

Uthirathin Uthavigal Charitable Trust

Registered NGO Since 2014. 12A, 80G, CSR, FCRA Certified



ANNUAL REPORT

2023-24

Every Seed has to be
Planted on right Land!

Table of Content

- Message From Executive Trustee..... 3
- Our Team..... 4
- Our Sponsors..... 6
- Impact..... 9
- Our Reach..... 10
- Education..... 11
- Health..... 16
- Feed the Needy..... 21
- Women Empowerment..... 25
- Rural Development..... 28
- Tree Plantation..... 32
- Sports Related..... 36
- Disaster Relief..... 40
- What they Say..... 41
- Financials 42
- Awards and Recognition 43



Our Mission:

We (Uthirathin Uthavigal Charitable Trust) are dedicated to transforming the lives of orphans, underprivileged children, women, and families in need through education, health support, and empowerment. Our mission is to create a nurturing environment where every individual has the opportunity to thrive, learn, and achieve their dreams.

Our Vision:

We envision a world where every child, woman, and family, regardless of their circumstances, has access to quality education, emotional support, and resources that foster personal and economic growth. Empowering individuals and communities is essential for building a brighter future for all.



Message from the Founder

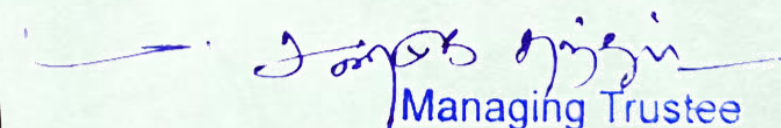
Dear Friends,

I extend my warmest greetings to you all. As the founder of Uthirathin Uthavigal Charitable Trust, it fills my heart with immense joy to share the journey we've undertaken together to create a brighter future for those in need.

When I first envisioned this organization, I was driven by the belief that love, compassion, and kindness are the most powerful forces we can offer to change lives. Since our inception in 2016, our mission has been clear: to uplift the lives of orphans, semi-orphans, widows, repatriates, the poor, the elderly, differently-abled individuals, and anyone who is marginalized in society. We do not just aim to provide charity; we aim to create opportunities for individuals to live with dignity, self-worth, and hope for a better tomorrow. In every step we take, we remain guided by our core values of education, empowerment, and empathy. Through education, health support, livelihood initiatives, and providing care for the elderly and differently-abled, we continue to touch lives and witness firsthand the transformative power of love and support. But none of this would have been possible without the unwavering support of our donors, volunteers, and partners who share our vision. It is through your belief in the work we do that we continue to expand our reach and make an even greater impact. You are the backbone of this movement, and I am incredibly grateful for your commitment to our cause.

As we move forward, I invite you to continue walking alongside us. Let us together create a world where no one feels alone, forgotten, or powerless. Let's keep spreading love and support in every corner of our communities, remembering that even the smallest act of kindness can ignite a spark of hope in someone's life. We are not just changing lives; we are building a future where everyone has the opportunity to say, *"I am living by you,"* instead of *"I am living for you."* This is the change we seek, and with your continued support, we will bring this vision to life.

Thank you for being part of our journey. Together, we are making life more beautiful for those who need it the most.

A handwritten signature in blue ink, followed by the text "Managing Trustee" in blue.

SHANMUGA SUNDAR
Founder & President

OUR TEAM MEMBERS



SHANMUGA SUNDAR
PRESIDENT



SELVA KUMAR
SECRETARY



VIJAYA KUMAR
SENIOR ADVISOR



SATHISH
TREASURER



RAJESH KUMAR
TRUSTEE



ARUN PRAKSH
TRUSTEE



SHANBHAGAVALLI
CSR HEAD



SHANMUGAN MANIYAN
YOUTH WING SECRETARY



ANJALI SURESH
PROJECT HEAD



IYSWARYA
STUDENT WING HEAD



DEEPA MOORTHY
WOMENS WING SECRETARY



SARAN RAJ
HEALTH PROGRAM OFFICER

OUR TEAM MEMBERS



BALU ANTONY
ADVISOR



DINESH BABU
PROGRAM MANAGER



NATHIYA
Education Coordinator



ISAI SELVAM
PROJECT COORDINATOR



ABRAHAM
FIELD MANAGER



BANU PRIYA
CSR MANAGER



DINESH BABU
FIELD OFFICER



GUNA SUNDARI
women's Wing



YAMINI
PROJECT HEAD



BHARATHI
PROJECT HEAD



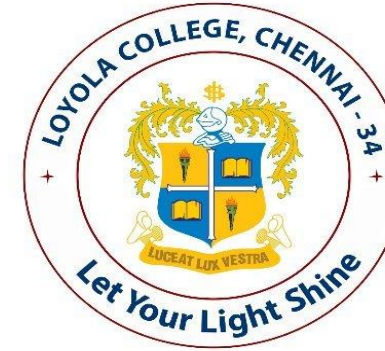
SRINIVASAN
ACCOUNTANT



VENKAT RAO
FIELD MANAGER

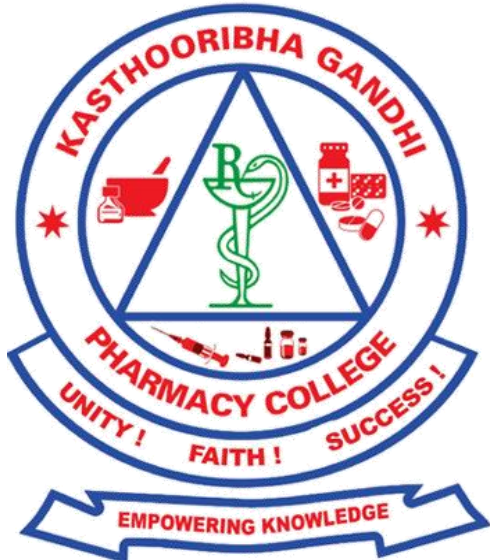
Our Sponsors!

Uthiratnin Uthavigal Charitable Trust, Chennai, Tamilnadu, INDIA.



Our Sponsors!

Uthiratnin Uthavigal Charitable Trust, Chennai, Tamilnadu, INDIA.

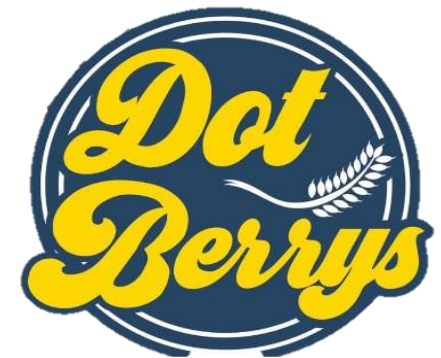


Our Sponsors!

Uthiratnin Uthavigal Charitable Trust, Chennai, Tamilnadu, INDIA.



Sirpigal IAS Academy



We Thank you All our Sponsors.
With your Support We can make many things Possible!



