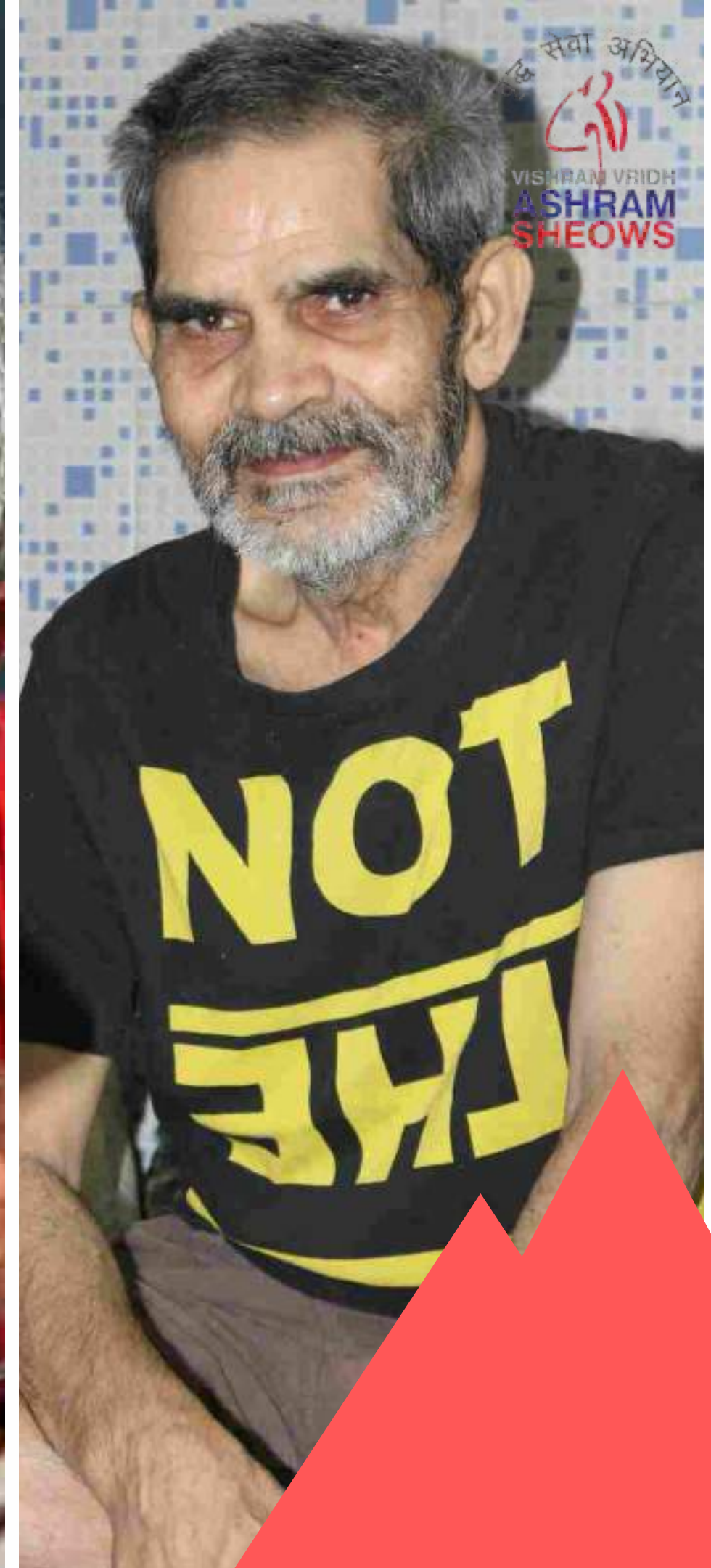




**GURU  
VISHRAM  
VRIDH  
ASHRAM**

**ANNUAL REPORT**

**APR 2018 - MAR 2019**





EVERY ELDERLY DESERVE LOVE, CARE  
AND RESPECT

SAVED-  
4000+ of  
Elderly  
Lives

**SAINT HARDYAL  
EDUCATIONAL AND ORPHANS  
WELFARE SOCIETY IS A  
LEADING NGO WORKING FOR  
HELPLESS, DESTITUTE AND  
ABANDONED ELDERLY FOR  
NEARLY 2 DECADES.**







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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 14 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.

SHEOWS is currently running 2 old age homes, Guru Vishram Vridh Ashram of Delhi and Garhmukteshwar, since 2003 and 2008 respectively. These are the home of 320 old men and women found alone and abandoned old age people. SHEOWS has saved over 4000 elders in the past 14 years.

The aim is to serve every destitute, orphan, needy and abandoned elderly by providing them free shelter, food, clothes, healthcare, love and respect.

