



NATURE TRUST

Reg No.138/B4- 2010.

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ANNUAL REPORT FOR THE YEAR – 2022-2023

Introduction:

NATURE TRUST is a charity organization registered under Indian Trust Act 1882. It holds PAN Number under Income Tax Department. It also registered with Government of India under NGO DARPAN Portal and registered with Ministry of Home Affairs and got FCRA Number. All the Trust members of the Trust are women. The trustees belong to rural community and have good rapport with the community. The Managing Trustee Mrs. R. Abirami, is a former College Lecturer and currently raising awareness among women on Women Health and Menstrual Hygiene, conduct skill trainings and conduct class for students. The Financial Trustee Ms. Sharmila Devi is a qualified social worker and other trustees are also qualified with various graduates and post graduations, who are committed working towards the empowerment of poor communities to improve their socio-economic, cultural, education and health empowerment. The Trust is working in Kulithalai and Krishnarayapuram blocks of Karur District of Tamilnadu, India. At present two staff members are working in the organization and we avail the services of volunteers in our developmental activities.

Activities and Achievements for 2022-2023:

1. World Autism Day

World Autism day was observed by Nature Trust on 2nd April 2022 along with SIRAGUGAL – The Parents association of Special Children, Trichy. The program was held at the Training centre for parents of children with disabilities, Trichy.



Dr. Ram Ganesh, Director IECD, Bharathidasan University, Trichy presided over the meeting. Mr. Sundaram, Secretary, SIRAGUGAL – Parents Association felicitate. Dr. R. Sridhar, Project Director, Nature Trust gave orientation among the Parents of children with disabilities. Mrs. R. Abirami, Managing Trustee of Nature Trust, orient about the “Drama

Therapy” and its usages to parents and Teachers. Fancy dress competition for children with

disabilities was also organised by the SIRAGUGAL organisation. Children exhibit their talents in dresses of our National Leaders and party presidents. The teachers and parents expressed that they feel, Drama Therapy will be very useful for them to train their children in easy manner. The prizes were distributed to the children. Lunch and refreshments was provided and the meeting ends by 1.30pm.

2. Children's Talent Building Summer Camp:

School Children's Summer Camp was organised by Nature Trust. The camp was conducted from May 05, 2023 to May 15, 2023 at 10.00 am to 01.00 pm. 25 students participated in the camp. Mrs. Sathya, from Thanneerpalli served as resource person for the camp. Children's talent was identified and it was boosted by various activities. Villuppattu, Story Telling, oil less boil less cooking, gardening, communication, reading and writing were the skills taught in the camp.

Students learn the skills very eagerly and enthusiastically. Students were provided with certificate for their participation. Students felt that the camp was very useful and they will follow the oil less boil less method of cooking in future in their homes.

3. Collective Farming Training.

A program was organised by nature trust in Rajendhiram village to insist the importance of collective farming on 28th May 2022. 30 women agriculture labourers were participated in the program.

The agriculturist's workers were women and after a long household works, they go for job in Plantain / Sugarcane / Paddy fields. They work for a long hours and not getting sufficient wages. The job was also not available for all the days in a week. They are jobless for 2-3 days in a week. So, in order to get food security and healthy life, Collective farming method was explained to them. They said, they will gather more labourers and get involved in collective farming in near future. It was also discussed to get the resources from local land holdes and other well wishers of their community.



4. Training for small and marginal farmers on Organic Farming.

Training for small and marginal farmers on Organic Farming program was organized by Nature Trust on 20th June, 2022. The training was held at Parali Village in the field. 51 women agriculture labourers participated in the training program.

The potentiality in the kitchen vegetable waste, fruit waste, panchakavya, natural manure, cow dung was explained. The recycle process was also elaborated to them. We explained the role and importance of insects in leaves, friendly and unfriendly insects, seasonal insects, how to remove weed, ways of preserving water for plants to the farmers. Beneficiaries demand for a training session for the preparation of organic manure. Trustees agreed to conduct a workshop for organic manure in short span of time. The trustees have built a good rapport with the farmers. The farmers assured that they will follow organic farming and utilize all the natural resources available on their area. The farmers were fed with snacks and refreshments.



