

18/08/2020



കേരളം കേരള KERALA

N 472615

TRUST DEED
3S AND OUR HEALTH SOCIETY PUBLIC CHARITABLE TRUST
SETTLER



M.R. HARIRAJ

THIS TRUST DEED executed on Fifth day of August Two Thousand
Twenty (05/08/2020) by;

SETTLER : M.R. HARIRAJ

16609 Date 4.8.2020

value of Rs. 1000/-
Sold To

M.R. Hariraj
RDS Nedungadan Residency
Ernakulam.

JAYAKUMAR
Stamp Vendor
High Court Of Kerala
Ernakulam





കേരളം കേരल KERALA

N 472616

M.R.HARIRAJ, (Aadhaar Card No.2377 5249 4880, PAN - AAOPH6012R) Advocate, aged 44 years, S/o. M.R.Rajendran Nair 3B, RDS Nedungadan Residency, St.Benedict Road, Ernakulam Village, Kanayannur Taluk, Ernakualm North.P.O, Pin - 682018, Ernakulam District, Kerala, hereinafter called the SETTLER.

SETTLER : M.R.HARIRAJ

16610 Date 4.8.2020.

Value of Rs 1000/-

Sold To

M.R. Hariraj
RDS Nedungadan Residency
Ernakulam.

JAYAKUMAR . G.
Stamp Vendor
High Court Of Kerala
Ernakulam



WHEREAS, the Settler herein is desirous of constituting a Public Charitable Trust for promoting the concept of healthy lifestyle with sports, music and good resting sleep and healthy food habits for the general public .

AND WHEREAS, with this intention, the Settler have contributed a total sum of Rs.10,000/- (Rupees Ten Thousand only) towards forming the Trust and to form its initial Corpus fund for the purpose.

Now the Trust is constituted by the Settler on the following terms and conditions:

1. Name of trust shall be :

"3S AND OUR HEALTH SOCIETY PUBLIC CHARITABLE TRUST"

2. The offices of the Trust shall for the time being be at Samatha Building 1st Floor, Powerhouse Extension Road, Ernakulam North.P.O, Kerala 682018 & D-19/516, 2nd Floor Kamboj House, 100 Foot Road, Near K.R Hospital Chattarpur, New Delhi-110074, and can be changed as and when found necessary by the board of trustees.

3. The area of operation of the Trust shall be India with the liberty to work with other trusts, organizations and communities from India, and outside which have same or similar or complimentary objectives.

4. This Trust is a Public Charitable Trust and thus, a non -profit organization constituted under Indian Trust Act 1882 and shall function under the purview of the said Act. The promotion and objectives of this Trust shall involve no activity of profit for distribution or personal use. The properties and income of the Trust shall be applied solely towards the promotion of the objectives of the Trust and Trustees are not eligible for any income of the Trust. Provided however that nothing contained herein shall prevent the Trustees from getting reimbursement of all bonafide expenses that may be incurred by them jointly or severally for the purpose of carrying out the objectives of the Trust.

SETTLER : M.R.HARIRAJ



5. **AIMS AND OBJECTS:** The aims and objects for which the Trust is established are as under:

- To promote healthy lifestyle among people wherein they avoid refined sugar; avoid snacks and junk foods; and avoid eating food after sunset.
- To persuade people to adopt an active lifestyle with sports, music and good resting sleep.
- To promote the ideas carried in the book '3S and our Health' in the interest of overall health of the people
- To endeavour for a society free of obesity and diabetes.
- To endeavour for a society valuing the family doctor system in which single system specialists are consulted only on reference by a family doctor/general practitioner
- To enthuse the society to lead a life away from consumerism; and be restraintful and minimalist in consumption.
- To provide consultancy for the above change in lifestyle through various means like technological applications including but not restricted to online portals, mobile applications, social media presence etc.
- To promote activities which follow and nourish the concept of the whole universe being a single entity.
- To distribute balanced diet materials to malnourished children.
- To promote empowerment of common citizens in all matters of public importance.
- To promote transparency and accountability in all spheres of activity where public good is involved.

