



Providing
Dignity &
Autonomy to all

ANNUAL REPORT 2022-23

EMPOWERING THE LIVES OF ELDERLY

REVOLUTIONIZING
APPROACHES

Healthy Aging India

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.

INTRODUCTION

Healthy Aging India, finding its beginnings as an idea of actualizing the Sustainable Development Goals (SDGS), GOOD HEALTH & WELL BEING and QUALITY EDUCATION, set by UNITED NATIONS, was registered as a Not-for-Profit organization in year 2013. Since HAI's inception it has touched milestones in the sector of holistic healthcare for the elderly and quality education for the school children, made possible by guidance and relentless efforts of 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 of diverse backgrounds.

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

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 profoundly touched by the feats achieved by Healthy Aging India in a span of ten years of its existence. From a mere spark of an idea to multi-project organisation, we continue to introduce holistic health care & quality education in the lives of vulnerable elderly and school children respectively.

Our work was only made possible by vigorous efforts and trust of our esteemed stakeholders, supporters, and volunteers, to whom I extend my heartfelt gratitude.

The ethos of HAI and my staunch belief is to keep expanding our reach as far as possible, to empower the most remote, most vulnerable group of people in our society. Compassionately fortify their quality of life with dignity.

I humbly urge all to join us to fight the stigma of dependence and loss of utility to family and society that is associated conventionally with aging, and make a happy, dignified and empowered life a reality for all.

Finally, I would like to express my pride and gratitude towards the staff of HAI, who tirelessly work to actualize our noble goal. Their hard-work is a testament of our passion transforming into action. I congratulate them for everything we could make happen this year and also wish them good luck for future projects.



Rajashree Sharma

MESSAGE FROM THE FOUNDER PRESIDENT

Greetings from Healthy Aging India!



It gives me immense satisfaction and pride to see Healthy Aging India complete its tenth year of remarkable work and achievements. In the span of the last one year not only has the team of HAI grown but also the faith and trust of our esteemed funders, supporters and volunteers.

This year we have achieved a significant milestone in signing an MOU with JEPC to reach out to 1 million children of government schools and 10,000 elderly in Jharkhand through the IGLC program of HAI. Our IGLC projects will bring a massive change in the lives of the children from government schools of the colliery belt of Dhanbad and the tribal majority community centers and schools of Ranchi in Jharkhand. The children mentored by elderly will be receiving individual attention from the elderly educators improving their academic preparation and life values.

Our elderly educators have worked in challenging conditions to bring real and palpable change in the lives of the children from the socioeconomically weaker sections of society.

The Comprehensive Geriatric Mobile Van project started in the year 2018 continued giving services to about 1000 abandoned elderly Delhi-NCR. Supported by **Vridh Care** and **Sarthak Ek Prayas** the medical health care van has taken quality healthcare to the door steps of the elderly in twenty-five Old Age Homes of Delhi-NCR.

Being run by NGOs and lacking resources, the old age homes are in great need of support for its inhabitants. The mobile health service is a boon both in terms of providing preventive healthcare through vaccinations against pneumonia and influenza and in providing diagnostic and curative services.

I thank all our supporters and the staff of Healthy Aging India for doing an incredible job this year in taking the vision of HAI to the next level.

Dr. Prasun Chatterjee

PROJECT: SENIORS' ABODE



Seniors' Abode in its second year of existence continued to serve its elderly residents. The facility continued to operate in a floor with 11 rooms with attached bathrooms in the premises of Bharat Sevasharam Sangha in Sriniwaspuri Delhi.

SIGNIFICANT FEATURES OF THE PROJECT

The facility seeks to support the residents in leading an Active Aging lifestyle, regardless of their pre-existing health conditions. Active ageing implies a proactive approach to late life when one tries to be mentally and physically active to prevent physical and mental degeneration. Residents are encouraged to pursue their hobbies like playing chess, doing crossword, drawing and painting, occasional cooking, singing and advising the facility staff, etc.

The facilities provided to the elderly are as follows:

- Boarding & lodging with attached bathroom.
- Nutritious meals three times a day with yogurt and salad, tea thrice a day, a snack in the afternoon and a glass of milk at night.
- Wifi, TV, Common room for watching TV, air coolers in summer, air purifier, room service, if needed.
- Hospital bed if needed, oxygen concentrator, ambulance service 24x7.

RESIDENTS:

16 residents have stayed during the year 2022-23 at Seniors' Abode with four mortalities due to age related health issues. The reasons elderly join are loneliness, family's inability to look after, financial problems, and domestic strife.

Our facility is equipped with looking after residents with serious health conditions.



Methodology of Treatment:

Assessment, physical examination, medication, physiotherapy service.

Medical support:

- Physician visit six days a week.
- Physiotherapy is provided if needed, six days a week
- Visit to AIIMS, Delhi is made in case of emergency.



Physiotherapy Support:

Common problems faced by residents of old age home are stroke, COPD, Breathing difficulty, low back ache, knee pain, shoulder pain and contractures. The residents were assessed according to their complaint and intervention is then planned like AROM Ex, Bed mobility exercises, Strengthening exercises, stretching, Breathing exercises, McKenzie technique and Kinesio taping etc.



FESTIVAL CELEBRATIONS

- Diwali Celebration (26th Oct 2022)
- Christmas Day Celebration (25th Dec 2022)
- New Year Celebration (1st Jan 2022)



AEROBICS

Organised by Vridth Care
(March 2022)



BIRTHDAY CELEBRATIONS

Bhatnagar Uncle (7th July 2022)
Kharbanda Uncle (30th Dec 2022)
Jyoti Madelia (7th July 2022)



HAVAN AND PUJA

Organised for our departed seniors
for atma shanti.

TESTIMONIALS

GAURAV PAUL S/O LATE MRS CHHAYA PAUL, RESIDENT 93 YEARS



I am writing this testimonial with a heavy heart but also with deep gratitude for the care and support provided by Seniors' Abode during my mother's stay. Mrs. Chhaya Paul, my beloved mother, was under their care for 13 months until she peacefully passed away on 8th December 2022, at the age of 93.

We chose Seniors' Abode for my mother because we were seeking a **nurturing and safe environment** that would meet her unique needs. After careful consideration and recommendations from others, we found that Seniors' Abode had an **exceptional reputation** in catering to the specific requirements of senior citizens in Delhi NCR.

The management and staff at Seniors' Abode were not only cooperative but also went above and beyond to ensure my mother's comfort and well-being. They showed a deep understanding of her needs and worked closely with us to provide personalized care. From the very beginning, their professionalism and dedication were evident, and they made every effort to address any concerns we had, promptly. We felt reassured knowing that our mother was in the hands of such a caring and attentive team.

Despite the difficult circumstances, my mother had a good stay at Seniors' Abode. The facility provided a peaceful and secure environment, which was crucial for her sense of well-being. The staff members were not only skilled and knowledgeable but also treated her with kindness and respect. They consistently ensured that her physical and emotional needs were met, and their genuine compassion was deeply appreciated. We were always received cordially whenever my family members or friends visited the facility.

Here I would appreciate the presence of Mr. Bhatnagar who being a senior citizen himself, looking after the needs of the residents of the facility with great compassion and care. Also the service rendered by the various staff members namely Dr. Pushpa, Mr. Verma, Ms. Chandrakala, Ms. Neelam amongst many others who served my mother like their own family member.

I would highly recommend Seniors' Abode to anyone in search of a nurturing and compassionate community for their loved ones. Even during our time of grief, we recognize and value the exceptional care provided by the management and staff. The organization's commitment to the dignity, comfort, and happiness of its residents is commendable. Seniors' Abode truly understands the unique challenges faced by seniors and creates an environment that fosters their overall well-being.

