

**ARASAN RURAL DEVELOPMENT SOCIETY**  
**129D Anna Salai, Kalakad 627 501, Tirunelveli District, Tamil Nadu**  
**running ARASAN OLD AGE HOME AT**  
**SARVODHAYA BUILDINGS, TISAYANVILAI ROAD, NANGUNERI - 627 108**  
**TIRUNELVELI DISTRICT, TAMILNADU**

**REPORT OF THE OLD AGE HOME PROGRAM**  
**1ST HALF YEARLY PROGRESS REPORT FROM 01.04.2023 TO 30.09.2023**

**Introduction:**

Arasan Rural Development Society (ARDS) is an active Voluntary Organisation carrying out various developmental activities and welfare services to the weaker sections, providing Care and Support services to the Senior Citizens is one among them. Arasan Oldage Home is functioning since 1st February 2002 under IPSrC scheme of Ministry of Social Justice and Empowerment, Government of India, New Delhi.

**1. No. of inmates:**

In the beginning of 1st April 2023, there were 28 senior citizens. From 1.4.2023 to 30.9.2023, 6 senior citizens were newly admitted and 8 persons were joined with their families.



*Senior citizens of Arasan Oldage Home*

**BENEFICIARIES SINCE 01.04.2023 TO 30.09.2023**

Month / Year	No. of Residents in Previous month			New Admission			Discharged			Total As on 30/31st of the Month		
	Women	Men	Total	Women	Men	Total	Women	Men	Total	Women	Men	Total
APR 2023	15	13	28	0	2	2	2	2	4	13	13	26
MAY 2023	13	13	26	0	0	0	0	1	1	13	12	25
JUNE 2023	13	12	25	2	0	2	0	0	0	15	12	27
JULY 2023	15	12	27	0	0	0	0	1	1	15	11	26
AUG 2023	15	11	26	0	0	0	0	1	1	15	10	25
SEP 2023	15	10	25	1	1	2	0	1	1	16	10	26
TOTAL	86	71	157	3	3	6	2	6	8	87	68	155

### **Benefits being provided:**

The Senior Citizens of this Home are being cared sincerely by providing them all necessary facilities and services.

#### **1. Shelter:**

The inmates are residing in well built rooms having adequate space and ventilation. Each inmate is provided one cot, pillow and bed sheets along with separate shelves. Bathroom and latrine facilities are arranged as adjoining complex.

#### **RESIDENCE OF SENIOR CITIZENS -GENTS RESIDENCE**



#### **WOMEN'S RESIDENCE**



#### **DINING / RECREATION HALL**



#### **ECO - FRIENDLY ENVIRONMENT**





## 2. Food:

Nutritious and delicious food is being provided to the Senior Citizens three times in a day. Tea and snacks are given both in morning and evening. Special meals are provided during festivals and other important days.



## 3. Health Care:

Periodic health check-ups are undertaken by the medical practitioner who visits the Home once in a week. Any ailments identified are attended immediately. The nurse help the Senior Citizens availing follow-up treatment. Yoga Therapy is given by Yoga Therapist. The Home assistants help the Senior Citizens for having easy bath and washing cloths.



**MEDICAL CHECKUP BY DR.R.THANGARAJ**

**DENTAL CHECK UP**



**YOGA THERAPY BY DR. MAGESH VANI**

**EYE CHECK UP**



**Dental and Eye camp organised by Doctors/ Eye specialist of Rajas Dental College & Hospital, Kavalkinaru, Dr.Agarwal Eye Hospital, Tirunelveli, Tirunelveli district in our campus on 13.08.2023**



#### **Therapy for Elder People**



**Physiotherapist from Moolaikarapatti PHC giving therapy for elderly people on 11.09.2023**

#### **YOGA THERAPY**



**YOGA INSTRUCTOR MR.MAHARAJAN FROM MUNANJIPATTI PHC (SIDDHA ) GIVEN THERAPY ON 08.06.2023**

#### **4. Refreshment / Recreation and Production**

The Counselor provides care and concern and scientific counseling for refreshing the minds of the Old aged people. Frequent spiritual gathering, picnics and excursion (once in a year) make the Oldage people refresh their minds and feel happy.

The inmates are also spending their time in other recreational activities such as watching television, hearing radios, reading newspapers/magazines / books, maintaining garden, set the serial of flowers and playing indoor games such as Pallankuzhi, Thayam, Chess, Carrom etc.



