



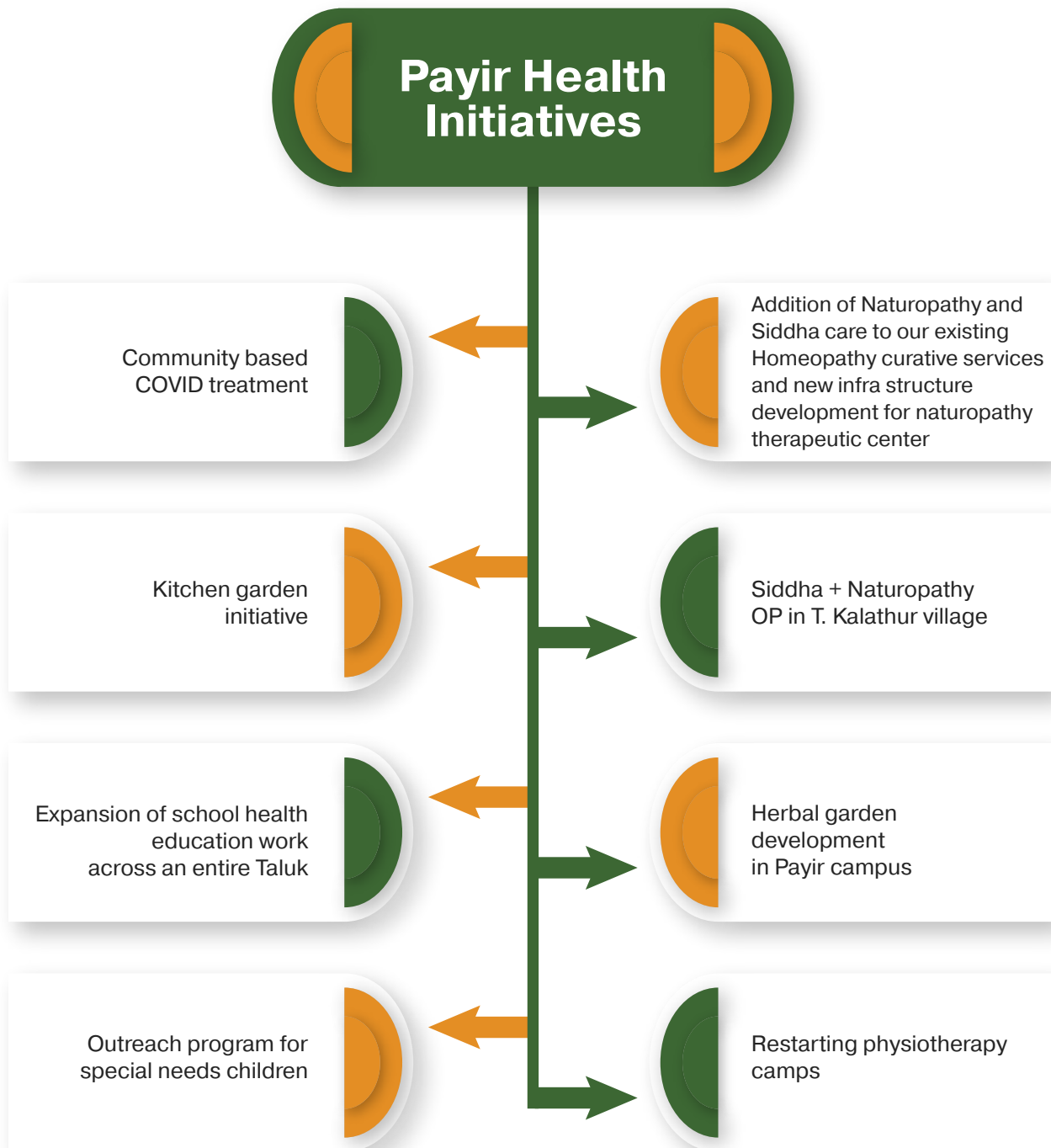
Payir



ANNUAL REPORT 2021-2022

PAYIR HEALTH INITIATIVES

A very fulfilling year for the community health team. We have had an eventful year, with extensive work on afforestation in the villages, restoration of water bodies, expanding on natural farming, children nutrition and health education work and our vital health work in tackling COVID. Establishment of the holistic wellbeing center - a place for integrated curative health including well established traditional systems of medicine, has been in a sense a culmination of the years of experience.