Our Impact 2023-24

Education

Benefitted:
3,000+ Individuals



Empower Women

Benefitted:
300+ Individuals



Feed the Needy

Benefitted:
15000+ Individuals



Hope Warriors

Benefitted:
50 Individuals



Health

Benefitted:
1200+ Individuals



Tree Plantation

Benefitted:
1000+ Trees Planted

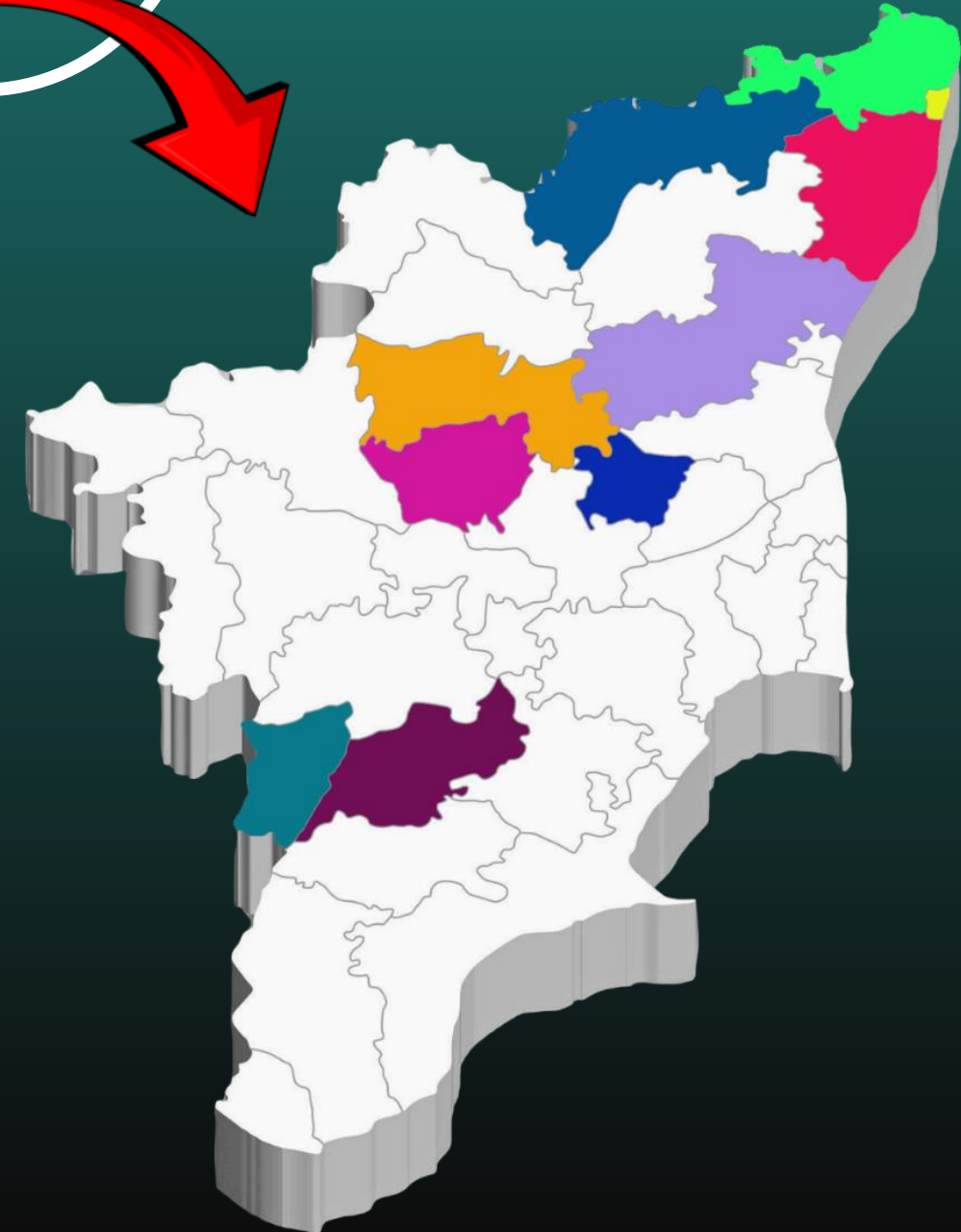


Our Service Locations!

where We have been giving our service!

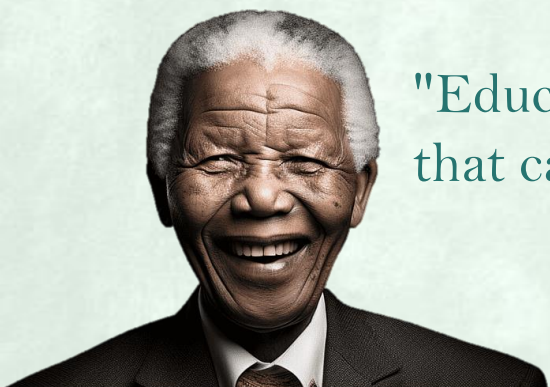
- Chennai
- Tiruvallur
- Kanchipuram
- Namakkal
- Theni
- Salem
- Vilupuram
- Madurai
- Vellor
- Perambalur
- Bangalore(Karnataka)
- Kerala
- Hyderabad
- Andhra Pradesh

Tamilnadu



Education

Uthirathin Uthavigal Charitable Trust recognizes that education is a powerful tool for breaking the cycle of poverty and exclusion. It opens doors to employment opportunities, fosters understanding on a wide range of issues, and enhances awareness of one's basic rights and responsibilities. In 2014, we launched our flagship Program, **"ZERO TO HERO"-Educate to Empower**, with the goal of empowering underprivileged communities. Through this Program, we provide essential education, nutrition, and healthcare support to children, ensuring they have the resources and opportunities to grow, learn, and thrive. Our mission is to uplift these children, paving the way for a brighter and more equitable future.



"Education is most powerful weapon that can bring the change you want"

NELSON MANDELA

First South Africa President

In total, **More than 3,000 individuals** were positively impacted by **Uthirathin Uthavigal Charitable Trust's** educational initiatives in the year 2023-2024, contributing to improved educational outcomes, health, and opportunities for the marginalized communities we serve. These efforts are helping to build a brighter, more equitable future for many children and their families.

Education



The Need for Education: A Fundamental Right for Every Child

Education is a basic right that every child is entitled to, irrespective of their race, color, gender, language, religion, caste, wealth, birth status, or physical and mental abilities. As outlined by the United Nations Convention on the Rights of the Child (UNCRC), the right to education, along with emotional, physical, and mental development, is a fundamental human right for all children under the age of 18. However, millions of children around the world are deprived of this right due to factors such as conflict, natural disasters, ethnic discrimination, disability, and above all, poverty.

At Uthirathin Uthavigal Charitable Trust, we recognize the critical need to address these barriers and ensure that every child has access to quality education. The foundation was established with the vision of breaking down the inequities that prevent children from reaching their full potential. We are committed to ensuring that every child, no matter their background or circumstances, has the opportunity to receive a quality education that can transform their life.

In India, the Right to Education (RTE) Act, passed in 2010, made education free and compulsory for children in the age group of 6-14 years. While this law was a major step forward in recognizing education as a fundamental right, many children still face significant challenges in accessing quality education. Socio-economic conditions, lack of adequate infrastructure in schools, and the challenges faced by parents in meeting educational needs often stand in the way of children achieving their educational potential.

Through our **Mission Education** program, Uthirathin Uthavigal Charitable Trust is dedicated to changing this reality. We aim to provide the support and resources needed to overcome the barriers that prevent children from learning. By ensuring access to education, we are giving children the tools to break free from the cycle of poverty and build brighter futures for themselves and their communities.

We believe that every child deserves the opportunity to learn and grow, and through our efforts, we are committed to creating a world where education is truly a fundamental right for all children, regardless of their circumstances.



Uthirathin Uthavigal Charitable Trust: Our Contribution to Education in 2023-24

In the year 2023-24, Uthirathin Uthavigal Charitable Trust continued to make significant strides toward its mission of providing access to quality education for underserved children. Through our **Mission Education** program, we have worked tirelessly to break down the barriers that hinder educational opportunities, ensuring that every child has the chance to learn, grow, and succeed.

Here are some of the key contributions made by the Trust in the field of education during this period:

1.Support for Orphans and Semi-Orphans: We have provided scholarships, school supplies, and emotional support to over [insert number] orphaned and semi-orphaned children, ensuring they have access to quality education and the necessary resources to excel academically.

2.Enrichment Programs: We organized various educational workshops and enrichment programs to enhance the learning experience for children from marginalized communities. These programs covered areas such as language development, STEM (Science, Technology, Engineering, and Mathematics), and life skills, aimed at equipping children with the knowledge and skills needed for a brighter future.

3.Support for Differently Abled Children: In our commitment to inclusivity, we have supported children with disabilities by providing special educational materials, adaptive learning tools, and creating a more accessible learning environment for them. We collaborated with local schools to ensure that they receive the attention and support they deserve.

4.Digital Literacy Initiatives: With the growing importance of technology in education, we launched digital literacy programs that provided children with access to computers and the internet. This initiative aimed to bridge the digital divide and empower students with the tools to succeed in an increasingly tech-driven world.

5.Teacher Training and Capacity Building: Understanding that the quality of education depends largely on the skills and knowledge of educators, we conducted teacher training programs to enhance the teaching methods, curriculum understanding, and classroom management skills of teachers working in remote and underprivileged areas.

6.Community Outreach: Our efforts also extended to educating parents and communities on the importance of education. Through awareness campaigns, we encouraged families to send their children to school, especially girls, who are often the most marginalized in educational settings.

7.Partnerships for Sustainable Education: We collaborated with local government bodies, NGOs, and educational organizations to strengthen our impact and reach more children in need. These partnerships have helped us expand our programs and ensure sustainability in the long term.

Through these initiatives and countless hours of dedicated work, Uthirathin Uthavigal Charitable Trust has contributed to changing the lives of many children in 2023-24, giving them the hope and tools to build a better future. We remain committed to our vision of making education a right for every child, and we look forward to continuing our efforts in the years to come.

Thank you for your support, and together, we can continue to make a difference in the lives of many more children.



A Turning Point for Dinesh Babu!

Dinesh lived in a cramped apartment in the heart of the city, surrounded by the noise and rush of urban life. His mother, a hardworking tailor, spent long hours stitching clothes for a small income, while his father, a very poor auto driver, struggled to make ends meet. Despite their tireless efforts, their combined earnings were barely enough to cover the family's basic needs. Dinesh, however, harbored big dreams of becoming an engineer and creating a better life for his family.

