

SAJAR HEALTH EDUCATIONAL AND CHARITABLE TRUST



SAJAR TRUST

**ANNUAL REPORT
April 2020 - March 2021**



SAJAR HEALTH EDUCATIONAL AND CHARITABLE TRUST

SAJAR HEALTH EDUCATIONAL AND CHARITABLE TRUST is a charitable, non-profitable, non-communal organization started on July 2008 Registered under Tamil Nādu Trust act and run by eminent social professionals who by their devotion shift in rural and slum health services and in promoting development in socio, economic, educational activities among the community. SAJAR HEALTH EDUCATIONAL AND CHARITABLE TRUST focuses on broad dimensions of health education and awareness that encompass promotes, preventive and therapeutic services, many of which are frequently lost sight of in policy planning as well as in popular understanding. SAJAR HEALTH EDUCATIONAL AND CHARITABLE TRUST works as a team with a goal “to discover and deliver best community care with the heart and values true to our heritage.”

Vision

Service with compassion and leading with quality and innovation. Strengthening health, Educational-awareness and systems capability and provide knowledge to achieve better health outcomes for all. To identify and work with the impoverished, weaker and vulnerable sections of the society to find solutions to the challenges threatening their lives with the ultimate aim of establishing an aware, responsible and developed society based upon equality, fraternity and social justice, ensuring sustainable and holistic development with emphasis on human rights, and a culture of social service through creating synergy and building strategic partnership with the Government, NGOs (non-government organizations), SHGs (self- help groups), CBOs (community based organizations) and various national and international organizations by planning appropriate downstream and upstream interventions and also to help the poor and needy children or people at risk and marginalized communities irrespective of Caste, Creed or Religion and to create opportunities to develop their potential to become self-reliant and self-sustainable individuals.

Mission:

- Holistic community care and quality services at people’s reach with values.
- Developing the health workforce and setting standards.
- Strengthening knowledge application and evidence-informed health and educational practice and policy

Values Transparency:

- Uphold the trust of our multiple stakeholders and supporters
- Honest, open and ethical in all us do, acting always with integrity.

Impact

- Link efforts to improving public health outcomes, knowledge to action
- Responsive to existing and emerging public health priorities

Informed

- Knowledge based, evidence driven approach in all we do
- Drawing on diverse and multi-disciplinary expertise, open to innovative approaches

Excellence

- Aim for highest standards in all aspects of our work



- Encourage, recognize and celebrate our achievements

Independence

- Independent view & voice, based on research integrity & excellence
- Support academic and research freedom, contributing to public health goals and interests

Inclusiveness

- Strive for equitable and sustainable development, working with communities
- Collaborate and partner with other public health organizations Glimpse of Activities....



1. GENERAL HEALTH CAMP:

We Sajar Health Educational and Charitable Trust conduct comprehensive health screening annually at very remote areas which has less medical facilities. This year we have selected Viralipatty. It comprises of 1700 population. On 05.04.20 with prior announcements and IEC distribution camp started by morning 9.30 am. Dr.Lavanya, MD., Dr.Rajkumar, MD., Dr.Bharathi. Extended their valuable support & guidance by screening 410 individuals of mixed age group. The expenses of the General Medical Camp Rs.12550/- on: 05.04.20. Following Tests were offered on the campsite itself on free of cost to needed patients. All laboratory tests were offered free with the help of "Raj Laboratory" Thirumangalam. Tests offered are.

- ❖ Height, weight, Blood Pressure
- ❖ Complete Haemogram
- ❖ Complete urine analysis
- ❖ Blood group
- ❖ Fasting blood sugar
- ❖ Creatinine
- ❖ Blood urea
- ❖ Lipid profile
- ❖ Liver function test
- ❖ ECG

We conduct general medical camps for poor from the other need-based camps. In all these camps we provide free medicines. We conduct another general health camp at Vappampatti on 20.05.2020. The total expense of this camp is Rs.15500.



General health camp-Viralipatty



General health camp-Vepampatty



2. FIRST AID TRAINING PROGRAMME:

First aid is the assistance given to any person suffering a sudden illness or injury, with care provided to preserve life, prevent the condition from worsening, or to promote recovery. It includes initial intervention in a serious condition prior to professional medical help being available, such as performing cardiopulmonary resuscitation (CPR) while awaiting an ambulance, as well as the complete treatment of minor conditions, such as applying a plaster to a cut. First aid is generally performed by someone with basic medical training. Mental health first aid is an extension of the concept of first aid to cover mental health.

There are many situations which may require first aid, and many countries have legislation, regulation, or guidance which specifies a minimum level of first aid provision in certain circumstances. This can include specific training or equipment to be available in the workplace. Our “SAJAR HEALTH EDUCATIONAL AND CHARITABLE TRUST” has conducted an awareness program about the Importance of First Aid and its benefits.

Preserve life:

The overriding aim of all medical care which includes first aid is to save lives and minimize the threat of death.

Prevent further harm:

Prevent further harm also sometimes called prevent the condition from worsening, or danger of further injury, this covers both external factors, such as moving a patient away from any cause of harm, and applying first aid techniques to prevent worsening of the condition, such as applying pressure to stop a bleed becoming dangerous.

Promote recovery:

First aid also involves trying to start the recovery process from the illness or injury, and in some cases might involve completing a treatment, such as in the case of applying a plaster to a small wound.



First aid training programme- Sajar register office



3. RESPIRATORY HEALTH CAMP:

Respiratory Health is a specialty that focuses on health care of lungs. The camp is to promote health by preventing and treating diseases and disabilities in the Respiration pattern of the peoples. Addressing this problem Sajar Trust has conducted a camp for Respiratory diseases.

20.04.20 Sajar Health Educational and Charitable Trust conducted this Health Camp for people from the village Sidhaladanpatty started by 9.15am and was conducted till 4.30pm. Totally 400 Beneficiaries participated in the camp. The camp includes education/ awareness/ screening for the Villagers. Total expenses of this programme were Rs.16500 /-People around the industrial area/ SIPCOT region / Factories are collected and regular screening done with the help of Spirometry examination, Clinical evaluation, Chest X-ray at concession rate and diligence care and support given.

Almost 400 persons have been screened and directed to avail necessary treatment. Preventive measures like wearing mask, avoiding - charcoal burning, Night farming, avoid exposure to chullah smoke were advised. Smoking cessation programs have been conducted. Greater strain & effort made to help the aged people who had difficulties in walking to reach the camp venue. Camp started by registration of name, age, address of beneficiaries. Basic checkup of height, weight, Bp done & followed by doctor's consultation. In pampan nagar we conduct another programme on 06.12.20 and the total amount of this programme was Rs.13750.

Our SAJAR HEALTH EDUCATIONAL AND CHARITABLE TRUST regularly conducts free respirology medical camps in rural areas and urban slums. General Respirology camp and specialty camp was done on reference at a free of cost. In veerapatty we conduct another programme on 22.03.20 and the total amount of this programme was Rs.13500.



4. BETTER HEALTH FOR ALL

“HEALTH FOR ALL” is today’s goal of World Health organization of Healthy environment is essential. Screening plays, vital role in assessment of health of an individual. So, Sajar Health Educational and Charitable Trust conducting medical camps. This year we have select the village Alanganallur which is held on 25.04.2020.

Camp: Better Health for All Programmes

Camp Team: Dr.Bhatathi, MD., Dr.Jasmin, Dr.Lavanya, Mr.Gurupandi.

Educator: Mr.Karthik

Depending on the category of beneficiaries and the needs, we conduct various kinds of health camps throughout the year. Total expenses of this programme was Rs.8500 /-

- Comprehensive health camps
- General health camps

In all these camps we provide doctor's consultation Basic evaluation, Laboratory investigations with free medicine distribution. Any referred cases by the doctors in these camps will be further followed by our team on a regular basis. In Immanuel nagar we conduct another programme on 12.11.20 and the total amount of this programme was Rs.11500.



Better health for all- Alanganallur



Better health for all- Immanuel nagar

5. WOMEN EMPOWERMENT PROGRAMMES:

Women empowerment is the process in which women elaborate and recreate what it is that they can be, do, and accomplish in a circumstance that they previously were denied. Alternatively, it is the process for women to redefine gender roles that allows for them to acquire the ability to choose between known alternatives that have otherwise been restricted from such ability. There are several principles defining women empowerment such as, for one to be empowered, they must come from a position of disempowerment. Furthermore, one must acquire empowerment themselves rather than have it given to them by an external party.

Our SAJAR HEALTH EDUCATIONAL AND CHARITABLE TRUST has conducted this women Empowerment program for the people in Pappanodai village at the date of 29.04.2020. The total cost for this programme was Rs.12500 /-

The following points were discussed in this women Empowerment programme,

- Economic Empowerment
- Political Empowerment
- Educational Empowerment
- The Internet as a tool of Empowerment.

We added another women Empowerment program for the people in Silukkuvarpatti village on 29.07.2020. The total cost for this programme was Rs.15000 /-

In Poosalapuram we conduct another programme on 17.09.20 and the total amount of this programme was Rs.11500.



Women empowerment programme - Pappanodai



Women empowerment programme - Silukkuvarpatti



6. FREE FOOD PROGRAMME:Free Food Programme was provided to connect people from low income families to the crucial nutrition they need. Due that, providing food for poor countries will satisfy their needs, and giving food or donate with some for poor nations may help them from poverty, and make them live for another day. Food for the poor provides, as its main objective, nourishment to the poor.

Our SAJAR HEALTH EDUCATIONAL AND CHARITABLE TRUST has conducted this Free food program for the people in Iyerbangalow at the date of 03.05.2020. The total cost for this programme was Rs.15450 /-

Our trust mainly covered the people are following,

- Poor people
- Road-side people
- Orphanage people
- Old age people etc.



Free food provided for road side people



7. YOUTH EMPOWERMENT AND YOUTH CLUB FORMATION:

Youth clubs are there to help young people understand the world around them. They are there to advise young people with their future, to talk about the past and even help them with the present. Many clubs hold different sessions to educate young people about different topics regarding their health and worries. Youth clubs normally have a leader youth worker who normally organizes trips or workshops for the young people to contribute. They can also hold charity events and even volunteer to do many different things. Youth clubs will sometimes help young people to gain qualifications for their life ahead.

Our SAJAR HEALTH EDUCATIONAL AND CHARITABLE TRUST helps the village people in Anuppanadi on 7.10.20. And the cost for the programme was Rs.9900.

The members Mr.Karthik,Mr.Gurupandi,Mr.Sonai were initiated a youth club formation programme by announcing the village people about the importance of youth clubs and its benefits among the society, and the other camp conducted on 25.01.21 and the total cost for this youth club formation programme is Rs .15450 . Sajar health Educational and charitable trust helps young people through:

- Providing training and development to the 100 village peoples that run their member youth clubs.
- Delivering advice on running youth clubs.
- Developing practical resources and information.
- influencing national and regional youth policy.



Youth Empowerment and Youth Club Formation-Anuppanadi



8. CHILD HEALTH AWARENESS PROGRAMME

Children and Newborns, Growth, and development, achieving mile stones, vaccination, care during illness, nutrition etc. play a big role in child health. Children are vulnerable to malnutrition and infectious diseases. Healthy growth and development need to be supported with proper care to prevent malnutrition and infectious diseases. Each phase of child as a new born, infant, toddler and school going age needs special attention and care to protect and prevent diseases and to optimize the growth and development to their full potential.

Our SAJAR HEALTH EDUCATIONAL AND CHARITABLE TRUST helps the people in Jambalapuram held on 12.01.21. And the cost for the programme was Rs.12000.

A child's growth is a complex and continuous process. Children should be able to do certain things at certain ages. These are called developmental milestones. As a parent, it is important to realize that no two children develop at the same rate. It is therefore futile to worry that the child next door can do this and that, while one's own child cannot. The child should be observed for some time, at the ages noted for different activities. If at the end of a few months s/he is still not doing a particular activity, a paediatrician must be consulted. This takes into account the fact that the child may be acting differently because the child is sick or upset. Sometimes the child may develop more slowly in certain areas than other children of the same age while his/her other activities may be ahead of other children. Forcing a child to learn to walk when the child is not ready does not help.

Rapid screening for developmental delay

- 2 months - Smiling when "talked to"
- 3 months - Recognizes mother
- 4 months - holding neck, rolling over
- 5 months - Reaches out for an object and holds it in his / her hand
- 6 months - Making sounds like 'ma', 'ba' etc.,
- 8 months - sitting without support
- 9 months - Crawling
- 12 months - standing
- 13 months - Walking with support
- 24 months - Walks upstairs, Makes simple sentences
- 36 months - Riding a tricycle
- 48 months - Throwing ball over head, walking down stairs with one foot to a step
- 72 months - Copying complex figures

Developmental milestones in children

Birth to 6 weeks

- Baby lies on the back with head turned to one side
- Sudden noise startles him/her making the body stiff
- The fists are clenched
- The Baby may grasp an object touched to his/her palm crudely; this is the grasp reflex

6 to 12 weeks

- Learns to hold his/her head better
- Able to fix his/her eyes on objects

3 Months

- While lying on the back the baby moves each of his/her arms and legs equally well. Movements are not jerky or uncoordinated movements. The child makes gurgling sounds and other noises besides crying
- The baby recognizes the mother and responds to her voice
- The child's hands are frequently open
- When the child is held upright, the baby is able to support his/her head for more than a moment

6 Months

- The baby plays with his/her hands by touching them together
- The child turns his/her head to sounds that are made around him/her
- The baby can roll over from his/her stomach to his/her back or from his/her back to his/her stomach
- the baby may be able to sit briefly with support



- ☐ When the baby is held up, s/he can bear some weight on his/her legs
- ☐ When s/he is on his/her stomach, the baby can support his/her weight on outstretched hands

9 Months

- ☐ The baby is able to sit without support and without holding up his/her body with his/her hands
- ☐ The baby is able to crawl or creep on his/her hands and knees

12 Months

- ☐ The baby pulls up to stand
- ☐ The baby begins to say words like 'mama'
- ☐ The baby is able to walk holding on to furniture

18 Months

- ☐ The child can hold a glass without help and drink from it without spilling

The baby can walk all the way without support across a large room without falling or wobbling

- ☐ The baby can say a couple of words
- ☐ The baby is able to feed himself / herself

2 Years

- ☐ The Baby can take off some clothes such as pajamas
- ☐ The Baby is able to run without falling
- ☐ The Baby takes interest in pictures in a picture book
- ☐ The Baby is able to say what he wants
- ☐ The Baby begins to repeat words others say
- ☐ The Baby is able to point to some parts of his body

3 Years

- ☐ The Baby is able to throw a ball overhand (not sidearm or underhand)
- ☐ The Baby can answer simple questions like "Are you a boy or a girl?"
- ☐ The Baby helps put things away
- ☐ The Baby can name at least one color

4 Years

- ☐ The Baby is able to pedal a tricycle
- ☐ The Baby can name pictures in books or magazines

5 Years

- ☐ The Baby can button some of his clothing
- ☐ The Baby names at least three colors
- ☐ The Baby can walk down stairs alternating his feet
- ☐ The Baby can jump with his feet apart

We added another Child health program for the people in Tiruparankundram on 29.07.2021.. The total cost for this programme was Rs.13000 /-



Child health awareness programme – Jamabalapuram

9. BETTER HEALTH FOR ALL

“HEALTH FOR ALL” is today’s goal of World Health organization of Healthy environment is essential. Screening plays, vital role in assessment of health of an individual. So, Sajar Health Educational and Charitable Trust conducting medical camps. This year we have select the village Alanganallur which is held on 25.04.2020.

Camp: Better Health for All Programmes
Camp Team: Dr.Bhatathi, MD., Dr.Jasmin, Dr.Lavanya, Mr.Gurupandi.
Educator: Mr.Karthik

Depending on the category of beneficiaries and the needs, we conduct various kinds of health camps throughout the year.Total expenses of this programme was Rs.8500 /-

- Comprehensive health camps
- General health camps

In all these camps we provide doctor's consultation Basic evaluation, Laboratory investigations with free medicine distribution. Any referred cases by the doctors in these camps will be further followed by our team on aregular basis. In Immanuel nagar we conduct another programme on 12.11.20 and the total amount of this programme was Rs.11500.



Better health for all- Alanganallur



Better health for all- Immanuel Nagar



10. COMMUNICABLE DISEASES AND LIFE THREATENING AWARENESS PROGRAMME:

Communicable diseases are those which get transferred from one person to another or one animal to a person or another animal by means of any contamination. The diseases often spread from one other via air, food, water or transfusing instruments or blood transfusion or bodily fluids. In our country these diseases are high risk factors in our country, So Sajar trust has conducted a awareness program about „Communicable Diseases and Life Threatening Awareness Programme“. The common communicable diseases are Ebola, Enterovirus D68, Flu, Hantavirus, Hepatitis A, Hepatitis B, HIV/AIDS, Measles, MRSA, Pertussis, Rabies, Sexually Transmitted Disease, Shigellosis, Tuberculosis, and West Nile Virus.

Camp: Communicable Diseases and Life-threatening awareness programme.

Camp Team: Dr.Lavanya, Dr.Jasmin, Mr.Karthik.

Educator: Mr.Karthick

On 13.05.20 Sajar Health Educational and Charitable Trust conducted this Health Camp for Cervical & breast cancer awareness/ screening programme Camp at Kamatchipuram. Started by 8.30 am and was conducted till 1.20pm. Totally 390 Beneficiaries participated in the camp. The camp includes education/ awareness/ screening for the Patients. Total expenses of this programme were Rs.6350/- and following explanation given in detail.

CAUSES OF COMMUNICABLE DISEASES:

The cause of the communicable diseases depends on the specific disease or infectious agent. Some ways in which communicable diseases spread are by: Physical contact with an infected person, such as through touch (staphylococcus), sexual intercourse (gonorrhea, HIV), fecal/oral transmission (hepatitis A), or droplets (influenza, TB)

Contact with a contaminated surface or object (Norwalk virus), food (salmonella, E. coli), blood (HIV, hepatitis B), or water (cholera);

Bites from insects or animals capable of transmitting the disease (mosquito: malaria and yellow fever; flea: plague); and Travel through the air, such as tuberculosis or measles.

