



Annually 2,500 children to benefit from modernization at Chengalpet GH

## Renault Nissan funds ₹1 crore for Pediatric Ward Renovation

The renovated Pediatric Intensive Care Ward at the Government General Hospital, Chengalpet was inaugurated on 6<sup>th</sup> March 2023 by Ma Subramanian, Hon'ble Minister for Health and Family Welfare and T M Anbarasan, Hon'ble Minister for Rural Industries, Cottage Industries, Small Industries, Slum clearance board, Govt. of Tamil Nadu.

Present at the occasion were K Selvam, MP, Kanchipuram constituency, Varalakshmi Madhusudanan, MLA, Chengalpet, Rahul Nath, District Collector, Chengalpet, Prof Dr K Narayanasamy, Dean of Chengalpet Medical College, Prof Dr S A Ravi Kumar, HOD of Pediatrics, Chengalpet Medical College, Keerthi Prakash, MD, Renault Nissan Automotive Private Limited and Sevalaya Murali, Founder and Managing Trustee of Sevalaya.

Renault Nissan Automotive Private Limited funded ₹1 crore for the renovation. As implementation partner, Sevalaya coordinated and supervised the project and timely completion, besides procurement.

The main objective of the project was to reduce infant and under-five mortality



*Honourable Ministers Ma Subramanian and TM Anbarasan along with Keerthi Prakash, MD, Renault Nissan inaugurated the renovated Pediatric ward at Chengalpet GH.*

rates in the districts the facility serves, in line with WHO norms.

The Pediatric department at Chengalpet Government Hospital faced inadequate infrastructure to handle the increasing number of patients. It has 2 units with 40 beds per unit and a PICU with 10 beds, catering to critically ill children

who have been referred from both government and private hospitals in Chengalpet, Kanchipuram, Villupuram, and Thiruvannamalai districts. With an average of 50 children per month requiring support, the hospital had only 10 ventilators.

The project entailed expanding PICU capacity from 10 to 15, installing 10 sophisticated bed heads and central air handling unit (6.27 Cu M), as also civil works such as changing windows and flooring, putting in place a central monitoring system and augmenting bed space, among other things.



# Champions Unleashed at Sports Day 2023



Annual sports day was celebrated in Sevalaya's Mahakavi Bharathiyar Hr. Sec school at Kasuva centre, Thiruvallur on 28<sup>th</sup> February 2023.

S Yogeshwaran MD, Matexnet Pvt Ltd, V M Ravi Venkatesh, Former Nationals Coach, State TT player and Senior state TT coach and V Vasu, Former Nationals Coach, State TT player, Junior State TT coach were the Chief Guests of the function. The students presented a cultural programme.

S Yogeswaran congratulated Sevalaya for its commitment to provide quality education to the underprivileged students and help them succeed in life. He urged the students to study well and excel in their academic pursuits.

In addition to academic success, he also emphasized the importance of sports. He encouraged students to pursue their passion for sports and strive to become state-level players. He highlighted the benefits of being a sports player, such as

getting a place in college under the sports quota and securing a good job.

Earlier, various sports competitions were conducted for the students of Sevalaya's Mahakavi Bharathiyar School from 3<sup>rd</sup> February 2023 to 25<sup>th</sup> February 2023.

The students were divided into three groups named Bharathiyar, Gandhi, and Vivekananda, and a total of 1,600 students from Montessori to Std IX participated in the competitions. The events included 100 mtrs and 200 mtrs running, long jump, shot put, handball, basketball, throwball, and football.

For primary school students, competitions like running race for 30 mtrs and 60 mtrs, hurdle run (40mtrs), throw ball, and long jump were conducted.

In total, 43 individual events were conducted for both boys and girls.

The Chief Guests distributed the medals and certificates to the winners. (Gold

medals- 238, Silver medals- 238, Bronze medals- 124).

6 Students from Std VII to IX won individual championships.

The Vivekananda team got 300 points and won the overall Championship in the event. The Bharathiyar team earned 214 points and the Gandhi team earned 203 points.