Payir Health Initiatives

- ▶ Number of people reached out during COVID 2nd wave for curative care - 300
- ▶ Total OP visits – 2000+ including residential children
- ▶ Total kids reached for educative purpose - 5600+

PANDEMIC AND HEALTH TEAM

The pandemic situation threw many challenges at us - anxiety, confusion, lack of preventive behavior/ difficulty in adapting to new necessities like social distancing or wearing masks, etc, denial, hesitation in accessing medical help after onset of disease, economic crisis, psychological issues.

The community health team had to scale up quickly to tackle this complex situation and come up with solutions across multiple dimensions. Information gap was the foremost problem we faced in our rural set up.

Our health workers marched door to door, educating the public on preventive, social, medical and curative aspects of COVID. We used public address systems - static & mobile, panchayat, shops to spread information; supplied Homeo boosters and Siddha decoction for immunity, at every household – 6000+.

We formed village level volunteer groups to augment our community health team to reach out to many homes daily when the situation needed home to home medical services. We used a multitude of digital media – app sheets, whatsapp groups and conference calls, to connect seamlessly between field team in 10 villages and the base team at Thenur – from diagnosing, treating, follow-ups, delivering medicine, training volunteers and health animators.



Dr. Preethi, our residential Homoeopathic doctor led with the help of a senior Siddha doctor, combining Siddha and Homoeopathy for treatment, which was very successful and gained much appreciation from the public. Couple of more doctors supported as well through tele-consultation. Having, as simple as a pulse oximeter in each village, made a huge difference in monitoring the sick. 300+ people with illness were reached at their homes. More than 250 of them infected with COVID – some serious to critical; each one of them got cured with home based care without needing any hospitalization.

Engaging with government school children

There was a huge gap in education of rural Govt. school going children, during the entire time when schools were shut down during Covid. Along with our education team, health team kept engaging the children in giving health education, involving them in kitchen garden activities, motivating them to raise trees in their lands, and in a few villages, for a brief period they also taught basic science and Tamil language to young children. They constantly persuaded children and families to stay away from junk food consumption, which had gone up several folds during the lockdown period.



Kitchen Garden initiative

Village is a place where there is abundance of natural resource (except water though, as we humans depleted the same). People here know how to grow and they grow food. At the same time, one can see high prevalence of malnutrition. It's a paradox. There are multiple factors involved here, like cash cropping trend, gender based discrimination in quantity and quality of food, lack of knowledge on nutrition, dietary styles, lack of motivation to grow own food and so on.

We had always wanted to work on kitchen gardens and we have done efforts sporadically with only a small number of gardens turning out. Alas! However, with this year efforts we helped creating 120+ kitchen gardens!! And the gardens continue to be tended crossing multiple seasons now. Most of these are cared by girls and boys, helped by their mother, growing greens and vegetables. We provide seeds, ideas to grow in a small space or no space, ideas to reuse hand wash water, manage costs and most importantly keep the motivation up! Quite a satisfying experience for many young girls who could get free supply of green leafy vegetables from their own garden that would help them come out of anemia.



Community Out reach

We continued educating the adult and child population in 10 villages about their basic anatomy and physiology, nutrition, common ailments and their management, mental health, life skills and so on. we have reach out to

- ▶ More than 6000 families
- ▶ Close to 1000 children between the age group of 6 to 17 in these villages Total kids
- ▶ More than 2000 women

Educating mothers and would-be mothers about their reproductive system, menstrual cycles, contraceptive possibilities, parenting, importance of nutrition during pregnancy and lactation, anemia during pregnancy, sex determination, placenta, functions of hormones during pregnancy and lactation etc.

The Health team convinced a few farmers to grow millets without chemicals for the benefit of their and their family's health, for the second consecutive year, helping in bringing about change in food patterns.

