

HARMONY IN LIFE



AATHITHAAI News Letter

ஆதித்தாய் செய்தி மடல்

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Thendral Movement

Message from the Founder

As we step into a new year, the journey of Thendral Movement continues with renewed purpose and deeper commitment. The first quarter of 2026 has been a testament to resilience, community strength, and the quiet yet powerful transformation led by women at the grassroots. During these months, our Shakthi initiatives have not only strengthened livelihoods and support systems but have also nurtured leadership among women who were once unheard. From the Shakthi Sadhan Home to the vibrant Shakthi Clubs, we witness every day how dignity, opportunity, and collective action can reshape lives.

This period also coincides with the democratic spirit of Tamil Nadu as we approach the election season. Elections are not just a political exercise—they are a reminder of the power of every individual voice. For the communities we work with, especially women from marginalized backgrounds, participation in this process is both a right and a responsibility. Informed choices, fearless voices, and ethical leadership are essential for building an inclusive and just society. At Thendral Movement, we encourage every woman to recognize her agency—not only within her home and community but also as an active citizen shaping the future. True empowerment reflects when a woman confidently steps forward, aware of her rights, her choices, and her power to influence change.

Let this season inspire us all to stand for dignity, equality, and justice—values that remain at the heart of our work.

சக்தி சதுரி	தென்றல் இயக்கம்
வனிமுறையால் பாதிக்கப்பட்ட பெண்களுக்கான தங்கும் இல்லம்	தலைமை அலுவலகம் : ரெ-20, திருநகர், பாரதிநகர் விரிவாக்கம், வாலாஜா லேடம், அரராணிப்பேட்டை, மாவட்டம். செல் : 9443037394 / 8489671098

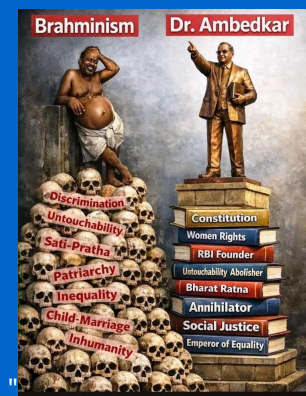
Dr. P. Vedhanayagi

Founder & Chief Functionary

1 WOMEN & CHILD PROTECTION AND REHABILITATION

This quarter, Thendral Movement continued its unwavering commitment to safeguarding vulnerable women and children through intensive care, legal intervention, and counseling support.

- A critical intervention was undertaken in the case of Mrs. Shenbagam, an inmate of Shakthi Sadhan Home. Professional counseling was provided by Mrs. Vijayalaxmi,



ensuring emotional healing and structured rehabilitation.

- Legal protection mechanisms were activated through the filing of an FIR against a perpetrator who threatened the safety of a domestic violence survivor and her children. This decisive action ensured immediate protection and reinforced our zero-tolerance stance against abuse.
- Continuous counseling support was extended by mental health professionals and legal experts for survivors, strengthening their resilience and enabling informed decision-making.

Additionally, efforts were taken to ensure **education continuity**, securing school admissions for children in Panchayat Union Primary Schools, preventing early dropouts and ensuring a stable future.



2. LIVELIHOOD & ECONOMIC EMPOWERMENT

Strengthening economic independence remains central to Thendral's mission.

- Strategic discussions were initiated with **Mr. Elango of Sam Knitwear** to explore partnerships for scaling the garment unit and enhancing livelihood opportunities for women.



- New staff engagement in Nemili Block has accelerated **Shakthi Club formation**, creating grassroots platforms for collective empowerment.
- Women were engaged as sales personnel to promote **Health Mix products**, providing them with sustainable income opportunities.
- A series of stakeholder meetings with entrepreneurs and sector leaders helped explore expansion pathways for livelihood initiatives.

These initiatives are gradually building **self-reliant communities led by women**.

3. COMMUNITY MOBILIZATION & SHAKTHI CLUBS



The formation and strengthening of Shakthi Clubs continued as a key grassroots strategy.

- Active expansion of clubs in **Nemili and Sholingur blocks** is creating a safety net for women and children.
- Community engagement programs such as awareness sessions, SHG interactions, and collective activities are fostering leadership among rural women.
- A vibrant Women's Day celebration with over 100 women from SHGs reinforced solidarity, cultural expression, and shared learning.



