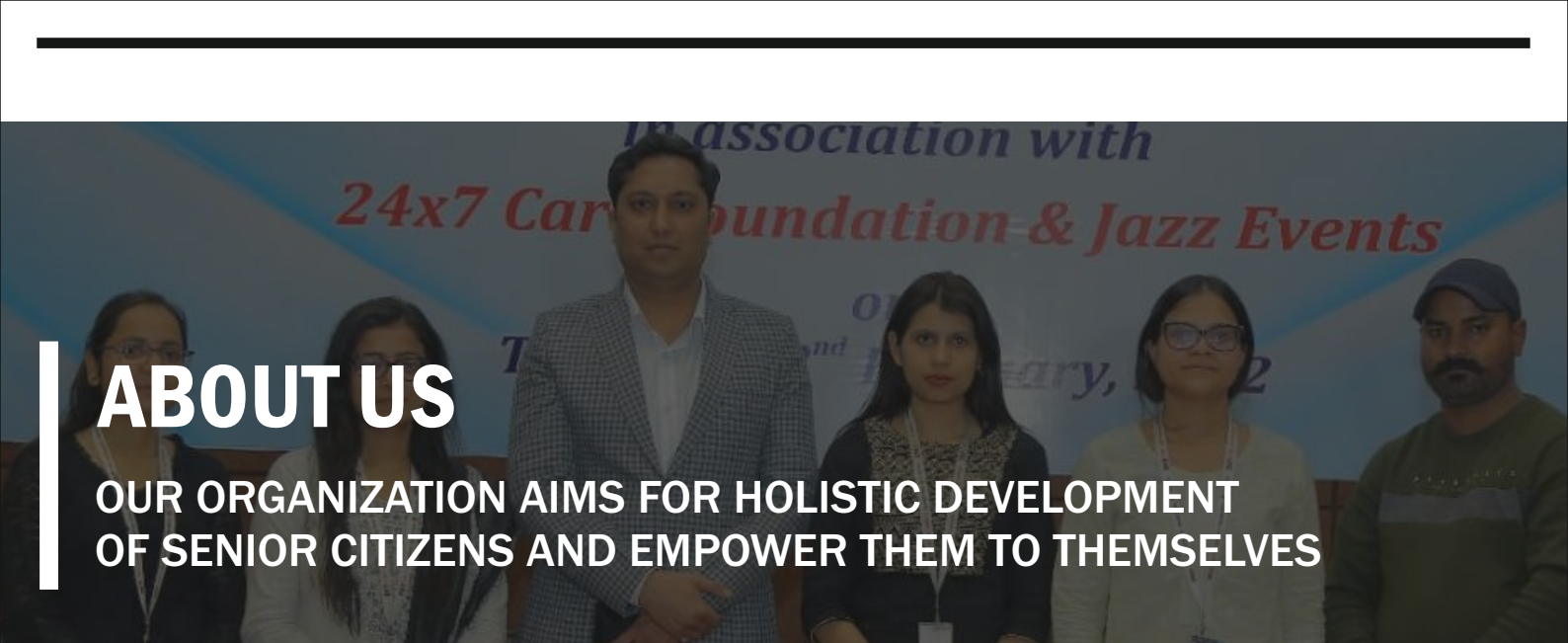


ANNUAL REPORT 2021-22



PARENTING OUR PARENTS

We strive to rebuild a society where each and every senior citizen has the right to live with dignity. We care for those who once cared for us.



ABOUT US

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

24x7 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, 24x7 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.

Aging doesn't ask for privileges before hitting. 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. The only option left with these elderly is to opt for old age homes.

There are around 728 old-age homes in India and our senior citizens are still looking for warmth 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 what LIVING? Maybe this is the time to do necessary amendments in our approach of welfare too. We need to focus on dignity, love, protection and happiness. 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.
The elderly are a treasure for our society.*



FROM THE ” PRESIDENT’S DESK

There are nearly 103 million senior citizens in India with the population expected to grow to 300 million by 2050. With this growing population there are numerous senior citizens who are in need of care and protection. Where the underprivileged section of elderly are already deprived of basic necessities, even the privileged ones are suffering due to loneliness and deteriorating health.

Despite the fact that old age homes are tremendously increasing in India, We at 24x7 Care Foundation strives to make a society where there will be no need of old age homes and every aged must get love, care and affection in their own homes.

We are taking care of 25 thousand senior citizens living across Delhi, most of them are alone and in need of care. Providing home care facilities from nursing to medicines, we are also conducting entertainment programs to bring a smile on their faces.

We have been voicing for rights and demands of senior citizens on every possible platform. The idea is to empower our elderly by dint of political, economical and social reforms. It is truly an overwhelming experience to be a part of social work community. We welcome your ideas and benevolent funds to help in building support of change.

with regards
ASHISH GARG



ASHISH GARG

President / Founder
24x7 Care Foundation

SUCCESS STORIES

ONLY IN THE DARKNESS, CAN YOU SEE THE STARS

Mrs. Janki, Age 68



Area- Jahangir Puri, North-West

Meet Smt. Janki, she is the sole bread earner in her family. The age in which elderly expect their children to take care of them, She has lost all her four sons and now is earning by her own and taking care of her husband as well. Her husband is suffering from throat cancer which makes him unable to work. She doesn't receive any kind of aid from government and all the medical expenses are borne by Janki herself. She doesn't even own a house and lives in a rented jhuggi. To earn her livelihood, she has to sell vegetables. When we first met her, we noticed blisters and burns on her feet, on asking she told us that her condition is very miserable that she can't even afford a single pair of slippers. Witnessing her heart-wrenching condition, we bought her new shoes which made her extremely happy and she blessed us with a bright smile. Also, we provide her ration and clothes regularly. We would extend every kind of support to make her life better. We request you to come forward to help her. Your help may bring happiness to her life.