Our Health team's work alongside the education teams in efforts like:

- ▶ Sending youngsters from our villages to good colleges after their 12th grade and more importantly helping them complete their courses. Our interventions ensure avoidance of dropouts - convincing both the families and the student.
- ▶ Supplementary nutrition during lock down at the neighbourhood learning centers and now in the respective schools has been another key aspect of children nutrition



School Health Education (SHE)

Our continued work in SHE, for the past 13 years, has expanded further to most of the Alathur Taluk, Thanks to the funding from Latent View Analytics.

With the schools opening up from February, our School Health Educators reach out to 5257 students in 51 Government schools in Alathur Taluk. Children are made aware of human anatomy and physiology, common illnesses, nutrition, reproductive health, hygiene, gender equality, and so on. For almost all children, these are knowledge that they are exposed for the first time.



Special education at doorstep

There is a huge gap in services for special children. Most families quit taking the children to any center for therapy or learning purposes. Except for a very few children, who are mobile and with a mental capacity that is adaptable to a Govt. school environment, the rest of them remain idle at homes, without therapy and developmental/ learning activities, left to their fates. We wanted to intervene and give a home-based service so that the children can have meaningful childhood, receiving help to better their future.

We are happy to note that a new initiative focused at special children took shape this year by efforts of our committed teacher Ranjitha with expert guidance and support from Vasantham - a special school in Chennai. Vasantham is run by our friends Dr. Krupa and her mother Ms. Allimurugesan, who came forward to support Payir's outreach special education program in our villages.

How do we do? We identify special children; bring them to the camp when Vasantham's team of therapists comes; learn their prescription and follow the same at the homes of each child; bring them back for follow ups; when there is need for equipment or surgery, we refer and support till the relief is attained.



COMMUNITY HEALTH

Embracing multiple disciplines of treatments

We have always believed in integrated medical approach for multiple reasons. A long-time dream came true last November when Dr. Thenmozhi, a naturopath joined the team. This was followed by Dr. Vijaykumar, a Siddha practitioner, who too became part of health team. They both enrich the existing system including a referral network of modern medicine doctors and the resident Homoeopath.

Physiotherapist couple and our dear friends Mr. Mathuvanesh and Ms. Sudha restarted rural physiotherapy camps, after the COVID break. During Covid time, they did online consultation and training.

All this has opened doors for multi-disciplinary therapy possibilities at the wellbeing center here and increases scope of a community health work encompassing integrated medical approach.



A JOURNEY OF CURIOSITY.... (Education)

Lock down for last 2 years due to COVID-19, made it very unfortunate for our government school children to enjoy the moments of childhood, on the other hand it made the team concerned about the diversions children had and their constraints for exploration increased cause of mobile addiction and substance usage. We are also concerned about the dropout rate of that academic year. To fix it, we set up “Neighborhood Learning Center” for children from 3rd to 8th grade of government schools in 8 villages around Payir, engaged 350 children in fun learning, playing games, singing, storytelling, crafts and karate.

While some children attended the class intermittently and some did continuously, a few months later our team as well as parents could see that their children were happily learning and their improvements in skills & knowledge. Taking the health and well being of these children into their concern we provided them with supplementary snacks regularly during their class days. When the school reopened

in November, we noticed a big change in the number of children who attended this center, compared to the number of children who did not. Government school teachers find it easy to manage. The children who rarely attended the center had a hard time studying when they were back to regular school practices and learning. The children who studied at this center were happy and were able to pay attention without any difficulties.



KONDADI KARPOM (CELEBRATE LEARNING...)

A child being happy in their learning process is always our concern which is also a crucial part of their journey towards exploration and learning. Renewing their learning process after covid but in an artistic perspective to enrich their creativity and imagination and also in order to celebrate the learning process of primary children we held a learning program called “Kondadi Karpom” which is hosted by Mr.Manimaran and Ms.Magizhini who took classes for 1st to 5th standard in all government schools. Through this program we artistically educated the poems and verses through song and dance. The more our children are happier they learn more with excitement.



