



THE GARDEN OF HOPE TRUST



ANNUAL REPORT

2024 – 2025

The Garden of Hope Trust

Annual Report Summary

Reporting Period: April 2024 – March 2025



This annual report can be accessed at:

<https://gardenofhope.in/resources/>

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We work to Achieve



Organizational Overview

Garden of Hope Trust (GoHT): Key Programs and Achievements (2024–2025)

During 2024–2025, the Garden of Hope Trust (GoHT) expanded its impact across the Nilgiris by deepening grassroots partnerships and promoting resilience, intergenerational knowledge sharing, and community leadership. The appointment of a new Managing Trustee—a retired bank manager and a passionate advocate of organic tea—brought renewed vision and strategic focus to the organization.

A major achievement during the year was the continued success of the Climate Smart Resilient Farming (CSRF) initiative. By supporting over 1,000 smallholder farmers with water-efficient, climate-resilient crops, GoHT helped improve household incomes, reduce seasonal migration, and enhance food sovereignty and environmental stewardship among tribal communities.



Health equity remained a cornerstone of GoHT's mission. The Rejuvenation of Traditional Tribal Herbal Medicinal Practices (RTTHMP) reached 64 tribal villages, promoting the integration of indigenous healing systems with accessible modern care to bridge healthcare gaps in remote areas. In addition, mental health support was expanded through counseling services for healthcare workers, pregnant women, and daily wage earners. Community-led wellness efforts included herbal medicine restoration in Sedikal and Pambarai, kashayam (immunity tonic) distribution in Kallampalayam, and anemia prevention programs in Banagudi, reflecting GoHT's holistic and inclusive approach to community wellbeing.

A moment of profound loss marked the year with the passing of co-founder Mr. David Pople in June 2024. For over three decades, David was a tireless champion of organic agriculture, rural health, and education in the Nilgiris. His visionary leadership laid the foundation for school gardens, nurseries, and village health worker programs. His legacy continues to inspire GoHT's unwavering commitment to equity, ecology, and empowerment.

Core Programs and Highlights

Climate Smart Resilient Farming (CSRF)

The Garden of Hope Trust's Climate Smart Resilient Farming (CSRF) Project made significant strides in promoting sustainable agriculture and climate adaptation across 12 micro-watersheds in the Nilgiris. More than 100 farmers benefited from the initiative, which prioritized ecological farming, knowledge sharing, and food security. Four Organic Awareness Centres (OACs) were established in Sholur, Melur, Bergani, and Kasolai, serving as grassroots farm schools led by experienced farmer-trainers. The project facilitated the implementation of crop plans, introduced traceability tools through farm mapping, and expanded organic cultivation to 107.72 acres by converting chemical farmland.



Organic farmers and GOHT Team discussion about the OAC importance

Training sessions reached 65 farmers, equipping them with skills in composting, soil enrichment, and bio-pesticide preparation. Seven model kitchen gardens were promoted alongside seed-saving efforts through seed banks and community multiplication. A strategic MoU with the Nilgiri Organic Horticulture Farmers Association improved market access and outreach. The project also advocated for policy change by participating in platforms such as the Erode Organic Festival.

Success Story

Sholur Organic Awareness Centre (OAC) Farmer Jayakumar

Case Study:

Jayakumar

Location:

Sholur, Nilgiris District

Farmer:

Mr. Jayakumar

Program:

Climate Smart Resilient Farming (CSRF)
Garden of Hope Trust

Role:

Organic Farmer, OAC Leader, Certified Farmer-Trainer



★ Background:

Mr. Jayakumar, a dedicated farmer from Sholur, had practiced chemical-intensive farming for years. Despite hard work, his farm yields were inconsistent, and soil health had declined. His turning point came through the Garden of Hope Trust's Climate Smart Resilient Farming (CSRF) initiative.

★ Intervention:

Jayakumar received a ₹10,000 development grant and ongoing technical mentorship from Mr. Thanvish, GoHT's CSRF Project Manager. Based on his interest and experience in organic practices, he was selected to lead the Sholur Organic Awareness Centre (OAC)—a community-based model farm school under CSRF.

★ Transformation:

He converted his half-acre of conventional farmland into a vibrant organic demonstration plot, cultivating a variety of vegetables using composting, mixed cropping, and bio-inputs. As a certified farmer-trainer, he regularly trains other farmers in compost preparation, soil health management, and natural pest control. Community Impact: 700+ people visited his farm in 2024–2025 for exposure visits and organic farming demonstrations.

