



Enhancing the  
Lives of Seniors

# ANNUAL REPORT

2021-22





# VISION

HAI envisions a world of active and dignified aging, striving towards empowering, encouraging, and educating people to lead a healthy life.



# MISSION

HAI is on a mission to reach and assist the elderly from all corners of society, through numerous interventions and initiatives.





# ABOUT HEALTHY AGING INDIA

Healthy Aging India, finding its beginnings as an idea of actualising the Sustainable Development Goals (SDGS), GOOD HEALTH & WELL BEING and QUALITY EDUCATION, set by UNITED NATIONS, was developed into a Not-for-Profit organisation in year 2013. Since HAI's inception it has touched milestones in sectors of holistic healthcare for the elderly and quality education for the school children, made possible by guidance and relentless efforts from its founder president Dr. Prasun Chatterjee, Assistant professor, Department of geriatric medicine, All India Institute of Medical Sciences- AIIMS, New Delhi, and generous contributions from dedicated individuals from diverse backgrounds.

It has created and sustained projects like Seniors's Abode, Intergenerational Learning Centres (IGLC), Comprehensive Mobile Health Care Van (CMHCV), Menstrual Hygiene Management (MHM), and Health Camps for elderly.

The **projects of HAI address the needs** of different groups of senior citizens-

- (i) **Partially dependent:** Can afford living but not care. They need assisted living facilities.
- (ii) **Completely dependent:** Can neither afford independent living nor their medical expenses. They are staying in charitable old age homes and need basic medical support.
- (iii) **Independent:** Can afford both living and medical expenses. They need empowerment for active aging to prevent deterioration of their physical and mental health and wellbeing.

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# MESSAGE FROM THE PRESIDENT

## Greetings from Healthy Aging India!

I am immensely proud to acknowledge our continued efforts especially in an unusual year, where crucial work was bravely done under unprecedented conditions imposed by COVID-19.

It is compassion and trust of our esteemed stakeholders, supporters and volunteers, that was the sustenance that made our goals come true, to whom I am in a great debt of gratitude.



Spiritual building blocks of our organisation like integrity, passion, transparency, social service make up the beliefs of all its members. I deeply wish for expansion of our services to all who need it, and urge everyone to join us and help those who are vulnerable, especially in dire times like now.

Finally, I extend my profound gratitude to our team who worked hard to uphold HAI's values and principles, managed to not only continue but expand our projects to people made most vulnerable by COVID-19

I hope this spirit of service continues indefinitely and benefits all infinitely.

**Rajashree Sharma**



# MESSAGE FROM THE FOUNDER PRESIDENT

## Greetings from Healthy Aging India!

*"We prepare elderly for an active and purposeful aging."* That triggers a deluge of questions: How to enjoy one's golden years with dignity? How to find the holistic care for an elderly loved one? How to cope with the challenges of an aging body and mind? To a doctor, there is one word to define what they see around them: "Unpreparedness."

Let our youth get inspired by our passion, empathy, hard work, and patriotism.



In countries with rich culture of multigenerational homes including our own, aged persons receive love and respect from the younger people. Modern life with its ideology of nuclear family has seen great decline in multigenerational nature of traditional families. Busy individuals do not have time or means to care for increasing health care needs of elders, leaving them with an option of putting their elders under the care of an institution.

**Dr. Prasun Chatterjee**



## WHAT WE ARE

Active Society for all ages envisioning better Geriatric Health coverage for Older Indians (60+) and Quality Education for children (10-14 years)



**Our organization is involved in numerous projects ...**

### IGLC:

INTERGENERATIONAL LEARNING CENTRE

"Generations work together to gain skills, values, and knowledge, mutually and reciprocally benefitting participating generations.

### COMPREHENSIVE GERIATRIC HEALTH CARE VAN MOBILE HEALTH UNIT:

Comprehensive Geriatric Mobile Health Care Van- a 360 degree, Doctors at Doorstep Project for Old Age Homes

### MENSTRUAL HYGIENE MANAGEMENT :

Building a World Where Girls Are Safe, Strong & Valued.

