Hope you and your loving family are doing well and are staying safe during this second-wave of the COVID-19 pandemic. We, at SEESHA, care about the health and wellness of our beneficiaries and partners like you.

No doubt, the curfews and lockdowns imposed across various States have tremendously helped in curbing the spread of the virus, but then the pandemic and the ensuing restrictions have severely impacted our country’s economic growth and GDP. As the governments begin to ease lockdown rules, let us not lower our guard, but continue to follow all the preventive measures and ensure our safety. Even during these uncertain times, we encourage you to get vaccinated as soon as you can, to help protect you and your loved ones from contracting the COVID-19 infection.

With our unswerving commitment to support the most affected in the aftermath of disasters, SEESHA has been continually involved in helping the needy overcome the pandemic impact, and building resilient communities across India. We at SEESHA are overwhelmed by the support that we’ve received since the beginning of our pandemic response efforts from March last year. Your generosity towards our humanitarian mission has enabled our team of dedicated healthcare professionals, volunteers and frontline responders to focus all of our energies on reaching out to the most disadvantaged communities across India with our relief initiatives and improving access to healthcare services during this crucial period.

Thank you once again for being a part of these our field interventions through your generous contributions! Do continue to support the health and rehabilitative missions of SEESHA so that many may be benefitted and blessed.

God bless you!

Dear Friend,

Greetings from SEESHA.

With kind regards and prayers,

Dr. Paul Dhinakaran
Founder - SEESHA
Deserving children and youth, hailing from economically disadvantaged families and first- generation learners are encouraged by SEESHA through monthly/annual scholarships that help them attend schools/colleges. As part of our Child and Youth Development Program, SEESHA also has been sponsoring many meritorious students from underprivileged families to pursue their college education, by bearing the entire course fees and accommodation costs.

Giving wings to dreams of the poorest

A number of youth and women from deprived backgrounds remain unemployable today, due to the lack of quality education and skill-based expertise. Addressing this concern, SEESHA’s training centres across the country, provide certain skill-based trainings such as computer courses, tailoring, and first-aid training for youth, women & school dropouts from underprivileged families, to equip them to compete on par with other youth. A new batch of tailoring course for a duration of six months was started at the SEESHA Karunya vocational training centre – Karunya Nagar recently, to assist the local community women learn garment sewing and set up their own micro enterprise in tailoring & embroidery, upon course completion. To assist the rural women and youngsters acquire digital literacy & relevant career skills, a computer training programme was also launched at the centre. At present, nearly 30 women & youth are getting benefited through SEESHA’s free tailoring and computer courses at the training centre.

Equipping youth & women for tomorrow’s world
In a unique venture to provide skill-based training for the youth from downtrodden sections of our society, SEESHA in association with Tech Mahindra Foundation (TMF), has been offering free technical training courses like Automobile mechanism, LMV Driving, AC Mechanism & Wiring, Automobile sales & marketing, along with soft skills training, JSS certificate and job placement assistance, at its dedicated SMART-T training centre in Vanagaram - Chennai.

In an effort to provide the right job opportunities for such youngsters during these difficult times of pandemic fallout, a mega job fair was organized recently by SEESHA in association with Tech Mahindra Foundation. Over 6,000 jobseekers and 52 renowned companies across Chennai, participated in the mega event. The event was well-received and appreciated by all.
SEESHA’s healthcare projects aim to provide quality healthcare services to the poorest of the poor at affordable costs. Our SEESHA-KARUNYA COMMUNITY HOSPITAL located at Karunya Nagar - Coimbatore, has state of the art operating rooms with facilities for laparoscopic, endoscopic and other advanced surgeries. Even amidst the COVID-19 pandemic, SEESHA hospital continues to serve the needy, and in the recent times several advanced surgeries were carried out at the hospital, following stringent infection control measures to ensure overall patient safety.

During the occasion of International Women's Day last March, COVID-19 vaccination programme was launched at the SEESHA Karunya Community Hospital by Dr. Shilpa Samuel Dhinakaran. Through the vaccination drive, hundreds of healthcare workers, office staff and people from the nearby rural & tribal communities have already received their COVID-19 vaccine shots, to prevent and reduce infections.
SEESHA's mobile clinic continues to reach out to the remote tribal villages around Coimbatore with healthcare services such as temperature screening, monitoring oxygen saturation, providing free medicines for common ailments, sensitizing communities about the COVID-19 pandemic and on the significance of COVID-19 vaccine, to reduce the spread of the infectious disease.

