



GURU VISHRAM VRIDH ASHRAM

**SHEOWS (SAINT HARDAYAL EDUCATIONAL
AND ORPHANS WELFARE SOCIETY)**

WE CARE FOR OLD



**ANNUAL
REPORT**

2019-20

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Organisation Profile

SHEOWS

Guru Vishram Vridh Ashram (Old Age Home)- the brainchild of **SHEOWS**. **SHEOWS (Saint Hardyal Educational and Orphan Welfare Society)** is registered under the Society Registration Act 1860 and the Foreign Contributions (Regulation) Act, 1976. For the last 17 years, we have been 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 are brought in by police/hospital authorities.



Why do we exist?

To mitigate the sufferings of the elderly picked up from the streets. To ensure they have a dignified life by providing them access to comfortable accommodation, nutritious food, and healthcare



Vision

Mission

Our mission is to work for the neglected and abandoned elders left to die on the streets by their families, by providing shelter, food, and critical healthcare at our old age homes



FROM FOUNDER'S DESK

Since the inception of SHEOWS in 2003, I have been working for the abandoned, destitute, and homeless elderly. Having devoted my whole life to SHEOWS Old Age Home, I reside at SHEOWS to ensure strict monitoring and work for the beneficiaries each day of my life. To ensure that each and every elderly receive the love and care that they deserve.

This institution has saved 4500+ elderly lives over the past 17 years and we look forward to carrying on with this noble cause. Provide food, shelter, clothes, medical facilities, and care to the ones left to die on the roads. Believing in the philosophy of “Vasudev Kutumbakam”, the purpose is to provide the needed dignity to the orphaned elderly.

The organization aims to increase its rescue and save lives of the maximum elderly possible. I plan to keep leading and directing SHEOWS to maximize orphan elderly welfare and save as many lives as possible.

Elderly abandonment is an issue that needs to be addressed more often and rigorously keeping in mind not only the rights of each and every elderly but also the risk that the COVID-19 pandemic has brought onto the abandoned elderly lives. Realizing the gravity of the situation, we have committed to rescue as many elderly as possible in the upcoming year and protect them from the pandemic.

Rescue



Our rescue team moves around Delhi/NCR and brings the elders lying on streets to the Delhi ashram and then admit them. Delhi police, Government hospitals and NGOs also help the abandoned elderlies to get admitted to our ashram.

Shelter and Fully AC Accomodation

According to the medical condition of the elderly, they either get admitted to our Special Care Unit or get shifted to General Wards. Our premises are fully air-conditioned and lifts are also installed to facilitate the movement of physically disabled and bedridden elderly. A hygienic kitchen, purified water, sanitized housekeeping are some of our salient features.



We also have a fully developed in-house pathology lab to ease the process of medication and testing for them.

Immediate Treatment and Health Check-up



Specialized treatment via certified doctors and required medicines is provided by using various technological aids to cure illness and provide utmost relief to the orphaned elderly. We have a team of experienced doctors and nurses who are qualified in specific domains like neurology, physiotherapy who provide treatment to the rescued elderly post-admission after undergoing a health check-up to detect any sort of disease.

Entertainment and Festival Celebration

At Guru Vishram Vridh Ashram, every elderly is looked upon as a family member. Love, affection, dedication, and devotion is given to them to keep them happy and lively, We have a TV and music system installed in the Ashram for the entertainment purpose of the elders. Their birthdays and festivals are also celebrated along with other elderly and

ashram staff. Students from colleges and schools come to spend time with elders and they are involved in recreational activities with the elderly. Additionally, virtual events are encouraged currently like Antakshari, Dancing sessions, Movie sessions, etc. to ensure recreational activities even during the COVID -19 pandemic.



24*7 Medical attention

Periodic check ups, regular physiotherapy, hematology profile blood test and daily administering of medicines are ensured for the elderly residents. Critical patients like cancer, patients with special eye care needs, tuberculosis or any major operations are referred to AIIMS. Special attention is given to the physically disabled (paralyzed and fractured) and mentally disabled (dementia and alzheimer's disease).



Cremation

We make sure that the cremation is done properly in accordance with the religious rituals of the deceased.

