

Chandigarh Region:
Blueprint For India's Future



PROJECT

SEWA

Caring for Elder Citizens



CHANDIGARH CITIZENS FOUNDATION

Connecting Citizens / Inspiring Collaborations / Nation Building

ABOUT PROJECT SEWA

A pilot project for senior citizens in sector 27 Chandigarh

Project SEWA is a pioneering citizens driven initiative to care for senior citizens in the neighbourhood, who are 60 years and above, in Sector 27, Chandigarh.

The project aims to fulfil their physical, mental, social and emotional needs through fellow residents, Resident Welfare Association and partner welfare organisations across the city



OUR MISSION

"To build a neighbourhood where no elder feels alone – where dignity, companionship and care are part of everyday life."

CHANDIGARH CITIZENS FOUNDATION

Identification of Elder Citizens

Identification by the Resident Welfare Association (RWA)

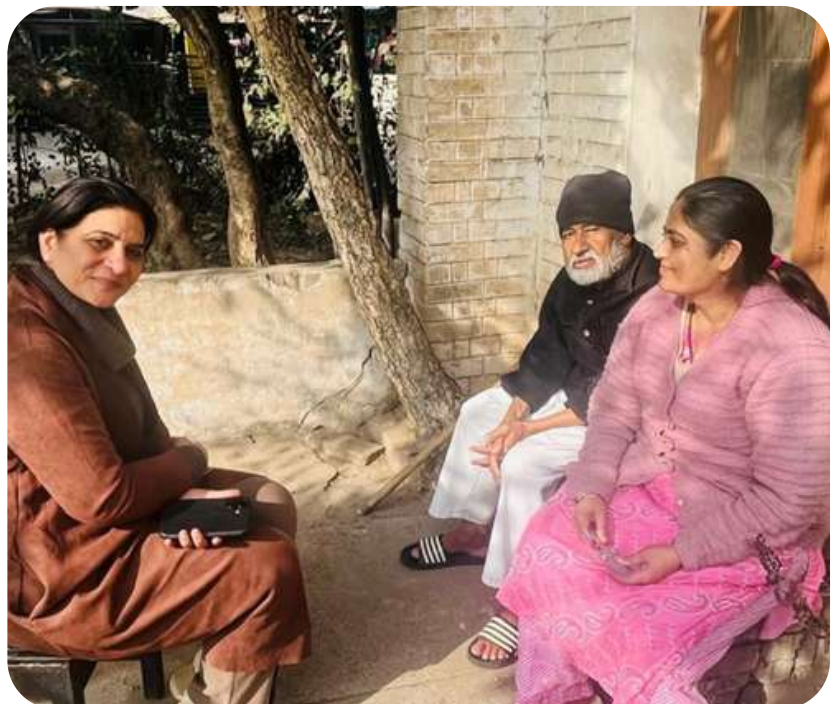
300+ senior citizens, living alone or with family were identified by the RWA in sector 27 D Chandigarh

Building personal connect

RWA volunteers met elders and their families to build rapport, explain the initiative, and personally facilitate visits of Chandigarh citizens foundation team.

Home visits by Chandigarh citizens foundation (CCF) Team

CCF team - Dr. Bhavneet Bharti (PGI), Dr. Amrit Kaur, Dr. Ashish Goel (AIMS Mohali), Col. Deepak De , Dr. Ambuj Sharma and CCF interns - visited many senior citizens at their homes and had intimate conversations for accurate assessments of their needs.



Needs Assessment Through Personal Visits

Based on intimate, in-home interactions with senior citizens, the CCF team identified four core need areas:

Loneliness

Emotional need for someone to talk to and for daily companionship.

Personal Daily Needs

Help with everyday routines
temple visits, park walks, errands.

Social Belonging

A need to feel connected, valued and be part of a community.

Physical Health

Medical issues ranging from mild to moderate and severe.



