



Providing
Dignity &
Autonomy to all

ANNUAL REPORT

2023-24



About HAI

VISION

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

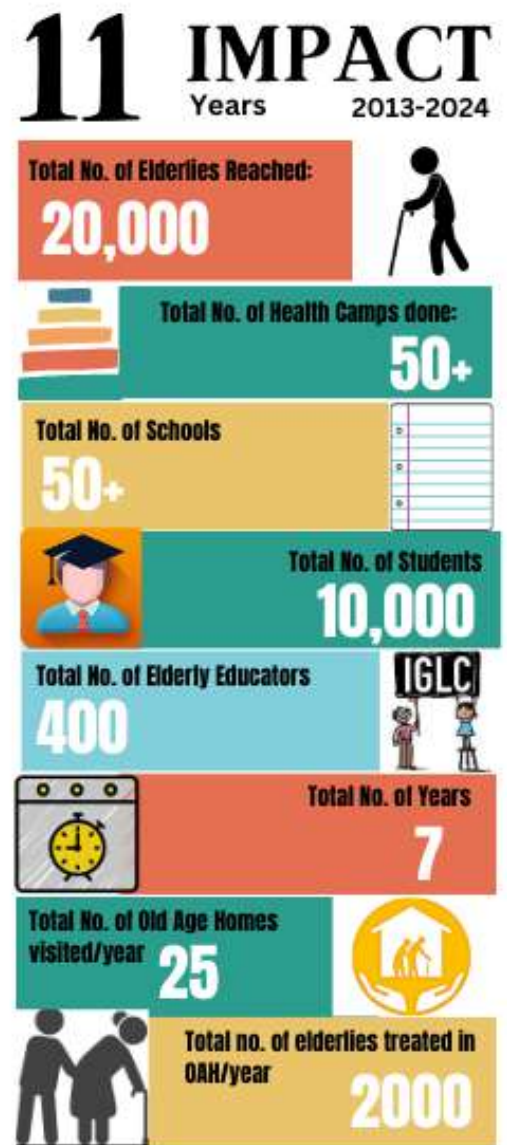
MISSION

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 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 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 the projects like Seniors's 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

It gives me immense satisfaction and pride to see Healthy Aging India complete another year of remarkable work and achievement. In the span of last one year not only has the team of HAI grown but the faith and trust of our esteemed stake holders, supporters and volunteers too.

Senior's Abode, the assisted living facility- old age home, is now set to expand to a free facility with 40 elderlies finding their home for healthy and active aging with HAI.

The IGLC program of HAI is making immense contribution, through intergenerational learning, to the lives of the children from government schools of the colliery belt of Dhanbad and the tribal majority community centres and schools of Ranchi in Jharkhand. The children were mentored by elderly, receiving individual attention after school and performed noticeably better in academics. 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 was a crucial and important addition in the work of HAI. Supported by Rotary Club of Delhi South West, the 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 congratulate the staff for the achievements of the organisation, I appreciate and value the time and guidance provided by the Governing Board members. Also, my profound gratitude to the stake holder, supporters of HAI, AllMS- New Delhi and The Government of India.

My best wishes to HAI for ever greater achievement in helping the under-privileged children and older citizens.

Rajashree Sharma

Message from the Founder President

Greetings from Healthy Aging India!

At Healthy Aging India, our fundamental purpose is to bring dignity to the elderly by facilitating, encouraging, and involving them in various initiatives.

Our innovative approach of Intergenerational learning centres aims to instigate change. Since our inception, we have remained steadfast in our commitment to effecting palpable change in the lives of those we serve.

Our vision is to foster a world where elderly individual is esteemed and supported. We firmly believe that by labouring collectively, we can surmount challenges and effect enduring positive transformation.

Our bedrock principles of integrity, compassion, innovation, and inclusivity inform all our endeavors. They constitute the underpinning of our programs, partnerships, and community engagement initiatives.

We are profoundly appreciative of the support rendered by our volunteers, donors, and partners. Your unwavering dedication and benevolence empower us to sustain our efforts and extend aid to an even wider demographic. Collectively, we can metamorphose lives and give rise to a brighter future.

We extend our gratitude to all those who have accompanied us on this journey and made it possible for us to make a difference.

