

A decade of Empowering the Elderly



VISION

HAI's vision is to **enable the integration of the elderly people back into the social fabric** by strengthening the **intergenerational bonding** and **empower the elderly with autonomy and dignity**.

**Total No. of Health Camps
done: 50+**

**Total No. of Elderlies
treated: 10000**



The **Motto** of HAI is to **Encourage, Educate, and Empower socio-economic disadvantaged groups of people** who have potential but are usually marginalized.

OUR JOURNEY...

FIRST HEALTH CAMP

IN KHERI BHANAUTA, UTTAR PRADESH WHERE 500 PEOPLE WERE TREATED FREE OF COST.

1

SEPTEMBER
2011

OCTOBER
2011

2

FIRST HEALTHY AGING TALK

IN IIT DELHI

FIRST HEALTHY AGING CAMPAIGN

IN COMMUNITY CLUB OF BABAR, DELHI

3

DECEMBER
2011

2014

4

FIRST WALKATHON

TO RAISE AWARENESS ABOUT ELDERLY HEALTH

FIRST IGLC

Retired elderly educators mentoring govt. school children in Purva Madhyamik School, sec 12, Noida

5

SEPTEMBER
2017

SEPTEMBER
2018

6

FIRST MOBILE HEALTH CARE VAN

EQUIPPED WITH A DOCTOR AND PHYSIOTHERAPIST VISITS 25 OLD AGE HOMES

FREE FOOD DISTRIBUTION

1 LAKH + MEALS SERVED

7

MARCH
2020-21

JANUARY
2022

8

SENIORS ABODE

ASSISTED AFFORDABLE LIVING FACILITY IN DELHI

INTERGENERATIONAL LEARNING CENTRE (IGLC)



Intergenerational Learning Centres **connect retired elderly people as educators and mentors to govt. school children.** This enables the elderly to have a meaningful and purposeful engagement that helps them in keeping mentally and physically well. The school children are exposed to value systems, experience, guidance and mentoring by the elderly.

IMPACT

Total No. of Schools: 50

Total no. of elderly educators: 400

Total no. of Students: 10,000

No. of years: 6



EDUCATORS' FEEDBACK

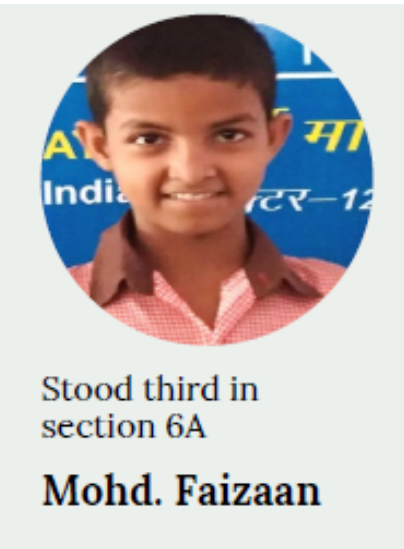


MRS. ANITA GUPTA

IGLC SOCIAL SCIENCE EDUCATOR- SERVED AS GOVERNMENT INTERCOLLEGE TEACHER

Learning is life long process and teaching is very noble profession. Teaching is my passion. I feel it is means of developing the greatest of abilities inspiring hope and dreams, which once fulfilled can be translated into mutual benefits. In IGLC we two generation (Grandparents and Grandchildren) are evolving and becoming more sensible and responsible. I along with children learning and exploring our abilities and qualities to channelize our energy and capacity to the fullest. I am proud to be a part of the IGLC family.

STUDENTS' FEEDBACK



Stood third in section 6A

Mohd. Faizaan

Father is Carpenter- Mai I.P.S banana chahata hoon kyonki hamarey desh me crime rate bahut jayada hai. Mujhey IGLC se bahut labh hua hai. Pehley mai angrezi me thoda kamzor that lekin ab mujhey angrezi padhna aata hai. Hamey jitney bhi vishey padhaey jatey hai hamey bahut acha lagta hai.

