

MICHEAL TRUST

Annual Report

2021-2022

3/1, BALAJI NAGAR, DHEEPAM PALANI CROSS ROAD,
EILLS NAGAR (PO) POLLACHI ROAD, DHARAPURAM,
TIRUPUR.

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Introduction

Michael trust is an ngo, which is working for the development of rural people since 1995 with the massive support of public, state and central governments. Our previous experiences 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.



m. Mahidi
**DIRECTOR
MICHAEL-TRUST
DHARAPURAM.**

S. Shanmugasundaram
**S. SHANMUGASUNDARAM, B.A., BL., (ML)
ADVOCATE & NOTARY
LAW CHAMBER : 3, MADRAS HIGH COURT,
MADURAI BENCH
No : 36, CSI COTTAGE, A.M.C.ROAD,
DINDIGUL-1.**

SENIOR CITIZEN HOME FOR ELDER

We are successfully running senior citizen home in Dharapuram of Tiruppur district of Tamilnadu. There are more than 25 elders are getting good facilities like food, healthcare, and 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 opinion we provide healthy diet food for elders and taking care of them with extreme care.



HEALTH CARE

We are also giving importance to the health care of elders. Every week our doctor visits our 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 level.



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.



Yoga

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 to 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.

Physiotherapy treatment

With the support of central government our inmates are also getting physio therapy treatment freely from nearest physiotherapy clinic which is run by an ngo like us. They are providing free treatment for their pains and giving simple exercises to do regularly.

Green development

Today the entire world is affected by global warming. Global warming is a big threat to the universe. We are trying to reduce the risk by providing free tree saplings to public and students to grow more trees in their home and village, by this kind of action more trees are grown by the school children and reduces the global warming in Karur, Dindigul, Tiruppur districts of Tamilnadu. We are also providing training to SHG members to reduce the global warming and how to face the upcoming problems of global warming. Trees naturally reduce heat by absorbing carbon dioxide which is released by vehicles and factories. So we are giving importance to grow more trees in waste lands to farmers.

Conclusion

By the support of central and state government and officials, peoples like you 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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