In conclusion, I want to express my heartfelt gratitude to Seniors' Abode and Healthy Aging India for their unwavering support during my mother's stay. The care and compassion shown to her brought immense comfort to our family. I sincerely hope that more families will benefit from the outstanding services provided by Seniors' Abode.



UJJALA BHATTACHARYA
RESIDENT
67 YEARS

Hello, I'm Ujjala Bhattacharya, a long-term resident of seniors' abode. My life here is peaceful as I have made friends with my fellow residents as well as our kind doctor Pushpa and physiotherapist who visit us regularly and look after our health. Since I love drawing, I am provided with art supplies. I spend my time in my room to draw and colour, and listen to music on my Alexa.

Our place here in Shriniwaspuri is ably equipped with all amenities needed by us. Most importantly, I'm grateful to our caretaking staff that sees to our needs being met.

PROJECT: COMPREHENSIVE MOBILE HEALTH CARE VAN (CMHCV)

Provides basic medical care, physiotherapy & medicines in 25 old age homes of Delhi-NCR

The Comprehensive Medical care van (CMHCV) is regularly visiting **25 Old Age Homes in Delhi NCR** on a periodic basis providing **basic medical care, medicines for a month, and physiotherapy** as well as social and emotional support to around **1000 older residents**.

The CMHCV technical staff includes **one primary care physician** with training in geriatric medicine and one **physiotherapist**.

Old Age Homes Network

1. Shiv Bhawani Blind Kalyan Centre Dakshinpuri
2. Jivodaya Ashralayam, Vikasnagar.
3. Shanti ashram, Jashola.
4. Jai Maa Durga, Niloti Gaon.
5. Sai Old Age Home
6. Shri Krishna Dham, Khera Kalan.
7. Second Inning Home
8. Marian Ashram, Jashola.
9. Tau Devi Lal Ashram , Gurugram.
10. Tau Devi Lal Ashram, Faridabad.
11. Shanti Dham, Khera Khurd.
12. Rashtriya Blind School, Najafgarh.
13. Tammanna: Sister of Charitable Society
14. Shanti Bhawan, Burari.
15. Maa Ram Beti Ashram, Burari.
16. Raunak Vridh Ashram, Najafgarh.
17. Vanaprastha, Faridabad.
18. Seniors Manoranjan Home , Faridabad.
19. Abha Abhas, Najafgarh.
20. Triveni Devi Ashram, Kanjhawla.
21. Anandi Sewa Prakalp Ashram, Haryana
22. Ashraye Ashralaya, Farukhnagar.



PROJECT: INTERGENERATIONAL LEARNING CENTRE (IGLC)

Retired elderly educators teach, mentor & guide middle school children.

IGLC – Intergenerational Learning is an educational initiative first started in 2017 in Noida, where elderly mentors engage with middle school children to enhance learning, character building, goal setting, and well-being in children and engaging elderly people in a meaningful and purposeful activity to enable them to stay active, healthy, and happy.

IGLC DHANBAD



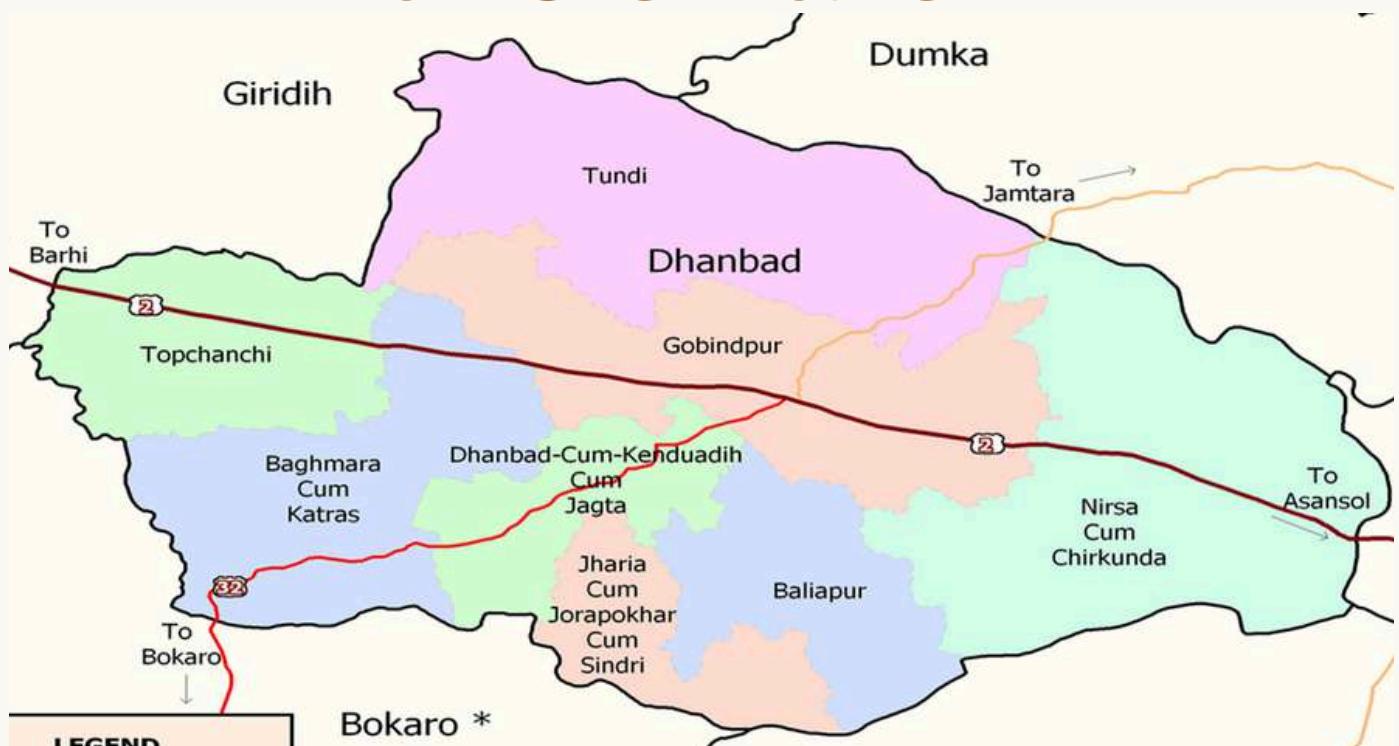
Intergenerational Learning Centre, Jharia (Dhanbad) signed a MOU with JEPC (Govt. of Jharkhand) on 10th June, 2022. Following this, Healthy Aging entered into yet another fruitful MOU with Bharat Coking Coal Limited (BCCL) on 4th of August 2022 for the successful implementation of IGLC project in Jharia.

The project took off keeping in mind the following goals:

- To build socially contributory roles for senior citizens after retirement.
- To develop mutual exchange of learning between older and young adults.
- To support growth of social capital.
- To approach education with a cross sectoral outlook.



TARGET LOCATIONS FOR IGLC PROJECT :-



Taken from Google.

The target locations for the IGLC project are as follows: -

JHARIA, JORAPOKHAR, BASTACOLLA, JAMADOOBA, DIGWADIH, BHAGA.

MECHANISM EMPLOYED FOR IGLC PROJECT :-

Having established the goals, the project framework aimed at an experiential-integrated intergenerational learning where both the senior citizens and the children (belonging to socio-economically disadvantaged groups) were active participants in the process of learning.

