



ANNUAL REPORT OF THE SENIOR CITIZENS' HOME FOR 50 BENEFICIARIES

FOR THE PERIOD: 01/04/2023 TO 30/09/2023

NEW INTEGRATED RURAL MANAGEMENT AGENCY (NIRMA)

Nungphou Bazar, Sangaiyumpahm Part-I, P.O. Wangjing-795148,
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FROM SECRETARY'S DESK

I am very glad to publish this Progress Report for the project "Maintenance of Senior Citizens' Home for 50 Beneficiaries" for the period from 1st April, 2023 to 30th September, 2023 and I express my heartfelt pleasure to my Executive Committee Members, staff and volunteers of NIRMA for their fullest cooperation and tireless efforts to achieve our target of the project.

I conveyed my heartiest gratitude, obligation and regards to the noble Ministry of Social Justice & Empowerment, Department of Social Justice & Empowerment, Government of India, New Delhi for full support to our organization to implement the project continuously and successfully.

I hereby convey my gratitude and regards to Hon'ble Zilla Parishad Member, Thoubal Zilla Parishad, Sangaiyumpham Kendra, Hon'ble Pradhans of Sangaiyumpham Part-I and Sangaiyumpham Part-II, Director, Social Welfare Department, District Social welfare Officer and Chief Medical Officer, Government of Manipur, Social Workers, Local Leaders, etc. to fulfill our mission of the project.

I am conveying my best wishes and thanks to all the people who have extended their co-operation and full support for successful implementation of the project.

Lastly, I am taking oath that I shall try in my best for implementation of the project in the coming year to improve the quality of life of the Senior Citizens, especially indigent Senior Citizens by providing basic amenities like shelter, food, medical care and entertainment opportunities by encouraging active ageing and request likeminded people, supporters to come forward to build a cheerful and prospective society in which Senior Citizens live a healthy and dignified life

(MOHD. AZIZUR KHAN)
Secretary, NIRMA

MAINTENANCE OF SENIOR CITIZENS' HOME FOR 50 BENEFICIARIES

INTRODUCTION:

As in the previous years, the New Integrated Rural Management Agency implemented the project "Maintenance of Senior Citizens' Homes for 50 Beneficiaries" erstwhile "Old Age Home" at Nungphou, Sangaiyumpham Part-I, P.O. Wangjing, Thoubal District, Manipur with the revised scheme ***Atal Vayo Abhyuday Yojana*** (AVYAY) (National Action Plan for Senior Citizens (NAPSrC) under the Ministry of Social Justice & Empowerment, Government of India, New Delhi. The Organisation has been running the programme to fulfill the main objective of the scheme i.e., to improve the quality of life / of 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 Non-Governmental Organisation. During the period, the total number of beneficiaries was 50 (Fifty) (Male-14 and Female-36). The total number of staff in the Senior Citizen's Home were 12 (Twelve) namely (i) Superintendent, (ii) Counselor, (iii) Yoga Therapist (Part time), (iv) Nurse (Part time), (v) Doctor-1 (Part time), (vi) Cook-2 (Full time), (vii) Chawkidar-1 (Full time), (viii) Helper-2 (Full time), and (ix) Cleaner-1 (Full time) (x) Accountant to run the Home smoothly, continuously and successfully. NIRMA has implemented the programme with full support of the Hon'ble Pradhans, Sangaiyumpham Part-I, and Sangaiyumpham Part-II and Hon'ble Zilla Parishad Member, Thoubal Zilla Parishad, Sangaiyumpham Kendra, social workers and local leader's etc. for more improvement of the home.

ACTIVITIES /PROGRAMMES UNDERTAKEN BY THE ORGANISATION

During the period from 1st April, 2023 to 31st March, 2024

I) VISIT OF NURSE AND HEALTH CHECK-UP OF THE INMATES:

The Moirangthem Dolly Devi, staff of the Senior Citizen's Home visited the Home for a minimum of 2 hours per day for 5 days in a week and nurse supplied required medicines regularly to the inmates as prescribed by the Doctor to achieve free from illness. As the nurse was resided near the Senior Citizen's Home, the inmates got regular check-up and supply of medicine. Sometimes, for serious cases, inmates were carried out to the District Hospital, Thoubal, Regional Institute of Medical Sciences (RIMS), Lamphel, Imphal West, Manipur and Jawaharlal Nehru Institute of Medical Sciences (JNIMS), Porompat, Imphal East District, Manipur.



