



# ANNUAL REPORT

(2022-23)

OF

## “MATRUSHAKTI”- SENIOR CITIZENS’ HOME

### LOCATION:

Project-ID : IP/OR/RYG/02865  
House No. 94/669, Saipriya Nagar, Near SBI RBO  
Po./Dist.-Rayagada, Odisha - 765001.

*Submitted*

To

MSJ&E, New Delhi



**Shakti Organisation**  
Catalysing Sustainable Development

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## **'MATRUSHAKTI' - Senior Citizens' Home**

The **Senior Citizens Home** is a refuge house where elderly individuals live with other senior people after being abandoned by their family members, destitute or voluntarily admitted to battle loneliness during this critical time of life.

**MATRUSHAKTI Senior Citizens' Home**, managed by Shakti Organization is a legally registered Non-Governmental organization for upholding assistance to **50 nos.** needy and under-privileged, vulnerable poorest of the poor etc. to understand and develop care plans for the elderly at Rayagada.

### **Aim & Objectives:**

- Our Vision to contribute to the building of a society in which people are encouraged and enabled to age productively and with dignity.
- To foster the welfare of the aged especially the needy aged, irrespective of caste or creed.
- To create in the younger generation and in society a social awareness about the problems of the elderly in today's Society.
- To create environment for senior citizen where they can live freely with dignity.
- Our mission is to work towards developing and implementing activities that enhance productive aging.
- Goal poverty and poor health standards by promoting and working through community and organizations: with a focus on enabling the marginalized and weaker sections of rural society.

### **Shakti's Effort for Aged Care:**

SHAKTI Org. has been working on the issues of senior citizens for the last seventeen years. As a part of its effort for senior citizen, there are two types of initiative focusing on the elderly people in the Rayagada District i.e. Non- institutional care & Institutional Care.

#### **i). Non-Institutional Care:**

We have been serving the old age people in need. We are helping them to get old age pensions, legal counseling, and Cataract operations and helping them in enrolling in emergency feeding programme. Field staffs are visiting the elderly person in our operational areas; render counseling to them and their family members. We also provide them psychosocial care.

#### **ii). Institutional Care:**

Shakti has been running a Senior Citizens Home at Rayagada. The programme is funded by the Ministry of Social Justice & Empowerment, Govt. of India and aims to support the socio-economic development of disadvantaged older people by providing shelter, food, cloth and health care. Under this programme, the Senior Citizen Home has 25 strength for destitutes and neglected elderly persons, who have nobody else to take care of them. This is a safe & secure place, where they can freely live with dignity. Senior citizens are supported with Shelter, Food, Cloth and Medical care at the Senior Citizen Home regularly.

### **Health Care:**

The Doctor visits the Senior Citizens Home twice in a Week and conducts health check-up. Medicines are provided as per the prescription of Doctor. In case of any serious illness of inmates, we admit them in the District Hospital.

### **Special Health Camp:**

Besides weekly health checkup we frequently conduct ENT, dental checkup & Eye Check Up Camp & also facilitate cataract surgery at L.V.Prasad Eye Hospital, Rayagada. We issue hearing aids, lenses to inmates for better hearing, vision etc. Now, such inmates are much happy after getting these types of facilities.



### **Others Facilities:**

Inmates are entertained by the television, Odia Newspaper, story books, spiritual books provided by this Organisation. Sometimes inmates play ludo, carom Board also they entertain themselves in several programmes which makes them very happy. All necessary commodities like hair oil, bathing soap are provided regularly to the inmates. Counseling service to the inmates was done by the counselor on regular basis.

During the last year, we distributed Saree, Blouse, Kurta, Shirt, Bed Sheets, Suitor, Sleepers etc.



### **Participatory Management:**

We encouraged the inmates to bring solidarity among themselves through decentralize the responsibility in a participatory management system in day to day activities of Senior Citizen Home. By the facilitation, they have formed following Groups to co-ordinate and management various responsibility smoothly.

- Subcommittee for Food & Cloth.
- Subcommittee for Yoga (Exercise), Meditation, Prayer & Religious discourse
- Subcommittee for Personal Decorum
- Subcommittee for Health & Personal hygiene
- Subcommittee for Sanitation
- Subcommittee for Social work & Recreation.
- Subcommittee for Gardening

Continue assistance to the subcommittee and planning cum-review meeting held in every fortnight, the performance of subcommittee has upgraded.

As the project management team one Superintendent for overall management, one counselor, trained Nurse, one Cook-cum-peon, three nos. of Multi Task Staff, one part time Accountant, one part time Doctor and also a part time Yoga Therapist are looking after the inmates of Senior Citizens Home. Our staffs are trained to be prompt, patient and sympathetic towards the inmates.

### EXTRA CURRICULAR ACTIVITIES:

- **Yoga & Meditation** : Inmates are practicing Yoga & Meditation daily under the guidance of our trained Yoga Therapist.
- **Daily Activities** : Evening Walks are done daily by the inmates under the guidance of the Nurse. They daily do prayer at morning & evening.
- **Health & Hygiene** : Inmates are cutting their nails every week & Hair once in a month. They are involved in keeping the surroundings clean doing some social work.

- **Observed National Day & festival:** Inmates observed International Elders' Day (Senior Citizens' Day), Independence Day, Republic



Day Ganesh puja Diwali, Holi etc to build up nationality & brotherhood relationship.

- **Programme of Collaborations:** Arrangement of Homa & Yajna by Arjya Samaj and sometimes Prayer & Spiritual Discourse programme conducted inside the premises.
- **Picnic:** Picnic for inmates conducted once in a year for refreshment of their mind during which they are taken by bus to nearest picnic spots.