Our RSTC children's life was never better when they were home during covid, three meals a day is not possible for them. Taking concern for our children's well-being, we whole-heartedly took the risk of keeping our children with us and providing them a safe shelter and healthy food with parent's mutual understanding. Not only did we provide shelter, we also conducted many special training programs like Palm leaf craft, Puppetry, Drawing classes, Silambam (martial art) and Karate to not let Covid stop them from being happy and enrich their knowledge and skills.



A TOUR TO HISTORICAL MONUMENT

Being locked for 2 years from travelling made every child to lose their curiosity in wandering places. We don't our kids to lose that either so we took our kids to an exposure visit this year on October 2nd to 4th we took the students to Malayalapatti, Ranjankudi fort, Vishnu dam, for them explore these new historical places and hear some mind-blowing stories about these historical monuments.

Education through technology is a must for children in the Tech-world, as it pulls all their attention towards it. We took it one step ahead and gave a visual treat which is healthy anyway. We joined with E-Vidyaloka and started educating kids through tabs. We play educating content related to science, mathematics and english related to their syllabus and have a discussion among them. These sessions literally drive the children to use their electronic gadgets for learning eventually not all the time but they came to understand that gadgets can also be used to educate ourselves which is a huge breakthrough for our children.



JOURNEY TOWARDS NATURE PRESERVATION- AFFORESTATION

Payir with nature or in other words any living organism with nature is always inseparable even when it takes of risk of human lives. We have planted around 9000 saplings around 6 villages (Thenur, Thottiyapatti, Nathakadu, T Kalathur, Nakkasalem, Ariyalur) in Perambalur District. We use poclains to clean up the spaces for planting trees. We as a team joined together and planted as well as nourished the saplings every day using water-loaded tanks. We have faced a lot of challenges in finding a resource for maintaining these planted saplings. Each day we take 4 to 6 trips for watering these plants for each village. This year we also get lot of volunteers from colleges for planting.



Us being with nature never stops with planting trees and watering but to protect it as it does us. To protect the saplings from animals we did fencing, and to make it eco-friendly we use shrubs that grow in huge numbers in our area. Not only we did protect our nature along with it we supported livelihood of families that supports us for preserving nature. We employed people to make fencing and protect these saplings by covering it with shading nets



Sometimes we also need to protect it from other natural organisms such as termites. It was a challenging task for us to protect our saplings form termites. We made our own pesticide which is made of ginger, green chilli, garlic and castor oil. The nature pesticide while being harmless to our health also reduced the number of wasted plants significantly.

Taking two or three trips a week for watering the plants is not enough to protect these plants. These saplings also need to be protected from



external conditions, as a team we discussed this issue and planned to do mulching (process of spreading organic materials which protects the root of the plants from heat or cold and to keep the soil moist and to control the weed). We collected waste coconut husk urban areas and filled them around each sapling pit, thus it absorbs water and keeps the soil moist for a long time. After mulching we are able to see beautiful results as our plants grow tall and healthier than before mulching. a long time. After mulching we are able to see beautiful results as our plants grow tall and healthier than before mulching.



NURSERY CREATION

Not only we planted trees we also recreated our nursery which consists of 15 varieties of local species and 7000 saplings. We collect seeds of our own and put them in soil pockets and grow them in our nursery. Our village people are interested in buying our saplings as we give it for low cost and also we give saplings that do not grow artificially, especially we also motivate children from the surrounding villages to grow trees. So around 600 children have brought saplings from us and planted them near their house and also these children influence their parents to buy them saplings for their birthdays and other important occasions which we consider as one of our success in influencing kids towards nature and insisting to be responsible towards their own community.



Ezhumalai was 10 years old when he bought that sapling. Growing up in a rural community he is so much into nature and preserving it. He bought this Amla tree during our 1st covid lockdown. when he first bought, the sapling was up to his knee size but now it has grown above him, as he continuously nurtures it and protects it from cattle's, waters regularly. He takes care of his tree as his own sibling and the entire family and community supports him.