The mobile clinic is fully equipped with a Doctor & medical assistants and covers about three villages a day, treating patients close to their homes and offering common medicines free of cost. On an average about 100 patients are getting benefited through the mobile clinic each week, at present. In association with the local Primary Healthcare Centre (PHC), the SEESHA mobile clinic is also offering childhood immunizations to the community children.
The explosive surge of COVID-19 infections and the ensuing complete lockdown in several States have led to acute food insecurity, especially among marginalized sections of the society. With no source of income and disrupted food supply, most of these deprived rural & tribal families are unable to have access to adequate and often basic food essentials near their homes. With the lack of proper documents, several marginalized groups are unable to get cash transfers or dry rations under PDS.

In an effort to ease the suffering of the disadvantaged during this period of crisis, SEESHA distributed dry ration kits comprising basic groceries, masks and multivitamin tablets to over 60 needy families residing in Pottapathy, Vellapathy and Kalkothipathy Tribal villages in Coimbatore last month.
Prioritizing mental wellbeing during COVID-19

The COVID-19 pandemic has ravaged the entire world and created a global panic. Due to the pandemic catastrophe and the resultant restrictive measures in India, tens of thousands of people who have lost their family members are left to grieve within the four walls of their homes, without even getting a final glimpse of their loved ones. Surrounded by loneliness, fear, and without any emotional support, many are struggling with depression, hopelessness and other mental health issues.

To support the people suffering loss and emotional distress during these uncertain times, we at SEESHA, are offering free counselling and guidance through our SEESHA helpline at +91-9300 600 600 / 9500 127 273. Our dedicated team of counsellors actively listen, provide emotional support and help in developing coping skills to deal with the crisis and get through the difficult phase of their lives.

In the first phase of the rollout of our counselling service, our counsellors and partner care team members are making hundreds of calls each day to understand the wellbeing, medical condition and counselling needs of our donor families and other partners.

ARE YOU DEPRESSED?

Are you going through the path of pain?
Have you lost your loved one?
Are you unable to overcome the loss and fear?

DON'T BE WORRIED,
WE ARE HERE TO HELP & LISTEN

Counsellors at SEESHA are just a call away,
Call us for free counselling and guidance

93006 00600
95001 27273

Seesha Cares for you.
Come let’s overcome this together.
The second wave of the pandemic has exasperated the already existing food & nutrition crisis in several urban slums and remote rural areas across India. Hundreds of households in these areas have lost their family’s sole breadwinner during this period and are in deep distress due to their sudden loss and inability to feed their semi-orphaned children.

In our project communities around Ranchi, most of the family heads are daily wage earners such as vendors, cobblers, domestic helpers, rickshaw pullers, etc. Due to the loss of their livelihoods, their families are unsure of even their next meal and are struggling for survival.

Throughout the COVID-19 crisis, SEESHA has been at the forefront of relief response and during the peak of the second wave of the pandemic last month, we have distributed dry rations like Rice, Wheat flour and other essentials to hundreds of families in these needy communities. But the needs are more and we have the responsibility to ensure that people have adequate access to nutritious food in order to live, learn and thrive.
After overwhelming the healthcare systems in urban areas across the States, COVID-19 has started spreading to the semi-urban, rural & tribal areas, and with the lack of preparedness and relatively lower vaccination count, a new healthcare crisis may be looming over the rural belt. To combat COVID-19 in rural India, the central Government has suggested States to sensitize and facilitate the local administrative bodies, rural development organizations and primary level health infrastructure towards meeting the pandemic challenge.

Supplementing the Government’s efforts in sensitizing the susceptible communities to combat the COVID-19 threat in Coimbatore & Cuddalore districts of Tamil Nadu, SEESHA’s frontline workers have been continually carrying out pandemic preparedness activities such as street cleaning, disinfection drives, distribution of health kits & herbal concoction, and conducting public awareness campaigns on hand washing, social distancing and other COVID appropriate behaviours amidst our project communities.
Celebrating the first birthday of tiny tot Katelyn Anna Dhinakaran, SEESHA along with Karunya Deemed University organized a mega welfare benefits distribution program in Coimbatore, which was presided over by Mr. K. Ramachandran - TN Minister for Forests. Over 500 dry ration kits were distributed to the most underprivileged and sewing machines were presented to 10 disadvantaged women as livelihood support at the event.

