



# ABHINAV SAMAJ

always there for you

## ANNUAL REPORT - 2021-22



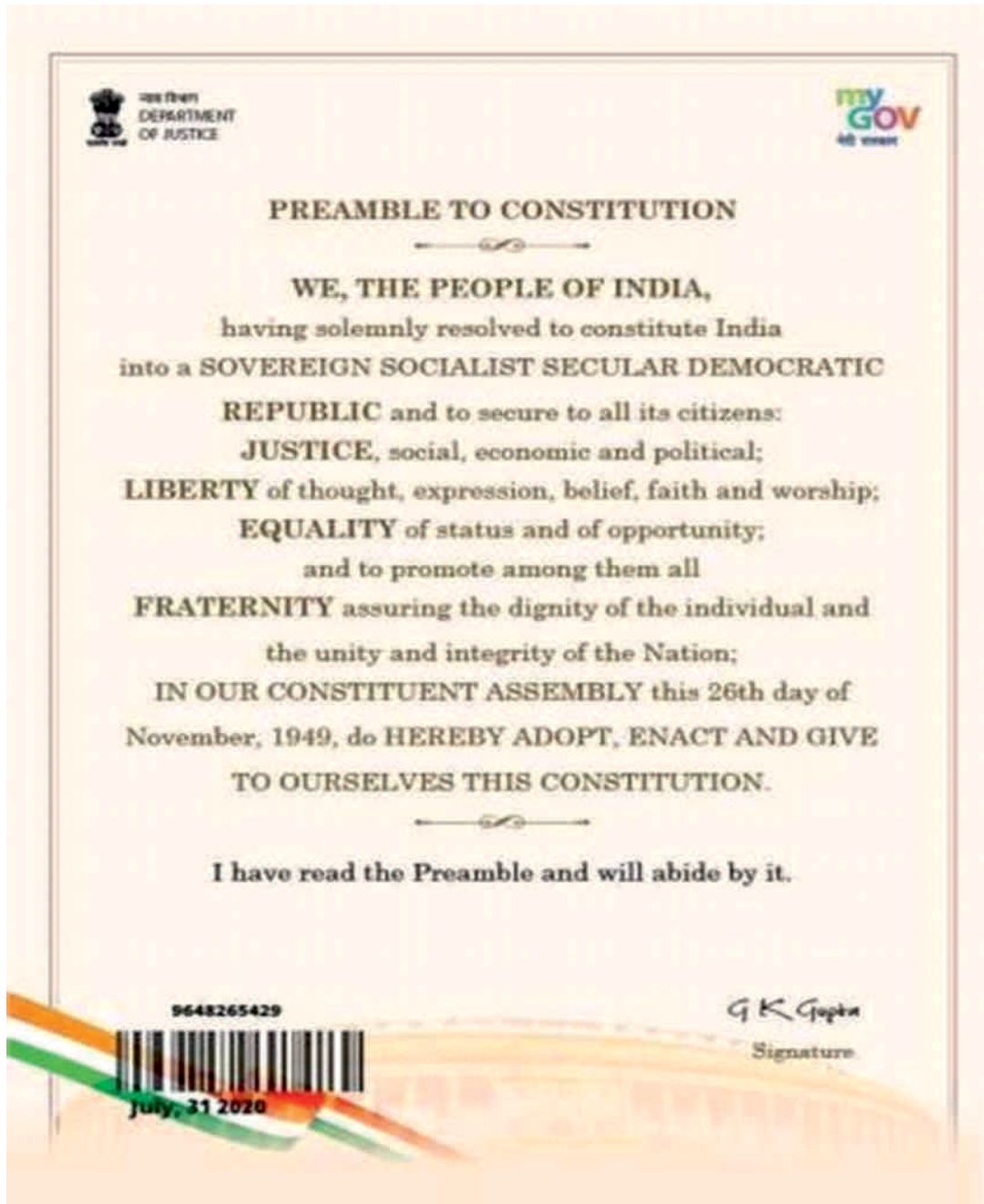
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## The Preamble to the Constitution of India



*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 12<sup>th</sup> 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



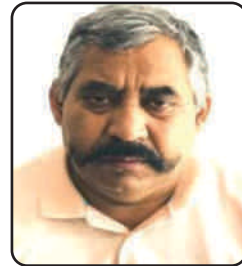
**G. K. Gupta (Settler Trustee/ Chairman)**  
Retd. Govt. Officer/Social Worker,  
R-10, R Block, Old Uttam Nagar, New Delhi-110059



**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)**  
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**Mohar Singh (Trustee)**  
Farmer/Social Worker  
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**Madan Lal Gupta (Trustee)**  
Business/Social Worker  
Plot-24 & 50, Khasra No.31-13,  
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)



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

economic, financial, health and shelter.

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](mailto: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

