

**CENTRE FOR THE STUDY OF SOCIAL CHANGE**  
**Regional Resource & Training Centre (RRTC)**  
**Annual Report for Financial year 2024-2025**

**Atal Vayo Abhyuday Yojana (AVYAY):**

A Scheme to improve the quality of life of the Senior Citizens

**Introduction:**

There has been a steady rise in the population of senior citizens in India. The number of elderly persons has increased from 1.98 crore in 1951 to 7.6 crore in 2001, and 10.38 crore in 2011. The projections indicate that the number of 60+ in India will increase to 14.3 crore in 2021 and 17.3 crore in 2026. Continuous increase in life expectancy means that more people are now living longer. General improvement in the health care facilities over the years is one of the main reasons for continuing increase in proportion of population of senior citizens. Ensuring that they not merely live longer, but lead a secure, dignified and productive life is a major challenge. The traditional norms and values of the Indian society laid stress on showing respect and providing care for the aged. However, in recent times, society is witnessing a gradual but definite decline of the joint family system, as a result of which a large number of parents are being neglected by their families exposing them to lack of emotional, physical and financial support. These older persons are facing a lot of problems in the absence of adequate social security. This clearly reveals that ageing has become a major social challenge and there is a need to provide for the economic and health needs of the elderly and to create a social milieu, which is conducive and sensitive to the emotional needs of the elderly.

**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 & Objectives:**

The main objective of the Scheme is to improve the quality of life of the Senior Citizens by providing basic amenities like shelter, food, medical care and entertainment opportunities and by encouraging productive and active ageing through providing support for capacity building of State/ UT Governments/Non-Governmental Organizations (NGOs)/Panchayati Raj Institutions (PRIs) / local bodies and the community at large.

**Developmental Objectives/Goals of the Scheme:**

Development objectives is to work on the following components to fulfil the vision and mission of the scheme:

- 1) Financial Security
- 2) Health Care and Nutrition
- 3) Shelter and Welfare
- 4) Protection of life and property of Senior Citizens
- 5) Active and Productive Ageing with Intergenerational Bonding and Skill Development
- 6) Accessibility, transport and Age friendly environment
- 7) Awareness Generation and Capacity Building
- 8) Promoting Silver Economy: senior friendly industrial goods and services in the society
- 9) Research and Study
- 10) Project Management

**Approach:**

- (i) Programmes catering to the basic needs of Senior Citizens particularly food, shelter and health care to the destitute elderly;
- (ii) Programmes to build and strengthen intergenerational relationships particularly between children / youth and Senior Citizens, through Regional Resource and Training Centres (RRTCs);
- (iii) Programmes for encouraging Active and Productive Ageing, through RRTCs;
- (iv) Programmes for providing Institutional as well as Non-Institutional Care/ Services to Senior Citizens;
- (v) Research, Advocacy and Awareness building programmes in the field of Ageing through RRTCs; and
- (vi) Any other programmes in the best interest of Senior Citizens.

**The scheme has below components: -**

- A. Integrated Programme for Senior Citizens (IPSrC)
- B. State Action Plan for Senior Citizens (SAPSrC):
- C. Rashtriya Vayoshri Yojana (RVY)
- D. Senior Citizen Opportunities for Productive Engagement (SCOPE)
- E. Seniorcare Ageing Growth Engine (SAGE)

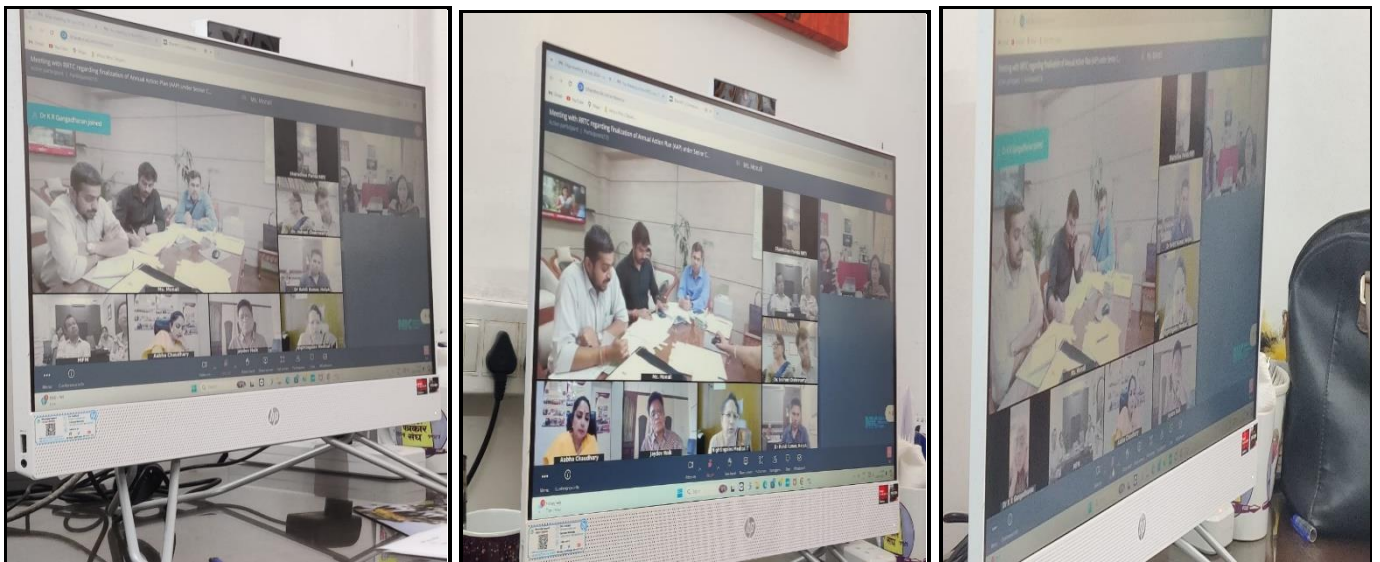
**Target Audience:** NGO's, Old age homes officials, staff, Senior citizen clubs, Govt. officials (police & SDOs), community members, Residential welfare society, School, colleges & university students.

**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.

**MSJE Meeting:** In Sofitel hotel, BKC, Mumbai meeting was on 24<sup>th</sup> April, 2024 with Amitkumar Ghosh, Additional Secretary, MSJE to talk about the progress and problems face by RRTC, Mumbai with Dr. Sanjay Ojha Secretary, CSSC & Mrs. Nilima Yetkar, Project Coordinator, CSSC, RRTC.