### HEALTH CAMPS :

Health Camps are one of our vehicles to reach the elderly people, who are living in remote regions of the country. We have organized more than 30 Health camps over the last 6 years catering to about 30,000 elderly people, while directly extending the reach of Geriatric health services to remote areas of North India from Delhi, Rajasthan (Bikaner- Indo Pak Border, Behror), Uttar Pradesh (Hapur, Khurja), Himachal Pradesh (Bilaspur), Gandhinagar, Hazaribagh and Madhya Pradesh (Bhind), etc.





# PROJECT: COMPREHENSIVE MOBILE HEALTH CARE VAN (CMHCV)





# SHANTI ASHRAM OLD AGE HOME MANAGER



**SR. MERIN FOSH**

I am Sister Merin Fosh, from Shanti ashram. Shanti Ashram is a home for the destitute, an initiative of the prachodana social service society, in Gurgaon. It is a registered body situated in 439/33, pocket 12 Jasola Village, New Delhi and is a home for nearly 15 sick, old age and destitute people who were living a hopeless and miserable life on the streets without getting any help from people around them. Shanti Ashram provides them with food, clothing, medicine, and medical care. During their stay, we try to identify and rehabilitate them with their families. Those who have no families of their own continue to stay in the Ashram. In near future, Shanti Ashram will have to acquire land and build an infrastructure for its productive functioning and to provide the inmates with decent healthy accommodation.

Doctors from HEALTHY AGING INDIA were here when we were in need of medicine. They checked and gave medicine for everyone and revisited monthly for follow-up of our residents.

Basic facilities provided by HEALTHY AGING INDIA to our old age home are:

- Comprehensive Geriatric Mobile Health Care Van.
- MEDICAL SUPPORT: Oxygen therapy, Nebulizers, Suction therapy, and emergency medications.
- REHABILITATION SERVICES: Rehabilitation team comprises physiotherapists, rehab nurses, health officers, and other allied health services professionals. The mission of rehabilitation services is to maximize independence to perform activities of everyday life. The facility is equipped with therapy equipment for pain management, spasticity management, strength training, flexibility training, balance and coordination improvement, and for various life skills training.





# ELDERLY SPEAKS

**NAME:** Veit Teazer

**AGE:** 84

I am Veit Teazer. I started my career in 1938 as a paramedical man for a couple of years. I had to leave as vision of one eye got weak as well as listening of one ear, I have BP, Asthma, and my heart has a blockage.

In the morning I get up by 4 to 4:30 and start with meditation then at 5 o'clock I take a hot water bath after that at 5:30 I take inhaler because of asthma, then I chant. After that I take coffee or tea then I have breakfast, they give breakfast at 8:30 every day, they are maintaining kitchen very well, the manager is superb and breakfast tastes good, I came to old-age home because doctors recommended as I have heart problems they suggested me to not to move around and rest at one place. Before coming here I had a third heart attack. Since coming here I haven't got any I am still alive it's a most miraculous thing, I have a blockage and permanent damage in the heart. By god grace I am alive.

I am a Rama Chandra mission member for about 25 years. I prepare myself for meditation by looking at a photograph of my guru which clears my mind. I do it 5 times a day. I also sing. I know many songs in Hindi as well as in Telugu.

Mind is never satisfied. It's the way we think that brings peace, for example, if you think I am stressed you will feel stressed.

I am also happy because I was given the best care, HEALTHY AGING INDIA doctors team comes every month and give me medicine. I'm really happy here.





I am Suresh Babu, 70 years old. I'm paralyzed in one leg. I always had back pain. Doctors from HEALTHY AGING INDIA visit every month and give me physiotherapy sessions and I am also given medicine and a belt. Everyone here treats me with love and care, and I am happy.

➤ What are your views about life?

Whatever I had I spent on my daughter, and I feel too great about it that's what I wanted to do. I believe I have done very well they have a very good home to live in and are educated too. They are all set, so I feel good about it.



IS THERE ANY INCOMPLETE WISHLIST IN YOUR LIFE?

No, nothing. I have traveled the whole country. I have seen all the cities like Bombay, Pune, Allahabad, I can't do anything now so I want to stay in peace here.



