



# CENTRE FOR TRIBAL AND RURAL DEVELOPMENT TRUST

## Annual Report 2022-2023

### About CTRD

The **Centre for Tribal and Rural Development**(CTRDT) Trust is a dedicated voluntary organization that was established in 1988. It is registered under the Indian Trust Act in the state of Tamil Nadu.

For three decades we have been working on projects and programs that aim to promote and strengthen the livelihood, welfare and development of the marginalized and discriminated tribal and rural communities of the Nilgiri District. Hereby, we are both supporting livelihood programs (i.e.house constructions, infrastructure or health care improvements) and empowering their capabilities by introducing new possibilities of income generation and Self-Help Groups. Cooperating directly with the diverse communities, our professional team members use their skills, knowledge and long working experience to overcome the circumstances of poverty and marginalization. Every project is realized with a Help to Self-Help, holistic and Bottom-Up Approach in accordance to the tribal people's resources, needs, cultures and traditions. Generally, our work is financed through donations and funding received from government bodies and civil society organizations from all around the world.

#### Mission



Our mission is to provide tribal and rural communities with the appropriate tools and knowledge to help themselves. The focus is on comprehensive and inclusive health, education and livelihood training in order to promote sustainable economic well-being, equality and basic human rights for all, regardless of gender, age and ability.

#### Vision



Our vision is the realization of empowered self-reliant tribal and rural communities with improved socio-economic conditions without damaging their cultural and environmental identity.

### **General Information**

*The Nilgiris region in the State of Tamilnadu in India is home to 6 primitive tribal communities. They have inhabited this biodiversity for the past several centuries. The Centre for tribals and rural development trust is a development organization working among these tribal communities for the past 34 years on various sectors involving health, education, community development, livelihood and environment. The organization works towards combatting poverty by helping tribal communities to help themselves. The indigenous groups are taught the necessary skills by the organization and the infrastructure is provided so that they can take responsibility for themselves.*

### **Project Description / Project Objectives**

*Food in Security and Malnutrition among both landless and land-owning tribal communities of this region is a major problem. Lack of awareness about healthy diet and lack of access to healthy food is the main reason for malnutrition and food insecurity especially among women and children. 60% of the tribal population suffer from undernourishment and 70% of them are women and children, malnutrition and under nourishment causes severe health problems.*

*The project aims at improving the food security of the tribal population by providing them knowledge, skills and inputs to help themselves by solving the current situation. This is done by providing awareness about healthy diet, kitchen garden, animal husbandry, bee keeping and alcohol awareness which all together will improve their knowledge about healthy living. Parallely their skills will be enhanced by training them in kitchen garden, animal husbandry, organic manure production and bee keeping. By providing them inputs such as agricultural equipment's, vegetable, fruits and medicinal plants/seeds, honeybee box through the project the tribal families will have access to inputs to enhance their food security. To improve the livelihood of the landless tribal families training and infrastructure for production of banana silk, honey and storage units for pepper, honey, coffee and ginger will be implemented through the project. The project intervention also focuses on activities such as Sickle cell control, alcohol addiction treatment and prevention on the health sector. To ensure the reduction of school student drop out evening coaching centers are operated in the tribal villages.*

### **Kitchen garden and awareness program on healthy diet:**

Improve access to nutritious food for Tribal families empowering community members with gardening skills and knowledge about the nutrition value of the vegetables.

### **Community engagement:**

CTRD conducted awareness sessions to educate tribal community members about the benefits of kitchen garden and encouraged their participation.

## Awareness on nutritious diet and gardening techniques:

CTRD organized several awareness sessions to educate community members about the effects of malnutrition among the tribal kids and adverse effects on women. Hands on training was given to produce compost, panchakavya and fish emulsion. Detailed study on seed selection was also given to the tribal families.

**Conclusion:** 300 Tribal Families have started cultivating the Kitchen Garden. Based on the season many vegetables such as Cabbage, Turnip, Coriander, beans, tomato, Spinach, pepper, Knol khol, brinjal, yard long beans have been grown by the families. On an average 6 to 7 kilos of the above-mentioned vegetables have been harvested by each family and have been consumed as part of healthy diet. The harvest quantity of vegetables have gone high from 3-4 kgs to 6 to 7 since all the plants have grown well.

