

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

**121, MGR Street, Vijaya Nagaram, Medavakkam, Tambaram Taluk, Chengalpattu District, Tamil Nadu, Pincode - 601 302**

**Annual Report 2019-2020**

### **Organization Profile**

Annai Karunalaya Social Welfare Association (AKSA) was established as a Society under the Tamilnadu Societies Registration Act 1956 having registered office at Sholinganallur Taluk of **Chengalpet District (recently bifurcated from Kancheepuram District)** Tamil Nadu. It began its activities by organizing need based welfare programmes, women empowerment through SHGs and community development programmes. Gradually expanded its services rendering support in child development and protection of abandoned senior citizens, destitute women and rehabilitating the drug addicts in Chengalpet, Villupuram and Vellore Districts.

### **Our Mission**

“Build capacities to promote appropriate institutional arrangements to access resources and opportunities which will enable the community to achieve sustainable socio- economic development”.

### **A. Child Care Programmes**

#### **1. Creche Program**

#### **Goal:**

Uphold Children Care facilities for children below 5 years through affording nutrition and play way education under the guidelines of ICDS in Kancheepuram district.

#### **Objectives:**

- Make healthy children below 5 years
- Provide nutritious food and play way education to children
- Primary Health Care and provide adequate medical facilities for children
- Conduct parents meeting every month and get the community involved in the management and monitoring of Activities, especially providing infrastructure, clean water, toilet and cooking facilities.

**Area:** Tindivananam

**District:** Villupuram

Sl.No	Name of the Village	Number of Children
1	Vemboondi	35
2	Kollar	35

**Activities:**

- Nursery rhymes
- Story Telling
- Drawing and coloring
- Craft
- Picture Talk
- Object Talk
- Clay Modeling
- Music & Movement Games
- Puppet show etc.
- Most of the festivals are celebrated with lots of fun.
- We celebrate all children's birthday without fail.
- Pediatrician visits the centre to examine our children. We maintain individual child health card wherein Height, Weight, ENT and Dental Checkup etc. are recorded regularly. If any child is detected with health problem, his/her parents are prescribed medicines/ tests accordingly by the Doctor.

**B. Women Development Programmes:**

**Swadhar Greh:**

**Goal**

Protecting and rehabilitating women and children between the age of 18 and 59 under difficult circumstances accompanied with their female children below 18 years and male children below 10 years.

**Objectives:**

- To create awareness in the community for care and protection of women and children who are under difficult circumstances.
- To provide food, clothing, medical facilities and entertainment to the inmates.
- To counsel and rehabilitate women and to provide vocational training for 30 women.
- To establish network with other Free Legal Aid, NGOs and other Government Department.

**1. Swadhar Greh at Tindivanam of Villupuram District:**

70 women and 11 children in difficult circumstances such as destitute widows, women without family support, trafficked women/girls rescued from brothels or other places or victims of sexual crime were taken care by providing food, shelter, clothing, counseling services and social Mainstreaming. At this reporting period, 15 inmates were admitted newly and 17 inmates were reunited with their parents and spouse through counseling support. At present, 53 inmates are taken care at Home.

Vocational trainings were provided to 42 inmates on tailoring, embroidering, basket making with bamboo, cover making and flower garland. 24 inmates were self-employed after discharge from the Home. Inmates are taken out to temples and other open space for outings as recreation.

The project has taken care of 70 inmates under distress and rendered counseling support. Of which 17 inmates were rehabilitated successfully with their parents, spouse and relatives.

**2. Family Counselling Center:****The prime objectives of the programme:**

- Pre-marital counseling
- Counseling for destitute women
- Legal counseling for women in divorce cases
- Counseling for Marital mal-adjustment problems.
- Counseling to tackle issues like eve teasing.

Family Counseling Centre has been running in All Women Police Station of Villupuram District and functioning effectively with the guidance & coordination of the Tamil Nadu Social Welfare

Board and District Administration in the identification of clients. Our family counseling centre aims at reducing the problems and crisis, strengthening family coping skills, effecting positive changes in the attitude, improvement in life style, providing timely counseling and support to lead a qualitative life style.

Our Counselor visiting the Police Station focuses on counseling to clients approaching police stations to resolve their misunderstanding problems, suspiciousness, unemployment, depression, love affair, extra marital affair, pre-marital problem, dowry problem etc., She also help the individual for an enhanced level of functioning when they are unable to cope with the problem brought in by these changes.