5. Storytelling and listening - Skill Development for children.

Nature trust organized storytelling and listening skill development program at the Library Hall, Thanneerpalli on 14.07.2022. 30 children were actively participated in the program.



Techniques in storytelling were elaborated to the children. The bedtime stories may bring a tremendous change in a child's life. Based on this concept, few stories were shared to the children. Children eagerly listen the stories. Some children tried to compose some stories of their own. They were encouraged and motivated to tell a story. Illam Thedi Kalvi (ITK) teacher Mrs. Kala and Librarian Mrs. Murugammal participated

in the program. After the completion of the program, children were provided with snacks and Green tea.

6. QUIZ PROGRAM

Third year Quiz program was organized for school students by Nature Trust at Srimad Andavan Arts and Science College, Srirangam on 17th August 2022. Quiz Master Mr. Ansar conducted the Quiz in General topic. 120 students from various schools participated in the program. Preliminary round was conducted at first. Fifty students were selected for the semi final round. Finally twenty students i.e. ten teams were filtered for final round.



Students from Sri Vaijyanthee Vidhyalaya, Srirangam got the Rolling shield for the second year. Second place was occupied by Adaikalamatha Matric Hr. Sec. School, Karumandapam, Trichy and the Third prize gone to Sri Vageesa Vidhyalaya, Srirangam, Trichy. All the finalist teams were provided with cash prize. The First, runner and runner-up team were provided with Medals. Students from new schools were very much satisfied and they didn't participate in any quiz previously and they also said that, they will prepare well and will win prize by next year.

World OZONE Day

World Ozone day was celebrated on 16th September 2022 at Panchayat Union Middle School, Thanneerpalli. Standard wise, school students were segregated and gave theme for drawing



competition for World Ozone Day. Students perform drawing on various concepts to save ozone layer and our environment. All the 128 students in the school participated in the competition. All children were provided with paper, drawing materials, and prizes. The Head Mistress Mrs. Lilly Sahaya Sundari and the teachers of PUMS School distributed the prizes for the children. Mrs. Abirami, The Managing Trustee of the trust gave a lecture on Ozone layer

and its uses for human life. On their feedback, students said that they have learned many new things about ozone layer.

7. WOMEN HEALTH PROGRAM

Nature Trust in collaboration with Dept. of Social Work, Bharathidasan University organized a Women Health Program at Community Hall, Manikandam Panchayat, Tiruchirappalli Dist, on 15.09.2022. Dr. Suresh, and Dr. Karthikeyan, faculties of Bharathidasan University and the Panchayat Board President were participated in the Program. Mrs. R. Abirami,

Managing trustee, Nature Trust facilitate the program. 67 women were participated in the program. The most common diseases which affect women, ways to prevent it, importance of women health, maintaining good health, role of millets and spices in daily life were explained in the meeting. Prevention measures for chronic diseases



were also discussed. Many women came with their doubts on diseases which they were affected and got cleared. After the completion of the meeting, the respondents were very

much happy and they assured that they will maintain their own and their family member's health. Snacks and High Tea were provided for the participants.

8. Nutritious Navarathiri

Nutritious Navarathiri was celebrated at Panchayat Union Middle School, Thanneerpalli on 23.09.2022, Friday. Along with Anganwadi staff members, Nature Trust organized Nutritious Navarathiri celebration. Our Traditional millets, spices and vegetables were displayed in Golu concept. The role of nutrients, minerals and carbohydrates were explained to the students. A traditional dance was performed on the day. 130 students, ten school staff members and fifteen anganwadi staff members were participated in the program. **Millet Lunch and vegetable salad was distributed to the students and the staff members.** An oath was taken to intake nutritious food items in the gathering's daily food.



9. Children Skill Development Program:

Children skill development program was organized by Nature Trust on 15th and 16th October 2022 – 2 day program. Puppet show, Clay toy making, Charcoal drawing, Sand art were



taught to the children. 25 children were participated in the program. This program taught new skills for children. After the class, children felt that, they learned new things and found their self confidence improved. They assure in future, they will make hand works on their own and present it to their relative's functions and marriages. This program encouraged the children in story telling skill and listening skill, drawing skills. Parents told that their children learned new things and they are fully engaged in making toys and drawing during vacation and decorate

their house with new drawings.

