



SHEOWS

We Care for Elderly

Souvenir 2017-18

Project Proposal to Support Elderly at Guru Vishram Virdh Ashram of SHEOWS

Guru Vishram Vridh Ashram, Managed
by: SHEOWS

(Saint Hardyal Educational and Orphan
Welfare Society)

Old Age Home: BVK-2, Gautampuri Phase-1,
New Delhi-110044, India

Head Office : B-11,GF, Greater Kailash
Enclave - 1, New Delhi-110 048

Phone: +91-11-49059197, 9999 220 040 ◇ Email:

saurabhagat@sheows.org

www.sheows.org

Our Mission

- The mission of SHEOWS is to serve the destitute old aged by attending to their needs, wounds and agony at the dusk-time of their life. Vridh Sewa Abhiyan's aim states that No elderly should die on the road side due to hunger, or any environmental factors in Delhi NCR in first phase; and all over India in second phase.

Our Goals

- Maintain and run Old age homes for the orphans, destitute old aged, mentally i.e. Alzheimer's and dementia and physically challenged etc., for the welfare of the society.
- To provide free shelter, food, clothes, medication with love and affection to the ailing old.
- Spread awareness about elderly problem.
- Provide health care facilities to the poor/backward destitute old aged.

We believe

- We believe that serving the helpless old people is the best way to attain peace and prosperity in life turns out to be a ray of hope these helpless old people suffering from various diseases and disorders like alzheimer, Bed ridden and mentally. Elderly people also have the right to basic age care facilities like health care, social security, safety & security and other basic amenities.

Regulatory Criteria

Registered Society - S-25752

Place of Registration
New Delhi

Date of Registration
29th March
1994

We do not have any religious association.

We do not have Any political associations/af filiations.

We have an established track record of 14 years in undertaking similar programs or projects

Registered Under Society Registration Act 1860

Registration Details

Type of
Registration

Registration
Number

Date of
Registration

Validity

80G

DIT (E) 2007-2008 / S-
3657/ 37022

22 Feb 2008

1 April 2007 till
onwards

12A

DIT(E) 2003-04 / S -
3657/03/ 942

30 JUNE 2003

1 April 2003 till
onwards

FCRA

231660995

12 June 2009

1 November
2021

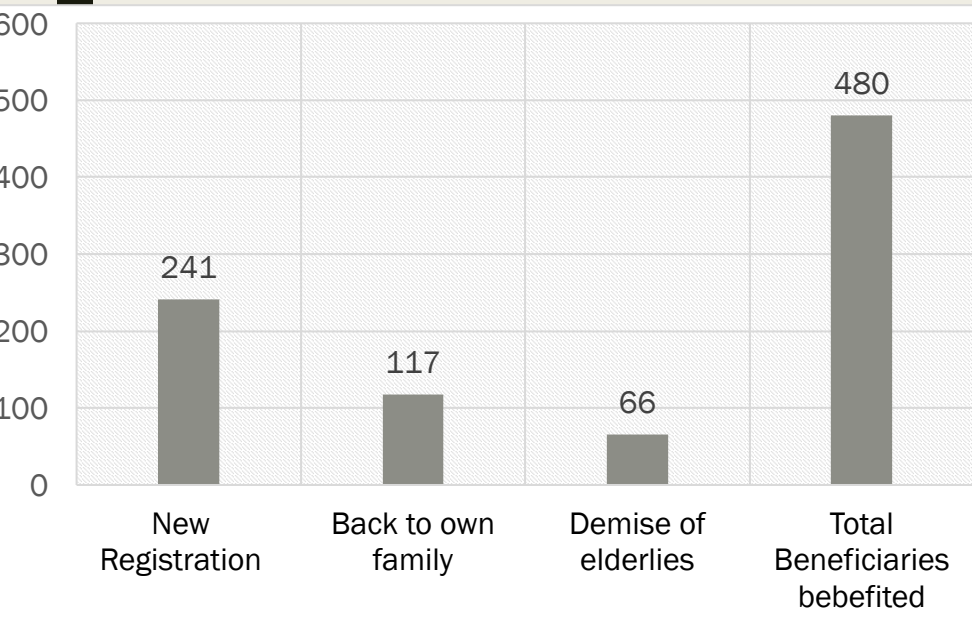
14 years of experience
(minimum 3 years' experience is required as per Section 135, Companies Act, 2013)