PREVENTIVE MEASURES AGAINST COMMUNICABLE DISEASES:

Learn these healthy habits to protect you from disease and prevent germs and infectious diseases from spreading. 1. Handle & Prepare Food Safely.

2. Wash Hands Often.

3. Clean & Disinfect Commonly Used Surfaces

4. Cough & Sneeze into Your Sleeve

5. Do not Share Personal Items

6. Get Vaccinated



Communicable diseases and life-threatening awareness program- Kamatchipuram



11. EDUCATION AID PROGRAMME:

The early years are the most important ones for a child. Several researches across the world have highlighted the importance of an early childhood education and the significant impact that it has on one's life.

Reinforcing our commitment towards providing quality early childhood education, we support to assigning and guided to the government schools, which is illiteracy parents and their children.

Our SAJAR HEALTH EDUCATIONAL AND CHARITABLE TRUST has come forward to take over the educational expenses of girl child in vision of giving the Full Expenses for the school for one child. We has conducted this Education aid program for the people in Pudhukulam village at the date of 20.05.20. The total cost for this programme was Rs.14350 /-.

This programme helps the student to come over their struggle of paying the school fees and good education and training was given by the sajar trust for every year.



Education Aid Programme-Pudhukulam

12. GENERAL HEALTH CAMP:

We Sajar Health Educational and Charitable Trust conduct comprehensive health screening annually at very remote areas which has fewer medical facilities. This year we have selected singampatty. On 24.06.20 with prior announcements and IEC distribution camp started by morning 9.30 am. Dr.Lavanya, MD., Dr.Rajkumar, MD., Dr.Bharathi. Extended their valuable support & guidance by screening 410 individuals of mixed age group. The expenses of the General Medical Camp Rs.12500/- . Following Tests were offered on the campsite itself on free of cost to needed patients. All laboratory tests were offered free with the help of “Raj Laboratory” Thirumangalam. Tests offered are.

- ❖ Height, weight, Blood Pressure
- ❖ Complete Haemogram
- ❖ Complete urine analysis
- ❖ Blood group
- ❖ Fasting blood sugar
- ❖ Creatinine
- ❖ Blood urea
- ❖ Lipid profile
- ❖ Liver function test
- ❖ ECG

We conduct general medical camps for poor from the other need based camps. In all these camps we provide free medicines. We conduct another general health camp at vandapuli on 08.07.2020. The total expense for this camp is Rs.16150/-



General healthcamp – Singampatty



General health camp –Vandapuli



13. AWARENESS SESSION ON POSITIVE THINKING

Positive Thinking is a mental attitude in which you expect good and favorable results. A Positive mind waits for happiness, health, and happy ending in any situation. It can change your entire life.

- Process of thinking.
- Process of create and transform energy into reality.

Advantages:

- Feeling stronger
- More energy
- More peace of mind

Awareness:

The people need thought awareness, rational thinking and prepare positive thoughts and affirmation. Our “SAJAR HEALTH EDUCATIONAL AND CHARITABLE TRUST” has conducted an awareness program about the Importance of positive thinking and its benefits.

Camp: Awareness session on positive thinking

Educator: Mr. Karthick

On 05.06.20 Saijar Health Educational and Charitable Trust conducted this Health Camp for Awareness session on positive thinking programme Camp at Natchikulam. Started by 8.30 am and was conducted till 1.20pm. The camp includes education/ awareness/ counseling for the Patients. Total expenses of this programme were Rs.8500/-.

Benefits:

- A more worthwhile life
- Greater confidence
- Higher self esteem
- More happiness and enjoyment
- More success
- More enjoyable interactions with others
- Better sleep and health
- Greater clarity of mind



Awareness session on positive thinking-Natchikulam



14. FIRST AID TRAINING PROGRAMME:

First aid is the assistance given to any person suffering a sudden illness or injury, with care provided to preserve life, prevent the condition from worsening, or to promote recovery. It includes initial intervention in a serious condition prior to professional medical help being available, such as performing cardiopulmonary resuscitation (CPR) while awaiting an ambulance, as well as the complete treatment of minor conditions, such as applying a plaster to a cut. First aid is generally performed by someone with basic medical training. Mental health first aid is an extension of the concept of first aid to cover mental health. There are many situations which may require first aid, and many countries have legislation, regulation, or guidance which specifies a minimum level of first aid provision in certain circumstances. This can include specific training or equipment to be available in the workplace. Our „SAJAR HEALTH EDUCATIONAL AND CHARITABLE TRUST“ has conducted an awareness program about the Importance of First Aid and its benefits.

Camp: First Aid Training Awareness Programme

Camp Team: Dr.Jasmine, MD., Dr.Barathy, MD., Mr.Karthik

Educator: Mr.Gurupandi.

Date: 10.04.2020

Sajar Health Educational and Charitable Trust conducted this First Aid Awareness programme at Rishabam .The camp started by nearly 10.30am and was conducted till 4.00pm with break for lunch for 1/2hr. Totally 10 villages covered in the camp. The camp includes First aid education/ awareness/ screening. Total expenses of this programme were Rs.13500/-

The Following Key Aims are Educated to People by Saijar Trust,

Preserve life:

The overriding aim of all medical care which includes first aid is to save lives and minimize the threat of death.

Prevent further harm:

Sajar Health Educational and Charitable Trust 34 Prevent further harm also sometimes called prevent the condition from worsening, or danger of further injury, this covers both external factors, such as moving a patient away from any cause of harm, and applying first aid techniques to prevent worsening of the condition, such as applying pressure to stop a bleed becoming dangerous.

Promote recovery:

First aid also involves trying to start the recovery process from the illness or injury, and in some cases might involve completing a treatment, such as in the case of applying a plaster to a small wound.



Firstaid Training Programme-Rishabam



15. DRIVE OUT EXAM FEAR PROGRAMME

A lot of people think that examination phobia is the result of under preparation for a test or an examination and fear of flunking the exam leads to a stressful situation for the students or a phobia.

Test preparation for reduce anxiety

- Approach the exam with confidence
- Be prepared
- Choose a comfortable location for taking the test
- Allow yourself plenty of time
- Avoid thinking you need to cram just before
- Strive for a relaxed state of concentration
- A program of exercise
- Get a good night's sleep

Our SAJAR HEALTH EDUCATIONAL AND CHARITABLE TRUST^{cc} has conducted an awareness program about the how to drive out exam fear and its preventive measures.

Camp: Drive out exam fear Programme

Date: 15.02.2021

Sajar Health Educational and Charitable Trust conducted this drive out exam fear at Sajar register office. The camp started by nearly 10.00am and was conducted till 4.00pm. Total expenses of this programme was Rs.5500/-

Overcome text anxiety

- Developing good study habits and strategies
- Managing time
- Organizing material to be studied and learned
- Outside pressures (success / failure consequences, Peer pressure, competitiveness etc.)
- Reviewing past performance on tests.

The Following points were taken care of in this Awareness programme,

- Create our own timetable.
- Chart out.
- Mix of subjects.
- Target for the day.
- Allocate time for breaks.
- Sleep well.
- Taking Notes.
- Good Diet.
- Having Clear Mind.

The Volunteers and trust members involved in this counseling programme and present slides and videos to overcome exam fear among the students.



Drive out Exam fear Programme

16. General health Camp:

Depending on the category of beneficiaries and the needs, we conduct various kinds of health camps throughout the year.

- Comprehensive health camps
- General health camps

In all these camps we provide doctor's consultation Basic evaluation, Laboratory investigations with free medicine distribution. Any referred cases by the doctors in these camps will be further followed by our team on a regular basis. Our SAJAR HEALTH EDUCATIONAL AND CHARITABLE TRUST has conducted this General health program for the people in valayankulam village at the date of 05.11.20. The total cost for this programme was Rs.10500 /-

Comprehensive & General Health Camp

We Sajar Health Educational and Charitable Trust conduct comprehensive health screening annually at very remote areas which has fewer medical facilities. We conduct another programme at S.Krishnapuram on 05.01.20. The expense for this programme is Rs.15500. Dr.Amuthakumar,MD., Dr.Selvakumar,MD., Dr.Rajkumar,MD., Dr.Kavitha. Following Tests were offered on the campsite itself on free of cost to needed patients. All laboratory tests were offered free with the help of "Raj Laboratory" Thirumangalam. Tests offered are,

- ❖ Height, weight, Blood Pressure
- ❖ Complete Haemogram
- ❖ Complete urine analysis
- ❖ Blood group
- ❖ Fasting blood sugar



General health camp –S.Krishnapuram



General health camp – Valayankulam

17. YOUTH PARLIAMENT PROGRAMME

Youth Parliament Programme is an organization in India. Initiative by youth for better India and India's future foundation. Youth Parliament Programme would be a debate between the best debaters and policymakers and opinion maker. The platform will inspire the youth to express their views in an organized way. It will also allow for emergence of bright future leaders to create awareness and empower youth through youth parliament sessions, where youth can come together think, discuss, and debate on various issues education and health, electoral and political reforms, judicial and police reforms, local governments and citizen-centered governance, governance reforms, instruments of accountability, public policy reforms of India that facing India to build better future for youth. Our SAJAR HEALTH EDUCATIONAL AND CHARITABLE TRUST has conducted an awareness program about youth parliament programme.

Camp: Youth parliament programme

Educator: Mr.Gurupandi.

Date: 02.02.2021

Sajar Health Educational and Charitable Trust conducted this Youth Parliament programme at Sajar register office. The camp started by nearly 10.30am and was conducted till 4.00pm. Total expenses of this programme was Rs.5000/-

Focus

- Education
- Health
- Agricultural
- Political
- Electoral
- Public policy
- Decentralization
- Judicial
- Reforms



Youth Parliament Programme-Sajar Office



18. WOMEN EMPOWERMENT PROGRAMME (TAILORING)

Women have always been marginalized and downgraded to the status of subjugated class in the Indian society. Due to lack of specific implementation of plans, local communities especially women have remained outside the scope and benefits of government schemes and programs. Women have not actively participated in their emancipation due to their lack of economic independence and illiteracy. There is a need to address the issue by raising the status of women.

The main objective of this tailoring training program is to enhance the quality of life of women and teenage girls through enhancement of their skills and knowledge. Due to poverty, these teenage girls drop out of high school to get married and work as temporary farm workers, sweepers, and manual scavengers. They needed to learn newer vocational skills such as tailoring (sewing) which can help them earn more income and become economically self-sufficient and independent. This will alleviate poverty, help them support their family needs without being dependent of husband and parents. Students are trained by a qualified professional tailoring teacher. Certificates are given to those who successfully complete the course. These tailoring classes enable women/Girls in rural and sub-urban areas to earn on their own, making them self-confident and self-dependent. After completing of 6 months training, some women/Girls can start their own tailoring shops, while many can secure well- paying jobs in the export garment factories in the nearby areas, or sub-contract work from large tailoring shops. Our SAJAR HEALTH EDUCATIONAL AND CHARITABLE TRUST has conducted this women Empowerment program for the people in mutupatti village at the date of 25.12.20. The total cost for this programme was Rs.6500 /-

The following points were discussed in this women Empowerment programme,

- Economic Empowerment
- Political Empowerment
- Educational Empowerment
- The Internet as a tool of Empowerment.



Women Empowerment Programme-Mutupatti



19. LUNG HEALTH SCREENING CAMP:

The **lungs** are the primary organs of respiration in humans. In mammals and most other vertebrates, two lungs are located near the backbone on either side of the heart. Sajar Trust has conducted a camp for Screening and awareness of lung health.

CAMP DETAILS:

Camp: Lung Health Screening camp.

Camp Team: Dr. Parvathy, Dr. Lavanya, Mrs.

Thaleeswari. Karthik. Educator: Mr. Prabhakaran

On 23.09.2020 Sajar Health Educational and Charitable Trust conducted this Health Camp at kodikulam Camp from Madurai dist. started by 9.00am and was conducted till 1.30pm. Totally 310 Beneficiaries participated in the camp. The camp includes education/ awareness/ screening for the Villagers. A total expense of this programme was Rs.8000/- Camp was organized at a public local school villagers were given awareness about the camp by local notice announcement and door to door campaign by volunteers. Greater strain & effort made to help the aged people who had difficulties in walking to reach the camp venue. Camp started by registration of name, age, address of beneficiaries. Basic checkup of height, weight, Bp done & followed by doctors' consultation. Needed basic laboratory investigation done. Medicine issued according to prescription. All done on free of cost. Counseling and awareness given on Lung's anatomy, Functions of lungs, breathing Exercises, Breathing techniques, Home Remedies for cough.



Lung health screening camp - Kodikulam



20. GERIATRIC CARE PROGRAMME

Geriatrics is a specialty that focuses on health care of elderly people. It aims to promote health by preventing and treating diseases and disabilities in older adults.

Importance of elderly care services old age is a sensitive phase; elderly people need care and comfort to lead a healthy life without worries and anxiety. Lack of awareness regarding the changing behavioral patterns in elderly people at home leads to abuse of them by their kin.

Types of facilities

- Independent living apartments
- Adult homes
- Enriched housing
- Family – type homes
- Assisted living programme
- Continuing care retirement communities
- Nursing home (skilled nursing facility)

Our SAJAR HEALTH EDUCATIONAL AND CHARITABLE TRUST has conducted this Geriatric care program for the people in peikulam village at the date of 25.08.20. The total cost for this programme was Rs.12500 /-

Services for elderly people

- Assisted living
- Independent living
- Memory care
- Skilled nursing
- Affordable housing
- Short term care

We conduct another programme at kudipatti on 18.01.2021. The expense for this program is Rs.16500/-. Camp was organized at a public local school after information to local police station and concern BDO villagers were given awareness about the camp by local Notice issuing and door to door campaign by volunteers and Mike announcement and Notice issuing. Greater strain & effort made to help the aged people who had difficulties in walking to reach the camp venue. Camp started by registration of name, age, address of beneficiaries. Basic checkup of height, weight, Bp done & followed by doctor's consultation. Needed basic laboratory investigation done. Medicine issued according to prescription. All done on free of cost.

General Health Maintenance tips.

Little Exercises.

Diet pattern.

Medication continuity.

Sleep pattern and Government schemes are explained in detail by counselors.

The Geriatric Health issues like the following was screened and explanations given in detail.

Cancer

Breast Cancer

Colon Cancer

Lung Cancer

Prostate Cancer

- More about Cancer

Cardiovascular Disease

- Atherosclerosis
- Congestive Heart Failure
- Heart Attack
- Heart Disease
- High Blood Pressure
- High Cholesterol

Cognitive Conditions

- Alzheimer Disease
- Dementia
- Arthritis
- Joint Pain
- Osteoarthritis
- Osteoporosis
- Rheumatoid Arthritis

Neurological Diseases

- Parkinson Disease
- Stroke
- Tremor

Obesity

- Obesity

Sight and Hearing

- Age-Related Hearing Loss
- Age-Related Macular Degeneration (ARMD or AMD)
- Cataracts
- Glaucoma

Urinary Incontinence

- Urinary Incontinence

All signs & symptoms of above-mentioned conditions were explained in detail & people with any risk factor are advised to visit doctor and assistance given to meet health care professionals.



Geriatric care programme- peikulam



Geriatric care programme- kudipatti



21. SKILL TRAINING IMPORTANCE CAMPAIGN:

Sajar Trust has started nursing skill training programme in the name of SKG Paramedical College and Technology under the Approval of Indian Medical Association and Centre for Skill & Vocational Training, (a unit of Prime Minister Skill development programme). The skill training importance programme which was conducted at Sajar register office. Camp Date: 12.08.20 total expenses Rs.10350/-. Each family was analyzed and specifications was given to beneficiaries who completed 10th standard pass/ 12th standard pass/ fail and who are unable to continue their further study due to financial constrain and awareness counseling was given to their family members.

Our college puts stress on both quality and quantity supported by our dedicated faculty & guest lectures, Seminars and workshops are arranged frequently by eminent personalities of the industry. Paramedical college is fully geared to meet the challenge and demand of professionals, by gradually reducing the gap between the demand and supply, by continuously producing top grade specialists. The college is gradually carving a niche for itself and it is not compromising the quality. Team members visit school students, School Drop outs and their family members. Create report and give explanation and importance, benefits of Skill training.

Vision

Our vision is to play a leading role in shaping quality students and to spread knowledge through the expertise of modern education and developing and delivering high quality and effective educational knowledge to the students.

Mission

To train and teach young talents, to bring prosperity to the community and society to encourage the students Who are a part of our family, to get National and Inter-National reorganization in their respective fields and to provide knowledge and services through innovation and experiments and to be honest, transparent, and hardworking professionals who can change the society for the better as they are the future of our nation. **Objective**

To create professionals who are ready to face the world and become successful learners, researchers, and entrepreneurs. To improve their skill knowledge along with Personality Development. A Nurses is

- Theory
- Practical
- Soft Skill
- Self-Directed Learning
- Extra-Curricular Activities
- 100% Job Assurance via Placement Cell

Sajar Trust empaneled as a Training provider for skill development under Allied Health Care Sector – General Duty Attendant by Tamil Nādu Skill Development Corporation – TNSDC. With the help of Special placement cell, all trained & passed candidates are aimed to seek job. Sajar Trust had signed MOU for training & placement with leading hospitals of Madurai & Thirumangalam.

Importance and Need of Nursing Education:

The aim of nursing education is a development of the nursing profession. One way to promote development is to clarify the professional role. The role definition for nursing is mostly transmitted through tacit knowledge. We consider that the professional development of the nursing profession in requires a clear and well-defined nurse role. Stated goals of professional programmes for nursing do not include the entire body of tacit knowledge. The overall development requires recognition of a professional status together with a clear and well-defined role.

Registered nurses, and which did not occur during the educational process. This indicates that the conceptions of the need for a more clearly defined nursing role are assimilated during work experience. This confirms the



necessity and importance of role modeling, role repetition and interactions with a professional group as part of the educational process.



