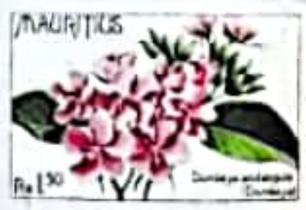
PIERIDE EUCHARIS
ris Eucharis)
pe même de la famille
Papillon de taille

Golden Acre

System

Shankarji Memorial
High School
Exhibition Grounds



Scanned with OKEN Scanner

COVA PROJECT

SHANKARJI MEMORIAL GIRLS HIGH SCHOOL

Topic : Care of Elders

GroupName : Golden care system

Presented by

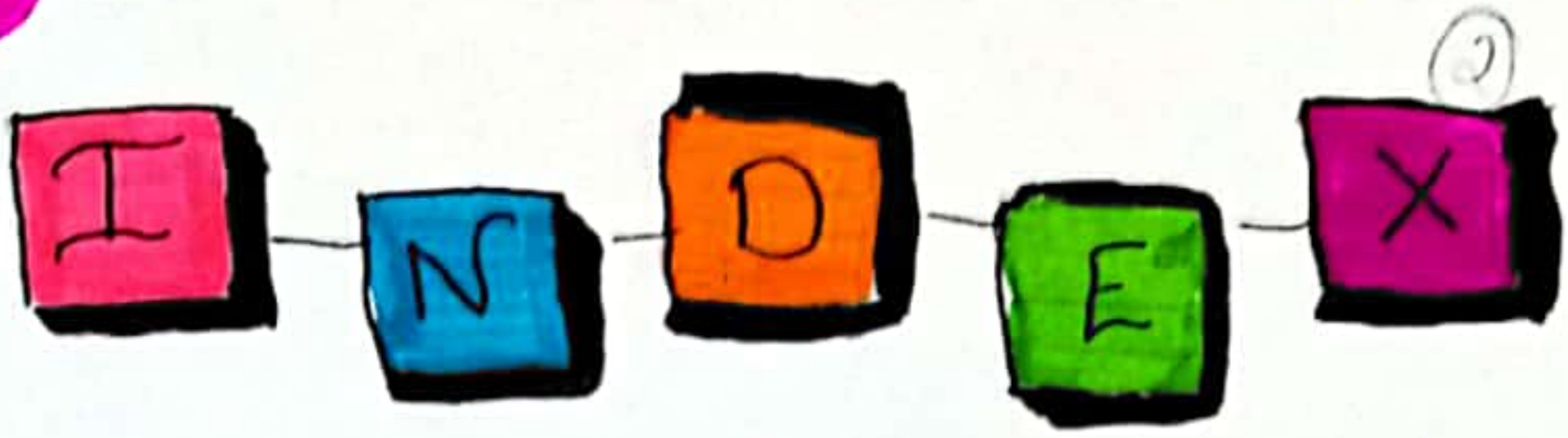
Class VII

Khushi, Manu Sofa, pihoo, Juveria, Riddhi

Supervised by -

Mrs Shahla.

Scanned with OKEN Scanner



- INTRODUCTION
- RESEARCH METHODOLOGY
- SITE VISIT
- PERSONAL INTERACTION
- ON SITE OBSERVATION
- OBSERVATIONS
- PROPOSED SOLUTIONS
- PERSONAL INITIATIVES
- PRESENTATION REPORT
- RESULTS ACHIEVED

Scanned with OKEN Scanner

- FINAL REMARKS
- LEARNING OUTCOMES

Scanned with OKEN Scanner

Introduction

The care of elders is one of the most significant social, ethical and humanitarian responsibilities of any civilization. How a society treats its elderly population reflects its moral values, cultural depth, and level of social development. Older adults represent a lifetime of experiences, wisdom, labor, and contribution; yet in many parts of the world they face neglect, isolation and inadequate care. As global life expectancy continues to rise the issue of elder care has moved from the issue of elder care has moved from being a private family matter to a major public concern demanding structured attention from families communities and government alike.

Aging is a natural and inevitable process that brings physical, emotional, social and psychological changes While many elders continue to lead independent and meaningful lives, a significant number require assistance due to cognitive challenges. The need for elders care is therefore not limited to medical support alone; it also includes, dignity and respect Caring for Senior citizens is not merely about prolonging life but about ensuring quality of life.

Traditionally, elders were regarded as the pillars of families and communities. In many cultures, especially in Asia and Afuca, older people held positions of authority and respect. Joint family Systems ensured that elders were cared for within the household, surrounded

Scanned with OKEN Scanner

children and grandchildren. However, rapid urbanization, modernization and changing family structure have weakened these traditional support systems. Nuclear families, migration for employment, and fast-paced lifestyles have created in elder care, leaving many older adults vulnerable and dependent

The growing elderly population is a global phenomenon. Advances in healthcare, nutrition and sanitation have increased life expectancy, resulting in a demographic shift toward aging societies. While this is a positive indicator of development, it also presents serious challenges. Healthcare systems, social security structures and family networks are often unprepared to meet the complex needs of an aging population. Without adequate planning and awareness, the burden of elder care can lead

to emotional stress, financial strain and social imbalance.

Elder care encompassess a wide range of services and responsibilities these include physical care such as assistance with daily activities, medical treatment and rehabilitation, emotional care such as companionship, empathy and mental health support, and social care such as inclusion, respect and participation in community life, Neglecting any of these dimensions can have serious consequences for the well-being of elders studies have shown that loneliness and social isolation can be as harmful as physical illness highlighting the importance of holistic care.

One of the most pressing concerns in elder care today is the increasing incidence of elder abuse and neglect This abuse may be physical, emotional, financial or psychological and often occurs within families or care institutions. Many cases go unreported due to fear, dependency or lack of awareness. Addressing elder abuse requires strong legal frameworks, social awareness and a shift in attitudes toward aging and dependency.

Economic factors also play a crucial role in the care of elders. Retirement often brings a reduction in income, making elders financially dependent on family members or state support. In the absence of adequate pensions or savings, many older adults

Scanned with OKEN Scanner

Struggle to meet basic needs such as healthcare, housing and nutrition. Financial insecurity can severely impact an elder's dignity and mental health making economic planning and social welfare policies essential components of elder care.

Research Methodology

* The study follows a description and analytical research design to explore existing elder care practices and challenges.

* The research adopts a mixed-method approach combining both Quantitative and Qualitative methods for Comprehensive understaing.

* The study focuses of the Social, emotional, physical and economic aspects of elder care.

* The target population includes elderly individuals aged 60 years and above.

* family members acting as Primary caregivers are also included in the study.

* Purposive Sampling Technique is used to select respondents who are directly involved in Elder care.

* primary Data.. is collected through stondered Questionnaires Designed.