OUR SERVICES

Nutritious Food



There is a proper meal schedule that ensures adequate nutrition and balanced diet for the old aged people. 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 preparation of food. caretakers are available to distribute food to the beneficiaries. Since adequate nutrition holds enormous importance during old age, care is taken in such a way that the diet of the elderly is nutritionally adequate and well balanced. Few factors have been kept in mind while planning meals for the elderly:

- Intake of energy-rich foods like sweets, fried and high-fat foods, cereals, and starches have been reduced while the liberal amount of milk and milk products, fresh

fruit, vegetables (particularly green leafy vegetables) have been included to meet the vitamin and mineral needs.

- An adequate intake of calcium is ensured to compensate for its losses due to gradual demineralization of bones associated with ageing.
- Since sufficient exposure to sunlight is required to meet the body's need for vitamin D, in the case of elderly individuals confined to bed, supplements of vitamin D are provided.
- Food rich in fat, especially saturated fats, are avoided and instead oils containing elevated levels of unsaturated fatty acids are used to prevent and control the condition of hypertension and other cardio-vascular diseases.

OUR SERVICES

Comprehensive Medical Care



Periodic check-ups, regular physiotherapy treatment, hematology profile blood test, and daily administering of medicines are ensured for the elderly residents. Critical patients like cancer, patients with special eye care needs, tuberculosis; any major operations are referred to AIIMS. Special attention is given to the physically disabled (paralyzed & fractured) and the mentally disabled (dementia and Alzheimer's diseases).

Special care is rendered to the elderly residents and who are paralyzed and bedridden. They are also provided with special bed sore mattresses and diapers which are changed and cleaned regularly. It is the continuous endeavor of the staff of the project to maintain the hygiene of the premises. RO water is provided to the elderly to reduce any risk of water-borne diseases. Special precautionary care is also taken during food preparations like wearing gloves and caps.

OUR SERVICES

Shelter and Fully AC Accommodation



Decent accommodation with all amenities provided to the elderly residents for the living, dining, worship, and recreational activities. Experienced staff and caretakers are available for the operation and maintenance of the Ashram. As per the facilities concerned, a 24*7 power supply is available for the electronic surveillance using CCTVs, electronic appliances (AC, Room heaters, geysers, water purifiers), and lift. To provide safe accommodation, a single entry/exit gate is constantly monitored without invading residents' privacy using electronic surveillance (CCTV). There is a functional management team for overall and management of Ashram to review the proper care of beneficiaries.

Other Amenities:

- Electricity with generator backup
- Adequate water supply

OUR SERVICES

Recreational Activities

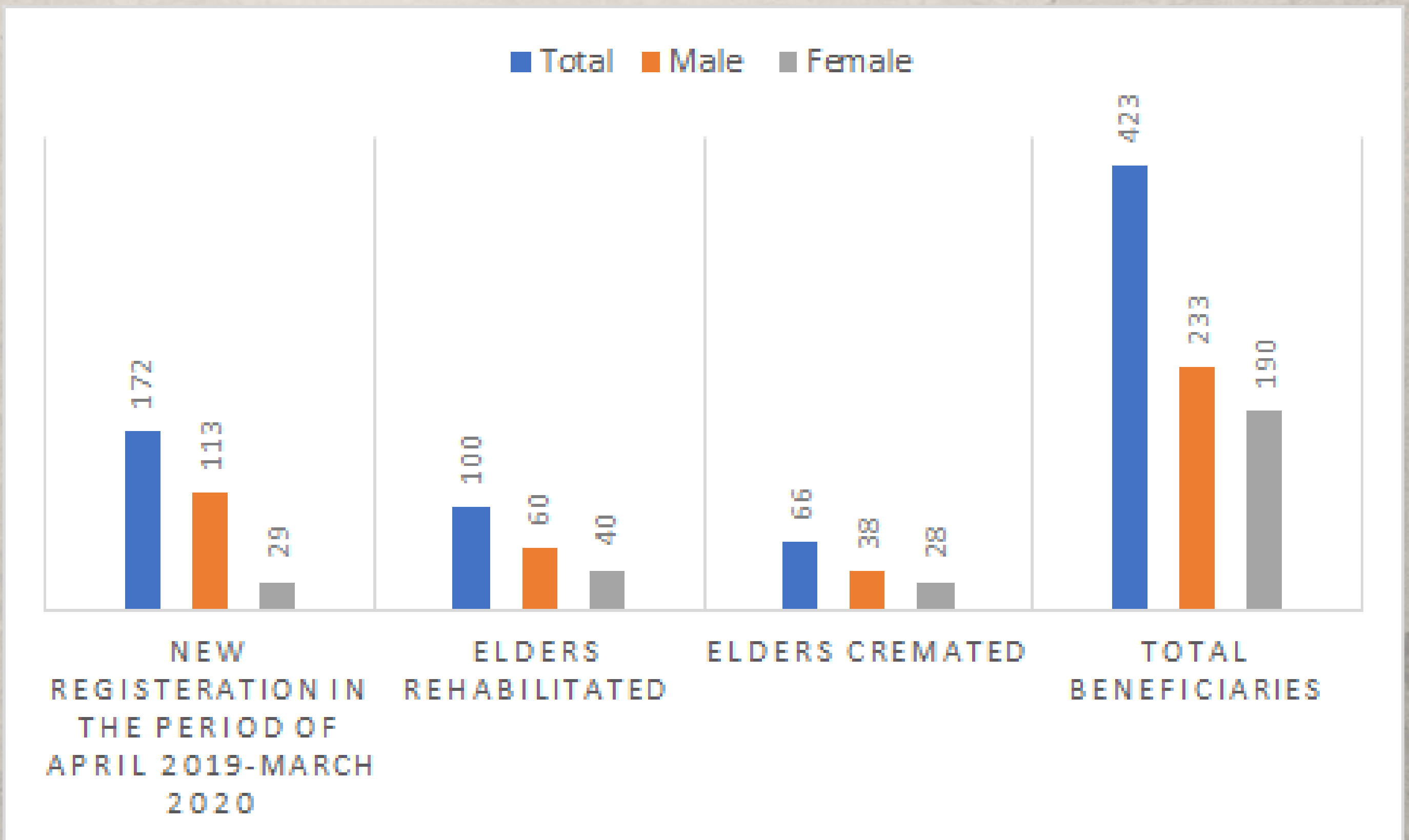


Our family of elderly enjoys fun sessions every day. They are offered love, affection, devotion, and dedication so that they stay happy and lively. To provide our elderlies with homely comfort and a safe atmosphere, they are given shelter with mattresses, pillows, blankets, and other necessary material as per their requirement. We have a television and music systems are installed in our Ashram. Apart from recreational activities, festivals are also celebrated. Also, there's a prayer place in the ashram which has idols and books of every religion to ensure that the elderly beneficiaries are made to feel at home at SHEOWS.

Currently, we have been doing virtual events as well because of the COVID-19 pandemic to ensure the safety of our elderly beneficiaries at the Ashram.

