



ABHINAV SAMAJ

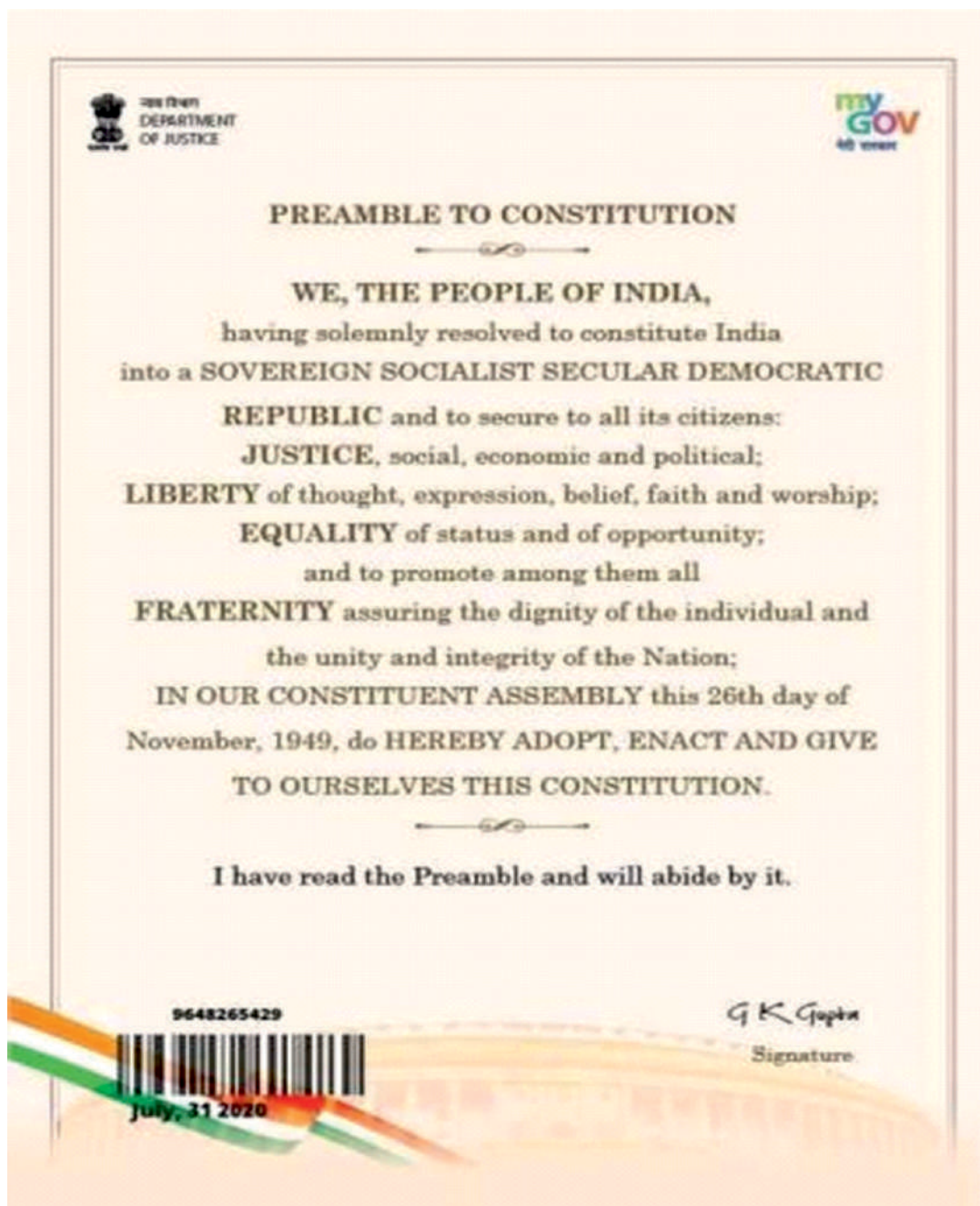
always there for you

ANNUAL REPORT - 2021-22



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The Preamble to the Constitution of India



Abhinav Samaj is committed to upholding the Constitution of India and under the leadership of Mr. G. K. Gupta took the pledge of imbibing the preamble to the constitution of India and is honoured to have received a certificate to the effect from the Ministry of Social Justice dated 21 June 2020

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Chairman's Message

Greetings Friends!



I am delighted to present the 12th Annual Report of Abhinav Samaj !

I express my heartfelt gratitude to all, who have been part of our journey and contributed whole heartedly to the best of their ability. I welcome those who have joined us in recent years too. Thankyou all on behalf of the entire Abhinav Samaj family!

I am proud to say that we stepped-up our act during the Pandemic and supported a large number of people directly both the young and old. We took care of the elderly who were living with us and reached out to those who were alone and abandoned. We carried out large Food Distribution, Book Distribution activities, Medical Aid as well as COVID PP Kits etc. We set up model homes and expanded our reach to many states like Utrakhand, Assam etc.

For the young we arranged Book Distribution and classes for core subjects, art education activities. We also organised many competitions including art , drawing, painting and craft creation. We know they are the ones who will grow up and manage things in the future. We took an opportunity to orient them for elderly-care. Help them grow into sensitive individuals.

Our endeavours are humanitarian and nation building through selfless initiatives for eradicating poverty, building schools, providing safe drinking water, rural education, running orphanages, old age homes, activities in slums and rural areas. We will forever remain committed to providing quality services to the downtrodden and underprivileged.

Wishing the Very Best

A handwritten signature in black ink, appearing to read 'G. K. Gupta', with a long horizontal stroke extending to the right.

(G. K. Gupta)
Chairman

About Us

We are a group of like-minded people who decided to come together and contribute to a good cause. With the purpose of working on the problems of senior citizens; here is our team assured to resolve all kinds of problems faced by senior citizens.

Our Team



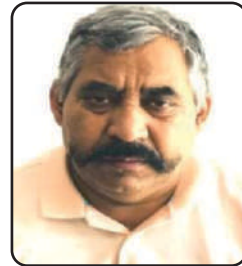
G. K. Gupta (Settler Trustee/ Chairman)
Retd. Govt. Officer/Social Worker,
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Birendra Kumar (Trustee/Project Director)
Social Worker
R-13, Anand Vihar, Uttam Nagar, New Delhi-110059



Smt. Indra Gupta (Trustee/Treasurer)
Social Worker,
R-10, R Block, Old Uttam Nagar, New Delhi-110059



Joginder Singh (Trustee)
Business/Social Worker,
D-63/5, Dhawan Farms, Sangam Vihar, New Delhi-110062



Bhagwan Das Wadhwa (Trustee)
Retd. Govt. Officer/Social Worker
A-2/42, Ashirwad Apartments,
Paschim Vihar, New Delhi-110063



Mohar Singh (Trustee)
Farmer/Social Worker
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Madan Lal Gupta (Trustee)
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Gemini Park PH-I, Najafgarh,
New Delhi-110043

ABOUT ABHINAV SAMAJ

Abhinav Samaj came into existence when a number of like-minded people decided to come together and contribute to the cause of Senior Citizens in specific and the country at large.



We are registered with NGO Darpan as well as verified for transparency with Guide Star India

NGO Darpan Registration No. DL/2017/0152972

GuideStarIndia transparency Key



Abhinav Samaj is dedicated to upholding the National Policy for Elderly 2011 and has taken up numerous initiatives towards this end following the Standards already set by the International Plan of Action on Ageing and the conventions, recommendations and resolutions of the International Labour Organization, the World Health Organization and other United Nations entities. Abhinav Samaj adheres to the principles recommended by United Nations for Country National Programs and believes in, has been striving for Independence, Participation, Care, Self-fulfillment and Dignity for elderly people.

Abhinav Samaj has undertaken a number of activities for ensuring that older people are able to:

Have access to adequate food, water, shelter, clothing and health care through the provision of income, family and community support and self-help.



Have the opportunity to work or to have access to other income-generating opportunities.

Be able to participate in determining when and at what pace withdrawal from the labour force takes place.

Have access to appropriate educational and training programs

Be able to live in environments that are safe and adaptable to personal preferences and changing capacities.

Be able to reside at home for as long as possible.

Remain integrated in society, participate actively in the formulation and implementation of policies that directly affect their well-being and share their knowledge and skills with younger generations.

Seek and develop opportunities for service to the community and to serve as volunteers in positions appropriate to their interests and capabilities.

Form movements or associations of older persons.

Benefit from family and community care and protection in accordance with each society's system of cultural values.

Have access to health care to help them to maintain or regain the optimum level of physical, mental and emotional well-being and to prevent or delay the onset of illness.

Have access to social and legal services to enhance their autonomy, protection and care.

Utilize appropriate levels of institutional care providing protection, rehabilitation and social and mental stimulation in a humane and secure environment.

Enjoy human rights and fundamental freedoms when residing in any shelter, care or treatment facility, including full respect for their dignity, beliefs, needs and privacy and for the right to make decisions about their care and the quality of their lives.

Pursue opportunities for the full development of their potential.

Have access to the educational, cultural, spiritual and recreational resources of society. Older persons should be able to live in dignity and security and be free of exploitation and physical or mental abuse.

Be treated fairly regardless of age, gender, racial or ethnic background, disability or other status, and be valued independently of their economic contribution.

The National Policy on Older Persons was announced by the Government of India in the year 1999 in pursuance of the UN General Assembly Resolution 47/5 to observe 1999 as International Year of Older Persons and in keeping with the assurances to older persons contained in the Constitution. The well-being of senior citizens is mandated in the Constitution of India under Article 41. "The state shall, within the limits of its economic capacity and development, make effective provision for securing the right to public assistance in cases of old age". The Right to Equality is guaranteed by the Constitution as a fundamental right. Social security is the concurrent responsibility of the central and state governments.

Subsequent international efforts made an impact on the implementation of the National Policy on Older Persons. The Madrid Plan of Action and the United Nations Principles for Senior Citizens adopted by the UN General Assembly in 2002, the Proclamation on Ageing and the global targets on ageing for the Year 2001 adopted by the General Assembly in 1992, the Shanghai Plan of Action 2002 and the Macau Outcome document 2007 adopted by UNESCAP form the basis for the global policy guidelines to encourage governments to design and implement their own policies from time to time. The Government of India is a signatory to all these documents. The Ministry of Social Justice and Empowerment (MSJE) coordinate programmes to be undertaken by other Ministries in their relevant areas of support to older persons. Pensions, travel concessions, income tax relief, medical benefit, extra interest on savings, security of older persons are ensured through an integrated scheme by the MSJE. The Ministry of Social Justice and Empowerment piloted landmark legislation the Maintenance and Welfare of Parents and Senior Citizens" Act 2007 which is being promulgated by the States and Union Territories in stages. Financial support is provided for Homes, Day Care Centres, Medical Vans, Help Lines etc are extended currently.

While some States and Union Territories implemented their policies with vigour, most states, particularly the big ones, were behind perhaps due to financial and operational deficiencies. Abhinav Samaj strives to provide unstinted support to our government through philanthropy, networking with like minded NGOs and people globally, which has also influenced in shaping our vision & mission as seen below.

Our Vision & Mission

Our Vision

A society where aging is not difficult, where the elderly are healthy, happy, empowered and can have a dignified better life. We aim to contribute to the building of a society in which people are encouraged and enabled to age productively and with dignity.

Our Mission

Our mission is to work towards betterment of society. Initiating and implementing projects that motivate the elderly to play the second innings with joy and with stress.