Which activity gives you mental satisfaction?

I like writing poems and whenever I feel stressed I just write and then I feel really good. I concentrate on my baba, he comes and talks to me in my dreams I talk about my problems and asks him how can I solve it? He gives me suggestions and I follow them. But I am a very short tempered person, I get very angry with people, and I shout at some them very badly if they make a mistake.



I am Shakuntala, 65 years old. I always had a cold and cough. Doctors from HEALTHY AGING INDIA gives consultation and medicines regularly. I thanks to everyone who treats me greatly.



So what were your feelings? What was your reaction when you were here on your very first day?

I felt so bad and pathetic because I never imagined myself in this situation... so yeah it was horrible at first but the co-operation from other members and the old-age home made it very easy to live peacefully.



So what are your views about all the ritual activities?

I love to engage in all the religious activities it gives me peace, that is the only thing that makes me feel good. So I just love engaging in all those activities.



What are your suggestions to the younger people about taking care of their parents or older people?

I just want to tell them that keep in mind, your parents are your real wealth, don't underestimate them, never let them feel low, always take care of them not just physically but also emotionally. They are vulnerable and they need you to make them strong. Always watch your actions which can make them more vulnerable. The world is cruel and bad. Be good and kind to them.



# WOMEN EMPOWERMENT IN JALNA DISTRICT

The MOU for the above-mentioned project was signed on 25th January, 2022. Since then Healthy Aging India (HAI) Team has been in a constant and dynamic process of reinvigorating the concept into a reality. Citing the objectives and goals set under project, HAI is working tirelessly for fulfilling its commitments.

## Background

According to the fourth National Family Health Survey (NFHS-4) in 2015-16, half the women in rural India (52%) do not use hygienic methods of protection during their menstrual period in India. Available data reveals that Menstrual Hygiene Management (MHM) remains deprioritized due to factors such as deep-seated social gender construct, cultural myths, and discriminatory traditions.

In India, only 48% of adolescent girls are aware of what menstruation is before getting their first period and often face challenges in accessing menstrual hygiene products due to several factors such as a lack of awareness among girls and young women, unavailability of hygiene products, poverty and social norms. Around 23 million girls in India drop out of school every year due to a lack of menstrual hygiene management facilities – clean toilets with running water and disposal bins – as well as a lack of access to sanitary napkins and awareness about the issue. Social taboo also leads to women cleaning and drying reusable menstrual hygiene products under unsanitary conditions, which can increase a woman's chances of contracting cervical cancer, reproductive tract Infections, Hepatitis B infection and various types of yeast infections affecting their health and well-being.

Similarly, chronic disease management is still not available in various part of India. Rural Health care is one of biggest challenges in the healthcare delivery in India. With more than 70 percent population living in rural areas and low level of health facilities, mortality rates due to diseases are on a high. Lack of quality infrastructure, dearth of qualified medical functionaries, and non- access to basic medicines and medical facilities thwarts its reach to 60% of population in India. Due to non- accessibility to public health care and low quality of health care services, a majority of people in India are not getting the healthcare services. Access to healthcare by specialist or skill manpower as and when needed is not in place in ruler areas of India. Visiting tertiary care centre by government or public sector is also not easy considering the fact that there is no proper mechanism of transferring the patient from primary to secondary or tertiary health care centre. To control the spread of diseases and reduce the growing rates of mortality due to lack of adequate health facilities, special attention needs to be given to the health care in rural areas



To address the existing gaps, Healthy Aging India (HAI) in association with RailTel planned to execute two interconnected health projects; a) to address the menstrual hygiene of few selected villages of district Jalna, Maharashtra and b) to run a mobile unit by healthcare professional to facilitate specialist online consultation and offline solution for the common people of selected villages of Jalna district.

With **the funding support from the RailTel Corporation of India Ltd**, the following activities are being carried out:

- **A Mobile Healthcare Unit** is being implemented which will be unique, environment friendly and equipped with basic medical devices to manage various non-communicable diseases and also to provide medicine.
- **Formation of Self Help Group (SHG):** Two SHGs will be formed with the help of 60 women. Each SHG will be comprising of 30 women. The SHG will be responsible for the distribution of sanitary napkins in the villages. This mechanism intends to create a source of livelihood for them.
- The HAI team is sensitizing and imparting awareness among young girls and women of these villages about the health benefits of the use of sanitary napkin, menstrual hygiene and health related issues.

