

**GURU VISHRAM VRIDH ASHRAM
OF
SHEOWS
ANNUAL REPORT
APR 2017- MAR 2018**

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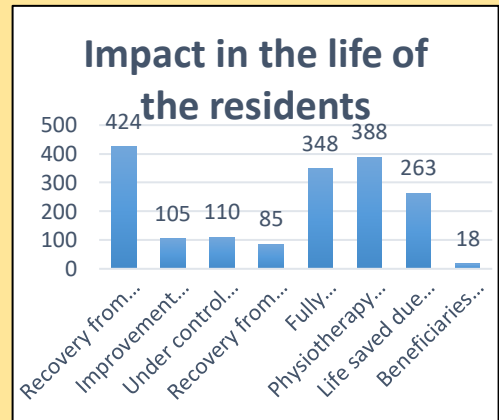
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MESSAGE FROM FROM FOUNDER GEN. SECRETARY SHEOWS

I am proud to present the Annual Report 2017-18, reporting on activities, but that will have an impact well into the future.

Dr. Bhagat is the founder of SHEOWS.

He has studied from BHU and JNU.

He did M.Sc., M.Phil., M.D. (AM).



He founded Guru Vishram Vridh Ashram of SHEOWS in 2003. His selfless work and dedication have enabled SHEOWS to reach where it is today. He has been staying and devoting his whole time to the Old age home since its inception.

India is tenth largest economy of the world. Thus, we cannot plead lack of Resources or economy incapacity to abdicate our foremost constitutional Responsibility towards the elderly as they have the right for the basic age care facilities like health care, social security, safety and other basic amenities. In such a situation we are proud to say that we are currently running two Old Age Homes for the destitute and abandoned elderly. about 300 helpless, mentally and physically disabled destitute have been picked up and brought to our Old Age Home from the streets of the Delhi/NCR and other resorts of Delhi such as Government hospitals by our social workers and even Delhi Police.

“I would like to share that our Old Age Homes depend wholly and solely on donations and generosity of all the like-minded generous donors. Despite all bottlenecks we are running two Old Age Homes in Delhi and Garhmukteshwar completely free of cost. We are serving on these corporate donations and generosity of humanitarian people for the noble causes. This is through a distant dream and journey, but we have fully dreamed of achieving our objectives and with our steadfast efforts in the time to come, having faith in the genuineness and goodness of our endeavor and limitless bounty of almighty. We believe in the notion of “Vasudeva Kutumbakam” meaning the entire world is our family which inspires us to serve the elderly as our own people.”

ORGANIZATION PROFILE

Guru Vishram Vridh Ashram (Old Age Home)- The brain Child of SHEOWS. SHEOWS (Saint Hardyal Educational and Orphan Welfare Society) is registered under Society Registration Act 1860 and the Foreign Contributions (Regulation) Act, 1976. Since last 15 years we are providing free shelter, food, clothing, medical care facilities, love and affection to the destitute and abandoned old aged. Most of these elders are picked up from the streets of Delhi NCR or brought in by Police/hospital authorities.



| | | | |
|--|--|----------------------|--|
| Organization name | SHEOWS (Saint Hardyal Educational and Orphans Welfare Society) | | |
| Registered address | C-1/72, Lawrence Road, Keshaw Puram, Delhi – 110035 | | |
| City | Delhi | State | Delhi |
| Website | www.oldagehomeindia.in | | |
| Contact Person | Saurabh Bhagat | | |
| Designation | Director | Email address | saurabhagat@sheows.org |
| Organization's registration details | <ul style="list-style-type: none"> • Register Under Society Registration Act. 1860 • Registration Type and Registration No. Society - S-25752 Date of Registration- 29th March 1994 • Type of Registration & Registration No-12a-No- DIT(E) 2003-04 / S – 3657/03/ 942, Date of Registration- 30th, June 2003 • Type of Registration & Registration No-80g- No- DIT (E) 2007-2008 / S- 3657/ 37022, Date of Registration- 22nd, Feb 2008 • Foreign Contribution Regulation Act 1976, Registration No-231660995, Date of Registration-12th, June 2009. | | |

VISION

To serve all the sick, destitute and homeless elderly who are abandoned on the roadside across India

MISSION

No elderly should die on the roadside due to hunger, or any environmental factors in Delhi NCR in first phase; and all over India in second phase.