Mr. Randhir Singh, Age 72



Area- Tilak Nagar, West

Randhir Singh Ji is registered in Tilak Nagar Police Station as a senior citizen. He lives alone with his wife. In 1976 an unfortunate event took place where Randhir Singh Ji lost his leg and he had to go through various treatments and finally managed to stand and walk by the help of artificial rod in his leg. This couple has 3 children who are settled abroad, and here they are living alone and managing mundane activities by their own. During pandemic Randhir Singh Ji approached us for oximeter and Nebulizer as he was unable to go out and people were maintaining distance due to covid fear. He has major issue of breathlessness and his wife is suffering from kidney stone. We somehow arranged required equipments and delivered it to him on time free of cost. This elderly couple blessed with love and gratification.

Ms. Prem Kumari, Age 69



Area- Rohini

Meet Prem Kumari Ji. She is 67 years old living alone in Rohini District. There is no one who can take care of her in the family. She was surviving solely on pension which was a little amount of money most of which she had to spend on house rent. She is dealing with so many medical conditions such as- Fits, heart issues, chronic fever, diabetes, High BP and many more.

She is connected to 24x7 Care Foundation from last few years wherein our organization is looking after her needs and expenses. We are providing her all essential commodities along with doctor consultancy and lab tests without any cost.

We stay in touch with her through regular callings and meetings to provide her emotional support.



SUPPORTING COVID-19 POLICE WARRIORS

From arranging for oxygen cylinders to donating plasma, Delhi Police personnel have been playing a crucial role in the fight against Covid-19. The traditional role of the police revolves around criminal activities and civil order. In this case, the police continue to be protectors of lives, shielding the population against a dangerous virus. The policemen/women are quickly trying to adapt to this new situation and learn-on-the-job. 24x7 Care Foundation showed its gratitude towards the frontline police warriors who have been working tirelessly risking their lives during the pandemic situation. In the process, many cops have succumbed to the virus. We tried to combat the crisis situation through distributing N-95 masks in different districts of Delhi. Wearing a mask prevents the chances of inhaling any kind of virus from the atmosphere around. Masks can be used as part of a comprehensive strategy of measures to suppress transmission and save lives. We distributed around 3000 masks which may support frontline workers to take proper precautions against coronavirus.

WORKING DURING THE SECOND WAVE OF COVID-19



- We have called regularly to underprivileged senior citizens who can't access smart phone in order to monitor their health status. We have empowered them through updating and spreading awareness about covid-19, ways to prevent and steps to follow if tested covid positive.
- We conducted online awareness session on covid-19 outbreak. We are keeping them update of best possible ways of dealing with covid by staying at their own homes. We also share govt. Introduced strategies and plans which could help in fighting against coronavirus.
- We provided medicines to 500 alone living senior citizens free of cost at their door steps. We made sure to provide them authenticated medicine based on their prescriptions.
- We provided free ration kit to 150 underprivileged senior citizens without any cost. From senior citizens living alone in JJ Colonies to elderly who has to work as rikshaw pullers besides their age, we have covered every strata of deprived people in need.
- We have outsourced nursing/attendant facilities to alone living senior citizens who can't move and take care of themselves in this pandemic situation. We make sure these attendants or nurses are trained and verified and take special precautions to avoid spread of covid-19.



- We assisted senior citizens in online shopping and bookings so that they don't have to step outside and risk their lives. Also, to avoid any scam we aware them of basic cyber fraudulent and help them to become a smart customer.
- We assisted alone living elderly to generate e-pass in the extreme situations and filling it for elderly who can't access internet.

- We have regularly called alone living senior citizens who already had deteriorating health or are completely dependent on our services for basic needs. We make sure to be available for every elderly in emergency or panic situations.
- We provided tiffin services to 173 senior citizens who don't have caretakers and are fighting with covid-19. We try our best to deliver proper meals of the day for their early recovery.
- We provided covid-testing for alone living elderly people at their own homes so that they comfortably get results, additionally we provide them pre and post covid counselling if tested covid positive.
- We organized yoga and entertainment webinars for senior citizens to keep them fit and healthy. These sessions are also engaging them in productive tasks which is resulting into positive atmosphere and uplifting their quality of life. These webinars benefitted more than 3000 senior citizens.
- We spread awareness on covid-19 vaccination and conducted multiple vaccination drives to benefit elderly community. Our motive was to vaccinate maximum population so that together we can achieve immunity against coronavirus.



VACCINATION DRIVE FOR ELDERLY COMMUNITY (2nd June, 2021)

“Vaccines are a critical tool in the battle against COVID-19”

24x7 Care Foundation in association with Max Super Speciality Hospital, Shalimar Bagh started "Covid-19 Vaccination Drive " of covishield in two phases from 2nd June onwards at Prince Public School, Sector-24, Rohini. In the 1st phase we arranged "Free Walk-In Vaccination" for senior citizens registered with Delhi Police wherein 24x7 Care Foundation endured charges of free vaccination drive. In the 2nd phase, walk-in vaccination was arranged for people above 18 years of age. This vaccination drive benefitted more than 5000 people including elderly community. There were so many senior citizens who were happy and satisfied with the smooth procedure and they appreciated us for this initiative.