## **Milestones and Activities:**

**Receipt of the First Instalment from RailTel Corporation of India Ltd: 17th February 2022**

## **Activity 1- Hiring Experts on Voluntary Basis**

Healthy Aging India hired experts on voluntary basis to visit the villages in Jalna District. The objective of hiring the expert team was to conduct field visit and base line survey of the area.

Experts in the Panel for the Initial Visit:

**Dr. Mazoor Ahmad:** Dr Manzoor has more than 10 years of experience in research and public health and has worked as project head in public health related projects with reputed organization Including WHO and AIIMS.

**Mr. Shoaib Islam:** Shoaib Islam holds a Master's degree in Humanities and has got experience in conducting research and surveys.

**Mr. N.P. Singh:** Mr. N.P. Singh is a healthcare professional having more than 30 years of experience in the field of healthcare and administration.

**Mr. Pradeep:** Mr. Pradeep is a health care professional having more than 2 years of experience.



## Activity 2: Conducting Baseline Survey in the Target Villages

Upon reaching Jalna, the team had Multi-Sectoral interaction with various stakeholders such as District Magistrate (Residential), Member of Parliament (Jalna), Tehsil officials (Javkheda Bokardhan), officials from RailTel and representatives of civil society, to understand the primary healthcare challenges of the villages and to create the SOP for the same. Based on these inputs, five villages were finally adopted for the projects namely Rajur, Chandai Eko, Kedarkheda, Javkheda Bhokardan and Longaon.



The team visited of Rajur, Javkheda Bhokardan, Longaon villages and interacted with people including members of Bachat Gad Mahilla Samooh. The baseline survey has been initiated to assess the level of knowledge, practice and perception about menstrual hygiene has been started in five selected villages. The survey will be completed by 5th March, 2022.



## Activity 3: Hiring manpower to execute project

The team appointed a Female Nurse cum Coordinator to overlook functioning and management of these two sanctioned projects. She has started working and is helping the team to complete baseline survey at the earliest.



## Activity 4: Identifying and setting up Sanitary Napkin Production Unit

### a) Setting up of Sanitary Napkin Production Unit:

For setting up the manufacturing unit with sanitary napkin machine, the team has identified and finalized a space for the manufacturing unit and office space located near Ganapati Temple, Rajur which comes under Ganapati Sanstha, Rajur. The HAI team visited the office of Tehsildar, Bokardan on 1 March, 2022 and interacted with the tehsil officials. An application was submitted to the concerned officials for allotment of space and to finalize the rental cost.

### b) Procurement of Sanitary Napkin Machine:

Due diligent market survey is being done for the procurement of sanitary napkin machine. The team constantly approached various dealers and the end-users to understand the quality of the machine and the product. Survey was carried out to understand the user-friendliness, maintenance, power consumption of the machine, quality of raw material, feedback from the sanitary napkin user, quality of sanitary napkin product etc.

Our team made visits to the following centres to understand the quality of the machine and the sanitary napkin;

- Jagdishpur, Dist. Bhojpur, Patna Bihar
- SaiDham, sector 86, Faridabad
- Mahavir enclave, Dwarka, New Delhi

Upon completion of the due-diligent survey, the team has shortlisted the company 'SARAL Design Solutions Private Limited' based in Mumbai, to procure a Semiautomatic Sanitary Napkin Machine.



## Activity 5: Setting up of Mobile Healthcare Unit

The design for the mobile health unit has been finalized in consultation with the experts and the fabrication of the mobile unit is under process. Nurse cum Coordinator has been recruited while recruitment of other staff is under process. The HAI team has identified the software company 'Healthflix' to run the teleconsultation with various doctors from the reputed institute like, All India Institute of Medical Sciences (AIIMS), New Delhi, Christian Medical College Vellore, Primus Hospital etc.