Dr. Prasun Chatterjee



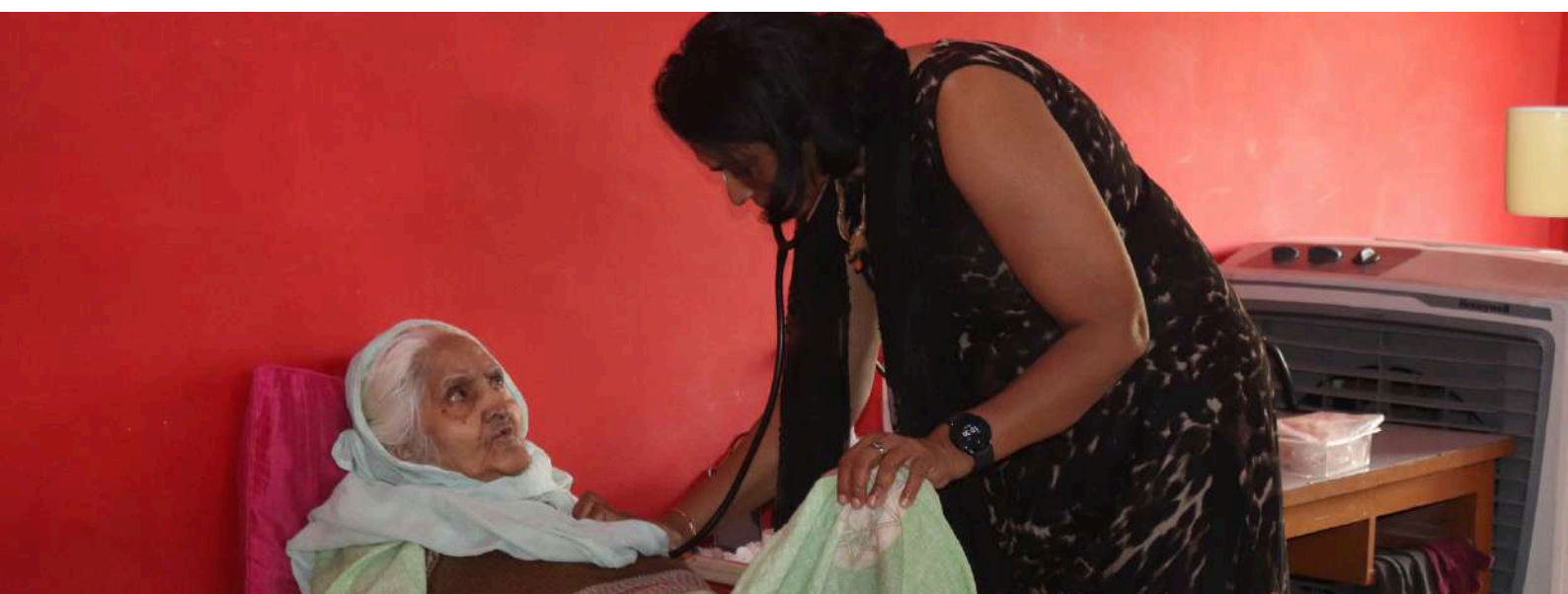
Seniors' Abode in its third year of existence continued to serve its elderly residents. The facility continued to operate in a floor with 11 rooms with attached bathrooms in the premises of Bharat Sevasharam Sangha in Srinivaspuri, Delhi.

SIGNIFICANT FEATURES OF THE PROJECT

The facility focuses on enabling the elderly lead a life of active aging, regardless of their pre-existing health conditions. Active ageing implies a proactive approach to the late life where one tries to be physically and mentally engaged to prevent degeneration. To do so residents are encouraged to pursue their hobbies like playing chess, doing crossword, drawing, painting, occasional cooking, singing and, advising the facility staff etc.

The **facilities** being provided to the elderly residents are as follows:

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



Residents:

17 residents have stayed during the year 2023-24 at Seniors' Abode with four mortalities due to age related health issues. The reasons for the elderly join are **loneliness, family's inability to look after, financial problems, and domestic strife.**

We looked after residents with serious health conditions like Alzheimer's, psychosis, kidney failure, dementia etc.

Methodology of Treatment:

Assessment, physical examination, medication, physiotherapy service.

- We provided medical support to one of the residents aged 67 years who had to be operated in emergency at the risk of his life.
- Another resident was **supported for dialysis** thrice a week with Seniors' Abode staff taking her to the dialysis centre for eight months.
- We provided **support for hospital visits, follow ups, and rehabilitative care** for many of the residents.

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 was planned like AROM Ex, Bed mobility exercises, Strengthening exercises, stretching, Breathing exercises, McKenzie technique and Kinesio taping etc.



Medical support:

- Physician visits six days a week
- Physiotherapy if needed, six days a week
- Visit to AIIMS, Delhi in case of emergency.

Festival Celebrations

- **Holi Celebration** (25 March 2023)
- **Diwali Celebration** (08 Nov 2023)
- **Christmas Day Celebration** (25th Dec 2023)
- **New Year Celebration** (1st Jan 2024)



Birthday Celebrations

Manjari Ma'am (19th May 2023)
Bhatnagar Uncle (7th July 2023)
Maya Mata (13th July 2023)
Kharbanda Uncle (30th Dec 2023)
Srinivasan Uncle

Aerobics

Organised by Vridith Care
(March 2023)

Havan and Puja

Organised for our departed
seniors for atma shanti

In kind support

- Mr Ashok from Nehru Nagar (donated Dry Ration)
- Mr Dev Chanda from Saket (donated Dry Ration)
- Ms Vandana Nair from Inner Wheel Delhi (donated Dry Ration)
- Dr. Shipra from AIIMS distributed sweets
- Mr. Yatin Ahuja from Faridabad, donated Dry Ration
- Mrs. Rekha Dave from Inner Wheel, Greater Noida, donated Dry Ration, Water Cooler and Blankets
- Mrs. Kumuduni Sharma from Inner Wheel, Jasola, donated Dry Ration
- Mr. Ramnik Hora & Tulika Hora from Noida, donated water cooler, utensils & induction cooker
- Mr. Nair from Nair Service Society RK Puram, donated Rs. 25,000 & Dry Ration, and distributed cake, samosas & cold drinks





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 **visits regularly** and that my parents get to socialise with other residents. Special events (birthdays, festivals) are celebrated as a group, bringing some cheer.