SETTLER : M.R.HARIRAJ



- To create sense of belonging, co-operating, mutual harmony love and affection amongst the members of general public.
- To establish & manage various kinds of educational, cultural, social and welfare vocational trainings & centres in the field of industrial scientific medical, technical, agricultural research to introduce and develop professional courses.
- To establish and run orphanage centres crèches for the children and working women and hostels for working women.
- To promote the cause of National Integration and unity of India and to fight against the forces of separatism in India.
- To render services to the women, children & youth of the country for their moral and social upliftment.
- To promote cultural and other social activities by awareness programmes press conferences and seminars.
- To make adequate arrangement and start/run the rehabilitation centers for destitute widows, old men & women, poor handicapped and for mentally retarded person for their personal upliftment.
- To help people in the pre-retirement stage to prepare for life after retirement.
- To establish forum for senior citizens where they can exchange their various views and experiences, which they may be, available for younger generation.
- To open, manage takeover, supervision the centre for drugs counselling and rehabilitation and also research of cancer, aids and other deadly diseases.
- To arrange and establish and run primary middle and/or higher secondary schools and/or vocational school/institutions and to provide the general education to the students of all sections and also to bring the education of best standard within the reach of poor and backwards areas, especially in the different rural areas of the country.

SETTLER : M.R.HARIRAJ



- To work for the welfare of socially neglected people and to protest and fight against the Injustice against people.
- To give best possible teaching and training to students, so they can serve the society effectively with dignity.
- To provide job oriented and professional education having highest job potential in various Government and non-Government institutions and organizations.
- To provide proper development and prepare children for formal schooling, making them less likely to drop out at a later stage.
- To organize health camps for Early diagnosis and education for prevention of deceases
- Distribute free / Discounted medicines and offer free concessional treatment
- Offer Various platforms like telephone / Internet based medical consultations for Remote location patients
- To promote spiritual studies and open spiritual training and yoga centre for general public and to do everything to make spiritual studies popular amongst the people
- To propagate, impart and adopt any audio-visual methods for education and awareness and help in the inculcation of such behaviour as would bring happiness to the family of man or generally mankind without reservation of status, caste and religion.
- To expose students to a variety of activities and experience related to health education.
- Provide opportunities for students make personal decisions related to their intellectual, physical and emotional development.
- Allow students to experience social relations that will encourage desirable behavior, leadership and co-operation with others.
- To enter into any arrangements with any government(s) or authorities whether central, state, municipal, local or any other person, the objects of the Trust.

SETTLER : M.R.HARIRAJ



- To organize and participate in seminars, conferences, fairs related to the objects of the Trust and publish technical reports and papers related to the objects of the Trust and to do all types of marketing for the fulfilment of objectives of Trust.
- Provide opportunity for holistic development of youth including adolescents for realization of their fullest potential.
- To develop leadership qualities and personality development of youth and to channelize their energy towards socio-economic development and growth of the nation.
- Empower women to run their households independently by providing them necessary training and skills, such as tailoring, knitting, etc.
- To improve health and education condition etc. improvement of the rural people.
- To develop and empower human resource of rural area in terms of their psychology, skill, knowledge, attitude and other abilities.
- To provide facilities to rural mass in terms of drinking water, education, transport, electricity and communication.
- To develop rural institutions like Panchayath, Co-operatives, Post, Banking and credit societies.
- To develop rural industries through the development of handicrafts, small scaled industries, village industries, rural crafts, cottage industries and other related economic operations in the rural sector.
- To develop agriculture, animal husbandry and other agricultural related areas.
- To develop entertainment and recreational facility for rural mass.
- To open a blood bank and run blood donation camps for needy people.
- To ensure legal aid to protect human rights, fundamental rights for law establishing a corruption free society ensuring rule of law.

