



PAYIR
ANNUAL
REPORT

2023-24



About Payir

Payir, working towards holistic enablement, is a community-based not-for-profit organization based in Thenur village, Perambalur District - one of the least developed districts in Tamil Nadu, India. Payir's initiatives are composite and holistic, focussing on issues of rural people and village ecology. We believe in being a catalyst and an enabler. We are attuned to the problems of the community, continuously communicating with them and keep evolving our solutions.

Payir's initiatives, in Community Healthcare; Watershed development; enabling Natural farming; Education Initiatives; Creating rural enterprises; Empowering Panchayat system, is focused on the interconnected needs driving holistic well-being of a community. Payir's community-based programs involve extensive work with rural communities in addressing issues so as to lead to a sustainable life.



To holistically enable rural people to live healthy, to develop inquiring and creative minds, and to build a community around the principles of Truth, Equity, Social and Ecological Justice



Our primary focus area is the Chettikulam Micro-watershed covering an area of 20,000 acres and serving 15,000 families.



Holistic Well-being

Increased clinical services in Homoeopathy, Naturopathy and Siddha

- Regular Siddha camps in 3 villages - thrice a week - Dr. Vijaykumar
- Inpatient facility - increased infrastructure - More people are being treated by our doctors - Dr. Shanmuhapriya and Dr. Preethi
- Streamlined physiotherapy camps in villages - 1 village a week
- Homeopathy camps for chronic illnesses - 2 camps in the last quarter of 2023 - Dr. Ilango and team
- Village level homoeopathic camp for acute diseases

Patients treated / referred

- OP - 2547 including RSTC children
- Eye camp - 49
- Siddha and Naturopathy camp - 79
- Homeo camp - 61
- Referrals - 193
- In-patients - 18

Conditions treated

DM, hyperthyroidism, fevers including dengue, gallstones, OA, calcaneal spur, disc injuries, vomiting, diarrhoea, CKD, frozen shoulder, alcohol withdrawal symptoms, sciatica.

Full fledged clinical lab facility

Thanks to Dr. Sridharan/ Sundaram Hospital for the reference.

Yearly eye screening camp

By Dr. Mothikrupa Sankar and team

Our work in reducing ills of alcoholism

- Addressing illegal sales inside the villages (alcohol & drugs)
- Awareness through theater programs
- De-addiction referrals - 3 men last year
 - Through DNI (DocterNet India) - Salem, Coimbatore, Trichy
 - CMC Vellore - Psychiatry department

Community level works

- More traction in the communities to avail our services - more surgery referrals, increased trust in alternate treatments, increased consultation through our Health Animators.
- Online meetings with mothers from a team of women in US - on parenting, nutrition etc.,
- Ayali movie screening at villages - to create awareness about female oppression.
- 15 Health Ambassadors (HA), out of which 2 are seniors, are working in 10 villages.



School health education

- ❖ Reaching 55 schools in 32 villages, 5500+ children
- ❖ Siddha doctor takes health education sessions.
- ❖ Herbal gardens being initiated in 6 schools.

Special Children Care

- ❖ With TATA AIA funding, able to use a vehicle to reach out more villages and families
- ❖ 125 children in 26 villages - around 2500 house visits from april 2023 till now - 2 field animators
- ❖ 2 Vasantham Camps - Dr. Krupa, Ms. Alli Murugesan and team.
- ❖ Special Ed classes at Payir for 3 children from nearby villages and 2 from RSTC.
- ❖ Special ed at 6 schools - 25 children
- ❖ Bimonthly physiotherapy camps at center - by Mr. Balachandar and team - 8 camps - individuals from 9 villages - 120+ individuals

New consultants

Lactation consultant, developmental pediatrician.

Supplementary Nutrition Program

- ❖ Laddus, sathu maavu, egg. Planning to add vegetables.
- ❖ Continues in 10+ schools, 650+ children
- ❖ Supported by Membean Inc



Referrals - 1 surgery, provided 2 splints, 1 breast pump, 1 spirometer, education materials.