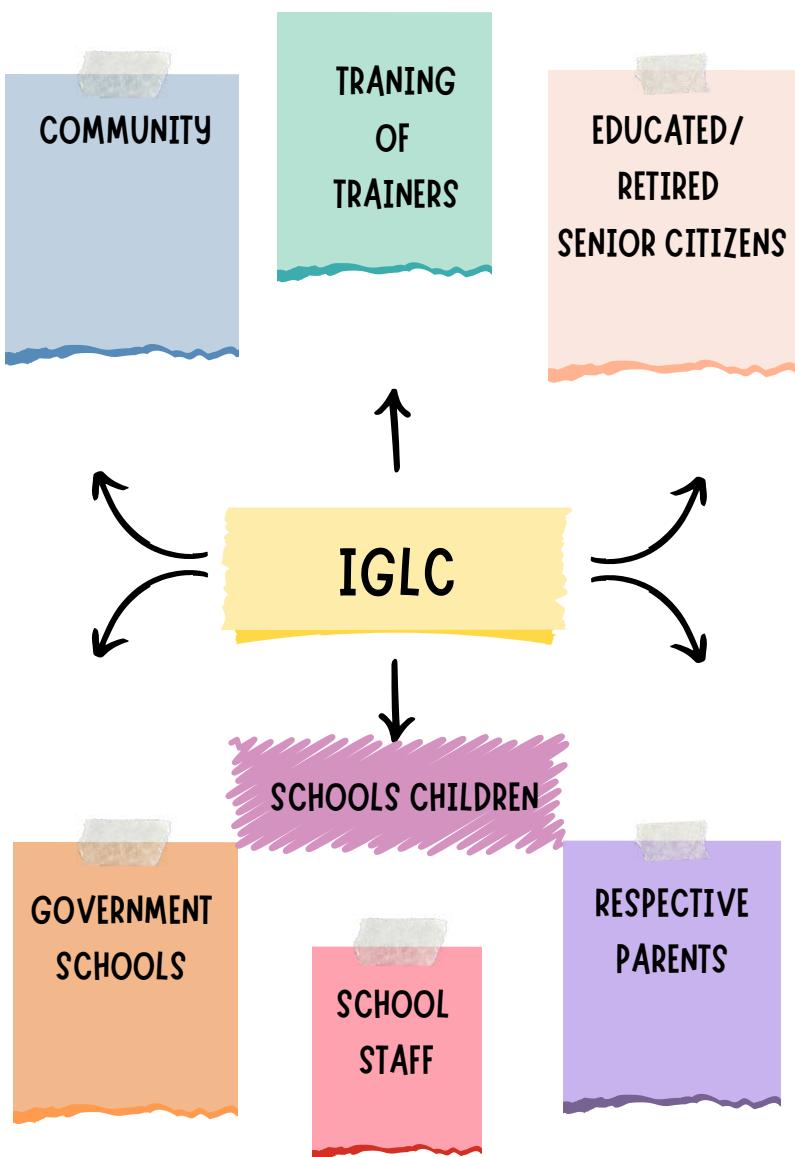
Additionally, the framework which followed 'Contact Theory' (Pettigrew, 1998) and 'Theory of Communicative Actions' (Habermas, 1981) supported the creation of generative roles for IGLC Elderly educators in Government schools. These roles were observed in the following accomplishments:

1. Basic or foundational literacy and numeracy support.
2. Curriculum-subject specific and co-curricular teaching.
3. Life skills/ social and personal qualities.
4. Counsellors - Adolescence crisis issues.
5. Pre-vocational education guidance.

THE TWO MAJOR EXPECTED OUTCOMES OF THE PROJECT WERE:

- (1) Improvement in **quality of life and health indicators** of older adults through their cognitive stimulation via IGLC
- (2) Improvement in **quality of education and learning outcomes** - academic, behavioral, personal and social qualities of Government school children (age 10-14 years)

PROCESS FLOW FOR IGLC: -



THE STAGES OF THE PROJECT CAN BE CULMINATED INTO EIGHT BRIEF POINTS, AS FOLLOWS:

1. Screening and Selection of Govt. High and Middle schools which includes students in (Std. 6 to Std. 8) aged 8 years to 14 years
2. Searching and meeting Senior citizens/Elderly educators for IGLC project
3. Meeting with District Education Officer (Edu. Dept.) & ADPO for getting NOC to conduct IGLC Program in HS and MS govt. schools in Jharia zone
4. Meeting with BCCL authorities for clearing their Milestone requirements as in (NOC and Verification Mails from Edu. Dept.) to conduct IGLC Program in HS and MS govt. schools in Jharia zone
5. Meeting with Block education officers and BPO for getting approval to carry out IGLC educators training in BRC Jharia
6. Conducted a 2day workshop with all IGLC Educators before placing them in their respective schools
7. Starting of IGLC classes by the Elderly Educators in the 10 Schools of Jharia Block
8. Monitoring of IGLC classes by the Project Coordinator and timely visits by the Authorities of BCCL like GM-CSR and Dy. Manager-CSR

STAGE 1 FOR IGLC: -



- IGLC to be carried out among students aged 8 years to 14 years of age
- Class 6th to 8th standard to be covered for the program
- Only Co-ed schools to be selected
- Screening of Govt. High and Middle schools which fit the above criteria

Taking cue from the pre-designed screening requirements as mentioned above, 51 schools in total were selected out of 104 schools in Jharia.

LIST OF 10 SCHOOLS WERE IGLC WILL BE IMPLEMENTED: -

S.NO	SCHOOL NAME	LOCATION
1.	Swatantra Bharat H.S. Bhaga	BHAGA
2.	High School Bhowra	BHOWRA
3.	UMS Bastacola	BASTACOLA
4.	MS Parsatand	BASTACOLA
5.	UMS Nunudih Colliery	JAMADOBA
6.	MS Digwadih No- 10	DIGWADIH
7.	UMS Jorapokhar	JORAPOKHAR
8.	UMSChandmari	CHANDMARI
9.	DAV MS Jharia	JHARIA
10.	Urdu MS Board Jharia	JHARIA

- Schools which do not have proper road connectivity have been not selected.
- Schools with very less student strength of below 40 have not been selected.

STAGE 2 FOR IGLC: -

Searching and meeting Senior citizens/Elderly educators for IGLC project

Snowballing and random sampling techniques were adopted to acquire and meet Senior citizens/elderly educators for the IGL project. This stage involved an active effort to acquire new members who were willing and eager to contribute to the vision of Healthy Aging India. This was conducted particularly through random sampling and snowballing techniques where trained Healthy Aging India members interacted in casual and informal spaces like parks, tea stalls etc. to attempt larger and extensive participation of elderly educators.