SITE VISIT

As a part of our project, we visited a nearly place to learn about the care of elders. During the field visit, we observed the living conditions and daily routine of elderly people. we notice that many people are not spending more time with their elders. Many elders shared their experience and told us the importance of love, respect and care In old age. We also worked in fields while the visit we noted all the answers and suggestions. we tried to find their problems we conducted '10' number of interviews and we got different responses.

- How much time you spend with your parents ?
  Mostly, I will spend 20-25 minutes.
- Any problem do you face with them?
  Yaa, mostly when, I see T.V. They will say don't watch horror games don't play online games etc. I think because of generation gap.

OK, Thank you have a nice day

KThank you, you're welcome

Case Study - 7

Name :- Meera devi

Age :- 83

Profession :- House wife

Address :- Mangalhat, hyderabad

- Do you live with your children?

Ans Yes, I live with my daughter - in-law. My son lives in Chattisgarh because of his job

- What are the qualities you like in your children?

Ans As I live with my daughter-in-law she is very kind as she take care of me very kindly.

• What are the things bothering you?

Ans: Because of the old age, I am not able to call anyone for support for my health.

• How much time your daughter in-hu spend with you?

Ans most of the time she spends with me.

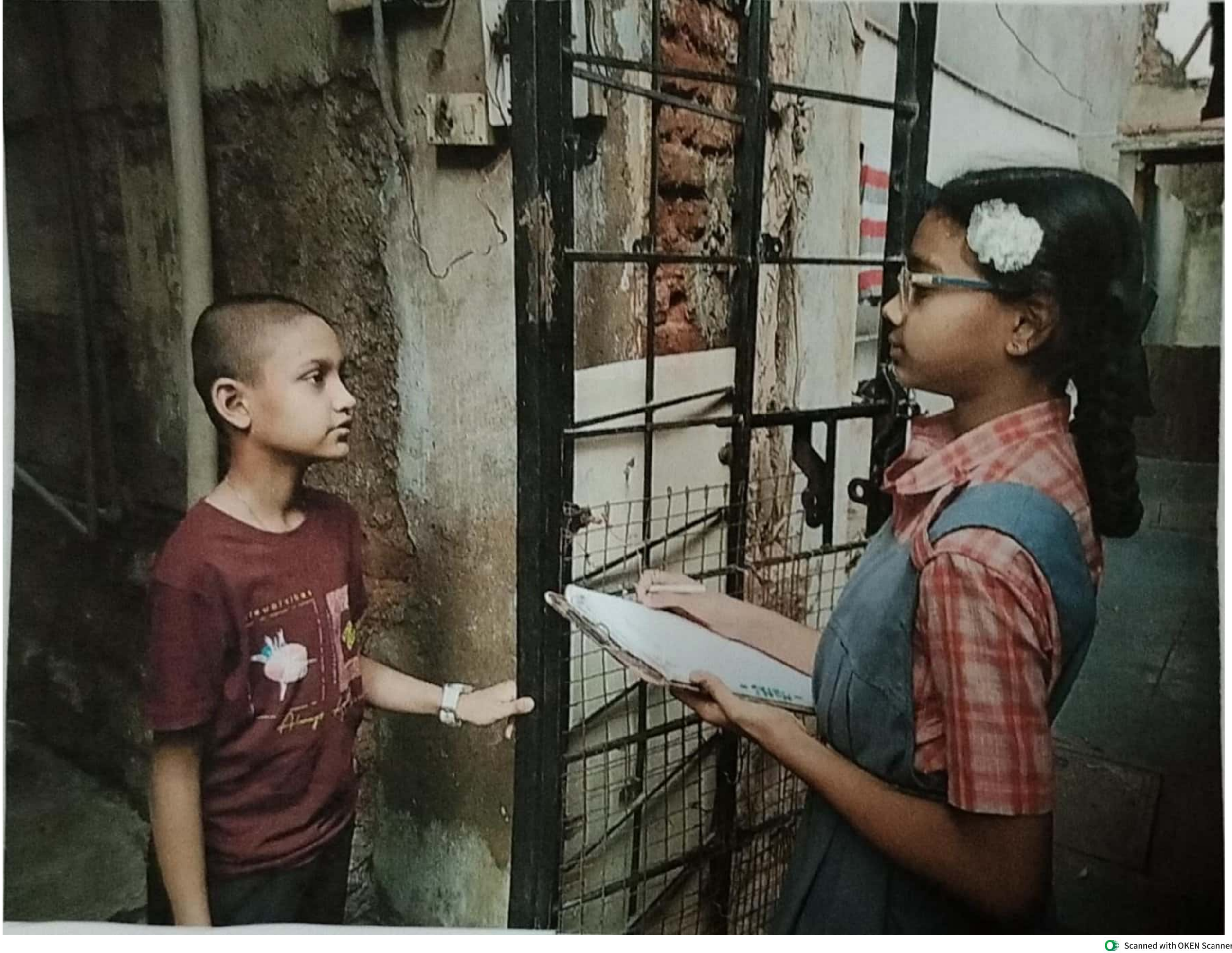
• So clearly you don't have any problem with your grandchildren.

Ans No, I don't have any problem with them.

• What advice would you like to give to the younger generation.

Ans: "Little things matter - talk to us, Laugh with us.

Scanned with OKEN Scanner



Scanned with OKEN Scanner

Case study - 8

NAME : Rabia baseri

Age : 93

Profession : Housewife

Address : Shapoor, Bolarum.

Do your childern stay with you ?

Yes, we stay together in a joint family with my childern, grandchildern and great-grandchildern

Nice! What qualities you like in them?

Their kindness towards me, Their respect towards me and My daughter-in-laws are good and they support me.

What thing your bothering ?

I' have back pain, leg pain, I'am also a brain tumor patient and I'feel very dependent when I want to take help from my family member but they are in another room. and I'can't go to them because of my leg pain

How much time do they Spend with you?
They Spend 30-min only. They don't Spend time with me but they can't spend because of their work pressure.

Do They take care of you?
Yes, They take care of me. They take me to hospital every month for health check-ups.

Scanned with OKEN Scanner

PERSONAL INTERACTION

As a part of our project interviews were conducted. we interacted with so many people. We asked them questions And there answer were written in the next pages.

Rules :-

- Before every interaction we asked their Permission
- We asked them about senior citizen act if they don't know we explained them. If they knows we asked what you now about it.

Scanned with OKEN Scanner

Case Study-1

Name :- Sai

Age :- 30

Profession :- B.Com engineer

Address :- Darrusalam, Hyderabad.

- Do you have elders in your house?

Yes, of course.

- What are the 3 things you like most in your elders ?

Firstly their patience, their hardwork and also their dedication to work.

- What are the problems they are facing ?

Firstly they often don't tell us about their problems but they have health issues and most of the time they forget to take medicines.

Scanned with OKEN Scanner

- How much time you spend with your elders ?

Because of the work we can't spend much time with them but every I spend Half an hour with them.

- Do your Know about senior citizen act ?

No , they don't Know.