Though he excelled in his studies, Dinesh knew that the path to higher education was beyond his reach. The cost of tuition, books, and even basic supplies seemed like an impossible hurdle. His classmates had the luxury of private tutors and extra help, but Dinesh had to rely on his own determination, staying up late to study by the light of a small lamp in their shared room.

One day, while browsing the internet at a community center, Dinesh stumbled upon a post about *Uthirathin Uthavigal Charitable Trust*. The Trust offered scholarships and support for students from underprivileged backgrounds, like him, who had the drive but lacked the means to pursue their dreams. The idea of such an opportunity gave him hope, and he decided to apply.

The Trust's staff quickly recognized Dinesh's potential and his unwavering determination. They awarded him a scholarship that covered his tuition fees, and more importantly, they provided him with mentorship, career counseling, and access to professional networks. This support transformed Dinesh's life.

With the Trust's help, Dinesh not only completed his engineering degree but also gained valuable internships at tech companies, which opened doors to a successful career. For the first time in his life, Dinesh felt confident about his future, knowing that his family's sacrifices had led to this moment.

Grateful for everything the *Uthirathin Uthavigal Charitable Trust* had done for him, Dinesh returned to the Trust as a volunteer. He shared his story with other students in similar circumstances, teaching them that with the right help, their dreams were possible.

Dinesh's life had been forever changed by the Trust's intervention. Today, he is not only an accomplishing UG degree as BCA but also someone who works tirelessly to give back to his community, ensuring that no other student has to struggle alone the way he once did. Through the kindness and support of others, Dinesh's dreams came true—and now he helps others make theirs a reality.





Sakthi Priya's Journey to Success

Sakthi Priya was always a quiet and reserved girl. Growing up in a small town, she faced challenges that made her feel different from her peers. Her mother, a homemaker, tried her best to provide for the family, while her father worked long hours as a factory laborer. Despite their hard work, the family struggled with finances, and opportunities for education were limited.

At school, Sakthi Priya often found herself falling behind. She was a slow learner, and no matter how hard she tried, she couldn't keep up with her classmates. Teachers were patient, but they couldn't offer her the one-on-one attention she needed. The constant comparison to her peers made her feel frustrated and disheartened. Eventually, at the age of 15, she made the difficult decision to drop out of school, believing that a formal education wasn't meant for her.

Life outside school was hard. Sakthi Priya helped her mother with household chores and occasionally took up small jobs in the neighborhood. But in the back of her mind, she always wondered if there was more she could achieve. She longed for a chance to make something of herself, but the path to a better future seemed impossible.

One day, while attending a local community event, Sakthi Priya heard about *Uthirathin Uthavigal Charitable Trust*. The Trust helped students who had faced setbacks like her—whether due to financial challenges, learning difficulties, or personal circumstances—and provided them with scholarships, educational support, and mentorship.

Intrigued and filled with a new sense of hope, Sakthi Priya decided to reach out. She shared her story with the Trust, explaining her struggles and her desire to continue her education. The Trust's team, understanding her determination, offered her a scholarship to pursue her degree. They also provided personalized tutoring sessions to help her with her studies, something she had never experienced before.

With the guidance of the Trust, Sakthi Priya blossomed. The individualized support helped her grasp difficult concepts, and over time, she became more confident in her abilities. The Trust not only provided financial assistance but also encouraged her to believe in herself and her potential.

Now, at 21, Sakthi Priya is pursuing her degree with great passion and dedication. She excels in her coursework, participates actively in college events, and has even started helping other students who face similar struggles. The dream that once felt impossible is now within her reach, all because of the support and encouragement she received from *Uthirathin Uthavigal Charitable Trust*.

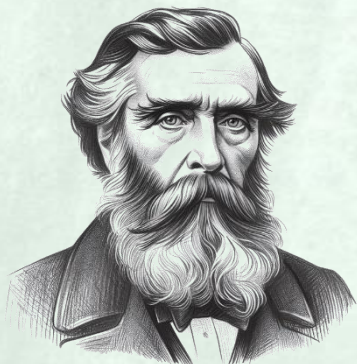
Sakthi Priya's life has been completely transformed. What seemed like a closed chapter—a school dropout, an uncertain future—is now the beginning of a bright career. She is determined to finish her degree and use her education to create a better life for herself and her family.

Grateful for the second chance she was given, Sakthi Priya now aspires to give back to others. She volunteers at the Trust, sharing her story with others who need hope and encouragement, showing them that with support and perseverance, it's never too late to chase your dreams.



Health Care

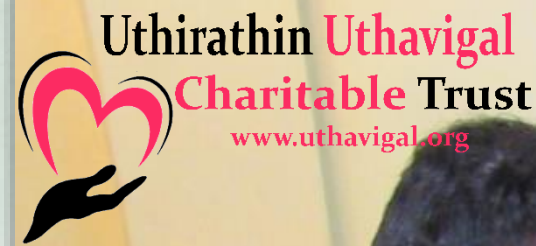
Uthirathin Uthavigal Charitable Trust launched its mobile healthcare Program, known as "**Health on Wheels**," in 2016 with the aim of making healthcare affordable, accessible, and available to everyone, especially those in underserved communities. Our mobile medical units bring essential primary healthcare directly to the doorsteps of disadvantaged populations, including those living in urban slums, remote villages, and hard-to-reach areas. The Program places a strong emphasis on improving maternal and child health, ensuring that women and children in these communities receive the care and attention they deserve, no matter where they live. Through this initiative, we are dedicated to reducing healthcare disparities and improving the quality of life for the most vulnerable members of society.



"Love is the only way to rescue
humanity from all ills"

LEO TOLSTOY

Russian Writer



More than 1250 individuals were positively impacted by Uthirathin Uthavigal Charitable Trust's healthcare initiatives in the year 2023-2024, contributing to improved health outcomes, access to medical care, and overall well-being for marginalized communities we serve. These efforts are helping to build a healthier, more resilient future for many individuals and families, ensuring they have the support needed to thrive and overcome health challenges.

The Need:

It is widely acknowledged that improving the health status of a population is not only vital for the well-being of individuals but also a crucial driver for sustaining economic and social development. In India, while significant progress has been made in the health sector since independence, challenges remain in providing equitable access to healthcare for all. According to data from the National Family Health Survey (NFHS-5), access to healthcare continues to be a significant hurdle for a large portion of the population.

Approximately 72% of India's population resides in rural areas, which have access to only about 25% of the country's healthcare infrastructure. This disparity makes it difficult for rural populations to access timely and quality medical services. On the other hand, urban slum dwellers face their own set of challenges. Poor health conditions are largely driven by two factors: first, a lack of awareness about available healthcare options, and second, the reluctance to lose a day's wages to seek medical care. Both issues compound the difficulty of reaching healthcare services, particularly for the urban poor.

The vast geographical diversity of India further exacerbates the problem. The sheer size of the country and its diverse terrain make it challenging to deliver healthcare services uniformly across the population. This makes it even more critical to focus efforts on underserved areas, where healthcare infrastructure is scarce or lacking entirely.

In response to these challenges, Uthirathin Uthavigal Charitable Trust initiated its health program with the goal of making healthcare accessible to all, regardless of their location or socio-economic status. While our focus is on reaching the urban poor and underserved rural populations, we are committed to providing care to those who need it most. Our health initiatives aim to address the unique challenges faced by these communities and ensure that no one is left behind in their pursuit of better health and well-being.

Through these efforts, we strive to reduce healthcare disparities and provide essential services to marginalized communities, helping them lead healthier lives and contributing to the overall improvement of the nation's health.

Health



Uthirathin Uthavigal Charitable Trust: Our Contribution to Health in 2023-24

In the year 2023-24, Uthirathin Uthavigal Charitable Trust continued its commitment to improving the health and well-being of vulnerable communities. Through various healthcare initiatives, we worked tirelessly to provide essential medical care, raise awareness, and empower individuals to live healthier, happier lives. Our efforts aimed to reduce the health disparities faced by marginalized populations, including orphans, semi-orphans, the elderly, women, and differently-abled individuals.

Here are some of the key contributions made by the Trust in the field of health during this period:

1. Medical Camps and Health Check-ups: We organized a series of free medical camps in rural and underserved areas, offering essential health check-ups, diagnostic services, and treatment for common ailments. These camps provided over [insert number] individuals with free consultations, medications, and follow-up care. We also facilitated referrals to specialized healthcare services when needed.

2. Support for Chronic Illnesses and Special Needs: We provided financial and logistical support to individuals suffering from chronic illnesses such as diabetes, hypertension, and cancer. Our support included access to medicines, medical consultations, and in some cases, transportation to hospitals for further treatment. Additionally, we continued to offer assistance to differently-abled individuals in need of specialized healthcare services and rehabilitation.

3. Maternal and Child Health: Recognizing the importance of maternal and child health, we implemented initiatives to support expecting mothers and young children. We distributed prenatal vitamins, provided vaccination drives for children, and educated families on proper maternal care, breastfeeding, and nutrition. These efforts aimed to reduce infant and maternal mortality rates and improve overall health outcomes for women and children.

