

ANNUAL REPORT 2019-20

Our working for the
Health and wellbeing of
our

Senior citizens





ABOUT US

OUR ORGANIZATION AIMS FOR HOLISTIC DEVELOPMENT OF SENIOR CITIZENS AND EMPOWER THEM TO THEMSELVES

24×7 Care Foundation is a prominent non-profit and self-aided organization working with Delhi Police for senior citizens from last five years. It is registered under Societies' Registration Act 1860. We are glad to announce that we are taking care of around 20 thousand senior citizens who are registered with Delhi Police. We are facilitating them with emergency services, 24×7 helpline number, health talks, health camps, legal aid and advice, household assistance, technology assistance, entertainment programs, birthday celebrations and engaging activities. Self help groups among senior citizens is way different idea introduced by our organization.

There is always a sense of detachment and loneliness among elderly people due to generation gap with their children and grandchildren. This is an issue carpeted by our society since ages but we are here to become a bridge between generations and create empathy and understanding of old-age in our young generation.

With the development and high aspiring life , we always run after success and quality life but in this race of development many times we forget to take our foundation relationships with us. This causes disappointment but no surprise to us that today most of our elderly people are living alone, some are being neglected and some are left behind as their children have to move due to some reasons.

There are around 728 old-age homes in India and our senior citizens are still looking for warmness of their home. We need to stop and think what is missing. We have provided them a roof to live, food to eat and clothes to wear undoubtedly, these are the things we can't survive without, but is SURVIVING is what LIVING? Maybe this is the time to do necessary amendments in our approach of welfare too. We need to include them in society instead of making a separate world for them. Therefore, our organization is here to take care of senior citizens who are living alone and have no one to take care but living rest of the life in old age home is not their option. We believe that everyone has the right to choose the kind of life they want for themselves. Today if an elderly hesitates to prefer Old Age Homes , 24x7 Care Foundation can be their choice to embrace.

OUR MISSION

REMAINING STEADFAST IN OUR PURSUIT OF EXCELLENCE

- To include senior citizens in social, political and economic participation.
- To empower senior citizens through SELF HELP GROUPS.
- To reduce dependency, detachment and loneliness.
- To provide a life full of happiness and dignity
- To reduce intergenerational gap
- To update senior citizens about changing world and assist them to cope with it.

FEW OF THE INITIATIVES TAKEN BY THE ORGANIZATION INCLUDES

- Creating awareness on Delhi Police community initiative about senior citizen program.
- Monitoring of registered Senior Citizens by interacting on Telephone on regular basis.
- Encouraging regular social interaction of Senior Citizens in the neighborhood.
- Helping the Senior Citizens in case of their personal problems.
- Organizing events for Senior Citizen Recreational Activities.
- Organizing regular free Health camps for the senior citizens.
- Celebrating Birthdays of the elderly.
- Celebrating festivals with the senior citizens.
- Organizing Picnics for the senior citizens.

We believe that senior citizens are the “roots” of our flourishing and developing society. Without roots a tree cannot survive similarly, we can’t imagine our society to develop without making senior citizens an integral and essential part of it. Aging doesn’t discriminate between the rich and the poor, it hits a soul equally So, we have opened our arms for each of them. As we know every person has the right to live with dignity and grace. We are here to become voice of our “cornerstones”.



No elderly person should be like an “exile” in our families.



MESSAGE ” FROM THE PRESIDENT

24x7 Care Foundation truly believes that it is significant to acknowledge the contributions of our elderly community members in the development of the society. In the year 2019-20, we endeavoured to extend our services to more than 5000 alone-living senior citizens. I am proud to share that our scope of work has widened and the achievements of the past year have grown multifold as during the year, we focused on women empowerment along with catering to the needs of our elderly community. We incorporated various services such as mass awareness, several events, awareness campaigns and various other activities to achieve our desired goal. The 24x7 Care Foundation continues fighting for the welfare of our older people by ensuring adequate healthcare services, providing ration and other necessary things at their doorstep and empowering them through community mobilisation.

