



Introduction

Pravas is a field action project started by the College of Social Work Nirmala Niketan, Mumbai to help the senior citizens living in the Urban Marginalized Communities. The project was initiated to form self-supporting groups of senior citizens. The College of Social Work had organized a National Conference on Healthy Ageing in Dec 2018 at the College Extension Centre in Goregaon East, Mumbai in which many papers on elderly issues were presented by the professionals and the plan of action was decided in the conference. The concept arose from the proceedings of this National Conference and Pravas was started by the College. It aims to create awareness among the elderly population about healthy ageing and to provide Health Service Facilities and Senior Citizen Cards so that they can avail government facilities that are specially designed for them. Final goal of the project is to work towards promoting 'Healthy Ageing' for underprivileged elderly and hence it works dedicatedly to understand their care and protection in a community setting. This project is focusing more on creating a safe space and blissful environment for the senior citizens along with strong support systems.

Project Implemented by:

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Students Social Workers (SSW) placed in the year from College of Social Work (Autonomous), Nirmala Niketan:

Mr. Sunil Jaiswar, MSW-1

Ms. Sarita Figredo, BSW-3

Ms. Mamta Dadode, BSW-3

Ms. Elizabeth Anthuraj, BSW-3

Socio Demographic Profile

The beneficiaries of the Pravas project are Elderly Domestic Workers whose age group is 55 and above and who are engaged in informal labour and because of their age and occupation they come under the most vulnerable sections of the society. They are mostly retired, jobless due to the pandemic and undergoing health issues.

The project began in Bhagat Singh Nagar 1, 2, and 3, Chhatrapati Vasahat and Indira Nagar, at Goregaon West. Now the project has been expanded to Santosh Nagar & Vitt Bhatti, at Goregaon East. As the name rightly explains, Pravas means Travel/ Walk and hence it works with the elderly in these communities to make their travel of life more easy and comfortable.

Pravas believes that by strengthening democratic processes, nurturing a spirit of comradery, adopting scientific approaches to social welfare and by mobilising the assets brought forth by every individual, it can provide comprehensive solutions to social problems. These communities live in a large slum colony. This group of senior citizens are generally unlike the ones belonging to the upper-class sections of society as they are generally composed of migrants whose livelihoods depend on the informal sector.

The various activities and programmes conducted by Pravas for the senior citizens during the academic year, 2023-24 are presented here. Total individual beneficiaries during the year are 110 senior citizens.

A. Livelihood Generation and Skill Development Programme Initiatives

1. Advanced Candle and Agarbatti Making Workshop

Keeping in mind, the vision and mission of Parvas Project, that is to reach out to the elderly and make them independent and productive, the Extension Centre organised a livelihood programme to help the senior citizens to be independent and stand on their own feet. The Pravas organised 2 days 'Advanced Candle Making' Training Programme on 28th July & 5th August 2023 and 3 days 'Advanced Agarbatti Making' Training Programme on 10th August, 17th August & 24th August 2023 in collaboration with C. B. Kora Kendra, Government Institute of Village Industries for urban marginalised senior citizens of Bhagat Singh Nagar Community, Goregaon East, Mumbai. The training was held at Goregaon Campus of College of Social Work (Autonomous), Nirmala Niketan. Mr. Dinesh Mistri, Trainer, C. B. Kora Institute were the resource person. Total 18 senior citizens (9 senior citizen for each training) attended the training programme.

This training programme taught the skills of making more effective Candles & Aggarbatties i.e. increasing the quality and finishing of the products. During the Aggarbatti training they also gave the training to make big size Aggarbatti. The senior citizens were enthusiastic and feeling happy to take advance level training. This training gave them more confidence to make quality products. They were looking more satisfied and independent during the training as compare to the basic level training.