Highlights of 2019-2020

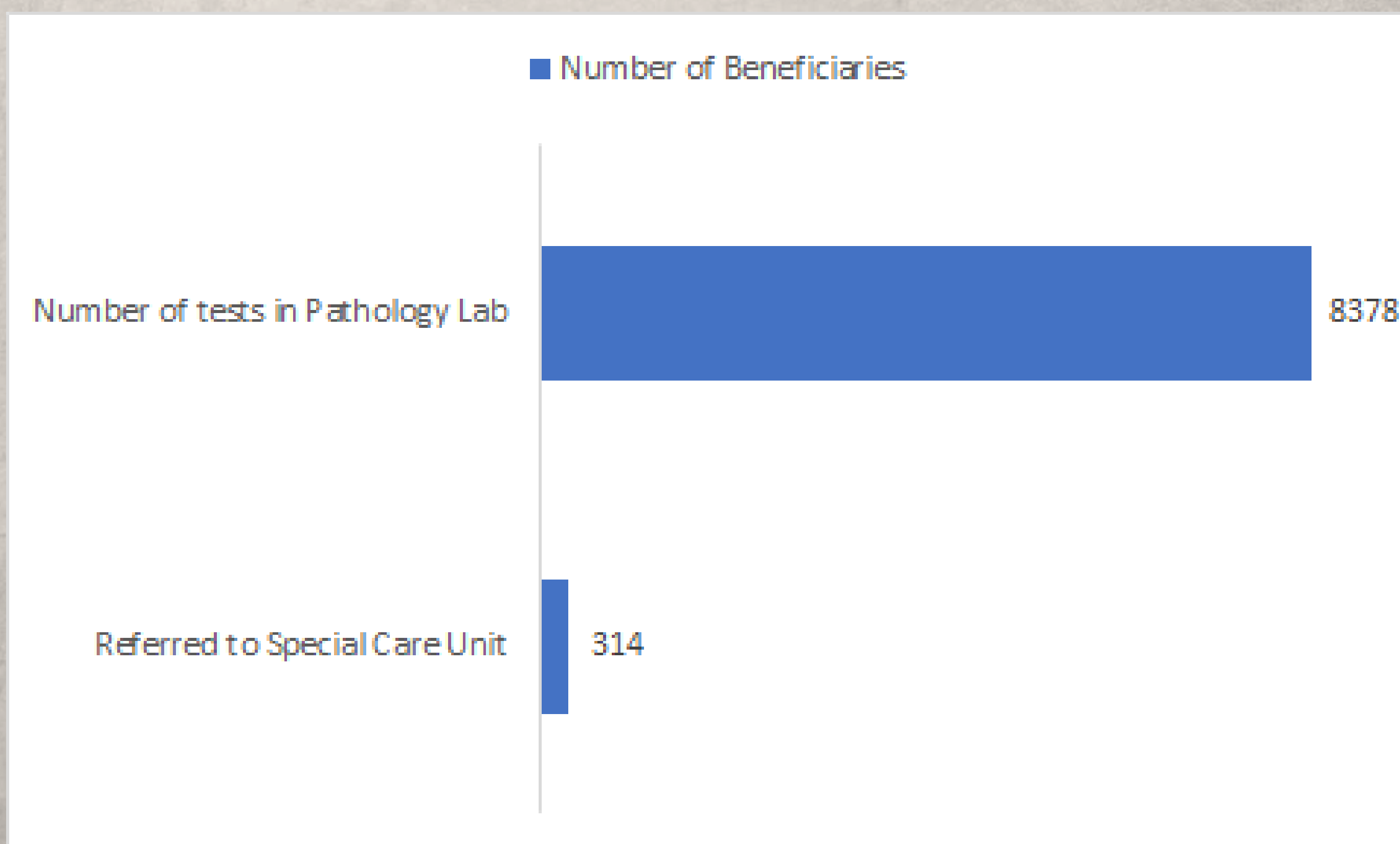