Case Study-2

Name : Hamza baig

Age : 65

Occupation : Businessman

Address : Bahadurpura

- Do you stay with your childerns ?

No, me and my wife stay in separate apartment.

- May I Know, Why your childern don't stay with you.

because of some family problems they stay separately # with they wives.

- Do your childern come to your house on some occasions and festivals

Yes. They come for 1-2 days only.

- What are thing is most bothering you?

That my sons are not taking care of me and wife and I feel alone.

. Do you know about senior citizen act?
No, I don't know about senior citizen act.

Scanned with OKEN Scanner

Case Study-3

Name :- Charan

Profession - B. Tech engineer

Age :- 35

Address :- Bogum bazar

- Do you have any elders in your house ?

A:- Yes, I have

- What are the three things you dike in them ?

A:- Their experience, caring nature and their patience.

- The problems elders problems their are facing ?

A:- The problems elders face are health issues, and difficulty asking for help. They need support but cannot call anyone because of old age.

Scanned with OKEN Scanner

• How much time you spend with your elders?

Ans I spend 1-2 hours daily with my elders.

Case Study-4

Name :- Rajni Bai

Age :- 73

Profession :- House wife.

Address :- Nampally, Hyderabad.

- Do you live with your children ?

Ans: Yes. I live with them.

- What are the qualities you like in your Children ?

Ans: Even their are having jobs they are trying to spend time with me. In an car accident I lost my son and daughter in law So my grandchildren are taking care of me. And I think it is so sweet of them.

Scanned with OKEN Scanner

- What are the things bothering you?

A: 1) Financial problems
2) I am suffering from migraine problem

- How much time your grandchildren spend with you?

A: 1 hour.

- So clearly you don't have any problem with your grandchildren

A: No, I don't have any problem with my grand - children

Scanned with OKEN Scanner

Case Study - 5

Name: Amaan

Age: 27

Profession: Doctor

Address: Nampally, Hyderabad

- Do you have any elders in your house?

Yes, I have

- Okay, nice but what care the 8 thing you like in them most?

1) Their hardwork 2) The way they take care of our family and 3) They Sacrifice for me.

- May I know what are the problems they have?

Mostly they don't share their problems but they have some health issues.

- What is care your taking?

I'am trying to give them their medicines on time, as they forget to take their medicines.

- How much time you spend with your parents?

maximum 30 mins, because I'm very busy with my work.

- Do you and your parents know about Senior Citizens act?

I don't know about senior citizen act.

Thank you. have a nice day
Thank you

- What advice would you like to give to the younger generation

A:- "Respect your elders, spend time with them, and make their life happy - small care creates big smiles.

Scanned with OKEN Scanner

Case Study-6

Name :- Shubham
Age :- 18
:- Student of BMS
Address :- Mangalghat

- Do you have elders in your house?
Yes, I live with my parents.
- Okay but what are the 3 things you like in them most?
1) They help me in my works 2) They buy things for me 3) They love me
- What are the problems they have?
They don't have any problem.
- Ohk, What the care your taking?
They are healthy they do their work by themself but sometimes they got fever, I will give them their medicines and also care them.

Case Study : 9

Name : Anil Kumar

Age : 67

Profession : Retired Bank Employee

Address : Near Sultan Bazar

- Who takes care of you in daily life?
  My wife and I Take Care of each other.
- What do you do if you face a medical emergency at home?
  If I feel unwell Suddenly, I call my neighbor or relatives. Sometimes it becomes difficult because immediate help is not always available.
- Do you feel Safe living without your children?
  I feel Safe during the daytime, but at night I feel insecure. If there ware an emergency System, it would make me feel more Confident.

Scanned with OKEN Scanner

- What kind of support do you expect from Society or government ?

I expect regular health check-ups, emergency support services, and awareness about Services citizens facilities.

Case Study : 10

Name : Fatima Begum

Age : 71

Profession : Homemaker

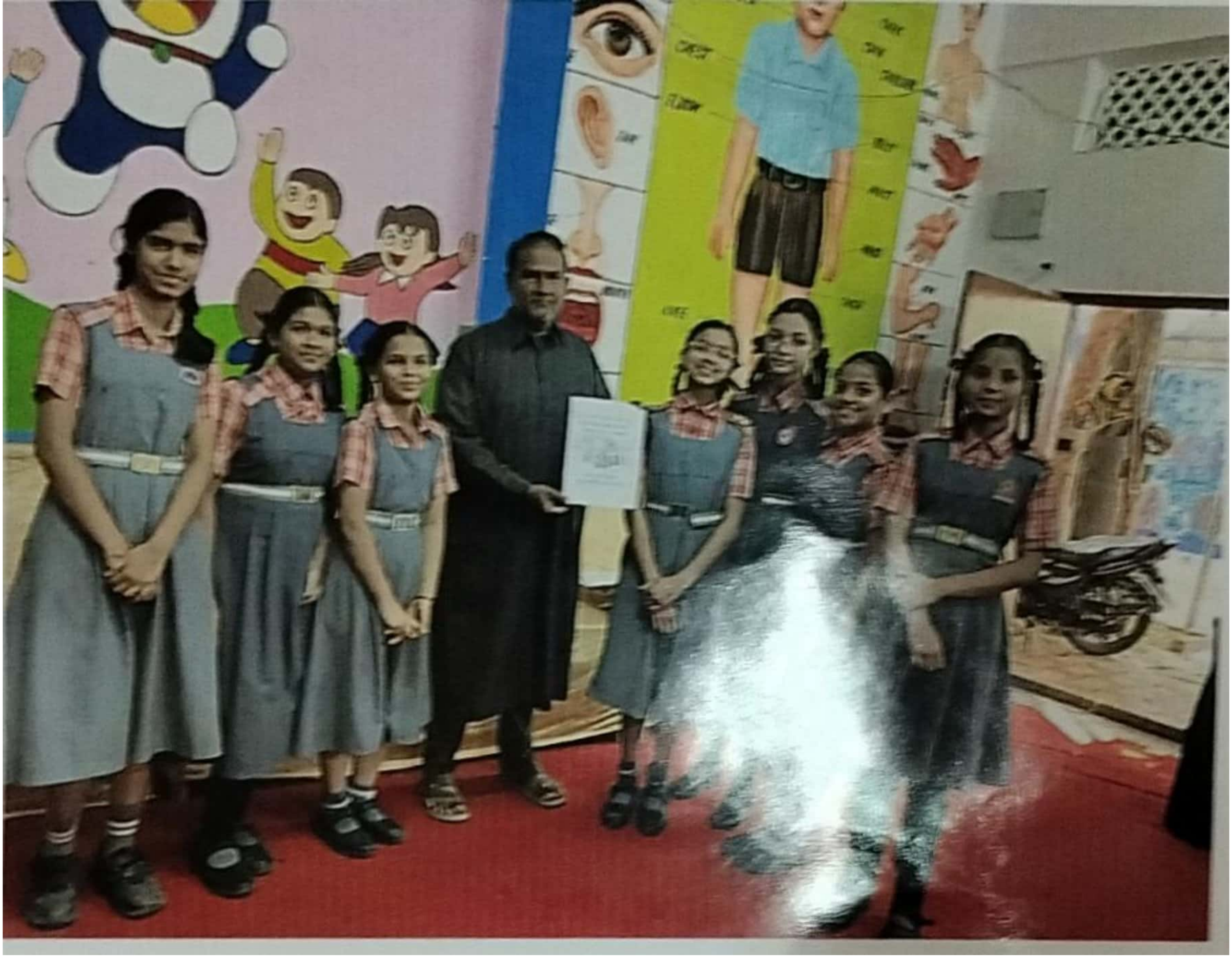
Address : Tolichowki

- How often do your children meet you?
  My children visit me once in two or three months because of their busy work Schedules.