The Honorable Minister also launched the Chief Minister’s Comprehensive Health Insurance Scheme (CMCHIS) and inaugurated an ICU unit at the SEESHA Karunya Community Hospital during the occasion. Appreciating SEESHA’s healthcare and relief assistance programs for the welfare of several rural & tribal communities in Coimbatore in his speech, the Minister emphasized the importance of getting vaccinated against the COVID-19 disease in order to curb the transmission of the virus and build herd immunity.
SEESHA organized a COVID-19 relief distribution program at Jesus Calls Chennai Vanagaram Campus on Thursday, July 01, commemorating the 86th birth anniversary of Dr. D.G.S. Dhinakaran, to support marginalized communities during this pandemic. SEESHA’s Founder Dr. Paul Dhinakaran, Bro. Samuel Paul Dhinakaran and Chairman of State Minorities Commission Mr. Peter Alphonse distributed welfare benefits to nearly 1000 beneficiaries across poor and marginalized backgrounds such as widows, orphans, auto drivers, transgender persons, sanitary workers, and the most underprivileged families.

Welfare benefits including SEESHA dry ration kits (comprising 10 kgs of rice, 1 kg of toor dal, cooking oil & other cooking essentials), sewing machines to 10 deprived women, SEESHA school kits and new clothes were distributed during the event to help the sustenance of the impoverished, support the livelihoods of the most vulnerable and boost the confidence of children.
The intense second wave of the pandemic and the ensuing lockdown have heavily affected the livelihoods of marginalized population across India, especially the roadside vendors, street artists and other low-wage earners. Even though the majority of lockdown restrictions have been lifted, hunger and livelihood crises still linger for most of the neglected groups.

Considering the plight of such impacted families at Panikkankuppam Gypsy colony - Cuddalore, whose sources of income have dried out due to the ban on public gatherings, SEESHA Team distributed dry ration kits to all the 45 families in the community, to ensure that none of them go hungry during these tough times.
**Awareness during COVID-19 Pandemic second wave**

SEESHA in association with its CSR funding partner – DXC Technology, has identified the most underprivileged slum community living under pathetic conditions in DJ Halli-Bengaluru for its Family-Focused Community Development. Devara Jeevana Halli is a large notified slum in Bengaluru, South India which is characterized by poverty, overcrowding, hazardous living environment and social complexities.

The SEESHA team paid a door-to-door visit to families in the DJ Halli community and raised awareness on how to safeguard themselves and their families against the COVID-19 disease and the importance of following COVID appropriate protocols.

**Nutritional supplements for needy children**

Many young children from low-income households lack access to nutrient-rich foods and are suffering from acute malnutrition due to sudden family income losses and lockdown restrictions, during this COVID-19 pandemic. To support such needy children, food supplements like health drink mix, dates, chickpeas, eggs, etc. were distributed to 100 families every month at DJ Halli slum – Bengaluru.
Skills development for youth & women at DJ Halli

To equip & empower the underprivileged youth and women residing at the DJ Halli Slum – Bengaluru with in-demand employability skills, SEESHA in association with DXC Technology, has launched a computer training centre for youth and a vocational training centre that trains community women with sewing & designing skills, as part of its Family- Focused Community Development (FFCD) program.

Mr. R. Akhanda Srinivas Murthy – MLA of Pulakeshinagar constituency, Karnataka, inaugurated the training centres at DJ Halli and also distributed our monthly nutritional food supplements for 100 children in the community.
Women’s wellness & Value education workshop

In almost every family and society, women are the primary caregivers, who always give predominant considerations for the health of their family members than caring for themselves. Acknowledging this fact, SEESHA has conducted a Women’s wellness & Value education workshop for the girls of DJ Halli in the month of July 2021 with an intention to raise awareness on:

- Promote relevance’s of personal hygiene
- Nutrition food and healthy life
- Mental stress on menstrual days
- Healthy Feminism

Experts from the field of social work and women empowerment trained the participants from the community.
In an effort to protect the marginalized, vulnerable population during this period of crisis, SEESHA's Respected Founder Dr. Paul Dhinakaran, inaugurated the distribution of free vitamin supplements and protective masks to the disadvantaged families living in the tribal villages around Siruvani Hills – Coimbatore, recently. The safety masks were stitched by SEESHA women's group and the residents of SEESHA Old Age Care Home.

These immunity boosters and sanitation kits were delivered to the marginalized and needy families living in remote tribal villages around Coimbatore, where access to medical facilities is limited, through the mobile clinic associated with SEESHA Karunya Community Hospital.
With the second wave of the pandemic continuing to wreak havoc across India, we at SEESHA are ramping up our healthcare infrastructure at SEESHA Karunya Community Hospital (SKCH – Karunya Nagar), to support the most vulnerable rural and tribal population in Coimbatore. At our SEESHA Karunya COVID-19 Emergency care & treatment centre at SKCH, our healthcare teams are providing vaccination, screening, admission and treatment for the local population.

