

AY 2022-23

**ANNUAL AND ACTIVITY
REPORT**

FORUS HEALTH AND EDUCATIONAL TRUST

Regd. Office – 37, Sundarraaj Nagar , Subramaniyapuram
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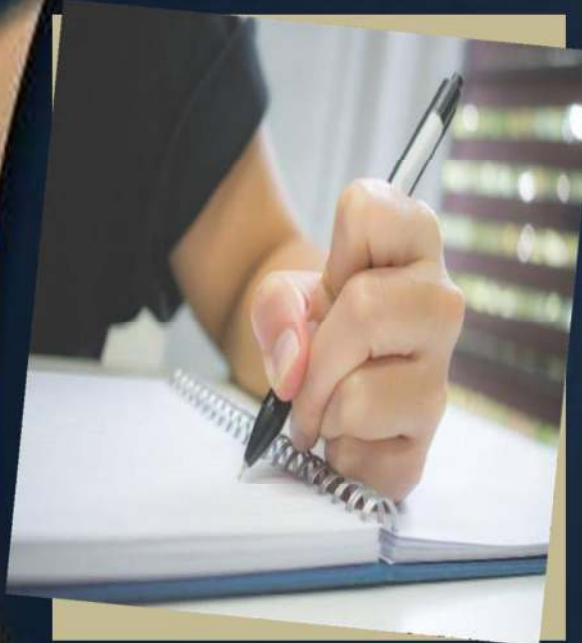
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About Us

Our Story

FORUS HEALTH AND EDUCATIONAL TRUST Our Executive Committee/Board has pleasure in presenting the Annual Report of the Society along with Audited Statement of Accounts and Auditors' Report thereon for the year ended 2022-2023 . To receive , Consider and adopt the Balance Sheet as on 31st March 2023 , the Receipt & Payment Account and Income & Expenditure Account, for the Year ended on that Date and the Reports of the Executive Committee and Auditors Thereon. To approve the constitution of the Executive Committee.

To transact such further or other business may properly come before the meeting or any adjournment thereof. The Member, **FORUS HEALTH AND EDUCATIONAL TRUST** Hon'ble members during the period under review the financial, physical performance as under.

Message from President 's Desk

It gives me immense pleasure to share the Annual Report of our organization it all of you. The nature of governance with its inherent dynamics of Government and Non-Government mindsets and the professional execution of the negotiated mandate of the organization, make our organization a unique organization with unique character and this needs to be valued. Since the day of its establishment, the organization has been supporting remote and grass root communities to ensure decent conditions for life and work.

Today I am happy to mention considerable increase in efficiency and effectiveness of our work as well as involvement of new thrust areas in our programs as a result of research and survey conducted by our organization. Our organization is extremely happy for this performance and hopes to continue in the same spirit for years to come, bringing solace and prosperity to vulnerable.

I call upon our long-standing supporters to further strengthen our organization so that we can keep the organization relevant and live to the development needs of communities. Wish you all the Readers and the whole team a very happy and prosperous future.

I would like to Congratulate each and every members of the our organization ho continue to support and believe in our Work.

Dr.Syed Sameer S
Managing Trustee
Forus Health and Educational Trust

PAN CARD OF NGO

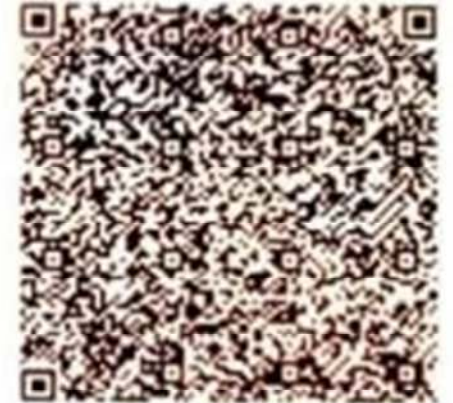
आयकर विभाग
INCOME TAX DEPARTMENT



भारत सरकार
GOVT. OF INDIA

स्थायी लेखा संख्या कार्ड
Permanent Account Number Card

AAATF7073J



नाम / Name

FORUS HEALTH AND EDUCATIONAL TRUST

निगमन / गठन की तारीख
Date of Incorporation/Formation

25/05/2018

ACTIVITIES AND PERFORMANCES

1. HEALTH CAMP (CHECKUP, TREATMENT AND MEDICINE DIST.)

- Conducted free health camps in rural areas, orphanages, old age homes, and special children's homes in Trichy, Namakkal, Salem, Erode and Cuddalore.
- Provided general medical consultations by qualified doctors and trained healthcare volunteers.
- Carried out BP and blood sugar screening for early detection of hypertension and diabetes.
- Organized dental screening and basic oral health check-ups.
- Held homeopathy and allopathy (modern medicine) consultation camps.
- Distributed essential medicines to needy beneficiaries.
- Referred patients requiring advanced care to nearby hospitals.
- Delivered awareness sessions on nutrition, hygiene, and the importance of regular health check-ups.
- Focused on elderly individuals, children, women, and economically vulnerable groups.