**VC with MSJE:** 18<sup>th</sup> July, 2024 with respected Monali Dhakate Ji, Joint Secretary, MSJE & Pushpendra Singh, Shubham Bharadwaj & Gopal Rathore were present in the VC. Meeting was attended by Chief Functionary, Nirmala Samant Prabhavalkar, Nilima Yetkar & Pooja Shere.



**The following decisions have been taken in the meeting:**

a. The proposals of RRTCs regarding payment of staff's salary etc. would be process physically instead of e-anudaan and accordingly, all RRTCS are requested to submit their new proposals through hard copy or on email. The pending proposals on e-anudaan, if any, will be processed and sanctions will be made in due course.

- b. The total admissible amount for RRTCs as mentioned in the scheme guidelines for payment of salaries of staff and other expenditure, will remain same. DoSJE took the cognizance of the demands of RRTCs to provide flexibility in the Cost Norms keeping the overall limit fixed.
- c. The annual action plan would be routed through NISD. RRTCs given no objection in following up the plan given by DoSJE through NISD. Payments would be made as per the cost norms of NISD.
- d. A letter would be sent to all States to seek support of RRTC in making State Action Plan and in other related activities.
- e. It is clarified to RRTCs that no short course training/activities including Geriatric Caregiving training are made part of Annual Action Plan. If any RRTC is interested in conducting Geriatric Caregiving training, they would have to apply separately through Ministry or through NISD.

**Visit to CSSC Office: Respected Monali Dhakate Madam, Joint Secretary, visited the CSSC** office on Thursday, 13th February 2025. During her visit, she reviewed the progress of CSSC and appreciated the ongoing efforts. She also advised us to expand the Intergenerational Bonding Programme by conducting more sessions in schools, colleges, and within the community.

**Discussion Points in the Meeting:** During the meeting, Nirmala Ma'am suggested reconsidering the jurisdiction for programme expansion. Instead of Chhattisgarh, she proposed Gujarat, which is geographically closer to Mumbai and may offer more feasible opportunities. This change was agreed upon as a strategic move to implement the programme more effectively.

Monali Ma'am emphasized the importance of research initiatives. She advised that the count of beneficiaries will be maintained in an Excel sheet and shared with the concerned authorities for documentation and follow-up.

She also suggested the inclusion of the following activities in the **Intergenerational Bonding Programme**:

1. **Walkathon** – involving parents, grandparents, and children
2. **Painting Competition**
3. **Singing Competition**
4. **Hunar Haat** – showcasing skills, decoration, and crafts
5. **Meditation Session** – in collaboration with Prajapita Brahma Kumaris
6. **Panchatantra Storytelling Programme**
7. **Shramdaan (Voluntary Work)** – focused on cleanliness drives



## 8. Thematic Drawing – involving grandparents (Dada-Dadi)

These suggested activities aim to foster stronger bonds between generations while encouraging community engagement, creativity, and wellness.

### Pics of the inspection:



**PMU visited the RRTC for inspection on Monday 9<sup>th</sup> September, 2024 for financial year 2024-2025: Miss Guntash Obhan PMU of MSJE**





## **World Elder Abuse Awareness Day(15<sup>th</sup> June): Wednesday, 19<sup>th</sup> June, 2024**

**Speaker: Adv. Gauri Chhabria, Member, of Maharashtra State Commission for Women**

**Topic: Deprivation of Legal Right of Elderly women and remedial measures by Maharashtra State Commission for women.**

Adv. Chhabria highlighted the various social, economic, and legal challenges faced by elderly women in contemporary society.

She spoke about the neglect and abuse many elderly women face, often from their own family members. The lecture emphasized how a lack of awareness about legal rights further worsens their situation. She explained the constitutional and legal provisions available to protect the rights of senior women. Specific cases handled by the Commission were shared to illustrate real-life interventions and outcomes.

The audience was informed about the Maintenance and Welfare of Parents and Senior Citizens Act, 2007. She stressed the importance of community and institutional support for elderly women.

Adv. Chhabria also discussed the Commission's grievance redressal mechanisms and support systems. She encouraged elderly women and their families to reach out to the Commission without fear or hesitation. The lecture also covered legal aid services and the role of NGOs in supporting senior citizens.

Interactive Q&A allowed the audience to seek clarity on various legal issues.

Participants appreciated the informative and empathetic approach of the speaker. The session concluded with a strong message on empowering elderly women through awareness and legal support.

### **Pics of the programme:**







**International Yoga Day: 21<sup>st</sup> June, 2024:** As per mail received by the Ministry on 19<sup>th</sup> June, 2025 the event was organised.

CSSC invited Ms. Abhilasha, Coordinator of the Yoga Institute, to conduct a mass yoga session at Churi Hall. The event was organized to celebrate International Yoga Day with the enthusiastic participation of CSSC staff, Health workers working in community and senior citizens from the community. With the inspiring tagline **"Yoga for Self and Society,"** the session emphasized the role of yoga in personal well-being and social harmony. Ms. Abhilasha guided participants through simple yet effective yoga practices suitable for all age groups. The celebration fostered a sense of unity, health, and mindfulness among all attendees.

#### **Pics of the programme:**









### Training programme:

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

It was launched on 14th March 2024. It was a part of the National Institute of Social Defence (NISD) initiative sanctioned in February 2023 for the financial year 2023–24. Although it began in the 2023–24 financial year, the programme was completed in June 2024, falling into the financial year 2024–25. The certificate distribution programme was conducted on 24<sup>th</sup> June, 2024.

The course was conducted at the Centre for the Study of Social Change, located on the Second Floor of the M.N. Roy Human Development Campus, Plot No. 6, 'F' Block (BKC), Next to Uttar Bhartiya Bhavan, Bandra (East), Mumbai – 400051.

**World Alzheimer Day : 21<sup>st</sup> September, 2024:** Awareness programme conducted at Shramik Jyestha Nagarik Sangh, Near N.M. Joshi Municipal School, Near Shramik Gymkhana. N.M. Joshi Marg, Opp Bavla Masjid, Mumbai - 400 013. In collaboration with Swamee Virangula Jyestha Nagrik Kendra, Parel, Mumbai.

The program began with a delightful singing performance by **Shramik Jyeshtha Nagrik Sangh**, which was thoroughly enjoyed by the senior citizens. Programmed was attended by Chief Functionary of RRTC, Adv. Nirmala Samant Prabhavalkar & RRTC Staff & senior citizens of Jyeshtha Nagrik Sangh.

Following the performance, **Dr. Sadhana Bhatkhande, Head, Social Service Department, KEM Hospital**, Parel addressed the audience and spoke about the importance of the day, focusing on health from different perspectives:

**Biological View:** Common illnesses in seniors include diabetes, blood pressure, TB, and unnoticed infections. Mental health issues like depression, schizophrenia, and bipolar disorder also need attention. Some conditions are genetic and unavoidable, but early recognition helps.

