



SRI AUROBINDO COLLEGE

NAME :- DEEPA. H .

CLASS :- 1ST YEAR B.COM 'A' SECTION .

SUBJECT :- COMMUNITY PROJECT .

TOPIC :- SERVICE TOWARDS OLD AGE HOME .

(AKSHAYA OLD - AGE HOME)



DETAILS OF THE REPORT...



NAME OF THE STUDENT :- DEEPA. H.

CLASS & SECTION :- 1ST YEAR B.COM 'A' SECTION.

NAME OF THE NGO :- AKSHAYA OLD AGE HOME.

DATE :- 26-03-2022.

TIME :- 11:00 A.M.


ADDRESS :- akshaya old age home

**#147 60 fd main road shankar nahar bus stop near
mahalakshmi puram Bangalore - 560096.**





OBJECTIVE :-

EVENT DESCRIPTION

 **AKSHAYA OLD AGE HOME WAS THE BESTEST VISIT IN LIFE TIME. SUCH A MEMORABLE MOMENTS SPENT WITH PEOPLES. THE WAY OF TAKING CARE OF THE OLD AGE PERSONS WAS GOOD AND THEY BEHAVIORS WERE TOO GOOD.**

SERVICES WHICH WE HAVE MADE :-

- **CLEANING THE ROOMS.** 
- **WASHING THE WINDOWS.** 
- **DAILY NEED GROCERY.**
- **HELPING THEM SO AND SO...**



INTRODUCTION :-

A VISIT TO AN OLD AGE HOME (AKSHAYA OLD AGE HOME)

akshaya old age home and home nursing services in bangalore is one of the leading business in the donation centres for women. Also known for institutions for aged, ngos, charitable trusts, patient care taker services, senior citizen care taker services, ngos for food donation, home nursing services for senior citizen, institutions for aged women and much more. Find address, contact number, reviews and ratings, photos, maps of akshaya old age home and home nursing services bangalore.

ESTABLISHED IN THE YEAR 2015, AKSHAYA OLD AGE HOME AND HOME NURSING SERVICES IN APMI YARD, BANGALORE IS A TOP PLAYER IN THE CATEGORY DONATION CENTRES FOR WOMEN IN THE BANGALORE. THIS WELL - KNOWN ESTABLISHED ACTS AS A ONE - STOP DESTINATION SERVICING CUSTOMERS BOTH LOCAL AND FROM OTHER PARTS OF BANGALORE OVER THE COURSE OF IT'S JOURNEY, THIS BUSINESS HAS ESTABLISH A FIRM FOOTHOLD IN IT'S INDUSTRY.



OUTCOME OF THE EVENT :-

- It's a pleasure to visit this akshaya old age home.
- The approaches were good.
- It was a beautiful visit.
- They were cordinating each others.
- The surrounding of old age home was good.
- The old age homes were good.
- Respecting each other, caring the old age person's.
- We spent precious time with grand parents.
- The grand parents were too active with us.
- We were proud to visit the grand parents & spent a time with them.

THANK YOU FOR OFFERING THE BEAUTIFUL OPPORTUNITY TO VISIT THE OLD AGE HOME. WE SPENT A BEAUTIFUL TIME IN OLD AGE



REPORTED BY DEEPA. H :-

We visited the organisation as a part of our community project on the 26th of march . We visited the old age home at 11:00 a.m. We visited akshaya charitable trust an old age home located near mahalakshmiapuram which is 5 km away from our college on 26th march 2022 saturday. The non-profit organisation accommodates nearly 30 old men and women. Generally aged between fifty to ninety years. And we are nearly 16 members we took voluntary services under the guidance of our college. The enthusiastic and determined candidates reached the old age home with in an hour from the college. We took charge of all the responsibilities of the organisation for the rest of the day. All the candidates greeted the residents and took almost care of them. We helped everyone in doing their daily work. we took initiative to clean their premises by well cleaning, washing, during.