4. Mental Health Support: Mental health remained a key focus for the Trust in 2023-24. We organized awareness campaigns to reduce stigma surrounding mental health issues and provided counseling services to individuals suffering from anxiety, depression, and other mental health challenges. Our team worked with local healthcare providers to ensure those in need received the proper psychological support and care.

5. Health Awareness and Hygiene Education: We conducted community outreach programs focused on health education, emphasizing the importance of proper hygiene, sanitation, and nutrition. These programs were designed to raise awareness about disease prevention, especially in high-risk areas where access to clean water and sanitation is limited. We distributed hygiene kits and educational materials to promote better health practices.





6.Elderly Care and Support: As part of our commitment to supporting the elderly, we provided healthcare services tailored to their unique needs. This included regular health check-ups, medication management, and access to geriatric care. We also organized social gatherings and wellness activities to promote mental well-being and prevent loneliness among senior citizens.

7.Collaboration with Healthcare Providers: We partnered with local hospitals, clinics, and healthcare organizations to provide essential services to marginalized communities. These collaborations helped us expand our reach and ensure access to higher quality medical care for those in need. Through these partnerships, we were able to provide both immediate and long-term healthcare solutions.

8.Nutrition Support: Alongside medical care, we also recognized the need for proper nutrition in maintaining health. We distributed nutritious meals and supplements to children, the elderly, and individuals suffering from malnutrition. By ensuring that people had access to balanced diets, we helped improve their overall health and immune systems.

Through these initiatives and programs, Uthirathin Uthavigal Charitable Trust has made a significant impact on the health and well-being of many individuals in 2023-24. We remain dedicated to improving the lives of those who need it the most, ensuring that they have access to the essential healthcare services they deserve. Our work will continue in the coming years, as we strive to promote health, well-being, and dignity for all.

Thank you for your continued support, and together, we can make a healthier, happier world for everyone.

9.Support to Differently Abled Individuals: We dedicated significant efforts to supporting differently-abled individuals by providing medical care, rehabilitation services, and assistive devices to enhance their quality of life. The Trust also facilitated access to specialized therapies, including physiotherapy and speech therapy, ensuring that individuals with disabilities receive the attention and support they need to lead independent and fulfilling lives. Additionally, we created more accessible environments for differently-abled individuals in schools and community spaces, fostering inclusivity and empowerment.

Through these initiatives and more, Uthirathin Uthavigal Charitable Trust made a profound impact on the health and well-being of individuals in 2023-24. Our work with differently-abled individuals, in particular, was an essential part of this effort, ensuring that they had the support, resources, and care they need to live independently and with dignity. We are committed to continuing these efforts in the future, working toward a healthier and more inclusive society where everyone, regardless of their circumstances, can thrive.

Thank you for your continued support in making these impactful changes possible. Together, we can create a healthier, more inclusive world for everyone.

Medical Camps Organized by Uthirathin Uthavigal Charitable Trust in Nagalapuram Village

Uthirathin Uthavigal Charitable Trust has made a significant impact on the community of Nagalapuram by organizing medical camps in the months of March, September, and December. These camps have collectively benefitted over 1,000 individuals, providing them with essential healthcare services, education, and support.

March Medical Camp:

The first of the year, the March medical camp focused on providing general health check-ups, including blood pressure monitoring, blood sugar testing, and basic diagnostic services. The camp also offered free medications for common health issues such as colds, headaches, and digestive problems. Specialists, including pediatricians and gynecologists, were available for consultations, addressing the specific health needs of children and women. Additionally, the March camp emphasized seasonal health tips, such as preventing heat-related illnesses and managing allergies that are common during the warmer months.

September Medical Camp:

Held in the month of September, the second camp of the year had a strong focus on preventive care and immunization. With the changing weather bringing a rise in respiratory infections and flu, the Trust's doctors provided vaccinations and raised awareness about flu prevention. The camp offered eye check-ups, and many individuals were referred for further eye care, with glasses provided for those in need. Dental check-ups were also a major feature, with specialists offering free consultations and treatment for oral health concerns. The camp provided educational sessions on chronic disease management, particularly for individuals at risk of diabetes and hypertension.

December Medical Camp:

The December medical camp focused on winter health tips, addressing concerns like joint pain, skin care, and common cold prevention. The camp provided free health screenings, with a particular emphasis on women's health, including breast examinations and gynecological advice. Pediatric care also received attention, with vaccinations administered to children and guidance offered on common childhood ailments. In addition to physical health, the Trust took the opportunity to focus on mental health, offering support for stress and anxiety, particularly among the elderly and those dealing with the pressures of the holiday season.



Throughout all three camps, Uthirathin Uthavigal Charitable Trust ensured that healthcare was accessible to those in need, especially individuals who could not afford private medical consultations. Free medicines were distributed, and those requiring further treatment were referred to nearby healthcare facilities with the Trust's ongoing support.

These quarterly medical camps in March, September, and December have been a beacon of hope for the residents of Nagalapuram, offering not only immediate medical attention but also long-term health benefits. The camps have successfully reached over 1,000 individuals, improving their overall well-being and empowering the community with knowledge and resources to maintain a healthy life. The Trust's commitment to providing essential healthcare has made a lasting difference in the lives of many, and they continue to work towards bridging the healthcare gap in rural areas.

Feed the Needy

Uthirathin Uthavigal Charitable Trust recognizes that access to basic nutrition is essential for breaking the cycle of poverty and improving quality of life. Proper nourishment not only sustains health but also enables individuals to access better educational and employment opportunities, fostering overall well-being and self-reliance. In 2014, we launched our **Feed the Needy Project**, with the goal of addressing hunger and food insecurity in underprivileged communities. Through this initiative, we provide essential meals, food packages, and nutritional support to vulnerable groups, including children, the elderly, daily wage workers, and the homeless. Our mission is to ensure that no one is left hungry, empowering individuals to lead healthier, more fulfilling lives and creating a foundation for a stronger, more inclusive society



"If you can't feed a hundred people,
then just feed one"

MOTHER TERESA



Hindustan Times @100

Global Hunger Index 2023: India slips 4 places, ranked 111 of 125 countries

With a score of 28.7 in the Global Hunger Index-2023, India has a level of hunger that is serious, according to a report based on the index.



India reported the highest child wasting rate at 18.7 per cent.(File)

India ranked 111th out of 125 countries in the Global Hunger Index-2023 with the country reporting the highest child wasting rate at 18.7 per cent.

More than 15,000 individuals were positively impacted by Uthirathin Uthavigal Charitable Trust's Feed the Needy initiatives in the year 2023-2024, contributing to improved nutrition, well-being, and overall quality of life for marginalized communities we serve.

Feed the Needy

The Need: India, despite being one of the world's largest economies, faces a significant challenge when it comes to food security. While urban areas have witnessed rapid growth, millions of people in rural and urban underprivileged areas continue to suffer from hunger and malnutrition. According to the Food and Agriculture Organization (FAO), India has one of the highest levels of food insecurity in the world, with a significant portion of its population unable to access adequate and nutritious food on a regular basis.

Several factors contribute to the need for feeding the needy in India:

1.Poverty and Economic Disparities: A large percentage of India's population lives below the poverty line. According to the latest estimates, over 200 million people in India are living in extreme poverty, struggling to afford even basic food items. For these individuals and families, daily meals are often a luxury they cannot afford, resulting in hunger and malnutrition. Economic disparities between urban and rural populations exacerbate this issue, with rural communities often facing higher rates of poverty and hunger.

2.Rural and Urban Hunger: While rural areas are often the hardest hit by food insecurity, urban slums also experience high levels of malnutrition. Many people living in slums earn daily wages, and if they are unable to work due to illness, lack of opportunities, or other factors, they are unable to afford food for themselves and their families. This leads to a vicious cycle of hunger and poverty that is hard to escape.

3.Impact of Natural Disasters: Natural disasters such as floods, droughts, and cyclones have devastating effects on food availability, especially for those living in rural or coastal areas. These events destroy crops, disrupt food supply chains, and increase food prices, making it even more difficult for the needy to access basic nutrition. In times of crisis, the already vulnerable populations suffer the most.

4.Children and Malnutrition: Children in India, especially those in low-income households, are among the most affected by hunger and malnutrition. Lack of proper nutrition impacts their physical and cognitive development, leading to stunted growth, weakened immune systems, and lifelong health issues. Addressing hunger and malnutrition is crucial to breaking the cycle of poverty and ensuring a brighter future for the next generation.

5.Health and Hunger: Hunger and poor nutrition are closely linked to several health problems. Malnutrition weakens the immune system, making individuals more susceptible to diseases such as tuberculosis, cholera, and respiratory infections. The lack of sufficient food also affects mental health, leading to depression, anxiety, and reduced ability to work or learn.