**Psychological View:** Everyone is different. Introverted individuals who keep things to themselves are more vulnerable to mental illness. Sharing thoughts and staying emotionally open can protect mental well-being.

**Social View:** Social interaction is crucial. Isolation increases risk, while active communication

helps prevent conditions like dementia or Alzheimer's. Lack of sleep, stress from loss, or family issues can also be warning signs. She encouraged awareness, early symptom recognition, and staying socially and emotionally connected for better mental health.

### **Pics of the programme:**

#### **Registration:**



#### **Husband and wife coming together**



#### **Musical programme of senior citizens :**



#### **Speakers:**







### **Swachhata hi Seva Campaign (SHS)- 30<sup>th</sup> September, 2024**

**Location: CSSC, Tin Bunglow & Deepakwadi, Bandra (E), Mumbai – 51**

A cleanliness drive was organized at CSSC in the Subhash Nagar and Nirmal Nagar areas as part of the **Swachhata Hi Seva Campaign**. The activity was carried out by the health workers of CSSC. Waste was collected and efforts were made for **proper and sustainable disposal** in two area of CSSC. Under the Swachhata Hi Seva Campaign, the Treasurer of CSSC, Mr. Pravin Udyawar, joined hands with the RRTC staff to actively participate in a cleanliness drive in and around the premises. Metro workers who have been associated with the CSSC and its surrounding areas for the past five years as part of the metro construction work were also involved in the initiative. As a token of appreciation for their continued efforts and support, snack boxes and sweets were distributed to the metro workers. As part of the "**Ek Ped Maa Ke Naam**" initiative, **tree plantation** was also done. A tree was planted in front of the CSSC gate, and people were encouraged to plant trees in both office and residential areas. Dr. Ojha, Secretary, Praveen Udyawar, Treasurer of CSSC and staff of RRTC was did the plantation. This activity helped promote cleanliness and care for the environment.

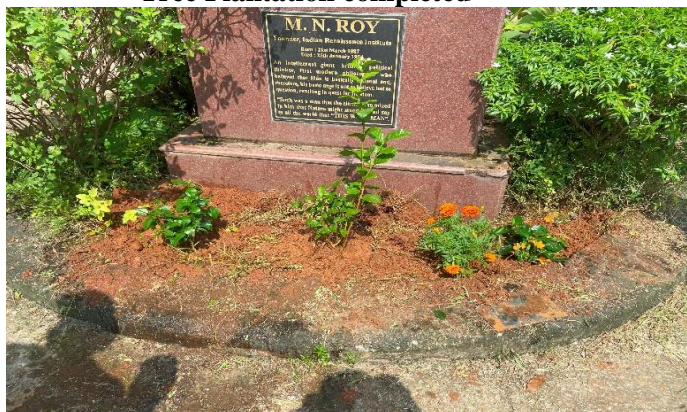


## Pics of Swachhata Hi Seva Campaign & Tree Plantation:



Tree Plantation completed

Staff of RRTC & Dr. Ojha & Praveen Udyawar





### **Swachhata Hi Seva Campaign – Tin Bungalow and Deepakwadi Area (CSSC work area) Pics:**

As part of the Swachhata Hi Seva Campaign, 15 health workers from CSSC actively participated in a cleanliness drive in the Tin Bungalow and Deepakwadi work areas of CSSC. Trustee of CSSC, Smt. Jayashree Pawal, and RRTC staff member Mrs. Shilpa Salvi were also present and took part in the campaign.

The team cleaned the area using brooms and water. Local residents from the area also joined the initiative, making it a collective effort towards maintaining a cleaner and healthier environment.

#### **Tin Bungalow :**







**Deepakwadi, Khar (east), Mumbai Pics:**







### **International Day of Older person celebrated under NISD:**

Financial support given by NSID. It is celebrated on **1<sup>st</sup> October, 2024.**

**Background of the programme:** International Day of Older Persons is a special day for the senior citizens all over the world. On December 14, 1990, the UN General Assembly made October 1 as the International Day of Older Persons. The International Day of Older Persons was observed for the first time on October 1, 1991. The day is celebrated annually to recognize the contributions of older persons and to examine issues that affect their lives. This day provides an opportunity to acknowledge the contribution, wisdom, dignity and needs of our senior citizens and to rededicate our efforts to ensure their well-being.

The same was attended by 94 females & 79 males. It was conducted at Sharada Mangal Karyalay, Mumbai Marathi Grantha Sangrahalaya Bldg., 3rd Floor, 172, M. M. G. S. Road, Near Dadar fire Brigade Naigaon - Dadar (E), Mumbai - 14.

On the occasion of the International Day of Older Persons, a vibrant and engaging event was organized featuring a variety of cultural and awareness programmes. The event included performances such as orchestra, dance, skits, and a captivating ekpatri skit (monologue).

In addition to the cultural showcase, an informative awareness session was conducted focusing on brain exercises and cognitive activities, emphasizing the importance of mental well-being in later years.

The programme commenced after the evening tea and concluded on a high note with a token of appreciation presented to all participants. Each received a commemorative cup adorned with the logos of **RRTC** and **CSSC**, symbolizing gratitude and recognition for their enthusiastic participation.



## Front Gate & Registration:



## Inauguration of the programme:



## Musical programme of senior citizens:



## Audience pics:



## General knowledge question & answer to senior citizens:





### Cultural programmes:Dance



CSSC Virangula Kendra Ganapati Aarati

### Solo Dance (Aplam chaplam)



RRTC Staff

### Marathi festival mangalagaur dance



Nat Samrat skit



### Brain Exercise & Cognitive Activities taken by Aaji Care Foundation



### Token of appreciation by RRTC:



### Feedback:

Indicated that the event was a success, with high levels of satisfaction, especially in terms of social interaction, entertainment, and activities that promoted both physical and mental well-being. The event made seniors feel connected, valued, and motivated to stay active, while also providing them with a sense of pride in their talents and contributions.



### World Mental Health Day on 10<sup>th</sup> October, 2024:

World Mental Health Day was observed on 10th October 2024 at the Virangula Kendra of CSSC, in collaboration with Graceful Living. The session was titled "**Mental Wellbeing of Senior Citizens**" and was conducted by Ms. Mihika Palshetkar (M.A. Clinical Psychology), Associate at Mpower and Oorja Outreach & Content, Mumbai. The session encouraged senior citizens to openly discuss their mental health concerns and seek early intervention when needed.

