

Dr. GORDON MEMORIAL TRUST

New Mission Street, Manambuchavadi, Thanjavur 613001, Tamil Nadu, India

Annual Reports for the year April 1, 2022 March 31, 2023

Introduction

The Board of Trustees, are pleased to submit Dr.Gordon Memorial Trust's annual reports on the activities and projects implemented during the year from April 1, 2022 to March 31, 2023 to our donors, target people , families , volunteers, Government, NGOs and the general public.

Details of Activities implemented as follows:

1.CHILD SAFETY

April 4, 2022

Child Protection Education was done at Rajendram village among women group members in the village. Mrs. J. Mangaiyarkarasi, Mr. Manoharan and Mrs. Sundari were the guest speakers at the program. Speakers focused on threats to children from marginalized and vulnerable families, traffickers in the name of providing food, work, and salary to the children to do away the family poverty etc, Roles of CHILD LINE 1091, Children Welfare Committee roles and works, and other child support centers and programs done to children and their safety were given during the address.



Children Drop-outs Prevention program

Causes for emergencies of School drop outs due to various reasons and how to handle the children drop outs successfully were done to mothers and parents in the village of Ayyampettai. 52 parents turned out and benefitted. Mr. Manoharan and Ms. Jancy(Marutham Trust) facilitated the program. The program was conducted on August 27 2022.

2. WOMEN AND THEIR HEALTH

Women Health education program was organized at Ammanpettai on **April 7, 2024**. 36 women and mothers took part. Mrs.J. Mangaiyarkarasi Mr. KuppuVeeramani former District Health Educators discussed with the women participants about Personal and menstrual hygiene, balanced diet with iron, calcium and essential elements, common illness, reproductive health , how to manage their stress, anxiety etc.



On **May 17, 2022**, one day orientation on Personal & Menstrual Hygiene, for women, and girls organized at Thillaisthanam village, Thiruvaiyarur block, Thanjavur district. Mrs. J. Mangaiyarkarasi, Mrs.Sathiyavathi facilitated the orientation.



On July 28 2022, diarrhea, Oral Rehydration Solution preparation, and administration to children, adults and other age groups to avoid deaths were conducted with demonstration in front of the mothers and women in Thillaisthanam village. Mrs. Suganthi did the demonstration by having warm water, mixing well with ORS powder availed from Hospitals or Medical Shops etc.

3. World Health Day

On the occasion of WORLD HEALTH DAY, i.e. May 5, 2022 in the village of Vilangudi one day orientation on the importance of health, personal and public health, immunization to children, keep the environment around houses, in streets and villages to keep the village litter free zone and avoid diseases and infections due to the pollutants and waste disposals without bothering polluting the environment due to anti-environment behavior and practices. Mr. Rama Raveendran and Mrs. J.Mangaiyarkarasi, Health Educators addressed the participants.



World Population Day

Blooming of population into manifolds and the impact of the exploding population and handling effectively the exploding population to make them employable health individuals to make the population explosion into individual and national favor. This topic was discussed at the World Population Day organized at KeezhaThirupanthuruthi village on July 11, 2022. Mr. Rama Raveendran was the resource person.

4. Mental Health Education and Awareness

On May 27, 2022, Dr.Gordon Memorial Trust organized one day orientation on the importance of Mental Health its importance and understanding the details of mental health and accept the mental illness as normal as other physical illness to treat the affected persons without any hesitation. Tips to maintain one mental health such as prioritizing rest, adequate sleep, sleep discipline, hobbies, relaxation techniques, maintaining positive social connections for support, physical exercises, walks in the early morning or evening before bed.

5.Awareness on Tuberculosis, symptoms, prevention and cure



There is a sudden increase the number of Tuberculosis patients in India, especially in Tamil Nadu, under National TB Eradication program, Government of India and Tamil Nadu intensively implementing the program to eradicate TB from India. To complement their efforts to eradicate, One day awareness on TB was organized on May 31, 2022 at Vayalur village, Tiruvaiyaru block, Thanjavur district. 60 women, mothers and girls turned out at the orientation. Mrs. J. Mangaiyarkarasi, Mr. Rama Raveendran Health Educators orientated the participation on TB and clarified the doubts on TB and its symptoms, cost free treatments available etc.

6. Adolescent Girls Health and Well being

Adolescent Health Program was organized on October 13,2022 at Soorakottai village, Orathanadu block, Thanjavur district among 36 girls of village. Mrs. Mangaiyarkarasi, Mrs. Suganthi were the resource persons for the program. Topics dealt are; Personal hygiene, Menstrual Hygiene, Health Diet, Hydration, Pain management , Regular checkups, Safe practices, Mental well-being, clarification on taboos and old practices etc.