VARIOUS POINTS OF CONTACT (POC)

TEA STALLS



PARKS



OFFICES



Positive response was received from many retired teachers and para teachers who also were glad to know about such concept of IGLC

Meeting Elderly citizens around Bastacolla area of Jharia during Dec'22



IGLC → मैं दिल मूल्य और ज्ञान वालिंग करने के लिए एक जाप काम करती है, पारस्परिक स्वयं से दोनों शीर्षियों को जागरूक करती है।

हेली एजिंग इंडिया ने ड्रारखंड विद्या परियोजना परिषद के साथ IGLC समझौता ज्ञापन पर हस्ताक्षर किए। सरकारी स्कूल के बच्चों को द्विरेली-रेकानल लैनिंग प्रोग्राम के तहत 60+ उम्र के बुजुर्ग द्वारा विद्या किया जाता। कृपया स्कूलों से आगे आये और उन आवाहन स्वयं से नीचे उम्र के बोल्डों को प्रोत्साहित करें, विक्षित करें और सायकत करें और बुजुर्ग विद्यक की भूमिका निभाया। उन बच्चों में ज्ञान और सुन्दरी का प्रकाश फैलाएं जो आपके पांते और पांतों की तरह हैं।

यह देखा गया है कि गरिमा नागरिक अकेलेन और अवसाद से प्रस रहते हैं। IGLC उस समस्या का समाधान है।

इस सुनहरे अवसर के दहुत किसी भी क्षेत्र से विश्व नगरिक हमारे NGO साथ के जहुत सकते हैं और वापसे निकलताम स्कूली बच्चों के साथ कुछ पल बिताएं और आगे आयु के स्वस्त तरीकों से बढ़ाएं। माझी है हेली एजिंग इंडिया का नाम।

*** बुजुर्ग विद्यक की भूमिका निभाये और ज्ञानों में विकास की स्वरूप आभा फैलाएँ। ***

**इनको बास्कॉन और प्रश्न अस्ट्री के साथ एकात्मिक प्रश्नावाद, इसका ज्ञान और सहृदयता ज्ञान की भूमिका निभाया। ज्ञान का ज्ञान।



CONTACT - 7700017



Hindi Pamphlet designed to create awareness around Jharia for IGLC during Jan'23 project on Nov'22



Adhar Chandra Mahto and Team @MANTHAN on Nov'22

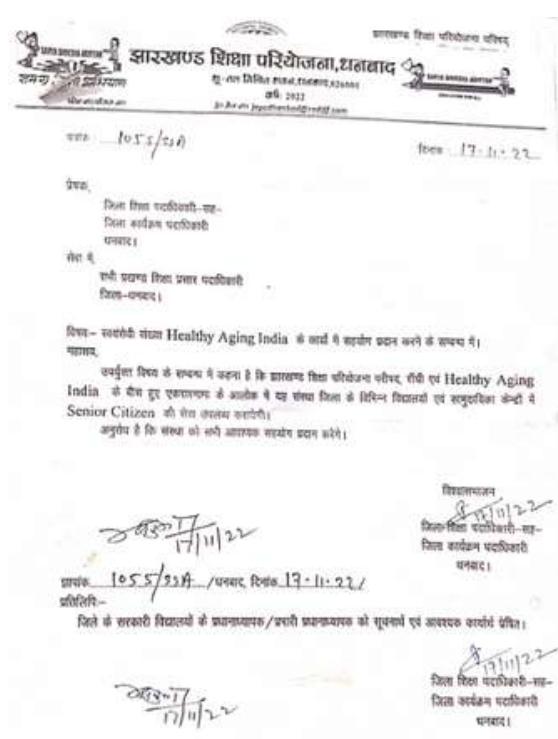


Anil Kumar Singh @JEEVAN on Dec'22

STAGE 3 FOR IGLC: -

Meeting with District Education Officer (Edu. Dept.) & ADPO for getting NOC to conduct IGLC Program in HS and MS govt. schools in Jharia zone

- Met with the DEO Mr. Bhutnath Rajwar (District Education Officer) and ADPO Mr. Vijay Kumar
- Briefed them about the IGLC project and received the Approval to carry out IGLC project.
- NOC letter was awarded to carry out the IGLC Program in 10 Schools of Jharia block
- NOC Letter Ref No- 312/SSA dated 27/02/23



312/SSA
27-02-2023
To,
The DEO cum DPO,
Office, Dhanbad,
Jharkhand - 826001.

To,
Block education Extension officer,
Dhanbad.
Subject: - Granting permission (NOC) to carry out IGLC project in 10
government schools of Jharia block.

This is in reference to the MOU between JEPIC, Ranchi and Healthy Aging India
of granting permission to NGO - Healthy aging India to implement the IGLC
project in the 10 government schools of Jharia block. The list of the schools is
mentioned below :

S.NO	SCHOOL NAME	LOCATION
1	SWATANTRA BHARAT H.S. BHAGA	BHAGA
2	HIGH SCHOOL BIHAWA	BIHAWA
3	UMS BASTACOLA	BASTACOLA
4	MS PARSAMAND	BASTACOLA
5	UMS NUMRIH COLLIERY	JAMADIBA
6	UMS DIGHWADH NO - 10	DIGHWADH
7	UMS JORAPOKHAR	JORAPOKHAR
8	UMS CHANDMARI	CHANDMARI
9	DAV MS JHARIA	JHARIA
10	URDU MS BOARD JHARIA	JHARIA

As per the letter, healthy Aging India can carry out the activity in the above-mentioned schools with the given educators. Also, find attached the educators list and schedule for IGLC Program.

Yours faithfully,
DEO cum DPO,
Dhanbad.

**Submitting a copy of
Monthly progress report
to Mr. Vijay Kumar ADPO
(District Program Officer
- SSA - Samagra Sikhsha
Abhiyan)**



STAGE 4 FOR IGLC: -

mail.google.com/mail

Primary

Dear Sir, BCCL, under its CSR activities, has entered into an MoU with Healthy Aging India for

ankur bhadra

Forwarded message — From: Dilip Kumar Behera <gmcsr.bcccl@coalindia.in> Date: Tuesday, 10 Feb 2023

Dilip Kumar Behera

Sir, updated progress report has been provided to BCCL by Healthy Aging India for implementation of

JEP Dhanbad

to Dilip, me, Saroj, +4 1 minute ago Details

10 schools mentioned in your letter are govt. schools. NOC letter given to the project co-ordinator IGLC healthy aging India.

Thanking You

Vijay Kumar

A.D.P.O.

S.S.A. Dhanbad

DEO-CUM-DPO,
GROUND FLOOR,
COMBINED BUILDING,
DHANBAD

Meeting with BCCL authorities for clearing their Milestone requirements as in (NOC and Verification Mails from Edu. Dept.) to conduct IGLC Program in HS and MS govt. schools in Jharia zone



As per BCCL few milestones were needed to be achieved to meet their CSR Objective

- 1.NOC from Education Department was required to carry out the activity in Govt. Schools.
- 2.Selection of 10 Govt Schools.
- 3.A verification mail from Education dept. confirming that all the 10 schools are Govt, Schools and issuing of NOC to Healthy Aging India.

Finally, All the above criteria were successfully met and hence, the Second Milestone of BCCL was completed.

IGLC Project Coordinator meeting officials at BCCL Headquarter Koyla Bhawan, Dhanbad during the month of Feb'23

STAGE 5 FOR IGLC: -

Meeting with Block education officers (BEO) and Block Education Officer (BPO) for getting approval to carry out IGLC educators training in BRC - Jharia

Met with the BEO 1- Mrs. Lakshmi Verma (BRCC) & 2- Leela Upadhyay (Block Education Officer) and BPO 1- Mr. Sunil Singh and 2- Mr. S. Jha Sir.