GOAL

To ensure a sound and friendly environment for the poor helpless and destitute towards achieving a promising peaceful condition for them, fostering their physical, mental, social and spiritual development and wellbeing as well.

OUR SERVICES



Rescue

We work to rescue the most vulnerable grey heads, most of them are destitute and resourceless, starving from several days, eyes full of tears searching for somebody to offer a helping hand. Every day our rescue team moves around Delhi /NCR and search for such elderly who are thrown out on roads by their families and provide the immediate relief by providing them first aid relief treatment. Delhi Police, Government Hospitals and NGO's also helps the abandoned elders to get admitted in our Ashram.

Food

A conducive diet rich in micronutrients, vitamins and fiber is prepared for our elderly. We also make sure to provide them healthy frequent meals which is easy to swallow, digest and is palatable at the same time. Organic fruits and vegetables grown at our Garhmukteshwar Ashram.



Accommodation

According to their medical condition they are either admitted to our Special Care Unit or are shifted to General wards, wherein we can accommodate about 300 old aged people. Our premises are fully air conditioned and lifts are also installed to facilitate movement of physically disabled and bed ridden. Hygienic kitchen, purified water, sanitized housekeeping is some of our salient features. We also have a fully developed inhouse pathology lab to ease the process of medication and testing for them.

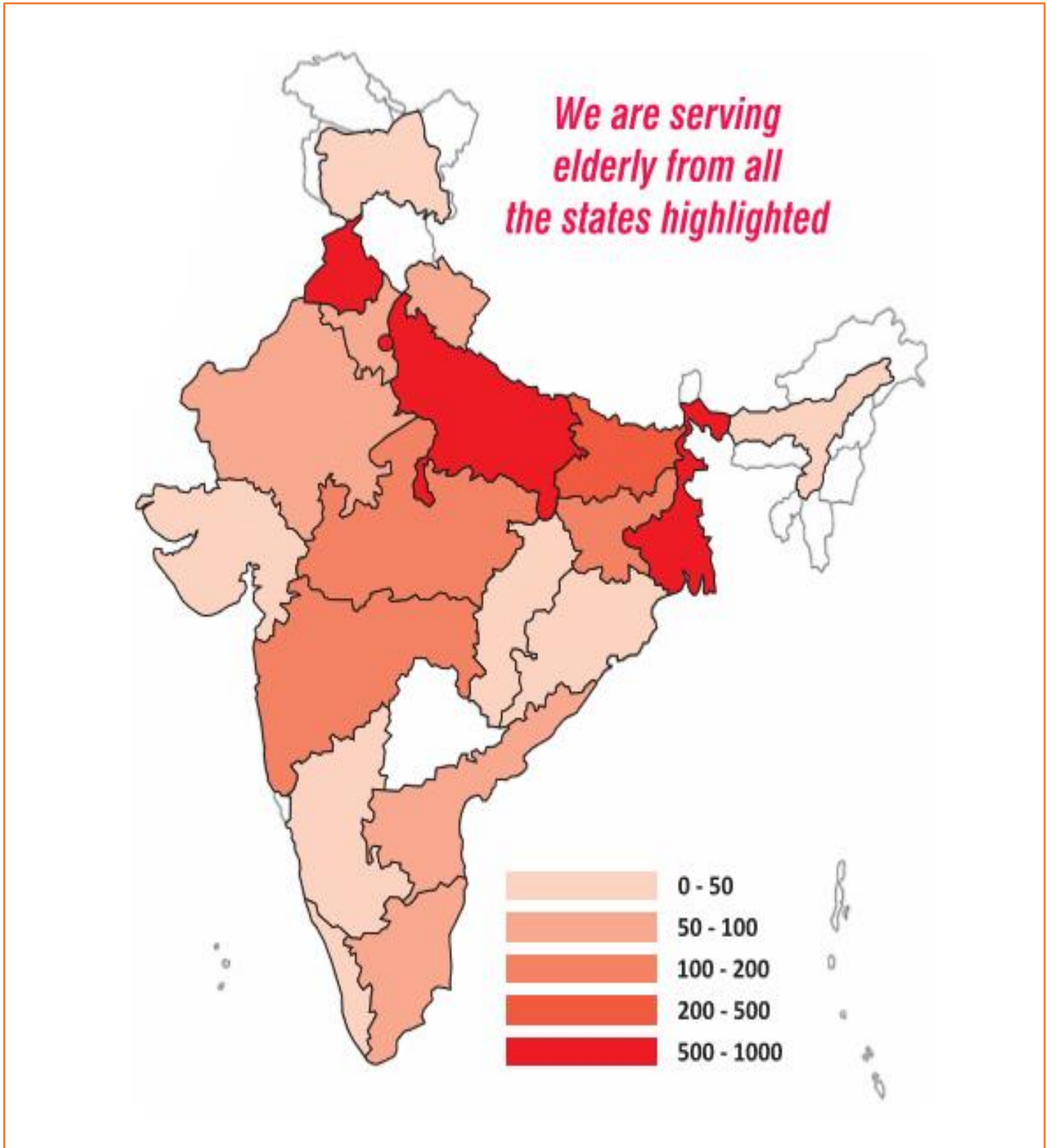


Health Care

We provide best specialized treatment in medicine by using various technological aids to cure illness and provide utmost relief. We have a team of experienced doctors and nurses who are qualified in specific domains like Neurology, Physiotherapy. Also, after their admission they undergo complete health check up to detect any sort of disease. Improving their health condition tops our priority list and we make most of the efforts to cure them completely.



OUR REACH



HIGHLIGHTS

APRIL 2017- MARCH 2018

HIGHLIGHTS