India has a population of 104 million elders which is estimated to rise to 324 million by 2050 and the nation is committed to provide them a quality-life. Senior citizens are the pillars of our nation and we have the responsibility to take collaborative action to improve the lives of older people. We would like to express gratitude to our donors and volunteers for their generous contributions in the cause and working with us hand-in-hand. Moreover, we would like to thank all our members and the committees for their invaluable guidance. We will continue creating a better society for our elderly community where they are cared for and respected until we reach the goal.

with regards
ASHISH GARG

“As we lose ourselves in the service of others, we discover our own lives and our own happiness.”



ASHISH GARG

President / Founder
24x7 Care Foundation

EYE CHECK-UP CAMP



“Eyes are the jewels of our body, we would not be able to imagine our lives without them.”

The lifestyle and work atmosphere of contemporary times with increasing use of gadgets and other appliances such as smartphones, tv and computers impacts our eye health severely therefore getting a regular eye check-up becomes important to keep a check on our eye-health thus we organised a free eye check-up camps for the marginalised elderly community at various locations such as Timarpur, Sultan Puri, Vijay Vihar, Mangol Puri and Najafgarh in the month of April, 2019 in association with Sharp Sight to spread awareness on eye disorders, early detection of ailments and to provide spectacles free of cost to the beneficiaries. A team of ophthalmologists provided important consultation to the older patients and examined their eyes thoroughly and prescribed eye drops or spectacles to those who needed them.

Nearly 2100 senior citizens availed the benefits from the camp. Furthermore, the team of ophthalmologists shared all the precautions which are to be taken for the good health of our eyes and prescribed eye drops to those who had problems of dryness or itching. The camp received a really positive response from people and they requested for such camps in the future.



WORLD NO TOBACCO DAY



On the occasion of World No Tobacco Day which is observed on 31st May every year, we organised a street play in Narela Industrial Area on 12th May, 2019 to raise awareness among the common masses about the catastrophic effects of consuming tobacco products. Moreover, the tobacco industry impacts the environment by putting unnecessary pressure on the scarce natural resources of the planet Earth. The consumption of tobacco kills over 8 million people every year which is a huge number therefore it becomes significantly important to make people aware of the ill-effects of tobacco. The street play emphasised on invoking a sense of acquittal among tobacco users who expressed their strong desire to quit tobacco with determination. The team of Nukkad Natak efficiently portrayed the damaging effects of tobacco consumption through story-telling which attracted a huge audience of 1500 and they participated actively in all the activities.



“Saying no to tobacco is saying yes to life. Let us save lives around us by making them aware of the threats tobacco poses to all of us.”

INTERNATIONAL YOGA DAY

“Yoga is a light, which once lit will never dim. The better your practice, the brighter, the brighter your flame.”

International Women's Day (8th March every year) is celebrated to acknowledge the historical, cultural, and political achievements of women across the world. To mark the prominence of the day, we conducted several programs for females such as health and hygiene awareness campaigns, and a street play on the theme of women empowerment at different places of Rohini district. In the awareness campaign, the team of doctors made the females aware of the vitality of using sanitary napkins and maintaining hygiene during menstruation, and means of minimising medical illnesses related to reproductive tract infections in women and girls. In addition, the team of gynaecologists provided requisite consultation and folic and iron capsules to those who needed them. 780 females benefited from the awareness campaigns. In our second program, we organised a nukkad natak on empowering the marginalised women which focused on instilling a feeling of fighting in them against the injustices faced by these women. The play was conducted successfully as it received a very overwhelming response and many women mustered the courage to share their stories of suppression and their fight against the exploitation with them. It was an effort on our part to recognise the contributions made by women in the development of the nation and the world.





GIRL EDUCATION

“If you educate a man, you educate an individual but if you educate a woman, you educate a nation.”

Educating girls is pertinent and crucial for the development of a nation for girls so that they can contribute to the economic growth of the society equally which would ultimately help India in attaining higher Gross Domestic Product (GDP). To raise awareness about the vitality of girls' education, the organisation conducted awareness and leadership programmes at multiple locations in Jhajjar in the month of July, 2019 which incorporated speeches by girl students and some of the prominent dignitaries including the founder of the organisation. Moreover, some of the outstanding girls were felicitated towards the end of the program. The remarkable program served the interests of greater than 250 students and parents.



