

A HUMBLE EFFORT TO SERVE RURAL INDIA



 *Saigram* Charitable Trust

Prayer Hall



**Having faith in bringing
prosperity to all**

Serving the rural poor

Saigram Charitable Trust, a non-profit organisation founded with the sole intent of uplifting the lives of the rural poor, has been supporting Indian village communities since 2005. The commitment of its dedicated team comprising of trustees, advisors and experts has made its journey both memorable and worthwhile.

With its registered office at "Saigramam", Samichettipalayam, North of Gudalur Panchayat, Coimbatore District, the trust is located in the Nilgiri Biosphere Reserve situated on the foothills of the Western Ghats, about 4 km from Periyanaickenpalayam Town and 23 km from Coimbatore city.





Vision

Eradicating poverty from India and creating an empowered inclusive society of equals.

Mission

Improve the lives of economically and socially downtrodden communities through dedicated, persistent and timely service.



PROGRAMMES AT A GLANCE



Empowerment Through Education

Education is the one tool that can slice through socio-economic divides and open avenues for progress in deprived societies. The following initiatives of the trust enable the poor to benefit from a wholesome education.

- Free evening classes for children struggling to cope with their school curriculum. This service is available to all students studying in classes 1 to 10. At present the classes are conducted at Periyanaikenpalayam, Coimbatore.
- Scholarship for one nursing student at St. John's College of Nursing, Bangalore
- Financial assistance for education related expenses of 52 children who are orphans, homeless or from poor rural families.





Gifting Good Health

Healthcare is often out of the reach of rural Indian households due to various reasons including costs. This means that the impoverished communities of agrarian India lead less than fulfilling lives. Saigram's actions to address this deprivation include

- Monthly free medical camps at which patients receive free medical check-up and medicines based on the doctor's diagnosis.
- Patients with chronic ailments get necessary treatment until complete recovery.

At present, these services are extended to villages around Coimbatore and neighbouring states.



Financial Independence

Nurturing sustainable livelihoods are critical to improving the quality of life in any society. The two primary employment avenues available to the unskilled and semiskilled workforces outside our cities are

- Agriculture
- Animal husbandry

Schemes supporting the agrarian societies offered by the Saigram Trust include

- Customized packages to help farmers adopt modern farming types most suited for their soil and weather conditions.

The types of packages on offer include

- Dryland agriculture
- Organic farming
- Medicinal plant cultivation
- Making good quality seeds and seedlings available for farming thereby ensuring better quality of produce
- Creating awareness about modern agricultural technologies
- Supporting farmers who shift to environment friendly agricultural practices
- Promoting livestock based livelihoods





Upskilling for Upliftment

To help augment the incomes of rural households, Saigram conducts self-employment training programs. Common areas of focus are

- Soap making
- Sizing sandalwood sticks
- Making paper and cloth bags
- Pottery making
- Making grass and coconut brooms
- Manufacturing housekeeping materials
- Cosmetics manufacture
- Job oriented courses in
 - Beauty treatments
 - Cooking and baking
 - Tailoring
 - Embroidery
 - Housekeeping services
 - Laundry services
 - Retail business management
 - Agriculture
 - Horticulture

The beneficiaries of these training / skill development programmes include

- Farmers
- Youth
- Women

Empanelled experts in each of these fields vet the training programmes before implementation. Since 2005, 16 sessions have been conducted in Coimbatore District.





Hunger Eradication

At the trust's Periyanaickenpalayam Campus, free food is served to slum dwellers and children from poor households living in nearby areas. Saigram extends its support to several orphanages, downtrodden rural families and trusts in Coimbatore and Bangalore.



Holistic Wellbeing

At Saigram, school children learn to meditate and channelize their inner energies into positive activities through the meditation classes conducted for them. Separate classes for adults are also scheduled. Through these measures the trust hopes to awaken their spiritual thinking and help them find both physical and mental relaxation throughout life.



Infrastructure Development

Providing access to essential services for the rural populace has always been a key focus area of the trust since inception. Saigram has had the honour to dedicate the following projects to the communities it works with.

- Roads, bridges and electricity generation plant constructed for the residents of Annanagar, Samichettipalayam North, Coimbatore, in collaboration with the local Panchayat, Lakshmi Machine Works and National Bank for Agriculture and Rural Development.
- Construction and maintenance of small warehouses / cold storages and processing centres for farm produce in Coimbatore.
- Cooperative societies and small-scale business services centres set up across India for women and youth.

