



SEESHA
LET'S GIVE LIFE

Founder Dr. PAUL DHINAKARAN

NEWSLETTER

APRIL 2024



FROM THE FOUNDER'S DESK



Dear Friend,

Greetings from SEESHA.

SEESHA was founded 20 years ago, in 2003, as a humble charity to serve the needy. All these years, the Lord has enabled us to support several lakhs of people through our humanitarian mission. May God bless each one of you who has donated towards this noble cause.

With the kind-hearted support of well-wishers, we have been able to reach out to destitute elders through our Elderly Outreach Project to cater to their immediate survival & emotional needs. Our Old Age Care Home in Karunya Nagar serves as a place of nurture, healthcare and solace for many elders abandoned by their families.

We are also working for the holistic development of unprivileged children in our target communities. Over 1.5 lakh children across 25 States and 3 Union Territories of India are supported through our child development projects every year. During the last quarter, SEESHA has launched learning centres across 5 locations for the welfare of more than 180 students from deprived family backgrounds. To provide credit access through seed funding for aspiring entrepreneurs living below the poverty line, we've also started the SEESHA Livelihood Development Program, to help them start their own businesses.

At our rehabilitation centres, we support children with various types of physical and intellectual disabilities by providing specific physiotherapy treatments, special & behavioral therapy trainings, and counselling in consultation with their families to improve their quality of life.

I would like to express my deepest appreciation and gratitude to our support teams, government officials, and partners who extended their relentless support, enabling us to take our humanitarian services to communities far & wide.

As the vision and work of SEESHA continue to grow and evolve, we solicit your continued support in this journey of bringing hope to the hopeless. Great blessings are upon those who serve this mission directly and indirectly, as Scripture says, "Blessed are those who have regard for the poor."

With love and prayers,

A handwritten signature in blue ink that reads "Paul Dhinakaran".

Dr. Paul Dhinakaran
Founder – SEESHA.

SEESHA'S VISION - 'LIFE FOR ALL'

MISSION

"To care for and provide a self-sustainable platform for the suffering children, women, differently abled persons, elderly, and others affected by natural calamities to be settled in life without any distinction of caste, creed, color, race, or religion."

SEESHA, with its motto "Let's give life", touches the lives of nearly 150,000 people every year through educational, skill training & scholarship support, relief and rehabilitation services, healthcare interventions, care homes for the elderly, the mentally challenged and the shelterless, and many more.



SOME OF SEESHA'S EFFORTS/ACTIVITIES TO TRANSFORM LIVES & EMPOWER COMMUNITIES IN THE LAST QUARTER - FROM JAN-MARCH 2024, ARE HIGHLIGHTED BELOW:

Bringing care & solace to the destitute elders

Although the most visible sign of poverty can be the lack of necessary resources, loneliness and the feeling of being unloved can be the most profound forms of poverty. Through our Elderly Outreach Program, SEESHA upholds the virtue of charity by reaching out to nearly 35 destitute elders in Tharangambadi, with the utmost love, adding comfort and joy to these elders by bringing them together, and ensuring that their basic needs are taken care of through food assistance.

Through the Old Age Care Home, SEESHA has been catering to the physical and emotional needs of more than 16 elders who were neglected or left uncared for by providing a safe place for them to live. Here, the seniors find solace in each other by nurturing their bonds of friendship and finding comfort in a home away from their homes.





Bringing Joy to the marginalized in tangible ways!

In the last week of December, Dr. Shilpa Samuel Dhinakaran, along with the SEESHA Team, visited the nomadic families living on the streets below the Koyambedu bridge near Vanagaram to share the joy of the season and help them in tangible ways. Nearly 50 families were provided with warm food and new clothes for the children on the day.

Following up with the welfare work among the community, our team visited them in January last quarter and distributed tarpaulin sheets among the needy families to shelter themselves from the rain, wind, and summer heat.

To equip the deprived students in the community to pursue schooling with joy, our team also distributed SEESHA school kits with 14 stationary essentials.



Rendering relief assistance to the vulnerable

As thousands of residents grappled with inundated homes and a shortage of power & essentials in Chennai in the aftermath of Cyclone Michaung, SEESHA rushed with relief assistance comprising food packets, dry ration kits, and essential items to more than 1200 households worst affected by the floods in Chennai, Kanchipuram, and Tiruvallur districts.

After SEESHA's cyclone Michaung relief operations, SEESHA, along with the Karunya and 'Jesus Calls' teams, rendered urgent relief aid to nearly 1500 families worst-affected by the deluge in Tirunelveli & Tuticorin Districts. The Hon. Deputy Speaker of the TN Govt., Shri. Pitchandi, joined our relief operations in Srivaikuntam and distributed dry ration kits to needy families.

