



ANNUAL REPORT

2022-2023

About Payir

Payir, working towards holistic enablement, is a community-based not-for-profit organization based in Thenur village, Perambalur District - one of the least developed districts in Tamil Nadu.

Payir's initiatives are composite and holistic, focussing on issues of rural people and village ecology. We believe in being a catalyst and an enabler. We are attuned to the problems of the community, continuously communicating with them and keep evolving our solutions.

Payir's initiatives, in Community Healthcare; Watershed development; enabling Natural farming; Education Initiatives; Creating rural enterprises; Empowering Panchayat system, are focused on the interconnected needs driving the holistic well-being of a community. Payir's community-based programs involve extensive work with villagers in addressing issues so as to lead to a sustainable life.

Our Vision

To holistically enable rural people to live healthy, to develop inquiring and creative minds, and to build a community around the principles of Truth, Equity, Social and Ecological Justice.

Our Presence

Our primary focus area is the Chettikulam Micro-watershed covering an area of 20,000 acres and serving 15,000 families.



Message from the Founder

“We weave social threads of our own, a new web of relations; and, as many thoughts in succession substantiate themselves, we shall by and by stand in a new world of our own creation. My friends have come to me unsought.”
..R.Emerson

Truly, You have shared the sweetness of friendship with our Payir community here, with a great deal of kindness.

We are embarking on a new initiative, Aarvam - a state-of-the-art facility - a shared dream of one of our great friends, the trailblazing founders of Amagi.

Our rural kids need centers of excellence to re-imagine learning experiences, seek, and explore knowledge, to liberate themselves from the confines of unimaginative education that is taught to them now.

Our government school children need quality educational resources, and scientific teaching aids for furthering creative learning and building scientific temperament.

The Aarvam exploratorium and its Satellite centers will allow our kids to dream - dreams exploring the world of art, science, mathematics, humanities, the wonders of our Earth, the Universe, and Energy. As educators, we believe children need inquiry-based teaching and learning, to understand our very being through scientific and ethical lenses, to develop as an empathetic human being, with an intrinsic love towards Nature.

Our interactive exhibits, galleries, modern gadgets, maker spaces and phenomena are spaces for our kids to wonder, to find themselves, to perform experiments, to reflect, conceptualize, and ideate through a blend of visual, immersive, interactive experience and hands-on making.

We will bring in multi-disciplinary experts to have dialogues with our kids, provide a diverse set of workshops, and bring in the latest tech. We will have night camps for sky gazing. We will collaborate with exploratoriums, museums and galleries world over to bring the best of education to rural kids and adults

My friend, let's join in our commitment to rural kids in democratizing learning...to build Aarvam.

www.amagi.com



Holistic Well-being

On-Campus Health Initiatives

Highlights:

- ▶ 2274 OP patients treated
- ▶ 30 patients treated at the therapy center
- ▶ 34 RSTC children were treated on numerous occasions for various problems ranging from diarrhea, fever, skin diseases and so on
- ▶ 240+ patients were referred for surgeries and secondary care
- ▶ Established a new Integrated Treatment facility and an In-Patient facility
- ▶ Out-Reach Siddha OP
- ▶ Camps - Eye care camp, Physiotherapy camp, Blood donation camp
- ▶ 84 students are now pursuing their bachelor's / Diploma in various colleges
- ▶ 10 students have been hired successfully by Esteemed organisations



Therapies and Treatments

The beginning of 2022 marked a remarkable year in our health initiative journey. During the pandemic, our door-to-door services by the health team paved the way for creating an integrated health service center for the people of rural communities. Our well-being center now offers therapies ranging from:

- ▶ Homeopathy
- ▶ Naturopathy
- ▶ Massages
- ▶ Acupuncture therapy
- ▶ Siddha treatments
- ▶ Mud bath
- ▶ Physiotherapy

Also, there is an in-patient facility available now to treat acute pains & infections, disc injuries, chronic conditions like diabetes, OAs, allergic conditions, paralysis and others. As part of the treatment plan, our Health Animators prepare colorful drinks and healing foods such as herbal teas, juices, soups and salads.

