



**Plant the seeds of today  
for a flourishing garden of tomorrow!**

**Our Highlights...**



**Sajar Health Educational and Charitable Trust, Madurai**

# HEALTH INITIATIVES

# Better Health for all- Social health programs



## WHAT WE DO

At Sajar Trust, we believe that good health is a fundamental right for all. Our Better Health Camps are dedicated to providing free medical services to those in needs, ensuring access to quality healthcare regardless of economic status. From basic check-ups to specialized consultations, our expert team of doctors and health care professionals address concerns & guide the public towards a healthier tomorrow.

# Advancing Respiratory Health...An educative and Health Program



## WHAT WE DO

At Sajar Trust's Respiratory Health Camps for disadvantaged individuals, we provide a holistic approach to respiratory care through a variety of essential tests. From assessing lung function and conducting chest X-rays to screening for conditions like asthma and chronic obstructive pulmonary disease (COPD), our compassionate team ensures thorough evaluation and personalized attention. With early detection and tailored intervention, we strive to empower every participant with the gift of healthy lungs and improved well-being.

# Vision Possible Program



## WHAT WE DO

At Sajar Trust's Vision Possible Camps for underserved patients, we offer a comprehensive array of tests to safeguard eye health. From assessing visual acuity and determining eyeglass prescriptions to screening for conditions like glaucoma and examining the back of the eye, our dedicated team ensures thorough care. With early intervention and tailored attention, we aim to empower every individual with the gift of clear vision and a brighter future.

# Renal Wellness Program- education and support for all



## WHAT WE DO

At Sajar Trust's Renal Health Camps for those in need, we offer comprehensive care through a range of essential tests. From evaluating kidney function and conducting urine tests to screening for conditions like chronic kidney disease (CKD) and urinary tract infections, our dedicated team ensures thorough assessment and personalized attention. With early detection and tailored intervention, our goal is to empower every participant with the gift of renal health and a better quality of life.

## Mastering Medical Mastery...



### WHAT WE DO

At Sajar Trust's Medical mastery program for underserved communities, we provide comprehensive care through a variety of essential tests and evaluations. From pre-operative assessments and diagnostic imaging to screening for conditions requiring surgical intervention, our compassionate team ensures thorough evaluation and personalized attention. With early detection and tailored surgical care, we aim to empower every participant with the gift of improved health and a brighter future.

# Golden years wellness program



## WHAT WE DO

At Sajar Trust's Golden years wellness program for senior citizens, we offer a comprehensive approach to elderly care through arrange of essential tests and assessments. From evaluating overall health and conducting cognitive screenings to screening for age-related conditions like osteoporosis and cardiovascular disease, our dedicated team ensures thorough evaluation and personalized attention. With early detection and tailored intervention, our mission is to empower every participant with the gift of healthy aging and enhanced quality of life.



# MATERNAL Wellness Program



## WHAT WE DO

At Sajar Trust's Maternal wellness program for expecting mothers, we provide comprehensive care through a variety of essential tests and evaluations. From prenatal screenings and fetal monitoring to assessing maternal health and providing nutritional guidance, our compassionate team ensures thorough evaluation and personalized attention. With early detection and tailored maternal care, our goal is to empower every expectant mother with the gift of a healthy pregnancy and a brighter future for both mother and child.

# LIVELIHOOD INITIATIVES

# PROJECT SIRAGUGAL

Empowering Differently Abled Dreams, One Shop at a Time



## OUR IMPACT

Under the initiative "Project Siragugal," aimed at fostering entrepreneurship among differently-abled individuals, we have established bunk shops to facilitate income generation and self-employment opportunities. With the generous support of ONGC Chennai, 10 shops were inaugurated in Virudhunagar district. More than 250 beneficiaries have been empowered through this program, enabling them to start their own businesses and become financially independent. This endeavor not only promotes inclusivity and economic empowerment but also embodies our commitment to creating a more equitable society where everyone has the opportunity to thrive.

# Harvesting Health: Millet Mastery Training

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



## OUR IMPACT

Our Millet Value Added Products Training program is dedicated to empowering over 250 women through comprehensive training sessions.