INTERNATIONAL DRUG ABUSE DAY (26th June, 2021)

"Drug takes you to hell disguised as heaven"

Millions of people in India are addicted to some kind of substance abuse mainly drugs. It causes physical, mental and social unbalance in life. On 26th June, 2021 - "International Drug Abuse Day" 24x7 Care Foundation and Rohini District Delhi Police organized "Street Play" in JJ cluster of Budh Vihar Police Station Sector-24, Rohini. JJ clusters are those dark sides of our country which are still fighting for basic necessities. Drug abuse is a prevailing issue in such areas. This initiative was taken to educate and aware people of slums where social evils like drug abuse are deeply rooted.

CELEBRATING VAN MAHOTSAVA (10 Aug, 2021)



"Someone's sitting in the shade today because someone planted a tree a long time ago"

On the occasion of "Van Mahotsava" President of Bawana Manufacturing Association Mr. Rajiv Goel and MD - Bawana Infra Development Pvt. Ltd. Mr. Mohan Aggarwal invited the President of 24x7 Care Foundation Mr. Ashish Garg in the "Tree Plantation Event". This soulful event took place on 10th Aug, 2021 at Bawana Industrial Area.



VACCINATION DRIVE FOR MIGRANTS LABOURERS (24th Aug, 2021 - 31st Aug, 2021)

24x7 Care Foundation conducted a survey on workers, labourers and hawkers regarding the no. of people got vaccinated and are woke about Covid-19 Vaccination in Narela Ind. Area. In this survey, we found out that most of the labourers haven't got their first jab due to unawareness and myths around Covid Vaccines.



Considering this alarming situation, we decided to approach District Magistrate North Smt. Isha Khosla IAS and proposed her the initiative of conducting Free Vaccination Drive for Factory workers in Narela Ind. Area. We are thankful to her for immediately responding and supporting us.

With this, our organization became partner with District Administration North Delhi in organizing Free Covid-19 Vaccination Drive for factory workers and hawkers dated 24th Aug- 31st Aug, 2021 at Lala HansRaj Industrial Training Institute (ITI), NARELA

This Vaccination Drive has benefited more than 2500 thousands underprivileged people from Industrial Areas. We are also conducting awareness sessions in JJ colonies and among street vendors regarding covid vaccination.



INTERNATIONAL DAY OF OLDER PERSONS (1st Oct, 2021) Ashok Vihar

On the occasion of International Day for Older Persons -1st Oct, 2021 24x7 Care Foundation and Delhi Police organized Free Eye-checkup camp in association with Center for Sight and entertainment programs in DCP Office Ashok Vihar(North-West District). With active participation of elderly people, the event witnessed mesmerizing performances of singing, poetry and fun activities. Free eye check up camp benefited more than 200 senior citizens from different areas.

We ended this amazing day with birthday celebration of senior citizens having birthdays in month of October, we also gave them a token of gift as love and respect.





AWARENESS AND ENTERTAINMENT PROGRAMS IN, Rohini District

There was huge gathering of around 250 senior citizens, who were managed following social distancing and all the other protocols of Covid-19. The program started with Laughter Yoga Session by Delhi Laughter Club which made senior citizens laugh out all their worries. Considering ageing and deteriorating health, we organized Health Talk in association with Max Superspeciality Hospital. During interactions with senior citizens we have also realized that there is lack of awareness regarding their rights and laws, therefore we invited expert advocate Mr. Rahul Mangla to aware them about legal rights.

Keeping up with the UN theme of 2021, we also did our effort to introduce them to new technologies and use of certain emergency help apps such as "Senior Citizen App" by Delhi Police. To make this day special and memorable we celebrated birthdays of senior citizens whose birthday falls in the month of October and took some heartfelt group photographs.



CLEAN INDIA CAMPAIGN (16th Oct, 2021)



Our organization has participated in "Clean India Campaign" under the guidance of District Administration, North Delhi and its subsidiary organization Nehru Yuva Kendra. This campaign has benefited the Slum Community of Lal Bagh which is situated near Azadpur. Our aim was not only to clean the narrow lanes but also to spread awareness regarding hygiene and cleanliness amongst the community. We educated shopowners and youth of community about the devastation single use plastic is causing in our environment and how we are suffering from its impact subliminally. Team ENACTUS from SGGSCC, DU also joined hands with us in this noble cause.

MENTAL HEALTH AWARENESS SESSION FOR POLICE FAMILIES (25th Oct, 2021)

"What mental health needs is more sunlight, more candor, and more unashamed conversation"



The job of Policemen is a courageous and daring responsibility. They are the peacemakers of our society and it is only possible because of their robust family support. But the tough and life risking duty of police personnel affects the mental health of their families drastically. They always live in stress and anxiety due to uncertainty of timings in such professions, many times they have to sacrifice their family time to serve countrymen.



Considering this situation, Police Family Welfare Society (PFWA) decided to organize Mental Health Counseling Session for Police families on 25th Oct, 2021 in Narela. 24x7 Care Foundation is grateful to PFWA for giving this wonderful opportunity to facilitate this session. The session addressed mental health issues and tried to break the stigma around it.

AWARENESS ON COVID-19 VACCINATION (31st Oct, 2021)



Our organization has participated in "Clean India Campaign" under the guidance of District Administration, North Delhi and its subsidiary organization Nehru Yuva Kendra. This campaign has benefited the Slum Community of Lal Bagh which is situated near Azadpur. Our aim was not only to clean the narrow lanes but also to spread awareness regarding hygiene and cleanliness amongst the community people. We educated shopowners and youth of community about the devastation single use plastic is causing in our environment and how we are suffering from its impact subliminally. Team ENACTUS from SGGSCC, DU also joined hands with us in this noble cause.



