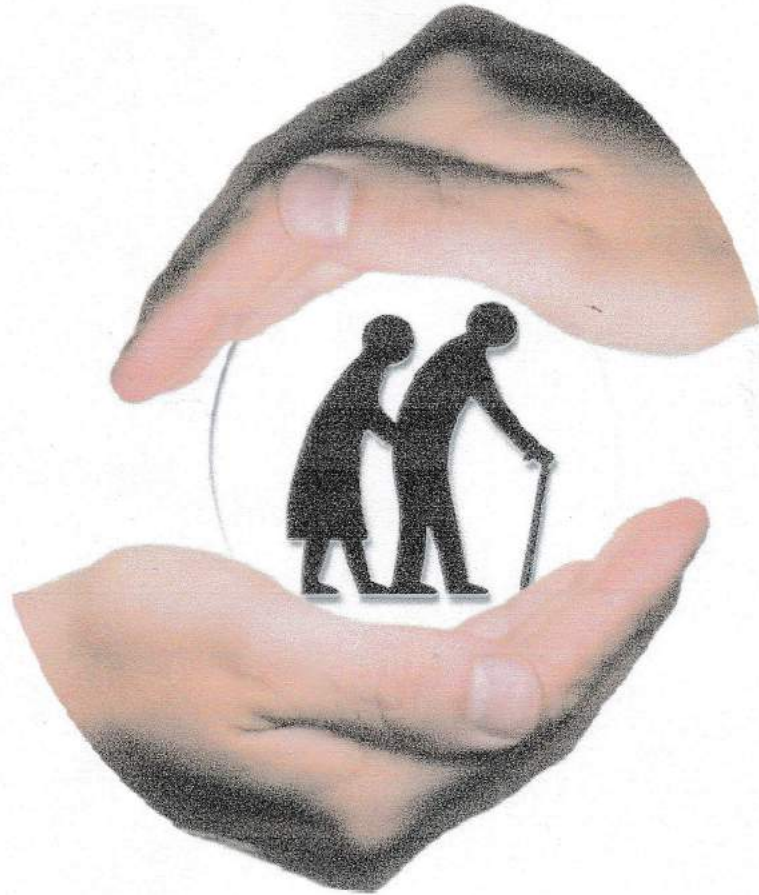


**JAYAMATHA ECONOMICAL AND  
EDUCATIONAL TRUST**



**ANNUAL REPORT**  
**2023-2024**

**3/26,GROUND FLOOR,POLICE STATION BACK SIDE,  
3RD STREET,BHARAKKATH NAGAR,**

**THUVAKUDI & POST**

**TIRUCHIRAPPALLI - 620 015**

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**SECRETARY**



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, 3<sup>rd</sup> Street,  
Bharakkath Nagar, Thuvakudi & Post, Trichy – 620 015.  
Latitude : 10.75482 Longitude : 78.82527  
Project ID : IP/TN/TRC/00545

## **ABOUT OUR ORGANIZATION**

We, **Jayamatha Economical and Educational Trust** have a legacy of over 30 years of providing quality, affordable care for older people in an Aged Residential Care environment, supporting those who need assistance with daily living, through to people who are living with complex medical conditions and Aged problems.

It was founded in 1995 by visionary thinkers and like-minded members with a vision to create an environment in which the elderly can spend their twilight years with dignity and in a caring environment. This nest caters and provides shelter to senior citizens who can live a peaceful life with dignity. As a not-for-profit organization with the heart of a charity and the competence of a successful business, we believe it is every person's right to have equitable access to quality, affordable aged care services.

**"JAYAMATHA OLD AGED HOME"** is being maintained by **Jayamatha Economical and Educational Trust** which is a registered trust created for the welfare of the Senior Citizens. We have created a nest for the elderly from belonging to various castes, social & economic backgrounds. This aged home is located in the peaceful locale at Bharakkath Nagar ,Thuvakudi of Tiruchirappalli District. This Old Aged Home provides a warm atmosphere filled with love and affection. At the heart of our organization for over three decades, our values are grounded in our dedication to taking great care of each and every resident. Our Values are Compassion, Companionship, Comfort Care and Connectedness

### **OBJECTIVE OF THE ORGANIZATION**

- ❖ To implement specific Aged care programs like the Home for the Aged is to provide institutionalized Geriatric care services.
- ❖ To draw specific schemes for the necessitous
- ❖ To organize, promote, administrate, aid-centers of community activities in accordance with Aged.