Improved relationship with health department at Primary Health Center (PHC) level and district level

- ❖ Conducted 2 blood donation camps this year - 78 donations
- ❖ Conducted tobacco awareness program with District Tobacco Control Cell (DTCC) in a village.
- ❖ Provided healthy snacks and drinks to PHC as per their request during an inspection from the health department.



Education Beyond Classrooms



aarvam
exploratorium

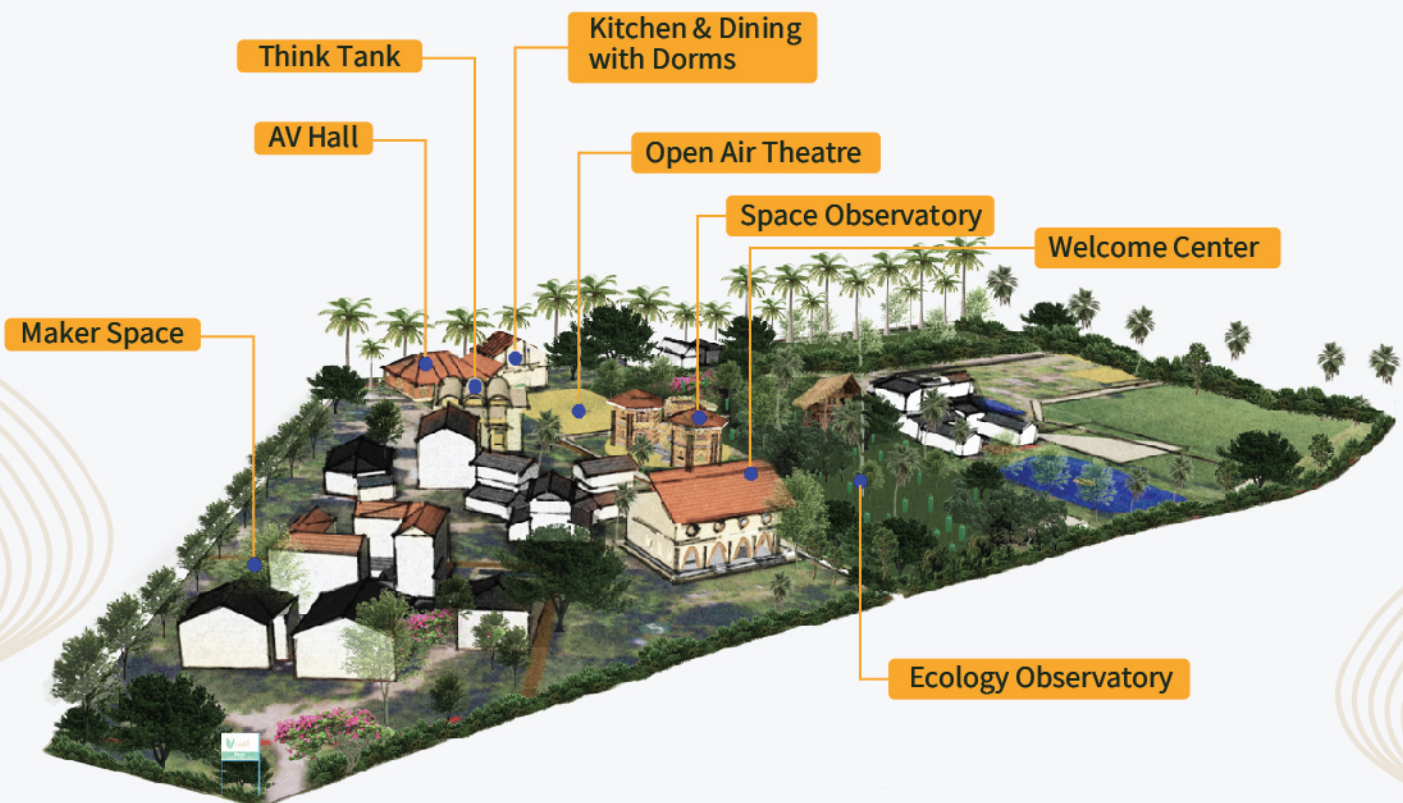
Aarvam – The Exploratorium

Aarvam - the exploratorium - is a space for rural children - primarily for government school kids. Aarvam is a key initiative, most certainly a flagship, of our many initiatives fulfilling Payir's commitment to our children: giving them a happy and healthy childhood, a space for creative inquiry.

