

JAYAMATHA ECONOMICAL AND
EDUCATIONAL TRUST



ANNUAL REPORT
2024-2025

**3/26,GROUND FLOOR,POLICE STATION BACK SIDE,
3RD STREET,BHARAKKATH NAGAR,
THUVAKUDI & POST
TIRUCHIRAPPALLI – 620 015**

Cell: 09788790256
E-mail: ravijmeet@gmail.com


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Name of the NGO : JAYAMATHA ECONOMICAL AND EDUCATIONAL TRUST
Name of the Project : [AVYAY] [NAPSRc] | IPSrC | MAINTENANCE OF SENIOR CITIZEN'S HOME FOR 25 BENEFICIARIES
Project Location : 3/26, Ground Floor, Police Station Back Side, 3rd Street, Bharakkath Nagar, Thuvakudi & Post, Trichy – 620 015.
Latitude : 10.75482 **Longitude** : 78.82527
Project ID : IP/TN/TRC/00545

MANAGING TRUSTEE DESK NOTE

JAYAMATHA ECONOMICAL AND EDUCATIONAL TRUST is accomplished many derived goals in the financial year 2024-2025 and entered in another leaf of page in its history with new set of aims. As head of the institution I am pleased to hand over the Annual report 2024-2025 of our organization in your hands for your kind perusal. During this year, the organization has able to reach the public with prime motto of welfare of the aged and implemented community reached programmes along with human resources in the sector is a long overdue intervention and we believe it will help the thus capacitated client communities more effectively. JAYAMATHA ECONOMICAL AND EDUCATIONAL TRUST's accomplishments in the field of Aged care has revealed that the organization may extending its wings in the geriatric care services even more by caring aged palliative and aged dementia people. We are also thinking in this line. For, the organization find out possible ways to stand out to meet the human resources, infrastructures, financial resources etc. Hope we will reach this milestone in coming years.

We thank those who partners, salute those cadres as a team to work and the community in the process of the developmental activities. Even though the year 2024-2025 has lay before us challenges we could still sail smoothly, because of our Donors, Philanthropists, Well-wishers, Government officials, Volunteers, Community Leaders and tireless staff.

JAYAMATHA ECONOMICAL AND EDUCATIONAL TRUST, TRUST's experience and capacities on organizational development and livelihoods to address the development challenges has appreciated by the government and reputed organizations.

I would like to thank all our donors, well-wishers, friends, critics, colleagues, families, the common invisible people of our working areas, who gave us an opportunity for an intensive interaction. This is only the beginning. We are excited as to how creation and manifestation will emerge in the coming years in this region with people, ideas and resources. I invite suggestions and critique for our work so as to further strengthen our organization.

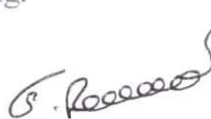

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“JAYAMATHA SENIOR CITIZEN HOME”

JAYAMATHA ECONOMICAL AND EDUCATIONAL TRUST I is a registered under Indian trust act and has been functioning for with aim of developing socio economical and educational trust to underprivileged section of people. From its more than two decade of services , Aged care and welfare activities is an focused area of our predominant and soul satisfied institutional program .

Family is the most important group of society. It is simplest and most elementary form of society. The Identified five factors, which affect the family most, are, education, industrializing, urbanization, changing the institution of marriage, especially in the age of marriage and the legislative measures. In these circumstances, the senior citizen homes are helping the individual orphaned aged to cope up with the problems and enhance their life with physical and psychological support by shelter, food, medicine, etc.

The establishment of the Senior Citizen Home at Bharakkath Nagar, Thuvakudi is being maintaining by the Organization over the last two decades with aim of providing shelter to the orphaned, exiled and abounded aged. The Ministry of Social Justice and Empowerment Govt of India had sanctioned us to run one unit of SENIOR CITIZEN HOME through its funding.


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PURPOSE OF THE PROJECT

Vision: To provide due care to the helpless and destitute and old Aged persons in the society and even those aged persons neglected by the family and did not get proper care due to poverty, so that they live as valued members of the society with a peace of mind before going to their eternal home.

Goal: To Ensure a sound and friendly environment for the poor helpless and destitute towards achieving a promising peaceful condition for them fostering their physical, mental, social and spiritual development and wellbeing as well.