Future Plan 2025

Abhinav Samaj aspires to set a model in the country and the world by setting up model homes in every block of the country. These will be elderly-care centers with the best care for the elderly, integrating the entire local community and local authorities to give our senior citizens the love care and support they need in the autumn of their lives.



Demography of Indian Ageing

The life expectancy of human has increased considerably over the years and this in turn has resulted not only in a very substantial increase in the number of older persons but in a major shift in the age groups of 80 and above. The demographic profile depicts that in the years 2000-2050, the overall population in India will grow by 55% whereas population of people in their 60 years and above will increase by 326% and those in the age group of 80+ by 700% - the fastest growing group (refer to table).

Years	Total Population (millions)	60+ (millions)	80+ (millions)
2000	1008	76	6
2050	1572	324	48

Source: World population Ageing: 1950 -2050; Department of Economic and Social affairs, Population Division, United Nations. New York.2002

Statistics reveal that 12.5% of the Worlds Elderly Population lives in India. Most of them will never retire in the term and will long as Inevitably produce and with age, the will result in living standards means Therefore, this old age income a result of the scenario, there aspects of care (80+ years)



economic, financial, health and shelter. usual sense of the continue to work as physically possible. though the ability to earn will decline absence of savings sharp declining in and that for many destitution. is the challenge of security in India. As current ageing is a need for all for the Oldest Old namely, socio

According to the Longitudinal Aging Study in India (LASI) Report, the ageing population in India is set to grow to about 330 million in the next few decades by approximately 2050. This rapidly growing elderly population coupled with increasing life expectancy, improved affordability, shifting disease burden and evolving nuclear family structures (across rural and urban India) makes it imperative to organise the fragmented senior care ecosystem. This will need a push on multiple axis – need to evolve a framework with appropriate policies, regulations, tax structures; create a favourable environment to attract investment in the sector; significantly ramp up resources and capability and lay down standards to ensure quality.



A philanthropic alliance between Abhinav Samaj, Non Violence & Peace Foundation and Strivajin Foundation made possible the establishment of Abhinav Shanti Sewa Sadan.

The three foundations have come together to set the national standard for elderly-care in the country with a plan for helping the Government of India achieve the target of an old age home in every block of the country. For this noble cause they have set up the Abhinav Shanti Sewa Sadan at A-3, Indira Park, Najafgarh, New Delhi-110043. The Initiatives is the first step towards fulfilling the need assessment of the LASI Report 2021



Things We do

ASSISTANCE FOR BETTER LIFE - We provide support to elderly people who are in need of socio-psychological care. We rescue the destitute who are living in the streets, victims of neglect at home, after having completed life's responsibilities and sent their children abroad. We help them with companionship to the lonely and living in isolation, cater to their psycho- social needs through various activities like personal care, health & hygiene, birthday celebrations etc. without any discrimination of caste, colour, creed and class.

NETWORKING FOR BASIC NEEDS - The care for the elderly is a vast work and we alone cannot cater to it in totality. Therefore, we network and collaborate with other NGOs and service providers who are serving the elderly. At the moment we are running Jai Ma Durga Old-Age Home at C-147, Uday Vihar, Nilothi Extn., Nangloi, New Delhi-110041 and have capacity of 25 inmates there. After rescue we provide shelter, food or clothes by networking with likeminded individuals and organizations if no space is available in our old-age home.

CHARITY FOR EDUCATION
Books and Stationary have a wonderful way of helping slum children's development as they can find imagination and creativity within the world of books. Abhinav Samaj doing this noble cause since March 2020

FOOD FOR HUNGRY/ELDERLY
Abhinav Samaj regularly distributing Food in slums and other needy. Since COVID crisis from March 2020 we are distributing food-packets, grocery-kits in many slum colonies in DELHI

HOME For HOMELESS - We are in process to set up 100 beds own home for homeless in Chakrata (Uttarakhand). We have got the land. Your support is needed in this endeavour.

CONVENIENCE - Domestic staff sensitization and supervision. Organize food & grocery delivery Training in basic technology e.g. internet, mobile, Arranging Legal, Financial, travel assistance, Assistance in government and utility procedures.

Project Details

Abhinav Shanti Sewa Sadan Initiative



Elderly Care	Palliative Care	Foster Care
Support	Training & Placement	Service
Elderly Home Care Service Round the Clock		

Abhinav Samaj in collaboration with Non Violence and Peace Foundation, and Strivajin Foundation has set up Abhinav Shanti Sewa Sadan at A-3, Indira Park, Najafgarh, Delhi-110043. It is developed as a model old-age home, with a number of components as mandated by the Maintenance and Welfare of Parents and Senior Citizens (Amendment) Bill, 2019, Ministry of Social Justice and Empowerment. The Elderly home houses three key features of the Model Old age Home: *Abhinav National Resource Center, *Abhinav Physiotherapist Clinic, *Abhinav Old Age Home*

Highlights of the Bill

The Bill brings step-children, adoptive children, children-in-law, and legal guardians of minor children under the definition of children.

Under the Act, Maintenance Tribunals may direct children to pay a maximum of Rs 10,000 per month as maintenance amount to their parents. The Bill removes this upper limit on the maintenance fee.

The Act provides for senior citizens to appeal the decisions of the Maintenance Tribunal. The Bill allows children and relatives also to appeal decisions of the Tribunal.

The Bill provides that if the children or relatives fail to comply with maintenance orders, the Tribunal may issue a warrant to levy the due amount. Failure to pay such fine may lead to imprisonment of up to one month, or until the payment is made.

The Bill provides for the regulation of private care-homes for senior citizens, and institutions providing home-care services.

Abhinav Shanti Sewa Sadan

These are ways you can also contribute to the noble cause

DONATION

You can donate as per your choice for the welfare and rehabilitation of destitute elderly either by Cheque or online transfer. All the donations are eligible for Tax benefits under section 80-G of Income Tax Act

ADOPT A SENIOR CITIZEN- Your support will provide the elderly person with medical care, food and clothing . Cost for each person per month is Rs.5000 Adoption is possible for a month/year Break -up of Expenses Medical Support Rs.1000/- per mth. Food (Breakfast/Lunch/Snacks/Dinner) – Rs.100/Day Clothes (Dress/Bedding/Room Cleaning & Maintenance) : Rs.1000

ADD A BRICK - We are running old age homes on rented buildings. We have land now adding brick to build our own old age home so service can be stable and elderly people can live life peacefully. The new old age home is being built in Chakrata and New Delhi. We are looking founding members. Join us to add a brick/bricks at Rs.7000 (\$100) per Brick.

NAME A ROOM - We are establishing an old-age home, you can add a Brick or you can adopt a complete room. Each room will cater to two people. You can sponsor the room in your beloved's name. We will name the room as you desire, we will put a golden plate along with the photo of your choice. It can be your beloved's photo or logo of your company or initiative

SUPPORT MEDICAL CARE - Senior Citizens face many medical problems due to age. We provide support those who are facing problem in old age homes or their houses as they are homebound during COVID-19 due to lockdown and social distancing. You can support with Medicine, or sponsor nursing staff, provide doctors fee or donate medical equipment for the same. We are also looking for an Ambulance to be part of movements

CELEBRATE WITH ELDERLY- You can celebrate your birthday, marriage anniversary, your beloved death anniversary with the elderly in our home. You can decide as per your budget, we will help you to organize a celebration according to your wish. Please fill the form for celebration to Celebrate with Elderly

DONATE CLOTHES -

You can donate Winter Clothes–Mal /Female Summer Clothes/Winter Clothes, Bedding–Bed Sheets and Pillow, Mattress directly according to your capacity so that the elderly living in our old-age homes are cared for all seasons. Do take time to visit them and be part of our initiative

JOIN HANDS TOGETHER -

We are establishing old-age home in Chakrata and New Delhi. We need investors, donors, sponsors, and seeders. You may join hands together for the cause. You can be part of the movement. You can give time resources or financial support for work for senior citizens. write to us for your recommendations and requests

at info@abhinavsamaj.org



**The colourful recreational hall at Abhinav Shanti Sewa Sadan
Prayer for Peace in Progress**

ABHINAV SAMAJ'S INITIATIVES: Food Distribution at Noida



With the breakout of COVID-19 pandemic, neglected and poor elderly are suffering more than ever. We are reaching out to this vulnerable group and distributing cooked meals and grains along with other necessities in slums in Noida, West Delhi and South-West Delhi. To help under-privilege/poor/un-employed and migrating labour who have no work to earn livelihood.



Children queuing up for food distributed by Abhinav Samaj at Noida

Abhinav Physiotherapy Clinic

Fulfilling one of the goals of the Maintenance and Welfare of Parents and Senior Citizens' Act of 2007, Chapter-IV, Clause 20, item 5, the Abhinav Samaj has set up the Abhinav Physiotherapy Clinic at Najafgarh Center for Geriatric-Care.



Providing physiotherapy to older people is a challenge, perhaps best described by the following: "Working with older people can present the physiotherapist with a set of challenges unparalleled in other areas of practice. The caseload is very mixed; patients with musculoskeletal, neurological, and cardiovascular problems may all be found in a single caseload and often in the same patient. Interlinking between medical, psychological, rehabilitative, economic and social problems that all need attention is the norm, rather than the exception. Add to these the differences in presentation of disease, the unique pattern of ageing in each individual, and the varying responses that older people may demonstrate, and the complexity of the challenge is obvious."

A physiotherapist working with older people can be considered a 'Jack of all trades'. Far from being a term of belittlement, the phrase is a term of respect for all of the skills a physiotherapist needs to apply to their patients in light of the biopsychosocial model to ensure a holistic, patient-centred approach.

Visiting elderlies enjoying a soothing massage



[Extract from MWPSA Act 2007] Applicable items 3, 4, 5

CHAPTER IV: PROVISIONS FOR MEDICAL CARE OF SENIOR CITIZEN 20.

Medical support for senior citizens The State Government shall ensure that - 1. The Government hospitals or hospitals funded fully or partially by the Government shall provide beds for all senior citizens as far as possible; 2. Separate queues be arranged for senior citizens; 3. Facility for treatment of chronic, terminal and degenerative diseases is expanded for senior citizens; 4. Research activities for chronic elderly diseases and ageing is expanded; 5. there are earmarked facilities for geriatric patients in every district hospital duly headed by a medical officer with experience in geriatric care.

The Fundamental Principles of Physiotherapy for Older People

Disability is generally regarded as being due to a pathological process, or injury, not prima facie 'old-age'

The effects of biological ageing reduce the efficiency of the body's systems, but throughout life, optimum function is maintained in each individual by continuing to use these systems to their maximum capacity

Physiotherapists have a key role in enabling older people to use a number of the body's systems fully to enhance mobility and independence

When neither improvement nor even maintenance of functional mobility is a reasonable goal, physiotherapists can contribute to helping older people to remain comfortable and pain-free

Prevention of the development of problems in later life through health promotion

Abhinav Samaj Initiatives: Abhinav Kitchen



Shelter for the Destitute Elderly

Another initiative of 2022 of the organization is the Abhinav Kitchen

This is a unique initiative born out of our regular activity of feeding the old and destitute. We decided to build in sustainability in our actions by making food available to others, who are not living in our care. The Abhinav Kitchen is also available as a cloud kitchen for ensuring sustainability and a hunger free society. Every week 2500 packets food distribution is planned from 1st October every day. While we are doing this for the needy, we exhort you to be part of it by using the cloud facility for your own meals. This is to make it possible for those who want to make small donations. We will provide nutritious food prepared with hygiene and care. You may contribute by donations of cash and kind as per your own capacity and convenience.