FOLLOWED BY PHOTOS OF NGO VISIT :-




SRI ARAJ COLLEGE
66 (old No. 413)
20th Main, I Block,
Rajajinagar,
Bengaluru 01-7





LETTER OR
CERTIFICATE FOR
YOUR SERVICE TO BE
COLLECTED FROM
NGO :-

 **AKSHAYA OLD AGE HOME (R)**
#147, 60 Feet Road Shankar Nagar Bus Stop, Near Mas Muller School, Mahalakshmi Layout Bangalore (R)Mm
Phone: 9550827351 / 9743247181 | calshayamoldagehome@gmail.com | www.akshayaoldagehome.in

Date: 26-04-2022

Dear,
Sir/madam,
Sri Aurobindo College,
154 Block, Rajajinagar
Bangalore 560010


On behalf of
(AKSHAYA OLD AGE HOME (R))

Sub: Volunteer Service Appreciation


This is to certify that Kum. Deepa.M from 1st year B.Com 'A' Section volunteered her services towards our old age home for the period from 26th March 2022. That is 1 day of internship in (AKSHAYA OLD AGE HOME (R)). During her stay she has shown his most dedication and honesty in working with our inmates like taking them for evening walk, reading newspaper, serving food for them, and has also assisted our staff in the office work.

On behalf of the committee, we would like to express our sincere appreciation for the valuable time spent by her during the said period.

Thank You,

Yours faithfully

Babu Raj
Hon. Secretary
Mobile : 9243079264

(AKSHAYA OLD AGE HOME (R))
#147, 60 Feet Road
Shankar Nagar Bus Stop,
Near Mas Muller School,
Mahalakshmi Layout
Bangalore 560098
Phone: 9550827351 / 9743247181



**A COMMUNITY SERVICE REPORT DONE
ASHRAYA SEVA TRUST**

**BACHELOR OF COMMERCE
IN BANGALORE UNIVERSITY**



**SUBMITTED BY
BHAVANA M
REGISTER NO.U03LC21C0004
UNDER THE GUIDANCE OF
Mrs GOPIKA G
PROFESSOR AUROBINDO COLLEGE**



**SRI AUROBINDO COLLEGE
BANGALORE
2021-22**



ASHRAYA SEVA TRUST



- Location: #135, Dr Rajkumar Road, 1st K Block, 2nd stage Rajajinagar, Bengaluru, Karnataka 560010.

Purpose: To facilitate old aged people with shelter and all necessities.

Background: ASHRAYA SEVA TRUST is a non government organisation established in the year 2005, to provide shelter and care to aged women who were either abandoned or could not be cared for their kith and kin for various reasons.

Present strength : 25 Women

- Remarks : According to what I have seen and experienced this institution maintains cleanliness and good quality in their job and takes good care of aged women . All the required facilities for the aged women are done here. and they have a good and quality staffs who show the elderlies the great love and respect.



INTRODUCTION

Community service is a voluntary work intended to help in a particular area in other word community service is the engagement of the individual or group in an organised activity that contributes to the local which is defined as the practises of the people working on behalf of others or a parcticular cause, without payment for their time services. It is an integrate part of the education in our nation's youth. Through services to others , students improve their self esteem, develop a sense of responsibility and develop sensitivity to needs of others and the community as a whole.

Engaging in community service provides students with opportunity to become active members of their society and has a lasting, particular impact on society at large community service or volunteerism enables student to acquire life skills and knowledge as well as provide a service to those who need it most.

There are some of the common benefits of participating in a community service program.

- **Pshycological benefits:** Volunteering increases over all life satisfaction and help you feel good about yourself because you are helping others it can also help to decrease stress and cause depression
- **Social benefits:** Volunteering engages students with the community , creates special bonds with the population being served and increases social awareness and responsibility
- **Cognitive benefits:** Volunteering helps student enhance their personal knowledge grow from ne experience and develop better inter personal communication skills.

Participating in community services not only makes a difference to the organisation and people being served but also makes a difference to every students career prospects.



MY EXPERIENCE



It was first time I and my friends visited old age home. When we entered the home , we were taken by surprise as there was more number of people than we had imagined. There was a common room where elderly women ranging from the age of 60 till late 80s were seen. It was 9am when we entered the old age home. Some of them had just woke up, some of them were sipping tea and chatting, others were staring at us. We waited for a while so that everyone were freshed up to have their breakfast. They were over whelmed and i could see the hapiness in their eyes.

We had brought them food with us to distribute among the members. Before we distribute the food everyone were made to come front and stand in a line. They all joined their hands and started to pray. I was so much happy to see discipline they followed. Later they all took their respective plates and again formed a line to collect their food.