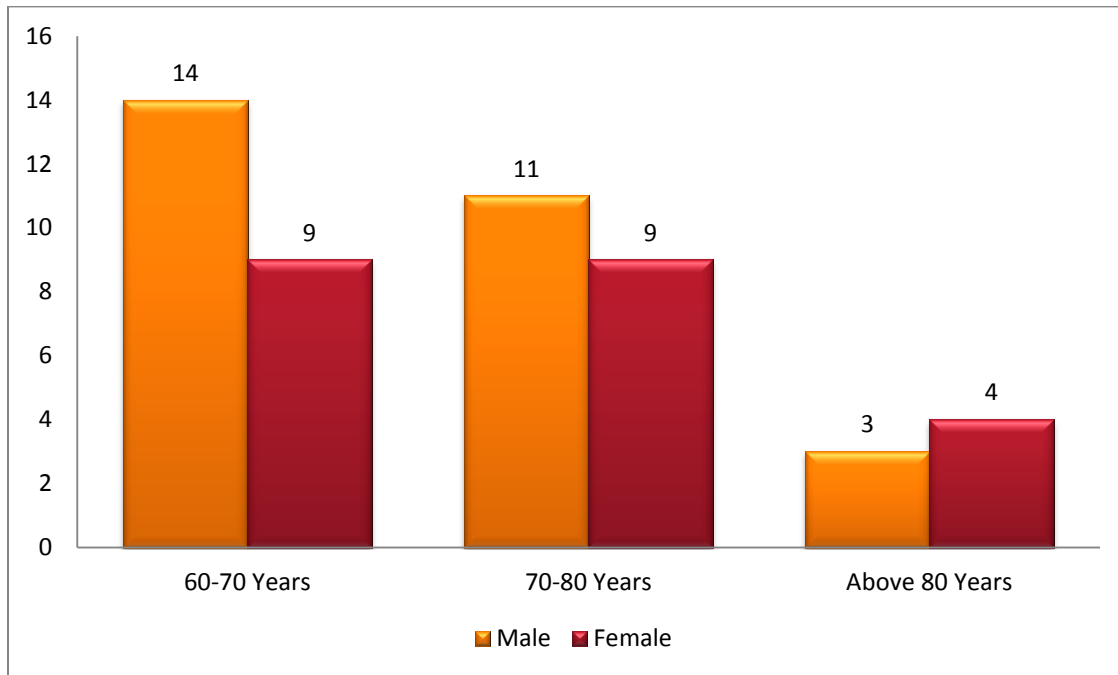
- **Besides** that we take to all inmates for darshan & puja during Car Festival, Local ritual Festivals also facilitate to conduct Birthday, any special day by visitors in our campus.



**Age, Gender & Caste status of Senior Citizens Home Inmates:**

Age Range						Gender Status			Caste Position			
60-70 Years		70-80 Years		Above 80 Years		Male	Female	Total	SC	ST	OBC/Gen.	Total
Male	Female	Male	Female	Male	Female				05	24	21	
14	09	11	09	03	04	28	22	50				50

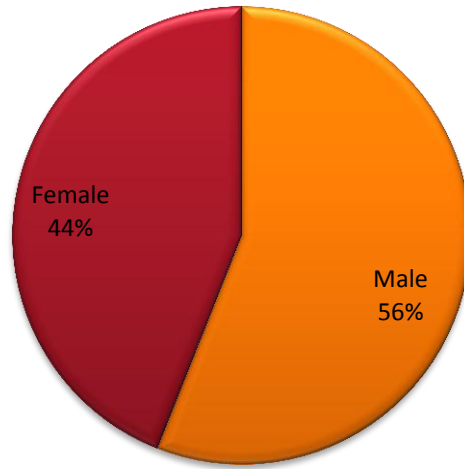
**Different Age Category of Inmates staying at SCH:**



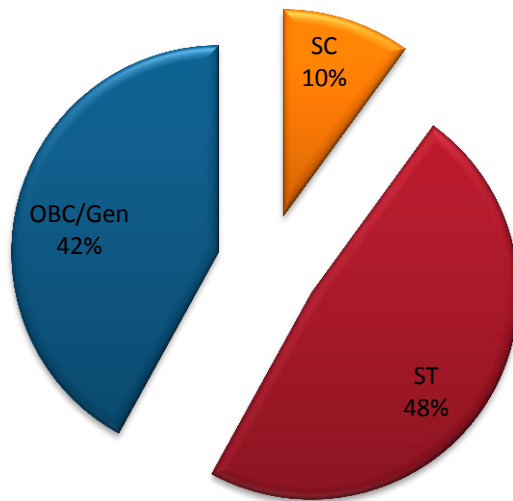
**Background of Inmates for staying at SCH:**

A	Low income / cannot support themselves	10	B	Widow / Widower	04
C	No children to look after	17	D	High Income but nobody to look after	–
E	Have children but do not look after	19	F	Seriously ill and as such abandoned by family members	–
G	Quarrels in the family forced to join the centre	–	H	Joined the centre to do social service	–

## Gender Percentage of Inmates



## Category wise Inmates





# Some Activities of Matrushakti SCH at a Glance





***“I feel very happy as I am at my home now”***

**“We do not stop playing because we grow old, we grow old because we stop playing”**

***says Karu Bidika.***




***“I find reason to wake up every morning. Now I am not lonely.”***

**The longer I live, the more beautiful life becomes.”**

***says K.Padma.***

Date: 19.06.2023,  
Place: Rayagada,

  
General Secretary,  
Shakti Organisation, Rayagada