Elders inside Jai Maa Durga Old Age Home



Jai Maa Durga Old Age Home

Abhinav Samaj is running residential old age home with all facilities for the last 12 Years and catering to more than 150 individuals annually.

Our Old age homes have recreational facilities with plenty of activities as usual for helping them combat these situations. We are also focusing on helping the elderly use internet and android devices for staying connected with others so that they do not feel isolated and lonely.



Our Chairperson G.K. Gupta, believes in the personal touch

We have been active in not only feeding the elderly but also providing sustenance to those stranded on the roads affected by reverse migration after-effect of pandemic and lockdown. Millions of those who had migrated, especially to cities were forced to return home by worsening economic conditions with no work and no wages. The public allowance was not reaching those, who are in the fringe of society, especially daily wage earners and we did our best to help out these needy.

At the same time we were committed to rendering our services for the fight against corona. We supported and our NGO members offered volunteer services during the COVID 19 Pandemic. We distributed Personal Protective Kits in JJ Colonies and other places. We distributed food to daily wage earners and slum dwellers and are in continue process.

MENTAL HEALTH OF THE ELDERLY DURING THE PANDEMIC

While at the same time we gave support to the elderly for mental well being apart from our usual adoption and care of the elderly. We were deeply concerned that adults who felt less close to their social network during the pandemic will experience increased depression as thrown up by research done far away in the US study. Authors wrote “However, for older adults who felt closer to their social networks during the pandemic, depression only increased markedly for those who also had experienced a large increase in loneliness, But certainly, periods of mental health distress can have longer-term implications for health and well-being” Krendl said. As published in a study, they found that Covid-19 has severely affected people’s daily lives and mental health, increasing their stress, fear of getting sick and financial strain.

Recreation events at Abhinav Shanti Sewa Sadan



Kirtan for Peace and Prosperity at Abhinav Shanti Sewa Sadan



Training of Govt Officials on Elderly Care and Managing Old age homes



Educational Support to Children

Abhinav Samaj is supporting 5 educational Centers in Noida and Delhi. The foundation regularly does book distribution, learning support activities and art education in their Najafgarh Home as well as other centers in Delhi/NCR.

Student Art Education at Najafgarh, Delhi



Training Workshop on MWPSC Act 2007



Art Education for Children at Abhinav Shanti Sewa Sadan



Children visiting our Old-Age Home at Najafgarh



Food Distribution at Noida, West and South West Delhi



Jai Maa Durga Old Age Home



Abhinav Samaj has adopted 100 senior citizens and is providing them livelihood, medical care, food, and cloths at a cost of Rs.5000 per month. For every elder person, they are taking care of orare supporting. They are also rescuing people from the street or their own homes saving them from neglect, atrocities and other such critical situations. Currently they are networking and collaborating with other NGOs, Service providers who are also serving th e elderly. They are running old age homes in rented buildings and are in the process of setting up a 100 bedded own home for homeless at Chakrata and New Delhi so service can be stable and elderly people can live life peacefully. Other initiatives are feeding the hungry elderly, home for the homeless. They also provide Socio- Psychological support to all who need it without any kind of discrimination of caste, colour, creed, class etc. and community-based disaster preparedness.

Workshop on Old-Age Home Management



Physiotherapy of the Elderly



Counseling at Abhinav Shanti Sewa Sadan



Our Partners





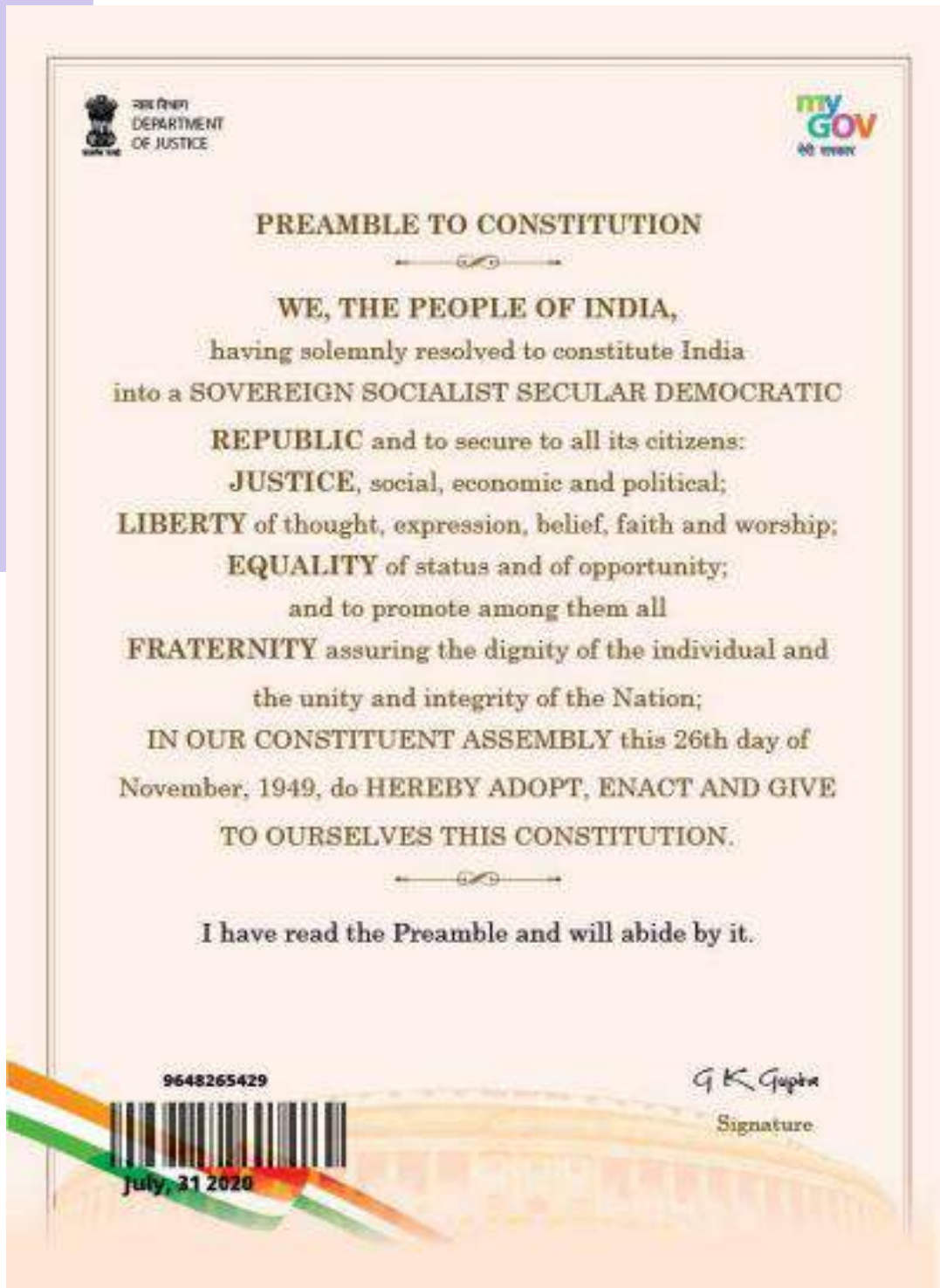
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Annual Report 2020-21

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The Preamble to the Constitution of India Pledge



Abhinav Samaj is committed to upholding the Constitution of India and under the leadership of Mr. G. K. Gupta took the pledge of imbibing the preamble to the Constitution of India and is honoured to have received a Certificate to the effect from the Ministry of Justice dated 21 June 2020

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Chairman's Message

Greetings Friends!

I am delighted to present the **12th Annual Report of Abhinav Samaj!**

I express my heartfelt gratitude all, who have been part of our journey and contributed whole heartedly to the best of their ability. I welcome those who have joined us in recent years too. Thank you all on behalf of the entire Abhinav Samaj Family!

At this juncture, I would like to mention that Abhinav Samaj continues to work with the mission for fulfilling the needs of human life at the grassroot level, particularly those pockets of the population whom it is difficult to reach due to lack of education, awareness or physical accessibility. The Government is doing its best but considering the size of our population there is always the need for more. I am happy to say Abhinav Samaj endeavours to find solutions to these problems the best as they can and complement government and other initiatives wherever they can.

Abhinav Samaj was created in 2005 and registered in 2010 under the Indian Trusts Act 1860. We are a non profit, non sectional and non political organisation serving all sections of the society without any discrimination, working its best to excel as an enabling institution for the upliftment of the deprived. We strive to improve the quality of life of the down trodden and the disadvantaged sections of Indian Society through various educational programmes, charitable initiatives and research. Some initiatives in this regard are: Old Age Homes; Books and stationery for students; Covid 19 Relief Work; Caring for Mother Nature

Our endeavours are humanitarian and nation building through selfless initiatives for eradicating poverty, building schools, providing safe drinking water, rural education, running orphanages, old age homes, activities in slums and rural areas. We will forever remain committed to providing quality services to the downtrodden and underprivileged.

Wishing the Very Best

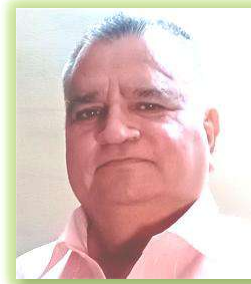
G. K. Gupta
Chairperson

About Us

We are a group of like-minded people who decided to come together and contribute to a good cause. With the purpose of working on the problems of senior citizens; here is our team assured to resolve all kinds of problems faced by senior citizens.

Our Founders

**Gopal Krishan Gupta
(Settler/Chairman)**
Retd.Govt.Officer/Social Worker
R-10, R-Block, Old Uttam Nagar, New Delhi-110059



**Bhagwan Das Wadhwa
(Trustee/Vice-Chairman)**
Retd.Govt.Officer/Social Worker
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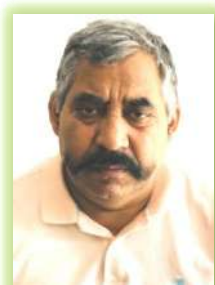
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ABOUT ABHINAV SAMAJ

Abhinav Samaj came into being when a number of like-minded people decided to come together and contribute to the cause of Senior Citizens in specific and the country at large.



We are registered with NGO Darpan as well as verified for transparency with Guide Star India.



NGO Darpan Registration No. Is [DL/2017/0152972](#)

Abhinav Samaj is dedicated to upholding the National Policy for Elderly 2011 and has taken up numerous initiatives towards this end following the standards already set by the International Plan of Action on Ageing and the conventions, recommendations and resolutions of the International Labour Organization, the World Health Organization and other United Nations entities. Abhinav Samaj adheres to the principles recommended by United Nations for Country National Programmes and believes in, has been striving for Independence, Participation, Care, Self-fulfillment and Dignity for older people.

Abhinav Samaj has undertaken a number of activities for ensuring that older people are able to:

- Have access to adequate food, water, shelter, clothing and health care through the provision of income, family and community support and self-help.