SHEOWS (Guru Vishram Vriddh Ashram)- Abandoned & Destitute old aged care (Shelter, Food, Medical facility, love & respect)

Impact in brief | April 2017-March 2018



295, old aged people are living presently at Ashram.



188, newly registered and rescued from streets of Delhi/NCR.



122, reunited with their families.



310, Lives saved in Special Care Unit



New Hospital Building Construction at Garhmukteshwar Ashram

Activities

- Recreational Activities
 1. Bhajan & Kirtan
 2. Art & Craft
 3. Yoga
- Celebrations
 1. Festivals (Diwali, Holi, Rakhi, Eid, Navratri, Mahashivratri, Christmas & many more....)
 2. Important days (Independence Day, Mother's Day, Father's Day, Women's Day etc.)
 3. Special Days (Residents & Visitor's Birthday, Anniversaries etc.)
- Medical Camps
 1. Eye camp
 2. Dental checkup camp
 3. Health camp etc.
- Visits
 1. Corporates
 2. School/ Colleges students
 3. Individual donors
- Medical Care
 1. Health checkups, Pathology tests & medication
 2. Regular physiotherapy
 3. Special attention towards neuro patients.

Events

- 14th Sankalp Diwas & Award Ceremony
- Inauguration of Medical Center at Garhmukteshwar Ashram





PROJECT OBJECTIVES

1. To provide safe and hygienic accommodation, adequate nourishment, clothes and basic needs for the elderly.
2. To provide an integrated and quality health care service delivery with emphasis on Special Care Unit, Pathology lab tests, physiotherapy and mental health care of destitute and abandoned resident elderly.
3. To provide recreational facilities, mental support, social affairs and spiritual formation for the elderly for their mental and emotional wellbeing.
4. To promote resource generating activities for financial sustainability of the old aged home beyond donor funding.

Ensuring quality health care of Ashram elderly through medical facilities



PROJECT SERVICES

1. Rescue, Admission, free accommodation, nutritious food and basic daily needs for destitute and abandoned elderly.
2. Curative primary and Preventive requisite Medicare.
3. Special events and festival celebration, activities to improve social involvement and mental status of the destitute and abandoned elderly.