- What difficulties do you face in your daily life?
  I have health issues like back pain and Weakness. It becomes difficult to do daily work without support.

- Do you use technology for help?
  I use a mobile phone only for Calling. I don't know how to use Smartphones or apps.

- What do you think elders need the most today?
  Elders need emotional support, respect, and Quick help during emergencies.



Scanned with OKEN Scanner

On Site Observation

During our Observation on elder care, we found that elders are the heart of every home, admired for their patience, wisdome, and caring nature They face common challenges like health issues, forgetting medicines, difficulty asking for help, and loneliness, while younger family members try to support them by giving medicines, helping with daily chores, and Spending time with them - though most Spend less than two hours a day, Personal initatives, like listening to their

Scanned with OKEN Scanner

Stories, Sharing. laughs, encouraging hobbies, or teaching them small skills using a Phone; make a big difference in their happiness and confidence. Surprisingly almost no one knew about the Senior citizen Act, Showing the importance of awareness Programs By combining Small gestures of care with health Support; communication, and Social engagement, families can greatly improve elder's quality of life. This Study taught us that even a few minutes of attention, love, and respect can brighten an elder's day more them we often realize

Scanned with OKEN Scanner

Observation :

Our observation on elder care revealed that elders care not only a source of wisdom and experience but also need consistent attention, care, and respect to make them feel happy and valued. While families provide support through medicines, daily help. and occasional time spent together, gaps in awareness and communication still exist. Simple gesture, like lisentering to their stories, Sharing a lough or encouraging them to engage in small activites, can greatly improve their emotional well-being. This study highlighted that elder care is more than just meeting physical needs -

Scanned with OKEN Scanner

it is about creating a loving and supportive environment where elders feel safe, respected, and cherished. Small, thoughtful actions by family members can transform an elder's day and make a lasting impact on their quality of life.

Explaning Children About How To Care their Elders

Scanned with OKEN Scanner

Proposed Solutions:

To improve the well-being of elders, several practical solutions can be implemented. Regular health check-ups and timely medicine reminders can help manage their physical health. Families can provide better communi-cation support, such as helping elders use phones or call for help when needed. Spending quality time - even 30 minutes a day - can reduce loneliness and make them feel valued. Awareness programs about elder rights, including the senior citizen act, can reduce both elders and younger family members. Organizing social activities, games, or small gatherings can also boost their mental

and emotional health. Overall, small, consistent acts of care, attention, and respect can greatly enhance the quality of life for elders.

Scanned with OKEN Scanner

Games Elders can enjoy

Word Search

C	M	O	L	P	R	E	S	P	E	C
D	A	C	R	A	M	P	O	K	L	T
I	L	Q	A	O	L	K	J	I	H	Y
O	R	N	R	R	Z	V	Z	L	F	B
O	E	A	H	I	É	U	X	O	C	D
B	R	A	C	A	W	A	P	V	Q	G
E	W	I	S	D	O	M	L	E	T	S
F	Z	C	L	J	K	P	G	N	O	L
Z	L	S	O	K	M	C	M	Y	R	H
R	P	S	F	A	M	I	L	Y	Q	P
N	T	S	L	I	C	N	E	P	H	C

Find the given words and circle them.

LOVE, WISDOM, FAMILY, RESPECT, CARE

GOEL :-

FUN and keeps mind active

Pamphlet distributed in
the Exhibition grounds (Numa
Nampally.

Riddles & BRAIN TEASERS

Solve the given riddles :-

I go up but never comes down.
What am I ?

I'm always in front of you but can't be seen. What am I ?

I can be cracked, made told, and played.
What am I ?

I Have a face but no eyes, hands but no arms. What am I ?

Answers :-

- Age
- Future
- Joke
- Clock

Scanned with OKEN Scanner

All About Our Model

Scanned with OKEN Scanner

Introduction

In today's World many elderly people live at home and often stay alone for some time. As age increases, health problems like dizziness, Weakness, Sudden pain, or falling down become common. During such emergencies, elders may not be able to reach a phone or call for help loudly. This delay in getting help can become dangerous.

To Solve this problem, I have made a Simple and useful model called Elder Safety Alert Device. This Device helps elderly people to alert their family members quickly by pressing a Switch. When the Switch is pressed, an alarm rings loudly in another room, informing others that help is needed immediately.

Scanned with OKEN Scanner

AIM OF THE PROJECT

The aim of the Project is:

- To design a Simple Safety Device for elderly People.
- To provide Quick emergency alert alarm using a Switch and alarm.
- To help elders get immediate assistance During emergencies.

Need Of The Project

Elderly people may face many difficulties Such as:

- Sudden health Problems
- Falling down
- Difficulty in Walking or Speaking loudly
- Living alone at home

In Such situations, they need a Simple System that does not requires mobiles phones. Or technology Knowledge. This Project Fulfills that need by providing an easy-to-use alert System.

Scanned with OKEN Scanner

Working Principle

This model works on the principle of a Simple electric Circuit.

- When the Switch is not pressed, the Circuit remains Open and no Current Flows.
- When the elder presses the Switch, the Circuit gets completed.
- Electric Current flows from the battery to the buzzer.
- The buzzer produces a loud sound, which can be heard in another room.

This Sound acts as emergency alert for Family members.

Advantages

- Easy to use for elderly people
- Low Cost and Simple design
- Does not require mobile phones or internet
- Provides quick emergency alert
- Can be used at home or hospitals.

Scanned with OKEN Scanner

Working of the Model

- The elderly people presses the Switch whenever they feel unwell or need help.
- As Soon as the switch is pressed, the alarm Starts ringing.
- Family members hear the Sound and Come immediately to help.
- The alarm Stops when the Switch is released or turned off.

This process ensure fast and effective Communication During emergencies

Limitation

- Works only within a limited distance.
- Requires battery replacement
- Only alerts nearby People.

Scanned with OKEN Scanner

FUTURE IMPROVEMENTS

In the future, this model can be improved by:

- Adding Wireless technology
- Connecting it to a mobile phone
- Adding lights along with Sound
- Using rechargeable batteries

These improvements can make the device more advanced and effective.