2. Basic Candle Making Workshop with Vitt Bhatti Community Members

Pravas team identified new community (Vitt Bhatti Community, Goregaon East) during the year. The Pravas Project has aimed to make marginalised senior citizens self-sufficient by conducting various skill development programmes. Hence, Pravas team has organised 3 days 'Candle Making' training in collaboration with C. B. Kora Kendra, Government Institute of Village Industries for 13 urban marginalised senior citizens of Vitt Bhatti Community, Goregaon East. The training was held from 13th to 15th December 2023 between 2 pm and 5 pm. Mr. Dinesh Mistri, Trainer, C. B. Kora Institute were the resource persons. Total 11 senior citizens attended the training programme.

This training taught the skills of making different types of basic candles which are used for different purposes like festivals, celebrations, regular use and also to give as a gift. The raw material used was paraffin wax, jelly wax, scent, colours, coconut oil, wick made of thread and standard wicks, manual mould of cast iron, silicon and electric heater. All the senior citizens were looking very enthusiastic to learn new thing. They were looking happy to be a part of the said training.

3. Candle and Agarbatti Production

The Pravas staff and 9 senior citizens collectively made the production of Rs.70000/- of Candles and Aggarbattis of Rs. 35000/- at the extension centre on 11th & 12th October and 1st, 2nd & 7th November 2024. The senior citizens enjoyed the process. This helped them to come out from their houses and involve themselves in some productive and independent activity, wherein they got an opportunity to use their skills which they learnt. This production making gave senior citizens the confidence to be independent, self-sufficient. And it has changed their attitude and perspective towards life.

4. Marketing & Selling of Candles & Aggarbatties

Marketing & selling of the candles & aggarbatties is very important to provide the market to the products and to generate the income by selling the products made by the senior citizens. Hence, the Pravas staff used different strategies to approach to the different groups, NGOs and individuals. They approached to the alumni group of Senior Citizens of College of Social Work, Nirmala Niketan, put the stalls in different churches with the help of Student Social Workers of Nirmala Niketan. Also put the stalls in NGO's Melas organised by different institutions like, Sathi – BKC, Nirmala Niketan – Churchgate, Nirmala Niketan, Home science – Churchgate. They also approaches the people to gift candles in their programmes for example Alumni association of senior citizens gifted the candles in their annual day programme, Anubhav Youth Development Centre welcomed the guests by giving the candles, in the Institute day of Nirmala Niketan they gifted the candles to the winners, Nirmala Niketan also welcomed the different visitors by giving them the candles as a token of love etc.

These all the strategies helped to make the total sale of Rs.67000/. Thanks to the Alumni group of senior citizens of college of social work, different churches of western suburban of Mumbai, Mr. Shailesh Mishra, Mr. Sundaram for gifting aggarbatties.

5. Provision of Senior Citizens' Cards

The Pravas is continuously working on the Senior Citizens' Cards through the District Collector's Office. During the year Pravas have applied for 5 Senior Citizens' Cards and it is expected to get in

the next 3 - 6 months. The staff tried to get these cards for the Pravas members as there are several benefits of the Senior Citizens Card like; Maharashtra State transportation concession - 50%, Air travel concession - 50% on basic fare, some private hospitals give 30% discount, free of cost treatment in the Government hospitals, senior citizens can pay fewer taxes than the rest of the country, Banks offer an extra 0.5% interest rate on fixed deposits, citizens above the age of 65 also get an 100% exemption from the State professional taxes.

B. Promoting Health and Wellbeing through preventive, promotive, and curative models of intervention

Pravas conducted the various activities like sessions, workshops, Yoga sessions, Medical Screenings and Medical Camps. Total beneficiaries were 110 senior citizens. The details of the activities are as under:

1. Creative Sessions/workshops with Elderly for Promotion of Psychological Well-being

Pravas organised several creative sessions/ workshops like Stress Relief, Identifying Feelings, presenting happiness through different Therapies, discussions, workshops etc. throughout the year with elderly for promotion of psychological well-being. The outcome of these sessions / workshops was as below:

- **Laughter Therapy:** The workshop conducted on 8th July 2023 at Bhagatsingh Nagar in which 23 senior citizens participated. The same workshop has been conducted in Vit-Bhatti community on 31st August 2023 in which 22 senior citizens participated. The resource person Ms. Komal Mestry, Trained Therapies. She showed the different types of laughters and its benefits. One member has learnt to conduct the activity of laughter therapy, who started conducting this activity whenever required.
- **Sujok Therapy:** The workshop conducted on 4th August 2023 at Bhagatsingh Nagar. The resource person was Ms. Elizabeth, SSW and Mr. Shankar and SSWs. A total of 17 members attended this workshop. Sujok therapy helps to reduce pain and physical aches. Therapy helped the participants to understand the nerves of man's hands and feet i.e. the pressure points of our body parts.
- **Naturopathy Sessions:** Pravas organised 2 Naturopathy sessions in Bhagatsing Nagar community on 3rd July and 13th July 2023. The resource person for the session was Ms. Komal Mestri. Total 31 senior citizens took the benefit of these sessions. She has shared about naturopathy treatment. Which cures ailments using natural products. She has also shared the importance of using natural products for prevention.
- **Safety Measures workshop:** The workshop was conducted on 19th August 2023 at Bhagatsingh Nagar Community, Kala Ganesh Mandir. The resource person was Mr. Pratik Sawant, Officer – Goregaon Oshivra Agnishamak Dal. The Student Social Workers from College of Social Work, Nirmala Niketan, Mr. Shankar Suryavanshi and Ms. Swati Rane took the initiative in organizing this workshop. The workshop objective was to educate senior citizens on essential safety measures they can implement in their homes to prevent accidents and promote their well-being. The resource person explained the measures by sharing the examples of accidents.

- **Diabetes Awareness session:** Ms. Elezabeth, SSW, conducted the session on 9th September 2023 at Bhagatsingh Nagar. Other two Student Social Workers and Mr. Shankar helped her in conducting the session and to Mobilise the senior citizens. Total 18 senior citizens participated in the session. The preventive measures of diabetes, how to control and how to take the medicines these topic has been covered in the session.
- **How to Live a Positive Life Session:** On 13th October 2023 and 28th October 2023 the sessions were conducted at Vit-Bhatti and Bhagatsingh Nagar respectively. The resource person was Mr. Shankar Suryavanshi. A total of 27 senior citizens took the benefit. In the session the resource person covered the reasons of negative thoughts, its effects, how to overcome on the negative thoughts, importance of positive thoughts and some of the techniques to improve the positive thoughts or to overcome on the negative thoughts. The different activities has been conducted to make the session more interactive and to motivate the participants.
- **Benefits of Walking:** The session was conducted on 1st December 2023 at Vit-Bhatti and on 2nd December 2023 at Bhagatsingh Nagar community. A total of 35 senior citizens participated in the sessions from both the communities. The Student Social Workers and Mr. Shankar conducted the sessions in which they covered the benefits of walking and how it's helpful for senior citizens in their life.

2. Medical Health Camps

Pravas had organised Two Free Health check-up Camps in collaboration with St. Elizabeth Hospital at Bhagatsingh Nagar Community and Apollo Hospital at Vit-Bhatti Community. Basic Check-up like Diabetes, Blood Pressure, Sugar, Haemoglobin level, Pulse rate and other general issues check-up camp conducted at Bhagatsingh Nagar on 2nd September 2023. Total 60 senior citizens took the benefit of the camp.

In collaboration with Apollo Hospital, a complete body check-up, ECG, Blood Pressure, Eye-check-up, Bone Density and other general check-up done at Vit-Bhatti Community Health Camp on 8th September 2023. Total 51 senior citizens got benefited from this camp.

These camps helped the senior citizens members to identify their health issue and to work on the same with free of cost and in some cases at minimum cost. Some of the poorer of poorest senior citizen who don't have any support and cannot go for treatment could get these benefits. Some of the senior citizen were able to know their health conditions.