- Have the opportunity to work or to have access to other income-generating opportunities.
- Be able to participate in determining when and at what pace withdrawal from the labour force takes place.
- Have access to appropriate educational and training programmes
- Be able to live in environments that are safe and adaptable to personal preferences and changing capacities.
- Be able to reside at home for as long as possible.
- Remain integrated in society, participate actively in the formulation and implementation of policies that directly affect their well-being and share their knowledge and skills with younger generations.
- Seek and develop opportunities for service to the community and to serve as volunteers in positions appropriate to their interests and capabilities.
- Form movements or associations of older persons.
- Benefit from family and community care and protection in accordance with each society's

- Have access to the educational, cultural, spiritual and recreational resources of society.
- Older persons should be able to live in dignity and security and be free of exploitation and physical or mental abuse.
- Be treated fairly regardless of age, gender, racial or ethnic background, disability or other status, and be valued independently of their economic contribution.

Our Vision

A society where aging is not difficult, where the elderly are healthy, happy, empowered and can have a dignified better life. We aim to contribute to the building of a society in which people are encouraged and enabled to age productively and with dignity.

Our Mission

Our mission is to work towards betterment of society. Initiating and implementing projects that motivate the elderly to play the second innings with joy and without stress.

Showcase of Our Program in COVID-19 crisis period April'20 to March'21

- **Continuous Running Jai Ma Durga Old Age Home and supporting all helpless and homeless old people.**
- **Distribution of Ready-to-eat Food-Packets in slums i.e. Kali-Basti-Uttam Nagar, JJ Colony-Uttam Nagar, JJ Colony-Kakrola, JJ Colony-Raghubir Nagar etc. In Delhi.**
- **Distribution of Grocery-Kits in slums and other thematic areas in Delhi.**
- **Distribution of Masks and Sanitizers.**
- **Medical-Aid and Counselling to needy**
- **Distribution of Blankets in slums and other areas**

Demography of Indian Ageing

The life expectancy of human has increased considerably over the years and this in turn has resulted not only in a very substantial increase in the number of older persons but in a major shift in the age groups of 80 and above. The demographic profile depicts that in the years 2000-2050, the overall population in India will grow by 55% whereas population of people in their 60 years and above will increase by 326% and those in the age group of 80+ by 700% - the fastest growing group (refer to table).



Years	Total Population (millions)	60+ (millions)	80+ (millions)
2000	1008	76	6
2050	1572	324	48

Source: World population Ageing: 1950-2050; Department of Economic and Social affairs, Population Division, United Nations. New York.2002

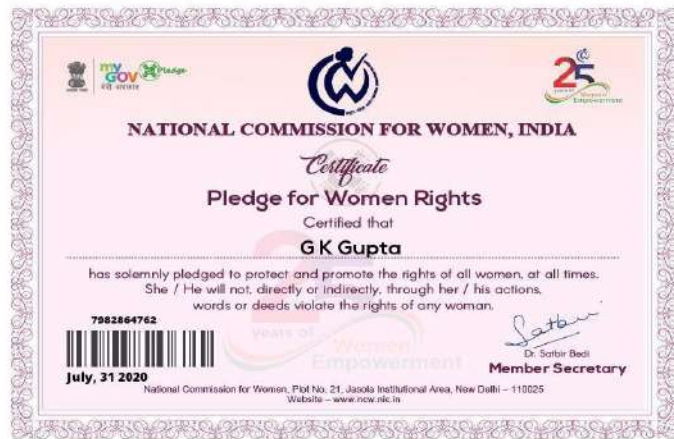
Statistics reveal that 12.5% of the Worlds Elderly Population lives in India. Most of them will never retire in the usual sense of the term and will continue to work as long as physically possible. Inevitably though the ability to produce and earn will decline with age, the absence of savings will result in sharp declining in living standards and that for many means destitution. Therefore, this is the challenge of old age income security in India. As a result of the current ageing scenario, there is a need for all aspects of care for the Oldest Old (80+ years) namely, socio economic, financial, health and shelter.



Abhinav Samaj has adopted 100 senior citizens and is providing them livelihood, medical care, food, and cloths at a cost of Rs.5000 per month for every elder person, they are taking care of or are supporting. Running an old Age have at C-147, Uday Vihar “Jai Ma Durga, Old Age Home”Nitholi Extn.,New Delhi -110041, Where provides all facilities free of cost to any elderly.

They are also rescuing people from the street or their own homes saving them from neglect, atrocities and other such critical situations. Currently they are networking and collaborating with other NGOs, Service providers who are also serving the elderly. They are running old age homes in rented buildings and are in the process of setting up a 100 bedded own home for homeless at Chakrata and New Delhi so service can be stable and elderly people can live life peacefully. Other initiatives are feeding the hungry elderly, home for the homeless. They also provide Socio- Psychological support to all who need it without any kind of discrimination of caste, colour, class etc. and community-based disaster preparedness

Abhinav Samaj is not just providing care and shelter for the elderly but also trying to keep them emotionally happy by organising events and activities like picnic and games.



Abhinav Samaj focuses on Women Welfare and particularly Elderly Women

Abhinav Samaj is pledged to upholding “Women’s Rights”! The Samaj is honoured to receive such recognition from the NCW of India with a certification to the effect. Abhinav Samaj is committed to the eradication and abolition of the heinous social evil of “dowry” which is still practised in remote pockets of the country. In support of which they also observe and support International Women’s Day and pledged for working on women’s issue in the country and abroad wherever possible. They stand with women and strive for their welfare in admirable solidarity!



They are particularly concerned with the welfare of elderly women, who age differently from men with problems that are exacerbated by a lifetime of gender based discrimination, often stemming from deep-rooted cultural and social bias. It is compounded by other forms of discrimination based on class, caste, disability, illiteracy, unemployment and marital status. Patriarchal hierarchy and access to property rights are also discriminatory. Burdened with household chores for a longer span of time, especially in India, older women don’t have time for leisure or recreational activity. Women experience proportionately higher rates of chronic illness and disability in later life than men. Women suffer greater non-communicable diseases and experience lower social and mental health status, especially if they are single and/or widowed. Over 50% of women over age 80 are widows. Elderly women and their problems need special attention as their numbers are likely to increase in the future and, given the multiple disadvantages they face in life, they are likely to be grossly unprepared to tackle these issues. A higher proportion of elderly women than men experience loneliness and are dependent on children.

Things We do

ASSISTANCE FOR BETTER LIFE - We provide support to old people who are in need of socio-psychological care. We rescue the destitute who are living in the streets, victims of neglect at home, after having completed life's responsibilities and sent their children abroad. We help them with companionship to the lonely and living in isolation, cater to their psycho-social needs through various activities like personal care, health & hygiene, birthday celebrations etc. without any discrimination of caste, colour, and class.

NETWORKING FOR BASIC NEEDS - The care for the elderly is a vast work and we alone cannot cater to it in totality. Therefore, we network and collaborate with other NGOs and service providers who are serving the elderly. At the moment we do not have our own home thus after rescue we provide shelter, food or clothes by networking with likeminded individuals and organizations.

CHARITY FOR EDUCATION - Books and Stationary have a wonderful way of helping slum children development as they can find imagination and creativity within the world of books

FOOD FOR HUNGRY ELDERLY - Join hand to serve the needy, hungry, help us feed them.

HOME For HOMELESS - We are in process to set up 100 beds own home for homeless your support us in this endeavour.

COMMUNITY BASED DISASTER PREPAREDNESS - They are the first responders to a local disaster. Support them in rescue and relief operations.

Project Details

The scenario created by the COVID pandemic has worsened the condition of the elderly. In India the problems of old age is compounded by the fact that the elderly have neither practical retirement nor any savings.

[Most developed world countries have accepted the chronological age of 65 years as a definition of 'elderly' or older person, arbitrary but associated worldwide with the beginning of pension benefits. There is no United Nations standard numerical criterion, but the UN agreed cut off is 60+ years to refer to the older population. In some cases it is the loss of roles, accompanying physical decline which is significant in defining old age. Thus, in contrast to the chronological milestones which mark life stages in the developed world, old age in many developing countries is seen to begin at the point when active contribution is no longer possible." (Gorman, 2000)]

Therefore, we encourage our partners and for that matter anyone to support us in our endeavours by way of the following concrete actions. Visit our homes to meet your adopted senior citizens whenever you want.

Support From SBI for the noble initiatives



Abhinav Samaj is grateful to State Bank of India for donations received as a part of Corporate Social Responsibility. Such support from organizations and individuals not only contribute to help the needy but also keeps our morale high. THANK YOU SBI !

FOOT MESSAGE

Anyone Can Lend a Helping Hand

These are ways you can also contribute to the noble cause

ADOPT A SENIOR CITIZEN - Your support will provide the old and dependent with medical care, food and clothing . Cost for each person per month is Rs.5000 Adoption is possible for a month/ year Break up of Expenses Medical Support Rs.1000/- per month. Food (Breakfast / Lunch / Snacks / Dinner) – Rs.100/Day Cloths (Dress/Bedding/Room Cleaning & Maintenance) : Rs.1000

ADD A BRICK - We are running old age homes on rented buildings. We have land now adding brick to build our own old age home so service can be stable and elderly people can live life peacefully. The new old age home is being built in Chakrata and New Delhi. We are looking founding members. Join us to add a brick/bricks at Rs.7000 (\$100) per brick.

NAME A ROOM - We are establishing an old age home, you can add a brick or you can adopt a complete room. Each room will cater to two people. You can sponsor the room in your beloved's name. We will name the room as you desire, we will put a golden plate along with the photo of your choice. It can be your beloved's photo or logo of your company or initiative

CONVENIENCE - Domestic staff sensitization and supervision, Organize food & grocery delivery Training in basic technology e.g. internet, mobile, Arranging Legal, Financial, travel assistance, Assistance in government and utility procedures

SUPPORT MEDICAL CARE - Senior Citizens face many medical problems due to age. We provide support those who are facing problem in old age homes or their houses as they are homebound during COVID-19 due to lockdown and social distancing. You can support with Medicine, or sponsor nursing staff, provide doctors fee or donate medical equipment for the same. We are also looking for an Ambulance to be part of movements

CELEBRATE WITH ELDERLY - You can celebrate your birthday, marriage anniversary, your beloved death anniversary with the elderly in our old-age home. You can decide as per your budget,we will help you to organize a celebration according to your wish. Please fill the form for celebration to Celebrate with Elderly

EMERGENCY CARE - Care & Coordination Centre for Emergency support Ambulance Assistance Hospitalization management, Emergency coordination & regular updates, Medical emergency fund management, Updated essential health information.

DONATE CLOTHES - You can donate Winter Clothes – Male / Female Summer Clothes – Male/Females, Bedding – Bed Sheets and Pillow, Mattress directly according to your capacity so that the elderly living in our old-age homes are cared for all seasons. Do take time to visit them and be part of our initiative

SPONSOR A MEAL - You can make your invaluable contribution by sponsoring a meal for the elderly and other destitute according to your convenience. It could be for Breakfast Lunch Dinner Special Food (Marriage Anniversary, Birthday Celebration, Death Anniversary, Festival)

JOIN HANDS TOGETHER - We are establishing an old age home in Chakrata and New Delhi. We need investors, donors, sponsors, and seeders. You may join hands together for the cause. You can be part of the movement. You can give time resources or financial support for work for senior citizens. write to us for your recommendations and requests at info@abhinavsamaj.org



Abhinav Samaj Pledges to uphold the moral responsibility toward senior citizens and so lives by it.