Nurse of the Home checking BP and Sugar Test of inmates of the Home

II) GRAND FEAST:

The organization organized a grand feast on 12th August, 2023 at the Complex of the Senior Citizen's Home by inviting some other eminent/popular persons, orphans from Sangaiyumpham Part-I village praying to the Almighty God for betterment and upliftment of the Home. M.V. Ahmed Ali, Imam of the Nungphou Jama Masjid, Sangaiyumpham Part-I, Thoubal District, Manipur performed the programme for Dua of the grand feast.



Showing the invitees, inmates and staff of the Senior Citizen's Home

III) HOISTING OF NATIONAL FLAG AND PROGRAMME ON HAR GHAR TIRANGA CAMPAIGN AT SENIOR CITIZEN'S HOME:

The organization performed the programme “**Hoisting of National Flag and Har Ghar Tiranga Campaign**” on 14th August, 2023 at the Senior Citizen's Home at Nungphou, Sangaiyumpham Part-I, P.O. Wangjing, Thoubal District, Manipur run by New Integrated Rural Management Agency (NIRMA) Nungphou Bazar, Thoubal District, Manipur on under the instruction of the Director, Social Welfare Department, Government of Manipur and Hon'ble Prime Minister of India



Showing the National Flag, inmates with staff during the programme “Hoisting of National Flag and Har Ghar Tiranga Campaign” in the Senior Citizen's Home



The Certificate of appreciation was received for the programme of Har Ghar Tiranga organized by NIRMA at Senior Citizens' Home and issued by Ministry of Culture to mark Azadi Ka Amrit Mohatsav.

IV) PARTICIPATION ON “ONE DAY PROGRAMME ON GERIATRIC COUNSELING AND TRAUMA MANAGEMENT DURING THE ETHNIC VIOLENCE” :

Mohd. Azizur Khan, Secretary of NIRMA, Md. Rafakat, Supervisor, Senior Citizen's Home and MKM Anisha, Helper, Senior Citizen's Home participated the programme on 30th August, 2023 at IRDEO, Wangbal. The programme was organized by RRTC-IRDEO, Wangbal, Thoubal District, Manipur. Shri Dhanabir Laishram who is Social Activist, Resource Person of the programme delivered valuable talks about the programme.



Resource person, Shri Dhanabir Laishram, social activist delivering valuable talks and participants listening his speech.

V) SURVEY IN RELIEF CAMPS DURING THE COMMUNAL CONFLICT:

NIRMA conducted survey to the Relief Camps which was opened after the communal conflict/riot between two communities namely Kuki and Meitei of Manipur broke out on 3rd May, 2023 under the instruction of the Social Welfare Department, Government of Manipur. NIRMA donated some cash amount to the camps. The organization performed the survey programme for collection of data to the following camps:-

- Khoyon Keithel Moirang Lamkhai, Bishnupur District, Manipur.
- Santhong Awang Leikai, Bishnupur District, Manipur.
- Santhong Makha Mandop, Bishnupur District, Manipur.
- Moirang Khunou Mamang Sabal Mandop, Bishnupur District, Manipur.
- Shribon Mandop, Bishnupur District, Manipur.
- Anita Sd. High School, Bishnupur District, Manipur.
- Wangjing Kodompokpi, Thoubal District, Manipur.
- Lamding Hr. Secondary School, Thoubal District, Manipur.
- Wangbal Rice Research, Wangbal, Thoubal District, Manipur.



Showing the Senior Citizens' Children, Boys and Girls with committee members of the Relief Camps.