MAMMOGRAPHY TEST



The alarming statistics

- 1.38 million new breast cancer cases each year.
- 4,58,000 deaths from cancer every year
- Every four minutes, an Indian woman is diagnosed with breast cancer.
- One woman dies of breast cancer, every 13 minutes in India.

Breast Cancer is one of the most common cancers diagnosed in women accounting for more than 1 in 10 new cancer diagnoses each year and regular mammograms are the best tests with which doctors can find breast cancer in the initial stages. To cater to the medical needs of women, we organised a free cancer screening camp for female traffic police at Pushpanjali Enclave, Rohini on 22nd July, 2019. The Mammography test uses low-dose x-ray to detect early onset of cancer before women experience symptoms when it is easily treatable. The finest team of oncologists especially Dr. Nidhi Garg examined the beneficiaries, provided requisite consultation and made them aware about the early signs of developing breast cancer. About 300 females availed the benefits of this much-needed program and expressed their gratitude to the organisation. We are extremely grateful to the team of oncologists who devoted their time and selfless services to the patients.

“Improved understanding of breast cancer may help patients develop more awareness and prevent it from becoming serious.”



LEGAL AWARENESS



We frequently receive multifold grievances concerning legal matters from our senior citizens through phone calls or during field visits at their homes. Our elderly community members grapple with a lot of legal issues and a legal practitioner may guide them regarding their problems in the best way possible. Thus, we organised more than 12 legal awareness camps in the month of August, 2019 at different places namely Rani Bagh, Nangloi, Swaroop Nagar, Vikas Puri and others to raise awareness about legal issues where senior citizens discussed their grievances with our advocate Shri Rahul Mangla and the advocate after patiently listening to them, offered solutions to their problems which was extremely helpful to the older people. The session was quintessential since it focused on the resolution of the legal issues faced by the vulnerable older people. Not less than 1800 senior citizens attended the programs and availed its benefits.

“The law should be open to everyone regardless of background or whether or not a person can afford it.”

TPDDL (Golden Age Program Samman)



Tata Power Distribution Limited (TPDDL) is the largest power generation company in India which is responsible for providing regular power supply. Apart from providing electricity in the city, the authority regularly conducts various programs to increase the engagement of common masses. The president of the organisation, Mr. Ashish Garg was invited as a Chief Guest in the inauguration of one of such programs called Golden Age Program Samman organised on 7th September, 2019. The program was organised with an aim to establish a senior citizen club where they can gather at a common place and involve themselves in different activities. Several cultural programs were performed by a team of professionals which lightened up the mood of the audience present there. We are extremely grateful to TPDDL for bestowing this honour upon our organisation.

“Never doubt that a small group of thoughtful committed citizens can change the world : indeed, it’s the only thing that ever has.”



CYBER AWARENESS



“Cybersecurity is a shared responsibility, and it boils down to this : in cybersecurity, the more systems we secure, the more secure we all are.”

We are aware that cyber crime has been increasing day by day due to a variety of reasons and one of the most crucial reasons is not having proper digital literacy. The vulnerable community of elderly become victims of phishing, identity theft, fraud and monetary theft since they are tech-challenged. Keeping this in mind, we organised a cyber awareness program on 1st October, 2019 in Dwarka to educate our senior citizens about various kinds of cyber crimes and how they can prevent these frauds. A renowned cyber expert delivered the lecture and listened to the issues of senior citizens and informed them about the possible solutions. The program benefited more than 500 senior citizens and they expressed gratitude for such a beneficial session.

INTERNATIONAL DAY FOR ELDERLY



International Day for Elderly is celebrated on 1st October every year. The day is observed to spread awareness about the importance of elderly community in our society. We celebrated the day with enthusiasm by conducting various programs in the month of October from 16th to 24th for our senior citizens. To mark the importance of the day, we organised free health-camps, entertainment programs such as hasya kavi sammelan, laughter yoga etc. and birthday celebrations at different places namely Raj Park, Shalimar Bagh, Ahata ki Dara, Todapur and others. Over 26 health camps were organised in association with Max Superspeciality Hospital, NKS Hospital, Fortis Hospital, Medanta Hospital and Sharp Sight. These health camps included various tests such as Blood Sugar, Blood Pressure, ECG, Eye check-up and consultation with general physician, cardiologist and orthopedician. More than 150 senior citizens had their birthdays which were celebrated with great warmth. Nearly 2873 senior citizens availed the benefits of these services and other programs.