SETTLER : M.R.HARIRAJ



- To start, establish, run, take over, manage and maintain schools and institute to provide sound Computer Education also approach for recognition & affiliation from Education Departments and/or concerned Govt. authorities.
 - To accept donations, raise subscription, from the members of the Trust or other persons, to invest the fund of the Trust with such Trust, firms, or company for providing income to the Trust, on such terms and conditions as may deem proper and necessary for the fulfilment of the aims and objectives of the Trust and to further its interest as enumerated above.
6. All the income, earnings, movable/immovable properties of the Trust shall be solely utilized and applied towards the promotion of its aims and objects only as set forth in memorandum of the Trust and no profit thereof shall be paid or transferred directly or indirectly by way of dividends, bonus, profit or in any manner whatsoever to the Trustees.
 7. No member of Trust shall have any personal claim on any movable or immovable properties of the trust.
 8. The names, address, occupation and Designation of the founder trustee members of the Trust are as follows:-

SL. No.	Name	Occupation	Designation
1.	M.R.Rajendran Nair S/o. Madhavan Pillai 8A, R.D.S Nedungadan Residency St Benedict Road, Ernakulam North, Ernakulam, Kerala-682018	Sr. Advocate	Chairman Managing Trustee
2.	Aakash Arun S/o.Pashupati Nath Arun D-19 H No.510 100 Foot Road K.R. Hospital Chattarpur Hill Chattarpur South Delhi-110074	Self-employed	General Secretary

SETTLER : M.R.HARIRAJ



- | | | | |
|----|---|----------------|-----------|
| 3. | Pratyush Prabhakar
S/o.Kapilesh Prasad
Flat No-M7/7, Road No 12
East of Telephone Exchange,
Rajendra Nagar, Sampatchak,
Patna, Bihar-800016 | Public Service | Treasurer |
| 4. | Navdeep Saxena
S/o.Lalbahadur Saxena
C/o.Lalbagadur Saxena
Maksudangarh , Behind Kali Mandir
Guna, Madhya Pradesh -473287 | Doctor | Secretary |
| 5. | Neeraj Kansal
S/o. Krishan Kewal
H. No.46, Pradhan Suresh Bahia
WalliGalli, Mandi Phul The,
Rampura Phul Dist. Bathinda,
Punjab-151103 | Self-employed | Member |
| 6. | Neelima Mohankumar Lachhwani
(Neelima M Lachhwani)
S/o. Mohankumar Lachhwani
R/o. B-304 Bhanu Hills Koparli Road
Opp R K Desai College Chharwada,
Vapi Valsad Gujarat -396191 | Public Service | Member |
| 7. | Sakthi Dass
(B.Sakthi Doss)
S/o. Balakrishnan
(N. Balakrishanan)
H No. 14/1, Thirunveethniamman Street
Aminjikarai Chennai Tamil Nadu 600029 | Self employed | Member |
| 8. | Sunny Shashank
S/o.Dinesh Kumar
H No. 1432 Gali No 8 Indira Nagar
Opp. YMCA Chowk Faridabad Sector 7
Haryana 121006 | Self Employed | Member |
| 9. | Abhilash.P
Anu, SRM Road,
Ernakulam North P.O
Kerala 682018 | Business | Member |

SETTLER : M.R.HARIRAJ



- | | | | |
|-----|---|---------------|--------|
| 10. | Praveen.G. Kalavara
Flat No.4A, Kalpaka Castile
Subhash Nagar, Edapally P.O
Cochin 682024 | Business | Member |
| 11. | Jose Mathew Meleth
Kadackanadu
Kolenchery 682311
Kerala | Advocate | Member |
| 12. | C. Jayram
901, Akaria Arcaade
Ayyappan Kavu
Chittoor Road
Kochi 682018 | Self Employed | Member |
| 13. | M.R.Harindran Nair
15-C Link Heritage Chittoor Road
Kochi 682018 | Self Employed | Member |
| 14. | C. Harikrishnan
A2/11 Nabard Avenue
Kandhivali East Mumbai
Mumbai Suburban
Maharashtra 400101 | Advocate | Member |
| 15. | Shiva Naresh.N.Pandey
K-5 Senior Citizen home complex
P-4 GautamBhdha Nagar
U.P 201310 | Advocate | Member |
| 16. | C.Unnikrishnan
Pazhavor
Maruthadi, Kollam 691603 | Advocate | Member |
| 17. | Dr.P.K. Sasidharan,
Parijatham, Pipe line Road, Patteri,
Kozhikode District, Kerala-673016. | Doctor | Member |
| 18. | M.R.Sasi
Rohini, Mattammal
Chittakkadavu Road,Tripunithura
Ernakulam District,
Kerala-682301. | Advocate | Member |