Ms. Tanvi Jadhav, Project Associate from Graceful Living, was also present during the session. A fun and engaging "ball Game" was organized, and participants were encouraged to laugh freely & practicing laughter exercises that they regularly enjoy at their kendra. Ms. Palshetkar also reminded everyone to continue engaging in activities that bring them joy and relaxation.

She emphasized the importance of sharing one's feelings whether with others at the kendra or with family members at home. She encouraged participants not to hold everything inside, and to speak up if something is bothering them, as expressing emotions is a key part of mental wellbeing." The session was graced by the presence of Ms. Nirmala Samant, Chief Functionary of RRTC, and Dr. Sanjay Ojha, Secretary of CSSC. Their presence added great value and encouragement to the program. The senior citizens participated enthusiastically and expressed their happiness and appreciation for the meaningful and joyful session.



**Programmes Conducted Under IDOP 2024:** As per the sanctioned order received from the Ministry of Social Justice and Empowerment (MSJE) dated 27th September 2024, funds was released to each Regional Resource and Training Centre (RRTC) to organize state-specific programmes promoting the welfare of senior citizens, in connection with the celebration of International Day of Older Persons (IDOP) on 1st October 2024. Activities/programmes as under:

1. Walkathon in school/colleges/RWA's
2. Talk series: Ageing with Dignity in different verticals
3. Delivering pledges
4. Sensitization awareness sessions
5. Senior citizens sports/cultural events
6. Health Camps and sessions
7. Competitions/Poems/Stories
8. Udyog Mela/Hunar Haat
9. Intergenerational Bonding programs
10. Handholding with State Government

We are proud to share that a total of 19 programmes were successfully conducted under these activities in our working areas of Maharashtra, Chhattisgarh, and Goa. **Details of the conducted programmes/activities are as follows:**

Sr. No.	Date	Programme Name	Collaborator	Venue	Ben.
1.	18/10/2024	Health Camp (Memory Testing Camp) & Session on Mental Health of Elderly	Swamee Virangula Kendra & Aaji Care Foundation, Thane	Shramik Hall, Lower Parel	M-46 F-17
2.	12/11/2024	MWPSC Act 2007 & Mental Health Session	Jyeshtha Nagrik Sangh, Kalwa & Parsik Nagar Parisar Jyeshtha Nagrik Sangh, Kalwa, Thane	Dyan Prasarni School Kalwa, Thane	M-53 F-21
3.	30/11/2024	Digital Literacy & Ciber Safety	Yes I Can Foundation, Navi Mumbai & Utkarsh Jyeshtha Mahila Mandal, Nerul	Jyetha Nagrik Bhavan, Nerul	M-12 F-16
4.	03/12/2024	Senior Citizens Sports & Cultural Event	Shrimati Ramabai Thakare Vishwastha Sanstha, Astha Ramadham Old Age Home, Khopoli	Khopoli Pen Road, Near Ajoshigaon, Shilphata, Khopoli, Raigad-410203	M-20 F-21

Sr. No.	Date	Programme Name	Collaborator	Venue	Ben.
5.	09/12/2024	Intergenerational Bonding	PM Shri Kendriya Vidyalaya Colaba no. 3	Conference hall, 1 <sup>st</sup> Floor, Ins Kunjali, Near R. C. Church, Colaba, Mumbai-05	M-42 F-37
6.	10/12/2024	Health Camp (Memory Testing Camp) & Session on Mental Health of Elderly	Navodaya Movement (A Ray of Hope for the Transgender Community Members	Vicar, Thane, Mar Thoma Church, Parsonage, 3 <sup>rd</sup> Floor, Majiwada, Thane (w)	28
7.	17/12/2024	MWPSC Act 2007 & Mental Health Session	Anand Dham, Vrudhshram, Karjat	Anand Dham Vrudhashram, Jambhulpada, Karjat, Taluka-Sudhagad, Dist- Raigad-410205	F-30
8.	21/12/2024	Health Camp (Memory Testing Camp) & Session on Mental Health of Elderly	Central India Institute of Mental Health & Nero Science, Rajnandgaon, Chhattisgarh	Central India Institute of Mental Health & Nero Science, Rajnandgaon, Chhattisgarh	M-50 F-24
9.	04/01/2025	Digital Literacy & Ciber Safety	Yes I Can Foundation & Dilasa Jyestha Nagrik Sangh, Shushrusha Hsopital , Dadar, Mumbai-400028	Shivaji Park, Nagrik Sangh, Opp. Vanita Samanj, Shivaji Park Maidan, Near Shivaji Statue, Dadar, Mumbai-400 028	M-11 F-20
10.	19/01/2025	One Day Awareness Programme on Legal, Physical & Mental Health Cultural Programme	---	Sandy's Cottage & Conference Hall, Behind Ravi Kiran Hotel, Revas Road, Chendhare, Alibag, Raigad	M-53 F-17
11.	23/01/2024	Health Camp (Health Check-up Camp) & Session on Diet & Nutrition	Directorate of Health Services & Social Welfare, Goa	5 <sup>th</sup> Floor, South Goa, District Hospital, Margao, Goa	M-23 F-11
12.	28/01/2025	Intergenerational Bonding	Ascent International, Bandra, Mumbai	5 <sup>th</sup> Floor Hall, Near Metro Station, Bandra, Mumbai-400 055.	B-40 G-33
13.	05/02/2025	Senior Citizens Sports & Cultural Event	Prem Daan Mother Teresas Home, Navi Mumbai	Prem Daan, Plot No. 5, Sector-18, Opp-Sevage Treatment Plant,Iroli Navi Mumbai-400 708	F-60

14.	07/02/2025	Senior Citizens Sports & Cultural Event	Vidyadhiraj Charitable Trust, New Panvel, Panvel	Vidyadhiraj Charitable Trust, Shantikunj Sevashrami, Harigram, Panvel-410206	M-14 F-21
15.	10/02/2025	Intergenerational Bonding	Pragati Vidya Mandir, Pune & Pune Urban Cell	Pragati Vidya Mandir, Audumber, Warje Naka, Pune-411029	B-33 G-27
16.	10/02/2025	Senior Citizens Sports & Cultural Event	'Matoshri ' Old Age Home & Pune Urban Cell	Rajaram Bridge, Riverside, Near Vitthal Mandir, Karvenagar, Pune - 411052	M-18 F-16
17.	17/02/2025	Senior Citizens Sports & Cultural Event	Anjuna Kaisuva youth social sports and cultural club, Goa	Anjuna kaisuva village panchayat hall, Anjuna bardez ,North Goa	M-28 F-9
18.	22/02/2025	Intergenerational Bonding for school students	Yashwantrao Chavan Centre, Hingoli	Zilha Divyang Punarvasan kendra, Near Govt. Hospital, darga Road, Risal, Vazar, Hingoli	B-25 G-33
19.	28/02/2025	Sport Event	Arya Chanakya Nagar Jyeshtha Nagarik Sangh, Kandivali, & Graceful Living, Mumbai	CII Skill Centre, Ground Flr, Akurli Cross Rd. no.3, Near Akurli Industry Estate, Kandivali (E), Mumbai-400101	M-22 F-28

### **Summary of Programmes Conducted under Ministry of Social Justice and Empowerment (GOI) – October 2024 to February, 2025**

During the period from April 2024 to March 2025, a series of 19 programmes were successfully conducted under the aegis of the Ministry of Social Justice and Empowerment (Government of India). These programmes were organized in collaboration with various NGOs, old age homes, residential societies, educational institutions, Hospitals, senior citizens' organizations, State Govt. and healthcare bodies across Maharashtra, Goa, and Chhattisgarh.

