

# Annual REPORT

## 2023-24



# PRESIDENT'S DESK

## LEADING WITH COMPASSION, EMPOWERING LIVES

Dear Friends,

Welcome to the **24x7 Care Foundation's Annual Report** for 2023-24. Reflecting on this past year, I am filled with immense pride and appreciation for the unwavering dedication, compassion, and resilience of our staff, volunteers, donors, partners, and supporters.

I extend my heartfelt gratitude to everyone who has played a crucial role in advancing our mission to provide comprehensive care, support, and advocacy for senior citizens. Your generosity and commitment have been instrumental in driving positive change, fostering social inclusion, and empowering the elderly to live with dignity and purpose.

Despite many challenges, the 24x7 Care Foundation has remained steadfast in serving the most vulnerable members of our community. A key highlight was the expansion of our flagship program in Goa, including **PROJECT ASHIRWAD, PROJECT SMART ELDER, AND PROJECT SASHAKT** in collaboration with **North-Goa Police**. Receiving an award from **Hon. Chief Minister Goa, Mr. Pramod Sawant**, was a proud moment for us. We also opened **"VRIDHSHALA"** Centers in Delhi and Goa, serving as daycare recreational centers.

We prioritized community outreach and advocacy to raise awareness about the challenges facing the elderly, promote intergenerational solidarity, and support policies for healthy aging and social inclusion. Despite our progress, we recognize that much work remains to address the systemic issues affecting marginalized elderly communities.

As we look to the future, we are committed to advocating for policy reforms, investing in community-based solutions, and mobilizing resources to build a more equitable and age-inclusive society. With your continued support, we are confident in overcoming obstacles and achieving our shared goals.

I express my deepest gratitude to our dedicated team, volunteers, board members, donors, sponsors, and partners. Your efforts and support enable us to make a meaningful difference in the lives of senior citizens.

To the senior citizens, you are valued and respected members of our community. We are here to support you on your journey toward aging with dignity, independence, and joy.

Thank you for your unwavering support and partnership. Together, we can build a world where every elderly individual is empowered to live a life of purpose and fulfillment.

# ASHISH GARG

With warm regards,

**President / Founder**  
24x7 Care Foundation



# EXECUTIVE SUMMARY

The 24x7 Care Foundation's Annual Report for the fiscal year 2023-24 encapsulates a year of dedicated service and impactful initiatives aimed at enhancing the lives of senior citizens. Through collaborative endeavors and innovative projects, the foundation has exemplified its unwavering commitment to the well-being, safety, and empowerment of the elderly community.

Highlights of the year include strategic partnerships forged during Delhi Police Week, fostering a culture of respect and support for seniors. Under Project Ashirwad, the foundation joyously celebrated birthdays and festivals, fostering a sense of belonging and camaraderie among elderly individuals. Furthermore, legal awareness sessions conducted through Project Shashakt empowered seniors with knowledge and resources to navigate legal matters effectively.

In alignment with the digital age, Project Smart Elder extended technology empowerment initiatives, equipping seniors with essential digital skills to enhance their connectivity and independence. Concurrently, Project Paryavaran Mitra underscored the foundation's commitment to environmental stewardship, instilling a sense of responsibility towards ecological conservation among senior citizens.

Moreover, healthcare camps organized through Project Nirog served as a beacon of wellness, providing crucial medical services and promoting preventive healthcare practices within the elderly community. The foundation's unwavering dedication to rescue and rehabilitation efforts through Project Punarvas, coupled with safety and security programs under Project Sanrakshan, exemplifies its holistic approach towards ensuring the welfare and security of seniors.

Additionally, the report sheds light on the foundation's comprehensive women's programs and social welfare initiatives, reaffirming its role as a catalyst for positive societal change. Through meticulous financial oversight, impact assessment, and strategic planning, the foundation remains steadfast in its pursuit of transparency, accountability, and excellence in service delivery.

As we reflect on the accomplishments of the past year, the 24x7 Care Foundation remains poised to embrace new challenges and opportunities, guided by its enduring commitment to enriching the lives of senior citizens and fostering a community of care, compassion, and inclusivity.



## MISSION STATEMENT

At 24x7 Care Foundation, our mission is to enhance the quality of life for senior citizens by providing comprehensive support, fostering a culture of respect, and promoting their well-being, dignity, and independence. Through innovative programs, collaborative partnerships, and compassionate care, we strive to create a society where every elderly individual is valued, empowered, and cherished.

## VISION STATEMENT

Our vision at 24x7 Care Foundation is to build a world where aging is celebrated, and every senior citizen is embraced with love, dignity, and security. We envision a future where seniors have access to essential resources, meaningful social connections, and opportunities for personal growth, ensuring their golden years are characterized by joy, purpose, and fulfillment. Through our unwavering dedication and collective efforts, we aspire to create an inclusive and age-friendly community where seniors thrive and flourish, leaving a lasting legacy of compassion and care for generations to come.

*A Year's Overview*

# DELHI POLICE WEEK CELEBRATIONS

Bringing Joy and Empowerment to Senior Citizens

In the spirit of camaraderie and community, 24x7 Care Foundation collaborated with Delhi Police across various districts to celebrate Delhi Police Week 2024 with a series of heartwarming events dedicated to our beloved senior citizens. These events not only aimed to honor the invaluable contributions of the elderly but also to empower and uplift their spirits through meaningful engagement and support.



## OUTER DISTRICT

SPORTS AND BIRTHDAY CELEBRATION (17TH FEB 2024)



The festivities kicked off with an exhilarating *Sports* and *Birthday Celebration* event held on *17th February 2024* at **DAV Public School, Pushpanjali Enclave, Pitampura**. Under the gracious presence of *DCP Outer District, Mr. Jimmy Chiram (IPS)*, the atmosphere buzzed with excitement as senior citizens participated in a variety of fun games and sports. Amidst the laughter and cheer, DCP Jimmy Chiram personally awarded prizes to the winners, making the day truly special and memorable.

## NORTH-WEST DISTRICT

HEALTH CHECKUP AND LEGAL AWARENESS (19TH FEB 2024)



Continuing the celebration, 24x7 Care Foundation partnered with *North-West District Delhi Police* for a *Health Checkup Camp by Medanta - The Medicity* and a *Legal Awareness Session by DSLSA* on *19th February 2024* at **Ashok Vihar Police Station**. The event not only prioritized the physical well-being of seniors but also empowered them with legal knowledge and awareness, ensuring their holistic welfare and safety.

# ROHINI DISTRICT BEGUMPUR POLICE STATION

## EMPOWERMENT AND ENTERTAINMENT (19TH FEB 2024)



In a harmonious blend of education and celebration, *Rohini District Police Station* became the venue for a day of empowerment and entertainment on *February 19, 2024*. Through a series of enlightening sessions on *legal awareness*, *cybercrime prevention*, and *the Smart Elder Campaign*, senior citizens were equipped with knowledge and resources to navigate the modern world with confidence. The event was further enlivened by the soulful melodies of the *Delhi Police band*, creating an atmosphere of joy and unity that inspired everyone present.

## ROHINI DISTRICT

### HEALTH CHECKUP AND FUN ACTIVITIES (22ND FEB 2024)



Wrapping up the *Delhi Police Week* festivities with a bang, 24x7 Care Foundation and *Delhi Police Rohini District* organized a spectacular event at the *DCP Office Rohini* on *February 22, 2024*. Senior citizens were treated to a comprehensive health checkup camp by *Max Super Speciality Hospital Shalimar Bagh*, ensuring their physical well-being was prioritized. Additionally, the day was filled with laughter and camaraderie as seniors engaged in fun-filled activities and games, fostering bonds of friendship and community spirit.



# INTERNATIONAL SENIOR CITIZENS DAY EVENTS 2023

CELEBRATING THE WISDOM AND JOY OF AGING

## INTRODUCTION

In the spirit of honoring our senior citizens and recognizing their invaluable contributions to society, 24X7 Care Foundation collaborated with the Delhi Police across various districts to organize a series of events commemorating the **International Senior Citizens Day** in 2023. These events aimed to *promote health, happiness, legal awareness, and cybercrime prevention* among our elderly population.



# ASHOK VIHAR, NORTHWEST DISTRICT

(30th September, 2023)

- Hosted at the *DCP office in Ashok Vihar*, the event commenced with a *health check-up camp* by **Medanta Hospital**, ensuring seniors received essential screening.
- An informative session on *cybercrime awareness and prevention* was conducted to empower seniors in the digital age.
- *Laughter yoga* sessions by **Delhi Laughter Club** infused the day with joy and vitality.
- The '**Smart Elder Campaign**' featured engaging *quiz competitions*, recognizing seniors' knowledge and awarding certificates for correct answers.
- *Birthday celebrations* added a personal touch, making the day truly memorable for all.



## ROHINI DISTRICT, BEGUMPUR (October 1, 2023)

- Held at *Begampur Police Station*, the event provided free dental check-ups by **Max Hospital** along with screening for *BP and Diabetes*.
- *Laughter yoga sessions* continued to spread happiness, with enthusiastic participation from seniors.
- *Birthday celebrations* added warmth and camaraderie, as seniors blessed the organizers with their heartfelt wishes.