They were ecstatic to have food from outside. We were very glad to serve them food as it was first time I served. We had brought light food like idly, vada and sweets for them. Some of them couldn't come forward so, we served food straight to their beds.

Later, we segregated ourselves and went to talk individually to everyone. I sat beside them and asked them about their problems whether they felt comfortable and happy to live there, their likes and dislikes. We saw some of them having diabetes, weak eye sight, swelling in their neck, feet and knees. They told that they passed their time by watching tv or by reading books. Some of them told their stories and we could see how much they missed their families a lot.

One of the women, who was a writer by profession, conversed with us in English. They all were so polite and caring. They looked happy, but still we could see their real pain of not being able to live with their dear ones. But still it looked like joint family.





One of my favourite person in old age home was Jaishree. She was an handicap but also well educated. She spoke in fluent english with all of us. I found her very interesting because of the way she spoke to us. She knows 5 languages english, kannada, hindi , tamil, telugu to speak.

She spoke to us with a very friendly manner and i spoke to her for more than 30 minutes and while talking to her I didn't even realise the time passing by. I had a great experience talking to her , she shared some information about her family and one thing which made me sad was that she had a polio attack. when we were leaving she gave her best wishes to us.



CONCLUSION



The visit to the old-age home was a fulfilling experience for me as I came back home with not only memories but also some valuable lessons.

I would never ever abandon my parents as I saw the real pain and sorrow what they feel they are left alone.

The time I shared with them made me realise that besides being old , they have a spirit in them to live life and fight loneliness by occupying themselves by reading books or walking or watching tv and indulging in various activities. I was so moved that I would visit them frequently. I went back home with the thoughts and difficulties that old age brings.





ASHRAYA SEVA TRUST
WE SERVE BECAUSE WE CARE

CERTIFICATE

This is to certify that **Ms. Bhavana M, Reg. No: U03LC21C0004**, Student of B.Com, 1st year, A Section, from **Sri Aurobindo College**, Rajajinagar, Bangalore-560010. She had completed her 'Community Service' at '**Ashraya Seva Trust**', Rajajinagar, Bangalore – 560010, during the academic year 2021-22.

She has provided great service at our ashram for a day and sponsored breakfast for the elderly in our trust. We are grateful for the service provided by her and provide this certificate in response to the service rendered.

We wish her all the success in her future endeavours.

AASHRAYA SEVA TRUST (R)
#135, 1st 'K' Block, 1st Floor,
Dr. Rajkumar Road, Rajajinagar,
Bangalore-560 010.



All Donation are exempted U/s 80 G of the Income Tax act, 1961

Head Office:

No.135, 1st K Block, Dr.Rajkumar
Road, Rajajinagar, Bangalore -560010.

Branch Office:

No.1, Hara Freshfields Layout,
BSK 6th Phase, Bangalore - 560109

Tel: 080 2312 4666

Website: www.ashraya.ngo

Email Id: info@ashraya.ngo

A Community Service Report submitted in partial fulfillment of the
requirements for the award of

DEGREE OF BACHELOR OF COMMERCE

Submitted By

BHAVYA SHREE. S

Class: 1st Year B.COM

Section: "A"

Name of the NGO

SREE OLD AGE HOME

Date & Time: 25-03-2022 11:15 A.M





Mob : 9341988683

SREE OLD AGE HOME

Run By

YASHASHWINI VIDYA SAMSTE (R)

No. 16, 1st Cross, 1st Main, Muneshwara Block, Mahalakshmi Puram, Bangalore-560 086.

25-03-2022

Ref.

Date.....

CERTIFICATE

This is to certify that Mr/Ms. BHAVYA.S, Reg No:U03LC21C0079
Student of Sri Aurobindo College (1st Semester) B.Com Completed on
25-03-2022 (1 day) Course of serving Old aged in our branch at Sree
Old Age Home, Basaveshwaranagar, Bangaluru-560079.

We appreciate his/her kindness towards the Society.