The initiatives focused on key areas such as mental health and memory testing camps for the elderly, awareness sessions on the Maintenance and Welfare of Parents and Senior Citizens (MWPSA) Act, 2007, digital literacy and cyber safety training, intergenerational bonding activities, and cultural and sports events aimed at promoting the physical, emotional, and social well-being of senior citizens.



Each event was conducted at accessible venues with active participation from senior citizens, students, healthcare workers, and community members. The old age homes local organizations, ensured community outreach and enhanced the impact of each programme. These activities aim to support senior citizens, build stronger connections between generations, and raise awareness about mental and physical health in different communities.

#### **1.18/10/2024 : Health Camp (Memory Testing Camp) & Session on Mental Health of Elderly,M.S**



#### **2.12/11/2024: MWPSA Act 2007 & Mental Health Session, Kalwa, Thane, M.S.**





### 3. 30/11/2024: Digital Literacy & Ciber Safety at Nerul M.S.



### 4. 03/12/2024 : Senior Citizens Sports & Cultural Event, old age home ,Khopoli, M.S.





**5. 09/12/2024: Intergenerational Bonding, PM Shri Kendriya Vidyalaya Colaba no. 3, Mumbai.**



**6. 10/12/2024 : Memory Testing Camp & Session on Mental Health of Elderly, Navodaya movement (A Ray of Hope for the Transgender elders & younger Community Members), Thane, M.S.**





**7. 17/12/2024: MWPSC Act 2007 & Mental Health Session, Anand Dham Vrudhshram, Raigad,M.S.**



**8. 21/12/2024: Health Camp (Memory Testing Camp) & Session on Mental Health of Elderly Central India Institute of Mental Health & Nero Science, Rajnandgaon, Chhattisgarh**





**9. 04/01/2025 : Digital Literacy & Ciber Safety, Yes I Can Foundation & Dilasa Iyestha Nagrik Sangh, Shushrusha Hsopital, Dadar, Mumbai**

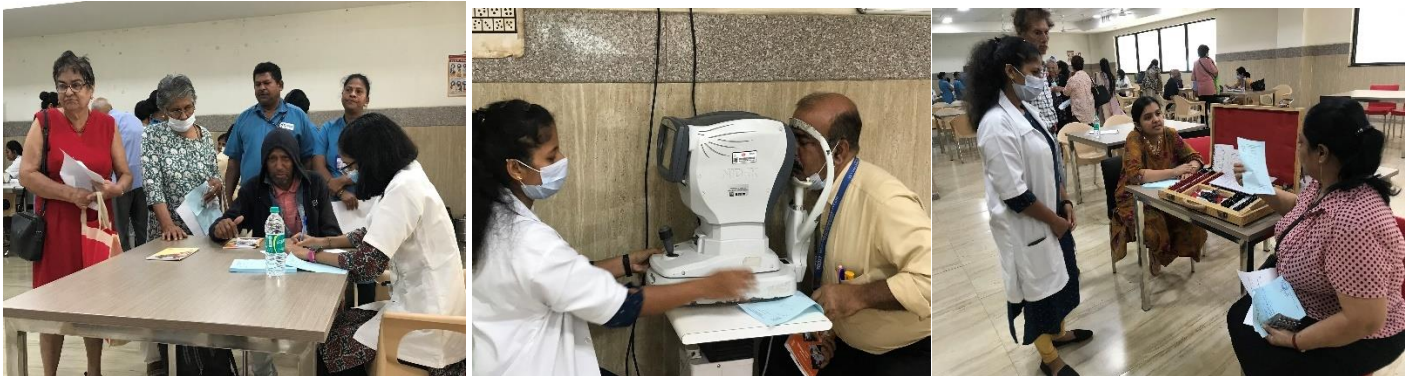


**10. 19/01/2025 :One Day Awareness Programme on Legal, Physical & Mental Health Cultural Programme, Chendhare, Alibag, Raigad, M.S.**





**11. 23/01/2024: Health Camp (Health Check-up Camp) & Session on Diet & Nutrition Directorate of Health Services & Social Welfare, Goa**