THE SAMAJ'S INITIATIVES



Food Distribution

With the breakout of COVID-19 pandemic, neglected and poor elderly are suffering more than ever. We are reaching out to this vulnerable group and distributing cooked meals and grains along with other necessities in slums/JJ Colonies in Delhi to help under-privilege/poor/un-employed and migrating labour who have no work to earn livelihood



Donate for Protection

COVID 19 has made Face Mask, Soap or sanitizer necessities to survive, so these items were donated by Abhinav Samaj to the needy/who have no money to purchase. These were handed over to competent police authorities for distribution

Thriving for Other Social Responsibilities

Keeping India clean and Green is one of the most essential goals of today. The Hon'ble Prime Minister, Shri Narendra Modi himself launched the Swachh Bharat Abhiyan. It is time that Indians realise the importance of a clean country especially after the pandemic because microbes can thrive better in unclean and unhygienic conditions. To keep up with this need of the country Abhinav Samaj pledges to work in tandem with the Prime Minister to keep our country clean



The Hon'ble Prime Minister Shri Narendra Modi. On 12 May 2020, our PM raised a clarion call to the nation giving a kick start to the Atmanirbhar **Bharat** Abhiyaan or Self-Reliant India. We pledge to support the noble campaign which is the vision of new India.

The Corona Warriors

India alone registered a total of 3.21 crore cases and a total of 4.3 Lakhs deaths as on 11 August, 2021. This pandemic will be one of the deadliest humanity has ever seen and especially with such deep and far reaching repercussion throughout the world. Abhinav Samaj rose to the occasions in these hard times and supported the need as much as possible through food and protective gear distribution.



We have recreational facilities in our old age homes with plenty of activities as usual for helping them combat these situations. We are also focusing on helping the elderly use internet and android devices for staying connected with others so that they do not feel isolated and lonely. We also encourage youngsters and children to connect with the elderly by way of devoting time, especially celebratory time so that it would bring in buzz and activity in the lives of our elder residents in our



old age homes.

We have been active in not only feeding the elderly but also providing sustenance to those stranded on the roads affected by reverse migration after-effect of pandemic and lockdown. Millions of those who had migrated, especially to cities were forced to return home by worsening economic conditions with no work and no wages. The public allowance was not reaching those, who are in the fringe of society, especially daily wage earners and we did our best to help out these needy.

At the same time we were committed to rendering our services for the fight against corona. We supported and our NGO members offered volunteer services during the COVID 19 Pandemic.

We distributed Personal Protective Kits in JJ Colonies and other places. We distributed food to daily wage earners and slum dwellers.

MENTAL HEALTH OF THE ELDERLY DURING THE PANDEMIC

While at the same time we gave support to the elderly for mental well being apart from our usual adoption and care of the elderly.

We were deeply concerned that adults who felt less close to their social network during the pandemic will experience increased depression as thrown up by research done far away in the USA. , the study authors wrote. “However, for older adults who felt closer to their social networks during the pandemic, depression only increased markedly for those who also had experienced a large increase in loneliness,” “But certainly, periods of mental health distress can have longer-term implications for health and well-being,” Krendl said. As published in a study, they found that Covid-19 has severely affected people’s daily lives and mental health, increasing their stress, fear of getting sick and financial strain.

Glimpses into Abhinav Samaj's Initiatives



Shelter for the Destitute Elderly

Old age brings in helplessness and loneliness to many, elderly/senior citizens/warriors of the past are many a time disowned by their own children. The situation has been aggravated by the COVID 19 pandemic as many more have lost their family to the pandemic. Abhinav Samaj helps by providing free Shelter, Food, and Medical-Aid to destitute. We even perform their last rituals according to their religion.

Elders inside Jai Maa Durga Old Age Home



Our Partners



India's largest & most trusted donation platform



CHARITYMONK
Giving Made Easy

SHOP FOR CAUSE



TRANSPANCY CERTIFICATION



GlobalGiving

Google Ad Grants
AdWords for nonprofits

Shelter for the Destitute Elderly

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Senior Citizens go for Picnic! Organised by Abhinav Samaj



Abhinav Samaj members distributing Mask and Senitizers for Police Personal in Different Police Stations in Delhi.



Concern for Nature & Environment



It's not just newspapers but every individual must sound an alarm against the damage to environment. Abhinav Samaj is also committed to the cause of Nature and Earth's Environment. To this end they have pledged their efforts for the conservation of the mighty river "Ganga" and are oath bound to Keep the shores of the Ganges clean, stop dumping pollutants like plastic & garbage into the river; desist from the use of soap and detergent into the river and its shores. Not only will the members observe the above but also inspire and urge others to do the same.

They have also been sworn to conserve fuel, soil and responsible disposing of electronic waste among other conservationist activities, observances and initiatives.

Abhinav Samaj Pledges to uphold the moral responsibility toward senior citizens and so lives by it.



मां का दिल वो चाबी है,
जो तुम्हे सफलता देती है,
मां का दिल वो रिबन है,
जो तुम्हारे भविष्य को इस चाबी संग बांधती है।
मां का दिल वो भोजन है,
जो तुम्हारी भूख को प्यार से शांत करता है,
मां का दिल रंगों से भरा है,
जो तुम्हारी लाइफ के इन्द्रधनुष में रंग भरता है।

पिता का दिल वो तकिया है,
जिस पर तुम अपनी थकान उतारते हो,
पिता का दिल वो दवा है,
जो तुम्हारी तबीयत ठीक करता है।

पिता का दिल वो पेन्सिल है,
जिससे तुम अपने प्लान्स बनाते हो,
पिता का दिल प्यार से भरा है,
जिससे तुम प्यार करना सीखते हो,
माता-पिता के होने से ही,
तुम निडर होकर आगे बढ़ते हो।

ABHINAV SAMAJ

www.abhnavsamaj.org



Annual Report 2019 - 2020



Always there for you

KEEP IN TOUCH

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abhnavsamaj2010@gmail.com
Visit us : www.abhnavsamaj.org

All donations are exempted
under Section 80-G of Income
Tax Act 1961.



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Chairperson's Message

Greetings Friends!

I am delighted to present the tenth Annual Report of Abhinav Samaj!



I thank all who have been part of our journey and contributed whole heartedly to the best of their ability and welcome those who have joined us in recent years too. I thank you all on behalf of the entire Abhinav Samaj Family.

As usual I would like to mention that Abhinav Samaj is working with a mission for fulfilling the needs of human life at the grassroots level, particularly those pockets of the population whom it is difficult to reach due to lack of education, awareness or physical accessibility. The government is doing its best but considering the size of our population there is always the need for more. I am happy to say Abhinav Samaj endeavours to find solutions to these problems the best as they can and complement government and other initiatives wherever they can.

Abhinav Samaj was created in 2005 and registered in 2010 under the Indian Trusts Act 1860. We are a non profit, non sectional and non political organisation serving all sections of the society without any discrimination, working its best to excel as an enabling institution for the upliftment of the deprived. We strive to improve the quality of life of the downtrodden and the disadvantaged sections of Indian Society through various educational programmes, charitable initiatives and research.

Some initiatives in this regard are

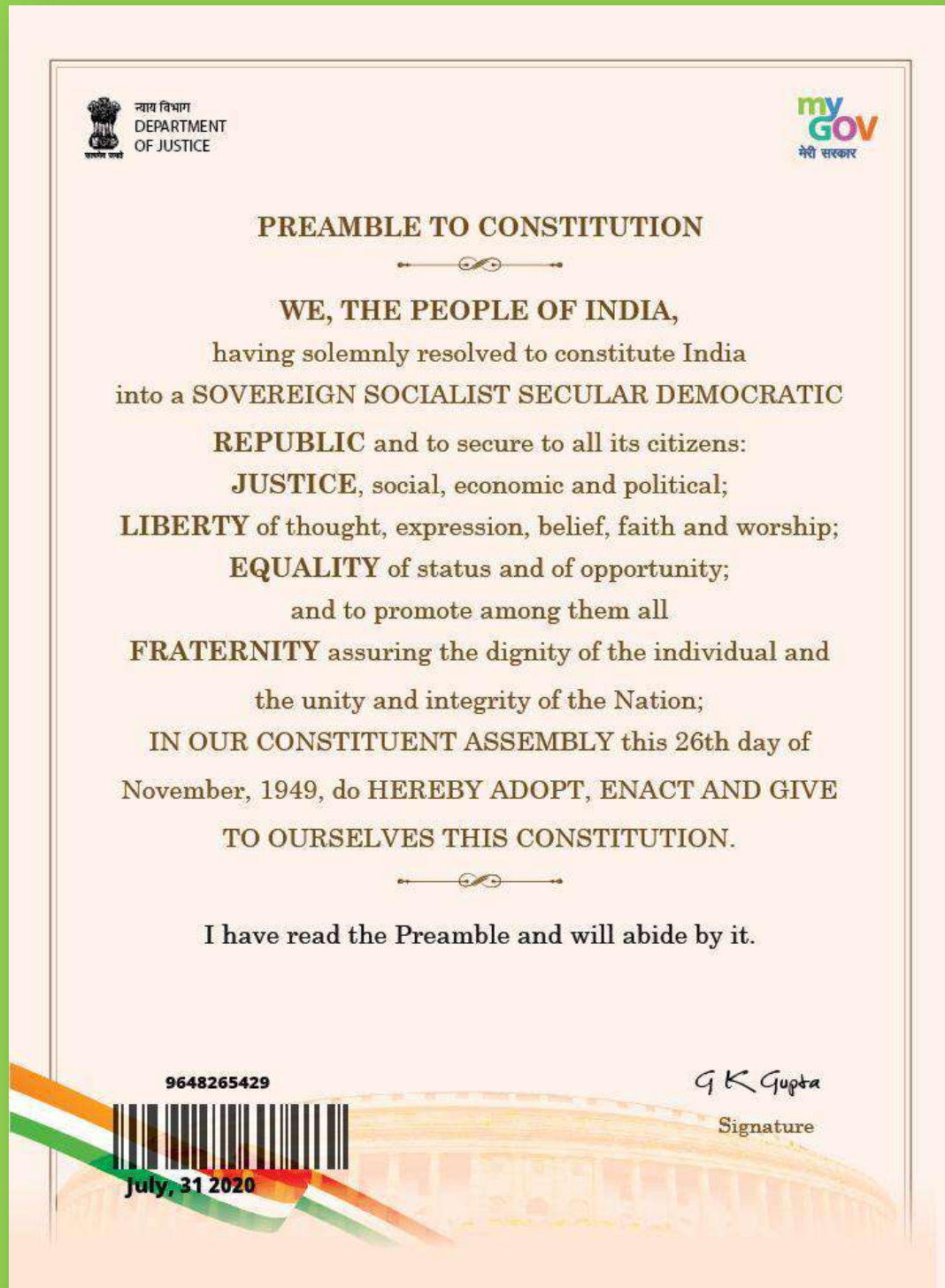
- (i) Old Age Homes
- (ii) Computer Training Centre
- (iii) Covid 19 Relief Work
- (iv) And Care Givers' Training

Our endeavours are humanitarian and nation building through selfless initiatives for eradicating poverty, building schools, providing safe drinking water, rural education, running orphanages, old age homes, activities in slums and rural areas. We are committed to providing quality services to the poor.

Wishing the Very Best

G. K. Gupta
Chairperson

The Preamble to the Constitution of India Pledge



Abhinav Samaj is committed to upholding the Constitution of India and under the leadership of Mr. G. K. Gupta took the pledge of imbibing the preamble to the constitution of India and is honoured to have received a certificate to the effect from the Ministry of Justice dated 21 June 2020

Our founders

We are a group of like-minded who decided to come together and contribute to the cause. We all wanted to work on the problem of senior citizens. Here our team to resolve all kinds of the problem faced by senior citizens.