S-25752

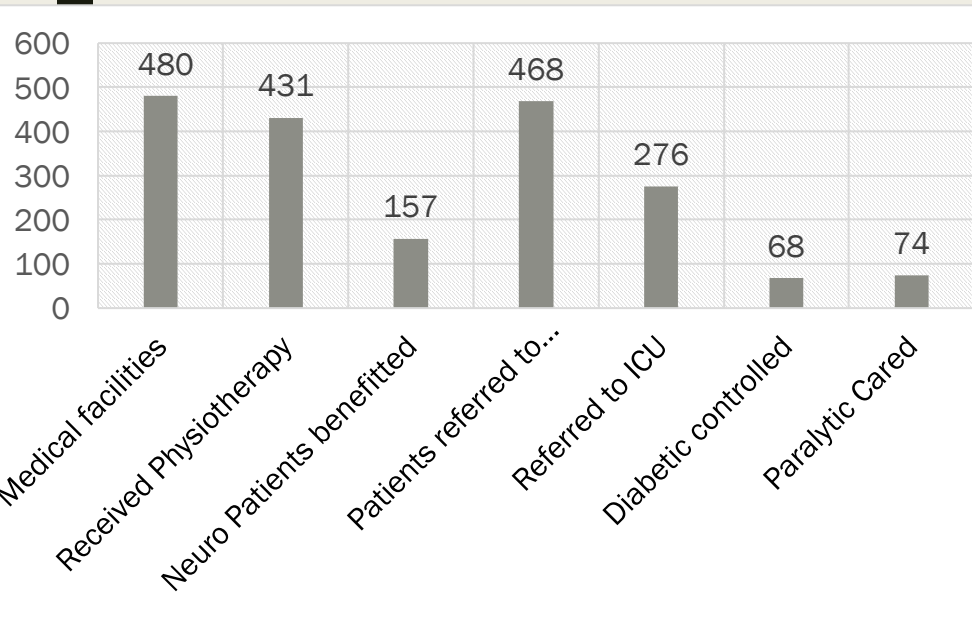
29 March 1994

29 March 1994
till Onwards

Providing safe environment to the elderlies by offering shelter, food, clothes from Sep. 2016 to Aug 2017.



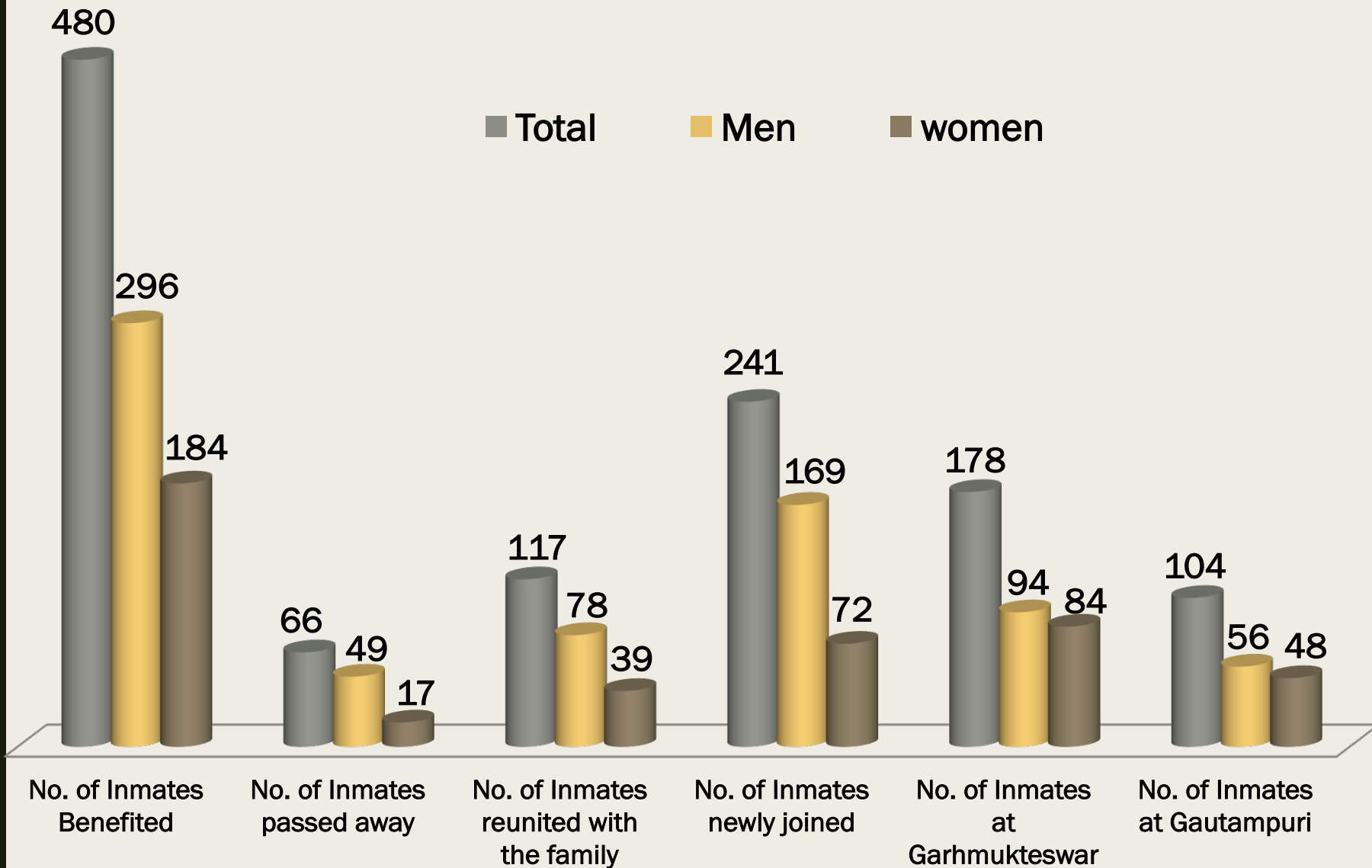
Providing Medical Care to Elderly from Sept. 2016 to Aug. 2017



