



## ANUGRAHA - REGIONAL RESOURCE TRAINING CENTRE ON AGEING, DELHI अनुग्रह-क्षेत्रीय संसाधन एवं प्रशिक्षण केन्द्र, (वृद्धावस्था) दिल्ली (Under aegis of Ministry of Social Justice & Empowerment, Govt. of India)

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### From the Desk of Chairperson

Friends, Anugraha is a national level voluntary organization dedicated to the care & empowerment of senior citizens across India. For Past 16 years from health care programs in Uttarakhand & Uttar Pradesh to research studies in Gujarat & Women empowerment initiatives in Andhra Pradesh and Assam, it has covered a wide spectrum of issues in community development. It is member of **State Council for senior citizens**, Govt. of Delhi & Core Group on protection of Elderly, **NHRC**, Member of Selection Commission of National Awards of Senior Citizens, Ministry of Social Justice & Empowerment, GoI.

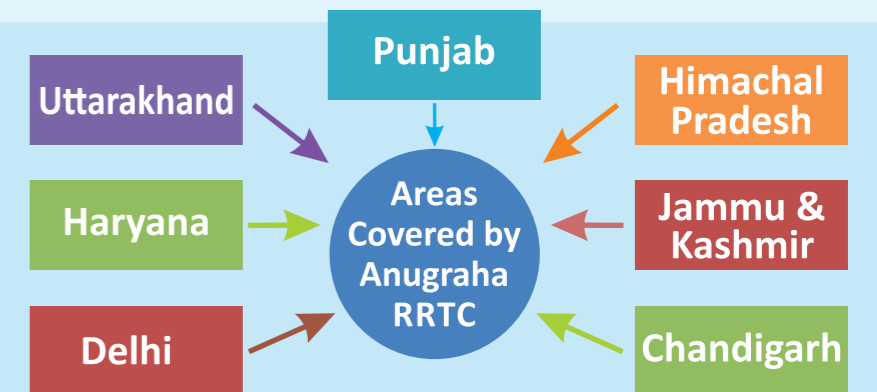


Since 2010-11, Ministry of Social Justice & Empowerment has set up **India's first RRTC- Ageing** through Anugraha in Delhi. RRTC Anugraha, Delhi, its mandate is to carry out advocacy awareness generation, training of stakeholders, database generation, research and liaising with the State Governments assigned to it in the field of old age care.

RRTC Anugraha is working for wider participation & active involvement of stakeholders, including Govt. agencies to protect human rights of older persons for "Promoting Ageing with Dignity". As an innovative step, we are collaborating with **Cantonment boards under Ministry of Defence**, in setting up a series of Day care centres for elders in different States of North India that are benefitting thousands of senior citizens.

We hope for your guidance & support in our endeavors.

Dr. Aabha Chaudhary



### Anugraha... Legal credentials

Registered under Societies Registration Act, 1860.  
Foreign Contribution and Regulation Act of 1976 and under 80G and 12 A of Income Tax Act

### Memberships

- UN Global Compact Network of India
- State Council for senior citizens, Govt. of Delhi
- Core Group on Protection of elderly, NHRC
- Consultative status with UNESCAP, UNFPA, UNIC, UN program on ageing
- Women's Founders Collective, USA
- International Federation on Ageing

## ABOUT ANUGRAHA

Anugraha, a national NGO dedicated to the interests of older persons, is working for marginalized & rural communities. As a collaborative agency with Ministry of social justice & empowerment, it has organized several capacity building & awareness programs benefiting senior citizens, academicians, and civil society. Anugraha has forged effective network with NHRC, Corporate bodies, NGOs, medical colleges, academic institutes. Giving impetus to lifelong learning and 2nd careers, Community Trainings in Computers for Senior Citizens have been organized. Sensitization programmes on Promoting Micro Credit among Elderly, Mega Cultural Events on "Celebrating Graceful Ageing", walkathons and felicitation of eminent elderly on International Day for Older Persons are innovative initiatives. Provided medical screening, Mobile Medical care, medicines to over 15000 patients, 6000 cataract surgeries through Multi specialty Medical camps. Participation and presentation made in about two - dozen National and International forums. Signed MOU with Senior Citizens Council, Republic of Mauritius and led several social exchange delegations of elderly. Anugraha has published two books titled "Active Ageing in the New Millennium" & "Coping with Ageing : Emerging issues & Strategies in India & South Asia".

As member of State Council for older persons, Govt. of Delhi NCT, Anugraha formulated the "State Policy on older persons". In its model Day Care & Recreation Centers in Ambala, Delhi & Dehradun, Anugraha is running e-learning and computer center, library, counselling, spiritual & social support programs for senior citizens. It has worked with International Collaborators like UNESCAP, FAO, Southern Cross Care, Australia & International Federation on Ageing, Canada.