Seetharaman Narayanan, a donor from the USA, sponsored the prizes for the events. MatexNet Pvt Ltd provided sponsorship for sports equipment and funding for four coaches for a period of one year.



I love sports, especially playing handball. Recently, I won the overall individual championship in my school sports competition. My goal is to represent Tamil Nadu in the district-level handball competition and eventually make it to the national level.

**R Rohan, Std XIII**

## Sevalaya athletes win at State level



The department of Social Defence conducted State level sports competitions and cultural meet 2022-2023 on 27<sup>th</sup> and 28<sup>th</sup> February 2023 at Jawaharlal Nehru Stadium, Chennai.

14 students from Sevalaya's Mahakavi Bharathiyar Higher Secondary School, Kasuva centre participated in the competitions.

Various competitions like athletics, volleyball, shot put were conducted. Rajesh of Std XI won 2<sup>nd</sup> prize in 100 and 200 mtrs running and G S Rithika of Std XI won 3<sup>rd</sup> prize in 100-mtrs race. S Adhavan of Std IX won 3<sup>rd</sup> prize in shot put. Both the boys and girls relay teams from Sevalaya won 3<sup>rd</sup> place in 4\*100 relay.

P K Sekar Babu, Honourable Minister for Hindu Religious and Charitable Endowments Department and P Geeta

Jeevan, Honourable Minister of Social Welfare and Women Empowerment, Govt. of Tamilnadu distributed prizes to the students.



# Toastmasters conduct Youth Leadership Programme



Starting 7<sup>th</sup> January 2023, 10 Sevalaya students of std IX underwent youth leadership programme training over 8 weekends. At each meeting, the students took turns to play meeting roles and deliver prepared speeches and extempore speeches.

At the valedictory meeting on 26<sup>th</sup> February 2023, the 10 students spoke

displaying their newfound oratorical skills and their super confidence.

Sevalaya Murali, Founder and Managing Trustee and Bhuvaneshwari Muralidharan, Honorary Correspondent, Sevalaya were pleasantly surprised by the change in the students. As R Vilashni, one of the trainees said, echoing the experience of the batch, "I have improved my English

speaking. I have less fear when I stand up to speak now. We 10 have decided we will only speak in English, among ourselves and our English teachers. We don't want to lose what we gained in this programme".

On behalf of Medley Toastmasters, DTM Thomas T Abraham co-ordinated the programme with the support of a few experienced Toastmasters who mentored the 10 students, guiding them every way.

N Annapurna, Trustee, Sevalaya, K Pandi, Deputy, Head, Kasuva Centre I, B Nirmala, Head mistress and G Devaraj, Drawing Master supported the programme throughout.

All students received certificates for successful completion, and the celebrations ended with the cutting of the cake - a personal gift from District 120 Director, DTM Arthi Mangalam Jairaj.

## Exploring the wonders of Science



Science day was celebrated at Sevalaya's Kasuva Centre on 4<sup>th</sup> March 2023 in remembrance of Sir C V Raman, the Indian physicist who made significant contributions to the field of science.

Poo Ko Saravanan, Deputy Commissioner,

Customs & Central Excise Dept, Ministry of Finance, Govt of India, was the Chief Guest.

He shared inspiring stories of successful individuals such as Marie Curie, Scientist, Dr A P J Abdul Kalam, Former President of

India, Surabhi Goutham, IAS, Myslwamy Annadurai, Indian Scientist, Verghese Kurien, Founder of Amul Dairy and G Venkataswamy, Founder, Aravind Eye Hospitals.

Earlier, Sevalaya conducted Science competitions in five government schools. Students from Sevalaya's Mahakavi Bharathiyar Higher Secondary school also participated in the competitions. 37 winners received prizes from the hands of the Chief Guest.

P Meera, a long time donor and well-wisher of Sevalaya was present at the event. She is a volunteer who conducts Science classes for the school students. She has sponsored the prizes for this event.

## Sevalaya Bhuvaneshwari receives Community Warrior Award for 2023



Bhuvaneshwari Muralidharan, Honorary Correspondent, Sevalaya, was awarded the Community Warrior Award at the nRoot Awards – 2023 held on 18<sup>th</sup> March 2023 at Periyar Maniammai Institute

of Science & Technology, Thanjavur, in honour of the service to Society for over 3 decades in the areas of education, health, rural development, disaster relief and rehabilitation through Sevalaya.

