

SRI SWAMY SARVA DHARMA SHARANALAYA TRUST ®
SRI SAI DWARAKAMAYEE OLD AGE HOME
Sai Nagar, Madhugiri Road, Kanivenahalli Gate (Post),
Pavagada(Tq)Tumkur(Dist) Karnataka -561202

ANNUAL PROGRESS REPORT-2021-2022

Project Id - IP/KA/TMK/02548

SRI SWAMY SARVA DHARMA SHARANALAYA TRUST ® Is a socially Committed Organization, implementing beneficial project for the welfare of the people of the rural and poor community of the society, the Organization, is continuously involved in assisting in the implementation of various welfare schemes of the government, the dedicated staff & volunteers working in the institution devote their precious and valuable time and services to the society. The institutions; activities concentrated mainly in the rural areas for the poorer sections, the tribal, SC/ST. and other depressed classes residing in the surrounding areas of the district.

In the direction of serving the Senior Citizens of the Society, mainly the aged people who are residing in a around the villages in Pavagada and Tumkur District, the Organisation formed with the firm intention of helping and caring the old and providing shelter and other facilities to them which their owns have neglected. **Sri Sai Dwarakamayee Old Age Home, Sai Nagar, Kanivenahalli gate, Tumkur Road, Pavagada (Tq) Tumkur (Dist) Karnataka (Project Id - IP/KA/TMK/02548)** , has been working for the last 22 years with its dedicated staff and volunteers.

INTRODUCTION: - There has been a steady rise in the population of senior citizens in India. The number of elderly persons has increased from 1.98 crore in 1951 to 7.6 crore in 2001, and 16.00 crore in 2011. The projections indicate that the number of 60+ in India will increase to 17.3 crore in 2021 and 18.50 crore in 2026. Continuous increase in life expectancy means that more people are now living longer. General improvement in the health care facilities over the years is one of the main reasons for Continuing that they not merely live longer, but lead a secure, dignified and productive life is a major challenge.

The traditional norms and values of the Indian society laid stress on showing respect and providing care for the aged, however, in recent times, society is witnessing a gradual but definite decline of the joint family system, as a result of which a large number of parents are being neglected by their families exposing them to lack of emotional, physical and financial support .These older persons are facing a lot of problems in the absence of adequate social security .This clearly reveals that ageing has become a major social challenge and there is a need to provide for the economic and health needs of the elderly and to create a social milieu, which is conducive and sensitive to the emotional needs of the elderly.

AIMS AND OBJECTIVES: - The main objective of the Project is to improve the quality of life of the Senior citizens by providing basic amenities like shelter, food, medical care and entertaining opportunities.

The Beneficiaries of this old age home came from the surroundings areas of the District the main objectives of the Organization to dedicated the Service towards caring, loving and Serving the old age people who are assets of the Generation, the ignorance feeling was to an extent put aside by the formation of the Home.

The old age home at present accommodates 25 senior citizens who are above 60+ years of age, **Ministry of Social Justice and Empowerment .Government of India** Gives Grants in-aid for the **25 inmates**-remaining old age inmates maintains will be made by the Trust they are provided free food, shelter, Medical facilities, Recreation facilities and also they are homely care in their last stages of their life, these Senior beneficiaries are made to undergo medical treatment weekly and free medicines are provided to them.

The old age inmates are made to undergo their routine jobs without fail. Under the supervision of the warden of the Home, they are given their routine hot water bath by 6.A.M, timely coffee/tea and provided to them in the morning and evening by 1.P.M. Lunch and 7.P.M. Dinner will be provided they are Bazans/Keerthanas, four times in a day, morning – 6.A.M, 12.A.M, 6.P.M and 9.P.M. and also made to devote themselves in the meditation hall in Ashram Complex. Timely Lunch and Dinner make up the routine process of the day.

For recreation of these Senior Citizens, like T.V, Radio, Daily News Paper, weekly Magazines, Devotional Books, Indoor Games etc, provided so that these old age inmates may feel at home and be relaxed.

FESTIVAL AND CULTURAL PROGRAMME: - Usually all festival celebrates in the Ashrama Shivarathri, Ugadi, Gurupoornima, Baba Samadhi day, Rama Navami, Deepavali, and National festival like, Independence day, Republic day, Gandhi Jayanthi,.We conduct Indoor Games, Cultural Activities, and quarterly once outings for inmates. **YOGA CLASSES CONDUCT EVERY DAY IN THE ASHRAMA.**

HEALTH: We have a Hospital in our Ashrama Premises, every day Doctor Visit the Old Age Home for routine health check up, This being a social committed organization has its main goal of wiping the tears of the old ages persons and relieving them of their mental stress that are caused due to the negligence and uncared by their own people the staff and volunteers mix up with them and be one of them at one place and create a feeling of oneness and love, the institution bears the expenses incurred to perform the last rites of these in case of deaths, the Organization still serving the humanity with Sincerity to great number of old age persons

October – 1st –celebrated world senior citizen day in the Ashrama and Some Cultural activities and Indoor Games Conducted and prizes were distributed to them world disable day programme conducted **on December 3rd 2021.**

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COVID-19:- Elderly People are at higher risk of Covid-19 infection due to their decreased immunity and body reserves, as well as multiple associated co-morbidities like diabetes, hypertention, chronic kidney disease and chronic obstructive pulmonary disease. Also course of disease tends to be more severe in case of elderlies resulting in higher mortality.

During the lockdown period, We followed the all the instruction given by ministry Orders and Health Department orders, we restricted the public and inmates guardians to enter the old age home and Cleanliness maintained and mask and sanitizers strictly used in the OAH, all inmates also followed the health instruction given by Management and State Govt officials also visited OAH and appreciated the management .

Other activities:-

The Trust running various projects like schools for rural poor, people, Medical facilities, provided through hospital with the free cost, various youth training programme conducted by the Trust.