

DR GORDON MEMORIAL TRUST

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

Annual Report for the year 2023_2024

1.Introduction

The Trustees of Dr.Gordon Memorial Trust, Thanjavur are pleased to present their annual reports of activities for the period from April 1, 2023 to March 31, 2024.Dr. Gordon Memorial Trust is dedicated to building a healthier, more inclusive, and sustainable society that empowers individuals and ensures a dignified life for all.

2.Economical Sustenance to Women in the rural and urban poor areas

Dr.Gordon Memorial Trust is supporting women and their economic needs so that they could invest in their economic activities and make regular income to their families without falling into the trap of money lenders and their exploitation.

Women federation members met once in a month to collect and distribute seed money to the women in need and support her economic activities. During the year 12 women were supported to do their income generation activities.The meetings were held on April 15, 2023, May 16, 2023, June 17 2023, July 17 2023, August 17 2023, September 172023, October 19 2023, November 16 2023, December 18 2023, January 82024, February 19 2024 and March 20 2024.





3. Training, Meetings organized by Dr. Gordon Memorial Trust, during the year under review are as follows;

Date	Program	Venue	Participants	Topics covered
April 5, 2023	Prevention of Blindness and how to protect vision and eyes	Thiruvaiyaru	40 women and men	Importance of Eye, nutrition and Eye's health, cataract, Ophthalmology services available in Thanjavur
April 7 2023	World Health day	Manambuchavadi	45 people	Health, physical, mental and social health of human beings and how to keep and sustain good health
April 19, 2023	Awareness on Street Children and Children at Risk and threats	Kandiyur	46 women and men	Causes behind existence of Street children, Helpline services, and ensure that no more child is in streets.
April 24, 2023	Safety of Workers at Work places – brick kilns	Kandiyur	60 women and men	Occupational health hazards at Brick kilns, how to keep one safe and cleanliness.
May 5, 2023	Health and Hygiene	Anna Nagar, Thanjavur	34 women and mothers	Health, physical, mental, nutrition, personal cleanliness, nutrition deficiencies, food habits
May 28, 2023	Personal and menstrual Hygiene	Kalyanapuram, Thiruvaiyaru	52 girls	Adolescence, puberty, menstrual hygiene, using of sanitary napkins,

				nutrition, vitamins, minerals, proteins and sources of these nutrients.
June 8, 2023	Environment and Conservation	Thillaisthanam Thiruvaiyaru	48 people	Changing climate and impact of climate changes on developing countries, heavy rains and severe droughts, role of individual man and woman through their eco friendlier behavior & practices. Tree saplings were distributed to all the participants.
June 26, 2023	Health and mental well-being of Widows and single mothers	Manambuchavadi	41 widows and single mothers	Health, Hygiene, Nutrition, deficiencies , food habits, personal and menstrual hygiene, keeping one mentally strong and make oneself to address challenges





4. Activities undertake in the target areas

Date	Program	Venue	Participants	Topics covered
July 17, 2023	Diarrhea, cholera, typhoid, water borne diseases& Role of ORS solution	Vilangudi Community Hall	39	Drinking safe and potable drinking water, having boiling water during winter and severe summer days, hand washing after defecation and urination, washing hands before taking meals, Oral Rehydration Solution, methods of preparation and application, and its benefits to save the lives
July 19 2023	Population awareness	Thiruvaiyaru	45	Increasing population boom, and its implications on families, growth and development, family planning measures are already in place.
July 27 2023	Environment Education and tree plantation	Pudupattinam	60	Importance of trees, green cover, raising trees and plants around houses, gardens, lands, water bodies, distribution of tree saplings to plant and raising them.



5.Breast Feeding Week 2023

Dr. Gordon Memorial Trust in order to take the importance of breast feeding, the health, growth of infants and the mothers were taken intensively in the target villages. On August 4, 2023, Dr. Gordon Memorial Trust, organized awareness campaign in Soorakottai village, Thanjavur district. 64 mothers (all lactating mothers) turned out at the program. It was question and answer sessions as the mothers posed questions and the facilitators answered them and also cleared their doubts on the breast feeding, facts and myths etc.