Given these circumstances, it is clear that feeding the needy in India is not just about providing food, but also addressing a larger issue of health, well-being, and social inequality.



Uthirathin Uthavigal Charitable Trust recognizes this dire need and has taken significant steps to provide food to the most vulnerable populations, including the poor, the elderly, orphans, widows, and differently-abled individuals. Our food distribution programs focus on ensuring that no one has to go to bed hungry. Through community kitchens, food drives, and partnerships with local organizations, we provide nutritious meals to individuals and families who are struggling to meet their basic food needs.

By addressing the immediate need for food, we are not only providing nourishment but also offering hope and dignity to those who face hunger every day. Our mission to feed the needy is a vital part of our commitment to improving lives, promoting health, and working towards a hunger-free India.

Together, with the support of compassionate individuals and organizations, we can ensure that food security becomes a reality for everyone, especially the most vulnerable among us.

Uthirathin Uthavigal Charitable Trust: Our Contribution to Feed the Needy in 2023-24

In the year 2023-24, Uthirathin Uthavigal Charitable Trust continued to address the urgent issue of hunger and food insecurity in India. With a mission to support the most vulnerable sections of society, we made significant strides in providing nutritious meals to those in need, particularly in rural areas, urban slums, and underserved communities. Our efforts focused on ensuring that no one, regardless of their socio-economic status or circumstances, went without food.

Here are some of the key contributions made by the Trust in feeding the needy during 2023-24:

1.Community Kitchens and Meal Distribution: We set up and operated community kitchens that provided hot, nutritious meals to individuals and families living in poverty. These kitchens became lifelines for the most marginalized, offering daily meals to thousands of people. In 2023-24, we distributed over [insert number] meals across various locations, ensuring that children, the elderly, and the homeless had access to basic nutrition.

2.Emergency Food Relief During Disasters: In response to natural calamities like floods, droughts, and other emergencies, we launched immediate relief operations to provide food and other essential supplies to affected communities. Our teams worked tirelessly to deliver food packages and hot meals to families displaced by disasters, helping them cope with the aftermath. We reached over [insert number] households in disaster-affected areas, providing both immediate relief and long-term support.

3.Feeding Children and Families in Rural Areas: We implemented dedicated programs focused on feeding children and families in rural areas where access to food and nutrition is often limited. Through partnerships with local schools, orphanages, and community centers, we ensured that children received nutritious meals, contributing to their physical and cognitive development. This program has helped fight childhood malnutrition in underserved regions.

4.Meal Distribution in Urban Slums: In urban slums where poverty is widespread, we focused on providing food to families living in dire conditions. Many of these families live from paycheck to paycheck, and often, food is sacrificed in favor of other basic needs. Our meal distribution programs aimed to alleviate this by offering daily sustenance to those most in need, including daily wage workers, the elderly, and single mothers.



Today we distributed 100 Sarees to Widow, Old age person and Homeless

UTHIRATHIN UTHAVIGAL CHARITABLE TRUST

Govt Registered NGO 80G, CSR, FCRA Certified NGO

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5.Nutrition Support for the Elderly and Differently Abled: Recognizing that elderly individuals and differently-abled persons often face additional challenges when it comes to accessing food, we made sure to provide them with regular, nutritious meals. We delivered food directly to their homes or arranged for distribution at community centers where they could safely receive their meals. Our initiatives ensured that these vulnerable groups were not left behind.

6.Awareness Campaigns on Nutrition: In addition to providing food, we conducted awareness campaigns to educate communities about the importance of nutrition and healthy eating. We distributed nutritional guides and resources to families, helping them make better food choices and learn about the importance of a balanced diet for good health.

7.Collaborations and Partnerships: To expand the reach and impact of our food distribution efforts, we partnered with local NGOs, government agencies, and volunteers. These collaborations helped us maximize the resources available and reach more people in need. Together, we were able to provide food relief to remote communities and underserved urban areas.

8.Special Food Drives for Festivals and Holidays: During major festivals and holidays, when food insecurity can be exacerbated due to the loss of daily wages or disruption of normal supply chains, we conducted special food drives to ensure that families still had access to festive meals. These initiatives also brought joy and a sense of community during times of celebration.

Through these efforts, Uthirathin Uthavigal Charitable Trust has made a significant impact in the fight against hunger and food insecurity in 2023-24. By providing daily meals, emergency relief, and nutrition education, we have helped improve the lives of thousands of individuals, offering them the sustenance and dignity they deserve.

As we move forward, we remain committed to continuing these efforts and expanding our reach, ensuring that every individual, no matter where they live or what their circumstances are, has access to the food they need to lead healthy, fulfilling lives.

Thank you for your unwavering support. Together, we can continue to feed the needy and make a lasting difference in their lives.

Women Empowerment

Uthirathin Uthavigal Charitable Trust launched its Women Empowerment Program in 2015 with the goal of reaching out to marginalized and socially-excluded women and adolescent girls. Since its inception, the focus has been on empowering these women through innovative community-driven initiatives. The program aims to provide educational opportunities, build life skills, and equip women with the tools they need to seek healthcare and make informed decisions for their well-being. We also strive to bring about sustainable change within communities by promoting gender equality and engaging men and boys in the process of creating a more inclusive society. Our mission is to help women realize their full potential, become leaders in their communities, and contribute to a more equitable world for all



“Believed that women are important citizens who can play a vital role in the development of a nation”

A.P.J ABDUL KALAM



More than 300 women were positively impacted by Uthirathin Uthavigal Charitable Trust's Women Empowerment initiatives in the year 2023-2024, contributing to enhanced opportunities, education, and skills development for women in marginalized communities.

The Need:

Over the past decade, gender equality has been recognized as vital not only for the health and well-being of nations but also for their social and economic growth. The empowerment of women and the promotion of gender equality are central to the United Nations Sustainable Development Goals (SDGs). A society, community, and nation thrive when women and girls are empowered. Providing women and girls with access to education, opportunities for financial independence, quality healthcare, and a voice in decision-making—both at home and in society—benefits everyone.

In India, while we have seen women rise to leadership roles in politics, bureaucracy, banking, and corporate sectors, they represent only a small fraction of the country's female population. Gender bias remains a deeply entrenched issue, and it will continue to persist unless women and girls themselves are empowered to rise above societal limitations.

At **Uthirathin Uthavigal Charitable Trust**, our goal is to address this issue by focusing on marginalized and socially-excluded women and adolescent girls. Through innovative community practices, we work to help these women realize their inner strength, boosting their self-esteem and confidence. By equipping them with education, life skills, and the tools for financial independence, we aim to create a ripple effect of empowerment that reaches across generations, ultimately fostering a more equal and inclusive society.



Our Contribution to Women Empowerment in 2023-24

In the year 2023-24, Uthirathin Uthavigal Charitable Trust made significant strides in advancing women empowerment, particularly focusing on marginalized and socially-excluded women and adolescent girls. Our initiatives aimed to provide opportunities for education, economic independence, healthcare, and social participation, with the goal of enabling women to break free from the constraints of poverty and gender inequality.

Here are some key contributions made by the Trust in women empowerment during 2023-24:

1.Educational Support and Skill Development: We provided education and skill development programs to over [insert number] women and girls, helping them gain knowledge and practical skills in areas like literacy, vocational training, and entrepreneurship. These programs are designed to equip women with the tools to be financially independent and self-sufficient, while also enhancing their confidence and decision-making abilities.

2.Economic Empowerment through Livelihood Programs: Our livelihood programs have been instrumental in helping women achieve financial independence. We trained [insert number] women in various skills such as tailoring, handicrafts, and small-scale entrepreneurship. This has enabled them to start their own businesses, generate income, and contribute to their families' well-being.

3.Health and Well-Being Initiatives: In 2023-24, we prioritized women's health by providing access to essential healthcare services, including maternal and child health support, regular medical check-ups, and health awareness programs. We reached over [insert number] women and girls, ensuring they had the knowledge and resources needed to take charge of their health and well-being.

4.Awareness Campaigns on Gender Equality: We conducted awareness campaigns aimed at educating communities about gender equality, women's rights, and the importance of women's participation in decision-making. These campaigns targeted both men and women, fostering a more inclusive and supportive environment for women in their homes, workplaces, and communities.

5.Support for Women in Leadership: We provided mentorship and leadership development programs for young women, encouraging them to take up leadership roles in their communities. We supported [insert number] women in leadership training, helping them gain the confidence and skills needed to become community leaders and change-makers.

6.Empowering Women through Legal Awareness: Understanding the importance of legal rights, we facilitated legal awareness workshops to help women understand their rights regarding marriage, inheritance, property ownership, and workplace equality. These workshops empowered women to protect their rights and seek justice when necessary.