CELEBRATING DIWALI WITH SENIOR CITIZENS (4th Nov, 2021)

Team 24x7 Care Foundation met senior citizens living alone to wish them well and celebrated the festival with them on the auspicious day of Diwali festival. In this festive season they were remembering the memories of their children which was shaking their hearts during the festive season. So, together we lit diyas and distributed sweets and tried to make them feel loved and cared. The blessings received by our elders overwhelmed us and they were equally excited to celebrate the occasion. We wish them good health and prosperity. It is our wish that every elderly person gets the care he deserves from his family.



VACCINATION DRIVE FOR LABOURERS, HAWKERS AND VENDORS (10th Nov, 2021)

Coming up with biggest Vaccination drive once again

On the demand of common people 24x7 Care Foundation approached District Administration, North Delhi to organize Vaccination drive for labourers, hawkers and workers free of cost in DSIIDC office, J Block Opposite- F1999, NIA. Earlier, also with support of Narela Industrial Complex Welfare Association we have organized this drive and benefitted huge no. of workers. Once again we organized it for those who haven't got vaccinated till then. More than 2000 people has got benefited from our vaccination drive.

MAGIC EYE AND CHAIN PROJECT (1st Dec, 2021 - 31st Dec, 2021)



It has always been grateful to Delhi Police for entrusting the foundation in serving senior citizens. In a collaborative survey with Rohini Dist. Delhi Police, it has been analysed that alone living senior citizens are living under extremely vulnerable condition when it comes to safety and security. After the discussion with DCP(Rohini Dist.) Mr. Pranav Tayal De it has been decided that installation of magic eye, chain and cctv could be a great initiative which can tackle the security issue of alone living elderly people. It has identified around 300 senior citizens who are living alone in vulnerable condition. Therefore, more than 100 installation of magic eye and chain has been done till date and around 20 installation of cctv in homes of elderly living in crime prone and abandoned areas have been completed out of 100 elderly identified during the survey. The project is successfully moving in progress, ensuring the safety and security of senior citizens.



ACKNOWLEDGMENT BY COMMISSIONER OF DELHI POLICE SH. RAKESH ASTHANA (IPS) on 23rd Dec, 2021

It is hard to put this feeling into words. Nevertheless, we are very grateful on receiving this huge honor by Commissioner of Police, Delhi Shri Rakesh Asthana (IPS) on 23rd Dec, 2021 at the event "KHAKHI KE SANG, SIKSHA AUR UMANG" DCP Office (Rohini District), Begumpur, Delhi for our commendable working for the welfare of senior citizens who are living alone.

We want to extend our special thanks to Delhi Police administration for bringing this momentous occasion in our life. This has come as the second most precious moment of our organization after earning the recognition as the official collaborating NGO working for social cause with Delhi Police. Team 24x7 Care Foundation has worked delicately for alone living senior citizens in pan Delhi area through providing healthcare facilities, safety & security, legal aid, webinars, emotional care and entertainment activities, wherein our recent project of installing magic eye, chain and CCTV cameras for the safety and security of vulnerable senior citizens has got distinctive applauds.

We believe that perseverance is the key to success and this recognition and honor has boosted us towards our robust commitment on work. We want to dedicate this honor to all the senior citizens who have constantly supported and trusted us with their belief and blessings.



CELEBRATING AZADI KA AMRIT MAHAOTSAV 23rd Dec, 2021

Celebrating "Azadi Ka Amrit Mahotsava" 24x7 Care Foundation organized "Free Health Camp" in association with Max Superspeciality Hospital Shalimar Bagh for senior citizens, it included routine check-up of blood, diabetes, weight, BMD and doctor consultancy. To make this event joyful and lively we added the program of "Hasya Kavi Sammelan" by renowned and superfine poets Shri Rajesh Chetan, Shri Gaurav Chauhan and Smt. Baljeet Kaur for senior citizens on 23rd Dec, 2021 at DCP Office (Outer dist.), Pushpanjali Enclave Pitampura. There were more than 180 elderly people who witnessed this event with full enthusiasm. The event was lightened up by prominent presence of our Chief Guest DCP (Outer Dist.) Shri Parvinder Singh IPS and honourable Guests Additional DCPs Outer District Shri B.L Suresh & Shri Anand Kumar Mishra and all the other ACPs & SHOs belonging to Outer District. The amalgamation of both Health Camp and Kavi Sammelan has proven to have both the healthcare benefits and entertainment worlds.





APPRECIATION BY TATA POWER DELHI DISTRIBUTION LIMITED on (26th Jan, 2022)

It's been a pleasure to us receiving award and reward as 1st winner in the category of "Outstanding Contribution towards Community Development" in 1st edition of Vishisht Sewa Samman from Tata Power Delhi Distribution Limited. We have been facilitated on the pride day of 73rd Republic Day on 26th Jan, 2022 celebrated at TPDDL Learning center, sector-11 Rohini in the prominent presence of Veteran Commander Sanjeev Narula and Ganesh Srinivasan, CEO, Tata Power-DDL, for which we are extremely obliged and honored. Tata Power –DDL is remarkably working in the field of social work carrying forward the legacy of Tata Power by giving back to the society through its community building initiatives.

We want to extend our gratitude and deepest thanks to TPDDL for acknowledging our hard work, with this encouragement and appreciation we wish to work with more enthusiasm and dedication. We hope our working could bring positive changes in our society.