# WEST DISTRICT, JANAKPURI

(October 1, 2023)

- Legal awareness took center stage at *Janakpuri DCP Office*, where **Advocate Avadh Narayan** elucidated the *Maintenance and Welfare of Parents and Senior Citizens Act, 2007*.
- Senior citizens were welcomed with roses, symbolizing gratitude for their presence and blessings.



## OUTER DISTRICT, PASCHIM VIHAR (October 3, 2023)

- Titled '**Ashirwad**', this joint awareness program featured a blend of humor *poetry*, *legal awareness*, and *cybercrime prevention*.
- **DCP Outer District Shri Harendra Singh** graced the occasion, emphasizing the importance of community engagement in safeguarding our seniors.



# OUTER NORTH DISTRICT, BADLI

(October 4, 2023):

- A legal awareness session at the *DCP Office, Badli*, educated seniors about their rights under the *Maintenance and Welfare of Parents and Senior Citizens Act, 2007*.
- **ACP Shri Kamal Kumar** provided insights into *cybercrime prevention, empowering seniors* to navigate the digital world safely.



# PROJECT ASHIRWAD

BIRTHDAY & FESTIVALS



## BIRTHDAY CELEBRATIONS

*Celebrating elderly birthdays* is important to honor and appreciate their lives and contributions, fostering a sense of love and respect within families and society.

- 24x7 Care Foundation organized *Birthday Celebration* for senior citizens at **Basti Vikas Kendra, Tulsa Devi Memorial Society, Sultanpuri** on **25th May 2023**.
- 24x7 Care Foundation celebrated aging with the elderly community on **31st May 2023** at **Recreational Center, CC Block, Shalimar Bagh**. Senior Citizens shared their happiness by cutting the cake and singing old melodies.



# DIWALI CELEBRATION

21st November 2023

- In recognition of the often overlooked loneliness experienced by our cherished senior citizens during festive seasons, 24x7 Care Foundation orchestrated a heartwarming *Diwali celebration*.
- We came together to bridge the gap, filling hearts with warmth and joy as we decorated diyas and illuminated the surroundings with their glow.
- Let's stand together to bring companionship to those who need it most, spreading the light of happiness and togetherness.



# NEW YEAR CELEBRATION

30th December 2023:

- Welcoming the dawn of a new year, the 24x7 Care Foundation organized an unforgettable evening at *E-18/19 Sec-3 Rohini Park* on *December 30, 2023*.
- Amidst a delightful cake-cutting ceremony and soulful renditions by the younger generation, intergenerational joy blossomed.
- **Dr. Shroff's Charity Eye Hospital** joined hands with us, hosting a *free eye checkup camp*, underscoring our commitment to the well-being of our elders.
- Here's to spreading love, laughter, and good health in our community as we embark on new beginnings together.





## HOLI CELEBRATION AT VRIDHSHALA

23rd March 2024

- Dedicated to enhancing the lives of senior citizens, 24x7 Care Foundation organized a heartwarming **Holi Utsav at Vridhshala** in **Sec-3 Rohini** on **March 23, 2024**.
- Amidst vibrant colors and joyous camaraderie, the event aimed to bring joy and companionship to elderly members of our community during the festive season.
- Through moments of shared laughter and cultural festivities, we reaffirmed our commitment to fostering a sense of belonging and happiness among our seniors.

*In each celebration, we reaffirm our dedication to spreading love, joy, and togetherness among our beloved senior citizens, ensuring they feel cherished and valued every step of the way.*



# PROJECT SHASHAKT

EMPOWERING OUR ELDERS

## INTRODUCTION

**“PROJECT SHASHAKT”** initiated by 24x7 Care Foundation, is a dedicated endeavor aimed at empowering our senior citizens with essential legal knowledge and support. While we collaborate with the **Delhi State Legal Service Authority (DSLSA)** to facilitate legal awareness sessions, our panel of advocates plays a crucial role in offering personalized legal advice tailored to the specific needs of elderly individuals. Through Project Shashakt, we seek to address the unique challenges faced by seniors in *legal matters, including issues related to inheritance, property rights, healthcare decisions, and more*. By providing accessible legal education and guidance, we aim to empower our elders to make informed decisions and protect themselves from exploitation



## LEGAL AWARENESS ASHOK VIHAR (25th July, 2023)

- The inaugural session at **Diksha Training Hall, DCP Office, Ashok Vihar**, focused on the **Maintenance and Welfare of Parents and Senior Citizen Act, 2007**.
- Through expert insights and interactive discussions, seniors were educated about their rights under the act, empowering them to make informed decisions regarding their welfare.



## LEGAL AWARENESS ASHOK VIHAR POLICE STATION (29th November, 2023)

- Recognizing the unique challenges faced by seniors in navigating legal complexities, a second session was organized at **Deeksha Training Hall, Ashok Vihar**.
- This session delved deeper into issues such as **inheritance, property rights, and healthcare decisions**, providing seniors with essential knowledge to protect themselves from exploitation or neglect.



## LEGAL AWARENESS SESSION G-28 PARK, SEC 3 ROHONI (30th December, 2023)

- Recapitulating our commitment to empowering seniors, a *Legal Awareness Camp* was held at *G-28 Park, Sec-3 Rohini*, in collaboration with **DSLISA**.
- The event featured expert insights on legalities, a *Q&A session* addressing specific concerns, and the distribution of *free legal resources*, ensuring seniors had access to valuable information and support.





# PROJECT SMART ELDER



## INTRODUCTION

In an endeavor to empower our elderly community with essential technological skills, the 24x7 Care Foundation launched the **"SMART ELDER CAMPAIGN"**. This initiative aims to make our senior citizens tech-savvy, reducing their dependency on others for using technology and ensuring they stay connected with the rapidly changing world.



## SMART ELDER CAMPAIGN WITH WEST DISTRICT HARI NAGAR (24th May, 2023)

- Collaborating with the *West District Delhi Police*, the *Smart Elder Campaign* commenced at *Hari Nagar Police Station* on May 24, 2023.
- Around 30 senior citizens participated in the session, graced by the *Assistant Commissioner of Police*. They were educated about various social media platforms and useful applications, including those related to Delhi Police services.
- An interactive *session on cybercrime and prevention* strategies provided seniors with valuable insights to stay safe online.



## PROJECT SMART ELDER HIGHLIGHTS

# INDIVIDUAL ASSISTANCE AND HOME VISITS

- In addition to group sessions, we provided individual assistance to seniors, helping them learn essential tools like the *Zoom app* for virtual communication.
- Through home visits, we facilitated *video calls* for elderly individuals, enabling them to stay connected with their loved ones and reducing feelings of isolation.



## WEBINAR AND GROUP ENGAGEMENT

- We organized several *webinars* focused on digital literacy and technology usage for seniors, covering topics ranging from *basic smartphone operation* to *online banking security*.
- Our efforts have resulted in a dedicated group of elderly individuals regularly participating in our *webinars*, demonstrating their commitment to continuous learning and technological advancement.



## ACHIEVEMENTS



Through our holistic approach, including *group sessions, individual assistance, home visits, and webinars*, we have facilitated a significant reduction in the digital gap among seniors in our community.

The Smart Elder Campaign has successfully educated more than **800 elderly individuals**, empowering them to become proficient users of technology.



# WEBINAR

## WEBINAR HIGHLIGHTS: EMPOWERING SENIORS THROUGH DIGITAL LEARNING

### FUN ACTIVITIES AND GAME WEBINAR

(6th April 2023)

A lively session filled with *fun activities* and *games* aimed at bringing joy and relaxation to senior citizens



### LIVING WELL WITH PARKINSON'S DISEASE

(26th April 2023)

An informative session in association with *Max Super Speciality Hospital, Shalimar Bagh*, educating seniors and caregivers about living well with *Parkinson's disease*.

### LAUGHTER YOGA AND BALANCED DIET

(4th May 2023)

A webinar focusing on the *benefits of laughter yoga* and the importance of a *balanced diet for police officials of Andaman and Nicobar*.



### ANTAKSHARI SESSION WEBINAR

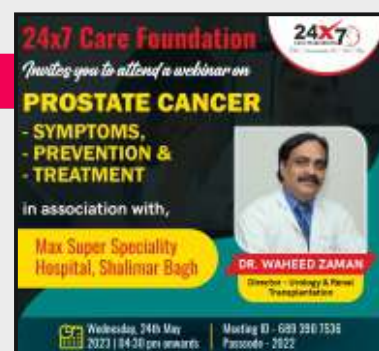
(11th May, 2024)

An interactive session featuring *Antakshari* for senior citizens, fostering a sense of joy and community through music.

### PROSTATE CANCER AWARENESS WEBINAR

24th May, 2023

An educational webinar shedding light on *prostate cancer symptoms, prevention, and treatment*, led by *Dr. Waheed Zaman*.



