



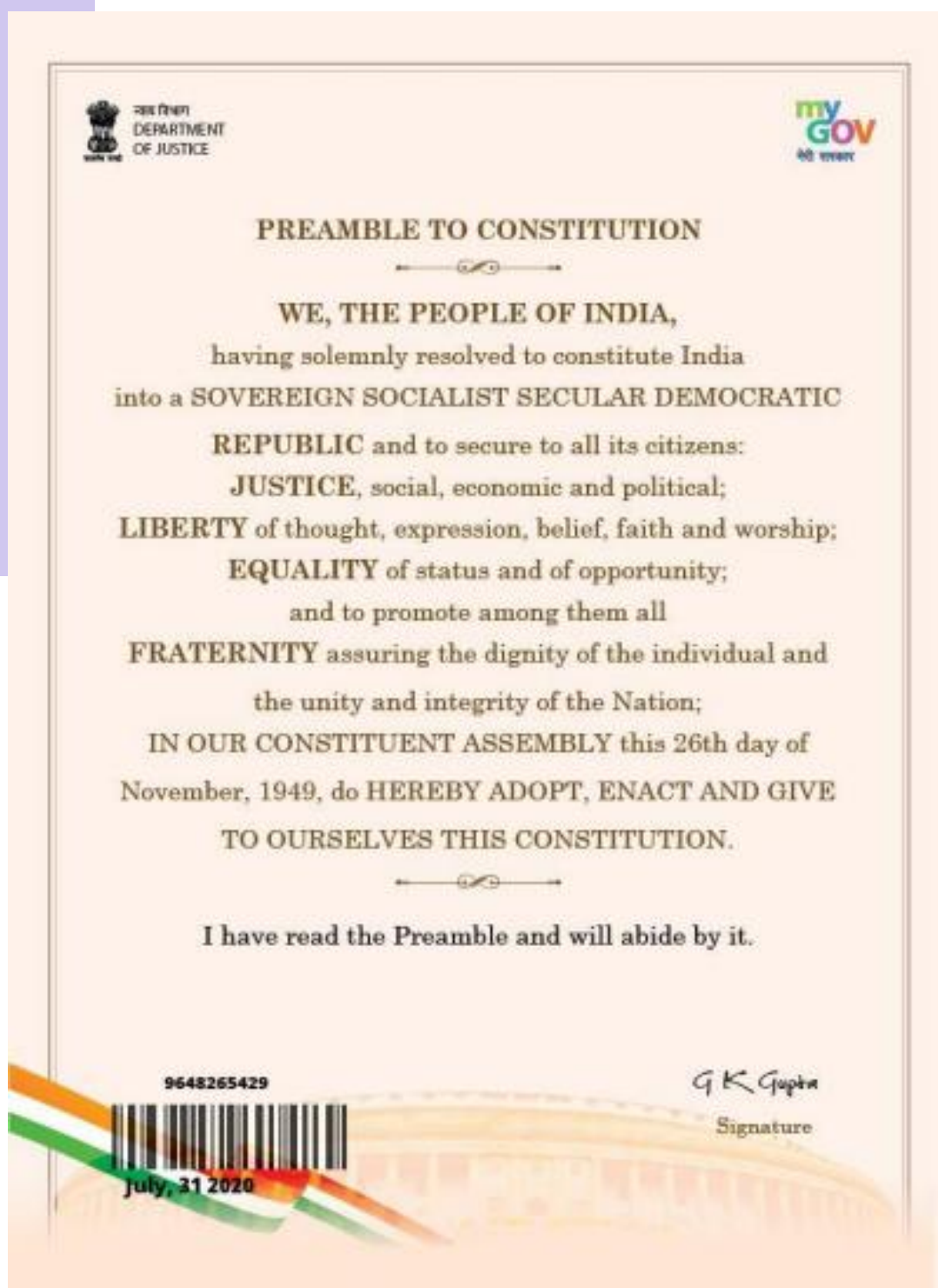
**ABHINAV SAMAJ**  
always there for you



# Annual Report 2020-21

Address : R-10, R-Block,  
Old Uttam Nagar, New Delhi - 110059  
Mobile No : +919810901970,9643405487  
Email : [abhinavsamaj2010@gmail.com](mailto:abhinavsamaj2010@gmail.com)  
[info@abhinavsamaj.org](mailto:info@abhinavsamaj.org)  
[www.abhinavsamaj.org](http://www.abhinavsamaj.org)