We welcome such Corporate Social Responsibility Companies who could support and join hands with us in the noble cause of looking after alone living senior citizens



APPRECIATED BY SPECIAL COMMISSIONER OF POLICE LAW & ORDER DIVISION ZONE 1 MR. DEPENDRA PATHAK (IPS) on 22nd Feb, 2022

Last day of Delhi Police Week with a Grand Celebration "**PARVAH - WE CARE**"

Delhi Police North-West District organized a splendid cultural program for senior citizens in association with 24x7 Care Foundation & Jazz Events on 22nd Feb, 2022 at Vivekananda Institute of Professional Studies (VIPS). The event witnessed the prominent presence of Special Commissioner of Police Law & Order Division Zone-1 Mr. Dependra Pathak (IPS) as Chief Guest of the evening. The Program started with the heart warming welcome speech of DCP Ms. Usha Rangnani (IPS) and the series of delights started as follows: Key Highlights of Event - Rajasthani Dance group, Depiction of Ramayana by LGBTQ Artist Ms. Gazal from Swaroop Nagar, Joy of Laughter and Poetry "Khaki ki Atamkatha" by Mr. Rajeev Malhotra, Melodious orchestra band by Delhi Police personnel. The mesmerizing performances created an atmosphere of ecstasy. The program moved towards end with the roaring speech of Special Commissioner of Police wherein he appreciated the wonderful program organized and the evening came to end with smiling applauds of wrinkled hands showering love and blessings.



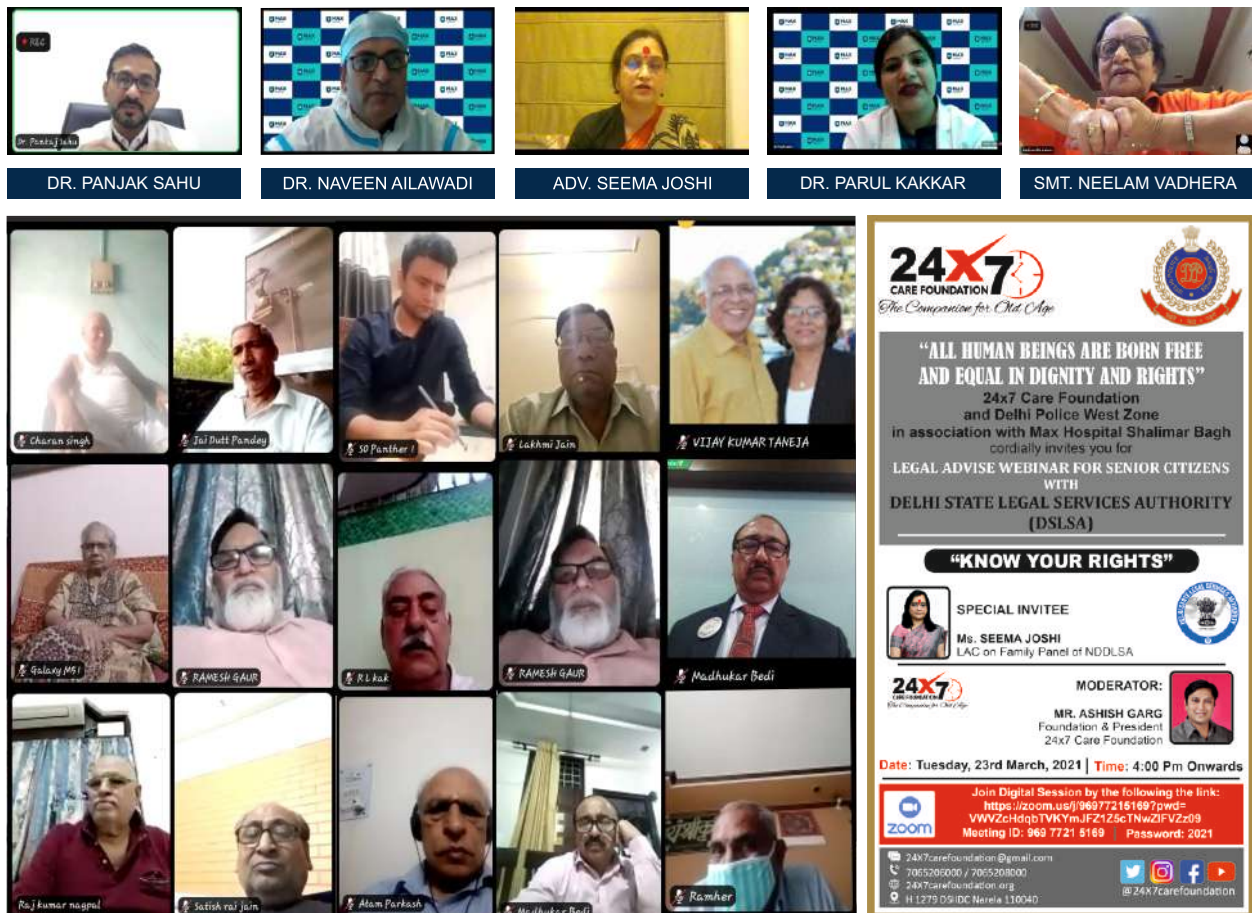
CELEBRATING HOLI WITH SENIOR CITIZENS

18th Mar, 2022

24x7 Care Foundation and Delhi Police in sponsorship with Sudarshan Chemical Industries Ltd. organized a colourful program "Holi ke Rang, Buzurgo ke Sang" on 17th March, 2022 at Vijay Vihar Police Station

The melodies songs of holi by Sur Mitra Trust and mesmerizing dance by our senior citizens were the major highlights of our program. The program witnessed the presence of ACP Sh. Brij Mohan (DANIPS) , SHO Sh Anuj Aggarwal Vijay Vihar, Add. SHO Sh. Abishek Kumar along with Sh. Naveen Arya Northern Head of Sudarshan Chemical Industries Ltd. Everyone enjoyed the festive vibes with gulal , gujiya and celebrated the joy of love. With blessings and jovial ambience created by elderly people the program became memorable for all of us.





