

SHEOWS ANNUAL REPORT 2014-2015

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| NAME OF ORGANIZATION: | SAINT HARDYAL EDUCATIONAL AND ORPHANS WELFARE SOCIETY (SHEOWS) |
| ADDRESS: | Guru Vishram Vridh Ashram, Gautampuri Phase-I, Near Ali Village, New Delhi-110044. |
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| E-MAIL: | vridhashram@oldagehomeindia.in |
| NAME OF PROJECT COMPONENT: | To provide better facilities & services to the inmates of our Old Age Home |
| PERIOD OF REPORT: | 1 st April 2014 to 31 st March 2015 |
| PROJECT CONTACT: | <p style="text-align: center;">Name: Mr. Saurabh Bhagat</p> <p style="text-align: center;">Designation: Director</p> |

I. PROJECT DETAIL

1. Overall Program Objective: To provide shelter, food, clothes and medical care to the destitute old in our Old Age Home.

No. of Direct Beneficiaries: 130 at Delhi Old Age Home & 50 at Garhmukhteshwar Old Age Home.

ACTIVITIES PLANNED AND DONE:

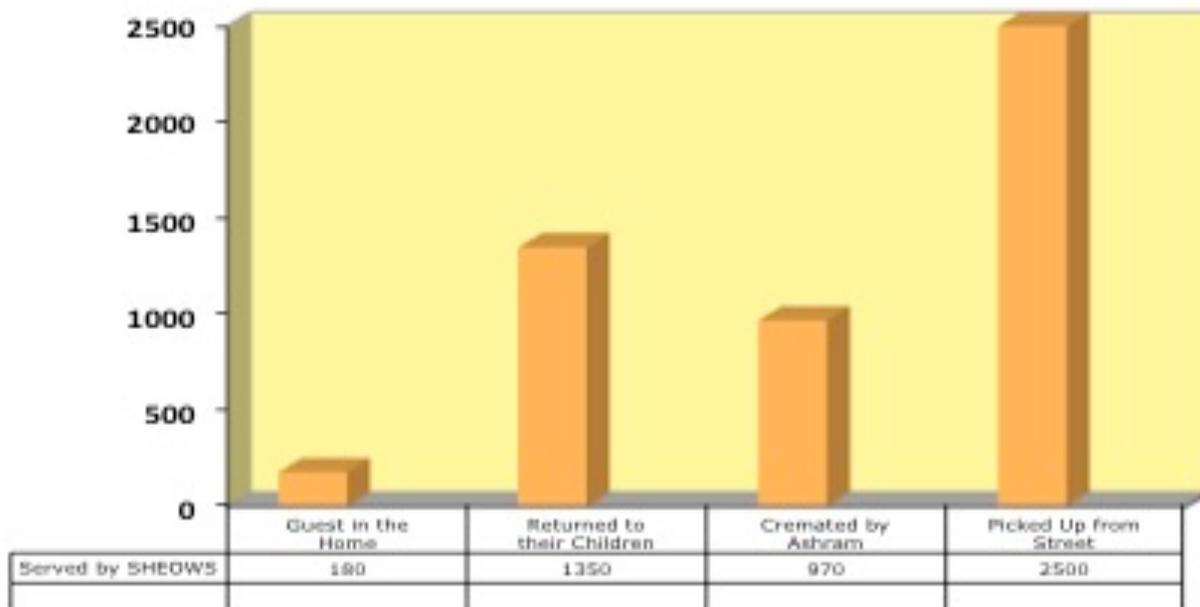
| Activity | Input given for carrying out the activity | Qualitative output | Quantitative output | Time frame | Activity conducted by whom |
|---|---|--|---|------------|----------------------------|
| Activity No.1 Provided 180 inmates shelter, food, clothes, and care to the mentally and physically destitute and old. | Provided better facilities <ul style="list-style-type: none"> ▪ Constructed Big Hall ▪ Appointed More Care Givers ▪ Provided one Van and Two Care Givers for serious | Nutritious Food <ul style="list-style-type: none"> ▪ Daily <ul style="list-style-type: none"> ○ Green Vegetables ○ Fruits ○ Horlick ○ Ragi | Services being given to 180 inmates and more. | 12 months | Dr. G.P. Bhagat |