MANAGER

SREE OLD AGE HOME



INTRODUCTION

A non-governmental organization (NGO)

A non-governmental organization, or simply an NGO, is an organization that is, generally, formed independent from government. They are typically non-profit entities, and many of them are active in humanitarianism or the social services; they can also include clubs and associations that provide services to their members and others. Surveys indicate the NGO's have a high degree of public trust, which can make them a useful proxy for the concerns of society and stakeholders. However, NGO's can also be lobby groups for corporations, such as the World Economic Forum. The term as it is used today was first introduced in Article 71 of newly formed United Nation's Charter in 1945 an NGO is "a not for profit, voluntary citizen's group that is organized on a local, national or international level to address issues in support of the public good".

Activities

NGO's act as implementers, catalysts, and partners. They mobilize resources to provide goods and services to people who have been affected by a natural disaster; they drive change, and partner with other organizations to tackle problems and address human needs. NGOs vary by method; some are primarily advocacy groups, and other conduct programs and activities. Oxfam, concerned with poverty alleviation, may provide needy people with the equipment and skills to obtain food and drinking water; the Forum for Fact- finding Documentation and Advocacy (FFDA) helps provide legal assistance to victims of human-rights abuses.

What do NGO's do?

Depending on its type, NGO's can work towards a wide variety of goals. According to the World Bank, there are essentially two types of NGO's: Operational and Advocacy. Operational NGO's focus on development projects, while advocacy NGO's focus on promoting certain causes. Many NGO's, especially large ones, encompass both types at once, though there's often one area they are more focused on.



INTRODUCTION OF OLD AGE HOME

An old age home is a **shelter that is home to the older and needy people who the family has abandoned**. In old age homes, these people are taken care of the food, clothing and shelter. Also, they are given proper medical facilities. Much recreational and entertainment are also provided.

OBJECTIVES OF OLD AGE HOME

To provide medical facilities & health care to the needy to provide nutritious food to the inmates of the centre. To provide them periodically outing as picnic. To provide shelter & clothing for the residents of the old age home.

WHO STARTED OLD AGE HOME?

The first old age home came up in Thrissur, Kerala, in 1911. It was set up by the **Raja of Cochin** and was called the Raja Varma old age home. Kerala has been ageing faster than the rest of the country. The elderly comprises almost 14% of the total population.

FACILITIES PROVIDED IN OLD AGE HOME

- Medical Care
- Food and Nutrition
- Hosting Family and Friends
- Recreation and Entertainment
- Safety and Security
- Lifestyle and Emotional Support System

AIM

A society where elders and healthy, happy, empowered and socially integrated.

Aim to contribute to the building of a society in which people are encouraged and enabled to age productively and with dignity.

MISSION

To work towards developing and implementing activities that enhances **productive** aging.



PROBLEMS FACED BY OLD AGE HOME

- Physiological
- Psychological
- SocialEmotional
- Financial

A human being's life is normally divided into five main stages namely infancy, childhood, adolescence, adulthood and old age. In each of these stages an individual has to find himself in different situations and face different problems. The old age is not without problems. In old age physical strength deteriorates, mental stability diminishes; money power becomes bleak coupled with negligence from the younger generation.

There are 81 million older people in India, 11lakh in Delhi itself. According to an estimate nearly 40% of senior citizens living with their families and reportedly facing abuse of one kind or another, but only 1 in 6 cases actually come in light. Although the President has given the assent to the Maintenance and Welfare of Parents and Senior Citizens Act which punishes children who abandon parents with a prison term of three months or a fine, situation is grim for elderly people in India.

According to NGO's incidences of elderly couples being forced to sell their houses are very high. Some elderly people have also complained that in case of a property dispute they feel more helpless when their wife's side with their children. Many of them suffer in silence as they fear humiliation or are too scared to speak up. According to them a phenomenon called '**grand dumping**' is becoming common in urban areas these days as children are being increasingly intolerant of their parent's health problems.

After certain age health problems begin to crop up leading to losing control over one's body, even not recognizing own family owing to Alzheimer are common in old age. Some dump their old parents or grandparents in old age homes and don't even come to visit them anymore. Delhi has nearly 11lakh senior citizens but there are only 4governments run homes for them and 31 by NGO's, private agencies and charitable trusts. The facilities are lacking in government run homes.



