

CENTRE FOR THE STUDY OF SOCIAL CHANGE
Report from April 2023 to September, 2023
Regional Resource & Training Centre (RRTC)
For the Financial year 2023-2024

Regional Resource & Training Centre is the nodal agency of Ministry of Social Justice & Empowerment, Govt of India and our institution Centre for the Study of Social Change is recognised as RRTC, Mumbai since 2016.

Aims & Objective of RRTC:

1. Empowering Senior Citizens: The primary goal is to empower senior citizens by providing them with resources, knowledge, and skills that enhance their overall well-being.
2. Training Programs: Develop and implement training programs tailored to the needs of senior citizens, covering areas such as physical health, mental health, financial & legal literacy and empower them in digital skills
3. Community Engagement: Foster a sense of community among senior citizens by organizing social events, support groups, and activities that encourage interaction and mutual support.
4. Health and Wellness Promotion: Focus on promoting the health and wellness of senior citizens through educational campaigns, preventive healthcare programs, and access to healthcare resources.
5. Advocacy for Senior Rights: Advocate for the rights and well-being of senior citizens at the regional level, working to address issues such as social isolation, ageism, and elder abuse.
6. Collaborations with Stakeholders: Collaborate with government agencies, NGOs, healthcare providers, and other stakeholders to create a comprehensive network of support for senior citizens.
7. Research and Innovation: Engage in research activities to understand the evolving needs of senior citizens and develop innovative solutions to address these needs effectively.

8. Capacity Building for Caregivers: Offer training and support programs for caregivers, including family members and professionals, to ensure they can provide optimal care and support for senior citizens.

10. Technology Adoption: Encourage the adoption of technology among seniors by providing training on digital tools and platforms, aiming to bridge the digital divide and enhance their connectivity.

11. Quality of Life Enhancement: Strive to enhance the overall quality of life for senior citizens by addressing both their physical and mental well-being through holistic programs and services.

These objectives collectively aim to create an environment where senior citizens can lead active, healthy, and fulfilling lives while fostering a supportive and inclusive community.

Scope of Services: Training programs, resource dissemination, capacity building, research.

Target Audience: NGO's, Old age homes officials, staff, Senior citizen clubs, Govt. officials (police & SDOs), community members, Residential welfare society, School, colleges & university students.

Geographical coverage: Maharashtra except Vidarbha, Chhattisgarh & Goa

Collaborators: Local organisations, Govt. bodies, Ngos working for senior citizens, Senior citizens organisations. Showcase collaborative efforts in community outreach, demonstrating how working together enhances the ability to connect with and serve senior citizens in meaningful ways.

Training programs & workshops:

Communication with NISD

Date	Email & Meeting NISD	CSSC, RRTC
16/06/2023	Meeting at NISD, Delhi	Nirmala Mam went to Delhi It was about the Annual Action Plan discussion of 2023-24 & Three-months Geriatric Caregiver certificate course.
28/06/2023		Proposal sent for Three batches of Geriatric Caregiver course (three months)
04/07/2023		Annual Action plan send to NISD of programme
18/07/2023	Mail for inviting proposals from us for conducting six training programme in the financial year 2023-24	

19/07/2023	Letter for training partner list	
27/07/2023		Proposal of programme for financial year 2023-24 for 25 programmes of 6 categories
03/08/2023	Mail of detailed proposal (including topic, sub-topics, detail of resource persons etc.) for the 01 no. of "Two-day State / Regional level Workshop / Conference / Seminar on Elderly issues"; to be organised in the month of December 2023 - January 2024 at Jyesth Nagrik Bhavan, Navi Mumbai	
04/08/2023		Mail to them to give the detail proposal in 10 days
07/08/2023	Mail to send lab photos for conducting three months certificate course on Geriatric Caregiver of training partner by 12 August, 2023	
13/08/2023		We sent photos of lab and class rooms of Maniben Shah Nursing college and LIHS as training partner
14/08/2023		We sent detail proposal of Regional Conference schedule of the programme
14/08/2023	Received mail that they need name of resource person also	
16/08/2023		We sent them training partner SNTD & Vatslya Trust photos
24/08/2023		We sent them programme schedule with name of resource persons
28/08/2023		We sent them brief profile of resource persons required by them
30/08/2023	Received the sanction order for three programs 01 no. of "Five-day Outreach Programme on Basic Elderly Care; 01 no. of "Three-day Residential Training Programme on Geriatric Counselling"; 01 no. of "Three-day Residential Training Programme on Prevention and Care for Dementia"	
06/09/2023	Received Sanction order for three programmes. There are changes in only one programme 'Basic Elderly Care'	We received the Total fund of three programme on 06/10/2023
06/10/2023		We sent them mail for permission to utilize or book expenditure of Travelling Allowance / Lodging & Boarding under miscellaneous expenditure for our two-office staff at Chhattisgarh & Goa As per NISD sanction order 30th August,2023
14/10/2023	Invitation to training partners for imparting training in Geriatric Caregiving to fill the Google Form	

World Elder Abuse Day At Yashwant Rao Centre, Mumbai supported by RRTC on 15th June, 2023

The programme was organised by YCC for prevention of elder abuse against Sr. citizens. Adv. Nirmala Samant Prabhavalkar. She was invited as a speaker on behalf of CSSC, RRTC.