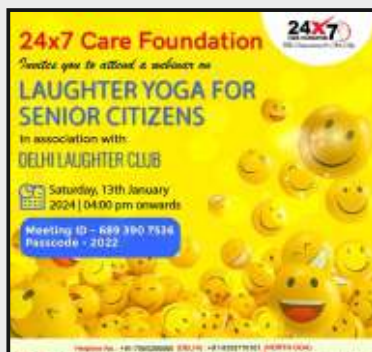
# WEBINAR

## WEBINAR HIGHLIGHTS: EMPOWERING SENIORS THROUGH DIGITAL LEARNING

### LAUGHTER THERAPY AND YOGA SESSION

(6th November 2023)

A session combining *laughter therapy and yoga*, promoting physical and mental well-being among senior citizens in *Andaman and Nicobar*.



### LOHRI CELEBRATION LAUGHTER YOGA WEBINAR

(13th January, 2024)

A heartwarming *Lohri celebration* through a *laughter yoga webinar*, spreading warmth, connection, and joy among participants.

### EPILEPSY AWARENESS WEBINAR

(13th February, 2024)

A session combining *laughter therapy and yoga*, promoting physical and mental well-being among senior citizens in *Andaman and Nicobar*.



### ANTAKSHARI SESSION WEBINAR

(4th March, 2024)

An interactive session featuring *Antakshari* for senior citizens, fostering a sense of joy and community through music.



# PROJECT PARYAVARAN MITRA



## INTRODUCTION

The project aims at the conservation and protection of environment through *Tree Plantation drives & cleanliness drives*. We have adopted **3 Parks from Municipal Corporation of Delhi** under *MoU Scheme* without any grant as well. These parks will be utilized to facilitate recreational activities for alone-living senior citizens.



## SWACHTA PAKHWADA ESIC (24th May, 2023)

- Cleanliness is important, and more than that is the physical fitness to attain healthy body and mind.
- On the occasion of *Swachhta Pakhwada*, 24x7 Care Foundation organised a session on "*How to maintain hygiene and cleanliness in the office*" dated 15th May, 2023 for the staff of *Employees' State Insurance Corporation, Rohini*.
- We encouraged staff members to participate in fun activities to make the session interesting. We would like to thank **ESIC** for their kind support and active



# CLEANLINESS DRIVE WITH MCD

(1st Oct, 2023)

- Cleanliness is important, and more than that is the physical fitness to attain healthy body and mind.
- On the occasion of *Swachhta Pakhwada*, On *October 1, 2023*, as part of the *Cleanliness Drive campaign*, 24X7 Care Foundation joined hands with *MCD (Rohini District)* for a voluntary clean-up drive at adopted park *Rohini Sector-3 Park, E-18/19*, starting at 9:30 AM.
- This event was conducted under the '*Swacchta Hi Seva*' campaign. **Mr. Dharmveer Sharma**, *Municipal Councillor of Rohini*, graced the occasion. Locals joined in for a collective effort to clean the park.
- **Ms. Nidhi Malik**, *Deputy Commissioner of Rohini District* was also present, inspiring everyone to maintain cleanliness in the park and encouraging others to do the same.
- After the clean-up, a street play conveyed a motivating message about cleanliness, highly appreciated by the audience.
- Certificates were presented to dedicated sanitation workers as a token of appreciation under the '*Cleanliness is Service*' campaign.
- The program concluded with a shawl presentation to esteemed members, recognizing our team's efforts in making this event a success. 24x7 Care Foundation organised a session on "*How to maintain hygiene and cleanliness in the office*" dated *15th May, 2023* for the staff of *Employees' State Insurance Corporation, Rohini*.
- We encouraged staff members to participate in fun activities to make the session interesting. We would like to thank *ESIC* for their kind support and active participation.





# PROJECT NIROG



## INTRODUCTION

An initiative by 24x7 Care Foundation aimed at promoting the health and well-being of senior citizens. Encompasses a series of *health camps, wellness programs, and awareness initiatives* tailored to the specific needs of elderly individuals. Demonstrates our dedication to enhancing the quality of life for senior citizens through accessible *healthcare and wellness services*.



## HEALTH CHECKUP CAMP KESHAV PURAM (3rd June 2023)

- Organized by 24x7 Care Foundation and **Senior Citizen Welfare Association Keshav Puram** in collaboration with **Fortis Hospital, Shalimar Bagh**.
- Location: **Varishtha Nagrik Manoranjan Kendra, Keshav Puram**.
- Provided **ECG, dental, eye checkup, blood test, BP, and sugar testing** to over **60** needy elderly people.



## WALKATHON - JAPANESE PARK

(29th September 2023)

- Hosted by 24x7 Care Foundation, **Max Hospital**, and the **Delhi Laughter Club**.
- Location: *Japanese Park, Sector-10, Rohini*.
- Celebrated the spirit of senior citizens with a heartwarming *walkathon* at dawn.
- Emphasized the vitality and enthusiasm of seniors, showcasing their indomitable spirit.



## HEALTH CHECKUP CAMP ASHOK VIHAR POLICE STATION (5th December 2023)

- Conducted at *Ashok Vihar Police Station* in collaboration with **Max Hospital** and **North West Delhi Police**.
- Provided thorough checkups and consultations for over **100 seniors**.
- Acknowledged the support of volunteers and **ENACTUS** volunteers for their dedication.



## HEALTH CHECKUP CAMP G-28 PARK, SEC-3 ROHINI (9th December 2023)

- Collaboration between 24x7 Care Foundation and **Max Hospital Shalimar Bagh**.
- Location: **G-28 Sector-3 Park, Rohini**.
- Over **120 senior citizens** participated in the **health checkup camp**.
- Encouraged proactive self-care and community spirit among seniors.



# AYURVEDA CAMP

(16th December 2023)

- Hosted by 24x7 Care Foundation and **Shreem Laabham Acunature Center**.
- Location: *E-18/19 Sec-3 Rohini Park*.
- Provided free personalized checkups by experienced Ayurvedic practitioners.
- Distributed thoughtful packages of *Ayurvedic medicines* for natural health and vitality.



## CPR TRAINING AND BASIC LIFE SUPPORT (20th December 2023)

- Collaboration between 24x7 Care Foundation, *North West District Delhi Police*, and *Max Super Speciality Hospital Shalimar Bagh*. Conducted at *Bharat Nagar Police Station*.
- Equipped seniors with life-saving skills through hands-on *CPR training* and *BLS techniques*.
- Focused on creating a safer and healthier community through immediate response training.



## EYE CHECKUP CAMP - DR. SHROFF'S CHARITY EYE HOSPITAL (30th December 2023)

- Hosted by 24x7 Care Foundation at *E-18/19 Sec-3 Rohini Park.*
- Included a delightful cake-cutting ceremony and soulful songs.
- Partnered with *Dr. Shroff's Charity Eye Hospital* to provide free eye checkups for elderly participants.



## HEALTH TALK SALIMAR BAGH POLICE STATION (20th January 2024)

- Organized by 24x7 Care Foundation and *Delhi Police Northwest District*.
- Location: *Shalimar Bagh Police Station*.
- Featured a *Health Talk by Max Super Speciality Hospital & Smart Elder Campaign*.
- Focused on expert health discussions and initiatives for the senior citizen community.



## WALKATHON ST. XAVIER'S CIVIL LINES

(7th April 2024)

- Joint effort of **Max Super Specialty Hospital, Shalimar Bagh**, 24x7 Care Foundation, and **Delhi Laughter Club**.
- Location: **St. Xavier's Senior Secondary School, Civil Lines, Delhi**.
- Celebrated community wellness with a **walkathon** promoting better health.





24x7 केयर फाउंडेशन की पहल

# वृद्धशाला

वरिष्ठ नागरिकों को समर्पित मनोरंजन केंद्र व डे-केयर सेंटर

## VRIDHSHALA

### CONCEPT OF VRIDHSHALA

**VRIDHSHALA**, an initiative by the 24x7 Care Foundation, is a recreational day center designed to cater to the needs of the elderly community. It serves as a nurturing space where senior citizens can engage in various activities, share experiences, foster camaraderie, and enjoy a sense of belonging and companionship. With a focus on promoting holistic well-being, Vridhshala aims to enhance the quality of life for our cherished elders by providing them with a supportive and enriching environment.



# DELHI VRIDHSHALA

Located at *House 278, E-18, Sec-3 Rohini, Delhi*, our **VRIDHSHALA** is a haven for senior citizens in the bustling city. Here, elderly individuals come together to embrace each day with enthusiasm, camaraderie, and laughter. Our center provides a range of activities and facilities tailored to meet the diverse interests and needs of our seniors.

## HIGHLIGHTS OF DELHI VRIDHSHALA

At *Delhi Vridhshala*, our cherished elderly groups indulge in various activities, including:

- *Reading newspapers* to stay informed and engaged with current affairs.
- *Sharing experiences and stories*, fostering a strong sense of community and connection.
- *Participating in recreational activities* that promote physical and mental well-being.
- *Enjoying moments of laughter and joy*, creating a vibrant and uplifting atmosphere.



# GOA VRIDHSHALA

24x7 Care Foundation under its initiative of providing a recreational day center for elderly community is running Vridhshala in both *Delhi and Goa*.

Here's a glimpse of our *Vridhshala at Honda village of North-Goa*. Our cherished elderly groups are embracing each day with *reading newspaper, sharing experiences, laughter, and a strong sense of community*. Honored to have the *Sarpanch of Honda Village, Mr. Shivdas Madkar*, joining us, inspiring and motivating our senior citizens.