The Trust's future plans in this area include undertaking projects to design, build and maintain

- Approach roads
- Shelters
- Drainage systems
- Water supply pipelines
- Electricity generation
- Recreation centres



THE ROAD AHEAD

Saigram plans to expand its services further into rural Karnataka, Tamil Nadu, and other states as well in the days and years ahead. In addition to the current set of well-wishers whose support has made all its efforts possible, in the coming years it looks forward to collaborating with the government and others who share their dream of eradicating poverty.



Global Ayurveda hub @ Saigram

Saigram Ayurveda Hospital and Research Centre is poised to redefine the science of Ayurvedic medicine and bring it closer to modern medical systems and technologies. When fully established, it will offer

- Easy global access to Ayurvedic studies and treatment
- A state-of-the-art hospital complex
- Modern research laboratories
- A herbal garden
- A college for Ayurvedic studies offering courses from undergraduate to doctoral levels
- A college for paramedic studies in Ayurveda
- A convention centre to host erudite discussions
- A centre to safeguard knowledge
- A medicine manufacturing unit compliant with WHO standards



Saigram Ayurveda Hospital & Research Institute

www.sgayurveda.com



A Herb Farm

At the farm, Saigram hopes to cultivate rare and endangered herbs, research their crop cycles, and devise ways to grow them in large scales for manufacturing medicines.

Farm Tourism

Through this initiative, the Trust hopes to bridge the urban rural divide and bring city dwellers from India and abroad closer to the rustic ways of life.

Environmental Technology

Help the deprived classes of society adopt environment friendly practices and introduce them to the benefits of using

- Environtech (environmental technology)
- Greentech (green technology)
- Cleantech (clean technology)

Involving the rural poor, who form the bulk of our population in our nation's conservation drive is the only way to achieve effective results on the ground.



Non-conventional Energy

The need for clean green energy was never greater. In this direction Saigram proposes to

- Identify, design, and establish location specific non-conventional energy sources. Its focus areas include
 - Biogas
 - Solar power
 - Smokeless choolahs
 - Mini hydel projects
- Conduct skill development programs on establishment and use of non-conventional energy sources

IT Enabled Services

The proposed IT enabled services for Ayurvedic development include

- Developing software applications for
 - Ayurveda hospital / clinic administration
 - Management of Ayurvedic academic and research projects
- Digitisation of manuscripts
- Web application development and hosting



Human Resource Development

Conduct training programs for the public, self-help groups (SHGs), government agencies / personnel working in rural areas. These sessions will focus on topics concerning the participants in the areas of

- Agriculture and allied areas
- Disaster management
- Health
- Education
- Personality development
- Capacity building

Vocational Training Hall

Establish a modern vocational training hall at Coimbatore which will serve as a laboratory for farmers to become acquainted with modern agricultural technologies augmenting sustainable farming practices.



Join us

Trusted volunteers are the champions who drive the implementation of all our initiatives.

Do you care deeply about helping the poor lead better lives? Can you spare some of your time for this cause? Then, join us. Drop an email to career@saigram.org with your details.

We welcome helping hands...



Little drops of water
make the mighty ocean

Support Us:

Saigram Charitable Trust,
South Indian Bank Ltd.,
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IFSC CODE : SIBL0000416

Our donors make our projects possible.
Help us continue our humble efforts. Help eradicate poverty.

All donations made to Saigram Charitable Trust are exempt from
Income Tax under section 80G of the Income Tax Act 1961.



Photo Gallery



'AYURVEDA A PANACEA FOR ALL'

Over Bengaluru

Weeklong program: The Chief Executive Officer of Sreeganga Ayurveda Hospitals and Research Institute, Coimbatore, A Rajendra Prasad, said that the medicines in Ayurveda would not be given as per disease but would be given depending on the patient's condition. While having good knowledge and awareness right from schooling level, one could avoid allopathic medicines in life, he added.

Sri Prakash Educational Institutions have been starting an Ayurveda Hospital in the district. As a part of the inaugural programme, an awareness programme on ayurveda medicine was organised on Wednesday. Experts from various Ayurveda Hospitals from Tamil Nadu and Kerala were present in the



Chief Executive Officer of Sreeganga Ayurveda Hospitals and Research Institute of Coimbatore, A Rajendra Prasad, speaking at the inauguration programme in Vealikulam.

Speaking on the occasion, Rajendra Prasad said that ayurveda medicines are very safe and effective. He said that ayurveda medicines are very safe and effective. He said that ayurveda medicines are very safe and effective.

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Together we can make a difference

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