HYGIENIC ACCOMMODATION, ADEQUATE NOURISHMENT, CLOTHES FOR THE ELDERLY

ACCOMMODATION



Descent accommodation with all amenities provided to the resident elderly for the living, dinning, worship and recreational activities. Experienced Staff and care takers are available for the operation and maintenance of the Ashram. As per the facilities concerned, 24*7 Power supply is available for electronic surveillance using CCTVs, Electronic appliances (ACs, Room heaters and Geyser, Aqua guard water purifier), and Lift. To provide Safe accommodation single entry/exit gate is constantly monitored without invading resident's privacy using electronic surveillance (CCTV). There is a functional management team for overall management of Ashram and to review the proper care of the Beneficiaries.

- Other Amenities:**
- Electricity with Generator backup
 - Adequate water supply

NUTRITIOUS FOODS AND ADEQUATE CLOTHES FOR BENEFICIARIES



There is a proper meal schedule which ensures the adequate nutrition and balanced diet for the old aged persons. Adequate nutrition and a well-balanced diet are of vital importance in Old age to prevent and control the common hazards of Aging. There is a proper team for cooking and a preparation of food. Caretakers are available to distribute foods to the beneficiaries. Each Beneficiary is provided with dresses two times a year and of three types: ordinary dresses, occasion dresses, and winter dresses.

Diet and Feeding Pattern

Since good nutrition is of enormous implication during old age, care should be taken that the diets of elderly are nutritionally adequate and well balanced. Few factors have been kept in mind while planning balanced meals for the elderly.

- Intake of energy rich foods like sweets, fried or high fat foods, cereals and starches has been reduced while liberal amounts of milk and milk products, fresh fruits, vegetables particularly green leafy vegetables, has been included to meet the vitamin and mineral needs.
- An adequate intake of calcium has ensured to compensate for its losses due to gradual demineralization of bones associated with aging.
- Since sufficient exposure to sunlight is essential to meet the body's needs for vitamin D, in case of elderly individuals confined to bed, supplements of this vitamin have been provided.
- Food rich in fats, especially saturated fats, has been avoided and instead oils containing elevated levels of unsaturated fatty acids such as sunflower oils, has been used to prevent and control the condition of hypertension and other cardio-vascular diseases.
- Intake of simple sugars has been reduced as these provide only empty calories.
- Dietary fibre has a beneficial effect in various conditions associated with aging such as constipation, diabetes and cardiovascular diseases; adequate amount of food rich in dietary fibre has been included in the diet.

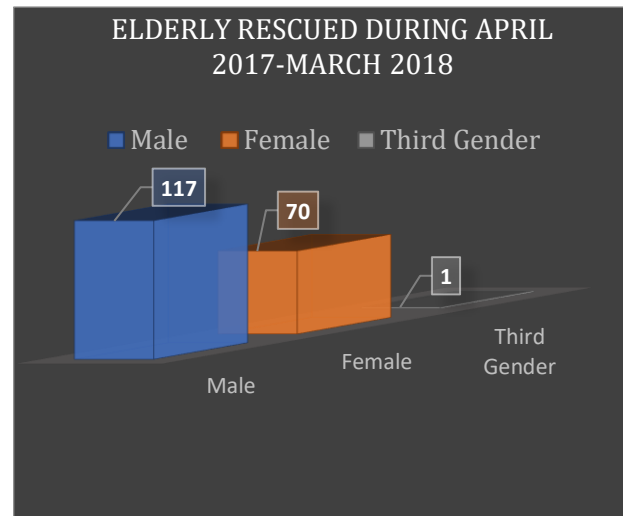
Toiletries and Cleaning Items

Personal and surrounding hygiene is always on priority and provided to the Beneficiaries on daily basis.