Topic: History of United Nations for declaration of World Elder Abuse (Prevention day)

She said World Elder Abuse Awareness Day theme is "Addressing Gender-Based Violence (GBV) in Older Age - Policy, Law and Evidence-based Responses". Further she said that the purpose of the day is to provide an opportunity for communities around the world to promote a better understanding of abuse and neglect of older persons by raising awareness of the cultural, social, economic and demographic processes affecting elder abuse and neglect. She said that women in India suffer gender-based violence in the family and in society due to two reasons. Number one is by birth as a female and number two as no financial support as she is not taken as earning member if she is home maker or she is working in un-organized sector like in agriculture, industrial or household sector. She supported above issue based on the data issued by public organization.



Activities from April to September in the Year 2023

Sr No.	Date	Activity	Collaboration with	Speaker	Subject	Beneficiaries
1	29.09.2023 9.30am - 2.00pm	International Days of older Person	Maniben Shah Women's college of Arts & Commerce and Help Age India.	Mr. Velengar Pais, Joint Director of Help Age India Shri. Dinesh Dingale, Mantralaya Adv. Nirmala Samant Prabhawalkar Dr. Archana Patki, Principal of MPSC College. Mr. Vijaykumar Aundhe , Vice President, FESCOM	Celebrated International Day of Older Person	86

International Day of Older Persons (IDOP) celebrated in collaboration with Maniben Shah college & Help Age India, Mumbai on 29th September, 2023.

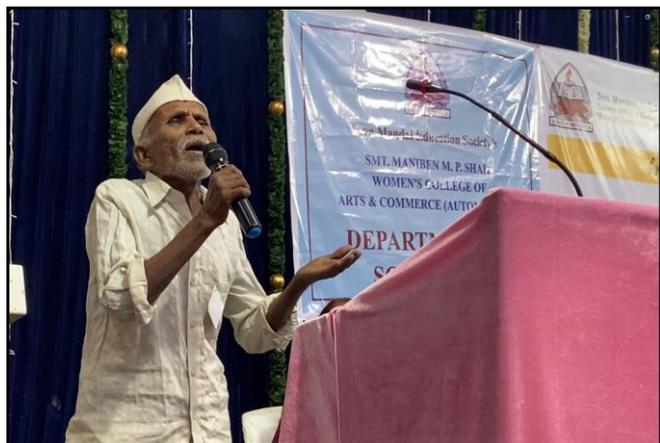
Program was started with walkathon from Gandhi Market, Sion, East at Mumbai. Variety of program and eminent people participated in IDOP. Speech of all Guest & Entertainment program for Senior citizens of Antakshari, Abhang, Quiz competition conducted.





Mr. Velengar Pais, Mr. Vijaykumar Aundhe Shri. Dinesh Dingale Adv. Nirmala S P. Mrs. Archana Patki

Antakshari for senior citizens arranged by Maniben college students, they enjoy a lot.



2	30.09.23 2.30pm to 4.30pm	“World Alzheimer’s Day”	Streehitkarini Dadar, Mumbai.	Dr. R.D. Potdar, Hon. Gen. Secretary, CSSC. Mrs. Amruta Lovekar Gerontologist, Graceful Living	Introduction of the topic "Successful Aging and Alzheimer Disease"	82 Participants
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World Alzheimer's Day is recognised on September 21 every year. This day is dedicated to raising awareness about Alzheimer's disease and various forms of dementia. A key objective of this day is to eliminate the stigma surrounding Alzheimer's disease.

Streehitakarini (SHK), a women's organisation, established on 4th June 1964, is working for women from Dadar, Prabhadevi, Elphinstone Road, Worli area with the purpose of all round development of women. Unless women progress, society cannot make any progress. With this in mind, SHK devised various programmes which could help women to be capable of leading 'healthy, free and full life'. SHK also helped them to develop their decision making by giving them inputs through informal education and logical thinking. Providing services and getting to know the women and community through our health workers was stressed upon. Dr. R. D. Potdar, Secretary of CSSC present for the session he gave the introduction to the topic.

This session was conducted for senior health workers of Streehitakarini & community. The topic was Alzheimers Disease and Successful Aging. The resource person spoke about what is Successful Aging and related some research findings. She stressed that having a purpose in life is very important in life. Then she covered what is Alzheimers and how it is different from Dementia. She talked about different types of dementia and it's warning signs. She explained that there are three important things which we need to keep in mind regarding Alzheimers disease. First that it is not a normal part of aging, second that it worsens over time and third it has no cure. Lastly, she explained about diagnosis, treatment and strategies to reduce the risk of developing Alzheimers Disease.





Dr. R. D. Potdar, Secretary, CSSC



Dr. Vijay Taskar, President, Streehitkarini



Sr No.	Date	Activity	Collaboration with	Speaker	Subject	Beneficiaries
4.	03.10.23	International Days of older Person (Venue at Churi Hall, CSSC, Bandra – East)	Yes I Can Foundation	Adv. Nirmala Samant Prabhavalkar, Chief Functionary of RRTC. Dr Parag Afuwale Fellowship in Palliative care Mumbai. Maharashtra Ms. Sheetal Shah Electronic Engineer Dr. Rishabh Shah	Panel Discussion on Topic “Happiness Quotient in Elderly” & Talent show by senior Citizens	43

International Older Persons Day celebrated at CSSC in collaboration with Yes I Can Foundation. The day celebrated with the Senior citizens who are registered on the Memory Club WhatsApp group of Yes I Can Foundation & Senior citizens of Virangula Kendra.

