

**ANNAI KARUNALAYA SOCIAL WELFARE
ASSOCIATION (AKSA)**

**121, MGR STREET, VIJAYA NAGARAM, MEDAVAKKAM, TAMBARAM TALUK,
CHENGALPATTU DISTRICT, PINCODE - 601302. TAMILNADU**

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**Annual Report
Year 2020 - 2021**

ANNUAL REPORT

2020-2021

PROFILE OF THE ORGANISATION:

Annai Karunalaya Social Welfare Association (AKSA) was established in 1986 as a Society under the Tamil Nadu Societies Registration Act 1956 having registered office at TAMBARAM Taluk of Chengalpet District (recently bifurcated from Kancheepuram District) Tamil Nadu. We are implementing in two needy Districts Tindivanam and Villupuram Taluk of Tamil Nadu. Chengalpet and Villupuram District are our current project areas serving the poor and needy people. Initially we engaged in creating self-help groups among poor women and preparing their leadership skills and arrange for the loan from bank thereby equipping them to take-up income generation programmes. We also organized capacity building programmes and trainings on monthly basis and inculcated them knowledge on their livelihood development. We are happy to share that these SHG members continue to get our support and guidance towards their enhancement.

Our Programs during the year 2020-21

1. PROGRAMME FOR SENIOR CITIZENS

- a. Integrated Programme for Senior Citizens (IPSrC) at Chengalpet District**
- b. Integrated Programme for Senior Citizens (IPSrC) at Villupuram District**

2. PROGRAMME FOR ALCOHOLICS & DRUG ADDICTS

- c. Integrated Rehabilitation Centre for Addicts (IRCA) at Villupuram District**
- d. Integrated Rehabilitation Centre for Addicts (IRCA) at Tirupathur District**

3. PROGRAMME FOR WOMEN & CHILDREN

- e. Family Counselling Centre (FCC) at Villupuram District**
- f. Swadhar Greh - Shelter for women and children in difficult circumstances at Villupuram District**

1. Integrated Programme for Senior Citizens (IPSrC)

a. Rajinikanth Senior Citizen Home at Medavakkam of Chengalpet District

Annai Karunalaya operates two Old Age Homes under the support of Ministry of Social Justice & Empowerment, Government of India, New Delhi. These SCH are functioning at Villupuram and Kancheepuram Districts. In these areas, we found destitute and abandoned elderly people are living and have no access to old age care and hence we established homes for resurrecting the poor elderly people. Provide due care to the helpless, neglected and abandoned old aged persons in the society. Ensure old age friendly environment towards achieving a promising peaceful condition for elders fostering their physical, mental, social and spiritual protection and wellbeing as well. Safe, secure & homely environment for the elderly, Quality Nutritional Food, Complete Medical Care and Recreational activities, festival and birth day celebrations, yoga and walking exercises, facilities for all readings and television and many more life enjoying activities are the special provisions for our elders. The annual details of old age homes during 2020-2021 are briefed below.



Rajinikanth Senior Citizen Home provided a happy home for the several destitute, poor and orphaned elderly people for the past 10 years. Both male and female are residing in separate dormitories. During the year 2020-2021, 25 old age people which include 11 males and 14 females are sheltered. The infrastructure of the home is old age friendly located within safety compound. Elders can go for walk within the building with good ventilation. Separate Dormitory for male and female is provided with attached bathroom and western toilet facilities.

With regard to food menu, due to COVID pandemic situation, we changed the nutrition which suits the present condition. We served Kabasurakudineer, Nilavembu, Sundal, Dates, Turmeric Milk to boost the immunity for the elders apart from three times Meals. Elders are also happy with the modified menu. Recreational facilities such as Television, Tape recorder and celebration of Birthdays of all elders on every fourth Saturday of every month is a good remembrance for all residents. We also distribute gifts to elders on their birthday and arrange for the family visit of those elders belonging to our old age home. This has paved for good mental well-being among elders. As per Govt. guidelines, we have installed 10 CCTV cameras for the monitoring purpose in our old age home.

