

Kalanjiyam

Working together for a better future

HEALTH AND SANITATION PROGRAMS



ANNUAL REPORT
2024-2025



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USA



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INTRODUCTION

Kalanjiyam is actively implementing a comprehensive range of programs aimed at promoting **health and well-being** across the communities we serve. These initiatives are thoughtfully designed to **address the diverse needs of various groups**, with a special focus on:

- **Children's health**- ensuring early interventions and fostering lifelong healthy habits.
- **Women and children** - promoting maternal and child health through education, nutrition, and access to healthcare.
- **Elderly individuals**, supporting their physical and emotional well-being with services tailored to age-related health concerns.
- **Men and women living with chronic illnesses**, including those suffering from **tuberculosis, persistent body pain**, and other long-term conditions, by providing access to treatment and follow-up care.
- Specific vulnerable groups requiring specialized support, ensuring that no one is left behind in the pursuit of a healthier future.

In all our efforts, we also **prioritize empowering individuals** with the **right information about their health needs**, helping them make informed decisions and take charge of their well-being.



VISION AND MISSION

VISION

To build healthier and empowered communities by ensuring every child and individual has access to **safe, clean, and hygienic living and learning environments.**

MISSION

Our mission is to promote **health and well-being** among **underserved communities** by delivering sustainable programs in **hygiene, sanitation, and preventive care.** We are committed to reaching individuals across all age groups—**children, women, men, and the elderly**—providing them with the **right information about their health and illnesses.** By fostering awareness and access to essential resources, we aim to empower people to lead **healthier, more dignified lives.**



Covering 10000+
individuals per year

LATHUR AND
MADURANTAKAM

MEET OUR TEAM



P. Tamilselvi is a senior nurse dedicated to village health camps, awareness programs, adolescent education, and school health sessions. Skilled in teaching and counseling, she also provides regular care for children with disabilities and leads health camps for tribal communities. Patients value her care and consistently seek her support.

C. Poulin is a senior nurse involved in village camps, awareness programs, and school health initiatives. She is skilled in maternal care and mental health counseling, and patients regularly seek her compassionate support.



K. Nithya is a dedicated nurse involved in village camps, breastfeeding support, and health awareness programs. She is skilled in maternal care and mental health counseling, earning regular positive feedback from patients.



MEET OUR TEAM



D. Poojasri is a dedicated nurse supporting patient care through tablet distribution and breastfeeding assistance. With skills in computer operations and psychology, she provides compassionate support and is a reliable team member.

G. Malliga is a dedicated supervisor managing school visits, teacher follow-ups, scholarship support, and program coordination. With strong organizational, leadership, and communication skills, she ensures smooth operations and effective teamwork.



**"Together We Care,
Together We Share – A
Team That Makes a
Difference!"**



Services Provided by the Kalanjiyam RICH-Mobile clinic

**Basic Health
Check-ups**

**First Aid and
Basic Medicines**



**Maternal and Child
Care Services**

**Vaccination
awareness**

**Distribution of
Medicines**

**Health Awareness
Campaigns**

COMMUNITY IMPACT



The presence of the RICH mobile clinic has significantly improved access to healthcare in these rural blocks. People express their appreciation for the services, especially for the convenience and care provided close to their homes.

RIGHT INFORMATION COMMUNITY HEALTH (RICH)

Van of care

Bringing Medical Services Closer

In an effort to bridge the healthcare gap in underserved and remote areas, the Kalanjiyam Trust initiative has deployed a **RICH medical van** that regularly visits all blocks within the designated project area. This mobile unit serves as a lifeline for **basic healthcare, ensuring that essential medical services are not out of reach for the community.**

The people in the village of Lathur and Madhurandhagam blocks have been actively utilizing the RICH mobile clinic, a mobile healthcare initiative aimed at providing essential medical services to rural communities.



Beyond medical care, the van also acts as a mobile health educator. Through awareness campaigns, the community gains knowledge about personal hygiene, nutritional habits, and family planning—topics that are essential for long-term wellness.

RICH Mobile Clinic

The RICH Mobile Clinic is actively reaching out to various locations to provide essential healthcare services for **children, parents, and especially the elderly**. For children, the clinic offers basic health check-ups for conditions like **fever, cold, and cough**. For older people, it addresses common issues such as **body pain, headaches, and joint pain**. In cases requiring advanced care, the team responsibly refers patients to nearby hospitals for further treatment.