With a strong belief that helping old aged people and spreading awareness of elder care would not only give them a new life but also reduce the issue of elder abuse in the society. We believe in the notion of “Vasudeva Kutumbakam” meaning the whole world is our family which inspires us to serve every needy old aged as our own family member.

Donation to SHEOWS is exempted for perpetuity u/s 80G of the Income Tax Act,1961.

### 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.



# DR. GP BHAGAT

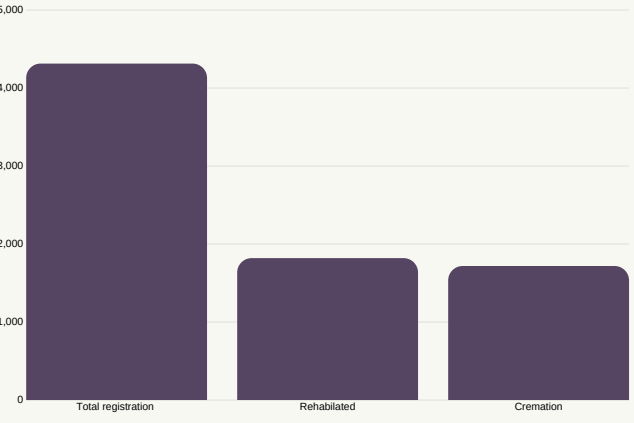


It gives me immense pleasure to present to you SHEOWS Annual Report for the financial year 2018-19. In the last year, most of our work focussed on providing free shelter, food, clothing, medical care facilities, love and affection to the destitute and abandoned old aged. Most of these elders are picked up from the streets of Delhi NCR or brought in by Police/hospital authorities. From the start i have looked for a change in society but throughout the journey what i have observed is that the values we Indians had is diminishing in this generation. If poper attention would not be laid down in this respect than soon there will be a society without values.

To make a change in the current scenerio, Community-based collective actions should be made which encourage people to hold responsibility and be accountable for serving their own parents, to deliver services to the needy, and becoming a more responsible citizen of India. We have partnered with a range of corporates to bring a change and work for the betterment of the elderly. A case in point is our work in different schools and colleges, in Delhi NCR, where we will be visiting there and talk about the issue at point at first then providing them with the values and planning a visit for them to our Ashram. Several other milestones were achieved during the year and the report outlines some of our key achievements and how we got there. I would like to take this opportunity to thank our partners and donors for their strong and consistent support, without which we would not have been able to achieve so much. I would especially like to thank our Board Members for their contribution, particularly when we needed to find solutions to big development challenges.



