

SOCIETY UPLIFT NETWORK (SUN)

ANNUAL REPORT 2020 - 2021

Address for Communication:

No. 1/320, M&N Raman Nagar, Emakuttiyur Road, Unkurahalli Post

& Panchayat, Dharmapuri Block & Taluk,

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Organization Profile

Society Uplift Network (SUN) is organized and registered as a Trust under the Indian Trust Act Reg. No. 220 of 1999 Dated 27.09.1999. It works among, elders, senior citizens, alcohol and drug addicts, counselling for the women and referral services.

During the years, SUN brings its services in Dharmapuri districts. The office of SUN operates its administrations and implementations of services from Dharmapuri. While providing the much-needed nourishment to poor women and children, especially those who had to go to work and earn a living, SUN launched upon special coaching centres for illiterate children unable to cope up with the classes in schools. Besides, the Society also launched upon other useful projects for the neglected elderly women by way of Integrated Programme of Senior Citizens Home and shelter homes for empowerment of women and several other facilities for a healthy society.

Programmes of the Organisation:

- 1. Integrated Programme for Senior Citizens (IPSrC)**
- 2. Integrated Rehabilitation Centre for Addicts (IRCA)**
- 3. SCHEME OF NATIONAL ACTION PLAN FOR DRUG DEMAND REDUCTION (NAPDARR)**
- 4. Family Counselling Centre (FCC)**

1. Integrated Programme for Senior Citizens (IPSrC)

I. Annaiyar Aalayam Senior Citizens Home located at 1/1197M, Indra Nagar, Near TNHB, Viruppachi Puram, Vennampatti village, Collectorate post, Dharmapuri Taluk and District Pincode-636701, Tamil Nadu, India





Society Uplift Network (SUN) Annaiyar Alayam Old Age Home under the support of Ministry of Social Justice & Empowerment, Government of India, New Delhi. Annaiyar Alayam Old Age Home is functioning at Virupachipuram, Vennampatti in Dharmapuri District. 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, High Quality Nutritional Food, Complete Medical Care and Referral Services through appointed home doctors, 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.

Beneficiaries	Male – 12 and Female - 20
Total	32
Death	Nil
Special visit	03/09/2020 – Regional Resource and Training Center (RRTC) Visited our old age home. 11/03/2021 – District Social Welfare Officer visited our old age home.

Annaiyar Alayam Old Age Home is started in the year 2020 and provided a happy home for total 50 destitute, poor and orphaned elderly people. Both male and female are residing in separate dormitories. During the year 2020-2021, due to 32 old age people which include 12 males and 20 females are sheltered. We are happy to share that from June 2020 onwards Govt. of India recognized our home and supported our project by Ministry of Social Justice and Empowerment, Government of India. Since there is no other such facility for such deserted and destitute elderly people, our home is the only shelter home supported by Govt. caring for such elders.

Due to COVID pandemic, we could not take more admission of elders. Though the current building rent is Rs.25000/- and located in main place, we are looking for still spacious building to arrange for more space between the elders. We will inform the change of new building through proper channel i.e., District Social Welfare Officer, Dharmapuri District.

As far as food is concerned, we take utmost care in providing protein rich foods in order to protect the elders from infection. Three times healthy meal, morning Sundal, soup, dates and turmeric milk is also provided to the elders by following routine in everyday menu. Elder's feedback sounds positive after following this routine. Even during this pandemic situation, we make sure of weekly visit of Doctor and giving medicines by our Nurse incharge by checking the vitals every day. We focus much attention on the cleanliness both inside and outside of the building. We do not allow any outsiders inside our building. Periodical disinfection from Municipality is also being arranged for the safety

of the residents. Vaccination for the elders is also under progress by liasoning with Health Department. Very soon we will ensure that vaccination is complete for all our resident elders except for those with co-morbidity factor.

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

Periodical visit by District Social Welfare Officer and RRTC is also done on the proper implementation of the project. Surrounding community also extends their able co-operation and support to run this centre. At this instance, we heartily convey our thankful regards to Ministry of Social Justice and Empowerment, Government of India for their financial support.

2. Integrated Rehabilitation Centre for Addicts (IRCA)

II. Light House - Integrated Rehabilitation Centre for Addicts at No. 1/320, M&N Raman Nagar, Emakuttiyur Road, Unkurahalli Post & Panchayat, Dharmapuri Block & Taluk, Dharmapuri District - 636 704. Tamil Nadu.





Ours is the only one centre located at Dharmapuri District. Proper infrastructure and availability of space for the residents and also to undertake everyday classes for the addicts and also family members are the key features of our centre.

During the year 2020-21, though the number of addicts is widely prevalent, due to lockdown extension only 98 addicts could be rehabilitated through our Integrated Rehabilitation Centre for Addicts. As far as our services are concerned, we pay attention on detox period for the initial one week, we make them participate in the activities like everyday class, individual counselling, group counselling, family counselling. During the last year 1128 individual counselling, 564 family counselling 282 group counselling with the participation of family members along with patients were rendered to them by allocating counsellors for each patient. Everyday yoga practice helped them to bring balance of their body and mind. Regular doctor visit also helped them to attend their medical condition by means of proper medicines and treatment. Monthly awareness also helped us to identify and spread awareness to mass community.

During pandemic situation, instead of 24 per Annum, 18 awareness programmes were conducted decreased. Auto drivers, Public in crowd place like bus stand and daily labourers were our major target group to spread awareness.

