

May 25, 2016

The Principal,
SIES College,
Nerul,
NAVI MUMBAI.

Dear Madam,

Re: Opening of a Senior Citizen Centre In your Campus.

We thank you for all the warmth and courtesies extended to us during our visit to your college. We are also thankful to the interest shown in the work of our organisation towards the welfare of the Senior Citizens.

We wish to start one of Adhata centres in your campus to help us in our initiative to work for the elderly people. We will be happy to include the members of your Old Age Home and add cheer to their lives.

Also, we are enclosing a detailed report of our working of the Trust and its objectives. Please go through the report and in case any additional information is required, we shall be glad to submit the same.

We await your favourable reply.

Yours sincerely,




CLARA D'SOUZA
For ADHATA TRUST

*Timing Mon to Friday
4.00 PM to 6.00 PM*

Communication Address:
Priti Paradise Building
Ground Floor
Near Lalubhai Park
Andheri (West)




PRINCIPAL
SIES (NERUL) COLLEGE OF
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Chandrasekharendra Saraswathi
Nagar, Plot No. 1-C, Sector-V,
Nerul, Navi Mumbai - 400 706.

BRIEF DESCRIPTION OF THE WORK OF THE ORGANISATION:

ADHATA TRUST was formed in 2012 in MUMBAI by Shri Arun Nanda as the Trustee Founder. The TRUST is working for the SENIOR CITIZENS in Mumbai for the last 4 years with its five centers located in Andheri, Sion, Matunga, Chembur and Saki Naka-Andheri.

The objective of the TRUST is to improve the quality of life by addressing their physical, psychological, social and mental health. We achieve this by arranging medical camps, nutritional programmes, recreational and educational facilities, Art Based Therapies. The Trust also promotes family values to strengthen inter-generational bonds, environmental awareness and reaching out to the older old.

ADHATA TRUST Philosophy:

We reinstate the senior citizens with Honor and Dignity in Society.

Our goal is working towards Positive Ageing.

Vision:

To help formation of a participatory, self-reliant and sustainable society for Senior Citizens where people from the socially and economically backward communities, will have the right and freedom to decide, plan and lead a life of their own choice and will be equal partners in social responsibilities.

Re-define ageing process.

Mission:

To empower the underprivileged, marginalized and vulnerable sections of Society of Senior Citizen's activities promoting self reliance and human dignity, with focus on human-values.

Values of ADHATA TRUST:

Trust has a core set of values and principles that influence the way we function and the work we do.

~~Justice: Our developmental work is oriented towards enabling equal access to opportunities to the ageing population.~~

Neutrality: We respect human diversity in all its aspects, without any distinction of race, gender, age, political affiliation or religion.

Consistency: In TRUST words and our actions, we are faithful to following our mission and vision through our dedicated work.

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ADHATA Community Centres-

Our Activities:

Awareness Sessions:

Chair Yoga

Physiotherapy

Mental Health Games

Group Activity

Indoor games

Outdoor games

Dance

Songs

Fun Games

Elderly Learning Center- Computers

Counseling

Picnics

Festival Celebrations

Birthday Celebration

Art Based Therapy (ABT)

After being with our Trust, the Senior citizens have experienced positive changes in their life. They look forward for the 2 hours in the evening at the Centre.

To summarize-

A) Physical Aspects:-

Yoga/Physiotherapy: - Yogic exercise is made age friendly under proper guidance. They can practice either on the chair or by standing, there are no floor exercises. After practicing regularly, their body flexibility has increased, their mind becomes fresh and their pains are reduced to some extent which makes them feel more energetic.


Art base Therapy (ABT):- In these sessions, they pursue their hobbies which they could not pursue in the past due to various commitments towards their family and careers. ABT includes clay work, Drawing, Flower Making, Best out of Waste, Candle Making, Greeting cards, Rangoli, Diya painting etc. Such classes add therapeutical value to their emotional well-being.

Also, these sessions help general flexibility, movement of hands, fingers, blood circulation and stress relief. Importantly, it is about generating new ideas and a new experience.

Dance: - Very first thing they shared was that they found a platform where they can dance without any inhibitions because they belong to the same age group. Everybody enjoys dancing but are unable to cope up with style of younger generation. They have got an

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opportunity to learn different forms of dance for eg: Salsa, lazim, dandiya, folk dance, garba, bihu dance etc.

Outdoor Sessions:- Kho-Kho, Musical Chairs, Excursions to Nature Parks, Picnics takes them back to their childhood days. They adjust within the same age group and especially with the speed.

B) Psychological Aspects:-

Mental Health Games:- Here they have to indulge with mind-bender games like Riddle, Quiz, Sudoku, Word formation Game, Matching the Pairs, Word Building etc which gives mental stimulation, alertness, mind remains active and helps increase cognitive level. Also, there is an increment and revision of their knowledge

Elderly Learning Centre:- Computer- Senior Citizens are not very technology friendly especially women, and there is myth that memory does not support them. Here we provide opportunity to learn computer, they feel good even by learning basics. After basics, they want to learn internet so that they can connect with world and their children who live abroad. Also it makes them independent, by learning internet they can operate e-banking, do online shopping, read books etc and which boost self confidence.

Counselling:- Some senior-citizens live alone, some in family, all of them have some or the other problems but there is a need for listening. Counselling helps them to come out from their tensions/losses/depressions/loneliness/stress/ grief and gives them a sense of belonging.

- They feel relaxed and stress free
- Help them to manage their anger and stress
- Build a sense of achievement and fulfilment
- trying to cope up with their rigidity
- Laughter session release the stress and inhibitions.

C) Social Aspects:-

Senior Citizens meet new people, make new friends, understand and share cultural values, adopt a new lifestyle and all this binds them together into a new emerging group.

Group/Team activity:- Activities like Group discussion, Debates, Poems, group song etc here their involvement & bonding with each other as a team. Improves their listening skills as they have to accept other members' ideas and adjust to the team. Group activity also increases the level of acceptance of challenges and gives a sense of unity.

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Indoor games: Today younger generation have less time to spend with their elders and play games with them. Games like carom, chess, Uno, scrabble, cards etc helps them mentally as well physically.

Festival celebrations:-A heterogeneous group of Senior Citizens are very enthusiastic to understand meaning of each festival and cultural values. Such celebrations of festival give sense of unity.

Birthday celebrations:- In later age birthday celebration restrict to family members. At the centre with new friends, they celebrate their birthday in special way. They get a sense of brotherhood and they feel very happy. A part of reminiscence therapy.

Picnics/Nature Walks:- Picnic/Outings in this age is rare- due to less friends, time management with family members/friends, fear of health, etc but in this Group they have confidence of enjoyment, safety, age friendly people and comfort. We had one such at Maharashtra Nature's Park.

- Enhancing their self esteem
- Increase in self confidence "I Can Do"
- Sense of recognition and respect
- Loneliness is addressed to some extent
- Feel good factor by sharing their health tips, cooking tips, articles etc
- Platform to share their wisdom and knowledge.

D) Awareness Sessions:-

Sessions like Balance Problem in Older age, Falls and Older Adults.

Older Drivers, Problems with Taste, Smell, Sleep and Aging, Creating Aged Friendly Environment in our Family, Motivation, Signs of Aging, Myths of Aging etc this discussion gives them extra knowledge, and their misconception regarding signs and symptoms is clarified.

E) Professional Resource Person:-

We have professional assistance to take sessions on different topics like "Communication is Breathing, Pranik Healing, Naturopathy, Care-Givers Challenges- Eden Alternatives, Tai-chi exercise, Health Camps etc. which are energizers for this Group.

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