# From 2003-Mar 2019

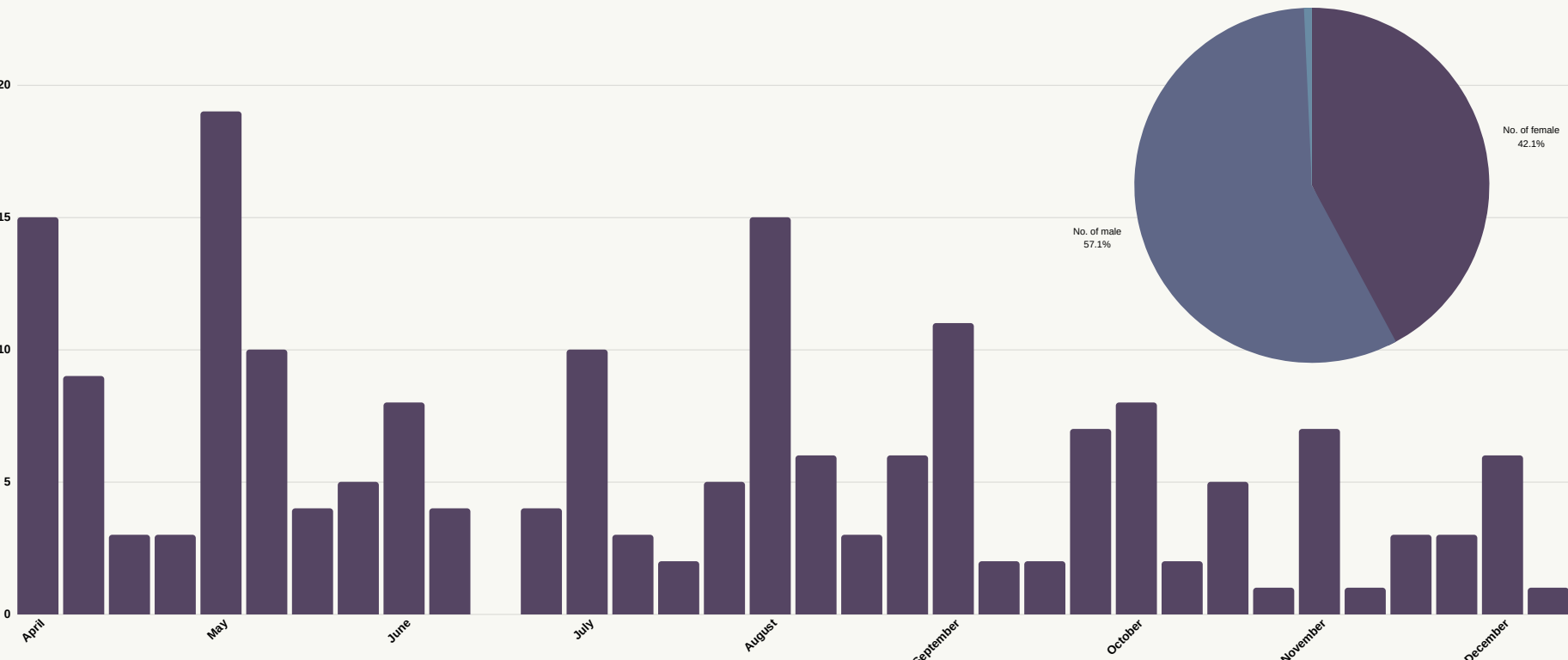


We started with a mission in mind that no abandoned elderly should be left out at streets. We have come a long way in achieving our goal. This data represent the total no. of elderly that have been admitted since the beginning of our old age home. From 2003 till Mar 2019, there have been around **4310 registration**, out of which **1816** have been **rehabilitated**, **1715** have been **cremated**.

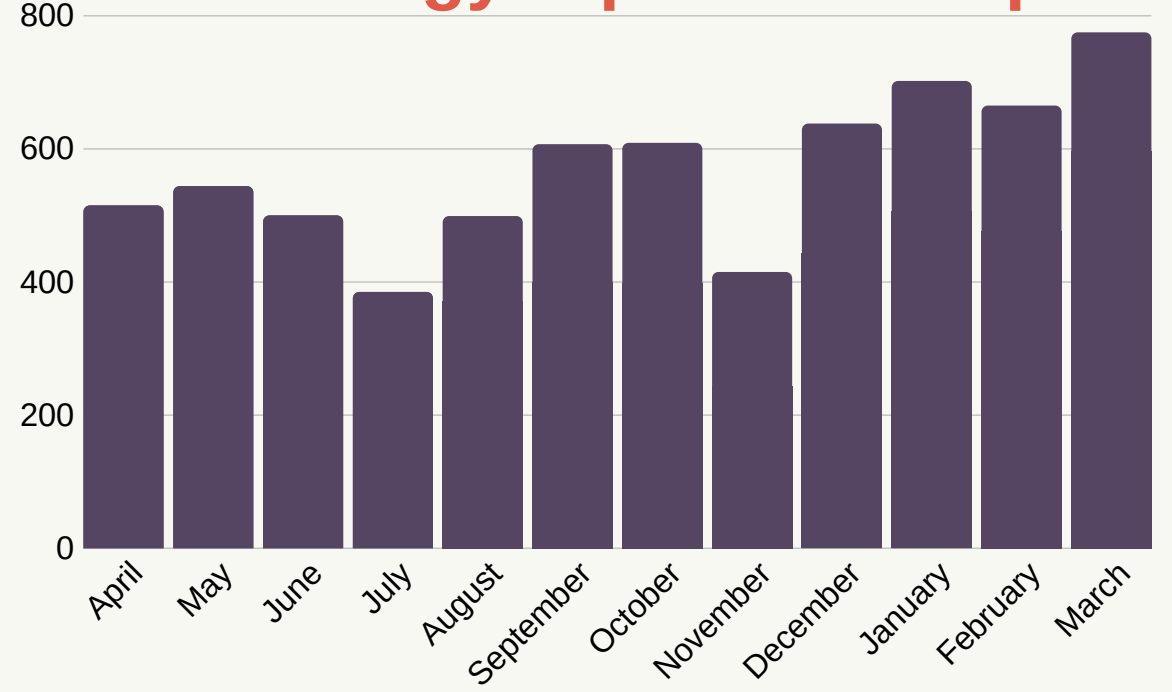
## Apr 2018- Mar 2019 data

The following data represent this year record of registration, rehabilitation, cremation and active elderly residents. This year we have been able to help **139 orphan** and **destitute** elderly with the help of our rescue team. Out of these **139 rescued** elderly, **55** have been **rehabilitated**, **28** have ben **cremated** and **56** are currently at **Ashram**.

Out of these **139 registered** elderly, **59** are **female**, **80** elderly are **male** and **1** is a **transgender**.