Dr Anjugam Boopathy, MBBS, MD., Deputy Mayor, Thanjavur was the Chief Guest of the event.

The award was given to Bhuvaneshwari Muralidharan by C Vijayalakshmi Bharthi, Founder, Chakku Charitable Trust.

Lieutenant General Sanjay Chauhan (Retd) Director General at Directorate

General of Quality and Chairman of BRIDGE Bharat Council was the presiding officer. He participated in the function online.

The award was instituted by nRoot technologies. The function was organized by nRoot in association with BRIDGE Bharat Council and Life Academy.

L N Anupriya, Head Quality of Sevalaya and M Saravanan, Donor Relations Officer of Sevalaya's Old age home, Thanjavur participated in the function.

## Bhumi Pooja for community hall



The *Bhumi Pooja* for the construction of a Community Hall at Panruti village, Sriperumbudur was performed on 3<sup>rd</sup> March 2023. Komatsu India Pvt Ltd is the sponsor for this CSR project. Sevalaya is the implementation partner.

Y Saeki, Sr AGM-PCD, J Selvakumar, AGM-PEE and other staff from Komatsu India Pvt. Ltd participated in the pooja.

This initiative will greatly benefit 5000+ villagers in and around Panruti village.

## A showcase of innovative education



Sevalaya's Mahakavi Bharathiyar Primary and Nursery School, Kasuva centre in Thiruvallur organized a Montessori Exhibition on 18<sup>th</sup> March 2023.

The Chief Guest Prabha Padmanabhan, Founder, Srujana International School,

inaugurated the exhibition. 145 children from KG displayed creative works in the exhibition like painting, coloring, drawing and writing.

The children also performed cultural activities like dancing, singing, and

storytelling. The Chief Guest distributed prizes to the students who performed well. She also spoke about the advantages of educating children through Montessori methodology.

The Chief Guest also distributed prizes to the winners of the various competitions conducted by Agastya Science Forum on the occasion of Women's day.

N Annapurna, Trustee of Sevalaya and Punitha Venkatesan, a Volunteer of Sevalaya participated in the event.



## Future Captains - career guidance programme



A career guidance session was conducted by M Tamilselvan, Founder of Future Captains, on 3<sup>rd</sup> March 2023 at Sevalaya's Kasuva centre.

150 students studying in Stds IX and XI from Sevalaya's Mahakavi Bharathiyar Higher Secondary School attended the programme.

He emphasized the importance of skills,

interests, opportunities, and family support and how they are interconnected for achieving success in one's career.

The students gained valuable insights about planning, how to use opportunities and setting goals in life.

We had a very useful class conducted by Tamilselvan sir. He helped me understand my ambition and passion.

He also gave us advice on how to be happy and healthy. I learned that I like drawing, fashion designing, social service, and medicine. I want to thank our school for organizing this class. I hope we can have more classes like this in the future.

**S Dhivya, Std XI**

## Elders day out



18 senior citizens from Sevalaya's Sri Ramakrishna Paramahansa Old age Home visited Sri Bhavani Amman temple, Periyapalayam, Tamil Nadu on 17<sup>th</sup> March 2023. They offered prayers and strolled around the temple. The temple management arranged food for the elderly people. All the elders enjoyed the outing very much.

# Womens day celebrations across the locations

## Kasuva



On the occasion of Women's Day, a yoga session for rural women was conducted at Sevalaya's Kasuva centre on 8<sup>th</sup> March 2023.

Yogasharan V S Prakash Holistic coach / Yoga therapist, Atma Niranjana Yoga Vidyalaya, Bihar School of Yoga conducted the session. He taught various yoga asanas to the participants.

The number of the participants in the session was 100 which included school students, community college students, parents, and staff members from 20 centres of Sevalaya across Tamil Nadu and Puducherry.