Skill Training Importance Campaign-Sajar Office



22. SEX EDUCATIONAL PROGRAMME

Sex education is the instruction of issues relating to human sexuality, including emotional relations and responsibilities, human sexual anatomy, sexual activity, sexual reproduction, age of consent, reproductive health, reproductive rights, safe sex, birth control and sexual abstinence. Sex education that covers all these aspects is known as comprehensive sex education. Common avenues for sex education are parents or caregivers, formal school programs, and public health campaigns.

Sex education may be taught informally, such as when someone receives information from a conversation with a parent, friend, religious leader, or through the media.

Our SAJAR HEALTH EDUCATIONAL AND CHARITABLE TRUST has conducted this Sex educational program for the people in k.perumalpatti village at the date of 25.10.20. The total cost for this programme was Rs.8500 /-

Topics included:

- Human sexual behavior
- Safe sex practices
- Masturbation
- Sexual ethics
- Birth control techniques and devices



Sex Educational Programme-Perumalpatty



23. General health Camp:

Depending on the category of beneficiaries and the needs, we conduct various kinds of health camps throughout the year.

- Comprehensive health camps
- General health camps

In all these camps we provide doctor's consultation Basic evaluation, Laboratory investigations with free medicine distribution. Any referred cases by the doctors in these camps will be further followed by our team on a regular basis. Our SAJAR HEALTH EDUCATIONAL AND CHARITABLE TRUST has conducted this program for the people in Palanganatham at the date of 25.02.21. The total cost for this programme was Rs.13500 /-

Comprehensive & General Health Camp

We Sajar Health Educational and Charitable Trust conduct comprehensive health screening annually at very remote areas which has fewer medical facilities. We conduct another programme at Alwarpuram on 15.03.21. The expense for this programme is Rs.10500. Dr.Amuthakumar, MD., Dr.Selvakumar, MD., Dr.Rajkumar, MD., Dr.Kavitha. Following Tests were offered on the campsite itself on free of cost to needed patients. All laboratory tests were offered free with the help of "Raj Laboratory" Thirumangalam. Tests offered are,

- ❖ Height, weight, Blood Pressure
- ❖ Complete Hemogram
- ❖ Complete urine analysis
- ❖ Blood group
- ❖ Fasting blood sugar

We conduct general medical camps for poor from the other need-based camps. In all these camps we provide free medicines

Other Need-Based Camps

Apart from our regular action plan we also take initiatives for the welfare of the rural people, working of several companies in and around Thiru Mangalam and community by conducting need-based camps. This may include:

- ✓ Nutritional status screening
- ✓ Eye check-up
- ✓ Gynecology camps
- ✓ also Included.

"Treatment aspect suggested to local public hospital."



General health camp- Palanganatham



General health camp- Alwarpuram



24. DIGITAL INDIA PROGRAMME

The digital India programme is a flagship programme of the Government of India with a vision to transform India into a digitally empowered society and knowledge economy. Digital India is a campaign launched by the Government of India in order to ensure the Government's services are made available to citizens electronically by improved online infrastructure and by increasing internet connectivity or by making the country digitally empowered in the field of technology.

Our SAJAR HEALTH EDUCATIONAL AND CHARITABLE TRUST has conducted this Digital India program for the people in Sajar register office at the date of 13.12.20. The total cost for this programme was Rs.5500 /-

Nine pillars of digital India

- Broadband highways
- Universal access to mobile
- Public internet access program
- E- Governance – Reforming government through technology
- E-Kranti electronic delivery of services
- Information for all
- Electronics manufacturing target NET zero imports
- IT for jobs
- Sajar health educational and charitable trust has conducted a computer education training for village people in the villages of Nesaneri, Sengapadai, karisalkalpatty, Ammapatty, Midilaikulam, Kovilangulam. PMG-DISHA, it contains the knowledge training for following processes.
 - Basic Mobile and Computer operating knowledge
 - Online Banking.
 - Online EB registration and billing
 - Basic knowledge about Government websites.
 - ID proof registration through internet.
 - Social Media functions and uses.

PradhanMantriGramin Digital SakshartaAbhiyan(PMGDISHA): Is the world's biggest program which has been launched in India to make the Indian rural household digitally literate by teaching them to operate the digital devices and make them able to use smart phones and digital devices like tablets and other and make them digitally literate, make them computer literate.

In the PMG-DISHA projects the village people this program was initiated by getting permission from the village administrative officers and school students are registered for computer training and the eligibility for this registration Age Group – 14 to 60 years of age, ADHAR CARD is mandatory, ST – Caste certificate – Card compulsory Recent Passport size photographs. Our training peoples of Mr.Gurupandi, Mr.Karthik, Mr.Prabakaran, Mr.Sonai, Mr.Sivaguru, Mr.Abhimanyu, Mr.Arun, Mr.Manikandan are given training about the digital knowledge for the village peoples. The local mobilizer was used to organize the people for registration and test conductions for each village. The following process was taken care in the training center.

ROLE OF TRAINING CENTRE:-

- 1) Selecting the beneficiaries eligible under the project and enrolling them for the course.



- 2) Imparting the appropriate training course to beneficiaries eligible under the project , including provided course materials.
- 3) Registering the beneficiaries, marking the attendance, and conducting the continuous assessment.
- 4) Keeping a record of all beneficiaries that enroll in the course, certifying their attendance and ensuring that the beneficiary appears for the exam.
- 5) The training center can register and train the candidates with the help of online or offline video content/ pdf documents given on the portal by logging in through center or students Login ID. And they were gone up to 10 days for training class sessions and after 10 days they allowed to Write an Online test in PMG-DISHA website and the computer-generated Certificate are given to the Passed candidates. Over 1200 people were participated in this course program and get a good knowledge about digital education. Digitally literate person will possess a range of digital skills which will teach how to use tablet, laptops, smart phones, and desktop PC. It will help people in communication and keeping up with social trends. We will be highly obliged for your kind cooperation for fulfilling this mission of such a noble cause. We immensely plan to give this gift of literacy to millions of people in our country making our country



Digital India Programme-Sajar Office

25. BETTER HEALTH FOR ALL

“HEALTH FOR ALL” is today’s goal of World Health organization of Healthy environment is essential. Screening plays, vital role in assessment of health of an individual. So, Sajar Health Educational and Charitable Trust conducting medical camps. This program is conducted in vacatur on 05.02.2021. The expense of this programme is Rs.12000/-

Camp: Better Health for All

Camp Team: Dr.Bhatathi, MD., Dr.Jasmin, Dr.Lavanya. Mr.Gurupandi.

Educator: Mr.Karthik

Depending on the category of beneficiaries and the needs, we conduct various kinds of health camps throughout the year.Total expenses of this programme was Rs.8500 /-

- Comprehensive health camps
- General health camps

In all these camps we provide doctor's consultation Basic evaluation, Laboratory investigations with free medicine distribution. Any referred cases by the doctors in these camps will be further followed by our team on aregular basis. In vadakkampatti we conduct another programme on 20.03.2021 and the total amount of this programme was Rs.12500/-



Better health for all-Valathur



Better health for all- Vadakkampatti

26. GENERAL HEALTH CAMP:

We Sajar Health Educational and Charitable Trust conduct comprehensive health screening annually at very remote areas which has fewer medical facilities. This year we have selected silarpatty. On 19.08.20 with prior announcements and IEC distribution camp started by morning 9.30 am. Dr.Lavanya, MD., Dr.Rajkumar, MD., Dr.Bharathi. Extended their valuable support & guidance by screening 410 individuals of mixed age group. The expenses of the General Medical Camp Rs.15650/- on 19.08.20. Following Tests were offered on the campsite itself on free of cost to needed patients. All laboratory tests were offered free with the help of “Raj Laboratory” Thirumangalam. Tests offered are.

- ❖ Height, weight, Blood Pressure
- ❖ Complete Hemogram
- ❖ Complete urine analysis
- ❖ Blood group
- ❖ Fasting blood sugar
- ❖ Creatinine
- ❖ Blood urea
- ❖ Lipid profile
- ❖ Liver function test
- ❖ ECG

We conduct general medical camps for poor from the other need-based camps. In all these camps we provide free medicines. We conduct another general health camp at Avaniyapuram on 22.10.20. The total expense for this camp is Rs.11500/-.



General health camp- Silarpatty



General health camp- Avaniyapuram



27. ENVIRONMENT PROGRAMME (Essay on Global Warming)

Environment includes all living and non-living objects. We live in the environment and use the environmental resources like air, land, and water to meet our needs. Development also means meeting the needs of the people. While meeting the ever-growing needs, we put pressure on the environment. When the pressure exceeds the carrying capacity of the environment to repair or replace itself, it creates a serious problem of environmental degradation. If we use any environmental resource such as ground water beyond its limit of replacement, we may lose it forever. Therefore, there is a need to create 'awareness' about Environmental protection and international level to protect our environment, it is also the responsibility of every citizen to use our environmental resources with care and protect them from degradation.

Global warming is the long –term rise in the average temperature of the Earth's climate system. It is a major aspect of current climate change, and has been demonstrated by direct temperature measurements and by measurements of various effects of the warming.

SAJAR HEALTH EDUCATIONAL AND CHARITABLE TRUST has conducted Environment Awareness program for the title of Global Warming* in Sajar register office and we conducted an Essay Competition in the title of **Environmental awareness about Global Warming** in the date of 05.08.20. The total cost for this programme was Rs.8825 /-

Effects of global warming:

- Rising sea levels
- Extreme weather – heat waves, expansion of deserts
- Droughts and wildfires
- Abandonment of many coastal cities
- Environmental changes on coral reef, mountains, and the arctic
- Dangerous anthropogenic climate change

Solutions to global warming

- Fossil fuel free
- Tropical forest protection
- Clean car communities
- Regional climate action environmental defense

The students were sensitizing the following matters

- - Sensitize people of the target area for the need of green revolution and its relevance in their empowerment process
- - Create group feelings among members
- - Enhance the confidence and capabilities of members
- - Develop collective decision making among members
- - Motivate members taking up social responsibilities particularly related to farming development without disturbing the local ecology
- - Climate change
- - Biodiversity
- - Global warming
- - Tree plantation
- - Farming technology and climate change.

The students and people were educated about this Environmental awareness of Global Warming the Volunteers were going under the Essay competition at 11 am 05.08.20. And the appropriate prizes were given to the winners of the Competition.



Environment Progrmme (Essay on Global Warming)- Sajar Office



28. YOUTH CAMP ACTIVITIES

Youth camp is a special program for teens that have completed the works and practices assigning to them. The primary purpose of Youth camp is educational, athletic, or cultural development. A youth camp environment may allow children to learn new skills in a safe and nurturing environment. Youth camp experience can have lasting psychological impact on the development of a child.

Our SAJAR HEALTH EDUCATIONAL AND CHARITABLE TRUST has conducted this youth camp activities at villapuram on the date of 30.06.20. The total cost for this programme was Rs.13500 /-

YOGA:

Yoga uses breathing techniques, exercise, and meditation. It helps to improve health and happiness. Yoga is the Sanskrit word for union. Patanjali was a pioneer of classical yoga. He defined yoga as "the cessation of the modification of the mind". Yoga poses are great to strengthen and relax the body, however there is a lot more to Yoga than that. Derived from the Sanskrit word „you“ which means „to unite or integrate“, yoga is a 5,000-year-old Indian body of knowledge. Yoga is all about harmonizing the body with the mind and breath through the means of various breathing exercises; yoga poses (asanas) and meditation.

BENEFITS OF YOGA:

The researchers found that yoga outperformed aerobic exercise at improving balance, flexibility, strength, pain levels among seniors, menopausal symptoms, daily energy level, and social and occupation functioning, among other health parameters. Yoga does more than calm you down and makes you flexible.

Other physical Benefits of yoga include:

- Increased flexibility.
- Increased muscle strength and tone.
- Improved respiration, energy, and vitality.
- maintaining a balanced metabolism.
- Weight reduction.
- Cardio and circulatory health.
- Improved athletic performance.
- Protection from injury.

All above explanation were given to students and practical demo was conducted by the trained yoga instructors.

The secret of awareness is to just watch everything that is going on in the body and mind - as a witness. Do not resist, but watch with a smile! Make your life a celebration - with Yoga!

Regular practice of Yoga establishes you in the Self; you feel a sense of belongingness with everyone and everything in Creation. You are then at peace with yourself and everything around you.

Enhance your good health and energy - by eating with awareness. When you are pre-occupied or feel upset, you tend to eat mindlessly. However, when the mind is aware, you are conscious of what you eat and how much you take in.

Yoga refines the mind and creates awareness

The mind swings back and forth, from the past to the future, drowning you in a whirlpool of thoughts, worries, fears... An effective way to break this chain of thoughts is to become aware of the thoughts. Breath is a powerful tool to deal with the mind. You do not have to run away to a forest or a cave, to calm down the mind. Yoga with asana, pranayama, and meditation can gently guide you on this inner journey.

Yoga is the restraint of thought waves. „Yogaha chitta vritti nirodaha“

With Yoga, you can attain a pleasant and composed state of mind. When your mind is aware, you are sensitive to other's feelings and to your surroundings. A clear mind is powerful like a beam, helping you too can take effective decisions. When the mind is calm, creativity dawns; productivity increases.

Yoga cultures the speech and kindles dynamic action



Living with awareness cultures your speech and actions. You acquire a skill in dealing with people and situations. You do not react to situations or what people say, but respond with calmness. When the mind is aware, you can be proactive instead of provocative - in your speech and actions. Often words just shoot out of the mouth. As you grow in the path of Yoga, your words become more powerful.



Youth Camp activities- Villapuram



29. TOGETHER IN SUCCESS – MOTIVATION SESSION:

People who working together as a team maximizes our strengths because there is someone else on the team who is strong in areas where we are weak. That eliminates those weaknesses because the team can utilize your strengths without being held back by those areas where we are not Teamwork makes the job easier because we do not have to do everything ourselves. Other team members carry some of the load and that load can be shifted as necessary.

SAJAR HEALTH EDUCATIONAL AND CHARITABLE TRUST has conducted a together in success motivation session in Vandiyur. Over 200 people participated in this program and given awareness about the benefits of working together and its benefits. This program was initiated by announcing the village people a day before by speaker and notices.

On 02.09.2020 this program was conducted by the group of members of Gurupandi, Prabakaran, Alagusonai and Motivational speakers who volunteered for this programme. This program was started at morning 10.00 a.m. to 4 pm. The total cost for this program is Rs.9400/-



Together in Success (Motivation Session) - Vandiyur



30. GENERAL HEALTH CAMP:

Depending on the category of beneficiaries and the needs, we conduct various kinds of health camps throughout the year.

- Comprehensive health camps
- General health camps

In all these camps we provide doctor's consultation Basic evaluation, Laboratory investigations with free medicine distribution. Any referred cases by the doctors in these camps will be further followed by our team on a regular basis. Our SAJAR HEALTH EDUCATIONAL AND CHARITABLE TRUST has conducted this women Empowerment program for the people in valayankulam village at the date of 05.11.20. The total cost for this programme was Rs.10500 /-

Comprehensive & General Health Camp

We Sajar Health Educational and Charitable Trust conduct comprehensive health screening annually at very remote areas which has fewer medical facilities. We conduct another programme at S.Krishnapuram on 05.01.21. The expense for this programme is Rs.15500. Dr.Amuthakumar, MD., Dr.Selvakumar, MD., Dr.Rajkumar, MD., Dr.Kavitha. Following Tests were offered on the campsite itself on free of cost to needed patients. All laboratory tests were offered free with the help of "Raj Laboratory" Thirumangalam. Tests offered are,

- ❖ Height, weight, Blood Pressure
- ❖ Complete Hemogram
- ❖ Complete urine analysis
- ❖ Blood group
- ❖ Fasting blood sugar

We conduct general medical camps for poor from the other need-based camps. In all these camps we provide free medicines

Other Need-Based Camps

Apart from our regular action plan we also take initiatives for the welfare of the rural people, working of several companies in and around thirumangalam and community by conducting need based camps. This may include:

- ✓ Nutritional status screening
- ✓ Eye check-up
- ✓ Gynecology camps
- ✓ also Included.

"Treatment aspect suggested to local public hospital."



General health camp-valayankulam



31. CYCLONE RELIEF CAMP

Cyclones are like giant engines that use warm, moist air as fuel. That is why they form only over warm ocean waters near the equator. The warm, moist air over the ocean rises upward near the surface. Air from surrounding areas with higher air pressure pushes into the low-pressure area.

The camp was provided emergency funding to locally driven relief efforts, providing food, medicine, and other essential supplies to help people impacted by the storm.

Our SAJAR HEALTH EDUCATIONAL AND CHARITABLE TRUST has conducted this Cyclone relief camp for the people in Pudukkottai village at the date of 25.11.20. The total cost for this programme was Rs.18500/-

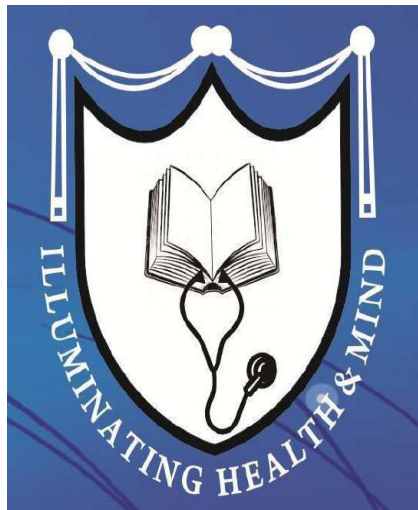
Services to the affected people

- Proving medical facilities to affected people
- Free check ups
- Free medicines
- Free laboratory tests



Cyclone relief camp –
Pudukkottai

**SAJAR HEALTH EDUCATIONAL
AND
CHARITABLE TRUST**



Sajar Trust

ANNUAL REPORT April 2021 - March 2022

SAJAR HEALTH EDUCATIONAL AND CHARITABLE TRUST is a charitable, Non-profitable, Non communal organization started on July 2008 Registered under Tamil Nadu Trust act and run by eminent social professionals who by their devotion shift in rural and slum health services and in promoting development in socio, economic, educational activities among the community.

SAJAR HEALTH EDUCATIONAL AND CHARITABLE TRUST focuses on broad dimensions of health education and awareness that encompass promotive, preventive and the therapeutic services, many of which are frequently lost sight of in policy planning as well as in popular understanding.