CONNECTING SENIOR CITIZENS THROUGH WEBINARS

Webinars have become a platform to connect people from places. We are using this to connect senior citizens to different authorities, spreading awareness, organizing yoga and entertainment sessions. The best part about webinars is that we can facilitate various programs and connect hundreds of elderly from their own homes, this saves the difficulty of commuting which is a major issue for senior citizens. We have conducted more than 150 webinars from last one year. Webinars facilitate them various opportunities to connect with our resource persons. Our health webinar helps elderly to ask their queries directly to renowned doctors. Apart from this, our entertainment programs such as laughter yoga, meditation and others help them to make some time for themselves. Webinars have also played a vital role after pandemic as it has kept us connected throughout tough times. It has been proven a great utilization of smart phones and laptops.



HEALTH CHECKUP CAMP

“Health is the greatest possession”

We all know that health is one of the most important aspects when it comes to elderly care. Adhering the same, 24x7 Care Foundation organized Free Health Checkup Camp in association Shree Agarsen International Hospital and Physiotherapy Camp by APARC Wellness Clinic on 22nd Feb, 2022 at DCP Office Rohini District. Test like BP, Sugar, ECG, doctor and dietician consultancy along with demonstrations on Physiotherapy exercises by Dr. Naresh for body ailment, flexibility and pain management completed a holistic healthcare package for oldies.

This Camp has provided health benefits to more than 128 senior citizens.

CULTURAL DANCE PROGRAM



Cultural programs can consist of a wide variety of art programs. The cultural programs are one of the forms of creative capital including creativity, originality, and artistic value. “Creative capital of older people must be understood as their activities and their work, that could be an opportunity for maintaining a healthy lifestyle and enjoying a high quality of life”



To stimulate cultural activity and entertain our oldies we also participated in a mesmerizing cultural dance program presented by kids of MJ Aish Dance Academy which overwhelmed senior citizens with the innocent charm of their expression and steps. This has also proven a technique to reduce the intergenerational gap.



DIGITAL EDUCATION- MAKING ELDERLY TECH-SAVVY

As we all know that today digitalization has taken over the whole world, everything is changing rapidly around in order to provide us a better lifestyle and comfort. Knowledge about technology is also very important to capability, and lack of this is a factor that stops many seniors from participating in communication technology. During our ground—work we met so many elderly people who reported to us that they needed assistance in using smartphones and facing major challenges due to unawareness of technology.

With changing world we don't want our elderly to lag behind. Therefore , we updated them on several essential technologies which can save their time and energy to provide them best of facilities. Also, it will decrease their dependency on others to utilize the benefits of smart phone and other gadgets.

EYE CHECKUP CAMP



Eye related issues are very common in old age but it can be prevented and corrected through With aging, it is normal to notice changes in your vision. A few common changes for older adults include: Losing the ability to see up close, Having trouble distinguishing colors, such as blue from black, Needing more time to adjust to changing levels of light. Keeping eyes as healthy as possible by getting regular eye examinations so any problems can be spotted early is the best option. Considering this, we organized a Free Eye Checkup Camp in association with Centre for Sight at South Rohini Police Station which helped more than 100 senior citizens to understand the need for diagnosis according to their problems. There were so many issues, among which cataract has been the most common in the elderly community. We tried to guide senior citizens with best of our capabilities.



HEALTH TALK ON MENTAL HEALTH IN OLD AGE

Senior citizens are particularly vulnerable due to many factors to mental health issues. Awareness about mental health is as important as seeking medical help for physical atrocities. We organized Free Health Talk by Dr. M.R Majumdar from Medanta- The Medicity Hospital, Gurugaon at Narela Industrial Area Police Station and spread awareness amongst senior citizens and group of industrialists.

LEGAL AWARENESS



- 24x7 Care Foundation organized Legal Awareness Session on "Maintenance and Welfare of Parents and Senior Citizen Act, 2007" and Fun Activities on 21st Feb, 2022 at Conference Hall, Aman Vihar Police Station. The informative and interactive session was conducted by Adv. Mr. Avadh Narayan wherein he took up grievances of senior citizens and educated them on best possible solutions.
- Program 2- "Legal issues faced by senior citizens in their everyday life."
Venue- K.N. Katju Marg Police Station, Rohini District

Senior citizens constitute a vulnerable group when it comes to legal issues and due to lack of awareness, they fall prey to multiple crimes. Thus, a legal awareness session was conducted by a noteworthy advocate, Mr. Rahul Mangla where he enlightened our elderly about their rights. Officers of Delhi Police ACP Sh. Brij Mohan and SHO KN Katju Marg assured that Delhi Police is dedicated to the safety of senior citizens and they can directly contact them at any time in case of emergency.



BIRTHDAY CELEBRATION

As we get older, birthdays seem to hold increasingly less significance. We tend to focus on the big milestones that occur in our youth, with the size of our birthday celebrations decreasing with each passing year. However, celebrating birthdays can be beneficial for people across all stages of life, and in many ways, they become even more important as we age. In addition to encouraging seniors to recognize their own memories and accomplishments, a birthday allows seniors to better recognize and appreciate the circle of love and support that surrounds them as friends and family gather to celebrate. Loneliness plagues our senior population, so being able to gather with loved ones can help reaffirm a senior's feelings of safety, love, and support from those around them. A birthday is a celebration of life and we celebrate the joy of aging with our senior citizens to make them feel loved and cared. Group birthday celebrations also help to build community and connect senior citizens from each other.