## Gudalur

Dr Vinoliya Sudha, General Surgeon, Government Hospital, Gudalur was the Chief Guest for the Women's day celebrations at All Traders Welfare Association Building, Gudalur on 7<sup>th</sup> March 2023.

Rajenthiran, Forest Officer and Dr M Amudhalingeswari, General Physician, Sevalaya's Samaritan Gramodharan Samithy also took part in the event.

## ShopeSeva

Dr Gowri Ramesh, Associate Professor, Department of Home Science, Women's Christian College, Chennai was the Chief Guest for the Women's day celebrations at ShopeSeva, Mylapore on 10<sup>th</sup> March 2023. She emphasized the importance of eating nutritious food for improving health, especially for women.

## Uthiramerur

K Santhosh, Chief Branch Manager, and M Indira Priyadharsini, Deputy Branch Manager, State Bank of India, Maduranthakam were the Chief Guests for the Women's day celebrations at Sevalaya's Mahakavi Bharathiyar Community college, Uthiramerur on 8<sup>th</sup> March 2023.

## Ambattur



Dr Nancy and K Pavithra Bharathi, Assistant Professors at Department of Social Work in Dharmamurthi Rao Bahadur Calavala Cunnan Chetty Hindu College were the Chief Guests for the Women's day celebrations at Sevalaya's Mahakavi Bharathiyar Community College, Ambattur on 8<sup>th</sup> March 2023.

## Pattinapakkam



Sangeetha Ramakrishnan, Head - Analytics, Global Consulting and Advisory Services, STL Digital, was the Chief Guest at the Women's day celebrations at Sevalaya's Gayathri Vocational Training centre, Pattinapakkam on 14<sup>th</sup> March 2023. She talked about how strong women can be, and shared ways to manage stress and overcome challenges.

She also gave ideas to help women achieve their goals.

## Sunguvarchatram

Dr S Anusha, Assistant Surgeon, Primary Health Centre, Panruti was the Chief Guest for the Women's day celebrations at Sevalaya's Mahakavi Bharathiyar Community College, Sunguvarchatram on 8<sup>th</sup> March 2023.

## Zamin Endathur

S Manimekalai, Deputy Superintendent of Police, Madhurantakam was the Chief Guest for the Women's day celebrations at Sevalaya's Mahakavi Bharathiyar Community College on 7<sup>th</sup> March 2023.

## World Social Service Day at MCC



On the occasion of World Social Service Day, L N Anupriya, Head - Quality & Volunteering department of Sevalaya, was invited as Chief Guest at Madras Christian College in Chennai on 21<sup>st</sup> March 2023.

She addressed the gathering on the topic of "Respecting diversity through social education".

She distributed prizes to the winners who won in the athletics and art competitions.

She also gave appointment letters to the officers of the PACE Association of Social Work department.



## Donors wishes to students



A V Senthil, a long time donor and well wisher of Sevalaya donated pens to the 300 students appearing for Std X and Std XII Board Exams.



## "The more I give, the more God gives" - Rathna

something more serious in her life.

The only encouragement came from the school teachers who gave her opportunities to read news headlines in the school assembly and used to compliment her on her pleasant voice. Meanwhile, preparing for a traditional job for girls, she did her M.com and ICWAI.

But her heart was in television. Rathna started working in Doordarshan, even as a teenager. Doordarshan was predictable. All artistes adhered to certain norms and a standard style. Then came the opportunity to work in Sun TV. "That opened new doors for me. Sun TV encouraged individuality". Pioneers in telecast media, Sun TV offered a varied bouquet, with varied programmes and personalities. A whole new audience had to be catered to and they loved the offering. One of the most popular programmes Rathna used to anchor was slotted at 8.30 prime time on Fridays.

Rathna has hosted 950 episodes of *Thirai Vimarsanam*, a critique of movies. That programme wielded a lot of power and influence in the film world. "That was a responsibility. I was always careful not to be overtly critical of movies, knowing very well that thousands earned their livelihood from that industry". She cannot put her finger on why she was not attracted to social media. She has kept away from it.

Rathna got married to Aravind

Venkataraman in 1992. The couple have twin children: Anirudh doing B designing in Motion Graphics and dreaming of working in Hollywood, and Advika, doing B.Com, headed for CA.