I am happy that I found Senior’s abode. 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 Senior’s Abode peaceful with amenities for comfortable living. **Medical support** is provided as well as timely and regular attention to 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.



Provides basic medical care, physiotherapy & medicines in 26 old age homes of Delhi-NCR

Program: Comprehensive Mobile Health Care Van (CMHCV)

The Comprehensive Medical care van (CMHCV) is regularly visiting **twenty-six 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**.

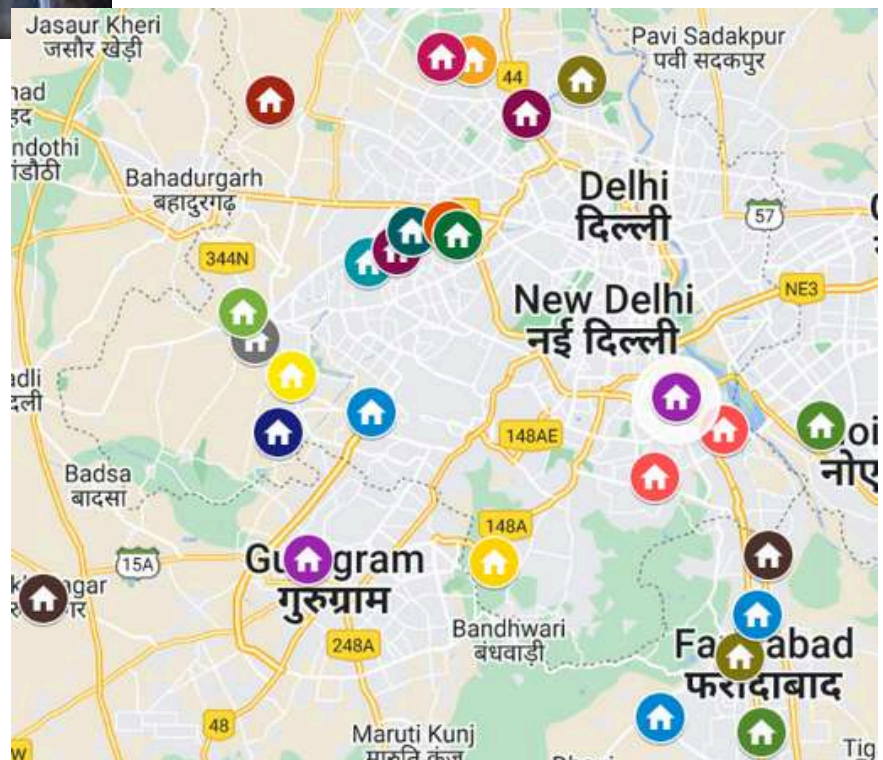
The CMHCV technical staff includes **one primary care physician** with training in geriatric medicine and one **physiotherapist**.



Old Age Homes Network

1. Sarthak Prayas, Dwarka.
2. Jivodaya Ashralayam, Vikasnagar.
3. Shanti ashram, Jashola.
4. Jai Maa Durga, Niloti Gaon.
5. Shri Krishna Dham, Khera Kalan.
6. Swarg Vridh Ashram, Nihal Vihar.
7. Marian Ashram, Faridabad.
8. Tau Devi Lal Ashram , Gurugram.
9. Tau Devi Lal Ashram, Faridabad.
10. Shanti Dham, Khera Khurd.
11. Rashtriya Blind School, Najafgarh.
12. Tammanna: Sister of Charitable Society

13. Shanti Bhawan, Burari.
14. Maa Ram Beti Ashram, Burari.
15. Raunak Vridh Ashram, Najafgarh.
16. Vanaprastha, Faridabad.
17. Manoranjan , Faridabad.
18. Abha Abhas, Najafgarh.
19. Sewa Dham, Paschim Vihar.
20. Helping Hand, Paschim Vihar
21. Triveni Devi Ashram, Kanjhawla.
22. Bhawani Blind School.
23. A To Z Foundation, Noida.
24. Anandi Sewa Prakalp Ashram, Haryana
25. Ashraye Ashralaya, Farukhnagar.
26. Mata Pita Ashram, Greater Noida