**12. 28/01/2025: Intergenerational Bonding, Ascent International, Bandra, Mumbai**





**13. 05/02/2025 : Senior Citizens Sports & Cultural Event, Prem Daan Mother Teresas Home, Navi Mumbai**



**14. 07/02/2025: Senior Citizens Sports & Cultural Event, Vidyadhiraj Charitable Trust, Panvel, M.S.**





**15.10/02/2025 : Intergenerational Bonding Pragati Vidya Mandir, Pune, M.S.**



**16. 10/02/2025 :Senior Citizens Sports & Cultural Event 'Matoshri' Old Age Home & Pune Urban Cell,Pune**





**17.17/02/2025: Senior Citizens Sports & Cultural Event, Anjuna Kaisuva youth social sports, Goa**



**18. 22/02/2025 : Intergenerational Bonding (school) ,Yashwantrao Chavan Centre, Hingoli,M.S.**





**19. 28/02/2025: Sport Event Arya Chanakya Nagar Iyeshtha Nagarik Sangh, Kandivali & Graceful Living, Mumbai**





### NISD Programme April, 2024 to March, 2025

Sr. No.	Date	Programme Name	Collaborator	Venue	Ben.
1.	01/10/2024	International Day of Older Person	Mumbai Marathi Granth Sangrahalay, Dadar, Mumbai & FESCOM, Maharashtra	Shrada Mangal Karyalay, Mumbai Marathi Granth sangrahalaya Bldg. 3 <sup>rd</sup> Floor, Near Dadar Fire Bridge, Naigaon, Dadar (e)-400 014	M-75 F-98
2.	03/01/2025	One Day Sensitization programme on Diet & Nutrition for Senior citizens	Arya Chanakya Nagar Jyeshtha Nagarik Sangh, Kandivali	Arya Chanakya Nagar Jyeshtha Nagarik Sangh, Kandivali, Mumbai	M-17 F-25
3.	06/01/2025	One Day Awareness Programme on related other therapies like Music Therapy, Acupuncture & Acupressure	Nisargopchar Shikshan Sanstha, Dombivali (e), Thane	Sudam Krupa Bldg, Sudamwadi, Near Swami Vivekanand School, Datta Nagar, Ayre Road, Dombivali (e)	F-30
4.	09/01/2025	One Day Awareness Programme on Intergenerational Bonding	Dr. Shivajirao Kadam College of Pharmacy, Dist-Sangli, Maharashtra	College Auditorium, 3 <sup>rd</sup> Floor, Dr. S.K. Nagar, Baganvat, Kasabe-Digraj, Dist-Sangli, Maharashtra-416305	B-31 G-59
5.	10/01/2025	One Day Awareness Programme on Intergenerational Bonding	Mahavir State Academy, Dist-Sangli (Morning)	College Auditorium, 3 <sup>rd</sup> Floor, Dr. S.K. Nagar, Baganvat, Kasabe-Digraj, Dist-Sangli- 416305	B-57 F-46
6.	10/01/2025	One Day Awareness programme on MWPSA Act 2007	Dr. Shivajirao Kadam College of Pharmacy, Dist-Sangli, Maharashtra (Afternoon)	College Auditorium, 3 <sup>rd</sup> Floor, Dr. S.K. Nagar, Baganvat, Kasabe-Digraj, Dist-Sangli, Maharashtra-416305	M-27 F-12
7.	15/01/2025	One Day Sensitization programme on Diet & Nutrition for Senior citizens	—	Ground Hall, CSSC, M.N. Roy Campus, BKC, Bandra, Mumbai-400 055	M-1 F-32



Sr. No.	Date	Programme Name	Collaborator	Venue	Ben.
8.	16/01/2025	One Day Awareness Programme on related other therapies like Music Therapy, Acupuncture & Acupressure	Jyeshtha Nagrik Jankalyan Sanstha, Wayle Nagar, Kalyan.	Art Gallery, Near Tarangan, Wayle Nagar, Kalyan (w), Dist- Thane	M-18 F-13
9.	20/01/2025	One Day Awareness Programme on Intergenerational Bonding	PNP Holy Child School, Alibaug, Maharashtra	Prabhakar Patil's Education Society, PNP Holy Child School, Veshvi, Alibaug, Raigad-402209	M-52 F-37
10.	29/01/2025 to 31/01/2025	Three Day Residential Training Programme on Dementia Care & Management	CEAT Ltd	CEAT Communication Welfare Centre, Subhash Nagar Rd, Nahur (w), Mumbai-400 078	M-13 F-13
11.	14/02/2025 to 16/02/2025	Three Days Residential programme on Dementia Care & Management	Anjuna Kaisuva youth social sports and cultural club, Goa	Anjuna kaisuva village panchayat hall, Anjuna bardez North Goa	M-9 F-10
12.	07/03/2025	Intergenerational Bonding in school	Dnyaneshwar Vidyalaya, Wadala	Dnyaneshwar Vidyalaya, Secondary Section, Rafi Ahmed Kidwai Road, Opposite National Market, Wadala (W), Mumbai -400031	B-30 G-30
13.	10/03/2025	Intergenerational Bonding in College	Chetana College Hazarimal Somani College of Commerce & Economics	New Bldg., Survey No. 341, SD Mandir Rd, Government Colony, Bandra East, Mumbai, Maharashtra-51	B-46 G-34
14.	12/03/2025	MWPSC Act, 2007	Karmveer Dadasaheb Gaikwad Sanskritik Kendra, Andheri	First Flr, Padmashri Karmveer Dadasaheb Gaikwad Marg, Four Bunglows, Andheri,(w), Mumbai-400053.	M-15 F-15
15.	17/03/2025 To 19/03/2025	Three Days Residential programme on Geriatric Counselling	CSSC hall	M.N. Roy Human Development Campus, Ground Flr, Bandra (e), Mumbai-400 051	M-7 F-18



Sr. No.	Date	Programme Name	Collaborator	Venue	Ben.
16.	21/03/2025	Intergenerational Bonding in College	Sonopant Dandekar Shikshan Mandali (SDSM) College	College Rd, Mission Compound, Tembhode, Palghar, Maharashtra-401404	B-30 G-81
17.	23/03/2025	MWPSC Act, 2007	Group Gram Panchayat, Nagav, Raigad	Group Gram Panchayat Nagav Hall, Nagav Office, Alibag, Raigad	M-14 F-12
18	26/03/2025 To 28/03/2025	Three Days Residential programme on Geriatric Counselling	Central India Institute of Mental Health & Nero Science, Rajnandgaon Chhattisgarh	Central India Institute of Mental Health & Nero Science, Rajnandgaon, Chhattisgarh	M-14 F-12
19.	26/03/2025	MWPSC Act, 2007	Swanand Jyeshtha Nagrik Sangh, Shivaji Park, Dadar	Shivaji Park Nagrik Sangh Hall, Shivaji Park, Dadar, Mumbai	M-15 F-17
20.	28/03/2025	MWPSC Act, 2007	Bhagini Seva Mandal, Chembur	Bhagini seva mandal, C/o Balvikas Sangh, Near Gandhi Ground, Chembur -71	F-31
21.	29/03/2025	Digital Literacy	Udhyogini Tilak Nagar Jyeshtha Nagrik Sangh, Chembur, Mumbai	AMRAPALI Working Women's Hostel Opposite Municipal Prathamik School 6, Tilak Nagar Chembur, Mumbai 400089.	M-12 F-16

### **Summary of NISD Programmes – April 2024 to March 2025:**

In Financial year April 2024 and March 2025, a total of 21 programmes were successfully organized under the National Institute of Social Defence (NISD). These programmes were held across various locations in Maharashtra, Goa, and Chhattisgarh in collaboration with senior citizens' associations, societies, educational institutions, hospitals and healthcare organizations. The initiatives focused on key areas such as celebrating the International Day of Older Persons, sensitization on diet and nutrition, promoting digital literacy, creating awareness on therapies like music therapy and acupuncture, fostering intergenerational bonding among youth and seniors, and conducting awareness sessions on the Maintenance and Welfare of Parents and Senior Citizens (MWPSC) Act, 2007. In addition, three-day residential training programmes on dementia care and geriatric counselling were organized to build capacities among caregivers and professionals. These activities reached a wide range of beneficiaries including senior citizens, students, and community members, and aimed to enhance their knowledge, health, emotional well-being, and digital skills". This work shows NISD's dedication to making life better for senior citizens and building stronger support systems for older people.