Even though the lockdown period continued longer during last year, we secured enough groceries and arranged for wholesome nutritive food and tried to maintain good physical and mental wellbeing. Elders also express their immense happiness of the menu, care and all facilities of their overall wellbeing.

Each of our senior citizen at Rajinikanth Old Age Home are in good health and enjoying old age friendly and peaceful life. Many colorful events, birth days and celebrations were taken place for the happiness of our senior citizen.

b. Virutcham Senior Citizen Home at Tindivanam of Villupuram District



Virutcham Senior Citizen Home located at Tindivanam of Villupuram District. It is surrounded by many rural villages. This home is running for the past many years and well-known among local public at large. They visit our old age home to celebrate their family occasions. Students also pay visit to spend time with the elders. Social clubs also plan for activities to entertain the elders. The old age home is located in vast area in spacious building including separate dormitories for both male and female and adequate toilets with a greater number of western toilets. Also, isolation room for the elders falling sick and an indoor room for recreation and television, tape recorder is also arranged for the resident elders. Periodical doctor visit, everyday nursing care. Spacious Separate kitchen and dining hall, open space for walk, yoga and exercises are some of the key facilities of our old age home. We maintain the place neat and clean with the help of Multitask workers working in shift basis.

Due to pandemic, we have completely restricted the entry of visitors considering the safety of residents. The eligible 14 elders belonging to our home have been vaccinated. As per Govt. guidelines, we have installed 10 CCTV cameras for the easy monitoring purpose in our old age home. Healthy Food has always been our first choice for the residents of our old age home. We included egg, protein rich food, immunity boosting drinks such as soups, turmeric milk during pandemic. We are happy to share that elder also maintained good health condition without any infection during this critical period.

During the year 2020-2021, 25 old age people are sheltered including 12 females and 13 males. New admissions are 3. Apart from these beneficiaries, 2 old age people are reunited with their family since their family taken responsibility to care. 11 old age people have been transferred to other old age homes where their native places are nearest.

Each of our senior citizen at Virutcham Senior Citizen Home are in good health and enjoying old age friendly and peaceful life. Many colorful events, birth days and celebrations were taken place for the happiness of our senior citizen.

2. Integrated Rehabilitation Center for Addicts

c. Mahatma Integrated Rehabilitation Center for Addicts at Tindivanam of Villupuram District





Annai Karunalaya is implementing rehabilitation of drug and alcohol addicts through Mahatma Integrated Rehabilitation Centre for Addicts in Tindivanam in Villupuram district. It is providing complete treatment services towards the recovery from Drug and alcoholic addiction. They're found high prevalence of alcoholism in the rural areas of entire Villupuram District. Also, Pondichery being located in the closest location of Villupuram, there are many alcoholics visit to our centre for the treatment and recovery.

Under the continued guidance and support of Ministry of Social Justice and Empowerment, Government of India, we render all planned activities as per the guidelines to the patients with the help of Programme Coordinator and 2 Counsellors. During last year, Regional Resource Training Centre undertaken online training for the project team of Integrated Rehabilitation Centre for Addicts. Our counsellors also undergone on specific topics and found the training very resourceful.

Upon the admission of a patient, they undergo detox period for one week followed by educative sessions, 8 individual counselling, 4 family counselling, 2 group counselling along with their spouse or any of their family members.

Apart from the scheduled classes, everyday morning yoga, regular doctor checkup, everyday nursing care with medicines, proper nutrition is also followed by our project team. After discharge, follow up through tele counselling, phone call, visit to centre for medicines with family members, linking with Alcohol Anonymous in their neighborhood location is also monitored by our team. Further we follow minimum 2 years with each of the discharged patients in order to maintain sobriety after discharge from our centre.

