



ANNUAL REPORT

2023-24

Saroj Vridhashram

**Nurturing the Elderly with Love and
Respect**

**SHALINI MEMORIAL SEWA
SANSTHAN**

1. Message from President –

Coping with the grievous loss of a child is a heartache that never truly fades. Even as time passes, the wound remains painfully fresh. In our quest to honor Shalini's memory, my grieving family and I decided to do something positive for society through our NGO, "Shalini Memorial Sewa Sansthan". This organization was born out of love and the desire to keep Shalini's spirit alive by making a meaningful impact on the lives of others.

One of our key initiatives, Saroj Vridhashram, was established to provide care and support for underprivileged elderly individuals who lack the means to care for themselves. These elderly souls, often neglected and forgotten, find a haven in our Vridhashram where they receive not just basic necessities but also compassion, dignity, and love.

This journey, though born out of sorrow, has brought us a sense of purpose and healing. It reminds us daily that through acts of kindness and service, we can create a lasting legacy that embodies Shalini's spirit and love for humanity.

With heartfelt gratitude,

Shail Kumari Pandey...



2. Message from Treasurer

I Asha Dikshit, started Shalini Memorial Sewa Sansthan in the year 2013 with an aim of catering to the nutrition, health and educational needs of underprivileged children, and uplifting underprivileged women and elderly, in the honor of my late sister, who tragically lost her life in a road accident. I started the NGO with the help of my family and friends.

By Saroj Vridhashram, a facility with a capacity to accommodate 50 elderly individuals, was established to address the plight of seniors living on the streets, under bridges, on railway stations, footpaths and in challenging circumstances under harsh weather conditions, without adequate food, shelter, and clothing, abandoned by or away from their families. These individuals struggle to meet their basic needs, such as food, shelter, and clothing. Heartbreakingly, some have been left on the streets with promises of a return that never materializes. It is a disheartening reality that some of our residents claim to have families who neither respect nor support them.

Each act of kindness, each smile we bring to their faces, and each blessing we receive from them feels like a tribute to "Shalini".

Asha Dikshit...

3. Our Services

- ✚ Meal plans
- ✚ Medical Facilities
- ✚ Recreational Activities
- ✚ Safety and Security

- ✚ Celebration of festivals
- ✚ Yoga
- ✚ Bhajans
- ✚ Community Support

4. During the year

- i. **#SarojVridhashram** - The elderly people living in the ashram have no one of their own, but the sympathy and care that strangers are providing them in the last phase of their lives seems like the duty of their own people.



- ii. **#DonationDrives** – We conducted various impactful donation drives, in which clothes, utensils, blankets and Ration were donated by people.



- iii. **Medical Camp** - In a dedicated effort to prioritize the health and well-being of the elderly residents at Saroj Vridhashram, we organized a Medical Camp in which healthcare services, including general health check-ups, eye screenings, consultation was provided by the Doctor. The residents got their health Checkups done and were also provided medicines. Healthcare Services: Medical facilities, health check-ups, and wellness programs.



- iv. **Pension Camp** – We took a significant step towards securing the financial well-being of our elderly residents by organizing a Pension Camp. The event witnessed the active participation of 34 seniors who eagerly filled out forms, not just for their existing pensions but also to address any issues related to halted pension payments.



- v. **Independence Day Celebration** – We celebrated independence day with our family to keep spirit of independence alive. These small celebrations enable residents to feel connected and enjoying each other's company and festivals.



- vi. **Recreational Activities** – We celebrate with our residents all festivals, Social events, and never let them think they are not in their home. We keep them engaged in recreational activities which are conducted throughout the year.



- vii. **Yoga** – We take care of fitness and health of our senior citizens and regularly motivate them to engage in yoga sessions to take care of their physical and mind health. It promotes mental well being and and can alleviate stress and anxiety.



- viii. **Community Engagement** - Outreach programs, volunteer activities, and community support initiatives were undertaken during the year. These helped in developing sense of belongingness to our residents.



5.

6. Future plans

We intend to expand the facility to accommodate more residents. With more support we look into creating additional rooms, common areas, and recreational space and better infrastructure arrangements such as better lighting, accessible pathways, and comfortable seating areas. Strengthen volunteer programs by recruiting more community members who can assist with activities, companionship, and administrative tasks. Also we want to create more green spaces or gardens where residents can enjoy nature and engage in gardening.

7. Donor Acknowledgment

At the end we want to thank all our donors who have made this possible through their donations. Running an Old Age would have never been successful without their help.



Thanks to all the wonderful people including Vridhcare Foundation, Ms Shraddha Awasthi, Mr Pankaj Tiwari, Mr Rajesh Kumar, Mr Beetu, Sangeeta Dubey, Ms Geeta Bhardwaj, Mr Vikash Gupta, Mr Arun Mehrotra, Joints Group of Etawah, Mr Umesh upta, Ms Sadhna Sharma, Mr Ketan, Mr Shiv, Mr Sanjay Agarwal, Mr Sanjay Agarwal and many more anonymous donors for their heartfelt contribution!!





8. Contact Information

Contact Person	Mrs. Asha Dikshit, Treasurer
Email	shalinimemorial13@gmail.com
Phone	9415017664
Facebook Page	https://www.facebook.com/samarpanwecare/
Twitter	https://twitter.com/SewaShalini
Youtube	https://www.youtube.com/@shalinimemorial1205