## HIGHLIGHTS OF GOA VRIDHSHALA



# 24X7 CARE FOUNDATION INITIATIVES IN GOA

## PROJECT ASHIRWAD

### SPREADING JOY AND WARMTH

Joining hands with the Goa Police, 24x7 Care Foundation celebrates the birthdays of alone-living senior citizens in North Goa under Project Ashirwad. Each birthday celebration is a reminder of the invaluable wisdom and experiences of our elders. Together, we make their moments unforgettable, showing them that they are never alone in their journey of life.



## INDEPENDENCE DAY CELEBRATION

### HAR GHAR TIRANGA

Marking Independence Day with pride and patriotism, 24x7 Care Foundation and Goa Police organized a celebration at HAR Ghar Tiranga in Goa. The event was a tribute to the spirit of freedom and unity, honoring the sacrifices of our elders and the legacy they have bestowed upon



# 24X7 CARE FOUNDATION INITIATIVES IN GOA

## PROJECT SHASHAKT

### EMPOWERING OUR SENIOR CITIZENS

Empowering senior citizens through legal awareness, 24x7 Care Foundation and Goa Police hosted a crucial session on the Maintenance and Welfare of Parents and Senior Citizen Act 2007. Advocate Eeshan Usapkar shed light on pressing issues faced by seniors and how this law safeguards their rights. The session highlighted key provisions of the Act, equipping seniors to confidently navigate challenges and live a life of dignity.



## PROJECT SMART ELDER

### EMPOWERING TECH-SAVVY SENIOR

In collaboration with Goa Police, Project Smart Elder focuses on empowering alone-living elderly in North Goa by enhancing their tech skills and cyber awareness. Through this initiative, seniors are equipped to connect, learn, and explore the digital world safely. We educate them about online safety, helping them avoid scams, phishing, and safeguard their personal information.



# AWARDS AND RECOGNITION

AWARDED BY **MR. NIDHIN VALSAN, IPS**  
SUPERINTENDENT OF POLICE, NORTH GOA

The 24x7 Care Foundation is honored to receive an Appreciation Certificate from Mr. Nidhin Valsan, IPS, Superintendent of Police, North Goa. This recognition celebrates our collaborative efforts to improve the lives of elderly individuals living alone in North Goa. Mr. Valsan's guidance and dedication to public service have been crucial in the success of our initiatives, such as Project Ashirwad, Project Smart Elder, and Project Sashakt. We extend our heartfelt thanks to Mr. Valsan for his support and commitment, which inspire us to continue our mission of ensuring dignity, independence, and purpose for the elderly.



# AWARDS AND RECOGNITION

AWARDED BY **MR. PRAMOD SAWANT**  
HONORABLE CHIEF MINISTER OF GOA

The 24x7 Care Foundation was honored with an award from the Honorable Chief Minister of Goa, Mr. Pramod Sawant, recognizing our dedication to the welfare of senior citizens. This prestigious award acknowledges our impactful initiatives like Project Ashirwad, Project Smart Elder, and Project Sashakt, carried out in collaboration with the North-Goa Police. These efforts have significantly improved the lives of elderly individuals by providing essential care and support. This recognition strengthens our commitment to continue making a meaningful difference in the lives of senior citizens, ensuring they live with dignity and joy.



# PROJECT PUNARVAS



## INTRODUCTION

**PROJECT PUNARVAAS** aims to rescue abandoned elderly who have no home or shelter to live in and provide them a *secure and safe environment, restoring to a well-equepped old age home or reuniting them with thier family*. We ensure to provide all the basic necessities to the elderly and follow up with their psychosocial well being. The idea is to establish a sustainable framework for ongoing support and care for abandoned elderly individuals.



**SUMAN DEVI**

LAWRENCE ROAD RAILWAY LINE



**UMA DEVI**

NEAR KALAWATI HOSPITAL



**CHHIMAN SINGH**


SAHADARA




**BHUSHAN**

RAM MANOHAR LOHIA HOSPITAL






**DELHI POLICE NORTH-WEST DISTRICT**



**24X7 CARE FOUNDATION**  
The Companions for Old Age



**DELHI POLICE**

**DELHI POLICE NORTH-WEST DISTRICT**

**&**

**24X7 CARE FOUNDATION**

**Organizing**

**POLICE SENSITIZATION SESSION FOR SENIOR CITIZENS**

**PROJECT SANRAKSHAN**

CP OFFICE, ASHOK VIHAR, DELHI

ON FRIDAY, 15TH MARCH 2024, TIME : 02:00PM TO 04:00PM

Helpline No.: +91-7065206000 (DELHI) : +91-9355770101 (NORTH GOA)

info@24x7carefoundation.org



# PROJECT SANRAKSHAN

POLICE SENSITIZATION PROGRAM

## INTRODUCTION

The police sensitization programs organized by **PROJECT SANRAKSHAN**, a collaboration between 24x7 Care Foundation and *local law enforcement agencies* like *Delhi Police*, serve a crucial role in enhancing the safety and security of the elderly population. These programs aim to bridge the gap between law enforcement and the elderly community, fostering understanding, empathy, and proactive measures to address their unique needs and challenges



# DELHI POLICE NORTH-WEST DISTRICT COLLABORATION

## ASHOK VIHAR POLICE STATION

(12th December, 2023)

In collaboration with the *North-West District Delhi Police*, a special police sensitization program was organized at *Ashok Vihar Police Station*. Beat officers from various police stations came together to delve into the vital topic of elderly safety and security.



## ASHOK VIHAR

(15th March 2023)

On March 15th, 2024, 24x7 Care Foundation & *North-West District Delhi Police* organized a special police sensitization program. Beat officers from various police stations came together to delve into the vital topic of elderly safety and security. Through *interactive quizzes and awareness sessions*, we shed light on the unique challenges faced by our elderly population. Emphasizing empathy and community building, we explored scenarios where collaboration and community resources can make a real difference. Together, we're building a safer and more caring community.



### APPROACH AND IMPACT:

- **Interactive Sessions:** Our programs include interactive quizzes, awareness sessions, and scenario-based discussions to engage police officers actively. This hands-on approach helps them understand the specific challenges faced by seniors and the importance of tailored responses.
- **Empowering Collaboration:** By emphasizing community building and resource utilization, we empower police officers to work collaboratively with local organizations and community members to address elderly safety concerns effectively.
- **Building Safer Communities:** Through these sensitization programs, we contribute to building safer and more caring communities where the needs of all residents, including the elderly, are recognized, respected, and prioritized.

# PROJECT AASARA



## INTRODUCTION

**PROJECT AASRA** continues to uphold its commitment to providing comfort, care, and support to elderly individuals in need. Each donation, whether of *clothes, blankets, or ration kits*, represents a lifeline of hope and solidarity, affirming the foundation's dedication to serving the most vulnerable members of society.



# CLOTHES DONATION DRIVE

(13th June, 2023)

In a heartwarming gesture of compassion, **Mr. Puneet Sarabhai** paid tribute to his late father, **Sh. Ambrish Narain Sarabhai**, by donating clothes to the 24x7 Care Foundation's **Cloth Donation Drive** on **June 13th, 2023**. Mr. Sarabhai's generosity not only provided warmth and dignity to those in need but also demonstrated the profound impact of a simple act of kindness. Personally delivering the donated clothes to beneficiaries in **Sultanpuri**, including **Salim Ji, Sonu Narial Ji, and Janardan Giri Ji**, **Mr. Sarabhai** witnessed firsthand the joy and gratitude his contribution brought to their lives. This initiative exemplifies how small gestures can create a ripple effect of kindness, transforming countless lives with hope and dignity.



## BLANKET DONATION DRIVE

As the winter chill descends, the 24x7 Care Foundation launched a **Blanket Donation Drive** to provide warmth and comfort to elderly members of our community. Recognizing the challenges posed by winter, especially for seniors, the drive aimed to offer relief and support during the cold season. Donations of gently used or new blankets, along with monetary contributions to purchase blankets in bulk at discounted rates, were welcomed with open arms. These blankets symbolize more than just fabric; they represent a gesture of love and care that can profoundly impact the well-being of our elderly beneficiaries.

## MONTHLY RATION DISTRIBUTION DRIVES

In addition to clothing and blanket donation initiatives, the 24x7 Care Foundation organizes **monthly ration distribution drives** to support vulnerable elderly members of the community. These drives aim to alleviate food insecurity among the elderly, ensuring they have access to essential nutritional support. By providing **monthly ration kits**, the foundation addresses the basic needs of elderly beneficiaries, fostering a sense of security and well-being within the community.



# FACILITATING ACCESS TO GOVERNMENT SERVICES

## A JOURNEY OF EMPOWERMENT

### EMPOWERING ELDERLY THROUGH EWS AND AADHAR CARD CAMPS

Accessing government services and schemes is crucial for the well-being and security of our elderly population. However, many face hurdles due to documentation issues. Recognizing this, the 24x7 Care Foundation embarked on a mission to bridge the gap between elderly citizens and essential government services through a series of *EWS and Aadhar Card camps*.