### Work in Progress:

- Training and capacity building: Special Training is being given to the recruited nurse to provide orientation with teleconsultation process.
- Two specialist doctors will be recruited to manage the tele-health facility.
- IEC material is being developed to spread awareness on menstrual hygiene.

### Tentative Timeline

- **For the installation of machine:** As per the discussion and the norms of the Saral Design Solutions Private Limited, the installation of the sanitary napkin machine will take place at one month from the date of receiving supply order.
- **Mobile Telehealth Unit:** A diesel van will be refabricated to equip with all the required facilities for the teleconsultation which will take a month's time.

### Future Plans:

- Modification of the allocated room: Once the approval of the room space is obtained, the room will be modified to have a dedicated areas for the installation of machine, office space and the storage area for the sanitary napkin produced.
- Evaluation and monitoring committee will be formed in collaboration with multiple stakeholders including the representatives of RailTel, local MPs, Tehsildar and the voluntary organizations like Inner Wheel, community leaders, spiritual leaders, and the administrative officers. The committee, comprising of 10 people, will monitor and evaluate the progress and timely implementation of the project.



# BA KI RASOI

## 'Ba Ki Rasoi' Community Kitchen opens up in Gandhi Darshan, Rajghat

Healthy Aging India, in association with Gandhi Smriti and Darshan Samiti (GSDS), celebrated Azadi ka Amrit Mahotsav at Gandhi Darshan Rajghat on August 28, 2021.

"Inter-generational discourses", where multiple stakeholders ranging from taxi drivers to the dignitaries, **14-year-old Md Faizan to 92-year-old Mr S S Rudra** orated their perception of Azadi. People from multiple walks of life, from various genders and socioeconomic cluster joined this meeting and celebrated 75 years of Azadi.

The primary discussion was about Intergenerational relationship in the context of 75 years and the importance of connecting retired elderly people with children for active and healthy ageing.

Discussion on women empowerment, health, security, hunger management and national security in context with the people of Afghanistan also took place.

Professor Deepak Aggarwal from Neurosurgery AIIMS, Dr Sandeep Chatterjee, the honourable Registrar of National Institute of Education Policy, Mr. Pankaj Aggarwal, an esteemed C.A., Swami Atmagyananandaji Maharaj, Vedanti Swami, of Bharat Sevashram Sangha, IGLC educators, Dr. Prasun Chatterjee from AIIMS, Shri Dipanker Shri Gyan, Director GSDS and representative from Inner Wheel participated and blessed the occasion.

Healthy Ageing India also initiated a concept of community kitchen in the name of "Ba Ki Rasoi" in the name of Kasturba Gandhi in Gandhi Darshan to cater socio-economically weaker section by providing with full meals @ Rs.10/-, which has been explained as 'Dignified Meal' in various parts of Delhi NCR.



**Ba Ki Rasoi**

**SOUTH INDIAN**

Plain Dosa	55	Pav Bhaji	45
Masala Dosa	60	Bread Butter	35
Onion Masala Dosa	65		
Paneer Dosa	99	<b>THALI &amp; COMBO</b>	
Vada Sambar (2 Pcs)	50	Veg Spl Thali	85
Idli Sambar (2 Pcs)	50	Deluxe Thali	125
Mix Veg Uttapam	75	Chole Rice	50
Refreshment Tea	10	Rajma Rice	50
Coffee	13	Kadi Rice	50
Lassi	30		

**CHINESE**

Veg Chowmien	55	<b>SNACKS</b>	
Veg Manchurian	55	Samosa	10
Honey Chilly Potato	65	Bread Pakora	15
		Veg Sandwich	30
		Grilled Sandwich	50
		Veg Patty	15
		Vegetable Maggie	30

**BREAKFAST**

PooriSubji	45	<b>SWEET</b>	
CholeBhature	55	Kheer	20
Aloo Paratha (Tawa)	35	GulabJamun (1 Pc)	15
Paneer Paratha (Tawa)	50	BesanLaddu (1 Pc)	15
Aloo Paratha With Curd	60		
Poha	40		
Upma	40		