From 2001 to 2017 Rathna had a flourishing export business. She then switched to hospitality business and runs villas on ECR and service apartments in the city. It takes empathy to run a hospitality business, she says, pointing out the different treatment, different age groups and customer segments expect. With a high 4.8 score, she is rated super host by Air bnb.

Isaikkavi Ramanan has been for long her mentor and guide. In 2010 during one of his lectures, she was introduced to Sevalaya Murali. "I am Amazed at the activities of Sevalaya", she says. "Then I met Bhuvana and her father TSV Sir. He is truly inspirational".

"I've always had empathy and have used opportunities to help the deprived. I am just sharing what I got from God. Giving gives a lot of peace and joy. The more I give, the more God has given me, enriched me and blessed my family", says Rathna.

Come Navratri, she fills her large house near Kovalam with golum. "My first invitation is to Sevalaya children. It's a great feeling having food with them", she concludes.

Rathna was born eldest of 4 children to a migrant couple from Palghat. She was a 7-year-old when Chennai got its TV station in 1975. From radio to TV was a dazzling switch! Then her family used to live in Mannadi, characterised by swathes of small houses. There'll be one house with a TV set. All were welcome! Seated on a crowded floor, she watched moving images with amazement. She was also exposed to news telecast. Her favourite was Shobana Ravi, the star tamil newsreader. The way she spoke, her body language, her pronunciation, the way she conducted herself – Rathna took in all that with adulation and admiration. "I should be doing this one day", young Rathna decided. Visiting relatives, on being asked what she wanted to become, she would say, "I'm OK in studies, but I will become a newsreader". No one took her seriously. In fact, her mother advised her to do

## Emotional Well being session



Prof Dr S Sri Vidhya, Clinical Psychologist, well-being expert and soul saviour specialist conducted the "Emotional well

being" session at Sevalaya's Manjula Meraki Mental Wellness clinic at Kasuva centre, Thiruvallur on 18<sup>th</sup> March 2023.

22 Teachers from Sevalaya's Mahakavi Bharathiyar Higher Secondary School attended the session. The seminar was also attended by our value education and medical teams.

She presented a PPT and explained the importance of physical health, mental health, social health, and emotional intelligence. She gave valuable insights and shared ideas for managing emotions, including accepting and respecting emotions, avoiding comparisons, complaints, and criticism, and building a positive mindset.

The teachers gave positive feedback, and the session was very informative.

# Sangeetha - Juggling multiple roles

She is an engineer, the Head of the Analytics division at STL Digital, an artist, a fitness enthusiast who represented Chennai in Tamil Nadu State Masters Athletics Meet. R Sangeetha is also wife, and mother, who has found a way to balance her professional and personal life along with her varied interests. As she juggles her multiple roles with ease and passion, she continues to inspire those around her.

The younger of two children to Professors, Sangeetha was born and brought up in Chennai. Books were her toys. Her father got her enrolled for arts class.

With a B.Tech in Electronics and communication from Guindy Engineering College, Anna University, she joined TCS in 2003 and worked for 19 years. During the COVID-19 lockdown, Sangeetha decided to pursue her passion for data



science and completed her M.Tech in Data Science from BITS Pilani. Today, she heads the Analytics division at STL Digital, which is part of the Vedanta group.

The early initiation into art blossomed into self-expression through acrylic on canvas creations. Sangeetha gifts her paintings to friends and also sells them. In 2019, she had an art show in Canvas.

At the RP Fitness Boot camp this fitness enthusiast attends, her coach discovered the athlete in her. After winning a silver medal in her age group, she represented Chennai in 200 meters sprint.

It was in 2005 that Sangeetha heard about Sevalaya from her colleague Kannan, then a Trustee of Sevalaya. Since

then she has been a regular supporter, sponsoring meals on birthdays of family members. She keeps herself informed, through the website and the newsletter.

“Importantly, I know the money is going where it is supposed to go. I am happy to be a small part of that work”. Sangeetha got the giving habit from the teachers of her alma mater Holy Angels, and her own mother, “who would write a cheque when she finds a worthy cause”.