- Briefed them about the IGL project and received the Approval letter to carry out IGLC training for the elderly educators
- BRC Jharia was allotted to us for 2 days to carry out the training session

UPDATING ON VARIOUS ASPECTS AND GETTING GUIDANCE FOR SMOOTH FUNCTIONING OF THE PROGRAM

- Timely meeting the various officer and submitting them reports on the progress of the IGLC program
- Submitting a copy of progress reports to both BEO madam and BPO sir at BRC Jharia



IGLC Project Coordinator Submitting a copy of Progress report to Both BEO of Jharia 1 and Jharia 2 (L. Verma Madam(Middle) and L. Upadhyay madam(Right) during the month of Mar'23



PC with BPO Jharia 1 Sunil Singh Sir during Mar'23



PC with BPO Jharia 2 S. Jha Sir during Mar'23

STAGE 6 FOR IGLC: -

Conducted a 2 day workshop with all IGLC Educators before placing them in their respective schools

***Approvals were obtained from BRCC Jharia for Workshop**

**DATE - 20TH March and 21st March Time -
11.00 am to 4.00 pm**



I DO, WE DO, YOU DO
CONCEPT OF TEACHING BY
MASTER TRAINER NK
MANDAL SIR ON MAR'23



ELDERLY EDUCATORS IN AUDIENCE ON MAR'23 SESSION



Introduction of Master trainers with the Elderly Educators during Workshop on Mar'23

TRAINING DETAILS-

1. Senior citizens went through Workshop at Block Resource Centre, Jharia.
2. Key Trainers from Cluster Resource Centre, Jharia were selected as resource/expert faculties.
3. 2 day's workshop session given to all educators by our 3 expert trainers.
4. A small interactive and Demo session between our educators was conducted.
5. Overall, 6 Training cum Orientation Session conducted in a span of 2 days.

Educators Profile and outcome

- a) First Batch of workshop started on 20th of March.
- b) 16 Senior citizens participated in the 2 day program.
- c) 80 percent of the educators were Retired Teachers /Para Teachers from various Govt and Private schools.
- d) All elderly were enabled and equipped for process of Teaching and Learning Pedagogy.

MASTER TRAINER DETAILS-



N K MANDAL



MADHUKAR PRASAD



H N OJHA

WORKSHOP MODULE WITH TOPICS

S.No	Key Person	Topic Covered	Sub Topics
1.	Ankur Bhadra Project Coordinator	Brief Introduction about IGLC	About the NGO – Healthy Aging India, what is IGLC, Why IGLC and Its Benefits, MOU Details between HAI, JEPC Ranchi and BCCL Dhanbad, About the Program in Jharia Block, List of 10 schools selected for IGLC and a Short Motivational video on IGLC, Noida
2.	N K Mandal *Retd Awardee Teacher cum Master Trainer	Learning Pedagogy 3 H's of Learning Hierarchy of Programs in Govt Schools 5 Es of Inquiry based learning 3 R of Teaching I DO, WE DO, YOU DO CONCEPT OF ROLE	What is Learning, Child centric Education, Various Benefits of teaching Methods, Head, Heart and Hand action towards learning, Various Class-wise Programs run by Govt like FLN (Functional Literacy and Numeracy) and Gyan Setu Projects, Engage, Explore, Explain, Elaborate and Evaluate in Inquiry based system of Learning, Reading, Writing and Arithmetic active Learning methods and Very Important concept of I DO, WE DO, YOU DO to describe the teacher and student role
3.	Madhukar Prasad *Cluster Resource Person (BRC - Jharia)	KTPC in Science Kinesthetic Learning Method Topics to be covered in Science in Middle Schools Topics to be covered in English in Middle Schools Behavioral Psychology towards students	4 pillars of KTPC – Keen Observation, Thinking, Practice and Creativity, Learning based on Action and Experience, Basic Topics to be covered in Middle schools Science like Matter, Plants and its parts, Body and its Part, Water, Air and Light etc, Basic Topics to be covered in Middle schools English like About Myself, Poems recitation, Parts of Speech, Jumbled word formation and English handwriting etc, How to engage in a friendly manner with the students and develop in them interest to study through various means like Storytelling, Motivation and One to One Interaction, Effective use of Science TLM (Teaching Learning Material) provided by Gyan Setu - SSA
4.	H N Ojha *Cluster Resource Person (BRC - Jharia)	ELPS in Math Learning by Doing method Topics to be covered in Math's in Middle Schools Demonstration and Doubt solving session	pillars of ELPS – Experience, Language, Picture and Symbol, Action based approach like Learning by Doing and Experience, Basic Topics to be covered in Middle schools Math's like Mathematical Operation, Pattern Recognition, BODMAS Principle, Angles, use of Decimal system etc, Effective use of Maths's TLM (Teaching Learning Material) provided by Gyan Setu - SSA and Demonstration class organized between educators to display a sample class format



Lunch Session for the Elderly Educators during Workshop on Mar'23

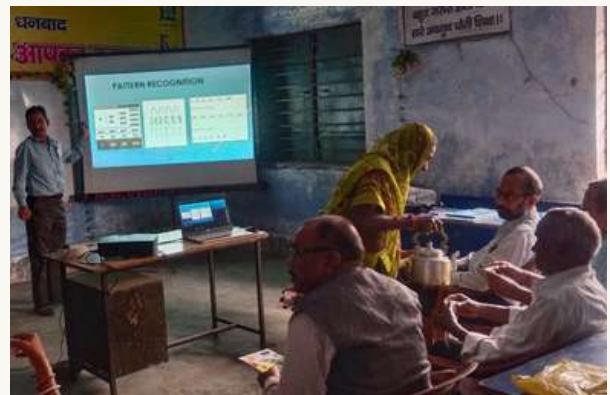
TEA AND LUNCH SESSION WERE ORGANISED DURING BOTH THE WORKSHOP SESSIONS

Healthy full diet Meal was provided to all the participants of the IGLC Program

The items Included in meal were as follows: -

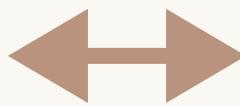
- a) Rice
- b) Yellow Dal
- c) A Seasonal Vegetable
- d) 2 Hot Chapatis
- e) 1 Ltr. Packaged drinking water .All food was Hygienic and made to order fresh.

Tea break were also included in between to energize the IGLC Participants



Lunch Session and Tea Break for the Elderly Educators during Workshop on Mar'23

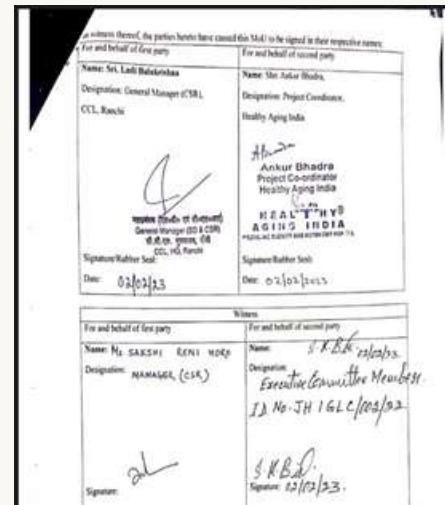
IGLC RANCHI



Intergenerational Learning Centre, Ranchi signed a MOU with JPEC (Govt. of Jharkhand) on 10th June, 2022. Following this, Healthy Aging entered into yet another fruitful MOU with Central Coalfields Limited (CCL) on 2nd of February 2023 for the successful implementation of IGLC project in Ranchi.

The project took off keeping in mind the following goals:

- To build socially contributory roles for senior citizens after retirement.
- To develop mutual exchange of learning between older and young adults.
- To support growth of social capital.
- To approach education with a cross sectoral outlook.



TARGET LOCATION FOR IGLC PROJECT :-

NAME OF SCHOOLS

- GOVERNMENT MIDDLE SCHOOL, BAJRA
- GOVERNMENT MIDDLE SCHOOL, KARAMTOLI
- GOVERNMENT MIDDLE SCHOOL, PANDRA
- GOVERNMENT UPGRADED HIGH SCHOOL, HATIA
- GOVERNMENT MIDDLE SCHOOL, JAGANNATHPUR



Taken from Google.