### EWS CERTIFICATE CAMP AT TRIVENI DEVI ASHRAM

18th April 2023

In collaboration with the *DM Office Kanjhawala*, our foundation organized an *EWS certificate camp* at **Triveni Devi Vridh Ashram**. Many elderly residents had been struggling to obtain EWS certificates despite seeking assistance from various NGOs. Our intervention led to the successful issuance of EWS certificates for approximately *15 elderly individuals*, thanks to the support and cooperation of *District Magistrate Mrs. Ankita Anand (IAS)* and *Deputy District Magistrate Mr. Alok Kumar*.



# FACILITATING ACCESS TO GOVERNMENT SERVICES

## A JOURNEY OF EMPOWERMENT

### AADHAR CARD CAMPS BRIDGING THE DOCUMENTATION GAP

On *27th May 2023*, in association with the *North-West District Administration* and *Tulsa Devi Memorial Society*, we conducted an *Aadhar Card camp* at **Basti Vikas Kendra, Sultanpuri**. Approximately *50 elderly individuals* benefitted from this initiative, receiving assistance in obtaining or updating their Aadhar cards.

Continuing our efforts, on *29th June 2023*, we organized another Aadhar Card camp at *Triveni Devi Ashram in Jaunti*. This time, *54 elderly residents* received support in updating their Aadhar cards, enabling them to access essential government services seamlessly.



### EMPOWERING THROUGH AWARENESS AND DOCUMENTATION

These camps not only facilitated documentation but also raised awareness about various *government schemes and policies* among the elderly population. By eliminating barriers to access, we empowered elderly citizens to avail themselves of the support and benefits they are entitled to.

Through our intervention, we strive to create a more inclusive society where every elderly individual can lead a dignified and empowered life.

# FORMATION OF NEW BODY

(19th May 2023)

On May 19th, 2023, the foundation constituted its *Executive Body, Advisory Body, Legal Committee, and Special Invitees*, reaffirming its commitment to the welfare of alone-living elderly people.



रविवार, 21 मई 2023 ई-मेल : dillnews7editor@gmail.com www.dillnews7.in

## बेसहारा बुजुर्गों की आशा की किरण 24X7 केयर फाउंडेशन की नई कार्यकारिणी का गठन

रोहिणी (संवाददाता)।

राजधानी दिल्ली सहित अन्य क्षेत्रों में भी बेसहारा बुजुर्गों की आशा की किरण '24X7 केयर फाउंडेशन' की एक आवश्यक बैठक शुरुवार, 19 मई को डीडी क्लब, सेक्टर-13 रोहिणी में सम्पन्न हुई। इस बैठक में लाजपत बंसल, राकेश गुप्ता बन्धु जी, अनूप गोयल, सुभाष गोयल, राम प्रताप गर्ग (बबली जी) और बलबीर गर्ग को वर्ष 2023-25 के लिए नए पदाधिकारियों के चुनाव का अधिकार दिया गया। समस्त संवैधानिक कार्यों को सुचारू रूप प्रदान करते हुए चुनाव अधिकारियों '24X7 केयर फाउंडेशन' के लिए पदाधिकारियों की घोषणा की गई। यह सभी पदाधिकारी वर्ष-2023 से वर्ष-2025 के लिए फाउंडेशन के विकास हेतु कार्य करेंगे।

नवनिर्वाचित पदाधिकारियों में अध्यक्ष पद पर आशीष गर्ग, महामंत्री पद पर सतीश गर्ग, संदीप बंसल, कोषाध्यक्ष पद पर दिनेश बिन्दल, अंकुश अरोड़ा, सह कोषाध्यक्ष पद पर नितिन गोयल के नाम की घोषणा की गई जबकि वरिष्ठ उपाध्यक्ष पद पर विकास बिन्दल (एयर सन शूज), उपप्रधान पद पर अंकुश नागपाल, अंकुर गुप्ता, कमल अग्रवाल, विकास गर्ग, नितिन चोपड़ा, अनिल मंगला तथा मुकेश गर्ग को



निर्वाचित किया गया। सचिव पद पर सतीश गर्ग, राजेश जिंदल, अंकुर मित्तल, नारायण अग्रवाल, सतीश गर्ग (बिट्टू) तथा संदीप सिंघल (जोन्ती) का चयन किया गया जबकि कार्यकारिणी सदस्य पद पर अमित शर्मा, प्रवीण गुप्ता, पुलकित गोयल, आर.एस. सैनी तथा अमन गर्ग का चयन किया गया। सभी नए पदाधिकारियों को सर्टिफिकेट एवं पौधा देकर सम्मानित किया गया।

इस अवसर पर सभी नवनिर्वाचित सदस्यों का आभार प्रकट करते हुए

संस्था के अध्यक्ष आशीष गर्ग ने कहा कि हमारा प्रथम उद्देश्य है कि संस्था के संसाधनों को बिल्डिंग निर्माण पर खर्च न करके अधिक से अधिक मानव सेवा के कार्यों पर खर्च करेंगे।

नए पदाधिकारियों ने मजबूत इरादे व अनुभव को देखते हुए समाज के लोकप्रिय व्यक्तियों को '24X7 केयर फाउंडेशन' का सलाहकार समिति सदस्य के रूप में नियुक्त किया जिनमें लाजपत बंसल, पुरुषोत्तम गर्ग, राकेश गुप्ता बन्धु जी, अनूप गोयल (एग्रोप्योर फूड्स), बलबीर गर्ग, रामप्रताप गर्ग

(बबली गर्ग), अजय गर्ग (श्रीगणेश केमिकल), रिपी उच्चाणा, रामप्रकाश गर्ग, जयभगवान गोयल, (टंकीवाले), सचिन सिंघल, सतीश गर्ग, राजेश कुमार अग्रवाल (कस्तुरीराम कॉलेज) तथा सुभाष गोयल (लालदास प्लास्टिक शामिल हैं।

इस अवसर पर लीगल कमेटी एवं वित्त सलाहकार समिति की भी घोषणा की गई जिसमें राहुल मंगला, चिराग सिंगला, निपुन अरोड़ा, अवध नारायण, उत्सव गर्ग, अजय लथवाल तथा शेखर मेहला का चयन हुआ, यह सभी वकील की भूमिका में बेसहारा बुजुर्गों को निःशुल्क कानूनी सलाह देंगे। सीए एस. बी. गोयल एवं सीए अंकित गर्ग वित्त सलाहकार के रूप में जरूरतमंद बुजुर्गों एवं संस्था को अपनी सेवाएं देंगे। सभी चयनित पदाधिकारियों के प्रमाणपत्र एवं पौधा देकर सम्मानित किया गया। कार्यक्रम में विशेष आमंत्रित सदस्य के रूप में गौतम सलूजा, अनिल गर्ग (एम. बी.एस. पॉलिटेक्स), राजेश गर्ग, सुशील जैन (एबीकोन्स टेक्सटाइल), नरेश गुप्ता (नरेश कुमार सुनील कुमार वाले), सत्यापवन (जे.बी. इंडस्ट्रीज), कपिल सिंगल, हरीश सलूजा (गुरुजी प्रांटी) का भी अभिनन्दन किया गया। इसके अतिरिक्त संस्था के अन्य सम्मानित सदस्यों एवं गणमान्य व्यक्तियों का भी अभिनन्दन किया गया।

We extend our heartfelt gratitude to all members for their dedication, support, and contributions. Together, we continue to make a positive impact on the lives of alone-living elderly individuals, creating a more compassionate and inclusive society.

# OUR VALUABLE DONOR OF THE YEAR (2023-24)

## ELDERLY DONORS: A TESTAMENT TO COMPASSION

In the heartwarming tale of humanity, our elderly donors stand out as beacons of compassion and generosity. These remarkable individuals, with a wealth of life experience behind them, understand the struggles faced by their fellow elders better than anyone else. Despite relying on their pensions for sustenance, they selflessly share a portion of their earnings with our organization, believing wholeheartedly in the power of collective action to make a difference. Their donations, though modest in monetary terms, carry the weight of a thousand blessings, igniting hope and inspiring change in the lives of others.