Reaching rural areas with no bus facilities within 30 km radius

Aiming to serve 70 patients per day.

The RICH team consists of a variety of skilled individuals, including nurses, para-health workers, outreach workers, drivers, and assistants. These team members are all sourced from the local community where the program is based, ensuring a strong connection with the people they serve.



The RICH van feels like a home on wheels, with everything we need to feel comfortable during check-ups. We're grateful for the regular visits and the easy access to healthcare right in our village.

Feedback from A village people

To strengthen community healthcare access, weekly medical camps are organized three days a week in the village. These camps are conducted by the RICH team to address the immediate health needs of the local population while promoting awareness on personal healthcare practices.

Beyond Medical Support – Health Awareness and Education

These camps are not limited to distributing medicines. Along with consultations, the RICH team actively conducts awareness programs for village residents, educating them on basic health, hygiene, and preventive care. The aim is to empower the community with simple practices to manage their health better and avoid common illnesses.

Focused Care for Vulnerable Groups

The medical camp particularly targets elderly people and children, as they often face difficulties traveling to hospitals due to limited public transport facilities. By bringing healthcare directly to their doorstep, the program ensures no one is left behind.

Available Medical Services

During these camps, medicines are provided for common health complaints such as:

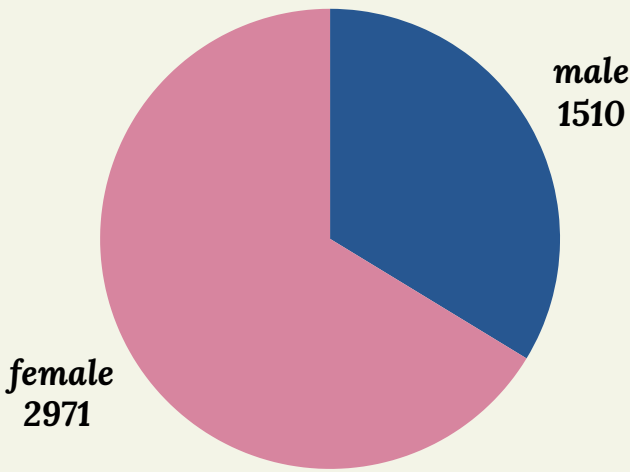
Urinary infections, diarrhea, White discharge, fever, body pain, abdominal pain

Only over-the-counter medicines are offered; no injections are administered. This approach ensures safe, basic treatment and encourages timely follow-up if needed.



MEDICAL CAMP (2024-2025)

● male ● female



VILLAGE CAMP

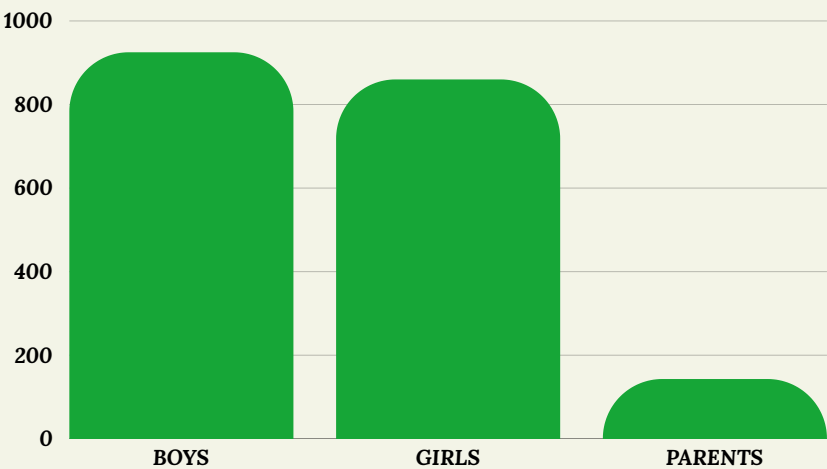
FEMALE 2971

MALE 1510

Through the medical camp, general health check-ups were conducted for both men and women. While the primary focus of our program was on women's health, general consultations and basic medical services were also extended to men in the community.

ADOLESCENT AWARENESS CAMP

BOYS 925
GIRLS 860
PARENTS 143



Our Awareness camp proved to be highly effective for the adolescent group, particularly those who are out of school, by addressing their health concerns and raising awareness about personal hygiene and well-being.

Awareness and Preventive Care:

The van also serves as a dynamic platform for **health education**, promoting awareness about **personal hygiene**, **balanced nutrition**, **vaccination schedules**, and the prevention of both **communicable and non-communicable diseases**.