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| | <ul style="list-style-type: none"> patient to take to the hospital Water proofing and marble flooring of the total area was done. | <ul style="list-style-type: none"> It's saved the old people in raining season from the roof leakage and smooth floor also help in comfortable movement of our old on floor. | | | |
| Activity No.2 Provided Special Care for Sugar patients. | <ul style="list-style-type: none"> Routine Sugar Check up | <ul style="list-style-type: none"> Special tea & medicines with regular check-up. Better health & improvement in immune system. | Services being given to 70 sugar patients. | 12 months | Doctor |
| | <ul style="list-style-type: none"> Doctor visited daily for 2 hours. | <ul style="list-style-type: none"> Provided Regular Medicine | Good Health and decrease in death rate. | 12 months | Doctor, Physiotherapist and Nurse |
| Activity No.3 Provided 180 inmates food, health and hygienic condition of living, and monthly medication. (also medication, if and when required) | <ul style="list-style-type: none"> Provided special care (medication, love & affection) for Alzheimer and Dementia affected people We have appointed a part time physiotherapist. | <ul style="list-style-type: none"> Improvement in health and treatment of fractured, paralytic and bedridden people. Fractured and paralytic Patients are getting benefit. | Services being given to 180 and more inmates. 130 old are getting benefit. | 12 months Started in month of August | Staff & Doctors |

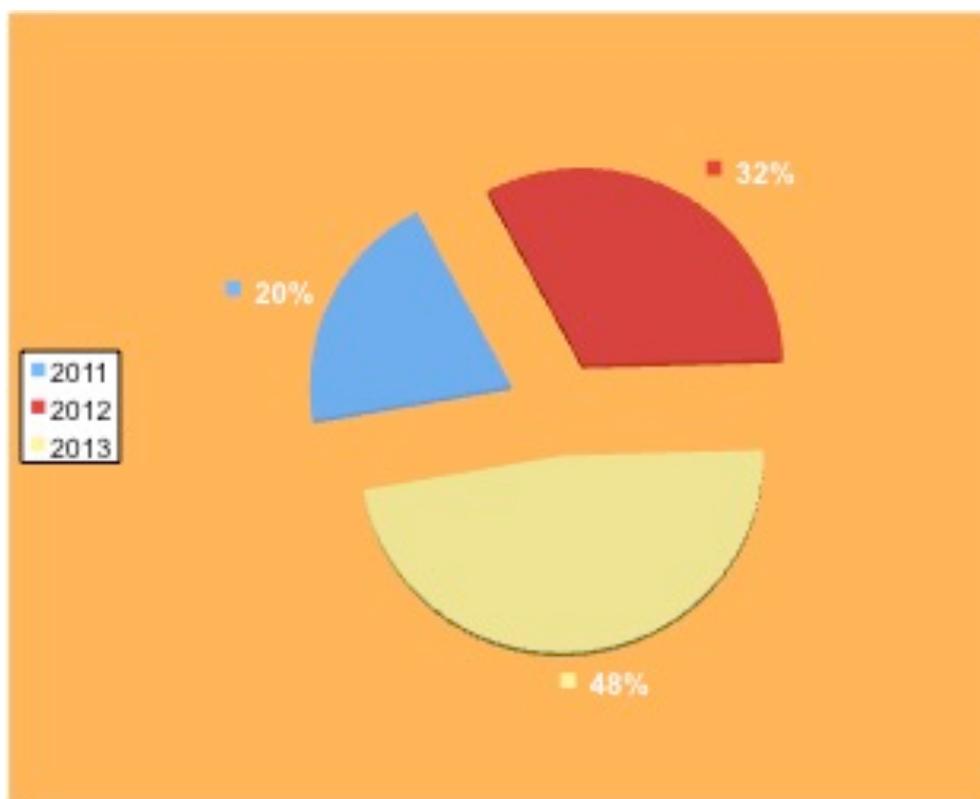
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| <p>Activity No.4</p> <p>Provided inmates with regular health check-up, medicines and physiotherapy</p> | <ul style="list-style-type: none"> ▪ Provided Physiotherapy, Yoga and Naturopathy. | <ul style="list-style-type: none"> ▪ Better health and decrease in death rate. | <p>Services being given to 180 and more inmates.</p> | <p>12 months</p> | <p>Staff & Physiotherapist</p> |
| <p>Activity No.5</p> <p>Provided regular health check-up of phsyatric patient</p> | <ul style="list-style-type: none"> ▪ Pending | <ul style="list-style-type: none"> ▪ Pending | <p>Pending</p> | <p>-</p> | <p>-</p> |
| <p>Activity No.6</p> <p>Regular Visits of Volunteers</p> | <ul style="list-style-type: none"> ▪ Volunteers visits every day and give mental & moral satisfaction to the inmates. | <ul style="list-style-type: none"> ▪ Improvement in daily life & inmates get mental satisfaction. | <p>Services being given to 180 and more inmates.</p> | <p>12 months</p> | <p>Volunteers</p> |
| <p>Activity No.7</p> <p>Regular Bhajan Kirtan organized for the inmates</p> | <ul style="list-style-type: none"> ▪ Geeta Path & regular bhajan kirtan. | <ul style="list-style-type: none"> ▪ Inmates get spiritual healing | <p>Services being given to 180 and more inmates</p> | <p>12 months</p> | <p>Staff & Inmates.</p> |
| <p>Activity No.8</p> <p>Regular Campaign for wider awareness of the need to reach out to the old and the destitute</p> | <ul style="list-style-type: none"> ▪ Regular awareness material distributed in <ul style="list-style-type: none"> ○ Schools ○ Colleges ○ Corporates Offices | <ul style="list-style-type: none"> ▪ People come to know about the fact, situations and problems of these inmates. | <p>Services being given to Delhi and NCR.</p> | <p>12 months</p> | <p>Staff, College students and Volunteers</p> |