PHYSIOTHERAPY CAMP



Aging or getting old makes our body go through many physical changes. These changes usually cause a decrease in muscle strength, bone density, body coordination, and even make the joints stiffer, which sometimes can lead to falls and fractures. For elderly citizens, exercising may be the key for bringing back and sustaining the physical function required in daily living. Exercise programs set by a physiotherapist can help in reducing body pain, enhancing the movement of joints, facilitating coordination, and boosting respiratory function. Elderly people suffering from chronic diseases can also obtain benefits from physiotherapy.

We came up with physiotherapy camp for senior citizens so that they can avail benefit of different exercises that could help them to deal with chronic and acute diseases. This physiotherapy camp benefitted more than 300 elderly.

ईशा खोसला, भा.प्र.से.
ISHA KHOSLA, IAS



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D.O. No. PA/DM/N/2021/1172

Dated: 18/11/2021

Dear Shri Ashish ji

It gives me immense pleasure to appreciate "24x7 Care Foundation" for giving its significant contribution and participation in Clean India Campaign organized by District Administration, North and Nehru Yuva Kendra. It has done excellent work in conducting awareness and cleanliness sessions on the occasion of celebrating 75th "Azadi ka Amrit Mahotsav" in month of October, which has targeted community people at the core level. A great initiative of portraying Clean India Campaign through art and creativity was also taken by this foundation through painting graffiti on walls of Narela Industrial Area. This initiative has proven thought provoking and captivated local people of the area towards the significance of cleanliness.

I congratulate team 24x7 Care Foundation for its determination and commitment for the project. I wish for its organizational growth and development for serving expertise in the social welfare sector.

Best wishes

ISHA KHOSLA, IAS

Ashish Garg
President
24x7 Care Foundation
H 1279 DSII DC Narela

ईशा खोसला, भा.प्र.से.
ISHA KHOSLA, IAS



जिला दण्डाधिकारी /उपायुक्त (राजस्व उत्तरी)
राष्ट्रीय राजधानी क्षेत्र, दिल्ली सरकार
जी.टी. कर्नाल रोड, अलीपुर, दिल्ली-110036
दूरभाष : 011-27203048

DISTRICT MAGISTRATE /
DEPUTY COMMISSIONER
REVENUE (NORTH)
GOVT OF NCT OF DELHI
D.M. NORTH, OFFICE COMPLEX
G T KARNAL ROAD, ALIPUR, DELHI-110036
Phone : 011- 27203048

D.O. No. PA/DM/NY 2021/1171

Dated: 18/11/2021

Dear Shri Ashish Ji

I would like to extend my deep appreciation for the remarkable participation of "24x7 Care Foundation" in conducting Vaccination Drive and spreading awareness on the significance of getting vaccinated among marginalized labourers , hawkers and street vendors of Narela Industrial Area. It has shown its commitment and dedication in managing two vaccination drives dated from 24th Aug, 2021 to 31st Aug, 2021 in ITI, Narela Industrial Area, benefitting more than 2000 needy migrant labourers and hawkers from the local community, considering great response of this drive and on demand of vulnerable group of workers from Industrial Area, an ongoing vaccination drive has been initiated from 30th Oct, 2021 , vaccinating more than 5000 beneficiaries . It has also shown its sincere presence in organizing Street Plays to spread awareness on covid-19 vaccination on 31st Oct, 2021 at 4 different locations under the jurisdiction of North Administration.

I am sure that team 24x7 Care Foundation will continue to work with sheer dedication and motivation in all your future endeavors.

Best wishes

ISHA KHOSLA, IAS

Ashish Garg
President
24x7 Care Foundation
H 1279 DSIIDC Narela

NANDINI MAHARAJ, IAS
Sub-Divisional Magistrate (Narela)



Government of NCT of Delhi
Office of the Sub Divisional Magistrate, Narela
MPCC Building, Naya Bans, Delhi-110082
Telfax : 011-27844214

D.O No. 13647

Dated.. 09-12-21

It gives me immense pleasure to appreciate "24x7 Care Foundation" for giving its significant contribution and participation in Clean India Campaign organized by District Administration, North and Nehru Yuva Kendra. It has done excellent work in conducting awareness and cleanliness sessions on the occasion of celebrating 75th "Azadi Ka Amrit Mahotsav" in month of October, which has targeted community people at the core level. A great initiative of portraying Clean India Campaign through art and creativity was also taken by this foundation through painting graffiti on walls of Narela Industrial Area. This initiative has proven thought provoking and captivated local people of the area towards the significance of cleanliness.

I congratulate team 24x7 Care Foundation for its determination and commitment for the project. I wish for its organizational growth and development for serving expertise in the social welfare sector.

Nandini
9/12/21
NANDINI MAHARAJ, IAS
SUB DIVISIONAL MAGISTRATE (NARELA)

To

Sh. Ashish Garg

24X7 Care Foundation

NANDINI MAHARAJ, IAS
Sub-Divisional Magistrate (Narela)
District North
Govt. of NCT of Delhi
MPCC Building Naya Bans, Narela, Delhi-82

NANDINI MAHARAJ, IAS
Sub-Divisional Magistrate (Narela)



Government of NCT of Delhi
Office of the Sub Divisional Magistrate, Narela
MPCC Building, Naya Bans, Delhi-110082
Telfax : 011-27844214

D.O No. 13648

Dated. 09-12-2021

I would like to extend my deep appreciation for the remarkable participation of "24x7 Care Foundation" in conducting Vaccination Drive and spreading awareness on the significance of getting vaccinated among marginalized labourers, hawkers and street vendors of Narela Industrial Area. It has shown its commitment and dedication in managing two vaccination drives dated from 24th Aug, 2021 to 31st Aug, 2021 in ITI, Narela Industrial Area, benefitting more than 2000 needy migrant labourers and hawkers from the local community, considering great response of this drive and on demand of vulnerable group of workers from Industrial Area, an ongoing vaccination drive has been initiated from 30th Oct, 2021, vaccinating more than 5000 beneficiaries. It has also shown its sincere presence in organizing Street Plays to spread awareness on covid-19 vaccination on 31st Oct, 2021 at 4 different locations under the jurisdiction of North Administration.