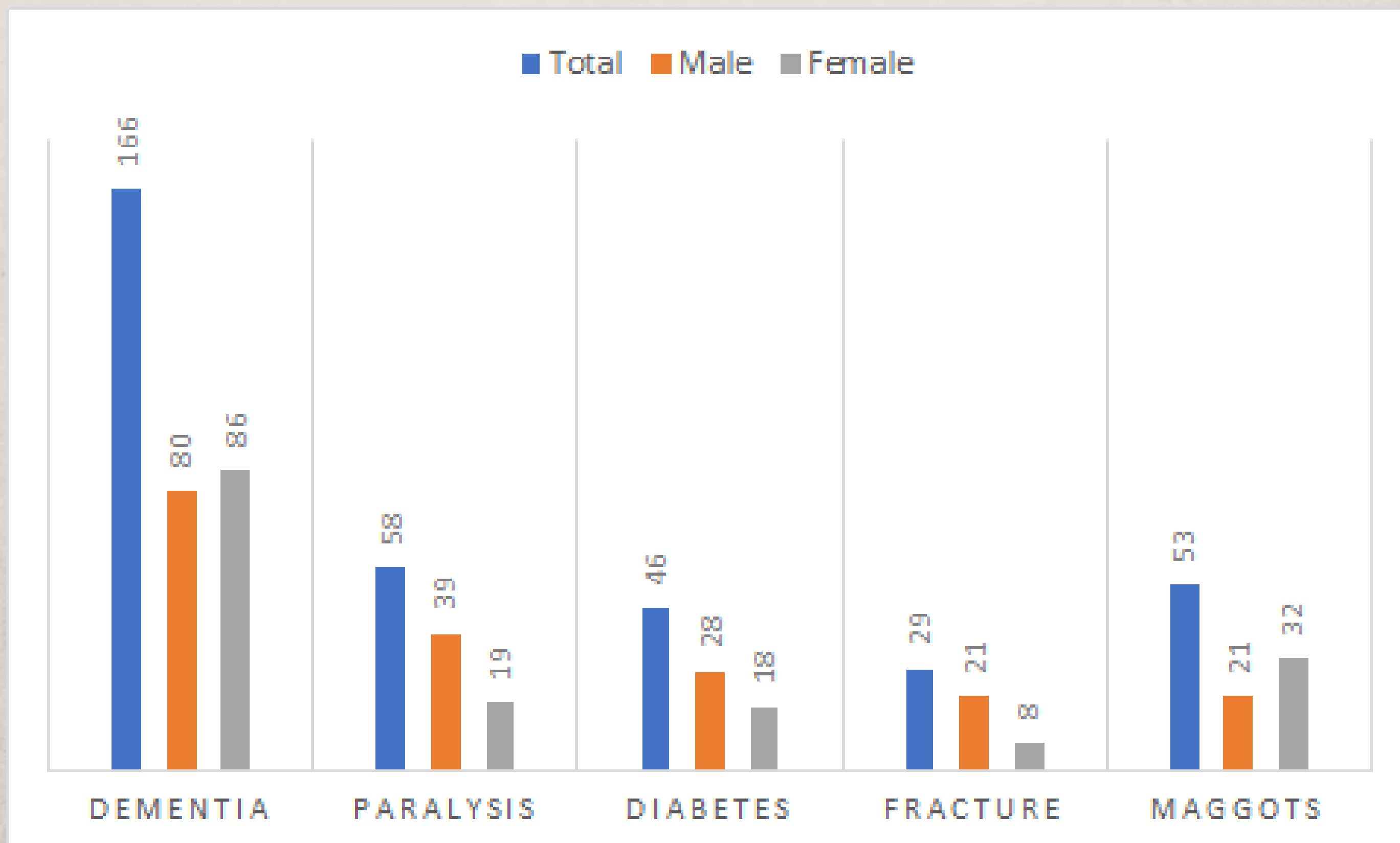
LIVES TOUCHED



