Guru Vishram Vridh Ashram

The brain child of SHEOWS (Saint Hardyal Educational and Orphans Welfare Society) has its setup in Gautampuri, New Delhi and Garhmukteshwar, Uttar Pradesh which provides food, shelter, medical care facilities round the clock which gives a feeling of home away from home to our elderly residents.

**Our Free Services**
- Nutritious Food.
- Shelter, fully air conditioned accommodation in Delhi Ashram.
- Road-side pickup through rescue vehicle.
- Well-experienced Dieticians and Caregivers.
- Clean clothes for elderly residents.
- Hygienic and healthy environment.
- Cremation of demised elderly resident as per his/ her religion.

**Medical Care**
- Special Care Unit with an accommodation of 10 beds for critical patients.
- Qualified General Physicians, Neurologist, Pathologist, Yoga Trainer and Acupressure Therapist.
- X- Ray unit, Pathology Lab, Physiotherapy unit in the premises of Ashram.
- Facility of Lift and Wheel Chair Access.

**Infrastructure at Garhmukteshwar**
- Capacity of 500 beds at Garhmukteshwar Ashram, UP.
- Organic Farming for providing healthy fruits and vegetables.
- Cowshed for providing fresh dairy products.
Celebration is an indispensable part in SHEOWS. Celebration of Diwali in 2016.

Charity stall for SHEOWS at Radio City on Christmas, December 16.

Mr. Rishab Soni MD SSIPL visited Old Age Home at Gautampuri, New Delhi. SSIPL has adopted 20 elderly residents.

Holi celebration with Metlife GOSC at our Old Age Home, Gautampuri, New Delhi.

Blackrock and Concern India Foundation employees visited Old Age Home, Gautampuri, New Delhi to spend quality time with Elderlies.
Biochemistry analyzer sponsored by the Japan Embassy to SHEOWS at Garhmukteshwar, UP.

Mother’s day celebration on May 17 sponsored by Metlife GOSC.

Physiotherapy unit has been setup wherein all latest technology equipments are being used for providing physical medicine and rehabilitation to our elderly.

Pathology lab with latest equipment to provide accurate pathology report.

Provision of Special Care Unit with an accommodation of 10 for critical patients, with oxygen concentrator, multi parameter monitors, and round the clock medical assistance.

Events and Happenings 2016-17
Digital X-ray facility is available in the premises of Ashram at Gautampuri, New Delhi.

An initiative of SHEOWS. PARAMARTH a gallery with unique, antique, hand-crafted items that can be purchased to provide financial aid to the elderly. We also engage elderly to make some of the products.

L & T- MHPS Boilers Pvt Ltd extended their support to SHEOWS by donating a rescue vehicle in May 17.

L & T- MHPS Boilers Pvt Ltd extended their support to SHEOWS by adopting 5 elderly for a period of one year in May 17.

Mr. Manish Sisodia, Deputy Chief Minister of Delhi felicitated by Dr. G P Bhagat.

Mr. Manish Sisodia felicitating SBI CGM, Sh. Alok K Choudhary and SBI Foundation President, COO, Mr. R Narottham Reddy for their contribution to SHEOWS.

SANKALP DIWAS 2016
Mr. S B Talwar and Dr. G P Bhagat felicitating SSIPL for their contribution to SHEOWS.

At the launch of Souvenir 2016-17 on the International Day of Older Persons, 1 October 2016. Starting from Left: Mr. Manoj Pandey- Senior Manager, MetLife GOSC; Mr. Saurabh Bhagat- Director, SHEOWS; Mr. S B Talwar- President, SHEOWS; Dr. S N Pandey- Vice President, SHEOWS; Sh. Guru Vishram Manav, SHEOWS; Mr. Alok K Choudhary- CGM, SBI; Mr. R Narrottham Reddy- President, COO, SBI; Dr. G P Bhagat- Founder, SHEOWS.

Birthday Celebrations at Old Age Home Gautampuri, Delhi in April 17.
Sponsor a Meal
You can also help by sponsoring meal to our residents of the Ashram.

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  - Account No: 20341450000026
- State Bank of India, Shahpurjat, New Delhi
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Contact Us
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Helpline No: 8588-888-999
Phone: +91 11 4905 9197 - +91 11 4052 1236

Cheque should be in favour of ‘SHEOWS’ or ‘Saint Hardyal Educational and Orphans Welfare Society’.