SAJAR HEALTH EDUCATIONAL AND CHARITABLE TRUST works as a team with a goal “to discover and deliver best community care with the heart and values true to our heritage”

OUR VISION

Service with compassion and leading with quality and innovation. Strengthening health, Educational-awareness and systems capability and provide knowledge to achieve better health outcomes for all. To identify and work with the impoverished, weaker and vulnerable sections of the society to find solutions to the challenges threatening their lives with the ultimate aim of establishing an aware, responsible and developed society based upon equality, fraternity and social justice, ensuring sustainable and holistic development with emphasis on human rights, and a culture of social service through creating synergy and building strategic partnership with the Government, NGOs (non-government organizations), irrespective of Caste, Creed or Religion and to create opportunities to develop their potential to become self-reliant and self-sustainable individuals.

SHGs (self-help groups), CBOs (community-based organizations) and various national and international organizations by planning appropriate downstream and upstream interventions and also to help the poor and needy children or people at risk and marginalized communities

Our Mission

- Holistic community care and quality services at people's reach with values.
- Developing the health workforce and setting standards.
- Strengthening knowledge application and evidence-informed health and educational practice and policy

Values Transparency

- Uphold the trust of our multiple stakeholders and supporters
- Honest, open, and ethical in all we do, acting always with integrity.

Impact

- Link efforts to improving public health outcomes, knowledge to action
- Responsive to existing and emerging public health priorities

Informed

- Knowledge based; evidence driven approach in all we do
- Drawing on diverse and multi-disciplinary expertise, open to innovative approaches

Excellence

- Aim for highest standard in all aspects of our work
- Encourage, recognize, and celebrate our achievements

Independence

- Independent view & voice, based on research integrity & excellence
- Support academic and research freedom, contributing to public health goals and interests

Inclusiveness

- Strive for equitable and sustainable development, working with communities
- Collaborate and partner with other public health organizations.

Glimpse of Activities....

I. NURSING SKILL TRAINING AWARENESS PROGRAMME:

Sajar Trust has Started Nursing skill Training Programme in the Name of SHG Paramedical College and Technology under the approval of Indian Medical Association and Centre for Skill & Vocational Training . (a Unit of Prime Minister Skill Development Programme), The Beneficiaries were Selected for the Nursing skill training courses through an awareness programme which was conducted at various places like Rettiaypatti ,Sengapadai ,Nesaneri, Ulakani, Koodakovil,. Pamphlets and Prospectus was issued door to door. Camp date : 17.06.2021 total expenses Rs.7,500/-

Each family was analyzed and Specifications was given to beneficiaries who completed 10th standard pass/12th standard pass/Fail fail and who are unable to continue their further study due to financial constrain and awareness counseling was given to their family members.

The Following explanation given in details:

IMPORTANCE AND NEED OF NURSING EDUCATION:

The aim of Nursing Education is development of the Nursing Profession.

We consider that the professional development of the Nursing profession in requires a clear and well-defined nurse

role. State Goal of Professional Programmes for Nursing do not include the entire body of tacit knowledge . The Overall development requires recognition professional status together with a

clear and well –defined role. We have found a significant change in the distribution of role- conceptions which occurred after the nurse had experienced their first year as registered Nurses, as and which did not occur during the educational Process. The indicates that the conceptions of the need for a more clearly defined nursing role are assimilated during work experience. This confirms the necessity and importance of modeling , role repetition and interactions with the professional group as part of the educational pr



GENERAL MEDICAL CAMP:



"Health For All" is today goal of world Health Organization of Healthy Environment is essential. we Sajar Health Educational Charitable Trust conducted General Health Camp at Manalur ,First Aid Training Programme was conducted On 30.12.2021 .. More than 450 Rural peoples were Participated and the camp started on 9.00 am. Dr.,Rajkumar,MD, Dr.Kavitha, Dr.Selvakumar,MD. extended their valuable Support. The Expenses of the General Medical Rs.9,265/-.

On 05.01.2022 we have conducted Family Planning Micro level Prgamme/ General Health Camp Programme at Pullur, Nearly 540 male and Females and children's were benefitted to this camp. The Expenses of the General Medical Camp is Rs.8,240/-.

HEALTH CAMP & FIRST AID TRAINING :

First Aid Training Programme along with General Health Camp was Conducted at Kallupatti on 11.01.2022 . Nearly 875 General Publics were benefitted through this camp and the general medical expenses of the camp is Rs.9,265 /-



We Sajar Health educational Charitable Trust was Conducted Covid Pneumonia Crisis Counseling Programme was Conducted at Thirupuvananam Community Hall. Dr.Amuthakumar, MD., Dr.Selvakumar,MD., Dr.Parvathy and Dr.,Kavitha have extended their valuable support More than 460 General Publics were benefitted through this camp and the expenses of the camp is Rs.8,065/-The Camp includes education/awareness/screening for pneumonia.



On 20.02.2022 Sajar Health Educational and Charitable Trust was conducted a Mega General Health Camp Programme at Parapathi Rural Village by 9.30 am and was conducted till 4.00 Pm. Some of the notable Problem was identified and explained to the People of Parapatti, Such as Land and Air Water Pollution , Population of Growth, Environment Pollution. 600 Persons nearly benefitted through this camp and the expenses of the camp is Rs.8,920/-.

Sajar Health Educational Charitable Trust has conducted Family Planning Micro level Programme and General Health screening for women against diseases are very much needed to the society. As we know that" prevention is better cure "nearly 30% of women suffering some disease like anemia, protein deficiency, vitamin deficiency etc., Take this is an account of Sajar trust was conducted the camp on 04.03.2022 at Pullur village. In and around the village nearly 700 members are actively participated in this camp. Dr.Jasmine, Dr.Jenifa, Dr.Kavitha and Mr. Gurupandian ,Mr.Laskhmigandan extended their valuable support.

GENERAL HEALTH CAMP:

We Sajar Health Educational Charitable Trust has conducted General Health Camp Programme at Sivarakottai on 12.03.2022. The most common cause is an infection of the intestine due to either a virus, bacteria, or parasite .The infections are occurred from food or water that has been contaminated by stool, or directly from another person who is infected .

Depending on the category of beneficiaries and the needs, we conduct various kinds of health camps throughout the year . Today's camp we provide consultation basic evaluation laboratory investigations, with free medicine distribution. Dr.Rajkumar, MD., Dr.Amuthakumar,MD, and Dr.kavomp is ups benefitted .The Expenses of the medical camp extended their valuable support & guidance by screening 975 individuals of mixed groups are benefitted.

Test offered are:

- Height, Weight, Blood Pressure
- Complete Hierogram,
- Complete Urine Analysis
- Blood Group
- Fasting Blood Sugar
- Creatinine
- Blood Urea
- ECG

We conduct general Medical camp for poor and needy people for need based camps. In all these camps we provide free medicines.



Other Need Based Camps and Psychological Counseling support:

Apart from our regular action plan we also take initiatives for the welfare of the rural people, working for several companies in and around Manamadurai and the community by conducting need-based camps. This ay included:

- Nutritional status Screening
- Eye check-up
- Gynecology Camps also included

A Similar camp was conducted at Manamadurai on 20.03.202 by 10.00am to 4.00 pm. Dr. Parvathy, Dr. Murugesan and Dr. Amuthakumar and the total expenses and the total expenses of Rs.9,910/-.

SKILL TRAINING PROGRAMME: DAY NULM

Sajar Health Educational Charitable Trust DAY NULM - Skill Training on- General Duty Assistant Training Programme was Conducted by Sajar Health Educational Charitable Trust conducted Two Skill training Programme at Avaniyapuram Training centre. we have conducted 2 skill Development Programme on Multi skill Technicians (Electrical) and they got employment opportunities and become entrepreneurs.

DAY NULM



Sajar Health Educational Charitable Trust DAY NULM - Skill Training on- General Duty Assistant Training Programme was Conducted by Sajar Health Educational Charitable Trust conducted Two Skill training Programme at Our Avaniyapuram Training Centre from 29.08.2022 to 29.12.2023. 60 Students benefitted tout of this training Programme. The total cost of the programme is Rs4,96,860/-.

NRUM- RURBAN

Training on Women Entrepreneurship and Skill Training on Handicrafts & Aari work Training programme was conducted by Sajar Health Educational Charitable Trust (SAJAR), Sponsored by NRUM-RURBAN from Ministry of Rural Developments at our Avaniyapuram Training Centre, Madurai From May 2021 -February 2022 The main objective of this training programme is to motivate the Women Group Beneficiaries to start their own Business and also find a job in the same field. During the Training programme, the participants were first given Introduction About Introduction to Sewing Machine, Machine Operation,



Different parts of machine and their Functions. Proper maintenance and, Oiling Safety precautions , Scope, and Opportunities of Tailoring cum Aari work , Designing - Outer Design ,



inner design, Joints design and Operating machine Removing parts and practice in refixing Adjusting the parts for proper functioning Practice in cleaning and Oiling, Training on Manufacturing of Ladies Garments Such as Different types and designs of Blouse Aari work made in Hand kerchief, Billow covers, Chudithar Neck, Block Neck Designs, Kurthis and etc...out of this training 300 women's Craft persons skilled in Handicrafts & Aari work Training programme.



TAMILNADU SKILL DEVELOPMENT CORPORATION

Training on Master Wellness Neurotherapist Programme was conducted by Sajar Health Educational Charitable Trust Sponsored by Tamilnadu Skill Development Corporation (TNSDC) scheme at Avaniyapuram Training Centre, Madurai. Madurai for One Month from 1st February 2023 to 2nd March 2023. The Main Objective of this training programme is to



motivate the Women Group Beneficiaries to start their own Business and also find a job in the same field. 60 Students benefitted through this Training Programme

JAN SHIKSHAN SANSTHAN – JSS SKILL TRAINING

Training on Hand Embroidery Addawala , Traditional Hand Embroidery, Crochet , Fashion Jewellery Programme was Conducted by Sajar Health Educational Charitable Trust Sponsored by Sajar Health Educational Charitable Trust Sponsored by Jan Shikshan Sansthan . Total 10 Training was completed in the year of 2021-2022 In Panakadi Rengarajapuram, Athalai ,Vagaikulam , Elumpoor, Kovilpapakudi, Samayanallur, and Thodaneri Hand Embroidery and Addawala Programme for these villages we have been conducted 10 Programme . More than 100 females were benefitted to this Training Programme





MEDICAL SALES REPRESENTATIVES

Medical Sales Representatives are a key link between medical healthcare professionals (HCP) and pharmaceutical companies. They are the face and image of the company. Medical Representatives promote companies' medications, prescription drugs, and medical equipment / devices and has role in ethical selling of medicines. They implement various strategies to increase awareness of a particular company's medical supplies. The main aim of program is to develop relevant sales and marketing skills in professionals. This training programs

will also train you in areas such as marketing practice, market research, sales process, communication skills, planning etc.

Medical Sales Representative is a professional course targeted to cater the occupational safety requirement of trained professionals. The information, guidance, practical training, and off course completion certificate will provide the participant with not one but many opportunities in the industry. A medical representative can make a very promising career in pharmaceutical marketing on the basis of his sales performance and ability to manage customers. His sales performance is assessed on the basis of his ability for achieve targets fixed by the company. He can rise to the posts of: Area Manager; Regional/zonal manager; Divisional sales manager/ Divisional Controller; Dy. Marketing/ Dy. Sales Manager; Marketing/Sales Manager. Skill Training Programme conducted between the month of January 2022 at Avaniyapuram totally 30 candidates are trained and get skill training certificates and placed among various Industries and Organizations.

SAJAR HEALTH EDUCATIONAL AND CHARITABLE Has Conducted A Importance Campaign For Help Group At rumbadi, Sengulam, Pudhupatti, Kandukulam, Sathankudi, Karisalpa Vidathakulam, Arasapatti, Melakottai, Ulagani, Alampatti. Starts On 11.08.2021. Total Expenses

This Programme Was Rs.55500/-. Self-Help Groups are informal associations of people who choose to come together to find ways to improve their living conditions. They help to build Social Capital among the poor, especially women. The most important functions of a Self-Help Group are (a) to encourage and motivate its members to save, (b) to persuade them to make a collective plan for generation of additional income, and (c) to act as a conduit for formal banking services to reach them. Such groups work on a collective guarantee system for members who propose to borrow from organized sources. Consequently, Self-Help Groups have emerged as the most effective mechanism for delivery of micro-finance services to the poor. The range of financial services may include products such as deposits, loans, money transfer and insurance.



CHARACTERISTICS OF A GOOD SELF HELP GROUP:

An ideal SHG comprises 15-20 members. All the members should belong to the same socio-economic strata of society specifically poor. Group should have strong bond of affinity. Rotational leadership should be encouraged for distribution of power and to provide leadership opportunities to all the members. Members should attend meetings, save, and participate in all activities voluntarily. To provide gainful employment and to involve the poor in productive activities. An SHG should be socially viable institution. The procedure of decision-



making in SHG should be democratic in nature. It should be non-partisan in nature

The group is frames rules and regulations which are required for its effective functioning. To involve women in decision making and to promote leadership qualities among them.

COMMUNICABLE DISEASES

Communicable diseases are those which get transferred from one person to another or one animal to a person or another animal by means of any contamination. The diseases often spread from one other via air, food, water or transfusing instruments or blood transfusion or bodily fluids. In our country these diseases are high risk factors in our country, So Sajar trust has conducted an awareness program about „Communicable Diseases and Life Threatening Awareness Programme

This Programme is conducted at Aaviyur, Arasampatti, Mallampatti, Naduvakottai, T.Kallupatti, Paraipatti, and Erichanatham March 2021 and the total number of participants are 2325.

CAUSES OF COMMUNICABLE DISEASES:

The cause of the communicable diseases depends on the specific disease or infectious agent. Some ways in which communicable diseases spread are by:

Physical contact with an infected person, such as through touch (staphylococcus), sexual intercourse (gonorrhoea, HIV), fecal/oral transmission hepatitis A), or droplets (influenza, TB)

Contact with a contaminated surface or object (Norwalk virus), food (salmonella, E. coli), blood (HIV, hepatitis B), or water (cholera); Bites from insects or animals capable of transmitting the disease (mosquito: malaria and yellow fever; flea: plague); and Travel through the air, such as tuberculosis or measles.



YOUTH EMPOWERMENT



Youth empowerment is a process where children and young people are encouraged to take charge of their lives. They do this by addressing their situation and then take action in order to improve their access to resources and transform their consciousness through their beliefs, values, and attitudes. Youth empowerment aims to improve quality of life. Youth empowerment is achieved through participation in youth empowerment programs. However, scholars argue that children's rights implementation should go beyond learning about formal rights and procedures to give birth to a concrete experience of rights. There are numerous models that youth empowerment programs use that help youth achieve empowerment. A variety of youth empowerment initiatives are underway around the world. These programs can be through non-profit organizations, government organizations, schools, or private organizations.

Youth clubs are there to help young people understand the world around them. They are there to advise young people with their future, to talk about the past and even help them with the present. Many clubs hold different sessions to educate young people about different topics regarding their health and worries. Youth clubs normally have a leader youth worker who normally organizes trips or workshops for the young people to contribute. They can also hold charity events and even volunteer to do many different things. Youth clubs will sometimes help young people to gain qualifications for their life ahead.

Youth Empowerment Programme conducted among 255 members from Solanguruni, Eliyarpathi, Mangulam, Kurandi side area People on November 2021. In this Programme we create new youth clubs for empowering their values, and improve their quality of Life. They include skill, educational, business, moral, financial youth empowerment and others.



SAJAR HEALTH EDUCATIONAL AND CHARITABLE TRUST HELPS YOUNG PEOPLE THROUGH:

- Providing training and development to the 100 village peoples that run their member youthclubs.
- Delivering advice on running youth clubs.
- Developing practical resources and information.
- Influencing national and regional youth policy.



SAJAR

Health Educational And Charitable Trust



2022-2023

Annual Report

Resonance of Change- Our annual triumphs in empowering lives...

ANNUAL REPORT 2022-2023:

Empowerment is the light we ignite within each other, sparking the brighter tomorrow for all

We take great pride in presenting Sajar Health, Educational and Charitable trust's annual report for the fiscal year 2022-2023. This year signifies a period of exceptional accomplishments and recognition, emblematic of our ceaseless dedication to enhancing the lives of society's most vulnerable. From our efforts in empowering women and fostering self-employment through skill development, to our provision of advanced healthcare to disadvantaged individuals and our unwavering commitment to environmental sustainability, sanitation, and hygiene, our organization has etched a profound legacy. Additionally, we've embarked on a multitude of other significant endeavors that are underpinned by the dedication of our team, the generosity of our donors, and the indefatigable work of our volunteers. As we gaze forward, our resolve remains unshakable in the pursuit of a world where compassion and opportunity thrive, and this report stands as a testament to our collective determination to illuminate the path to a brighter future.