With a focus on creating millet-based value-added products, we aim to unlock the economic potential of millets while fostering entrepreneurship among participants. By equipping these women with the necessary skills and knowledge, we not only enable them to generate income but also contribute to community development. Through this initiative, we are not just providing training; we are creating opportunities for economic empowerment and sustainable livelihoods, making a tangible difference in the lives of individuals and the communities they belong to.

# Crafting Future: Jute Value Added Products Training for College Students



## OUR IMPACT

Our Jute Value Added Products Training initiative, conducted in collaboration with colleges, is designed to equip students with a diverse set of skills in jute value-added product creation. Through this program, participants learn not only to craft innovative designs but also to understand and implement sustainable practices in the eco-friendly jute industry. By providing hands-on training and comprehensive knowledge, we aim to empower students with valuable expertise that will benefit them in their future endeavors. This initiative not only fosters skill development but also promotes environmental sustainability and encourages entrepreneurship in the jute sector.

# **SKILL TRAINING INITIATIVES**

# Empowering Futures...Skill development programs by Tamil Nadu Skill Development Corporation



## OUR IMPACT

Through the Tamil Nadu Skill Development Corporation, we offer a range of training programs such as Master Wellness Neurotherapist and General Duty Assistances (GDA). As a recognized center for the National Skill Development Corporation (NSDC), our training initiatives adhere to national standards and guidelines, ensuring quality education and certification for participants. This recognition underscores our commitment to providing industry-relevant training and empowering individuals with the skills they need to succeed in today's competitive job market.

# Empowering Lives...DAY-NULM TRAINING PROGRAMS



## OUR IMPACT

Dedicated to transforming lives, the DAY-NULM Training Programs offered by the Tamil Nadu Skill Development Corporation empower individuals through comprehensive skill development initiatives. From Multi Skill Technician and Handicrafts to Pharmacy Assistant, General Duty Assistant, Home Health Aide, and Sewing Machine Operator courses, these programs equip participants with a diverse skill set essential for success in various industries. By providing quality training and fostering entrepreneurship, our initiatives aim to enhance employability and contribute to the socio economic development of communities.



# Empowering Rural Entrepreneurs...KVIC's PMEGP AWARENESS CAMPS



## OUR IMPACT

The Khadi And Village Industries Commission (KVIC) organizes awareness camps on the Prime Minister's Employment Generation Program (PMEGP) with the aim of fostering entrepreneurship and economic empowerment in rural and village communities. Through these camps, participants gain valuable insights into the PMEGP scheme, which provides financial assistance and support for setting up micro-enterprises. By promoting awareness and facilitating access to government initiatives like PMEGP, KVIC plays a vital role in encouraging grassroots entrepreneurship, job creation, and sustainable development in rural areas.

# Preserving Heritage... Empowering Communities... JSS SKILL DEVELOPMENT PROGRAMS



## OUR IMPACT

Jan Shikshan Sansthan(JSS) offers a diverse array of skill development programs aimed at preserving traditional crafts and fostering entrepreneurship. From Hand Embroidery and Traditional Hand Embroidery to Crochet and Fashion Jewellery, participants are immersed in immersive training sessions that blend traditional techniques with contemporary trends. Through these programs, JSS not only empowers individuals with valuable skills but also contributes to the preservation of cultural heritage and the promotion of sustainable livelihoods in communities.

# Crafting Prosperity...NATIONAL RURBAN MISSION'S HANDICRAFT INITIATIVES



## OUR IMPACT

Under the auspices of the Ministry of Rural Development's National Rurban Mission (NRUM), initiatives are underway to promote and uplift the handicraft sector. Through various programs and interventions, NRUM seeks to revitalize traditional handicraft practices, empower artisans with modern skills and techniques, and create sustainable livelihood opportunities in rural areas. By leveraging the rich cultural heritage and artistic traditions of rural communities, NRUM endeavors to foster economic growth, preserve cultural heritage, and promote inclusive development across the nation.

## Empowering Skills... PMKVY'S TRAINING PROGRAMS



### OUR IMPACT

Pradhan Mantri Kaushal Vikas Yojana (PMKVY) offers a comprehensive range of skill development programs, including training for Medical Sales Representatives, Self-Employed Tailors, and Field Technicians specializing in Computing Peripherals. Through these initiatives, PMKVY aims to bridge the gap between skill supply and demand by equipping individuals with industry-relevant skills and certifications. By focusing on key sectors like healthcare, fashion, and technology, PMKVY not only enhances employability but also promotes entrepreneurship, contributing to India's socio-economic development and fostering a skilled workforce capable of meeting the demands of the modern job market.