REBOOT OF THOORIGAI

To begin was a challenging task for our women after a long pause due to covid 19, the covid lockdown were times that our Thoorigai women financially suffered without any production or sales or orders. They manage with their daily wages from the work they do. To bring back the production and we as a team held a meeting and discussed with our mentors and planned a year commitment as follows,

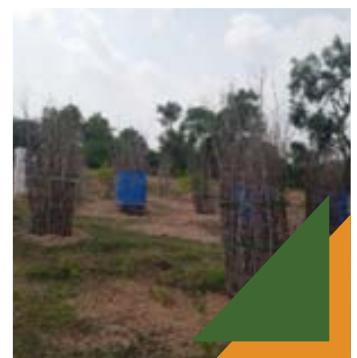
- ▶ To enquire on upcoming stalls in places that we have already displayed our product
- ▶ To ask for shops to help us sell our products on their premises
- ▶ To enquire in the apartments where we regular customer and ask for a space to put down a stall
- ▶ Contact our previous customers and ask for opportunities for sales.
- ▶ To release our products in an online platform for which we joined hands with Mitti Good Gifts, an online platform for the physically disabled entrepreneurs
- ▶ As our long term needs, we planned to work on bringing a new building for Thoorigai
- ▶ To release our new product of the year- “Yearly Calendar”

As planned we went to stalls and reached many new customers. We put down our stall in Dastakar, Bangalore it was our breakthrough after Covid (Dastkar is a Non-Profit Organization that is working to support traditional Indian craft people, many of them women and village based, with the objective of helping craft people regain their place in the economic mainstream.). They used held event in Bangalore and Chennai and lot of artisans will display their works where this year we had a chance of displaying our products too not only we displayed but had a good sales and a had a great experience and able to observe the expectations of the customers, also we

displayed out stall in Dakshinachitra, Chennai.

And finally the product of the year is here... Thoorigai patch work Yearly eco-friendly yearly calendar which is the most welcomed product of the year

Another big step for thoorigai in preserving nature..they have signed a contract with Anandavadi Limestone mines for planting and monitoring 9000 trees



PAYIR TRUST

PAYIR OFFICE, THENUR VILLAGE, Via T.KALATHUR, ALATHUR (TK), PERAMBALUR (DT)

BALANCE SHEET AS ON 31.3.2022

LIABILITIES	Rs	ASSETS	SCH NO	Rs
Trust Fund		Fixed Assets	2	9,223,981.05
Opening Balance	13,822,667.46			
Add:		Deposits	3	5,941,005.00
Excess of Income over Expenditure	751,173.96			
	<u>14,573,841.42</u>	Loans and Advances	4	379,423.25
Corpus Fund	236,100.00	TDS		3,500.00
Loans	500,000.00			
PF Payable	323,686.00	Cash in hand		36.00
		Cash at Bank	5	85,682.11
	<u>15,633,627.42</u>			<u>15,633,627.41</u>

As per separate report of even date attached

DATE :
PLACE : TRICHY
UDIN :


AR. KARUPPAN CHETTY
CHARTERED ACCOUNTANT

For PAYIR TRUST


SENTHILKUMAR GOPALAN
MANAGING TRUSTEE


SRIRAM THIAGARAJAN
TREASURER




PAYIR TRUST
PAYIR OFFICE, THENUR VILLAGE, Via T.KALATHUR, ALATHUR (TK), PERAMBALUR (DT)

INCOME AND EXPENDITURE ACCOUNT FOR THE PERIOD 01.04.2020 TO 31.3.2022

EXPENDITURE	Rs.	INCOME	Rs.
To Community initiatives	987,764.66	By Government Grants - SSA RSTC	14,000.00
* Covid care	42,000.00	* Hospital Income	71,085.00
* Education Initiatives	803,338.14	* Voluntary Contribution	5,956,274.10
* Government Initiatives	730,319.73	* Bank Interest	7,264.00
* Health Initiatives	901,080.11	* FD Interest	221,923.00
* Program Expenses	480,068.39	* ITR refund	8,803.00
* Repairs & Maintenance	186,934.00	* other Income	16,000.00
* Computer Consumables & Maintenance	19,888.00		
* EB Charges	36,416.00		
* Festival Expenses	83,570.00		
* General & Administrative Expenses	106,566.00		
* Legal & Professional Charges	18,500.00		
* License, Registration & Membership Fees	9,005.90		
* Rent	19,200.00		
* Staff & Guest Welfare	33,757.72		
* Telephone, Cellular & Internet Expenses	44,838.82		
* Bank Charges	682.50		
* PF Late Fee	13,612.00		
* Depreciation	1,026,633.17		
Excess of Income Over Expenditure	751,173.96		
	6,295,349.10		6,295,349.10