VI) INTERACTION PROGRAMME WITH DR AABHA CHAUDHARY :

An interaction programme was held on 07/09/2023 at Senior Citizen Home for Older Women, Wangjing S.K. L Keikai, Narengbam Leirak implemented by Wangjing Women and Girls Society (WWAGS), Wangjing, Thoubal District, Manipur.



Dr. Aabha Chaudhary asking some questions to the representatives of NGO about Older Persons who are in the relief camps opened after communal conflict/riot on 3rd May, 2023 and want to stay in the Aged Homes in Manipur.

VII) A SOCIOLOGICAL STUDY OF ELDERLY LIVING IN AGED HOMES IN MANIPUR BY RESEARCH SCHOLAR:

Kanchan Konthoujam, research scholar in the Department of Sociology, Manipur University, Canchipur under supervisor M. Lilee Devi, Associate Professor, Department of Sociology, Manipur University, Canchipur visited the Senior Citizens' Home run by NIRMA on 11th November, 2023 and she meet the inmates of the Home for her research work . During her research work she interviewed each and every beneficiary to collect survey report from them.



Showing the inmates of the Senior Citizens' Home and Research Scholar and her followers.

VIII) INSPECTION BY RRTC-IRDEO NE-REGION(AGEING) NE:

A team of RRTC-IRDEO(Ageing) NE, Wangbal, Thoubal District, Manipur inspected the Senior Citizens' Home at 40, Ground and 1st floor, Nungphou Bazar, Jama Masjid Road, Sangaiyumpham Part-I, P.O Wangjing, Thoubal District, Manipur at 2 p.m. on 25th November, 2023. They visited the Home and all the beneficiaries have been interviewed individually and the same has proceeded while they are sitting together. They expressed their gratitude in many ways as they have experienced in spending their time as a member of the home.



Showing group photo of the inmates, staffs and inspection team, kitchen, female ward, etc

X) OUTINGS:

The organization, NIRMA) performed the outing programs at nearby and historical places, religious and cultural places of Manipur. Sometimes the outing programme was performed at other Senior Citizens' Home run by other NGO of Manipur. The outing programme was organized 2 times in a month during the period to avoid/control boring habit of the inmates in the Senior Citizens' Home.

XI) PRESENTATION OF GOODS TO THE INMATES:

Mrs. Ramida, Hon'ble Pradhan, Sangaiyumpham Part-II Gram Panchayat presented some valuable goods to the inmates of the Senior Citizens' Home at Nungphou, Sangaiyumpham Part-I on 12th July, 2023.

XII) DOCTOR'S VISIT AND HEALTH CHECK-UP:

Dr. Thangjam Bijita Devi, Bachelor of Homoeopathic Medicine and Surgery, part time Doctor of the Senior Citizen's Home at Nungphou, Sangaiyumpham Part-I, Thoubal, Manipur visited the Home 2 (two) times in a week and 8 (eight) times in a month for health check-up of all the beneficiaries. The Doctor attended the Home/Centre in emergency cases also and sometimes he took regular health check-up to the inmates for their healthy life above the scheduled of 8 visits in a month.

XIII) ASSISTANCE FOR SERIOUS CASES:

For serious cases, inmates were carried out to the District Hospital, Thoubal, Regional Institute of Medical Sciences (RIMS), Lamphel, Imphal West, Manipur and Jawaharlal Nehru Institute of Medical Sciences (JNIMS), Porompat, Imphal East District, Manipur,

SOME SERVICES RENDERED TO THE INMATES BY THE ORGANIZATION

(a) NUTRITION:

The organization supplied adequate quantity, good quality, variety in food stuff with all the necessary services like fooding, breakfast, tea for both day and night and other fooding items like fruits, juice, bread, omelet, butter, meat, fish, and biscuits etc. according to climate conditions and conventional food habits of the inmates and as demanded by the inmates. The daily indicative menu supplied to the inmates is given below:-