**Achievements:**

<b>Major cases handled</b>	<b>2019-2020</b>	<b>Cumulative</b>
Alcoholic Problem	30	418
Suspicious thought	30	306
Marital mal-adjustment Problem	57	798
In laws problem	71	684
Extra marital Relationship		399
Love affairs	7	114
Dowry Problem	2	156
Personality difference	4	28
Pre-marital counselling	13	90
Awareness Programme	12	108
<b>Total</b>	<b>252</b>	<b>3101</b>

### **C. Integrated Programme for Senior Citizens (IPSrC):**

For those aged group of people who have been neglected by society and their loved ones, the **IPSrC** gives them a chance to spend the second innings of their lives with other elders, with basic facilities that they require during this fragile age. The home was started in the year 1993 to address the needs of senior citizens.

Annai Karunalaya social Welfare Association (AKSA) has been able to create conducive environments where the aged get a chance to engage with other people of their own age and also pursue a range of interest related activities.

At our Home, we pride ourselves on providing our residents with best-practice service, aiming to meet their physical, psychological and spiritual requirements. Our staff expertise, knowledge, caring and understanding approach provides day to day support and encourages residents to lead a full and enriched life, through meaningful experiences. The programme has a linkage with the nursery school which is also located in the nearby campus where the small children are coming and also to have affectionate contact and relationship with the aged people.

### **Rajanikanth Senior Citizens Home at Chengalpet District:**

The Home for the elderly provides love and care to 25 neglected elders.

At this reporting period, 10 elders were newly admitted in Home. The Medical Officer visits weekly twice and conducts medical check up to the elders at Home and provides nutrition supplement and all needy elders. In addition, Part time Nurse also appointed to follow the medical advice of Doctor and teach elders on good sanitation practices & self-Hygiene.

Elders participate in yoga session taught in the Home every day. They enjoy doing yoga and feel relaxed.

The active elders at Home are maintaining plants and watering the plants as part of recreation. More than that, reading newspaper, watching television are entertained for the elders.

Independence & Republic Day, New Year and all-important festivals were celebrated with elders by organizing different cultural programmes & events. The donors, well wishes, college students, women self-help groups, government officials and NGO staffs were participated and enjoyed the Day along with elders.

The District Social Welfare Officer and other local authorities periodically visit our Home and given their guidance and suggestions.

### **Virutcham Senior Citizens Home at Tindivanam of Villupuram District:**

Virutcham Senior Citizens Home has taken care of 25 vulnerable elders and given homely atmosphere. The elders at Home are joyfully involving in gardening, and other recreational activities. At important days, elders are involved in games and sports activities and enjoy the day with children & general public.

The project organize periodical get-together meetings for elders by inviting local resource persons and oriented on legal rights, personal hygiene, nutrition, spirituality, interpersonal relationship and importance of Meditation.

The residents celebrate importance Days and Events like Pongal & Diwali, Independence Day, Republic Day and World Elders Day along with elders and enjoyed by providing sweets and food to them.

The elders at Home are entertained on watching Television, reading newspaper, visiting nearby temple, helping each other etc. The MSW students from College who come for Block placement organized different cultural events and issued prizes.

The school children enjoy their NSS camps at Old Age Home by dancing and chit chatting with elders. Our Senior Citizens Home has satisfied of its services to the vulnerable elders of providing food, shelter, medical support, meditation and recreation. The daily routine activities such as shelter, nutritive food, get-together, celebration of festivals and recreational activities given wider scope to elders to feel at home. The elders at the project also enjoy love and care of general public and district authorities who visit them periodically at Home and at vital events.

### **1. Integrated Programme for Senior Citizens for 50 elderly women At Madapalli Panchayat, Chinnasamudram, Tirupathur Taluk & District**

Our journey for the care and services for the elderly people growing with the continued support of Government of India and local resources. We would like to serve more for many deserving elderly people by way of extending our facilities to the uncovered districts of Tamil Nadu.

As a result, our NGO initiated a Senior Citizens Home at Tirupathur of Vellore District exclusively for the deserted elderly women. According to 2011 census Vellore district consists of 40 lakhs Population. Recently Government divided Vellore into 3 districts namely Vellore, Tirupathur and Ranipet. Our new intervention for age care services at Tirupathur based to the backward condition of people, large number of elderly women deserted due to poverty and negligence by their family members. The number of elderly women seeking permission for admission in growing day by day through referral from various sources like local police station, elder helpline, district authorities and public referral.

We are thankful to individuals, public associations and volunteers living around the project location who always extend their participation, support towards donating their able contributions and also referring needy elders to our Senior Citizens Home. In future we would make our efforts to utilize the capable elders towards income generation activities and make the best use of their talents.