Purpose of the project: To ensure access of 25 poor helpless and destitute and Old Aged persons for safe accommodation, tender love, proper care, nourishment, health service and other basic needs.

SPECIFIC OBJECTIVES

1. To ensure adequate nourishment and clothes for the targeted poor helpless, destitute and old aged person.
2. To ensure access to instant and quality health care for the poor helpless, destitute and Old Aged persons so that they can get awareness on health and hygienic issues.
3. To create an effective an Old Aged friendly learning environment for the poor helpless and destitute an Old Aged persons within the Senior Citizen Home, so that they can live peacefully as their own Home.
4. To provide an Old Aged person's access to mental support, fellowship activities, recreational facilities, social affairs and spiritual formation.
5. To promote resource generating activities for financial sustainability of the old, aged home beyond donor funding.


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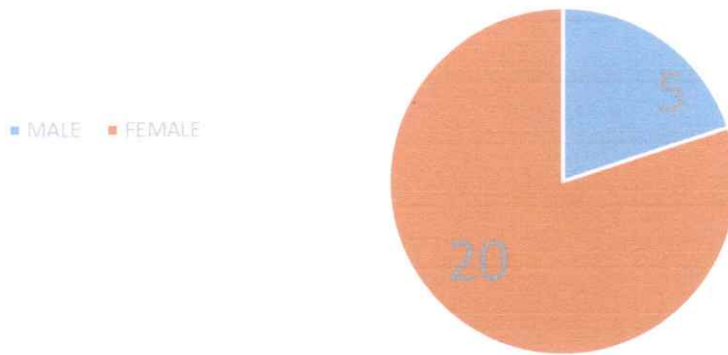
OVERALL PROGRAM OBJECTIVE

Providing health care facilities, accommodation and meals to helpless old and other oppressed people of the society.

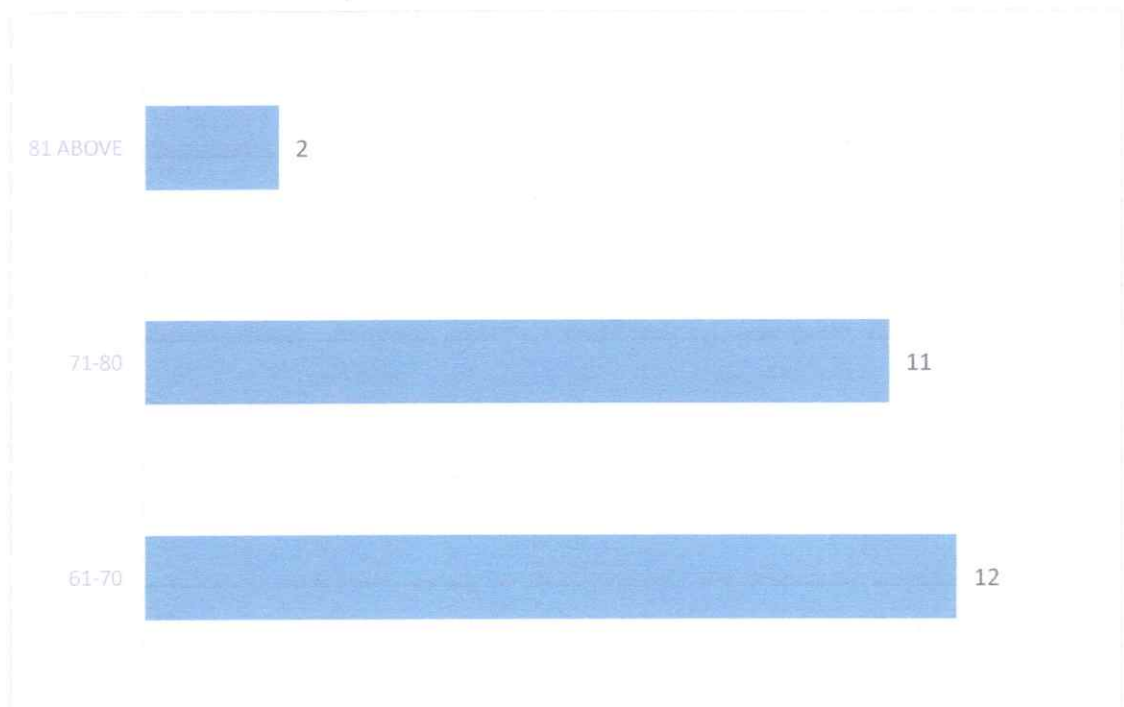
NUMBER OF DIRECT BENEFICIARIES

25 at Jayamatha Economical and Educational Trust Senior Citizen Home at Thuvakudi, Tiruchirappalli.