<i>Sl. No.</i>	<i>Timing</i>	<i>Items provided</i>
1.	Morning Tea	Coffee/Tea and Biscuits/Rusks/Fan Puffs/Bread
2.	Break Fast	Puri Sabji (Vegetable/Milk/Parantha/Roti/Butter Toast /Paav (daily) Plus Boiled Egg or Seasonal fruits(twice a week)
3.	Lunch	Chapati, Rice, Dal/ Sambhar, One Green Vegetable, Curd, Salad (daily) Plus Special Meal (Veg/Non-Veg (Meat/Fish) and Sweet (Halwa/ Kheer/ Gulab Jamun, etc.) (twice a week)
4.	Evening Tea	Coffee/Tea and Biscuits/Rusks/Fan Puffs/Bread
5.	Dinner	Chapati, Rice, Dal, Sabji (Seasonal Vegetable), Khichri Plus Special Meal (Veg/Non-Veg (Meat/Fish) and Sweet (Halwa/ Kheer/ Gulab Jamun, etc.) (twice a week)

(B) MEDICAL FACILITIES/MEDICARE:

The Organization provided first aid kit (as advised by the Doctor of the Home), Glucometer, BP Monitoring Machine, Weighing Machine and Medicine as prescribed by the Doctor of the Senior Citizen's Home. A residence of the Doctor is also available near the Home as per his advice so as to enable him to look after the inmates/beneficiary of the Home regularly. On the other, as the residence of the Nurse namely Miss. Alina Shahani was near the Home, she gave her full help and cooperation to the inmates.

(C) RECREATION:

NIRMA provided different Books- 5 numbers, Magazines-4 Nos., newspapers of local language (4 local papers), journals, historical books, novels, morning and evening walking, minor physical exercise to the capable inmates, etc. and religious congregation-reading of Quran and Tradition-once in a week. Facility for meeting with relatives, cultural meet, films show were also provided. The NIRMA provided Games like caroms, chess, radios, T.V.s with cable connection of TATA SKY, film show-Cultural and Geographical shows(Once in a week) and other items like slates, chalks, pencils, exercise books, primary books for adult literacy, etc. From the above items the inmates able to know the efficient knowledge of past and present situation of Manipur and World.

(D) CLOTHING:

Keeping in view local climate, weather conditions and traditional norms, the Organization provided 4 pairs of clothing like Sarwar-Kurta/Saree-Blouse-Petticoat/Shirt-Point/Kurta Pyjama/Dhoti-Kurta/Lungi Kurta/Phanek(traditional cloth of women of Manipur)/towel and Woolens every year and Mosquito Net, Backet, Pillow and other winter and summer clothes including sandal/ chapless to each and every beneficiary/inmate. The Organization have provided other day by day necessary items like soap, hair oil, tooth brush, tooth paste and dettol soap and other soap from time to time and comb, mirror etc. to the inmates to fulfill their necessity.

(E) HYGIENE AND SANITATION:

The Organization have 3 staff for the project namely Chowkidar, Helper and Cleaner as per guideline of the Ministry of Social Justice and Empowerment, Ageing Section, Government of India, New Delhi and they cleaned all the Rooms, Verandah/ Courtyard and Kitchen at least 2 times a day and toilets at least 3 times a day.

(F) MISCELLANEOUS PAYMENTS:

Payments for electricity, water, internet, stationary, postage, maintenance of furniture, generator/inverter, cost of fuel for cooking, replacement of bed sheets were included for Miscellaneous payments.

(G) ITEMS FOR NON-RECURRING GRANTS-

The main items included in the Non- Recurring Grants were:- Furniture, Chairs, Beds and mattresses(along with Bed Sheets and Pillows), Almirahs, Utensils, Gas Stove, Fan, Desert Cooler, Water Purifier, Grinder/Juicer, Hot Case,/Microwave Oven, Water Tank, Electric Motor & Pump, Washing Machine, Television, Computer, Refrigerator, Inverter, Water Cooler, Geysers, etc.

