

Annual Report

2022-23



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 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 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 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*

President's Letter



The year 2022-23 has been a remarkable year for the 24x7 Care Foundation

ASHISH GARG

President / Founder
24x7 Care Foundation

As a non-profit and self-aided organization, 24x7 Care Foundation is thriving across Delhi in helping alone-living senior citizens. The last year has been an excellent year for the team of our organization, although we went through many ups and downs, we have always kept our heads up. The consistency and dedication of our team and the blessings of the elderly people have made this journey exceptional.

At the beginning of the financial year 2022-23, we organized many camps and campaigns for senior citizens and Delhi Police officials. This year we have increased our home visits and expanded the staff structure to boost our working. We have introduced Smart Elder Campaign and a manual to guide the elderly about digital literacy. The Constitution of a legal committee of 5 expert advocates who provide legal consultancy and aid to the elderly in need has been one of the milestones. I take immense pleasure in mentioning that we are awarded by By Dr. Sagarpreet Hooda IPS, Special CP Law & Order (Zone 2), and Additional CP Mr. Chinmay Biswal IPS for our work in the West District of Delhi.

Along with the welfare programs for senior citizens, there were many other social spheres that we grabbed the chance to work upon, collaborating with Byju's to distribute free study coupons amongst needy children, and associating with Employees' State Insurance Corporation (ESIC) to spread awareness on Office Cleanliness and Hygiene. We worked for women's safety and security in collaboration with Rajasthan Police in Jhalawar District which included "Project Nirbhik" and "Project Sanskar". Today protecting our environment is crucial as it affects all the civilization and sustains our economy, therefore we adopted 3 MCD parks to look after its greenery and beautification.

Last year has been a rollercoaster for our team which brought many challenges and new experiences. It has helped us to grow through conquering battles. But the struggle to become better and grow to lead a society where each elderly can live a dignified life is constant. I show my gratitude towards everyone who supported the organization throughout the year. Let us hope for a bright year ahead.

Events

Blood Donation Camp

14th Jun, 2022



On the occasion of World Blood Donor Day (14th June 2022), 24x7 Care Foundation and Delhi Police Outer District in collaboration with Lions Blood Centre organized a Blood Donation Camp at Police Line, Pitampura. The camp witnessed the presence of Add. DCP Outer Dist. Sh. Hareesh H.P, who himself donated blood as a gesture of supporting the noble cause. More than 70 police officials actively participated and donated blood.

With this camp we would like to debunk all the myths around blood donation and encourage donors to come forward and save lives, considering the same we also distributed appreciation certificates to the donors. Special care was given in the form of refreshments and complete hygiene management to avoid any complications.

We salute Delhi Police Officials who came forward and donated blood to serve the community apart from the hardship of ensuring safety and security.

Events

World Elder Abuse Awareness Day

15th Jun, 2022

"Fight against elder abuse."

On the occasion of "World Elder Abuse Awareness Day" celebrated on 15th June 2022, 24x7 Care Foundation and Delhi Police Outer District organized the following welfare programs for the senior citizens :

- Free Health Checkup Camp by Max Superspeciality Hospital.
- Legal Awareness Session on "Maintenance and Welfare of Parents and Senior Citizen Act, 2007" by Adv. Awadh Narayan.
- Yoga Session by Atha Yoga Lifestyle.



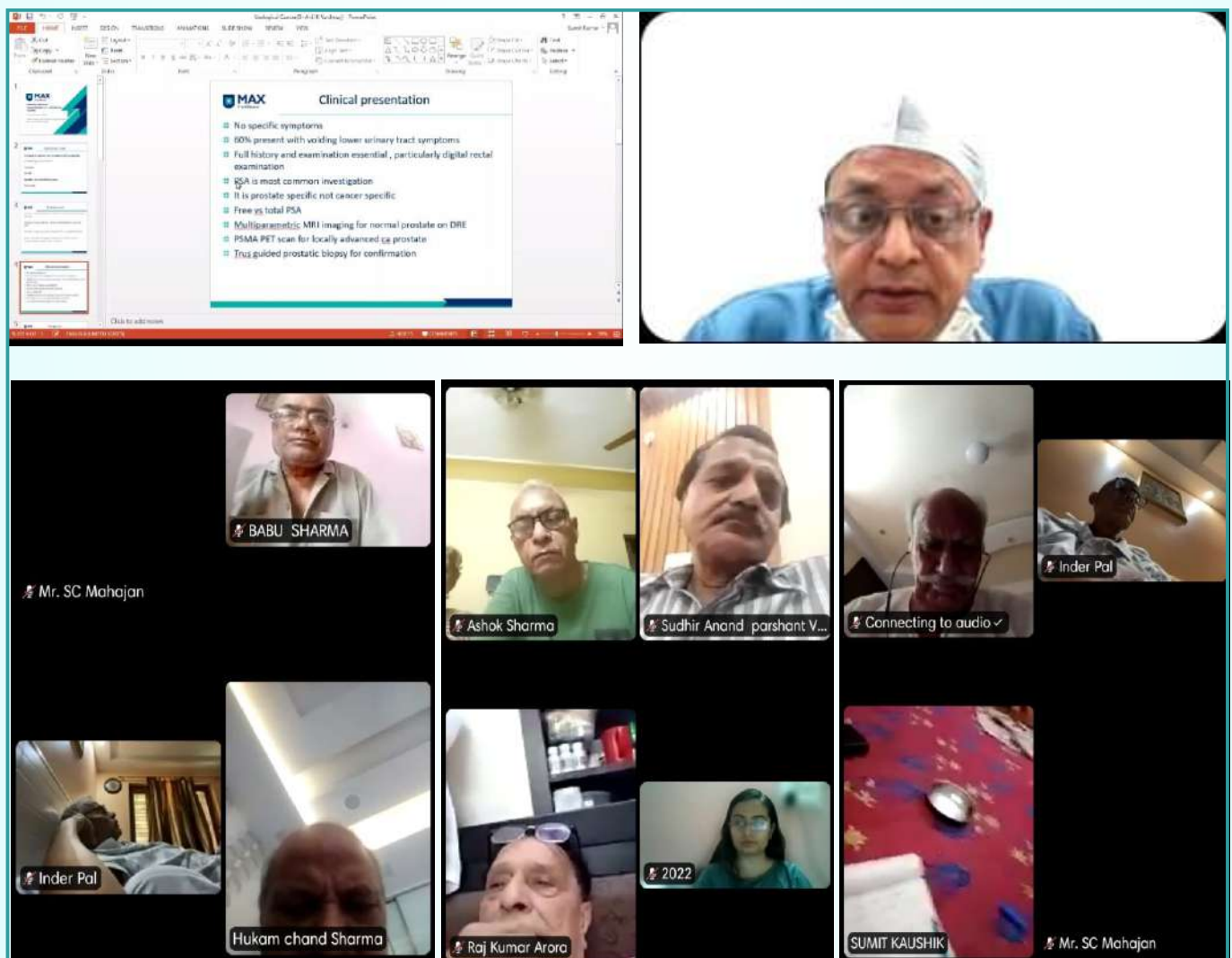
The program was organized at Bharti Vidyapeeth's College, Paschim Vihar where more than 200 elderly participated in the event. Our aim was to spread awareness of abuse related to senior citizens and empower them to stand against it. The event witnessed the presence of DCP Outer District Sh. Sameer Sharma(IPS) addressed the elderly on the issue of safety and security. We are thankful to Delhi Police Outer District and all our associates for supporting us in the successful execution of the program.

Events

Digital Session on Urological Problems in Old Age

16th Jun, 2022

24x7 Care Foundation in association with Max Superspeciality Hospital organized a webinar on the topic "Urological problems in Old Age" on 16th June 2022. The informative session was conducted by Dr. Anil Kumar Varshney (Sr. Director, Department of Urology). As the urological problem is very common in old age, the webinar benefited a lot of senior citizens.