  
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*JAYAMATHA HOME FOR THE AGED* provides medical assistance, food, shelter, moral and emotional support to the elders including counselling where required and improve their quality of life by providing meaningful approach to life. This elder care activities are assisted by the **Ministry of Social justice and Empowerment, Government of India, New Delhi**. There are one professionally qualified Superintendent, Psychological counsellors , Nurse ,Cook, Accountant, Doctor and three Multitask workers and one Yoga therapist are providing the services to aged . There is 25 aged people are accommodated at a time. To promote the facilities to the beneficiaries of the Home additional dormitory, medical equipment have been provided

### ***OBJECTIVES OF THE AGED HOME***

- ❖ To provide conducive atmosphere to the orphaned aged with care and support services of nutritious food, medical aid and basic amenities.
- ❖ To solve socio related psycho somatic problems of individual aged.
- ❖ To reduce nervous tension and dejection.
- ❖ To inspire principal good and assemblage life problematic aged person
- ❖ To promote younger and aged synchronization in the family.

***RESIDENTIAL CARE*** provides a range of care, accommodation, hospitality and services for older people who are unable to continue living independently in their own homes. This residential care facility is available for 25 elders. Present facility at *JAYAMATHA HOME FOR AGED* has spacious of living area with all basic amenities having high standard hygienic and clean aged friendly environment. Main portions: hall, big kitchen, Pooja room, Sick room and restrooms having western types and Indian types. Further Separate bath rooms availed with Hot water facilities.

  
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## ***NUTRITIONAL CARE***

**Jayamatha Economical and Educational Trust** ensures the well-being of its residents through the provision of wholesome and safe meals. Our meal system stands out for its uniqueness, we are offering a total of 3 meals to cater to the nutritional needs of our residents. Starting with the regular meals: breakfast, lunch and dinner, we include two additional servings. At noon, residents are treated to a delightful assortment of fresh fruits, providing them with a healthy and refreshing mid-day snack. In the evening, we serve milk or tea, accompanied by tasty and nourishing snacks to satisfy any cravings. We understand the importance of accommodating the dietary requirements of seniors and adapt all meals to their specific needs.

This includes providing allergy-free and medically safe foods, catering to individual health conditions and restrictions as required. For those who require it, we also offer a liquid diet option, ensuring that every resident receives the proper sustenance they need to stay healthy and happy. Moreover, we take personalized care seriously. If a resident desires a glass of milk at night time, we happily oblige and provide it upon request, so they can rest easy with a warm and soothing beverage.

The management of the home provide a sufficient care and attention for nutritious food and ensure that staff have sufficient time to provide assistance to residents during mealtimes with following aims.

- Freshly prepared delicious and nutritious meals
- Choice of menu for lunch and dinner
- Week rotational and seasonal menu
- Special dietary needs catered for

  
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## **HEALTH CARE**

Common health problems in older age include hearing loss, cataracts and refractive errors, back and neck pain and osteoarthritis, chronic obstructive pulmonary disease, diabetes, depression etc . As people age, they are more likely to experience several conditions at the same time. The services will include health promotion, preventive services, diagnosis and management of geriatric medical problems, day care services and rehabilitative services. For this we have a Medical team having one Doctor and Nurse to address the health problems of the aged. They are providing medical support according to the necessitous and attend with specified times. Permanent Nursing care is being availed in the home.

- Activities of daily living (ADL)- Trained care attendants support seniors in walking, feeding, toileting, bathing, dressing and grooming activities. Regular training sessions are held to educate the attendants on critical care & dementia. These attendants work under supervision of very experience supervisor working along with them.
- Massage - Continuing with one of our oldest healing traditions, residents are given a 30-minute massage every day. The purpose is to stimulate the lymphatic system reducing muscle tension, improving blood circulation, reducing stress, anxiety & depression and increasing joint mobility & flexibility.
- Physiotherapy – An experienced physiotherapist visits for 5 days week providing sessions on demand or as advised by consultant physicians. She also advises appropriate exercises for each elder.
- Hospital Management – In case of hospitalization, our nurses take care as a family member admitting elder in an appropriate hospital, overseeing care that is being provided and keeping family informed.
- Doctor visit: Weekly twice doctor visit for all residents.

