

ANNUAL REPORT 2023-24

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.

ANNUAL REPORT 2023-24

Activities of 2023

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.

Source materials:

Essential gardening supplies such as seeds, gardening tools, nets are provided to the participating tribal families to start their kitchen garden.

Monitoring

Their progress is monitored continuously and solutions are offered to them to challenges they encounter.

Results:

1. **Increased food security:** over 700 Families successfully established kitchen garden, resulting in improved access to fresh vegetables year-round.
2. **Nutritional impact:** Families reported an increase in the consumption of nutritious food, leading to improved health outcome, particularly among children and women in tribal families.
3. **Empowerment:** participants gained confidence in their ability to grow their own food.

ANNUAL REPORT 2023-24

4. **Environmental benefits:** Adoption of organic gardening practices promotes biodiversity, contributing to a healthier environment.

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



Awareness on dangerous effects 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 a healthy life.

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

Awareness program:

Awareness sessions on the dangerous effects due to alcohol are delivered to the tribal community. Counselling services for individuals are given.

Benefits:

This has made a tangible difference in the lives of tribal families struggling with alcoholism.



ANNUAL REPORT 2023-24

Beekeeping

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.

Monitoring: Regularly the progress is monitored and evaluated its impact using the feedback from the community members.

Tribal community members are empowered with the knowledge, skills and resources to engage in bee keeping.

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.

Sustainable livelihood: Beekeeping provides a sustainable livelihood option for individual. it offers reliable source of income all over the year and the maintenance cost is also less.

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



ANNUAL REPORT 2023-24



Evening coaching centre for school going tribal

kids

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.

ANNUAL REPORT 2023-24



Sickle Cell Anemia Camp:

The Nilgiris District, 1 percent of Adivasis are affected by SCA symptoms and more than 12 percent in some areas more than 20 percent of the population are carriers who show no symptoms. The average life expectancy of an affected person is slightly more 40 years. Currently, 2000 Adivasi in the project region suffer from SCA. CTRD conducting SCA camp at various Tribal village with help Doctor team of Swami Vevekanda Medical Misson, Muttile Wayanad.

Baseline data was surveyed by the field organizers. Based on the data identified with SCA. With the help of the laboratory more number of Adivasi affected with SCA can be diagnosed. The diagnosed patients receive information about the right nutrition and lifestyle. For example certain food can stimuli the pain. in addition, painkillers and vitamin tablets is given to increase the haemoglobin value.



Elders Care & Support

Give Foundation supported by 15 tribal old age tribals by providing them with Wollen cloth , bed sheet, dress, provision etc.

ANNUAL REPORT 2023-24



Coffee Board of India:

CTRD extended its service in Palamalai, Coimbatore District, for the livelihood of the tribals residing in Palamalai village were selected and training for the plantation of coffee plants. With the help of Coffee board of India Training was provided and coffee saplings were distributed by Coffee Board of India.



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 mentorship, 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 and Science college, Gudalur Bharathiyar university, Aamakulam and SPJIMR, Mumbai.

ANNUAL REPORT 2023-24



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.



Women entrepreneurship training:

This training program for women is aimed at empowering women to thrive as entrepreneurs. These initiatives provide support in areas such as business development, financial literacy, networking and leadership skills recognizing the unique challenges and opportunities faced by the women in the business world. This training program aims to promote gender diversity and drive economic development and also to achieve the significant growth in social development. The training program contained the following contents

1. Business planning
2. Financial management.
3. Leadership and communication.
4. Network relationship building.

ANNUAL REPORT 2023-24

5. Legal and regulatory compliance
6. Work- Life balance.

These topics were covered through various lectures, workshops, interactive discussion and practical studies.



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.



solar street light:

Women and children are feeling unsafe to venture outside after dark as there is no outdoor lighting. Lack of lighting essentially ended the resident's productive day at sunset. Villagers are always in danger of encountering wild animals in the dark evenings.

Solar street lighting provides them and also their animals (livestock, hens and village dogs etc) security in village areas and increases the quality of life, by increasing the visibility. The inbuilt blinker lights of the solar street lights will arrest the movements of wild animals towards the villages.

Thus protects the beneficiaries from the human - elephant(other wild animals) conflict. Children could study even after dark, which is possible by installing solar street lights.

ANNUAL REPORT 2023-24

There will be social gatherings around the lights and the villagers can sit and Chat. Threats of wild animals and snakes are very common in this area while going outside to attend the "Nature Calls" during nights. These incidents can be reduced while installing the solar street lights, which never fail during the nights and provide safety for going out, using toilets and moving around the village for their needs.



Conservation of Bio Diversity:

Biogas program we conducted Participatory Rural Appraisal (PRA) meeting held at Pothukolly . Mr.Rs.Ranganathen (Managing Trustee CTRD Trust) Mr.Vasudevan (Biogas Program Organizer CTRD) ., Mr.Vijayan (Field Organizer CTRD Trust), Mrs.Sheeja (Field Organizer CTRD Trust) and nine biogas beneficiaries and village people were participated in that PRA program.

Farmer producer company



NABARD organised meeting with Honourable Central Government Minister Thiru. L.Murugan. our Organisation participated in the meeting. Tribal farmers on behalf of CTRD displayed in the exhibition.

ANNUAL REPORT 2023-24



Tea board of India

Tea board of India conducted programs in several villages. Mrs. Anjali, Development officer, Tea board of India explained many schemes for the tribal tea farmers and distributed sprayers, tea leaf cutting scissors, tea leaves harvesting machine.



We 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