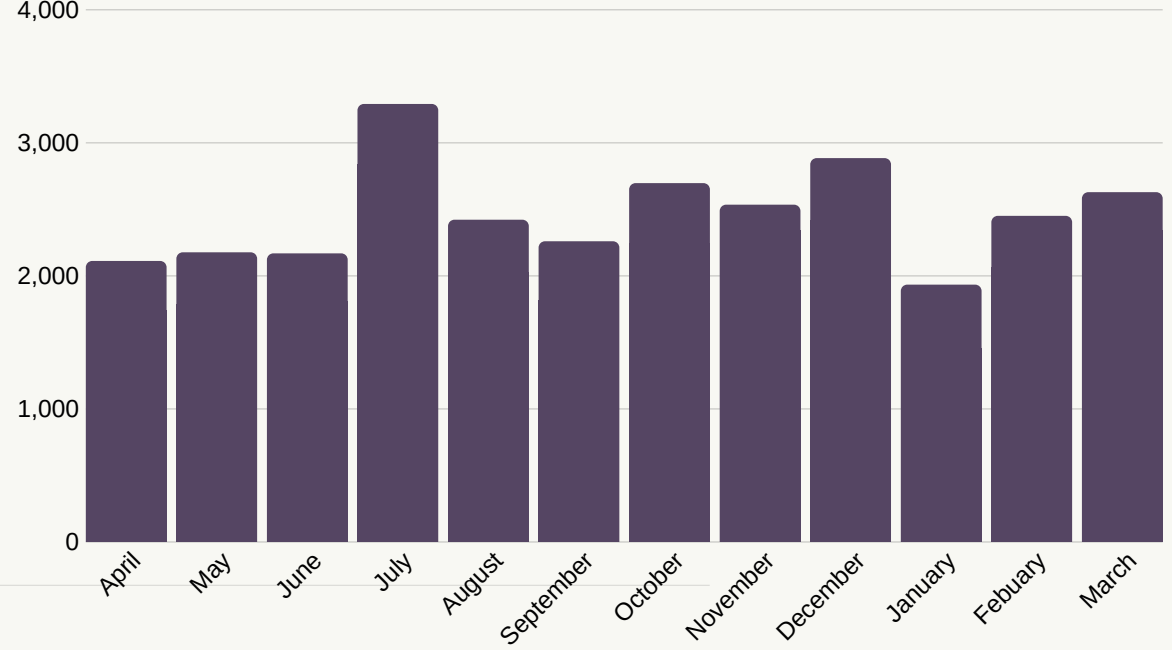
## Pathology report from Apr 2018-Mar 2019



The data represent the Pathology test took place in this year. The total pathology test for Apr 2018- Mar 2019 is

**6842**

## Physiotherapy report from Apr 2018- Mar 2019



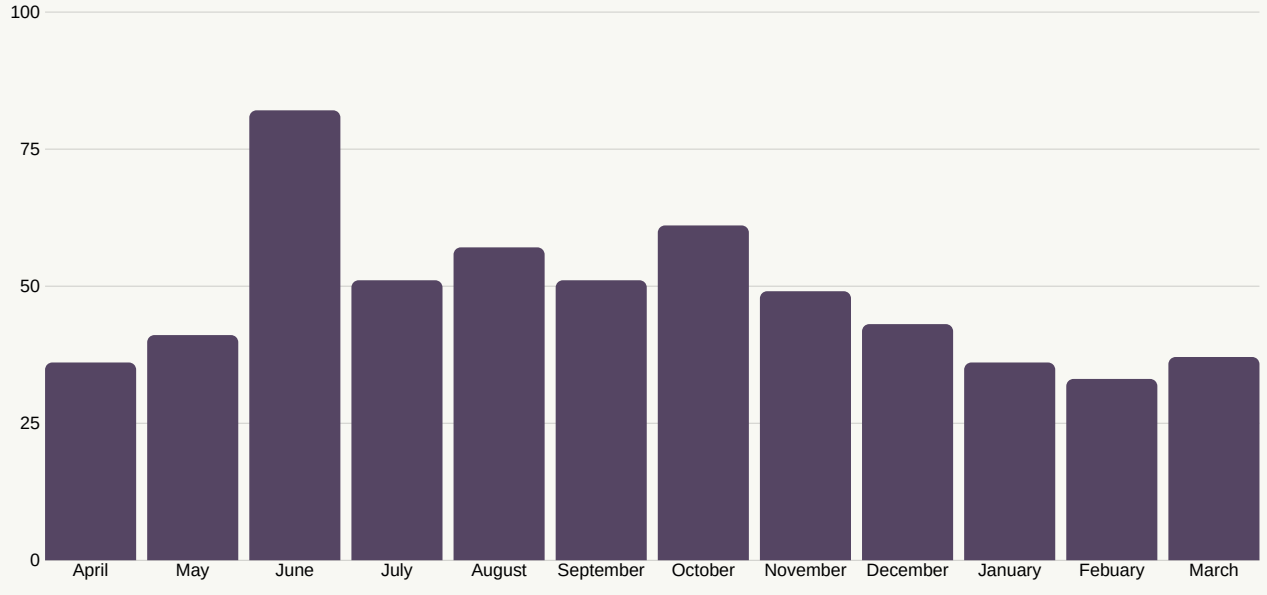
The data represent the Physiotherap test took place in this year. The total physiotherapy test for Apr 2018- Mar 2019 is 29515.