Highlights of 2019-2020



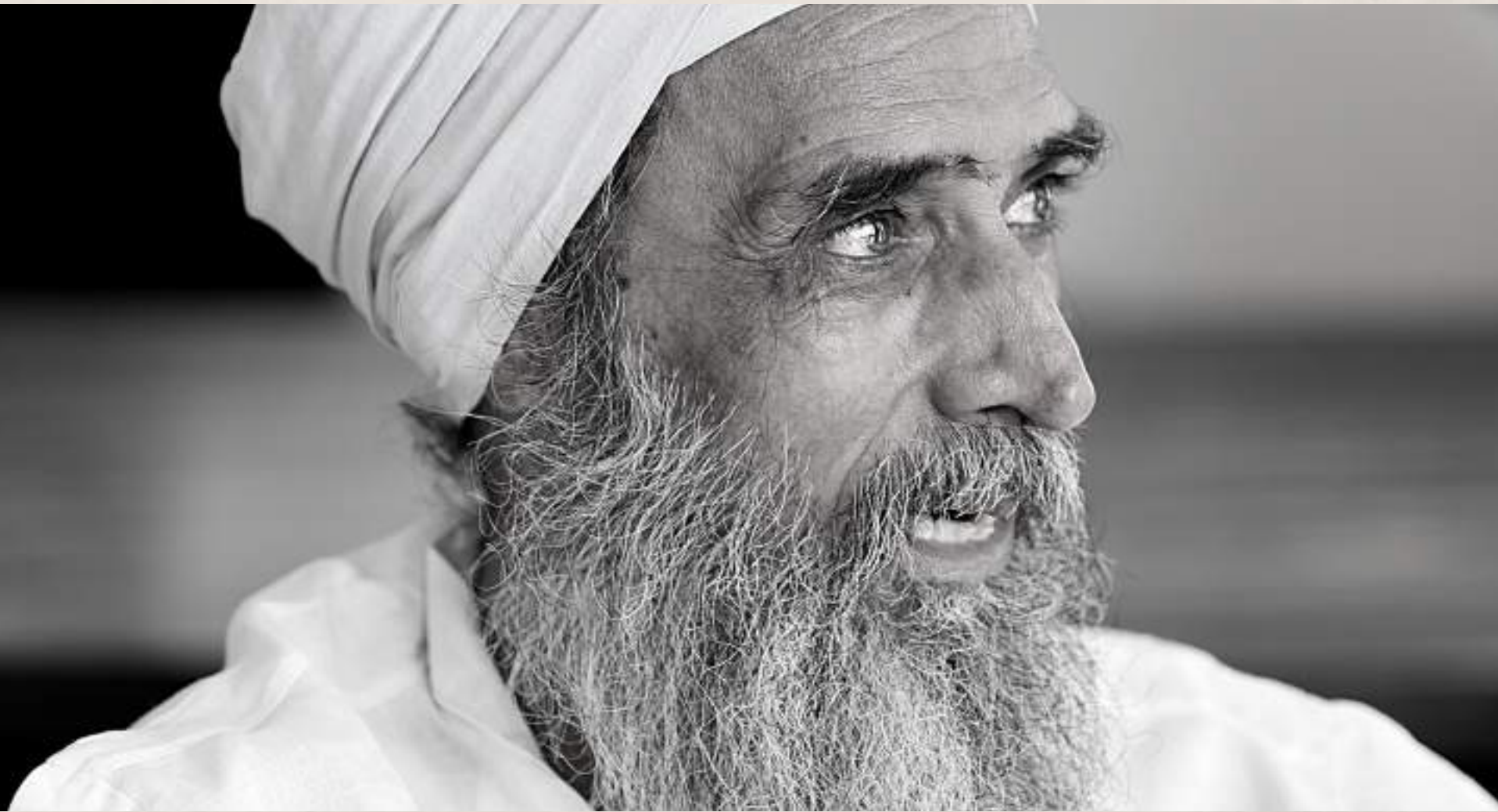
LIVES TOUCHED



Highlights of 2019-2020



SOCIAL MEDIA ENGAGEMENT



Social media plays an important role in generating awareness about the social cause we are working for at SHEOWS. It provides the best mode of communication to many organizations in the present world. It involves the use of social networks such as Facebook, Linked-In, Instagram, and Twitter, etc. among other broadcasting techniques to ensure media presence. Social media builds an ideal environment for interaction where people can meet and share their idea. Communication in social media covers a wide area since many people are accessible to the information, for instance, many people can access information posted to a Facebook page. The information posted can be spread to many people over a short period of time. Social media has helped us in spreading awareness about elderly abuse, problems faced by elders, dementia and Alzheimer's. Many people got connected with us through Facebook, Instagram, Twitter, and other social media platforms to support our cause. Through this only, we have successfully made people aware of our NGO, its objective, goal, and what we are working for. Social media helped us in dragging the attention of the youth to the problem emerging in our society.



31,106 Followers



60 Followers



234 Followers



221 Subscribers

Highlights of 2019-2020

EVENTS



Team from Amazon visited our Ashram on 4th April 2019 to celebrate World Health Day with the elderly residents. They prepared food pyramid for the elderly and made some posters on the various health risks for the senior citizens.

Team from SBI Card visited our Ashram on 23rd April 2019 as a part of their Employee Engagement Activity. They served lunch to the elderly residents and involved them in activities like - Kulhad Painting, SBI Card Logo making and coloring.



On the occasion of Mothers' Day, some visitors came to our Ashram and celebrated the day with Ammas, interacted and cut the cake with them.



SHEOWS in association with 'Rescuing Wisdom' which advocates philanthropy for elderly. In association with Venu Eye Institute and Research Centre organized eye care camp and provided necessary treatments.



Highlights of 2019-2020

EVENTS



Team of employees from MetLife celebrated Father's Day with the elder residents of our Ashram on 14th June 2019. They distributed flavored milkshakes, had dance session, served lunch and fed the elders.

Volunteers from THALES visited the Ashram on 27th June 2019 to spend quality time with the elders, also gifted Air Purifier, Hand Sanitizers, Tablets, Monitor Probe and BP Cuff.



Volunteers from ZS Associates visited Ashram on 26th July 2019 to spend quality time with elders. They played games and danced with the beneficiaries

Rakshabandhan/Independence Day decoration and celebrations at Ashram on 14th August 2019. SONY sponsored lunch for the elderly



Highlights of 2019-2020

EVENTS



Nidhi Pundhir (Director of HCL Foundation) visited our Ashram along with other team members to see the flow of work for the project sponsored by HCL Foundation. She met and interacted with the elderly residents.

John Jacob did a generous donation of eye testing and spectacles for the elders in the month of November, 2020.



Mr. Saurabh Bhagat, Director (SHEOWS) distributed sweets to the elders on the occasion of Diwali.

ZS Associates sponsored lunch and organized virtual activities for the elders during the times of COVID - 19.