Sangeetha has been planning a visit to Sevalaya’s Kasuva campus along with her husband Ashok who works in LTI Mindtree and son Advait, a 6<sup>th</sup> Std student. She wants to organise some fun events for the children of Sevalaya.

## Rain Camp session by English Express Academy



In the rain camp session, I learned about road safety and the importance of doing good actions. We played some fun games. This session taught me some important life skills that I can use in my daily life.

**R S Mohana Priya, VII Std**

30 volunteers from English Express Academy organized a Rain Camp session at Sevalaya’s Mahakavi Bharathiyar Higher Secondary School, Kasuva centre, on 18<sup>th</sup> March 2023.

300 students from Stds VI and VII attended the training session. The session began with a recitation of *Thirukkural*, followed by a session on safe driving, tips to lead a stress-free life, and all about travelling around the world. Certificates were distributed to the volunteers at the end of the session.

## Session by TCS Fortress



On 18<sup>th</sup> February 2023, members of TCS Fortress, an association of former TCSers, including Sevalaya Murali, conducted a motivation session to inspire children

who aspire to become doctors, engineers, bankers, and chartered accountants.

The students were encouraged to face challenges with confidence, be steady, and work hard to overcome any issues that may come their way. The children shared their aims and the reasons behind their choices.

The fortress team was excited to see girls speaking in English and motivated them to update their computer skills and improve their spoken English.

The session was highly interactive, and the children enjoyed it thoroughly.

The session was quite interesting. They explained how to develop our personalities. To get a good job, we should work on how to communicate with others and concentrate on what we want to achieve.

**T Thembhavani, XI Std**

# Thillaiyadi Valliammai - (9)

(Source: "Agony of Valliamma" by Aziz Hassim)

The first day of the journey went off well. Valliamma's mind was however preoccupied with the rigours of the epic journey and the outcome of the mission.

In most of the towns that they passed through, the Indian merchants provided them with food and accommodation displaying the legendary Indian custom of hospitality and concern for travellers.

At night Valliamma cried when she listened to the sounds of rumbling tummies and watched the women moistening their parched lips as they ran their dry tongues into their mouths. She got up often and checked that the Satyagrahis were resting albeit for a short periods, before settling down for a brief respite.

Over the next few days, drunken pseudo officials cruelly harassed them. The rude men asked for their permits and were met with cold stares and a deafening silence. When one of the men said that they would be arrested if they did not produce their permits, Valliamma sternly replied that they would not produce permits nor would they treat. She challenged him to arrest them if they could. She also refused to pay the bribe

that they demanded for not taking action against them. The tormentor angrily retorted threatening to return with reinforcements. They just stepped back and never returned.

They stumbled into Vereeniging, some stumbling and nursing their soles by wrapping rags around them. Two of the young women and dragged their feet, their arm hugging their chests and their eyes moist. They had both lost their children and were mourning in silence. Others just pushed on, ignoring the excruciating pain and hunger pangs.

Valliamma consoled them. "Freedom is our birth right, but we have to fight for it. Nobody hands it to you like a lotus flower. When Mr Kallenbach, a white man, who is sympathetic to our cause, can march with us, as he has done often- and he is not the only white person to do so - it motivates us and adds to our determination. If we don't stand up for it now, the generations to come will still be suffering under the unjust laws. The price that we pay today will free those that come after. And it is a lot by comparison. And you can't place a value on it."

This is the oration of Valliamma as

narrated by the author of "Agony of Valliamma"

The comrades positively responded to her emotional speech.

Valliamma announced to the group that they were approaching NewCastle. She added that they had survived by then, and if only they could manage to talk to only one group of labourers, just the miners and the railway workers, they would be succeeding in getting them to strike work. Others would automatically follow.

Even as they were discussing, one gentleman approached them, and introduced himself as Dawood Mohamed. He belonged to a group of passive resisters, and they were expecting the marchers. They had received a message that the team was on its way. He offered to take them to the people of New Castle. Dawood



told her that everything has been arranged for them to stay and refresh themselves. There were also a hakim who were passive resisters.

- To be continued..



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