

GANDHI PEACE CENTRE (GPC)

ANNUAL REPORT

Year 2020-2021

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Introduction

The year 2020-2021 gives us lots of lessons for the protection of old age people, children, women and the development of downtrodden community to whom we serve since the Covid – 19 pandemic spread threaten the survival and livelihood. Our team struggled to reach out the beneficiaries with all preventive and protective measures and achieved the aimed target.

This Annual Report (which is themed- The threatening Era of Covid - 19) highlights the areas in which the organization have grown as a result of the many changes that were implemented during the year 2020-2021. The organizational growth is indicative of the level of commitment that the management, staff and the stakeholders have in ensuring that that organization strategically positions itself in becoming the benchmark organization of its kind in our service areas. This is in keeping with the vision of the Home, where 'the dignity and well- being of senior citizens, women and children, rehabilitation of alcoholics and drug addicts.

Gandhi Peace Centre (GPC) replicate back our achievement in charity and the success of this organization owes all the supports from government, individuals, well-wishers and social clubs as much as we able to successfully implement projects and programs. We continue implement successfully. Swadhar centres, Family Counselling Centre funded by Central Social Welfare Board, Old Age Home, Integrated Rehabilitation Centre for Addicts supported by Ministry of Social Justice.

Gandhi Peace Centre works for abandoned senior citizens through old age homes, women welfare through Swadhar Greh and Family Counselling Centres and rehabilitation services for drug addicts through Integrated Rehabilitation Centre for Addicts protected our beneficiaries from infection of Covid – 19 pandemic and we are happy that we ensured their safety and protection.

1. Programme for Age Care



Senior Citizen Home for destitute elderly:



GPC operates Anbagam Senior Citizen Home under the support of Ministry of Social Justice & Empowerment, Government of India, New Delhi. Old Age Homes is functioning at Attur of Salem, where a greater number of destitute and abandoned elderly people are living and have no access to old age care. These areas are identified through field observation study for the care of senior citizens. Provide due care to the helpless, neglected and abandoned Aged persons in the society. Ensure elder friendly environment towards achieving a promising peaceful condition for elders fostering their physical, mental, social and spiritual protection and wellbeing as well. Daily yoga and walking exercises, facilities for all readings and television and many more life enjoying activities are the special provisions for our elders. Safe, secure & homely environment for the elderly, balanced Nutritional Food, Complete Medical Care and Referral Services through appointed home doctors, Recreational activities, festival and each elder's birth day celebrations are routine activities of our senior citizen's home.

1.A. Anbagam Senior Citizen's home at Attur of Salem District:

The annual details of old age homes during 2020- 2021 are briefed below.

Name of the Scheme	Integrated Programme for Senior Citizens
Total Residents	25 Elders including Female - 17 Male - 8
Periodical visit by District Social Welfare Officer	5.5.2020 21.7.2020
Visit by State Co-ordinator, Project Monitoring Unit, MSJE	5.11.2020
Annual Visit by RRTC Representative	17.12.2020
Periodical visit by District Social Welfare Officer	5.5.2020 21.7.2020

Anbagam Senior Citizen Home started with an aim to provide a happy home for the several destitute, poor and orphaned elderly people for the past 10 years in Salem District. The campus extends about 2 acres of land which ease for free walk and exercises of elderly residents. This has paved for the healthy living of elders. Apart from this, nearby school and colleges, social club members regularly visit and entertain the elders thereby entertaining the elders and do not think of their loneliness. Also, the location of old age home is easily accessible by local transport. With regard to shelter care, both male and female old age people are sheltering in separated dormitories. With regard to nutrition, during pandemic Kabasurakudineer, Dates and Sundal, Vegetable soups and Turmeric Milk is given to all elders which has ensured them to protect from Covid infection. We have completely restricted the visitors during this pandemic. During the year 2020-2021, 25 old age people are sheltered which include 8 males and 17 females. New admissions are 11 including Male 6 Female 5. 6 female and 4 males were discharged during last year and One elder died due to old age.

2. Integrated Rehabilitation Centre for Addicts:

GPC running 2 Integrated Rehabilitation Centre started under the support of Ministry of Social Justice and Empowerment, Government of India in the hilly area of Gudalur District and Salem District. For the past 10 years, we have serving for the rehabilitation of alcohol and drug addicts in Salem District and recently extending rehabilitation services in Gudalur District. There are no other service providers in these districts. In the hilly area of Gudalur, it is challenging for our smooth execution of services due to remote and limited access of transportation. The Scheduled Caste People, Daily labourers and Tribals are our beneficiaries in Gudalur District. Due to non-availability of such services, we try to initiate all steps and spread awareness towards rehabilitation of addicts and alcoholics with the support of District authorities, staff and volunteers.

