

RURAL EDUCATION AND LIBERATION TRUST

REAL TRUST

IPOP/AVYAY-MSJ&E-GOI

ANNUAL REPORT

2021-2022

RURAL EDUCATION AND LIBERATION
TRUST

DHARAPURAM, TIRUPPUR DIST.

TAMILNADU.

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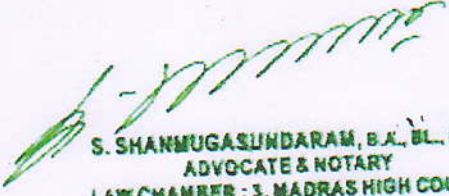
INTRODUCITON

Rural education and liberation trust is a registered trust which is rendering its service to the society for the past 23 years with the support of generous people and entering its next milestone proudly. We are doing our programme in Tiruppur, districts of Tamilnadu. In this report we wish to share our last year journey of service with you for the year 1-04-2021 to 31-03-2022

MSJ&E OLD AGE HOME FOR 25- ELDERS

With the support of Ministry of social justice and empowerment we are running a senior citizen home for poor, orphaned, abandoned elders for the past 5 years. In our home more than 25 elder women and men getting benefits like healthy food, hygienic health care, a good shelter, and social supports from us. In our home we are taking care of every elder with extreme care and reducing their stress. We are keeping them round the clock in a humanistic manner. We are providing healthy food to elders according to their needs and the health condition.

Our health team of a part time doctor and a nurse takes care of every elder and maintain the health condition. our part time yoga therapist gives simple exercises to elders as per the health condition of elders. This kind of exercises are helping the elders to breath freely and feel healthier. Pranayama and yoga practices are improving the elder's health care.


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Need of elder's home

Today the number of elders increasing every year. Old age home is the home for those who have no family or have no one to take care, now a days not only in cities and also in villages people have become so busy, that they cannot manage some time for their parents or their senior family member. Only those people come to senior citizens home that has no one to look after them or those who have been neglected day by day. Today our old age home is a permanent home for many elders. We are running this home successfully with the support of MSJ&E and local contributors.



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Food



SAMPLE FOOD ITEM



VEGETABLE

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LUNCH



YOGA PRACTICE



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PHYSIO THERAPY REHABILITATION CENTRE.




With the support of MSJ&E we are running a rehabilitation center for elders of this area. This Centre is helping the elders to reduce the hip pain, joint pain, back bone pain, of the elders. Every month 50 to 60 elders are getting treatment from our center and getting relief from their pains. In our center our physiotherapist takes care of elders with necessary equipment. The physiotherapist also gives simple exercises to elders to reduce the various pain of elders.



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Conclusion:

With the generous support from public, government of Tamilnadu, central government, we are conducting our various development programmes among rural people of above-mentioned districts. Kindly convey our service to others and give your feedback through our email and help us to improve the quality of our service. In this occasion we wish to thank our staff team who are serving round the clock to achieve our goals.


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