As per separate report of even date attached

DATE :
PLACE : TRICHY
UDIN :


SENTHILKUMAR GOPALAN
MANAGING TRUSTEE

For PAYIR TRUST




AR. KARUPPAN CHETTY
CHARTERED ACCOUNTANT


SRIRAM THIAGARAJAN
TREASURER



PAYIR TRUST - LOCAL ACCOUNT

PAYIR OFFICE, THENUR VILLAGE, Via T.KALATHUR, ALATHUR (TK), PERAMBALUR (DT)

RECEIPTS AND PAYMENTS FOR THE PERIOD 01.04.2021 TO 31.03.2022

RECEIPTS	Rs	PAYMENTS	Rs
To Opening Balance		By Capital Expenditure	
Cash in Hand	36.00	Building	1,824,320.08
Cash at Bank - LVB	13,360.10	Furniture	30,000.00
Cash at Bank - SBI	290,525.96	Steel Almirah	80,000.00
		Washing Machine	11,691.00
To Revenue Income		By Deposit & Advances	
Govt. Grants - SSA RSTC	14,000.00	FD SBI - 28088	250,000.00
Hospital Income	71,085.00		
Voluntary Contribution	5,956,274.10	By Object Expenditure	
Bank Interest	7,264.00	Community Initiatives:	
FD Interest	221,923.00	Afforestation & Watershed	987,764.66
ITR refund	8,803.00		
Other Income	16,000.00	Education Initiatives:	
		Children exposure visits & camps	3,606.40
To Capital Receipt		Higher education assistance	610,350.88
FD SBI-28293	200,000.00	Neighbourhood learning center	187,880.86
		Payir learning center Exp.	1,500.00
		Govt. Grants Initiatives:	
		RSTC Expenses:	
		RSTC Children Welfare & Learning Exp.	185,880.06
		RSTC Children Food	437,921.23
		RSTC Teacher Salaries	106,518.44
		Health Initiatives:	
		Healthcare - Curative	264,667.32
		Healthcare - Outreach	198,512.56
		Healthcare - Covid	312,007.00
		Supplementary Nutrition Exp.	125,893.23
		Program Expenses:	
		Farm & Livestock Exp.	455,600.89
		Training, Meeting and conferences	24,467.50
		Covid Care:	
		Covid Support To Thoorigai	42,000.00

RECEIPTS AND PAYMENTS FOR THE PERIOD 01.04.2021 TO 31.03.2022

RECEIPTS	Rs	PAYMENTS	Rs
		By Revenue Expenditure	
		Rent	19,200.00
		Bank Charges	682.50
		PF Late Fee	13,612.00
		Salary Administrative	33,757.72
		Telephone, Cellular & Internet Exp.	44,838.82
		Computer consumables & Maintenance	19,888.00
		EB Charges	36,416.00
		Festival Expenses	83,570.00
		General and Administrative Exp.	106,566.00
		Legal & Professional	18,500.00
		License registration & membership Fees	9,005.90
		Repairs and Maintenance:	
		Repairs & Maintenance - Building	77,169.00
		Repairs & Maintenance - Small items	9,000.00
		Repairs & Maintenance - Solar	37,925.00
		Vehicle Maintenance, Insurance, Tax	62,840.00
		By Closing Balance	
		Cash in Hand	36.00
		Cash at Bank - LVB	21,481.10
		Cash at Bank - SBI	64,201.01
	6,799,271.16		6,799,271.16

As per separate report of even date attached
NOTE: FD Preclosure charges included in Bank Charges

DATE :
PLACE : TRICHY
UDIN :