**29515**





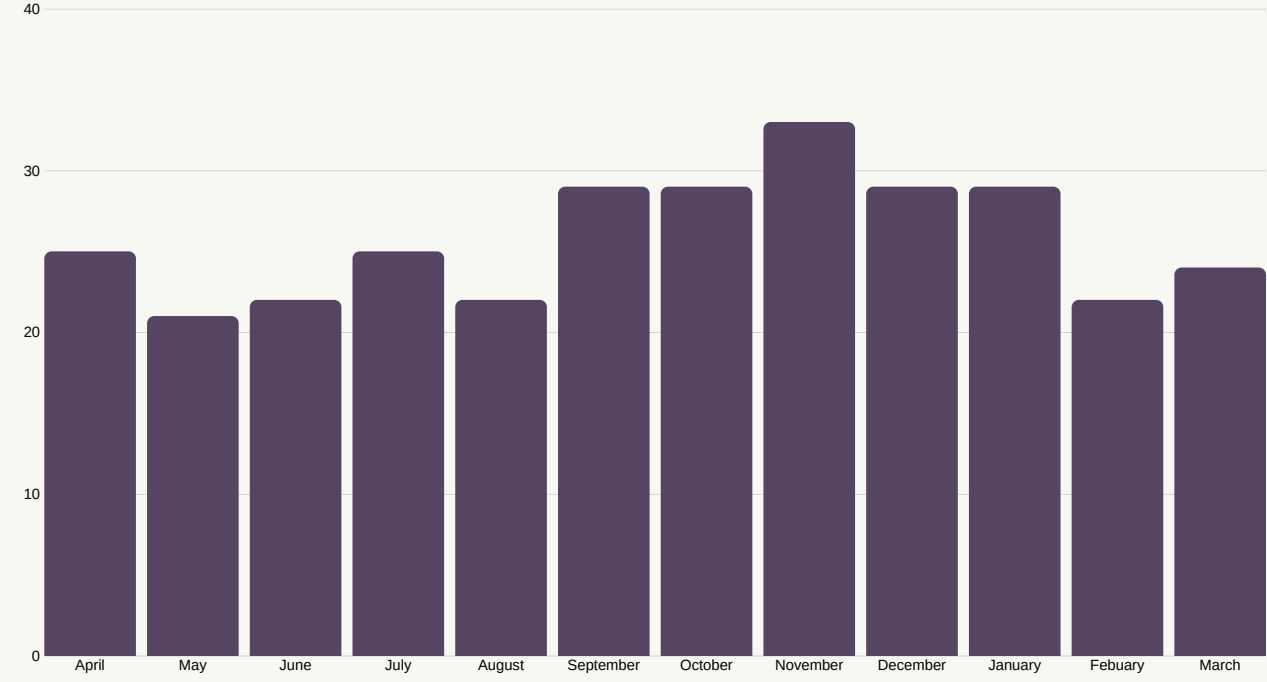
# Lives saved in Special Care Unit



We have a 10 bedded Special Care Unit in our Ashram. we treat our elderly there. when an elderly suffers from any medical problem which can be handled at Ashram only, we shift that person to our Special Care Unit. In this financial year 310 times elderly have been treated in our Special Care Unit, Most of the elderly have been admitted in Special Care Unit 4-5 times depending on their condition. The total number of elderly treated in SCU are 83.

# Total doctor visit in Apr 2018- Mar 2019

In this financial year, the total doctor visit count was 536. And the neurologist had visited around 66 times to the Ashram. The doctors study the report of each patient and recommend any test to be done.

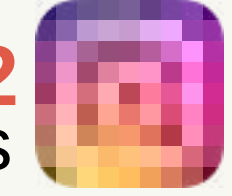


We provide required treatment and medication to the elderly by a team of qualified doctors. 24\*7 trained nursing staff and Medical team is available. To provide an integrated and quality health care service delivery with emphasis on Special Care Unit, Pathology lab tests, physiotherapy and mental health care of destitute and abandoned resident elderly.

whenever an elderly is rescued by our team. We provide immediate Medical Treatment to the beneficiary and take a blood sample to know about the type of disease he/ she is suffering from. If it's uncommunicable disease, we provide them shelter and accomodation. But in case of communicable disease, we take that edery to the government hospital where that disease can be cured.



