

**SRUWRA (SOCIETY FOR RURAL AND URBAN
WOMEN'S RENAISSANCE ACTIVITIES
ANNUAL REPORT FOR THE YEAR 2021 -2022**

SRUWRA was constituted by a group of social workers who strive to improve the quality of living conditions of the women and elderly of our society in the year 1992. The ultimate objective of this society is to enhance and enlighten the dark superstition which fades out the life of the rural women folk and elderly by creating a self sufficient and peaceful living by enhancing their skills and ability.

AREA OF OPERATON:

Our society is actively functioning for the welfare of rural senior citizens in Sivaganga and Ramnad District of southern Tamil Nadu.


SALIENT FEATURES OF OUR ACTIVITIES:

The following activities were carried out during the year 2021-2022.

OLD AGE HOME:

Aging is inevitable and with that reducing physical health and dependency in order to live a quality life is considered to be a disaster. Reducing physial health and increasing dependency can put seniors in constant pressure declining them to accept the changes. The older age increases the demand for professional care giving which requires them to be in need of periodic medical assistance.



For Society for Rural and Urban
Women's Renaissance Activities

Executive Secretary - Treasurer

Exploring the psycho- logical problems of this age, it is characterized by feelings of loneliness, fear, depression, isolation from themselves and unpleasant thoughts dominated by negative feelings. So the main objective of our organization is to identify the old aged people who lack such basic care, spread awareness regarding the geriatric welfare services among the rural elderly population and help them come out of their tragedy with the help of the grant support from the Ministry of social justice and empowerment, New delhi.

So inorder to rehabilitate such helpless senior citizens, we have established two old age homes, one at Kamarajar Colony, Sivagangai District and the other at Parthibanur, Ramanathapuram District.

Quality meals is freshly prepared and served according to their preplanned diet program. The diet plan includes the required nutrients through vegetables, and protein through fish, poultry & egg. Morning and Evening Tea is provided with snacks. New clothes are distributed for all festive celebration irrespective of any particular religion. Personal hygiene product are also distributed monthly to keep the beneficiaries clean and hygienic.

All the health care needs are attended by a professional doctor who visits the inmates at least 4 times a month to check the physical well being of each and every individual of our home. Apart from regular doctor check-ups, a medically qualified part time nurse attends to their immediate ailments.



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THANKS:

We would like to extend our sincere thanks to the local donors. well wishers, State and Central Government Officials who lend their helping hands to provide cooperation and financial support to implement our program successfully. We especially thank our staffs for their sincere and responsible service with benevolence.

CONCLUSION:

With new hope every day, rendering our service to the elderly leaves us with a sense of satisfaction and purpose, irrespective of our circumstances. We would continue to help them lead a better life.



**Executive Secretary for
SRUWRA**