

# MEERA IN SEBS PROJECTS INDIA

16th - 28th June 2024,  
Vellore, Tamil Nadu



## »»» INTRODUCTION



I studied at the University of Nottingham and graduated as a doctor this year. For my medical elective I chose to visit South India to gain an appreciation of the inequalities in Vellore. Before my visit I ran the London Marathon with a goal of raising 3000 pounds for those who are less fortunate in India. I then donated this money to The Sebastian Hunter Memorial Trust Foundation in Vellore. Throughout my two weeks, I had the privilege of overlooking and participating in some of the Sebastian Hunter Projects. This experience was eye-opening and deeply impactful as it exposed me to the harsh realities of homelessness, poverty, education, and healthcare in Vellore.

## MY ACTIVITIES <<<

I saw a variety of places including the Tribal schools in the Jawadhi Hills, Seb's school in Arni, Christian Medical Centre, an old age home and an orphanage. Alongside this I helped provide lunch for the homeless and enrolled 6 homeless children into schools. Witnessing the living conditions and hearing the stories of those affected by poverty was both heartbreaking and motivating. It made me realise the importance of empathy and the need for systemic changes to address root causes. The healthcare disparities I observed highlighted the urgent need for accessible and affordable healthcare services. It also emphasised the importance of preventive care and community-based health interventions.





## HOMELESS CHILDREN <<<

A particular highlight for me was giving sweets and playing with the homeless children. I was amazed to see that despite having very little, these children were incredibly happy. They were all so excited to go for a drive in the car to visit the school and experience air conditioning for the first time! The Sebastian Hunter Trust supports these children getting educated so they can be off the streets and become employable. Seeing the enthusiasm of children eager to learn despite their challenging circumstances reinforced my belief in education as a powerful tool for empowerment. Every child deserves access to quality education as it lays the foundation for a brighter future.









## TRIBAL PROJECT



Another amazing experience was visiting the Tribal schools. From the generous donations, we provided the children with books, pencil cases, school bags, hats and shoes. We also gave talks about the importance of regular school attendance, the power of education and basic hygiene. At one school I gave the children an English lesson and played games to help them learn some basic phrases. I discovered that the head, shoulders, knees and toes song is a fun, interactive way to teach the different body parts!!!





## IMPACTFUL EXPERIENCE <<<

My involvement in this project has been eye-opening, humbling and inspiring. It challenged me to step out of my comfort zone and actively contribute to positive change. The experience has left a lasting impression on me, shaping my perspective on social issues. It was a transformative journey that deepened my understanding of homelessness, poverty, education, and healthcare, whilst reinforcing the values of compassion, resilience, and community engagement in addressing societal challenges. Moving forward, I am motivated to continue contributing to initiatives that promote equality and opportunity for all.

I am so grateful for the opportunity to have been part of this impactful experience and look forward to applying the lessons learned in my future endeavors





## MY THANKS <<<



I would like to say a special thanks to Emma, Giri, Eunice, Dominic and Suresh for taking me along on these adventures. Their dedication and kindness has made this experience truly unforgettable. Devoting their lives to helping those who are less fortunate is inspirational and I look forward to coming back in a few years whilst continuing to raise money for this fantastic Trust.