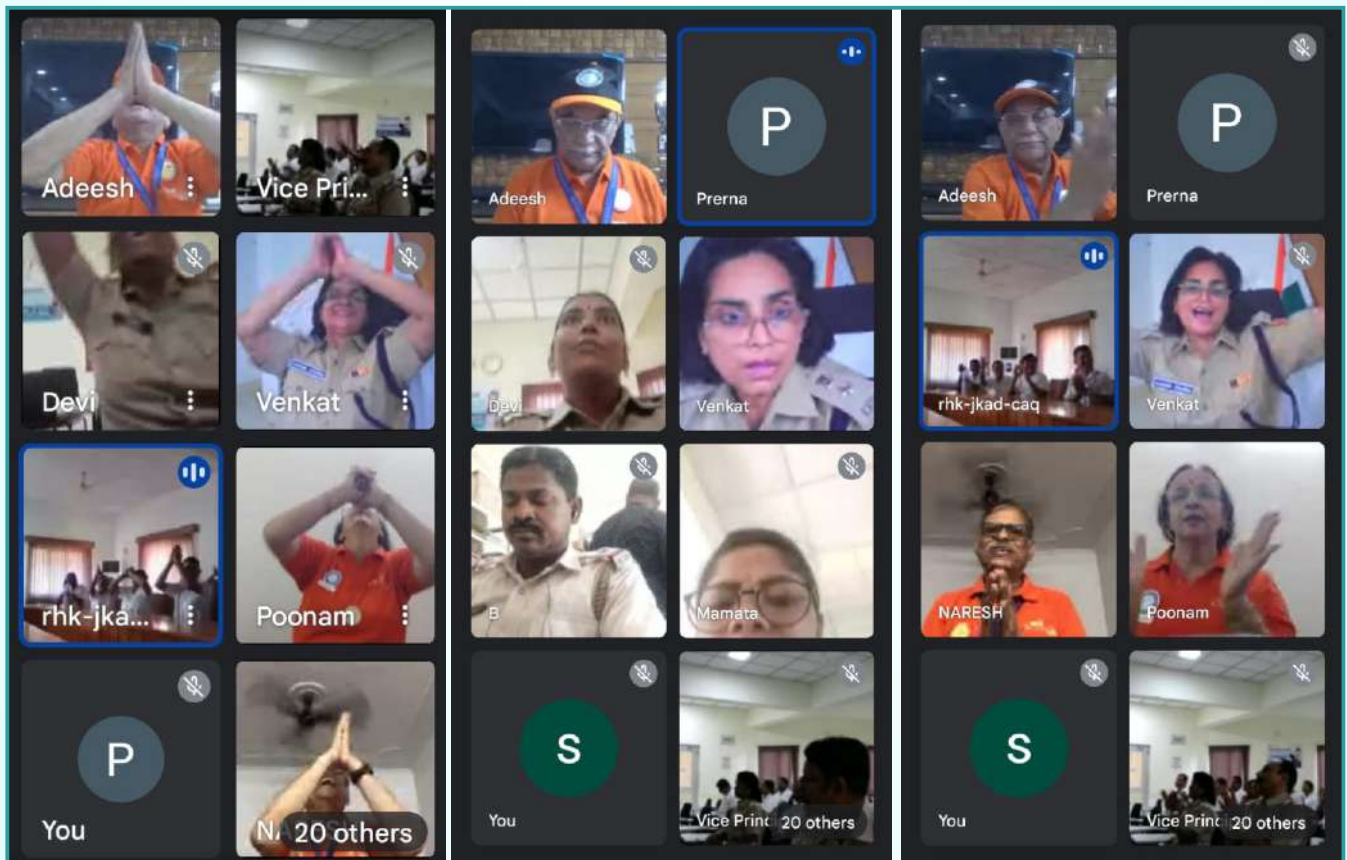


Events

Digital Session on Laughter Therapy For Andaman & Nicobar Police Officials

20th Jun, 2022

24x7 Care Foundation in association with Delhi Laughter Club organized a "Laughter Therapy Webinar" on 20th June 2022 for Andaman Police Officials. Due to the remoteness of the island, it becomes very difficult for the police to maintain law and order. In spite of the situation, we are proud that Andaman Police is serving our citizens with dedication and determination. As we have been working for a long time with Delhi Police and we understand the mental stress our police official goes through, we tried to release the burden of stress for Andaman Police Officials too.



We had a wonderful experience connecting with Andaman Police, their enthusiasm and active participation during the session added a feather in the cap. We are extremely thankful to Andaman Police Officials for giving us the opportunity to connect.

Events

International Yoga Day

"Yoga is a skill in action."

- The Bhagavad Gita

21st Jun, 2022

On the occasion of "International Yoga Day" -21st June 2022, 24x7 Care Foundation and Delhi Laughter Club organized a "Yoga Session" at Swarn Jayanti Park(Japanese Park), Sector-10, Rohini. The session was organized with the aim to encourage daily yoga practice. Expert Instructors of Delhi Laughter Club introduced so many yoga poses and their benefits to the audience. Additionally, a laughter therapy session was also included at the end of the session to keep it light and entertaining. Refreshments were distributed to energize the audience as well. This was our little effort to spread awareness of the importance and holistic benefits of Yoga.



Events

Jal Shakti Abhiyan

29th Jun, 2022

"By planting a tree, you are contributing to making the world a better place."

24x7 Care Foundation under the guidance of District Administration, North organized a "Tree Plantation Drive" under Jal Shakti Abhiyan on 29th June 2022(Wednesday) at Palla Village, Alipur. The drive was graced up by the presence of the Sub-Divisional Magistrate, North Delhi Sh. Parveer Kumar Singh who himself participated and started the drive with a tree plantation. We successfully planted 60 trees with the hope of bringing a change in environmental conditions.



"Plant a Tree, Plant a Hope!"

Events

Smart Elder Campaign

4th Jul, 2022

"Working towards eradicating the Digital Gap!"



Ongoing "Smart Elder Campaign" in Rohini District under the guidance of Delhi Police. We are conducting the "Smart Elder Campaign" which is an initiative to make the elderly tech-savvy and Cyber Awareness Sessions in different districts of Delhi Police. The glimpse of the session shared here is conducted in the presence of ACP Rohini Sh. Naresh Kumar, Sub-Inspector Cyber Cell Sh. Ajit Singh and Senior Citizen Cell Incharge Smt. Punita.



Events

Byju's Coupon Distribution

13th Jul, 2022

"To reach real peace in the world, we will have to begin with the children."

- Mahatma Gandhi

24x7 Care Foundation in association with Smiles Foundation and Byju's in sponsorship with Hynge Hardware organized a "Free Byju's Study Coupon Distribution" program on 13th July 2022 at National Public School, Narela.



The free online study coupons were distributed amongst the students of the Economically Weaker Section (EWS) category from the 2nd to 12th standard. The initiative was taken to provide additional support in academics as taking private tuition has become a privilege nowadays. We believe that education is the key to everything that is good in our world today and it is the only weapon that can revolutionize our society.

We are thankful to our associate partners Smiles Foundation, Byju's, and Hynge Hardware for their initiative of benefiting economically weaker students and to National Public School for its well-structured arrangements.

Events

Smart Elder Campaign South-East District

18th Jul, 2022

24x7 Care Foundation in collaboration with South-East District Delhi Police has organized the "Smart Elderly Campaign" and Awareness on "Maintenance and Welfare of Parents and Senior Citizens Act, 2007" on 18th July 2022. The program also included a grievance-redressal session which was taken up by ACP Headquarters South-East District Sh. Kanhaiya Lal Ji. The session helped senior citizens to gain knowledge about digital literacy, cyber security, and their rights of living a dignified life.



We are glad that South-East District Delhi Police showed trust in our organization and gave us this wonderful chance to connect with senior citizens living alone in their district.

Events

World Nature Conservation Day (Tree Plantation Drive)

28th Jul, 2022

" He who plants a tree, plants hope. "

On the occasion of 'World Nature Conservation Day,' which is celebrated on 28th July, our organization 24x7 Care Foundation launched a huge tree plantation drive in collaboration with the Municipal Corporation of Delhi (MCD), Rohini Zone. Under this drive, we aim to plant trees on a regular basis and make the earth green. More than 500 trees were planted in various parks located in Ward-53, South Rohini, Ward-28, Avantika, and Ward-50, Paschim Vihar. We would like to extend our sincere thanks to Deputy Commissioner Smt. Ankita Mishra (IAS), MCD Rohini Zone, to give us this extremely wonderful opportunity. In addition, the Deputy Director of the horticulture department, Shri Nanak Chand, and the Section Officer, Shri Himanshu Ji guided us throughout the journey. The drive witnessed the presence of some prominent Delhi Police Officials - ACP Rohini Subdivision Shri Vipin Bhatia, SHO South Rohini, Shri Arjun Singh recently promoted as ACP, and SHO Vijay Vihar Shri Anuj Aggarwal. Moreover, we are very proud to share that the ex-ward councilors, Shri Manish Chaudhary, Shri Narender Bindal, and the President of Shree Agarsain International Hospital (Rohini), Shri Naresh Arain spared their valuable time and made their contribution in planting trees. A number of representatives from RWA and other senior citizens actively took part in the plantation.



We are grateful to our tree donors, Sh. Rakesh Gupta (Bandhu), Sh. Sanjay Garg (Babli), Sh. Ram Prakash Garg, Sh. Narayan Aggarwal, Sh. R.S Saini, Sh. Sandeep Singhal, Sh. Parveen Gupta and Sh. Ravi Gupta (Sonu), since it is because of their support and contribution, we were able to start this mammoth drive successfully.

Events

Operation“ **Nirbhik** ” & Operation“ **Sanskar** ”

13th - 16th Aug, 2022

24x7 Care Foundation and Jhalawar Police, Rajasthan came together and started revolutionary initiatives of Operation “Nirbheek” and Operation “Sanskar” in the Jhalawar district of Rajasthan under the guidance of Superintendent of Police Mrs. Richa Tomar(IPS). As a pilot project, the initiatives will be continued at Bhawani Mandi, Pirawa, Gangdhar, Khanpur, Aklera, and KhamKheda.

“Nirbheek” is an initiative of empowering women and encouraging them to fight against crime fearlessly.

“Sanskar” is an initiative of inculcating morals in young boys so that they become responsible citizens and women feel safe around them.

We chose the following programs to give structure to our vision of bringing change in society:

Nukkad Natak- It is the oldest form of storytelling and communicating with the audience. Our professional Nukkad Natak team tried to raise awareness of girl education, eve teasing, and other women-centric issues.



Tree Plantation Drive- Women and other dignitaries planted trees in “Nirbheek” and “Sanskar” Vatika respectively to show their support and pledge of fighting crime against women.



Women Felicitation- Felicitation of women who showed the courage to be "Nirbheek" against all odds.

The program started with the lamp lighting by girl students and the whole program revolved around the active participation of women. The mesmerizing day witnessed the presence of District Magistrate Dr. Bharti Dikshit (IAS), Add. Superintendent of Police Mr. Devender Singh, Deputy Superintendent of Traffic Police Mrs. Neeraj Sharma, and other political & social dignitaries. With the support of all prominent and reputed personalities, we inaugurated operations "Nirbheek" and "Sanskar" through slogan boards and vocal creatives made by 24x7 Care Foundation.

Stickers of emergency helpline numbers for women were also distributed and the program proclaimed its inception with the bike rally of women around the district to be followed by further locations.



Har Ghar Tiranga

Independence Day With Elderly

15th Aug, 2022

May the Indian Flag always fly higher and we celebrate this significant day with each other with great pride, joy, and happiness!