10. Menstruation and Daily Livings

A health orientation program entitled "Menstruation and the Daily Livings" was organized at St. Dominic Savio Matric. School, V.Pudhur, Kulithalai on 11.01.2023.

The process of menstruation, health tips on pre and post puberty, pre and post menstruation were delivered. The physical and psychological changes which would take place in body were also explained. Since the students were on the puberty stage, they raised number of doubts and questions. The Managing Trustee of the Trust Mrs. Abirami, explained and cleared all the doubts. The students felt that the session was an eye opener for them and they were made mentally prepared for puberty and upcoming menstruations. A girl said that they have cleared doubts which we even can't discuss with their mother. The students were very much satisfied and happy to know about their biological growths at the time of puberty. 89 students were participated in the program. They were provided with snacks and tea.



11. World Disability Day

International day of Disability was observed on 2nd Dec. 2022 at Rosa Mystica home for special children at Kulithalai. There were about 28 children with disabilities and 10 orphan



children.

The children exhibited their talents by singing, dancing, telling stories, playing, etc., Children enjoyed the day very much. Prizes were distributed to them. Children with visual impairment requested for Braille slate. It was sponsored to them by the trust. Other children request the trust for slate, notebooks, and stationeries. All the children were provided with their requirements, prizes, Lunch and Dinner. Children were very happy and enjoyed the whole day.

12. Girl Child - Self Awareness Program

Dept. of Social Work, Srimathi Indira Gandhi College, Trichy conducted three day camp on 07.11.2022 to 10.11.2022 at Thanneerpalli village in collaboration with Nature Trust. Girl child – self awareness program was conducted by the team. Dr. Shenbagam, Assistant Professor, Dept. of Social Work, Srimathi Indira Gandhi College facilitate the event. Staff members and students from Dept. of Social Work, IGC, and Teachers as well as girl students



from Panchayat Union Middle School were participated in the program. Mrs. R. Abirami, the Managing Trustee, explained the children about the physical and psychological changes occur in the body at the time of puberty, social stigma, safe and unsafe touch were explained and discussed in the session. Students came with many doubts and all got cleared. The session was

very useful to the students. Snacks and Tea was provided for all the students and Staff members of PUMS and IGC. Sports were conducted for the school students and prizes were distributed. Games were conducted for school children at the end of the session.

Awareness on Intellectual disability

The Dept. of Social Work, Bishop Heber College in Collaboration with Nature Trust organized a program on **Awareness on Intellectual Disability** to parents of children with disabilities and general public at St. Mary's Middle School, Trichy on 17.02.2023. Nearly 70 parents / single parent were participated in the meeting.

Mrs. Abirami, the Managing Trustee of the Trust served as resource person for the program. She explained the gatherings about Intellectual disability, its diagnosing methods, ways of training the person with Intellectual disability, prevention measures, ways of training them and social stigma on them. The participants raised some questions and the resource person answered them. They said that they got more clear view on person with disabilities i.e particularly on intellectual disability. The gatherings were provided with high tea and refreshments.

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மாலை மலர்

இந்தியாவின் **No.1** மாலை நாளிதழ்

MAALAI MALAR

திருச்சி 19-2-2023 (சூயிறற்க்கிழமை) 8 பக்கம் ₹ 5 ***	மலர் 46 இதழ் 66
TRICHY 19-2-2023 (SUNDAY) 8 PAGES ₹ 5	VOL: 46 ISSUE: 66

திருச்சி மண்ணாந்தரம் பள்ளி தமரியன்னை நடுநிலைப்பள்ளியில் அறிவார்ந்த இயலாமை குறித்த விழிப்புணர்வு நிகழ்ச்சி நடைபெற்றது. இதில் சுலா தொழில் முனைவோரும், திருச்சி தொழில்முனை அபிமானி முந்தா் சுருத்துரை வழங்கினார். இதற்கான ஏற்பாடுகளை திருச்சி பிஷ்பு ஹில் கல்லூரி முதலமைச்சுத பணித்துறை முதலமைச்சு அண்டு மாணவர் மாசிலா விள்ளை மற்றும் குழு ஆலோசனை உதவி பேராசிரியர் உதயசெல்வி செய்திருந்தனர்.