GOVT. SCHOOL FEEDBACK



Students and educators in class
Ranchi, 2019

Dise Code 20140115913
राजकीयकृत मध्य विद्यालय बरियातु रोड़ी-1
GMS BARIYATU
Doctor's Colony(RIMS)
Bariyat, Ranchi-834009

Ref. 18/2020 Quarterly Review of IGLC Progr Date: 10/01/2020

I GLC से आने वाले Senior Citizen ने class 6 के बच्चों को औद्योगिक व व्यवहार परिवर्तन में महत्वपूर्ण योगदान निभाया है। उन्होंने अपने विचारों को अंजना करने के लिए हमें प्रेरित किया है। हमें अपने मन की बात बताने में मदद करने में। इस कारण हमें अविनाश की कठिनाई का डर ही नहीं है। जिनके माता-पिता आर्थिक कारणों के कारण बच्चों में निष्कर्ष, कर्म की सज्जा सरलता से होती है। इनके कर्म समय में अंग्रेजी, गणित व विज्ञान की अच्छी सहाय बच्चों में विकसित हुई है।

I GLC से 3 स्वीचर सीटिंग विद्यालय से आई हैं जो समाजिक के अनुसार शिक्षण कार्य कर रहे हैं:-

1. श्री. निरंजन चंदन - विज्ञान कक्षा 6
2. श्री. श्री. के. श्रीकांत - अंग्रेजी कक्षा 6
3. श्री. डी. के. श्री. - गणित/अंग्रेजी कक्षा 6

कक्षा 6 के विद्यार्थियों को पाठ्यपुस्तक से संबंधित है उनकी पूर्ण तैयारी व योजना के साथ शिक्षण कार्य करने से बच्चे इनसे अंदाज ले सकते हैं। अंग्रेजी भाषा में वर्तमान व अतिवृत्त शैली वास्तव में एक प्रभावी प्रणाली है। बच्चे अंग्रेजी में रुचि ले रहे हैं व उनकी शिक्षण प्रणाली ही रही है।

स्वीचर सीटिंग से आने के कारण बच्चे इनसे अपने घर की बात भी साझा करते हैं। इनके द्वारा विभिन्न विषयों पर काउंसिलिंग भी की जाती है। कक्षा 6 में बच्चों को स्कूल, घर व मोहल्ले को साफ रखने पर चर्चा करते हुए इनके कई बार इन्हें देखा है विद्यालय के शिक्षकों के साथ भी इनका मित्रवत् व्यवहार है और शिक्षक भी इनका आदर करते हैं। बच्चे इन्हें आदर देना करते हैं।

एवं इनके आने से जानकारी लेने में अब में नहीं होते। इन्हें कक्षा के उपकरणों भी बच्चों के साथ जपमान करते हुए देखा जाता है जो बहुत उपयोगी है।

इनके इस प्रकार की शैली से बच्चों के व्यवहार में परिवर्तन रहा है। वे बड़ों की आदर करना सीख रहे हैं।

मुझे लगता है कि इनके द्वारा एक कक्षा प्रति दिन नियमित लेने में विद्यालय के लिए बहुत ही अच्छा होगा। उनकी सेवा कक्षा 6 के साथ ही कक्षा 7 व 8 में भी ली जानी चाहिए। विशेषकर गणित, विज्ञान, अंग्रेजी विषय में इनके सौचक शैली के शिक्षण की आवश्यकता है।

10/01/2020
श्री. श्री. अरुण
प्रधानाध्यापक
राजकीयकृत मध्य विद्यालय बरियातु रोड़ी-1

9661754484
Email: gmsbariyatu@gmail.com

DOCTORS AT DOORSTEP: COMPREHENSIVE **MEDICAL HEALTH CARE** **VAN (CMHCV)**



Realizing the **huge dearth of medical care for the elderly**, we started a Comprehensive Mobile Health Care Van (CMHCV) which brought **Doctors on Doorstep for abandoned elderly people** in the old age homes of Delhi NCR.