BENEFICIARIES STRENGTH



BENEFICIARIES AGE WISE DETAILS




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ADMINISTRATION OF SENIOR CITIZEN HOME

The organization has elected managing committee for administration of Aged home. And there is one professionally qualified psychological counsellor, Nurse, Superintendent, Cook and three Multitask workers and one Yoga therapist are providing the services to aged. Apart this one part time Doctor is administrating health services to the aged. There is 25 aged people are accommodated at a time. To promote the facilities to the beneficiaries of the Home additional dormitory, and medical equipment have been provided



ACTIVITIES AND PROGRAMS




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SHELTER

Objective: To create safe, secure & homely environment for the elderly

Once the registration process is done, we provide to our elderlies a safe sheltered accommodation to give a sense of safety and security. They are provided round the clock assistance for easy execution of their daily tasks. They are also provided fresh clothes and nutritious food to promote healthy and hygienic living pattern and improve their health conditions.

NUTRITIONAL CARE

Objective: To give proper nutritious food for healthy body and mind

The beneficiaries provided with extremely nutritious, healthy and balanced meals thrice in a day. Since the beneficiaries have many diagnosed health concerns and several health issues such hypertension, diabetics highly quality food is provided them in timely management to help them fight their health issues and improve their immune system as per planned menu chart prepared by the assistance dietician. The foods are hygienically prepared and served to them. Apart these special meals and fruits are also provided. The project focuses on a strict food regime to promote better health and fitness among the elderlies. Nutritious, balanced diet that includes well balanced diet having proteins, vitamins and carbohydrates as per the requirement of the individual is taken care and provided on daily basis (South Indian food menus with Daily Vegetables, Fruits and food and supplements rich in calcium and other vitamins like milk, curd and soups).



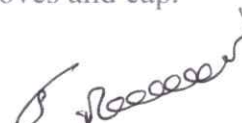
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MEDICAL CARE

Objective: To achieve overall improvement in the health of the elderlies

Doctor is periodically visiting the home and a nurse is daily visited the home to administrate daily medical intake properly by the beneficiaries. . There are team of doctors in different disciplines that are associating with agency for voluntary services. They take care on the inmates in different disciplines. They will include the inmates in their programmes like, free Medical Camps, special camps for Eye, Habits B, Diabetics, Etc. Physiotherapist Forum of Tiruchirappalli has adopted the Home. Every month the debuted team from the forum has visited the home and gives physical exercises to the aged to prevent ortho related problems. Periodic checkups, regular physiotherapy treatment, hematology profile blood test and daily administering of medicines are ensured for the elderly residents. Critical patients with special eye care needs, any major operations are referred to GH. Special attention is given to physically disabled

Special care is given to the elderly residents who are paralyzed and bed ridden. They are also provided with special bed sore mattresses and diapers which are changed and cleaned regularly. It is a continuous endeavor of the staff of the project to maintain the hygiene of the premises. RO water is provided for the elderly to reduce any risk of waterborne diseases. Special precautionary care is also taken during food preparations like wearing of gloves and cap.


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PSYCHOLOGICAL CARE FOR RESIDENTS

Objective: To provide professional support to overcome their psychological problems

The importance of mental health care for older people as an area of public policy has also been recognized by government, the under-detection of mental illness in older people having been identified as a key issue. Depression in people aged 65 and over is especially under-diagnosed particularly among residents in care homes, perhaps indicative of a general tendency for mental health problems in older people to be perceived as an inevitable consequence of ageing, rather than health problems which are treatable.

The early detection of mental health issues in older people to initiate the appropriate treatment and services as early in the illness trajectory as possible. Counselling makes dealing with negative emotional states a lot more treatable. Trained professional counsellors provide counselling for aged to make sure they can recuperate and feel better.

PHYSIOLOGICAL CARE FOR RESIDENTS

Objective: To provide Yoga and physiotherapy for their physical problems

In the aspect of physical promotion, exercise, yoga, meditation and outdoor play are provided. Physiotherapy exercises and other manual exercises have also been introduced and frequently conducted. Yoga and Meditation with respiration techniques to the aged and the local people of this area also participate in the programme organized in the premises of the aged home twice a week. This develops better understanding and good rapport between community and the aged home.


