

**Community based**

# **Health Awareness and Social Security program**



**Location” Harihar Residency, Shivpuri, Patna 23  
Date: 13<sup>th</sup> Jyly , 2025**

**Promoted by**

**Citizen's Action Group, SANKALP, Kabir Market ,  
Industrial Estate Road, Patna**

**Educational and Social Welfare Trust of India, opp  
Pillar No. 26, Khajpura Patna**

**ORGANISED BY**

## **60+ Care & Research Foundation**

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## **Our star campaigner of the month of July , 2025**



**Shri Jatashankar ji**

**Shri Jatashankar (64 years) Ji is a sincere, proactive, and widely respected figure in the community, known for his kindness, caring nature, and deep concern for others. Always ready to volunteer for the well-being of the society, he brings remarkable energy and commitment to every task. For the recent programme, he dedicated valuable time and ensured all essentials were in place — from arranging the sitting hall, chairs, drinking water, and programme banner to making special seating arrangements for doctors and patients. The 60+ Care & Research Foundation gratefully acknowledges his wholehearted efforts and unwavering support in making the event a grand success.**

# ACTIVITY REPORT

## “Health Awareness and Social Security Programme”

Organized by: *Citizen’s Action Group, Patna*

Supported by: CAG, Patna & ESWATI, Patna

Date: 13th July | Time: 9:00 A.M. – 1:00 P.M.

Venue: Harihar Residency, Shivpuri, Patna

## 1. INTRODUCTION

India is undergoing a demographic shift with a significant rise in its senior citizen population. Many of these elderly individuals, particularly in urban pockets like Patna, face challenges related to health, social isolation, lack of legal awareness, and financial insecurity. In response, the **Citizen's Action Group** in collaboration with its flagship platform, the “**60+ Care & Research Foundation**,” has taken a step forward to address these gaps.



On **13th July**, the Group organized a **Health Awareness and Social Security Programme** at **Harihar Residency**, aimed at enhancing awareness among senior citizens and the community at large on the key pillars essential for aging with dignity—Health, Social Inclusion, Legal Empowerment, and Financial Independence.

The event was attended by numerous senior citizens from Shivpuri and adjoining areas, with a noticeable participation of elderly women, showcasing the growing receptiveness towards such interventions.

## 2. OBJECTIVES OF THE PROGRAMME

The overarching goals of the programme were:

- To **promote physical and mental health** among senior citizens.
- To combat **social isolation and loneliness** through engagement.
- To enhance **legal awareness** regarding wills, property rights, and protection from familial exploitation.
- To spread knowledge on **financial planning**, insurance, and liquidity of funds.
- To increase **community awareness** and encourage collective responsibility for senior well-being.
- To launch a **membership drive** to reach under-supported seniors living in difficult circumstances.

### 3. KEY THEMATIC AREAS AND ACTIVITIES

The programme was structured around the **four core themes** of the 60+ Care & Research Foundation:

#### Theme 1: Health Security – Physical Health

**Partner: Health Sewa at Your Home**

**Objective:** To equip seniors with health awareness, encourage periodic monitoring, and promote preventive care.



#### **Activities Conducted:**

- **Basic Health Check-up Booths:** Blood pressure, blood sugar, BMI, and pulse check-ups were offered.
- **One-on-One Doctor Consultations:** A team of general physicians and specialists was available for free consultations. Seniors discussed issues ranging from diabetes and hypertension to joint pain and insomnia.
- **Health Talk Session:** An expert from *Health Sewa* addressed topics such as lifestyle management, nutrition, hydration, medicine schedules, and importance of physical activity.
- **Mental Health Discussion:** Emphasis was laid on depression, anxiety, and insomnia among seniors—challenges that are often overlooked.
- **Health Monitoring Guide:** Distribution of a handy printed guide listing daily habits, symptoms to monitor, and emergency contact references.

#### **Impact:**

- Ours seniors availed medical check-ups.
- Many first-time consultations led to further scheduled home visits.
- Increased awareness of the importance of routine screenings.

## **Theme 2: Social Security – Tackling Isolation and Loneliness as well address to Mental Health**

**Partner: Astha Entertainments**

**Objective:** To build connections, nurture emotional well-being, and encourage self-expression among elders.



### ***Activities Conducted:***

- **Cultural Participation Platform:** Seniors were encouraged to sing, recite poetry, or simply share stories from their life.
- **Group Dancing & Singing Sessions:** The atmosphere was lightened with music, group dances, and laughter.
- **Games and Ice-breakers:** Activities like Antakshari, memory games, and riddles were organized to stimulate cognition and cheerfulness.
- **Peer Networking Space:** Seniors interacted freely over light refreshments, exchanging contact numbers and forming potential support groups.

### ***Impact:***

- Strong sense of inclusion reported among participants.
- Women participants, particularly widows and single elders, expressed emotional relief.
- Created a support network of local senior residents.

## **Theme 3: Legal Security – Empowering the Aged**

**Conducted by: Citizen's Action Group Legal Cell**

**Objective:** To educate seniors on protecting their rights, especially with respect to property, inheritance, and exploitation.

### ***Topics Covered:***

- **Creating and Registering a Will:** Legal experts explained how to draft and register a will to ensure hassle-free succession.
- **Handling Property Disputes:** Awareness sessions on handling disputes among children and extended families.
- **Protection from Elder Abuse:** Legal remedies under the Maintenance and Welfare of Parents and Senior Citizens Act.
- **How to Appoint Legal Heirs or Nominees:** Sessions on nomination procedures in banks, property, and insurance.