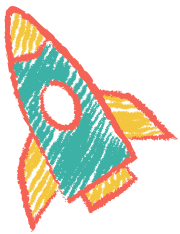
For **older adults**, our team recently identified **undiagnosed high blood pressure** in individuals during a village visit—prompting timely medical care and lifestyle advice. We also address common issues like **chronic body pain**, offering guidance and referrals to help improve their daily comfort and mobility.

For **children**, we held age-appropriate sessions on **puberty and menstrual hygiene**, especially for adolescent girls—many of whom said it was the first time they were receiving **clear and supportive information on these topics**.



For **mothers**, we conducted sessions on **nutrition during pregnancy and breastfeeding**; one young mother shared how the tips **helped improve her baby's weight and feeding routine**.

These moments show how the van is not just about providing care, but also about **empowering communities with knowledge** that leads to **lasting change**.



CARD OF HOPE >

Health
is wealth



To promote a culture of proactive health management and ensure consistent access to healthcare, **Kalanjiyam Trust** has issued personalized **health cards** to students from 1st to 12th grade. These health cards serve as a **vital tool in bridging the gap** between students and essential medical services.



These health cards are specially designed to support school students by helping **reduce absenteeism due to health issues**. The cards ensure that students receive **timely medical care without worrying about money or access, making essential healthcare easily available and approachable for every child**.

Enables First Consultations: The card provides students with free access to local health practitioners, promoting early medical attention and encouraging them to seek care without hesitation.

Ensures Priority Access: Health card holders receive priority medical services, helping reduce waiting time



Why Kids Love the Card of Hope:

Free check-ups with local doctors!

No long waiting – we go first!

We learn about our bodies and how to take care of them!

We feel safe and strong knowing help is just one card away.



The Card of Hope is not limited to students from the two block schools alone – it is also extended to the children of **Kalanjiyam staff**, even if they are studying in other schools within the same village. This ensures that more children in the community benefit from accessible and timely healthcare support.

From Worry to Wellness: Parents share the power of the card



Why the card of hope feels like a lifesaver to parents

Saves money on doctor consultations

Quick access to nearby healthcare without travel

Protects all school-going children

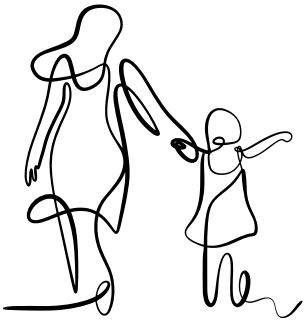
Builds trust that someone is thinking of rural families too

The Card of Hope is more than a health card. It is a promise from the community to care for each other, especially our youngest. It reminds us that **no child should suffer silently, and no parent should feel helpless due to lack of access.**

We, the parents, thank Kalanjiyam Trust for reminding us that our children's health is everyone's responsibility—and together, we can build a stronger, healthier future.

**"From Classrooms to Clinics:
The Card That Cares"**





Story time



Komathi, a mother of two, now benefits from the Kalanjiyam health card, which grants her family free, priority access to medical consultations. By presenting the card, she and her children avoid long waits and receive prompt attention from the doctor.

The money she saves on consultation fees can be redirected toward her children's education and other essential needs. This program provides Komathi with reliable healthcare access and valuable financial relief, giving her confidence and peace of mind.



SUPPORTING ADOLESCENT WELL BEING



This initiative is being implemented by our RICH team with the support of school para-teachers. The program is designed to create **awareness among adolescent students** on two key areas: **mental health and personal hygiene**, addressing the needs of both boys and girls.

As part of this program, awareness sessions will be conducted every three months, focusing on topics relevant to **adolescent health and development**. Additionally, separate group sessions will be organized for boys and girls to discuss sensitive topics such as the **menstrual cycle, reproductive health**, and related issues in a **safe, supportive, and age-appropriate environment**.



BRINGING CARE, KNOWLEDGE, AND SUPPORT TO THE PEOPLE

The health team at Kalanjiyam plays an active role in reaching communities through multiple approaches:

Village outreach:

The team regularly visits villages to provide direct health services, including screening and basic treatment for common issues like **body pain, fever, cold, diarrhea, urinary infections, white discharge, and abdominal pain**. They also check **blood pressure and sugar levels**, and importantly, provide individuals with right information about their illness to support better understanding and care.