Visitors included school groups, chemical farmers, and horticulture department officials.

He established a community seed bank to conserve native seeds and promote seed sovereignty.



★ Sustainability and Income:

Jayakumar markets his produce locally, securing fair prices and gaining the trust of conscious consumers. His success has reduced input costs and increased farm resilience against climate variability.

★ Conclusion:

Jayakumar's journey from dependency on chemical farming to becoming a leader in organic, climate-smart agriculture exemplifies the goals of CSRF—building ecological integrity, food sovereignty, and community leadership rooted in indigenous wisdom.



Rejuvenation of Tribal Traditional Health and Medicinal Practices

The Rejuvenation of Tribal Traditional Health and Medicinal Practices (RTTHMP) initiative, led by the Garden of Hope Trust, is a community-driven program aimed at revitalizing and preserving the traditional healthcare knowledge and practices of indigenous tribal communities in the Nilgiris. This initiative operates across 64 remote tribal settlements, placing emphasis on ecologically sustainable, culturally rooted, and inclusive healthcare models.



Focus Areas & Approach

01

Reviving Indigenous Knowledge Systems

- Active involvement of traditional healers helped document local herbs, treatments, and healing practices.
- Reaffirmed the role of traditional medicine in addressing day-to-day health issues.



02

Community Empowerment & Health Education

- Conducted a variety of health awareness programs targeting different community groups, including schools, women, and elders.

03

Ecological Health Solutions

- Promoted the cultivation of herbal and nutrition gardens.
- Encouraged the preparation and use of immunity-boosting herbal decoctions (kasayams) using local ingredients.



04

Collaborative Models

- Collaborated with research institutions (TDU, IISWC, etc.), government departments, and local NGOs/CBOs for mutual learning, credibility, and wider impact.

The table below summarizes the types and reach of RTTHMP activities:

S.NO	Outreach Activities	Session	Participants
1	Health awareness to Community	399	3745
2	Health awareness for Education institute	216	3421
3	Training Demonstration	215	1877
4	Home visit for patient	496	4023
5	Exhibition training	445	1756
6	Establish and Promote Herbal and Nutrition gardens	322	4479
7	Make on immune system(Kasayam)	262	846
8	Joint activities with Traditional healers	142	1534
9	Documentation	23	104
10	Joint visit -TDU/IISWC/DATW/TATA) Local body government /NGOs/CBOs	10	34

Key Achievements (2024-2025)

The Rejuvenation of Tribal Traditional Health and Medicinal Practices (RTTHMP) initiative in the Nilgiris, a collaborative effort involving the Garden of HOPE Trust, has made strides in combating anemia within tribal communities.



Key elements of the initiative

Targeted Anemia Awareness & Screening:

The campaign reached over 2,000 tribal families across Ooty, Coonoor, Kotagiri, and Gudalur, highlighting the high prevalence of anemia, especially among women and children.



Community-Led Interventions:

The initiative utilized targeted screening, community counseling, and follow-up home visits to promote local dietary solutions and herbal remedies.

Culturally Sensitive Approaches:

Two traditional food festivals, one in a village and another in a tribal school, were organized to showcase iron-rich traditional recipes, aiming to raise awareness and promote sustainable behavior change.





THE GARDEN OF HOPE TRUST

Invites you all for

Tribal Food Festival

11



**TASTE THE FLAVORS OF
INDIGENOUS
TRIBES OF NILGIRIS!**

ORGANISED BY THE RTTHMP TEAM
(REJUVENATION OF TRADITIONAL
TRIBAL HERBAL MEDICINE)

**23rd Nov-2024
12:00PM Onwards**



RSVP/ CONTACT
BALASUBRAMANIAM
PROJECT MANAGER, RTTHMP
MOBILE -9842495672

Kunjapannai GTR Higher secondary school Kotagiri 643242



Strengthening Traditional Knowledge:

The initiative included a healers' meeting/training session to engage traditional healers and leverage their expertise in addressing anemia and other health concerns.



Promoting Local Food Security:

To further support the nutritional well-being of the communities, three new herbal gardens and two nutrition gardens were established.

This holistic, community-led approach bridges traditional wisdom with modern health practices, emphasizing the importance of nutrition and empowering tribal communities to take charge of their well-being. The focus on leveraging local resources and involving community members like traditional healers and local leaders aims to ensure the sustainability of the program and address the specific health needs of these vulnerable populations



Impact and Long-Term Outlook

During the reporting period, the Garden of Hope Trust (GoHT) advanced its focus on evidence-based practice and traditional knowledge through key collaborations. Meetings were held with TDU, IISWC, and PSG Medical College's Community Medicine Department, alongside Mr. David Pople of Friends of HOPE. These engagements laid the groundwork for joint research on tribal health, soil conservation, and the efficacy of Siddha practices—marking a significant step in integrating indigenous wisdom with modern scientific approaches.