Welcome and context settings by Yes I Can Team where Neha Khare (Founder of Yes I can foundation) spoke about senior citizens day and importance of memory club and association with CSSC. Advocate Nirmala Samat explained about rights to senior citizens and Senior Citizens Day significance and motivated the audience. Chief Functionary, RRTC Adv. Nirmala Samant Prabhavalkar, Dr. Potdar, Secretary, CSSC & Founder, Neha Khare from Yes I can Foundation were present for the programme. Felicitation of Memory Club members by Guests. The awards given by them are:

Task Master Award – Bharati Bhatavdekar by Dr. Potdar

She is from Kolhapur. She has not only been a part of this group from the beginning but also showed her skills and talents through the task assigned, one of which you'll get to experience in the upcoming talent show. From the tasks she has performed till now, anyone could tell that she puts her heart into the work)

The Social Contributor Award – Meena Gokhale by Nirmala Samant

She is from Dadar, Mumbai. She has been diligent throughout; takes part in all the activities may it be Indoor or Outdoor. Also, she actively took part of our event “Ek Kadam” initiated by CSSC, RRTC and Yes, I Can Foundation for Transgenders being trained in geriatric care for senior citizens.) She is also a trustee of the deaf and mute school in Dadar.

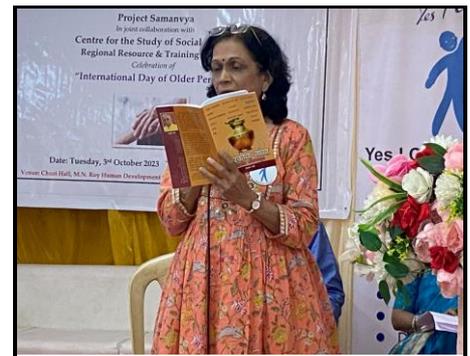
Everyday Task Solver Award – Mrunalini Kuvalekar by Nirmala Samant

She is from Mulund, Mumbai. She is a task allrounder, be it of any category – creative thinking, problem solving, recalling etc she has been enthusiastically completing them.

Humorous Person Award – Kiransingh Rajput by Dr Potdar

(Kiransingh Rajput – He is from Jalgaon. Even though he joined the group this year, his energy and humour make it feel like he has been a part of this group from the beginning.

Panel discussion on topic Happiness Quotient in elderly - Panel includes - Advocate Nirmala Samantji, Dr. Parag (end of life specialist and faculty of Yes, I Can associated with Tata hospital), Ms. Sheetal (life coach and volunteer) shared their expertise on happiness quotient among senior citizens in various ways.



5	10.10.23	World Mental Health Day (Venue Virangula Kendra)	Samvad Foundation	Dr. Rucha Shete, Director, Samvad, Beautiful Conversations.	“Mental Health is a Universal human right” Taking Mental Activities	22
				Ms. Manjusha Gaikwad, Counsellor		
				Ms. Sushrusha		

World Mental Health Day 2023 is an opportunity for people and communities to unite behind the theme 'Mental health is a universal human right' to improve knowledge, raise awareness and drive actions that promote and protect everyone's mental health as a universal human right. World Federation for Mental Health announced October 10 as World Mental Health Day in 1992 and celebrates it with a new theme every year. The day initially did not have a specific theme and its aim was to promote mental health advocacy and educating the public on relevant issues.

We invited Samvad Foundation, Mumbai at Virangula Kendra to take the fun activities & tell senior citizens importance of mental health in our life. Dr. Potdar & Mrs. Potdar was attended the session. Activities conducted by them are Brain activation exercises, Game - Red light (stop), Green light (move), Relaxation - Brain activation exercises, Game - tower fall (paper cups and ball), Relaxation- 5 4 3 2 1 technique, Brain activation exercises, Game - Green light (stop), Red light (move), Mindfulness - drinking of water mindfully. In the last they debriefing about why they did those activities.

Conclusion - Importance of Mental Health and how the activities will help them in their daily life.





Geriatric Care Certificate Course.

Venue: World Trade Centre (WTC), Cuffe parade, Mumbai-400 005

Geriatric Caregiver Certificate Course was organised by Centre for The Study of Social Change (CSSC) Regional Resource & Training Centre (RRTC) supported by Indumati & Harkishan Udani Charitable Trust & Venue Partner-World Trade Centre in collaboration with Smt. Harshita Narvekar (Ex-Corporator, MCGM). The course inaugurated on 24th April, 2023. The dignitaries are Adv. Rahul Narvekar, Chief Guest, Dr. Vijay Kalantri Chairman MVIRDC, WTC, Mumbai & Rupa Naik, Executive Director, World Trade Center Mumbai Harshita Narvekar, Ex-Corporator, (MCGM), No.226 (A ward) & Ms. Smita Deshmukh, Head of Skill Dept. WTC. Adv. Nirmala Samant Prabhavalkar, Chief Functionary of RRTC & Program Officer Pooja Shere.

Chief functionary of RRTC said that it is necessary to understand the health, and related many issues of elderly people and we need to give them best of care, attention which will be acquired by this training prog & to support skilled Training and Employment through this certificate course. She told the trainees that they will definitely benefit from this course as subject Experts will give their best of knowledge to them. But please give their 100 percent attendance and active participation, do not miss lectures.

It was completed on 16th June, 2023 & Certificate distribution program was on 19th June, 2023. There are 20 beneficiaries for the training & training was conducted for Machimar area at people especially to empower them and provide them job after the training.

Curriculum -Lectures Schedule

Venue: 38, 1st Floor, The Arcade, World Trade Center, Cuffe Parade, Mumbai-400 005.

