



Report Of
AASHRYA SENIOR CITIZEN HOME,
Vijaypur, Samba J&K

(w.e.f. 01.04.2024 to 31.03.2025)

Implementing Agency:

MUSKAAN FOUNDATION

Introduction:-“Aashrya Senior Citizen Home” Vijaypur, Samba J&K, continues commitment to enhancing the well-being of Senior Citizens through diverse programmes and activities. This report highlights the initiatives undertaken during the past one year to provide a holistic and enriching experience for the residents of the old age home.

1.World Elder Abuse Awareness day Celebrated at "Aashrya" Senior Citizen Home,Samba.On 15th June2024, Muskan Foundation celebrates World Elder Abuse Awareness Day at its "Aashrya" Senior Citizen Home with all the elders of the home as well as nearby society. On this occasion Muskan Foundation President Mrs. Parveen Sangral welcomes all the elders and awared them that every year world Elder Abuse Awareness Day was celebrated all over the world on 15th June. The purpose is to highlight one of the worst manifestations of ageism and inequality in our society & elder abuse. She further extended her words by explaining that elder abuse is an act which causes harm to an older person and is carried out by someone they know and trust such as family members. The abuse may be physical, social, financial, psychological and can include mistreatment and neglect. At last, she said that the Muskan Foundation is always on the forefront to help the needy elderly people.



2. On 31st Aug. 2024: A team consisting of 5 trainer judges along with Versha Anthal, Asstt LADC Samba visited "Aashrya" Senior Citizen Home Samba. The primary objective of the visit was to educate the trainer judges about the functioning of the Aashrya Senior Citizen Home. During the visit, a few cases of survivors were discussed. The visit aimed to enhance understanding and collaboration among judicial system.

The team interacted with the inmates enquiring about their well being and their experience living at the home. To make the visit more pleasant, Ms Versha Anthal and her team brought refreshment for the inmates, a gesture that was well received and added warmth to the day's activities.



3. Medical Awareness camp for Senior Citizen

On 6th Sep. 2024, Muskan Foundation organised a medical awareness camp for the Inmates of Aashrya Senior Citizen Home in collaboration with Emergency Hospital Vijaypur and department of Ayush Samba. They provided access to basic and specialized medical services such as medical screening and general checkup to raise awareness about health issues and help to prevent the spread of disease.



4. On 1st October 2024: An awareness program on International Day of Older Person with theme "Ageing With Dignity" was celebrated in the collaboration of District Legal Services Authority Samba at Aashrya Senior Citizen Home Vijaypur Samba. Under the able aegis of J&K Legal services authority and also under the insightful directions of Chairperson District Legal Services Authority (DLSA), Samba an awareness programme on "International Day of Elderly" was held at Muskan Foundation, Vijaypur.

This programme was organized under the Chairmanship of Chairman DLSA Samba, Sh. Ravinder Nath Wattal and under the supervision of Secretary DLSA, Samba Sh. Sandeep Singh Sen. The programme was attended by Medical Officer and his team of Vijaypur Hospital as well as members of the Muskan Foundation, Officers of LADCs, staff and PLVs of DLSA. The resource person for the programme is Ms. Nisha Rani, Deputy Legal Aid Defence Counsel, DLSA Samba threw light on different schemes organized by Government of India.



5. On 23rd Oct 2024, District Social Welfare Officer Samba Nawaz Shareef JKAS, Assistant Director (Sch), Directorate of Social Welfare Jammu, Pallavi Sharma & Deputy Director (Adm) Directorate of Social Welfare Jammu, Sanna Khan conducted a comprehensive inspection of the Senior Citizen Home in Samba. Ms Sanna Khan and her team meticulously evaluated the facility's overall operations, encompassing room conditions, administrative records, and all aspects of the home's functionality.

Following a thorough examination, she issued a set of recommendations to enhance record-keeping procedures, ensuring improved efficiency and transparency. Furthermore, she personally engaged with the senior citizens residing at the Aashrya Senior Citizen Home. Their feedback indicated a high level of satisfaction with the quality of care and treatment provided at the Aashrya Senior Citizen Home Samba.



6. On 2nd Dec 2024 a group of army officers visited "Aashrya Senior Citizen Home" to spend time with the inmates. The officers engaged in meaningful interactions, fostering a sense of companionship and joy among the seniors. The visit left a positive impact on the inmates, enhancing their emotional well-being and creating a sense of appreciation for the caring gesture of the army officers. The event further strengthened the bond between the community and the armed forces.



7) Medical Checkup Of Inmates:

On December 17, A medical checkup was conducted for the inmates of Aashrya Senior Citizen Home

Samba, in which their entire body parts were examined so that the diseases they were suffering from could be detected and treated. Among them, BP, Sugar test were major and their Full body test was done so that they could remain safe and can prevent from any disease.



8.Recreational and Cultural Activities: - To make the inmates aware about their culture and traditional and to stay connected with it and to make them busy. The management of home often conducted recreational and cultural activities in dance singing and other activities besides conducting workshop in different fields and crafts to enhance the skills of the inmates.Keeping in mind the emotional aspects of the inmates of the old age home the management celebrates every festival in the old age home besides special occasion like birthday etc for the inmates of old age home.







An eye checkup camp organized for Ashraya senior citizen home. The camp includes basic vision screening, cataract detection, and the other age-related eye condition assessment. Doctors checked 52 senior citizen's eyes and provide eye drops and medicines. Doctor emphasizes regular eye exams and proactive measures to maintain eye health.



Outdoor Excursions: To make body and mind fresh, break is important from daily routine that relax body and soul. The management of old age home often organised such short trips and excursions in different areas to make the inmates feel fresh and relax.



Awareness Camp regarding Rights Of Senior Citizen:

In collaboration with the Social Reform Department, Aashrya Senior Citizen Home Samba organized an awareness camp for the elderly in which they were told about their rights, what rights and entitlements they have. They were made aware of the helpline number. Apart from this, they were told what their rights and entitlements are and how they can get them and how they can empower themselves. Do not consider yourself weaker than anyone and always remember this.