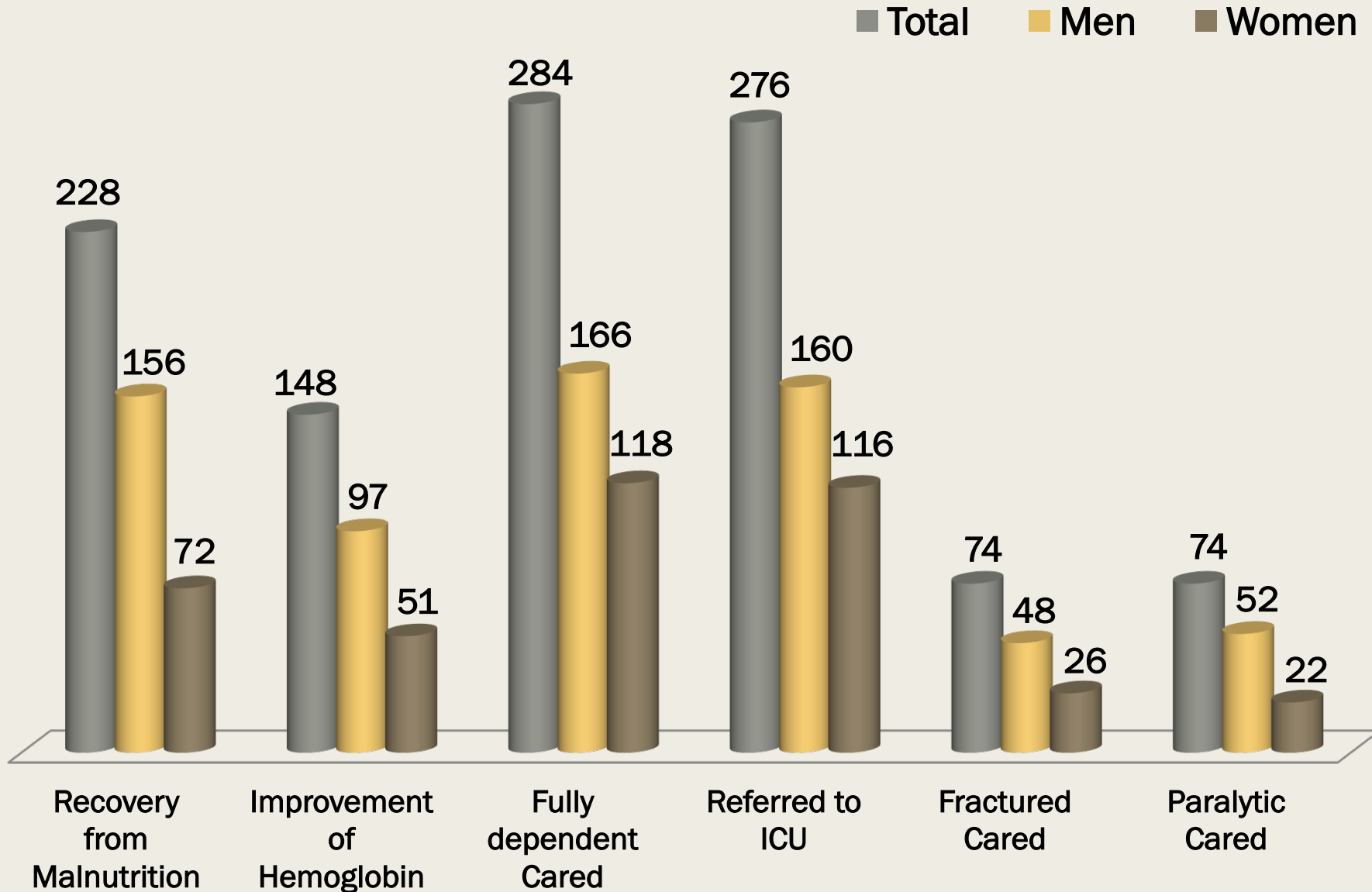
Impact of Elderlies at Guru Vishram Vridh of SHEOWS from SEP. 2016 to AUG. 2017.