In our Well Being (aka Curative) center we have been able to successfully treat the following health conditions:

- ▶ Recurrent skin infections - bacterial, fungal and viral
- ▶ Acute diarrheal diseases and fevers
- ▶ Acute management of disc bulge and prolapse
- ▶ Gynecological disorders
- ▶ Eye infections - conjunctivitis, stye
- ▶ Wounds and ulcers (including diabetic ulcers)
- ▶ Sequelae of cerebrovascular injuries
- ▶ Renal stones and renal failure

and much more through our integrated traditional medical practices.

Eye Camp

- ▶ 55 patients from 10 villages attended and they were able to procure eyeglasses at a nominal price
- ▶ Mukesh a 12-year-old boy with Macular Dystrophy condition received 4X magnifying glasses
- ▶ Diabetic patients got retinal screening done

A free eye camp was organized with the help of Ophthalmologist Dr. Mothi Krupa Shankar who is a good friend and well-wisher of Payir. He brought some high-tech equipment such as the fundus camera and trained the local staff on refraction, fundus photography and other basic screening techniques.

Physiotherapy Camp

Our friends and physiotherapy consultants Sudha and Madhuvansh organized a 2-day camp. They assessed people at the center and also visited a couple of nearby villages and prescribed therapy. Vasuki and Dhanam, our senior Health Advocates who were trained by the two physiotherapists, went to the villages every day for the next 7 days to complete the therapy for elders who were unable to come to the center.

Blood Donation Camp

A Blood donation camp was organized on 25th May 2022 in partnership with Adaikkampatti PHC (Primary Health Care center). This is our 4th blood camp, 52 donors came forward to donate blood out of which 37 were able to donate. This is a great way to connect with the PHC and mutually support each other.

School and Community Health Education

School Health Education plays a major role in instilling healthy habits and teaching the importance of personal hygiene to young children. Keeping this in mind, our Health Animators visit nearby schools to teach health education to elementary and middle school children. These classes have had a positive impact on children, the teachers and parents have observed noticeable changes in their hygiene habits.

- ▶ Each month, 3 Health Animators visit 55 schools in 40 villages in and around Perambalur district
- ▶ 5618 children studying in classes 1-9 have benefited from this



We use various mediums such as Tabs, Picture charts, and Anatomy puzzles to teach health education in schools. The School Health Education initiative covers a wide range of topics such as:

- ▶ Self-Hygiene - Hand wash methods ▶ Tooth hygiene ▶ Home remedies
- ▶ Biology - Digestive system, functions of the heart, lungs, liver, and other internal organs of the body
- ▶ Nutrition - Healthy snacks and consequences of junk food
- ▶ Safe touch & Unsafe touch ▶ Adolescence ▶ Anaemia
- ▶ First Aid for Bone fracture ▶ Skin diseases and so on

The **Community health education** initiative this year has seen more interactions and healthy discussions between the HAs, doctors and the villagers after COVID. We held a health exhibition this year on the theme of **“What is bone injury and how to address it?”** It was aimed at reducing disability caused by incorrect treatment methods. The number of pregnant women who become anemic has significantly reduced this year due to the continuous monitoring and dietary advice given by our Health Animators. The new health animators recruited from the nearby villages were trained by Dr. Preethi on science, gender and social analysis, anatomy and physiology, nutritional science and common illnesses. Our senior HA, Vanitha attended a 10-day residential training on gender perspectives conducted by our friend organization, EKTA Madurai.



Supplementary Nutrition Program

- ▶ **Beneficiaries : 986 children in 14 Government schools**
- ▶ **No of Days Supplied : 96 days**

The objective of this initiative is to enhance the nutritional well-being of children attending government schools. As part of the Supplementary Nutrition Program, the children are given healthy Laddus made of lentil sprouts and nuts. The RSTC children are also given Sundal made of lentils in addition to the Laddus. This program has garnered widespread recognition and appreciation from students, parents, as well as government school headmasters and teachers. Expressions of gratitude, including thank-you letters and video testimonials, were heartily shared with us.



Education Beyond Classrooms



Aarvam - The Exploratorium

Introduction

Aarvam - the exploratorium - is a space for rural children - primarily for government school kids. Aarvam is a key initiative, most certainly a flagship, of our many initiatives fulfilling Payir's commitment to our children...giving them a happy and healthy childhood, a space for creative inquiry.