During SEESHA's December relief interventions altogether, 2500 vulnerable families were provided with dry ration kits and household essentials.



Gifting the joy of learning to the TN flood-hit

SEESHA rendered urgent relief aid to nearly 1500 families worst-affected by floods in Tirunelveli and Tuticorin Districts in the last week of December. As a follow-up to SEESHA's December flood relief, SEESHA's esteemed Founder, Dr. Paul Dhinakaran, launched the "Joy of Giving" event for the distribution of SEESHA school kits and new clothes to 500 children from flood-hit families in Tirunelveli district at the 'Fort of Praise' Campus, Palayamkottai, in January last quarter.

At the event, nearly 50 students worst affected by the floods from the nearby communities received gifts of school kits & new clothes from SEESHA's Founder - Dr. Paul Dhinakaran, and his family.





Giving them a chance for a better tomorrow...

Poor living conditions, a lack of basic amenities, and a low literacy rate are the major problems faced by the hundreds of unprivileged families living in the Alamathi community in Red Hills, Thiruvallur district, who self-flagellate themselves and sell wigs for a living.

As a first step towards our development program in the community, SEESHA distributed tarpaulin shelters to twenty-five disadvantaged families and distributed new clothes to 61 children in the community in January this year.

Recently, SEESHA also reached out to the school-going children in the community and distributed SEESHA school kits to encourage them to pursue learning.





Equipping needy children for excellence

Poverty deprives children from poor households of the quality learning chances & resources that are required for them to break out of the poverty trap. SEESHA's educational initiatives nurture such children's dreams through quality education and provide opportunities for them to develop holistically. Through learning centres established in 47 vulnerable communities across India, SEESHA provides them with a peaceful environment to focus on their studies and succeed in life.

In the last quarter, five new SEESHA learning centres were launched in Thoppadi Theru, Cuddalore district, and Alamathi village for the welfare of more than 180 students from impoverished families.



Turning Zeroes into 'S'heroes!

Entrepreneurship plays a crucial role in the socio-economic advancement of India. Women's potential in this field remains largely untapped due to challenges like limited capital and market access, a talent crunch, and social barriers.

SEESHA is currently empowering more than 300 women economically by imparting technical, entrepreneurial, and soft skills, creating market linkages, and enabling credit access through SHG seed funding. Through Self-Help Groups (SHG) formed as part of the SEESHA Livelihood Development Program (SLDP) launched last quarter, 10 budding entrepreneurs were provided with seeding money support in Cuddalore district.



Improving the lives of children with special care



SEESHA identifies children with various types of disabilities in the communities in which we work and enrolls them in the Rehabilitation centres in Karunya Nagar and Chennai.

SEESHA's special education centre at Chennai Vanagaram supports nearly **40** children with various types of physical and intellectual disabilities by providing specific physiotherapy treatments, trainings, and counselling to improve their quality of life. They offer special education, speech, and behavioural therapies specific to the needs of each child, in consultation with their families.



Taking healthcare to vulnerable communities

SEESHA serves the underserved and remote communities that have very few healthcare services by organizing periodic medical outreach programs to improve healthcare access in remote areas and promote health awareness in communities.

As part of these healthcare services, about 120 people benefited from eye screening camps held in Ranchi and Mumbai last quarter. Also, in observance of World Cancer Day, awareness bike rallies, video campaign, and door-to-door campaigns were held to sensitize community members at the field sites in Mumbai, Ranchi and Cuddalore.



'New Year, New You' Deaddiction campaign

A Nation is truly free when its citizens are free from all kinds of addiction. SEESHA's 'New Year, New You!' campaign was launched across our target project locations, aiming to promote a healthier and substance-free India.

Recovery from substance abuse is a journey of renewal & rebirth with a willingness to work for sobriety. To overcome tough days to stay sober and learn to say 'NO' to alcohol, smoking, and drug abuse, SEESHA organized sensitization campaigns under the theme 'New Year, New You!' in its project communities.

Several awareness programmes, namely art competitions, rallies, signature campaigns, pledges, film shows, and skits, emphasizing the concept of 'No Drugs, No Alcohol, Be Smoke Free, Live Substance Free' were conducted across Mumbai, Vyara, Ranchi, Bengaluru, and Cuddalore project locations in January this year.





Becoming the torchbearers of true freedom

A slew of events marked India's Republic Day celebrations on January 26, at Cuddalore, Bengaluru, and Chennai project locations, which saw the participation of SEESHA Learning Centre students, Skill Development Program trainees, local dignitaries, the SEESHA Team, and community members. On the occasion of Republic Day, the project teams organized rallies, pledge-taking ceremonies, sports, and art competitions as part of SEESHA's 'New Year | New You' campaign, aiming to promote a healthier and substance-free India.