Sr No.	Date	Session /Subject	Expert Speaker
	24/04/2023 Monday 11am	Inauguration at the venue Orientation	Adv. Rahul Narvekar (Hon'ble Speaker, Govt. Mah.) Chief Guest Dr. Vijay Kalantri (Invitee) Adv. Nirmala Samant Prabhavalkar Ex-Mayor, Mumbai
1	27-04/2023 Thursday 2 to 4pm	Presentation for Professional caregiver & Aging	Mrs. Amruta Lovekar Social Gerontologist & Project Coordinator Graceful Living
2	03/05/2023 Wednesday 2 to 4pm	Care of Elderly	Dr. Girish Rajadhyaksha Physician Nair Hospital Mumbai
3	04/05/2023 Thursday 2 to 4pm	What is dementia	Dr. Sagar Kariya Psychiatrist, Lokmanya Tilak Hospital (MCGM) Sion, Mumbai

4	08/05/2023 Monday 2 to 4pm	Mental Health in Elderly	Dr. Sagar Mundada M.D. Psychiatrist
5	11/05/2023 Thursday 2 to 4pm	Occupational Therapy in Elderly	Dr. Shriharsh Jahagirdar Occupational Therapist Nair Hospital, Mumbai
6	15/05/2023 Monday 2 to 4pm	Role of Acupressure Techniques for Elderly Pain management for Elderly	Dr. Payal Advani Homeopath & Acupuncturist “Yes I Can Foundation”
7	18/05/2023 Thursday 2 to 4pm	Geriatric Nursing	Sneha Pednekar Matron, Nair Hospital, Mumbai
8	22/05/2023 Monday 2 to 4pm	Nursing Care in hospital /ICU	Mrs. Archana Sangle Chief Matron Shushrusha Hospital Dadar, Mumbai
9	25/05/2023 Thursday 2 to 4pm	Rehabilitation of Degenerative Diseases	Dr. Hitav Someshwar Physiotherapist Nair Hospital Mumbai
10	29/05/2023 Monday 2 to 4pm	Importance of routine environmental inclusion	Ms. Kejal Jesani Echoing Healthy Aging Foundation
11	01/06/2023 Thursday 2 to 3pm	Elder care from Gender perspective	Ms. Isha Shah Master in Psychology
12	3pm to 4pm	General Perspective & Mental Health	Mr. Prakash Borgaonkar Ex-Director, Help Age India, Maharashtra & Goa
13	05/06/2023 Monday 2 to 4pm	Stress Management of Caregiver	Mrs. Neha Khare Founder Yes I Can Foundation
14	08/06/2023 Thursday 2 to 4pm	Nutrition, Healthy diet	Ms. Jayashree Paranjape Reg. Dietitian and medical nutrition therapist
15	12/06/2023 Monday 2 to 4pm	Handling Emergency Situation in Geriatric Patient / Palliative care	Dr. Parag Afuwale Fellowship in Palliative care Palliative care homecare doctor
16	15/06/2023 Thursday 2 to 4pm	Safety & Security of Senior citizens And communication through digital technology for NRI or long-distance relatives	Adv. Nirmala Samant Prabhavalkar Chief Functionary, RRTC
17	19/06/2023 Monday 11am onwards	Certificate Distribution programme	



Inauguration on 24th April, 2023



Participants



Activity in Virangula Kendra Year 2023-2024

Sr.No.	Date	Name	Activity
1	18.07.23	Yes I Can Foundation	Brain exercises to prevent memory problems and monsoon bhajiya festival with monsoon memories.
2	24.10.23	Yes I Can Foundation	Fitness, and health awareness
3	26.10.23	Inner wheel club of Bombay	Dance, Yoga & Game
4	20.11.23	R.D National College	Dance, Yoga
5	28.11.23	Yes I Can Foundation	Joint Exercise & sharing childhood happy moment
6	30.11.23	Yes I Can Foundation	Art therapy with origami and memory game with letters.
7	05.12.23	Yes I Can Foundation	Pulse & Bp Check
8	12.12.23	R.D National College	Orientation
9	14.12.23	R.D National College	Antakshari, Cards & Bowling
10	14.12.23	Yes I Can Foundation	Antakshari, Cards & Bowling
11	19.12.23	Yes I Can Foundation	Antakshari, Exercise, Meditation
12	19.12.23	R.D National College	Passing the Parcel, Dance
13	21.12.23	R.D National College	Saree wearing & Basket Ball



Pulse Checking interns of Yes I Can Foundation at Virangula Kendra



Brain Exercise at Virangula Kendra

Courses with Yes I Can Foundation

Date	Name Collaborators	Course on	Days	Students
Feb to April, 2023	Sneha Foundation	Geriatric Caregiver Training	6 sessions and one practical training	20
May23 to June 2023	Saksham	Geriatric Training	5 days [online batch]	10 professionals
29 th May, 2023 to 30 th June 2023	Utsav care assisted living, Pune	Understand the problem of senior citizens	5+1 day practical [5online session & 1 Offline batch]	80 for their Caregiver
8 th June,2023 to 8 th July 2023	Blind Girls as Beyond Boundaries	Geriatric Caregiver	5+1 day practical [Offline batch]	12
June 23 to 15 July 2023	Utsav care assisted living, Pune	Dementia & Parkison's	5+1day practical	40 caregivers
Sept. to Nov. 23	Bagaraka college Andheri	Geriatric Care Training	6 sessions and one practical training.	50

Shena Foundation



Bagaraka college Andheri



Utsav Care-Pune



Blind girls Andheri



CSSC-RRTC support to grantee Old Age Homes:

1. Administrative support & guidance to complete the compliances as and when are uploaded by MSJE (GOI) for getting the benefit of the schemes/grants from time to time.
2. The guidance and handholding support for PFMS related issues & compliances
3. Follow up of inspection related lacune if any from old age home and help them to complete the same and if necessary, we inform MSJE to look in to it sympathetically so that the beneficiaries are not deprived of basic needs.
4. Regularly we take information on WhatsApp group of grantee old age homes to get updates as regards to the health, nutrition & physical activities of the beneficiaries.
5. Regularly guide them on cultural, entrainment and educational activities the management takes for old age home.

