

Community based

Health Awareness and Social Security program

EMPOWERING SENIORS TO LIVE THEIR LIVES WITH RESPECT & DIGNITY

स्वास्थ्य जागरूकता एवं सामाजिक सुरक्षा कार्यक्रम

दिनांक-3 अगस्त 2025 समय : सुबह 9 बजे से 12 बजे तक
मधुज अपार्टमेंट, पटेल चौक, विजय नगर, पटना

60+ CARE & RESEARCH FOUNDATION

Facilitated by-

Pillar No-26, Bailey Road
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Location" Madhuj Apartment , Patel Chawk, Vijai Nagar , Rukanpura Patna
Date: 3rd August , 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

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Our star campaigner of the month of August, 2025



Shri Bhola Prasad Sinha ji

Shri Bhola Prasad Sinha ji, aged 60, is a soft-spoken and humble individual known for his sincere nature and unwavering commitment to his words. A firm believer in collective initiatives, he actively promotes teamwork and unity in all endeavors. He deeply values friendships and is known to stand by his friends in times of crisis. A skilled public mobilizer, he effectively brings people together for social causes. Shri Sinha is admired for respecting others' likes and dislikes, maintaining strong interpersonal harmony. Highly time-efficient and quality-conscious, he consistently ensures impactful outcomes. He is widely respected in his community for his friendly, approachable nature and social engagement. Particularly caring towards others, he shows special concern for the elderly, offering them comfort, respect, and assistance whenever needed.

Activity Report

60+ Care & Research Foundation

Programme Name: Swasthya Jagrukta aur Samajik Suraksha Karyakram

Date: 3rd August 2025

Venue: Madhuj Apartment, Patel Chowk, Vijai Nagar, Rukunpura, Patna

1. Introduction

On **3rd August 2025**, the **60+ Care & Research Foundation** successfully organized an impactful and inclusive community programme titled “**Swasthya Jagrukta aur Samajik Suraksha Karyakram**” at Madhuj Apartment, Patel Chowk, Vijai Nagar, Rukunpura, Patna. The event was especially designed for senior citizens, keeping in mind their health, safety, social needs, and legal rights.



Programme was inaugurated by Sri Pradeep Kumar Sinha , Secretary 60+ Care & Research Foundation along with other respected members Shri Bhola Prasad Sinha, Sri Deepak Kumar, Shri Manoj Kumar , Shri Rameshwar Sahay , Sri Awdhesh Mishra , Sri B.B.Ojha Sri Vishwa Ranjan and Ranjeet Singh.

Despite **continuous rainfall**, the programme saw the enthusiastic participation of **around 55 senior citizens** from nearby localities. The energy, curiosity, and commitment shown by the elderly participants were inspiring and set the tone for a productive and engaging four-hour session.

The initiative was in line with the foundation’s core mission — to ensure holistic well-being for the elderly by addressing their health security, social inclusion, legal protection, and emotional enrichment. The programme was structured into **five main activities**, each focusing on a distinct yet interconnected area of elderly welfare.

2. Objectives of the Programme

The event was designed with the following objectives:

1. **Enhancing Health Awareness:** To provide vital knowledge on maintaining good physical and mental health in older age, including the role of yoga and balanced daily routines.
2. **Promoting Social Security Awareness:** To discuss how seniors can ensure their own social safety and participate in collective support systems to combat loneliness and vulnerability.
3. **Facilitating Health Check-ups:** To record and review basic health parameters of participants and provide them with personalised health guidance.
4. **Encouraging Positive Mental Health Practices:** To introduce recreational and cultural activities that promote happiness, positivity, and community bonding.
5. **Providing Legal Guidance:** To address real-life legal challenges faced by senior citizens and offer practical advice to resolve such issues effectively.

3. Programme Activities and Proceedings

Activity 1: Health Awareness Session

The programme commenced with a **Health Awareness Session** aimed at empowering seniors with knowledge and practical tips for maintaining better health in their day-to-day lives.

Key Themes Discussed:

- Importance of balanced diet, regular physical activity, and mindful living.
- The role of **yoga** in improving flexibility, balance, and mental calmness.
- Managing common age-related health challenges such as hypertension, diabetes, and joint stiffness.
- Techniques for stress reduction and better sleep quality.