Due to pandemic situation during the year 2020-21 followed by lockdown, the patients who underwent treatment at our centre for the past 5 years were given necessary support by way of medicines, food grains for their livelihood, tele counselling by our team. Around 165 patients were in our follow-up and support during the period. They expressed their immense happiness along with their family members for our timely support during this critical situation. It is a fact that they continue to maintain sobriety and refer many more needy addicts to avail our services through our centre. Due to pandemic, we could not extend our complete treatment services to those who were in need of our services. We also made it mandatory and insisted that every patient should come produce Corona Test upon their admission. This was the main reason for the decreased strength during last year. We would continue to work and extend our support in the coming year to reach more needy addicts and alcoholics belonging to our project areas of Villupuram District.

d. Alayam Integrated Rehabilitation Centre at Bethel Garden, South colony, Agaramcheri, Ambur taluk, Thiruppathur District, Tamil Nadu - 635804



During the year 2019-20, Alayam Integrated Rehabilitation Centre for Addicts was recognized by Ministry of Social Justice and Empowerment, Government of India and extended support towards rendering treatment and rehabilitation services for Addicts and Alcoholics in Thirupathur District where there is no other such similar services. The centre received non-recurring aid from 30.3.2020 onwards and has been serving for the needy addicts. This centre is located at Chettiyappanur Village of Vaniyambadi Taluk of Thirupathur District. Due to the location of the building in a very old building, we had to change the location to yet another place with easy access to Public of our services. In the meantime, we identified an ideal building in Agaranchery of Ambur Taluk. With the permission from Ministry of Social Justice and Empowerment, Government of India, we duly shifted our Integrated Rehabilitation Centre for Addicts to the new location. The new building has all requisite facilities for dormitory, class room, adequate number of Indian and western toilets, open space for indoor and outdoor activities for the patients.

Due to the CORONA pandemic, lockdown and change of location, we couldn't serve the specified beneficiaries during last year. 75 patients were able to get treatment from our centre. The patients underwent detoxification followed daily knowledge session, counselling including individual, family and group at regular intervention, everyday doctor checkup and nursing care, yoga in the morning, indoor and outdoor activities as part of recreation, nutritive food including 3 times meals and tea and snacks.

We are happy to share that none of the patients were relapsed after taking treatment from our end. The family members as well as spouse were also educated to care the patients through our guidance and telecalls.

As part of aftercare services, telephone call with patient and family members, home visit, linking with Alcohol Anonymous groups were also followed by our counsellors. By following these processes systematically, Patients are able to attend AA meetings and maintain sobriety in their life.

We served even during the Covid 19 lockdown period. Since the Covid 19 lockdown was active the number of patients is less. Rehabilitation services are given to over 100 addicts over telecon frequently during the lockdown period in association with AA group and local volunteers.

Tele counselling, Follow-up and Rehabilitation services was on full force attending the needs of addicts in and around our project areas. After the relaxation of lockdown, the number of patients between October and March 2020 were 66 addicts. This our treatment cum rehabilitation services continued with active participation of staff.

3. Family Counselling Centre

e. Family Counselling Centre (THOZHI) located at B11 Police Station, East Pandy Road, Villupuram 605602.



Annai Karunalaya Family Counselling Centre is functioning at All Women Police Station, at Villupuram of Villupuram District. We receive many clients approaching AWPS seeking our support for immediate disbursement such as family conflicts due to petty issues among couple. Our counsellors try to resolve such cases from time to time.

During the year 2020-2021, total number of cases are registered in the counselling center are 325. Out of total cases, resolved cases counts 317 and remaining 8 cases are pending and is under progress of counselling. Apart from this, clients also seek guidance and our support for career guidance and employment opportunities.

The categories of clients approaching our counselling centre includes Alcoholism, Marital Maladjustment, Economic Crisis, Extramarital Affair, Economic crisis, Depression, Dowry, Property Dispute, others such as Mental and physical abuse.

Maximum 5 sessions and minimum 1 or 2 sessions are required for the clients to find solution for any of their problem. We face constraints in terms of co-operation from the patients for non-attending the required number of sessions to find solution for their sufferings. We follow such clients and extend tele counselling for such clients.