- There are 66 demise of elderlies out of 480 beneficiaries who are provided homely environment along with free medical facilities for 24x7hrs.
- There are 157 beneficiaries are diagnosed as a Alzheimer and dementia patient and they are undergoing neurological treatments who are used to take neuro medicine before going to bed and 50% violent behavior has been reduced so far.
- There are 276 critical patients have been referred to intensive care unit to look after and monitor which includes consultants, physiotherapist, nurses and caregivers, each of them with specialist knowledge and skills. Specially trained nurses provide round-the-clock care and monitoring,
 1. Taking regular blood tests
 2. Giving the patient the drugs and fluids that the doctors have prescribed
 3. Recording the patient's blood pressure, heart rate and oxygen levels
 4. Turning the patient in his or her bed every few hours to prevent sores on the skin
- There are 74 paralytic patients are cared and improving gradually and 4 elderlies are improved 90% terms of mobility due to regular physiotherapy. Caregivers have been taking care their routine life i.e. feeding food, wearing cloths and during session of physiotherapy

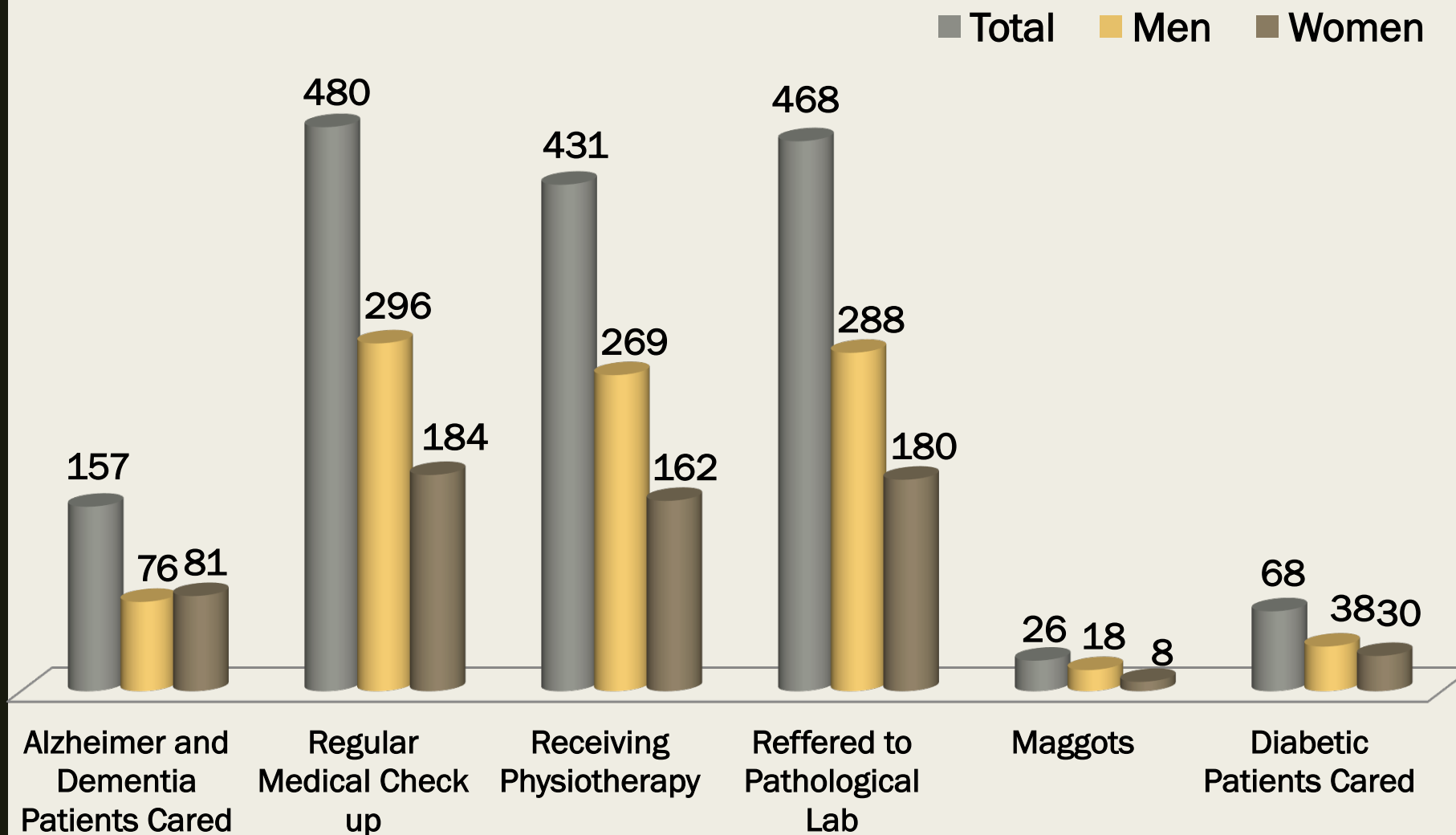
QUANTITATIVE ANALYSIS OF BENEFICIARIES AT SHEOWS (SEP 2016-AUG 2017)