Contents

• Foreword by the chairman of the trust	01
• Message from the Director	03
• Brand Story	05
• Organogram	07
• Board of trustees	08
• Key management Personnel	09
• Our funding partners	11
• Current Endeavors: Our ongoing projects	15
• Pinnacle of scholastic achievement	23
• Illuminating lives, nurturing hope and creating change	27
• Empowering communities through awareness and advocacy	28
• Empowering futures, breaking barriers	30
• Illuminating paths in the fight against HIV/AIDS	31
• Harnessing solar energy in illuminating villages	35
• Sajar's holistic AYUSH approach	38
• Medical Exchange program	39
• Sajar in the news	40
• Charting new paths	41
• Essence of volunteerism	42
• Inkind donations that make a difference	45
• Reels of memories.	46

Foreword by the chairman of the trust

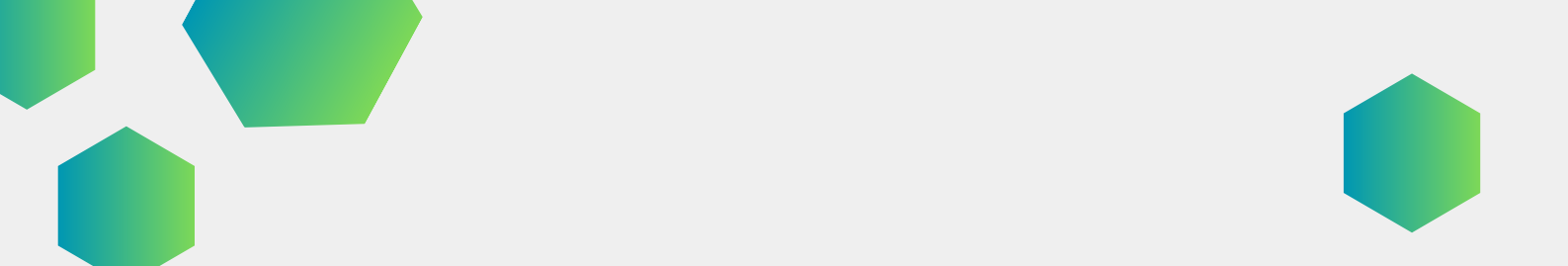
"Empowering Lives, Transforming Communities: A Journey of Impact"

It is with immense pride and profound gratitude that I extend my warmest greetings to all those who have been instrumental in our journey to transform lives and uplift communities through Sajar Health, Educational, and Charitable Trust. As the Chairman of this trust, I am honored to present this foreword, reflecting on our past achievements, our ongoing endeavors, and the exciting new milestones we have achieved this year.

Sajar Health, Educational, and Charitable Trust was established with a vision - to eliminate poverty in all directions. We understand that empowerment is the key to achieving this goal, and we have dedicated ourselves to empowering those who need it most. Our focus has always been on women, recognizing their vital role in shaping the future of our society.

Over the years, we have strived relentlessly to work towards women empowerment, and women rights, and addressing violations against them. Through skill development programs, we have opened doors for thousands of women, introducing more than 100 different trades that have provided new opportunities and livelihoods. To date, we have witnessed the transformation of over 5,000 women across Tamil Nadu who have benefitted from our initiatives.

This year has been particularly remarkable for us, as we have forged a partnership with the Australian High Commission to empower women through football, utilizing sports as a medium for not only physical well-being but also employability for young girls and women in Tamil Nadu. Our "Project Siragugal" is yet another testament to our commitment which is another milestone in the coming year, as we aim to provide livelihood opportunities for people with disabilities in collaboration with ONGC.



In our relentless pursuit of empowerment, we will also sign a Memorandum of Understanding (MOU) with JK Fenner to empower communities through millet training and skill development for prison inmates, offering them a chance at rehabilitation and a brighter future.

The generous support of Muthooth Corporation has enabled us to undertake the noble initiative of "Protecting the Protectors" by organizing lung camps for police officials, ensuring their health and well-being in the line of duty.

This year alone, we have successfully trained over 500 women in various skill development trades, marking significant progress in our mission. In addition, we have conducted more than 6,000 medical health camps, providing specialized care to those in need.

Our Institute on Allied Sciences continues to flourish, with over 200 students enrolled in our comprehensive programs, further expanding our reach and impact.

As we reflect on our journey, we recognize that the path ahead is filled with even greater challenges and opportunities. Together, we can continue to create a world where poverty is but a distant memory and every individual has the chance to thrive and reach their fullest potential.

I would like to express my heartfelt gratitude to all our partners, supporters, and dedicated team members who have made this journey possible. It is your unwavering commitment that fuels our passion and propels us toward a brighter, more empowered future.

Thank you for being a part of the Sajar Health, Educational, and Charitable Trust family. Together, we are transforming lives and making dreams come true.



DR. JASMIN

Chairman

Sajar Health, Educational, and Charitable Trust

Message from the Director

Research and Development

Dear Friends and Supporters,

As we gather here to reflect on the remarkable journey of Sajar Health, Educational, and Charitable Trust, I am deeply moved by the incredible strides we have made together. It fills my heart with gratitude and pride to address you all today as the Director of this dynamic organization.



Our mission to empower, uplift, and transform lives has been at the forefront of all our endeavors. Each day, we are fueled by the belief that positive change is not only possible but within our grasp. With your unwavering support and the dedication of our passionate team, we have been able to touch the lives of thousands, bringing hope and opportunity to those who need it most.

Our commitment to women's empowerment remains steadfast, and this year's collaboration with the Australian High commission, using football as a medium for empowerment and employability, is a testament to our innovative approach. We believe in the power of sports to transcend boundaries and create a level playing field for young girls and women across Tamil Nadu.

Project Siragugal, our initiative in the coming year in collaboration with ONGC, is a shining example of our determination to leave no one behind. By providing livelihood opportunities for people with disabilities, we are breaking barriers and promoting inclusivity in society.

Our partnership with JK Fenner, focusing on millet training and skill development for prison inmates, is a crucial step towards rehabilitation and a second chance at life for those who have faced adversity. The project is currently in the pipeline.

The "Protecting the Protectors" initiative, supported by Muthooth Corporation, reminds us of the importance of caring for those who selflessly protect us. By organizing lung camps for police officials, we are ensuring their well-being and acknowledging their sacrifices.



In our pursuit of knowledge and skill development, we have trained more than 500 women in various trades this year alone, offering them the tools they need to secure a brighter future. Our commitment to healthcare continues with over 6,000 specialized medical health camps conducted, improving the well-being of countless individuals.

Our Institute on allied sciences has flourished, welcoming over 200 students into our comprehensive programs, and reaffirming our belief in the transformative power of education.

As we stand on the precipice of a new year, our journey is far from over. Together, we will continue to create positive change, inspire hope, and empower individuals and communities.

We will keep striving for a world where poverty is a distant memory, where opportunities abound for all, and where every dream can be realized.

I extend my heartfelt gratitude to each one of you—our supporters, partners, and dedicated team members—for being the driving force behind our success. Your unwavering commitment propels us forward, and with your continued support, we are confident that our impact will only grow stronger.

Thank you for joining hands with us in this incredible journey of empowerment and transformation. Together, we are making a profound difference in the lives of many, and together, we will continue to do so.

With deepest gratitude and optimism,



C. YALINI SHEEBA

Director - Research and Development.

Sajar Health, Educational, and Charitable Trust

Brand Story

Zainab's Inspiring Journey: A Tale of Resilience and Transformation



Meet Zainab, a remarkable woman of unwavering determination and boundless love. At 30 years old, she found herself facing a life filled with challenges that seemed insurmountable. With a daughter to care for and a mentally challenged mother to support, Zainab embarked on a journey that would test her resilience in ways she could never have imagined.

Life dealt her a difficult hand from the beginning when her husband deserted her while she was still young, leaving her to fend for herself and her family. Determined not to let adversity define her, Zainab ventured into the world of pickle making to sustain her loved ones. However, the income from her small business was meager, and poverty cast a long shadow over her life.

Zainab's commitment to her daughter's education remained unshaken, even in the face of extreme hardship. She understood that education was the key to breaking the cycle of poverty, and she would do whatever it took to ensure her daughter had a bright future.

But fate was unkind. Disaster struck when her home was ravaged by fire, leaving her with nothing but ashes. At this juncture, hope seemed distant, and despair threatened to consume her.

It was during this dark period that Zainab's life took a remarkable turn. She learned about the Sajar Trust, an organization dedicated to uplifting deserving women in distress. Zainab's encounter with Sajar and its founder was the turning point she had desperately needed.

Sajar embraced Zainab and her family with open arms, providing them with a lifeline when it was needed most. Zainab's daughter's education was supported, and her mother received the essential medical care she required, all at no cost to the family. This act of kindness brought a glimmer of hope back into their lives.

Zainab underwent skill training at Sajar, equipping her with the tools she needed to start her own enterprise. With newfound skills and determination, she launched her business, and slowly but surely, her family's situation began to improve.

Reflecting on her journey, Zainab expresses her gratitude by saying, "Sajar is a lifesaver." It's a sentiment that resonates deeply with her, as Sajar Trust not only rescued her from the depths of despair but also empowered her to build a better life for herself and her family.

Zainab's story is a testament to the power of resilience, compassion, and the transformative impact of Sajar Trust. In every sense, she is a beacon of hope, reminding us all that with the right support and determination, we can overcome the most challenging of circumstances.

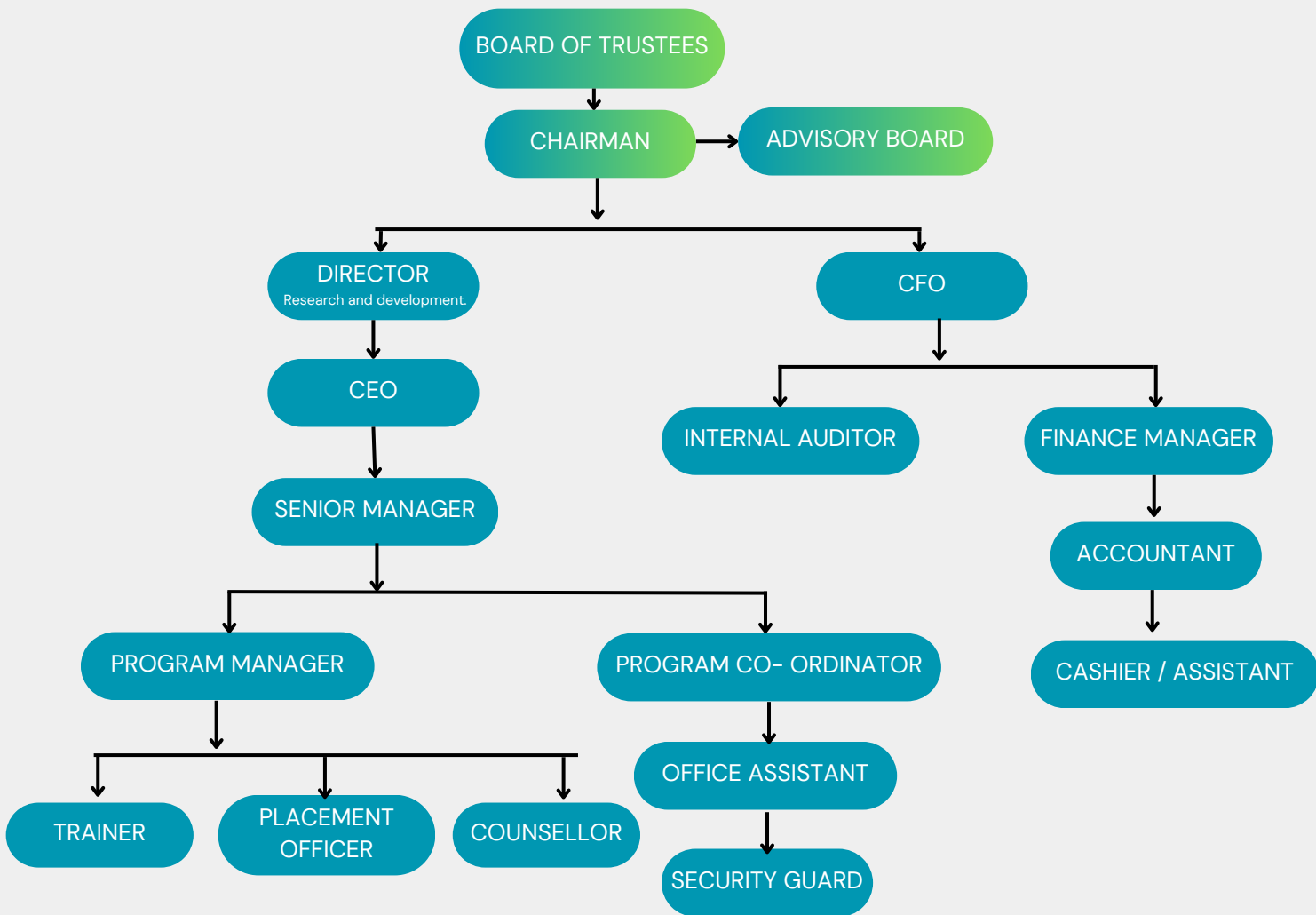
Zainab's story stands as a testament to the values and mission that drive Sajar Trust - to uplift, empower, and transform the lives of those in need. Together, we can continue to make a difference, one life at a time.

Sowing seeds of knowledge to reap a sustainable future



Sajar Trust, dedicated to fostering sustainable practices and empowering communities, spearheads an impactful Agriculture Awareness Program. With a deep commitment to addressing the crucial issues surrounding agriculture, the program serves as a beacon of knowledge and empowerment for farmers and rural communities. Through a variety of workshops, training sessions, and outreach initiatives, Sajar Trust strives to enhance agricultural practices, promote eco-friendly techniques, and disseminate vital information on crop management, soil health, and resource conservation. By fostering a sense of awareness and providing practical guidance, this program plays a pivotal role in strengthening the agricultural sector, ensuring food security, and creating a brighter and more sustainable future for all. Sajar Trust's Agriculture Awareness Program stands as a testament to their dedication to the well-being of both the land and the people who depend on it.

Organogram



Board of Trustees

Name and Qualifications	Designation	Experience
<p>Dr. Jasmin B.H.M.S.,M.Sc.(Psy), PGDHIM.,MSW.,</p>	<p>Chairman</p>	<p>An eminent doctor with a remarkable track record of 15 years in the fields of medicine and social service, this individual represents the epitome of dedication and compassion. Their expertise extends far beyond the confines of a medical practice, as they have seamlessly woven their healing touch into the fabric of society. Through years of tireless commitment, they have not only saved lives but have also nurtured communities, providing vital medical care to the underserved. Their legacy is one of selflessness, where the art of healing is intertwined with the spirit of service, making them a beacon of hope and a source of inspiration to all who have had the privilege of encountering their profound impact.</p>
<p>Mrs. D. Powlin Pelistha MA. M.Phil.</p>	<p>Treasurer</p>	<p>With impressive two-decade tenure, this seasoned professional has honed their expertise in the intricate domains of secretarial and financial management, specializing in the administration of trusts and the dynamic microfinance sector. Their illustrious career bears witness to their unwavering commitment to responsible stewardship and financial acumen. In their capable hands, trusts have flourished, and microfinance initiatives have thrived, catalyzing positive change in the lives of countless individuals and communities. Their enduring legacy as a trusted custodian and financial visionary remains a testament to their exceptional skills and dedication to empowering sustainable financial growth.</p>
<p>Mr.A. Joseph Alexander BBA</p>	<p>Secretary</p>	<p>With an impressive three-decade journey spanning the realms of banking and social sectors, this distinguished professional embodies a wealth of knowledge and a profound commitment to fostering positive change. Their extensive experience in the intricacies of banking has seamlessly converged with their passion for social endeavors, resulting in a unique blend of financial expertise and social impact. Over the years, they have navigated the complex landscape of finance while championing initiatives that address critical social issues, leaving an indelible mark on both industries and exemplifying the powerful synergy between financial acumen and social responsibility.</p>
<p>Mrs. K.Muneeswari Dip. Physician Assistant</p>	<p>Trustee</p>	<p>A compassionate individual with an expansive vision, this socially conscious person embodies a profound commitment to making the world a better place. Their innate sense of empathy and deep concern for the welfare of others drive them to tirelessly pursue initiatives that transcend boundaries and inspire positive change. With a heart that beats for the greater good, they serve as a beacon of hope and inspiration, relentlessly working to create a more equitable and compassionate society.</p>

Key management personnel

Name and Qualifications	Designation	Experience
<p>Dr. Rajkumar MDS</p>	<p>Chief Finance Officer</p>	<p>A doctor with a wealth of experience in the finance sector possesses a unique fusion of analytical prowess and attention to detail. Their ability to diagnose financial health and prescribe strategies for fiscal well-being is unparalleled. Just as they excel in deciphering intricate medical conditions, they navigate the complexities of financial markets and investments with precision. Moreover, their strong communication skills, honed through years of patient interactions, enable them to convey financial insights and recommendations clearly and empathetically, establishing them as a valuable asset in any financial setting.</p>
<p>C. Yalini Sheeba B.Com, MS (NGO & IT Mgt), PGDFRM</p>	<p>Director Research & Development</p>	<p>An adept visionary, steeped in profound wisdom and hands-on expertise in the realm of community-based initiatives, emerges as an iconic figure, illuminating the path towards transformative societal progress. Exuding exceptional eloquence and a charismatic leadership aura, this luminary has masterfully united communities, transcending mere aspiration to translate vision into palpable, constructive realities. Presently, they are diligently pursuing a doctoral program in community medicine, a testament to their unwavering commitment to probing the depths of public health intricacies and propelling communities toward a radiant, healthier tomorrow.</p>
<p>S. Nazeem Banu. MA (Sociology).</p>	<p>CEO</p>	<p>A dedicated social activist and a formidable force in the realm of women's empowerment, this remarkable individual has been a guiding light for countless women, providing them with invaluable skill-based training opportunities. Beyond their altruistic endeavors, they exhibit entrepreneurial acumen that has enriched the world of social enterprise and microfinance. Their exceptional leadership has not only uplifted marginalized women but also fostered sustainable economic growth, proving them to be a catalyst for positive change at both the individual and community levels.</p>
<p>J.Arun Kumar MBA</p>	<p>Program Manager</p>	<p>With adept management skills and a natural flair for mentoring, this individual stands as a beacon of exceptional leadership throughout their career. Their innate ability to guide and inspire others has consistently forged strong, collaborative teams and nurtured the growth of those under their tutelage. True leader, possess the rare gift of fostering success not only in themselves but also in those fortunate enough to be part of their journey.</p>
<p>Dr.Ragavi MS (OG)</p>	<p>Senior Manager</p>	<p>A seasoned gynecologist by profession, she extends her expertise beyond medicine, serving as an invaluable advisory expert in all matters related to social benevolence. As a trusted friend, a wise philosopher, and a compassionate guide, she offers unwavering support and profound insights, illuminating the path towards meaningful societal contributions. Her multifaceted role transcends the boundaries of her profession, exemplifying a true mentor and ally in the pursuit of collective well-being and altruistic endeavors.</p>

"Empowering minds, one positive thought at a time. Join us on a journey to embrace the power of positivity."