3. Yoga Sessions: 156 sessions in a year in the community to promote healthy aging (40 Senior Citizens)

Pravas had initiated this programme to improve the physical and mental health of the Senior Citizens. To achieve this objective Pravas team hired Certified Yoga Trainer Ms. Sakshi Oza to conduct the Yoga session Thrice in a week. The number of beneficiaries has increased gradually from 20 members to 40 members. Each participants are getting lots of benefits from this initiative and hence they are sharing and motivating to other senior citizens to participate in this initiative. Hence, as on date total Forty Senior Citizens have took the benefit of this training programme. The outcome of the training programme has been seen through below sharings of the participants:

- a. They are getting good sleep.
- b. Body flexibility has been improved.
- c. Many of them could lose their weight.
- d. Reduced Knee pain and improved the movement capacity.
- e. Reduced Back pain etc.
- f. Four members has got so much trained that now they conduct the Yoga training in the absence of Yoga teacher.

4. Health Promotion Trust Sessions/Workshops on Health

Pravas organised the Seven sessions/workshops on Water and Diet, Home Remedies and Kitchen clinic, Lifestyle Diseases, Acupressure, Seasonal Diseases and Body Mapping and Yoga at Kalaganesh Mandir, Bhagatsingh Nagar 1 community, Goregaon West. The session was organised in collaboration with Health Promoting Trust. Ms.Sheron Rodrigues and Ms. Diana from Health Promotion Trust were the resource persons for these sessions/workshops. The details are as under:

Sr. No.	Date	Topic	Resource Person	Number of Beneficiaries
1	16/12/2023	Introduction	Ms. Sheron	20
2	26/02/2024	Water and Diet	Ms. Sheron	22
3	01/03/2024	Home Remedies and Kitchen Clinic	Ms. Sheron	25
4	12/03/2024	Lifestyle Diseases	Ms. Sheron	20
5	13/03/2024	Acupressure	Ms. Diana	22
6	18/03/2024	Seasonal Diseases and Body Mapping	Ms. Diana	20
7	22/03/2024	Yoga	Ms. Sheron	21

These sessions helped the participants to spread the awareness on the above mentioned topics. It also helped to understand the importance of home remedies, diet, acupressure and yoga. How proper diet and regular yoga can helpful to lead the healthy lifestyle. The resource persons also shown practically how to prepare Bam, Hair Oil and explained how to use and its benefits. The resource persons also shared about the seasonal diseases and how to prevent from them. At the end of the all the sessions, all the Pravas members shared the gratitude to the resource persons for giving valuable inputs for the betterment of senior citizens health.

5. Ayushman Bharat Health Card

Pravas has made the Ayushman Bharat Health Card of 12 Pravas Senior Citizens members of Bhagatsingh Nagar and Santosh Nagar Community. The card will help them to avail following heath benefits; it will provides a health cover of Rs.5 lakhs per family per policy year for secondary and tertiary care hospitalization in any of empaneled hospitals across the country. The benefit is available to each and every member of the family on floater basis.

C. Interventions towards the Knowledge Building and Strengthening of the Group

Pravas organized the several activities for the knowledge building and strengthening of the group in which overall 85 Senior Citizens got involved. The outcome of which it helped in increasing the knowledge about different topics which are beneficial to senior citizens, bonding of team members,

rapport building with each team member and with their family members, brought the smile on their face, it also helped the organization to build more trust on the staff / organization.

Pravas staff and student social workers organised the weekly educational & group work sessions namely; Pravas orientation, Group Bonding, Stress relief, Awareness on Hygiene and Sanitation, one to one interactions on their health, basic use of mobile, Film screening & about their family, Independence day celebration etc. Total Ten sessions has been organised by Pravas team with the help of student social workers. All these activities helped to motivate the Senior Citizens to discuss, share and motivate each other. It also helped to keep them engaged in different activities which led to the mental peace. Day by day they are becoming more active and vibrant.

1. Orientation and Introduction

Pravas conducted the orientation session at Prabodhan Balwadi, Vit-Bhatti community, Goregaon East on 18th August 2023. Mr. Shankar and Student Social Workers led the orientation in which they explained about the Pravas history, vision, mission, objectives and initiatives. They also explained that community support is very important for successful implementation of this project. Total 17 senior citizens participated in the session.