**HARBANS LAL  
DHUPAR**



**RAMESH CHANDRA  
MANCHANDA**



**PRAN NATH  
AGGARWAL**



**URMIL BHATIA**



**DINA NATH GUPTA**



**ASHOK GOEL**



**OM PRAKASH  
YADAV**



**AMRANATH  
AGGARWAL**



**SUBHASH KUMARI  
CHABRA**



**URMILA ANAND**



**RAJ SINGH**



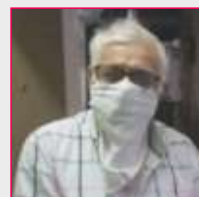
**SWADESH KUMAR  
AMBA**



**MEERA GUPTA**



**RAVINDER SINGH  
GULATI**



**KISHOR MADNANI**



**PARBATI PODDAR**



**LACCHMAN  
LALWANI**



**MADANLAL  
GAMBHIR**



**DAVINDER NATH  
SURI**



**MAJOR HARJIT  
SINGH**



**SURINDER BALA  
KAPOOR**



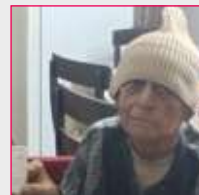
**INDER SAIN  
CHAUDHARY**



**SURINDER SINGH**



**RAJKUMAR ANAND**



**SATISH KUMAR  
BATRA**



**MADAN LAL  
GAGNEJA**



**SUKHDEV SINGH**



**DEVENDER KUMAR  
GUPTA**



**SURINDER MOHAN  
KHURANA**

# OUR VALUABLE DONOR OF THE YEAR (2023-24)

## OTHER DONORS: BRICKS OF THE WALL

These remarkable individuals embody the true spirit of giving, selflessly dedicating their resources to uplift others. Their actions resonate deeply within our community, reinforcing the belief that together, we can overcome any challenge and create lasting change. They have made



MANPREET SINGH



PRAMOD HANUMAN  
PRASAD GARG



RITESH AGARWAL



KUNAL MITTAL



RAKESH BINDAL



RAJESH AGGARWAL



SUMIT PUGTHALA



PUNEET PURI



RAJ JAIN



DIWAKAR JAIN



SHEKHAR BANSAL



ANIL KHANNA



AMIT KUMAR



SHUBHAM GARG



SAHIL GARG



SUDESH GUPTA



SARVAN GOEL



D K GUPTA



MANISH GUPTA



ANIL KUMAR



GAURAV PURI



AJAY KUMAR  
MITTAL



PARMOD BANSAL



SHANTI DEVI



ARUN KUMAR



RACHIT GARG



CA SB GOEL



RAKESH ARORA



SANJAY CHUG



MANOJ BATRA



VIKRANT TANDON



VISHAL MINOCHA



PANKAJ TULLI



LAL BAHADUR  
BHAGAT



SUNITA GARG

## OTHER IMPORTANT DONORS



BALWANT KUMAR



SHIV FOOTWEAT



MOHINDER PAL GARG



SUBHASH SINGLA



NARENDRA K. GUPTA



NEHA ARORA



HAR NANDAN LAL



KANWAR SINGH SHARMA



DINESH AGGARWAL



GIRISH PLASTIC



JAI ARORA



HMV ENTERPRISES



SUBHASH KUMAR HARJAI



SANDEEP



SATISH KUMAR

# DIVERSE PROGRAMS MAKING A DIFFERENCE

## LAUGHTER YOGA SESSION AT HATHODA RAM PARK (16th May 2023)

In a bid to spread joy and promote holistic well-being, the 24x7 Care Foundation organized a *laughter yoga session* at *Hathoda Ram Park* on *May 16th, 2023*. Laughter, known as the best medicine, filled the air as participants embraced the therapeutic benefits of laughter combined with yoga exercises.



## YOGA SESSION AT SENIOR CITIZEN WELFARE CLUB, SHALIMAR BAGH (21st June 2023)

Recognizing the importance of physical and mental well-being among the elderly, the foundation hosted a *yoga session* at the *Senior Citizen Welfare Club* in *Shalimar Bagh* on *June 21st, 2023*. Participants embraced the ancient practice of yoga, finding solace and rejuvenation amidst serene surroundings.



# DIVERSE PROGRAMS MAKING A DIFFERENCE

## WORLD BLOOD DONOR DAY BLOOD DONATION CAMP

(14th June 2023)

On *World Blood Donor Day*, the 24x7 Care Foundation, alongside *Outer District Delhi Police* and the *Taru Lakshmi Foundation*, organized a blood donation camp. *Inspector Jay Prakash Meena* inspired police officers to commit to regular blood donation, resulting in the collection of **71 units of blood**. This event not only saved lives but also exemplified the spirit of community service and collaboration.



## BLOOD DONATION CAMP AND CPR TRAINING IN NARELA

(4th March, 2024)

Under the banner of *"Give the Gift of Life,"* the 24x7 Care Foundation, in collaboration with the *Narela Industrial Complex Welfare Association* and the *Indian Red Cross Society*, organized a blood donation camp and *CPR training session* on *March 4th*. This event not only provided an opportunity to save lives through blood donation but also equipped participants with life-saving CPR skills, ensuring emergency preparedness within the community.





## RAJWANTI'S STORY OF COURAGE

### “WITH 24X7 CARE FOUNDATION, I FOUND HOPE”

In the bustling area of Dwarka, **67-year-old RAJWANTI** lives in a tiny jhuggi, embodying resilience amid hardship. Orphaned early in **Alwar, Rajasthan**, and married young, she moved to Delhi with her husband, where they struggled to make ends meet. After her husband's death, Rajwanti became the primary breadwinner, running a small tea stall with her son, who is already dealing with multiple health concerns due to alcohol addiction. She barely manages to cover daily expenses and often relies on charitable donations. Rajwanti's health has suffered due to malnutrition and lack of proper medical care, with long queues at government hospitals and unaffordable private clinics adding to their woes.

Discovered by our team during a survey, Rajwanti was enrolled in our "**AASRA**" initiative, receiving **monthly food supplies** and access to a **24/7 emergency ambulance service** under **PROJECT NIROG**. As a special care beneficiary, she benefits from regular visits by our social workers, ensuring immediate assistance when needed. We are also planning to provide her with a **portable cart** for her **tea stall**, depending on the donations we receive, aiming to boost her income and bring some stability to her life. Rajwanti's story is one of immense courage and determination, and with our support, she faces the future with renewed strength and hope.





## A NEW BEGINNING FOR MR. LALA RAM

In September 2023, our social worker met **Mr. Lala Ram**, a *62-year-old man* in Delhi, faces immense challenges due to health issues. He lives in a poor-condition jhuggi with no toilet and limited income. After a leg amputation in 2023, he can't work as a tea seller anymore.

His family struggles to cope: his wife's income is insufficient, his younger son is disabled, and his elder son doesn't contribute. Isolated and depressed, Lala Ram requires constant care.

Our **PROJECT AASARA** provides him with monthly food supplies and helps him get a disability card for government aid. Additionally, our **NIROG PROJECT** offers free ambulance services for medical appointments.

Lala Ram's story shows the positive impact of our organization's support. Regular home visits, emotional support, and access to resources have improved his living conditions and well-being. His journey exemplifies the power of timely assistance and reaffirms our commitment to uplift Delhi's most vulnerable.





## THE JOURNEY OF **MRS. RAJKUMARI**

### **A LIFE TRANSFORMED**

Our volunteers met **Mrs. Rajkumari**, a *63-year-old woman* during a survey. Once middle-class, family tragedy and her husband's addiction led her to a single jhuggi room in Delhi. Living alone with health struggles, she lacked proper food, healthcare, and companionship.

Our organization stepped in, providing *monthly rations, emotional support, and essential appliances*. We accompany her to hospitals, ensuring proper care. This intervention improved her living conditions, health, and well-being. Her story exemplifies the power of community support. We remain dedicated to ensuring her remaining years are filled with dignity and care.





## 24X7 CARE FOUNDATION SUPPORTED **SHAFIKI JI**

### TO LIVE A BETTER LIFE

**BACKGROUND AND LIVING CONDITIONS** Mrs. Shafiki, a 65 years old woman lives in a small *Jhuggi* she owns, where everyday life is a challenge. Her home lacks basic amenities such as proper sanitation and reliable electricity. During the rainy season, her dwelling is prone to flooding, exacerbating the conditions already compromised by rat infestations and exposed electrical wiring. Despite these hardships, she resourcefully collects water and manages household tasks.

**HEALTH CHALLENGES** Mrs. Shafiki battles health issues, including *cataracts in both eyes* and age-related ailments like *joint pain* and *breathing difficulties*. Despite these challenges, she remains determined to face each day with courage.

**PERSONAL TRAGEDIES AND SOCIAL ISOLATION** Mrs. Shafiki has endured profound personal losses, including the *deaths of her husband, infant son*, and *one of her daughters*. These tragedies have left her socially isolated, adding to the burden of financial struggles and lack of familial support.

**ROOTS AND STRUGGLES** Originally from *Rampur, Uttar Pradesh*, Mrs. Shafiki's early life was marked by poverty. She married young and moved to Delhi with her late husband, where they faced numerous challenges together.

**SUPPORT FROM 24X7 CARE FOUNDATION** Recognizing her plight, the *24x7 Care Foundation*



# APPRECIATION LETTER



August 21, 2023.

Dear Shri Nidhin Valsan,

Namaskar,

As I was going through the daily newspapers in the morning, I could glance through a news item which appeared in the Times of India, Goa Edition relating to the celebration of birthdays of senior citizens in collaboration with the 24X7 Care Foundation on the occasion of Independence Day, 2023.

I appreciate this wonderful gesture of yours, which depicts love and compassion for the elders. We are fortunate to have the older people around us, whether they are family, friends, or just general acquaintances.

I compliment you and your team for this noble cause for improving the safety of our senior citizens.

With regards,

Yours sincerely,

A handwritten signature in black ink, appearing to read 'P.S. Sreedharan Pillai'.

(P.S. Sreedharan Pillai)  
Governor of Goa

Shri Nidhin Valsan, IPS  
Superintendent of Police,  
North Goa,  
Porvorim.

# APPRECIATION LETTER



This Certificate of Commendation is presented to  
*Mx. ASHISH LARBY, 24.1.7, "LBBE FOUNDATION"* for his/her  
contribution in Project 'Smart Elder' of West District, Delhi  
Police, where senior citizens were given Cyber Security related  
awareness through crash course on Digital Literacy & Cyber  
awareness.