We all know that the day holds immense significance for every Indian since the country, on this day, finally broke the shackles of oppression and gained independence from the British Empire in the year 1947. On the occasion of the 75th Independence Day of our nation, our organization 24x7 Care Foundation participated in the initiative "Har Ghar Tiranga" by the Ministry of Culture to pay homage to our freedom fighters by visiting alone-living senior citizens at their homes and gifted them a flag to hoist. Senior citizens were very happy to share this beautiful moment with us and we explained the codes of the Indian Flag to ensure that no one knowingly or unknowingly disrespects our flag. We are very proud to share that our elderly community shared various stories about the colonization period which reminded us about our privilege of being born in a free India.

We are extremely grateful to our elderly for their active participation in the initiative.



Har Ghar Tiranga

Street Play

"A symbol of unity, strength, and sacrifice, our Tricolour is the symbol of this nation's pride."



24x7 Care Foundation in association with North District Administration organised a Nukkad Natak on the theme of Har Ghar Tiranga on 10th August 2022 at three subdivisions i.e. Subdivision Narela, Subdivision Model Town, and Subdivision Alipur.

The event was inaugurated by DM Smt. R Menaka (IAS) with an objective to instill a feeling of patriotism among common masses through telling stories about the sacrifices made by our freedom fighters, the significance of being born in free India, and encouraging them to hoist the tricolor with pride by the team of Nukkad Natak. We tried to enlighten people about the dos and don'ts of our flag to ensure that it must not be disrespected in any form since it is our duty to show respect to our tricolor. In addition, the program witnessed the eminent presence of ADM North, SDM headquarters Shri Pramod Kumar Aggarwal, SDM Narela Shri Ankit Aggarwal, and SDM Model Town Shri Rahul Saini. We are extremely grateful to the North District Administration for their guidance and support in the successful conduction of the program.



Har Ghar Tiranga



**Azadi Ki Rahein,
Surakshit Path Par**

IN PRESENCE OF COMMISSIONER OF POLICE DELHI
SHRI SANJAY ARORA (IPS)

Our organization participated in the Cycle Rally as a part of the initiative 'Azadi ki Rahein, Surkashit Path Par' organized by Delhi Traffic Police on 14th August 2022. The main objective of the rally was to spread awareness about safe driving among people and illuminate them about the significance of obeying traffic rules. The rally was flagged off by the Commissioner of Police Delhi, Shri Sanjay Arora (IPS). In addition, the program saw the graceful presence of Special CP Traffic, Shri S.S. Yadav, and the Commonwealth Games 2022 Silver Medalist, Miss Tulika Maan.



Esteemed members from 24x7 Care Foundation and innumerable police personnel took part in the rally wholeheartedly which has been a memorable event. We are conspicuously appreciative and thankful to DCP Traffic New Delhi, Shri Alaap Patel for providing us with this sublime opportunity.



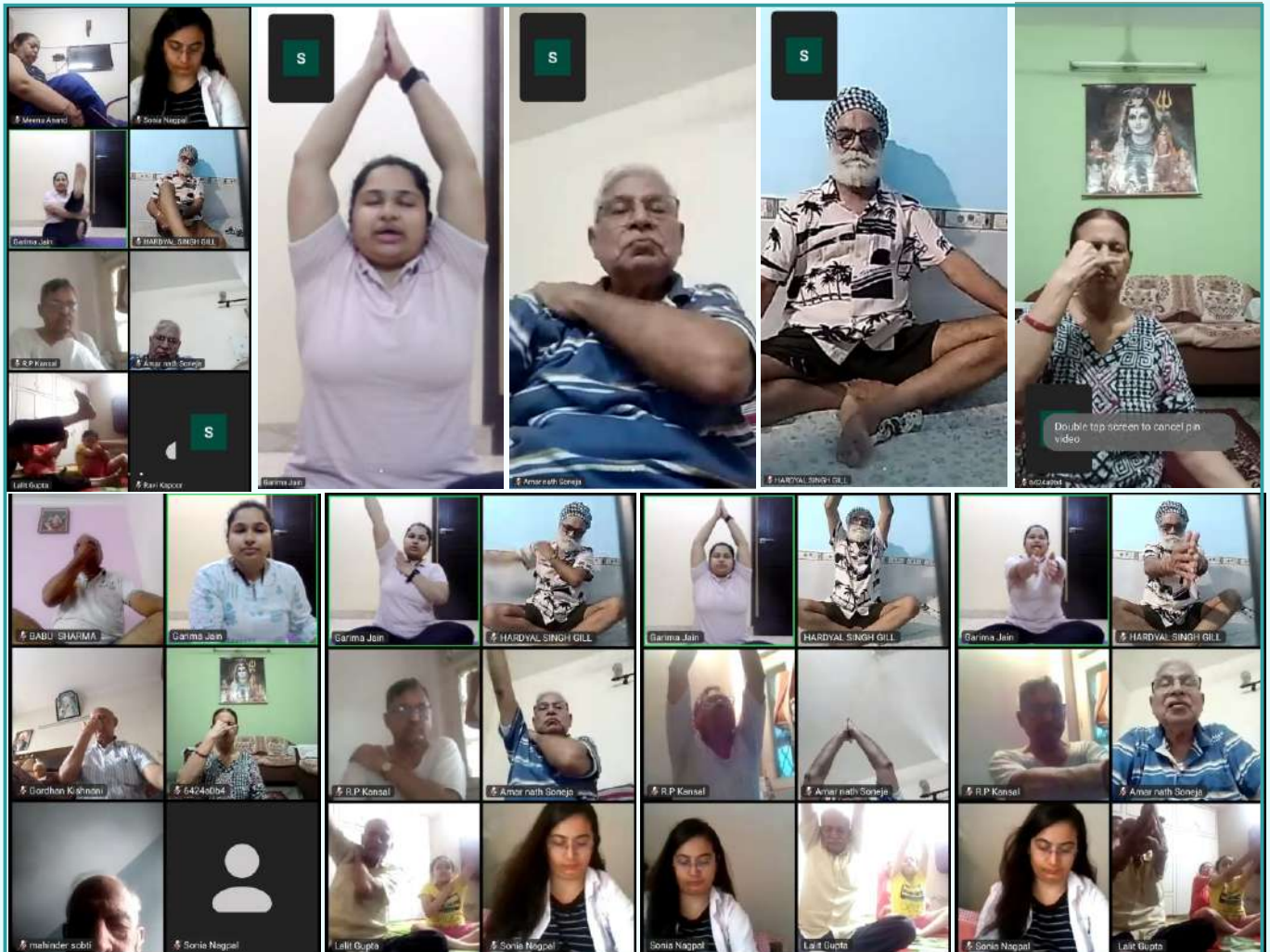
Events

Free online yoga classes For senior citizens

29th Aug, 2022

*"Yoga adds years to your life
and life to your years".*

24x7 Care Foundation has been organizing free online yoga classes, which were announced on 21st June 2022 on the occasion of International Yoga Day. There are a lot of senior citizens who registered themselves for the classes and today we are running two batches of yoga classes daily. We are glad to see the awareness and enthusiasm amongst senior citizens towards Yoga. It has changed so many lives around us and we regularly receive heartily appreciation from the elderly for the initiative. These yoga classes not only provide health benefits but also act as a medium to connect with others and be productive at the same time.



Events

Meeting with the Social Welfare Department

8th Sept, 2022

We are immensely proud to share that our organization 24x7 Care Foundation had an opportunity to have a remarkable meeting with the social welfare department on 8th September, 2022 which was one of the historical moments for us. The meeting was held in the presence of the Deputy Director and the superintendents of several old age homes and other stakeholders. The president of the organization, Mr. Ashish Garg put forward the proposal of working in collaboration with the department which was welcomed by the members of the meeting. Our organization would be working together with the department on different projects such as the Restoration of the elderly, Counselling of mentally-retarded senior citizens, and various others. We truly believe that we would be able to eliminate the challenges of the alone-living elderly by working together.



Events

Eye-checkup Camp for Delhi Police Officials And Their Families

14th Sept, 2022

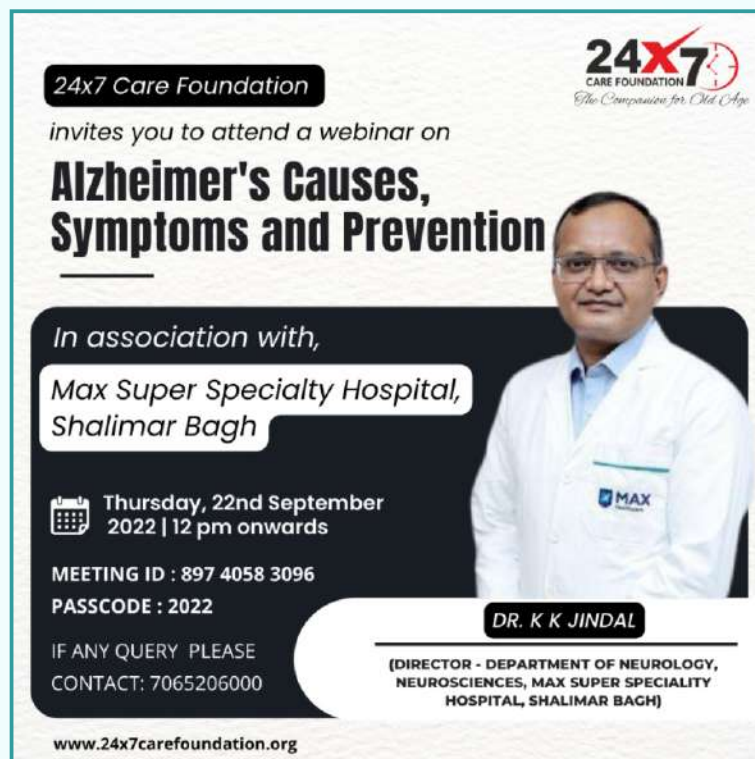
24x7 Care Foundation in collaboration with Centre For Sight, Safdarjung Enclave, and Resident Welfare Association, Narela organized an Eye Check-up Camp for Delhi Police Officials and their families on 14th September 2022. The renowned ophthalmologist from Centre For Sight, Dr. Nishant Yadav examined the eyes of the patients thoroughly and provided them necessary consultation. In addition, eye drops were given to the needy beneficiaries along with coupons with which they would be able to avail of various benefits and discounts while visiting their centers. Over 165 people availed the benefit of this voluntary eye check-up camp and expressed their gratitude towards the organization. We are notably thankful to the team of Centre For Sight and members of RWA, Narela who played a vital role in the successful conduction of the camp.