One of the important inspirations for Aarvam Exploratorium is www.exploratorium.edu - a public learning laboratory where one can understand the world around them by exploring through science, art, and human perception.

Why

Rural children, from their early childhood, grow up observing the multi-dimensional ways of life, natural setting of phenomena, practical activities of occupation, and many constructs of society. Later on, by and large, the school curriculum and pedagogy, and complexity of information (these days, the syllabus has better gradation with gradual learning of topics) impedes understanding and application of knowledge.

Say, a child, intrinsically, observes and knows many forms of matter and for a rural kid, additionally, they experience in many ways when matter transforms state, say, with heat. Our personal experience is, that they even relate this practically to Conservation! - without attaching it to any word or constitution or concept or law.

At Aarvam, we feel the best of technology and collaborative approaches be explored to create cost-effective, accessible, redistributable content knowledge and learning experiences.

What

Aarvam will be that space evoking wonder, a space for curious observation, for hands-on experimenting, measuring, crafting, and for enthusiastic interaction, reflecting on various dimensions, analysis, and creating the linkages - starting, deriving from and applying these to their own local environment and situations, thus by, enrich understanding of each term portion in areas of Science, Humanities and Maths.

At Aarvam, we feel the best of technology and collaborative approaches be explored to create cost-effective, accessible, redistributable content knowledge and learning experiences.





Aerial View



AV Hall

A Multi-Use space to conduct workshops & stream online content, and video conferencing for Aarvam Kids.



Welcome Center

A space to orient the kids for Aarvam classes, a small part of it acts as a help desk for the visitors. An exhibit center to display the model made by the kids at the Aarvam classes.



Think Tank

Common Workspace for resource people & content curators. This also is a collaborative environment for peer discussions, conferences & meetings.



Kitchen & Dorm

Central Kitchen which facilitates large groups, kids & visitors. Comfort dorms for Guests.



Ecology Observatory

Space for kids to explore, understand, and observe our native - biodiversity & ecosystem.



Makers Space

Space for kids to explore, ideate, and fabricate basic & intermediate-level engineering design.



Space Observatory

A place for kids to observe, understand and explore space. To comprehend a deep understanding of humanities, history, geography & anthropology & astronomy.

Teachers' Experience

- Aarvam was started in Dec of 2022, and since then five teachers have been onboarded
- By attending workshops and training, teachers have gained a lot of experience during the past year
- Besides the textbooks, the teachers refer to other books and study materials before teaching the kids

Students Learning Experience

- Students who found Math to be a difficult subject are now able to grasp the concepts better after attending our math workshops giving them more confidence in the subject
- Science experiments are conducted using materials that are commonly found in their day-to-day lives. Hence Science has become more fun and easy to understand
- Children are shown documentaries on topics like the solar system, wildlife, birds, marine life, etc., which gives them an opportunity to learn about nature and science
- Students experiment with arts and crafts using different materials such as clay, wood, and other natural materials such as palm leaves and coconut shells
- Students go on field trips to local historical and archaeological sites. This gives them a better understanding of our history and they also learn about evolution
- Parents are very happy to see their children eager to learn and understand concepts



Aarvam Timeline

2022

FEB



12th

Bought 20mbps internet lines connecting throughout the overall Payir campus

MAR



3rd

Simple experiments with Payir children - Aravind Gupta toys

15th

Tab classes in full swing

APR



3rd

Studio ARKHives collaboration with Payir

18th

Vist to Agasthya foundation Kuppam

26th

Case studies at Auroville Pondicherry

MAY



29th

Vigyan ashram Pabal

31st

Mukthangan science Exploratory -Pune

JUN



2nd

Jawaharlal Nehru Planetarium Visvesvaraya Museum - Bangalore

19th

AARVAM Introduction meet

24th

Content creation and experimentation

JUL



15th

Started workshops and sessions with government school children

AUG



22nd

Schematic site plan discussion

27th

Online Introductory meeting with Amagi

SEP



10th

Weekend workshop with children

OCT



- ▶ Amagi preparatory meet
- ▶ Planning works at site level with architects and civil team

NOV



- ▶ Aarvam meeting at Amagi office with display in stalls
- ▶ Workshops conducted for kids
- ▶ Meeting at Curio Kidz for partnership, regarding study kits for hands-on learning