Sick COVID patients have been forced to find ways to treat themselves at home as hospitals are choked. With the surge in the number of cases and a shortage in oxygen supply during this deadly second wave of the pandemic. Many patients are struggling to find the right care at home. To facilitate emergency care and treatment for the rising inflow of needy COVID-19 patients, SEESHA Karunya Community Hospital has created a special ward and allotted 20 beds at the hospital.

Besides, in April 2020, our Founder Dr. Paul Dhinakaran had offered the 400-bedded Karunya Trust owned facility at Periyanaickenpalayam, to improve emergency healthcare access for the marginalized groups during the pandemic. Hundreds of people from rural and tribal regions in the vicinity continue to be benefited through the free treatment provided at the healthcare facility, for the past one year.

More than 12000 people benefitted through both these centres.

A dedicated ICU unit was launched recently at the hospital to treat severe COVID-19 cases. The SEESHA Karunya Hospital has also been providing free treatment to poor COVID-19 patients who come with great hope under the Chief Minister’s Comprehensive Health Insurance Scheme (CMCHIS). Free consultation and medicines are offered for home quarantined patients through SEESHA’s mobile clinic.
Through the COVID-19 vaccination programme at the Hospital, several healthcare workers, office staff, people from the nearby rural & tribal communities have already received their COVID-19 vaccine shots to prevent and reduce infections. SEESHA is also planning to launch a mega vaccination drive to immunize the underprivileged people residing in our project communities, free of cost.

**SEESHA’s support for Children living with HIV/AIDS**

HIV infection weakens a person’s immune system, destroying the white blood cells that fight off infection. Malnutrition accelerates the progress of the HIV infection and leads to a vicious cycle of immune dysfunction, poor nutrient absorption and increased vulnerability to opportunistic infections like COVID-19, TB, Hepatitis C, Fungal infections & other related complications.

Nutritional care and support for people living with HIV/AIDS is an important way to manage the infection, reduce the suffering of the patients and alleviate the overall impact of malnutrition. To boost their immune response and improve the treatment outcomes for children living with HIV/AIDS, SEESHA has been supporting such children from low-income families with monthly nutritional food supplements for many years. SEESHA also supports them by providing awareness, scholarships and psycho-social counselling for the children. In continuance of our efforts, SEESHA distributed nutritional supplements to 120 children living with HIV/AIDS in Cuddalore district during the month of July.

**Testimony of CLHIV beneficiary:**

SEESHA has been working with children living with HIV/AIDS for many years, to support their Physical health, education, and overall wellbeing. The following story, shared by one of the beneficiaries of the CLHIV program is an example of how SEESHA has been changing lives of such children in Cuddalore, even during these challenging times:

“My name is Malathy* and I am living in a village in Cuddalore district. Since 2017, I’ve been undergoing Anti-retroviral therapy for HIV infection at the district ART Centre. For the past 4 years, I have been receiving nutritional supplements like rice, peanuts, chickpeas, dates, health mix and wheat from SEESHA for the maintenance of my physical health. After taking these supplements, my general health has improved a lot, and I don’t get seasonal infections frequently as before.

Even during this COVID-19 pandemic, SEESHA has been providing nutritional supplements along with the multivitamin tablets regularly every month through the district ART centre. I feel so happy to receive SEESHA’s annual gift of a beautiful new dress too. with the nutritional supplements this time. SEESHA professionals’ encouraging words have greatly sustained me all through these years and has built hope in my heart.

Definitely, SEESHA has been supportive of my overall wellbeing. I express my heartfelt thanks to SEESHA for the motivation and the new hope for my life!”

Malathy* is coping well in the midst of all struggle and there are number of children like Malathy*, who are being benefited through SEESHA’s CLHIV support program!