Unlocking Potential: Sajar's Positive Thinking Awareness Sessions

Sajar is dedicated to holistic well-being and personal growth, and as part of our commitment to empowering individuals, we conduct regular awareness sessions on positive thinking. These sessions serve as transformative experiences, guiding participants towards a mindset characterized by optimism, resilience, and a proactive approach to life's challenges. Through engaging discussions, practical exercises, and inspirational stories, our program equips individuals with the tools to harness the power of positive thinking. We firmly believe that a positive outlook not only enhances mental and emotional well-being but also fosters personal and professional growth. With these sessions, Sajar aims to ignite the spark of positivity within each participant, allowing them to navigate life with confidence and enthusiasm, ultimately leading to a happier and more fulfilling life.





A BIG THANK YOU TO our funding partners

The Ministry of Rural Development:

The Ministry of Rural Development, recognizing the significance of our developmental endeavors, has joined hands with us to provide crucial support in reaching out to the resilient women at the heart of our community. Their partnership underscores a shared commitment to uplift and empower these women, fostering sustainable progress in our rural areas.

In addition to the Ministry of Rural Development, we are fortunate to collaborate with several esteemed organizations and agencies that are instrumental in advancing our mission.

These partnerships include:

NABARD (National Bank for Agriculture and Rural Development):

NABARD's support is pivotal in ensuring that our developmental initiatives have the financial resources required for implementation. Their commitment to rural development aligns perfectly with our goals, enabling us to reach more women and communities with our programs.

Department of Handlooms and Textiles:

Our collaboration with the Department of Handlooms and Textiles underscores the importance of empowering women through skill development in the textile industry. This partnership equips women with the knowledge and expertise they need to participate meaningfully in the sector, promoting economic self-sufficiency.

The primary objective of the Department of Handicrafts is to preserve the ancient crafts of Tamil Nadu and enhance the standard of living for its craftsmen. This multifaceted mission includes marketing assistance, skills upgrading through training, encouragement of design innovation, and socio-economic security measures. The distribution of artisan cards to disadvantaged women and the organization of exhibitions and trade fairs further support these efforts. By actively promoting and distributing artisan products, the Corporation aims to not only safeguard traditional crafts but also provide economic empowerment and recognition for the artisan community, fostering a sustainable and culturally rich future.



Tamilnadu Skill Development Corporation:

Through our alliance with the Tamilnadu Skill Development Corporation, we enhance the employability of women by providing them with relevant and contemporary skills. This ensures that they are well-prepared to meet the demands of today's job market and contribute to the economic growth of the region.

Australian High Commission :

Supported by the Australian High Commission, our groundbreaking project is dedicated to empowering and uplifting young girls and women across the region. Leveraging football as a catalyst, this initiative shatters gender barriers and stereotypes, advancing gender equality in the sports arena. It integrates professional football coaching, league participation and academic support to foster physical fitness, teamwork, leadership, and educational excellence among participants. Additionally, the project offers vocational training in fields aligned with their interests, ensuring enhanced employability and economic independence. By nurturing their athletic and educational aspirations, our aim is to create a holistic, sustainable model that not only elevates the lives of young girls and women but also catalyzes social change in Tamil Nadu, all thanks to the invaluable support of the Australian High Commission.

Muthooth Group:

In partnership with Muthooth Corporation, a respected corporate entity, we are dedicated to the welfare of our committed police officials. Together, we've established a specialized Lung Camp program tailored to the unique health needs of these frontline workers. Muthooth Corporation's generous support has enabled us to provide specialized medical care, screenings, and awareness sessions, ensuring the respiratory health and overall well-being of the individuals responsible for safeguarding our communities. This collaboration underscores Muthooth Corporation's commitment to recognizing and supporting the essential services rendered by our police officials, emphasizing the importance of prioritizing their health and well-being.

These collaborative efforts underscore the strength of our commitment to the holistic development of women in our community. With the support of these esteemed organizations and agencies, we are not just addressing immediate needs; we are building a foundation for sustainable progress and prosperity. Together, we are crafting a brighter and more promising future for the women we serve.



From Despair to Empowerment:

Subbulakshmi's Journey with Sajar Health, Educational, and Charitable Trust



Subbulakshmi, a resilient 19-year-old, hails from a financially underprivileged background. Her father, a daily laborer, and her mother, a dedicated housewife, faced the arduous task of providing for their family on a meager income. Subbulakshmi's dreams of pursuing higher education after completing her twelfth standard seemed bleak, as their financial circumstances made it nearly impossible.

In the midst of this seemingly hopeless situation, Subbulakshmi's life took a turn for the better when she learned about the Sajar Health, Educational, and Charitable Trust through one of the trust's mobilizers. Struggling with depression and feeling trapped by her circumstances, she was desperate for a glimmer of hope. The staff explained the trust's mission and the various skill development initiatives they offered to empower women facing adversity.

Subbulakshmi was particularly drawn to the Multi Skill Technician course, which promised a brighter future and the opportunity to break free from the cycle of poverty. The trust not only provided her with free skill training but also offered a stipend and travel allowance to support her during the course.

Subbulakshmi's determination and hard work during the two-month training program were truly remarkable. She embraced the opportunity with open arms and excelled in her studies. Her dedication and commitment did not go unnoticed.

"Sajar Health, Educational, and Charitable Trust became my ray of hope when I felt trapped in despair. The Multi-Skill Technician course not only provided me with valuable skills but also restored my faith in a brighter future."

Upon successfully completing her training, Subbulakshmi's life transformed. She was not only equipped with valuable skills but also gained newfound confidence and independence. Thanks to the trust's network and support, she was placed in KRS Nulife Hospital, a sister concern of the trust.

Subbulakshmi's journey from despair to empowerment is a testament to the transformative impact of organizations like the Sajar Health, Educational, and Charitable Trust. Through their unwavering commitment to uplifting individuals in distress, they not only provide skills and opportunities but also restore hope and dignity to those in need. Subbulakshmi's story is a shining example of how empowerment and education can break the chains of poverty and open doors to a brighter future.

"Empowering Communities through Knowledge: Sajar Trust's Social Welfare Awareness Program"



Sajar Trust, a beacon of compassion and community support, proudly conducts an awareness program on social welfare schemes. Our mission is to bridge the information gap between government initiatives and the people who can benefit from them the most. Through informative workshops, outreach campaigns, and personalized assistance, we strive to empower individuals and families with knowledge about various welfare programs and their eligibility criteria. By doing so, we ensure that marginalized communities have the access and understanding needed to avail themselves of essential services, thus promoting social equality and improving the quality of life for all. Sajar Trust's commitment to social welfare underscores our dedication to building a more inclusive and compassionate society.



Current Endeavors : Our Ongoing Projects

1.Cultivating Prosperity :

Sajar's Rural Entrepreneurship Initiatives for Livelihood Enhancement"



Under the auspices of the Sajar Health, Educational, and Charitable Trust, women are being empowered with a diverse array of invaluable skills. These encompass a wide range of areas, including crafting jute-based products, practicing Aari work, mastering hand and machine embroidery, honing skills in Zari and Zammikki crafts, receiving training as General Duty Assistants, becoming proficient Multi-skill Technicians, creating value-added products from coconut shells, manufacturing handicrafts from native cow dung, mastering the art of screen printing, producing artificial jewelry, painting pots, crafting readymade garments, fashioning products from palm materials, making candles, designing wire products, arranging artificial flower bouquets, processing value-added milk products, cultivating vegetables, manufacturing notebooks, producing cleaning agents, creating instant masalas, crafting various pickles, soft drinks, papads, fast food items, bakery goods, sweets, and snacks, crafting homemade chocolates, preparing fruit juices, squashes, and jams, producing synthetic syrups, ready-to-serve delicacies, handcrafting soft toys, and efficiently managing canteens.

Finally, our training encompasses the realm of holistic well-being, nurturing the development of master wellness neurotherapists who are equipped with the knowledge and expertise to enhance mental health and neurological wellness. At Sajar, our unwavering commitment lies in fostering excellence across a spectrum of professions, thereby contributing to both individual growth and the overall betterment of our community.

These diverse training initiatives are conducted in collaborative partnerships with Self-Help Groups (SHGs), and they have had a significant impact on over 10,000 women across various livelihood sectors. Through the provision of comprehensive training and job opportunities, Sajar is actively empowering rural women to assume roles that resonate with their unique skills and aspirations.



Notably, our efforts have garnered support from the Ministry of Rural Development, further extending our reach to these women. Additionally, organizations such as NABARD, the Department of Handlooms and Textiles, and the Tamilnadu Skill Development Corporation are instrumental in bolstering our developmental endeavors. Together, we are working towards creating a brighter and more prosperous future for these women and their communities.



“Transforming Despair into Hope:

Amutha’s Inspirational Journey with Sajar Health, Educational, and Charitable Trust”



Amutha, a resilient woman of 31 years, hails from a modest and financially disadvantaged background. Her life took a challenging turn when she married a man who worked as a driver but struggled with alcoholism, making it difficult for him to provide financial support for their family. In the midst of these hardships, Amutha found herself grappling with the harsh reality of raising two beautiful babies with limited resources. The weight of these responsibilities left her feeling hopeless and uncertain about her family’s future.

However, a glimmer of hope shone through when one of Amutha’s friends introduced her to the Sajar Health, Educational, and Charitable Trust in Madurai. This organization offered a lifeline for individuals like Amutha, who were seeking a way out of their dire circumstances. Upon learning about the skill development training and placement opportunities provided by the trust, Amutha’s spirits were lifted.

Amutha decided to take a leap of faith and enroll in the General Duty Assistant (GDA) program offered by the trust. This program aimed to equip individuals with the skills and knowledge necessary to work in the healthcare industry, particularly as a General Duty Assistant. It promised a brighter future and a chance to break free from the cycle of financial struggle that had burdened her family.

With dedication and determination, Amutha successfully completed the GDA program in just two short months. During this time, she acquired invaluable skills and knowledge in patient care, medical procedures, and healthcare ethics. Her commitment and hard work during the training program did not go unnoticed.

The Sajar Health, Educational, and Charitable Trust, true to its word, did not stop at just providing training. They also actively worked to connect their graduates with suitable job placements. Amutha’s perseverance paid off when she received a placement offer from a renowned hospital in Madurai.

This opportunity was a game-changer for Amutha and her family. Not only did she secure a stable job, but she also gained financial independence and the means to provide for her two beloved children. With her newfound skills and employment, she could look forward to a brighter and more secure future for her family.

Amutha's journey is a testament to the power of organizations like the Sajar Health, Educational, and Charitable Trust, which provide skill development and job placement support to individuals facing challenging circumstances. Through her determination and the assistance of this trust, Amutha transformed her life from one of despair to one filled with hope, prospects, and the promise of a better tomorrow.

"Amutha's journey reminds us that even in the bleakest of circumstances, the right support and education can illuminate the path to a brighter tomorrow. Sajar Health, Educational, and Charitable Trust played a pivotal role in her transformation, turning despair into hope."

2"Empowering Resilience: The 'Siragugal' Project's Commitment to Fostering Self-Reliance Among Individuals with Disabilities"



The "Siragugal" project is a dedicated effort aimed at aiding communities in their recovery from adversity, with a special emphasis on fostering self-reliance among individuals with disabilities, particularly women, and addressing the pervasive stigma associated with disability. People with disabilities often grapple with discrimination, which encompasses limited awareness and access to essential services. Many of them face additional hurdles due to limited educational and vocational skills, resulting in high rates of unemployment and entrenched poverty. The challenges posed by the COVID-19 pandemic have only exacerbated these employment disparities, especially for individuals with disabilities. In a concerted effort to empower these individuals, boost their quality of life, and enhance their self-esteem, the project will provide comprehensive vocational training and establish pathways to gainful employment. With the generous support of ONGC, "Siragugal" endeavors to elevate the economic status and living standards of people with disabilities by offering a wide range of livelihood opportunities.

3 "Kicking Down Barriers: Empowering Young Girls and Women in Tamil Nadu through Football, Education, and Employment"



This groundbreaking project, generously supported by the Australian High Commission, aims to empower and uplift young girls and women throughout the region. Utilizing football as a catalyst, this initiative is dedicated to shattering gender barriers and dispelling stereotypes, promoting gender equality within the realm of sports.



It combines professional football coaching, league participation, and academic support to instill values such as physical fitness, teamwork, leadership, and educational excellence among its participants.

Furthermore, the project goes a step further by offering vocational training tailored to the interests of the participants, thereby ensuring enhanced employability and economic independence. By nurturing the athletic and educational aspirations of these young girls and women, we strive to create a holistic and sustainable model that not only improves their lives but also sparks meaningful social change in Tamil Nadu, all made possible through the invaluable support of the Australian High Commission.



"Bananovation: Sajar Trust's Banana Fiber Product Training Awareness Program"

Sajar Trust, at the forefront of sustainable initiatives, proudly hosts a Banana Fiber Product Training Awareness Program. With a strong commitment to promoting eco-friendly practices and providing alternative livelihood opportunities, this program equips individuals with the skills and knowledge to harness the potential of banana fibers. Through hands-on workshops and educational sessions, participants learn to craft a range of products, from textiles to handicrafts, using banana fiber as a sustainable resource. By creating awareness and fostering entrepreneurship in this eco-friendly sector, Sajar Trust empowers communities to generate income while contributing to environmental conservation. This program stands as a testament to our dedication to both economic empowerment and environmental sustainability.



"In Pursuit of Positive Change: Corporate Social Responsibility (CSR) Partnerships"



Our unwavering commitment to corporate social responsibility (CSR) has led us to establish strategic partnerships with esteemed corporate entities. These collaborations represent a harmonious blend of corporate resources, expertise, and a shared vision for driving social impact. Together, we embark on a transformative journey to empower and uplift communities in Tamil Nadu. Each partnership is dedicated to addressing specific facets of societal well-being, encompassing areas such as nutrition, skills development, employment opportunities, and health. Through these powerful alliances, we collectively strive to illuminate a brighter and more inclusive future for the individuals and communities we serve. These collaborations serve as shining examples of the potential for transformative change when businesses and social initiatives unite to champion the welfare and progress of society.

"Seeding Growth with JK Fenner: Empowering Communities through Millet Training and Skill Development"



In partnership with JK Fenner, a prominent corporate ally, we will soon launch an innovative Millet Training and Skill Development Program. This comprehensive initiative serves a dual purpose by promoting the cultivation and consumption of highly nutritious millets, while concurrently equipping local communities with invaluable agricultural and entrepreneurial skills.

JK Fenner's steadfast support will provide the essential resources for training, equipment, and fostering community engagement. Through this impactful collaboration, we are not only advocating for healthier dietary choices but also empowering individuals with the knowledge and tools to enhance their livelihoods. This initiative represents a sustainable approach that positively impacts both nutrition and income generation within these communities.

"Caring for Little Hearts and Bright Futures"

"Nurturing Futures: Sajar Trust's Child Health Program"

Sajar Trust is deeply committed to the well-being of our youngest generation, and as part of our mission, we conduct a comprehensive Child Health Program. Our program focuses on ensuring the physical, mental, and emotional health of children by providing access to regular check-ups, vaccinations, and nutrition guidance. Through community outreach and educational initiatives, we empower parents and caregivers with essential knowledge and resources to raise healthy and happy children. Sajar Trust firmly believes that a strong foundation of health in childhood is the cornerstone of a bright and prosperous future, and we are dedicated to nurturing that foundation for every child in our communities.



“Guardians of Health: Lung Camp for Police Officials Supported by Muthooth Corporation”



Our collaboration with Muthooth Corporation, a distinguished corporate entity, is dedicated to the well-being of our dedicated police officials. Through this partnership, we have established a specialized Lung Camp program tailored to address the unique health needs of these frontline workers. Muthooth Corporation's generous support has empowered us to provide specialized medical care, comprehensive screenings, and informative awareness sessions, all aimed at ensuring the respiratory health and overall well-being of the individuals responsible for safeguarding our communities.

This partnership exemplifies Muthooth Corporation's unwavering commitment to acknowledging and supporting the essential services rendered by our police officials, underscoring the significance of prioritizing their health and well-being as they continue to protect and serve our communities.

These collaborative endeavors with JK Fenner, GHCL, and Muthooth Corporation exemplify the profound impact of corporate social responsibility (CSR) in catalyzing positive change and fostering community development. Each partnership addresses distinct facets of societal well-being, encompassing nutrition, skills development, employment opportunities, and health. Through the convergence of corporate resources, expertise, and a shared vision for social impact, we are collectively working toward the creation of a brighter and more inclusive future for the communities we serve. These collaborations serve as exemplary illustrations of the transformative potential that arises when businesses and social initiatives unite to champion the welfare and progress of society.



"Pinnacle of Scholastic Achievement"

Empowering Futures through Education: Sajar College of Allied Health Sciences



Sajar College of Allied Health Sciences stands as a beacon of hope and opportunity for marginalized young women. This educational institution is dedicated to providing intensive courses and training in allied sciences within a safe and secure environment. The college offers a range of programs, including Physician Assistant, Health Assistant, Pharmacy Assistant, Medical Laboratory Technology, Operation Theatre Technology, and Fashion Technology.

Key Highlights:

- **ACCESS TO QUALITY EDUCATION:**

Sajar College of Allied Health Sciences is committed to providing marginalized young women with access to quality education, often at affordable or even no cost.

- **SCHOLARSHIP AND STIPEND SUPPORT:**

The institution offers scholarships and stipend support to ensure that students have the resources they need to continue their education.



- **CERTIFICATION FROM NSDC:**

The college provides certification from the National Skill Development Corporation (NSDC), ensuring that students receive qualifications recognized and valued in the job market.

- **PLACEMENT OPPORTUNITIES:**

Sajar College collaborates with KRS Nulife Hospital and other healthcare facilities in the district to create placement opportunities for its graduates.

- **IMPROVING LEARNING OUTCOMES:**

The institution focuses on improving learning outcomes, ensuring that students receive a high-quality education that equips them with practical skills.



- **CREATING A SAFE LEARNING ENVIRONMENT:**

Safety and security are paramount, creating a learning environment where students can thrive without fear.

- **CAPACITY BUILDING:**

Faculty members are equipped with digital tools for effective teaching, promoting capacity building among tutors and teachers.