SREE OLD AGE HOME

(No#634, 8th B Main Road, 2nd Block, 3rd Stage, Basaveshwara Nagar, Bangalore - 560079)

1. **Founder:** Srinivas Murthy
2. **Established:** 14 -04-2006 (on account of Ambedkar Jayanthi)
3. **Branches:** 2
4. **Present Incharge for both Branches:** Prajwal.S (Manager)
5. **Incharge of the people:** 6 members
6. **People are there in both branches:** 45 people
7. **Locations:**

Main branch- No#634, 8th Main Road, 2nd Block, 3rd Stage, Basaveshwara Nagar, Bengaluru-560079

Subbranch- No #369/D, 1st Main Road, Muneshwara BlockBovipalya, Nagpura, Bengaluru-560086



ACTIVITY

❖ DAY 1

- I joined the old age home for the community service
- I was introduced to the members to at the old age home.
- They explained the way the old age home is going on and how it works.
- I went to the old age home, and I was Excited to meet the elders.
- I approached to each individual and they spoke about their life story.
- I went to the old age home and started the day with the prayer and physical activities which could be done by the elders.
- Along with the physical activities I taught them meditation.
- I suggested them to do it regularly so that it enhances their life and keeps them healthy every day.
- Each one of them started talking about the residing year at the old age home.
- I was surprised by listening to the story of a grandmother who is residing there for 25 years and shared some of her childhood difficulties as well as the difficulties faced now by her.
- Others who are residing at the old age home also shared their problem and about their residing years like some told 10 years, some told 15 years and others told that they are residing from 7-9 years.
- They were connected to the movie so much because it was related to them.
- They enjoyed the movie thoroughly and also became emotional at some point.
- We decided to serve food to the elders, so we discussed with the manager, but he did not except for outside food because of the pandemic situation.
- The manager said that the food will be prepared by us and so that you can serve the food on time.
- We all were so happy to serve them.
- It was the last day of the community service there were totally 20 members at the old age home.
- We bought some vegetables, fruits, biscuits and distribute to the elders
- I take the privilege to thank manager of the **SREE OLD AGE HOME** (Yashashwini) for giving us opportunity to serve the elders.





LEARNING OUT COME OF THE DAY

- Seeing them got to know the value of parents, money, time, etc.
- I got motivated by listening to their life story.
- I made many changes in my life after listening to their life story.
- I started managing time in all the activities looking at the punctuality maintained by the elders.
- Looking at them I got to know how easy to communicate with people and mingle with others it made me happy looking at the smiling faces when they won a particular activity which made my day.
- It made me to feel sad listening to the problems faced by them and made me take serious decision in my life and also learnt how to take care of my parents and work hard for my future till I succeed in my life.
- They made me realised how important are my parents in my life and to respect their words always.
- They blessed us for our future and for our exams for treating them in a good way.
- In these 1 days I go to know the importance of everything in my life.



MY LEARNING EXPERIENCE

I appreciate everything that was offered to us. Everyone we met there were wonderful. Community service was an absolute blast to be part of being able to use my community skills as well as taking in a new culture and making new friends was amazing. It's truly an experience I will never forget and has really helped me to gain confidence and shape me for the next stage in my life as a volunteer with SREE OLD AGE HOME. Thoroughly enjoyed the whole experience.

I am really happy that I was part of this project for some time. I felt involved with the project from day 1 and was energized to give my best during these 1 day. Everyone was super welcoming and gave a positive energy that made me much more enjoyable. The community welcomed me with open arms and gave me an experience I will never forget.

They were also there to help out when one needed, always going above and beyond. The old age people were so friendly and cheerful. The first day they came and participated in the activities. They were all excited and talked to us as if we had known each other a long time. The other volunteers were also very friendly and always reach to help out.

Thank you, SREE OLD AGE HOME, for a great experience. During my 1 days as a volunteer experience at **SREE OLD AGE HOME** I learned so much. That was a great opportunity to get an inside look of the NGO. I will always remember this experience.



CONCLUSION

The day I visited the NGO it was literally very peaceful and excited. I never had knowledge of doing services in conclusion we can say that we have learnt so many things. Another thing to mention is after seeing and looking at the old Age people and their current situation, we also realised that how fortunate we are in the current state, living in such a comfortable environment able to have a proper food and shelter and also we are able to help and teach and showed our love to the old age people who were in SREE OLD AGE HOME. If we had an opportunity to do this service again in future, we would definitely do the services and help them out.

