



YUVAK VIKAS KENDRA

2022-2023

ANNUAL REPORT

YUVAK VIKAS KENDRA,
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ATTESTED

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DIRECTOR / SECRETARY
YUVAK VIKAS KENDRA
UTHAMAPALAYAM

YVK TRUST is a legally registered non-governmental organisation established in Theni district of Tamilnadu in 1994, to provide education, awareness, among rural children, women, youth and elders and now rendering its service to the districts Theni, District of Tamilnadu. Child rights, women empowerment, rural livelihood development are the focus areas of YVK TRUST. YVK TRUST implements programmes through grass root level interventions in four major districts of Tamilnadu namely Dindigul, Theni, Madurai, and Tirupur.

LEGAL STATUS

YUVAK VIKAS KENDRA TRUST is a registered non-profit organisation which is registered under Indian trust act 1882 and its registration number is 681 of 1994 date 27th JULY. We are working for the improvement of all kind of people. We are serving for the society since 1994 with the huge support of every one. In this report we can see, some of our valuable services and achievements. Every year we are improving our quality of service and extend our service to reach the unreached.

SOME OF OUR PROGRAMMES

Old age home program

50 Elders for Women home

HIV aids awareness program

Leader training for women empowerment

Reproductive and child health program

De addiction awareness program

SENOIR CITIZEN HOME FOR 25-ELDERS [AVYAY - MSS&E - Govt of India]

YuvakVikas Kendra Maintenance of Senior Citizen Home at Suriyanarayanapuram, Kalimettupatti, Uthamapalayamof Theni district, with more than 25 elders of men and women. Every day

we provide good hygienic food, shelter, medical care and their basic needs in a holistic manner with the support of Central and State Government. This home is running successfully with the greatest effort of Yuvak Vikas Kendra. We take care of 25 elders and fulfilling their physical, emotional and self-esteem needs. Our staff team take care of elders with kind and love. The elders are belonging to various economic, social, educational status. We treat them every one as equal and teach them to live the remaining life peacefully and joyfully without fear of future.



COUNSELLING TO ELDERS

Our experience staff a part time counsellor giving counselling to elders and making them to feel free and live their remaining life with joy and peace.

Every day the Counsellor Provides individual counselling Group Counselling, Problem oriented Counselling.

FOOD AND CARE

Every day we give care to the elders with extreme care and provide healthy food for them. Morning Tiffin, 11 am, Tea, KabaSuraKudineer, Herbal Tea.

Nutrition food to overcome corona protein rich food in provide.

SENIOR CITIZEN WOMEN HOME FOR 50-ELDERS WOMEN

Theni District of uthamapalayam panchayat, our 50-Elder Women home is functioning.

50-Women elders are staying in the home



12-Staff Members are working home.

Warden is Keeping the home as the home as the whole incharge.



All the elders are women above 61-Years.

PART TIME COUNSELLOR:

She Works for the mental balanced condtion of the elders.

Elders who are in need of individual counselling, who are in need of general counselling and peer group counselling the counsellor is performing .

4 Multi Task Staff member are working in our home. They save for the home basic services, assistence to the elders, helping to the elders is eating food, using toilet and all sorts of inner and outer works of the home

FOOD ITEMS:

Morning Tiffin like Idly, Pogal,Wheat Uppuma, Dosai,Egg,sambar,chutney provided. Refreshment for two times

Coffee,Tea,Biscuit, Sweets, Mixture like South Indian Snacks during Morning and Evening is provided.

உணவுப் பட்டியல்			
கிழமை	நாளை	மதியம்	கிரவு
திங்கள்	கிடை, சடகி, சாம்பார்	சாதம், முன்கூடிய மோர், ரசம், பொரியல்	கிடை, தேங்காய் சடகி
வெள்ளாய்	பொங்கல், சடகி, சாம்பார்	சாதம், சாம்பார், மோர், ரசம், பொரியல்	கிடை, சடகி, சாம்பார், வெண்ணெய்க்காய்
45ன்	கிடை, சடகி, சாம்பார்	சாதம், பூண்டு தட்டாப் பயிற்று, குடிம, பொரியல்	வெண்ணெய்க்காய் சடகி, சாம்பார்
வியாழன்	வெண்ணெய்க்காய் சடகி, சாம்பார்	சாதம், முன்கூடிய மோர், ரசம், பொரியல்	கிடை, சடகி, தக்காளி சடகி
வெள்ளி	கிடை, சடகி, சாம்பார்	சாதம், சாம்பார், மோர், பொரியல்	வெண்ணெய்க்காய் சாம்பார்
சனி	வெண்ணெய்க்காய் சாம்பார்	சாதம், முன்கூடிய சீரை பொரியல்	தக்காளி சாதம், தேங்காய் சடகி
சாயிபு	உப்பு, சாம்பார், சடகி	சாதம், மோர், ரசம், இடகை, குடிம	கிடை, சடகி, மூலா சடகி

LUNCH

Rice, Sambar, Rasam, Buttermilk, vegetables, weekly once mutton, Chicken and Eggs are served. Night Tiffin/Food/Upuma and variety food items are served.



Sample Foods



YOGA EXERCISE

For elders easier and light exercises are trained. All elder are becoming healthier with out medicine. The yoga therapy is one of the good method to increase the immunity power to the elders. Pranayama is the useful method for controlling corona.





READING NEWS PAPERS AND MAGAZINES



TREATMENT





PLAYING GAMES





WOMEN EMPOWERMENT PROJECT

This is a separate project supported by network Grant in Aid project. If a woman is educated in the family, the entire family will be educated. As per the above statement we are giving importance to women education. For their education their age should not be a huddle. We are guiding them to continue their education through distance education given by many universities.

Most of parents are not willing to send their girls to collages for their higher education. In this situation we are guiding the parents to continue their education and making arrangements for their higher education. We are giving guidance to girls to choose which degree will be suitable for their life settlement and job readiness. We are also providing free coaching for their competition exams at our premises.

Women are having hectic work at Home. We are giving job oriented trainings to them to live a meaningful life without others help. We are preparing to live a self-esteemed life without any fear. We also provide trainings to SHG members and leaders to prepare them to live without others help. We also make arrangements to women to get trained in Self-employment oriented trainings like tailoring , bag manufacturing , candle manufacturing, jute bag making , paper plate manufacturing , banana leaf plate manufacturing ,paper tea cup manufacturing etc. With the help of small factory owners we are making arrangements to get trainings at their venue and make

Loan arrangements from banks. After getting such trainings we also support them to start their own business. We also help them to attend many trainings and trade fairs to start their business. Such kinds of actions are taken by us for the women development.

REPRODUCTIVE AND CHILD HEALTH PROGRAM


In rural areas women are lack of awareness of child birth and child health. We also help them to be aware of child marriage, institutional delivery, and use the sanitary napkins. With the help of street theatre programs we create awareness among rural people in the areas of child marriage, child vaccination, etc.

CONCLUSION



P.M.U VISIT

For past 24 years we have rendered our fruitful service to the rural community. We also thank each everyone who made this effort possible. We appreciate the team work of our staff that worked round the clock and made this possible.

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