*Sagar Prast*  
Spl.CP/Law & Order (Zone-II)  
New Delhi

# APPRECIATION LETTER



THROUGH HUMANITY TO PEACE

## Indian Red Cross Society

(CONSTITUTED UNDER ACT XV OF 1920)

Telefax : 91-11-23717454

Phones : (PBX Lines) 23716441, 42, 43

Website: [www.indianredcross.org](http://www.indianredcross.org)

Email : [lrcs@indianredcross.org](mailto:lrcs@indianredcross.org)



Headquarters :

1, RED CROSS ROAD  
NEW DELHI - 110 001

M/12012/10/17-BC

Dated: 04-03-24

24X7 Care Foundation  
D Mall, Unit 423  
Rohini Sector 10  
Delhi

Dear Sir,

We thank to you for your generous cooperation in permitting us to collect blood from the the Indian Red Cross Society Blood Bank in saving many a precious human lives.

This great humanitarian service cannot be carried on without the active cooperation and selfless spirit shown by voluntary blood donors and voluntary workers. We hope in future you shall continue encouraging us.

The list of 40 donors who donated their blood on 04-03-24 will be sent you by the email shortly.

Thanking you.

For-

Yours Sincerely,

(Dr. Vanshree Singh)  
Director, Blood Bank

# APPRECIATION LETTER

U/22/SKU/Geni/SwachhBharatAbhiyan/2022

1/460413/2023

	<p>कर्मचारी राज्य बीमा निगम श्रम व रोजगार विभाग, भारत सरकार</p> <p>EMPLOYEES' STATE INSURANCE CORPORATION (Ministry of Labour &amp; Employment Govt. of India) वेबसाइट: <a href="http://www.esic.nic.in">www.esic.nic.in</a></p>		<p>उपक्षेत्रीय कार्यालय, रोहिणी ए-11, सेक्टर-7, दिल्ली-110085 (आई एम ओ-9501-2015 उत्तरित) Sub-Regional Office, Rohini E-11, Sector-7, Delhi-110085 (An ISO-9001:2015 Certified Office) फ़ोन 8 / Telephone No. 011-27048949 ई-मेल E-mail: <a href="mailto:for.rohini@esic.nic.in">for.rohini@esic.nic.in</a></p>
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पत्र सं. डी/22/उ.क्षे.का./रोहिणी/सामान्य/स्वच्छ भारत अभियान/2020

दिनांक: 30-05-23

सेवा में,  
श्री आशीष गर्ग,  
प्रेसिडेंट-24\*7 केयर फाउंडेशन,  
बी-5/69, सेक्टर-4, रोहिणी  
नई दिल्ली-110085

विषय: कर्मचारी राज्य बीमा निगम, उप-क्षेत्रीय कार्यालय, रोहिणी में स्वच्छता पखवाड़े में सेमिनार का आयोजन में सफलतापूर्वक संलग्न होने के उपलक्ष्य में प्रशंसा-पत्र।

महोदय,

आपकी संस्थान 24\*7 केयर फाउंडेशन के द्वारा कर्मचारी राज्य बीमा निगम, उप-क्षेत्रीय कार्यालय, रोहिणी में दिनांक 15-05-23 को दोपहर 03:00 बजे स्वच्छता पखवाड़े में आयोजित सेमिनार में सुश्री प्रेरणा, मैनेजर व श्रीमती अंजू, ऑफिस एजीक्यूटिव के द्वारा विभिन्न स्लाइड के माध्यम से स्वच्छता के प्रति जागरूक करने व कार्यालय परिसर में विभिन्न उपाय करने से स्वच्छता में योगदान करने के लिए प्रेरित किया गया तथा इसके महत्व बताया गए।

आपकी संस्था द्वारा स्वच्छता को बढ़ावा देने के लिए पूरी लग्न व प्रतिष्ठा से कार्य किया जा रहा है, जिसमें अग्रसर कदम बढ़ाते हुए आपने दिल्ली नगर निगम से अनुबंध के तहत तीन-चार पाकों को साफ-सुधरा रखने में विभिन्न प्रयास किये हैं, जोकि अति सहरानीय कार्य है। इसी के साथ आपकी संस्था लगातार दिल्ली पुलिस के साथ मिलकर वरिष्ठ नागरिकों की सेवा भी कर रही है, यह कदम भी बहुत ही सहरानीय है।

24\*7 केयर फाउंडेशन द्वारा हमारे कार्यालय में अपना बहुमूल्य समय प्रदान करने पर आपकी प्रशंसा करता है व इसके लिए आभार प्रकट करता है।

Signed by  
Ravinder Kumar Panwar  
Date: 30-05-2023 15:59:57  
ASSISTANT DIRECTOR  
30-05-2023

# FINANCIAL STATEMENTS

## STATEMENT OF ASSESSABLE INCOME

Name of Assessee	:	M/s. 24 X 7 Care Foundation
President's Name	:	Ashish Garg
Address	:	Unit no. 423, 4th Floor, D-Mall, Rohini, sector-10, Delhi-110085
Date of Birth	:	02-06-2015 09 Year Ward : 21(1)
Status	:	AOP/BOP /Resident Year Ended : 31-03-2024
Pan No.	:	AAAAZ1991Q Sex : AOP TRUST
Registration No.	:	DEL-2R25772-09012017/7004 Asst. Year : 2024-25
Provisional Approval No.	:	AAAAZ1991QF20214 Date. 28.05.2021
Bank Account	:	916020084166175

## COMPUTATION OF TOTAL INCOME & TAX

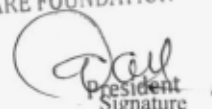
### INCOME & EXPENDITURE

(i) Aggregate of income U/s 11 and 12 excluding Voluntary Contribution	65,76,044.00
Less:- Application of Income	
Amount applied to charitable purposes in india during the previous Year - Revenue Account	57,35,485.99
Income Exempt U/s 11(1)(a)	
Income Accumulated or Set Apart Upto 15% (of Voluntary Contributions other than corpus and Aggregate of income referred to in sections 11 and 12)	8,40,558.01
	65,76,044.00
<b>Gross Total Income</b>	<b>0.00</b>
<b>Total Income</b>	<b>0.00</b>
Total Income Round off U/s 288A	0.00
Tax on Income at Normal Rate	0.00
Less:- Rebate U/s 87a	0.00
Add:- Education Cess @4% on above tax	0.00
Total Tax Due	<b>NIL</b>

Detail of Members of Aop  
Dinesh Kumar Garg  
Ashish Garg

Pan No.  
AASPG4850F  
AEBPG0978A

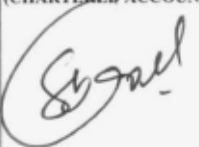

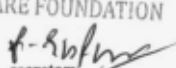

FOR 24X7 CARE FOUNDATION

  
President  
Signature

(Ashish Garg)

For 24X7 CARE FOUNDATION

# FINANCIAL STATEMENTS

24x7 Care Foundation			
Unit no. 423, 4th Floor, D-Mall, Rohini, sector-10, Delhi-110085			
Receipts & Payments Account for the Year Ended on 31.03.2024			
Receipts	Amount	Payments	Amount
<b>Opening Balance</b>		<b>Current Liabilities</b>	
Axis Bank-2366	3,573.82	Audit Fees Payable	43,000.00
Axis Bank-66175	1,290.00	Salary Payable	80,418.00
Cash-in-Hand	70,206.70	Tds Payable	1,230.00
	<b>75,070.52</b>	Rent Payable	20,500.00
		Sundry Creditors	21,462.79
<b>Current Assets</b>			<b>1,66,610.79</b>
Donation & Subscription	<b>65,65,981.00</b>	<b>Fixed Assets</b>	
<b>Indirect Income</b>		Printer	15,500.00
Bank Interest	10,063.00	Usha Coolers	17,280.00
		Machine	44,860.00
			<b>77,640.00</b>
		<b>Indirect Expenses</b>	
		Advertisement Exp	96,600.00
		Bank Charges	1,817.20
		Conveyance Exp	1,52,444.00
		Electricity Exp	62,760.00
		Festival Exp	68,668.00
		Medical Care Exp	22,814.00
		Food Distribution Exp	10,76,846.00
		Social Media Awareness Exp	1,04,000.00
		Tree Plantation Drive	680.00
		Event Exp	1,71,663.95
		Misc Exp	51,278.45
		Printing & Stationery Exp	3,43,498.34
		Professional Exp	42,094.00
		Postage & Courier Exp	18,013.00
		Office Repair & Maint Exp	3,24,948.00
		Rates & Taxes	16,973.00
		Rent Exp	5,21,888.00
		Computer Repairing & Maint. Exp	12,437.68
		Salary Exp	20,62,128.00
		Social Welfare Exp	1,52,335.00
		Staff Welfare Exp	78,475.00
		Telephone & Communication Exp	1,03,022.74
		Tour & Travelling Exp	1,12,247.00
		Water Expenses	24,150.00
			<b>56,21,781.36</b>
		<b>Closing Balance</b>	
		Axis Bank-2366	4,07,136.82
		Axis Bank-66175	2,19,428.85
		Pay-u-Money	21,000.00
		Cash-in-Hand	1,37,516.70
			<b>7,85,082.37</b>
<b>Total</b>	<b>66,51,114.52</b>	<b>Total</b>	<b>66,51,114.52</b>
<b>Auditor's Report</b>			
<b>As per Our Report of Even Data Attached</b>			
For S.B Goel & Associates (CHARTERED ACCOUNTANT)		For 24 X 7 Care Foundation	
			