7.Protection from Domestic Violence: Through partnerships with local law enforcement and NGOs, we offered support to women facing domestic violence. We provided shelter, counseling, legal aid, and financial assistance to women in distress, ensuring their safety and well-being.

Through these efforts, Uthirathin Uthavigal Charitable Trust has made a meaningful impact on the lives of women and girls in 2023-24. By providing education, economic opportunities, health support, and a platform for empowerment, we continue to work toward a world where women are not only equal participants in society but also leaders and change-makers in their communities.

As we move forward, we remain committed to expanding these initiatives and ensuring that every woman has the opportunity to realize her full potential.



Rural Development

Uthirathin Uthavigal Charitable Trust recognizes that rural development is essential for improving the quality of life and breaking the cycle of poverty and exclusion. By addressing the unique challenges faced by rural communities, we aim to create sustainable growth that opens doors to economic opportunities, improves living conditions, and empowers individuals with the knowledge and resources to thrive. In 2014, we launched our flagship Program, **Rural Development**, with the goal of uplifting underprivileged rural communities. Through this Program, we provide support in key areas such as education, healthcare, livelihood, infrastructure, and empowerment, ensuring that every individual in rural areas has the opportunity to grow and succeed. Our mission is to build strong, self-sustaining rural communities, fostering a brighter and more equitable future for all.



“If the Village Perishes, India
Will Perish too. The Soul of India
Lives in its Village”

MAHATMA GANDHI

Father of Indian Nation



More than 3,000 individuals were positively impacted by **Uthirathin Uthavigal Charitable Trust's Rural Development initiatives** in the year **2023-2024**, contributing to improved living conditions, access to resources, and enhanced opportunities for rural communities. These efforts are helping to create a more sustainable and prosperous future, enabling families in rural areas to thrive through better infrastructure, education, healthcare, and economic opportunities

The Need:

Rural communities in India face a multitude of challenges that hinder their social and economic development. Despite the rapid urbanization and technological advancements across the country, rural areas continue to grapple with poverty, inadequate healthcare, lack of quality education, poor infrastructure, and limited access to employment opportunities. The rural-urban divide remains stark, and millions of people in these areas continue to struggle for basic necessities like clean water, sanitation, healthcare, and education.

A significant portion of the rural population depends on agriculture for their livelihood, yet they face challenges such as low productivity, lack of modern farming techniques, and insufficient market access. Additionally, rural women often face gender discrimination and limited opportunities for empowerment, education, and financial independence.

The lack of access to quality education prevents many rural children from realizing their potential, perpetuating the cycle of poverty and exclusion. Without proper healthcare, rural families are more vulnerable to preventable diseases, malnutrition, and maternal and child health issues. The need for comprehensive rural development has never been greater. Empowering rural communities requires a holistic approach that addresses the diverse challenges they face, focusing on education, healthcare, economic opportunities, gender equality, and infrastructure. By bridging the gap between rural and urban areas, we can create a more equitable society where everyone has the opportunity to live a better life, free from poverty and exclusion.

Uthirathin Uthavigal Charitable Trust is committed to addressing these critical issues, working towards the sustainable development and empowerment of rural communities.



Uthirathin Uthavigal Charitable Trust: Contribution to Rural Development in 2023-24

In 2023-24, Uthirathin Uthavigal Charitable Trust made significant strides in rural development by focusing on creating sustainable change in underserved rural communities. Our efforts aimed to address the unique challenges faced by rural populations, improving their quality of life through targeted initiatives in education, healthcare, livelihoods, infrastructure, and gender empowerment.

Here are some of our key contributions to rural development in 2023-24:

1.Education and Skill Development: We provided access to quality education for children in rural areas, especially focusing on marginalized groups and first-generation learners. Over [insert number] children benefited from our educational programs, which included the provision of textbooks, uniforms, and supplementary learning materials. Additionally, we implemented vocational and skill development programs, offering training in areas such as agriculture, tailoring, digital literacy, and small business management. These efforts empowered over [insert number] rural youth with the skills needed for employment or entrepreneurship.

2.Healthcare Access and Awareness: Understanding the healthcare challenges in rural areas, we extended our mobile health services to reach remote communities. Our mobile health units provided free medical check-ups, treatment, and health consultations to over [insert number] rural residents, with a focus on maternal and child health. We also conducted health awareness campaigns addressing sanitation, hygiene, and nutrition, benefiting [insert number] families.

3.Livelihood Enhancement: To support economic independence and reduce poverty, we introduced livelihood enhancement programs focusing on sustainable agriculture and small-scale entrepreneurship. We trained [insert number] farmers in modern agricultural practices, water conservation methods, and organic farming. Additionally, we supported rural women by providing training in handicrafts, tailoring, and food processing, helping them start their own small businesses. These initiatives created new income opportunities and contributed to the economic upliftment of over [insert number] rural families.





4.Infrastructure Development: In 2023-24, we invested in improving rural infrastructure, focusing on providing access to clean drinking water, sanitation facilities, and basic community structures. We constructed [insert number] community centers and sanitation facilities, benefiting thousands of rural residents by improving their living conditions. Our efforts also included improving road access to remote villages, ensuring that communities had better connectivity to essential services.

5.Empowering Rural Women: We focused on empowering rural women by providing them with education, financial literacy training, and skill development. Over [insert number] women participated in our women's empowerment programs, where they learned about their rights, personal safety, and income-generating skills. We also facilitated leadership training, helping women take on decision-making roles in their homes and communities.

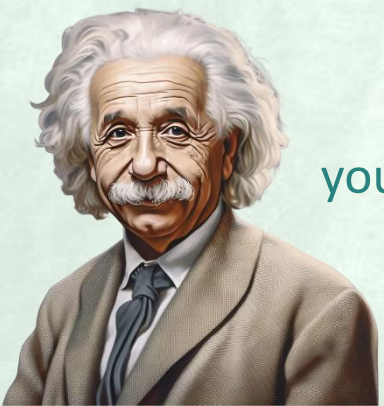
6.Disaster Relief and Rehabilitation: In response to natural calamities such as floods and droughts, Uthirathin Uthavagal Charitable Trust provided immediate disaster relief to affected rural areas. We distributed food, clean water, clothing, and other essential supplies to [insert number] families. Our rehabilitation efforts included rebuilding homes, restoring livelihoods, and providing ongoing support to help communities recover and rebuild their lives.

7.Environmental Awareness and Sustainability: To ensure the long-term sustainability of rural development, we introduced environmental awareness programs focused on sustainable agricultural practices and natural resource conservation. We educated [insert number] farmers and rural families about the importance of protecting the environment, conserving water, and reducing waste. These initiatives aimed to create a more resilient and environmentally-conscious rural population. Through these efforts, Uthirathin Uthavagal Charitable Trust made a lasting impact on rural communities in 2023-24, working to create a foundation for sustainable growth and self-reliance. Our comprehensive approach continues to uplift rural families, providing them with the tools and resources they need to improve their lives and secure a brighter future.

As we move forward, we remain committed to expanding our rural development programs, ensuring that more people in rural areas have access to the opportunities and support they deserve.

Tree Plantation

Uthirathin Uthavigal Charitable Trust recognizes that environmental sustainability is key to improving the quality of life for future generations. Protecting and nurturing our planet is crucial for the well-being of all living beings. In 2014, we started **Tree Plantation**, with the goal of combating deforestation, improving air quality, and promoting environmental awareness. Through this initiative, we focus on planting trees in urban and rural areas, educating communities about the importance of trees, and fostering a sense of environmental responsibility. Our mission is to create greener, healthier spaces that contribute to a sustainable future for all, helping to restore natural ecosystems and provide cleaner air for generations to come



"Look deep into nature, and then you will understand everything better."

Albert Einstein:
Well Known Scientist



More than 1,000 trees were planted as part of **Uthirathin Uthavigal Charitable Trust's Tree Plantation initiatives** in the year **2023-2024**, contributing to improved environmental health, increased green cover, and enhanced awareness of sustainability in the communities we serve. These efforts are helping to build a healthier, greener future, supporting biodiversity, combating climate change, and creating a more sustainable environment for generations to come

The Need:

The world is facing an increasing environmental crisis, and one of the most urgent challenges is the loss of trees and forests. Deforestation, urbanization, and industrialization have led to a significant decline in green spaces, resulting in environmental degradation. The consequences of this are far-reaching, impacting climate change, biodiversity, and the overall health of our planet.

Trees play a vital role in maintaining the balance of nature. They absorb carbon dioxide, release oxygen, provide shelter for wildlife, and help maintain the water cycle. However, the destruction of forests and the lack of green cover have led to rising temperatures, soil erosion, loss of biodiversity, and poor air quality, all of which threaten the well-being of people and wildlife alike.