APPLICATIONS

- Homes well with elderly people
- Hospitals and old-age homes
- Patients recovering from illness
- Emergency alert system in houses

Scanned with OKEN Scanner

Reason for Choosing This Project

Based on the responses from the Survey, we realized that there is a strong need for a simple emergency device for elderly people. Therefore, We Decided to make an Elder Safety Alert Device, which can alert family members immediately without using a phone.

Conclusion

The Elder Safety Alert Device is a simple and useful model designed to help elderly people during emergencies. From Our Survey, we understood that many elders cannot call for help due to health problems. This device allows them to alert family members easily by pressing a Switch. It is low cost, easy to use, and effective in providing Quick help. This project shows how simple technology can solve real-life problems and improve elder Safety.

Scanned with OKEN Scanner

Pamphlets distributed

in the Exhibition Grounds, Numaish

Hyderabad

To

Exhibition Ground Committee members

All India industrial Exhibition

(Numaish)

Exhibition Ground

Nampally

Hydrabad.

Subject :- Requesting for arranging carying and Supporting facilities for elderly visitor.

Respected Sir/Madam

I Kindly request the authorities to provide basic Support for elderly visitor at the exhibition. I reauste to arrange fasilities like wheelchair, resting areas, volunteer assistance will ensure their safty & comfort. This Step will help them enjoy exhibition

Your faithfull

x x x

Thank you.

Scanned with OKEN Scanner

Subject:

Request to Spread Awareness on Care of Elders.

To,

The Respected Imam of the Mosque

Date: 2/2/206

Respected Sir,

Greeting of Peace.

We humbly request your guidance in Spreading awareness about care the elders and respect of elders in our Community. In today's busy life, many elders feel lonely and neglected.

We kindly request your to include Short messages during weekly Sermons on them, and taking-

Scanned with OKEN Scanner

Distributing pamplet to
the Imam of masque.

-Care of there health and needs. This will help stereng-
-then family values and compa-
-ssion in Socity.

Your respectfully,
X yz

Class : 7th
School : Shankarji memorial Girls high School.

Scanned with OKEN Scanner

Scanned with OKEN Scanner

Personal Initiatives

During the observation, we realized that small personal efforts can make a big difference in the lives of elders. Simple actions like reminding them to take medicines, helping with daily chores, or just spending time listening to their stories create a sense of care and belonging. Encouraging elders to share their experiences, playing games with them, or accompanying them on short walks are small steps that improve both their emotional and physical well-being. Even taking the initiative to teach elders how to use a

A phone or reach out for help can empower them and reduce feelings of loneliness. Personal care and attention, though simple, are powerful ways to show love and respect to elders every day.

Giving Pamphlets

To Our H.M = Miss
B. Sujatha
Madam

.GOLDEN CARE SYSTEM

Honor age, celebrate life.

Honor. Care. Respect.

Care and share,

show elders you're here.

Scanned with OKEN Scanner

Distributing of Pamplets.

Temple.

Scanned with OKEN Scanner

Gurudwara

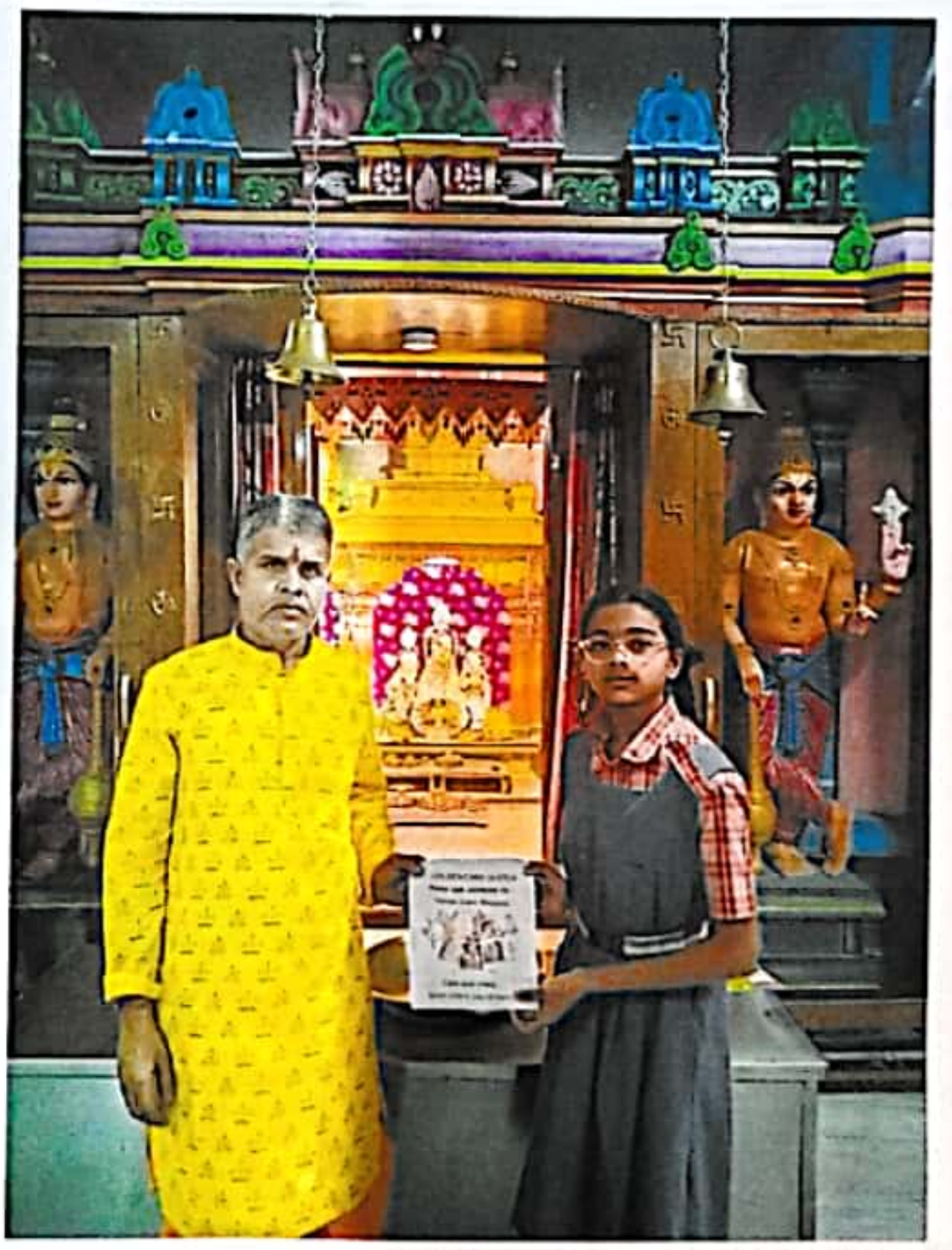
Scanned with OKEN Scanner

55

Pic

visit to

Hospital



Temple

Pamphlet

distributed in Temple

Temple

Scanned with OKEN Scanner

Hospital

Distribution of Pamphlets
at Hospital to the patients

Scanned with OKEN Scanner

Pamphlets Distributed in Our School

Scanned with OKEN Scanner

Result Achieved :

Through our on-site observation, we discovered several important insights about elder care. most elders are deeply appreciated for their patience, declication, and caring nature, but they face common challenges like health issues, forgetting medicines, difficulty asking for help, and loneliness. we also found that younger family members Provide care through medicines, daily Support, and Spending time with elders, though the amount of time varies. Surprisingly, awareness of the Senior citizen Act was almost zero among Participants.