NAME OF COMMUNITY CENTERS

- COMMUNITY CENTER AT BAGICHATOLI, BAJRA
- COMMUNITY CENTER AT GOVT MIDDLE SCHOOL, KARAMTOLI
- COMMUNITY CENTER AT PANCHAYAT BHAVAN, PANDRA
- COMMUNITY CENTER AT HARIJAN BASTI, HATIA
- COMMUNITY CENTER AT BARKOCHA BASTI, JAGANNATHPUR

MECHANISM EMPLOYED FOR IGLC PROJECT :-

Having established the goals, the project framework aimed at an experiential-integrated intergenerational learning where both the senior citizens and the children (belonging to socio-economically disadvantaged groups) were active participants in the process of learning.

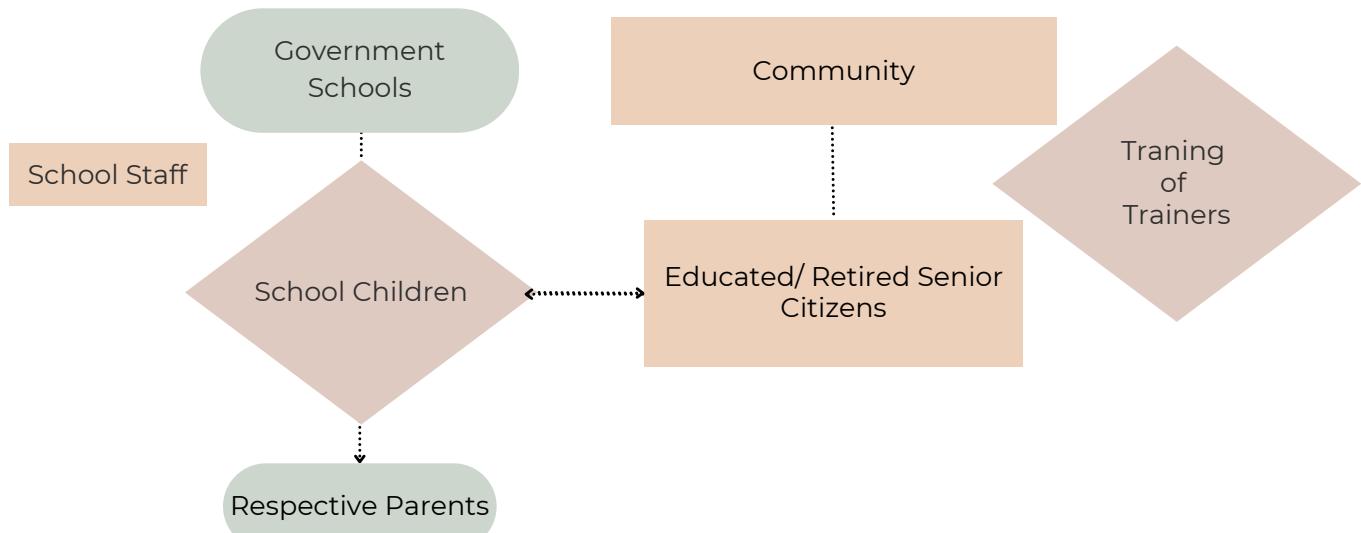
Additionally, the framework which followed 'Contact Theory' (Pettigrew, 1998) and 'Theory of Communicative Actions' (Habermas, 1981) supported the creation of generative roles for IGLC Elderly educators in Government schools. These roles were observed in the following accomplishments:

1. Basic or foundational literacy and numeracy support.
2. Curriculum-subject specific and co-curricular teaching.
3. Life skills/ social and personal qualities.
4. Counsellors - Adolescence crisis issues.
5. Pre-vocational education guidance.

THE TWO MAJOR EXPECTED OUTCOMES OF THE PROJECT WERE:

- (1) Improvement in quality of life and health indicators of older adults through their cognitive stimulation via IGLC
- (2) Improvement in quality of education and learning outcomes - academic, behavioural, personal and social qualities of Government school children (age 10-14 years)

PROCESS FLOW FOR IGLC: -



PROJECT STAGES

1. Meeting with HM's/ Principals for required approval and information to conduct surveys in HS and MS govt. schools in the Ranchi urban area .
2. Meeting with Ward Members/ Mukhiya for Identification of community centers and taken approval of community centers.
3. Searching and meeting with Senior citizens/ Elderly educators for IGL project.
4. Meeting with Block level BPO officers for required permission for workshop of Elderly educators.
5. Workshop was conducted for elderly educators.
6. Selection of community In charge (mother of one of the Child) and community mobilizer for each community centers.

STAGE 1 FOR IGLC: -

Meeting with HM's/Principals for required approval and information to conduct surveys in HS and MS govt. schools in the Ranchi urban area .

- The HM of GMS Bajra, Mr. Shyam Kumar was briefed about the IGL Project, following which Approval for the same was received.
- The HM of GMS Karamtoli, Mrs. Sufia Khatun was briefed about the IGL Project, following which Approval for the same was received.
- The HM of GMS Pandra, Mr. Ashok Prasad Singh was briefed about the IGL Project, following which Approval for the same was received.
- The HM of GUHS Hatia, Mr. Hira Kant Jha was briefed about the IGL Project, following which Approval for the same was received
- The HM of GMS Jagganathpur, Mrs. Nirmala Kumari was briefed about the IGL Project, following which Approval for the same was received.
- This interaction also benefited to serve comprehensive knowledge about schools in the Ranchi zone.



Taking approval letter from H.M Nirmala Kumari Madam at G.M.S Jagganathpur



Taking approval letter from H.M Shyam Kumar Sir at G.M.S Bajra



Taking approval letter from H.M Ashok Prasad Singh Sir at G.M.S Pandra



Taking approval letter from H.M Hira Kant Jha sir at G.U.H.S Hatia



Taking Approval letter from H.M Sufia khatun at G.M.S Karamtoli

STAGE 2 FOR IGLC: -

Meeting with Ward Members/Mukhiya for Identification of community centers and taken approval of community centers.

- The Ward Member of ward 34, Mr. Binod Kumar Singh was briefed about IGLC Project , following which Approval for community center was received.
- The Ward Member of ward 18, Mrs. Roshni Khalkho did not get any help. Then met with HM of GMS Karamtoli, Mrs. Sufia Khatun briefed about the issue, she agreed to use one class room as a community center after school time and Approval for community center was received.
- The Mukhiya representative of Pandra Panchayat, Mr. Shakti Tirkey was briefed about IGLC Project, following which Approval for community center was received.
- The Ward Member of ward 52, Mr. Niranjan Kumar was briefed about IGLC Project, following which Approval for community center was received.
- The Ward Member of ward 37, Mr. Anand Murti was briefed about IGLC Project, following which Approval for community center was received.
- This interaction also benefited to Identification of community centres and serve comprehensive knowledge about local/tribal community in the Ranchi.