2. Cultural Programmes: Women's Day, Pongal & Diwali Celebrations

- Organized cultural programmes in rural areas, old age homes, and orphanages to promote unity and inclusion.
- Celebrated **International Women's Day** with motivational talks on women's rights, leadership, and equality.
- Honored local women achievers and encouraged confidence and participation.
- Conducted **Pongal** and **Diwali** celebrations with community gatherings and cultural performances.
- Distributed sweets and essentials so economically weaker families could join festive celebrations.
- Held awareness discussions on gender equality, social harmony, and community responsibility.
- Encouraged participation from youth, elders, and children to strengthen community bonding.
- Promoted cultural values, social cohesion, and a sense of belonging among all participants.

3. Food & Cloth Distribution Programme

- Distributed dry ration kits and cooked meals to street-side beggars and vulnerable families.
- Conducted food distribution drives in slum areas and low-income settlements.
- Provided seasonal clothing and blankets to homeless individuals and needy families.
- Organized special festive distribution drives to support underprivileged communities.
- Volunteers sorted, packed, and distributed donated clothes with dignity and transparency.
- Youth volunteers actively participated in collection and distribution activities.
- Supported daily wage earners, elderly persons, widows, and migrant workers.
- Helped reduce hunger and clothing insecurity while building community trust and compassion.

4. Women Empowerment: Skill Development & Financial Literacy

- Conducted tailoring and livelihood skill training awareness workshops in **Namakkal** for women from disadvantaged backgrounds.
- Organized hands-on training and small income-generation activities in **Anthiyur** to support sustainable livelihoods.
- Provided entrepreneurship and self-employment guidance in **Panruti** to encourage small business initiatives.
- Held financial literacy sessions on savings, budgeting, banking, and digital payments across all locations.
- Supported women in opening bank accounts and accessing government welfare schemes.
- Strengthened Self-Help Groups (SHGs) to promote collective savings and group enterprises.
- Motivated participants through success stories and confidence-building activities.
- Improved women's economic independence, self-confidence, and role in family and community decision-making.

5. Rural Development Programme: Awareness Initiatives

- Conducted village awareness meetings in **Mandurai** on health, hygiene, sanitation, and government welfare schemes.
- Organized door-to-door interactions and group discussions in **Kurinjipadi** to share information on pensions, health insurance, and scholarships.
- Held sanitation and safe drinking water awareness activities in **Senthamangalam** to promote healthy practices.
- Facilitated interactive sessions using simple language to improve community understanding.
- Engaged youth volunteers in mobilizing villagers and supporting programme activities.
- Enabled eligible families to access government benefits and encouraged informed participation in local development.

6. *Old Age & Handicapped Welfare Programme*

- Organized a **Free Homoeopathy Health Camp** for senior citizens and differently-abled individuals.
- Conducted general health check-ups including blood pressure and blood sugar testing.
- Provided homoeopathic consultation for chronic conditions such as arthritis, diabetes, joint pain, respiratory issues, and age-related ailments.
- Distributed free homoeopathic medicines and offered guidance on dosage and follow-up care.
- Facilitated basic assistive support, including mobility aids, for selected beneficiaries.
- Educated participants on nutrition, preventive healthcare, and healthy lifestyle practices.
- Ensured respectful assistance and personal attention through dedicated volunteers.
- Incorporated counseling and interaction sessions to promote emotional well-being and social inclusion.
- Reinforced the message of dignity, care, and community support for the elderly and differently-abled.

7. Youth Awareness Programme: “Say No to Addiction”

- Conducted the “**Say No to Addiction**” campaign in schools and colleges across Erode, Rasipuram, and Trichy.
- Organized awareness sessions highlighting the physical, mental, and social effects of substance abuse.
- Experts and counselors addressed peer pressure, stress management, and positive coping strategies.
- Held interactive discussions, motivational talks, and pledge ceremonies promoting a drug-free lifestyle.
- Encouraged students to focus on academics, sports, and cultural activities as constructive alternatives.
- Sensitized parents and teachers to identify early warning signs of addiction and provide timely guidance.
- Reinforced the message that prevention through education and commitment is the strongest defense against addiction.

Activities Photos



Thank
you!