G. K. Gupta (Settler Trustee/ Chairman)
Retd. Govt. Officer/Social Worker
R-10, R block, old Uttam nagar, New Delhi-110059



Bhagwan Das Wadhwa
A-2/42, Ashirwad Apartments
Paschim Vihar,
New Delhi - 110053



Jitender Sharma
Trustee, Social Worker
192/17, Onkar Nagar, B TriNagar,
Delhi-110035



Joginder Singh
Trustee, Business Social Worker,
D-63/5, Dhawan Farms, Sangam
Vihar, New delhi-110062



J.K Agarwalla
Trustee B-368,Kendriya Vihar
Sector-51,Greater Noida (Uttar Pradesh)



Brahm Prakash
Trustee/Vice-Chairman,
Business Social Worker
2729/246, Hansapuri, Tri-nagar,
Onkar nagar, new delhi-110035



Smt.Indra Gupta
Trustee/Treasurer, Social Worker
R-10, R-block, old Uttam Nagar,
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Madan Lal Gupta
Trustee, Business/ Social
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park road, Karol Bagh, Delhi-
110005



S.K Gupta
Trustee, B-2/157-158,
Sector-7, Rohini ,
New Delhi – 110085

Abhinav Samaj also takes the oath to uphold the Unity and Integrity of our country.
We took a pledge to the effect on the occasion of **Rashtriya Ekta Diwas Pledge**



I solemnly pledge that I dedicate myself to preserve the unity, integrity and security of the nation and also strive hard to spread this message among my fellow countrymen. I take this pledge in the spirit of unification of my country which was made possible by the vision and actions of Sardar Vallabhbhai Patel. I also solemnly resolve to make my own contribution to ensure internal security of my country.

About Abhinav Samaj

Abhinav Samaj is an association of a number of like-minded people, who decided to come together and contribute to the cause of Senior Citizens.

Our registered office is at Address:

R-10, R-Block, Old Uttam Nagar, New Delhi-110059 (INDIA).

Phone: +91-11 -25371724,

Mobile No : 9810901970

Email: info@abhinavsamaj.org

The society is registered for receiving donation exempted under Section 80-G of Income Tax Act 1961. We do have approval of FCRA and accept foreign contribution to achieve our goals.



We are registered with NGO Darpan as well as verified for transparency with Guide Star India.

NGO Darpan Registration No. Is DL/2017/0152972



LEGAL IDENTITY :

PAN NO.AACTA7903L

TAN No.DELA51670D

DEL-AR21786-22122011 (12A)

DEL-AE23563-22122011 (80-G)

FCRA Regn.No. : 231661593

GST Registration : No.07AACTA7903L1ZM



Abhinav Samaj is dedicated to upholding the National Policy for Elderly 2011 and has done numerous works towards this end following the standards already set by the International Plan of Action on Ageing and the conventions, recommendations and resolutions of the International Labour Organization, the World Health Organization and other United Nations entities. Abhinav Samaj adheres to the principles recommended by United Nations for Country National Programmes and believes in, has been striving for Independence, Participation, Care, Self-fulfilment and Dignity for older people. Abhinav Samaj has undertaken a number of activities for ensuring that older people are able to

- Have access to adequate food, water, shelter, clothing and health care through the provision of income, family and community support and self-help.
- Have the opportunity to work or to have access to other income-generating opportunities.
- Be able to participate in determining when and at what pace withdrawal from the labour force takes place.
- Have access to appropriate educational and training programmes.
- Be able to live in environments that are safe and adaptable to personal preferences and changing capacities.
- Be able to reside at home for as long as possible.
- Remain integrated in society, participate actively in the formulation and implementation of policies that directly affect their well-being and share their knowledge and skills with younger generations.
- Seek and develop opportunities for service to the community and to serve as volunteers in positions appropriate to their interests and capabilities.
- Form movements or associations of older persons.
- Benefit from family and community care and protection in accordance with each society's system of cultural values.
- Have access to health care to help them to maintain or regain the optimum level of physical, mental and emotional well-being and to prevent or delay the onset of illness.
- Have access to social and legal services to enhance their autonomy, protection and care.
- Utilize appropriate levels of institutional care providing protection, rehabilitation and social and mental stimulation in a humane and secure environment.
- Enjoy human rights and fundamental freedoms when residing in any shelter, care or treatment facility, including full respect for their dignity, beliefs, needs and privacy and for the right to make decisions about their care and the quality of their lives.
- Pursue opportunities for the full development of their potential.
- Have access to the educational, cultural, spiritual and recreational resources of society.
- Older persons should be able to live in dignity and security and be free of exploitation and physical or mental abuse.
- Be treated fairly regardless of age, gender, racial or ethnic background, disability or other status, and be valued independently of their economic contribution.



The National Policy on Older Persons was announced by the Government of India in the year 1999 in pursuance of the UN General Assembly Resolution 47/5 to observe 1999 as International Year of Older Persons and in keeping with the assurances to older persons contained in the Constitution. The well-being of senior citizens is mandated in the Constitution of India under Article 41. “The state shall, within the limits of its economic capacity and development, make effective provision for securing the right to public assistance in cases of old age”. The Right to Equality is guaranteed by the Constitution as a fundamental right. Social security is the concurrent responsibility of the central and state governments.

Subsequent international efforts made an impact on the implementation of the National Policy on Older Persons. The Madrid Plan of Action and the United Nations Principles for Senior Citizens adopted by the UN General Assembly in 2002, the Proclamation on Ageing and the global targets on ageing for the Year 2001 adopted by the General Assembly in 1992, the Shanghai Plan of Action 2002 and the Macau Outcome document 2007 adopted by UNESCAP form the basis for the global policy guidelines to encourage governments to design and implement their own policies from time to time. The Government of India is a signatory to all these documents. The Ministry of Social Justice and Empowerment (MSJE) coordinate programmes to be undertaken by other Ministries in their relevant areas of support to older persons. Pensions, travel concessions, income tax relief, medical benefit, extra interest on savings, security of older persons are ensured through an integrated scheme by the MSJE. The Ministry of Social Justice and Empowerment piloted landmark legislation the Maintenance and Welfare of Parents and Senior Citizens” Act 2007 which is being promulgated by the States and Union Territories in stages. Financial support is provided for Homes, Day Care Centres, Medical Vans, Help Lines etc are extended currently.

While some States and Union Territories implemented their policies with vigour, most states-- particularly the big ones-- were behind perhaps due to financial and operational deficiencies. Abhinav Samaj strives to provide unstinted support to our government through philanthropy, networking with likeminded NGOs and people globally, which has also influenced in shaping our vision & mission as seen below.

Our Vision & Mission:

Our Vision

A society where aging is not difficult, where the elderly are healthy, happy, empowered and can have a dignified better life. We aim to contribute to the building of a society in which people are encouraged and enabled to age productively and with dignity.

Our Mission

Our mission is to work towards betterment society. Initiating and implementing projects that motivate the elderly to play the second innings with enjoy and with stress.

Demography of Indian Ageing

The large increase in human life expectancy over the years has resulted not only in a very substantial increase in the number of older persons but in a major shift in the age groups of 80 and above. The demographic profile depicts that in the years 2000-2050, the overall population in India will grow by 55% whereas population of people in their 60 years and above will increase by 326% and those in the age group of 80+ by 700% - the fastest growing group (see table).



Years	Total Population (millions)	60+ (millions)	80+ (millions)
2000	1008	76	6
2050	1572	324	48

Source: World population Ageing: 1950-2050; Department of Economic and Social affairs, Population Division, United Nations. New York.2002

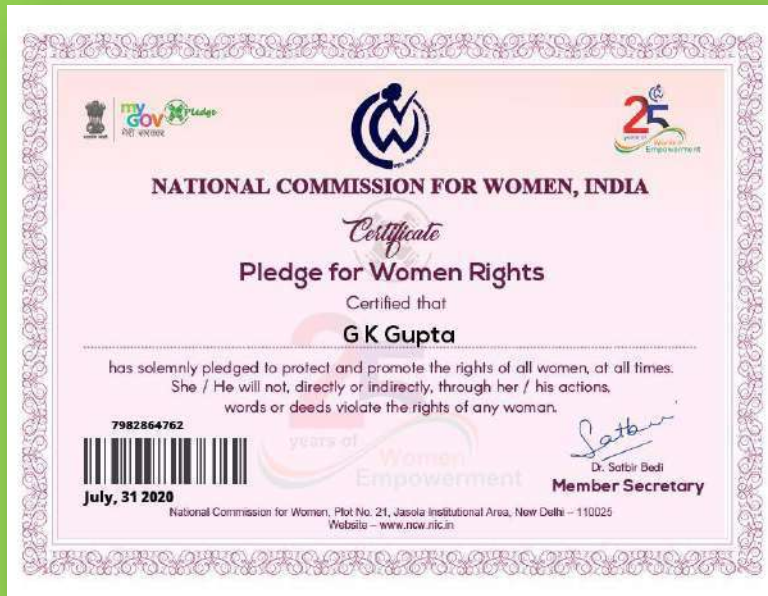
1/8th of the Worlds Elderly Population lives in India. Most of them will never retire in the usual sense of the term and will continue to work as long as physically possible. Inevitably though the disability to produce and earn will decline with age, the absence of savings will result in sharp declining in living standards and that for many means destitution. Therefore this is the challenge of old age income security in India. As a result of the current ageing scenario, there is a need for all aspects of care for the Oldest Old (80+ years) namely, socio economic, financial, health and shelter.

Abhinav Samaj has adopted 100 senior citizens and is providing them livelihood, medical care, food, and cloths at a cost of Rs.5000 per month for every elder person, they are taking care of or are supporting.

They are also rescuing people from the street or their own homes saving them from neglect, atrocities and other such critical situations. Currently they are networking and collaborating with other NGOs, Service providers who are also serving the elderly. They are running old age homes in rented buildings and are in the process of setting up a 100 bedded own home for homeless at Chakrata and New Delhi so service can be stable and elderly people can live life peacefully. Other initiatives are feeding the hungry elderly, home for the homeless. They also provide Socio-Psychological support to all who need it without any kind of discrimination of caste, colour, class etc. and community based disaster preparedness.



Abhinav Samaj focuses on Women Welfare and particularly Elderly Women



Abhinav Samaj is pledged to upholding “Women’s Rights”! The Samaj is honoured to receive such recognition from the NCW of India with a certification to the effect. Abhinav Samaj is committed to the eradication and abolition of the heinous social evil of “dowry” which is still practised in remote pockets of the country. In support of which they also observe and support “International Women’s

Day and pledged for working on women’s issue in the country and abroad wherever possible. They stand with women and strive for their welfare in admirable solidarity!

They are particularly concerned with the welfare of elderly women, who age differently from men with problems that are exacerbated by a lifetime of gender based discrimination, often stemming from deep-rooted cultural and social bias. It is compounded by other forms of discrimination based on class, caste, disability, illiteracy, unemployment and marital status. Patriarchal hierarchy and access to property rights are also discriminatory. Burdened with household chores for a longer span of time, especially in India, older women don’t have time for leisure or recreational activity. Women experience proportionately higher rates of chronic illness and disability in later life than men. Women suffer greater non-communicable diseases and experience lower social and mental health status, especially if they are single and/or widowed. Over 50% of women over age 80 are widows. Elderly women and their problems need special attention as their numbers are likely to increase in the future and, given the multiple disadvantages they



face in life, they are likely to be grossly unprepared to tackle these issues. A higher proportion of elderly women than men experience loneliness and are dependent on children.

