

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



ANNUAL REPORT
(Apr 2014 – Mar 2015)

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 thankfulness to present the Annual Report 2014-15. 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 (2014-15) 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 MULTIPURPOSE SOCIAL SERVICE SOCIETY (PMSSS)
PONDICHERRY**

Geetha Health Care Trust conducted a two-hour Health and Wellness Programme in Pondicherry Multipurpose Social Service Society (PMSSS) for the nuns and sisters (approx. 30). The programme was held on 19.11.2014.



The programme commenced sharp at 10:30 AM giving a strong sense of enlightenment to each of the person attending the programme. There were various activities and speeches given during the program. Since the program was only for two hours in time, the attendees were wanting to be know more, but the time constraint forced it to end it sooner.



Although, the programme had different activities like yoga, meditation, prayer and there was also a feedback session where the participants 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.

FREE VARMA HEALTH CAMP (3rd of every month)
GEETHA HEALTH CARE TRUST
PONDICHERRY

Geetha Health Care Trust conducts a Free Varma Health Camp on the 3rd of every month with limited 20 numbers of participants.



The programme paves a valuable way to treat various diseases with proper cure over time. Geetha Health Care Trust provides a remedy to all types of chronic diseases using varma, siddha, dorn therapy & acupuncture.

All those who come for the treatment expressed their various feedbacks about the health camp being effective at all levels of their diseases. Choosing appropriate methodology in accordance to each patient's specific problems thus shows the uniqueness of Geetha Health Care Trust amongst the generic ones.



Finally, at the end of each programme, there is a feedback session that is held where the patients also share their views about the programme and they also share how much of a support the programme will be to them in their life.



**HEALTH & WELLNESS PROGRAMME
AT**

**BHARATHIDASAN GOVT. COLLEGE FOR WOMEN (AUTONOMOUS)
PONDICHERRY**

The Managing Director of Geetha Health Care Trust conducted a one-day Health and Wellness programme to all third year students (approx. 300) in Bharathidasan Govt. College for women (Autonomous), Pondicherry on 05.12.2014 (Friday). The programme was very successful and beneficial to all attendees of the programme. The feedback given by the attendees were authentic and encouraging.



There were many activities held during the programme and it was all focused on building a proper relationship amongst the students. All the students enjoyed the programme while enjoying the positive outcome of the programme in a useful way.



Furthermore there were the lecturers who were benefitted. The students were very helpful and they also cooperated by asking forth for the conducting of upcoming programmes to their juniors. Finally the programme was a grand success and ended with vote of thanks and feedback sessions.

**HEALTH AND WELLNESS PROGRAMME
AT
WISEMEN ENGLISH HIGHER SECONDARY SCHOOL
PONDICHERRY**

The Geetha Health Care is glad for having been given an opportunity to conduct a one-day Health & Wellness Programme in Wisemen English Higher Secondary School, Pondicherry. The programmes was for two hours for the 10th, 11th and 12th standard students.



The teachers also took part effectively in the programme and they all were glad to be a part of the programme. There was also the principal of the institution taking part in the programme and she was able to express her views and opinions about the activities done during the programme.



The programmes conducted were very innovative that they stirred up the young bloods towards life goals and achievements. The students and teachers, in their feedback expressed their gratitude and said that it was huge benefit in their life and would be an unforgettable experience in life. Finally the vote of thanks was given by the students and the event came to an end in a graceful way.