(H) VEGETABLE GARDENING:

Now a days, Vegetable Growers used various pesticides to all commonly used vegetables like Potato, Guard, Cauliflower, Cabbage, Brinjal, Pumpkin, Green Peas, Tomato, Ginger, Garlic, Onion, Chilli, Coriander, Spring Onion, Cucumber, Spinach, Ribbed Guard, etc. available in the local markets. The Senior Citizen's Home has a piece of land near the Home. We have planted all the commonly used vegetables in the Senior Citizens Home to the piece of land (Kitchen Garden) just near the Home without any pesticides. The capable inmates involved in the gardening of different kinds of vegetable to the kitchen garden.

(I) VOCATIONAL TRAINING:

The organization has given vocational training to the capable inmates for agarbati, fishing net and mat from kauna crafts, etc. The income received from the sale of the finished goods used as their own money. NIRMA purchased the raw materials of the vocational training cum production centre in the SrCH. Capable inmates were in the Vocational Training Cum Production Centre of the Senior Citizens' Home and showing the bamboo production for fish capturing, highly demanded by villagers.

SOME OTHER PROGRAMMES UNDERTAKEN DURING THE PERIOD

PROGRAMME REPORT

(PERIOD FROM 1ST APRIL, 2023 TO 30TH SEPTEMBER, 2023)

Prepared by: NEW INTEGRATED RURAL MANAGEMENT AGENCY (NIRMA)

Sl. No.	Name of the programme	Date	Place	Participant
1.	World Malaria Day	25 th April, 2023	SENIOR CITIZEN'S HOME, Nungphou, Sangaiyumpham Part-I	Inmates of the Senior Citizens' Home
2.	World Health Day	7 th April, 2023	SENIOR CITIZEN'S HOME, Nungphou, Sangaiyumpham Part-I	Inmates of the Senior Citizens' Home
3.	World Asthma Day	1 st May, 2023	SENIOR CITIZEN'S HOME, Nungphou, Sangaiyumpham Part-I	Inmates of the Senior Citizens' Home
4.	One-day International Day of Families	15 th May, 2023	SENIOR CITIZEN'S HOME, Nungphou, Sangaiyumpham Part-I	Inmates of the Senior Citizens' Home
5.	World Geriatric Day	10 th June, 2023	SENIOR CITIZEN'S HOME, Nungphou, Sangaiyumpham Part-I	Inmates of the Senior Citizens' Home
6.	International Day of Yoga	21 st June, 2023	SENIOR CITIZEN'S HOME, Nungphou, Sangaiyumpham Part-I	Inmates of the Senior Citizens' Home
7.	Outings-4 Nos.	18 th April, 2023 12 th May, 2023 25 th June, 2023 12 th July, 2023 5 th August, 2023 7 th September, 2023 22 nd September, 2023	Religious and cultural sites of Manipur	-do-

8.	National Total Sanitation Day	25 th Jul, 2023	SENIOR CITIZEN'S HOME, Nungphou, Sangaiyumpham Part-I	Inmates of the Senior Citizens' Home
9.	World Population Day	11 th Jul, 2023	SENIOR CITIZEN'S HOME, Nungphou, Sangaiyumpham Part-I	Inmates of the Senior Citizens' Home
10.	World Senior Citizen's Day	8 th August, 2023	SENIOR CITIZEN'S HOME, Nungphou, Sangaiyumpham Part-I	Inmates of the Senior Citizens' Home
11.	Health Check-up Camp	28 th August, 2023	SENIOR CITIZEN'S HOME, Nungphou, Sangaiyumpham Part-I	Inmates of the Senior Citizens' Home
12.	World Alzheimer's Day	21 st September, 2023	SENIOR CITIZEN'S HOME, Nungphou, Sangaiyumpham Part-I	Inmates of the Senior Citizens' Home
13.	World Heart Day	29 th September, 2023	SENIOR CITIZEN'S HOME, Nungphou, Sangaiyumpham Part-I	Inmates of the Senior Citizens' Home

TARGET LAID DOWN FOR EACH ACTIVITY DURING THE PERIOD UNDER REPORT AND ACTUAL TARGET ACHIEVED

(PERIOD FROM 1ST APRIL, 2023 TO 30TH SEPTEMBER, 2023)

