

Create culturally safe spaces, peer support, the community podcast, youth-led conversations where distress can be named without shame, and where people know where to turn.

02 Welcome and walk with new arrivals வரவேற்பு

A structured welcome for new Tamil families and students in their crucial first years connection, navigation, and a familiar face in an unfamiliar land.

03 Bridge the generations தலைமுறை பாலம்

Bring elders and youth into the same room through storytelling, mentorship and shared events so that wisdom is passed down and identity is carried forward.

04 Build capacity and partnership கூட்டுறவு

Grow our volunteers, peer supporters and advisors, and partner with established organisations rather than working alone so the work is sustainable and well-resourced.

05 Keep culture at the centre பண்பாடு

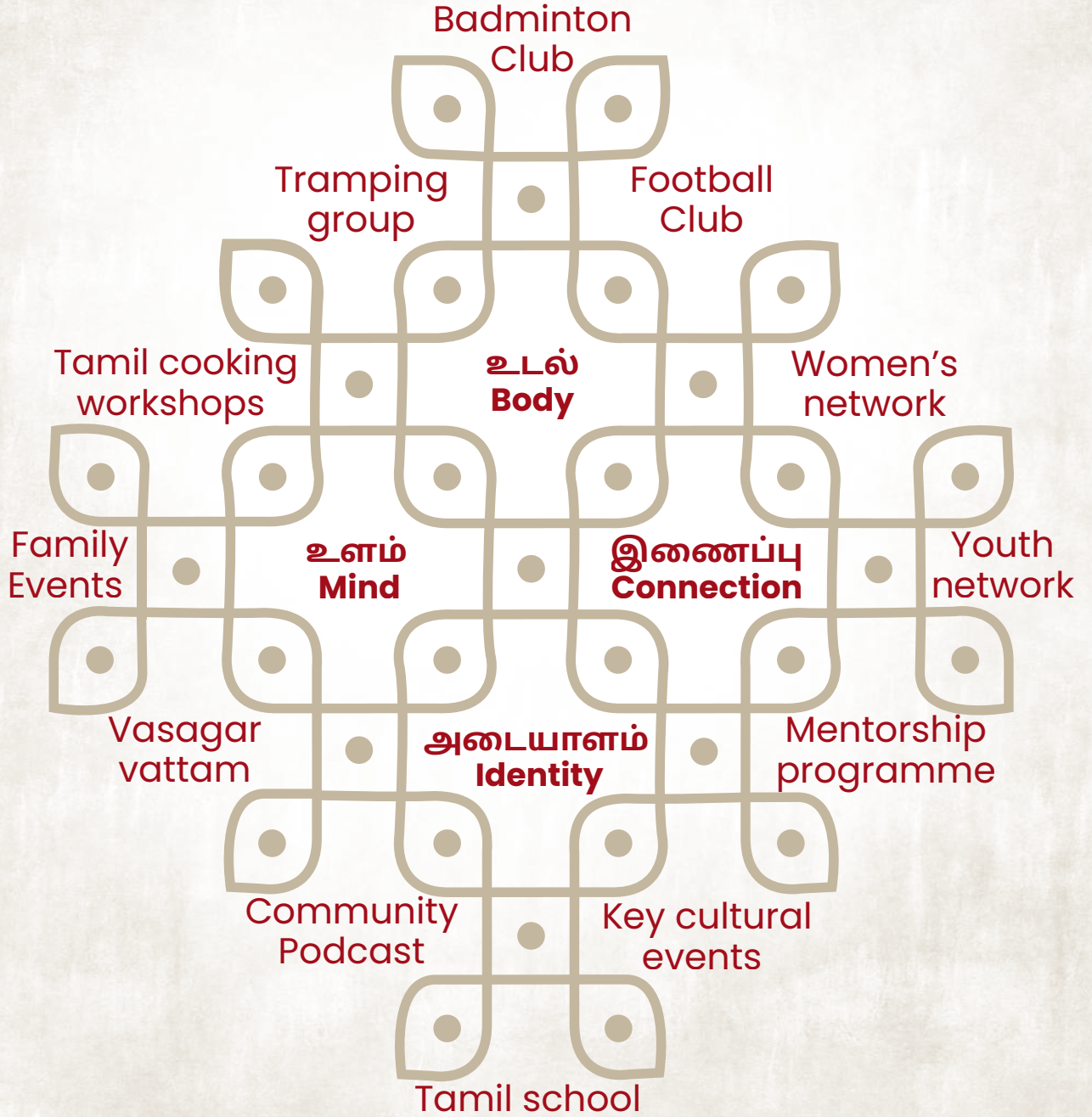
Ensure language, literature, music and drama remain the living heart of everything because for our community, culture is wellbeing.



நடைமுறைத் தத்துவம் The Kolam Operating Model

A kolam, traditional Tamil pattern art is not drawn dot by dot in isolation. Each line flows through multiple points, and the pattern only becomes whole when all connections are made.

Our wellbeing programmes work the same way no project belongs to just one dimension. Every line we draw connects communities across the full pattern.



THE PRINCIPLE

Dots alone are just dots. Lines alone lead nowhere. It is only when lines connect the dots that the kolam the whole pattern of community wellbeing appears. This is how Aram is delivered: everything connected, nothing standing alone.

நம் ஆற்றல் | Our Enablers

Four enablers give Aram its strength the tools and approaches that bring the Kolam to life.