Events

Digital Session on Alzheimer's Causes Symptoms and Prevention

22nd Sept, 2022



The poster is for a webinar titled "Alzheimer's Causes, Symptoms and Prevention". It is organized by the 24x7 Care Foundation, which has a logo in the top right corner that includes a clock icon and the tagline "The Companion for Old Age". The text "24x7 Care Foundation" is in a black box at the top left. Below this, it says "invites you to attend a webinar on". The title "Alzheimer's Causes, Symptoms and Prevention" is in large, bold, black letters. To the right of the title is a portrait of Dr. K K Jindal, a man with glasses wearing a white lab coat with a "MAX" logo. Below the title, it says "In association with, Max Super Specialty Hospital, Shalimar Bagh". The date and time are "Thursday, 22nd September 2022 | 12 pm onwards". The meeting ID is "897 4058 3096" and the passcode is "2022". At the bottom left, it says "IF ANY QUERY PLEASE CONTACT: 7065206000" and "www.24x7carefoundation.org". At the bottom right, it says "DR. K K JINDAL" and "(DIRECTOR - DEPARTMENT OF NEUROLOGY, NEUROSCIENCES, MAX SUPER SPECIALITY HOSPITAL, SHALIMAR BAGH)".

24x7 Care Foundation
invites you to attend a webinar on
Alzheimer's Causes, Symptoms and Prevention
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www.24x7carefoundation.org
DR. K K JINDAL
(DIRECTOR - DEPARTMENT OF NEUROLOGY, NEUROSCIENCES, MAX SUPER SPECIALITY HOSPITAL, SHALIMAR BAGH)

24x7 Care Foundation organized a webinar on "Alzheimer's Causes, Symptoms, and Prevention" in association with Max Super Specialty Hospital, Shalimar Bagh

_" Alzheimer's disease is the most common form of dementia and about 70-80% of those affected by dementia are diagnosed with the disease. To raise awareness about Alzheimer's and remove misconceptions surrounding it, we are bringing this health webinar for all our elderly." _

24x7 Care Foundation cordially invites you to attend a webinar on "Alzheimer's Causes, Symptoms, and Prevention" in association with Max Super Specialty Hospital, Shalimar Bagh

_" Alzheimer's disease is the most common form of dementia and about 70-80% of those affected by dementia are diagnosed with the disease. To raise awareness about Alzheimer's and remove misconceptions surrounding it, we are bringing this health webinar for all our elderly." _

INTERNATIONAL DAY OF OLDER PERSONS

Smart Elder Campaign And Cultural Program

1st Oct, 2022

DCP OFFICE JANAKPURI
WEST DISTRICT

Smart Elder Campaign and Cyber Awareness Program

Since we know that older people are not very accustomed to using gadgets thus becoming the soft targets of cybercrime. The members of the organization made elders aware of the informed use of important applications as well as a detailed session was conducted by the SHO, Cyber Thana, Shri Ravinder Ahlawat to inform people about the precautions against cyber fraud.

The elders, towards the end of the program, were felicitated with a Smart Elder Certificate by the DCP West, Shri Ghanshyam Bansal, and the Additional DCP, Ms. Divya D.



Cultural Program and Birthday Celebration

The event also incorporated the magic of some dance performances by an eminent dance group along with a nukkad natak by the organization Shikshyala which emphasized making senior citizens aware of various helplines and seeking help from Delhi Police.

The program ended with a joint birthday celebration which entertained our elderly community immensely.



We express our sincere gratitude to the DCP, Add. DCP and all the ACPs of West District, Delhi Police for their invaluable direction for the successful conduction of the program.

INTERNATIONAL DAY OF OLDER PERSONS

Free Health Check-Up Camp

1st Oct, 2022

ASHOK VIHAR POLICE STATION
NORTH-WEST DISTRICT



24x7 Care Foundation under the guidance of Delhi Police North-West District organized a Free Health Checkup Camp in association with Medanta- The Medicity and Birthday Celebration for senior citizens in the presence of Add. DCP 2(North-West Dist.) Sh. Mayank Bansal.

The Health Checkup Camp felicitated Blood and Sugar checkups, ECGs, and doctor consultations by Dr. M.R. Majumdar. Along with the healthcare facilities we celebrated aging with fun activities, cake-cutting, and gift-distribution ceremonies. There were around 50 oldies who participated in the event and showered their blessings upon us.

INTERNATIONAL DAY OF OLDER PERSONS

New Registration Mela, Kavi Sammelan & Legal Awareness Session

DCP OFFICE
OUTER DISTRICT

1st Oct, 2022



New Registration Mela

Delhi Police registers senior citizens who are living alone in their own homes but due to a lack of awareness about the procedure, so many elderly people have been deprived of the facilities. Taking this into consideration, Delhi Police Outer District organized a Registration Mela where senior citizens can easily avail of the registration forms.

Kavi Sammelan

The tradition of reciting poems is very old in India in the form of Kavi Sammelan. It is now one of the integral parts of Indian society to organize Kavi sammelan on various events of social and national importance. Therefore, we organized Kavi Sammelan to entertain our elderly on their special day.



Legal Awareness Session

With the entertainment programs, we also organized a legal awareness session on the topic "Maintenance of Parents & Senior Citizen Act, 2007" in order to spread awareness about legal aid and assistance and prevent the elderly from any kind of abuse or harassment.

INTERNATIONAL DAY OF OLDER PERSONS

Health Talk And Kavi Sammelan

1st Oct, 2022

TECHNIA INSTITUTE OF
ADVANCED STUDIES
ROHINI DISTRICT



24x7 Care Foundation and Delhi Police Rohini District organized welfare programs for senior citizens on 1st Oct 2022 at Tecnia Institute of Advanced Studies. The program witnessed the presence of Add. DCP 1 Ms. Bisma Qazi, ACPs, and other SHOs of Rohini District. We came up with a Health Talk on Knee and Joint related issues by an expert doctor from Max Superspeciality Hospital, Shalimar Bagh, Kavi Sammelan, and Birthday Celebration. The Kavi Sammelan mesmerized the elderly with laughter and joy of happiness and the Birthday Celebration ceremony made them feel loved and cared for.

We are thankful to all the senior citizens, associates, and Delhi Police officials who joined and graced up the event with their valuable presence.



Events

New Registration Mela, Kavi Sammelan & Legal Awareness Session

ACP/ TRAINING/ VIGILANCE
& DE CELL BARAKHAMBA PS
CENTRAL DELHI

7th Oct, 2022



24x7 Care Foundation in association with Delhi Laughter Club organized a laughter yoga session on 7th Oct 2022 for Delhi Police Vigilance officers at Barakhamba Police Station. As we all know that with the increasing crime rate, police have to suffer stress and anxiety which affects their mental health and efficiency in general. Taking this into consideration, we brought laughter therapy which acted as a stress booster for them. Delhi Police Vigilance Officers enjoyed this session to the fullest and affirmed to include the practice of laughter yoga in their daily



Events

Digital Session on Expert Advice & Suggestion On Knee Replacement “ World Arthritis Day”

12th Oct, 2022



24x7 Care Foundation

invites you to attend a webinar on

Expert Advise & Suggestions on knee Replacement

In association with,

**Max Super Specialty Hospital,
Shalimar Bagh**

 **Wednesday, 12th October
2022 | 03:00 pm onwards**

MEETING ID: 824 7701 7080

PASSCODE: 2022

IF ANY QUERY PLEASE
CONTACT: 7065206000

DR. SAURABH MODA

(DIRECTOR - ORTHOPAEDICS & JOINT
REPLACEMENT, MAX SUPER SPECIALITY HOSPITAL,
SHALIMAR BAGH)

www.24x7carefoundation.org

24x7 CARE FOUNDATION
The Companion for Old Age

24x7 Care Foundation: Empowering Senior Citizens with Expert Knowledge on Knee Replacement

On the 12th of October, 2022, 24x7 Care Foundation in association with Max Super Speciality hospital, Shalimar Bagh took a significant step towards enhancing the well-being of senior citizens by organizing an enlightening webinar on knee replacement. This virtual event was a beacon of hope and guidance for many elders grappling with knee-related ailments.

Events

Yoga For Night Shelter Homes In Collaboration With Delhi Urban Shelter Improvement Board

*"Yoga does not change the way we see things,
it transforms the person who sees."*

14th Oct, 2022



On the occasion of World Homeless Day, 24x7 Care Foundation and Delhi Urban Shelter Improvement Board organized a "Yoga and Meditation Session" for Night Shelter Home Community at two locations namely, Night Shelter Home(DUSIB) Sec-22 Rohini and Night Shelter Home(DUSIB) Sec-1 Rohini on 14th Oct 2022. The session was organized to spread awareness of the benefits of yoga and meditation in day-to-day life and how it could help them to deal with stress and anxiety. Yoga and meditation are said to have a healing capacity that can unleash hidden potential and support the person to deal with the difficult situations of life.



