

A S H A
ASSOCIATION FOR SOCIAL HEALTH
ACTION

34, West Street, Sellapatti, Thiruvengadam,
Thenkasi Distrc, Tamil nadu – 627719

ANNUAL REPORT 2021-22

INTRODUCTION

Association for Social Health Action – ASHA Society is a registered Society in Thenkasi district working for the welfare and development of the poor people in rural and urban area. We are very happy to present this annual report to all our well-wishers, Government Departments, Bank Officials beneficiaries and supporters.

ACTIVITIES FOR THE YEAR 2021-22

This year 202122 we conducted the following activities.

- SEMINAR
- MEETINGS
- HELP TO POOR STUDENTS
- ENVIRONMENTAL AWARENESS

- COVID AWARENESS
- HEALTH AWARENESS
- RAIN WATER HERVEST AWARENESS

SEMINAR

We conducted seminar in our office campus. ASHA Secretary Mr.Kandasamy spoke on the following topicks

Date	Topic of Seminar	no. of Participants
June 22	Disaster Management	54
July 26	COVID 19 and Economic Sufferings of poor people	43
February 2	Climate Change	57
March 20	Students and Sports in COVID care background	47

MEETINGS

Mr. Kandasamy, Secretary of the Society patticipated in CSR meeting in March 2022.

Corporate Social Responsibility is a management concept whereby companies integrate social and environmental concerns in their business operations and interactions with their stakeholders. CSR is generally understood as being the way through which a company achieves a balance of economic, environmental and social imperatives (“Triple-Bottom-Line-Approach”), while at the same time addressing the expectations of shareholders and stakeholders. In this sense it is important to draw a distinction between CSR, which can be a strategic business management concept, and charity, sponsorships or philanthropy. Even though the latter can also make a valuable contribution to poverty reduction, will directly enhance the reputation of a company and strengthen its brand, the concept of CSR clearly goes beyond that.

HELP TO POOR STUDENTS

We conducted Education Aid and Drop Out children awareness and care program. 34 participated in the program. The resource persons talked on the following

Everyone knows that young people these days have the thought that they need flashy and expensive clothing to go to school. Students could also have the thought because of misguidance. They could have a family that has been raised on relying on something other than school for a key into happiness. Also could have family members around them that makes it look as if they are doing well without going to school but really isn't and is not letting it show. Changes of the family environment might also effect the students progression, if a parent dies, another child is born, the student has a child, the circumstances change significantly. The same goes for accidents, chronicle illness and other health issues. If a student does not feel well, it is most likely that the students performance decreases. See it is possible for family to be the problem thats makes some drop out.

ENVIRONMENTAL AWARENESS

We conducted environment awareness in our operational area. 62 men and 42 women participated in the program. The resource persons talked on the following matters

Environmental awareness is to understand the fragility of our environment and the importance of its protection. Promoting environmental awareness is an easy way to become an environmental steward and participate in creating a brighter future for our children.

To define environmental awareness we must first understand the environmentalist movement. Environmentalism is an ideology that evokes the necessity and

responsibility of humans to respect, protect, and preserve the natural world from its anthropogenic (caused by humans) afflictions.

COVID AWARENESS

We conducted COVID – 19 awareness and relief activities for general public. We distributed the following things freely

- a. Mask
- b. Sanitiser
- c. Food packets
- d. Groceries and vegetables

About 300 poor persons were benefited by this program.

HEALTH AWARENESS

We conducted health awareness program in our operational area. 23 men and 82 women participated in the program. The resource persons talked on the following matters

The human life is a combination of happiness and sorrows. It is impossible to know when we might face a big difficulties and emotional troubles in life. We all have to go through a bad phase at some time in our life which leads to stress in our lives. To avoid these kinds of problems, people need to have some awareness about a few important things. Especially like health which mainly depends on our acts and behavior. Therefore regular check ups are helpful to find out the health issues at early stages. In his essay

Health is a state of complete physical, social and mental well being and not merely the absence of disease or infirmity. Health is thus a level of functional efficiency of living beings and a general condition of a persons mind, body and spirit, meaning it is free from illness, injury and pain. It is a resource of everyday life and a positive concept emphasizing physical capabilities.

RAIN WATER HERVEST AWARENESS

We conducted Rain Water Harvest Awareness program in villages of our operational area. 43 Men and 54 women participated in the program. The resource persons talked on the following matters

Rain Water Harvesting as a method of utilizing rain water for domestic and agricultural use is already widely used throughout the world. It is a method which has been used since ancient times and is increasingly being accepted as a practical method of providing potable water in development projects throughout the world.

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ACTIVITIES FOR THE YEAR 2020-21

RAIN WATER HERVEST AWARENESS

We conducted Rain Water Harvest awareness program in our target area. 39 children, 56 women and 60 men participated in the program. The resource persons talked on the following matters

Rainwater harvesting refers to in general, to the collection and storing of locally available water, mostly from the rains at a place. The main criterion here is the quantum of water involved and the area of influence.

Rainwater harvesting is common in areas having high rainfall intensity well distributed in the year. Such areas include, Himalayan areas, North Eastern States, Andaman and Nicobar Islands, Lakshadweep Islands, Rajasthan and the Southern parts of Kerala and Tamil Nadu.

SEMINAR

We conducted seminar in our office campus. ASHA Secretary Mr.Kandasamy spoke on the following topicks

Date	Topic of Seminar	no. of Participants
April 23	Disaster Management	57
July 12	Self-employment and youth	57
December 14	women and entrepreneurship	76
February 21	campus discipline and students	56

MEETINGS

We conducted meetings in our target villages around and in Tiruvendgadam on sanitary living, school drop out control, COVID care and protection, problems of working women.

COVID AWARENESS

We conducted COVID – 19 awareness and relief activities for general public

The most common symptoms of COVID-19 are

- **Fever**
- **Dry cough**
- **Fatigue**

Other symptoms that are less common and may affect some patients include:

- **Loss of taste or smell,**
- **Nasal congestion,**
- **Conjunctivitis (also known as red eyes)**
- **Sore throat,**
- **Headache,**
- **Muscle or joint pain,**
- **Different types of skin rash,**
- **Nausea or vomiting,**
- **Diarrhea,**
- **Chill and dizziness**

Among those who develop symptoms, most (about 80%) recover from the disease without needing hospital treatment. About 15% become seriously ill and require oxygen and 5% become critically ill and need intensive care.

Complications leading to death may include respiratory failure, acute respiratory distress syndrome (ARDS), sepsis and septic shock, thromboembolism, and/or multiorgan failure, including injury of the heart, liver or kidneys.

In rare situations, children can develop a severe inflammatory syndrome a few weeks after infection.

ENVIRONMENTAL AWARENESS

We conducted environment awareness program in our operational area. 53 men and 47 women participated in the program. The resource persons talked on the following matters

The need to spread environmental awareness is enormous in the context of successfully addressing environmental problems. It is linked to environmental education.

On the one hand, provision of environmental education creates greater awareness in individuals and communities with respect to putting environmental resources to use even while conserving them. On the other hand, greater environmental awareness

increases the scope of environmental education—as a discipline as well as inclusion of aspects of it within the scope of other disciplines.

HEALTH AWARENESS

We conducted health awareness in our target villages in and around Tiruvengadam. The following topics were covered by Mrs. Stella, nurse in private hospital

What is COVID 19 and how to control it?

Mother and child care in COVID situation

COVID awareness for school going children

Exam Stress reduction among students.