## *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 **12<sup>th</sup> 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

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## About Us

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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  
A-2/42, Ashirwad Apptt.,  
Paschim Vihar, New Delhi-110063



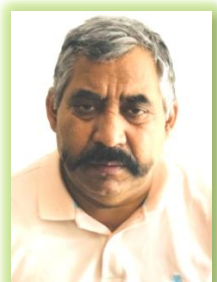
**Smt. Indra Gupta  
(Trustee/Treasurer, Social)**  
Worker, R-10, R-Block, Old  
Uttam Nagar, New Delhi-110059



**Brahm Prakash  
(Trustee/Vice-Chairman)**  
Business/Social Worker,  
2729/246, Hansapuri, Tri Nagar,  
Onkar Nagar, New Delhi-110035



**Madan Lal Gupta  
(Trustee/Finance-Advisor)**  
Business/ Social Worker,  
Plot No.24 & 50, Nagli Sakrawati Mor, Jaimini  
Park, Najafgarh, New Delhi-110043



**Joginder Singh  
(Trustee)**  
Business/Social Worker,  
D-63/5, Dhawan farms, Sangam vihar,  
New Delhi - 110062



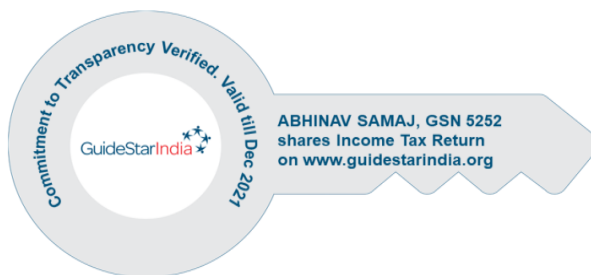
**Santosh Kumar Bharti  
(Trustee)**  
C-2/176, GF Block C2  
Janakpuri, West Delhi 110058

## 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

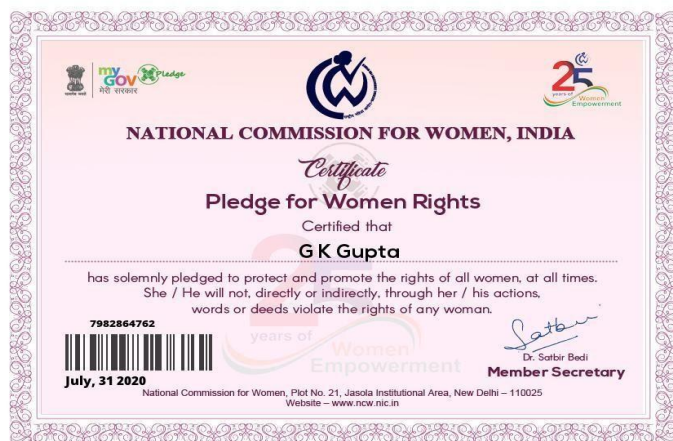
Statistics reveal that 12.5% of the Worlds Elderly Population lives in India. Most of them will never retire in the usual sense of the term and will continue to work as long as physically possible. Inevitably though the ability to produce and earn will decline with age, the absence of savings will result 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](mailto: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

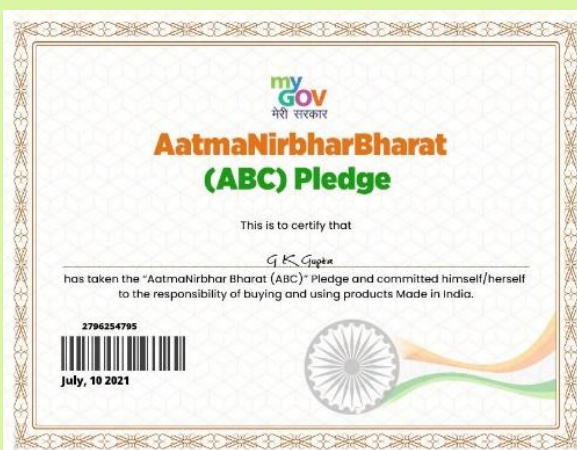


### Donate for Protection

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



## 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 rites according to their religion.



## 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।