ASSISTANCE FOR BETTER LIFE

We provide support to old people who are in need of socio-psychological care. We rescue the destitute who are living in the streets, victims of neglect at home, after having completed life's responsibilities and sent their children abroad. We help them with companionship to the lonely and living in isolation, cater to their psycho-social needs through various activities like personal care, health & hygiene, birthday celebrations etc. without any discrimination of caste, colour, and class.

NETWORKING FOR BASIC NEEDS

The care for the elderly is a vast work and we alone cannot cater to it in totality. Therefore, we network and collaborate with other NGOs and service providers who are serving the elderly. At the moment we do not have our own home thus after rescue we provide shelter, food or clothes by networking with like-minded individuals and organizations.

What We Do

	CHARITY FOR EDUCATION	<ul style="list-style-type: none"> Books have a wonderful way of helping slum children development as they can find imagination and creativity within the world of books
	FEED FOR HUNGRY ELDERLY	<ul style="list-style-type: none"> Join hand to serve the needy, hungry, help us feed them.
	HOME FOR HOMELESS	<ul style="list-style-type: none"> We are in process to set up 100 beds own home for homeless your support us in this endeavour.
	COMMUNITY-BASED DISASTER PREPAREDNESS	<ul style="list-style-type: none"> They are the first responders to a local disaster. Support them in rescue and relief operations.

Rural Poor Need Special Attention

Many households in rural areas at the bottom of the income distribution in India are too poor to save for their old age. Available resources are used to meet daily consumption needs. Even at slightly higher income levels there is likely to be little demand for savings and pension instruments that require a commitment of several decades. Instead, the savings of households in the lower deciles of the income distribution are likely to be earmarked for self-insurance against emergencies; or perhaps, in short term investments that increase their own productivity or the productivity of their children. Liquidity is highly valued. The absolute poor in India cannot be expected to participate in long term savings schemes for old age and they do not. The poverty in rural areas for older persons is increasing and needs attention. Hence rural poor would need social security in large measure.



Project Details

In India the problems of old age is compounded by the fact that the elderly have neither practical retirement nor any savings.

[Most developed world countries have accepted the chronological age of 65 years as a definition of 'elderly' or older person, arbitrary but associated worldwide with the beginning of pension benefits. There is no United Nations standard numerical criterion, but the UN agreed cut off is 60+ years to refer to the older population. In some cases it is the loss of roles, accompanying physical decline which is significant in defining old age. Thus, in contrast to the chronological milestones which mark life stages in the developed world, old age in many developing countries is seen to begin at the point when active contribution is no longer possible." (Gorman, 2000)]

Therefore we encourage our partners and for that matter anyone to support us in our endeavours by way of the following concrete actions. Visit our homes to meet your adopted senior citizens whenever you want.

ADOPT A SENIOR CITIZEN

Your support will provide the old and dependent with medical care, food and clothing. Cost for each person per month is Rs.5000 Adoption is possible for a month/ year

Break up of Expenses

Medical Support Rs.1000/- per mth.

Food (Breakfast / Lunch / Snax / Dinner) – Rs.100/Day

Cloths (Dress/Bedding/Rooms Cleaning & Maintenance) : Rs.1000

ADD A BRICK

We are running old age homes on rented buildings. We have land now adding brick to build our own old age home so service can be stable and elderly people can live life peacefully. The new old age home is being built in Chakrata and New Delhi. We are looking founding members. Join us to add a brick/bricks at Rs.7000 (\$100) per brick.

More ways you can contribute

SUPPORT MEDICAL CARE

Senior Citizens face many medical problems due to age. We provide support those who are facing problem in old age homes or their houses as they are homebound during COVID-19 due to lockdown and social distancing. You can support with Medicine, or sponsor nursing staff, provide doctors fee or donate medical equipment for the same. We are also looking for an ambulance to be part of movements.

NAME A ROOM

We are establishing an old age home, you can add a brick or you can adopt a complete room. Each room will cater to two people. You can sponsor the room in your beloved's name. We will name the room as you desire, we will put a golden plate along with the photo of your choice. It can be your beloved's photo or logo of your company or initiative.

CONVENIENCE

Domestic staff sensitization and supervision, Organize food & grocery delivery Training in basic technology e.g. internet, mobile, Arranging Legal, Financial, travel assistance, Assistance in government and utility procedures

EMERGENCY CARE

Care & Coordination Centre for Emergency support Ambulance Assistance Hospitalization management, Emergency coordination & regular updates, Medical emergency fund management, Updated essential health information.

CELEBRATE WITH ELDERLY

You can celebrate your birthday, marriage anniversary, your beloved death anniversary with the elderly in our home. You can decide as per your budget, we will help you to organize a celebration according to your wish. Please fill the form for celebration to Celebrate with Elderly

DONATE CLOTHES

You can donate Winter Clothes – Male / Female Summer Clothes – Male/Females, Bedding – Bed Sheets and Pillow, Mattress directly according to your capacity so that the elderly living in our oldage homes are cared for all seasons. Do take time to visit them and be part of our initiative

SPONSOR A MEAL

You can make your invaluable contribution by sponsoring a meal for the elderly and other destitute according to your convenience. It could be for Breakfast Lunch Dinner Special Food (Marriage Anniversary, Birthday Celebration, Death Anniversary, Festival)

JOIN HANDS TOGETHER

We are establishing an old age home in Chakrata and New Delhi. We need investors, donors, sponsors, and seeders. You may join hands together for the cause. You can be part of the movement. You can give time resources or financial support for work for senior citizens. write to us for your recommendations and requests at info@abhinavsamaj.org

ENGAGEMENT

escorted / assisted walks and day outings, Accompanied visits to recreational events, Opportunities to learn new skills/games/hobbies, Personal Time with Care managers, Other activities to keep inmates busy according to their ability.

HEALTH CARE

Accompanied visits to the hospital, Coordinated & monitored healthcare at home, Wellness check-in calls twice a week, Local logistics & companion support for medical travel, Post hospitalization care,

QUALITY & SAFETY

We ensure all our staff members undergo an in-depth selection and security vetting process. High standards in quality of care are the main focus of our organization. We operate in accordance with a quality system which includes a full set of standard operating procedures, Fully Qualified Carers, All our carers are fully trained, reference checked, insured and working in line with our policies procedures and timelines. Our carers receive ongoing training and are encouraged to participate in further education.

SAFETY & SECURITY

KYC of home staff, servants, etc. Safety Audit of home and action plan. Roadside assistance setup.

WOMEN-EMPOWERMENT

Regularly arrange Self-Defence Training Camps for women. Provide free legal aid to needy women

EDUCATION

Provides Free Coaching to deserving/needful/poor students every year to prepare them for competitive examinations. Free Distribution of Books to School Children. WhatsApp LinkedIn

ENVIRONMENT

Our volunteers motivate students in schools to care for the environment and encourage them to motivate their parents too to care for the environment.

ADVOCACY FOR RIGHTS

We are helping senior citizens for their rights. Providing legal assistance to get their rights from Govt. and his/her family. It is sad but it is a reality, son and daughters are abandoning their old parents on the streets and leaving them to die. We are here to support them to get rights.

Our Initiatives

Food Distribution

- With the breakout of COVID-19 pandemic, neglected and poor elderly are suffering more than ever. We are reaching out to this vulnerable group and distributing cooked meals and grains along with other necessities in slums/JJ Colonies in Delhi to help under-privilege/poor/un-employed and migrating labour who have no work to earn livelihood.

Donate for Protection

- Face Mask, Soap or sanitizer is important to fight against COVID-19, We are distributing to the needy/who have no money to purchase in slums/JJ Colonies in Delhi. We seek your sincere support to help us fight against pandemic Corona Virus by helping these people, who are suspected carriers of this pandemic.

Shelter for the Destitute Elderly

- We are providing Free shelter, Food, and Medical-Aid to destitute elderly/senior citizens/warriors of the past disowned by their own children. We perform their last rites too according to their religion. We are helping them whatever way they need assistance our helpline is open all the time, irrespective of caste, creed & colour.

Looking out for the Young!

Our posterity is also in need of support, especially those from the marginalised sections of the society- the urban poor and the rural population. Abhinav Samaj has carried out much required Book Donation to help slum children and Free Coaching for competitive examinations to deserving/needypoor students. Other initiatives are environmental awareness campaign carried out among youngsters and their parents by a host of Abhinav Samaj volunteers. The idea is to spread awareness and initiative for environmental conservation.



Drug abuse is emerging as a grave concern among the young and early adults, particularly in the metro cities and Abhinav Samaj is committed to its prevention through sensitisation and counselling. The Narcotic Control Bureau has certified the NGO for the same.

The Corona Warriors

India alone registered a total of 3691166 cases and a total of 65288 deaths as on 1 September 2020. Perhaps the 2020 pandemic will be one of the deadliest humanity has ever seen and especially with such deep and far reaching repercussion throughout the world. Abhinav Samaj rose to the occasions in these hard times and supported the need as much as possible through food and protective gear distribution.

Facts about Corona Virus COVID 19

What is Covid 19?

Corona virus disease (COVID-19) is an infectious disease caused by a newly discovered corona virus. Most people who fall sick with COVID-19 will experience mild to moderate symptoms and recover without special treatment.

How it spreads?

- The virus that causes COVID-19 is mainly transmitted through droplets generated when an infected person coughs, sneezes, or exhales. These droplets are too heavy to hang in the air, and quickly fall on floors or surfaces.
- You can be infected by breathing in the virus if you are within close proximity of someone who has COVID-19, or by touching a contaminated surface and then your eyes, nose or mouth.

In solidarity with the government of India, Abhinav Samaj ensured the norms of social distancing in preventive actions against the pandemic. As responsible civil society we pledged and upheld the “Janta Curfew”

We distributed Face Mask, Soap, sanitizer etc. in order to fight the spread of COVID-19 pandemic. We distributed food and other essentials along with preventive kits in the slums at JJ Colonies in Delhi.

Older Adults Facing Greater Depression during COVID-19 Pandemic and loneliness is associated with a number of negative outcomes for older adults, including higher rates of depression and higher mortality.

As mental health issues become a big



burden in the ongoing global health crisis, researchers say that older adults experienced greater depression and loneliness during the Covid-19 pandemic.

The pandemic saw the increase of worse mental health outcomes for many older adults. It made the already isolated elderly lonelier and hence more depressed.

Researchers compared personal social networks, subjective loneliness and depression of 93 older adults in the Bloomington community, six to nine months prior to the pandemic and from late April to late May when most people were under stay-at-home orders. Two-thirds (68 per cent) of older adults reported spending less time than before with people they loved, according to the study, and 79 per cent felt like their social life decreased or was negatively affected by Covid-19.

We have recreational facilities in our old age homes with plenty of activities as usual for helping them combat these situations. We are also focusing on helping the elderly use internet and android devices for



staying connected with others so that they do not feel isolated and lonely. We also encourage youngsters and their children to connect with the elderly by way of devoting time, especially celebratory time so that it would bring in buzz and activity in the lives of our elder residents in our old age homes.