## **NISD PROGRAMMES PHOTOS:**

**03/01/2025: One Day Sensitization programme on Diet & Nutrition for Senior citizens  
Arya Chanakya Nagar Jyeshtha Nagarik Sangh, Kandivali, Mumbai**



**06/01/2025: One Day Awareness Programme on related other therapies like Music Therapy, Acupuncture & Acupressure, Nisargopchar Shikshan Sanstha, Dombivali (e), M.S.**





**09/01/2025 One Day Awareness Programme on Intergenerational Bonding in College:  
Dr. Shivajirao Kadam College of Pharmacy, Dist-Sangli, M.S.**



**10/01/2025 :One Day Awareness Programme on Intergenerational Bonding in School:  
Mahavir State Academy, Dist- Sangli M.S. (Morning)**





**10/01/2025 One Day Awareness programme on MWPSA Act 2007: Dr. Shivajirao Kadam College of Pharmacy, Dist-Sangli, M.S.(Afternoon)**



**15/01/2025: One Day Sensitization programme on Diet & Nutrition for Senior citizens: CSSC**





**16/01/2025: One Day Awareness Programme on related other therapies like Music Therapy, Acupuncture & Acupressure: Jyeshtha Nagrik Jankalyan Sanstha, Wayle Nagar, Kalyan.**



**20/01/2025 : One Day Awareness Programme on Intergenerational Bonding : PNP Holy Child School, Alibaug, Maharashtra**





**29/01/2025 to 31/01/2025 : Three Day Residential Training Programme on Dementia Care & Management , CEAT Ltd, Nahur,Mumbai, M.S.**



**14/02/2025 to 16/02/2025 : Three Days Residential programme on Dementia Care & Management : Anjuna Kaisuva youth social sports and cultural club, Goa**





**07/03/2025 : Intergenerational Bonding in school: Dnyaneshwar Vidyalaya, Wadala, Mumbai**



**10/03/2025: Intergenerational Bonding in College : Chetana College, Bandra, Mumbai**





## 12/03/2025 : MWPSC Act, 2007 : Karmveer Dadasaheb Gaikwad Sanskritik Kendra, Andheri



## 17/03/2025 To 19/03/2025: Three Days Residential programme on Geriatric Counselling, CSSC, M.S.





**21/03/2025: Intergenerational Bonding in College: Sonopant Dandekar Shikshan Mandali College, Palghar M.S.**



**23/03/2025: MWPSC Act, 2007 : Group Gram Panchayat, Nagav, Raigad, M.S.**





**26/03/2025 To 28/03/2025: Three Days on Geriatric Counselling: Rajnandgaon, Chhattisgarh**



**26/03/2025: MWPSC Act, 2007: Swanand Iyeshta Nagrik Sangh, Shivaji Park, Dadar, Mumbai**





**28/03/2025: MWPSC Act, 2007: Bhagini Seva Mandal, Chembur, Mumbai**



**29/03/2025: Digital Literacy : Udhogini Tilak Nagar Jeyshtha Nagrik Sangh, Chembur, Mumbai**





### **Regional workshops:**

<b>Sr. No.</b>	<b>Date</b>	<b>Programme Name</b>	<b>Collaborator</b>	<b>Venue</b>	<b>Ben.</b>
1.	22/12/2024	'Mental Health in Elderly'	Central India Institute of Mental Health And Neuro Science	CIIMHANS, Rajnandgaon , Chhattisgarh	M-18 F-19
2.	24/01/2025	'Mental Health of Elderly'	Directorate of Health Services, South Goa	Auditorium hall, 5 <sup>th</sup> floor, South Goa, District Hospital, Margao	M-27 F-46

### **Summary of Regional Workshops – April 2024 to March 2025**

As per the mandate, two regional workshops on the theme of "Mental Health in Elderly" were successfully conducted during the year 2024–2025. These workshops focused on raising awareness about mental health issues among senior citizens, promoting early identification and management of mental health conditions, and strengthening community-based support systems for the elderly.

### **The Workshop at Chhattisgarh in collaboration with Central India Institute of Mental Health And Neuro Science.**

32 Participants from various areas of district Rajnandgaon & Durg participated in the regional workshop of caregivers. They were in-charges of Old age homes & Community health officers (CHO's). The workshop commenced with a formal inauguration, lamp lighting, and welcome by dignitaries including Dr. Pramod Gupta (Director, CIIMHANS), Dr. Sugam Sawant (Medical Director, CIIMHANS), and Mrs. Nilima Yetkar (Project Coordinator, CSSC, RRTC Mumbai). The sessions covered a wide range of crucial topics:

Session I: Mental health issues in the elderly, identification and prevention by Mr. Lokesh Kumar Ranjan.

Session II: Improving quality of life in dementia and caregiver training by Dr. Nilesh M. Gujar.

Session III: Communication in Alzheimer's and dementia by Dr. Rohit Turi.

Session IV: Counselling techniques and group case study led by Dr. Nilesh M. Gujar, encouraging active participant involvement.

The one-day workshop was conducted by the psychiatrist, Psychologist & counsellors' active participations of the whole team of CIIMHANS. It was the interactive sessions, at the end certificates of participation were given to all participants by District Collector Mr. Sanjay Pandey , Rajnandgaon, Mrs. Nilima Yetkar, Project Coordinator of RRTC, Mumbai & Dr. Pramod Gupta, Director-CIIMHANS.



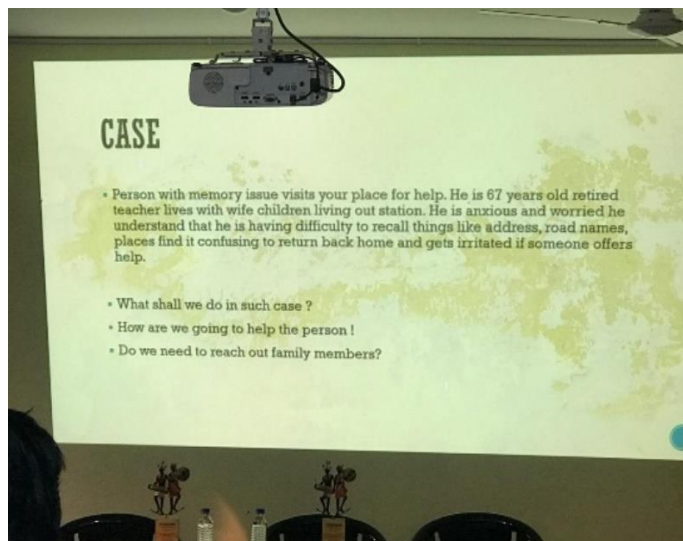


### **Feedback of the workshop from participant:**

I have attended many workshops where speakers typically deliver lectures and provide feedback. However, certain important aspects often get overlooked. In contrast, RRTC's training with expert teachers offered us a valuable opportunity for open discussion, which is a key component of effective communication skills. This interactive approach not only enhanced our understanding but also helped us communicate more confidently and clearly. I'm truly



thankful to RRTC for organizing such a meaningful workshop, and I sincerely hope we get to participate in more such discussions on a variety of important topics in the future.