These clubs are evolving into **community-led platforms for social change and protection**.

4. CHILD DEVELOPMENT & EDUCATION

Thendral continues to invest in holistic child development:

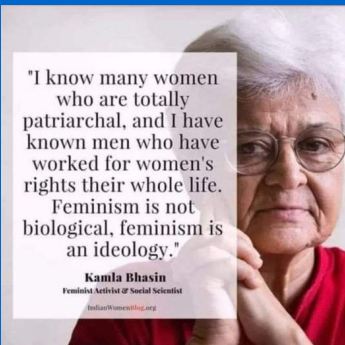
- Educational support was extended to **Ms. Meenatchi**, a first-generation college student and daughter of a bonded labour survivor, through a scholarship.



- Awareness sessions on senior citizens and social responsibility reached over **300 students**, instilling values of empathy and social awareness in INS Rajali KVB No.1-PMSHRI School, Arakkonam and TAKKOLAM for 300 students in the event organized by DSWO. A selfie contest also organized by Thendral to promote the messenger attitude in the minds of the children.



- A reading initiative was launched, encouraging children to access the **Ranipet Central Library**, nurturing a culture of learning.



Your Donations for Victims' Service are Tax Exempted under 80G.

Please DONATE Now:



These interventions are ensuring that children grow in **safe, educated, and inspiring environments**.

5. HEALTH, WELLBEING & MHM INITIATIVES

Promoting health awareness, especially among adolescent girls, has been a key focus:

- Collaboration with **Pagaria Foundation** enabled procurement of **Menstruupedia booklets**, strengthening menstrual hygiene awareness campaigns. we procured 375 booklets (magazines) Menstruupedia – mini edition. ConnectFor team built this platform. These booklets make a huge difference in our MHM awareness campaigns. We conducted a training session to the Thendral outreach staff to take up a MHM drive in the upcoming months. Our Staff were trained to implement MHM awareness drives in communities to promote Gender Equality among the Girl children.



- Counseling services for mental health and trauma care continued regularly for women and children in institutional care.



These initiatives are breaking taboos and promoting **dignity, health, and informed choices**.

6. ORGANIZATIONAL DEVELOPMENT & COMPLIANCE

Thendral Movement made significant strides in strengthening governance and compliance:

- The organization successfully secured renewal of **80G and 12AB certifications for another decade**, ensuring continued donor confidence.
- Quarterly staff training enhanced knowledge on policies, monitoring, and evaluation systems.

"If you believe in living a respectable life, you believe in self-help which is the best help"



Let's Save Menstrual health of the Children





- Thendral has been inducted as a member of **PoSH Internal Committees** in institutions, expanding its role in workplace safety like Banking sector, School HMs of Ranipet district. 200+ HMs and 25 Banking staff participated in the training,



These steps reinforce **transparency, accountability, and institutional credibility.**

7. INFRASTRUCTURE & RESOURCE ENHANCEMENT

- A **Samsung 35" TV** was donated and installed at Shakthi Sadhan Home, enhancing recreation and learning for residents.

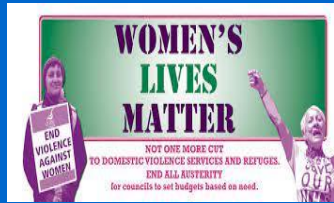


- A **UPS and battery system** was provided to support uninterrupted education for a UPSC aspirant and other learners.

Such contributions significantly improve **quality of life and learning environments.**

8. NETWORKING, PARTNERSHIPS & INNOVATION

- Collaboration with **ConnectFor** led to partnerships with Friends Welfare Organization



சாலை ஓரத்தில் இருந்த பழமையான மற்றும் பெரிய மரங்களை எல்லாம் வெட்டி விட்டு இப்படி ஒரு பந்தல்

போடுகிறார்கள்.

என்ன கொடுமை?

மனிதன் இன்றி மரங்கள்
வாழும்..

மரங்கள் இன்றி மனிதன்
வாழவே முடியாது.

- சுந்தர் லால்
பகுசுனா

DO YOU KNOW?