**31,000**  
Facebook Followers



**1,572**  
Instagram Impressions



**272**  
Tweets on Twitter



**160**  
Youtube subscribers





# Medical Care

Number of checkup by doctors



602

Lives saved in Special Care Unit



83

Worth of medicine



3196478

Number of Pathology testing done



6842





# OUR WORKING MODEL



OUR RESCUE TEAM MOVES AROUND DELHI/NCR AND BRINGS THE ELDERS LYING ON STREETS IN EXTREMELY DYING CONDITION AND THEN ADMIT THEM. DELHI POLICE, GOVERNMENT HOSPITALS AND NGO'S ALSO HELPS THE ABANDONED ELDERS TO GET ADMITTED IN OUR ASHRAM.



THEN WE PROVIDE THE IMMEDIATE RELIEF BY PERFORMING FIRST-AID TREATMENT AND COMPLETE HEALTH CHECKUP INCLUDING BLOOD TEST AND FULL BODY CHECKUP.



REGISTERED ELDERS GET ACCOMMODATED. OUR CAREGIVERS TEAM HELPS THE ELDERLY IN FEEDING AND CLOTHING.



WE PROVIDE REQUIRED TREATMENT AND MEDICATION TO THE ELDERLY BY A TEAM OF QUALIFIED DOCTORS. 24\*7 TRAINED NURSING STAFF AND MEDICAL TEAM IS AVAILABLE.



WE HAVE TV AND MUSIC SYSTEM INSTALLED IN OUR OLD AGE HOME FOR ELDERLY TO ENTERTAIN. WE CELEBRATE FESTIVALS. STUDENTS FROM COLLEGES AND SCHOOLS COME TO SPEND TIME WITH ELDERS. WE PROMOTE RECREATIONAL ACTIVITIES FOR ELDERS.



WE DO CREMATION ACCORDING TO THE RELIGION IN CASE OF DEMISE.

## EVENTS THAT TOOK PLACE

- Corporate visit
- Health checkup
  - Medical camp
  - Eye checkup camp
  - Spectacle distribution
  - Dental checkup
- Celebrations at SHEOWS
- Festivals celebration
- Parmarth- 2nd Anniversary
- Events (stalls )
- CSR event

## VISIT

- India Got Talent
- DD NATIONAL
- College & school students
- For birthday celebration



# GLIMPSE OF THE YEAR

April 2018



Birthday celebration by the visitors with the elderly



DENTAL CHECK UP CAMP FOR THE ELDERLY RESIDENTS

May 2018



A small baby celebrating her 1st birthday along with her family and elders



Mother's day celeb with Metlife

June 2018



FREE EYE CAMP was sponsored by Lions Club of Faridabad



Dr. Puneet and his team from Manav Rachna International Institute of Research and Studies visited



The Nada Yoga Foundation and Sattyananda Official came and shared meditation techniques.



Team Valvoline Cummins Ltd. visited and celebrated Father's Day with our Babas.



Team Google visited our Ashram and engaged our Elderly residents in creative arts activity.



Team MetLife GOSC visited our Ashram



Employees of Adobe Systems Pvt. Ltd. visited our Guru Vishram Vridh Ashram

July 2018



Team from SBI Card visited our Ashram



Yuva Parivar Sewa Samiti visited our Ashram under their project called PRAYAS



Director of United Drilling Tools Ltd visited and met the elderly residents.



Modern Arts and The Modern Poets visited and celebrated Independence Day with the Elderly



Employees from Fujitsu visited our Ashram



Team Accenture visited Guru Vishram Vridh Ashram



Rakshabandhan Day Stall at the HCL campus!!



Students from Ashok Memorial Public School & Sai Memorial School celebrated rakshabandhan

September 2018



Parmarth- 2nd Anniversary celebrations!