Special attention was given to **addressing the specific concerns raised by the participants**. The facilitator answered their queries in simple, relatable language, ensuring that medical and lifestyle advice was easy to understand and apply.

The discussion emphasised **preventive care** over reactive treatment, highlighting that seniors can significantly improve their quality of life by adopting small but consistent healthy habits.

Activity 2: Discussion on Social Security

The second segment of the programme addressed the theme of **Social Security for Senior Citizens**. The discussion focused on how social security mechanisms — both formal and informal — can greatly enhance the quality of life for the elderly.

Core points covered:

- Understanding the concept and importance of **social security** in senior life.
- Practical ways for elders to **secure their rights and entitlements** without depending solely on others.
- Benefits of forming **peer support groups** or community circles to exchange help, information, and emotional support.
- Connection between **mental well-being** and social safety — highlighting that loneliness and isolation are as harmful as physical ailments.
- Strategies to foster **community engagement** and prevent marginalisation.



Participants were encouraged to share their personal experiences, leading to an **open and heartfelt dialogue**. Several attendees admitted that post-retirement, they often felt disconnected from society, and sessions like these motivated them to re-engage socially.

Activity 3: Health Check-up

Recognising the vital role of **accessible healthcare** for seniors, the Foundation arranged an **on-the-spot health check-up** in collaboration with its partner “**Health Seva at Your Home**”.



Services Provided:

- **Blood Pressure (BP) monitoring**
- **Blood Sugar (Glucose) testing**
- **Pulse rate check**
- **Oxygen saturation level (SpO₂) measurement**
- **Weight recording**

The medical team, led by **Dr. Madhu**, ensured that each participant's basic health parameters were recorded and discussed individually. The **one-to-one consultations** allowed seniors to receive **personalised advice** tailored to their medical history and current condition.

Dr. Madhu and her team's dedication was evident as they patiently answered every question posed by the elderly attendees, addressing their doubts regarding medication routines, diet changes, and lifestyle adjustments. This segment not only helped participants understand their current health status but also motivated them to take preventive measures for future well-being.

Shri Nand Kishore Prasad through his own wellness platform also carried out counselling of our seniors about creating self-check and balance of body metabolism, cholesterol, body mass ration and fitness mantras.



Activity 4: Mental Well-being and Entertainment



The Foundation firmly believes that **good mental health is inseparable from good physical health**. To reinforce this, a special session was conducted by **Mr. Manoj**, Director of the Foundation's trusted partner **Aastha Entertainment**. Other team members Rinki Singh, Vivek jee and sanjai sinha also entrained seniors with their lovely songs .

Highlights of the session:

- Simple, practical tips on **how to keep oneself happy and positive** in daily life.
- Using **music and singing** as tools to bring about positive changes in mood and outlook.
- Interactive singing performances where participants sang along, creating a warm and joyful atmosphere.

The **monsoon season** and the **romantic charm of Sawan month** were perfectly complemented by contemporary and evergreen songs performed by the entertainment team. This not only lifted spirits but also **encouraged social bonding** among participants. Laughter, clapping, and spontaneous singing filled the venue, making it one of the most memorable segments of the day.



Activity 5: Legal Advice Session

Legal security is one of the Foundation's four core pillars, and this was addressed through a **Legal Advice and Support Session** during the programme.

Case in Focus:

- **Mrs. Raj Rani Devi**, a senior citizen, shared her struggles regarding her **pending family pension case** and difficulties faced due to **uncooperative behaviour from certain bank officials**.
- She also reported **domestic harassment by her children**, raising concerns about elder abuse and the need for legal protection.

Discussion Points & Outcomes:

- Practical steps to secure family pension without undue delay.
- The role of **police and local administration** in protecting senior citizens from abuse.
- Legal remedies available under **Maintenance and Welfare of Parents and Senior Citizens Act, 2007**.
- The importance of documentation and persistent follow-up in pension-related cases.

Her daughter, **Mrs. Nitu Kumari**, and son-in-law, **Mr. Ravinder**, were also engaged in the discussion to find constructive solutions. The Foundation committed to prioritising the resolution of Mrs. Raj Rani Devi's pension case and to providing ongoing legal support.

4. Membership Drive

The event also served as a platform to strengthen the Foundation's network. During the programme, **four individuals enrolled as annual members of the 60+ Care & Research Foundation**, reflecting the trust and value they found in the organisation's mission. This growth in membership will help expand the Foundation's reach and capacity to serve more elderly citizens in the future.