## Empowering Rural Futures...



### OUR IMPACT

National Bank for Agriculture and Rural Development (NABARD) facilitates skill development initiatives such as Computer Basics and Women's Tailoring, aimed at empowering rural communities with essential technological and vocational skills.

Through these programs, participants gain proficiency in fundamental computer literacy and traditional tailoring techniques, fostering economic empowerment and promoting self-reliance among women in rural areas. NABARD's commitment to nurturing skills and knowledge aligns with its broader mission of fostering sustainable rural development and improving livelihoods across India.

## Bridging the digital drive...



### OUR IMPACT

Pradhan Mantri Gramin Digital Saksharta (PMG-DISHA) is a transformative digital literacy program initiated to empower individuals in rural areas with essential digital skills. Through comprehensive training modules and practical workshops, the program aims to bridge the digital divide by providing participants with the knowledge and expertise to navigate digital technologies effectively. By equipping rural communities with digital literacy, PMG-DISHA not only enhances access to information and opportunities but also promotes inclusive growth, socioeconomic development, and digital empowerment across India's rural landscape.

# **TOWARDS YOUTH EMPOWERMENT**

# Kick starting equality.. Football coaching for girls



## OUR IMPACT

In collaboration with the Australian High Commission, we proudly organized a comprehensive football coaching program tailored specifically for girls. Through this initiative, we aimed to promote gender equality and empower young girls through sports. The coaching sessions provided by experienced trainers not only focused on enhancing football skills but also emphasized the importance of teamwork, leadership, and confidence-building. By fostering a supportive and inclusive environment, we enabled girls to develop both athletically and personally, laying the foundation for their future success on and off the field.



# Empowering Tomorrow... Youth development through SPORTS



## OUR IMPACT

Empowering youth through sports is a transformative endeavor that goes beyond physical activity, fostering personal development, leadership skills, and community engagement. By providing opportunities for participation in various sports activities, young individuals are not only encouraged to lead active and healthy lifestyles but also to cultivate valuable life skills such as teamwork, discipline, resilience, and goal-setting. Through sports, youth gain a sense of belonging, confidence, and self-esteem, enabling them to navigate challenges and realize their full potential. Moreover, sports serve as a powerful tool for social inclusion, breaking down barriers, promoting diversity, and building bridges across communities. As a result, investing in youth sports programs is not just an investment in athletic prowess but also in the future leaders and change-makers of society.

# Championing health and environmental awareness.. Observing national health days together.



## OUR IMPACT

Regularly, our organization actively participates in observing national days such as World Tuberculosis Day, World AIDS Day, and International Day against Drug Abuse, World Environment Day, and many more. Through a variety of engaging activities including rallies, signature campaigns, and slogan competitions, we raise awareness and advocate for the importance of these significant health and environmental issues. By involving the community in these initiatives, we strive to foster a culture of awareness, prevention, and action, ultimately contributing to positive change and improved well-being on a local and global scale.

## Nurturing nature.. Our commitment to environmental sustainability



### OUR IMPACT

At Sajar Trust, we proudly observe World Environment Day and actively participate in initiatives like the Swachh Bharat program to promote cleanliness and environmental sustainability. Additionally, we are committed to fostering a greener future by organizing planting events for saplings and engaging in ongoing efforts to protect and preserve our planet's natural resources. Through our dedication to environmental stewardship, we strive to inspire positive change and contribute to a healthier, more sustainable world for generations to come.

# Nourishing communities.. Free meals program



## OUR IMPACT

At Sajar Trust, our commitment to alleviating hunger extends to providing three nutritious meals each day, ensuring that those experiencing financial challenges have access to sustenance throughout the day. We understand the importance of consistent nourishment for individuals facing economic hardships, and our dedicated efforts aim to address this critical need. Through this initiative, we strive to not only provide meals but also offer a sense of support and solidarity to those in need, fostering a community where no one goes hungry.