Training to Staffs:

During the year 2020-21 through RRTC, Project Co-ordinators, Counsellors, Nurse, Ward boy undergone online training given by RRTC. These trainings equip our staff to cope up with pandemic situation and to gain knowledge on managing the addicts and alcoholics as inpatients or out patients and support them towards their recovery. It is very supportive for our staff to upgrade their knowledge. In our Centre, 2 staff undergone training.

Programme Components:

First one week is detox period. Everyday Doctor visits and attends the patient with required medicines. They attend everyday class. Family members also invited weekly once to attend a class to understand our treatment and how to cope up with them after their discharge. During the treatment of one month, each patient receives 8 individual counselling, 4 family counselling sessions and 2 Joint sessions with family is also conducted by our counsellors. We also take care of nutritive food 3 meals including 3 Tea is also served. During pandemic situation, we have slightly modified the diet including more of protein like weekly thrice egg along with regular nutritive menu.

On the day of discharge, family members have been invited and convene a sharing session by patient as well as their spouse and family members and take a resolution in front of all residents. Necessary guidance is also given by our Staff to prevent the relapse rate among our residents. This has also resulted in success rate in our rehabilitation.

Aftercare Service:

Our follow-up continues for about 2 years after their discharge. We give them necessary medicines for one month soon after their discharge. We invite couple to visit our center to get next month medicines and also make them interact with other family members and exchange their experience and challenges and prepare them to cope up with difficult situation. But we experience non-cooperation from patients and families for not attending the follow-up classes. We continue to insist on their compulsory attendance to make the best use of the techniques. Separate counsellors are assigned to patients towards their communication and follow-up towards their complete recovery and rehabilitation. Apart from this, relapse prevention management is also followed by our centre by a separate team either by direct visit or organize separate sessions with the family and find out the cause for the same and continue to extend our periodical guidance and follow-up towards their recovery. This has helped towards less relapse cases and more success rate in our treatment and rehabilitation.

2.A. New Life- Integrated Rehabilitation Centre's for Addicts at Attur of Salem District:



During this year 2020-2021, during pandemic situation, there is reasonably less strength of patients. However, our counsellors were extending tele counselling and follow-up and supported the patients and families by way of medicines and food to cope up during lockdown situation.

Last year 151 addicts were admitted in Integrated Rehabilitation Centre for their detoxification. The number of discharged after successful treatment and rehabilitation are 125. The remaining 7 are currently under treatment.

During the year 2020-2021, 250 individual counselling sessions and 125 family counselling sessions were provided to addicts in treated in IRCA towards their detoxification and also for maintaining sober life.

Name of the Scheme	Integrated Rehabilitation Centre's for Addicts
Total Beneficiaries per month	15
Total Beneficiaries per annum	151
Total Beneficiaries Referred to hospitals due to psychiatric problems	2
Annual Visit by RRTC	20.12.2020
Visit by District Child Protection Officer, District Child Protection Unit, Salem District.	10.8.2020

2.B. Winner Integrated Rehabilitation Centre for Addicts at Gudalur



Due to hilly area and remote transport and accessibility, it is difficult to access the patients during the pandemic period. This is the reason for not able to cover more beneficiaries during the last year. Moreover, the livelihood of the families is very meagre due to lockdown. We spread maximum awareness to reach our services to more people to benefit the treatment and rehabilitation services. We are hopeful that we would be able to continue our service to reach maximum patients in this needy area of Gudalur of the Nilgris. During the year 2020-2021, 98 patients were benefitted through our treatment and rehabilitation centers.

Name of the Scheme	Integrated Rehabilitation Centre's for Addicts
Total Beneficiaries per month	15
Total Beneficiaries per annum	98
Relapse	Nil
Visit by State Co-ordinator, Project Monitoring Unit, MSJE	3.11.2020
Annual Visit by RRTC	26.3.2021
Visit by District Child Protection Officer, District Child Protection Unit, The Nilgris.	29.11.2020 20.12.2020 15.1.2021

3. Women Welfare

3.A. Swadhar Greh – Women Shelter Centre at Gudalur



Swadhar Greh for women and girls under the Ministry of Women and Child Development is implemented by Gandhi Peace Centre for recognizing the need to prevent women from exploitation and to support their survival and rehabilitation of women and children in difficult circumstances. The scheme of Our Swadhar Greh is located

at Nilgiri's District. Referral of women is through Police, District Social Welfare Officer, District Child Protection Unit and local associations and SHGs. Swadhar Greh is meant to provide temporary accommodation at any point of their dire need, maintenance and rehabilitative services to women and girls rendered homeless due to family discord, crime, violence, mental stress, social ostracism and are in mortal danger. Within 24 hours of their admission, we inform local women police station of their details. Further we also inform their discharge after rehabilitation to Police for their record. Our focus is paid towards the identification of their personal problem, counselling to the specific needs and take steps towards their rehabilitation based on the willingness and co-operation of the residents. After few months of their admission, our counsellors would take initiative towards the arrangement of vocational training to lead an independent life. Course of stay vary from 1 months upto years based on the nature of their problem. The follow-up is also done by us after discharge from one year towards their complete rehabilitation and happy life. If necessary, we reach out for their livelihood needs and supports if any after discharge from our home. Thus, ensuring the complete rehabilitation of women and children benefitting through this center.