Due to CORONA pandemic, we could not conduct Awareness Programmes of our counselling centre in the areas. However, after the completion of lockdown we organised awareness programmes among self-help groups, Mukyasevikas, Gramasevikas, village health nurses to refer the clients to avail professional counselling and follow-up services at our end.

Follow-up is the key to our counselling services. Hence our counsellors periodically go for home visit or tele counselling with the clients and continue to extend necessary guidance and support. Some cases require support from Police, Counsel and specialist such as Psychologist. At times, we find difficult to make arrange and liaison with such specialist to resolve their problems from time to time.

**f. Swadhar Greh – Women Shelter Home for Women & Children
Nambikkai - Swadhar Greh located at No.25/2/7, Near Santhaimedu, Gingee Road,
Tindivanam, Villupuram District.**



Our Nambikkai Swadhar Shelter Home is located at Santhaimedu of Tindivanam which is spacious and easily accessible to all sorts of approach and also the important places such as Police Station, Court, Bus Stand and Hospitals are located within easy reach. Female Doctor visits periodically and examines the residents.

Women and Children in difficult circumstances are the main beneficiaries of Swadhar Shelter Home. Women run away from Home, Dowry Problem, Family Disorganization, Domestic Violence, Legal Problem are some of the categories of women seek shelter and referred for our Rehabilitation services. During last year, due to CORONA pandemic and lockdown period, the number of clients approaching our centre for shelter and rehabilitation was sizeably less.

During the beginning of year April 2020, around 21 women and 6 children were present. Totally 13 women and 5 children were admitted and 11 women and 5 children were discharged from our home after due counselling and rehabilitation. Necessary follow-up from our end is also carried out by means of tele counselling to ensure their happy living.

District Authorities, Police, Self-help groups, Social Clubs, local people refer needy women and children for our support. Within 24 hours, we intimate to local police station about an admission of a women for their kind notice and record.

Counsellor plays a vital role in our programme in analyzing the needs and wants of a resident woman. They extend counselling after a week of their admission and prepare a rehabilitation plan after thorough understanding of their difficulties and problems they go through in their life. Depending upon the probable period of their stay, they take action towards child's education if needed, introducing them vocational training and referral of employment opportunities in a safe environment thereby making them self-reliant and independent. If a woman accompanied with a male child above 7 years, we take action to refer such child to suitable children home and arrange for the uninterrupted education.

Minimum period of stay extends from 3 months upto 3 years depending upon the nature of their problem. We provide nutritive food, yoga and arrange for the recreational facilities for their happy shelter during the period of stay. We are thankful to Ministry of Women and Child Development, New Delhi for the continued support of this needy programme in Villupuram District.

Conclusion:

The year 2020-21, in the midst of COVID pandemic and Lockdown we tried our best to extend necessary services for the well-being of elders, women and children, addicts and alcoholics benefiting through our programmes. We are thankful to Ministry of Social Justice and Empowerment, Government of India, Ministry of Women and Child Development, Govt. of India, Dept. of Social

Welfare & NMP, Department of Social Defence, Tamil Nadu Social Welfare Board for the continued support to run the programme.

Our heartfelt regards to State coordinators from Project Monitoring Unit, Ministry of Social Justice and Empowerment, Government of India, District Social Welfare Officer, District Child Protection Officer, Joint Secretary from Tamil Nadu Social Welfare Board for their visit to our project and their valuable guidance to implement the programmes effectively. We also owe a big thanks to Individual donors for their contributions and visit to our projects during their family occasions, birthdays and marriage anniversaries. We assure of our continued service for the care and betterment of beneficiaries under our programme in the years to come and pray almighty to win over the pandemic situation of India and save the lives of people.

**For ANNAI KARUNALAYA SOCIAL
WELFARE ASSOCIATION**
P. Dharmaprakash
Secretary