CHANGES IN THE LIVES OF ELDERLIES AFTER REGULAR MEDICAL CARE (SEP 2016-AUG 2017)



QUALITATIVE/NARRATIVE OUTPUT OF ELDERLIES (SEP 2016-AUG 2017)



PROPOSED BUDGET

We request you to adopt the elderly of our old age home, It helps us to provide better medical care, food and service to the elderly,

Since the number of elderly has risen in past one year, we are presently providing aid to 300 elderly in Delhi & UP. Presently 250 elderly are adopted by SBI Card and SBI foundation for 1 year. We would like you to adopt 50 of the remaining elderly.

Budget

Detailed Split-up of the Budget :

The Cost for 1 Elderly Per Year = $\text{Rs.}5000 \times 12 = \text{Rs.}60,000/-$

The Cost of 50 Elderly Per Year = $\text{Rs.}60,000 \times 50 = \text{Rs.}30,00,000/-$

This cost includes the food, medical care, medicines, electricity, hospital transportation and other cost specific for the elderly adopted.

Please find the detailed adoption budget on the next page.

ADOPTION BUDGET IN DETAIL

S.No.	PARTICULARS	AMOUNT IN INR	
A.	Food Expenses (Including preparation)	Daily	Monthly
1	Breakfast including Fruits and Milk	₹ 18	₹ 540
2	Lunch	₹ 35	₹ 1,050
3	Dinner	₹ 30	₹ 900
4	Two tea with Biscuits and Rusk	₹ 10	₹ 300
Sub-total (A)		₹ 93	₹ 2,790
B.	Medical Care		
5	Daily Medicine (Diabetes, Antibiotics and Asthama etc.)	₹ 13	₹ 380
Sub-total (B)		₹ 13	₹ 380
C.	Cleaning Items		
6	Cleaning Items	₹ 7	₹ 210
Sub-total (C)		₹ 7	₹ 210
D.	Contribution for Caregivers		
7	Doctor and Nurses	₹ 20	₹ 600
8	Caregiver	₹ 8	₹ 240
Sub-total (D)		₹ 28	₹ 840
E.	Transportation		
9	Contribution towards transportation expenses	₹ 10	₹ 300
Sub-total (E)		₹ 10	₹ 300
F.	Running Cost		
10	Electricity Expenses	₹ 9	₹ 270
Sub-total (F)		₹ 9	₹ 270
G.	Cremation		
11	Average Life of guests 2 Years in the Ashram	₹ 7	₹ 210
Sub-total (G)		₹ 7	₹ 210
Grand Total (INR) (Round Off)		₹ 167	₹ 5,000
Grand Total (USD)		\$3	\$81

Note: 1 USD = INR 62

Note:2 = Budget prepared on the basis of average of 110 guests

Key strategies towards the objective



1 Pick up

Our Rescue team goes out searching the streets of Delhi/NCR and whenever they find a wounded or a deserted person, They bring them to the Old Age Home.