***Impact:***

- Many seniors approached the legal desk post-session with personal queries.
- Several women expressed desire to write wills independently.
- Seniors learned they have actionable legal support through Citizen's Action Group.

## **Theme 4: Financial Security – Planning and Liquidity**

**Objective:** To enhance seniors' understanding of managing money, savings, and protection from fraud.

***Topics Discussed:***

- **Financial Planning Post-Retirement:** How to manage savings effectively without compromising on essentials.
- **Insurance Coverage:** Information on health insurance for seniors and government schemes like PMVVY, SCSS.
- **Avoiding Financial Exploitation:** Tips to avoid scams, digital frauds, and unauthorized withdrawals.
- **Pension Rights and Claims:** Clarification on procedures to claim and continue pensions and related documents.

***Impact:***

- A few seniors realized their insurance nominations were outdated.
- Awareness increased on safe banking habits and sharing sensitive information.
- Distribution of printed checklist for financial safety and planning.

## **4. MEMBERSHIP CAMPAIGN**

The programme also launched an **on-spot membership campaign** and as result following persons opted to be part of foundation, list is as below :

|    |                       |                  |
|----|-----------------------|------------------|
| 1. | Rakesh Kumar          | Volunteer        |
| 2. | Sri Subhas Chandra    | Life time Member |
| 3. | Pradeep Kumar         | Annual Member    |
| 4. | Onkaar Chaudhary      | Annual Member    |
| 5. | Vijai Shankar Verma   | Volunteer        |
| 6. | Awdhesh Mishra        | Lifetime member  |
| 7. | Harendra Prasad Verma | Annual Member    |
| 8. | Shishir Kumar         | Volunteer        |
| 9. | Kumar Saurav          | Volunteer        |

## KEY PERFORMER AMONG TEAM



1, Sri Krishna Mukharjee 2. Sri Mithilesh Kr Sinha 3. Sri Pradeep Kr SINHA 4, Sri Jatashankar ji, 5. Kumar Saurav ji 6. Rakesh Kumar ji

The core performer team played a crucial role in the success of the event by delivering their best efforts to the foundation. They ensured all necessary logistics, including hall arrangements, seating, banners, and refreshments, were in place with precision. Their proactive efforts in mobilizing target beneficiaries ensured strong participation and meaningful engagement. With dedication, teamwork, and a clear focus on objectives, the team made the community-based initiative more purposeful and impactful. Their sincere commitment and attention to detail reflected their passion for the cause and significantly contributed to the foundation's mission of enhancing the well-being of senior citizens.

## Through the lens of Media

### स्वास्थ्य जागरूकता एवं सामाजिक सुरक्षा शिविर का आयोजन



**दस्तक प्रभात प्रतिनिधि**  
पटना हाउस प्लस केयर एंड रिसर्च फाउंडेशन की ओर से शिवपुरी मोहल्ले के हरिहर रेजिडेंसी में स्वास्थ्य जागरूकता एवं सामाजिक सुरक्षा शिविर का आयोजन किया गया। शिविर में उपस्थित आम नागरिकों में से लगभग 25 लोगों का शुगर चेक, ब्लड प्रेशर, ऑक्सीजन लेवल एवं वजन आदि की ऑन स्पॉट जांच की गई। हॉलिंग हेल्थ फाउंडेशन की ओर से संचालित

"हेल्थ सेवा एट योर होम" के डॉक्टर गौतम कुमार द्वारा नागरिकों को उनके रिपोर्ट के आधार पर मेडिकल सलाह एवं सुझाव दिए गए। शिविर में उपस्थित नागरिकों को संबोधित करते हुए फाउंडेशन के उपाध्यक्ष मिथिलेश कुमार सिन्हा ने बताया कि बुजुर्ग पति-पत्नी जो अकेले रहते हैं, उनके लिए "हेल्थ सेवा एट योर होम" की सुविधा बहुत महत्वपूर्ण है। 60+ केयर एंड रिसर्च फाउंडेशन के सदस्यों को फाउंडेशन की ओर से कम दर पर

पैथोलॉजिकल जांच की भी सुविधा उपलब्ध कराई जाती है। शिविर में उपस्थित अहम नागरिकों में से कई लोगों ने फाउंडेशन की आजीवन सदस्यता ग्रहण की। फाउंडेशन द्वारा आयोजित शिविर में इस मौके पर फाउंडेशन के अध्यक्ष- अरुण कुमार सिन्हा, सचिव-प्रदीप कुमार सिन्हा एवं कोषाध्यक्ष- राजीव रंजन सिन्हा ने फाउंडेशन के क्रियाकलापों की विस्तृत जानकारी शिविर में उपस्थित लोगों को दी। इस अवसर पर

अवधेश कुमार मिश्र, ओंकार चौधरी, प्रदीप कुमार, हरेंद्र कुमार वर्मा आदि उपस्थित रहे। फाउंडेशन के संयुक्त सचिव-जटाशंकर ने आगंतुकों को धन्यवाद ज्ञापन करते हुए कहा कि आज के शिविर के सफल आयोजन में रेजिडेंसी के सचिव-सुरील कुमार एवं कोषाध्यक्ष- कुमार सौरभ की महत्वपूर्ण भूमिका रही, साथ ही शिविर के सफल संचालन में सिटीजन एक्शन ग्रुप के सचिव विश्वरंजन ने अहम भूमिका निभाई।