Interactive health education at the Kalanjiyam Office:

Individuals are also encouraged to visit the Kalanjiyam office, where the health team conducts group awareness sessions. These gatherings help build trust and provide a deeper understanding of specific health topics such as **chronic disease management, nutrition, hygiene, and mental well-being**.

Empowering students through school health programs

The team conducts health education sessions in schools with the support of para-teachers, focusing on key topics such as **hygiene, nutrition, puberty education, and disease prevention**. In addition, they check students' **BMI and oral hygiene**, and any concerns are communicated to parents and teachers to ensure timely follow-up. Through age-appropriate activities and discussions, students not only learn vital health practices but also carry these messages home, extending the impact to their families and the wider community.

SUPPORTING OLDER ADULTS THROUGH PREVENTIVE SCREENING AND AWARENESS

For older adults in the community, the health team actively **promotes early detection and awareness** of serious health conditions. **Sputum testing is conducted to screen for tuberculosis (TB)**—a common but often undiagnosed illness among the elderly.

Alongside testing, the team educates individuals on **TB symptoms, transmission, and the importance of timely treatment**. Those showing symptoms or testing positive are promptly referred to **higher medical centers** for further evaluation and care.



The team places strong emphasis on **cancer awareness and screening**, particularly for **breast and cervical cancer among women**. Awareness sessions focus on helping individuals understand **risk factors, symptoms, and the need for regular check-ups**. The team encourages all eligible women to **undergo screening tests** and follow up as needed.

Importantly, these efforts also extend to **men's health**, where the team discusses common but underreported conditions and the importance of routine health checks, **including screening for prostate issues and general wellness**.



◆◆◆◆◆
The team is proud and happy to serve every member of the community—offering care, guidance, and support with dedication and heart.
◆◆◆◆◆

Through these combined efforts, the team is building a culture of **prevention and proactive care**—ensuring that older adults are not only informed but also supported in **seeking timely and appropriate medical help**.

NURTURING KIDS



School Health Check-up Report under Kalanjiyam RICH Program

As part of our Kalanjiyam RICH Program, a special focus was given to school students by conducting basic health check-ups across villages in Lathur and Madhuranthagam blocks, covering a total of 37 schools.

With the dedicated support of our para teachers, the following screenings were carried out for the students:

- Height and weight measurement
- Oral health check-up
- Eye and ear screening

After completing the check-ups, our team promptly shared the findings with the respective School Headmasters (HMs). In the first stage, students requiring further attention were informed through the school, and their parents were notified about the identified health issues.



For students needing additional medical care or hospital referral, our team made necessary arrangements through Chennai-based hospitals and health facilities, ensuring timely and appropriate follow-up services. This initiative not only helped in early detection of common health problems among school children but also promoted health awareness within the school communities.



"A small box, a big care. Kalanjiyam ensures every child stays safe, right inside their school!"

Awareness, Care & Support"

Our program extended its services beyond basic health check-ups to specifically address the needs of school-going adolescent students.

A key component of this initiative was the free distribution of sanitary napkins to adolescent girls across schools. This effort aimed to:

- Promote awareness about **menstrual hygiene management**
- Encourage adolescent girls to maintain regular school attendance, particularly during their menstrual cycle
- **Free sanitary napkins were distributed regularly to adolescent girls in schools.**



Awareness Sessions on Menstrual Health and Hygiene Practices

Alongside distribution, awareness sessions were conducted to educate girls about the importance of menstrual hygiene, safe usage and disposal of sanitary products, and breaking social taboos associated with menstruation.



Story time



Varsha is a student in 11th standard, and she recently attended a menstrual hygiene awareness session for the first time. Before this, she didn't have much exposure to detailed information on the topic, but the session proved to be an eye-opener for her. She learned about the importance of maintaining good menstrual hygiene and how proper nutrition plays a crucial role, especially during periods. She was especially impressed by how kind and approachable the team was. They not only explained the concepts clearly but also demonstrated how to use sanitary napkins correctly. Varsha learned how often napkins should be changed to prevent infections and how to dispose of them in a hygienic and environmentally responsible way. By the end of the session, Varsha felt more confident and informed. She appreciated the effort the team put into educating young girls about such an important, yet often overlooked, subject. It was a meaningful experience that left a lasting impact on her.