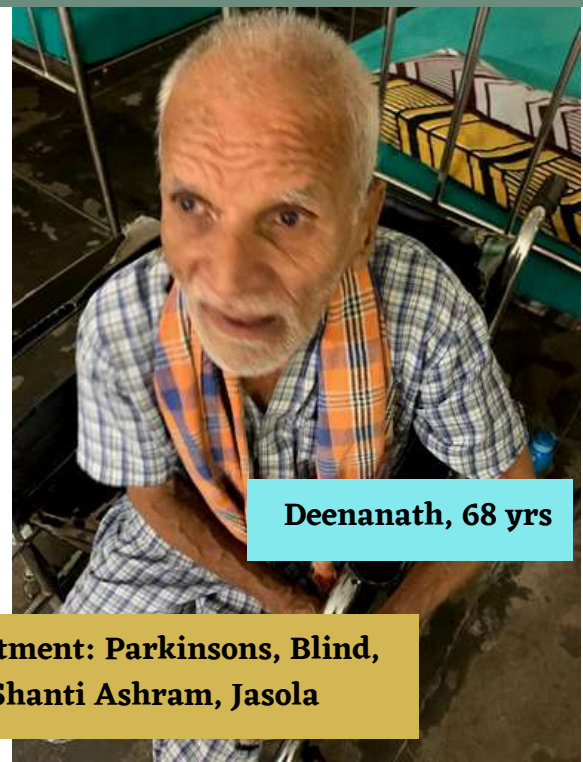




**Treatment: HTN, Stroke,
Shanti Ashram, Jasola**

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

Mamma, 60 yrs



Deenanath, 68 yrs

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

Common ailments suffered by the Elderly

Hypertension, Stroke, Dementia, Psychiatric problems, Skin problems, Fungal infection ,
Asthma, Loss of appetite, Weakness, Blurred vision, Hearing problems, Piles, General
weakness, Constipation, Stomach ache, Gastritis, Fungal infection, Allergy, Shoulder
pain, Low back ache, Knee pain, Diabetes



**Bedammi,
86 yrs**

**Old age
Shantidham**

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



Mandiya, 61 yrs

Treatment: Psychiatric

"Thank you for Medicines"

Retired elderly educators teach, mentor & guide middle school children

Program: Intergenerational Learning Centre (IGLC)

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**.



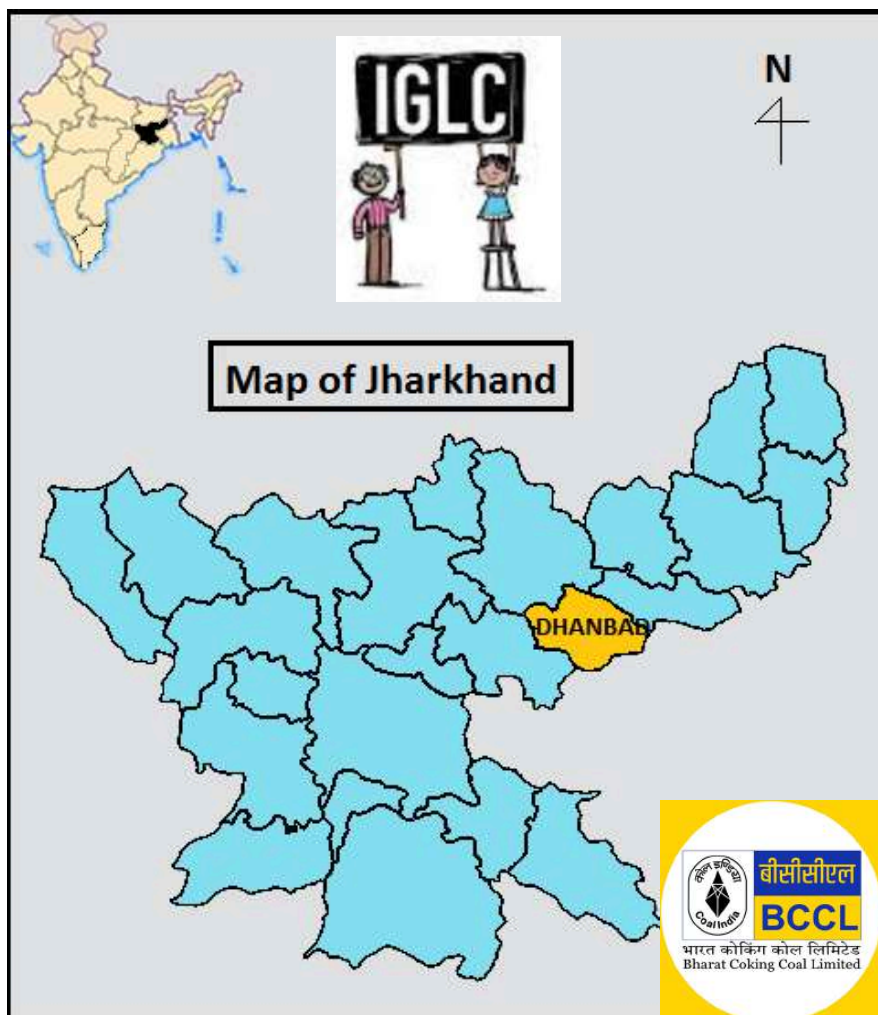
***Project Name:** Intergenerational Learning (IGLC): A complementary educational delivery mechanism for welfare of the tribal children by elderly mentor in Jharkhand.*

The pilot project is supported by Bharat Coking Coal Limited (BCCL), Dhanbad, to foster social contribution among senior citizens, promote mutual learning between generations, and enhance social capital through cross-sectorial education.