Total No. of Old Age Homes visited: 27

Total no. of elderly treated continuously: 2000

No. of years: 6





The Mobile van visits an old age home once every month.

The **doctor sees the residents and provides medicines** for an entire month. Some of these are **essential for Blood Pressure, Diabetes, Heart, and psychiatric issues.**

The **physiotherapist also helps the residents with exercises and physiotherapy** for better movement.



Mamma, 60 yrs



**Treatment: HTN, Stroke,
Shanti Ashram, Jasola**

**"Muhje dil ki problem hai , Pushpa
doctor bohot acchi hai, dhyan rakhti
hai"**



Deenanath, 68 yrs

**Treatment: Parkinsons, Blind,
Shanti Ashram, Jasola**



Mandiya, 61 yrs

Treatment: Psychiatric

"Thank you for Medicines"

Bedammi, 86 yrs

**Old age
Shantidham**

**"Physiotherapy se aaram hai. Jaldi
aaya karo. Hafte main ek din toh"**





WHY SENIORS ABODE?

HAI in association with WHO SEARO conducted a **survey** in 200 hundred old age home in 10 metropolitan cities in 2020* and found the following:

- **Poor hygiene and cramped living in old age homes.**
- **No regular trained doctor and physiotherapist** in old age home. Around **50%** old age home residents are **depressed**.
- Nearly **40%** have **dementia**.



Established in Jan 2022, Seniors' Abode is an affordable assisted living facility with focus on providing basic medical care.

Located in the premises of Bharat Sevashram Sangha temple, Srinivaspuri, Delhi, the Seniors' Abodes' principal foundation rests on the idea, **“All should live with Dignity and Freedom.”**



It provides an **ecosystem for healthy and active later years** of the residents by addressing issues around **emotional, physical and financial insecurity.**

Seniors' Abode helps to promote pursuits of their passions through **meaningful engagement** that **keeps away** the onset of **degenerative diseases like dementia and Alzheimer's.**





Dr Badri Narayan, son of residents-

Mr & Mrs Srinivasan, 93 yrs & 83 yrs

“The residents are very friendly. I am also happy to see that there is a **physiotherapist** who **comes regularly** and that my parents get to socialize with other residents. Special events (birthdays, festivals) are celebrated as a group bringing some cheer.

Overall, I am happy I found Senior’s abode and I feel assured that **my parents are in good hands** and that they will receive all the good care they deserve. I would certainly recommend Senior’s abode to people like me who are unable to personally take care of their parents.”

Brij Bhatnagar, resident, 67 years

“I find Seniors’ Abode peaceful with amenities for living comfortably. There is **medical support provided** as well and timely attention for all. It is **secure** and close to all major hospitals. All the rooms are very well ventilated with plenty of natural light. The lift facility makes it easy for residents to move about.



Preetam Kaur, resident, 83 years



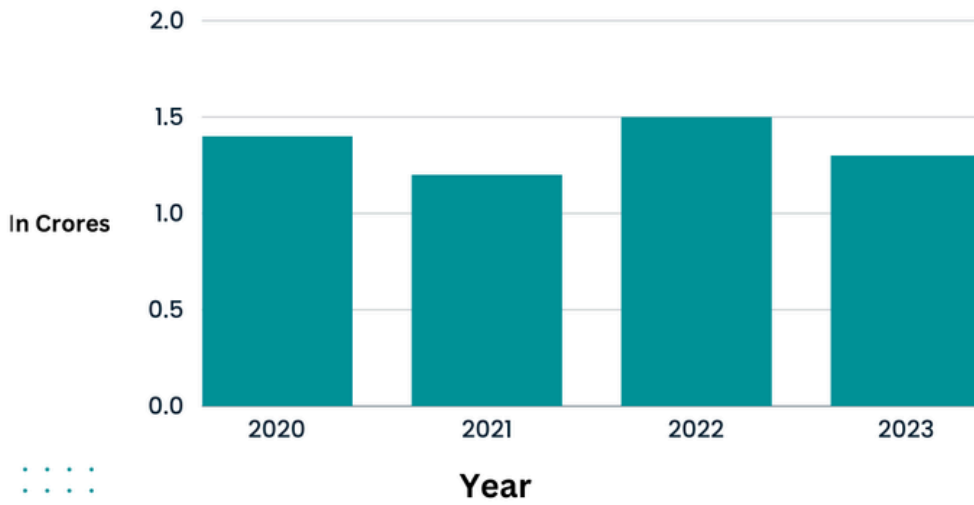
“I have been living at Seniors’ Abode for the last 6-7 months. The staff is very helpful. **They take good care of me**, take out my clothes, and even make paranthas for me for breakfast. The food is good here. I get medicines on time, and those medicines not here are brought from outside.”

