

# AGEING & LONGEVITY NEWS

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## Message from Chairman's Desk



Dr. Vinod Shah

The world was busy celebrating happy ending to the year 2019 and preparing to welcome New Year 2020 with lots of Hope and Expectations. During this time on 31st December 2019 China, reported a pneumonia kind of case, which by mid-January 2020 was identified to be a kind of virus and China informed the world that it's WUHAN city was gripped by this virus later on 11 March 2020, WHO declared it to be Novel Corona virus Disease (COVID-19), terming the outbreak as a pandemic and reiterated the call for countries to take immediate actions and scale up response to treat, detect and reduce transmission to save people's lives.

By this time slowly but progressively country by country were in grip of COVID-19 pandemic and whole world was in the state of panic as there was no known medical solution to arrest it or control it immediately. Suddenly the life of individuals globally changed facing lock downs imposing restriction on individual movements, cancellation of celebrations, gatherings, closing of shopping malls, travel, educational institutions, schools, colleges, entertainment etc. slowing down of economic activities, loss of income for individuals through pay cuts, loss of jobs etc. Worst affected were the people dependent on daily wages, small independent businesses, unskilled work force and migrant labour.

We were no exception falling in the grip of pandemic early month of February 2020 and facing series of lock downs with 1st announcement on 24th March 2020 disrupting our daily life adopting wearing of masks, frequent washing of hands, use of sanitizer, observing 'social distancing' the term not heard before. Work from Home, conducting many activities on-line, enhanced use of internet, digital payments and learning to live with minimal and imposed restrictions with maximum emphasis on personal safety becoming the New Normal.

**Dr. Vinod Shah, MD**  
**Chairman, Janaseva Foundation, Pune**



Visit link for above programme : <https://youtu.be/HoAVf0MeRFQ>  
We appreciate your comments

## Some people come into our lives, leave memories on our hearts- VASANTRAO JADHAV



Vasant Rao Jadhav

A kind-hearted person and Trustee of Janaseva Foundation, Shri Vasant Rao Jadhav died on 24th March 2020 at the age of 74 yrs. following a cardiac arrest. An active person and a man of few words, he was highly reliable and his helpful nature made him popular among our staff and associates.

He belonged to humble family background and was the only child of his parents. He was a self-made person. He set up a repair shop for auto parts in a rental accommodation managing early age. He developed expertise for repairs of all kind of cylinder heads an important and critical part of any automobile vehicle. Slowly but steadily he gained reputation and set up an independent 2nd facility titled Degvidas General Repair works hiring additional labour force in a huge plot of land at Katraj and decided to participate in tendering process of government contract for repairs and reconditioning of auto parts. In this endeavour he got initial success from Pune Municipal Transport (PMT) with an annual contract for repair of auto parts, on successful execution, his work was acknowledged for quality and service that fetching him contract from Maharashtra State Road Transport Corporation (MSRTC). This was the turning point in life. He was now an entrepreneur of a repute providing livelihoods to more than 100 families, this was the big moment of pride for him.

His social contacts also improved as he met Dr. Chopade who introduced him to Saras Jaycees with a membership of the club, taking plunge into the field of Social work. Being son of the soil, he developed interest in social work, during this time, he came in contact with Dr. Vinod Shah and his desire to do something for the needy, poor, and underprivileged section of the society grew further. Seeing his passion for social work and dedicated efforts Dr. Shah appointed him as a Trustee of the foundation. He has many achievements to his credit in the progress and success of Janaseva Foundation.

He is survived by his wife Smt. Mangal (Director, Rajashri Sahu Bank), son Vikram Jadhav and a daughter settled in Toronto, Canada. They all play active role in various activities of the foundation.

All the members of Trustee Board of Janaseva Foundation present at a virtual meeting of the Trustee Board held on 17th June 2020, offered their last respect to the departed soul observing two minutes silence and conveyed their heartfelt condolences to his spouse Smt. Mangal Jadhav and son Vikram Jadhav who are the Executive Members of Janaseva Foundation.

# COVID 19 & Our Contributions

**Janaseva Foundation**, a Pune based NGO and National Award winner of “Vayoshreshtha Samman” as “Best Institution in the service of Senior Citizens and Advocacy” in the year 2016, an award instituted by Ministry of Social Justice and Empowerment, Government of India, has been serving the society and the people of all ages at the bottom of the pyramid for past three decades.

In this time of crises due to COVID 19 pandemic, it is our responsibility to reach out to people in unorganised sectors, Daily wage earners and People living on the street are the most vulnerable section of the society. Due to lockdown these group of people is the most affected with no earnings and non-availability of food in many houses.

**Dr. Vinod Shah, Chairman**, Janaseva Foundation participating in **webinars organised by WHO**, IFA and Medical Associations, getting updates and sharing his experience to fight this pandemic and networking with other NGOs, our well-wishers, individual and corporate donors has been continuously working providing help to needy and elderly as follows;

- **6,000 Food serving** daily till todate to poor families inPune & Villages
- **1,200 Grocery kits** distributed in Pune and villages (Velhe Taluka) worth Rs. 1,500/-each.
- **1,000 Masks and Sanitizers** distributed among people.
- **200 New toilets** are under construction in villages (2000 ready)
- **200 Sr. Citizens at our Old Age Home** at Ambi are provided Food, Shelter, Clothes, Medicines and Health check-up etc.
- **120 Destitute children** and adults are also provided similar care at our Bhilarewadi (Katraj) Center.

- All 200 inmates of our OAH are safe as;
  - i) Ensuring hygiene practice, washing of hands, No touching etc.
  - ii) Visitors including relatives not allowed in the premises.
  - iii) Use of disinfectants for housekeeping. Periodic checking of body temperature of some elderly.
  - iv) Use of Mask by Staff and Caregivers.
  - v) Will tests for very old inmates once test kit supply improves.