Events

Diwali Celebration With Senior Citizens



Senior Citizens have shown us the light in the path of life, this Diwali team 24x7 Care Foundation is trying to bring happiness in their lives with moments of sharing and caring. We met alone living elderly and lit up diyas and candles to mark the festive season of lights. We also shared sweets with them so they don't feel the absence of their family members. We were overwhelmed by the love and blessings we received during our visits.



We request you all spend some time with senior citizens living alone around you and experience their warmth on the occasion of Diwali.

Events

Digital Session on National Cancer Awareness Day

7th Nov, 2022



On the occasion of National Cancer Awareness Day

24x7 CARE FOUNDATION
The Companion for Old Age

24x7 Care Foundation invites you to attend a webinar on **How to Detect Cancer in Early Stage**

In association with, **Fortis Hospital, Gurugram**

Monday, 7th November 2022 | 04:00 pm onwards

MEETING ID: 930 5880 8903
PASSCODE: 372549

IF ANY QUERY PLEASE CONTACT: 7065206000

DR. RAHUL BHARGAVA
PRINCIPAL DIRECTOR & CHIEF - HAEMATOLOGY, HAEMATO-ONCOLOGY & BMT
FORTIS MEMORIAL RESEARCH INSTITUTE, GURUGRAM

www.24x7carefoundation.org

24x7 Care Foundation & Fortis Hospital Gurugram: Uniting Against Cancer

In observance of National Cancer Awareness Day, the 24x7 Care Foundation, in association with Fortis Hospital Gurugram, conducted a pivotal webinar on November 7, 2022, focusing on early cancer detection in senior citizens.

The webinar, aptly named "Vigilance Leads to Victory: Early Detection of Cancer," aimed to educate and empower the elderly with the necessary knowledge to identify the signs of cancer at an early stage.

Digital Session on World Diabetes Day

14th Nov, 2022

24x7 Care Foundation & Max Super Speciality Hospital: A Beacon of Hope on World Diabetes Day

Marking World Diabetes Day, the 24x7 Care Foundation, in collaboration with Max Super Speciality Hospital, Shalimar Bagh, hosted an informative webinar on November 14, 2022. The event was dedicated to raising awareness about Type 2 Diabetes among senior citizens, a demographic particularly vulnerable to this chronic condition.



On the occasion of World Diabetes Day

24x7 CARE FOUNDATION
The Companion for Old Age

24x7 Care Foundation invites you to attend a webinar on **Awareness of Diabetes (Type 2) among Senior Citizens**

In association with, **Max Super Specialty Hospital, Shalimar Bagh**

Monday, 14th November 2022 | 04:00 pm onwards

MEETING ID: 861 1692 7647
PASSCODE: 2022

IF ANY QUERY PLEASE CONTACT: 7065206000

DR. SAKET KANT
ENDOCRINOLOGY & DIABETES
MAX SUPER SPECIALITY HOSPITAL, SHALIMAR BAGH

www.24x7carefoundation.org

Events

Street Play & Lunch For Elderly

26th Nov, 2022

"Aao aao natak dekho.. Aao aao natak dekho"



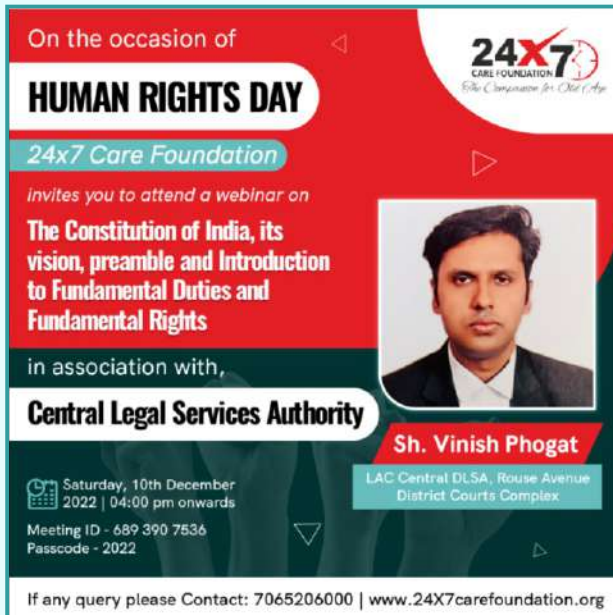
24x7 Care Foundation organized a street play- "Yeh toh bas samajhne ki baat hai" and lunch for senior citizens on 26th Nov 2022 at D Mall, Sector-10, Rohini. We welcomed our elderly with roses and caps and took them for lunch at Haldiram. Then the students of Vidya Jain Public School performed a street play on the issues of old age for crowd engagement. The informative performance was about creating a society where every elderly can live a dignified life. Kind words and blessings from senior citizens graced the event and it ended with tears of joy and priceless memories.



Events

Digital Session on Human Rights Day

10th Dec, 2022



On the occasion of

HUMAN RIGHTS DAY

24x7 Care Foundation

invites you to attend a webinar on

The Constitution of India, its vision, preamble and Introduction to Fundamental Duties and Fundamental Rights

in association with,

Central Legal Services Authority

Sh. Vinish Phogat

LAC Central DLSA, Rouse Avenue District Courts Complex

Saturday, 10th December 2022 | 04:00 pm onwards

Meeting ID - 689 390 7536
Passcode - 2022

If any query please Contact: 7065206000 | www.24X7carefoundation.org

24x7 Care Foundation & Central Legal Service Authority: Upholding the Pillars of Democracy

In honor of Human Rights Day, the 24x7 Care Foundation, together with the Central Legal Service Authority, held an empowering webinar on December 10, 2022. The session was dedicated to demystifying the Constitution of India for senior citizens, focusing on its vision, the Preamble, and the core principles of Fundamental Duties and Rights.

Digital New Year Celebration

1st Jan, 2023

24x7 Care Foundation & Delhi Laughter Club: Ringing in the New Year with Joyful Hearts

As the year drew to a close, 24x7 Care Foundation, in association with the Delhi Laughter Club, hosted a delightful webinar on December 31, 2022, to celebrate the onset of the New Year with our cherished senior citizens. The event was a laughter yoga session designed to bring smiles and spread cheer among the attendees.

Titled "World Peace Through Laughter," the session was led by experienced laughter yoga instructors from the Delhi Laughter Club. They guided participants through a series of fun and easy laughter exercises that not only uplifted spirits but also offered health benefits like stress relief and improved immunity.



Celebrating New Year with the joy of Laughter and Senior Citizens!

On the Occasion of **NEW YEAR 2023**

24x7 Care Foundation

invites you to attend a Webinar on

WORLD PEACE THROUGH LAUGHTER

in association with, **DELHI LAUGHTER CLUB (REGD.)**

Saturday, 31st December 2022 | 11:30 am to 12:30 pm

Meeting ID - 689 390 7536
Passcode - 2022

SPEAKERS

NEELAM RAJAGURU, SANTOSH SACHDEV, PURNIMA SINGHA, JAYI SINGH, VINITA NAHAR

If any query please Contact: 7065206000 | www.24X7carefoundation.org

Events

Digital Session on Precautionary Measures Against Covid During Winters

17th Jan, 2023

24x7 Care Foundation & Max Super Speciality Hospital: Safeguarding Seniors Against Winter COVID-19 Risks

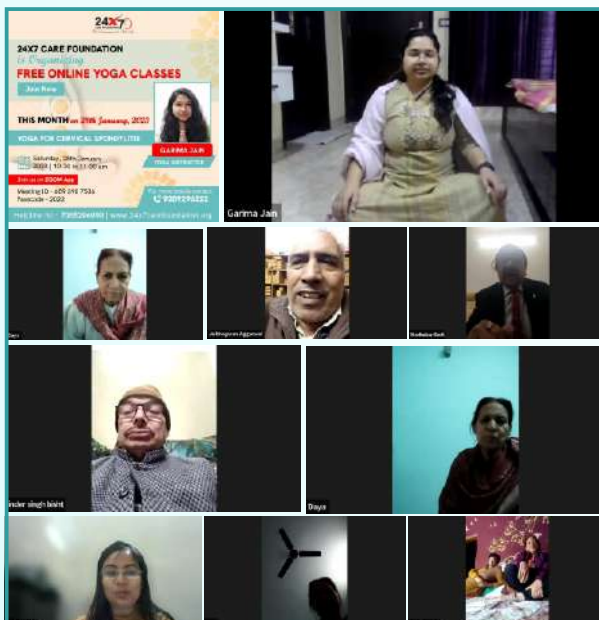
Amidst the chilly embrace of winter, the 24x7 Care Foundation, in partnership with Max Super Speciality Hospital, Shalimar Bagh, conducted a timely webinar on January 27, 2023. The session was crucially focused on educating senior citizens about precautionary measures against COVID-19 during the colder months.

The webinar, "Winter Wellness: Navigating COVID-19 Precautions," featured a panel of esteemed medical professionals who shared their expertise on how seniors can stay protected against the virus. They discussed the importance of vaccination, including booster doses, and the effectiveness of masks and social distancing in preventing the spread of infection.

24X7 CARE FOUNDATION
Invites you to attend a Webinar on
PRECAUTIONARY MEASURES AGAINST COVID DURING WINTERS
In association with,
MAX SUPER SPECIALTY HOSPITAL, SHALIMAR BAGH
DR. RAJEEV GUPTA
Director, Internal Medicine
Tuesday, 17th JANUARY 2023 | 04:00 pm onwards
MEETING ID - 812 9010 9076
PASSCODE - 2023
If any query please Contact: 7065206000
www.24x7carefoundation.org | 423 4th floor D-Mall, Sec-10 Rohini-110085
info@24x7carefoundation.org | @24x7carefoundation

Free Online Yoga Classes

28th Jan, 2023



24x7 Care Foundation: Embracing Healing through Yoga

On January 28, 2023, the 24x7 Care Foundation extended its compassionate outreach by organizing a webinar dedicated to combating cervical spondylitis through the ancient practice of yoga. This free online class was specifically tailored to meet the needs of senior citizens suffering from this painful condition.