The exploratorium is expected to be inaugurated in Jan. 2025. Currently the construction work is going on. Apart from Infra a major effort is currently underway to build the content and enable the tutors for Aarvam.

Also, an initial set of classes and workshops are being conducted on a weekly basis, in line with Aarvam's learning objectives.

Aarvam - Infrastructure Update



Welcome Center

Area for new attendees and orientation to Aarvam



Think Tank

Common workspace for teachers and content creators of Aarvam



Multipurpose AV Hall

Place to conduct AV based workshops and video conferencing



Kitchen



Space Observatory

Area to learn about Astronomy and other sciences using hands-on experiences and visual aids



Makerspace

Space for kids to explore, ideate and fabricate basic and intermediate level engineering design (carpentry, learning DIY experiences)



Lab Space

Math and science lab spaces for Aarvam children.



Art Lab

An art lab for children is a fun space where kids can explore and create using different materials and art ideas.



Ecological Observatory

Space for kids to explore, understand and observe the native biodiversity and ecosystem



Landscaping Works:



Aarvam - Content Update

Content creation

- As part of Aarvam, specific content has been created to address 201 lesson plans aligned to the government school curriculum (Samacheer Kalvi)

Workshops conducted

- 28 workshops conducted for children on topics like (“How many matches can you fit in a box” - volume, “Why do tigers have stripes” - adaptation) with a total of 3143 Children reached
- 9 Astronomy workshops were conducted using a newly procured Telescopes at Aarvam benefiting 237 kids
- Our trainers conduct classes at govt. school as part the intervention program, over 48 classes have conducted benefiting 986 children

Training of Teachers (ToT)

- 13 trainings were conducted across various topics like maths, science and humanities. Some were conducted with partners and resource people like - Vidhyavanam, Mango education, Deepak, Maya, Sudhir uncle, Marudham Senthil etc.
- Surveys about traditional practices in 4 villages were carried out to gather and ensure that these learnings can be taught back to the students.
- Field visits to Experimenta, Coimbatore and Regional science centre, Coimbatore were taken up by the teachers to learn from similar exploratoriums.

2 Tours conducted with around 162 students participating in them

- **Dream Voyage** - Aarvam children went on a 3 day tour to Bangalore. The Dream Voyage was sponsored by Amagi employees. The kids visited the Bannerghatta National Park, Amagi Office, Jawaharlal Nehru Planetarium, and Visvesvaraya Industrial and Technological museum. They were also taken to Windsor Manor for a lavish dinner by Mr. Bhaskar. For many of the children this was their first time visiting the zoo, the museum and the planetarium. The children had a great time.
- **Local Archaeological Sites Visit** - The children visited a few archaeological sites around Thenur: the Ranjankudi fort, the Ariyalur museum, the National Fossil wood park, Sathanur, TANCEM Ariyalur Archaeological museum. The kids had fun collecting fossils and learning about them.

Staff on boarded

- currently 6 teachers and 3 consultants are working on Aarvam to build the content, train the teachers and conduct initial sessions for kids

Partners

- Aarvam is sponsored by Amagi; Mango education, CrazyPencilz, MakersSpace are other partners helping with content and media support



Education Initiatives at Payir

RSTC

Residential Special Training Center is an initiative of Payir that provides disadvantaged children with a safe space to learn. Some of the kids have gone on to college and beyond. Currently the initiative covers lodging and boarding close to 32 children (10 girls, 22 boys)

🌿 School Children

- Current infra supports till 8th class in campus education; From 9th till 12th - 13 children - 4 girls, 9 boys - attend private schools with hostel facilities

🌿 In College - 2 students are being supported by Payir

🌿 A few students have completed College / Diploma with Payir support

- Bachelors - 1
- Diploma and IT - 5

Intervention programs

🌿 Montessori Education

- Montessori Environment for kindergarten has been created within Payir campus and 16 children attend these classes
 - 1 montessori trained teacher, 1 assistant teacher are currently supporting this initiative

🌿 Early childhood learning centers are also created within the villages for the benefit of 0 to 2.5 yrs old children. They are exposed to various Montessori toys and methods near to their homes.