Old Age Home Programmes Pics



Jogeshwari Garmin Vikas Sevabhavi Sanstha, Savala Sumati Bhaudeshiy Sevabhavi Sanstha, Budhana





Monali Dhakate, Joint Secretary visited to Balvikas Mahila Mandal -Siddhi old age home Palghar



Aadhar Vrudhashram, Solapur inspection /Shena Mahila Vrudhashram, Parabhani inspection

NISD programme sanction order received us on September 6th, 2023 and we completed two programmes, namely one was Five-day Outreach programme on Basic Elderly Care for family members of senior citizens at Maharashtra and second was three-day Geriatric Counselling at Goa.

Conclusion:

The above six-monthly activities were focused for following purpose

- To showcase the initiative taken by CSSC, RRTC for senior citizens.
- All Geriatric related issues like health, finance, protection of their legal rights.
- Created trained caregivers for senior citizens by organising geriatric caregiver certificate course with the help of charitable trust or institution etc.
- We run part-time day-care centre for senior citizens of nearby area.

NISD Programmes from October, 2023 to March, 2024

1.	Five Day outreach Programme on basic elderly care for family members	30 th October to 3 rd November, 2023	Gayatri Garden, Katrap, Behind Padmavati Niwas, Badlapur (E), Dist-Thane, Maharashtra
2.	Three days Residential Training programme on Geriatric Counselling	30 th November to 2 nd December, 2023	Youth Hostel (Ministry of Youth Affairs & Sports Govt. of India), Miramar, Panji, Goa-403101
3.	Three Days Residential Training Programme on prevention and Care for Dementia	29 th January to 31 st January, 2024	SRRC, First Floor, PRRC Bhavan, Mana Camp, Raipur, Chhattisgarh.
4.	Three- Months Certificate Course on Geriatric Care for Bedside assistance/ Geriatric Caregivers	Started from 14 th March, 2024 to 14 th June, 2024 In progress	Centre for the Study of Social Change, Second floor, M.N.Roy Human Development Campus, Plot No.6, 'F' Block (BKC), Next to Uttar Bhartiya Bhavan, Bandra (East), Mumbai - 51. INDIA.

Five Day outreach Programme on basic elderly care for family members

Date: 30th October to 3rd November, 2023

Venue: Gayatri Garden, Katrap, Behind Padmavati Niwas, Badlapur (E), Dist-Thane, Maharashtra

Aims & Objectives of the programme:

- Being a part of health systems, also need to be sensitive towards elderly and their health needs. It is important for a family member to understand the age-related changes in the human body which will further help in meeting their needs.
- Senior Citizens need care and comfort to lead a healthy life without worries and anxiety. Lack of awareness regarding the changing behavioural patterns in elderly people at home leads to abuse of them by their family members.
- They deserve to be comfortable and elderly care will give them that. Whether they need medication reminders, help bathing and grooming, or another service from a caregiver, they are getting the physical and emotional comfort they need in this stage of their life. For this we need to train the family members of society.

Target Group: Ngo, Senior citizen Club, Senior Citizens home, Govt. Officers

Theme: To make the awareness to family members of senior citizens how to take basic care their old one.

Schedule of the programme

Date	Time	Subject	Trainer Name
First Day			
30/10/2023	10.30 to 11.15am	Inaugural session Lighting of the lamp (optional) Welcome of Dignitaries by host Welcome address by Speech by Dignitaries	1. Dignitaries will light the lamp 2. Mrs. Darshana Damale 3. Nirmala Samant Prabhavakar 4. Please suggest the name
	11.30 to 1pm	-Understanding Ageing -Role of family members for Basic Elderly Care	Mrs. Amruta Lovekar Gerontologist, Project Coordinator, Graceful Living, Mumbai
	1 to 2pm	Lunch Break	
	2 to 3.30pm	Mental health issues due to aging	Dr. Madhuri Shinde Consultant Psychiatrist MD (Psychiatry) Badlapur, Thane.
	3.30 to 4pm	Tea & Activities	
	4 to 5.15pm	Physical Health issues amongst Elderly	Dr. Indrayani Chandurkar MD (Obstetrics & Gynecology) Badlapur, Thane
Second Day			
31/10/2023	11.30 to 1pm	Manual handling, Personal Care, Bed making (Theory & Practical)	Smt. Deepali Dongardive G.N.M., Palliative care Nurse Romilla Palliative care Bandra, Mumbai
	1 to 2pm Lunch Break & Activity Time		
	2 to 3.30pm	-Oral hygiene, Eye care, Dental Care -Practical aspects of caregiving, transferring patients/BP checkup/Pulse –first aid management (Theory & Practical)	Mrs. Deepali Dongardive G.N.M. Palliative care Romilla Palliative care Bandra, Mumbai
	3.30 to 4pm	Tea & Activities	
	4 to 5.15pm	Arthritis amongst elderly & management	Dr. Nilesh Vibhute Consultant Orthopedic & Joint Replacement Surgeon, Sanjeevani Hospital, Badlapur, Thane
Third Day			
01/11/2023	11.30 to 1pm	Physical Activities for Elderly (Yoga, Light exercise, Chairdance on music)	Mrs. Akanksha Chavan Yoga Teacher & Evaluator Kalyan, Mumbai
	1 to 2pm Lunch Break & Activity Time		
	2 to 3.30pm	Handling emergency situations in Geriatric patients /end of life care	Dr Parag Afuwale Fellowship in Palliative care Palliative care physician Romila Palliative care, Mumbai
	3.30 to 4pm	Tea & Activities	
	4 to 5.15pm	Identification of illnesses in Geriatric population and remedies	Dr Parag Afuwale Fellowship in Palliative care Palliative care physician Romila Palliative care, Mumbai