Our Mobile Medical Units (MMU) equipped with Instruments,Doctors, Nurses are regularly providing health care services and medicines to 75 villages in Velhe taluka of Pune District under National Health Mission (NHM) scheme of Government of India.

As RRTC (Regional Resource & Training Centre), we are a nodal agency for Ministry of Social Justice & Empowerment, Government of India, having regular interactions with 48 Old Age Homes in the states of Gujarat, Maharashtra and Vidrabha Region of Maharashtra and Union Territory of Diu and Daman for monitoring well being of inmates and reporting to the Ministry and coordinating for help if, any.

**Spread Awareness on Arogya Setu app**, specially developed by Ministry of Electronics and Information Technology (MeitY) for COVID 19 with a request to download and use and Advisory for Senior Citizens issued by the Ministry.(Hon'ble PM mentioned both as important items, highlighting seven points during his address to the Nation) among all Sr. Citizen associations, Old Age Home functionaries, Elder Care Groups and Government officials in GJ/MH/MP and Diu & Daman UT.





# WHO-ICOPE TRAINING PROGRAMME

A Three days ICOPE training programme jointly organized by Janaseva Foundation and World Health Organization (WHO-SEARO) from 16th to 18th December 2019 for the Primary Care Physicians at Yashada, Pune.

40 Doctors from Primary Health Centers (PHC) of Pune District, Doctors and Medical Officers from Pune Municipal Corporation and Doctors providing health care services thru Mobile Medical Units of Janaseva Foundation in 75 villages in Velhe Taluka, actively participated in Integrated Care for Older People (ICOPE) training programme.

Shri Ratnakar Gaikwad, (former Chief Secretary of Maharashtra) delivered inaugural address and he emphasized on sensitizing all stakeholders, as implementing Integrated Care requires multiple stake holders to jointly work for the cause hence combined meetings of various stake holders have to be organized to get everyone on board for the benefit of Elderly. Dr. Vinod Shah, (Chairman Janaseva Foundation and Organizer), briefed about the objective of the programme and need for providing integrated care specifically to the rural elderly. Dr. Ramesh Kandel (Geriatrician and Consultant-Family Health, Gender & Life Course) of WHO-SEARO, highlighted the concept behind ICOPE and activities of WHO in South East Asia Region and informed that this is most important pilot programme at Pune before rollout to other countries in South East Asia Region by WHO. Dr. Nitin Bilolikar (Dy. Director Health Services, Pune), Dr. Ramchandra Hankare (Chief Medical Officer, PMC) also addressed participants.

Mrs. Meena Shah (Chief Administrator) offered vote of thanks and Mr. Jaydev Naik (Trustee) Janaseva Foundation, conducted the inaugural session.

During three days training programme, Dr. Ramesh Kandel (WHO), Dr. AB Dey (Head of Dept., Geriatric Medicine at AIIMS Delhi), Dr. Prasun Chatterjee (Associate Professor & Geriatrician at AIIMS), Dr. NN Prem (Geriatrician, Jaslok Hospital-Mumbai), Dr. Srinivas Thakur (Geriatrician & Elder Care Specialist, Thane) were the resource persons. While Dr. Vinod Shah (MD- Medicines & Gastroenterologist) provided expert guidance and motivated participants throughout the programme. All participants and resource persons were taken to Janseva Foundation's Old Age Home at Ambi to understand real problem of elderly.

Dr. Sudhir Kothari (Neurologist), Dr. Harshe (Dietician), Dr. Manjiri Dixit (Psychiatrist) and Dr. Sandeep Tamane (Geriatrician) participated during Concluding session offering their valuable guidance and advice. Participants expressed full satisfaction for this unique and in-depth training programme they were provided ICOPE manual for future reference and use during regular practice. Idea for this programme was originated by Mrs. Meena Shah & Dr. Vinod Shah a formal proposal was submitted to WHO-SEARO by them. Shri Jaydev Naik (Trustee) played key role in organizing all resources and arrangements for the programme. Other staff members of the foundation also volunteered for all three days to make it a success.

आज का आनंद

पुणे शहर



बुधवार, 1 जनवरी 2020

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## ‘बुजुर्गों की संयुक्त देखभाल’ विषय पर हेल्थ ऑफिसर्स की ट्रेनिंग सम्पन्न

जनसेवा फाउंडेशन और विश्व स्वास्थ्य संगठन द्वारा संयुक्त रूप से 16 से 18 दिसंबर तक कार्यक्रम आयोजित

पुणे, 31 दिसंबर (आ.प्र.)

‘बुजुर्गों की संयुक्त देखभाल’ विषय पर पुणे के जनसेवा फाउंडेशन और विश्व स्वास्थ्य संगठन द्वारा संयुक्त रूप से प्राथमिक देखभाल हेतु हेल्थ ऑफिसर्स का ट्रेनिंग कार्यक्रम 16 दिसंबर 2019 से 18 दिसंबर 2019 के बीच यशदा में सम्पन्न हुआ।

इस कार्यक्रम में प्राथमिक स्वास्थ्य केंद्र, पुणे विभाग, पुणे मनपा के डॉक्टर, हेल्थ ऑफिसर्स, वेल्हे तहसील के 75 गांवों में घूमने वाले मोबाइल हेल्थसेक्टर के जांचे सेवा देने वाले डॉक्टर सहित 40 डॉक्टरों ने ‘बुजुर्गों की संयुक्त देखभाल’ विषय पर आयोजित ट्रेनिंग कार्यक्रम में हिस्सा लिया।