**Jaatikara
Community
Families are not
given Community
Certificate .**

**But still waiting to
see they have a
community
certificate**

(FWO) for providing **free plastic surgeries** for burn and acid attack survivors.

- Exposure visit to **SOWMACS, Tirupati** enabled cross-learning on cooperative models. Engagements with multiple NGOs and leaders like Tirupathi-Chandragiri SOWMACS team and founder Mr.Viswanath setting a trend in cooperative model in AP, DPF fellows, and Mr.Krishnan, CEO of RTIH for Health Mix scale up and Mrs.Devmani Manchala who is a successful entrepreneur in Krishna district who are paving the way for **collective growth and innovation**.



9. ADVOCACY & SOCIAL JUSTICE INITIATIVES

- Active participation in district-level vision planning under "My Village, My Vision" contributed to shaping **Ranipet Vision 2030**. From **Thendral Movement** as a **NGO representative Dr.P.Vedhanayagi** shares in "**EN OOR EN KANAVU**" (**MY VILLAGE - MY VISION**) meeting for preparing "Ranipet Vision -2030" under District Social welfare Dept banner from the ground reality to ensure Violence free villages and Families and 0% school dropouts.



- Awareness programs on the **Bonded Labour System Abolition Act** reached students, professionals, and survivors, reinforcing rights-based approaches. An awareness seminar marking Bonded Labour System Abolition Day (February 9) was held at the Department of Social Work, Voorhees College, Vellore. The event was organized jointly by the Vellore District Labour Department, the Department of Social Work at Voorhees College, and the NGO 'Thendral Movement'. The program was presided over by Dr. Edison, Head of the Department of Social Work, with Dr. P.Vedanayagi serving as the guest of honor; the Executive Director of 'Thendral Movement' delivered the welcome address. Ms. Neelavani, Labour Inspector for Vellore District, and Dr. P. Vedanayagi provided detailed insights into the Bonded Labour System Abolition Act of 1976 and its operational procedures. Subsequently, all participants took a pledge to work towards the abolition of the bonded labour system. The event witnessed the participation of over a hundred individuals, including college professors, students pursuing social work studies, and individuals who have been victims of the bonded labour system. An MOU with Voorehes

college MSW Department is engaged as well. A formal MoU with academic institutions strengthened research and advocacy collaborations.



10. RECOGNITION & ACHIEVEMENTS

Global Excellence Award 2026

Dr. P. Vedhanayagi, Founder of Thendral Movement, was honored as “Best NGO Woman Leader 2026” for her transformative work impacting over 30,500 marginalized individuals. On 6 March 2026, in celebration of International Women's Day, Global Trust proudly hosted the 8th Global Excellence Awards 2026 in Cuddalore, honoring extraordinary women driving community change. This year, 10 remarkable women leaders were recognized for their impactful work in education, social development, economic empowerment, healthcare, entrepreneurship, and disability inclusion. At Global Trust, we believe leadership development is key to women’s empowerment. While women have advanced significantly, rural women often face persistent social barriers. Our mission: identify, recognize, and amplify grassroots changemakers. Nominees undergo a rigorous selection process—including personal interviews, document verification, and field visits—with 2026 nominations from across Tamil Nadu.



Category: Best NGO Woman Leader 202:

Dr. P. Vedhanayagi, the founder of Thendral Movement from Ranipet District of Tamilnadu has brought positive change to the lives of over 30,500 marginalized people through her organisation. She has pioneered efforts for Dalit women's land rights, economic empowerment, and dignified livelihoods. By running an integrated rehabilitation center for women and children rescued from human trafficking and violence, she has strengthened social justice initiatives. As a member of the Ranipet District Juvenile Justice Board, she ensures justice and protection for children. A social leader who has represented India at national and international forums with ideas for societal transformation—we proudly honor her with the "Best NGO Woman Leader" award.