SETTLER : M.R.HARIRAJ



- | | | | |
|-----|---|---------------|--------|
| 19. | Prof.Dr.P.Rajendran
Sai Garden
Ambalavayal P O
Near Edakkal Caves
Wayanadu, Kerala 673593 | Self employed | Member |
| 20. | Nasser.M.S
Parambil House,
Naduvath Nagar.P.O,
Cherthala, Alappuzha (Dt) | Self Employed | Member |
| 21. | Dr.P.N.Karamchand
Kovilakathu Madom
Kuthitode, Thuravoor
Alappuzha, Kerala 688532 | Doctor | Member |

Patron Trustees.

- | | | | |
|----|---|--------------|----------------------|
| 1. | JUSTICE KURIEN JOSEPH
H.No. 37/2609,
Manickath House,
Nilavareth Lane, Azad Road,
Kaloor, Kochi - 682 017. | Former Judge | Supreme Court |
| 2. | JUSTICE M.R.HARIHARAN NAIR
Parijatham, DESRA 97
Perumthani, Trivandrum 695008 | Former Judge | High Court of Kerala |

Advisory Trustees: - Settlor has nominated the Following Persons as
Advisors of the Trust

1. **RAGHURAJ MADHAV RAJENDRAN**
S/o Rajendran Nair M R
H No-76, D-1 Flats Bharti Nagar,
Maharshi Raman Marg, Delhi-110003
2. **ABHAY KUMAR SINGH**
S/o.Sheo Dan Singh
D-ii/305 D-II Flats,
Vinaymarg Chanakyapuri
Delhi 110021

SETTLER : M.R.HARIRAJ



RULES AND REGULATIONS
OF
3S AND OUR HEALTH
PUBLIC CHARITABLE TRUST

(I) MEMBERSHIP:

Any person who applies for the membership in the Trust as per clause (III) and (IV) below shall become the member of the Trust, if admitted by the governing body

(II) The membership of the Trust is open to any person:

- a. Who has attained the age of majority
- b. Who has not been adjudged as insolvent
- c. Who is of sound mind
- d. Who has not been detained for any offence involving moral turpitude
- e. And fulfils the terms and conditions of the Trust

However the membership shall be subject to the approval of the governing body of the Trust.

(III) Subscription admission fee and membership

The Trust shall consist of the following categories of membership:-

- (a) Ordinary/General member - Registration/Admission Fee Rs.1,000/- and yearly subscription of Rs.200/-
- (b) Honorary member/ Patron Member, Advisor member, Institutional members, Donation as may be decided by the Governing Body.
- (c) Life member -Rs.10,000/- for life.
- (d) Student member Rs.100-yearly

(Note: - if the membership is not approved by the governing body of the Trust the reason of refusal shall be communicated to the person/applicant concerned.)

(IV) Appeal and re-admission of membership**(a) Re-Admission**

In case, any member of the Trust is expelled by the governing body on the reason of non-payment of the subscription, he can be readmitted, provided the member concerned pays all up to date dues with the permission of the governing body.

(b) Appeals

All the appeal shall be preferred to the general body of the Trust and the decision of the general body shall be final.

SETTLER : M.R.HARIRAJ



(V) RIGHT AND PRIVILEGES OF MEMBERSHIP

All members if called upon by the governing body of the Trust-

- (a) Shall be entitled to participate in meetings, cultural/ education functions and other lawful gatherings, called/arranged by the trust.
- (b) Shall be entitled for an identity card on payment of the required/prescribed fee (fixed by the Governing Body).
- (c) Shall be entitled to inspect the record of the Trust with the prior approval of governing body. Also have the right to vote in the meeting of the Trust.