2. Jigsaw Puzzle Session

Students Social Workers conducted the session at Kala Ganesh Temple, Bhagatsingh Nagar on 15th July 2023. Student social workers collected the Bollywood old actresses and actors photos and after tearing the photos given it to participants to join them. Solving jigsaw puzzle helped them to think. The objective of the session was to enhance their brain ability, to increase the focus by encouraging participants to arrange the pictures and bring back their old 90s memories. Total 20 senior citizens participated in the session.

3. Independence Day Celebration

The Student Social Workers, Mr. Shankar & Ms. Swati Rane celebrated the Independence day on 19th August 2023 at Bhagatsingh Nagar community. The information regarding Independence day has been shared, team sang a patriotic songs and drawing competition has been conducted. Total 23 senior citizens took active participation in the celebration.

4. Group Bonding Session

Group Bonding session has been conducted at Prabodhan Balwadi, Vit-Bhatti community on 25th August 2023. Total 9 senior citizens participated in the session. Pravas Staff and Student Social Workers took various activities namely group games and what's my name game, so that it will help to build the bonding in the members. All the members enjoyed the games and they also got connected with each other. These activities also helped to build the rapport between the members, staff and student social workers.

5. Literacy session

The student social workers and Mr. Shankar conducted the Literacy session at Kalaganesh Temple, Bhagatsingh Nagar. The session has been conducted on 26th August 2023 in which 22 senior citizens participated. The participants has been asked to identify the words through game and then the team motivated them to write down their own name. The participants were feeling happy that they tried to write down their names for the first time. The outcome of which 3 participants have started going to the night school and 3 another participants have started doing the signature instead of giving the thumb.

6. Photo Language Session in Vit-Bhatti

On 15th September 2023 at Prabodhan Balwadi, Vit-Bhatti Pravas team conducted the ‘Photo Language Session’. Photo language can create happiness within oneself while using cognitive and creative skills. The student social worker had planned this session with the guidance of field faculty advisor Dr. Sonia Rodrigues. While showing different image settings like forests, gatherings, meetings, mountains, and patients', lonely people they might get to create their own stories. This session will encourage senior citizens to share any memories they have related to these types of places, such as vacations or outings, or different images that might speak volumes to their future and past. In the end, a group selfie was taken as a good memory to recall a happy activity, since all of us were going for a long vacation and this will remain a happy memory this selfie would be treasured in the WhatsApp group. Total 14 senior citizens actively participated in the film screening. The following were the objectives:

1. To encourage senior citizens to bring in old memories associated with their lives and to inspire them to recall.
2. To promote creativity by encouraging participants to take photos of everyday objects, people, or scenes in their environment.
3. Help them to improve expression skills by having them describe their photos, share stories
4. The goal is to create a positive and enjoyable experience that promotes cognitive and emotional well-being.

7. Interreligious Festivals Celebrations

Pravas organised a get together of urban marginalised senior citizens Trice. Ninety Seven Senior Citizens members were the part of these get-together programme which were held on 8th November, 10th November and 19th December 2023. The Pravas project tried to celebrate the interreligious festivals to give a message of hope and togetherness. The main objective was to bring happiness, bring them back into the fold and give them a ray of hope and support.

First get-together was organized at the Community Kala Ganesh Temple in Bhagatsingh Nagar, Goregaon West, Mumbai, the Second get-together was organized at the Community Prabodhan Balwadi, Vit-Bhatti and the Third get-together was organized in the Extension Centre of College of Social Work (Autonomous), Nirmala Niketan, Goregaon East. Dr. Lidwin Dias, Principal of College of Social Work (Autonomous), Nirmala Niketan and Dr. Sonia Rodrigues, Associate Professor, Ms. Swati Rane, Program Officer and Mr. Shankar Suryavanshi, Para-Social Worker were the part of the programme. The senior citizens enjoyed the celebration and shared their experience and learnings

through the developmental programs of Pravas. The following were the objectives behind the celebrations:

1. To celebrate the interreligious festivals and to discuss the importance of all the festivals.
2. To strengthen a sense of community and unity among the members.
3. To provide a space for members to observe and celebrate the cultural and religious significance of Christmas.
4. To ensure that all members feel included and part of the festive celebration, fostering a sense of togetherness.
5. To create opportunities for members to connect, interact, and build positive relationships within the community.