7. SUICIDES PREVENTION EDUCATION



Growing number of suicides among women, youth and others are matter of concern and national issue. Hence, our trust organized one day Suicide prevention awareness and education among women, girls and youth persons in the village of Thillaisthanam village on September 17, 2022. Mr. Rama Raveendran, Mrs. J. Mangaiyarkarasi, handled the sessions through participatory methods and techniques. More than 60 women, mothers, girls and youth turned out at the program.

Inputs are as follows:

- ✓ Mental Health Awareness – Educate about depression, anxiety, and warning signs.
- ✓ Recognizing Warning Signs – Isolation, hopelessness, sudden mood changes, or talking about death.
- ✓ Encouraging Open Conversations – Promote safe discussions without judgment.
- ✓ Crisis Support Access – Provide helpline numbers and mental health resources.
- ✓ Reducing Stigma – Normalize seeking help for mental health struggles.
- ✓ Building Strong Support Systems – Encourage family, friends, and community involvement.
- ✓ Stress Management – Teach coping skills like mindfulness, exercise, and therapy.
- ✓ Restricting Access to Means – Secure medications, firearms, and other potential dangers.
- ✓ School & Workplace Programs – Implement mental health education and peer support initiatives.

- ✓ Professional Help – Encourage therapy, counseling, and medical intervention when needed

8. WORLD AIDS DAY

WORLD AIDS DAY was observed at Kollangarai village on December 1, 2022. Mrs. J. Mangaiyarkarasi, Mr. Rama Raveendran oriented them on the symptoms of STD, RTI, HIV/AIDS infections, causes, modes of transmission, cure available in the case of STI, RTI, and treatment for HIV/AIDS etc. 57 women, girls, youth took part in the program

9. CANCER Awareness Education



Cancer awareness among women, mothers and girls were done at Paruthikudi village on February 6, 2023. Mr. KuppuVeeramani, Mrs. Suganthi and Mrs. J. Mangaiyarkarasi spoke on types of Cancer, Prevention aspects, health, nutrition, life styles habits, exposure to pollutants, treatments available, early symptoms, etc.

10. INTERNATIONAL WOMEN'S DAY

International Women's Day was observed at Thiruvaiyaru among School and College going Girls, women group members on March 8, 2023. Mrs. Sathiyavathi, Mrs, Suganthi and Mrs. Antoniammal, Managing Trustee, Marutham Trust spoke on Women and their participation in grassroots democracies that is Village Panchayats.

11. WORLD WATER DAY

On March 23, 2023 WORLD WATER DAY was observed at Vilangudi village among women, men, youth, and children. Importance of water, reuse, recycling, recharging of available water

sources were discussed by the guest speakers. Mr. Manoharan, Mr. KuppuVeeramani and Mrs. Sathiyavathi spoke on the World Water Day program.

12. INCOME GENERATION PROGRAM

Revolving funds to women to do income generation activities are being done continuously. Throughout the year 12 women were supported with Rs.10000/- per head was distributed to enable them to do their income generation activities on their own.

PARTICIPATION IN THE DISTRICT, STATE LEVEL NETWORKS AND ITS MEETINGS

Date	Place	Nature of meeting	Host	Participants
June 3, 2022	TJSB office, Thanjavur	Social Action Movement, Tamil Nadu Executive Meeting	TJSB covenor, Thanjavur	Mrs. J. mangaiyarkarasi
August 13, 2022	SHED INDIA, Thanjavur	How to raise funds from CSR sources orientation	SHED INDIA	Mrs. J. Mangaiyarkarasi
August 24, 2022	TJSB, Thanjavur	Discussion on covening Annual General Body meeting of TNVHA	TJSB, Thanjavur	Mrs. J. Mangaiyarkarasi
October 12, 2022	Indian Red Cross Society, Thanjavur	Annual General Body meeting of TNVHA	Thanjavur NGOs	Mrs. J. Mangaiyarkarasi
December 6, 2022	TJSB, Thanjavur Training center	District level NGOs meeting of TNVHA network	Thanjavur NGOs members	Mrs. J. Mangaiyarkarasi
January 7, 2023	TJSB Training Center Thanjavur	Patient rights, and availing better health services	Thanjavur District NGOs	Mrs. J. Mangaiyarkarasi

Conclusion:

The Board of Trustees, the Managing Trustee are expressing their sincere and heartfelt thanks to RSWR, USA, TNVHA- Chennai, SAM network, Tamil Nadu, District Administration, Police,

Social Welfare, Director of Public Health and Family Welfare, Thanjavur, Primary Health Centers, Doctors, Nurses, Local village Panchayat Council Presidents, Ward Councilors, Women groups, office bearers, the volunteers and the staff of our trust for their wonderful cooperation and support done during the year under review.

Thanking you all!

Mrs. J.Mangaiyarkarasi
Managing Trustee.