5. Impact and Outcomes

The programme's impact can be summarised as follows:

- **Knowledge Empowerment:** Seniors gained practical insights into health maintenance, yoga benefits, and social safety mechanisms.

- **Health Status Awareness:** On-the-spot health check-ups provided participants with an understanding of their current health condition and areas for improvement.
- **Emotional Upliftment:** Music and cultural engagement boosted morale and reinforced the importance of joy in everyday life.
- **Legal Awareness:** Participants learned about their rights and possible remedies for financial and familial disputes.
- **Community Strengthening:** The event fostered a sense of belonging, reduced feelings of isolation, and motivated seniors to actively participate in community life.

6. Challenges Faced

- **Weather Conditions:** Continuous rainfall posed logistical challenges, but timely arrangements ensured smooth execution.
- **Mobility Concerns:** Some elderly participants required assistance in reaching the venue due to wet and slippery conditions.
- **Time Constraints:** Given the number of issues discussed, certain topics could only be addressed briefly, indicating the need for follow-up sessions.

7. Recommendations for Future Programmes

Based on the feedback and observations, the following recommendations are proposed:

1. **Regular Follow-up Camps:** Conduct health check-ups and awareness sessions at least once every quarter.
2. **Legal Aid Cell:** Establish a dedicated legal support cell for elderly citizens facing abuse, financial exploitation, or bureaucratic delays.
3. **Peer Support Groups:** Create small neighbourhood groups for regular interaction and mutual assistance.
4. **Hybrid Programmes:** Use both offline and online platforms to reach those unable to attend physically, especially during adverse weather conditions.
5. **Cultural & Recreational Events:** Integrate more music, art, and storytelling activities to promote mental wellness.

SN	Name of Member	Type of membership
1	Deepak Kumar	Annual
2	Ravindra Kumar	Annual
3	Sanjai Kumar	Annual
4	Savitri Srivastava	Annual
5	Rameshwar Sahay	Annual

Media clip 1 Media clip 2

इस अवसर पर डा० रविन्द्र चरण यादव ने कहा कि उन्होंने कांग्रेस की धर्मनिरपेक्ष और जनहितकारी नीतियों से प्रेरित होकर शकील अहमद खान, राजे कुमार सिंह, सत्येन्द्र कमा-

बुजुर्गों के लिए संवेदनशील पहल



नयबिहार दत्त संयाददाता

पटना: सिसवती प्लस केयर एंड रिलीफ फाउंडेशन के द्वारा श्री चित्रगुप्त सेवा संच के सहयोग से मधुज अपार्टमेंट, पटेल चौक, विजय नगर में एक स्वास्थ्य जागरूकता एवं सामाजिक सुरक्षा शिविर का आयोजन किया गया। डॉ. शशिचर में अपार्टमेंट के निवासीयों के साथ-साथ आस-पास के मोहल्लों से आए नागरिकों ने भी बड़ी संख्या में भाग लिया। शिविर के अंतर्गत लगभग 55 नागरिकों को नेत्र जांच, बॉडी मेटाबोलिज्म टेस्टिंग, ब्लड प्रेशर, शुगर लेवल, आंखोंजान स्नर, वजन आदि को ऑन स्पॉट जांच की गई। "हृदय सेवा एट यूथ होम" के डाक्टर रीतम कुमार ने जांच रिपोर्ट के आधार पर उपचारी नागरिकों को स्वास्थ्य संबंधी सलाह दी।

