

### Our approach

- Training Primary health care & stress management
- Setting up kitchen herbal garden & community herbal Garden
- Exposure to other similar activities
- Counselling & home based care to the HIV / AIDS people
- Create awareness among the women in pre and anti natal care and STD/HIV/AIDS

### Our journey continues.....

- Village herbal clinic being run by village health workers
- Introduction of Herbal medicine preparation unit which will ensure economic benefit for the rural poor



The Earth Trust was established in the year of 2004. The trust promotes organic, biodynamic farming, sustainable health, eco-education, organic marketing and income generation projects in Nilgiris. This is all set in a deep concern for the landscape & environment of the Nilgiri hills.



### THE EARTH TRUST

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## The Earth Trust

Sustainable Farming + Health + Livelihoods



## Towards Building Healthy Communities

*A Fund-raising Project of*  
Joint Assistance Centre  
PO Box 6082 San Pablo CA 94806  
www.jacusa.org

## Origin

The friends of H.O.P.E via The Earth Trust supports an indigenous medicinal system in primary health care in the Nilgiri hills of Tamilnadu, India. Our funding provides training in medicinal herbs for women's Self Help groups situated in the remote tribal forest communities of the Nilgiris

### The Need:

- No immediate medical support from doctors or hospitals; distances too far or inaccessible so self help for village communities is important.
- Infant mortality and maternal mortality is high in rural areas.
- High stress among the women in rural areas

### The Salient features:

- Developing sustainable systems for women's health care & support service to the villages
- To re-connect with ancient traditional systems reintroduce medicinal herbal knowledge.
- To provide nurturing skills to turn around the violence and alienation often found in village communities.



- Advise antenatal and post natal women thus reducing birth mortalities and complications.
- To improve the livelihoods of the HIV / AIDS patients by providing counselling & home based care and helping them rebuild their immune system.

- To develop sustainable secondary income by creating medicinal herbal products and cosmetics for the women self help groups.



### Outreach:

- We have touched 200 villages in Nilgiri district
- Established 35 kitchen herbal gardens.
- 22 HIV positive people were benefited
- Adolescence training in 4 schools 250 students benefited
- Periodic medical camps for remote village areas in nilgiris
- Knowledge & Experience sharing with other NGO's in Nilgiris and beyond