- ➔ Cultural Revival & Health Integration
 - RTHMP is not only a health initiative—it's a movement to restore tribal identity, pride,
 - and autonomy in health decision-making.
- ➔ Traditional healers are gaining recognition and confidence.
- ➔ Local remedies are being validated and integrated into preventive care.
- ➔ Scientific validation of herbal remedies.
- ➔ Cross-learning between modern and traditional health systems.

Sustainable Healthcare Model

With minimal external dependencies, the initiative promotes self-reliance, intergenerational knowledge transfer, and eco-conscious healthcare.



Case Study: Reviving Traditional Healing – Malliga from the Irular Community

Name: Malliga

Community: Irular

Location: Nilgiris District, Tamil Nadu

Family: Widow with two children

Traditional Role: Poosari (Traditional Healer)

Background:

Malliga, a member of the Irular tribal community, has upheld the cultural and spiritual traditions of her people as a Poosari for many years. Following the passing of her husband five years ago, she continued to care for her two children while also serving her community through traditional practices.

Health Challenges:

Between 2022 and 2024, Malliga began experiencing chronic health issues including hypertension and body pain, which led her to rely on allopathic medication. Despite her knowledge of traditional healing, she felt unsure about using herbal remedies for her own conditions.

Turning Point – GoHT Intervention:

With the intervention of the Garden of Hope Trust (GoHT), and the active support of Village Health Organizers (VHOs) and the project manager, Malliga received renewed confidence and guidance in using herbal remedies for her health concerns.

Through community-based support and knowledge sharing, she gradually stopped using allopathic medication and transitioned to herbal medicine, guided by traditional healing wisdom.

Outcome:

Improved well-being without dependency on chemical medications

Revival of confidence in her cultural knowledge as a healer

Empowerment through peer support and project backing

Continued service to her community through traditional healing

HIV & Mental Health Integration

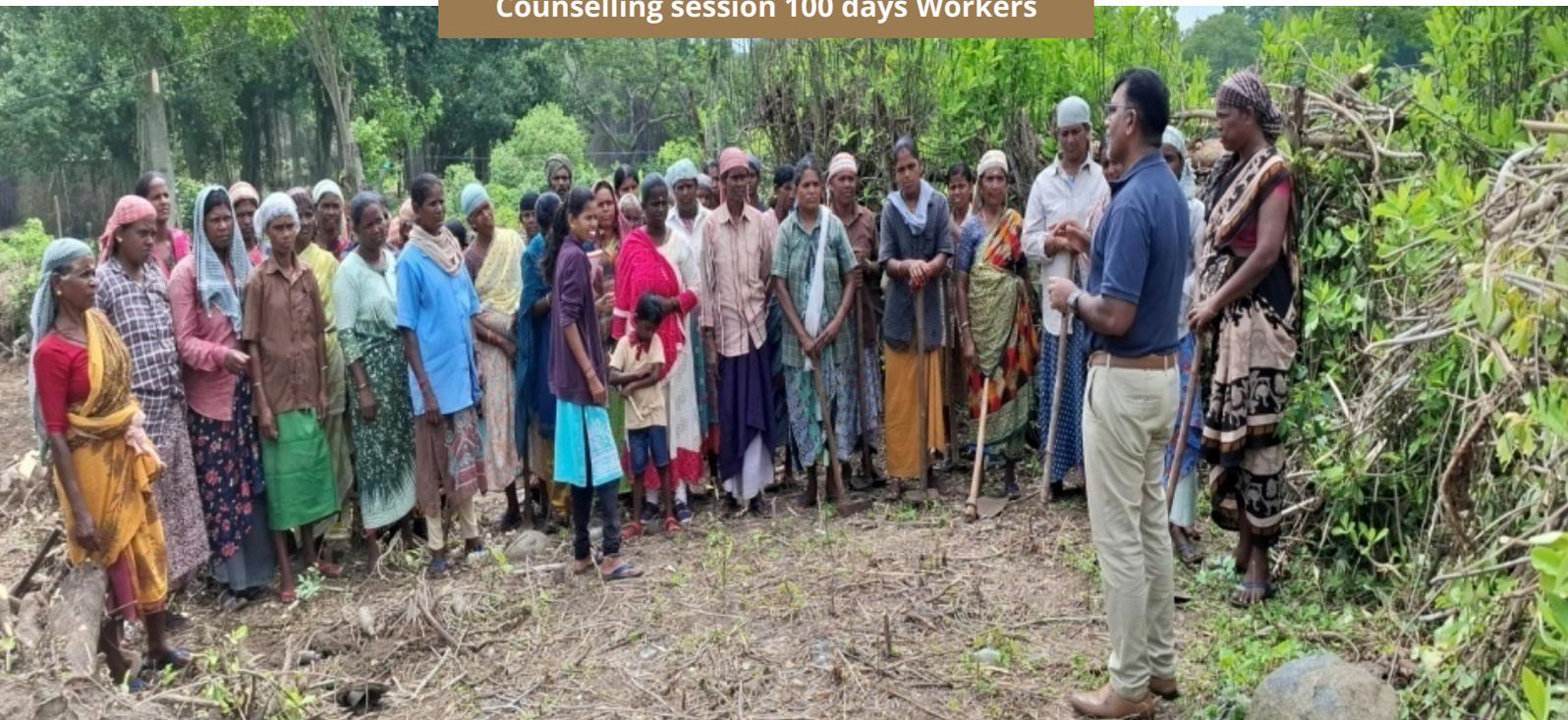
HIV Stigma Reduction and Mental Health Support Initiative – Summary