The study showed that even small personal initiative — like listening, sharing a laugh, or helping with daily tasks — can significantly improve elder's emotional and physical well-being. Overall, our observation highlighted that simple acts of care and attention create meaningful improvements in the lives of elders. Proving that small efforts truly leads to big result.

the Elders We come to know

Elders have problem like: health

ns. Forgetting sickness. Difficulties

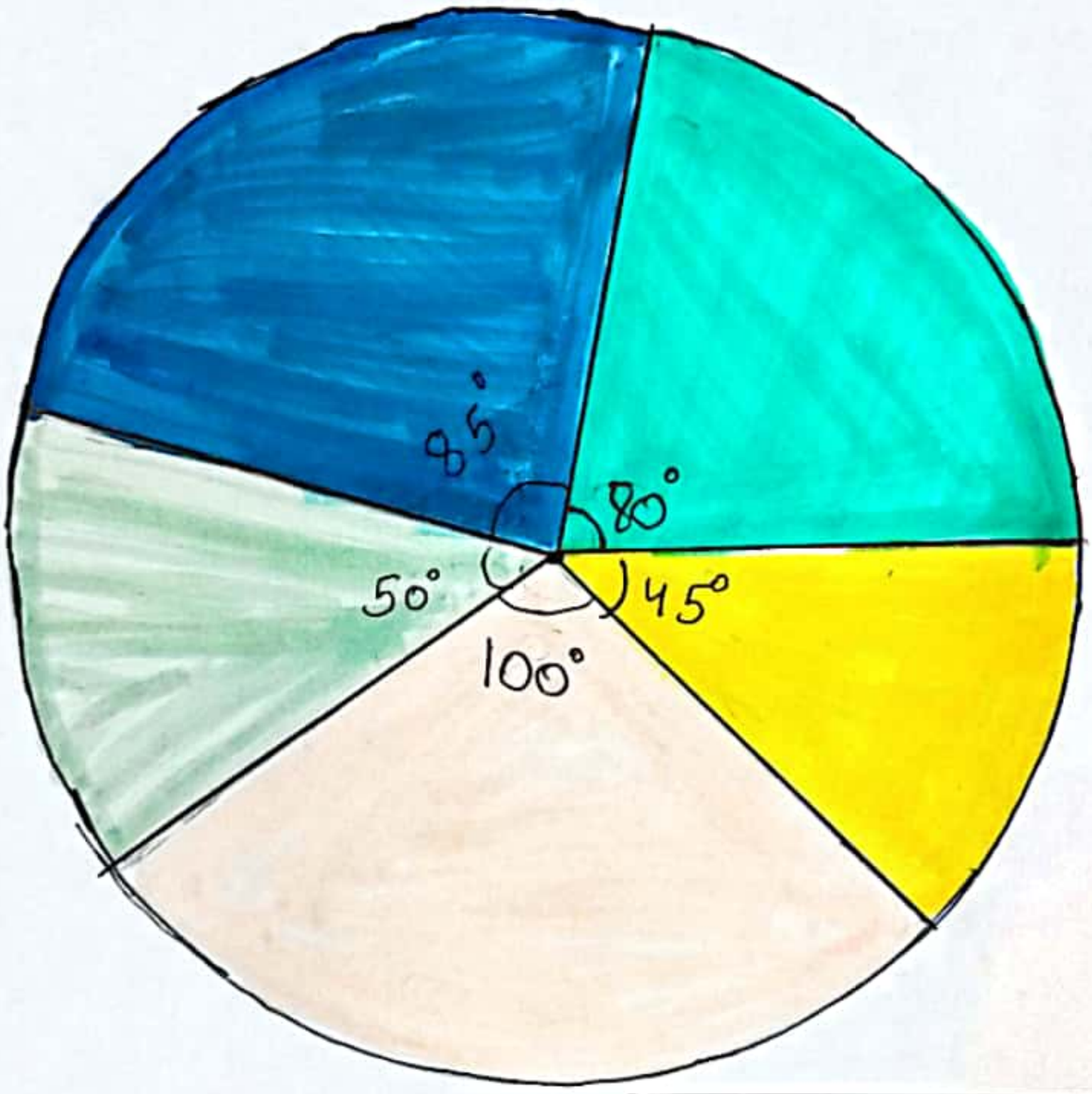
helps living away from their

Scanned with OKEN Scanner

59

66

Pie chart :-



- Difficulties For asking help
- Forgetting medicines
- Health issues
- Leaving Away from their Children
- Lonlieness

Scanned with OKEN Scanner

While doing the survey We came to know that many Elders have problem like: health issues, tonsioners, Forgetting medicines, Difficulties for asking help, living away from their childern etc.

63

Arya Samaj

Arya Samaj

Scanned with OKEN Scanner

5461

Pic

Arya Samaj

FINAL REMARK

This project has been a meaningful and eye - opening experience for me. While working on this project, I understood that Senior citizens are one of the most precious gifts to our lifes and Society. They are living libaries of knowledge, experience and living values. Everything we enjoy today is a the result of their hard work, patience and Sacrifices. Because of them, families and Societies have grown Strong.

Through this project, I learned that old age is a very Sensitive Stage of life. At this age, elders teach us many values but they mentally and physically became like childs. They Still need love, Support and Safe Keeping, respect too. Many Senior Citizen feel lonely because their children are busy with jobs, mobiles and modern lifestyles. Some of elders Stay alone at home or in old age homes.

Scanned with OKEN Scanner

Fatima oldage Home

where they miss family warmth, their hobbies they want to do etc. Loneliness can make them feel bad, stressed, and unhealthy. This helped me understand that emotional care is as important as physical care.

We also learned that, we do not need big actions to make them happy. We, our neighbours and friends changed our way of thinking. We understand now that elders are not a responsibility to escape from them, but a blessing to be with them and care them.

Now, our neighbours, friends and family members are Spending more time with them taking them ~~to~~ parks and helping them in their works.

We feel lucky to work on this project as this project taught us the value of ever green living libaries.