DEC



- 11th**
Aarvam stall at Amagi All Hands meet
- 15th & 16th**
MaxHub TV installation day
Amagi team visit at Payir campus
- 19th**
Five full-time teachers got on board
- 26th - 28th**
Ecological Workshop at Govt. Hr. Sec. School, Kalarampatti

2023

JAN



5th & 6th

Teachers attended training at CurioKidz on how to use the

7th

Teachers visited the Birla Planetarium

18th

Teachers attended the math workshop conducted by Deepak

21st - 22nd

Students attended the Art camp (clay and mask) and also visited the forest

21st - 22nd

- ▶ Think tank marking for excavation
- ▶ Multipurpose foundation work up to plinth level
- ▶ Welcome center foundation up to ground level

FEB



14th

Thinktank Foundation work in progress Multipurpose foundation work up to plinth level

23rd

Students attended the Kakuro and Nonogram puzzles camp by Rajesh Sada Gopan

MAR



29th

Multipurpose area plinth beam and roof metal fabrication complete

7th

Welcome center foundation work upto plinth level

21st & 22nd

Students attended the Art camp (clay and mask) and also visited the forest

Community-based special education interventions

- ▶ **Started with 35 children in 9 villages and by the end of the year, it expanded to 65 children in 12 villages**

A work we started in 2021, expanded with the efforts of Ms. Ranjitha at the field level. Guided and anchored by Ms. Alli Murugesan and Dr. Krupa Natarajan from Vasantham Special School, we take our service door to door, teaching therapy techniques, counselling the children and parents, connecting them to surgical and interventional services and so on. In the year 2022, the Vasantham team visited Payir twice for an in-person evaluation of the children. The year started with 35 children in 9 villages and by the end of the year, it expanded to 65 children in 12 villages. Every child is assessed by the Vasantham team, they send their recommendations online, Ranjitha does the needed work and the Vasantham team monitors for the improvements as well.

With our efforts,

- ▶ Augxxx 6 yrs – Cleft palate repair surgery done
- ▶ Mukxxx 12 yrs – with macular dystrophy received a 4X magnifying glass
- ▶ Shaxxx 12 yrs – got hearing aid adjusted to current needs after almost 6 years
- ▶ Gajxxx 24 yrs – receives Govt pension of Rs. 2000 since Dec 2022
- ▶ Nitxxx 4 yrs – started walking 3 months ago
- ▶ Speech therapy helped 3 children pick up talking
- ▶ Sajxxx 9 yrs – toilet trained for the first time in his life

And there are many such positive impact stories.

Adolescent Education Program

- ▶ **Started the Adolescent Education Program in 8 villages**

The adolescent children of today face major issues such as depression, substance abuse, lack of focus, etc.,. Besides this, they also lack the necessary knowledge and skills they need to face their future. A lot of this is due to social media impact, improper use of technology, and lack of resources and proper guidance. In the rural areas, the problems of adolescent children are compounded by poverty, lack of resources and lack of awareness among the parents. We at Payir are addressing this problem by:

- ▶ Educating adolescent children on how the Human body works not just in the physical sense but also from a social perspective
- ▶ Teaching them life skills such as communication, problem-solving, teamwork and interpersonal relationships
- ▶ Talking to them about gender stereotypes and how to break them by having a broader perspective
- ▶ Conducting workshops, and storytelling sessions and inviting guest speakers to speak to them
- ▶ Encouraging them to participate in activities that nurture their creativity

After one year, we see that they have gained more knowledge about the human body, and they are better at communication and teamwork. They also have a broader level of understanding of gender and society and seem to have more self confidence. In the future, we plan to

- ▶ Publish a monthly newsletter or magazine to showcase their creative work
- ▶ Establish a Model Student Parliament
- ▶ Teach them to use technology to their advantage
- ▶ Teach them self-analysis and self-control to combat addiction issues

Early Childhood Development Center

We are well aware that the extent of opportunities and accessibility of resources essential for the physical, sensory, social and emotional development of rural children consistently fall short. Payir decided to address this shortfall by launching an Early Childhood Learning Center in Thenur village, with intention of opening similar centers in a few other villages down the line.