Counselling session with teachers

The HIV Stigma Reduction and Care and Support/Mental Health Project is a vital initiative of the Garden of Hope Trust (GoHT), designed to address the deeply interconnected challenges of HIV-related stigma and mental health. Spearheaded by GoHT's health team, the project raises awareness, counters discrimination, and strengthens psychosocial support for individuals affected by HIV. Aligned with GoHT's holistic model of community health, the initiative fosters an inclusive, empathetic environment where people living with HIV can access comprehensive care, preserve their dignity, and achieve better mental well-being.

Counselling session 100 days Workers



Counseling and Awareness Interventions – Achievements (April 2024-March 2025)

Individual counseling		Couple counseling		Family counseling		Hospital		Schools/College		Tea Factory		Tea estate		Community based program		100 days workers and supervisors	
Sessions	Participants	Sessions	Participants	Sessions	Participants	Sessions	Participants	Sessions	Participants	Sessions	Participants	Sessions	Participants	Sessions	Participants	Sessions	Participants
1816		278	556	534	1039	51	660	27	2106	23	122	7	332	9	232	17	435



One year Data-2024-2025 HIV/Mental health program

Counseling and Awareness Interventions – Achievements (April 2024-March 2025)

Over the past year, the Garden of Hope Trust (GoHT) deepened its efforts to reduce HIV-related stigma and enhance mental health support through a range of integrated counseling and awareness interventions. Individual counseling was provided to People Living with HIV/AIDS (PLWHA), focusing on emotional well-being, treatment adherence, and coping with stigma.



Sumitha takes session with Tea estate workers

Over the past year, the Garden of Hope Couple counseling—addressing both concordant and discordant cases—supported relationship dynamics, communication, and shared responsibility for health.

Family counseling sessions helped reduce stigma within households, build understanding, and promote acceptance. In addition, GoHT organized group awareness and counseling programs targeting key community stakeholders, including healthcare workers, educators, students, employees of tea estates and factories, and local panchayat workers. These sessions addressed common myths about HIV, encouraged empathy, and promoted inclusive practices in various settings.

To further strengthen psychosocial support, GoHT conducted two large-scale support group meetings, integrating nutritional supplement distribution for PLWHA. Each session was attended by approximately 150 participants, creating a safe space for peer interaction, knowledge exchange, and mutual encouragement.

By maintaining consistent engagement across individual, family, and community levels, the initiative contributed to fostering supportive, stigma-free environments. These efforts have played a critical role in expanding the psychosocial support network for PLWHA throughout the Nilgiris region.



Climate Change & Environmental Resilience

The Garden of HOPE Trust (GoHT) enhanced climate awareness and environmental resilience through education and grassroots engagement. Led by Mr. Janardhan, Ecology Educator GOHT Project Manager conducted targeted awareness sessions in schools and villages, focusing on climate change impacts, adaptation strategies, and traditional ecological knowledge. Student eco-trips provided experiential learning on biodiversity, fostering deeper environmental consciousness. These activities empowered youth to make informed choices and embrace sustainable practices. By promoting citizen science and public involvement, the initiative cultivated a sense of environmental stewardship. GoHT's efforts reaffirm the role of education in building resilient and climate-aware communities.