Date	Time	Subject	Trainer Name
Fourth Day			
02/11/2023	11.30 to 1pm	Communication skills & behavior of family member/caregiver towards elderly	Dr. Shriharsh Jahagirdar Assistant Professor (Occupational Therapist) BYL Nair Ch. Hospital, Mumbai
	1 to 2pm Lunch Break & Activity Time		
	2 to 3.30pm	-Risk of fall & Prevention -Safety measures, balance testing and fitness management.	Dr. Shriharsh Jahagirdar Assistant Professor (Occupational Therapist) BYL Nair Ch. Hospital, Mumbai
	3.30 to 4pm	Tea & Activities	
	4 to 5.15pm	-Assisted Devices to prevent fall -Home Environment for positive response from bedridden elderly	Dr. Shriharsh Jahagirdar Assistant Professor (Occupational Therapist) BYL Nair Ch. Hospital, Mumbai
Fifth Day			
03/11/2023	11.30 to 1pm	Nutrition/menu planning /good serving guidelines Dealing with difficult patients	Dr Parag Afuwale Fellowship in Palliative care Palliative care physician Romila Palliative care, Mumbai
	1pm to 2pm Lunch Break & Activity Time		
	2pm to 3.30pm	Assessment of home work cum project given to participants	Dr Parag Afuwale Fellowship in Palliative care Palliative care physician Romila Palliative care, Mumbai
	3.30 to 4.00pm	Tea & activities	
	4.00 to 5.15pm	-Global perspective in aging -Laws for senior citizens, gender & elderly --ethical issues	Adv. Trupti Patil Panel advocate DLSA, Thane
	5.15 to 6.00 pm	Certificate Distribution	By CSSC, RRTC, Mumbai





Pre & Post Assessment: There were mix reactions among the participants pre programme. It took some time for them to understand about the word Geriatrics and Gerontology. They were very curious to learn about five days sessions on different aspects of elder adult. Most of the participants from villages and some from the nearby area. All of them are the family members who were taking care of senior citizens at home.

The first aid, bed making, how to take blood pressure and how to check sugar. How to wore diaper to geriatric patient. They understand the CPR technique very well, they said that they learnt how to handle our elderly when we transfer them from bed to chair and chair to bed. They said that it was very nice experience with Dr. Shriharsh, they never handled wheel chair and now they can handle their elder without fear. They said that we don't know about dementia, first time they understand about this decease & now they can handle them with love otherwise they thought their elderly are doing intentionally. The participants happy with training because they got the training on their door step which is very useful for their day today life.

Three days Residential Training programme on Geriatric Counselling

Thursday, 30th November to Saturday, 2nd December, 2023
Youth Hostel (Ministry of Youth Affairs & Sports Govt. of India), Miramar,
Panji, Goa-403101

Aims & Objectives of the programme:

Develop and enhance the basic skills in Geriatric Counselling of the key functionaries of different NGOs. Enable the participants understand the various psychological factors related to ageing. Orient the participants with various approaches in Counselling for the care of older persons.

Target Group: NGO, Senior Citizen Club, Senior Citizens Homes & Govt. Officials

Theme: A common goal of geriatric counselling is to work with families to enhance support and communication between elderly individuals and their loved ones. The goals of the therapy is to deal with issues, and encourage cooperation and understanding when providing care.

Schedule of the programme

Date	Time	Subject	Trainer Name
Day 1(Breakfast 9 am to 9.30)			
Thursday,30th November, 2023	9.30 to 10.00am	Inauguration of the Training Programme	Adv.Nirmala Samant Prabhavalkar Ex-Mayor, Mumbai Chief Functionary CSSC, RRTC, Mumbai Chief Guest Smt. Aruna Dhuri Member, Women's Commission President, Jan Jagruthi Saunstha Mr. Dataprasad M. Pawaskar Manager, Help Age India, Goa
	10 to 11.15am	Context settings and meaning and nature of Geriatric counselling	Dr. Peter Castelino Director, Cooj Foundation, Goa
	11.15 to 11.45am	Case study solving and break	
	11.45 to 1.00 pm	Characteristics of Geriatric counsellor	Dr. Amit Dias Asst. Professor Preventive & Social Medicine Goa Medical College, Bambolim, Goa
1.00 to 2.00 pm Lunch break			
	2.00 to 3.30pm	Basic counselling steps for Geriatric counselling	Dr. Amit Dias Asst. Professor Preventive & Social Medicine Goa Medical College, Bambolim, Goa
3.30 to 3.45pm Tea Break			
	4.00 to 5.15pm	learnings of Geriatric psychological interventions from COOJ	Ms. Aldela Fernandes Assistant Coordinator, Geriatric and Dementia Care Program, COOJ Foundation, Goa
Day 2 (Breakfast 9.30 to 10 am)			
Friday 1st December, 2023	10 to 11.15am	Alzheimer's and dementia Communication & Counselling techniques	Dr. Amit Dias Asst. Professor Preventive & Social Medicine Goa Medical College, Bambolim, Goa
	11.15 to 11.45am	Case study solving and break	
	11.45 to 1.00 pm	Abnormal psychology in Geriatric patients and care with counselling. Clinical cases studies.	Dr. Amit Dias Asst. Professor Preventive & Social Medicine Goa Medical College, Bambolim, Goa

