

**GEETHA HEALTH CARE TRUST**

**(Reg. No. 519/09)**

**80G. C. NO. 9165E (1298)/CIT/PDY/2010-11**



**ANNUAL REPORT**

**(Apr 2016 – Mar 2017)**

Our Mission is to:

- **BRING PEACE UNTO THE WORLD**
- **ESTABLISH SECULAR SCHOOLS AND COLLEGES**
- **CURE DISEASES WITH NATURAL FOODS AND 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 in great deal of joy while submitting the Annual Report for the year 2016-17. I am thankful to each and everyone while I see the successful years that have passed by in a swift moment of time, since the birth of our trust. From the beginning, Geetha Health Care Trust has closely worked over with several educational institutes and organizations to hold forth the primary goal through number of activities and programs in different colleges, schools and public enterprises and venues.

Geetha Health Care Trust constantly endures to be fixed to its objectives while supporting with its helping hands to the diseased, orphaned and the marginalized. Although, challenges and needs in the community are infinite, our

trust tries to battle against a handful of those, in order to make a vibrant positive change in the society. The elemental goal is to guide people to live a communal, joyful and healthy life.

I put-forth my heart-felt gratitude to all supportive people who have supported in performing tasks to bring into reality a positive change in the midst of the present society. I also thank all the heads of the institutions and friends, who have helped us to conduct our programs across the state at all times without considering the difficulties involved.

**YOGA AND WELLNESS PROGRAMME**  
**AT**  
**PONDICHERRY MULTIPURPOSE SOCIAL SERVICE SOCIETY**  
**PMSSS**  
**PUDUCHERRY**

The Managing Director, Dr. T. Aiyyanarapan, Geetha Health Care Trust, conducted a one-day Yoga & Wellness programme to nuns and workers of the society (approx. 50) in the PMSSS Campus on 21.4.2016 (Thursday).



There were several topics discussed during the Yoga and Wellness Programme. The topics were day to day important attributes like health awareness, positive mental attitude, self-control and positive skills that can be achieved and acquired by practicing Yoga on a regular basis. The members of the society were overwhelmed to learn the astounding effects

that Yoga can provide when practiced on a day-to-day basis without fail.

Further the attendees of the programme were given various ideas about how one can get a natural healing from the most predominantly seen diseases by practicing Yoga exclusively for well-being. Finally, programs ensured a mental peace and also helped the attendees to develop a certain type of Positive Mental Attitude in their practical everyday life.



The One-day program started with a Welcome note , proceeded by the beginning of the Yoga and Wellness programme. The speech about what Yoga really means and how it can be taken serious was followed by the meditation, with a break in the middle.

After the break the program again resumed to continue on giving more awareness about Yoga and its importance in today's life with connected activities to make the attendees of the Yoga and Wellness program understand better the same. Finally the programme was ended with thanking note and followed by which, the attendees gave their feedback about the programme.

## **TEACHERS EDUCATIONAL/MOTIVATIONAL PROGRAMME**

**AT**

**CK HIGHER SECONDARY SCHOOL**

**CUDDALORE**

The Geetha Health Care Trust held a Full-day Teachers Educational cum Motivation programme in CK Higher Secondary School, Cuddalore on 22.06.2016. The total number of teachers that attended the programme were 100 nos. approx. The programme gave a methodical approach towards how to approach to the students in this new era of technology and advancements.



The programme was attended by the main subject handling teachers of classes 8, 9, 10, 11 and 12. The teachers were given an overall idea on how to communicate to the students in a more understanding way and to give a clear-cut understanding on all

curriculum-related subjects going down to the level of the students.



Furthermore the teachers were given a special talk on topics related on “Getting Innovative in Teaching”. This helped the teachers to come up with newer and interesting methodical approach in studies with the children.

Finally, the programme came to an end with a formal vote of thanks and a note of appreciation for all the efforts taken.

**YOGA AND WELLNESS SEMINAR**  
**AT**  
**CHRIST ENGINEERING COLLEGE**  
**PONDICHERRY**

The Geetha Health Care is thankful for being given an opportunity to conduct a One-day Yoga & Wellness Programme for each department of the college in the month of November 2016 on the 17th. The programme was held in a way that the students and the lecturers found it to be very optimistic and truly encouraging.



A song of prayer started the programme, continued by the teachings of mudhras, yogic symbols and its usages.



These teachings were actually supportive in paving the way for a disciplined life to all the students 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.



Finally, the programme was ended with a note of thanks and note of appreciation by the principal of Christ College of Engineering and Technology.

**YOGA AND WELLNESS SEMINAR**  
**AT**  
**IMMACULATE GIRLS HIGHER SECONDARY SCHOOL**  
**PONDICHERRY**

The renowned Geetha Health Care Trust conducted a Health and Wellness programme to all students of Immaculate Higher Secondary School, Pondicherry on 10.02.2016 (Friday).



There were certain essential topics discussed during the programme and certain of it were stress, anger, fear, etc. 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 students a crystal-clear idea about the difference between stress, anger, sorrow, fear and they were also empowered by easy ways to overcome the same. 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.

A thanking note and an appreciation speech by the faculties ended the programme.

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

The Managing Director of Geetha Health Care Trust conducted a full day Health and Wellness programme to all third year students (approx. 600) in Bharathidasan Govt. College for women (Autonomous), Pondicherry on 08.03.2013 (Wednesday). 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.