The project focuses on selecting elderly educators and schools in Jharia block, the **colliery belt** near Dhanbad, targeting **socio-economically disadvantaged students** aged 8-14 in 10 selected government schools.

Goals included improving elderly well-being and stimulating cognitive growth, while enhancing educational outcomes and personal development of students.

Project location: Jharia- The *Burning City*



Credit: Internet

The **coal industry** has been the backbone of the region's economy, **providing employment to a significant portion of the population**. It is also known as the “**Burning City**”.

The Unique feature while entering Jharia is the **presence of clouds of Black dust in the air** with the Jharia Rajbari in the backdrop, which **remains throughout the year**.

Quick Facts



Healthy Aging India signed MOU with **Jharkhand Education Project Council** on 10th of June' 2022 & with BCCL on 04th of August'2022.

10 Government Schools in Jharia block of Dhanbad selected for running the IGLC Project.

Approximately **750 students** directly benefitting by IGLC from Class 6 and Class 7. Indirect reach- 3200+ students.

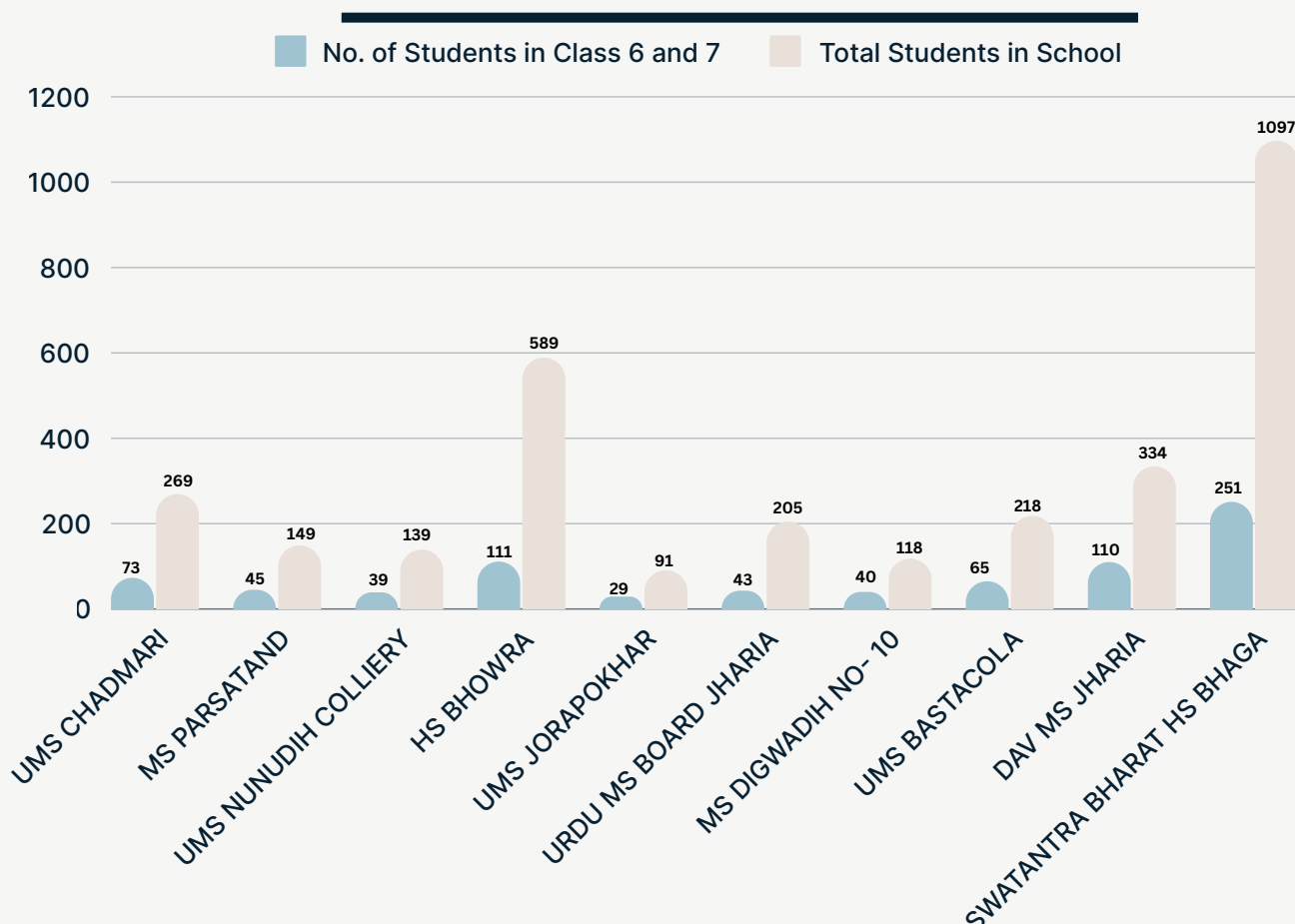
Total number of students studying in 10 Government Schools are 3200+ along with 20 Elderly Educators.