चीफ गेस्ट के रूप में राज्य के पूर्व मुख्य सचिव रत्नाकर गायकवाड़ ने उद्घाटन भाषण में जोर देते हुए कहा कि सीनियर सिटीजन की देखभाल करने वाले जितने लोग-संख्याएं हैं उन्हीं बुजुर्गों की देखभाल से जुड़े विषयों की जानकारी उपलब्ध कराई जाए। सभी वर्ग एकसाथ आकर बुजुर्गों की संयुक्त रूप से कैसे देखभाल करें? यह जानने के लिए एक मंच पर एकत्र आना चाहिए।

जनसेवा फाउंडेशन के अध्यक्ष डॉ. विनोद शाह ने कार्यक्रम की विस्तृत जानकारी दी। और ग्रामीण क्षेत्रों में यह सेवा अधिक देने की आवश्यकता व्यक्त की। विश्व स्वास्थ्य संगठन के पारिवारिक स्वास्थ्य सलाहकार डॉ. रमेश कादेल ने बुजुर्गों की संयुक्त देखभाल विषय का कांसेप्ट स्पष्ट किया। उन्होंने कहा, विश्व स्वास्थ्य संगठन के दक्षिण-पूर्व एशियाई देशों में इस कार्यक्रम को लागू करने से पहले पुणे का यह कार्यक्रम बेहद महत्वपूर्ण राह दिखाने वाला कार्यक्रम रहा।

कार्यक्रम में स्वास्थ्य सेवा के पूर्व उपसंचालक डॉ. नितिन बिलोलीकर व पुणे मनपा के चीफ मेडिकल ऑफिसर डॉ. रामचंद्र हंकारे ने अपनी राय ज़ाहिर की। मुख्य प्रशासक मीना शाह ने आभार जताया, जबकि ट्रस्टी जयदेव नाईक ने उद्घाटन सत्र का संचालन किया।

इस तीन दिवसीय ट्रेनिंग कार्यक्रम में विश्व स्वास्थ्य संगठन के डॉ. रमेश कादेल, दिल्ली एम्स के सीनियर सिटीजन डिजीज मेडीसिन डिपार्टमेंट के चीफ डॉ. ए.बी. डे, एम्स दिल्ली के सीनियर सिटीजन डिजीज स्पेशलिस्ट के असिस्टेंट प्रोफेसर डॉ. प्रमन चटर्जी, डॉ. एन.एन. प्रेम, डॉ. श्रीनिवास ठाकुर प्रमुख लोगों में शामिल थे।



World Health Organization

Preventing and managing COVID-19 across long-term care services

Policy brief

More details visit: [https://www.who.int/publications/i/item/WHO-2019-nCoV-Policy\\_Brief-Long-term\\_Care-2020.1](https://www.who.int/publications/i/item/WHO-2019-nCoV-Policy_Brief-Long-term_Care-2020.1)

# FIGHT AGAINST COVID-19

## Our Executive members



Shri. Mahendra Ramdasji Pawar  
Chairman, Mukesh Prathisthan Charitable trust.



Shri. Eshwar Hariprasaadji Baja  
I. Q. Media and Multi Services



Shri. Nana/Shankar Doulatrao Nivangune  
Chairman, Ekata Club.

We are proud of above members for their contribution for various type of help given by their various organization and helped needy families to sustain in this COVID-19 period. We appreciate their efforts and wish them better success in their future social activities.

## OLD AGE SUPPORTERS



**Anjali Deshpande**  
Gerontologist  
(TISS)

Founder Madhur Bhav Senior Living Home Pune Dementia care center Hinjewadi Pune.

### **Fight against COVID-19 with Madhur Bhav**

Madhur Bhav senior living home and care centre is an example for keeping all the seniors safe during Pandemic. When we saw the news about the pandemic reaching Pune with one couple visited Dubai and

spread to nearby society. When Our Prime minister declare Janata Curfew and also followed 21 days lockdown. Our system started pro-actively taking care for seniors. First and foremost things which we followed of stopping of visitors from 10th March 2020. I did not panic about the situation and followed the time to time guidelines issued by Ministry of health and welfare for taking care. Our staff was instructed to be residential and cut down of the staff which was not directly working with seniors. so the level of infection curtail during the lockdown, we send the circulars to relatives about not visiting madhur bhav to meet with them and also arrange for video conference for the timing was specified. Our nursing staff checked all the patients' every day. With caution for cough, fever, sneeze and those we suspected did the x-ray testing for them. As preventive care we started with administration of vit C tablets, milk was served earlier in night but now added curcumin. We gave bronchodilators to all the resident. Maintained social distancing for all seniors.

To maintain healthy and fearless atmosphere we maintained their routine of exercise and social activities (in house), My inspiration and dedication by team also supported well and gave incentives to manage the staff during COVID-19. Pandemic. We had few falls and

*continued on next column.....*



**Smt. Jyoti Sachde**  
In-charge, Century Club, Kothrud

Smt. Jyoti Sachde is very energetic supporter of Janaseva Foundation. During Corona pandemic period she has



distributed hundreds of grocery kits to needy families through her trust i.e. Mamata Charitable Trust. We are thankful to her for hardship and helping us in Century Club activities at Kothrud.

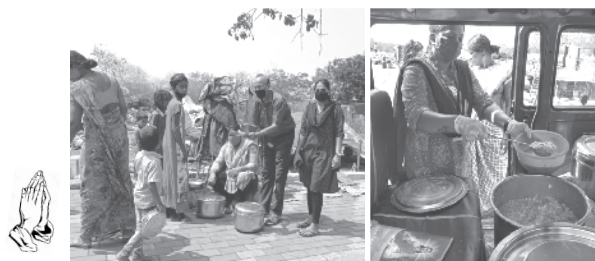
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surgery during COVID-19 and did manage very well. Our efforts was to provide the utmost care and follow the rules. We had "ललललल ललल" no senior was allowed to go out. And had saloon at home only. Our cooking is Nero facility for both locations and we managed the residents with traditional therapies like steam, salt water gargling, vit C, cough syrup, Arsenic Album .etc etc.