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| <p>Activity No.9 Organized two Annual Function (Sankulp Divas) for larger dissemination of the Centre's Vision and Mission</p> | <ul style="list-style-type: none"> ▪ Organised two Annual Function (Sankulp Divas) for wider outreach. ▪ Celebrated Festivals birthday etc. | <ul style="list-style-type: none"> ▪ Increase in Happiness. | <p>Services being given to 180 and more inmates.</p> | <p>12 months</p> | <p>SHEOWS Staff</p> |
| <p>Activity No.10 Construction of New Building sponored by EIL.</p> | <ul style="list-style-type: none"> ▪ Construction of new advanced Old Age Home at Garhmuktesh war with proper 128 beds and 8 Wards with all the facilities stared. The total corporate area is 14000 sq.ft. | <p>All the inmates residing in Old Age Home will get better care with all advance facilities permanently.</p> | <p>Services being given to more inmates.</p> | <p>12 months</p> | <p>Management</p> |

Elderly Served by SHEOWS



Increase in Admission Per Year



2. Impact Assessment:

| Activity | Output (how has the project changed the lives of its beneficiaries) | Indicators (how has this change been measured) | Qualitative results | Quantitative results |
|---|---|--|---|---|
| <p>Shelter food, clothes and Medical care being provided to 180 mentally and physically disabled old.</p> | <p>With your kind support. We have appointed part time physician and Jr. And Sr. Care taker. With the result the quality of Medical care has been improve as well as there is qualitative improvement in services also.</p> <p>The ultimate impact of the project will be that the poor helpless and destitute an old aged person from the New Delhi/NCR will enjoy a sound and fulfilling old aged life.</p> | <p>Better health and the decrease of death rate.</p> | <p>Better improvement in health and hygiene of the residents.</p> <p>The poor helpless and destitute old aged will have a safe accommodation and placement where they will enjoy their old aged.</p> <p>Gaining adequate nutrition, physical exercise and quality healthcare the poor helpless and destitute old aged will lead a healthful life.</p> | <p>About 180 residents are getting benefit.</p> |

3. Sustainability: The Organization is trying to become self-sustainable within the time period of next two to three years.

SHEOWS started its 1st Old Age Home in 2003. In last 12 years many individual donor join the organization and philanthropic donor. We are trying to modernize our approach and reach maximum people to contribute to this Nobel cause. To sustain and provide maximum benefits to the destitute old aged inmates SHEOWS will approach various strategies to sustain the project. To sustain the project we will take the following steps:-

- We are requesting all our visitors/supporters to celebrate their birthday/anniversaries at our home and support at least one meal of the day. Similarly we are requesting our corporate friends to adopt our elderly residents.
- Request towards our visitors to adopt the elderly residents of our Old Age Home.
- Build our network of regular donor
- Try that maximum guests are adopted in the Old Age Home
- Invest regularly our corpus donation to cover routine expenses of the Home
- Build network of volunteer

We have also planned the following programmes for the Garhmukteshwar Old Age Home so that the old age home is self -sustainable:-

- Produce fruits and vegetables in our Old Age Home
- Farming
- Nutrition and medicines will be from organic farming
- Horticulture Farming
- Cow Shed (Gaushala) – Dairy production
- Honey bee

Bio Gas Plant

- For getting BIO GAS for cooking and Compost as manure.

Solar System Plant

- To have independent, Eco-Friendly system for Electricity Generation.

6. Conclusion:

- During last financial year the number of old people has increased about 17%. Even though the number of bedridden, handicapped old has increased but we have provided better facilities and services in compare to the previous years. Last year the medical facility has improved and the official records & accounts maintained properly.
- The most important work has been done in the field of infrastructure, We have started the Construction of a new building at Garhmukteshwar which is sponsored by EIL. The water proofing of the total area of Delhi Old Age Home which was pending for the last two years has been completed. The renovation of kitchen has been done. The area of the floor was not good and our residence were facing problem because most of the old are living on the floor but in the month of July to August, we have completed the total marble flooring on the Ashram.

- Established project management and fund raising team to run the Ashram and to replicate the services in India to increase the beneficiaries.
- We have started a Physiotherapy Center and entertainment system of the elderly.

NAME OF ORGANISATION: Saint Hardyal Educational and Orphans Welfare Society (SHEOWS).

AUTHORISED SIGNATURE: Mr. Saurabh Bhagat

DATE: April 15, 2015