1.00 to 2.00 pm Lunch break			
	2.00 to 3.30pm	Suicide in Elderly	Ms. Sanya Pereira Psychologist Suicide Prevention Program, Cooj Foundation, Goa
3.30 to 3.45pm Tea Break			
	4.00 to 5.15pm	Active Listening - basis of building empathy	Ms. Donna Noronha Coordinator- Suicide Prevention Program, Cooj Foundation, Goa
Day 3 (Breakfast 9.30 to 10 am)			
Saturday 2nd December, 2023	10 to 11.15am	Grief counselling/ dealing with fear of death among senior citizens.	Mr. Sameer Cuncolkar Palliative Counselor Goa Medical College, Bambolim- Goa
	11.15 to 11.45am	Case study solving and break.	
	11.45 to 1.00 pm	Group and individual counselling in Geriatric population.	Ms. Mariah Lobo Psychologist, Manipal Hospital & Antarman Centre for Psychosocial Wellbeing Panaji, Goa
	1.00 to 1.30 pm	Case study	Ms. Mita Arora Counselling Psychologist & Relationship Counselor Antarman Centre for Psychosocial Wellbeing, Panaji, Goa
1.30 to 2.30 pm Lunch break			
	2.30 to 3.45 pm	Counselling techniques to empower self- esteem among senior citizens	Dr. Aditi Tendulkar Founder Psychotherapist Soul Healing Counselling Centre Goa
3.45 to 4.00pm Tea Break			
	4 to 5-15 pm	Caregiver burnout and compassion fatigue.	Dr Parag Afuwale Fellowship in Palliative care Palliative care physician Romila Palliative care, Mumbai. Maharashtra
5.15 to 6.00 pm Certificate Distribution Program			



Pre-Assessment: The participants expressed the opinion that they knew the value of demographic division in the society. At the same time, they can't neglect the reality that the young population will get old someday or the other. Actually, free attending this workshop the word geriatric didn't exist in their personal vocabulary. And had no idea that such a workshop's value.

Post Assessment: Recognizing the common mental health problems experienced by elderly individuals is essential for early detection and proper intervention. Engaging in open conversations, seeking professional care, and providing emotional support can contribute to improved mental well-being in the elderly population. By addressing these concerns proactively, we can strive to create a nurturing environment that promotes healthy aging and comprehensive care for our older loved ones.

Three Days Residential Training Programme on prevention and Care for Dementia:

29th January to 31st January, 2024

SRRC, First Floor, PRRC Bhavan, Mana Camp, Raipur, Chhattisgarh.

Aims & Objectives of the programme:

Dementia. Alzheimer's disease is the most common form. Even though it cannot be cured, it can be managed well. The objective of this course is to create understanding and increase the knowledge of the Dementia care Givers and other functionaries/people who are working in this area so that they can be more effective.

Target Group: NGO Functionaries working in Senior citizens homes supported by Ministry and State Govt.

Theme: Prevention & Care for Dementia in old age home



DAY/DATE	TIMINGS	TOPICS	SPEAKERS
FIRST DAY			
Monday 29th January ,2024	10.00 am to 10.30 am	Inaugural session Welcome Speech Lighting of the lamp (optional)	Mrs. Richa Sharma Assistant Director, State Welfare, Raipur Dr. Pramod Gupta Director, CIIMHANS Mrs. Nilima Yetkar Project Coordinator CSSC, RRTC, Mumbai
	10.30 am to 11.45 am	Introduction to Dementia Types of Dementia	Dr. Promod Gupta Psychiatrist Director, CIIMHANS
	11.45 pm to 1.00 pm	-Introduction to Alzheimer's Disease & its Symptoms	Dr. Promod Gupta Psychiatrist Director, CIIMHANS
1 to 2pm Lunch Break			
	2.00 pm to 3.15pm	Causes and Risk Factors of Dementia & Alzheimer Falls & Dementia	Mr. Lokesh Ranjan Psychiatric Social Worker CIIMHANS
3.15 to 3.30 pm. Tea Break			
	3.30 pm to 5.00 pm	Diagnosis Stages of Dementia Treating the symptoms -Group Therapy for Alzheimer	Dr. Rohit Kumar Turi Clinical Psychologist CIIMHANS
SECOND DAY			
Tuesday 30th January ,2024	10.30am to 11.45am	-Meaningful Activities for people with dementia -How to create a conducive environment for people with dementia? -Tips for caregiver	Dr. Mulchand Harjani Consultant Psychiatrist Shree Balaji Institute of Medical Sciences, Mowa Raipur
	11.45am to 1.00pm	Behavior issues, Environmental Modification, wandering, Aggression	Dr. Mulchand Harjani Consultant Psychiatrist Shree Balaji Institute of Medical Sciences, Mowa Raipur
1 to 2pm Lunch Break			
	2.00 pm to 3.15pm	-Geriatric Care -Measurement of Viral parameters -Medication Administration - Safety & First aid	Mrs Hazel Kumar Joseph Professor Child Health Nursing, Mahatma Gandhi Institute of Nursing, Jabalpur, MP
3.15 to 3.30 pm Tea- break			
	3.30 pm to 5.00 p.m.	Nursing Care (Basic care at home, oral care, bed bath, diaper changing, feeding, bed making) etc.	Mrs Hazel Kumar Joseph Professor Child Health Nursing Mahatma Gandhi Institute of Nursing,Jaipur



Pre & Post Assessment of the training:

Prior to the training, no differences in overall dementia knowledge were observed between staff of old age home and supervisors/secretary. Some of them of upper-level official only know the term dementia. But they are interested to know the dementia and its symptoms so that they can identify the elderly in their old age home. The participants said that they thought the old people purposely doing the acting of forgetfulness.