Highlights of 2019-2020

MEDIA COVERAGE

मिसाल डेढ़ सौ से अधिक बुजुर्गों ने आश्रम में लिया है सहारा. बीमार होने पर कराया जाता है इलाज. आश्रम ग्राम लठीरा में स्थित है

गुरु वृद्धा आश्रम बना अपनों से टुकराए लोगों का आशियाना

गढ़ाद राखेगी, गढ़मुक्तेश्वर । एक ऐसा आशियाना जहाँ अपनों से टुकराए लोगों को सहारा दिया जाता है। जिनकी कोशिश भूलोंकी को भूलने के बाद बुढ़ावस्था में कूचने के बाद अपने जन्म का खोटा छोड़ देते हैं तब गढ़मुक्तेश्वर में स्थित गुरु विश्राम वृद्धा आश्रम उन्हें पनाह देता है। जहाँ रहकर वृद्ध लोगों को अपनों की कमी नहीं महसूस होती है। आश्रम में करीब डेढ़ सौ अधिक वृद्धा रह रहे हैं।

आश्रम में सुबह बिनस में दूध के नारते में लेकर टेपकर में हने सकली और रात को ठाल कावत महित विद्युत मिलता है। बीमार होने पर जन्म इलाज कराया जाता है। आश्रम में दवाओं का कबा बेहतरीन इलाज है। गुरु वृद्धा आश्रम ग्राम लठीरा में स्थित है। दो बीजला इम मुंद भवन में 16 हॉल हैं। करी डेढ़ सौ से अधिक वृद्ध महिला-पुरुष निवास करते हैं। आश्रम में बने के लिए मिलता, लीने समय चाय-नाश्ता, फोन आदि का व्यवस्था है।

बुढ़ की मौत ने जगा दी सेवा की भावना
 वृद्ध आश्रम बनने अठार साल से संचालित है। पुरुआत में दो पका काशी पौधों के चारुहुआ आश्रम वनिस में भव्य रूप लिए है। सेवा का कार्य दिल्ली के गीतपुरी बनावत सम जली निवारी डी. जॉयो भवता करते है। 60 वर्षीय डी.

बीस से अधिक का स्टाफ
 आश्रम की देखभाल कर रहे सैनजर पारुख चौररी बताते है कि आश्रम पर करने वाले वृद्धों की सेवा के लिए बीस से अधिक लोग का स्टाफ हर समय काम है। करीब चालीस बीघा में बने आश्रम परिसर में ही भोजन है। विसुमे 16 भवन है। उनके दूध से ही आश्रम की आवश्यकता पूरी की जाती है।

बुढ़ की सेवा में मिलता है सुख
 वृद्ध आश्रम की देखभाल करने वाले सचिव खान का कहना है कि पंद्रह साल से सभी पर देखभाल कर रहे हैं। यहां रहने वाले अधिकतर वे लोग हैं, जो संभार संभारों के शिकार होने पर उनके पर वाले भी उनसे निवारा बन गीते हैं, लेकिन उनकी सेवा करना जो अच्छा लगता है।

संभार को खान के गान लठीरा स्थित वृद्धाश्रम में खमा खते वृद्ध • ली.आश्रम

MLA of Garhmukteshwar and MLA of Amroha visited our Ashram and distributed fruits to all the elderly residents

SHEOWS was honored with Delhi's NGO in healthcare Leadership Award by Zee Business National Healthcare Leadership Congress & Awards



REPUBLIC. 06:06 PM LIVE

LOCKDOWN PHASE-2 DAY 7

NEED FOR STRINGENT IMPLEMENTATION

REPORT FROM OLD AGE HOME

INDIA TOTAL 18985 ACTIVE CASES 15122 CASUALTIES 603 RECOVERED 3260

LOCKDOWN CHECK BADARPUR NEW DELHI

INDIA ACTIVE CASES 15,122

COVID ALERT 15,122 ACTIVE CASES SO FAR

Mr. Saurabh Bhagat, Director (SHEOWS) speaking to Republic TV about how the Old Age Home is taking care of the elders and keeping them safe amidst the Covid-19 outbreak.