2 SOS Treatment

The first priority is to cure the person the soonest as possible by providing medical facilities of disinfection first aid and proper dress as in case of serious injury / disease. The said elderly person is immediately rushed to the hospital for treatment.



3 Admission

On admission to the old Age Home full account about detailed domestic and other information is prepared. They are mostly admitted by our pickup team, Delhi Police personnel Govt. hospitals and other volunteers.

4 Health Checkup

To know the medical condition full examination is done which help us in giving them the best suitable diet and treatment.



5 Accommodation

To provide them a homely comfort and atmosphere, they are given shelter with mattress, pillows, blankets and other necessary material for survival.



6 Medical Evaluation

A full body checkup of everyone is done to know about their mental or physical illness to help us diagnose the best treatment.

7 Food and Clothing

After admitting he/she is provided with fresh washable and ironed new clothes and fresh food.



8 Medical Care

ICU Facilities such as Oxygen Concentrators, Health Parameter Monitors, Life Saving Medicines are available in the Old Age Home. We also have facilities like Physiotherapy Centre, Digital X-Ray Unit, Pathology Lab and Neurologist and Dentist.



9 Leisure Activities

We have a TV and music systems installed in our Ashram to allow the elderly to listen and enjoy Devotional music. All Festivals are also celebrated; a prayer place has also been setup. Students from school and collages visit the elderly people for interactions and Celebrations etc.



10 Cremation

In case of demise all cremations are performed as per his/her religious with impunity.



IMPACT OF SHEOWS

SERVICES
Medical Care

₹ 31,96,478

Worth of Medicine provided



11,328

No. of check-ups by Doctors

310

Lives saved in Special Care Unit



430



Elderly treated for arthritis, fracture and paralysis



24000

Physiotherapy sessions in Delhi

CARE GIVERS

Everyone wants to be looked upon as our own family members, all possible love, affection, devotion and dedication are given to make them happy. We have a 24 hours pick up facility with rescue vans, which rescue the elderly dying on the streets. We also have well-trained workers who are specialized in care of Alzheimer's and dementia patients

24x7

Roadside rescue team



Recreational activities

Festival celebrations, leisure activities, yoga, bhajan & kirtans



64



Cremations in a year

Cremation are done according to their religion.

Check-up by Neurologist



1080

200

Elderly with alzheimers & dementia taken care

Visits and examination by Neurologists



72



26,177

Pathology testing done

2190



Digital X-Ray imaging done



Nutritious Meal

The noble services being provided to the old aged elderly people are undoubtedly the best at our center. Our Old Age Home provides high quality nutritious meal. We focus on a strict food regime to keep our elderly fit and healthy. The food contains conducive diet for the old people ensuring a balanced diet.

6,89,120

Meals provided to elderly

90%

Malnourished elderly recovered



40%

Increase in heamoglobin





Mr. Saurabh Bhagat
B.Tech(IT), MBA (UK)
Director, SHEOWS

Garhmukteshwar – Loveable, enviable paradise for Elderly

Garhmukteshwar is about two hours journey from Delhi where people tired of boredom of urban, over crowded and madding life of Delhi/NCR, looking for a perfect calm and soothing get away desire to be with the nature can come. You can catch the glimpse of lush green landscape, over flowing lavishly full green fields with the rustling sound of long swaying sugar cane, the magnificent Ganga River flowing; a place where nature meets humans in its best form.

The salient features of our Old Age Home

1 Eco friendly Solar plant

Generating power for 25 years of 20 KVA completed and installed.
Solar Geysers Installed to provide hot water in Winters.
Solar Street Lights also Installed.

2 Gaushala - Cow Shed

Fresh dairy products are being obtained for the elderly.

3 Organic Farming

We are producing organic fruits, vegetables and Herbal medicines for old.

4 Yoga and Meditation

Yoga and Meditation are practised daily for better body and mind co-ordination.

