

GEETHA HEALTH CARE TRUST
(Reg. No. 519/09)
80G. C. NO. 9165E (1298)/CIT/PDY/2010-11



ANNUAL REPORT
(Apr 2013 – Mar 2014)

Our Mission is to:

- **BRING PEACE UNTO THE WORLD**
- **ESTABLISH SECULAR SCHOOLS AND COLLEGES**
- **CURE DISEASES WITH NATURAL FOODS,VARMA & YOGA WITHOUT SYNTHETIC MEDICINES**
- **ADOPT ORPHAN CHILDREN AND PROVIDE GOOD EDUCATION.**
- **RISE OLD AGE HOME FOR THE ABANDONED.**
- **SPREAD THE ABOVE PRINCIPLES THROUGHOUT THE WORLD.**

I am deeply in happiness to present the Annual Report 2013-14. To be a part of the valuable activities and programs for the welfare of the society in the past five year is a great success to the trust. Furthermore, the Geetha Health Care Trust has done an amazingly marvelous job in the past year (2013-14) by doing several campaigns and awareness programs in various colleges and universities.

Geetha Health Care Trust serves the society in several ways, by following its own objectives as guidelines and criteria through which there can be seen in future, well developed and matured individuals for our locality and our state. The trust serves its most of the time in educating individuals about various methods to lead a healthy and a peaceful life and ultimately the society develops like in the saying “Better Individuals make Better Country”.

The colleges and schools in which we have conducted programs have found our work to be useful and beneficial to them. And we have devoted much of our works in also enriching the students and the teachers of today to make the future of our society more educated in not only subject oriented knowledge but also in various other domains.

Finally, before going through the report, I wholeheartedly thank each and every individual who had helped in making the programs successful through the support and joining hands.

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

Geetha Health Care Trust conducted a two-hour Health and Wellness Programme in Pondicherry Engineering College for the third year students & lecturers (approx. 200). The programme was held on 27.12.2013.



The programme gave enlightenment to both the students and the lecturers of the college. There were various activities and lectures done during the program. Since the program was only for two hours of time, there was not much amount of knowledge that was able to be delivered in the stipulated time.



Although, the programme had different activities like yoga, meditation, prayer and there was also a feedback session where the students were able to deliver from their minds what they understood and what changes there were going to make in their lives in future. The programme was conducted by Dr. T. Aiyyanarapan, Managing Director, Geetha Health Care Trust.

**YOGA AND WELLNESS PROGRAMME
AT
IMMACULATE COLLEGE OF EDUCATION FOR WOMEN
PONDICHERRY**

There was yet another two-hour programme conducted in Immaculate College of Education for Women, Pondicherry on 30.01.2014.



The programme was very valuable for the students and there were given several ideas and classes about yoga and meditation and there were also knowledge given about various asanas and their uses and benefits in the day to day life of the students.

The speeches given in the programme were very appealing to not only the students but also the teachers and the lecturers of the college. Adding to these, there were various practical yoga knowledge which were given through slides and practical methods to the students which they also found to be very amusing in a both playful and serious ways to learn things.



Finally, at the end of the programme, there was a feedback session that was held where the students were able to effectively share their views about the programme and they also shared how much of a support the programme will be to them in their daily life.

**HEALTH & WELLNESS PROGRAMME
AT
BHARATHIDASAN GOVT. COLLEGE FOR WOMEN (AUTONOMOUS)
PONDICHERRY**

The Managing Director of Geetha Health Care Trust conducted a four-day Health and Wellness programme to all third year students (approx. 600) in Bharathidasan Govt. College for women (Autonomous), Pondicherry from 09.09.2013 (Monday) to 12.09.2013 (Thursday). The programme was very successful and beneficial to all who attended the programme. The feedback given by the attendees were very authentic and encouraging.



There were many Positive Mental Activities held during the programme and it was all very focused on building a healthy relationship between the students. All the students enjoyed the programme while reaping the positivity of the programme in a useful way.



Furthermore there were the lecturers who gave the welcome speech and the vote of thanks in the beginning and the end respectively. The students were very helpful and cooperative and they asked forth for the conducting of upcoming programmes to their juniors. Finally the programme was a grand success on the last day i.e. on Thursday.

**HEALTH AND WELLNESS PROGRAMME
AT
TAGORE ARTS COLLEGE
PONDICHERRY**

The Geetha Health Care is thankful for being given an opportunity to conduct a 15-day Health & Wellness Programme for each department of the college in the month of October 2013. The programmes held were very optimistic and encouraging to the students and the lecturers of the college.



The HOD's of all the departments were very much convinced that they gave a letter of appreciation to the Dr. T. Aiyyanarapan, The Managing Director, Geetha Health Care Trust.



The programmes conducted were very innovative that they stirred up the young bloods towards life goals and achievements. The students and lecturers, in their feedback expressed their gratitude stating that the programme was a huge benefit in their life and it would be an unforgettable experience to help them choose the right things from wrong. Finally the vote of thanks was given by the lecturer and the grand and long event came to an end in a joyous way.

MONTHLY FREE HEALTH CAMP (ON EVERY 3rd)

The Geetha Health Care Trust has lately started its new project by initiating its monthly health camp for free on the 3rd of every month commencing on the 25th of March 2014. The camp is open to both male and female patients with prior registration. The total number of patients every month is to be limited at 20nos. because of the time consummation.



There are many diseases for which the varma massages and panchakarma act as good remedies. Adding to these, the chronic diseases like diabetes, joint pains, cervical spondilosis, spine issues, etc. can also be treated for better cure through the above mentioned massages.

Geetha Health Care Trust is the first to conduct a health camp of this kind in Pondicherry. The camps that are conducted before are of medication and medicines. But our camp contains more information and massages which could relieve the patients from their chronic illness and pains that they might have been suffering with for long years and long months.



The patients found the massages to be very useful and they stated that the pains were greatly relieved through the massages that are provided in the Free Health Camp.





There was also an advertisement in the local newspaper that was given in order to give the localites an awareness about the existence of such a programme that is conducted by the Geetha Health Care Trust. The Geetha Health Care Trust will continue in its future to do programmes like the above to serve the society in a useful way so that there appears a positive change to rebuild better tomorrows by these camps and other activities.

**YOGA AND WELLNESS PROGRAMME,
CK HIGHER SECONDARY
SCHOOL
CUDDALORE**

The Geetha Health Care Trust conducted a two-day programme in CK Higher Secondary School, Cuddalore on 12.06.2013 & 13.06.2013. The total number of students that attended the programme were 200 nos. approx. The programme gave enlightenment to the students in a very future forensic way.



The programme was attended by the students of class 10, 11 and 12. They were taught and given suggestions about different useful things about their own subjects in an innovative method using newer and interesting skills. The teachers who accompanied the students also expressed their appreciation towards the proper and beneficial conducting of the programme.



Further more, the students, upon attending the programme, they found their subjects interesting while giving their feedbacks in future about our programmes in our follow up aspects. The boys and girls were also taught about how to approach everything and anything in an easy mindset without straining too much which could ultimately cause depression and stress to them.

The welcome speech and the vote of thanks were given by the teachers of the institute and there was also a feedback session that was held which could help us in future to make any corrections to help many more students to know about life, yoga, and meditation and life goals. The staffs were very happy that Geetha Health Care Trust could do such a programme which contained a variety of activities which could keep the students interested not only in other activities like games but also in the subjects in the curriculum.