- 2 centers in 2 villages - around 30 children avail this facility
- 1 montessori teacher, 1 inhouse trained person

🌿 Currently teachers from Payir conduct various classes at Government School to supplement existing staff shortages

- We currently have 9 teachers supporting 8 government schools
- They also conduct evening classes (using Tabs) at 8 sites, 6 villages
- Additionally montessori based basic language and math tuitions are conducted in 2 villages for primary school kids

🌿 **“Teachers for Change”** conducted by Barefoot academy -The training program at Barefoot Academy focuses on empowering teachers with knowledge about governance, social, and political awareness. By offering comprehensive training, the academy aims to help teachers understand the political and social systems, enabling them to educate and inspire students and communities about civic responsibilities, rights, and governance structures. This initiative equips teachers with the skills and understanding necessary to foster informed, socially aware, and engaged citizens.



New library initiatives

We are in the process of starting libraries across various villages

Career Guidance

Payir provided facilitation, mentoring, college education guidance and admission help for 12th standard students based on their interests, strengths and family background.

Out of X students guided, Payir has directly helped Y students to enroll in colleges.

2 sessions conducted last year - Around 20 fresh students attended ; of the children who attended one has successfully entered WCC, Chennai

Alumni meet and workshop at Inbavanam - Karamadai

- Payir has been mentoring 12th grade students with college education for the past 6 years. 30(?) students from this intervention who had successfully finished college were invited for a workshop to upgrade their skills.

Arts and Cultural education

Vidhaigal Kalai Kuzhu is a children folk art group by the rural community children, performing various native art forms such as Parai, street theater, etc., This group has performed several programs regarding “Deaddiction” in Perambalur District, along with Government and other private organizations.

Runner’s high from Bangalore supported 12 children to participate in a marathon at Bangalore, they also are supporting an on-going running program for the RSTC children

Koottanchoru - is a magazine that showcases the works of all the RSTC students from 2022, is published yearly.



Oneness with Nature

As part of Payir various green initiatives have been taken.

❖ Farm - on Payir campus

- Minimal farming with traditional seeds and natural farming methods - vegetables, greens, rice varieties.
- Area reduced due to new constructions (Aarvam Buildings)
 - 2 acres will be afforested for ecological observatory.
- Cattles reduced - no goats, less hens(due to less care), 1 cow

❖ Uzhavu Thiruvizha (Farm Festival)

A 1 day event was conducted; attended by collector and SP as chief guests

- Mr. Kosithar and Ms. Subashini as speakers
- 2000+ footfall
- Many stalls, traditional games
- Inauguration of a seed bank

❖ New trees planted - 240, with better funding we could have planted more trees this year.

❖ Nurseries raised - 3500 saplings

❖ A team of 4 people from Payir nursery team attended training at Thiruvannamalai Forest Way for 10 days to learn how to create 2 acre forest in Payir as part of Aarvam Eco-park and for designing, exciting landscape for all blocks.

❖ The tree plantation contract at Ariyalur Govt Cement Factory and Mines

- Planted a total of 23,514 trees out of which 98 % survived at the Anandhavadi site and 65 % survived at Kallankurichi (27 sites).

❖ **Kitchen Garden** initiatives - increased number of gardens in 8 villages, in 192 house holds which is almost more than double the number from previous year.



Thorigai Gramma Pengal Kootamaippu (Thorigai and Thinai)

This is a rural women collective supported by Payir that aims at providing women livelihood and financial independence.