AR. KARUPPAN CHETTY
CHARTERED ACCOUNTANT

For PAYIR TRUST


SENTHILKUMAR GOPALAN
MANAGING TRUSTEE


SRIRAM THIAGARAJAN
TREASURER



SCHEDULES

Particulars	Amount
1 1. Loans (Liability)	
Mr.Sriram Thiyagarajan	250,000.00
Mr.Ramanathan	250,000.00
	<hr/> 500,000.00 <hr/>
3 3.Deposits	
FD-29933	1,850,000.00
FD SBI-28088	1,750,000.00
FD SBI-28293	800,000.00
FD SBI-80650	1,500,000.00
Telephone	1,500.00
Other deposit	39,505.00
	<hr/> 5,941,005.00 <hr/>
4 4. Loans and Advances	
Staff Advances	49,009.00
Thoorigai	300,000.00
Staff Imperest	20,000.00
Others Advances	10,414.25
	<hr/> 379,423.25 <hr/>
5 5. Bank Accounts	
LVB - 38562	21,481.10
SBI - 50452	64,201.01
	<hr/> 85,682.11 <hr/>



FIXED ASSETS as on 31.03.2022

Particulars	OP BAL AS ON 01.04.2021	Additions	Deletions	CL BAL AS ON 31.03.2022	RATE	DEPRECIATION	Closing Balance
Bore-Well	304,719.85		-	304,719.85	10%	30,471.99	274,247.87
Building	5,276,909.42	1,824,320.08	-	7,101,229.50	10%	710,122.95	6,391,106.55
Water Tank	63,810.18		-	63,810.18	10%	6,381.02	57,429.16
Electricals & Fittings	247,716.06		-	247,716.06	10%	24,771.61	222,944.46
Lightning Arrestor	28,776.87		-	28,776.87	10%	2,877.69	25,899.18
Solar Electrification	1,003,667.76		-	1,003,667.76	10%	100,366.78	903,300.98
Solar Pump	146,124.00		-	146,124.00	10%	14,612.40	131,511.60
UPS System	6,480.00		-	6,480.00	40%	2,592.00	3,888.00
Fire Extinguisher	7,938.00		-	7,938.00	10%	793.80	7,144.20
Furniture	87,101.33	30,000.00	-	117,101.33	10%	11,710.13	105,391.19
Pipeline Fittings	42,846.57		-	42,846.57	10%	4,284.66	38,561.91
Steel Almirah	30,851.28	80,000.00	-	110,851.28	10%	11,085.13	99,766.15
Land	375,522.00		-	375,522.00	0%	-	375,522.00
Camera	720.00		-	720.00	40%	288.00	432.00
Canon - Xerox Printer	5,400.00		-	5,400.00	40%	2,160.00	3,240.00
Computer Consumables	-		-	-	40%	-	-
TV	3,833.64		-	3,833.64	40%	1,533.46	2,300.18
Bio Gas	5,269.92		-	5,269.92	15%	790.49	4,479.43
Flour Mill	20,230.00		-	20,230.00	15%	3,034.50	17,195.50
Hemochromax Plus with Lancing Device	18,293.70		-	18,293.70	15%	2,744.06	15,549.65
Mixer-Grinder	26,750.56		-	26,750.56	15%	4,012.58	22,737.98
Overlock Machine	10,956.71		-	10,956.71	15%	1,643.51	9,313.21
Pounding Machine	85,345.31		-	85,345.31	15%	12,801.80	72,543.52
Refrigerator	5,707.75		-	5,707.75	15%	856.16	4,851.59
Sautiner Model PS	180,910.39		-	180,910.39	15%	27,136.56	153,773.83
Utensils	142,531.19		-	142,531.19	15%	21,379.68	121,151.51
Weighing Machine	5,931.73		-	5,931.73	15%	889.76	5,041.97
Cycle	27,926.43		-	27,926.43	15%	4,188.96	23,737.47
Electric Bike	26,010.00		-	26,010.00	15%	3,901.50	22,108.50
Tata Ace - Mini Van	116,322.50		-	116,322.50	15%	17,448.38	98,874.13
Washing Machine		11,691.00		11,691.00	15%	1,753.65	9,937.35
Total	8,304,603.15	1,934,320.08	-	10,250,614.23		1,026,633.17	9,223,981.05