Team from Yoga Pathshala visited our Ashram



Team Valvoline visited our Ashram to celebrate Janmashtami



SHEOWS celebrated International Grandparents Day with Modern School Students



A Team from Deepshikha Mahila Club visited our Ashram





# October 2018

Team from Pine Labs Pvt Ltd. visited our Ashram

Team from Times Jobs visited our Ashram

The Team from Inner Wheel Club of Faridabad Central visited our

A team from Dios Lifesciences visited our Ashram

Guru Vishram Vridh Ashram - SHEOWS participated at the India CSR Summit

Employees from Samsung visited our Ashram

Rotary Club of Delhi Vikas visited our Ashram

Teams from Rise Against Hunger and Kraft Heinz visited our Ashram



# November 2018

Colors Tv Channel's show INDIA's GOT TALENT team visited SHEOWS

Team from Mango People visited our Ashram

Team of Volunteers from BlackRock visited our Ashram

SHEOWS participates at DiyaFest @ Selectcity walk

Mr. Steven Rosandich, VP Philanthropy Management MORGAN STANLEY USA visited SHEOWS

Team from Virtual Employee celebrated Diwali with the Elderly

Students from Sharda University visited our Ashram

Birthday Celebrations of our founder Dr. G.P Bhagat at our Old Age Home



# December 2018

A team from Bharat Vikas Parishad visited our Old Age Home

Members of Dainik Bhaskar visited our Guru Vishram Vridh Ashram - SHEOWS

An Eye Check up camp was organised by Serve Samman,

Team from Doordarshan National (DD National) visited to make a short documentary

Team from NTT Data Services Noida visited our Old Age Home in Garhmukteshwar

A team from VentureWeb Marketing Solutions visited our Old Age Home

A team from Mankind Pharma visited our old age home

Christmas Day celebrations at our Old Age Home Cake cutting with team from Promega.



## January 2019



New Year celebration at SHEOWS



Senior Management team of GMR Group along with their employees visited our Ashram



Lohri Celebrations with Alliance Club Sneh Milan at SHEOWS



Members of Ls. Club New Delhi South visited our Ashram



A team from Healthy Aging India visited our Ashram



Team from Aussizz Group celebrated their 10th Anniversary at SHEOWS



Students from Panchsheel Public School visited SHEOWS



Nursing students from Apollo Hospitals visited our Ashram



A team from The Robin Hood Army visited our Ashram



Himachal Futuristic Communications Ltd visited our Garhmukteshwar Ashram



Valentine's Day Celebration at SHEOWS



Team from To The New Noida visited our Ashram



Students from Amity University spending quality time with the elderly at SHEOWS



Students from Nightingale Institute of Nursing visited our Old Age Home



Team from Utility Powertech Limited visited our Ashram



Women's Day celebrations with female employees from Talbros Engineering Limited at our Ashram



Women's Day celebrations with team from Amazon



Holi Celebrations at SHEOWS by team SONY



Medical Camp at SHEOWS organised by Apollo Foundation



Team from Smile Foundation visited SHEOWS



Students from Rajkiya Pratibha Vikas Vidyalaya visited our Ashram



# Our Services For The Elderly

## Nutritious Food

The project focuses on a strict food regime to promote better health and fitness among the elderly. Nutritious, balanced diet is provided daily.



## Roadside pick up through rescue vehicle

We work to rescue the most vulnerable grey heads, most of them are destitute and resourceless, starving from several days. Our rescue team moves around Delhi/ NCR and search for such elderly who are thrown out on roads by their families.

## Comprehensive Medical care with Special Care Unit (10 Bedded)

Our Ashram has a well-equipped medical facility, Periodic checkup, regular physiotherapy treatment, and daily administering of medicines are ensured for the elderly residents. There is special attention to physically disabled (Paralyzed & Fractured) and mentally Disabled (Dementia and Alzheimer's).



## Hygienic and healthy environment.

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

## Digital X-Ray and Pathology Lab

We have fully equipped Digital X-Ray and Pathology Lab. After their admission beneficiary undergo complete health checkup which include tests like CBC, LFT, KFT, Lipid profile, HIV Test, X-Ray to detect any sort of disease they have been suffering from



## Shelter & fully AC accommodation in Delhi

According to their medical condition they are either admitted to our Special Care Unit or are shifted to General wards. Our premises are fully air conditioned. We have 24 hours power backup, Hygienic kitchen, purified water, sanitized housekeeping is some of our salient features



# Our Services For The Elderly



## Qualified Doctors, Nurses, Physiotherapist, Neurologist and Pathologist

We have a team of experienced doctors and nurses who are qualified in special domains like Neurology, Physiotherapy. As improving the health condition of the elderly resident tops our priority list and we make most of the efforts to cure them completely



## 24\*7 Power backup and Lift facility

We have 24 hours power backup, lifts are also installed to facilitate movement of physically disabled and bed ridden elderly.



## Fully Equipped Physiotherapy center

We have fully equipped Physiotherapy Centre aided with latest equipment. Physiotherapy session is provided daily to the elderly to improve their joint pain.



## Cremation of demised elderly as per their religion.

After the death of the elderly living in our Ashram, the death ceremony of that elderly is performed according to his/her religion.