  
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## ***MENTAL HEALTH CARE***

We believe that aging is a privilege denied to many, and it is a complex, dynamic, ever-changing process that many people are not prepared for. Emotional care is one of the essential needs of the elderly. Depression, anxiety disorders, elder abuse or neglect, a decline in memory, loneliness, bereavement, grief, and stress are common mental challenges senior citizens face. The mental health care service aims to support residents experiencing mild depression or anxiety and those having trouble adjusting to changes or coping with loss. We have trained professional psychologist in all general aspects of general psychology. For that a trained expert in Aged care/Geriatric mental health issues is being supporting aged by giving counselling and personal attention to problematic psychological issues that facing by the residents.

***ACTIVITIES OF HOME*** To maintain the Home and elders care we have appointed care takers and housekeeping assistants. Our doctors would visit regularly on weekly basis and also request and for any emergencies.

A Nurse would provide assistance to elders on daily basis. One trained psychological counsellor would attend the elders on their socio-psycho problems. In case of emergency, we provide medical care in hospital located nearby to our Home. Extra medical care (medicines, hospitalization, etc) if any, should be taken care by staff and inmate's relatives (if applicable). Orphaned elders will be taken care by Home. Many of the volunteers spend their weekend time with the elders and assist in Home maintenance. College and school students love to visit our elder's home periodically. They are allowed to have conversations with elders to discuss more about the problems faced by elders.

*S. Rocco*  
**SECRETARY**



## ***ADMISSION PROCEDURES***

To admit an elder in the home, an application form has to be filled by the admission seekers. Aadhaar card copy and 2 photos of the elder are required. Admission of aged people is purely on will of the management of the home and strictly follow the guidelines of government under senior citizen act 2007 for destitute elders.

## ***NET WORKING***

Our Aged Home has developed a wide network programme with All Women police station, District Social Welfare office,Collectorate,Court,Government Hospital other NGO's Local bodies, Factories, Schools, College and SHG's.In community level the agency has developed a network between with existing SHG's that helps the home activities. The network with Industries Labors and organized labors and on educational institution created good momentum of the service

## ***SIGNIFICANT ACTIVITIES***

Project Monitoring Unit team from Ministry of Social Justice and Empowerment, Government of India has made visit on **10.01.2024** to our home and evaluated the program and satisfied on better implementation of the project.

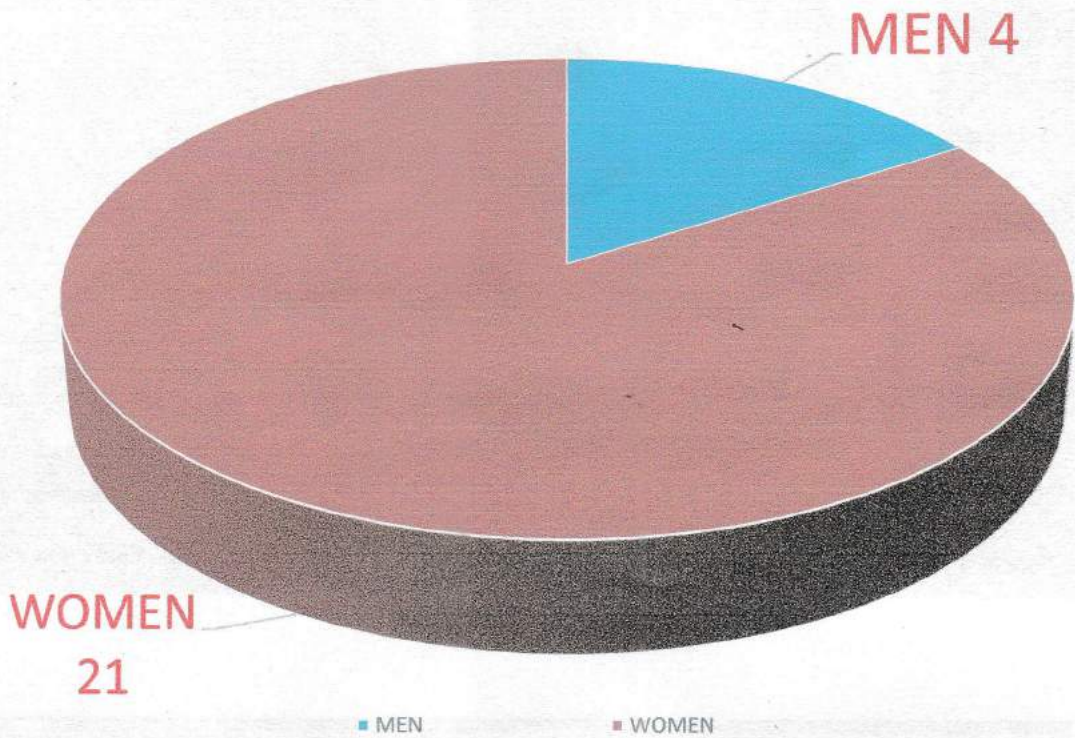
Our staff and management have frequently attended the online webinar trainings that conducted by the NSID and equip the knowledge on Aged care services.