- **COMMUNITY ENGAGEMENT:**

Sajar College engages with and links local community groups and stakeholders to foster a sense of community and support.





- **MODERN FACILITIES:**

Sajar College offers modern amenities such as e-learning resources and a digital library to enhance the learning experience.

- **GUARANTEED JOB PLACEMENTS:**

Upon completion of their courses, students are guaranteed 100% job placements, providing them with a direct path to employment.

- **ACCESS TO EMINENT SCHOLARS:**

Students benefit from the wisdom and expertise of eminent doctors and scholars from the medical field.

- **FREE HOSTEL AND TRANSPORT:**

The institution provides free hostel accommodations with meals and free transport for day scholars, ensuring that students can focus on their studies without financial burdens.



Sajar College of Allied Health Sciences is not just an educational institution; it is a lifeline for those who may have otherwise been denied access to quality education and opportunities. Through their commitment to empowering marginalized young women and nurturing academic excellence, they are transforming lives and building a brighter future for the community they serve.

“From Shell to Treasure: Sajar’s Coconut Shell Product Training Program”

Sajar takes pride in its Coconut Shell Product Training program, designed to harness the potential of coconut shells in sustainable and creative ways. Through hands-on workshops and skill-building sessions, participants discover how to transform coconut shells into a versatile resource for crafting eco-friendly products. From intricately designed handicrafts to practical household items, this program empowers individuals to create marketable and environmentally friendly products, contributing to both their livelihoods and the preservation of natural resources. Sajar's commitment to fostering entrepreneurship and environmental conservation is exemplified through this innovative and impactful initiative.



From Hurdles to Healing Hands: Swetha's Journey of Dreams and Dedication



In a small town, 18-year-old Swetha found herself facing a formidable obstacle on her path to education. With only her sister and mother as family, her sister bore the sole responsibility of providing for them. Despite the financial challenges, Swetha clung to a dream - she aspired to become a nurse.

Money was scarce, and the idea of pursuing higher education seemed like an impossible dream. But fate had something extraordinary in store for her.

One day, a ray of hope entered Swetha's life in the form of the Sajar Institute of Allied Sciences. Their counseling offered her a glimmer of possibility, a chance to chase her dream without the burden of financial constraints. Swetha embarked on a two-year nursing course, and the best part - it was entirely free of cost.

Determination, hard work, and an unyielding spirit fueled Swetha's journey through her nursing course. She overcame adversity, scaling one obstacle after another, determined to make a difference in the world through her newfound skills and knowledge.

Upon completion, Swetha was offered a job at KRS Nulife Hospital, a sister concern of Sajar Institute, nestled in the heart of Madurai. It was the beginning of a new chapter in her life, where she would heal and bring comfort to countless lives.

Swetha's heart swelled with gratitude as she reflected on how Sajar Institute had given her a new lease on life. They had transformed her dreams into reality, proving that with perseverance and the right support, one can overcome any hurdle and make a difference in the world.

Swetha's story is a testament to the power of dreams, dedication, and the benevolence of institutions like Sajar Institute of Allied Sciences, who provide a lifeline to those with aspirations to rise above adversity and shine as beacons of hope in the world.

Illuminating Lives, Nurturing Hope and Creating Change

"Empowering individuals, enriching communities, and preserving our world—our holistic approach to social and environmental well-being."

"Bringing Health to the Heartlands: Sajar's Community Health Camps - Lifelines to the Underserved"



The Community Health Camps organized by the Sajar Health, Educational, and Charitable Program exemplify an unwavering commitment to enhancing the well-being of underserved communities. Conducting over 5000 camps annually, these initiatives act as a beacon of hope for individuals residing in remote and marginalized areas, often lacking access to essential healthcare services. These camps encompass a diverse range of specialties, including lung health, cardiac care, vision care, maternal and child care, mental health, and liver care, reflecting a holistic approach to healthcare. Beyond mere numbers, these camps transcend geographical and financial barriers, extending healthcare directly to the doorsteps of families who previously struggled to access basic medical services. In addition to improving health outcomes, they foster a sense of inclusion and belonging, sending a powerful message that every life matters. In essence, the Sajar Health, Educational, and Charitable Program's Community Health Camps contribute significantly to the betterment of society, offering hope, healing, and health to those who need it most.

"Fertile Ingenuity : Sajar's Cow Dung Product Training Program"

Sajar's Cow Dung Product Training program is a testament to our dedication to sustainable living and rural entrepreneurship. We empower individuals to utilize cow dung, a readily available resource, in innovative ways. Through practical workshops, participants learn to craft an array of products, such as biodegradable plant pots, eco-friendly home decor, and renewable energy sources like biogas. This initiative not only promotes rural self-sufficiency but also contributes to environmental conservation by reducing waste and carbon emissions. Sajar Trust believes that by harnessing the potential of cow dung, we can create a cleaner, greener, and more prosperous future for rural communities while preserving our precious natural resources.



"Empowering Communities through Awareness and Advocacy: Sajar's Commitment to Health Education"

"Shaping Minds, Saving Lives: Sajar's Vibrant Approach to Health Awareness and Advocacy"



The Sajar Health, Educational, and Charitable Program goes beyond traditional healthcare services, actively championing the cause of health awareness and advocacy within the communities it serves. This multifaceted initiative extends its influence by commemorating national and international health days such as AIDS Day, Hepatitis Day, Lung Cancer Day, Rose Day, and Deaddiction Day. These observances serve as pivotal platforms for highlighting the critical health issues that often remain under-addressed.

Through a diverse array of activities, including rallies, signature campaigns, slogan contests, and street plays, Sajar brings these health concerns to the forefront of community consciousness. These events not only educate but also mobilize individuals to take proactive steps toward healthier lives. Rallies unite communities in solidarity, creating a visible and vocal force for change. Signature campaigns gather support and signify a collective commitment to combatting health challenges. Slogan contests engage creative minds in crafting memorable messages that resonate long after the events have concluded. Street plays, with their dynamic and interactive nature, breathe life into health awareness, making it accessible and relatable to all.

Sajar's approach to awareness and advocacy is a testament to its holistic vision of healthcare, acknowledging that informed and engaged communities are better equipped to safeguard their well-being. By fostering a culture of awareness and encouraging active participation, Sajar not only raises the banner of health awareness but also empowers individuals to take charge of their health destinies. This dynamic approach ultimately translates into healthier, more resilient communities, paving the way for a brighter and healthier future for all.



"Harmony with Nature, Hope for Tomorrow: Sajar's Commitment to Environmental Stewardship"



The Sajar Health, Educational, and Charitable Program deeply comprehend the intrinsic link between human and environmental health. In acknowledgment of this profound connection, the program takes proactive steps to raise environmental awareness within communities. Collaborations with local universities, colleges, and schools facilitate comprehensive educational programs on pressing environmental issues. These initiatives span a wide spectrum, including global warming, plastic reduction, responsible chemical waste disposal, water conservation, soil preservation, and reforestation. By fostering a culture of environmental consciousness, Sajar empowers communities to become custodians of their surroundings, reinforcing that ecological preservation is a vital pillar of holistic well-being. Through these endeavors, Sajar pledges to secure a more sustainable and hopeful future for generations to come by nurturing harmony with nature.

Diabetic Awareness Program ...

Sajar Trust is dedicated to promoting health and well-being in our communities, and as part of our mission, we conduct a comprehensive Diabetic Awareness Program. This initiative aims to raise awareness about diabetes, its prevention, and management among individuals and families. Through informative workshops, health screenings, and educational campaigns, we empower people with the knowledge and tools to lead healthier lifestyles and make informed choices about their diet and physical activity. Sajar Trust firmly believes that awareness is the first step toward preventing and managing diabetes, and our program plays a vital role in fostering a healthier and more informed society.





"Empowering Futures, Breaking Barriers: Unveiling Our Transformative Initiatives

"In the face of adversity, we sow the seeds of resilience and opportunity, nurturing a future where every individual can thrive."

In a world grappling with adversity and unforeseen challenges, the 'Siragugal' Project and the collaboration with JK Fenner represent two inspiring initiatives that embody the spirit of empowerment and transformation. These projects are dedicated to creating lasting change and breaking down barriers that have held back marginalized communities.

Siragugal Project:

Fostering Self-Reliance and Combating Stigma

The 'Siragugal' Project, supported by ONGC, stands as a beacon of hope for individuals with disabilities, particularly women, who have faced discrimination, limited access to essential services, and exacerbated employment challenges in the wake of the COVID-19 pandemic. This initiative is more than just a project; it's a commitment to creating opportunities and dismantling the stigma surrounding disabilities. By providing comprehensive vocational training and opening pathways to gainful employment, 'Siragugal' aims to elevate economic status and living standards. It's a project in the pipeline, but it holds the promise of reshaping lives and communities.

JK Fenner Partnership:

Millet Training and Skill Development

In partnership with JK Fenner, our organization has embarked on a journey that combines the promotion of nutritious millets with the empowerment of local communities. This collaboration not only advances healthier dietary choices but also equips individuals with essential agricultural and entrepreneurial skills. The Millet Training and Skill Development Program, backed by JK Fenner's unwavering support, is a testament to the power of corporate social responsibility in effecting meaningful change. It's a project that's set to change lives, providing resources for training, equipment, and community engagement. It represents an investment in nutrition and income generation, fostering self-sufficiency and sustainability.

These new projects aren't just about charity; they're about empowerment, dignity, and resilience. They symbolize our commitment to creating a world where adversity is met with opportunity, where barriers are broken down, and where every individual has the chance to thrive. As we move forward with these transformative initiatives, we look ahead with optimism, knowing that together, we can build a brighter and more inclusive future.

Illuminating Paths in the Fight against HIV/AIDS

"A Beacon of Hope for Those Affected by HIV/AIDS"

We appear to be making a significant and commendable effort in addressing the challenges posed by HIV/AIDS in the region.



CARE, SUPPORT, AND TREATMENT FOR PEOPLE LIVING WITH HIV/AIDS (PLWHA):

Our organization provides crucial care and support services to individuals affected by HIV/AIDS. This includes medical care, counseling, and psychosocial support to help them manage their condition and improve their quality of life.

REFERRING TO ARV CENTERS AND GOVERNMENT HOSPITALS:

Ensuring PLWHA have access to Antiretroviral Therapy (ART) is essential in managing HIV. Our trust plays a role in referring individuals to appropriate ARV centers and government hospitals, ensuring they receive the necessary treatment and counseling.

COUNSELING AND TESTING:

Conducting counseling and testing services is vital for early diagnosis and prevention of HIV transmission. Our organization's involvement in this area helps raise awareness and encourages people to get tested, reducing the stigma associated with HIV.



PREVENTION OF PARENT TO CHILD TRANSMISSION (PPTCT):

Educating and counseling women on preventing parent-to-child transmission of HIV is crucial in reducing the number of new HIV infections among children. Our efforts in this area contribute to a generation free from HIV/AIDS.

TARGETING HIGH-RISK AND CORE GROUPS:

Focusing on high-risk and core groups such as Men who have Sex with Men (MSWs), Commercial Sex Workers (CSWs), Transgender individuals, Migrant workers, and Truckers is essential in HIV prevention. Training them on safer sexual practices and condom usage through a Behavior Change Communication (BCC) model is a proactive approach to reduce transmission.

COLLABORATION WITH NETWORKS AND NGOS:

Our trust actively collaborates with Tamil Nadu Network of NGOs working on HIV/AIDS and convenes the Indian Network of NGOs working on HIV/AIDS. Such collaborations enhance the impact of your programs and foster a united effort in tackling HIV/AIDS.

COMMUNITY-BASED NETWORKS:

Establishing community-based networks is a sustainable approach to reach out to affected communities, raise awareness, and provide support at the grassroots level.

WORLD AIDS DAY OBSERVANCE:

Marking World AIDS Day on December 1st in collaboration with schools, colleges, and universities is an excellent way to raise awareness, reduce stigma, and mobilize support for people living with HIV/AIDS.

RED RIBBON CLUBS:

These clubs are instrumental in engaging communities and like-minded individuals in HIV/AIDS awareness and prevention activities.

TRAINING AND CAPACITY BUILDING:

Our trust's efforts to train and encourage healthcare practitioners, pharmacists, and NGOs/CBOs in AIDS prevention and control contribute to a more knowledgeable and responsive healthcare system.



INFOTECH CENTER:

Utilizing digital media for disseminating information on HIV/AIDS is an effective way to reach a broader audience. It ensures that reliable and up-to-date information is easily accessible to those who need it.



FUTURE COMMUNITY CARE CENTER:

Establishing a community care center with 10 beds exclusively for PLWHA signifies a significant expansion of your services. This center will offer a more comprehensive and specialized care approach, further improving the lives of those affected by HIV/AIDS in the region.

Sajar Health, Educational, and Charitable Trust's comprehensive approach to HIV/AIDS awareness, prevention, and support demonstrates a strong commitment to the cause and a vital contribution to the well-being of the community it serves.

Sajar Trust actively champions environmental conservation through its annual Environmental Day event, promoting a "Go Green, Avoid Plastics" ethos. This initiative serves as a rallying point for communities to come together and commit to sustainable practices. Through tree planting drives, plastic waste clean-up campaigns, and educational sessions on eco-friendly alternatives, Sajar Trust fosters a collective consciousness towards preserving our planet. By encouraging the reduction of plastic usage and the adoption of greener lifestyles, we endeavor to create a cleaner, healthier, and more sustainable environment for current and future generations.



Sajar Trust is dedicated to ensuring the safety and well-being of our communities, and as part of our commitment, we conduct a comprehensive **First Aid Training Program**. This initiative equips individuals with essential life-saving skills and knowledge, empowering them to respond effectively to emergencies. Through hands-on training, participants learn how to provide immediate assistance in critical situations, making a significant difference in the outcome of accidents or health crises. Sajar Trust firmly believes that by imparting these crucial skills, we enhance the resilience of our communities and contribute to a safer and more prepared society.



"Campaigning for a Drug-Free Tomorrow: Sajar Trust's De-Addiction Initiatives"



Sajar Health, Educational, and Charitable Trust is dedicated to addressing one of the most pressing issues of our time: drug abuse and addiction. In a world where addiction has far-reaching consequences on individuals and society as a whole, our organization is committed to generating awareness and taking proactive steps to combat this crisis. One of the cornerstone initiatives of our trust is the regular observance of "De-Addiction Day" to emphasize the significance of this battle against addiction.

Camps on De-Addiction:



Recognizing that addiction can affect people from all walks of life, we conduct 2 to 3 de-addiction camps every month. These camps serve as safe spaces for individuals who are battling addiction or are in the early stages of recovery. During these camps, we provide a holistic approach to de-addiction, offering medical, psychological, and emotional support. Our team of dedicated professionals, including doctors, counselors, and peer mentors, work together to guide participants toward a healthier and addiction-free life.

PREVENTION OF DE-ADDICTION FROM CHILDHOOD TO SENIOR CITIZENS

Sajar Health, Educational, and Charitable Trust firmly believes that prevention is better than cure. We understand that addiction often begins in childhood and can persist into adulthood. Therefore, we have tailored our programs to cater to different age groups, from children to senior citizens. For young individuals, we focus on building resilience and life skills to help them make informed choices. For adults, we provide support for those struggling with addiction, and for senior citizens, we offer resources to maintain a drug-free and healthy lifestyle in their later years.

Sajar Health, Educational, and Charitable Trust is at the forefront of the battle against drug abuse and addiction. Through our continuous efforts in awareness generation, the observance of De-Addiction Day, and the regular de-addiction camps, we are committed to making a lasting impact on individuals and communities. We believe that with education, support, and a compassionate approach, we can curtail addiction and create a healthier and addiction-free society for all.

Sajar's Free Food Program

"The greatness of a community is most accurately measured by the compassionate actions of its members." - Coretta Scott King

Sajar Trust is dedicated to eradicating hunger and promoting well-being in our communities. We proudly offer free, nutritious food to impoverished individuals and patients in need. Our mission is to ensure that no one goes to bed hungry, and we recognize the importance of nourishment in the healing process.

Through our food distribution programs, we provide not only sustenance but also hope and support to those facing adversity. Sajar Trust's commitment to the welfare of the less fortunate is encapsulated in our motto: "Nourishing Lives, Nurturing Hope."



Harnessing Solar Energy to Illuminate Villages:

**A Transformative Initiative by Sajar Trust in Thirumangalam Block,
Madurai District**

In the pursuit of sustainable and environmentally friendly energy sources, non-conventional energy solutions have taken center stage. Among these, solar energy has emerged as a beacon of hope, not only for a greener future but also for addressing the critical issue of electricity access in rural areas. One exemplary pilot project in this realm has unfolded in Thirumangalam Block, Madurai District, under the auspices of Sajar Trust, where the radiance of solar energy has illuminated the lives of 100 to 150 villages, ushering in a new era of progress and development.





The Solar Revolution: Empowering Villages with Electricity:

The Thirumangalam Block in Madurai District, once grappling with the darkness of energy scarcity, has undergone a remarkable transformation, all thanks to the harnessing of solar energy by Sajar Trust. This initiative has demonstrated how renewable energy can serve as a powerful catalyst for change in rural communities. Here's how solar energy, facilitated by Sajar Trust, has made a profound impact:

Access to Electricity:

- The most significant and immediate benefit of this solar initiative is the provision of electricity to previously underserved villages. Solar panels have been strategically installed to capture sunlight and convert it into electrical power, ensuring that homes and community spaces have access to reliable and sustainable energy.

Lighting Up Homes:

- Solar-powered lighting systems have been installed in households, eradicating the reliance on kerosene lamps and candles, which not only posed fire hazards but also contributed to indoor air pollution. Now, children can study after dark, and families can engage in evening activities with safety and ease.

Improved Healthcare:

- Solar energy has facilitated the functioning of medical clinics and healthcare centers, enabling refrigeration of vaccines, powering medical equipment, and ensuring uninterrupted healthcare services, especially crucial in emergencies.

Agricultural Advancements:

- Villagers are now using solar energy to operate water pumps for irrigation, leading to increased agricultural productivity. This has boosted crop yields and food security, positively impacting the local economy.