**☎ : 8418843141**





To continue their support to migrant labourers, street children and residents of the old-age home with a healthy and balance diet, HAI in association with the Intergenerational Learning Centre (IGLC) Foundation and Gandhi Smriti Darshan Samiti (GSDS), under the Ministry of Culture, has introduced a concept of "Mehnat Ki Thali". For this, a community kitchen has been set up in the premises of GSDS named "Ba Ki Rasoi". This kitchen was set-up to help the people facing the aftermath of the pandemic and are not able receive food or nutrition, due lack of adequate resources, or financial issues. Along with helping the needy, this kitchen also aims to empower people with disabilities (PWDs) by engaging them as the vendors for distributing the prepared meals. This model was first implemented on 3rd September, 2021. The turn-over of the first month was nearing 5 lakhs and expenses were almost the same, except the capex.

At present, we are feeding, nearing 1000 children from the streets, few hundred elderly and also the hostel students who are staying in Rajghat at a nominal cost, with a healthy nutritious meal since the last one year.



# PROVIDING LIVELIHOOD OPPORTUNITIES TO SLUM DWELLERS

<b>Funding Agency:</b> PWC Foundation
<b>Project:</b> Providing livelihood opportunities to slum dwellers during the Lockdown Period and Beyond in Delhi/NCR - A Humanitarian Intervention to Benefit Needy Population
<b>Project Period:</b> December 2020 to November 2021
<b>Reporting Period:</b> July 2021 – September 2021
<b>Amount of Grant:</b> Rs 7,01,000/-

In collaboration with PwC India Foundation, Healthy Aging India is promoting **entrepreneurship ecosystem** in Seemapuri, Delhi through employment-driven skills development training program in garment and handicraft jewellery production.

The objective of the project is to identify **20 under-served potential aspiring women** candidates (The guardians of these beneficiaries are daily wagers, ragpickers, butcher, construction labor, Etc.) from the underprivileged community and **help them start their own micro-business through quality production, backward & forward market linkages, and access to credit and omni-channels for sales including e-commerce.**

Throughout the project, industry veterans and experts will be engaged for quality inputs and the women will be facilitated to visit various established production houses and factories to understand the scale and quality

The mobilization part has done with participants as the dropout rates has emerged. We made our training more advance which includes trousers palazzo etc. we taught how to make apron by old clothes. Its an initiative to start their livelihood.



- It is to be noted that effectiveness and advancement of the training was done in the way to assign a new trainer name as Ms. Amirun. She is teaching new ideas concerning to stitching such as plazo pant, trousers, shirts Belted Salwar, Belted Blouse, Afgaani Suit, Plazo, Umbrella Plazo, Chudidar Pazama, e etc.
- It is a positive aspect that the trainees (18) are having self-confidence and they are also stitching the clothes of their nearby people and somehow the earning has been started by them.
- We have added 8 new girls who are already known to stitching work in this way they are experiencing more gracefulness in their work so that they make start earning themselves.
- We are working with them with learner centered approach as they give ideas and initiate the thing accordingly
- For the enhancement of our work, we have guided them how to use social media in this regard.
- we are finding the avenues to sell our products for the livelihood. market to take bulk order of the same.
- We focused on adhering COVID Appropriate Behavior and asked each and every trainee to follow the same.

### **Marketing strategy adopted to enhance income of trainees**

- As already mentioned only one item such as baby frock will be manufactured but in various designs and colors combinations. The target age group would be 6 months to 3 years. It is estimated that one trainee can manufacture 5-7 items daily and earn profit of 300-350 which will make them financially independent. Potential market like- shops, weekly market, online platform will be targeted.
- But we are also giving them other products knowledge more advance.