5 Medical care & Physiotherapy Unit

We have experienced Doctor, Nurses and Physiotherapist for medical treatment.



The Construction of the above building was supported by Japan Embassy and Engineers India Limited.

Garhmukteshwar – An Old Age Paradise

Our Old Age Home in Garhmukteshwar is our humble step forward to achieve our goal to get our elderly nature. We are constrained to communicate that our Old Age Home depends wholly and solely on donations. developments and new projects to be started as well as our futuristic self sustainable Income generating activities like knitting, weaving, Basket Making, Honey production and Dairy production etc are becoming a reality.

500

Bedded Old Age Home

15

Acres

of Farming

15,000

Liters

4000

Quintal

of Vegetables Produced

20


6000

Liters



Qualitative Results / Outcomes of the Project

Providing safe and secure environment



Expected Quantitative Outcome	<ul style="list-style-type: none">• All 300 elderly residents receiving food and clothes• 80% elderly feel comfortable and safe• 25% decrease in patients with anemia
How will it measure?	<ul style="list-style-type: none">• Number of elderly residents showing improvement in overall health conditions• Number of residents feeling comfortable within the centre• % decrease in number of residents in anemia and malnutrition
Means of Verification	<ul style="list-style-type: none">• Interaction with elderly residents• MIS data maintained by the project• Doctors Records• Patients Register

Qualitative Results / Outcomes of the Project

Providing Medical Care

Expected Quantitative Outcome

- All 300 elderly residents (including existing elderly residents in Badarpur Centre, new registrations and residents of Garhmukteshwar) receiving Medical care
- 300 elderly residents receiving Physiotherapy
- 300 elderly receiving regular follow up & physiotherapy by the physiotherapist
- Treatment for chronic illness administered to 50 elderly residents
- Improvement in overall health status of elderly

How will it measure?

- Number of Patients receiving physiotherapy treatment
- Number of patients referred to hospitals
- % of patients showing improved mobility
- % of Patients showing improvement in overall health
- % of patients showing reduction in violent behavior.

Means of Verification

- Doctors' Report
- Patients record
- Physiotherapist's Record,
- Records of Intensive Care Unit
- Observation of residents
- Interaction with residents

Outcomes of the Project

Recreation Activities

Expected Quantitative Outcome

- 80% elderly participate in all activities
- Contentment among 85% elderly residents

How will it measure?

- Number of Celebrations
- Number of Yoga Sessions
- Number of volunteer engagements

Means of Verification

- Quarterly activities report with photographs
- Documents of visitors

Management and Monitoring

Governing Board of the organization shall be the responsible person to run the **Old Age Home - Guru Vishram Vridh Ashram of SHEOWS**. They are in cooperation with National President, Director, Manager and Caregivers will render the day to day activities.

Impacts/ Effects

- Our residents will get better health and the hygiene will be maintained.
- About 550 residents of our Old Age Home will get better facilities and services.
- Health status of the old aged persons
- Nutritional status of the old aged people
- Participation and performance of the old aged person in social affairs
- Participation and performance of the old aged persons in spiritual affairs
- SHEOWS will strengthen the Head Office to enable effect project management. Further the senior management will undertake monthly review of the project for identification of performance against milestone and provide support of mitigation measures at times of complications

Indicators

- We can measured with the following indicators:-
- Improvement in the lifespan
- Facilities improved
- Number of guest recovered and returned to their children
- New registration
- Reports indicate that at least 10% guests are cured at the Old Age Home.
- Rate of Sickness also examine by our doctor the improvement in health indicate the performance.
- Death rate itself will show the qualitative improvement of the residents.
- Diabetic Control
- % Percentage Of Violent Behavior of Dementia or Alzheimer Patients Has been Reduced.
- No. of Patients Attended by Neurologists Per month.
- % improvement in Mobility of elderly has been reduced by regular Physiotherapy

Means of Verification

- Admission Register
- SHEOWS Database
- Medical Records.
- Feedback from elderly residents
- Staff Assessment
- Staff Daily Reports Register
- Photographs
- Daily Menu
- Visitors Records
- Newspaper cuttings
- Media coverage

Beneficiaries of the project

The beneficiaries of the project are street picked mentally and physically challenged destitute elderly members of the society. They have been abandoned by their own families and left on the streets and hospitals.

I declare that I have truthfully completed the application form and all accompanying documents.

Sincerely,

Saurabh Bhagat

Director