“To keep the heart unwrinkled to be hopeful, kindly, cheerful, reverent that is to triumph over old age.”



EYE SCREENING TEST FOR STUDENTS



“Eye care is an integral part of health care. Any impairment in our vision may lead to our dependency on others.”

According to the World Health Organisation (WHO), 1.3 billion people live with some form of vision impairment. With the objective to minimise the eye-related issues amongst children, the organisation conducted an eye screening camp in collaboration with Sharp Sight on 5th November, 2019 in an underprivileged government school of Bahardurgarh to tackle the increasing number of eye related problems in children.

The team of ophthalmologists guided the beneficiaries by prescribing medicines, patiently listening to their problems or referring them to the hospital and spectacles were also provided to more than 70 students. Moreover, 24x7 Care Foundation took the initiative of providing voluntary treatment to 45 students found with major issues. The free eye screening camp benefitted more than 200 underprivileged students. The beneficiaries were elated to receive the spectacles and their parents expressed gratitude for the initiative.



EMPOWERING UNDERPRIVILEGED CHILDREN

“Let us reach out to the dreams of children. Let us do whatever we can to support their fight to rise above their pain and suffering.”



We aim to ensure quality life to the disadvantaged children and to achieve the goal, we conduct regular programs to empower them. Thus, we organised a program on 30th December, 2019 where woollen clothes were distributed among 326 school children of Seemapuri. It is often observed that those deprived children suffer from various illnesses due to the lack of woollen clothes which is a sorry state of affairs for the largest democratic nation. To bring happiness in the lives of those tiny kids, one of our esteemed members, Shri Satish Garg distributed shoes amongst the children. Distributing woollen clothes and shoes among those little children brought smiles on their faces and we felt very overwhelmed at their gesture.



KAVI SAMMELAN



“The person who can bring the spirit of laughter into a room is indeed blessed.”

Our organisation aims at ensuring physical as well as emotional well-being of alone-living older people and to cater their emotional needs, we regularly conduct entertainment programs which may help them live their life to the fullest. Therefore, we organised around 10 Hasya Kavi Sammelan in the month of January, 2020 in different areas of Delhi. The poets Shri Yusuf Bhardwaj, Shri Rasik Gupta and National Award Winner Shri Deepak Saini made the programs very exciting by their presence. Our senior citizens were overwhelmed by the poetic expressions of the poets and participated actively in the program. The programs were attended by more than 1000 senior citizens who were grateful for making them smile.



LAUGHTER YOGA



“Laughter strengthens our immune system, boosts mood, diminishes pain, and protects us from the damaging effects of stress.”

The modern lifestyle affects our mental well-being drastically therefore to ignite the mood of our elderly, we conducted a session on laughter yoga on 12th January, 2020 in collaboration with Delhi Laughter Club in Bawana. Laughter Yoga is used as a remedy for physical, psychological, and spiritual ailments. Alone-living senior citizens usually feel lonely and dejected because either they do not have any child or the children live separately. Hence, it is very pertinent to engage them in different activities where they can get together and spend some memorable moments with other older persons. The eminent coach from the Delhi Laughter Club, Shri Durga Das exhibited the popular dance movements and breathing exercises which cultivated joy and assisted people let go of daily stressors and helped in relieving stress among older people. The session was rejoiced by more than 190 senior citizens who took part in the activities and exercises very enthusiastically.



STREET PLAY FOR SENIOR CITIZEN



“It has to be one of the fundamental duties of each country to ensure the safety and security of its senior citizens so that they can live without any fear.”