**Contact: Mobile # 9850016669**

**Email : ajfoundation05@gmail.com**

**Bhagyashree Magan Banchhod and Vijaya** were admitted in D. Y. Patil Hospital in bad stage of COVID-19. Now they are fully recovered and distributing food to needy. We salute their courage and social services.





## WORLD ELDER ABUSE AWARENESS DAY - Dr. Vinod Shah

**Our elders deserve to be treated with respect. Join the cause, spread the word.**



Dr. Vinod Shah

International Federation on Ageing had organized series of Town Hall virtual meetings specially on various issues faced by elderly due to corona pandemic. Dr. Vinod Shah, Vice President of IFA for Asia Pacific region participated in almost all these meetings which were also put up in you tube. Dr. Vinod Shah was invited as an eminent specialist and expert, Regional Vice President Asia Pacific and a person dedicated to the lives of older people to be our Expert Speaker at a Town Hall on the 17th July 2020.

**In view of his expertise and vast experience in the area of Healthy Ageing WHO-SEARO as appointed Dr. Vinod Shah on (1)WHO Global Network on Long-Term Care (GNLTC) (2) Expert Advisory Panel for developing a Policy brief to guide Member States and related government bodies on actions needed to mitigate the impact of COVID 19 outbreak in Long-Term Care Facilities (LTCFs).**

It was Nelson Mandela who said

*"A society that does not value its older people denies its roots and endangers its future."*

Today is world elders abuse day, it was declared by United Nations in 2006 and since then people all over the world arrange programs on this day to make awareness on senior citizens regarding their abuse.

Dr. Vinod Shah, Chairman Janaseva Foundation, Pune As such this is a social global issue. To start with, the foundation is running old age homes, century clubs, day-care centres, we are conducting research in again in the rural areas. We also conduct research on such days as world elder abuse day, world elder Senior Citizens Day, every year. Usually, for this day we organize an event at Punya Ashram wherein Mataji Kashyap, blesses us. Usually many people join including MLAs, ministers of state, and social workers. All of us come together and guide the gathering of more than two thousand senior citizens.

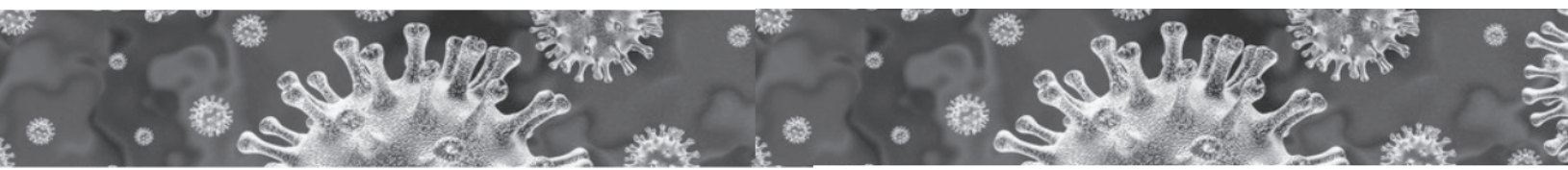
Various organization like FESCOM, ASCOP, Bharatiya Yog Smasthan, Chaitnaya Hasya Yoga Parivar, Ekta Club, and others join with us.

Janaseva Foundation and Punya Ashram organizes the program for 4 hrs in the morning followed by lunch. All of us, know that this year due to the COVID-19 global pandemic we cannot arrange such a program and therefore, Janaseva Foundation decided to have at least a discussion on elder abuse with the aim of spread awareness.

To start with, let's discuss the definition of elder abuse. WHO defines elder abuse as "a single or repeated act, or lack of appropriate action, occurring within any relationship where there is an expectation of trust which causes harm or distress to an older person"

United Nations is also concerned with this and they have come out with a theme – 'Access to Justice' last year and this year theme is 'Lifting up Voices'. Justice is the very foundation of our society. It shouldn't be a surprise that on this day NGOs, like WHO, International Federation on Aging, help Age India, Help Age international, ILC International, they all actively participate on this day and they do update on this day. Elder abuse can take various forms, including financial, physical, psychological and sexual, social and can also be the result of intentional or unintentional neglect. We see this abuse not only in families but also in institutions wherever they stay – old age homes, long term care facility centres, hospitals, so and also along with that in the communities.

A study conducted by Help Age India in 2012 found that in many big cities of India (almost 12) around 31% of elder abuse is seen in the families. Janaseva Foundation also conducted a study in the community where we gave questionnaires to three thousand senior citizens and we found that more than 25% of the seniors they are abused in the community – it may be in the hospitals, the government offices, the non-governmental officers, the semi-governmental offices or in the shops, malls, medical shops. Elder abuse is very common and therefore looking at this increasing problem of abuse, the Ministry of Social Justice and Empowerment suggested that there should be a law on this abuse. Ultimately the government of India formed a law in 2007 as was suggested in Madrid International Plan of Action on Ageing in 1999. So now we have an Act known as Maintenance and Welfare of Senior Citizens (MWPSA) Act, 2007. But we found that still



there are many lacunae, people are not using it because of lack of awareness. To correct the lacunae the parliament decided to have another discussion on this law and a few amendments were suggested. Then in 2018, this law was modified.

The most unfortunate thing is that everyone is very proud of their family even if it is their son in law or daughter in-law that abuse them, seniors are not ready to report it. In this law there is a provision that if such a violence is done the senior citizen as per section 4 of the Act, they should go to the tribunal. The information then goes to the collector as collector is in charge of the execution of the Act. In case senior citizen is unable to apply for this then the application can be made by volunteers, or any NGO or any lawyer but still, unfortunately, the required awareness is not produced in the country and still senior citizens are not taking the benefit.

