



SEESHA
LET'S GIVE LIFE



About SEESHA

The Samiti for Education, Environment, Social and Health Action (SEESHA) is a non-governmental, humanitarian organization founded by Dr. Paul Dhinakaran in the year 2003. SEESHA has been involved in serving society for nearly two decades, working for the upliftment of downtrodden communities across India.




WHO WE WORK WITH

SEESHA extends its services to all people from all sections of society: children, women, youth, the differently-abled, senior citizens, the marginalized, transgenders, children living with HIV/AIDS, those in need of physical & psychological healthcare and victims of natural disasters.

FOCUS ON THE FAMILY

SEESHA believes that healthy family relationships ensure meaningful and sustainable community development. By strengthening families, we build stronger communities. In the pursuit of empowering families for the welfare of our society, SEESHA has adopted an innovative approach – Family-Focused Community Development, in the recent years.

SEESHA works for the inclusive development of families and, thereby, communities in the following ways:

-  Strengthens existing families
-  Restores dysfunctional families
-  Creates an integrated family setup for the destitute

APPROACH:

COMMUNITY ADVANCEMENT PROGRAMME (CAP)

SEESHA's Community Advancement Programme (CAP) builds communities into "smart villages" through step-by-step and holistic intervention methods. SEESHA's projects are designed to cater to the four-fold aspects of development - health, education, environment, and livelihood.

PROGRAM VERTICALS



HEALTH



EDUCATION



ENVIRONMENT



LIVELIHOOD

OUR PROJECTS

CHILDREN: EQUIPPING THE LITTLE ONES FOR EXCELLENCE

At SEESHA, our mission is to help every disadvantaged child flourish in life. We focus on providing children with quality education, equal opportunities, and a safe environment for their holistic development through:

- SEESHA Child Development Centres/Tuition centres offer quality coaching for students
- School kits & new clothes for underprivileged children
- Monthly/yearly scholarships for children from deprived families
- Spoken English & Computer training for disadvantaged students
- Health awareness & medical screening
- Multiple Abilities Programme helps children develop their talents.

YOUTH: CHANGEMAKERS FROM AND FOR THE COMMUNITY

The youth are the most dynamic section of our society with unlimited potential, who, when properly channelized, can help in the rapid economic & social progress of our Nation. SEESHA has been enabling youth from disadvantaged communities through:

- College scholarships for deserving young people from low-income families
- Community-based youth clubs for sports development & environment conservation
- Career guidance and counselling workshops
- Technical, computer, and vocational skills training to enhance employability
- Skills development with job placement assistance
- Leadership training



Mr. S. Samarpan Ranjan
Ranchi

“Difficulties in learning made me lose heart, and I was on the verge of dropping out of school. Thanks to the free quality coaching at SEESHA, I’m able to do well in my studies consistently. SEESHA’s gifts of School kit & new clothes also inspire me to continue learning. I’m now very optimistic about my future!”



Mr. R. Ayyappan
Chinnathadagam

“I lost my parents during my school days. Even though I got 85% in my higher secondary exams, I almost gave up hope of a college education as I couldn’t get any funding from well-wishers. When SEESHA offered me a fully-paid scholarship to pursue my BCA degree, it was like a dream come true. Thank you, SEESHA, for offering a new hope for my life!”

WOMEN: FACILITATING EMPOWERED LIVING

At SEESHA, we transform women from downtrodden communities into empowered individuals through various training, awareness, and development programmes, such as:

- Sewing, Aari embroidery work, beautician courses, artificial jewellery making, and digital skills training courses that help with women empowerment
- Community Health Facilitator training
- Monthly financial incentives for widows & destitute women
- Infant and child health awareness for young mothers
- Training, support, and financial assistance for women aspiring to take on entrepreneurial ventures.



Ms. Jency
Mundanthurai

“After finishing my diploma, I searched for a job for a long time, but was unable to find one as I didn’t have the vital job skills. The affordable, job-oriented computer course at SEESHA helped me acquire digital & soft-skills. I’m now employed at a private firm in Tiruppur with good pay. Thank you for this wonderful opportunity, SEESHA!”



HEALTHCARE: TAKING HEALTHCARE TO THE UNREACHED

SEESHA serves the downtrodden and remote communities who have very few healthcare options, providing quality healthcare at affordable costs through:

- Periodic medical outreach programs to improve healthcare access in remote areas & promote health awareness in communities.
- Quality healthcare at the doorstep of beneficiaries living in remote tribal regions through Mobile clinic services.
- Nutritional supplements, scholarships, and counselling services for Children living with HIV/AIDS



SEESHA REHABILITATION CENTRE

- SEESHA Rehabilitation Centre provides institutional & home-based care for persons seeking disability care through physiotherapy, pain relief therapy, etc. Through a series of training, Special needs children are also equipped with life skills.
- Distribution of assistive devices & retro-fitted motor vehicles empowers the differently abled and facilitates better living conditions & livelihoods.