Total Project Outlay- **Rs. 20,00,000.**

Time Duration- **1 year.**

10 School-Wise - Students Details

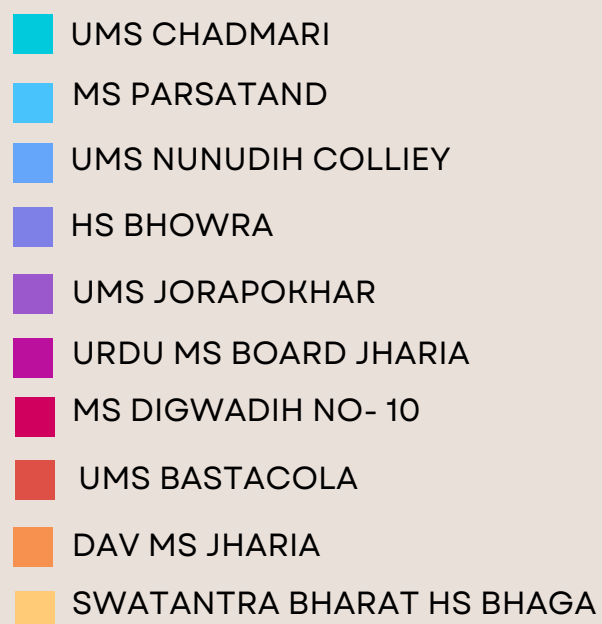
Data as of 2023





Top: Elderly Educator Mr. Dayanand Vishwakarma at UMS Nunudih Colliery School with students of Class 7

SCHOOL WISE EDUCATOR DETAILS



The project was run through following stages:

- 1.Obtaining Approvals:** Secured NOC from District Education Officers and ADPO for conducting IGLC in Dhanbad schools. 10 schools were finalized for IGLC classes in Jharia block of Dhanbad.
- 2.Educator Workshop:** Conducted a comprehensive 2-day workshop for all IGLC Educators on BRCC Jharia, by Master Trainers of JEPC.



2 Day IGLC training for Elderly Educators conducted at BRCC Jharia- 20 & 21 March 2023.

- 3.Initiation of Classes:** IGLC classes launched in May 2023 in 10 schools in Jharia Block.



S K Mukherjee sir conducting IGLC class, class 7, DAV MS Jharia School, May 2023

4. Monitoring and Overseeing: Regular monitoring of IGLC classes with overseeing by Project Coordinator and BCCL authorities.

GM CSR Mr. D K Behera and executives of BCCL on a school visit UMS Chandmari school, May' 23



Dr. Manjari Chaturvedi meeting with DC, Dhanbad Mr Varun Ranjan (extreme left) and DDC Sri S. P. Singh (extreme right), Sep' 23.

***Rangoli Competition Prize distribution,
UMS Bastacolla School by the
elderly educators Mr Debasish
Chatterjee & Mr Kamal
Bhattacharjee, Nov' 23.***



5. Qualitative Assessment: Implemented qualitative assessment through questionnaires for Elderly Educators, IGLC students, and parents to evaluate program effectiveness.



***QA for students being conducted at
High School Bhowra by elderly
educator Mr. Lalit Mahato, Jan' 24***

6. Distribution of Essential Infrastructure items: 1 water tank (1100 Liters), 3 chairs, 2 classroom daris, 3 MDM daris, and 3 ceiling fans to all 10 schools where IGLC runs



