

**GEETHA HEALTH CARE TRUST
ANNUAL REPORT
(Apr 2012 – Mar 2013)**

I am immensely in pleasure in presenting the Annual Report (2012-13). It contents me when I notice that 4 successful years have passed since the commencement of our trust. From the time of its birth, Geetha Health Care Trust has worked in good relationship with a number of educational institutes in promoting its primary mission through number of programs in different colleges, schools and public.

Geetha Health Care Trust constantly strives to be aligned to its objectives while extending its helping hands to the diseased, orphaned and the marginalized. Although, challenges and needs in the community are numerous, our trust tries to fight against certain of those, in order to bring a positive change in the society. The elemental goal is to guide people to live a calm, peaceful and healthy life.

I put-forth my heart-felt wishes and gratitude to all like-minded people performing tasks to bring forth a change in the midst of the society. I also thank all those institutions who helped us to conduct our programs across the state.

**YOGA AND WELLNESS PROGRAMME
AT
BHARATHIDASAN GOVT. COLLEGE FOR WOMEN (AUTONOMOUS)
PONDICHERRY**

The Managing Director, Dr. T. Aiyyanarapan, Geetha Health Care Trust, conducted a five-day Health and Wellness programme to all final year students (approx. 700) in Bharathidasan Govt. College for women (Autonomous), Pondicherry from 16.7.2012 (Monday) to 20.7.2012 (Friday).



A SHOT OF THE STUDENTS DURING MEDITATION

There were several activities which went over personality development, positive mental attitude and positive skills of an individual. There were also activities to create awareness about the importance of yoga asanas and meditation activities among the today's younger generation. These programs ensured a mental peace and also helped the students to develop various problem-solving skills in their day-day life.

The programme started with a prayer song followed by honoring the chief guest. Following by the honoring, the dice was handed over to Dr. T. Aiyyanarapan and there was a meditation for the students which went on till the next fifteen minutes.



Followed by the meditation, the workshop began with a speech over life-goal, difference between parts of mind (Conscious, Sub-conscious, and Super-conscious) and ways to skillfully use them in a useful and beneficial way without wasting our energy. Finally the programme was ended with a vote of thanks and followed by which, the students gave their feedback about the programme.

**YOGA AND WELLNESS PROGRAMME
AT
CK SCHOOL of Practical Knowledge
CUDDALORE**

There was a two-day Yoga & Wellness programme conducted by Geetha Health Care Trust at CK School of Practical Knowledge, Cuddalore on 16.8.2012 (Thursday) and 17.8.2012 (Friday). The session was conducted by the Managing Director, Dr. T. Aiyyanarapan. There were a total of nearly 437 students from classes X, XI & XII, attending the programme. The programme gave the students an outlook regarding the way of approach to how to study and score high in examinations. The students were very attentive and were motivated. The programme was very useful for the students in many ways.



[A CLICK OF THE CK SCHOOL ENTRANCE AT CUDDALORE](#)

The programme commenced with a song of prayer, followed by various speeches by the faculties of the school. Then the students were given a speech regarding the various problems faced by youngsters today and about how to overcome the same.

The speech also went over the different techniques and skills on how to easily solve any problem without taking it as a serious issue. The students were encouraged upon views to get good scores in examinations and were also taught how to live with a better and healthier food habit.



PHOTO DURING MEDITATION FOR FACULTIES AT CK SCHOOL, CUDDALORE

The students were also taught with different yoga asanas during the presentation, for an increase in their memory power.



DURING QUESTION AND ANSWER SESSION

There was also a feedback session where the students expressed their views and opinions regarding the programme and its preceding. Finally the programme came to an end with a vote of thanks which was read out by a faculty.

Through the programme the students got an enlightenment of how they must lead life in a calm and peaceful way.

YOGA AND WELLNESS PROGRAMME
AT
CHRIST COLLEGE OF ENGINEERING AND TECHNOLOGY,
Moolakulam,
PONDICHERRY.

There was a nine-day Yoga & Wellness programme held by Geetha Health Care Trust at CHRIST COLLEGE OF ENGINEERING AND TECHNOLOGY, Moolakulam, Pitchaveeranpet, Pondicherry from 27.06.2012 (Wednesday) and 05.07.2012 (Thursday). Dr. T. Aiyyanarapan, Manager, Geetha Health Care Trust presided over the session. The programme was mainly placed on stressing out the importance of practicing yoga on a daily basis. The yoga in turn ensures a healthy body and a calm mind.



WHILE THE PRINCIPAL OF CHRIST COLLEGE HONOURING THE CHIEF GUEST DR. T. AIYYANARAPAN

A song of prayer started the programme, continued by the teachings of mudhras, yogic symbols and its usages. These teachings were actually helpful in paving the way for a disciplined life to all the participants of the programme. The yoga aspirants were greatly benefitted in this wellness programme as it lays a road between yoga and bodily wellness which is not usually done in every other programme.



The essentiality of positive thoughts and its aspects were greatly stressed in the programme. Through these above happenings, the programme gave enlightenment to its participants about how yoga plays a subtle but mighty role in every human life.