WHAT'S AHEAD....

A new model of **charitable old age homes with basic medical care and meaningful engagement** is the need of the hour.



ANNUAL BUDGET



OUR SUPPORTERS



GOVERNING BODY



Rajashree Sharma
President
Lawyer



Abhijit Ganguly
Vice President
Rtd. Civil Servant



Dr Prasun Chatterjee
Founder-President



Ramesh Pandita
General Secretary
Entrepreneur



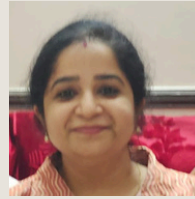
Achinta Pandit
Secretary
Entrepreneur



Raj Kamal
Treasurer, Service



Ajit Sinha
Member, Consultant



Dr Punam Chatterjee
Member, Doctor



Gaurav Chawla
Member, Entrepreneur

HAI TEAM



Dr Manjari Chaturvedi
Chief Executive Officer



Ranjeet Singh
Chief Transformation Officer



Dr Pushpamma
Medical Officer



Dr Abu Shohail
Project Coordinator-
Medical care van (CMHCV)
& Physiotherapist



Nitesh Kumar
Manager-Seniors Abode



Ankur Bhadra
Project Coordinator-IGLC
Dhanbad



Krishna Bhadra
Project Coordinator-IGLC
Ranchi

ADVISORY BODY



Sunil Gulati
Retd. IAS



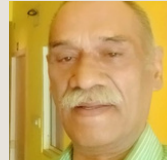
Rekha Dave
President, Innerwheel,
Greater Noida



Arun Gupta
GM Siemens



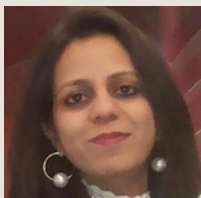
Archana Prabhakar
Social Worker &
Special Educator



Brij Bhatnagar
Resident, Seniors'
Abode



Gaurav Paul
Entrepreneur



Rashmi Mehra
Educator



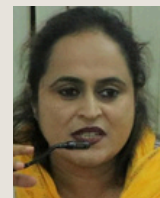
Dr Asmita Patil
AIIMS



Dr NR Dash
AIIMS



Ramakant Tiwari
Ex Coal India



Dr Dorothy Roy Choudhary
Academic, DU

THE NEED

India is today one of the fastest growing economies of the world. While being acknowledged as a global leader, this growth comes at a cost to the environment and to society.

With improved health care and high life expectancy, India's population continues to increase so that as the most populous country in the world India's two population segments- the youth and the elderly are increasing significantly.



By 2050 India's elderly population aged 65 + will be touching 14% while 17% population will be of young people aged between 15 and 35 years.

As nuclear families rise, the issue of **abandonment of elderly people** from all sections of the society is on the rise. These older people are there **living alone in their homes**, abandoned to **live in charitable homes** or **even homeless** and living on the road.

“You can do what I cannot do. I can do what you cannot do. **Together** we can do **great things.**”
– **Mother Teresa.**



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