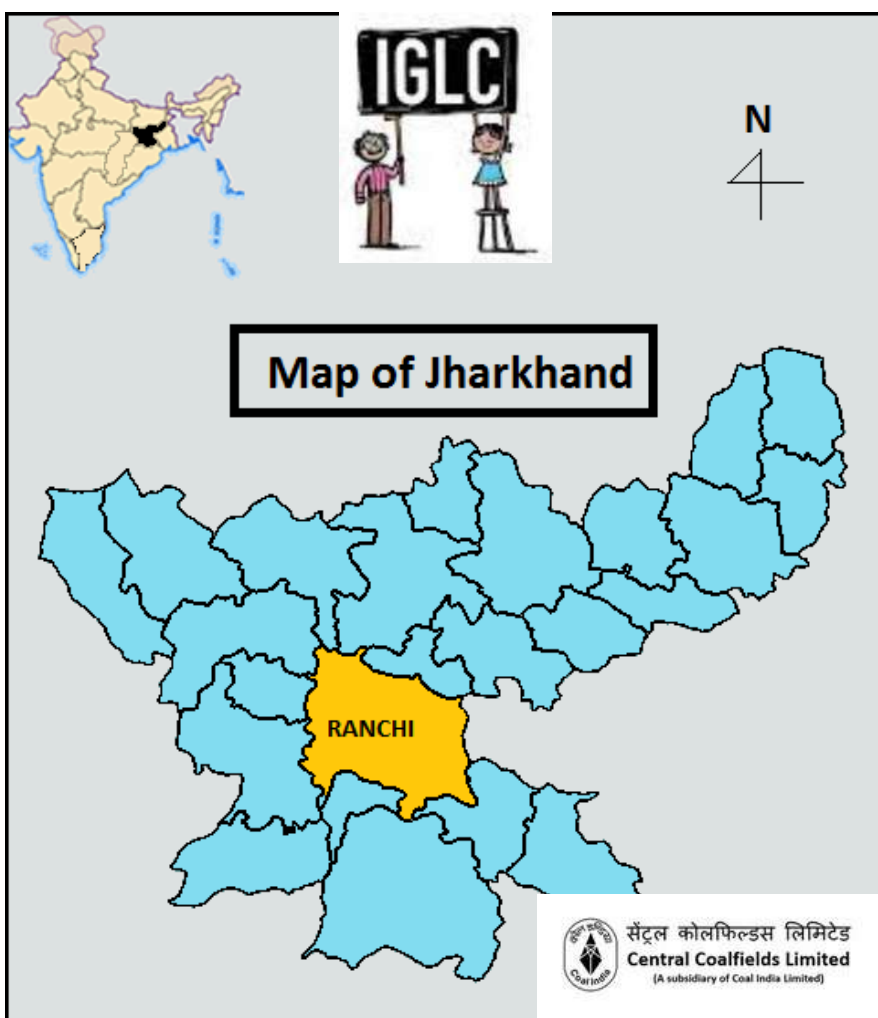
***Water tank being delivered at DAV MS Jharia, Chair and Dari being delivered at
UMS Bastacolla and Fans at Swatantra Bharat Bhaga School, Mar' 24.***

The project focuses on enabling retired elderly people and children, from socio-economically disadvantaged especially tribal communities, aged 10-14 in **5 selected government schools and 5 community centers** targeting **school dropouts and children who have never been to school**.

Elderly educators are provided with a daily allowance for travel and snacks and children in community centres are given snacks.

Project location: Ranchi

Ranchi has 41.8% tribal population with most of them below poverty line.



Credit: Internet

NAME OF SCHOOLS

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

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



Healthy Aging India signed MOU with **Jharkhand Education Project Council** on 10th of June' 2022

Quick Facts

Healthy Aging India signed MoU with **Central Coalfields Limited (CCL)** on 2nd of February 2023



5 Government Schools and 5 Community centers in Ranchi selected.



Approximately **2,113 Students** benefitted by this program from Class 6 to class 8.



Approximately **309 dropped out children & those not going to schools** benefitting by this program from our community centers.

Engaged **25+ Elderly educators**



Time Duration- **3 years.**

Total Project Outlay- **Rs. 51,66,000/-**



Elderly educator Mr. Shree Nandan Sharma sir taking IGLC class at G.M.S Karamtoli.



Elderly educators Swapan Kumar Bid sir and Kaberi Bid ma'am taking IGLC class at G.M.S Jagannathpur



EXPECTED OUTCOMES:

- (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, health status, learning interest and social qualities of government school students and children at community centers.



PROJECT MILESTONES/EVENTS:

Meeting with HM's/Principals for required approval and information to conduct surveys in HS and MS govt. schools in the Ranchi urban area (April 2023)



Krishna Bhadra, PC, taking approval letter taken from H.M Sufia Khatun of GMS Karamtoli

Two day IGLC Workshop for Elderly educators conducted at BRC Ranchi (June 2023)



Starting of IGLC classes by Elderly Educators in 5 Schools and 5 Community Centers of Ranchi (July and August 2023)



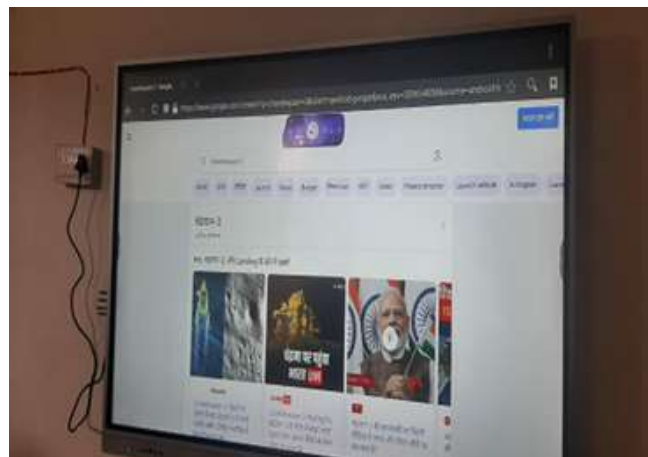
Top- Elderly educator Purnanad Chopdar sir taking IGLC class at G.M.S Jagannathpur.