### **D. Integrated Rehabilitation Centre for Addicts (IRCA)**

With the dream of creating an addiction free world, AKSA opened the Integrated Rehabilitation Centre for Addicts (IRCA) and has been continuously supported by Ministry of Social Justice and Empowerment, Government of India. It specializes in creating a multi- faceted program that reaches people from all different walks of life. IRCA focuses on three things – awareness, de- addiction treatment, and rehabilitation. Its program features individual, group, marital, pre-marital, and youth therapy. IRCA is a firm believer in maintaining and restoring patient's relationships with friends and family. Through many types of therapy, relationships can be restored, and support systems at home can be created. Skilled counsellors help patients develop their personalities in order to fight addictive habits. The recovery rate of the center is above 80 percent from the inception.

## **Integrated Rehabilitation Centre For Addicts At Tindivanam of Villupuram District**

“Mahatma” 15-bedded rehabilitation centre treating the alcoholics and addicts. During the year 2019-2020, 180 patients have been treated. We address all aspects of a patient's life, providing medical and mental health services. The alcohol and drug treatment administered to a patient depends on the level and intensity of addiction. Therefore, if the patient is strongly addicted to a substance, our center provides 30 days treatment for recovery. In addition, 3 – 5 days of medically assisted detoxification is only the first stage of treatment but it does not help much against a long- term drug abuse. After the treatment, we practice follow-up options, such as community of family based recovery support systems, with doctors and qualified staff to provide assistance and support to patients.

<b>Programmes/Activities</b>	<b>Achievements</b>	<b>Cumulative</b>
Awareness programme conducted	24	384
Support person meeting conducted	12	24
Community meetings conducted	51	750
Total no. of individual counselling	1999	25990
No. of Re-educative sessions	277	4220
No. of group therapy session	225	2800
Total no. of group activity session	225	3200
Total no. of family therapy session	101	1600
Total no. of follow-up services	1395	20000

### **Drug Awareness Programme Under National Action Plan For Drug Demand Reduction (NAPDDR) at Villupuram District:**

Under NAPDDR programme, AKSA had undertaken several planned programmes at Villupuram District. At first, **Community meetings** were organized and carried out in high risk and vulnerable areas. Viewers and participants are more numerous and awareness messages have been reached to multiple population. The meetings addressed vulnerable groups in and around Tindivanam where substance use is often concentrated and focuses on improving their opportunities in difficult living and social conditions. **Street plays and rallies** with drug awareness messages through character roles, quotes in banners, pamphlets are carried out in high risk and vulnerable areas. This as the follow up of community meetings. Trainings and orientations have been imparted among self-help groups, youth groups, school and college students. Training focused more on the dangers of drug and alcohol abuse

and the penalties that may be imposed for drug and alcohol abuse violations. **At the industrial level,** crushers workers and fuel station workers have been sensitized on drug abuse prevention and awareness which focused adverse effect of drug use in family, social and economic life of individuals.

### **Integrated Rehabilitation Center For Addicts At Vellore District**

Annai Karunalaya Social Welfare Association is also operating center for rehabilitation of addicts at Vaniyambadi of Vellore District. Liquor consumption among menfolk is widely observed resulting in family dissolution, unemployment and various other health related problems. Our IRCA is a boon for such addicts to get treatment and rehabilitate from the addiction and lead a happy life. The patients admitted in our centre undergo medical checkups, detoxification, multivitamin and medicine treatment, physical exercises and yoga, education on the topics of alcohol-related health threats and social aspects, and individual psychological counseling. Every Saturday they are visited by their families who are also advised on how to support the recovery. We are grateful to the Ministry of Social Justice and Empowerment for supporting for this needy project in Vellore District where there is no other such centre existed so far.

### **Conclusion:**

Annai Karunalaya Social Welfare Association (AKSA) is indebted of thankfulness to Ministry of social justice and empowerment, Ministry of women and child development, Central Social Welfare Board, Office of the Commissioner of Social Welfare, Office of the Commissioner of Social Defense and Tamil Nadu state Social Welfare Board. We are on the way to continue to solidify services for the betterment of children, women, senior citizen and the persons who addicted and lost their life in our project areas. We stand on the immense support and guidance of well-wishers and donors during the coming year as well.

Our thanks to the all of our donors and supporters, who donated in cash and kind. In particular, the staff, the doctors, nurses, caregivers and auxiliary staff is admirable, and we express our appreciation and expect the same kind of supports at all during the coming days.

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