

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



ANNUAL REPORT
(Apr 2015 – Mar 2016)

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 immersed in joy while presenting the Annual Report (2015-16). I am fascinated while I see that 8 successful years have passed by since the birth of our trust. From the time of its start, Geetha Health Care Trust has functioned with various educational institutes in promoting its primary mission through number of programs and campaigns 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 thanks and gratitude to all supportive people in performing tasks to bring into reality a positive change in the midst of the present society. I also thank all the leaders of the institutions and friends, who helped us conduct our programs across the state at various situations.

**YOGA AND WELLNESS PROGRAMME
AT
GURUPOOJA MADAM
CHIDAMBARAM
TAMILNADU**

The Managing Director, Dr. T. Aiyyanarapan, Geetha Health Care Trust, conducted a one-day Health and Wellness programme to elders of the locality (approx. 100) in Chidambaram on 07.9.2015 (Monday).



A SHOT OF THE ELDERS DURING HEALTH AND WELLNESS

There were several topics which went over health awareness, positive mental attitude and positive skills that can be use by an individual. People who were affected by diabetics, thyroid, asthma, rheumatoid, obesity, heart diseases, etc. were attendees in the programme and it gave various ideas about how one can get a natural healing from these. These programs ensured a mental peace and also helped the attendees to develop various problem-solving skills in their day-day life.

The programme started in the morning and went until evening. Following by a brief introduction, Dr. T. Aiyyanarapan conducted the programme with speech on various topics including a lecture about meditation for the attendees and they were also given practical classes.



Followed by the meditation, the workshop went over with topics about brain techniques (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 thanking note and followed by which, the attendees gave their feedback about the programme.

YOGA AND WELLNESS PROGRAMME
AT
SUBRAMANIYABHARATHIYAR HIGHER SECONDARY SCHOOL
PONDICHERRY

There was a one-day Yoga & Wellness programme conducted by Geetha Health Care Trust at SubramaniyaBharathiyar Higher Secondary School, Pondicherry on 03.9.2015 (Thursday). The session was conducted by the Managing Director, Dr. T. Aiyyanarapan. There were a total of nearly 250 students (boys & girls) from classes XI & XII, attending the programme. The programme gave the students an idea regarding the way of approach to how to study and set goals in scoring high in examinations. The students were very attentive and were interested throughout the programme. The programme was very useful for the students in many ways.



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

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

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



DURING Q&A 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
ANNA UNIVERSITY,
CHIDAMBARAM,
TAMILNADU.**

There was a one-day Yoga & Wellness programme held by Geetha Health Care Trust at Anna University, Chidambaram on 14.03.2016 (Monday). Dr. T. Aiyyanarapan, Manager, Geetha Health Care Trust presided over the session to nearly 200 female students. The programme was mainly placed on stressing out the importance of practicing yoga on a daily basis and the wellness out of it. The yoga in turn ensures a healthy body and a calm mind and helps achieve goals.



WHILE PRESIDING OVER THE PROGRAMME

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.



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



**YOGA AND WELLNESS PROGRAMME
AT
WISEMAN HR. SEC. SCHOOL,
PONDICHERRY.**

The renowned Geetha Health Care Trust conducted a half-day Health and Wellness programme to all faculties of WISEMAN HR. SEC. SCHOOL, Pondicherry on 26.03.2016 (Saturday). There were several topics discussed during the programme and certain of its aspects were about stress, anger, fear, etc.



DR. T. AIYYANARAPAN, WHILE TAKING IN SESSION FOR THE FACULTIES OF WISEMAN HIGHER SECONDARY 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.