The session, "Serenity & Strength: Yoga for Cervical Spondylitis," was led by experienced yoga instructors who are adept at guiding seniors through gentle yet effective yoga postures. These asanas are designed to alleviate pain, improve flexibility, and strengthen the muscles around the cervical spine.

Delhi Police Week

17th FEB - 22nd FEB 2023

Legal Awareness Session

NORTH ROHINI POLICE STATION ROHINI DISTRICT

18th Feb, 2023

24x7 Care Foundation under the guidance of Delhi Police Rohini District organized a legal awareness session in the North Rohini police station. Where prominent advocate Utsav Garg enlightened the senior citizens regarding the Maintenance of Parents and Senior Citizen Act, 2007. Elders were given the chance to discuss their issues directly with the higher authorities while the SHO of North Rohini Police was also there to meet with the senior citizens and address their problems SHO Mr. Bhupesh Kumar ji guided the senior citizens regarding their issues which was helpful to create a bond of trust between police and commoners and he also gave information regarding the Himmat app which is for the safety of women in Delhi.

The 24x7 care team also held a session where we informed the senior citizens about the senior citizen app of Delhi and assisted them in learning how to use the app, both of which would be useful to them in the future.



Delhi Police Week

17th FEB - 22nd FEB 2023

Laughter Yoga Session

18th Feb, 2023

HATHODA RAM PARK,
KESHAV PURAM
NORTH-WEST DISTRICT



'Laughter Yoga' in association with Laughter Club at Hathoda Ram Park, Keshav Puram Delhi

Delhi Police Week

17th FEB - 22nd FEB 2023

Legal Awareness Session, Health Check-up Birthday Celebration

ASHOK VIHAR POLICE STATION NORTH-WEST DISTRICT

18th Feb, 2023

Free Health Check-up Camp by Medanta Hospital, Legal Awareness Program, and Diksha Training Hall by DSLSA Advocate Kumar Ravi Shankar Birthday in the august presence of Special CP, Law & Order Division Zone-1 Mr. Dipendra Pathak (IPS) at Ashok Vihar Police Station The ceremony was organized.



Delhi Police Week

17th FEB - 22nd FEB 2023

Smart Elder Campaign

18th Feb, 2023

DCP OFFICE JANAKPURI
WEST DISTRICT

Delhi Police Week - February 18, 2023

On the occasion of 'Delhi Police Week', 24x7 Care Foundation and Delhi Police West District organized the "Smart Elder Campaign" on February 18, 2023. The program started with awareness about social media applications and cybercrime. Finally, a test was conducted to motivate and encourage the senior citizens for their active participation. DCP-2 Ms. Divya D (IPS) present as the chief guest on the occasion presented Smart Elder Certificates to the senior citizens.



Delhi Police Week

17th FEB - 22nd FEB 2023

Cyber Crime Awareness Session & Smart Elder

**AMAN VIHAR POLICE STATION
ROHINI DISTRICT**

20th Feb, 2023

On the occasion of Delhi Police Week, 24x7 Care Foundation organized Cyber Crime Awareness Session and Smart Elder Campaign at Aman Vihar Police Station. Both sessions aimed to make senior citizens tech-savvy. During this, the team of 24x7 Care Foundation was told about many apps of daily use and the Delhi Police Senior Citizen App. After the training, a test was conducted to boost the confidence of the senior citizens, and the senior citizen who scored the best was encouraged by the Delhi Police officials. In this program, senior citizens also got an opportunity to interact directly with police officers and discuss their problems.



Delhi Police Week

17th FEB - 22nd FEB 2023

Blood Donation Camp

20th Feb, 2023

PITAMPURA POLICE LINE
OUTER DISTRICT

Delhi Police Week was celebrated in the 'Outer District' with a blood donation camp in association with Laxmi Taru Foundation and AIIMS. More than 150 police personnel and officers participated in this blood donation camp, in which more than 100 police personnel donated blood. On this occasion, DCP Harendra Kumar Singh was present and praised the donors who participated in the blood donation camp and honored each donor by giving them certificates and donor cards. At the same time, Vipin Garg, Director of Lakshmi Taru Foundation, and Ashish Garg, President of 24x7 Care Foundation were also present there and appreciated the donors.



Delhi Police Week

17th FEB - 22nd FEB 2023

Laughter Yoga Session & Health Talk on Urology

PRASANT VIHAR POLICE STATION
ROHINI DISTRICT

21st Feb, 2023



24x7 Care Foundation under the guidance of Delhi Police Rohini District organized "Laughter Yoga Session" and "Health Talk on Urology" on the occasion of Delhi Police Week 2023.

The event began with "Laughter Yoga", Delhi Laughter Club Team used techniques and exercises involving prolonged voluntary laughter. We began with moderate warm-up exercises, such as stretching, chanting, clapping, body motions, and breathing exercises. Next, we did a series of exercises designed to make people laugh which develops eye contact and playfulness between senior citizens.

Later we organized Health Talk (On Urology) in collaboration with Max Hospital.

Dr. Waheed Zaman (Director of Urology & Renal Transplant) from Max Hospital, discussed urological conditions that affect old aged people and offered suggestions for illness prevention, including a healthy diet and safety measures.

S.H.O Rajeev Kumar Vats interacted with Sr. citizens regarding safety and security concerns in the area which was helpful to create a bond of trust between police and commoners.

He later presented plant saplings to Max Hospital and the Delhi Laughter Club as a gesture of gratitude.



Delhi Police Week

17th FEB - 22nd FEB 2023

Free Health Check-up Camp

22nd Feb, 2023

DCP OFFICE
ROHINI DISTRICT

Delhi Police Week' was celebrated with free health check-up camp at Rohini District DCP Office Sector-5 in association with Max Hospital. In this camp, blood pressure, and sugar were checked, and along with this, BMD and ECG of some patients were also done. In this program, senior citizens were entertained through various games so that they could release tension and laugh their hearts out. Additional DCP of Rohini district Shri Rajneesh Garg (IPS) also participated in this camp and directly interacted with the senior citizens and assured them with his own words. Additional DCP Shri Rajneesh Garg (IPS) and Shri Ashish Garg, Founder of 24x7 Care Foundation also discussed their future projects for senior citizens of Rohini district.



Delhi Police Week

17th FEB - 22nd FEB 2023

Kavi Sammelan

KESHAV MAHAVIDYALAYA
OUTER DISTRICT

22nd Feb, 2023



Mr. Ashish Garg, Delhi Police Outer District DCP Mr. Harendra Kumar Singh, (IPS), and invited poets inaugurated the Kavi Sammelan by lighting the lamp. The entertaining series of the program was taken forward by poetess Kalpana Shukla by worshipping Goddess Saraswati, Goddess of Veena. After this, outer district DCP Harendra Kumar Singh and other police officers who were present to enjoy the Kavi Sammelan were felicitated. Along with this, the President of 24X7 Care Foundation Mr. Ashish Garg, and other members of the Foundation were honored by the outer district police for the work being done for the welfare of senior citizens. After this, well-known comic poets Arun Jaimini, Shambhu Shikhar, Rasik Gupta, Sudeep Bhola, Kalpana Shukla, Rajveer Malik, and Manish Madhukar made the people present in the program laugh a lot with their humorous poems. Members of the 24X7 Care Foundation also participated in the activities of the program and thoroughly enjoyed the program. While concluding the ceremony, all the poets were honored by DCP Harendra Singh by giving mementos, then honored by giving shawls to the elders, and concluded by thanking Additional DCP Deepak Yadav for this ceremony of humor and gaiety!



Events

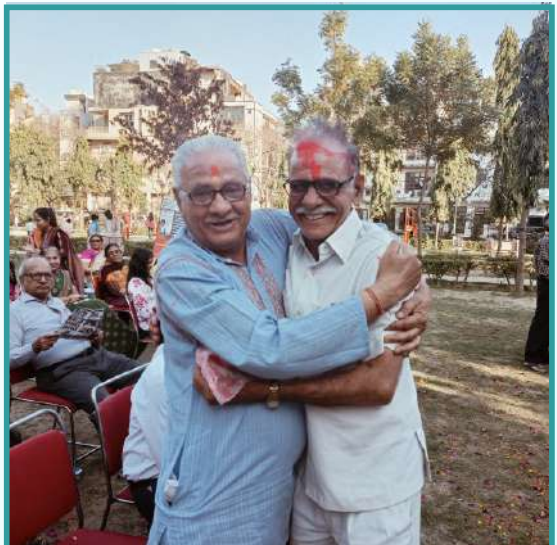
Holi Celebration With Senior Citizens

7th Mar, 2023

24x7 Care Foundation organized the program "Festival of Holi and Love of Elderly" on the occasion of the festival of colors at our adopted MCD Park E-18/19, Sector-3, Rohini.



We are very happy to see senior citizens participating in fun activities, dancing to Holi songs, and celebrating the festival with flowers and colors.



It is our wish that no elderly should remain alone on the occasion of any festival. 24x7 Care Foundation is the family of every single elderly living alone.

New Initiatives

Project Paryavaran Mitra

COLLABORATION WITH MCD (ADOPTION OF 3 PARKS)

We collaborated with MCD on Nature's Conservation Day and contributed to the vow of MCD of planting 1 Lakh Trees across Delhi. After the drive, we showed our keen interest in adopting parks and therefore, we have adopted 3 parks namely- E-18/19 Sector-3 Rohini, G-28 Sector-3 Rohini, and B-5 Sector-4 Rohini. We found the park in very bad condition, there was a lack of water, electricity, dustbins, and greenery. Today we have appointed 2 workers to look after the sanitation and greenery of these parks and the changes are remarkable.