Thorigai - Eco-friendly Product (Bags, Calendars, Toys) Making Unit

- Expansion of space and infrastructure - newly rented space in Thenur village
- New products - toys and learning materials
- Sales
 - Total Sales ~ ₹ 11, 86,000/-
 - Exhibitions (3) - ~ ₹ 4,63,000/-
 - Others ₹ 7,23,242/-
 - Introduction at Kala Ghoda (Asia's largest multidisciplinary street arts festival, @ Mumbai)
- Number of women part of collective - 12 permanent and 5 temporary
- Rs. 3,00,000/- Funding received from AKR parcel service.

Thinai - Food Processing Unit

Is a food processing unit focused at influencing holistic and sustainable change in nutritional well being of rural and urban communities.

- Nutrition supplement program at 12 government schools continues.
- Usual products - 6 different laddus, sathu maavu
- New packaging and labeling made possible this year - Thanks to Satish and Crazy Pencils
- Total Sales - ₹ 15,90,150/-
 - Deepavali order - ₹ 8,00,000/-
 - Total sales through nutrition program - ₹ 5,11,214/-
 - Others - ₹ 2,78,936/-
- 2 Members from the team went to " Training on Agro Entrepreneurship Development" conducted by Vaigai Trust and Gramium partnered with Stella Maris Institute of Development Studies @ SMIDS Campus, Kanyakumari District.



Team Updates

- ✦ Workshop at Inbavanam, Karamadai for Payir team members who have been part of Payir for less than 5 years.
- ✦ We are sorry to have lost one of the members - Mr. Raja. He was an accountant at Payir and was part of the Payir team for more than 4 years.
- ✦ First retirements - Mr. Selvaraj and Mr. Govindhan. They were part of Payir for more than 15 years taking care of the farm work at Payir.
- ✦ 4 Women from the Payir team attended a 10 days women empowerment training program at Ekta in Madurai (Ekta is a NGO working towards women empowerment).
- ✦ Salary increment and gratuity for all members of the Payir team.
- ✦ Yoga classes for 5 of the team members by Yoga Vagini trainers - Ms. Aparna and Ms. Dhivya

New partners to Payir



Media Coverage

- ✦ DW video: [Click here to watch](#)
- ✦ Thozhi Magazine: [Click here to read](#)

Others

- ✦ Along with the Police department we have been conducting public awareness programs on addiction.
- ✦ Survey to analyze effectiveness of Payir's initiatives by Dr. Dominic Thomas from Monash University, Australia (400 people were surveyed).



Visitors

- ✦ Mr. Anil Meshram, IAS, Commissioner of Backward Classes and Member Secretary of the State Development Council, visited Payir to review the general and administrative operations as well as the progress of the Payir campus.
- ✦ Ms. K. Karpagam, IAS, District Collector of Perambalur, visited to understand the Payir community and share her inputs.
- ✦ Ms. Aparna, AKR, visited to observe health practices, review Thoorigai operations, and explore further support.
- ✦ The Amagi team visited to assess the progress of the Aarvam Exploratorium.
 - Ms. Deepa, Director of Work Environment
 - Ms. Vidyut, CSR Head
 - Mr. Prasad, Chief People Officer
 - Mr. Siva Natarajan, Senior Vice President of Strategy and Business Operations.
- ✦ Friends of Payir: Ravi Calyanakoti (Dallas, USA), Sarang Srinivasan (Boston, USA), and Ramiya Sugumaran (Portland, USA) – visited for friendly engagements, to discuss Payir's new initiatives, and to meet with potential partners.
- ✦ Other Friends and Donors.



Get Involved

We'd love to welcome you and your family to stay with us at Payir Campus. Bring your kids along and enjoy the peaceful surroundings while being part of something meaningful. Whether you're looking to volunteer, explore internships, or just lend a hand, there's always a way to get involved. Every bit of your time and effort helps us create a positive impact. Come be a part of our community – together, we can make a difference!

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