I am sure that team 24x7 Care Foundation will continue to work with sheer dedication and motivation in all your future endeavors.

Nandini
9/12/21

NANDINI MAHARAJ, IAS
SUB DIVISIONAL MAGISTRATE (NARELA)

To

Sh. Ashish Garg

24X7 Care Foundation

NANDINI MAHARAJ, IAS
Sub-Divisional Magistrate (Narela)
District North
Government of NCT of Delhi
MPCC Building Naya Bans, Narela, Delhi-82



प्रशस्ति रोल
COMMENDATION ROLL

**This Certificate Of Commendation is presented to
Shri Ashish Garg, NGO 24x7 Care Foundation, for
his contribution in making Delhi safe And secure
For Senior Citizens for providing Magic Eye, Chain
Locks And CCTV Cameras free Of cost.**

आदेश संख्या 24825/Coord.-II/PHQ, dt. 22/12/2021
O.B. No.

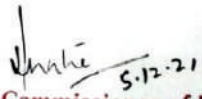
आयुक्त पुलिस, दिल्ली
Commissioner of Police, Delhi



Certificate

This is to certify that Shri/Smt. AASHISH GARG, 24x7carefoundation has rendered his/her valuable time to augment the efficacy / execution of various initiatives during Covid-19 / various Law & Order arrangement / common good work in the safety and security of Women, Children and General Society, through Rohini District of Delhi Police, Voluntarily .

Hence, I express my gratitude to him/her and recognize the services given by him / her, to Delhi Police selflessly.


Dy. Commissioner of Police
Rohini District



CERTIFICATE OF APPRECIATION

VISHISHT SEWA SAMMAN

A special recognition for Societal Value Creation

This certificate is awarded to

24x7 CARE FOUNDATION

OUTSTANDING CONTRIBUTION TOWARDS
COMMUNITY DEVELOPMENT


Subir Verma
Chief-HR, IR & HS




Ganesh Srinivasan
Chief Executive Officer



TATA POWER DELHI DISTRIBUTION LIMITED
A Tata Power and Delhi Government Joint Venture

Rohini
Tata Power-DDL's Corporate Mascot

FINANCIAL DISCLOSURE

24x7 Care Foundation
H.no. 457, Pkt, B-9, Sector-3, Rohini, Delhi-110085
Income & Expenditure Account for the Year Ended on 31.03.2022

Particulars	Amount	Particulars	Amount
Accounting Charges	30,000.00	Donation	45,06,901.00
Advertisement Exp	1,56,253.72	Bank intt	5,367.00
Audit Fees	11,000.00		
Bank Charges	1,523.01		
Conveyance Exp	25,115.00		
Depreciation	35,802.00		
Electricity Exp	55,740.00		
Festival Exp	5,652.00		
Corona Exp	5,17,995.00		
Food Distribution Exp	9,37,831.00		
Misc Exp	30,743.48		
Printing & Stationery Exp	1,60,386.00		
Professional Exp	17,537.00		
Postage & Courier Exp	95,401.00		
Office Exp	63,963.00		
Rent	1,20,000.00		
Repairing & Maint. Exp	62,973.00		
Salary	7,87,250.00		
Social Welfare Exp	10,50,741.00		
Staff Welfare Exp	35,938.00		
Telephone & Communication Exp	1,02,763.51		
Surplus, i.e. Excess of Income over Expenditure	2,07,660.28		
	45,12,268.00		45,12,268.00

Auditor's Report

As per Our Report of Even Data Attached

for S.B Goel & Associates
 (CHARTERED ACCOUNTANT)

For 24 X 7 Care Foundation


A SRI BHAGWAN GOEL
 C.NO. 087730




 President


 secretary


 Treasurer

PLACE: NEW DELHI
 DATE : 25th Aug, 2022

BALANCE SHEET

24x7 Care Foundation
H.no. 457, Pkt, B-9, Sector-3, Rohini, Delhi-110085

Balance Sheet

As on 31st March, 2022

Liabilities		Amount	Assets		Amount
Capital Account			Fixed Assets		
Reserves & Surplus	7,54,215.41	7,55,369.41	Furniture & Fixture	14,200.00	1,31,840.08
Corpus Fund	1,154.00		Laptop	5,314.00	
Loans (Liability)			Mobile	56,941.08	
Current Liabilities			Printer	9,804.00	
Sundry Creditors	1,71,352.00	2,93,352.00	Computer & Equip.	39,432.00	
Audit Fee Payable	22,000.00		Speekars	5,549.00	
Salary Payable	1,00,000.00		Telephone	600.00	
			Current Assets		
			Cash-in-Hand	1,68,104.80	9,16,881.33
			Bank Accounts	7,48,776.53	
Total		10,48,721.41	Total		10,48,721.41

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

President

secretary

Treasurer

PLACE: NEW DELHI
DATE : 25th Aug, 2022





Today we are living in a society where the population of the elderly people is increasing rapidly. Old age comes with numerous challenges which drastically create impact on the life of elderly. Ageing cannot be prevented but we can embrace it as a part of our life and try to make it easier for our senior citizens. It is our moral responsibility to give them care and everything they deserve.

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



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