New Initiatives

Project Smart Elder

MAKING ELDERLY TECH-SAVVY



We are making our elderly tech-friendly by spreading knowledge on social media, other applications, and cybercrime awareness. We have Smart Elder Manual as well to guide the elderly step by step on how to use their smartphones for their own good. In order to encourage them we also distribute Smart Elder Certificates.



New Initiatives

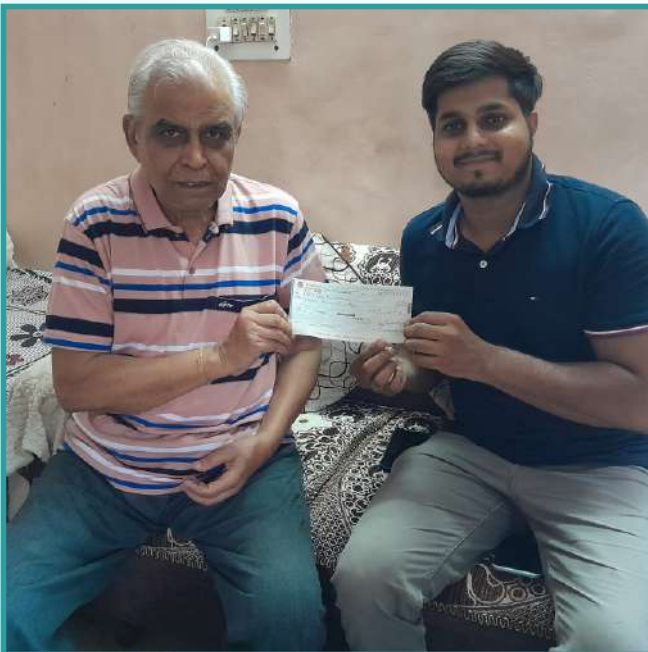
Commission of Legal Team

A panel of 5 advocates has been constituted by our organization in order to deal with the legal cases of the elderly. We receive grievance calls on our helpline no. 7065206000 and after understanding the severity of the case, we forward it to our expert advocates. A telephone call or face-to-face consultancy is arranged for the senior citizens. We not only provide consultancy but a proper solution from drafting to execution has been provided. Today more than 70% of cases are resolved with happy beneficiaries.



Trusted by Elderly

Today we have built a great rapport with our senior citizens and most of them come forward to support us in order to help other needy elderly people. Senior citizens are willing to sponsor ration, give donations and also cooperate with us in events and festival celebrations. We have more than 40 new elderly donors with us.



New Initiatives

Education Sponsorship

Ramswaroop, a diligent student at Shaheed Bhagat Singh College under the prestigious Delhi University, harbors the ambitious dream of serving his nation as an Indian Administrative Service (IAS) officer. His journey intersected with ours when the college administration, recognizing his potential and the financial hurdles he faced, reached out to us. They shared Ramswaroop's story of resilience — how he continued to excel academically despite the tragic loss of his father, which left him in a precarious financial situation, unable to afford the necessary coaching for his IAS preparation.



Moved by his unwavering commitment and inspired by his aspirations, we at the 24x7 Care Foundation decided to extend our support to this promising young mind. We stepped in to sponsor Ramswaroop's coaching fees, ensuring that his educational pursuits wouldn't be hindered by monetary constraints. It is our firm belief that with this support, Ramswaroop will be able to focus solely on his studies and come closer to achieving his goal of becoming an IAS officer.

We are honored to be a part of Ramswaroop's academic journey and are confident that he will not only fulfill his dreams but also make significant contributions to society. We wholeheartedly wish him a future that's as bright and inspiring as his determination.

Heartfelt Stories

Amarjit Kaur



Amarjeet Kaur has experienced several hardships in her life. Her disabled spouse, who is paralyzed and has poor vision, lives with her in a rented home. They also don't have a reliable source of income. They lack an adequate source of drinking water. Amarjeet Ji is responsible for both her spouse and her home. When sending birthday greetings, we just learned about her. She initially resisted sharing her sorrow with us, but we sensed something was off, and after much effort on our part, she began to talk about her struggles. She only purchases certain, inexpensive medications since she lacks the money to buy both her and her husband's prescriptions. As soon as we learned of this, we started providing medicine and ration to both of them. We recently learned about her husband's vision problems when we paid her a visit and we made the decision to help her from our end. We are aware that this journey will not be simple for us either, but we do understand that many a little make a mickle. We would request everyone to be a part of this journey and feel the joy of helping a person who is dealing with so much struggle in her life. Our one step can make her life a little bit easier.

Heartfelt Stories

Janardhan Giri

24X7 Care Foundation conducted a survey in Vikasnagar, Ranhola. There we met Shri Janardhan Giri, 80 years old living in awful conditions. His wife passed away and his son and daughter-in-law don't look after him. When we visited his living place, we found a small room in the office of an advocate, where he works as a cleaning person. Shri Janardhan Giri's living conditions are sorrowful and depressing. He has a negligible source of income. 24x7 care foundation provided him with a monthly ration and ensured him our regular visits and regular calls so that he could see us as his reliable support.



Heartfelt Stories

C R Nariyal & Sonu Nariyal



Sh. C.R. Nariyal and Smt. Sonu Nariyal is an elderly couple living alone in Vikas Nagar, Ranhola in a rented house with one small room. They don't have any children or family members to look after them. Sh. Nariyal is paralyzed and also visually impaired, which has made him dependent on his wife for day-to-day activities. Smt. Sonu Nariyal has to pick rags from nearby areas to manage monthly expenses. According to the elderly couple, they have to bear Rs 2000 for house rent, which leaves them with no money to manage other expenses. They are deprived of even basic amenities of food and healthcare. We managed to reach these vulnerable oldies and provided them with ration kits and ensured to look after their basic needs henceforth.

Heartfelt Stories

Asha Devi



In today's pricey world, an individual should earn at least 100 rupees per day, but Asha Devi only makes 18 rupees a day, and even then, she must make at least 600 saree falls in a single day. She is about 75 years old and has been living alone since the death of her lone son in 2021. There is no one around to provide her with financial and emotional care, her daughter in law also leaves her home after her son's death and she meets her daughter occasionally. She doesn't understand how to make a senior citizen or ration card. She is physically unwell as well, making it impossible for her to board a bus and go to a local clinic. She doesn't even own a phone, so she has no connection to technology either. Whenever someone visits her she gets very emotional as she tries to find her expired child's face in every face that she meets. It's not easy for her to spend the rest of her life with the help of only memories that she has of her happy family.

Our team has provided emotional support and monthly ration to Asha Devi Ji. We are regularly connected to her to track her wellbeing.

Awards

**Awarded By Dr. Sagarpreet Hooda IPS,
Special CP Law & Order (Zone 2) and
Additional CP Mr. Chinmay Biswal IPS**

DELHI POLICE WEEK

20th Feb, 2023



A cultural program named "Talmel Synergy" was organized by West District Police Officers to celebrate police and public participation on the occasion of Delhi Police Week at Bharat Darshan Park Punjabi Bagh. In this program, in the company of Mr. Ghanshyam Bansal IPS, DCP of West District Delhi Police, special individuals and organizations who worked shoulder to shoulder with Delhi Police and helped were honored. Under the same, President of 24X7 Care Foundation Ashish Garg and Sandeep Bansal (General Secretary) were also felicitated by the chief guest of the program Dr. Sagarpreet Hooda IPS, Special CP Law & Order (Zone 2) and Additional CP Mr. Chinmay Biswal IPS for their contribution to the elderly community. and especially for the initiative of Smart Elder Camp to make senior citizens tech-savvy.

Acknowledgement

Acknowledgement of Our Organization By Former Commissioner of Police Sh. Rakesh Asthana (IPS) Thrice

10th Aug, 2022



Extending Farewell Wishes to former Commissioner of Delhi Police Sh. Rakesh Asthana and Sharing the tale of hustle and moments of recognition with you all!

We are grateful and proud that we have been recognized thrice by the Commissioner of Delhi Police Sh. Rakesh Asthana during his tenure. It has always been a great experience working under his guidance and support. His mentorship will be missed as he has been an inspiration to us.

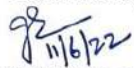
Lately, our efforts and hard work of 7 years in the North-West District have been appreciated by the Commissioner of Delhi Police Shri Rakesh Asthana(IPS) at the inauguration ceremony of the newly renovated District Police Line Complex, Ashok Vihar. We would like to extend our special thanks to DCP North-West District Ms. Usha Rangnani(IPS) for her support and guidance. This was the third time consequently in the last months that we have received acknowledgement from CP, Delhi.

We believe that dedication and consistency are the keys to success. Along with the excitement of achieving recognition, we are continuously hustling to put our best efforts into serving the society. We aspire to get more such opportunities in other districts to serve the needy and keep thriving.

Appreciation Letter

Appreciation Letter By DCP West District Mr. Ghanshyam Bansal

7th Jun, 2022

 GHANSHYAM BANSAL IPS	अर्ध सरकारी पत्र संख्या D. O. No. उपायुक्त पुलिस, पश्चिमी जिला सी-ब्लॉक, जानकपुरी, नई दिल्ली-110058 Deputy Commissioner of Police West District C-Block, Janak Puri, New Delhi-110058 Tel. Off. : 011-25553992, 25500935 दिनांक, नई दिल्ली Dated New Delhi the
APPRECIATION LETTER	
Dear, <i>Ashish</i>	
On behalf of the West District, of Delhi Police, I extend my heartiest congratulations and extend appreciation to your 24x7 Care foundation for Project "SMART ELDERLY" which impart awareness to hundreds of Senior Citizens about Social Media. I appreciate you for facilitating elderly citizens of society with emergency response systems, emotional care, home visits, regular interaction, providing ration and medicine facilities, ensuring their safety & security and many more yeoman services. I wish you happiness and success in future.	
Shri Ashish Garg President- 24x7 Care Foundation B-5/69, Sector 4 Rohini, New Delhi - 110085	Yours sincerely,  GHANSHYAM BANSAL, IPS

24x7 Care Foundation has been working efficiently in the West District in collaboration with Delhi Police. We have been bringing welfare programs for elderly communities living alone. Considering our hard work and consistency, DCP West District Sh. Ghanshyam Bansal (IPS) has recently facilitated us with an "Appreciation Letter". We are extremely thankful to Delhi Police West District for recognizing our efforts, the kind words of appreciation work as a motivation factor and encourage us to work harder.