8. Voter ID Camps

Pravas has conducted the Voter ID camp in Vit-Bhatti and Bhagatsingh Nagar Community on 1st December and 2nd December 2023 respectively. The total beneficiaries are Forty Eight of both the camps.

The primary objective was to address outdated information and correct inaccuracies in existing voter IDs. The camp aims to enable individuals without a voter ID to submit new applications, thereby increasing voter participation. The specific focus was on assisting senior citizens in updating or obtaining their voter IDs, emphasizing inclusivity and support for this demographic.

The Voter ID camp commenced with the responsibility of filling out the forms was undertaken by the student social worker Ms. Sarita Figredo and co-worker, Mr. Sunil Jaiswar. Mr. Sunil Jaiswar also proceeded to address the general category, facilitating the update and correction of existing voter IDs. A prevalent issue observed during this phase was the outdated nature of many voter cards, prompting the need for their update. Additionally, some new applications were submitted for individuals seeking a new voter ID.

The Voter ID camp successfully directed the processing of forms, with a dedicated focus on senior citizens initially and subsequent attention to the general category for both updating and correcting existing IDs, as well as processing applications for new voter IDs.

Output

- One of the primary outcomes was the number of voter IDs that were successfully updated or corrected during the camp. This included addressing issues such as outdated information, corrections in personal details, and other relevant updates.
- Another significant output was the count of new applications submitted for obtaining a voter ID.
- The total number of forms filled out and processed during the camp was a tangible measure of the workload and productivity. It reflected the camp's ability to handle a certain volume of tasks within the specified time frame.
- Identifying common issues or challenges faced by individuals during the camp, such as outdated cards or difficulties in the application process, providing insights for future planning and improvement.

9. Basic Use of Mobile Session

Pravas conducted the sessions at Prabodhan Balwadi, Vit-Bhatti Community on 8th December and Kala Ganesh Temple, Bhagatsingh Nagar on 9th December 2023. The objective of the session was to teach senior citizens how to use basics function and features of the mobile. The following topics has been covered in the session: Contacts and phone book, Messaging and emoji's, Camera and photos, Internet and apps, use of social media, information about online shopping apps, how to do video calls, Entertainment app's and Safety and security. Total participants were 12 in Vit-Bhatti Community & 25 in Bhagatsingh Nagar Community. These sessions helped senior citizens to be able to get some basic knowledge about mobile different apps, social media, sending voice message and making video calls.

10. Home Visits

During the year the Pravas Staff and the student social workers done the regular home visits of each pravas members who are Elderly People Living in Urban Marginalised Communities of Goregaon West. The plan of One home visit of each Pravas Senior Citizens member in a 15 days was compulsory followed by the team. These visits helped the Pravas to interact with the family members of the Senior Citizens. It also helped to understand the current need and situation of each family members. These visits helped Pravas team to update and prepare a need base action plan. It has been observed that home visit is very important tool for the effective intervention.

❖ Outcome:

1. Eighty Five senior citizens got benefited during
2. Explored new community namely Vit-Bhatti, Goregaon East, Mumbai.
3. Increase in the knowledge of the Income Generation Skill Programmes.
4. Helping SCs with their cognitive functions & also will help to improve their limb movement and coordination.
5. Helped in increasing the bonding of team members of both the communities.
6. Rapport building with each team member and their family members.
7. Helped them to improve the physical & mental health of group members.
8. They learnt & understood the techniques of healthy living.
9. Helped to bring the joy and smile on the face of senior citizens.
10. Centre visit helped them to build more trust in us. Because they were just knowing from where we are coming but now they saw the place personally.

❖ Challenges:

- Time limit in conducting the sessions
- The population is a migrating population. The number of members are high but the active members are few.