The joy of hope restored!

It was an incredible evening filled with the spirit of giving and joy restored at the SEESHA Vanagaram campus, as 83 children of prison inmates (Chennai) received the gifts of happiness in the form of new clothes & SEESHA school kits on the occasion of Republic Day.

SEESHA's rehabilitation development program for the prison inmates was successfully restarted recently. In order to renew hope among the families of prison inmates, SEESHA organized the 'Joy of Giving' event at Vanagaram, which was presided over by SEESHA's Trustee, Adv. Easwara Dhas. Mr. R. Kanagaraj, Deputy Inspector General of Prisons, Chennai, as the chief guest, and Mr. R. Krishnaraj, Superintendent of Prison, Central Prison-1, Puzhal, as the guest of honour, distributed new clothes and school kits to the children.



• 25.12.2023 • Chennai • Dinakaran

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ஏழை குழந்தைகளுக்கு புத்தாடை

▶ சீஷா தொண்டு நிறுவனம் சார்பில் கிறிஸ்துமஸ் விழா, ஆர்.ஏ.புரத்தில் உள்ள சீஷா அரங்கத்தில் நேற்று நடந்தது. இதில், ஏழை குழந்தைகளுக்கு புத்தாடை மற்றும் கனம்மையால் பாதிக்கப்பட்ட 2500 குடும்பங்களுக்கு நிவாரண பொருட்கள் மற்றும் ஏழை பெண்களுக்கு நலத்திட்ட உதவிகளை சீஷா தொண்டு நிறுவனம் பால் தினகர வழங்கினார். அருகில், ஸ்டெல்லா தினகரன், இவாஞ்சலின் பால் தினகரன், சாமுவேல் பால் தினகரன், கேட்வின் தினகரன், அழங்காவலர் ஈஸ்வரதாஸ்.

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APPRECIATIONS & AWARDS



Date: 16.03.2024

To

The Head-Projects,
SEESHA
Chennai.

Dear Sir,

Sub: Appreciation Letter to SEESHA, Annagramam (Chennai) for giving valuable support to our RSETI Cuddalore with related to trainings.

Anent the above, We hereby express our warm wishes and appreciation to SEESHA, Annagramam (Chennai) and their full team for supporting and for successful completion of training programs in your office. We had conducted 2 successful training programs i.e Jute Products making and Homemade Agarbatti Maker training in your office and we are very much impressed on the arrangement of training program to still disbursing of certificates. We also received many positive feedbacks about our trainings and some successful entrepreneur headup who had undergone training with RSETI Cuddalore. We hereby once again heartfully submit our wishes to SEESHA and their team and very much appreciate their collaboration and support. We also expect the same co-ordination and support in future programs too.

Thank you for your valued collaboration and support.

All the very best!!!

Regards,

Director
INDSETI
Cuddalore



Letter of Appreciation from RSETI, Cuddalore



ART CENTRE
Govt. Head. Qtrs, Hospital,
Cuddalore.607001. Ph: 04142 230088



தேதி : 17.02.2024

பாராட்டு கடிதம்

வணக்கம்,

கடந்த 2013 ஆண்டு முதல் சீஷா தொண்டு நிறுவனம் மூலம் கடலூர் அரசு தலைமை மருத்துவமனையில் உள்ள ஏ.ஆர்.டி மையத்தில் சிகிச்சை பெற்று வரும் HIV/AIDS ஆல் பாதிக்கப்பட்ட குழந்தைகளுக்கு ஊட்டச்சத்து பொருள் 120 பேருக்கு வழங்கிவருவதில் மிக்க நன்றி தெரிவித்துக் கொள்கிறோம். இவை அனைத்தையும் வழங்கிய சீஷா நிறுவனத்திற்கும் அதன் நிறுவன தலைவர் திரு. Dr.D.G.S.பால்தினகரன் அவர்களுக்கு எங்களது ஏ.ஆர்.டி மையத்தின் சார்பில் நன்றி தெரிவித்துக்கொள்கிறோம்.

நன்றி !

Dr. P. DEVANAND, M.D., D.S.D.,
Senior Medical Officer,
ART CENTER
Govt. Head Quarters Hospital,
Cuddalore - 607 001.

Letter of Appreciation from ART Centre, Cuddalore

Winning Accolades for empowering communities!

SEESHA was conferred the 'Outstanding Social Service Awards for the year 2023-24' by two Panchayat Union Primary Schools in Cuddalore last February.

The recognition underscores nearly a decade of SEESHA's humanitarian efforts in empowering vulnerable communities in Cuddalore district in the fields of education, women's livelihood development, healthcare, and the environment.