### **Project Photographs and Sample of Prospective Items**







1.	No. of beneficiaries	20
2.	No. of trainings sessions	80 (40 for each Batch)





# AUDITED REPORT

**Healthy Aging India**  
 (A society registered under Societies Registration Act, 1860)  
 Balance Sheet

Particulars	Schedules	As at	As at
		March 31, 2022	March 31, 2021
		₹	₹
<b>SOURCES OF FUNDS:</b>			
Corpus Fund	Sch-4	5,000	5,000
Unrestricted Project Funds	Sch-5	3,389,849	3,394,020
Statutory Liabilities	Sch-6	-	20,836
Current Liabilities	Sch-7	1,441,208	2,461,769
<b>TOTAL</b>		<b>4,836,057</b>	<b>5,881,625</b>

**APPLICATION OF FUNDS:**

<b>Fixed Assets</b>			
Tangible Assets	Sch - 8	4,336,421	3,257,969
<b>Current Assets</b>			
Sundry Debtors	Sch - 9	-	1,286,250
Cash and Cash Equivalents	Sch - 10	438,494	1,213,827
Advances Recoverable in Cash or in Kind	Sch - 11	61,142	123,579
<b>TOTAL</b>		<b>4,836,057</b>	<b>5,881,625</b>

Income & Expenditure	1
Receipt & Payments	2
Significant Accounting Policies and Notes on Account	3

As per our report of even date  
**For P M H & Associates LLP**  
 Chartered Accountants  
 Firm Registration No. 026443N/N-500054  
 UDIN: 225179288EIPAY9042

**For Healthy Aging India**

  
 Manas Piyush  
 Partner  
 Membership No. : 517928



  
 President

  
 Treasurer



Place: New Delhi  
 Date: September 30, 2022.



**Healthy Aging India**  
**(A society registered under Societies Registration Act, 1860)**  
**Income and Expenditure Account**

Particulars	Schedules	Year ended	
		March 31, 2022	March 31, 2021
		₹	₹
<b>INCOME</b>			
Contributions / Donations Received	Sch- 12	9,487,844	12,079,319
Other Income	Sch- 13	22,035	33,090
<b>TOTAL</b>		<b>9,509,879</b>	<b>12,112,409</b>
<b>EXPENDITURE</b>			
Direct project Expenditure			
Rent	Sch- 14	3,778,710	4,901,720
Payroll Expenses	Sch- 15	677,000	214,112
Professional Charges	Sch- 16	3,320,541	5,365,362
Travelling and Conveyance	Sch- 17	336,012	199,725
Vehicles Maintenance Expenses	Sch- 18	42,089	242,311
Depreciation Expense	Sch- 19	346,781	524,059
Miscellaneous Expenses	Sch- 20	659,970	638,538
	Sch- 21	352,947	200,994
<b>TOTAL</b>		<b>9,514,050</b>	<b>12,286,821</b>
<b>Excess of Income over Expenditure</b>		<b>(4,171)</b>	<b>(174,412)</b>
Transferred To:			
Previous Year Surplus/(Deficit)		3,394,020	3,568,432
Un-Restricted project Fund		(4,171)	(174,412)
<b>TOTAL</b>		<b>3,389,849</b>	<b>3,394,020</b>

As per our report of even date  
**For P M H & Associates LLP**  
**Chartered Accountants**  
**Firm Registration No. 026443N/N-500054**  
**UDIN: 225179288EIPAY9042**

**For Healthy Aging India**

  
**Manas Piyush**  
**Partner**  
**Membership No. : 517928**



**Place: New Delhi**  
**Date: September 30, 2022**

  
**President**      **Treasurer**  
**HEALTHY AGING INDIA**      **HEALTHY AGING INDIA**



# SUPPORTERS





# Who's who of HAI

## GOVERNING BODY



**Rajashree Sharma**  
President  
Lawyer



**Abhijit Ganguly**  
Vice President  
Retd. 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. Pushamma**  
Medical Officer



**Dr. NEERAJ**  
PHYSIOTHERAPIST



**SHOIB ISLAM**  
SOCIAL RESEARCH  
ANALYST

## ADVISORY BODY



**Shyam Sundar Rudra**  
Retd. Chief Engineer,  
PWD



**Sunil Gulati**  
Retd. IAS



**Arun Gupta**  
GM Siemens



**Archana Prabhakar**  
Social Worker &  
Special Educator



**Rekha Dave**  
President, Innerwheel,  
Greater Noida



**Gaurav Paul**  
Entrepreneur



**Ramakant Tiwari**  
Ex Coal India



**Rashmi Mehra**  
Educator



**Dr Asmita Patil**  
AIIMS



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