

MICHAEL - TRUST ANNUAL REPORT

2022-2023



DHARAPURAM, TIRUPUR – DISTRICT

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ATTESTED
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ADVOCATE & NOTARY
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DIRECTOR
MICHAEL - TRUST
DHARAPURAM.

INTRODUCTION

Michael trust is an NGO, which is working for the development of poors since 1995 with the massive support of public, state and central governments. Our previous experience in social service help us to continue the various programs successfully and fruitfully. We are serving for the improvement of weaker section of the society.

SENIOR CITIZEN HOME FOR ELDERLY

We are successfully running senior citizen home for more than 25 elders and are getting good facilities like food, healthcare, basic needs.



SHELTER

In our old age home we have given good natural environment to elders. Our home is situated in a calm environment like dust free, unpolluted air and noise free area. We have provided cot, bed sheets, pillow and cloth box for everyone.



FOOD

In our home our elders getting healthy food for three times, and coffee or tea with snacks for two times. Our cook follows the doctor's advice in food preparation and makes the meals in a hygienic healthy way. We are using reverse osmosis water for food preparation and serving. As per our doctor's instruction we provide healthy diet food for elders and taking care of them with extreme care.



VEGETABLES



SAMPLE FOOD ITEMS



Movable Table given to a sugar patient. He is having bandaged on his Leg.

HEALTH CARE

We are also giving importance to the health care of elders. Frequently our doctor visits the home and gives treatment to elders, according to the health condition of elders are advised to do simple exercises. Our home inmates walk around the surrounding area in their free times. Regular walking helps them to control sugar level in normal.



RECREATION

We are giving recreation activities to elders to refresh themselves from their stress and make them happy. We have installed television facility to elders to watch various television programmes' like dramas, cinemas, jokes, and news of national and international issues. We are also giving news papers and magazines to elders to know about various daily events.



ELDERS WATCHING THE TV

YOGA THERAPY

Our yoga therapist trained them to do simple yoga like padmasana, pranayama, breathing exercises. Yoga is an essential one for every human being to live a peaceful life. So we are giving importance to yoga also. In our home, elders walk around the home area freely and feel breeze air in the evening times.



Counseling

Our inmates are abandoned by their families. In some time they may feel as an orphan and no one take care of them .In such kind of situation our counseling staff gives the counseling to leave their problems and make them feel free. The counseling is an important one for the inmates who are having lot of problems.



Suggestion box

We are maintaining suggestion box in our premises to get various new innovative ideas to improve our service. As per their suggestions we are trying to implement new ideas in our institution. Their suggestions are giving new experience to us to improve our performance.



Conclusion



PMU VISIT

By the support of central and state government and officials, society and like Minded people and variety of stake holders we are doing such kind of developmental activities. We are very thankful to everyone who supports us in our developmental activities. In this occasion we also thank our staff team who helped to reach our goals. By their sacrificed service we are being more active in social service. Thanks a lot for everyone.

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