**The Regional Workshop on “Mental Health of Elderly” was organized by CSSC-RRTC**

under the guidance of the Ministry of Social Justice & Empowerment, Government of India, in collaboration with the Directorate of Health Services, South Goa. The event took place on Friday, 24th January 2025, at the Auditorium Hall, **South Goa District Hospital, Margao**, from 9:00 am to 5:00 pm.

The workshop began with an inaugural speech by Dr. Chaitali Kamat, followed by a welcome address by Dr. Rajendra Borker, Medical Superintendent, and an introduction by Mrs. Nilima Yetkar, Project Coordinator of CSSC, RRTC Mumbai. The technical sessions included: Session I: Mental Health Issues in Elderly – Identification and Prevention by Dr. Arpita Sirsikar. Session II: Identification and Management of Dementia and Depression in Elderly by Dr. Sneha Pokle and Dr. Arpita Sirsikar.



Session III: Sleep problems and insomnia in elderly by Dr. Tanvi Pednekar.

Session IV: Counselling techniques and a group case study session with participants, also led by Dr. Tanvi Pednekar.

The workshop ended with a certificate distribution ceremony and a vote of thanks by the RRTC team. It helped participants understand the mental health challenges faced by older adults and provided practical knowledge on how to support and care for them effectively. It was attended by the doctors, psychologist, community workers & nurses of the hospitals.

The session began with Dr. Pednekar providing an overview of key counselling techniques, emphasizing practical approaches and real-world applications. After this, participants were divided into groups and given different case studies to discuss and analyze. Following the group discussions, each team reviewed their assigned case study along with the proposed solutions, which helped them learn together and think more clearly about the cases.

#### **Pics of the Regional workshop:**





### Group discussion of cases given by Dr. Pednekar:



### Preamble reading :29<sup>th</sup> November, 2024:

As directed by the Ministry, Constitution Day was observed on 26th November with great respect and enthusiasm. The staff of CSSC RRTC and the senior citizens of Virangula Kendra gathered together for a collective reading of the Preamble to the Constitution of India. This meaningful gathering reminded everyone of the importance of the Indian Constitution and the values it. Nirmala Ma'am also spoke to the group and explained the main features of the Constitution and how it helps build a fair and democratic society.

Constitution Day, also known as Samvidhan Divas, is celebrated annually on November 26th in India to commemorate the adoption of the Constitution by the Constituent Assembly. A key part of the celebrations often includes the reading of the Preamble, which outlines the fundamental principles of the Indian Constitution. Ministries and other government bodies frequently participate in these readings.



### Pics of CSSC preamble reading:



### Activities conducted in the Virangula Kendra CSSC: Diwali celebration: Outside of Virangula kendra:









### Mehendi activity :



### Rakhi Making:





**Craft Activity conducted by Yes I Can Foundation interns:**



**National College Student of Psychology celebration of Ganesh Chaturthi with senior citizens**

The CSSC Christmas event on 24th December 2024 brought joy to elderly women through festive celebrations. Volunteers from R.D. National College led singing, games, and dance therapy sessions. Activities like musical chairs and ball toss created laughter and excitement. Participants received chocolates and souvenirs for their involvement. The event ended with emotional sharing, hugs, and a strong sense of community





### **Fashion show at R.D. National College, Mumbai- Virangula Kendra Senior citizens, CSSC**

On February 1st, 2025, students from R.D. National College hosted a heartwarming fashion show with elderly women virangula kendra. The event celebrated inclusiveness and honored beauty beyond age. Participants walked the ramp with confidence and joy. The audience responded with cheers, creating a vibrant, uplifting atmosphere. The show promoted dignity, empowerment, and intergenerational bonding.





## Visit to Old age home at Rajnangaon, Dongargarh, Chhattisgarh on 23<sup>rd</sup> December, 2024





**Preamble reading at Old age homes under RRTC on 26<sup>th</sup> November, 2024.**

**Shree Smarth Vrudhashram, Buldhana:**



**Sneh Senior Citizens Home, Parabhani:**



**Sumati Bahudeshiya sevabjavi sanstha Buldhana:**





**Jivan Vikas Pratishthan Sanchalit Seniors Citizen Home, Mukundnagar**



**Old age home photo's of tree plantation: Ek ped Maa ke Namm:  
Adhar Vrudhashram, Ekata Bahudeshiya senior citizen home, Kasar Sirsi :**



**Siddhi Vrudhashram,Palghar:**





### **MSJE support to RRTC for the upcoming year:**

In the 2024–2025 financial year, RRTC received several programmes with funding support from the **Ministry of Social Justice and Empowerment (MSJE)**. We are grateful to the **(MSJE)** for providing generous funding for various programmes and activities. We kindly request that similar support be extended every year, and that the funds be made available by the beginning of **June** to allow better planning and execution of activities for the welfare of senior citizens.

We conducted more & more cultural programmes & sports activities in old age homes and we were very happy to implement these programmes & give senior citizens more happiness.

The National Institute of Social Defence (NISD). However, if we can receive the programmes approvals from NISD starting in June, it will give us more time to plan and carry out additional activities. Previous year, we receive very limited time to organize the programmes, but we still made efforts to conduct as many as possible. These initiatives saw active participation from senior citizens, senior citizens' associations, old age homes, educational institutions, hospitals & community as well.

### **Impact of the programmes :**

The impact of these programmes was clearly visible in the increased awareness among senior citizens about their rights and well-being, greater willingness to engage in open discussions on mental health, improved digital confidence, and enhanced community participation. Many participants felt happier, more connected, and more motivated after the programmes. The events also helped to build better understanding between generations and reduced loneliness among the elderly.

"This time, we have introduced a variety of activities and programmes for senior citizens to broaden their knowledge. All of these initiatives are highly beneficial for them." "Through the intergenerational bonding programmes conducted in schools and colleges, students appreciated our efforts to build meaningful connections between the younger and older generations. They found this initiative to be unique compared to other school or college programmes, and they participated with great enthusiasm and happiness."

**The End**