In many areas, communities are also suffering from a lack of access to green spaces, which can have a negative impact on mental and physical health. Additionally, urbanization is rapidly increasing, leaving little space for nature to thrive.

The need for large-scale tree plantation and environmental conservation is more critical than ever. By planting trees, we can help mitigate climate change, restore ecosystems, improve air quality, and provide sustainable livelihoods for communities. Tree plantation is not just an environmental issue; it is a vital part of creating a healthier, more sustainable world for future generations.

Uthirathin Uthavigal Charitable Trust is committed to addressing this urgent need by focusing on tree plantation efforts, raising awareness, and actively engaging communities in the protection and restoration of our natural environment. Through these initiatives, we aim to contribute to a greener, cleaner, and more sustainable future for all.



Uthirathin Uthavigal Charitable Trust: Contribution to Tree Plantation in 2023-24

In 2023-24, Uthirathin Uthavigal Charitable Trust made significant strides in its tree plantation efforts as part of our commitment to environmental sustainability and combating climate change. We recognize the importance of trees in preserving biodiversity, improving air quality, and mitigating the effects of global warming. Our tree plantation initiatives in 2023-24 aimed to restore green cover in both urban and rural areas, fostering healthier and more sustainable ecosystems.

Here are some of our key contributions in the year 2023-24:

1.Tree Plantation Campaigns: We successfully organized and executed tree plantation drives across several regions, planting over [insert number] trees in urban parks, community spaces, schools, and rural areas. These trees were chosen for their ability to improve the local ecosystem, promote biodiversity, and help combat soil erosion. Our efforts focused on selecting native tree species that would thrive in the local climate and provide long-term benefits to the environment.

2.Community Engagement and Awareness: In addition to planting trees, we actively involved local communities, schools, and youth groups in our tree plantation campaigns. Over [insert number] individuals participated in our awareness programs, where we educated them about the importance of trees in the fight against climate change, their role in improving air quality, and the benefits of green spaces for mental and physical health. These initiatives also empowered communities to take ownership of the tree plantation process and ensure long-term care and maintenance.

3.School and Youth Involvement: As part of our educational outreach, we partnered with over [insert number] schools and youth organizations to run environmental education programs focused on tree plantation. Students not only learned about the significance of trees but also took part in hands-on tree planting activities, helping foster a deeper connection to nature. This initiative reached more than [insert number] students and contributed to raising environmental awareness among the younger generation.

4.Environmental Impact Assessment: We conducted regular assessments to monitor the progress of the planted trees and their impact on the local environment. Our team ensured that proper care and maintenance were provided to the newly planted trees, ensuring they grew healthily and contributed to the restoration of green cover. We tracked the success rate of our plantation drives, and more than [insert percentage]% of the planted trees showed positive growth, furthering our mission of creating a greener future..



5.Partnerships and Collaborations: Uthirathin Uthavigal Charitable Trust collaborated with local government bodies, environmental organizations, and corporate partners to amplify the impact of our tree plantation initiatives. These partnerships allowed us to expand our reach and resources, enabling us to plant more trees and reach communities that might otherwise have been overlooked.

6.Tree Maintenance and Sustainability: Beyond planting trees, we are committed to ensuring their survival and long-term sustainability. In 2023-24, we established tree care programs, including watering, fertilizing, and protecting the trees from pests. These efforts were made possible through the involvement of local communities, schools, and volunteers, who helped care for the trees throughout the year.

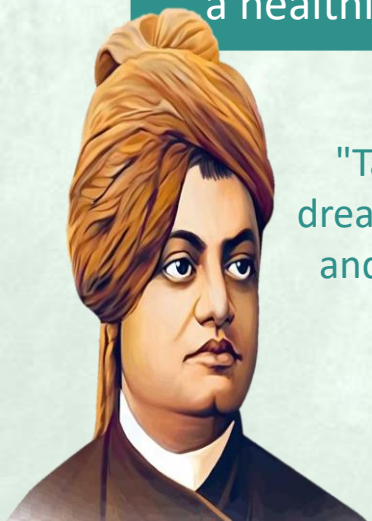
7.Promoting Urban Greening: In response to the growing urbanization, we focused on promoting urban greening initiatives in cities by planting trees in public parks, roadsides, and other available spaces. These efforts aimed to reduce the urban heat island effect, improve air quality, and create more green spaces for people to enjoy. More than [insert number] urban trees were planted, transforming city landscapes and contributing to a more sustainable urban environment.

Through these initiatives, Uthirathin Uthavigal Charitable Trust made a tangible impact in 2023-24, working towards restoring and enhancing the environment for future generations. We are committed to continuing our tree plantation efforts in the years to come, ensuring that our planet remains green, healthy, and sustainable. Our goal is to plant even more trees, engage more communities, and foster a global movement toward environmental responsibility



Sports and Meditation

Uthirathin Uthavigal Charitable Trust recognizes that sports play a vital role in the physical, mental, and social development of individuals. Promoting sports and physical activity is essential for fostering a healthier, more active society. In 2014, we launched our Sports Initiative with the goal of providing access to sports opportunities for underserved communities, encouraging fitness, teamwork, and discipline. Through this initiative, we focus on creating sports programs and events in both urban and rural areas, while also educating communities about the importance of physical well-being and promoting a healthy lifestyle. Our mission is to create platforms where individuals, especially youth, can develop their skills, engage in healthy competition, and lead active, fulfilling lives. By fostering a culture of sports, we aim to build stronger communities and contribute to a healthier future for all.



"Take up one idea. Make that one idea your life – think of it, dream of it, and live on that idea. Let the brain, muscles, nerves, and every part of your body, be full of that idea and just leave every other idea alone. This is the way to success."

Swami Vivekananda



More than 5,000 individuals were positively impacted by Uthirathin Uthavigal Charitable Trust's Sports and Meditation initiatives in the year 2023-2024, contributing to improved physical health, mental well-being, and personal development. These efforts are helping to foster a balanced and healthy lifestyle, enabling individuals to thrive through physical fitness, emotional resilience, and a stronger sense of community and self-awareness.

The Need:

In today's fast-paced world, physical activity and sports often take a backseat due to busy lifestyles, lack of resources, and limited opportunities. Yet, sports are an essential aspect of human development that contributes to physical health, mental well-being, social cohesion, and the development of life skills such as discipline, teamwork, and leadership.

In many underserved communities, particularly in rural and economically disadvantaged areas, there is limited access to proper sports facilities and structured programs. This lack of access not only hinders physical development but also deprives individuals, especially youth, of opportunities to engage in positive recreational activities, develop talent, and pursue dreams in sports.

Moreover, in the face of rising health challenges like obesity, cardiovascular diseases, and mental health issues, promoting sports and physical fitness has become even more critical. Encouraging participation in sports can help prevent these issues, while also fostering self-esteem, confidence, and resilience among individuals.

The need for accessible sports programs is clear. Through sports, we can not only improve health but also build stronger, more connected communities. Empowering youth with the skills and discipline learned through sports also opens doors for greater opportunities, both on and off the field.

Uthirathin Uthavigal Charitable Trust is committed to addressing this need by providing sports opportunities and education to marginalized and underprivileged communities. We aim to create an environment where everyone, regardless of background, can discover the benefits of sports and develop skills that last a lifetime.



Our Contribution to Sports and Meditation in 2023-24

In 2023-24, Uthirathin Uthavigal Charitable Trust made significant strides in promoting both physical fitness through sports and mental well-being through meditation. Our initiatives aimed to provide a holistic approach to health by encouraging active lifestyles while also focusing on the importance of mental peace, mindfulness, and emotional resilience. Below are the key contributions we made in the areas of sports and meditation:

1. Sports Initiatives

- Sports Events and Competitions:** We organized and conducted multiple sports events, including football, cricket, volleyball, and athletics, in urban and rural communities. Over [insert number] individuals, particularly children and youth, participated in these events, which fostered teamwork, discipline, and community spirit.

- Development of Sports Infrastructure:** In response to the lack of facilities in underserved areas, we constructed and renovated [insert number] sports grounds, courts, and playgrounds in rural and urban locations. These new facilities provided safe, accessible spaces for children and adults to engage in sports activities, promoting physical health and well-being.

- Coaching and Training Programs:** We introduced specialized coaching programs for children and youth, focusing on football, cricket, athletics, and badminton. [Insert number] young athletes received training and mentorship from professional coaches, helping them develop their skills, build confidence, and pursue sports with passion.

- Empowering Girls Through Sports:** In line with our women empowerment efforts, we organized sports leagues and training sessions for girls and women. Over [insert number] girls participated in these programs, promoting gender equality and empowering them through physical activity.

- Scholarships for Talented Athletes:** We provided scholarships, sports gear, and travel support to talented athletes from underprivileged communities. [Insert number] students were assisted to compete in regional and national sports competitions, helping them further their athletic careers.

When we Meditate!

We become what we think!