In old age, people generally grapple with problems like insecurity, depression, helplessness and loneliness which make them extremely vulnerable. Alone living elderly community remains at high risk of facing violent crimes such as murders and burglaries therefore we organised a street play in Rohini on 20 february, 2020. The objective of the street play was to inform senior citizens about the do's and don'ts to keep themselves safe and secure. The play portrayed various stories to convey the importance of taking safety tips and the older people were engrossed in the performance. Over 300 senior citizens availed the benefit of attending the program and some of them shared their own experiences where they tackled the situation with courage which inspired other elders.

HEALTH CHECK UP CAMP



We all are aware that the health-related issues increase with the advancement of age which leads to a gradual decrease in the physical and mental capacity. Therefore, regular health check-ups may prove to be beneficial in the early detection of a certain disease and the individual can be cured. We regularly conduct free health check-up camps for our elderly to ensure their access to primary healthcare services hence we organised more than 13 free health-camp in the month of March, 2020 in association with Max Superspecialty Hospital, Medanta Hospital and Fortis Hospital which incorporated several tests such as BP, Sugar, ECG, BMI and consultation with orthopedician, cardiologist and urologist. More than 1800 senior citizens availed the benefits of these camps.



“Health is a state of complete mental, social and physical well-being, not merely the absence of disease or infirmity.”



These health-camps were organised with the objective to bring awareness among deprived senior citizens who have no access to healthcare services or knowledge about the diseases they may be suffering from. Therefore, these free of cost medical camps provided requisite consultation to them. These voluntary camps ensure that these vulnerable people get healthcare at the right time.

INTERNATIONAL WOMEN'S DAY



“Each time a woman stands up for herself, without knowing it possibly; without claiming it, she stands up for all the women.”

International Women's Day (8th March every year) is celebrated to acknowledge the historical, cultural, and political achievements of women across the world. To mark the prominence of the day, we conducted several programs for females such as health and hygiene awareness campaigns, and a street play on the theme of women empowerment at different places of Rohini district. In the awareness campaign, the team of doctors made the females aware of the vitality of using sanitary napkins and maintaining hygiene during menstruation, and means of minimising medical illnesses related to reproductive tract infections in women and girls. In addition, the team of gynaecologists provided requisite consultation and folic and iron capsules to those who needed them. 780 females benefited from the awareness campaigns. In our second program, we organised a nukkad natak on empowering the marginalised women which focused on instilling a feeling of fighting in them against the injustices faced by these women. The play was conducted successfully as it received a very overwhelming response and many women mustered the courage to share their stories of suppression and their fight against the exploitation with them. It was an effort on our part to recognise the contributions made by women in the development of the nation and the world.

09th April 2019

To,
Mr. Ashish Garg
The President
24X7 Care Foundation
Pocket- E-20, H.No-60, Sector-3,
Rohini, Delhi-110085

SUB : 24*7 Care Foundation's Remarkable Contribution towards Senior Citizens

Dear Sir,

We are writing to express our deepest thanks and appreciation to **24X7 Care Foundation** for providing medical support in terms of regular Free Health Check Up at their locations and moral support to the members who are residing alone.

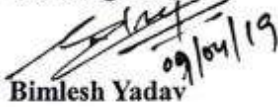
With your faithful contributions and support over years, you've demonstrated your deep commitment to the life's of senior citizens.

Your support has repeatedly played a key role in organising Free Medical Camps and counselling session. We have witnessed more than 80 medical camps being organised in last 3 years.

We at Max Healthcare are continually inspired by the dedication and generosity of your NGO.

We look forward to a continuing partnership with you and keep up the good work.

Thanking You,

A handwritten signature in black ink, appearing to read "Bimlesh Yadav", with the date "09/04/19" written below it.

Bimlesh Yadav

Community Outreach Program
Max Super Speciality Hospital,
Shalimar Bagh
Delhi-110088





POLICE FAMILIES WELFARE SOCIETY (REGD.) DELHI

5, Rajpur Road, Delhi – 110054.
OFF-011-23974427, FAX No. 011-23993344

No. 03 /PFWS/17-MTC/2020

Dated : 30 of January, 2020

To,

Mr. Ashish Garg
24 X 7 Care Foundation
E-20/60, Sector-3, Rohini, New Delhi

Subject: Letter of Appreciation.