**FLOWER ARRANGEMENT**



**PLAYING INDOOR GAMES**





**PLAYING CAROM BOARD**



**WATERING PLANTS**



**WATCHING TELEVISION**



**READING NEWSPAPER**

#### **INDEPENDENCE DAY CELEBRATION**



*Independence day celebration was presided over by the Inspector of Poilce AWPS, Nanguneri on 15.08.2023*

#### **VISIT OF GOVERNMENT OFFICIALS(CENTRAL & STATE GOVT.)**

Sl. No.	Date of Visit	Name & Designation of Visiting Officials	Purpose
1.	10.04.2023	Smt.Dhanalakshmi, District Social Welfare Officer, Tirunelveli District	Reported that all the records were verified. 26 senior citizens were present (13 men & 13 women). Interacted with all the inmates. Rice, Rasam and Paruppu Kootu was served as Lunch.

2.	16.05.2023	Mr.Maharajan, Yoga instructor, Primary Health Care Centre, Munanjipatti.	Visited and reported that a simple method of yoga practice is taught to the 26 elderly persons. The elders learned contentedly.
3.	20.05.2023	Mr.Maharajan, Yoga instructor, Primary Health Care Centre, Munanjipatti.	Visited and reported that 26 elderly people were given muscle fiber training and gait training. All learned the exercise with satisfaction.
4.	08.06.2023	Mr.Maharajan, Yoga instructor, Primary Health Care Centre, Munanjipatti.	Visited and reported that the 26 elderly people were given morning meditation, mudras and breathing exercises. All did well. Doubts were heard and learned.
5.	28.06.2023	Smt.Dhanalakshmi, District Social Welfare Officer, Tirunelveli District	Reported that all the records were verified. 27 members were present ( 12 men & 15 women). Interacted with all the inmates. Adequate First-Aid facilities are available. 9 people have health insurance card. Fish Curry, Rice and Rasam was served as Lunch.
6.	13.08.2023	Dr.P.RaviShankar, MDS., Rajas Dental College and Hospital, Kavalkinaru.	Dental and Eye camp was jointly organized by Rajas Dental and Dr. Agarwal Eye Hospital. In this, 15 women and 10 men were given dental, general and ophthalmology related treatment and counseling.
7.	15.08.2023	Mrs. Prema Inspector of Police AWPS, Nanguneri	Reported that the old age home was visited on the occasion of Independence day. Laddu was given to all the 25 senior citizens . All members had given special meals. Inmates were showed their talents.
8.	25.08.2023	Smt.Dhanalakshmi, District Social Welfare Officer, Tirunelveli District	Reported that all the records were verified. 25 members were present ( 10 men & 15 women). Interacted with all the inmates. Rava Upma and Chutney was served as Breakfast.
9.	28.08.2023	Mrs.P. Banu Makkalai Thedi Maruthuvam, Nanguneri.	Visited and Reported that Today the old age people were given BP, Sugar Test and tablets given.
10.	11.09.2023	Mrs. P. Banu TN Govt.'s Medicines at peoples doorstep, Mrs. Kavitha, Palliative Care Team Munanjipatti Govt. Hospital Nanugneri.	The camp was organised by TN Govt.'s Medicines at peoples doorstep. In this 15 women and 10 men were given BP, Sugar check up, Palliative Care, Health education given.
11.	15.09.2023	Mr.Esakkipandi, District Co-ordinator, CMCHIS, Tirunelveli district	Reported that CMCHIS Scheme Health Card was applied for 20 Senior Citizen of this home
12.	16.09.2023	Mr.Maharajan, Yoga instructor, Primary Health Care Centre, Munanjipatti.	Visited and reported that 26 elderly people were given Yoga, Mudras and breathing exercises. All did well. The senior persons practiced contentedly.



**DISTRICT SOCIAL WELFARE OFFICER AND MENTOR EXECUTIVE OFFICER OF TIRUNELVELI DISTRICT  
VISITED THE HOME ON 10.04.2023 & 28.06.2023**

**PRESENT : MRS. DHANALAKSHMI- DISTRICT SOCIAL WELFARE OFFICER AND OLD AGE HOME STAFF**



***DISTRICT SOCIAL WELFARE OFFICER MRS. DHANALAKSHMI CHECKED THE RECORDS***



***DISTRICT SOCIAL WELFARE OFFICER MRS. DHANALAKSHMI INTERACTED WITH THE SENIOR CITIZENS OF THIS HOME***

### ***REGISTERING FOR HEALTH INSURANCE BENEFIT SCHEME***



***MR. ESAKKIPANDI, DISTRICT CO-ORDINATOR, CMCHS, TIRUNELVELI DISTRICT APPLIED CMCHS SCHEME HEALTH CARD FOR 20 SENIOR CITIZEN OF THIS HOME***

**Conclusion:**

We are happy to report that the Oldaged people are leading a peaceful and satisfied living in our Home. On behalf of the senior citizens we thank the Government for the continued support for this noble service.



**(T. KINGSLY MOSES)**  
Secretary, ARDS.



**SECRETARY**  
**ARASAN RURAL DEVELOPMENT SOCIETY**  
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