Scanned with OKEN Scanner

Fatima oldage Home

Learning Outcomes

By doing this project, I have learned that:

- I understood the importance of respecting and Caring for elders, such as helping.
- I learned about the Common health problems faced by elders, including Love, weak eye -sight, Joint pain, memory loss, and difficulty in movement.
- I Gained awareness about the emotional needs of elders, including Love, attention and Companionship.
- I Improved my Communication Skills by interacting with elders and Listening to their experiences.

Let us all learn

- I realized that elders are valuable because of their knowledge, experience, and Guidance.

Respect and Care.

Hands that once held us tight,
Guiding us from dark to tight,
Now they need our gentle aid,
With love and patience always
displayed.

Elders' eyes hold stories true,
Of lessons learned and dreams they
knew,
Listen close, and you will find,
A world of wisdom in their mind.

A smile, a hug, a helping hand,
Shows respect we firmly stand,
Care for elders, near or far,
For love and kindness are our star.

Scanned with OKEN Scanner

Monologue: Voice of an Elder

"Hm, My dear child ... I may walk slowly now, and my hands may tremble, but inside, I carry a lifetime of memories - I remember the laughter, the struggles, the lessons ... the days when the world felt both huge and tiny at the same time.

You think caring for me is just giving medicines or food? No ... It's much more. It's about sitting with me, asking me how I feel, listening to stories I've told a hundred times, and still smiling as if it's the first time you hear them.

Scanned with OKEN Scanner

Sometimes I feel invisible, and I don't want to be a burden. But your time, your Presence, even your small gestures ... they mean everything to me. A laugh shared, a hand held, a simple how are you? - these are treasures you can give that cost nothing but mean everything.

Remember, one day it might be your standing where I stand, hoping for someone to care. So don't wait. cherish us now, laugh with us, talk with us.... because in caring for elders, you honor life, love, and the very heart of humanity itself".

Myths and reality about old age :-

Elders are an important part of every family. Sometimes, People believe certain things about them that are not completely true. These are called <u>myths</u>. When we understand the truth, it is called <u>reality</u>. Learning the reality about elders helps us respect and care for them better.

Scanned with OKEN Scanner

Scanned with OKEN Scanner

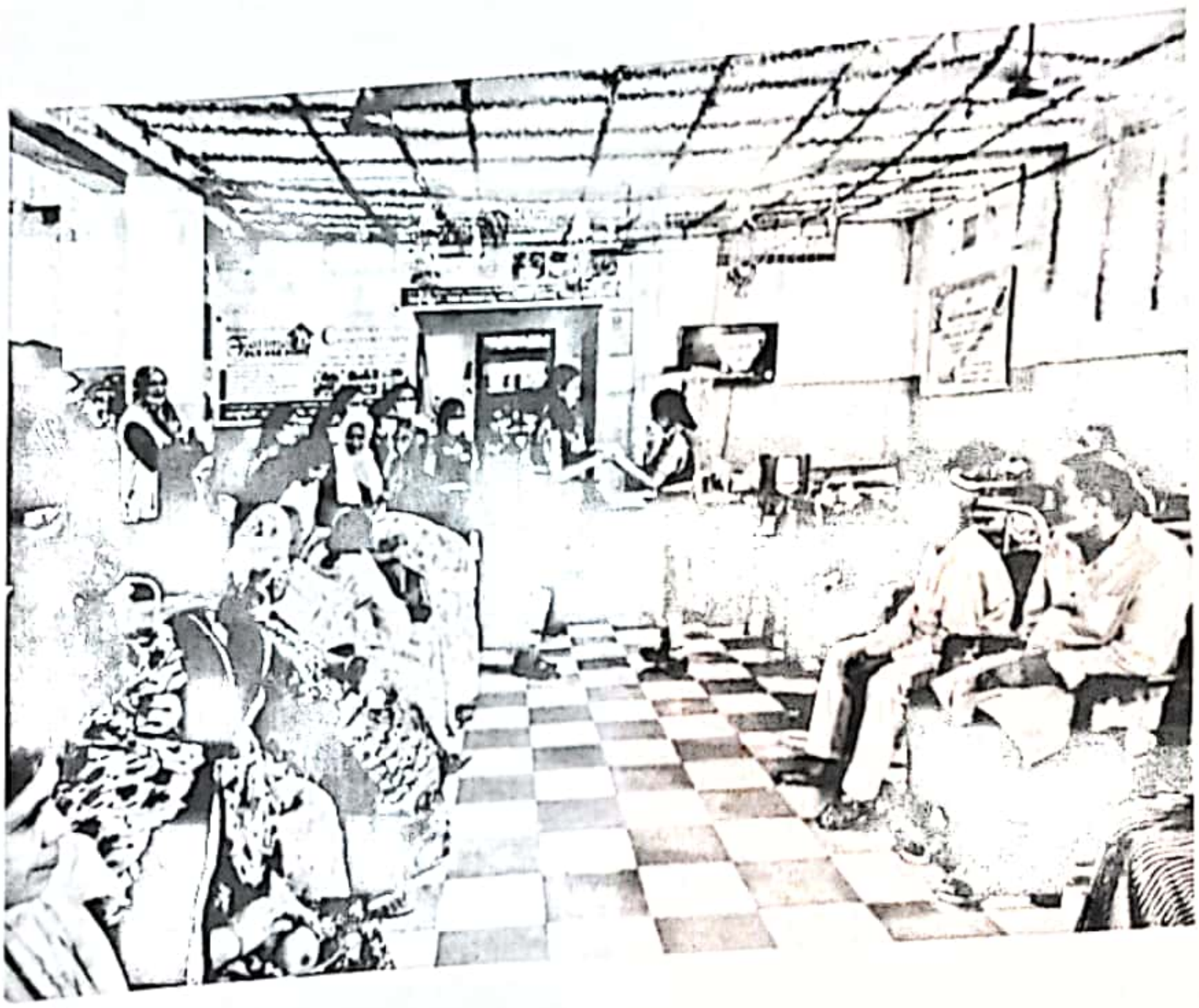
Visiting

OLD AGE

Home.