### RRTC- Anugraha's Special Initiatives in Advocacy & Awareness Generation (2014-16)

- **Swabhiman Kendra-** Multipurpose Day Care & Recreation Centre, set up in association with Cantt. Board of Dehradun, Min. of Defence has enrolled over 1180 senior citizens members.
- **Day Care & recreation Centre for Senior Citizens** in East Delhi in collaboration with Department of Social Welfare, Govt. of NCT of Delhi.
- **"Samman Kendra' in Ambala** in association with the Cantt. Board, with a membership of 554 senior citizens.
- **Multipurpose vehicle for senior citizens**, (TATA winger) donated by ONGC Ltd., & Hon. Governor Uttarakhand in Dehradun.
- An extensive **communication and publicity campaign** was launched through leaflets, posters, poster making, Essay writing competitions and periodical audio- visual shows on the Maintenance & Welfare of Parents & Senior Citizens Act, 2007, National Policy for Older Persons & Integrated programme for older persons & various interventions by Govt.
- Annual celebration of world **Elder Abuse awareness day on 15<sup>th</sup> June** with youth groups, UN agencies and in our Field Outreach & Training Centre.
- Annual celebration of **International Day of Older Persons. Shri Thaawar Chand Gehlot Ji, Hon'ble Minister, Min. of SJ&E, GoI** was the Chief Guest
- **National Consultative Meet on "Safeguarding Rights of the Elderly in India"** at Chandigarh with NHRC.
- **Walkathons & Rally on IDOP** by hundreds of senior citizens in Dehradun in 2014 & 2015, supported by **Min. of SJ&E and Cantt. board Dehradun. Shri Harish Rawat, Hon. Chief Minister & Shri N Ravi Shankar, Chief Secretary, Uttarakhand** were Chief Guest.
- **Preparation of I.E.C & publicity material**, such as Brochures, handouts, posters, calendars, booklets was undertaken on **Booklet on "Prevention of Falls Among Elderly by Creating An Age Friendly Environment"**, **Ensuring Safety & Security of Senior Citizens, Tips for Holistic Health Care in Old Age.**
- Training Program on **Management of Dementia** organized. **Maj. General S. Sabharwal, President Cantt. Board, Dehradun** was Chief Guest. **Smt. Vibha Sharma (IDES), CEO, Cantt. Board, Dehradun** was Guest of Honour.

### RRTC- Anugraha's programs to foster Intergenerational Bonding

- **Painting, poster making and slogan writing competitions** were organized for the College Students in Ambala, Sirsa and Jind in Haryana and Haridwar, Dehradun in Uttarakhand.
- **Sensitization of 400 students and youth** in aged care, respecting the elderly, MWPS Act, 2007, Intergenerational Bonding in 10 School of Delhi, Haryana, Uttarakhand.
- **Regular visits & active participation** by students, families of senior citizen members to Day care centres run by Anugraha.

### Training & Sensitizing Programs (2014-16)

Title	Number of Trainees
<b>Total number of participants in NISD's training programmes</b>	<b>1020</b>
<b>RRTC Regional workshop, Delhi</b>	<b>80</b>
<b>International day of older persons event 2014, Delhi</b>	<b>600</b>
<b>International day of older persons event Walkathon, 2014 Dehradun</b>	<b>500</b>
<b>National Consultative Meet on "Safeguarding Rights of the Elderly in India", Chandigarh</b>	<b>300</b>
<b>International day of older persons event Walkathon, 2015 Dehradun</b>	<b>500</b>
<b>Trainees in Field outreach centre, Dehradun, Uttarakhand</b>	<b>2243</b>
<b>Trainees in Field outreach centre, Faridabad, Haryana</b>	<b>123</b>
<b>Trainees in Field outreach centre, Delhi</b>	<b>410</b>
<b>Trainees in Field outreach centre, Ambala, Haryana</b>	<b>2271</b>
<b>Total number of participants in RRTC's training programmes (2014-16)</b>	<b>8047</b>

### Training programs on Skill Development (2014-16)

- Course Title: 3 Months Certificate Course On Bedside Assistance / Caretaker
- Total No. of Participants: 350
- Locations: Delhi, Haryana & Uttarakhand
- Job Placement Status: 75% trainees placed in hospitals and home care.
- Practical Training / internship partners :

Haryana

Fortis Escorts, Sarvodaya Hospital, Asian Institute of Medical Sciences, Dist. Red Cross Society, Metro Hospital, QRG Hospital.

Delhi

Jaslok Hospital, Max Home Care Services, Portea Health Care Services

Uttarakhand

Combined Medical Institute, Synergy Hospital Dist. Red Cross Society

### Possible Interventions in CSR in Field of Age Care

- Sensitize Your Staff on retirement planning & Intergenerational bonding
- Celebrate International Day Of Older Persons
- Sponsor Healthy Ageing Campaign
- Partner with educational Institutions, Management & Business Schools for Sensitization of youth
- Support Day Care & Recreational Centres for Senior Citizens
- Support Skill Development program for Caregivers & bed side assistants