Name of the Scheme	Swadhar Greh - A shelter for women and children in difficult circumstances
Total residents per month	30
Residents as on 1, April 2020	26 women 7 children
New admission during the year	38 women; 10 children
Discharge	33 women; 5 children
Visit by District Social Welfare Officer, Nilgris Dist.	2:7:2020

We admit women from 18 years up to 59 years in our Swadhar Shelter Home. Once they complete 59 years, we would refer them to suitable old age home. Children below age of 18 years can accompany their mother. Male children exceeding 7 years can be transferred to children home to continue their education and rehabilitate them.

3.B Family Counselling Centre at Gudalur of the Nilgiris District



Family Counselling Centre is functioning at Gudalur. Our Centre allows clients to receive professional and referral services in a safe, confidential environment, while serving as a liaison with police authorities and government systems for individuals in need. Services mainly support women's issues, including dowry harassment and recovery of seedhana articles. In these cases of divorce and property disputes, the clients are guided through the legal process.

Types of case registered in the Family Counselling Centre

Name of the Scheme	Family Counselling Centre
Total Cases	265
Joint Visit by Joint Secretary, Tamil Nadu Social Welfare Board & District Social Welfare Office, Nilgris Dist.	20.3.2021

Nature of problem	No. Of cases registered
Alcoholism	45
Marital Maladjustment	42
Economic Crisis	28
Extramarital Affair	53
Economic crisis	34
Depression	30
Dowry	1
Property Dispute	1
Others	
Mental and physical abuse	5
Total	265

Individual counselling, group counselling, family therapy and psychological support to the client and family members are the main activities of the FCC. We are providing counselling on marital problem, economic problem, adolescent problem, helping the alcoholic, dowry related problems and drug abuse for the clients registering their complaints in our Family Counselling Centre at Gudalur.

4. Drug Awareness Programme at Gudalur of Nilgiris District (NAPDDR):



The Nilgiris District being the hilly area is prone to risk areas with number of addicts and alcoholics high in number. Apart from this, daily labourers, plantation workers also required intense awareness and intervention through planned strategies. Hence GPC executed Drug Awareness Programme covering plantation workers, school students, auto and taxi drivers and tribals. We followed strategies which suits their specific intervention namely signature campaign, competitions, quiz among school students with the support of District and local authorities. Drug Awareness Programs covered around 710 participants covering Tribal Community and Plantation workers in the

Nilgiri's district. Also covered Taxi drivers, Auto drivers and around market areas. As a result of which, many people approached our Integrated Rehabilitation Centre for Addicts for proper treatment and recovery. Due to pandemic situation, they are unable to benefit to the fullest extent. We would continue our awareness intervention in much more effective way and try to cover a greater number of vulnerable populations affected through drug and alcoholism.

Pandalur Higher Secondary School

Conclusion:

During the year 2020-21, we faced many challenging situations due to onset of second covid infection. It was our utmost duty to take care of the residents covered under our services. We were rendering our able support by means of distributing food items to our beneficiaries' families and our neighbour community of our project areas where there is no means of their livelihood. We continue to work with our main motto during this critical situation with the support of our members volunteers and SHG groups in the years to come and continue our service journey. We would make use of the support of neighbouring community to make use of our services completely after the end of pandemic situation thereby benefitting a greater number of poor and needy through our programmes.

Though the Covid 19 pandemic affected the country, the Gandhi Peace Centre worked directly with the beneficiaries of infants, children, senior citizens, women, families and communities along with pandemic preventive measures. Our services are carried out through active continuous support of Govt. of India, individuals, foundations, corporations who continued to extend support the critical work that Gandhi Peace Centre does every day to fight poverty and save lives of seniors, women, children and families.

Gandhi Peace Centre (GPC) expresses its gratitude to our individual donors for who contributed for the wellbeing of children and elderly people. We assure to all our supporters, well-wishers and volunteers we will continue with more quality added improvements in all our programs during our 39th year of service.

For GANDHI PEACE CENTRE

M. Gumathi
SECRETARY