Appreciation Letter

**Certification of Excellence By Motherhood Club
On World Elder Abuse Awareness Day**

15th Jun, 2022



CERTIFICATE OF EXCELLENCE

**MR ASHISH GARG
PRESIDENT 24X7 CARE FOUNDATION**

**For his outstanding contribution towards senior citizens and
for sharing his views on Elder Abuse Awareness , a panel
discussion held at Motherhood club on 15th June 2022,
World Elder Abuse Awareness Day**

**AKTA SEHGAL
FOUNDER**

**ILA PACHAURI
CHIEF HAPPINESS
OFFICER**

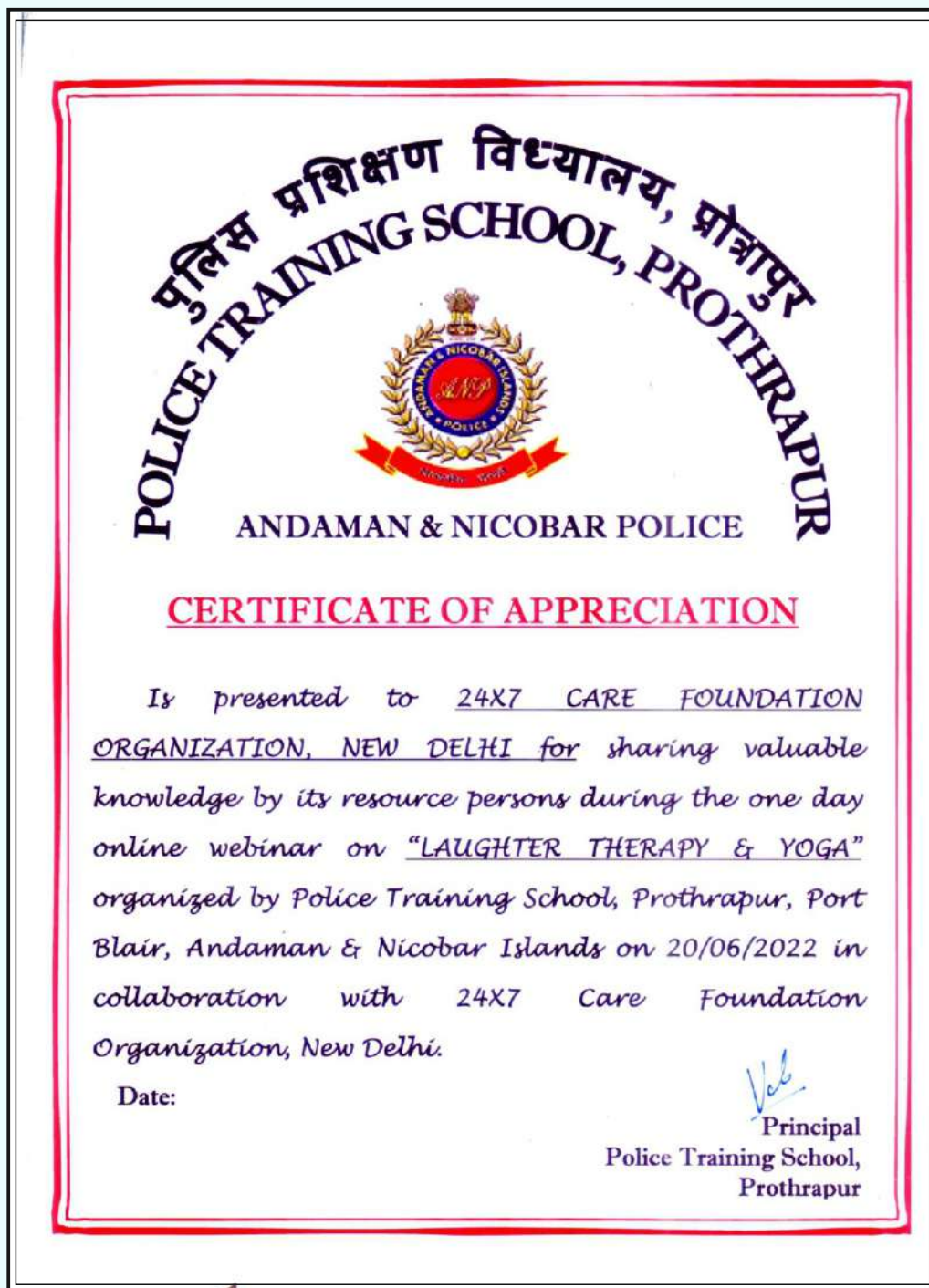
**MONICA GOEL DIWAN
CHIEF CHEERING
OFFICER**

**POOJA DIXIT
CHIEF CREATIVE
OFFICER**

Appreciation Letter

Appreciation Letter By Principal of Police Training School, Prothraour, Port Blair

20th Jun, 2022



Appreciation Letter

Appreciation Letter By DM North District
Ms. R. Menaka (IAS)

10th Aug, 2022



OFFICE OF THE DISTRICT MAGISTRATE (NORTH)

GOVT. OF NCT OF DELHI

DC OFFICE COMPLEX, GT KARNAL ROAD, ALIPUR, DELHI-110036

CERTIFICATE OF APPRECIATION

Presented to 24x7 Care Foundation, Rohini, Delhi-110085 in
recognition of his/her, valuable & selfless services rendered for "Har Ghar Tiranga" campaign under the aegis of
"Azadi Ka Amrit Mahotsav."

District administration expresses sincere gratitude for your contributions in support of a Nobel cause to make the
programme a success and Best wishes for future endeavours.

Date: 10. 08. 2022


10/08/2022
(Ms. R. MENAKA, IAS)
DISTRICT MAGISTRATE (North)

Appreciation Letter

Appreciation Letter By DCP North-West District Smt. Usha Rangnani (IPS)

11th Oct, 2022



USHA RANGNANI, IPS

अर्ध सरकारी पत्र संख्या 2914/P.Section

D. O. No.

उपायुक्त पुलिस

उत्तरी-पश्चिमी जिला, अशोक विहार

नई दिल्ली-110052

DY COMMISSIONER OF POLICE
NORTH-WEST DISTT., ASHOK VIHAR
NEW DELHI-110052

OFF. : 27229835, 27117373

Dated, Delhi, The 11.10.2022

This is to place on record my sincere appreciation for your valuable help extended in organizing several programmes for the welfare of senior citizens such as home visits, cultural, health camps & legal awareness etc. in North West District.

Your personal attention towards this noble cause of ensuring care & well being of our senior citizens has helped the district to get applauses & blessings from many senior citizens.

I hope you will continue to work with the same zeal & dedication in future too.

Usha Rangnani
10/10/22

(Usha Rangnani) IPS

Sh. Ashish Garg,
Founder President,
24x7 Care Foundation

Our Donors

Senior Citizen Donors Of The Year 2022-2023



Smt. Urmil Bhatia



Smt. Urmil Anand



Sh. Davinder Nath Suri



Smt. Subhash Kumari Chabra



Sh. Har Nandan Lal



Sh. Raj Singh



Sh. Swadesh K. Amba



Sh. Parmod Kumar



Sh. Manoj Batra



Sh. Jai Kishan Goyal



Sh. Lachhman Lalwani



Smt. Prem Devi



Sh. Amar Nath Aggarwal



Sh. Nirmal Kumar Gupta



Sh. Suresh Kumar Namdeo



Sh. Tek Chand Gupta



Sh. Dina Nath Gupta



Sh. Sandeep Jawa



Sh. Ratan Lal Gupta



Sh. Jitender Khanna



Sh. Surinder Singh



Sh. Inder Sain Chaudhary



Sh. Narendra K. Tewari



Sh. Madan Lal Gagneja



Sh. Narindar Kumar Dosajh

Our Donors

Our Valuable Donors Of The Year 2022-2023



Sh. Tarun Gupta



Sh. Raj Kumar Gupta



Sh. Ramesh



Sh. Anil



Sh. Parveen Goel



Sh. Vipul Garg



Sh. Ratan Lal



Sh. Rohit Saraswat



Sh. Rakesh Arora



Sh. Arvinder Solanki



Sh. Sachin Jain



Sh. Ajay Kumar



Sh. Ravi Garg



Sh. Raj Singh



Sh. Inderjeet Gupta



Sh. Nitin Aggarwal



Sh. Vinod Kumar



Sh. Ved Prakash Goel



Sh. Dinesh Garg



Sh. Vijay Bansal



Sh. Rajesh Aggarwal



Sh. Lal Bahadur Bhagat



Sh. Satish Kumar

Our Core Members

ADVISORY BODY MEMBERS



LAJPAT
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 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



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

Partnerships

Our Partnership

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)

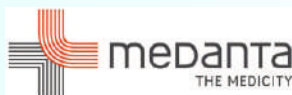


District
Magistrate
South East



Employee's State
Insurance Scheme
(ESIC)

HOSPITALS



OTHER SOCIETIES



CSR PARTNERS

SUDARSHAN



AgroPure

ARISTOCRAT





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