வெளிநாட்டு நிதி மூலம் கமிஷன் பெற

லிக்கிரவான்டி, பி.பி.19- விழுப்புரம் மாவட்டம் லிக்கிரவான்டி அருகே உள்ள குண்டலப்புலியூர் அன்பு ஜோதி ஆசிரமத்தில் மன நலம் குன்றியோர், மாற்றுத்திறனாளிகள் மற்றும் ஆதரவற்றோர் தங்க வைக்கப்பட்டு வந்தனர். பரா முயுகேடுகள் இந்த ஆசிரமத்தில் தங்க வைக்கப்பட்டிருந்த சிலர் மாயமானார்கள். இதனால் பெண்கள், தேசிய மகளிர் ஆணைய முதன்மை ஒருங்கிணைப்பாளர் கரஞ்சன் கட்டார் தலைமையிலான 4 பேர் கொண்ட குழு விளர் கலெக்டர் பழனி முன்னிலையில் நேற்று மருத்துவ மனசுக்கு வந்து ஆசிரமமாசிகளிடம் விசாரணை நடத்தினர். அன்பு ஜோதி ஆசிரமத்தின் திர்வாசி அன்பு ஜூபின் கேபி கேரள மாநிலத்தை சேர்ந்தவர். இவர் 2005-ல் குண்டல

13. SCIENCE DAY EXHIBITION

Nature trust organised a two day science exhibition for school students at Markandeyiyan Community Hall, Thannepalli village in the theme of global science for global well-being on 24th and 25th February 2023



The Sub inspector from Kulithalai police station Mr. Kasthuri inaugurated and facilitated the exhibition. Mr. Prabhakaran from Gramiyam NGO headed the inauguration. The project director Dr. Sridhar welcomed the chief guest, parents children and the gatherings. Mrs. Lilly sagaya sundari, the headmistress of Panchayat union middle school thanneerpalli was also presented. The chief guest team lighted the lamp.

93 students participated from four schools in the exhibition. The exhibit 63 experiments which relating to global warming, prevention of human society from pollution, earthquake detector, solar planet family, functions of body parts, minerals which enrich the soil, characteristics or air, water and fire, the science behind our daily living.

The chief guest Mr. Kasthuri, Mr. Prabakaran, Mrs. Lilly sahaya sundari, Mr. BalaSubramanian, and Mr. Saravanan, the Karate master viewed the exhibition. Children exhibit their experiment in front of them. The team of chief guests appreciated the students and organisers for the best effort taken for the betterment of the students.



Mr. Saravanan, the Trustee of Kulithalai Manavalakkalai mandra Arakkattalai and the philanthropist Mr, Thangarasu presided over the second day and the Valedictory function.

The chief guest of the day visit each and every student and looking to their experiments. The students explain their experiments in a well manner and make the chief guest satisfied through their knowledge.



The chief guest appreciated the management of nature trust and congratulates them for such a useful program for students in science. During his speech, the chief guest insists the importance of science in our daily life and importance of yoga which made their studies a simple and easy one.

During feedback, the students and parents were said that they were very much satisfied and enjoyed the exhibition. Students and parents assured that they will join yoga and make their physical and mental health a strong one. Lunch and refreshments was provided for students and volunteers on both the days.

14. Health and Hygiene for daily livings

Health and Hygiene for daily livings program was organized by Nature Trust in Schools around Thanneerpalli. The series of program was conducted in Siddarth Public School, Thanneerpalli, Public Union Middle School, Parali and Public Union Middle School, Poyyamani. on 15th and 16th Feb. 2023. Nearly 35 students and 5 staff members were participated from each school in the program.



The resource person Mrs. R. Abirami, the Managing Trustee of the trust explained about disease creating factors and the environment. She also elaborated the sitting posture, right method of eating, food digestive process, role of water, etc in the program.