Taking NOC for Hatia community center from ward member Niranjan Kumar



Taking NOC for Bajra community center from ward member Binod Kumar Singh Sir



Taking NOC for Pandra community center from representative of Mukhiya



Taking NOC for Jagganathpur community center from representative of ward member Anand Murti

Bajra Community Center at Bagichatoli, Bajra



**Karamtoli Community center at
GMS, Karamtoli, Karamtoli**



**Pandra Community center
at Panchayat Bhavan ,
Pandra**

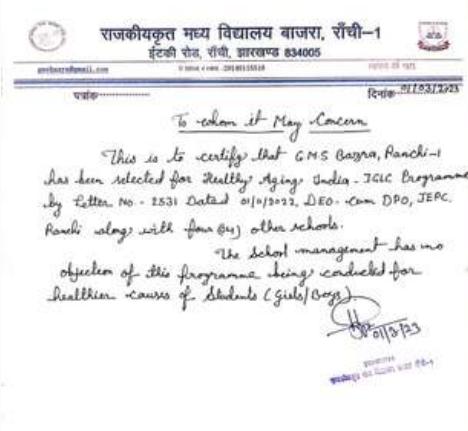
Hatia Community center at Harijan Basti , Hatia



Jagannathpur Community Center at Barkocha Basti, Jagannathpur



Approval letter for five schools:



राजकीयकृत मध्य विद्यालय

करमपटोली, रांची-1, पिन कोड- 834008 (आरखण्ड)

पत्रक :

Date : 22.03.2023

This is to certify that G.M.S. Karantoli, Ranchi-1 has been selected for Healthy Aging India I.G.L.C. Programme by letter no. 2531 dated 01/11/2022, D.O.C. Com. D.P.O., J.E.P.C. Ranchi along with other four schools.

The school management has no objection to run this programme being conducted for healthier causes of students (girls/boys).

Signature
22-03-23
आमंद मूर्ति
करमपटोली, रांची-1

GOVT. MIDDLE SCHOOL, PANDRA

Pandra, Ratu Road, Ranchi-834005

Ref. No. _____ Date 28/02/2023

Ref. No. _____

Link: 1354 D-DBE CODE : 2014 0115 123 E-mail: gmspandraschool@gmail.com

To whom it may concern

This is to certify that G.M.S. Pandra has been selected for Healthy Aging India I.G.L.C. Programme by letter no. 2531 dated 01/11/2022, D.O.C. Com. D.P.O., J.E.P.C. Ranchi along with 4 other schools.

The school management has no objection if this programme being conducted for healthier causes of students (girls/boys).

Signature
28/02/2023
ASHOK PREM SINGH
T.D.O.P.M.
G.M.S., PANDRA, RANCHI

Approval letter for 5 community centers:

निरेंद्र कुमार
पत्रक
पर्वत
पर्वत 52
पर्वत नगर निवास, रांची



आमंद
आमंद मूर्ति
करमपटोली, रांची-1
पर्वत नगर निवास, रांची (आरखण्ड)
पर्वत 52
पर्वत नगर निवास, रांची
पर्वत 16/03/2023



आमंद मूर्ति
पर्वत, पर्वत संस्कार : 37
रांची नगर निवास, रांची (आरखण्ड)
पर्वत 16/03/2023

कार्यालय : न्यू कॉलोनी, बाननगांव
पुर्ण, रांची - 4 (आरखण्ड)
फोन : 9430324324

दिनांक : 21.03.2023

दर्शक नाम : निरेंद्र कुमार दिव्यांग कर्मचारी नवन
की Healthy Aging India I.G.L.C. कार्यक्रम अनुबंध द्वारा
प्रदत्त पुराव दिव्यांग है जिसमें प्रतिदिन 2-3 घंटे का
कार्यक्रम कार्यक्रम अनुबंध द्वारा कर दिया जाता
की लोअर प्रूफ़ दिव्यांग है।

Nirendra Kumar

पर्वत नगर निवास
पर्वत 52, रांची-1

आमंद मूर्ति
पर्वत 16/03/2023

राजकीयकृत मध्य विद्यालय

करमपटोली, रांची-1, पिन कोड- 834008 (आरखण्ड)

पत्रक :

Date : 11.03.2023

विद्यालय प्रबंधन Healthy Aging India
जी. I.G.L.C. Program नवाजने हेतु ध्यारे विद्यालय
में ३ वीं कक्षा की Class room, दोपहर तीन
घण्टे के बाद प्रतिदिन 2-3 घंटे हेतु Community
Centre के रूप में कर रही है। यिसमें द्वारा
विद्यालय के drop out छांव छमांव बच्चों
को Senior educators द्वारा पढ़ाया जाएगा।

Signature
11.03.2023
पर्वत करमपटोली
रांची-1

राँची नगर निगम राँची, झारखण्ड

विनोद कुमार सिंह

(पार्षद, सह सदस्य स्थायी समिति) वार्ड नं-34

अध्यक्ष : जोनल कॉमिटी-07 सह स्टेटिंग कॉमिटी राँची नगर निगम मो. :- 9431326340

पत्रांक :-

दिनांक :- 14/03/2023

दर्शक नाम : विनोद कुमार सिंह
पर्वत नगर निवास, रांची-1
पर्वत 34
पर्वत नगर निवास, रांची-1

विनोद कुमार सिंह
14/03/2023

दिनांक द्वारा दिव्यांग
पर्वत 34
पर्वत नगर निवास, रांची-1

STAGE 3 FOR IGLC: -

Searching and meeting with Senior citizens/Elderly educators for IGL project.

Snowballing and random sampling techniques were adopted to acquire and meet Senior citizens/elderly educators for the IGL project. This stage involved an active effort to acquire new members who were willing and eager to contribute to the vision of Healthy Aging India. This was conducted particularly through random sampling and snowballing techniques where trained Healthy Aging India members interacted in casual and informal spaces like parks, temples, house, shops and tea stalls etc. to attempt larger and extensive participation of elderly educators.

At Tea stalls:



For searching elderly educators I met with Umesh sir at Tea stall

For searching elderly educators I met with Thakur sir at Tea stall





Met with Rajendra sir at Tea stall



For searching elderly educators I met with Rajesh Ranjan Singh Sir at Tea stall

In Shops:



For searching elderly educators I met with Pathak Sir at his shop



For searching elderly educators I met with Singh Sir at his shop

In Park and temple:



For searching elderly educators I went OTC Park, Pandra



For searching elderly educators I went to 'Panchmukhi Hanuman Temple' Dhurwa and met with some elderly peoples.

Homes of Elderly



For finding elderly educators met with them their home.

Left- Swapan Kumar Bid

Middle-Arun Kumar

Right- Anil Kumar Verma



For finding elderly educators, met with Krishna Kumar Sahay Sir at his house.

JALNA PROJECT

TELE-MEDICINE FOR SELECTED VILLAGES AND SELF HELP GROUP (SHG) FORMATION FOR 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.

Below are the ongoing activities and accomplishments:

8TH MAY- 6TH JUNE, 2022

ACTIVITY 1:

Sanitary Napkin Project: From 8th May 2022 to 6th June 2022, 19715 pads are produced. We have stored in the boxes at dry and hygienic place. Day wise sanitary Napkin production data is as below



ACTIVITY 2:

Tele Mobile Van Project: From 8th May 2022 to 6th June 2022, 692 patient are checked and medicines provided to all.

ACTIVITY 3:

The baseline survey has been planned to gather household data online and it is in process.

ACTIVITY 4:

Some Health check-up activities in field and it will be implemented soon.

ACTIVITY 5:

Some distributers and medical shop owners are identified for marketing and distribution of sanitary napkins.



FUTURE PLAN

MARKETING:

June month will be focused on marketing and awareness of menstrual hygiene. If we packaging start in first week of June. I have talked medicals around and distributers. Once we start packaging then we will start marketing simultaneously. Some medicals are already agreed to keep our products.

HEALTH SURVEY

Baseline survey so we can provide health facility at household level so also working on it. The form is distributed in the field in the last week of May.