Dear

Greetings from Police Families Welfare Society (PFWS).

PFWS has been working relentlessly for welfare of the Delhi Police personnel and their family members. The society has organized several Medical & Health Check-up Camps in collaboration with your esteemed organization during the year 2019. The Mammography Test Camps were remarkable amongst them.

This is to put forth our gratitude for your help and support in providing better health assistance to our family members.

We, at PFWS, truly appreciate your valuable contribution during the year 2019 and look forward to your support in our future endeavors.

Best wishes,

Smt. Suchana Patnaik
President
Police Families Welfare Society

Visit us @ www.pfwsdelhi.com

FINANCIAL DISCLOSURE

24x7 Care Foundation
H. No. 69, Pocket-B-5 , Sector -4, Rohini, Delhi-110085

Income & Expenditure Account for the Year Ended on 31.03.2020

Particulars	Amount	Particulars	Amount
Accounting Charges	24000.00	Donation	1692600.00
Advertisement Exp	188814.00		
Audit Fees	11000.00		
Bank Charges	826.00		
Conveyance Exp	7390.00		
Depreciation	17292.00		
Electricity Exp	12170.00		
Festival Exp	29640.00		
Health Camp Exp	408600.00		
Misc Exp	8540.00		
Printing & Stationery Exp	78848.00		
Rent	180000.00		
Repairing & Maint. Exp	25670.00		
Salary	540000.00		
Senior Citizen Welfare	40820.00		
Staff Welfare Exp	14140.00		
Telephone & Communication Exp	13472.00		
Surplus, i.e. Excess of Income over Expenditure	91378.00		
	1692600		1692600

Auditor's Report

As per Our Report of Even Data Attached

For S.B Goel & Associates
(CHARTERED ACCOUNTANT)

CA SRI BHAGWAN GOEL
M.NO. 087730

PLACE: NEW DELHI
DATE : 29TH DEC, 2020



FOR 24X7 CARE FOUNDATION

(Signature)
President

For 24 X 7 Care Foundation

FOR 24X7 CARE FOUNDATION

FOR 24X

(Signature) **secretary**
(Signature) **Treasurer**

BALANCE SHEET

24x7 Care Foundation
H. No. 69, Pocket-B-5, Sector -4, Rohini, Delhi-110085

Balance Sheet

As on 31st March, 2020

Liabilities	Amount	Assets	Amount
Capital Account		Fixed Assets	
Reserves & Surplus	4,68,242.12	Furniture & Fixture	17,531.00
Corpus Fund	1,154.00	Laptop	14,760.00
	4,69,396.12	Mobile	9,331.00
Loans (Liability)		Printer	5,567.00
Current Liabilities		Telephone	831.00
Sundry Creditors	55,846.00		48,020.00
Audit Fee Payable	22,000.00		
Rent Payable	30,000.00		
Salary Payable	30,000.00	Current Assets	
	1,37,846.00	Cash-in-Hand	22,776.00
		Bank Accounts	5,36,446.12
			5,59,222.12
Total	6,07,242.12	Total	6,07,242.12

Auditor's Report

As per Our Report of Even Data Attached

For S.B Goel & Associates
 (CHARTERED ACCOUNTANT)

For 24 X 7 Care Foundation

CA SRI BHAGWAN GOEL
 M.NO. 087730

FOR 24X7 CARE FOUNDATION

FOR 24X7 CARE FOUNDATION

FOR 24X7 CARE FOUNDATION
 FOR 24X7 CARE FOUNDATION

President

Secretary

Treasurer

PLACE: NEW DELHI
 DATE : 29TH DEC, 2020





*“As we grow older, we must discipline ourselves to
continue expanding, broadening, learning,
keeping our minds active and open.”*



Outer-North District Office: H 1279 DSIIDC Narela 110040

Rohini District Office: B-5/69 Pocket 5, Sector-4, Rohini Delhi-85

Helpline: 7065206000 / 7065208000 **Email:** Info@24x7carefoundation.org

Visit us: 24X7carefoundation.org