The participants from various old age home from central and state govt. liked the training. While knowledge improved in all areas of post training. The aim of this study is to analyze the impact of dementia training course organized for staff of old age functionaries including multitasking-staff. They are very much satisfied with the training and they said we gained lot of knowledge about the Alzheimer also. They requested please organize the geriatric counselling training for Chhattisgarh.

Three- Months Certificate Course on Geriatric Care for Bedside assistance/ Geriatric Caregivers:

Date :14th March, 2024 to 14th June, 2024.

Collaborator: Life Supporter Institute of Health Sciences.

Venue of Class: Centre for the Study of Social Change, Second floor, M.N. Roy Human Development Campus, Plot No.6, 'F' Block (BKC), Next to Uttar Bhartiya Bhavan, Bandra (East), Mumbai – 51

On job training: In the Shushrusha Hospital, Dadar. Mumbai.

Background of the Course: With the changing employment trends there is breaking away of the joint family system and the changing lifestyle children are not able to take good care of their aged parents. As both, husband and wife have to go out for work; they need the help of committed and trained caregivers for bedside assistance for their dear ones. As such there is a demand for professional caregivers. Caregiver being a specialized service, the caregiver needs to be well educated and trained in elder care.

Objectives: The three-month training course for the geriatric caregivers has a multi-disciplinary approach which provides the learners with a range of skills to perform their

duties efficiently. In the very beginning the training course throws light on the development of caregiving as a profession and its benefits and challenges. This helps the trainees to prepare for their future course of action. In addition to this a small section in the course is devoted to the constitutional provisions, legislations and schemes for the elderly which ensures that the caregiver is aware of the legal rights of the senior citizens and her own obligations to the elderly.

Course was inaugurated in the CSSC, Churi Hall, First floor, Bandra, Mumbai on 14th March, 2024 Morning 10.00 am.



Nursing:

Dyper change



Mouth wash explained by candidate



Identification of instrument before practical



Hair wash



Mouth wash practical with candidate



Mouth wash Demo with mannequin



Suction Machine Demo:



First Aid:



Classroom :



Nutrition



Physiotherapy:



CPR:



Vital reading



Some of Classroom Photos:



Visit to Special Care Unit/Day Care Centre, Khar, Mumbai:



Old age Home visit: Anand Vrudhashram, Palghar, Maharashtra





Hospital Visit:



On job training in Shushrusa Hospital:





Hospital visit of Project coordinator to see the progress of participants:



Written test & Viva/Skill/Practical on 14th June, 2024





Certificate distribution programme:



Aaji Care Sevek Foundation: Job interview after certificate distribution programme:





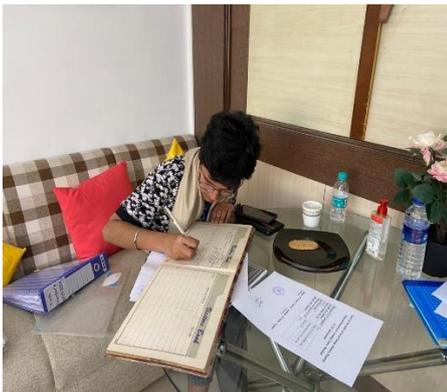
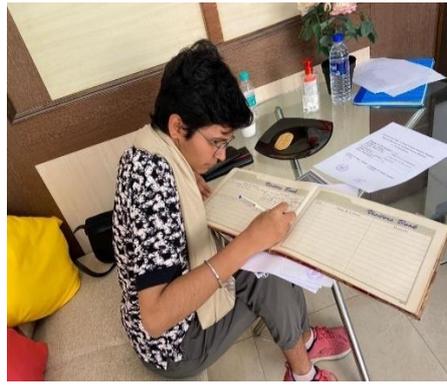
Pre & Post Assessment of the course: Some of candidates are senior citizens joined this course out of sheer curiosity to learn more about Geriatric Care and the bedside assistance given to the elderly. Some of candidates are very young age want to add the knowledge which was very useful to them for their elderly relatives. Some of candidates registered for this course to give the service to patient/senior citizens in old age home, hospital and home care. RRTC observed the progress in the participants during their training period.

In the course of these few months, they were truly enlightened by the vast knowledge, gained from the different professional instructors and a refresh of what they learnt at school and college. Be it the anatomy of the human body or the various systems the body operates upon.

The best part of this course was bridging theoretical knowledge with practical application at Shushrusha Hospital, bedside teaching helped them to apply classroom concepts directly to patient care, enhancing, understanding and retention all that we had learnt.

This course helped them in the process of planning and coordinating care of the elderly and others with physical and mental impairments to meet their long-term care needs, improve their quality of life, and maintain their independence for as long as possible.

Inspection of RRTC by PMU:



RRTC Inspection:

RRTC inspection done on Thursday 25th January, 2024

Miss Alisha Yadav (PMU) visited to CSSC for inspection.

The staff were present at the time of inspection, Director, Dr. Sanjay Ojha, Project Coordinator, Nilima Yetkar, Programme Officer cum Accountant, Pooja Shere Data Entry Operator, Manasi Desai and Multi-Tasking Staff, Shilpa Salvi.

She visited to our Day care centre (virangula Kendra), ground floor, she interact with elderly in the centre.

Conclusion:

We are looking forward to conduct following activities as per the draft document sent from MSJE named as '**Suggested Roles and Functions for Regional Resource and Training Centers**', which as under:

- Financial literacy and wealth management
- Technology training
- Health and wellness programs
- Collaboration with stakeholders
- Recreational and social activities
- Information dissemination

Recommendation:

We would recommend to include the above activities in the recurring grants which are funded as grant-in-aid to RRTC's.

Thank you