(VI) TERMINATION, CESSATION OR FORFEITURE OF MEMBERSHIP:

Membership in the trust shall stand terminated on the following events and the governing body of the Trust shall have the powers to expel/terminate a member or/and members, from the membership of this trust on special situations. Membership is liable to be minded

- a) On his/her death
- b) On written resignation
- c) If found to be involved in any anti-social activities
- d) If adjudged by any court of law to be an offender
- e) If works against the aims and objects of the Trust
- f) If he fails to pay the subscription/or other payments as may be decided by the trust
- g) If he has not attended three consecutive meeting without any reasonable cause and prior intimation.
- h) If he disregards rules and regulations or disobeys the decisions of the Governing Body

In the matter of membership governing body shall have the power to terminate the membership on valid ground and decision of the governing body regarding the termination of the membership of the trust shall be communicated to the member concerned.

SETTLER : M.R.HARIRAJ



(VII) GENERAL BODY

- (i) General body - All member of the Trust shall constitute the General Body of the Trust.
- (ii) Power and Duties/Functions of the General body
 - a) Elect the Governing Body of the Trust.
 - b) Adopt annual report ,accounts and budget.
 - c) Take all policy decisions.
 - d) Hear and decide appeals from the Governing Body
 - e) Appoint internal auditors/ external auditors
 - f) Frame rules and regulations for the proper management of the trust.
- (iii) Notice of meeting and periodicity of meeting:-
 - a) Notice-Minimum 3 days' notice shall be given for the general body meeting, enclosing agenda specifying date, time, place and matters to be discussed. It shall be sufficient to give notice by Email/watts App or other electronic devices.
 - b) General Body Meeting shall be held at least once in every year. It will be sufficient to hold virtual meetings
 - c) Quorum- The quorum of General Body Meeting shall be 1/3rd (one-third) of the total strength of members or 21 whichever is lower .

(VIII). GOVERNING BODY

- i. Governing Body defined: All the members of the Trust who are holding any executive posts and executive members shall together be known as the governing body of the Trust.
- ii. Composition of the Governing body
The composition of the governing body shall be as under, until otherwise decided by governing body
 - (a) Chairman (One)
 - (b) Vice Chairmen (Two)
 - (b) General Secretary (One)
 - (c) Treasurer (One)
 - (d) Secretaries (Two)
 - (d) Members (Fourteen.)

SETTLER : M.R.HARIRAJ


Term of the office of the governing Body: - Term of Governing Body shall be five years.

Governing Body shall be responsible for the management and administration of all affairs of the trust in accordance with the trust deed and the rules and regulations and in consultation with the advisors of the trust

(IX) Powers and Functions of office bearers

A. Chairman

- (i) Chairman shall preside over all the meeting of the Trust.
- (ii) Chairman/Managing Trustee along with any other trustee may open and operate bank accounts.
- (iii) Chairman shall have the power to allow inclusion of any subject/matter in agenda for the discussion in the course of proceeding/meeting.
- (iv) Chairman may sign all/any paper/letters, on the behalf of the Trust, to conduct its correspondences.
- (v) The Chairman may terminate the membership of any of its member ,if found violating objectives of the trust , rules or regulations subject to the approval by the governing body by 2/3rd majority.
- (vi) The Chairman on resigning shall hand over his resignation letter to vice chairman .

B. Vice Chairman

- (i) The vice-chairman (In the order of age)of the trust shall enjoy all the powers of the chairman in his absence.
- (ii) The vice chairmen shall assist the Chairman in all/any activity of the Trust.
- (iii) The vice chairmen shall discharge the functions of chairman during his absence.

C. General Secretary

- (i) The General Secretary shall be the in-charge of entire administration of the trust.
- (ii) The General Secretary shall be overall responsible for functioning activity of the Trust.
- (iii) The General Secretary shall prepare the membership Register as well as the proceeding register to record the minutes of the proceeding of the Governing Body meetings and General Body Meetings and have them duly signed by the members who attend the meeting.

SETTLER : M.R.HARIRAJ



(iv) The President or General Secretary shall operate bank account jointly with treasurer.

D. Secretaries

(i) The Secretaries of the trust shall assist the General secretary in the day today activities of the trust of the General Secretary in his/her absence.