इस होली भी अपनों की राह ताकती रहीं बुजुर्गों की निगाहें

पिस शर्मा • गढ़मुक्तेश्वर:

गढ़ खादर क्षेत्र अंतर्गत ग्राम लठीरा में स्थित आवासीय गुरु विश्राम वृद्धा आश्रम में मौजूद वृद्ध माता-पिता की इस बार भी होली पर आंखें अपनों की राह ताकती रहीं, लेकिन उनका अपना कोई नहीं आया। जिंदगी के अंतिम पड़ाव में जीने वाले वृद्ध आश्रम में रह रहे 100 से अधिक वृद्ध माता-पिता ऐसे हैं, जिनको अपनी संतानों के आने का इसलिए इंतजार है कि वे आएंगे और उनको अपने साथ होली का त्योहार मनाने को घर ले जाएंगे। लेकिन उनके अस्मानों पर तो पानी फिर गया है। सोमवार को ऐसे वृद्धों ने आश्रम में रहने वाले लोगों के साथ मिलकर अपना लुख दर्द बांटकर होली की खुशी मनाई।

गढ़ खादर क्षेत्र अंतर्गत गांव लठीरा में स्थित आवासीय गुरु विश्राम वृद्धा आश्रम में 100 से अधिक वृद्धा व वृद्ध रहते हैं। आश्रम की मैनेजर फारुख खां ने बताया कि आश्रम में



गढ़ खादर स्थित गुरु विश्राम वृद्धाश्रम में होली खेलते वृद्धजन • जागरण

वृद्धा रहने वाले इन वृद्धाओं के पुत्र भी हैं और पुत्रियां भी, लेकिन इनकी संतान इनको दूर रखती है। वह वृद्ध ऐसे हैं, जो आश्रम में अपने संतानों के आने का इंतजार कर रहे हैं। इनमें कुछ वृद्धाओं का वह भी कहना है कि

अगर उनके बेटे आ भी गए, वे उनके साथ नहीं जाएंगे। वे आश्रम में ही दीपावली मनाएंगे।

आश्रम में रहने वाले एक वृद्ध से उसके बेटे ने होली पर्व के दिन मोबाइल फोन पर बातचीत की।

लेकिन घर जाने की बात पर उसने फोन काट दिया। फारुख खां ने बताया कि आश्रम में रहने वाले लोगों को किसी भी प्रकार कोई कमी नहीं है। वहां समय से उनको जरूरतमंद सामग्री दी जाती है।

thepatriot.in



Old people who face poverty and abandonment now have a young champion of their rights: 16-year-old Vivhan Rekhi, a school student

Our COVID-19 Response

Multiple research and international agencies like the WHO and United Nations have claimed elderly to be at maximum risk during the covid – 19 pandemic. Specially, elderly with pre-existing illnesses like diabetes, hypertension etc. are doomed to be at an even greater risk. With India inhabiting more than 18 million abandoned elderly, SHEOWS old age home is doing its bit to save and protect some abandoned elderly in Delhi and Uttar Pradesh. Consequently, we are following a strict protocol for keeping our beneficiaries safe amidst the pandemic. SHEOWS is not only helping its own beneficiaries is doing multiple distribution drives since March 2020 to provide some hope to the abandoned, destitute, and homeless elderly of Delhi/NCR.



Social Distancing maintained by our beneficiaries



PPE Kits, Masks and Gloves distribution for our staff

Our COVID-19 Response



Our ration distribution drive during complete lockdown



Our beneficiaries and staff being tested for COVID-19

Improvements in Medical Services



We are constantly supported by our generous corporate and individual donors. During the hard times of pandemic, our Old Age Homes saw vast requirements of medical appliances, PPE kits, Masks, and Sanitizers. The whole staff is working coherently to provide the best of facilities to our worthy elderly. Despite the shortage of helping hands and lack of adequate manpower, we try every day to give it our best and keep working towards the cause. With the help of our donors and corporate partners, we have added ventilators, done oxygen piping of the special care unit, increased health supplements' distribution amongst the elderly, etc.

LOOKING AHEAD 2020-2021



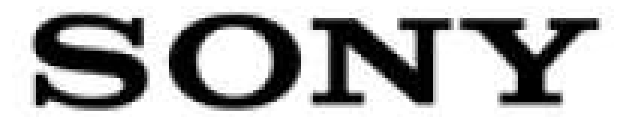
The year ahead is going to be a challenging one as COVID - 19 is likely to tighten the grip over India. This pandemic is likely to bring irreversible changes in all our lives and most importantly the old age and medically vulnerable population.



As an organization, we pledge to continue to address these challenges and work towards taking the sustainable social responsibility for helping the abandoned, destitute and orphan elders.

Help us in keeping our elders safe and happy.

CORPORATE DONORS



FOLLOW US



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