



ANNUAL REPORT (2022-23)
OF
“SHAKTI” – SENIOR CITIZENS’ HOME

Managed by: Shakti Organisation (SSCSO)
RAYAGADA, ODISHA

LOCATION

Project-ID : IP/OR/RYG/01273
House No. 16-279, Ground Floor,
Near Housing Board Colony, Tumbiguda Junction,
Po./Dist.-Rayagada, Odisha - 765001.

Submitted

To

MSJ&E, New Delhi



Housing Board Colony, Po./Dist.-Rayagada, Odisha, Pin-765 001
Phone/Fax No.- 06856-225762,
e-mail-shaktiorg@gmail.com, sch@shaktiorg.com
www.shaktiorg.com, shaktisch.com
<http://shaktiorg.blogspot.in/>

‘SHAKTI’ - Senior Citizens’ Home

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

SHAKTI Senior Citizens' Home managed by Shakti Organization is a legally registered Non-Governmental organization for upholding assistance to **25 nos.** needy and under-privileged, vulnerable poorest of the poor etc. to understand and develop care plans for the elderly since 2005 at Rayagada where they can spend rest of their life with dignity.

Aim & Objective:

- 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.
- A support during poverty and poor health condition in aged period 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 destitute 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. In Senior citizens home we provide institutional care including Shelter, Food, Cloth and Medical care along with recreation.

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 inmate, we admit them in the District Hospital.



Special Health Care:

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 make dance 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 reporting year, we distributed Saree, Blouse, Kurta, Shirt, Bed Sheets, Sweater, 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 involve in management with 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.

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.

- **Observation of National Day & festivals:** Inmates observed International Elders' Day (Senior Citizens' Day), Mother's Day, Independence Day, Republic Day, Diwali, Holi etc to build up nationality & brotherhood relationship.



- **Ritual Programmes:** 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.



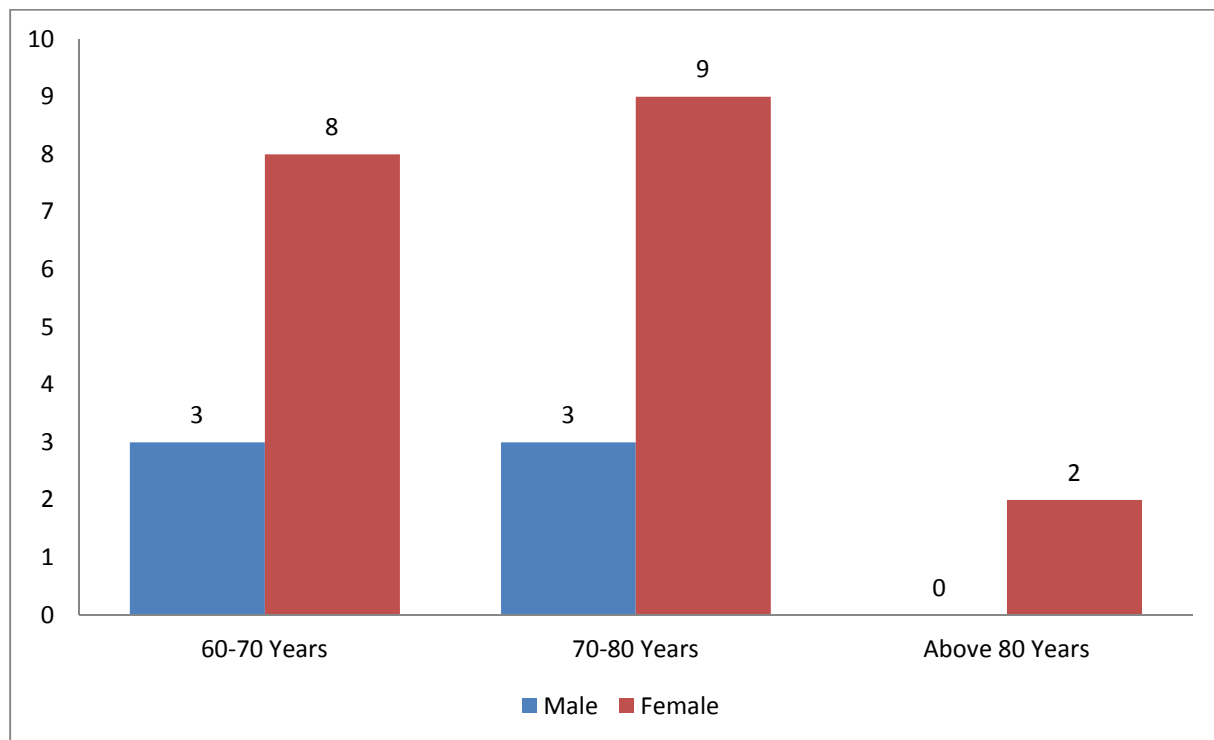
- Besides that we take all inmates for darshan & puja during Car Festival, Local ritual Festivals also facilitate conduction of Birthday, any special day by visitors in our campus.

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

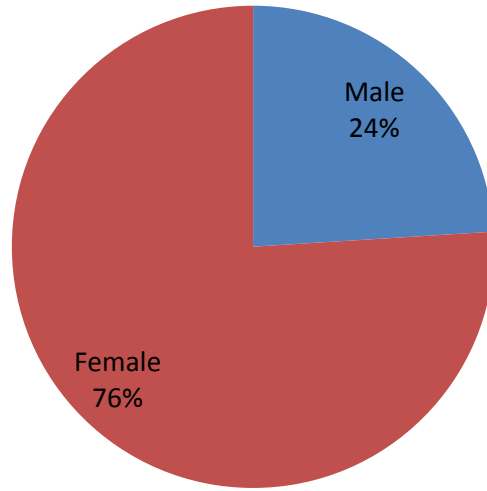
Age Range						Gender Status			Caste Position			
60-70 Years		70-80 Years		Above 80 Years		Male	Female	Total	SC	ST	OBC/Gen.	Total
Male	Female	Male	Female	Male	Female				05	03	17	
03	08	03	09	00	02	06	19	25				25

A	Low income / cannot support themselves	03	B	Widow / Widower	01
C	No children to look after	15	D	High Income but nobody to look after	_
E	Have children but do not look after	03	F	Seriously ill and as such abandoned by family members	02
G	Quarrels in the family forced to join the centre	01	H	Joined the centre to do social service	_

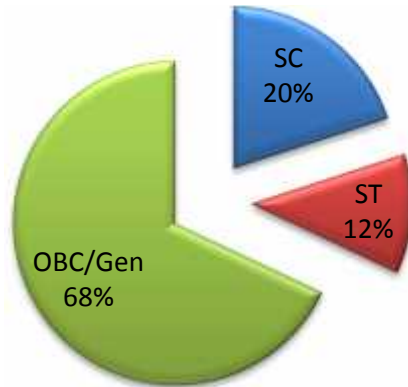
Gender wise Age Category of Inmates staying at Shakti SCH:




Gender Percentage of Inmates



Category wise Inmates



Date: 17.06.2023,
Place: Rayagada,


General Secretary,
Shakti Organisation, Rayagada

Shakti Senior Citizens Home at a Glance



Fig: Recreation Moments



Fig: Observation of Occasions



Fig: Group Photo of Inmates