6.Gender equality and Equity 2023

Dr. Gordon Memorial Trust organized one day workshop on August 17, 2023 that dealt the gender , gender equality and gender equity among women and girls in Vilangudi village, Thiruvaiyaru block, Thanjavur district. It was clearly explained the 50% of the women being denied justice to them in families, nutrition, education, dresses, medical assistance, higher education, property in heritage, forced marriage, child , teen marriage, widowhood, denial of second marriage to widows, etc. The participants learnt that girls importance and giving

equal importance and support to both girls and boys. It was stressed that mothers have to rear the children as gender sensitive persons.



7.Programs undertaken during the period under review

Date	Program	Venue	Participants	Topics covered
3/9/2023	Adolescent girls and adolescent health	Rajendram, Thiruvaiyaru	47 girls	Adolescence, puberty, changes in health, emotions, psychological, familial and peer relations, nutrition, personal and menstrual hygiene, love vs infatuation, career building etc.
11/9/2023	Campaign against Suicides awareness	Manambuchavadi Thanjavur Urban	48 women, mothers and girls	What is suicides, why suicides? Symptoms and behavior of victims and how to prevent suicides, helpline services
17/9/2023	Heart , healthy Hearts,	Thirupazhanam Thiruvaiyaru	43 women, and men	Heart problem/ attack, Blood pressure, keeping oneself free and healthy ventilation avenues, how to avoid heart attack, symptoms, dos and donts.
19/10/2023	Mental Health	Vilangudi	39 women	Health means

		Tiruvaiyaru	and girls	physical, mental, social well-being, how to keep psychologically strong and healthier tips
13/11/2023	Pneumonia Fever, Dengue, Malaria	Anna Nagar, Thanajvur	52 women and girls	Symptoms of Pneumonia, Dengue, Malaria, causes, precautionary steps to be taken, treatments available at nearby PHC/Government Hospitals, Nutrition importance.
18/11/2023	Women & Diabetes	Vilangudi Tiruvaiyaru	41 women and mothers	Diabetes, blood tests, normal and abnormal of blood sugar, food practices, exercise, sleep, treatment available
13/12/2023	Adolescent girls and adolescent health	Anna Nagar, Thanjavur	29 girls	Adolescence, puberty, changes in health, emotions, psychological, familial and peer relations, nutrition, personal and menstrual hygiene, love vs infatuation, career building etc.
18/12/2023	Environment, Conservation	Vilangudi , Thiruvaiyaru	40 women & men	Conservation, bio diversity importance to living beings and humanity, best practices



8. Visit to Anbullam, Residential School for the Mentally Retarded Children, Thanjavur

Trustees of Dr. Gordon Memorial Trust, Thanjavur paid an official visit on December 16, 2023 in order to spent time with the special children and training program offered at the school in person. Dr. Gordon Memorial Trust donated to the school activities.

9. Health, nutrition and Women health

Dr. Gordon Memorial Trust organized one day training at VadakkuVasal area of Thanjavur City, on Health, Nutrition, and Women's Health jointly with Marutham Trust. 55 women and young mothers took part and benefitted under the program. Dr. Mangaiyarkarasi District Health Educator (Retd), Mr. Veeramani trainer facilitated the one day training program. This one day training program was organized on March 13, 2024. Topics: Nutrition, communicable diseases, reproductive diseases and infections, STD, RTI, HIV, Non-communicable diseases, viz. diabetes, blood pressure, obesity etc. These women are from low income and urban poor families.



Conclusion

The Trustees of Dr. Gordon Memorial Trust, Thanjavur expresses their sincere and heartfelt thanks to its trustees, donors, experts, Government officials, RSWR, USA, TNVHA, Chennai, SAM network, Tamil Nadu and NGOs for their support and partnership in achieving our aims of the trust.

Mrs. J. Mangaiyarkarasi
Managing Trustee.