Uthirathin Uthavigal Charitable Trust
www.uthavigal.org
Since 2014

38



2. Meditation and Mental Well-Being

•**Meditation Workshops and Retreats:** Recognizing the importance of mental health, we organized meditation workshops and wellness retreats aimed at reducing stress, improving focus, and fostering emotional well-being. These events were attended by [insert number] participants, who learned mindfulness techniques, relaxation practices, and meditation skills to enhance their mental clarity and emotional resilience.

•**Integration of Meditation in Schools:** To encourage a balanced approach to well-being, we introduced meditation and mindfulness programs in schools and community centers. These programs reached over [insert number] students, helping them develop better concentration, manage anxiety, and improve their overall mental health.

•**Mindfulness Sessions for Adults and Elderly:** In addition to youth, we also offered mindfulness and meditation sessions for adults and elderly members of the community. These sessions, attended by over [insert number] individuals, provided a much-needed avenue for relaxation, self-reflection, and stress relief.

•**Community Meditation Circles:** To build a stronger sense of community and collective well-being, we launched weekly community meditation circles where individuals could come together to practice mindfulness and meditation. This initiative helped foster social connections while promoting individual mental health and mindfulness.

•**Holistic Health Camps:** We organized holistic health camps that integrated physical fitness routines with meditation and mindfulness practices. Over [insert number] individuals participated in these camps, receiving guidance on how to combine sports activities with mental relaxation techniques for optimal health.

Impact and Future Commitment

Our contribution to sports and meditation in 2023-24 has had a positive impact on thousands of individuals, providing them with the tools and support to lead healthier, more balanced lives. By combining physical activity with mental relaxation techniques, we have empowered individuals to strengthen both their bodies and minds. Moving forward, we remain committed to expanding these programs and creating more opportunities for individuals from underserved communities to benefit from the holistic approach to health that we advocate.

Uthirathin Uthavagal Charitable Trust will continue to focus on promoting sports, wellness, and mental health as essential elements of a well-rounded and healthy life. Through these efforts, we aim to create a society where individuals are not only physically fit but also mentally resilient and emotionally balanced.

Disaster Relief

Disaster Relief by Uthirathin Uthavigal Charitable Trust in 2023-2024

In the year **2023-2024**, **Uthirathin Uthavigal Charitable Trust** once again demonstrated its commitment to supporting vulnerable communities during times of crisis. As natural disasters, such as floods, cyclones, and severe storms, affected regions across the country, we mobilized our resources swiftly to provide immediate and long-term assistance to those in need.

Our disaster relief efforts focused on addressing the urgent needs of affected communities. We provided **emergency food relief**, clean drinking water, and essential hygiene kits to ensure that people had access to basic necessities. In addition, we distributed **shelter materials**, including tents, blankets, and clothing, to help families whose homes had been damaged or destroyed. We also prioritized **healthcare support**, setting up **mobile medical camps** in disaster-hit areas. These camps offered free medical treatment, essential vaccinations, and healthcare services to those affected by injuries, illnesses, and other health challenges caused by the disaster.

Along with providing immediate relief, we also focused on **rehabilitation and recovery** efforts. Understanding that natural disasters not only disrupt daily life but also impact livelihoods, we provided **financial aid** to families who lost their income sources due to the disaster. This assistance helped individuals and families begin the process of rebuilding their homes and businesses. Our goal was not only to offer short-term relief but to help communities regain stability and self-sufficiency in the aftermath of the disaster.

In **2023-2024**, **Uthirathin Uthavigal Charitable Trust** remained dedicated to building **resilience** within disaster-affected communities, ensuring that they were not only able to recover but also equipped to face future challenges. We continued to collaborate with local authorities, partners, and donors to strengthen our disaster preparedness, response, and recovery initiatives.

Looking ahead, we are committed to improving our disaster relief efforts and ensuring that no one is left behind in times of crisis. Through collective action and sustained support, we will continue to be a source of hope and aid for those who need it most.



What they Say...!

Dinesh – Engineering Graduate

"I had always dreamt of becoming an engineer, but financial constraints seemed to block my path. My family struggled to make ends meet, and I had no idea how I would afford the necessary education. That's when I came across Uthirathin Uthavigal Charitable Trust. They provided me with the scholarship I needed, along with invaluable mentorship and resources to help me succeed. Today, I am a proud graduate and working in a tech company, thanks to their support. The Trust truly gave me a chance to turn my dreams into reality."

"I greatly appreciate the exceptional efforts of **Uthirathin Uthavigal Charitable Trust** in empowering underprivileged communities. The Trust consistently provides quality education, healthcare, and social support, demonstrating a true dedication to uplifting society. Their tireless work to reach those in need serves as an inspiration to all. **Uthirathin Uthavigal Charitable Trust** is making a remarkable difference, and their selfless contributions stand as a testament to their commitment to fostering positive change and inclusivity in society." – Director, **Repco Bank**.



DINESH BABU • 1st

(edited) 2mo ...

Assistant Vice President Equitas Small Finance Bank

Uthirathin Uthavigal Charitable Trust is consistently going above and beyond to serve those who truly need it, especially in the realm of education for the underprivileged. Their dedication to uplifting society is evident in the impactful services they provide, ensuring that even those from economically challenged backgrounds have access to quality education and resources.

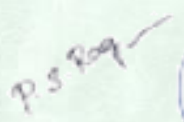



Under the inspiring leadership of Mr. Shanmuga Sundar, the entire Uthirathin Uthavigal Charitable Trust team has demonstrated a deep commitment to empowering individuals and strengthening communities. Their work not only brings educational opportunities but also instills hope and confidence.

This kind of selfless service is rare and commendable, and it is heartwarming to see how they continue to give back to society without expecting anything in return. Their compassion and hard work are making a lasting difference, fostering a more inclusive and educated society.

I extend my heartfelt congratulations and deep appreciation to Shanmuga Sundar and his team for their remarkable efforts and unwavering dedication. May they continue this noble journey, inspiring others and transforming lives for years to come. Their mission serves as a beacon of hope and stands as a true testament to humanity.



Financial Report

UTHIRATHIN UTHAVIGAL CHARITABLE TUST 909 MG COMPLEX, 12TH CENTRAL CROSS MAIN ROAD , MKB NAGAR VYASARPADI , CHENNAI- 600039			
ASSESSMENT YEAR 2024-25			
BALANCE SHEET AS AT 31ST MARCH 2024			
Particulars	SCHEDULE NO	As at 31st March,2024	As at 31st March, 2023
		INR	INR
LIABILITIES			
Capital	1	(4,82,862)	25,482
Current Liabilities	2	6,41,066	1,59,367
Total		1,58,204	1,84,849
ASSETS			
Fixed Assets	3	1,24,833	1,42,608
Current Assets	4	33,371	42,241
Total		1,58,204	1,84,849
As per our report of even date attached			
For GOKULRAJ AND ASSOCIATES CHARTERED ACCOUNTANTS Firm No : 026446S			
   			
RAGINI P.S. (Partner) CHARTERED ACCOUNTANT Mem No : 238746 UDIN: 24238746BKGFKL4320			
M.SHANMUGA SUNDAR (Founder and President)			
Place: CHENNAI Date: 31/12/2024			

UTHIRATHIN UTHAVIGAL CHARITABLE TUST 909 MG COMPLEX, 12TH CENTRAL CROSS MAIN ROAD , MKB NAGAR VYASARPADI , CHENNAI- 600039			
ASSESSMENT YEAR 2024-25			
INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31 ST MARCH 2024			
Particulars	Schedule No	As at 31st March,2024	As at 31st March, 2023
		INR	INR
Income:			
Direct Income	5	15,34,603	7,63,605
TOTAL (A)		15,34,603	7,63,605
Expenses:			
Direct Expenses	6	13,59,211	6,17,424
Indirect Expenses	7	6,83,736	3,43,427
TOTAL (B)		20,42,947	9,60,851
Excess of Income Over Expenditure		(508344)	(197246)
As per our report of even date attached			
For GOKULRAJ AND ASSOCIATES CHARTERED ACCOUNTANTS Firm No : 026446S			
   			
RAGINI P.S. (Partner) CHARTERED ACCOUNTANT Mem No : 238746 UDIN: 24238746BKGFKL4320			
M.SHANMUGA SUNDAR (Founder and President)			
Place: CHENNAI Date: 31/12/2024			

Awards and Recognition



Let's Take Care of our Social Responsibilities.
Our Life is Beautiful when we live for Good Causes.
Join your hand with us to make someone's Life Better!



We Thank You
for your Kindness

With Hope and Responsibilities



Uthirathin Uthavigal Charitable Trust

Register Under Govt of India. Since 2014

12A, 80G, CSR, FCRA Certified NGO

www.uthavigal.org Email Id: Helpingthoughts@uthavigal.org

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