On 21st February 2023, we launched our first center in Thenur equipped with an array of play materials for children aged 1 month to three years. Two of our staff members were trained in handling infants and toddlers. We have adopted a Montessori method of education, our staff visited “Thalir” a Montessori school in Madurai for two days of training. Currently, we have 6 children regularly visiting the center. We have observed significant improvements in the sensory perception, cognitive and social skills of the children who visit the center regularly. The parents are also taught about good disciplining techniques that they can practice at home.



Oneness with Nature

Afforestation

- ▶ A 5 member team led by Sharanya is working full time
- ▶ 2475 tree saplings have been planted in 3 villages - Thenur, Thottiapatti and Nakkasalem
- ▶ 7440 trees have been planted so far

Besides this, Thenur and Nathakadu schools have received nearly 200 tree saplings to plant around their surroundings. Also, three PHCs in Chettikulam, Kannapadi and Adaikampatti have received 15 tree saplings each. The nursery team is also engaged in seed collection and those seeds are sowed and raised in the nursery. There are more than 35 varieties of tree saplings in our nursery.

Planting of 18,600 saplings around the Ariyalur mines was a great success this year, which was a joint effort with Thoorigai. More than 15 varieties of saplings were planted within three months.



Uzhavu Thiruvizha

- ▶ **2000 people from 62 different organizations including several schools and NGOs participated in the event**

This year for the first time we organized a Uzhavu Thiruvizha (Farmer's Festival) at the Payir campus. When Dr. Ko Sitthar, a renowned naturopathy doctor and a farmer, also our mentor and guide, inaugurated our Naturopathy in-patient therapy center in May 2022, he sowed the seed for the Uzhavu Thiruvizha. His speech during the inauguration inspired us to organize the Uzhavu Thiruvizha function.

We invited experts from the farming community, social activists and Dr. Ko Sitthar to speak at the event. The two-day festival gave us an opportunity to talk about some very important topics such as natural (organic) farming, embracing a healthy lifestyle and safeguarding our traditional seeds. Some of the farmers, NGOs, horticulturalists, artisans, and natural food enthusiasts set up stalls at the event to showcase and sell their products such as grains, seeds, food items and other eco-friendly items. We had also organized a science exhibition on snakes that are commonly found in Thenur and surrounding areas, it became a huge hit among the children. Several people including school children, villagers and farmers attended the two-day festival and thoroughly enjoyed it. Since the event was a huge success we decided to continue the tradition in the coming years.





Kitchen and Herbal Garden initiatives

In addition to providing health education, the Health Animators also educated students about the advantages of cultivating both kitchen and herbal gardens within their households. As a result of these efforts, several families of these students have now taken up the practice of maintaining their own kitchen gardens at home.

Our Siddha doctor has been instrumental in creating an herbal garden at the Payir campus and also at 2 PHCs and 5 schools.

Thoorigai and Thinai - Women's Collective

- ▶ Provides livelihood for 25+ families
- ▶ After COVID things are slowly picking up, but we need more patrons
- ▶ Thinai: Deepavali Millet Laddu orders close to 1000 kgs
- ▶ Thoorigai: Titan order for making bags for Tanishq as well as CSR giveaway bags

For the women working in Thoorigai and Thinai, this is a big opportunity to not only be self-sustaining but also provide for their families. After COVID, things are slowly picking up but still, it is not sufficient. We need more patrons and more orders for Thoorigai and Thinai to be profitable.





Thinai - Food Processing Unit

- ▶ We make healthy malt and millet-based laddus
- ▶ 783 children including the RSTC children at Payir are being served the healthy laddoos as part of the Supplementary Nutrition Program
- ▶ 40 kgs of millet are given to the children every day as healthy snacks
- ▶ A healthy porridge is made from the health mix and served to the RSTC kids every day
- ▶ We also take commercial orders for our laddoos and health mix from corporates, schools and individuals
- ▶ We take pride in our quality and hygiene standards