Capacity building for Staff:

Through RRTC, capacity building training was given for our Project Co-ordinator, Nurse, Counsellor and Ward Boy working in our project.

Under the continuous guidance and support of Ministry of Social Justice and Empowerment, Government of India, we have installed 4 CCTV camera for monitoring purpose of our project.

State Co-ordinator of Project Monitoring Unit, Ministry of Social Justice and Empowerment, Government of India, District Child Protection Officer, Representative from Regional Resource Training Centre paid visit to our centre and given appropriate instructions and guidance to our staff and managements towards effective implementation of the project.

Those addicts rehabilitated through our centre were in constant touch through tele counselling with patient and family members, home visit and centre visit by patients along with their spouse or family members to get medicines for their continuous treatment.

We also followed Relapse Intervention Programme by following strategies of Govt. to the relapse patients. We further link the rehabilitated addicts with Alcohol Anonymous groups in their respective areas in order to maintain sobriety in their life. 7 patients identified as relapse are in continuous follow- up by our counsellors for their complete recovery from the addiction and rehabilitation. Due to covid situation, during 2020-21 the maximum addicts could not reach. We hope the situation would become normal to execute our programme smoothly and cover more alcoholics towards their complete rehabilitation and integration into happy life. Our humble regards to Ministry of Social Justice and Empowerment, Government of India for their constant support to implement this needy project in this District.

3. Scheme of National Action Plan for Drug Demand Reduction (NAPDARR)

III. Prevention of Drugs and Alcohol addiction in Dharmapuri District:



Our organization implemented Awareness programme on Prevention of Drugs and Alcohol addiction in Dharmapuri and Papireddypatti Taluks of Dharmapuri District. This District is one of the backward districts with population of daily labourers, construction workers and petty vendors. Alcoholism is widespread problem among them. Considering the need, we sensitized auto and truck drivers, school and college students through various programme strategies. The main reason for covering them is to reach the target groups through their co- operation and support. We arranged a Resource Person to inculcate them with adequate knowledge on addiction related problem through several educative sessions.

Auto and Truck Drivers and construction workers and backward communities were also spread awareness through following different strategies like street talk, quiz and distribution of prizes on imparting knowledge on drug and alcohol addiction. We also tried to identify the target population and linked them towards their rehabilitation by way of admitting them in recognised Integrated Rehabilitation Centre for Addicts in and around Dharmapuri District.

Apart from that bus stand where there is crowded population of local people, market places were covered awareness messages through songs through street plays, songs, skit. Due to Covid situation, we could not cover more population as planned by us. But we are hopeful the target people who have attended our programmes would take the informations to the target people and enable them to rehabilitate through proper channel.

At this juncture, we wish to extend our thankful regards to Department of Social Defence for their guidance and Ministry of Social Justice and Empowerment, Government of India for their financial support for this needy project.

4. Family Counselling Centre for Women in Crisis:

During our current programmes for the wellbeing of elders and addicts and alcoholics, we came across many difficult situations of women going through in their everyday walks through their family, husband and in-laws. Many people approached us for our guidance and support to counsel such women in difficult circumstances. Particularly women attending the family counselling sessions also shared their sufferings to our counsellors and felt their need for professional guidance. In order to assist such women going through crisis in their family, we decided to extend our counselling services through Family Counselling Centre by the Counsellors. Even though last year was COVID pandemic situation, we counselled 146 clients through our Family Counselling Centres. Out of total cases, 122 cases have been resolved and remaining follow- up is on progress through tele counselling and through our family counselling centre.

S. No	Nature of Problem	No. of Clients
1	Economic Crisis	16
2	Legal Problem	3
3	Depression	12
4	Career Counselling	16
5	Extra Marital Relations	6
6	Interference of parents/in-law	26
7	In search of Job Placement	18
8	Maladjustment due to Personality difference	18
9	Domestic Violence	26
10	Dowry demands	5
	Total	146

The women approaching our counselling centre have placed a request to our counsellors to pay visit to few women who are unable to express their difficulties through Family Counselling Centre. In order to reach about our counselling services to more needy women, we plan to conduct awareness camps through women self-help members and local volunteers during the approaching year.

This programme for Family Counselling Centre is run by local contribution considering the dire need for the women belonging to our project areas of Dharmapuri District.

5. Referral Services:

This programme supports women, elder and any people who is in need of guidance and support for availing any form of services of private and government. The main aim of this programme is to specifically attend to the need of anybody requiring informations and services namely need for Children Home for Children of difficult circumstances, Shelter for women and children in crisis, Treatment for Addicts and Old Age Home facility for destitute and deserted elderly. Even referral to suitable job placement to unemployed youth based on the capacity and educational qualification. Due to the availability of Children Home, Old Age Home and De-addiction Centre, we refer the people in Dharmapuri District. Due to non-availability of women shelter recognised by Government, we refer such women in difficult circumstances to surrounding Districts of Vellore and Namakkal District. During the year 2020-21, 138 people have availed our referral services and benefitted support on various sectors.

Conclusion:

Due to Pandemic Situation, we decided to follow safety protocols in all our programmes benefitting elders, women and community at large. Our utmost aim is to join hand with District authorities to extend our services on various sectors. At this juncture, our immense gratitude to Ministry of Social Justice and Empowerment, Government of India, Department of Social Defence, Department of Social Welfare, District Authorities, Individual Donors, Volunteers and Self-help group members for your steadfast support to continue our journey to service people in need.

For **SOCIETY UPLIFT NETWORK**

M. Sangeetha
Managing Trustee