We have been active in not only feeding the elderly but also providing sustenance to those stranded on the roads affected by reverse migration after-effect of pandemic and lockdown. Millions of those who had migrated, especially to cities were forced to return home by worsening economic conditions with no work and no wages. The public allowance was not reaching those, who are in the fringe of society, especially daily wage earners and we did our best to help out these needy.

At the same time we were committed to rendering our services for the fight against corona. We supported and our NGO members offered volunteer services during the COVID 19 Pandemic.

We distributed Personal Protective Kits in JJ Colony and other places. We distributed food to daily wage earners and slum dwellers.

While at the same time we gave support to the elderly for mental well being apart from our usual adoption and care of the elderly.

We were deeply concerned that adults who felt less close to their social network during the pandemic will experience increased depression as thrown up by research done far away in the US. , the

study authors wrote. “However, for older adults who felt closer to their social networks during the pandemic, depression only increased markedly for those who also had experienced a large increase in loneliness,” “But certainly, periods of mental health distress can have longer-term implications for health and well-being,” Krendl said. As published in a study, they found that Covid-19 has severely affected people’s daily lives and mental health, increasing their stress, fear of getting sick and financial strain.



Nothings speaks more than photographs and we bring you glimpses of our initiative during covid 19 pandemic

Mask-distribution-at-police-station-lajpat-nagar-by-abhinav-samaj-on-16th-july-2020



Food distribution during Covid 19 Pandemic

Distribution of dry ration and grocery kits during Covid 19 Pandemic



Distribution of dry ration and grocery kits during Covid 19 Pandemic

Distribution of dry ration and grocery kits during Covid 19 Pandemic



Temperature Check before Distribution of dry ration and grocery kits during Covid 19 Pandemic



Distribution of dry ration and grocery kits during Covid 19 Pandemic at Kali Basti

Distribution of dry ration and grocery kits during Covid 19 Pandemic at JJ Colony
Distribution of dry ration and grocery kits during Covid 19 Pandemic

Abhinav Samaj Team Corona Warriors marching ahead

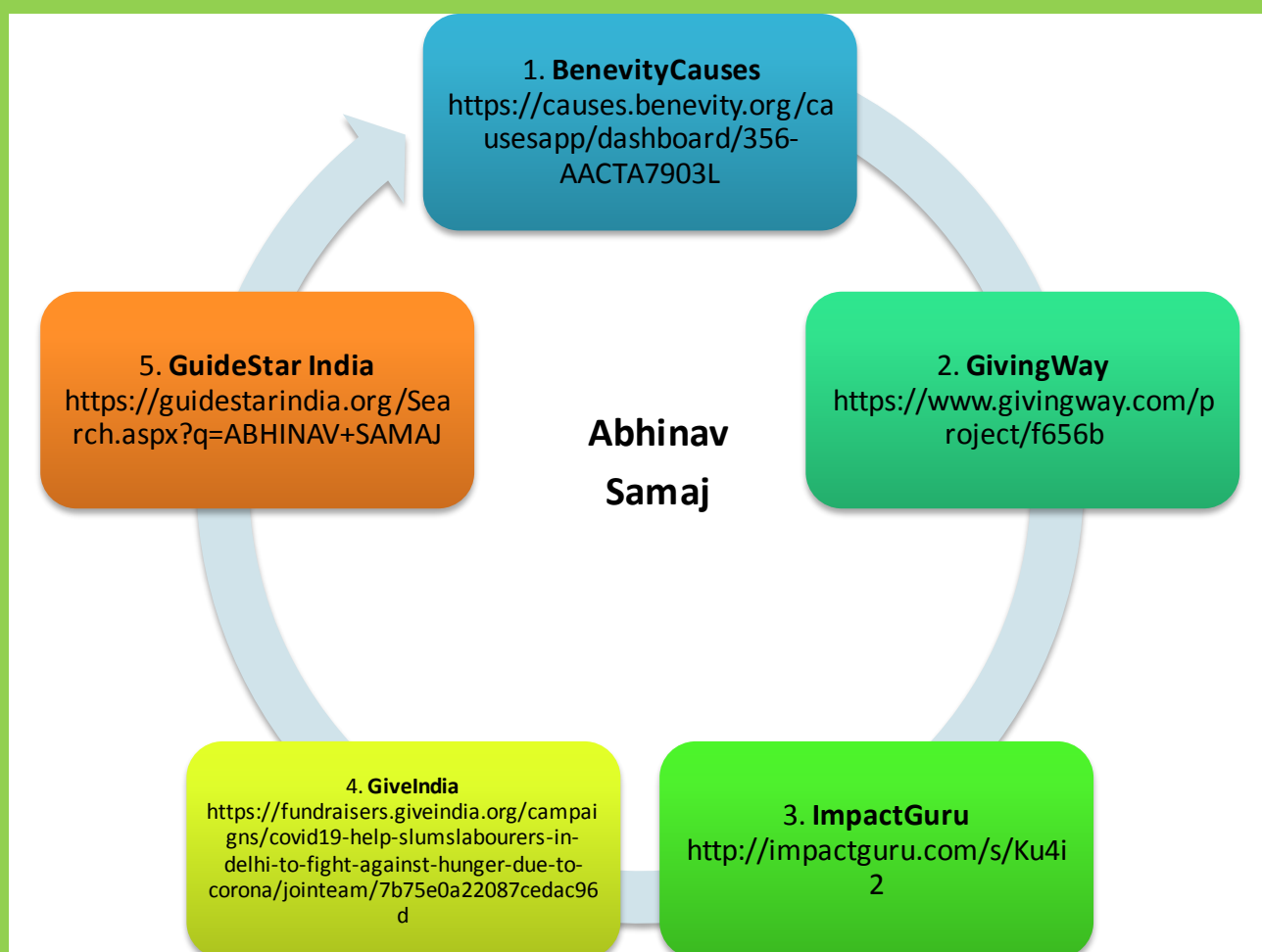


Abhinav Samaj Family put all efforts to reach out needy during sudden lock down in Delhi. Migrants and senior citizens are in most difficult situation during this time. We respond immediately with our limited resources.



Senior citizen, neglected old people need love and affection too along food, shelter and cloths. Abhinav Samaj family are providing all kind of support and assistance to needy and neglected old people in Delhi & NCR. We seek assistance and support from all like minded individuals and organization.

Our Partners





Concern for Nature & Environment

Abhinav Samaj is also committed to the cause of Nature and Earth's Environment.

To this end they have pledged their efforts for the conservation of the mighty river "Ganga" and are oath bound to Keep the shores of the Ganges clean, stop dumping pollutants like plastic & garbage into the river; desist from the use of soap and detergent into the river and its shores.

Not only will the members observe the above but also inspire and urge others to do the same.

They have also been sworn to conserve fuel, soil and responsible disposing of electronic waste among other conservationist activities, observances and initiatives.



Annual Calendar 2020-201

7 April

World Health Day

22 April

International Mother Earth Day

28 April

World Day for Safety and Health at Work

15 May

International Day of Families

31 May

World No-Tobacco Day

1 June

Global Day of Parents

15 June

World Elder Abuse Awareness Day

11 July

World Population Day

15 July

World Youth Skills Day

12 August

International Youth Day

5 September

International Day of Charity

1 October

International Day of Older Persons

16 October

World Food Day

14 November

World Diabetes Day

10 December

Human Rights Day

Take Action to Support the UN

Recognizing the 75th anniversary of the United Nations

The UN helps countries come together to solve global issues. The U.S. and the UN have made a lot of progress together over the last seven decades. As we mark the 75th anniversary, send a message to your elected officials asking them to sign-on to Representative Barbara Lee's resolution—H. Res. 1024—to commemorate this historic day.

[Send a message to Congress](#)



2020 UNIDOP: “Pandemics: Do They Change How We Address Age and Ageing?”

The year 2020 marks the 75th Anniversary of the United Nations and the 30th Anniversary of the International Day of Older Persons (UNIDOP).



This year has also seen an emergence of

COVID-19, that has caused an upheaval across the world. Considering the higher risks confronted by older persons during the outbreak of pandemics such as COVID-19, policy and programmatic interventions must be targeted towards raising awareness of their special needs. Recognizing older persons contributions to their own health and the multiple roles they play in the preparedness and response phases of current and future pandemics is also important.

This year has also been recognised as the “Year of the Nurse and Midwife”. UNIDOP 2020 will highlight the role of the health care workforce in contributing to the health of older persons, with special recognition of the nursing profession, and a primary focus on the role of women- who are relatively undervalued and in most cases inadequately compensated.

The UNIDOP 2020 event will also promote the *Decade of Healthy Ageing (2020-2030)* and help bring together UN experts, civil society, government and the health professions to discuss the five strategic objectives of the *Global Strategy and Action plan on Ageing and Health* while noting the progress and challenges in their realization. The global strategy is well integrated into the Sustainable Development Goals (SDGs), while ageing issues cut across the 17 goals, especially Goal 3 which

aims to “ensure healthy lives and promote well-being of all at all ages”. As stated by Dr. Tedros Adhanom Ghebreyesus (Director-General, WHO) *“acting on the strategy, is a means for countries to implement the 2030 Agenda for Sustainable Development and ensure that every human being regardless of age will have an opportunity to fulfill their potential in dignity and equality”*



The objectives of UNIDOP 2020 are to:

1. Inform participants about the strategic objectives for the Decade of Healthy Ageing
2. Raise awareness of the special health needs of older persons and of their contributions to their own health and to the functioning of the societies in which they live
3. Increase awareness and appreciation of the role of the health care workforce in maintaining and improving the health of older persons, with special attention to the nursing profession
4. Present proposals for reducing the health disparities between older persons in the developed and developing countries, so as to “Leave no one behind”
5. Increase understanding of the impact of COVID-19 on older persons and its impact on health care policy, planning, and attitudes.

The event is co-organized by the NGO Committee on Ageing, New York and DESA, and co-sponsored the Permanent Mission of Argentina to the United Nations, in collaboration with the Group of Friends of Older Persons. The event will bring diverse participants from NGOs, Member States, academia and civil society.

The commemorative event will be held virtually on, 1 October 2020 from 9am to 12 pm (New York time).

For more information, please contact ageing@un.org @UN4Ageing @UNDESA Social #UNUNIDOP2020

Source

<https://www.un.org/development/desa/ageing/international-day-of-older-persons-homepage/2020unidop.html>



TRUSTEE ON MISSION

SUPPORT US



Food Distribution

An era of COVID-19 neglected and poor elderly are suffering a lot. We are reaching out this vulnerable group and distributing cooked meals and grains along with other necessity in slums/JJ Colonies in Delhi to help under-privilege/poor/un-employed and migrating labour who have no work to earn livelihood. However we cannot change their life but atleast we can help them to some extent.



Donate for Protection

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HOW CAN YOU HELP US?

JOIN HAND TOGETHER

Are you an individual or an organization? Would you like to serve needy people and make society better to live? You are welcome to join hands together.

BECOME VOLUNTEER

Are you studying or working? Do you want to utilize your free time for the welfare of senior citizens? Do you want to contribute time to the happiness of lonely elders by spending a happy time with them? You can join as a volunteer to serve people.

SPONSORSHIP

Don't you have time to spend with needy people in society? No worries you can sponsor get together of elderly people. You can sponsor a community recliner chair for their body massage and comfort, your own chair will get the blessing of 100s of elderly neglected lonely senior citizens.