Prepared by: NEW INTEGRATED RURAL MANAGEMENT AGENCY (NIRMA)

Activity	Target Proposed	Target Achieved	Remark
Maintenance of Senior Citizens Home for the Welfare of the Senior Citizens	Welfare of inmates	The Home has provided food, lodging, medical residential services to the 50 nos. of Senior citizens	The organization achieved the desire target.
Medical services	Regular medical check-up treatment to be provided to the senior citizens of the home free of cost.	Medical facilities are provided with a regular checkup, treatment to the senior citizens free of cost	The organization achieved the desire target.
Library facility/reading facilities for the Aged.	The regular availability of local newspapers, magazines and other books of a different taste to inmates.	The home has been providing local newspapers, magazine to the senior citizens.	The organization achieved the desire target.
Recreational facilities	To provide recreational facilities like TV/Radio and other music systems to the inmates.	Recreational services have been providing regularly to the senior citizen providing TV and the radio, etc.	The organization achieved the desire target.
Other activities under the programme.	Small income generating programme were incorporated to the inmates for their small earning.	The home has been trying to introduce an income generation programme with a small investment to the senior citizens who are capable of the work like agarbati, rope and basket, fishing net making, cane and bamboo work, etc. The materials are provided by the Organization.	The organization achieved the desire target.

Visits to historical monuments, places and religious places.	The organization plans to arrange visits of the above sited places in the interest of the inmates.	During the period under report the organization implemented this activity satisfactorily.	The organization achieved the desire target.
CCTV Cameras and Website facilities	Renewal of Static IP for CCTV Cameras for one year and website hosting and continued CCTV Camera facilities system to the inmates.	After the renewal of the installation they are functioning in the desire manner.	The organization achieved the desire target.
Performance of Funeral/Janazah (rites) of one expired inmate of the home.	The Organisation arranged Janazah Namaz of one expired inmate at Kabrastan, Sangaiyumpham Part-I	One expired inmate namely Md. Muhammed Ali was buried in accordance with Islamic Laws.	The organization achieved the desire target.

CONTINUATION OF THE PROGRAMME

New Integrated Rural Management Agency will render/dedicate itself to the service/activities of the Senior Citizens' for 50 Beneficiaries at Nungphou, Sangaiyumpham Part-I, P.O. Wangjing, Thoubal District, Manipur as per guideline of the Ministry of Social Justice & Empowerment, Department of Social Justice & Empowerment, Government of India, New Delhi and in close consultation with the village pradhans of Sangaiyumpham Part-I and Part-II for the welfare and betterment of the poor and needy Senior Citizen's Home at Nungphou, Sangaiyumpham Part-I, Thoubal District, Manipur.

ACKNOWLEDGEMENT

I, on behalf of the New Integrated Rural Management Agency, Nungphou Bazar, Sangaiyumpham Part-I, P.O. Wangjing, Thoubal District, Manipur, gladly take this opportunity to express my deepest gratitude and highest appreciations to executive members of the Managing Committee, personnel staff of NIRMA, Advisory Committee Members, Members of the Sub-Committee and mainly staff of the project, dedicated members/ volunteers of the General Body, well-wishers and sympathizers of the Organization for extending their fullest co-operation and co-ordinations which enabled the Organization to accomplish some remarkable activities regarding Maintenance of Senior Citizen's Home for 50 Beneficiaries resulting significant and popularity from various sections of the society.

I conveyed my heartiest gratitude, obligation and regards to the noble Ministry of Social Justice & Empowerment, Department of Social Justice & Empowerment, Government of India, New Delhi for full support to our organization to implement the project continuously and successfully.

Lastly, I express my best wishes for everybody who shared their valuable co-operation and noble supports with us for successful implementation of the project "Maintenance of the Senior Citizens Home" for the welfare of the poor and needy inmates of the Senior Citizen's Home run by NIRMA.

Heartiest thanks to you all.

(MOHD. AZIZUR KHAN)
Secretary, NIRMA