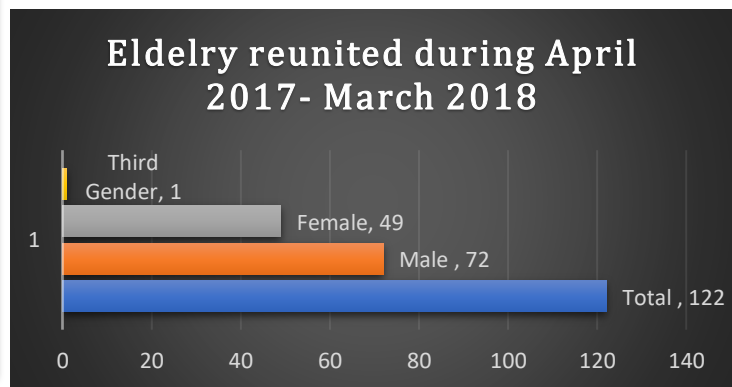


QUANTITATIVE ANALYSIS & OUTCOMES DURING YEAR 2017-2018

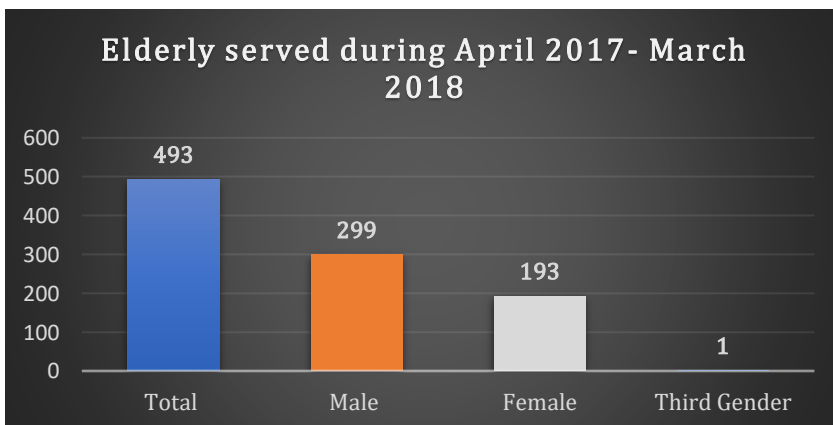
1. Rescued Old Aged People during 2017-2018:



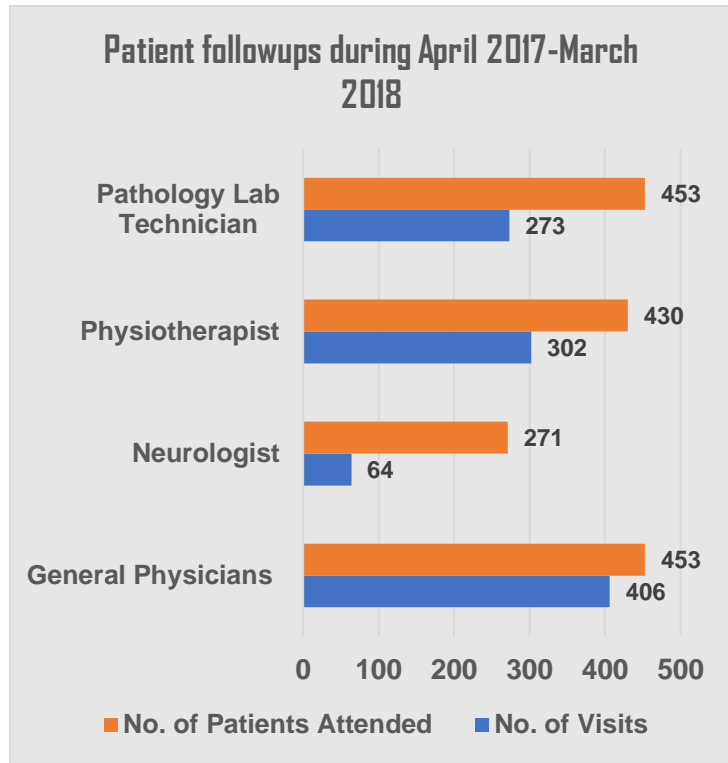
2. Elderly reunited with their Families during 2017-2018:



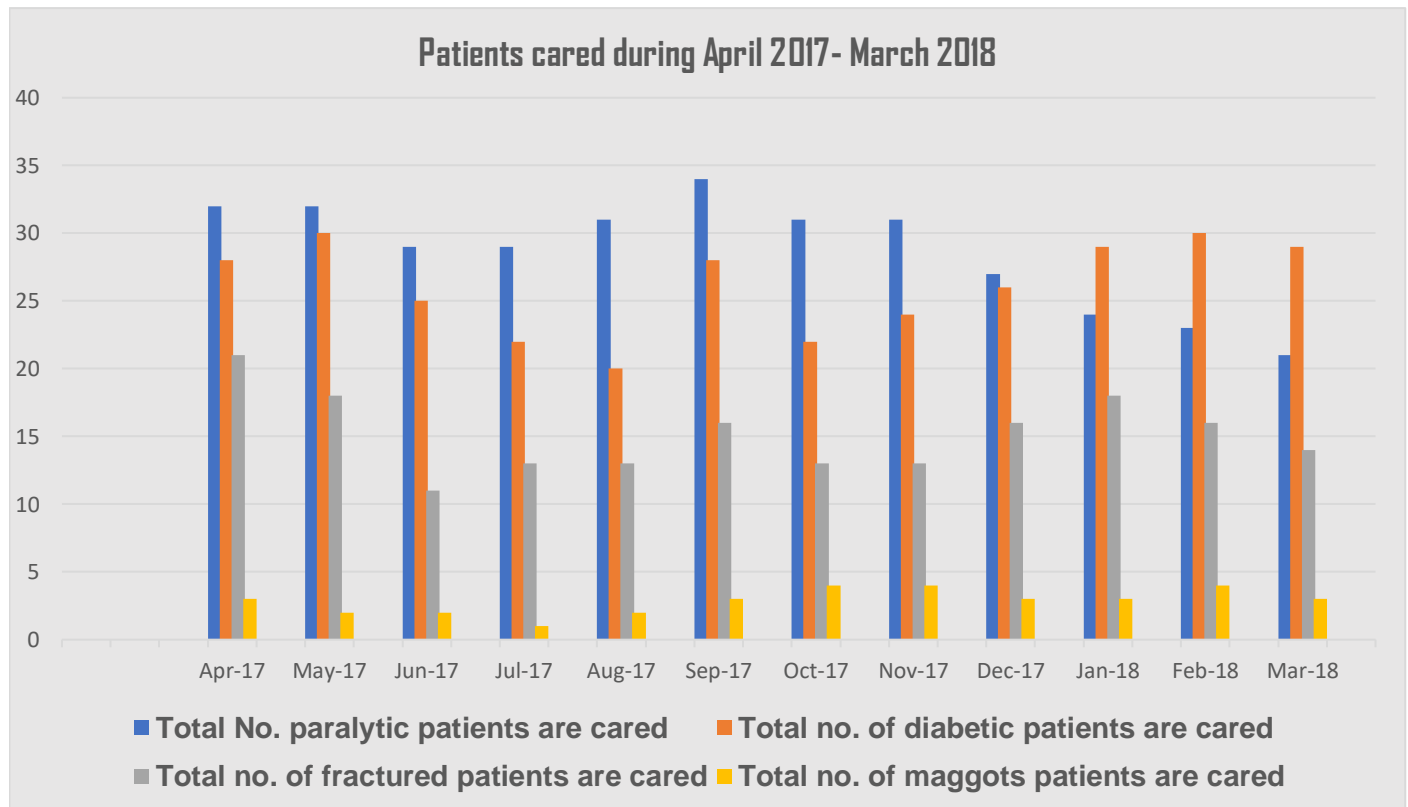
3. Elderly served during 2017- 2018



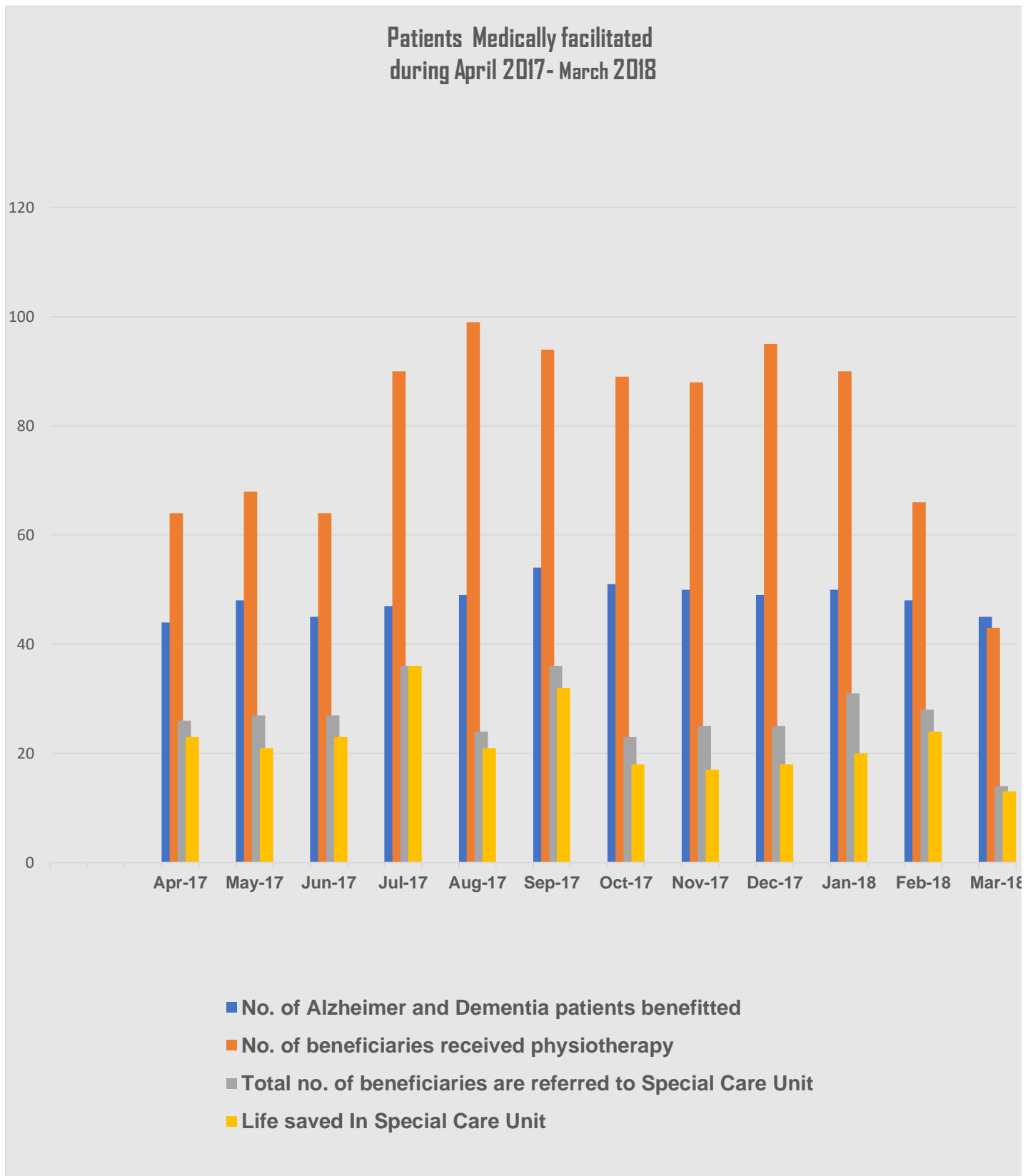
4. Patients follow-ups during 2017-2018



5. Patients cared during 2017-2018 through Medical facilities provided by SHEOWS



6. Patients facilitated with Medical care during year APR 2017- MAR 2018



7. Events & Activities organized during year APR 2017-MAR 2018