தொடர்பு | Digital & Creative Platforms

Reaching our community wherever they are



குரல் | Community Voice

Centring Tamil voices and lived experience in everything



அறிவு | Tamil Knowledge & Literature

Sanga Ilakiyam, Thirukkural, classical wisdom as our guide



கூட்டுறவு | Partnership & Collective Action

Working together with community partners

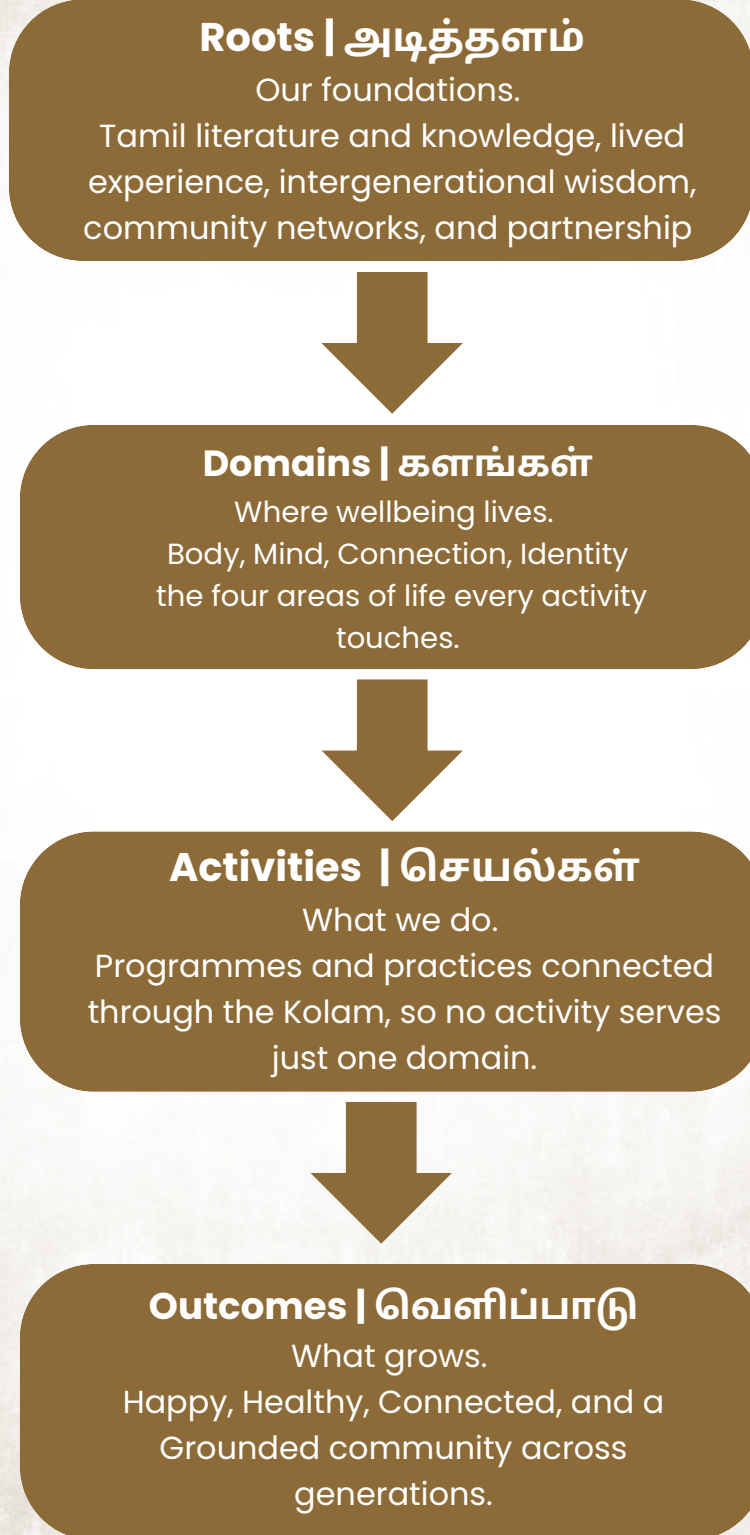
நம் செய்முறை | How We Show Up

Small acts done consistently that keep the Kolam alive

1. Open every event with a Tamil whakataukī
2. Kutti Story – intergenerational storytelling
3. A Tamil proverb shared each week
4. Learning from community experts
5. Capturing lived experience
6. Embedding Tamil values in all we do

மாற்றத்தின் வழி | How Change Happens

Aram works from the roots upward. Our foundations feed our domains; our domains shape our activities; our activities produce our outcomes. Each layer nourishes the next.



அளவீடு | How We Know It's Working

Aram is not a document to admire it is a commitment to track. We will measure progress simply and honestly, in ways our community recognises.

Domains களங்கள்	Outcome Measure வெளிப்பாட்டின் அளவீடு
உடல் Body	Participation in sport, health and wellbeing activities across age groups.
உளம் Mind	Reach of peer support and mental wellbeing conversations; people have more networking opportunities
இணைப்பு Connection	Participation increased across events and programmes and increased membership
அடையாளம் Identity	Tamil School enrolment; youth participation; intergenerational events held.

Be part of the pattern

ஒவ்வொரு கோடும் சமூகத்தை இணைக்கிறது

Every kolam needs many hands. Whether you join a programme, share your story, volunteer your time, or partner with us there is a place for you in this pattern.

Support & partner

Volunteer, mentor, or partner with WMS
to strengthen Tamil wellbeing.

Join & take part

Tamil School, Youth & Women's Networks,
cultural events, sport, podcast.



Aoteroa NZ Federation of Tamil Sangam

OUR VALUES

Integrity, honesty, accountability and transparency the same principles at the heart of the WMS Ten-Year Plan. Guided by community voice, those we serve help shape what we do.

Developed by Dhamo Tharan

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