Education and Digital Access:

- Schools and community centers are benefiting from solar-powered computer labs and internet connectivity, bridging the digital divide and enhancing educational opportunities for children and adults alike.

Economic Empowerment:

- With access to electricity, rural entrepreneurs have set up small-scale businesses, including charging stations for mobile phones, tailoring units, and food processing ventures. This has created employment opportunities and improved the economic landscape.

- **ENVIRONMENTAL CONSERVATION:**

Solar energy is not only an accessible power source but also a clean and green one. By reducing the reliance on fossil fuels and minimizing carbon emissions, this initiative contributes to a healthier environment and combats climate change.

- **SUSTAINABLE DEVELOPMENT:**

These villages are now on a path to sustainable development, with improved living standards, enhanced education, better healthcare, and increased economic opportunities. Solar energy, facilitated by Sajar Trust, has not only provided electricity but also a holistic framework for progress.



The pilot project in Thirumangalam Block, Madurai District, spearheaded by Sajar Trust, serves as an inspiring testament to the transformative potential of solar energy. Beyond just generating electricity, it has illuminated the lives of countless individuals, fostering progress, development, and a brighter future. This initiative, championed by Sajar Trust, showcases the power of renewable energy to address critical issues in rural areas and offer a blueprint for similar projects worldwide, demonstrating that the sun's energy can truly light the way towards a sustainable and equitable future. More than 50 to 100 households have benefited under this program.

"Weaving Green Dreams: Sajar Trust's Jute Product Training Program"



Sajar Trust is committed to promoting sustainable livelihoods and eco-conscious practices within our communities. Our Jute Product Training Program empowers individuals with the knowledge and skills to create environmentally friendly and versatile products from jute fibers. Through hands-on workshops and creative sessions, participants learn to craft a wide range of items, from stylish bags to home decor. By harnessing the potential of jute, we not only contribute to rural entrepreneurship but also reduce the environmental impact of synthetic materials. Sajar Trust's dedication to fostering sustainable practices is exemplified through this program, promoting a greener and economically prosperous future for all.

Cultivating Health and Harmony: Sajar Trust's Holistic AYUSH Approach”



In the pursuit of fostering well-being and balance, Sajar Trust stands as a beacon of holistic healthcare. Through a commitment to the principles of AYUSH (Ayurveda, Yoga and Naturopathy, Unani, Siddha, and Homeopathy), our trust endeavors to provide a comprehensive and individualized approach to health and wellness.

Our mission is to go beyond the conventional boundaries of medical care. We believe that true health extends beyond mere absence of disease; it encompasses physical vitality, mental peace, and emotional harmony. With this vision in mind, we have meticulously designed our medical camps and health interventions to offer a holistic experience to our beneficiaries.

At the heart of our approach lies the concept of holistic health assessments. We recognize that each individual is unique, and their health journey is equally distinctive. Therefore, our healthcare professionals delve deep into understanding the physical, mental, and emotional aspects of each patient. This approach helps us tailor treatment plans that not only alleviate symptoms but also address the root causes of health issues.

Yoga and meditation, the ancient gems of AYUSH, are integrated into our programs. These practices, suitable for people of all ages, enhance flexibility, reduce stress, and promote overall well-being. Additionally, our team, led by the experienced homeopathic doctor, Dr. Jasmin, offers homeopathic care that is characterized by its gentle, personalized, and holistic nature.

The rich tapestry of Ayurvedic traditions is also woven into our services. Ayurvedic consultations, herbal remedies, and traditional therapies like Panchakarma are provided to our beneficiaries, promoting natural healing and rejuvenation.

Our commitment extends to preventive healthcare as well. We conduct workshops and seminars that empower the community with knowledge about healthy lifestyles, dietary choices, and stress management techniques, aligning perfectly with AYUSH principles.

Sajar Trust takes pride in actively engaging with the community. We collaborate with local schools, community centers, and healthcare providers to raise awareness about the benefits of AYUSH practices. Through evidence-based approaches and continuous research, we ensure that our interventions remain effective and tailored to the evolving needs of the community.

We understand that well-being encompasses mental health as well. Our counseling services and emotional support are integral components of our AYUSH-based approach, ensuring that individuals receive holistic care that nurtures both body and mind.

In embracing AYUSH, Sajar Trust respects and celebrates the cultural and traditional heritage of these practices, making them not only effective but also culturally relevant and accessible.

In summary, our trust doesn't merely advocate for AYUSH principles; we wholeheartedly integrate them into every facet of our medical camps and health interventions. Our motto is clear: to promote disease prevention and holistic well-being in today's society. Through our commitment to AYUSH, we aim to cultivate health and harmony in every life we touch.

"Sajar's Medical Exchange Program : Bridging Borders, Transforming Lives."

"In the exchange of knowledge and compassion, we build bridges that span beyond borders, transforming the world one heart at a time."



Sajar's Medical Exchange Program stands as a beacon of global and national collaboration in the realm of healthcare and medical education. This initiative has forged strong bonds between Sajar and esteemed institutions such as Clarke International University and the University of Iowa, facilitating reciprocal exchanges for students and faculty members. These exchanges broaden horizons, expose participants to diverse healthcare systems and practices, and nurture a holistic understanding of global healthcare challenges. On the national front, collaborations with Madurai Kamaraj University, Lady Doak College, Fatima College, and Yadhava College underscore Sajar's commitment to strengthening the healthcare ecosystem within India. These partnerships foster knowledge sharing, research endeavors, and clinical experiences, empowering students to become leaders in the medical field. Beyond academics, Sajar's Medical Exchange Program places a significant emphasis on social responsibility, encouraging students to actively engage in community outreach. They organize medical camps, health education workshops, and community outreach initiatives, tackling healthcare disparities and providing essential services to underserved populations. Collaborative research projects further enrich medical science and healthcare practices. In sum, Sajar's program not only enhances academic and cultural exchanges but also cultivates a sense of global citizenship and a profound commitment to social welfare, making substantial contributions to healthcare both nationally and internationally.

SAJAR IN THE NEWS



மதுரை, திருமங்கலமத்தில் இலவச பொது மருத்துவ முகாம்



மதுரை மாவட்டம், திருமங்கலமத்தில், கே.ஆர்.மருத்துவமனை, சாஜர் அறக்கட்டளை, மக்கள் மருந்தகம் மற்றும் அகத்தியர் அன்னதான அறக்கட்டளை ஆகியோர் இணைந்து நடத்திய இலவச பொது மருத்துவ முகாம் கரிசல்பட்டி ஊராட்சி மற்றும் அலுவலகத்தில் கரிசல்பட்டி ஊராட்சிமன்றத்தலைவர் கோட்டுள்ளிருவுலட்சுமி தலைமையில் இன்று நடைபெற்றது.

அகத்தியர் அன்னதான அறக்கட்டளை நிறுவனர் பாமுத்துப்பாண்டிமுன்னிலை வலித்தார், மக்கள் தொட்டி அலுவலர், முனிசிபல் வரன் அணைவரையும் வரவேற்றார். கே.ஆர். மருத்துவமனை தலைமை மருத்துவர் கண்ணப்பிரியா தலைமையில் மருத்துவக் குழுவினர் முகாமில் கலந்து கொண்டவர்களுக்கு சர்க்கரை நோய், இரத்த அழுத்தம், இதயத்துடிப்பு, எடை மற்றும் உயரம் பரிசோதனை, கால்நரம்பு சுருள்நோய் உள்ளிட்ட நோய்களுக்கு பரிசோதனை செய்து இலவசமாக மருந்து மாதிரிகளை வழங்கப்பட்டது. முகாமை சினைவெள்ளை, பொ.பன்னிச்செல்வம், குழுக்கேள் முன்னால் ஊராட்சி மன்றத்தலைவர் மற்றும் அகத்தியர் அன்னதான அறக்கட்டளை பொறுப்பாளர்கள் ஒருங்கிணைப்பு செய்தனர்.

திருமங்கலம் பிரியா மெடிக்கல் மரக்கன்றுகள் வழங்கினர். துணைத்தலைவர் சமரன், உறுப்பினர்கள் முகலிதா, மு.பாக்கியலட்சுமி, உருகஜேதி, ஆ.அழகலட்சுமி, கண்ணன் உள்ளட பலர் கலந்து கொண்டனர். முகாமில் நூற்றுக்கும் மேற்பட்ட பயனாளிகள் கலந்து கொண்டு பயனைடைந்தனர். முடிவில் அகத்தியர் அன்னதான அறக்கட்டளை செயலாளர் மு.சுருத்தலாஜேவி நன்றி கூறினார்.

மதுரை மாவட்ட தாலுகா செய்தியாளர் கவிதா

இலவச பொது மருத்துவ முகாம்



தேனி, ஜூலை 26 தேனி அருகே பழனிசெட்டி பட்டியில் உள்ள அரசு போக்குவரத்துக்குழுக்கழக பணிமனையில் தொழிலாளர் முன்னேற்ற சங்கத்தின் சார்பில் கலைநூல் 100 ஆண்டு விழா வை பொட்டி ஒட்டுனர், நடத்துவதற்காக தொழிலாளர் முன்னேற்ற சங்கம் மதுரையைச் சேர்ந்த சாஜர் அறக்கட்டளை மருத்துவமனை இணைந்துள்ளனர். நடத்துவதற்காக மருத்துவர்கள் மற்றும் இதர பணியாளர்களுக்கு இலவச பொது மருத்துவ முகாமை நேற்று நடத்தினர். இம்முறையில் அரசு போக்குவரத்துக்குழுக்கழக பணிமனையில் நேற்று நடத்திய இலவச பொது மருத்துவ முகாம் கரிசல்பட்டி ஊராட்சிமன்றத்தலைவர் கோட்டுள்ளிருவுலட்சுமி தலைமையில் இன்று நடைபெற்றது.



மதுரை மாநகர காவல்துறை மற்றும் மதுரையில் உள்ள முத்தூட் குழுமம் தங்களது சமூக பொறுப்பு திட்டத்தின் மூலம் சாஜர் அறக்கட்டளையுடன் இணைந்து மாநகர காவல் ஆயுதப்படை மைதானத்தில் மாபெரும் மருத்துவ நுரையீரல் பரிசோதனை முகாமை மதுரை மாநகர காவல் துணை ஆணையர் மங்களேஸ்வரன் தொடங்கி வைத்தார். இதில் 350 க்கும் மேற்பட்ட காவலர்கள் அவர்கள் குடும்பத்தினரும் கலந்து கொண்டு பரிசோதனை செய்து கொண்டனர். மாநகர ஆயுதப்படை உதவி ஆணையர் முத்தரசு.ராஜேஷ் ஆயுதப்படை ஆய்வாளர் மற்றும் சாஜர் அறக்கட்டளை நிறுவனத்தின் தலைவர் ஜாஸ்மின் ராஜ்குமார், முத்தூட் திட்ட மேலாளர் ஜெயக்குமார் மற்றும் மேலாளர் திவ்யா ஆகியோர் கலந்து கொண்டனர்.



Charting New Paths : Our Vision for the Journey Ahead (Future plans)

Vision on Wheels: A New Milestone with Indian Oil Corporation Limited

In our ongoing journey of service and compassion, we are excited to announce the upcoming addition of a Mobile Vision and Diagnostic Center, made possible through a partnership with the Indian Oil Corporation Limited. This new initiative will bring healthcare closer to those who need it most.

Breaking Chains: Joining Hands with Lions Club International

As part of our commitment to addressing societal issues, we are proud to collaborate with Lions Club International to establish a De-addiction Center, providing hope and healing to those on the path to recovery.

Transforming Lives: Rehabilitation through Skill Development

In association with NABARD, we are committed to transforming lives through skills development programs for prison inmates. Our goal is to equip them with the tools they need to build a brighter future.

Nurturing Artisans Enriching Culture

Our mission to preserve Tamil Nadu's ancient crafts and uplift artisans continues. Through marketing, training, and design innovation, we are working towards a sustainable and culturally rich future.

Compassionate Care: Supporting Those Living with HIV/AIDS

Our commitment to community care extends to those living with HIV/AIDS. Through our initiatives, we strive to provide compassionate support and improve their quality of life.

AYUSH for All: Medical Initiatives for the Underprivileged

We are dedicated to bringing alternative healthcare solutions to the underprivileged. Through AYUSH concepts, we aim to enhance the well-being of those in need.

A Safe Haven: Working Women's Hostel for the Destitute

In our pursuit of social welfare, we are working towards establishing a safe and supportive environment for destitute women with the creation of a working women's hostel.

The Essence of Volunteerism in Charity Organizations: A Noble Commitment for a Greater Good



Introduction

Volunteerism in charity organizations is a powerful force that propels positive change and altruism in society. It is a selfless act of donating one's time, skills, and energy for the betterment of others and the community as a whole. In this article, we will explore how volunteers can become deeply involved in charity organizations, the various roles they can undertake, the significance of dedication in volunteerism, and what volunteers receive in return for their noble service.

Getting Involved as a Volunteer

1. Identification of Personal Passion:

The journey of volunteerism often begins with a desire to make a difference in a specific area. Volunteers may choose to focus on issues like poverty alleviation, education, healthcare, environmental conservation, or countless others based on their personal interests and values.

2. Research and Connection:

After identifying their passion, volunteers can research local or global charity organizations aligned with their chosen cause. Connecting with these organizations is usually the first step in becoming involved. This can be done through websites, social media, or by attending volunteer fairs and events.

3. Application and Orientation:

Once a charity organization is selected, volunteers typically go through an application and orientation process. This helps them understand the organization's mission, values, and goals and ensures a good fit between the volunteer and the organization.



Roles and Responsibilities

Volunteers can take on a wide range of roles within charity organizations, depending on their skills, interests, and the needs of the organization. Some common roles include:

1. Direct Service Providers:

These volunteers work directly with beneficiaries, providing services such as tutoring, mentoring, food distribution, or healthcare.

2. Fundraisers:

Volunteers can help raise funds through events, campaigns, or grant writing, ensuring the organization's sustainability.

3. Administrative Support:


Organizational operations require administrative support. Volunteers can assist with tasks like data entry, scheduling, and coordination.

4. Advocacy and Outreach:

Volunteers can help spread awareness about the organization's mission and advocate for policy changes related to their cause.

5. Leadership and Governance:

Experienced volunteers may serve on boards of directors or take leadership roles within the organization, guiding its strategic direction.



Volunteerism in charity organizations is an act of selflessness and compassion that can lead to profound positive change. Volunteers bring their unique skills, talents, and dedication to address critical social issues and create a better world. In return, they receive personal satisfaction, skill development, and a sense of belonging to a community of like-minded individuals. It is a beautiful cycle of giving and receiving that continues to shape our society for the better.

Join us at Sajar Health Educational and Charitable Trust and become a beacon of hope in our mission to improve healthcare and education for underserved communities. Whether you're a healthcare professional, educator, fundraiser, or simply someone with a passion for making a difference, there's a place for you in our family. Your dedication, skills, and time can help us create a brighter future for those in need. Together, let's transform lives, one act of kindness at a time. Join us today and be the change you wish to see in the world.

FOR MORE DETAILS

Contact us through email: infosajartrust@gmail.com for more info.

“Empowering Women, One Box at a Time” New launch in our endeavors



Sajar Trust introduces a groundbreaking initiative with 50 charity boxes, igniting change in the fight against violence against women. Each box is not just a receptacle for contributions but a symbol of resilience, echoing the words of Maya Angelou, 'We may encounter many defeats, but we must not be defeated.' Join us in this transformative journey, where your generosity transforms lives and your compassion shines through each box, reminding us all that change begins with a single act of kindness.

"We extend our heartfelt gratitude to all the compassionate souls who have stood by us in our noble cause and graciously allowed us to place our charity boxes within their premises. Your unwavering support and generosity are the cornerstones of our mission, exemplifying the words of Winston Churchill, 'We make a living by what we get, but we make a life by what we give.' Together, we are making lives brighter and empowering those in need, one box at a time. Thank you for being the change-makers and champions of our cause."

“Transforming Kindness into Lifelines : In-Kind Donations that Make a Difference”



Donations in kind hold a profound significance in the realm of philanthropy and humanitarian efforts. While monetary donations are vital, contributions in the form of goods, supplies, and tangible resources play an equally crucial role in addressing the multifaceted needs of individuals and communities. Such donations can provide immediate relief to those facing hardship, whether it be in the aftermath of a natural disaster, during times of economic instability, or for vulnerable populations in need of essential resources. Beyond their practical impact, donations in kind also foster a sense of unity and solidarity within society, encouraging individuals and organizations to actively participate in the betterment of their communities. Moreover, they ensure that vital resources reach those who need them most directly, minimizing administrative overhead and maximizing the efficiency of aid delivery. In essence, the importance of donation in kind lies in its power to transform compassion into tangible assistance, offering a lifeline to those in distress and exemplifying the true essence of giving.

"Sajar Trust wholeheartedly embraces donations in kind from generous donors who seek to make a meaningful impact on our mission. These contributions, ranging from essential supplies to valuable resources, play a pivotal role in our efforts to support those in need. By accepting donations in kind, we ensure that vital resources reach the individuals and communities who require them most directly. For more information on how to contribute or to discuss potential donations in kind, please feel free to contact us at infosajartrust@gmail.com. Your generosity can be a beacon of hope for those we serve, and together, we can continue to make a positive difference in the lives of others."

Reels of memories....

Leadership training for SHGs



Program on "Plastic pollution control"



Skill development for PWDs



Women health camp



Legal awareness program



Program on Road safety awareness



3 days Entrepreneurship awareness training



Cancer awareness camp



Handicrafts orientation



Empowering students with science and technology



"Togetherness is the key to success, fueled by motivation." For SHGs



Youth empowerment program





The simplest acts of kindness are by far more powerful than a thousand heads bowing in prayer.

-Mahatma Gandhi-




SAJAR

HEALTH, EDUCATIONAL AND CHARITABLE TRUST

www.sajartrustindia.org

 + 91 9003 9003 46

 sajartrust@gmail.com

 H.O: 52, Vaigai St, Velmurugan Nagar,
Bypass Road, Madurai-10