Fulfilment of needs of elder citizens



CONNECTING WITH SENIOR CITIZENS AND THEIR FAMILIES SECTOR 27 D

Volunteer Companionship

Personal care through neighbours and friends

Each senior's needs are carefully examined. The RWA then arranges neighbourhood volunteers and family friends to visit them regularly and spend time with them for companionship - in close consultation with family members.

Citizens Activity Centre

A daily home for activities indoor and outdoor -

CCF is handholding the RWA to run a Citizens Activity Centre with daily forenoon indoor activities at the Community Centre and evening outdoor activities in the parks. The aim: better physical mental and emotional health.



Rang Tarang

Indoor Activities

Rang Tarang – A daily celebration of joy, warmth and togetherness

TIME

11:00 AM – 01:00 PM
Daily

PLACE

Community Centre,
Sector 27

ORGANISED BY

Sector Volunteers of RWA, Senior
Citizens Association, under the
guidance of CCF experts

INTEREST SUB-GROUPS

DEVOTIONAL SONGS

CINEMA SONGS

CURRENT AFFAIRS

GARDENING

BOOK READING

MOVIES

BOARD GAMES



Rang Tarang

Indoor Activities

Rang Tarang - A daily celebration of joy, warmth and togetherness

EVERYDAY ENGAGEMENT

- 👉 Sharing of thoughts, feelings and concerns
- 👉 Singing together
- 👉 Creative and fun games
- 👉 Group activities to sharpen memory, alertness and improve mental faculties

MIND-SHARPENING GAMES

Puzzle games

Board games

Card games

Memory games

Chess



Rang Tarang

Indoor Activities - Talks, Skills And Shared Meals

Rang Tarang – A daily celebration of joy, warmth and togetherness

👉 Health & Wellness Talks

Experts share guidance on geriatric health and well-being.

👉 Technology Awareness

Help with mobile phones, useful apps, internet and payments.

👉 Professionals as Volunteers

Professionals, as volunteers from CCF and other organisations visit, give talks and interact.

👉 School & College Students Interactions

Pre-arranged interactions between students and elder citizens.

👉 Expert Sessions

Other relevant topics led by subject experts and volunteers

👉 Art & Crafts

Painting, sketching and creative workshops in small sub-groups.

👉 Sharing over Food

Meals together – the warmest part of the day.

Growing old should never mean growing alone- every elder deserves, dignity, companionship and care.

PROJECT SEWA



Umang

Outdoor Activities For All Age Groups- Male And Female

Umang - A daily celebration of energy, movement and togetherness

TIME	PLACE	ORGANISED BY
6:00 PM 7:00 PM Daily	Parks of Sector 27	Sector sports volunteers, trained by CCF resource persons

DAILY ACTIVITIES

- THROWBALL
- WARM-UP AEROBICS
- YOGA
- AGE-APPROPRIATE GAMES
- FRISBEE
- TRADITIONAL GAMES
- VOLLEYBALL



Medical needs - Awareness and Linkages

For individual medical needs, CCF provides information and awareness about :

👉 **Mobile Health Team**

Senior Citizens Mobile Health Team of Sector 16 Civil Hospital.

👉 **Local Doctors**

Sector doctors for routine check-ups and emergency care

👉 **Physiotherapy**

Para-medical agencies for physiotherapy and rehabilitation.

👉 **Counselling at Home**

Professional at-home psychological counselling where required

👉 **At-home Medical Care**

Professional agencies for at-home medical care services.

👉 **Geriatric Care Training**

Training for family members in basic geriatric care



“ A community that doesn't care for its elder citizens is a failed society. Our impelling conscience has led Chandigarh Citizens Foundation to design and implement a pilot project in Sector 27 Chandigarh, India, to take care of senior citizens living there. CCF's mission is to build a neighbourhood where no elder feels alone; where dignity, companionship and care are a part of everyday life.

Every capable citizen, welfare organizations and Governments should come forward to organize such initiatives in the neighbourhoods. The motto “ Caring for our own”

General V P Malik

Former Army Chief of Staff

President Chandigarh Citizens Foundation

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Chandigarh Citizens Foundation

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