Those who sought justice started getting 5k-10k per month from their family members. In the families, all of us know seniors always depend on others for financial and emotional support. They have very poor physical and mental health. They have poor coping skills and without any social support. So this has affected a lot to them. Family caretakers are involved in taking care of the senior citizens but because of such things, there is a lot of negligence and abuse. In institutions as a number of caretakers are less they are overburdened, they are exhausted.

Actually, they are frustrated by taking care of this dementia and schizophrenia and Alzheimer's, Parkinson's and all mental disorders. To prevent it the family's active involvement in the life of the senior citizen is expected. They should prove that they are useful in the family they are needed in the family so the rate of abuse will decline. But most of the time unfortunately we will see that because of financial problems senior cannot do anything. In an institution when a senior citizen is abused first of all their loved ones should talk to them, let them be in touch. If there is any violence show the violence on mobile to their loved ones. Necessary action can be taken. Or they can visit but due to COVID-19 they cannot. Institutes should also have good policy and training. Now at present, the world is facing COVID-19 it's a pandemic and we are in lock down just like house arrest. Physical and social distancing, maintaining personal hygiene and the seniors are totally isolated, because of this isolation they are neglected and they have no social support. Having a lot of financial hardships,

health issues and anxiety in addition to abuse leads to harassment and violence. In fact, Janaseva Foundation is now carrying out a research on these psychological problems faced by the senior citizens during this lock down period, we'll come out with the paper soon.

What is important is in this period there is a lot of harassment and violence. Elders should change their lifestyles. They should have a good relationship with their grand children and all of the family should pray together. We always say the family that prays together stays together. In order to increase this inter-generational bonding, it is a good period for the seniors but if violence is too much then you have to contact the help line. Especially in Pune, there is a police help line 1090 where there is a special cell by the police dept - Bharosa Cell. Immediate action is taken by the police but all over India - HelpAge India, Dignity Foundation, ILC India, they have their own help lines even if anyone complains to Janaseva Foundation, we also take cognizance of it. But sadly, we can't completely prevent elder abuse that is the truth. Just as children are the future of society, elders are the foundation of society. There is an imminent need to sensitise the current population towards the issues of the elders.

**Contact us:** 9823011760,

**Mail us:** janasevafoundationpune@gmail.com

### Welcome to Dr. B. T. Lawani as Director, Research Centre in Janaseva Foundation



**Dr. B. T. Lawani**

Dr. B. T. Lawani was former Dean Faculty of Arts, Commerce and Social Sciences at Bharati Vidyapeeth Erandwane, Pune and presently Editor-in-Chief of South Asian Journal of Participative Development.

During COVID 19 period he has analysed all aspect of crisis and given his inputs on, where to concentrate. Some of the points are given below

- Provide information about opportunities in crisis.● Motivate people to access to those opportunities. ● Help victims manage their feelings and emotions. ● Help people find new ways to face problems.● Help victims recover their psychological equilibrium.● Establish communication between people in crisis.● Help to understand the clear situation of crisis.● Restore the individual's homeostasis.

His input will help Janaseva Foundation to achieve further heights in research activities.





**Dr. Vinod Shah** was awarded coveted **Lifetime Achievement Award** by auspicious hand of Great Musician Hridaynath Mangeshkar & Vice-Chancellor of SPPU, Dr. Nitin Karmalkar in presence of Pro. V.C. Dr. Nehru Umrani for his dedicated and prolonged social service by Savitribai Phule Pune University on 10/02/2020.



Shri. R. B. Kothari

We have pleasure to introduce that **Shri. Rajendra Banktlal Kothari** who joined Janaseva Foundation as a Trustee w.e.f 1.07.2020.

He born in 1953 & he is a commerce graduate having vast experience in fleet management of 150 trucks and trailers as well as managing 3 show rooms of Hyundai cars in and around Pune. His involvement in social activities are given bellow.

- Patriot to Jaipur Foot Project, Pune chapter Bharat Vikas Parishad a Institute engaged in Social Services, having 226 branches in India and abroad.
- Past member of Lion's Club of Pune , Sarasbag.
- Past member of Poona District Goods Transport Agents Association.
- Member of Jain International Trade Organization), Pune.

His experience and social services will contribute in our development as well as bringing various project and funds raising activities.

We welcome him in our trust to be a pillar of our organization.

## JANASEVA FOUNDATION, PUNE Pune University Recognized Research Centre

### Psychological Distress Among Elderly During Global Pandemic, Covid-19: A Cross-Sectional Study

#### Main Objective:

The main objective of the study is to know and understand the Psychological Distress Among the Elderly during the Global Pandemic, Covid-19 and thereby to help these population to overcome the distress by way of providing the counselling and other essential services through the Janaseva Foundation, Pune.

#### Specific Objectives:

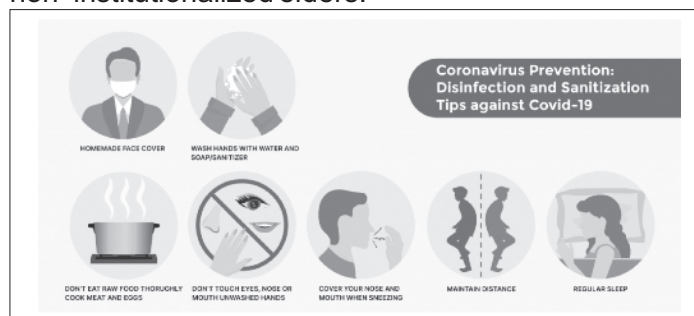
- To know the demographic background of the elderly under the proposed study;
- To check the level of knowledge of elderly about COVID-19;
- To find out the existing physical ailments of the elderly under the study and find out the relationship of this status with their mental health;
- To probe into the psychological distress of elderly population due to COVID-19;
- To find out the difficulties faced by the elderly as regards to get the medical/health services and other essential services during the COVID-19; and
- To identify the differences in the pattern of psychological distress in institutionalized and non-institutionalized elderly.

