



DHARMA FOUNDATION OF INDIA

**Project Report**  
**Collaborative efforts**  
**of**  
**Dharma Foundation of India (DFI), New Delhi,**  
**India**  
**And**  
**Varishtha Nagrik Kendra Sansthan(VNKS),**  
**Chattarpur Extension, New Delhi**

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## DHARMA FOUNDATION OF INDIA

Dharma Foundation of India (DFI) was registered in 2010 as a charitable trust under the Certificate Section 60 of the Indian Trust Act 1882 in New Delhi by a group of dedicated healthcare providers. The main objective of the organization is to work for wellbeing and quality of life for disabled and vulnerable population of India. We collaborate /handhold with NGOs and other organisations at the grass root level to implement strategic models to overcome physical and sociological barriers within their communities through a holistic approach to a person and their environment in the areas of health, education, social inclusion, skill development and empowerment.

Our projects for older persons are centered around developing care models based on the WHO guidelines of Active Ageing and Towards Building Age Friendly Communities. The strategy supports full participation and inclusion of older persons in the life of their communities.

### Objectives of Dharma Foundation of India

1. Our primary objective is promotion of Active Ageing In India
2. Implement WHO active aging framework policy to empower and create opportunities for community dwelling older persons to participate in their health and social issues.
3. Develop health, social and environmental models to build Age Friendly Initiatives in urban and rural communities.
4. Address the fragmented health and long-term care system in India to adopt care models that provide well-coordinated, person-directed and family-focused services through Community Care Centres managed by older persons.
5. Publish research/evidence based data to help State Governments and Central government of India to framework future policies for older persons

### DFI collaboration with VNKS

DFI collaboration with VNKS was established in the year 2012 under the patronage of Shri KK Bajpai or fondly called Guruji by all and Dr Alakananda Banerjee, Founder Chairperson of DFI.

### Area profile of Chattarpur Extension:

The houses are not systematically arranged and numbering of houses is erratic. One plot is divided into 4-5 houses which make locating and identifying of the houses very tough. The roads are broken and during rains the roads are flooded making it absolutely inaccessible for people to manoeuvre or walk on roads. The distance to the main street (which has public transport facilities like taxi, autos, and buses) is almost 1km -2km from the houses which add to the woes of elders as there is no transport facility from the houses to the main street. The pharmacy, grocery, bakery shops are situated on the main street. Awareness workshops seminars are held once a month by healthcare providers, sociologists, lawyers and lawmakers, for continuous education and empowerment of elders on various issues pertaining to their everyday life..

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Inputs of such meetings are discussed carefully and presented to the local government representative. In this way there is participation of the elders in voicing their opinion regarding their community.



Figure 1 Chattarpur Extension: 2012



Figure 2 Chattarpur Extension 2014

Many of the concerns raised by older people, deal with the availability of sufficient good quality, appropriate and accessible care. Most of the elders get health benefits from state and central government health schemes. The government hospitals are situated 7 kms from Chattarpur Extension. To help the elders of the area to avail basic health facility the DFI ran a Wellness Clinic in a small space allocated by the VNKS office. The clinic was run by active elder members of VNKS. Basic equipments for physiotherapy pain relief modalities, walkers, gait training sticks and Equipments to measure blood pressure, blood glucose, and nebulizers were available in the clinic. (Donated by the DFI). The Community Physiotherapist was a known face in the neighborhood. Rs 20/- is paid by elders for each consultation. The elders preferred these services as they walk to the clinic which is accessible to the elders staying nearby.

In the first ever project DFI placed physiotherapist in the small office of VNKS to cater to basic problems of elders in the area. Home to home visits were conducted to understand morbidity profiles of elders living in this neighbourhood.



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**Figure 3 Physiotherapy Clinic at VNKS: February 2012**

On September 2013, DFI advocated the cause of elder woes to the Delhi , Ministry of Social Welfare and Empowerment. Dr Kiran Walia the then Minister ,helped in moving the pending papers and the Foundation Stone for an Old Age Home was laid. Dr Walia appreciated the role of VNKS and DFI towards this major achievement for the area.



**Figure 4 Foundation Stone for an Old Age Home laid by Dr Kiran Walia, Delhi Minister for Social Justice and Empowerment September 2013**

### Projects:

In the span of December 2011-December 2014, the following projects were conducted at the VNKS by DFI.

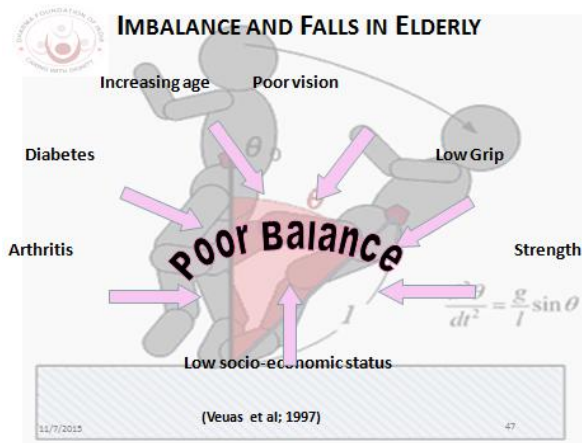
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April 2012:

Balance and Depression: A group of engineers and physiotherapists did a study in on correlation of balance and depression in elders. It was seen that, elders who had balance disorders were prone to depression and those who had depression were prone to imbalance. Falls are quite common in elders. In this study we exposed high school students to understand this problem in elders.



August 2012

A project on Low Cost Centre of Gravity for improving Static Posturing of elders was conducted for prevention of falls in elders. This project was done by high school children of the vicinity.



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August 2013:

Effect of breathing exercises in group exercises to improve community life of elders:

A group of physiotherapist conducted breathing exercise session with a respiratory device Smart breathes. This program established that group therapy in simple forms help motivation of elders in participating in preventive care programs. The program consisting of older women, helped to create comradeship amongst elders. A few members took the responsibility of other members to call them for meetings arranged for such group sessions.



June 2014

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Project on relationship between diet, independence and cognitive decline: A home to home survey



August 2014:

A community Wellness through workshop on Dynamic Relaxation Therapy was conducted to showcase effect of relaxation for improving hypertension, stress and arthritis in older women.

### Community Wellness through workshop on Dynamic Relaxation Group Therapy:

The Dynamic Relaxation Group Therapy is a process which focused on muscle relaxation, smooth breathing pattern and better blood circulation, Improvement in sitting and standing postures (through seven simple alterations) of the subjects were taught, followed by the rotational exercises of each and every joint.



September 2014

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Self Management of Joint Pains and Hypertension, A Home to Home Survey by Dietician and Physiotherapist with subject counselling and caregiver education.



Award for VNKS, October 1<sup>st</sup> 2015:

VNKS has received an award from the Chief Minister of New Delhi, Mr Arvind Kejriwal, for their innovative work for elders in their community. This was presented to Mr Bajpai and VNKS on the International Day for Older Persons, 1<sup>st</sup> October 2015.



Figure 5 Award to VNKS and Mr K K Bajpai from Chief Minister of Delhi

### Conclusion:

Handholding between DFI and VNKS helped the elder members of VNKS, to improve quality of life of elders through skill development and better understanding of health issues. The elders are motivated to take care of themselves and also help others to understand their health problems. Members who have been inactive, now participates in group discussion and involves in the day to day activities of the VNKS.

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