



ANNUAL REPORT 2024-25

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

A. Taking care of the residents with love and compassion

At Saroj Vridhashram, we believe in providing a nurturing and compassionate environment for our elderly residents. Many of them have no family to care for them, but our dedicated staff and volunteers ensure they feel loved and valued. The empathy and care extended to them make them feel as if they are surrounded by their own family members. This sense of belonging and emotional support is crucial in the last phase of their lives, and we are committed to making their stay as comfortable and fulfilling as possible.



B. Medical Camps

Prioritizing the health and well-being of our elderly residents is a core focus at Saroj Vridhashram. This year, we organized various comprehensive Medical Camp that provided essential healthcare services. The camp included general health check-ups, eye screenings, and consultations with doctors. Our residents received thorough health assessments and were provided with necessary medications. These healthcare services are part of our ongoing efforts to ensure our residents' physical well-being and to address any medical concerns promptly.



C. Taking care of Nutrition

Proper nutrition is crucial for the well-being of our elderly residents. At Saroj Vridhashram, we ensure that our residents receive balanced and nutritious meals every day. Our meals are carefully planned to meet the dietary needs of the elderly. We provide a variety of healthy breakfast in menu, fresh fruits, vegetables, whole grains, pulses and protein-rich foods to support their overall health. Special attention is given to hydration, and we encourage our residents to drink plenty of water throughout the day. By focusing on nutrition, we aim to enhance the quality of life for our residents and support their physical and mental well-being.



D. Community Engagement

Our community engagement initiatives have been highly impactful this year. We organized several volunteer drives where generous individuals came forward to help and valuable spend time with our residents. These significantly improve the quality of life for our residents. The community's involvement has been heartwarming and has strengthened the bond between the ashram and the society at large. Some celebrated their precious days such as birthdays and anniversaries at Vridhashram, making the residents a part of their celebrations.



E. Celebration of Holi

Holi, the festival of colors, was celebrated with great enthusiasm and joy at Saroj Vridhashram. The vibrant colors and festive spirit brought immense happiness to our residents. We organized various activities, including traditional music and dance, which allowed everyone to participate and enjoy the festivities. The residents relished the special sweets and delicacies prepared for the occasion. The celebration of Holi not only provided a joyful experience but also fostered a sense of community and togetherness among the residents, making them feel truly at home. Everybody at the Vridhashram came together and celebrated the festival.





F. Celebration of Makar Sankranti

Makar Sankranti, a festival that marks the sun's move into the zodiac sign of Capricorn, was celebrated with great enthusiasm at Saroj Vridhashram. The day started with a prayers and worship, followed by the distribution of traditional sweets like tilgul and laddoos. Kite flying was one of the main highlights, bringing back happy memories for many of our residents. The festival allowed everyone to come together, share stories, and enjoy the festive atmosphere. Celebrating Makar Sankranti helped preserve cultural traditions and gave our elderly residents a sense of joy and belonging.



G. Medical Facilities

At Saroj Vridhashram, we prioritize the health and well-being of our residents by providing comprehensive medical facilities. Our medical services include regular health check-ups and

consultations with healthcare professionals. We have equipped our facility with essential medical equipment such as blood pressure (BP) monitors and blood sugar monitoring devices to ensure continuous health monitoring.

Additionally, we provide necessary medications to our residents as prescribed by their doctors. To promote physical fitness, we have exercise programs, helping them maintain their mobility and overall health.

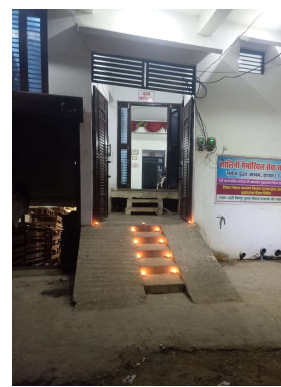


H. Independence Day Celebration

Independence Day was celebrated with great enthusiasm at Saroj Vridhashram. These celebrations are more than just events; they are opportunities for our residents to feel connected and to enjoy the festive spirit. The Independence Day celebration included various activities that fostered a sense of community and patriotism among the residents. Such events are vital in keeping the spirit of independence alive and in providing moments of joy and togetherness.

I. Special Diwali

Diwali, the festival of lights, was celebrated with great joy at Saroj Vridhashram. The ashram was beautifully decorated with lights and diyas, creating a warm and festive atmosphere. The celebrations began with a special prayer ceremony, followed by the lighting of diyas by our residents. Traditional sweets and snacks were distributed, and everyone enjoyed a delicious festive meal together.



J. Recreational Activities

We believe in the importance of keeping our residents engaged and entertained throughout the year. At Saroj Vridhashram, we celebrate all major festivals and social events, ensuring that our residents never feel isolated or away from home. Our recreational activities include cultural programs, games, and arts and crafts sessions. These activities not only provide entertainment but also promote social interaction and mental stimulation, contributing to the overall well-being of our residents.



K. Physical Well being

At Saroj Vridhashram, we regularly organize yoga sessions and other fitness activities to promote physical and mental well-being. Yoga, in particular, has been highly beneficial for our residents. It helps alleviate stress and anxiety, improves flexibility and strength, and enhances overall health. Additionally, we encourage our residents to engage in other fitness activities that suit their abilities and preferences. They go for morning and evening walks in park, do gardening etc. to keep themselves engaged. The positive impact on their physical and mental health is evident, and we are committed to continuing these initiatives to support their overall well-being.

5. Awards and Recognition - FLO Awards

We are immensely proud to announce that Asha Dikshit, our esteemed Treasurer, has been honored with the prestigious 'Outstanding Woman in Social Service' award not once, but twice. She received this accolade first in 2016-17 and again at the 9th Annual Uttar

Pradesh FLO Awards held on March 8, 2024. This esteemed award, presented by the jury of FLO Lucknow, recognizes Asha Dikshit's exceptional contributions and unwavering dedication to social service. Her tireless efforts and commitment have significantly advanced our mission and positively impacted countless lives. Asha Dikshit's recognition is a testament to the hard work and passion that drive our organization forward. Her achievements inspire us all to continue striving for excellence in our service to the community.



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.





8. Contact Information

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