11. LOOKING AHEAD

As we move forward, Thendral Movement remains committed to:

- Expanding Shakthi Clubs
- Strengthening livelihood models
- Enhancing child protection systems
- Building stronger partnerships

QUARTER ACHIEVEMENTS — AT A GLANCE

Category	Impact
Awareness Education to Students on Abolition of Bonded Labourer System	140 Students
Stop Child Marriage Awareness Campaign	1000+ individuals
MHM Training	120+ Girls
Sensitization on Senior Citizens in Schools	300 Students
Children Fed daily for 3months	27,000+ meals
Shakthi Clubs Formation approach	131 Villages in Sholingur, Nemili & Arakonam blocks & met 1892 women

PROGRESS CHART

STRATEGIC GOALS	PROGRAM
1. Abolition of violence against women, children and Bonded Labourers service to 12875 beneficiaries.	Awareness, Campaign, advocacy & Lobby
	Family Counselling & Legal Aid service Programme
2. Women Empowerment Programme to 3394 women to	Women Leadership Programme
	Women Forum

reduce gender based discrimination.

Thaai Veedu Scheme

Women Help Desk

Crèche Scheme

Promoting Livelihood Programme

3. Promote holistic approach to 8800 women to safeguard the health & the Environment.

Health & Hygiene Awareness Programme

Cancer Awareness & economic Assistance Programme

Green Initiative Programme

4. Promote quality education among 7550 orphan, semi-orphan, differently abled & SC/ST children.

Girl Children Education Support Programme

Evening Study Circle Programme

S4S Club Programme

Career Guidance Programme

DETAILS OF SERVICES RENDERED from April 2006 till March 2026

S.NO.	INDEX	PANCHAYATH	NUMBERS
1.	Livelihood Support (<i>widows, single women, destitute, unwedded mothers, abandoned, divorced</i>)	07- Blocks	850+
2.	Awareness generation Pgm(AGP)	06-Blocks	8900+
3.	Daily Feeding Programme for the Children meals - 81759	5 centers	150
4.	Child Development Pgm(CDP)	03-Blocks	1550+
5.	Skill Training (IT, Tailoring, TNPSCE)	04-Districts	6850+
6.	Covid19 support pandemic (<i>Relief Materials, & Psycho-Socio Counseling</i>)	07-Blocks	600+
7.	SAKTHI SADHAN (<i>Integrated Relief & Rehabilitation Home</i>)	07-Blocks	123
8.	NOMADIC (Sholaga, Boom Boom, Irulas,)	03-Blocks	950+



9.	PWD card pension – CBR Pgms	07-Blocks	660
10.	Education Aid/school & college	08-Blocks	5565+
11.	Bonded Labour Abolition	06-Blocks	360+
12.	Medical camps	07-Blocks	1650+
13.	Internship for Colleges	18 colleges	451+
14.	Family Counseling (FCC) Service	From TN state	910+
15.	SL Refugees service	02 Blocks	650+
16.	MHM (Awareness Generation) Pgm	4 Districts	2700
17.	Survey (ASER / MADHI / LEATHER pgm)	9 Districts	2490
18.	Fellowship Pgm	01-Blocks	10
19.	Career Counseling	08-Blocks	1480+
20.	TNPSC coaching	03	75+
21.	Flood Relief	04 Districts	500+
22.	RLTALPF (Resource Centre for Leather & allied Factory Workers	03	680+
23.	AWLPM – Aathithai Shakthi Clubs	01 Dt	3950
24.	Domestic Women Forum	01 Dt	210+

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- Made by Mothers

WOWSOME Hello Breakfast
a balanced nutritious diet to everyone

Sugar Free Health Mix

26 உணவு தானியங்கள்

100% Organic

22422508000042

WOWSOME Hello Breakfast
Way to Prepare

26 உணவு தானியங்கள்

26 Ingredients:
Finger millet, Sorghum millet, Pearl millet, Corn, Roasted gram, Soya bean, Green gram, Foxtail millet, Horse gram, Black urad dal, Samba wheat, Barley Ground nuts, Flattened rice, Tapioca pearls, White sesame seeds, Poppy seeds, Cardamom, Cashew nuts, Chironji, Almond, Ajwain (omam), Patacholi, Dry ginger, Nutmeg, Magic nut / Gull oak

Nutritional Facts # Per 100 g

Storage Instructions
This Product is Freshly Made, Organic and Preservative Free. Hence, its important to transfer it to air-tight container immediately after opening. can be refrigerated for longer use.

Best Before : 12 Months from Mfg Date

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