*Name changed to protect identity*
Appreciation Letter from Govt. ART Centre for SEESHA’s support towards Children Living with HIV/AIDS:

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

செயல் : 17.07.2021

பாரம்பரியக்

கால்வாய் 2013 ஆம் ஆண்டு சேர்ந்த சிறுவர்களின் தீர்மானச் செயல் காரணமாக பல்வேறு பாதுகாப்பாக்கங்களை மேற்கொள்ள வேண்டும். HIV/AIDS ந்தையப் பாதுகாப்பில் தொழிலாயப்பட்ட 120 பெரும்பாலும் வாழ்வில் காரணம் கொண்டுள்ளன. அந்தக் கையேற்றத்தின் மூலம் சிறுவர்

Dr. P. DEVANANDO, MD, D.STDD.
Senior Medical Officer,
ART CENTER
Govt. Head Quarters Hospital,
Cuddalore - 607 001.
Nutritional Food Supplements for malnourished children in DJ Halli

The COVID-19 pandemic and the frequent containment measures have increased the prevalence of acute malnutrition in children from poverty-stricken families. In order to ensure that the nutritional needs of such vulnerable children are met during these pandemic times, SEESHA in association with its CSR funding partner – DXC Technology, has been distributing nutritional food supplements like health mix, dates, chickpeas, eggs, etc. to 100 families in DJ Halli slum – Bengaluru for the past one year.

Nourishing the malnourished...

“I’m Nazeema from Roshan Nagar – DJ Halli, Bengaluru. My husband works as a daily wage labourer near our community. During the lockdown period, he was unable to go to work and we were really struggling to make ends meet with our big family. With the loss of livelihood and income, it was very difficult to provide sufficient food for all our five children.

Fortunately, SEESHA along with DXC Technology started the Nutritional Supplement program in our place, and our family has been receiving the supplements for the past one year. My last son - Mouauddin, was very weak before we started providing him with these special foods. But now, he’s well-nourished and is no longer falling ill frequently. Thanks to SEESHA & DXC Technology for supporting us during these challenging times!”

Mrs. Nazeema, Roshan Nagar – DJ Halli

SEESHA’s Dry Rations Support at Cuddalore - Impact Story:

“I’m M. Kumar, living with my wife and 2 daughters at the Panikankuppam Gypsy colony. Before the pandemic, we’ve made a living by selling beaded jewellery & tattooing. During this Corona period, we are unable to sell our products due to the ban on public gatherings and are totally confined in our home unable to go anywhere outside. Without any means of sustenance, and being constrained at our homes, we called the SEESHA office in our difficult situation. SEESHA helped us by providing rice, dhal, ‘Kabasura kudineer’ and other essential items. I would like to thank SEESHA and Dr. Paul Dhinakaran Sir for helping us in our need.”

Mr. M. Kumar, Panikankuppam, Cuddalore
How I beat COVID-19 with SEESHA's help...

"In the month of May this year, I developed a low-grade fever and severe fatigue. When the fever didn’t subside even after three days, my husband took me to the SEESHA Karunya Hospital where I was tested for COVID-19. The swab test came out positive. As I had developed breathing difficulties by then, I got admitted to the hospital for further treatment.

There were regular check-ups by the medical team at the special COVID care unit. Food and medicines were provided at the right time. They also taught me a few breathing exercises to increase my lung capacity. I was discharged after a week’s treatment. Due to the medical team’s quick response & compassionate care, I’m completely free from COVID-19 today. I’d like to express my gratitude to the SEESHA medical team for their great service that saved my life during this health crisis."

Mrs. Senthil Veni (48 yrs), Valayankuttai – Coimbatore.
"இந்தக் கண்டத்தில் முக்கியத்துவம்" அனுப்பித் தீட்டிய படங்களில் காணப்படும். பிரதானமாக இந்தக் கண்டத்தில் முக்கியத்துவம் காணப்பட்டுள்ள படங்களின் மூலத்தை தெரிந்து கொள்ளலாம். 1000 டெக்சர் பதிப்பு வரிசை செய்யப்பட்டது மற்றும் புத்தகப் பதிப்பு வரிசை செய்யப்பட்டது. முதல் படங்கள் மற்றும் போஸ்ட்பார்ட்டீஸ் பதிப்புகள் ஒன்றையே விளக்கப்பட்டுள்ளன. ஆக்கம் படங்கள் மற்றும் போஸ்ட்பார்ட்டீஸ் பதிப்புகள் ஒன்றையே விளக்கப்பட்டுள்ளன.
காரணமாகப் பார்க்கும் பின்னர், திருக்கொள்ள திருப்புக்கான கருப்பிள்ளை மஞ்சளும் வெளியும் 500 வேலூர் வேலூருக்கு வேலூருக்கு வேலூருக்கு வேலூருக்கு வேலூருக்கு வேலூருக்கு வேலூருக்கு வேலூருக்கு வேலூருக்கு வேலூருக்கு