इस अवसर पर प्राध्यापन के वरीय सदस्य श्री मोता प्रताप जी, सचिव प्रदीप कुमार सिन्हा और कोषाध्यक्ष राजीव रंजन सिन्हा ने फाउंडेशन की गतिविधियों और उद्देश्यों की जानकारी दी। अधिवक्ता श्री राकेश रंजन ने उपस्थित नागरिकों को सामाजिक सुरक्षा और वानुनी अधिकारों के विषय में जागरूक किया। कार्यक्रम में श्री जयशंकर (संयुक्त सचिव) ने अतिथियों का धन्यवाद ज्ञापन किया और प्रमुख अपार्टमेंट के अध्यक्ष श्री रामेश्वर सहाय एवं कोषाध्यक्ष दीपक कुमार सिन्हा के सहयोग को शिखर की सफलता का आधार बताया। अस्था एंटरटेनमेंट के संचालक श्री मनोज कुमार एवं उनकी टीम ने संगीत और वादन के माध्यम से वांछित नागरिकों का मनोरंजन कर मानसिक स्वास्थ्य को सुदृढ़ करने के उपायों को प्रस्तुत किया। एजुकेशनल एंड सोशल वेल्फेयर ट्रस्ट ऑफ इंडिया के अध्यक्ष श्री एण्जेलो सिंह ने बच्चों के बीच एकता और समोष्ठि प्रथाओं को महत्ता को रेखांकित किया। कार्यक्रम के सफल संचालन में सैडीजन एक्शन ग्रुप के सचिव श्री विश्व रंजन की भूमिका सराहनीय रही।

सिक्सटी प्लस केयर एंड रिसर्च फाउंडेशन का बुजुर्गों के लिए संवेदनशील पहल: स्वास्थ्य जागरूकता और सामाजिक सुरक्षा शिविर का आयोजन

दस्तक प्रभात प्रतिनिधि
पटना सिक्सटी प्लस केयर



आदि की ओन स्पष्ट जांच को गई।
“हेल्थ सेवा एड योर होम” के
डॉक्टर गौतम कुमार ने जांच रिपोर्ट
के आधार पर उपस्थित नागरिकों
को स्वास्थ्य संबंधी सलाह दी तैने
जांच डॉ.परमानन्द ने के सौजन्य से
तथा नंदकिशोर बाबू के माध्यम से
शरीर के विभिन्न अंगों की

क्रियाशीलता की जांच की गई।
फारदेश्वर के अध्यक्ष श्री अरुण कुमार
मिश्रा ने कार्यक्रम को संवेष्टित करते
हुए कहा कि ब्रह्मपुर दंपतिजों के लिए
होहेल्थ सेवा एड योर होमह जैसी
सेवाएं अत्यंत आवश्यक हैं।
फारदेश्वर द्वारा अपने सदस्यों को
रियलतै दर पर पैवोलोजिकल जांच

की सुविधा भी दी जाती है ह्वा इस
अवसर पर कई लोगों पर देश
को आजीवन सदस्यता भी दी इस
अवसर पर परादेश के वरीय सदस्य
श्री भोल प्रसाद जी, रचित प्रदीप
कुमार सिन्हा और कोषाध्यक्ष राजीव
रंजन सिन्हा ने फाउंडेशन की
गतिविधियों और उद्देश्यों की जनकरी
किया एजुकेटेशनल एंड सोशल
वेलफेयर ट्रस्ट ऑफ इंडिया के अध्यक्ष
श्री एनजी सिंह ने बुजुर्गों के बीच
एकता और संगठित प्रयासों की महत्ता
को रेखांकित किया। कार्यक्रम में
सफल संचालन में सिरिजन एक्स
ग्रुप के सचिव श्री विश्व रंजन क
भिमका सहानीय रही।

दी। अधिकांश श्री राकेश रंजन उपस्थित नागरिकों को सामाजिक सुखा और कर्मनूति अधिकारों के विषय में जानकारी दिया। कार्यक्रम में श्री जटाशंकर (संयुक्त सचिव) ने अधिवियों का भव्यदा ज्ञापन किया और मयुज अग्रामेंटर के अध्यक्ष श्री रामेश्वर सहस्र एवं कोषाध्यक्ष दीपक कुमार के अध्यक्ष के सहयोग को प्रिय को स्मरणा का आधार बना। अधिवियों ने अग्रामेंटर के संचालक श्री मोहन कुमार एवं उनकी टीम ने संगीत और वादन के माध्यम से वरिष्ठ नागरिकों का मनोरंजन कर मानसिक स्वास्थ्य को सुदृढ़ करने के उपायों को प्रस्तुत किया। प्रमुख अंशगत एंड सोशियल वेलफेयर ट्रस्ट ऑफ इंडिया के अध्यक्ष श्री राजनीति सिंह ने बुजुर्गों के बीच एकता और संगठित प्रयासों को महत्त्व को रेखांकित किया। कार्यक्रम के सफल संचालन में सटीकन एक्सपर्ट के सचिव श्री विश्व रंजन को प्रमिका सहानुभूति रही।