MATERNAL CARE

The Kalanjiyam program focuses on the **health and wellbeing of pregnant women and their newborn babies** in two selected blocks. The goal is to ensure that both **mother and baby remain healthy** during and after pregnancy by providing **regular care, accurate information, and continuous education.**

The team places a strong emphasis on sharing the **right information about pregnancy, childbirth, and early parenting**, helping mothers understand what to expect and how to respond to various health needs. A key focus of the program is promoting and maintaining a healthy lifestyle for both the mother and the baby, which includes **guidance on nutrition, hygiene, emotional wellbeing, and routine health practices** to support long-term growth and development.



Traveling to the hospital was hard for me – I felt tired, and sometimes I skipped appointments. Now, this van makes it so easy.



They checked my blood pressure, weight, and height right near my house. It's such a big help for women like me who stay at home.



Antenatal Care (ANC) – During Pregnancy

- The team monitors the health of mothers, regularly checking for issues such as **anemia, high blood pressure (BP), and nutritional deficiencies**.
- Both **BP and weight** are monitored regularly to track the mother's condition and detect any early signs of complications.
- Pregnant women receive **routine check-ups, nutritional guidance** to ensure a healthy pregnancy.
- The team provides **right information** about the different stages of pregnancy and educates mothers about what to expect during normal delivery, C-section, and any potential complications that might arise.
- Emotional support is also provided to help mothers feel **confident, informed, and mentally prepared for childbirth**.
- The team monitors whether **mothers are taking the government-supplied medications and supplements** provided at the hospital to support the health of both mother and baby.



“100 pregnant women are enrolled from two blocks.”



In our village, no one told us these things before. This awareness program opened our eyes.

Pregnancy and Infant Feeding Status



Total Visits
100

ANC

60

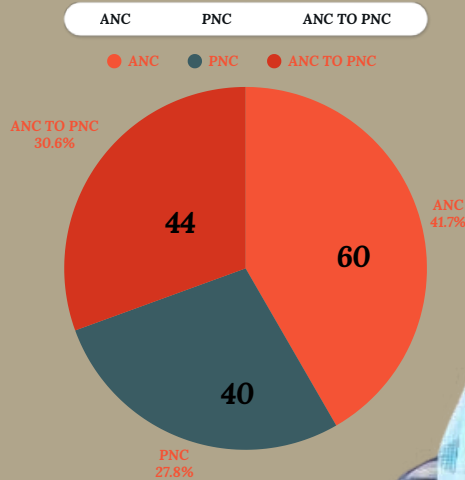


PNC

40

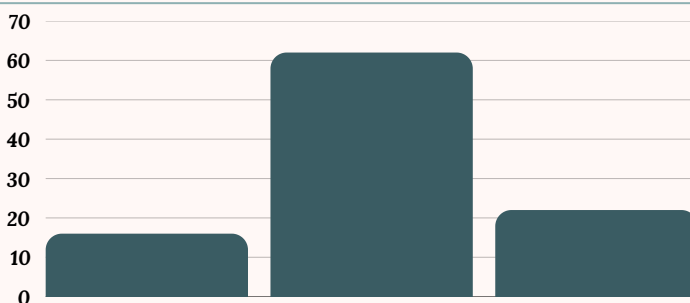


REPORT



Our team is systematically recording the data of both ANC (Antenatal Care) and PNC (Postnatal Care) mothers. They will be monitored once every three months, ensuring proper guidance, regular follow-ups, and basic health check-ups are provided to support the wellbeing of both mother and child."

Pregnancy women and Breastfeeding outreach



Pregnant women (ANC)

Mothers exclusively breastfeeding

foods along with breastfeeding

Pregnant women (ANC) **16**

Mothers exclusively breastfeeding **62**

Foods along with breastfeeding **22**

Postnatal Care (PNC) – After Childbirth

After the baby is born, the Kalanjiyam team continues to visit the mother and newborn at home to support their health, nutrition, and emotional wellbeing during the vital postnatal period.

Feeding Support:

- The team provides **practical assistance and emotional support** to help **mothers breastfeed confidently and comfortably**:
- Correct **latching and positioning techniques** are taught, including the **kangaroo position**, where the baby is held upright and skin-to-skin against the mother's chest while feeding. This position:
- Enhances **bonding**.
- Helps regulate the **baby's body temperature, heartbeat, and breathing**.
- Encourages effective **sucking and better milk intake**, especially for **low birth weight or premature babies**.

Mothers are informed about how often to feed—ideally 8–12 times in 24 hours or as often as the baby demands.

If mothers experience difficulties or discomfort (such as nipple pain, tiredness, or anxiety), the team provides individualized help and reassurance.

In cases of low or no milk supply, the team offers:

Nutritional guidance and ways to stimulate milk production.