### Results & Findings:

One third of our respondents almost always check news and updates related COVID 19 pandemic and are worried that social distancing, now called as physical distancing is not enough to keep them safe from the virus.

- Almost 70% believe that basic hygiene habits** like hand washing will keep them safe. One third of them keep checking sign for the infection
- Over 40% don't feel comfortable** even staying with the family during lock down many are deteriorating health wise..
- Around 60 % of the respondents feel better** as they are involved in some kind of creative work.

Further we are administering the questionnaire amongst the elderly at our old age center so that we can get a comparison between institutionalized and non- institutionalized elders.



## MALDIVIAN DELEGATES: STUDY TOUR

### Maldivian Delegates: Study Tour

A Team of delegates representing Government of The Republic of Maldives (a small island nation in South Asia, situated in the Arabian Sea of the Indian Ocean. It lies southwest of Sri Lanka and India) consisting of Ms. FAZNA SHAKIR, Hon'ble Minister of State (Gender, Family & Social Services)



Ms. Asiyath Nasooha, Assistant Director Ms. Fathimath Abdulla, Social Service Worker accompanied by Ms. Atreyi Ganguli, National Professional Officer, WHO, New Delhi visited Pune from 25th to 28th November 2019 on recommendation of New Delhi office of WHO (World Health Organisation) to study Policy framework, Programmes and Initiatives of Government of India. Elder Care service needs and Facilities required to be set up to provide best possible care by Senior Citizen Care homes (Old Age Homes) which the Government of Maldives envisages to implement in their country.

Mrs. Meena Shah and Dr. Vinod Shah (Chairman) of Janaseva Foundation as the host for the study tour delegation planned and executed extensive programmes giving them insight to operational Care homes in City of Pune e.g. Niwara Old Age Home, Matoshree Vrudhashram (State

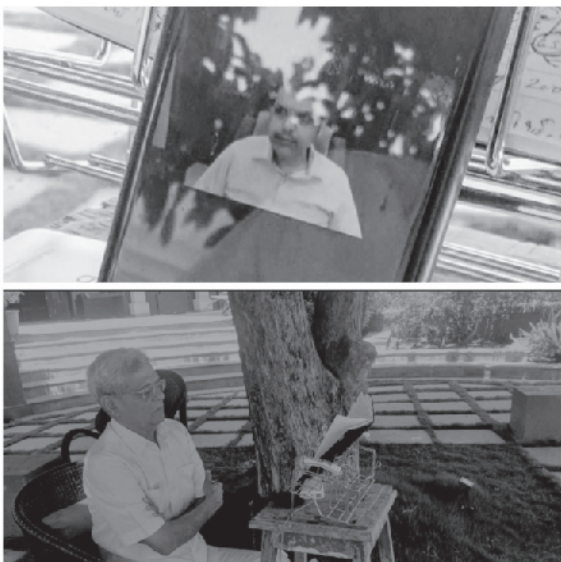


Government) and Janaseva Foundation Managed Elder Care Home with 200 inmates, Hospital, Nursing School and Long Term Care units at village Ambi, Ranwadi in Velhe Taluka. Also visiting Day Care Centre, Century Club and Destitute Centre at Katraj. The Team members had enough time and opportunity to discuss with Management and interact with inmates at all places of visits to get better insight to the operational requirements and challenges involved.

An exclusive meeting was arranged with Shri Kailash Kanse, Director General of Dr. Babasaheb Ambedkar Research and Training Institute (BARTI), an autonomous institute of Social Justice and Special Assistance, Pune and Shri Milind Shambharkar, then Commissioner of Social Welfare Department of Government of Maharashtra to discuss and understand policy initiatives of the Government.

Visitors also had an opportunity to learn about historical background of Pune visiting Shanwar Wada is a historical palace and fort built in 1732 during Peshwa and Maratha empire and a visit to Agakhan palace, where father of the nation Pt. Mahatma Gandhi was imprisoned. They expressed full satisfaction over their fruitful visit of three days at Pune. Shri Jaydev Naik, Trustee, Janaseva Foundation took lead in planning and executing total visit with ensuring proper logistics arrangements. Shri Sunil Kathare and Mukund Ujalambkar provided support.

### VIDEO CONFERENCING WITH EX-CHIEF MINISTER SHRI. DEVENDRAJI PHADNIS BY DR. VINOD SHAH



Video Conferencing with Ex-Chief Minister Shri. Devendraji Phadnis by Dr. Vinod Shah on the issue of COVID-19 and discussed and explained him how Janaseva Foundation is helping them to overcome with present situation by self distancing and use of mask etc. Provided them immunity buster medicines as well as feedback of Effort and contribution made by Janaseva Foundation also briefed as under

- Daily Food serving till today to poor families in Pune & Villages
- Grocery kits distribution in Pune and villages
- 200 New toilets are under construction in villages (2000 ready)
- 200 Sr. Citizens at our Old Age Home at Ambi are provided Food, Shelter, Clothes, Medicines and Health check-up etc.
- 120 Destitute children and adults are also provided similar care at our Bhilarewadi (Katraj) Center.



## VISITORS REMARKS

**19.04.2019**

Visited the facilities available along with the that of related / attached with RRTC Interaction with the staff / officials was satisfactory. Satisfied with the overall facilities by the centre.

**VIJAY KUMAR**, Under secretary, Ministry of Social Justice & Empowerment.

**11.05.2019**

Visited Janaseva Old Age homes meant for Sr. Citizens. It's a great work done by them. Very impressed & admirable work.