As usually, we celebrates important festivals Deepavali, Pongal ,Christmas, Ramzan and other religious festivals with same sprit of traditional and cultural endures. And also we observed important days such as World elders day, Independence Day, Republic Day , Family day with aim of create awareness among general public.

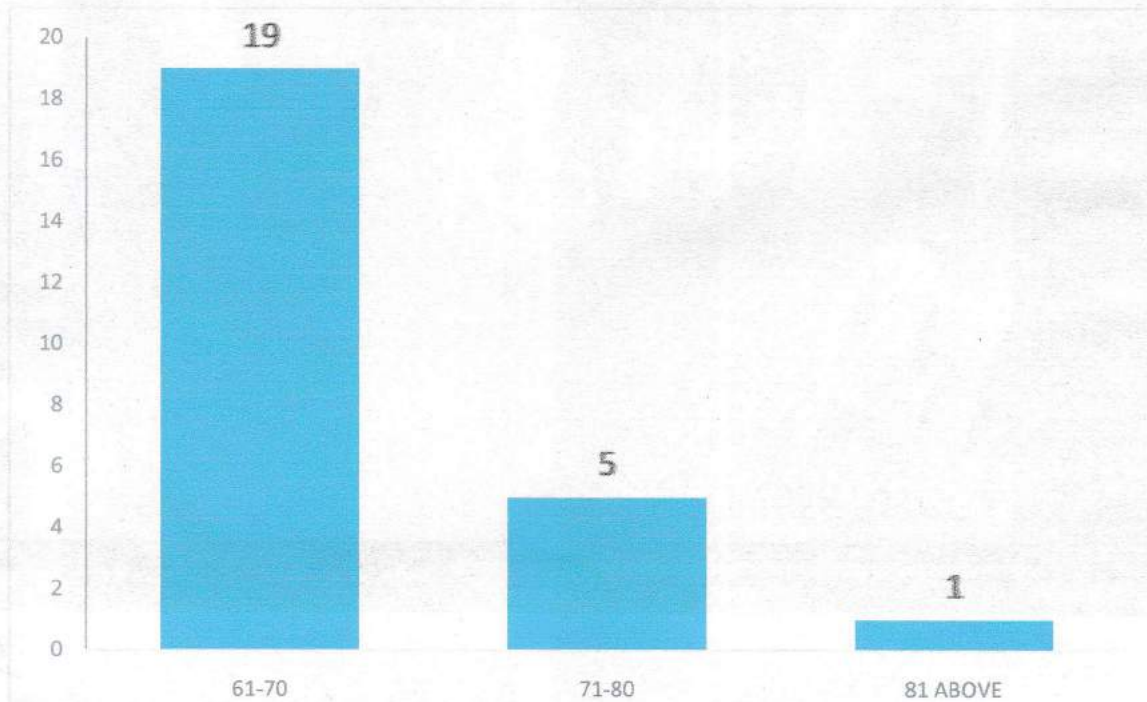
  
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## BENEFICIARIES SEX WISE DETAILS



## BENEFICIARIES AGE WISE DETAILS



*S. Reddy*  
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# PHOTO GALLERY



*S. Ralston*  
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*S. Reddy*  
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*S. Reshma*  
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