**YOGA AND WELLNESS PROGRAMME
AT
BLESSED MOTHER TERESA MODEL HR. SEC. SCHOOL,
Nainarmandapam,
PONDICHERRY.**

The renowned Geetha Health Care Trust conducted an hour's Health and Wellness programme to all faculties of BLESSED MOTHER TERESA MODEL HR. SEC. SCHOOL, Pondicherry on 10.12.2012 (Monday) from 12 to 1 PM. There were several topics discussed during the programme and certain of its aspects were about stress, anger, fear, etc.



DR. T. AIYYANARAPAN, WHILE TAKING SESSION FOR THE FACULTIES OF BLESSED MOTHER TERESA SCHOOL, PONDICHERRY

The programme was started and taken around by Dr. T. Aiyyanarapan, Managing Director, Geetha Health Care Trust, Pondicherry. The words spoken during the one-hour's programme gave the faculties a clear-cut idea about the difference between stress, anger, sorrow, fear and they were also empowered by easy ways to overcome the same.



As per the feedback given by the faculties, the programme gave awareness to them and they also added that it was very useful and was very energetic for the staff community.

**YOGA AND WELLNESS PROGRAMME
AT
IMMACULATE HEART OF MARY HR. SEC. SCHOOL,
Ariyankuppam,
PONDICHERRY.**

A One-day, Tri-hour programme between 9:30AM and 12:30PM was held by Geetha Health Care Trust at IMMACULATE HEART OF MARY HR. SEC. SCHOOL on 03.12.2012 (Monday). The Director of Geetha Health Care Trust, Dr. T. Aiyyanarapan presided over and conducted the programme. A total of sixty-seven teachers of the institute participated in this programme.



A VIEW OF THE IMMACULATE HEART OF MARY HR. SEC. SCHOOL, ARIYANKUPPAM

Knowledge and awareness about stress, anger, fear and sorrow were the main focus of the programme. Adding to these, the teachers were made clear about the basic reasons of getting heart-attack which is nothing fear and sorrow.



WHILE THE TEACHERS WERE ATTENDING

The programme also stressed on certain important principles of life. Those are as follows:

- ❖ Wish and bless even those who curse us.
- ❖ Praying for our Mother, Father and Guru and prioritizing them provides us with blessings.
- ❖ "Hope and Positive thinking" serves as the best medicine in the world.



WHILE DR. AIYYANARAPAN WAS HANDLING THE SESSION

The above principles made the participants think unique unlike other people. The feedbacks which the participants expressed were very vibrant and positive. The participants stated that the programme was very useful and that they felt energetic. As an end to the programme, the teachers gave their opinions and suggestions in a positive way.

**YOGA AND WELLNESS PROGRAMME
AT
PONDICHERRY ENGINEERING COLLEGE
PONDICHERRY**

A One-day Yoga and Wellness programme was organized and held by Geetha Health Care Trust at PEC (PONDICHERRY ENGINEERING COLLEGE), Pondicherry on 02.04.2012. Both students and staff members participated in the programme, where Dr. T. Aiyyanarapan delivered a lecture on Yoga and Wellness and its useful information that the participants can use in their day-day life.



The programme was initiated with a musical prayer to God, followed by speeches by various faculties of the school as welcome note. The students were encouraged upon views to get a positive approach towards life. The students were also positively motivated in a view to approach life in a positive regard through which they can travel high in their lives. The programme was very helpful for the students to determine many values of life through certain principles that were taught in the programme which are to be followed on a daily basis.



The participants were also taught of different yoga asanas during the presentation. A feedback session ended the programme in which everyone was able to express their views and opinions.



Through the programme the participants were in a position where they got an idea about how to lead a calm and positive life.

YOGA AND WELLNESS PROGRAMME
AT
UNIVERSITY OF ENGINEERING
(A Constituent College of Anna University, Chennai)
VILLUPURAM

Geetha Health Care Trust conducted a Yoga and Wellness programme on 29.09.2012 (Friday) at UCEV (University College of Engineering, Villupuram) Girls Hostel. The Director of Geetha Health Care Trust, Dr. T. Aiyyanarapan presided over the programme. Knowledge about stress, anger, fear and sorrow were the main topics of the programme.



[A CLICK AT THE UCEV](#)

In addition, the participants were insisted upon the importance of Yoga. The development of self discipline and ways to achieve the same were also. The participants were taught with certain set of rules. They are as follows:

- ❖ Wish, bless even those who curse us.
- ❖ Pray for our Mother, Father and Guru and prioritize them, which provide us blessings.
- ❖ “Hope and Think Positive”. This slogan serves as the best medicine in the world.



DURING MEDITATION IN THE YOGA & WELLNESS PROGRAMME

The above principles helped the participants not only in developing a sound mind but in developing a sound body with the Yoga practices. The feedbacks which the participants expressed, at the end of the programme were very vibrant and positive. The participants stated that the programme was very resourceful and energizing.

**FREE MEDICAL CAMP
AT
ARIYANKUPPAM,
PONDICHERRY**

Geetha Health Care Trust conducted a FREE HEALTH CARE CAMP at Ariyankuppam, Pondicherry. The camp was attended by a total strength of 75 people. The programme was focused upon Healthy living of an individual and ways to prevent ourselves from Diabetes and Heart Attack.



[A CLICK OF THE FREE MEDICAL CAMP AT ARIYANKUPPAM, PONDICHERRY](#)

The participants were tested for any illness during the programme and they were also given due suggestions regarding how to live a safe and a healthy life without using any medicines but food. The participants were greatly satisfied about the programme and its proceedings and expressed their feedbacks.