**SATYAJIT KULKARNI**, Wheels Charitable Foundation, Pune

**09.06.2019**

It was pleasure visiting the Old Age Home run by Janaseva Foundation. I was impressed by the infrastructural arrangement and the structures, I must place on record that the efforts of the architect to create such a infrastructure which is airy full of light and liveliness. All the inmates with whom I interacted were very happy. I could see their internal happiness and pleasure which was coming from within. Dr. Vinod Shah, a unique and peculiar personality who has devoted whole life for the old age people. The entire efforts of Dr. Shah depicts selfless service to the humanity. I feel honored to be within today at this place. I wish all the best to Dr. Shah and the foundation. I would always associate myself with the efforts and objectives of the Janaseva Foundation.

**MILIND SHAMBHARKAR**,  
Commissioner, Social welfare, Pune

**24.11.2019**

Inspiring work done here. Appreciate the human touch you give to all the services.

**FAZNA SHAKIR**, Minister of State for Gender, Family & Social Services, Maldives

**16.12.2019**

Great work. Inspirational.

**Dr. RAMESH KANDEL**, WHO-SEARO

### FEATHER IN CAP OF JANASVA FOUNDATION



We have proud to announce that **Sahil Dadu Bhalerao** secured 96% mark in SSC examination from our destitute centre, Katarj. When he was 5 years old he came to this centres. Now he is 16 years old. He stood first in Rambahu Mhalagi School. All his further educational

expenses will be paid UBS Company. He aims to be an IAS officer. Girl students have also achieved good marks in SSC.

Miss Nilima Suresh Mane 77.8%

Miss Nisha Somnath Chavan 75.0%

Miss Nikita Tukaram Kasbe 61.0%

We have proud for their achievements. We are thankful to teachers, staff and trustees of Rehabilitation center, Katarj. Janaseva foundation wish them, all the best for their future. Mrs. Meen shah is Project In charge of this centre.

## OBITUARY



**Manikseth Dugad**

Manikseth Dugad will be remembered by us for significant and valuable contribution in the progress of Janaseva Foundation by donating land at Katarj for Destitute rehabilitation centre and guiding person in progress of Janaseva Foundation. Our heart felt condolences to their family members. We pray to god for the departed soul to rest in eternal peace.



**Dinkar Aajoba**

The Trustees and entire staff of Janaseva Foundation deeply grieve the sad demise of Shri Dinkar Aajoba at the age of 107 years. He was Secretary of our Century Club. He made lot of adventures in his life & use to climb Parvati at the age of 100 years. He will always remembered by all of us. We pray to the God for his wonderful soul to rest in eternal peace. In grife, Dr Vinod Shah, Chairman, Janaseva Foundation.

**Narayanbhai Chagan Mehta**  
(Father of Suhas Mehta, Thane.)

**Rambhai Tuljaram Sheth**, Mahad  
(Father in law of Shri Arun Seth)



**Ashatai Khivansara**  
(Wife of Kundanmal Khivansara)



**Naupatlal Sankla**  
(Father of Rajesh and Ravi Sankla)

**M. B. Bhandari**

All above dignitaries expired in last three months and all of them helped Janaseva Foundation in many ways. They all will be remembered by all of us for significant and valuable contribution in the progress of Janaseva Foundation. Our heart felt condolences to their family members. We pray to god for the departed soul to rest in eternal peace.





## SINCERE GRATITUDE



Difficult times bring out the best from an individual. CORONA 19 pandemic is one of such time in present situation and our foundation is fortunate to have witnessed few individuals going out of their comfort zone as these brave hearts entered the battle field to help the Needy, the Poor, the Elderly, the Children, the Beggars, the under privileged etc. Without whom our Foundation could not have helped this section of the society that it proudly did.

**Bhagyashree Banchhode, Bharati Kuche, Kiran Londhe, Mamata Katte, Mayuri Bamne, Ravi Wankhede, Ramesh Aglave, Balu Kapse, Hari Khandare, Sonali Kulkarni, Sushama Danvade, Dr. Chavan-Ambi, Santosh Madhure, Vijaya Bansode, Dattatrya Sable.**



We are proud of YOU, kindly acknowledge our sincere GRATITUDE.



**Dr. VINOD SHAH**  
on behalf of Trustee Board  
Janaseva Foundation, Pune



### Janaseva Foundation, Pune

Late Kundangouri & Manharlal sanghavi Complex.

Establishment : 15<sup>th</sup> January 1988

Late Com. Govindrao Dhapre Rural Hospital	Ward Boy – Aaya Training Centre
Mobile Health Unit ( NRHM )	Rural Hub
Lions Club of Pune Aundh Pashan Janaseva Foundation Eye Hospital	Century Clubs
Old Age Homes –	Anand Melawa- World Senior Citizens Day Celebration
(1) Late Haribhai V. Desai Old age Home, Wing I & II	Meet the Stalwarts   Senior Citizens Forum
(2) Shri Rasiklal Manikchand Dhariwal Old age Home	RRTC under the Ministry of Social Justice and Empowerment (MoSJ&E), Govt. of India
(3) Mrs. Icharjbai Chunnilal Khivansara, Dementia care Centre	Relief During Natural Calamity
(4) Late Shri Praveen Shroff Long Term Care Centre	Net Working of NGO's
Late Kundangouri Manharlal Sanghavi, Ladies Hostel	Computer training for senior citizens
Destitute Rehabilitation Center, Katraj	Care of Malnourished / under nourished children
Mrs. Vimal Mutha Grooming Academy, Katraj	Day Care Cente and Computer Training for Sr. Citizen
Mrs. Kumudben Madanbhai Sura Nursing School, Ambi	Village Development Proiect
Research Centre: Recognised by Savitribai Phule Pune University	Vocational Training – Computer, Tailoring & Bakery.
Education and care of street beggar children, Pune	Late Rakesh Devichand Jain Skill Development Hall, Katraj
Late Kanchanben Hirabhai Shah (Chakhawala) Sanskrutik Bhavan, Ambi	Late Bankatsheth Kothari and Shobhatai Kothari Sabhagrha, Katraj
Smt. Achala Sachdev Institute of Education : Education for street Children, Ambi	Cptn. Ku. Punav Godbole & Cptn. Dhrva Arya Education Centre, Katraj
Smt. Vmal Kantila Chuttur Dental Care, Ambi	Sou Lila Shantilal Chhajer (Mumbai) Ladies Hostel, Katraj
Shri Chandmal Keshwchand Munot - Ophthalmology- Eye Wing, Ambi	Ram Pdma Godbole Prathisthan, Destitutes Children home, Katraj
Dr. Jaywant Patil and Late Leelatai Patil - Sr. Citizen Wing, Ambi	Late S. P. Malhotra Skill Development Hall, Katraj
Mrs. Ramlaben Khimjibhai Gala, Guest House, Ambi	Ladies Hostel, Social Justice and Empowerment Department, Delhi, Katraj