The kitchen garden initiated has not only improved food security and nutrition but has also take control their own well-being. This project serves as a model for promoting self-reliance in the face of food insecurity.



## Animal Husbandry Training

150 Tribal families were trained in livestock farming during the project period May 2022 to Nov' 2022 and 41 tribal families were trained during the project period of Feb 2023 . The following activities such as - Cattle shed maintenance, vet nary care, livestock management, fodder management trainings, production of organic manure from cow dung have been covered under the livestock farming trainings to the tribal families.

## Banana Fibre Production Training

Landless Adivasi have no possibility to grow cash crop. They get their income from working as day labourers for about 2-3 days/week, but these possibilities are irregular. 10 landless tribal women are trained in the process Banana fibres training.



## Awareness of Alcoholism

This project is supported by SODI to educate the tribal communities about the danger of alcoholism and provide them support to overcome addiction and lead healthy life.

Alcoholism has become an issue among tribal communities leading to numerous social, economic and health related problems.



## Bee Keeping

Beekeeping offers numerous benefits to tribal communities, including economic empowerment, environmental conservation and cultural preservation.

Tribals traditionally have the knowledge and practices related to beekeeping where applicable.

### Training:

Hands on training in beekeeping techniques, hive management, honey harvesting was given.

Bee hives and box, tools to harvest honey are also given to the tribal community members.

### Benefits:

**Health benefits:** Honey and other bee products have been used for their medicinal properties. They contain antioxidants, vitamins which give health benefits for the children and women.

**Conclusion:** Overall beekeeping offers a multitude benefit. It also contributes to food security and cultural preservation.



## Evening coaching centre for school going tribal kids

We are promoting 15 Evening Coaching centre in various Tribal hamlet. Our evening coaching centre is dedicated to empower tribal children with education and skills for a brighter future. Our tutorial program aims to bridge the educational gap and provide opportunities for holistic development among tribal communities.

**Academic support:** we offer tutoring and academic support in core subject such as maths, English, science and social.

**Health and nutrition:** we prioritize the health and well being of tribal children by promoting good hygiene practices, provide access to healthcare recourses and we offer nutritious snacks.

**Education materials:** note books, chart, slate, pencil kit with pouch, floor mat, blackboard is distributed to the school.

**Drawing competition:** with the help of volunteers from Germany drawing competition was conducted, prizes were distributed to the win.

**Impact:** through our evening coaching centre we aspire to empower tribal children to break the cycle of poverty, we believe that we can create a brighter and more equitable future for all.

**Conclusion:** our mission is to empower tribal children through education.



## International Tourism Day:

International Tourism day celebrated on 27<sup>th</sup> Sep'2022, near Needle rock Ooty- Gudalur main road with tourist who are travelling from Ooty & Mysore , we provided bouquet of flowers, sweets. Tribal dance and culture were demonstrated to the tourist. Also, we celebrated international tourism day in the tribal village with foreign and Indian Tourists to explore tribal culture, traditional, music dance & tribal food.



## Student internship:

Student internship provide students with a valuable opportunity to bridge the gap between the academic learning and real-world work experience.

We offer mentor ship, field visit to the students. Students learn to navigate professional environment, handle challenges. They have the opportunity to apply theoretical knowledge to the real-world situation developing practical situation. Every year students from Government Arts & Science College,Gudalur and SPJIMR, Mumbai.



### **Volunteers from Germany:**

Every year volunteers from Germany visit our organization and carry out many activities and help us in the ongoing project, they visit villages and understand the root cause problems of the tribal people. They work together for organization upliftment. Volunteers from different fields impart their knowledge to the staffs working in our organization.



### **Enlightening Tribal house and village with solar light**

Providing solar light to tribal families is a sustainable and impactful initiative that can improve their quality of life in several ways.



conclude our Annual report with great gratitude for all our partners, tribal communities, staff members, government officials and all stake holders. CTRD TRUST will strive to be a catalyst for a thriving tribal community

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