# MEMBERS OF GOVERNING BODY AND TEAM MEMBERS- SHEOWS



**Mr. S.B. Talwar**  
President



**Dr. S.N. Pandey**  
Vice-President



**Dr. G. P. Bhagat**  
Gen. Secretary



**Lt. Col. B.K. Sood**  
(Retd) Secretary



**Ms. Jyoti Narula**  
Treasurer



**Ms. Aparna Dass**  
Member



**Ms. Vandana Sikdar**  
Member



**Mr. Saurabh Bhagat**  
Director, SHEOWS



**Ms. Neha Bhagat**  
Associate Director  
SHEOWS

**Manager**  
Mr. Sanjit Kumar Das  
Mohapatra

**Program Team**  
Ms. Swati Bhatt  
Ms. Megha Verma

**Operation Team**  
Mr. Naved Khan

**Finance Team**  
Mr. Mukesh  
Mr. Hitesh Sachdeva  
Mr. Khem Chand Dudeja  
**Communication/ Donor  
Management Team**  
Ms. Nidhi Soni  
Ms. Suman



# CASE STUDIES

Name- Ms. Krishna Vermin

Date of Registration: 28th February, 2019

Krishna Amma was picked up from Rain Basera, near Kale Khan bus stand, Delhi by the SHEOWS rescue team. On enquiry it was found that she belongs to Kusi village in Kolkata. Back in Kolkata her husband was a farmer but is no more. She had a son who passed away when he was 4 months old. She therefore had no family to take care of her. Krishna Amma then somehow managed to reach Delhi where she was staying at the Rain basera, which is the Delhi Shelters for the homeless. Her health degraded during her stay at the shelter home when they decided to call SHEOWS to intervene and take her in to the Old Age Home. During the time of her registration, she was suffering from loose motions, experiencing weakness, was complaining of pain in the back and knees. Due to malnutrition and lack of micro nutrients, her hemoglobin at the time of registration was 3.4. She was taken in to the old age home and was provided with immediate medical treatment. She was admitted to the Special Care Unit and underwent blood transfusion. Proper nutritious meals along with multivitamins are ensured three times a day to help her overcome weakness due to malnutrition. Her hemoglobin levels have improved and in a span of 30 days have moved to 6.7 from 3.4. Her condition has improved and she feels better physically and mentally. Due to help received by Amazon, she is provided with Clothes, food items, sanitation items etc that keep the environment clean and comfortable.



Name-Arvinder Baba

Date of Registration: 28 December, 2018

Arvinder baba belongs to Punjab and came to Delhi in search of work with his friend long time back. He never got married and hence does not have a family of his own. He worked as a daily wager (Driver) in Delhi and somehow managed to earn some money to spend on basic necessities. He once met with an accident which led to an injury in his right leg. This accident made him dependent on others due to difficulty in walking. Arvinder baba was picked up by the SHEOWS rescue team from Ghanta ghar in Hari Nagar, New Delhi. He was experiencing some body pain at the time of registration. After proper evaluation by the doctors and proper treatment there has been an improvement in his health. He receives physiotherapy on a regular basis which has helped him in terms of mobility. His overall health has improved for which he thanks SHEOWS. He wishes to stay at the Old Age home and is very happy and satisfied with all the services provided to him. Gifts from Amazon help elderly residents like Arvinder baba in providing them with clothes, food items, and various such items of daily use required at the Old Age Home like SHEOWS.





# WE WANT TO THANKYOU FOR HELPING US MAKING A CHANGE





# Milestones

## Year 2014

Construction of one block of Garhmukteshwar Ashram started.

## Year 2015

Construction work of first block completed, second block construction in progress.

## Year 2016

Construction work completed with the capacity of more than 150 old people and facilities of solar power plant, solar water geysers.

## Year 2017

The Delhi Old Age Home facilitated with air conditioning, special care unit and 24\*7 power backup. New kitchen and storage area.

## Year 2018

Better medical facilities. Awareness of Alzheimer and Dementia through social media.





# Awards and Recognition



SBI Foundation got the BT-CSR excellence award for their CSR Project with SHEOWS by adopting the elders of Guru Vishram Vridh Ashram of SHEOWS at Garhmukteshwar U.P.



Shram Samman Award 2009.



Mahatma Gandhi Intergenerational empowerment award 2015 by Union Home Minister honorable Shri Rajnath Singh to Dr. G. P. Bhagat, General Secretary SHEOWS.



Distinguished service award by Rotary Club Delhi 2013.



Mr. Nawazuddin Siddiqui giving the Pahad Toda Award to Dr. G. P. Bhagat for his hard work and dedication to save the elders of the society.



Purvanchali Pratibha Summan Award 2011.



Award of honour 2015 at Jash-e-Tajurbat



World Geriatrics Care Award 2009



Shri Chuni Lal Jindal memorial Trust Award 2012.