SEESHA CENTRE FOR WELL-BEING

- The Centre for Well-Being is a counselling, guidance support and de-addiction centre which functions to improve the psychological well-being and quality of life of the beneficiaries.



SEESHA OLD AGE CARE HOME

SEESHA reaches out to destitute and abandoned elderly persons, helping them enjoy healthy and peaceful retired lives. SEESHA's Old Age Care Home provides food, shelter, medical care and psycho-social support to elderly people.

- Pastoral care, medical care, physiotherapy and income generation activities for the residents.



DISASTER RESPONSE: TIMELY RELIEF DURING CALAMITIES

SEESHA's disaster relief assistance includes rescue operations, organizing health camps, supplying basic provisions, survival kits and clothing.

SEESHA's COVID-19 PANDEMIC RELIEF EFFORTS

Since the beginning of the Pandemic in India in March 2020, SEESHA has been focused on reaching out with relief to those in need. Specified below are some of our relief efforts in the last two years -

- COVID care services for thousands of vulnerable people through the COVID treatment wing at Karunya Hospitals, and the COVID temporary treatment facility at Karunya Education Trust in Periyanaickenpalayam
- Distribution of hygiene & dry ration kits as well as welfare assistance to the adversely affected, across India
- In association with the State Government, mega vaccine camps were conducted at several places in Tamil Nadu.
- Food aid programs were conducted for the welfare of people affected by the Pandemic closures.
- COVID medicine kits were delivered to COVID patients isolated at their homes.
- Fever screening was done on thousands of people living in remote villages through healthcare workers & volunteers.



FAMILY-FOCUSED COMMUNITY DEVELOPMENT

SEESHA has developed several programs to promote self-reliance & sustainability among families from the disadvantaged sections of society.

SEESHA in association with its funding partner DXC Technology - India, has been working towards the development of the DJ Halli Slum – Bengaluru, to build a resilient community, for more than two years. Significant welfare programs include –

- Skill development & livelihood assistance for empowering Youth & Women
- Housing reconstruction/renovation project to build 100 safe houses
- Awareness campaigns on livelihood development, health, family values & menstrual hygiene for women
- Distribution of nutrition supplements for malnourished children
- Support for the education of children & youngsters



OUR SPECIAL PROJECTS



CHILDREN LIVING WITH HIV

For many years, SEESHA has been supporting more than 120 children living with HIV/AIDS in the Cuddalore district, with monthly nutritional supplements, educational scholarships, and psychosocial support to care for their wellbeing.



TRANSGENDER COMMUNITY

We support the highly-discriminated transgender community by promoting health and providing livelihood assistance to help them live dignified lives.



GYPSY COLONIES

We work with the gypsy colonies of Panikankuppam in Cuddalore & Narikuravar Colony in Chennai, finding solutions to their limited housing and displaced livelihoods, while also focusing on creating awareness among them in the areas of health & education.

YOU, TOO, CAN MAKE A DIFFERENCE



(For Indian citizens only)

<input type="checkbox"/> Gift the joy of wearing a new dress to an underprivileged child	Rs. 500/-
<input type="checkbox"/> Sponsor a school kit for a school-going child	Rs. 500/-
<input type="checkbox"/> Support the treatment of one differently-abled person (1 day)	Rs. 600/-
<input type="checkbox"/> Sponsor nutritional supplements for a child with HIV (1 month)	Rs. 750/-
<input type="checkbox"/> Sponsor the education of a deprived child (1 month)	Rs. 1000/-
<input type="checkbox"/> Support the skill training of a disadvantaged youth/woman (1 month)	Rs. 2000/-
<input type="checkbox"/> Sponsor the care of an elderly person (1 month)	Rs. 7500/-
<input type="checkbox"/> Sponsor mobile clinic services (1 month)	Rs. 7500/-
<input type="checkbox"/> Contribute towards constructing new care home (1 sq.ft.)	Rs. 10,000/-
<input type="checkbox"/> Help organize one mega medical camp	Rs. 25,000/-

GET IN TOUCH

☎ 044 6666 0000 ✉ info@seesha.org 🌐 www.seesha.org

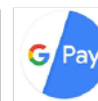
☎ +91 9300 600 600 📱 @Seesha.org

📍 SEESHA House (Head Office) No.37, Gandhi Road,
Tambaram West, Chennai – 600045.



SCAN TO DONATE

You can contribute through



paytm



HOW YOU CAN HELP

FOR INDIVIDUALS

- Make ONE-TIME DONATION towards a cause
- Make REGULAR DONATIONS to support a project
- VOLUNTEER with us to share your time & skills
- SPREAD THE WORD about our services amongst your community

FOR CORPORATES

- SPONSOR our special events
- PARTNER with us for CSR
- INVITE us to meet your employees
- ADOPT a community and support its needs