Bottom- Elderly educator Jaleshwar Mali sir taking IGLC class at Hatia Community Center



Installation of Smart board TVs with broadband in all five schools with course content of NCERT, JCERT and CBSE from class 1 to class 12.

Smart classes started August 2023



Regular Visits by HAI & CCL executives



***Dr Manjari Chaturvedi
with GM-CSR, Mr Ladi
Balakrishnan at CCL,
Ranchi***

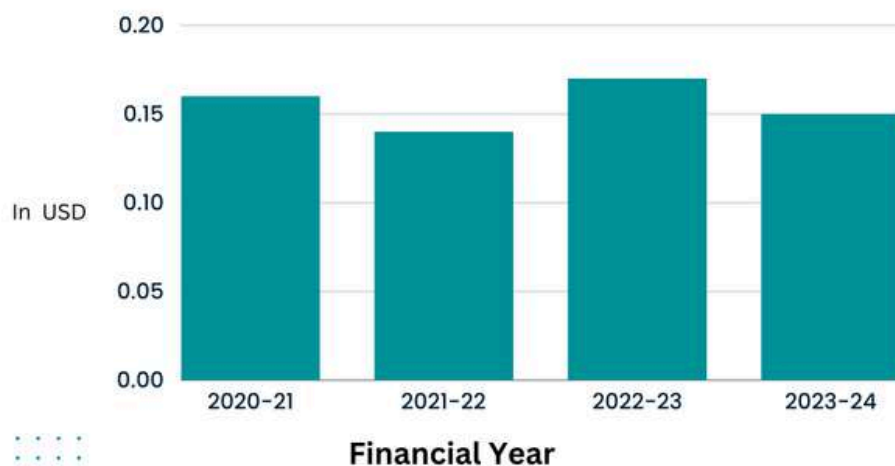


Mr. John Bodra sir was visited at Govt. Middle School, Karamtoli and interacted with our educators, H.M and school staff and took feedback

FUNDS RECEIVED:

1-Apr-2023 to 31-Mar-2024	
Grant/ Donations Recieved	Amout (Rs.)
BSES Rajdhani	4,115,000
Frick India Ltd	350,000
HAI- Healthy Aging India	1,237,424
Vriddhcare	625,000
Project- Dhanbad BCCL	1,200,000
Ranchi Project	800,000
REC Power Dist - Grant	1,050,000
Seniors Abode Srinivasपुरi	2,853,616
Grant- IGTPL Intensity Global	888,600
Grand Total	13,119,640

ANNUAL BUDGET



SUPPORTERS



राष्ट्रपति
भारत गणतंत्र
PRESIDENT
REPUBLIC OF INDIA

paytm

prayer



Pine Labs



सेंट्रल कोलफिल्ड्स लिमिटेड
Central Coalfields Limited
(A subsidiary of Coal India Limited)



गूज..

GOONJ.. a voice, an effort
www.goonj.org



JUBILANT
LIFESCIENCES



GAIL (India) Limited



United Way Delhi
National Capital Region



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



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



Ravinder Saini
Office Incharge & Accountant



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



Nitesh Kumar
Project Coordinator &
Manager-Seniors Abode



Ankur Bhadra
Project Coordinator-IGLC
Dhanbad



Krishna Bhadra
Project Coordinator-IGLC
Ranchi

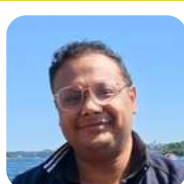
ADVISORY BODY



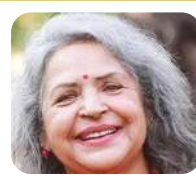
Shyam Sundar Rudra
Retd. Chief Engineer,
PWD



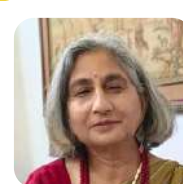
Sunil Gulati
Retd. IAS



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



Dr NR Dash
AIIMS



Brij Bhatnagar
Resident,
Seniors' Abode



Dr Dorothy Roy Choudhary
Academic, DU



- Registered in 2013 under Indian Societies Act, 1860
- Recognized with **Special Consultative Status** with the Economic and Social Council (UN-ECOSOC) since Aug 2019
- Registered under **FCRA Act 1976 extended till 2028**
- **All Donations Tax Exempt** under Section 80G of IT Act 1971



HEALTHY AGING INDIA

C/O Seniors' Abode, Bharat Sevasharam Sangha, Srinivaspuri, Delhi-110065

Email: contact.healthyaging@gmail.com

Ph.: 7042936007

Know more about us::



www.healthyagingindia.com
www.seniorsabode.org

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