1ST JUNE- 30TH JUNE, 2022

ACTIVITY 1:

Sanitary Napkin Project: From 1st June 2022 to 30th June 2022, 1961 pads are produced. We have stored in the boxes at dry and hygienic place. Day wise sanitary Napkin production data is as below

ACTIVITY 2:

Tele Mobile Van Project: From 1th June 2022 to 30th June 2022, 461 patients are checked and medicines provided to all.

ACTIVITY 3:

The baseline survey has been planned to gather household data online. Received data from villages and data collection is still going on.

ACTIVITY 4:

Some Health check-up activities in field and it will be implemented soon. Planning is started.

ACTIVITY 5:

Some distributers and medical shop owners are identified for marketing and distribution of sanitary napkins.

FUTURE PLAN

MARKETING:

July month will be focused on marketing and awareness of menstrual hygiene.

HEALTH SURVEY

Baseline survey so we can provide health facility at household level so also working on it. The form is distributed in the field in the last week of May.



1TH JULY- 31ST JULY, 2022

ACTIVITY 1:

Sanitary Napkin Project: From 1st July 2022 to 31st July 2022, 5860 pads are produced. We have stored in the boxes at dry and hygienic place. Day wise sanitary Napkin production data is as below

ACTIVITY 2:

Tele Mobile Van Project: From 1st July 2022 to 31st July 2022, 273 patients are checked and medicines provided to all.

The number of patients is reduced due to following reasons

- 1.Kharif Season: The rain season was started hence people engaged in farm activities. Due to this Kharif season of the farm patient reduced.
- 2.Lack of medicine: During this time the unit is lacking medicine and due to not availability of medicine patients didn't visit again.

ACTIVITY 3:

The baseline survey has been planned to gather household data online. Received data from villages and data collection, but the work is now totally stopped due to Kharif season.

ACTIVITY 4:

Some Health check-up activities in field and it will be implemented soon. Planning is started.

ACTIVITY 5:

Some distributers and medical shop owners are identified for marketing and distribution of sanitary napkins but due to less margin they are unwilling to keep the product.

FUTURE PLAN

August month will be focused on marketing activities and awareness of menstrual hygiene.

Asked Asha Tai Danve for presence in activity and visit to Sanitary Napkin Production Unit. She will visit soon.

HEALTH SURVEY

Baseline survey so we can provide health facility at household level so also working on it. The form is distributed in the field in the last week of May. Due to Kharif season it yet to complete.



1TH AUGUST- 31ST AUGUST, 2022

ACTIVITY 1:

Sanitary Napkin Project: From 1st August 2022 to 31st August 2022, 10598 pads are produced. We have stored in the boxes at dry and hygienic place. Day wise sanitary Napkin production data is as below

ACTIVITY 2:

Tele Mobile Van Project: From 1st August 2022 to 31st August 2022, 186 patients are checked and medicines provided to all.

The number of patients is reduced due to following reasons

1. Medicine: Unit faced difficulties in the village where some bad words are also used for him for not having medicine.
2. Medicine received on 20th August and after that the number of patients is slowly increased.

ACTIVITY 3:

The baseline survey has been planned to gather household data online. Received data from villages and data collection, but the work is now totally stopped.

ACTIVITY 4:

Some Health check-up activities in field and it will be implemented soon. Planning is started.

ACTIVITY 5:

Medical owners were unwilling to keep packet due to less margin. As I discussed with some reputed people, it is not safe to give packets on credit.

FUTURE PLAN

In September month, it is decided to attend Village Organization meeting of Rajur village. In this meeting women will discuss the issues regarding menstrual health. Sarpanch, Cluster Coordinator of SHGs and reputed person of the village will be present. Sanitary Napkin packets will be distributed for free. It is expected that women entrepreneur will buy Napkin and sell it among them.

HEALTH SURVEY

The form is distributed in the field in the last week of May.



AUDITED REPORT

Healthy Aging India
 (A society registered under Societies Registration Act, 1860)
 Receipt and Payment Account for the Period ended March 31, 2023

Receipts	₹	Payments	₹
Opening Balances		Expenditures	
Cash in Hand	10,004	Project Expenditure	1,837,580
Cash at Bank	428,490	Rent	468,000
		Travelling and Conveyance	146,969
Incomes		Salary	2,903,202
Donations	10,703,171	Professional Charges	169,405
Other Income	20,081	Vehicles Maintenance Expenses	43,666
Advance received	620,000	Miscellaneous Expenses	356,970
		Purchase of Fixed Assets	2,579,700
		Return of Advance	510,000
		Advance given for tender	290,000
		Advance given to staff	182,312
		Payment of Liabilities	1,056,260
		Closing Balances	
		Cash in Hand	3,559
		Cash at Bank	1,234,122
Total	11,781,746	Total	11,781,746

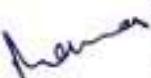
As per our report of even date

For P M H & Associates LLP

Chartered Accountants

Firm Registration No. 026443N/N-500054

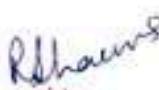
UDIN: 235179288GYIUR1047

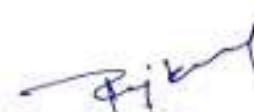

 Manas Piyush
 Partner
 Membership No. : 517928

Place: New Delhi

Date:

For Healthy Ageing India


 Rishabh
 President



 Rishabh
 Treasurer


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

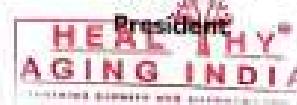
Particulars	Schedules	Year ended	Year ended
		March 31, 2023	March 31, 2022
INCOME			
Contributions / Donations Received	Sch- 12	10,703,170	9,487,844
Other Income	Sch- 13	20,081	22,035
TOTAL		10,723,251	9,509,879
EXPENDITURE			
Direct project Expenditure	Sch- 14	1,625,195	3,778,710
Rent	Sch- 15	524,000	677,000
Payroll Expenses	Sch- 16	3,330,953	3,320,541
Professional Charges	Sch- 17	191,400	336,012
Travelling and Conveyance	Sch- 18	191,792	42,089
Vehicles Maintenance Expenses	Sch- 19	43,666	346,781
Depreciation Expense	Sch- 20	1,012,912	659,970
Miscellaneous Expenses	Sch- 21	356,577	352,947
TOTAL		7,276,495	9,514,050
Excess of Income over Expenditure		3,446,756	(4,171)
Transferred To:			
Previous Year Surplus/(Deficit)		3,389,849	3,394,020
Un-Restricted project Fund		3,446,756	(4,171)
TOTAL		6,836,605	3,389,849

As per our report of even date
 For P M H & Associates LLP
 Chartered Accountants
 Firm Registration No. 026443N/N-500054
 UDIN: 23517928BGYIUR1047

Manas Piyush
 Partner
 Membership No. : 517928

Place: New Delhi
 Date:

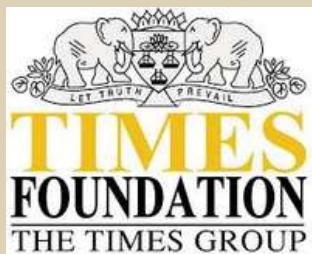
For Healthy Ageing India



Treasurer



OUR SUPPORTERS



Who's who of HAI

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



Dr Punam Chatterjee
Member, Doctor



Gaurav Chawla
Member, Entrepreneur

HAI TEAM



Dr Pushpamma
Medical Officer



Ravinder Saini
Office Incharge & Accountant



Neeraj Kanojia
PHYSIOTHERAPIST



Ankur Bhadra
Project Coordinator-IGLC
Dhanbad



Krishna Bhadra
Project Coordinator-IGLC
Ranchi

ADVISORY BODY



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