The meeting lasts for two hours in each school. Students and staff members were came with many questions on life style and food habits and digestive system. All were explained by resource person and got cleared. The respondents expressed that the program was very useful for them and they will look after their health in a good manner. Thus this program enlightens the young pillars of our Nation in future. Students were provided with snacks and refreshments.

15. Women's Day celebration

Women's day celebration was organized by Nature Trust on 19th March 2023. The Commissioner of Kulithalai Municipal Mrs. Sakunthala Pallavi Raja presides over the program. Mrs. R. Abirami, Managing Trustee and her team, cooked 50 varieties of food without flame and oil. Raw vegetables and flattened rice (Aval) was used for making dishes. The chief guest and the gatherings tasted the food and said it was very tasty and healthy.

They also said that they will make these food items in their homes also. These food items reduce the kitchen burden. Since no oil and boil, even children and male members also can make these kinds of healthy foods. The ingredients and recipe was explained by Mrs. Abirami. All the gatherings tasted the food and replied that they will follow this type of food items. More than 100 women participated in the program.



Drama Therapy workshop for children with Intellectual disabilities

Nature trust in collaboration with the department of social work bishop fever college Tiruchirappalli organized a oneday workshop on drama therapy for children with



disabilities in nambikai maiyam and by tmss tiruchirappalli. 30 students with disabilities participated in the program. Drama therapy which improves the concentration communication listening skills and play activities were given to them. The resource person Mrs. R Abirami the managing trust of the trust conducted Drama Therapy activities and play therapist for the persons with disabilities.

The students and staff members of the centre were very much happy and the students request for continuous daily play activities for them. The teachers of the centre said that they will follow the activities daily and enhance their life style better. Refreshments were sponsored to the students by the trust.

Tailoring Training Program

Garments making training program was organized by Nature Trust for adolescent girls from 15 adolescent girls were participated in the training program. Girl babies frock, midi, churidhar, fashion dress materials like embroidery, were taught to the beneficiaries. Dress materials cutting techniques, stitching and value added ideas were shared during the training. The training was given for three days. During first day, selection of dress materials, how to take measurement, how to cut aptly were taught. Second day, stitching and finishing the garment training was given for the whole day. Third day, value added things like aari work, stone work and embroidery work were taught to them. A local tailor was hired to train them. The beneficiaries felt very happy that they have learned a new hand work which may be an income generation for them. They assured that they will start their own business shortly as part time and after completing their degree examination; they will run their tailoring unit in full time. Lunch and refreshments were given for all the three days.

Sanitary Napkin Production Training

A two day Sanitary napkin training program was organised for 20 women. During the program they were oriented about the positive and negative aspects of the sanitary pads which is made up of non woven material, medical cotton, under pads etc, The benefits of cloth made reusable are also explain to them. The process of selecting the cloth how to process the cloth for observancy, how to lay them, how to prepare dice for the shape, how to cut where thought on the first day. During second day stitching, buttoning and finishing were explained in practical. The beneficiaries tried some two or three pieces each and found satisfied on the training program. They were happy to produce their own healthy sanitary pads and maintain their hygiene.



The Board Meetings: During the reporting period, we have conducted 4 board meetings in which we discussed the programs, finance, policy matters and recorded the minutes properly. The attendance was 85%. No salary or honorarium was paid to the Managing Trustee or Trustees. The trustees reimbursed their amount spent for the objects of the society.

The board of Trustees:

Mrs. R. Abirami - Managing Trustee
Mrs. M. Sharmila Devi - Financial Trustee
Mrs. K. Deepha - Trustee
Mrs. V. Yasotha - Trustee
Mrs. M. Nagajothi - Trustee

Auditor: We have appointed Mr. Kanagarasu, Chartered Account for our trust.

Conclusion:

It is our time to express our sincere thanks to our board members, volunteers, staff, NGOs, well wishers and our target community who supported to materialize the objects of the trust. Many helped us to materialize the objects of the trust. Hope we can able to raise grants and loans for the betterment of the community. Thanks lot.

Signature

Date :12 / 9 /2022

Place : Thaneerpalli, Kulithalai.

R. Abirami