Indulal Complex, 1<sup>st</sup> floor, Above Rupee Bank, Lal Bahadur Shastri Marg, Navi Peth, Pune – 411 030. Tel. (020) 24538787/8.

Telefax : (020) 24537373. Email : [janasevafoundationpune@gmail.com](mailto:janasevafoundationpune@gmail.com)

Income Tax Exemption under 80G

Website : [http:// janasevafoundation.org](http://janasevafoundation.org), [http:// kmsnursingschool.org](http://kmsnursingschool.org)



## RRTC ACTIVITIES

### Activities conducted by RRTC during lock down period due to COVID 19 pandemic:



Shri. Jaydev Naik  
Trustee-Incharge of RRTC

#### 1. NISD Programmes:

- Due to strict restrictions for all citizens to be home bound and Janata Curfew imposed by local authorities, no pending programmes could be conducted and NISD was communicated accordingly.
- Participated in first virtual meeting of all RRTC representatives invited by Director of National Institute of Social Defence (NISD) using Google Meet platform to discuss National Action Plan for Senior Citizens and Annual Action Plan of NISD and possibility of conducting online programmes.

#### 2. RRTC activities for MoSJ&E:

- Contacted 49 NGOs in the states of Gujarat, Madhya Pradesh & Vidarbha region of Maharashtra and UT of Diu & Daman and collected information about the well being of inmates of respective Senior Citizen Care homes and provided latest information to Ministry of Social Justice and Empowerment Government of India on the exact number of inmates during lock down and Problems & Challenges faced by NGOs due to lock down and arrangements made for the Safety, Security, Hygiene and implementation advisory for senior citizens by the Ministry for Senior Citizens.
- Created Awareness about Advisory for Senior Citizens issued by the Ministry among all the members of Local Senior Citizens organisations, ASCOP, FESCOM, RWAs, State NGOs in all three states and one Union Territory under our jurisdiction in respective regional language.
- Actively Spread Awareness and shared Link for Arogya Setu app developed by Ministry of Electronics and Information Technology to protect individuals from the risk of COVID 19 on ongoing basis and alerting in case of nearby risk.
- Gathered information on Yoga Therapist with full details e.g. Name, Educational Qualification, Address of Residence, Date of Appointment and No. of sessions conducted every month from all 49 NGOs over telephone/ WhatsApp and provided to the Ministry.
- Conducted inspection of Senior Citizen Care Homes through VDO conference with interview of inmates and staff, checked facilities and infrastructure as per Ministry guidelines, Covid 19 preparedness and implementation of Advisory for Senior Citizens and sent inspection reports in standard prescribed form to the Ministry with our recommendations whether or not they qualify for receiving pending Grant in Aid amount for the FY 2018-19 and FY 2019-20 as per input received from the Ministry.
- Submitted our suggestions on Elderly Care Report prepared by Tata Trusts for considerations by NITI Aayog on variety of topics concerning elderly.
- Submitted our observations and suggestions as response to the Parliamentary Standing Committee on Empowerment of Women on the subject 'Facilities for Women Senior Citizens in the Country' for detailed examination and Report during the year 2019-2020 to set of pre-set questionnaires.
- During these 90 days of Lock down regularly interacted with NGO representatives providing guidance and helping them to overcome operational problems on submission of online Grant in Aid application for current FY 2020-21. Helping them with implementation of EAT module of PFMS etc.
- Submitted our comments and suggestions to the Ministry of Social Justice and Empowerment, Government of India on 23 pages Draft document of National Policy for Senior Citizens 2020 after detailed study and identifying missing items of importance for Long Term impact.





## International Federation on Ageing: Highlights



### COVID-19 Resource Library

More details visit: <https://ifa.ngo/ifa-virtual-town-hall-resources/>



## 15th Global Conference on Ageing Rights Matter

Niagara Falls, Canada | 3-5 March 2021

REGISTER NOW

As the **15th Global Conference** on Ageing will be a large gathering of international delegates, the IFA has decided to act proactively and reschedule the event until **3-5 March 2021** to ensure the health and safety of all delegates, speakers, staff and volunteers.

## Contact Janaseva Foundation for IFA Membership

### MEMBERSHIP BENEFITS

1. Promotion of IFA Members projects and/or organization in our electronic newsletter. IFA VoltAGE that is disseminated monthly connecting with IFA's growing global community, the IFA Website and on the IFA Network Partners Page. 2. Access to the IFA "Members Only" section of the website. 3. Opportunity to be nominated and elected to the IFA Board of Directors. 4. Personal IFA updates and information via email on new reports and initiatives the IFA or the IFA with the World Health Organization are working on. 5. Reduced registration fees to IFA Global Conferences occurring every two years and the chance to win a free registration to the IFA 15th Global Conference in Ageing in 2020. 6. Opportunities to be connected and/or collaborate with other IFA Members and Network Partners. Please see the full list here.

For IFA membership contact : Dr Vinod Shah, Chairman - Janaseva Foundation, Pune. M. 9823011760

## BOOK POST

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To,

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