E. Treasurer

- (i) All funds of trust shall remain under the control and management of treasurer.
- (ii) The treasurer shall carry out and keep all kind of records of money transactions.
- (iii) Trust shall open and operate bank accounts with nationalized bank/Scheduled bank. The treasurer jointly with chairman / general Secretary shall open and operate the account. Treasurer shall maintain the accounts of all money received and spent.

Meetings: - Governing Body Meeting shall be held once in three months and shall be convened by giving 3 days' notice

Urgent Governing Body Meeting may be convened by giving 24hours' notice.

Filling up of casual vacancies: - Any casual vacancy amongst the Governing Body, shall be filled up by a resolution passed by the Governing Body, subject to ratification by the General Body in its next Meeting.

K. Financial Year

The first financial year of the Trust shall end on 31st of March, 2021 and the subsequent financial years of Trust shall be from 1st April to 31st March of every year.

(L). SUB-COMMITTEES,

For discharging any special function, the existing governing body may form one or more sub-committee(s) consisting of members of Trust. The duties and function of members of sub-committee shall be limited to discharging the assigned task.

(XI)SOURCES OF INCOME AND UTILIZATION OF FUNDS:-

All the income of the trust shall be utilized only for the promotion and achievement of the aims and objects of the trust. No amount shall be distributed among the members of the trust, provided members are certified to reimbursement of expenses incurred by then on behalf of the Trust.

SETTLER : M.R.HARIRAJ



Sources of income of the trust are as under:

- a. Admission Fee and Subscription from the members of the Trust.
- b. Donation, Contribution and/or grants from governments departments, Public and Private Limited Companies or institutions or any other suitable source from India or abroad.
- c. Contribution from Honorary member and patrons.
- d. Income from gifts, legacies of movable or immovable properties, and income from other activities of the Trust including publication.
- e. Income From Any Service and Product Sales of publications for the promotion of the Aims and object of the Trust

(XII) Audit of Accounts: - The accounts of Trust shall be compulsorily audited by the auditor (Chartered Accountant) every year. Once Chartered Accountant appointed, can only be removed either by his resignation or by way resolution passed in the meeting of general body with 2/3rd majority.

(XIII) Suits by and against the trust: - This trust may sue or be sued in the name of the President or Secretary, as shall be determined by the rules and regulations of the trust and, in default of such determination, in the name of such person as may be appointed by the Governing Body for the occasion.

Provided that it shall be competent for any person having a claim or demand against the Trust, to sue the trust represented by the chairman, or General secretary

(XIV) Amendment: - Any amendments in Trust deed, Rules and Regulation will be carried out by way resolution passed in the meeting of general body with 2/3rd majority subject to Indian Trust Act and income tax act. Prior to amendment the same shall be approval by the Commissioner of Income Tax of the concerned circle.

(XV) Dissolution and Adjustment of Affairs: - If the Trust needs to be dissolved the same may amalgamate with another trust having similar objectives or shall vest with government as per provisions laid down under the Act.

This Trust has declared the value at Rs.10,000/- (Rupees Ten Thousand Only) and stamp duty of Rs.2,000/- is paid.

SETTLER : M.R.HARIRAJ



In witness whereof I, M.R. Hariraj, settler of the Trust have set his hands to this deed on the day month and year first above written with the intention to get it registered at the Sub Register's Office, Ernakulam.

SETTLER : M.R.HARIRAJ



Witnesss:

- 1 N.V.Saju, Manager,
S/o.Vasudevan,
Nivarthil House,
Kanichukulangara.P.O, Chethala,
Mararikulam North Village,
Alappuzha-688582.
- 2 T.I.Joseph, Clerk,
S/o.Late. Iype,
Thanattuparambil House,
Palluruthy Village.




Prepared by : **SADANANDAN.V.V**
Advocate, (K-278/1995) Marks & Rights
Thaliyath Building, St. Benedict Road,
Cochin-18.



This Trust Deed is computer printed

Corrections and Interlineations: Nil

SETTLER : M.R.HARIRAJ