Thoorigai - Bag Making Unit

- ▶ 120 different types of bags, purses
- ▶ Natural, eco-friendly, 100% handmade
- ▶ Thoorigai unit has taken the next step by shifting to its own building in Thenur village
- ▶ Purchased a fusing machine for ironing Juco material
- ▶ Exhibitions and Bulk Orders
 - Tanishq logo bag orders
 - 810 shopping bags for Sankara Nethralaya
 - Tata Education program - provided school bags for poor kids
 - Bangalore Dastkar Exhibition
 - Stalls at IIT Madras, IIM Trichy, Gandhi Museum



Partners

INDIA



USA



Awards and Recognition

- ▶ **TEDX** - creating choices in the Rural context
- ▶ **Times Now** - featured as **“Amazing Indian”**
- ▶ **India Today** - one of the 50 Youth featured in **“Spirit of India - Youth Special”**
- ▶ **The Hindu** - featured under **“Creating Changemakers”**
- ▶ **Rotary Club** of Esplanade - **“For the Sake of Honor”** award
- ▶ **Fellow** of Asha for Education

Tamil Nadu **State Planning Commission** - Payir is a **resource Institution for Perambalur** district

- ▶ Perambalur District Administration - Payir is part of different committees related to rural development, education, nutrition and livelihood implementation



Financials

Balance Sheet

Particulars	As at March 31, 2023
Liabilities	
Trust Fund	24,885,697.71
Corpus Fund	236,100.00
Loans	500,000.00
Current Liabilities	337,828.00
Total Liabilities	25,959,625.71
Assets	
Fixed Assets	17,403,201.77
Investments	8,000,000.00
Cash & Bank Balance	153,914.94
Other Current Assets, Loans & Advances.	402,509.00
Total Assets	25,959,625.71

Receipts & Payments

Receipts	
Particulars	31st March 2023
Opening Balance :	
Cash & Bank Balance	1,327,315.30
Revenue Income	
Donations - Voluntary Contributions	14,683,524.55
Grants for Programmes	492,611.00
Foreign Contributions	7,418,085.03
Self- Generated	197,103.00
Any other Income	8,870,126.00
Capital Receipt	
Fixed Deposits	8,870,126.00
Total Receipts	33,274,243.00

Payments

Liabilities	
Programme(s) & Public Engagement	15,529,637.42
Management & Operational Costs	572,821.24
Purchase/ Construction of Major Fixed Assets	4,573,633.40
Deposit & Advances	12,444,236.00
Closing Balance:	
Cash & Bank	153,914.94
Total Payments	33,274,243.00

Income & Expenditure

Particulars	31st March 2023
Income	
Donations	22,101,609.58
Grants	492,611.00
Total Donations & Grants	22,594,220.58
Self Generated	
Wellness Centre	197,103.00
Other Income	285,478.12
Total Self Generated	482,581.12
Total Income	23,076,801.70

Expenditure

Programme(S)	
Community Development	809,375.00
Education	7,475,225.12
Health Services	5,717,572.40
Organic farming support	1,461,620.90
Management & Operational Costs	536,941.49
Depreciation	1,309,610.74
Total Expenditure	17,310,345.65
Funds available (or not), for development of services (Surplus/Deficit)	5,766,456.05
Total	23,076,801.70

BOARD OF TRUSTEES

Mr. Senthilkumar Gopalan	Managing Tustee
Mr.Sriram Thiagarajan	Treasurer
Dr. Sridharan Krishnamurthy	Trustee
Dr. Lalitha Regi	Trustee
Ms. Salai Selvam	Trustee
Adv. Mr. S. Martin	Trustee
Mr. S. Patchaimuthu	Trustee

Auditor: Mr. AR. Karuppan Chetty, Tirchy.

Mr. Senthil Gopalan - Rs. 1,80,000/- Yearly Salary

Mr. Patchaimuthu - Rs. 1,80,000/- Yearly Salary

Get Involved

Stay in Payir Campus guest house with your children
Payir Campus is in Thenur village - 40km from Trichy, Tamil Nadu

Donate

INDIA

Scan QR Code



www.payir.org

US

Scan QR Code




www.friendsofpayir.org


Contact Us


Payir Trust

Thenur Village, Alathur Taluk, Perambalur District - 621 114.
Tamil Nadu, India.

 www.payir.org / www.friendsofpayir.org

 info@payir.org / info@friendsofpayir.org

 PayirIndia / FriendsOfPayir

 +91 90472 55257 / 99809 80191