Awareness sessions in schools



Achievements – Climate Change & Environmental Resilience (April 2024-March 2025)

During the reporting period, the Garden of HOPE Trust achieved meaningful impact in environmental education and youth engagement. Ecology awareness sessions were conducted in 11 schools, reaching over 2,700 students. These sessions covered climate change, biodiversity, traditional ecological knowledge, and sustainable living practices, equipping students with a deeper understanding of environmental issues and their role in building a sustainable future.



Eco Trip

Additionally, 500 students took part in eco-trips organized in collaboration with schools. These immersive field experiences allowed students to explore local forests and ecosystems firsthand, strengthening their connection to nature and reinforcing classroom-based learning.

Together, these initiatives have greatly strengthened environmental awareness among young learners, inspired eco-conscious behaviors, and helped cultivate a new generation that is informed, resilient, and committed to ecological responsibility.



Classroom-based learning

Overall Achievements of Garden of Hope Trust (GoHT) 2024–2025

In 2024–2025, the Garden of Hope Trust (GoHT) made significant progress across its core programs, reaffirming its commitment to inclusive, community-driven development in the Nilgiris. Under the leadership of Mr. Sathiyaseelan, who served as Director during the reporting period, GoHT implemented a new monitoring and reporting system that enhanced program oversight, transparency, and accountability.



Trustees board meeting

The Organic Awareness Centre (OAC) advanced sustainable agriculture by providing monthly support to lead farmers and fostering peer-to-peer learning. The Rejuvenation of Tribal Traditional Health and Medicinal Practices (RTTHMP) initiative continued to revitalize indigenous health systems by training Village Health Organizers (VHOs) in the preparation and use of traditional medicines, reinforcing the cultural and practical value of tribal healing knowledge.

GoHT's HIV program offered stigma-free counseling, identified new clients, and ensured access to government pensions and nutritional support. The integration of mental health services further strengthened the program's psychosocial impact. Meanwhile, the Climate Smart Resilient Farming (CSRF) initiative, complemented by eco-education efforts, actively engaged school students through hands-on field trips and workshops focused on climate resilience and biodiversity conservation.



Annual Meeting

S.No	GoHT Salary Structure	Staff
1	Above 40000	1
2	30000-40000	1
3	20000-30000	3
4	10000-15000	2
5	Less than 10000	13
Total		20

Through deep collaboration with local leaders, traditional healers, and grassroots communities, GoHT has meaningfully improved health, livelihoods, and environmental awareness—while preserving indigenous wisdom and advancing the principles of dignity, equity, and resilience among tribal and rural populations.

In addition, four trustees' meetings were held during the year to assess progress, make strategic decisions, and provide guidance for the Trust's ongoing and future initiatives.



Financial Summary (April 2024 - March 2025)

Project	Income		Expenses	
	FCRA	Local	FCRA	Local
	4,14,998.00	14,11,980.00		
Farming			9,54,417.00	74,800.00
RTTHMP			3,06,875.00	13,63,046.00
HIV/Mental health			6,11,766.00	57,019.00
Administration			3,17,123.00	1,16,734.00
Mr. David medical Bill	-	-	-	2,17,505.00
Total	4,14,998.00	14,11,980.00	21,90,181.00	18,29,104.00

Our Team



Singhan Sathu

Managing Trustee



Manisundar Nallasamy

Trustee



Vijayakumar Koothapuli

Trustee



Vasamalli Kurtaz

Trustee



Anandhi Chandran

Trustee



Sathyaseelan

Director



Janardhan Nanjundan

Consultant



Sumithra

Councillor



Thanvish V

Project Manager



Balasubramaiaam

Project Manager



Rajeshwari R

Office Manager & Accountant



Indulatha

Village Health Organizer



**Thilaka Mani**

Village Health Organizer

**Vasanthi**

Village Health Organizer

**Saroja**

Village Health Organizer

**Sathyakala**

Village Health Organizer

**Soumya**

Village Health Organizer

**Priyanka**

Village Health Organizer

**Lakshmi**

Village Health Organizer

**Rajeshwari S**

Village Health Organizer

**Kaliasamma B**

Village Health Organizer

**Kaliasamma R**

Village Health Organizer

**Saranya**

Village Health Organizer

**Kavitha T**

Village Health Organizer





THE GARDEN OF HOPE TRUST

**Thank you for your
continued support
and encouragement.**