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RECREATIONAL & SPIRITUAL ACTIVITIES

Objective: To maintain a homely, lively and healthy environment in Senior Citizen Home. We all have been aging since we were born and will continue to do so until death. Therefore, we all have experienced "growing" older. In reference to this experience, our emphasis should be on the word "growing" as opposed to "passing on in years" or some other euphemism, as there is a great difference in the implications of the terms. "Growing" refers to development, to progression and to change-which are formative experiences that should occur throughout all our lives-while other expressions of aging relate more to passivity and inactivity.

In our home, every elderly person is looked upon as our family member. All possible love, affection, devotion and dedication is given to them to keep them happy and lively.

To provide our elderlies a homely comfort and atmosphere, they are given shelter with mattress, pillows, blankets and other necessary material as per their requirements.

We have a television and music system installed in our home. Apart from recreational activities, festivals are also celebrated. Also, there's a prayer place in the Senior Citizen Home. Students from school and colleges visit elderly people for interaction and celebrations. We also have a team of well-trained workers who specialize in providing care to special patients.

For recreation daily Newspapers, Weeklies, Bi monthlies and monthlies, are provided to them. To make easy their environmental stress, the agency has arranged out- doors visits. These out-doors visits have really given enthusiasm to he inmates. They had different experiences. They also visit temples nearby District


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and Town as our Tour Visit and develop happy feeling.

Spiritualistic guidance is quiet down their frame of mind towards infectious thoughts of loneliness, bitterness and gloominess. The Organization has arranged inter religious prayers associated with Christian missionary people for conducting mass, share their feelings and spend time with this inmate. Likewise, Sai Bhaba devotees are regularly coming and conduct Bhajans. The aged are very happy in spending time with them and feel relieved of their ill- feelings.

SIGNIFICANT ACTIVITIES

KNOWLEDGE ENHANCEMENT TRAININGS FOR STAFF

The organization has given opportunity for the staff to attend capacity building trainings That organized by the National Institute of Social Defense (NSID) and, a Regional Resource Training Center through Webinar on various subjects related to aged care

An Eye check up Camp has been conducted at our Aged Home .During that day a lady Doctor has administrated medical check up to the beneficiaries and suggested valuable health tips to prevent common diseases and intake of healthy foods.

On 15.06.2024 Violence against Aged Day had been observed . During that day, a really had been organized with participation of school and college students to create awareness among the public on Senior Citizen Act 2007 and proper care and support for aged.

On 15.08.2024 observed Independence Day with National spirit and enthusiastically as always. During that day, tri colour National Flag hoisted by President of Lions Club. A special meal was offered to the beneficiaries. Followed by that the children of the area performed cultural programmes.


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District Social Welfare Officer has visited our home and monitored the programme and gave valuable suggestions for well-functioning of the home

On **06-09-2024** a PMU Team from Delhi, that debuted by MSJE, has visited the Home and scrutinized the programme activities. The team individually interacted with beneficiaries, staffs and management.

01.10.2024 World Elders day program had observed in District level by DSWO Trichy. On the day, Trichy collector delivered special address and distributed blankets to aged and district Social Welfare officer and Old Age Home Beneficiaries have participated in this programme.

On **01.10.2024** our organization has observed World Elders Day at our Aged home premises. During the day, eminent personalities, Local leaders and General Public were participated. Senior most beneficiaries of our home were felicitated. The students from local have performed dances and cultural programmes. Special meals arranged to the beneficiaries of the Home.

As like previous years the beneficiaries of the home have celebrated the festivals of Deepavali, Chirstmas, Pongal and other important religious festivals with same spirit and fervent prayers.


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CELEBRATING DIWALI WITH NIT STUDENTS



S. Ramesh
SECRETARY

EYE CHECKUP CAMP



P. Ramesh
SECRETARY

INTERNATIONAL DAY OF OLDER PERSON'S PROGRAMME



P. [Signature]
SECRETARY



S. Ramesh
SECRETARY



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JAYANTHA ECONOMICAL AND EDUCATIONAL TRUST
BHARAKKATH NAGAR
3rd STREET
THUVAKKUDI & PO.,
(TN)
* TRICHY-15 *