CA SRI BHAGWAN GOEL M.NO. 087730		President	
PLACE: NEW DELHI DATE : 28th Aug. 2024			
		Secretary	
			
		Cashier	

# FINANCIAL STATEMENTS

**24X7 CARE FOUNDATION**  
UNIT NO. 423, 4TH FLOOR, D-MALL, ROHINI, SECTOR-10, DELHI-110085  
**INCOME & EXPENDITURE ACCOUNT FOR THE YEAR ENDED ON 31.03.2024**

PARTICULARS	SCH.	AMOUNT (Rs.) 31-Mar-2024	AMOUNT (Rs.) 31-Mar-2023
<b>INCOME</b>			
DONATION RECEIPTS	6	65,65,981.00	38,93,633.00
BANK INTEREST		10,063.00	6,323.00
<b>TOTAL(A)</b>		<b>65,76,044.00</b>	<b>38,99,956.00</b>
<b>EXPENDITURE</b>			
RELIEF OF POOR [FOOD DISTRIBUTION EXP]		10,76,846.00	9,27,761.00
MEDICAL RELIEF [MEDICAL CARE EXP]		22,814.00	1,82,411.00
GENERAL PUBLIC UTILITY [SOCIAL Welfare & Covid Exp]		1,52,335.00	71,463.00
EDUCATIONAL [SOCIAL MEDIA AWARENESS EXP]		1,04,000.00	1,38,485.04
PRESERVATION OF ENVIRONMENT [TREE PLANTATION DRIVE]		680.00	38,099.00
EDUCATIONAL [EDUCATION EXP]		-	39,999.00
GENERAL PUBLIC UTILITY [EVENT EXP]		1,71,663.95	3,04,022.00
SALARY		20,84,447.00	15,02,467.00
RENT		5,38,400.00	4,28,000.00
PRINTING & STATIONERY EXP		3,47,198.34	1,25,325.00
OFFICE REPAIR & MAINT EXP		3,24,948.00	2,18,711.00
ADMINISTRATIVE EXP	7	8,74,362.70	5,06,254.56
DEPRECIATION	4	37,791.00	34,057.00
<b>TOTAL(B)</b>		<b>57,35,485.99</b>	<b>45,17,054.60</b>
INCOME (EXCESS OF EXPENDITURE OVER INCOME) C/F	<b>TOTAL</b>	-	<b>-6,17,098.60</b>
INCOME (EXCESS OF INCOME OVER EXPENDITURE) C/F		<b>8,40,558.01</b>	-
BALANCE TRANSFERRED TO RESERVES & SURPLUS		<b>8,40,558.01</b>	<b>-6,17,098.60</b>

Schedules referred to the above from an integral part of Financial Statements  
"As per our separate report of even date attached."

For SB Goel & Associates  
Chartered Accountants  
FRN. 009134N

For 24 x 7 Care Foundation

CA. Sri Bhagwan Goel  
Prop. M.No. 087730

Place: New Delhi  
Date: 28.08.2024



FOR 24X7 CARE FOUNDATION

President  
President

FOR 24X7 CARE FOUNDATION

secretary

Secretary

FOR 24X7 CARE FOUNDATION

Treasurer

Cashier

# FINANCIAL STATEMENTS

24X7 CARE FOUNDATION  
UNIT NO. 423, 4TH FLOOR, D-MALL, ROHINI, SECTOR-10, DELHI-110085  
BALANCE SHEET AS AT 31.03.2024

PARTICULARS	SCH.	AMOUNT (Rs.) 31-Mar-2024	AMOUNT (Rs.) 31-Mar-2023
<b>SOURCES OF FUNDS</b>			
RESERVE & SURPLUS	1	9,77,674.82	1,37,116.81
CORPUS FUND		1,154.00	1,154.00
<b>CURRENT LIABILITIES AND PROVISIONS</b>			
OTHER PAYABLE	2	67,481.00	1,43,918.00
SUNDRY CREDITORS	3	8,432.63	22,692.79
<b>TOTAL</b>		<b>10,54,742.45</b>	<b>3,04,881.60</b>
<b>APPLICATION OF FUNDS</b>			
<b>I) FIXED ASSETS</b>	4		
GROSS BLOCK		1,84,451.08	1,40,868.08
LESS: DEPRECIATION		37,791.00	34,057.00
NET BLOCK		1,46,660.08	1,06,811.08
<b>II) CURRENT ASSETS</b>			
SECURITY DEPOSITS	5	1,23,000.00	1,23,000.00
CASH & BANK BALANCES		7,85,082.37	75,070.52
<b>TOTAL</b>		<b>10,54,742.45</b>	<b>3,04,881.60</b>

Schedules referred to the above from an integral part of Financial Statements  
"As per our separate report of even date attached."

For S.B. Goel & Associates  
Chartered Accountants  
FRN: 009124N

CA. Sri Bhagwan Goel  
Prop. M.No. 087730

Place: New Delhi  
Date: 28.08.2024  
Udin:



FOR 24X7 CARE FOUNDATION

*(Signature)*  
President

For 24 x 7 Care Foundation

FOR 24X7 CARE FOUNDATION

*(Signature)*  
Secretary

FOR 24X7 CARE FOUNDATION

*(Signature)*  
Treasurer

Cashier

# OUR BACKBONE: CORE BODY MEMBERS

## ADVISORY BODY MEMBERS



LALPAT  
BANSAL



RAKESH GUPTA  
(BANDHU)



ANOOP  
GOYAL



BALBIR  
GARG



RAMPARTAP  
GARG



RISHI  
UCHANA



RAMPARKASH  
GARG



SHUBHASH  
GOYAL



PURUSHOTTAM  
GARG



AJAY  
GARG



SACHIN  
SINGHAL



JAI BHAGWAN  
GOYAL



SATISH  
GARG



RAJESH KUMAR  
AGGARWAL

## EXECUTIVE BODY MEMBERS



ASHISH GARG  
(President)



SATISH GARG  
(General Secretary)



SANDEEP BANSAL  
(General Secretary)



DINESH BINDAL  
(Treasurer)



ANKUSH ARORA  
(Treasurer)



NITIN GOYAL  
(Joint Treasurer)



VIKAS BINDAL  
(Sr. Vice President)



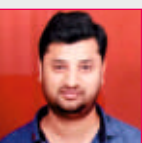
ANKUSH NAGPAL  
(Vice President)



ANKUR GUPTA  
(Vice President)



KAMAL AGGARWAL  
(Vice President)



VIKAS GARG  
(Vice President)



NITIN CHOPRA  
(Vice President)



ANIL MANGLA  
(Vice President)



MUKESH GARG  
(Vice President)



SATISH GARG  
(Secretary)



RAJESH JINDAL  
(Secretary)



NARAYAN AGGARWAL  
(Secretary)



SATISH GARG  
(Secretary)



ANKUR MITTAL  
(Secretary)



SANDEEP SINGHAL  
(Secretary)



R.S. SAINI  
(Executive Member)



AMIT SHARMA  
(Executive Member)



PRAVEEN GUPTA  
(Executive Member)



PULKIT GOYAL  
(Executive Member)



AMAN GARG  
(Executive Member)

## SPECIAL INVITEE MEMBERS



ANIL GARG



GAUTAM SALUJA



HARISH SALUJA



SUSHIL JAIN



NARESH GUPTA



SATYA PAWAN



RAM NARAYAN GOEL



KAPIL SINGHAL



RAJESH GARG



MANOJ KUMAR



LAXMI NARAYAN



ISHWAR DAYAL

# OUR PARTNERS

## GOVERNMENT



Delhi Police



North Goa  
District Police



District Jhalawar  
(Rajasthan Police)



Delhi State Legal  
Services Authority



Municipal Corporation  
of Delhi



District Magistrate  
North



Shaheed  
Bhagat Singh College  
(Delhi University)



District Magistrate  
South East



Employee's State  
Insurance Scheme (ESIC)

## HOSPITALS



## OTHER SOCIETIES



## CSR PARTNERS



SUDARSHAN

ARISTOCRAT



*“24x7 Care Foundation is a revolution with the resolution of changing the world for the welfare of senior citizens.”*



**Helpline No.:** +91-7065206000 (DELHI): +91-9355770101 (NORTH GOA)

**Delhi Office:** Unit No. 423, 4th Floor, D-Mall, Rohini, Sector-10, Delhi-85 ✉ [info@24x7carefoundation.org](mailto:info@24x7carefoundation.org)

**Goa Office:** H.No. 178/120, Narayan Nagar, Honda, Sattari, Goa - 403530 🌐 [www.24x7carefoundation.org](http://www.24x7carefoundation.org)

**HEALTH EMERGENCY NO.: 93-5533-9090**