Information on safe supplementation when necessary, always prioritizing the baby's nutrition and the mother's confidence.

INFORMATION



Breastfeeding Education:

The team strongly promotes exclusive breastfeeding for the **first six months, meaning only breast milk**—no water, formula, or solids.

Exclusive breastfeeding:

- Boosts the **baby's immunity**.
- Supports **healthy physical and brain development**.
- Reduces **risk of infections like diarrhea and pneumonia**.
- Builds a strong **emotional connection between mother and baby**.
- Aids the mother's **post-delivery recovery** and helps in uterine contraction.

Newborn Care & Hygiene:

Mothers receive instructions on:

- **Bathing and dressing** the baby safely.
- Maintaining **proper hygiene** for the baby and surrounding environment.
- Safe sleep practices

Recognizing Danger Signs:

- Mothers are trained to watch for warning signs in both the baby and themselves—such as **fever, feeding refusal, excessive crying, or signs of postpartum depression**—and are guided on when and how to seek professional help.

Mothers are educated about the importance of timely vaccinations—both for themselves during pregnancy and for the newborn after birth. This includes information about the recommended immunization schedule and the benefits of each vaccine in preventing common and potentially serious illnesses.

If a mother or her baby is found to be anemic, the team provides specific guidance, including dietary recommendations rich in iron, and ensures proper follow-up to monitor improvement. Iron and folic acid supplementation is emphasized, and we help ensure mothers are adhering to the prescribed treatment plans.

← →
The team also ensures **mothers are recovering well physically and emotionally**, and provides help or referrals if needed.

This part of the program is essential because a **healthy start to life for a baby begins with a healthy mother**. By supporting women throughout their pregnancy and the early months after birth, **Kalanjiyam is improving health outcomes for both mothers and children** in these communities.

← →

Voice Note from SUMATHI



I want to sincerely thank the RICH team for the breastfeeding advice and health guidance they gave me. It was very helpful for me as a new mother. After their support, I started eating more healthy vegetables like spinach and iron-rich fruits to help with my anemia.

I also followed my baby's vaccination schedule properly because of their guidance, and now my three-month-old has received all the necessary vaccines on time. After making these changes and attending regular check-ups, my blood count and hemoglobin levels have improved. I feel healthier and stronger now.

Once again, thank you so much to the RICH team for your care, support, and encouragement. I will continue to follow your advice to take care of myself and my baby.

-SUMATHI



Transformed lives

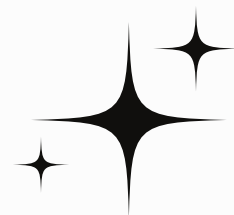


I am the mother of Poovarasi, a fifth-grade student who has experienced hearing impairment since childhood. Poovarasi was unable to respond when called by name until the Kalanjiyam team identified her needs and provided her with a custom hearing aid.

Since receiving the device, Poovarasi can now hear and articulate speech clearly. She recognizes sounds in her environment, which fills me with immense joy. Her ability to participate in class has improved dramatically, and she has begun to excel in her studies.

Furthermore, Kalanjiyam provided our family with a cow, which now serves as a steady source of nutrition and supplemental income. The combination of medical assistance and economic support has truly transformed our lives, and I am profoundly grateful for the opportunities Kalanjiyam has provided.

-SOKKAMMAL



Reflection

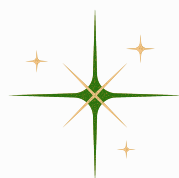


Heamanath, a 10-year-old student from our block, was identified **by our school's para teacher as having a stammering speech difficulty.**

Recognizing the need for support, **our para teacher promptly notified the health department.**

Without delay, our team visited the school, assessed Heamanath's condition, and introduced tailored exercises along with speech therapy sessions. Additionally, he was taken to a nearby hospital where specialists recommended **breathing exercises to support his speech development.**

Since then, the para teacher has been guiding Heamanath with daily practice, **while our RICH team visits three times a week to provide continuous training and encouragement.** We're happy to note that **Heamanath is showing noticeable improvements in his speech, marking a positive step forward in his journey.**





KALANJIYAM TRUST

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CHENGALPATTU DISTRICT



*"Where care meets learning, lives transform.
Our mission of health and education moves forward."*

*"Our heartfelt thanks to the **Share and Care Foundation, USA**,
for standing with us. Your continued support empowers our
mission and touches lives meaningfully."*

Prepared by:
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2025