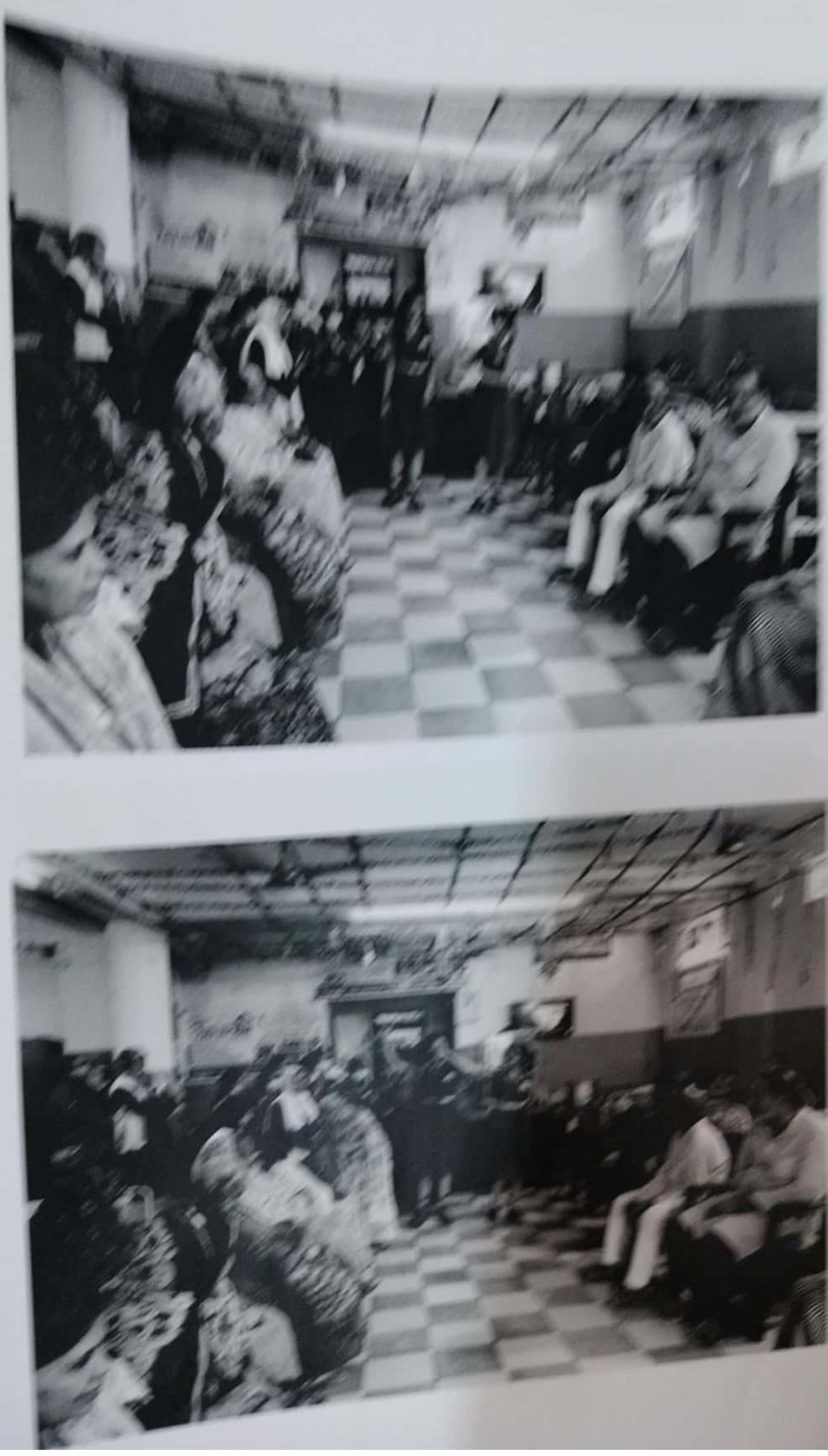
Scanned with OKEN Scanner

fatima oldage Home

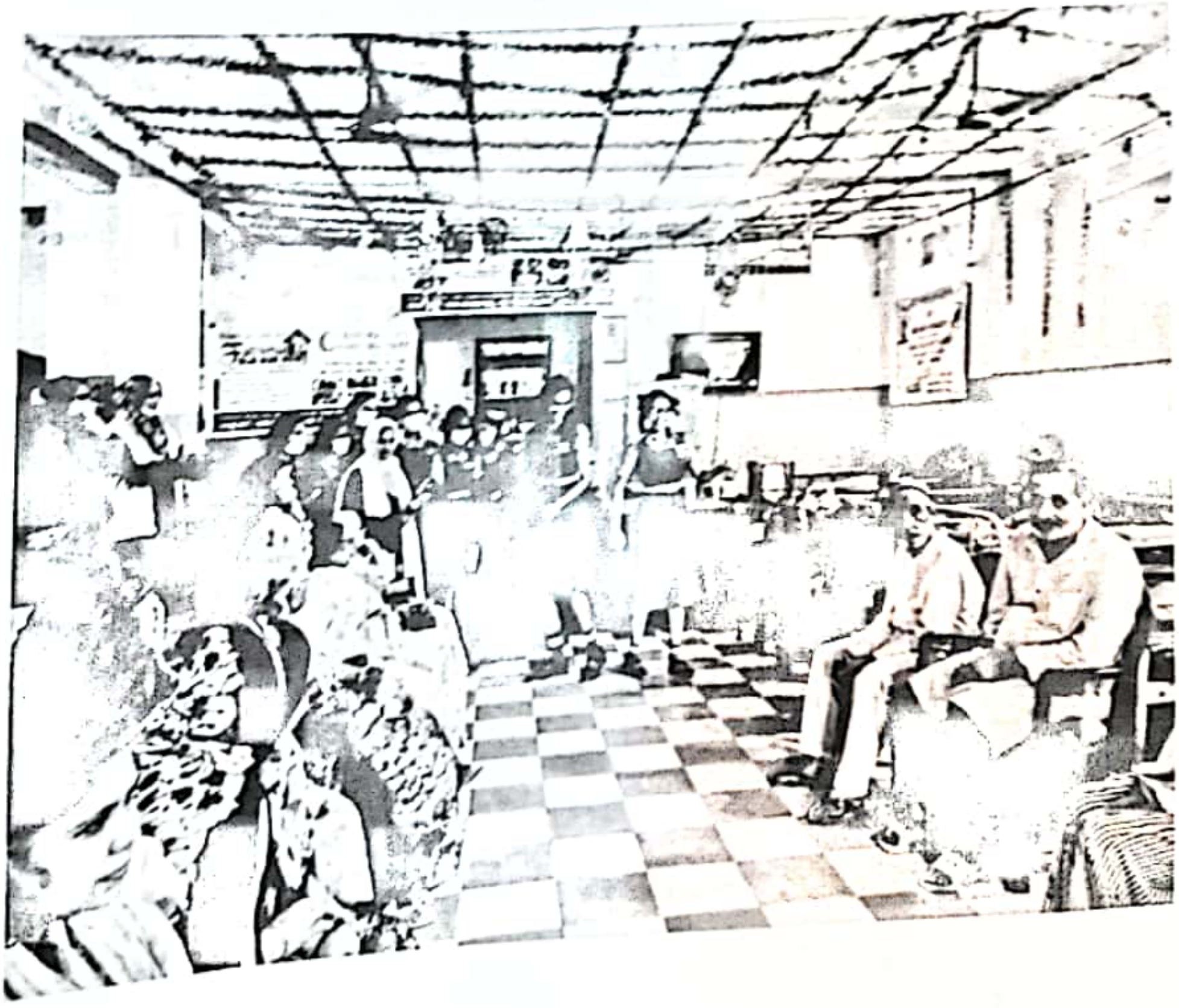


Scanned with OKEN Scanner

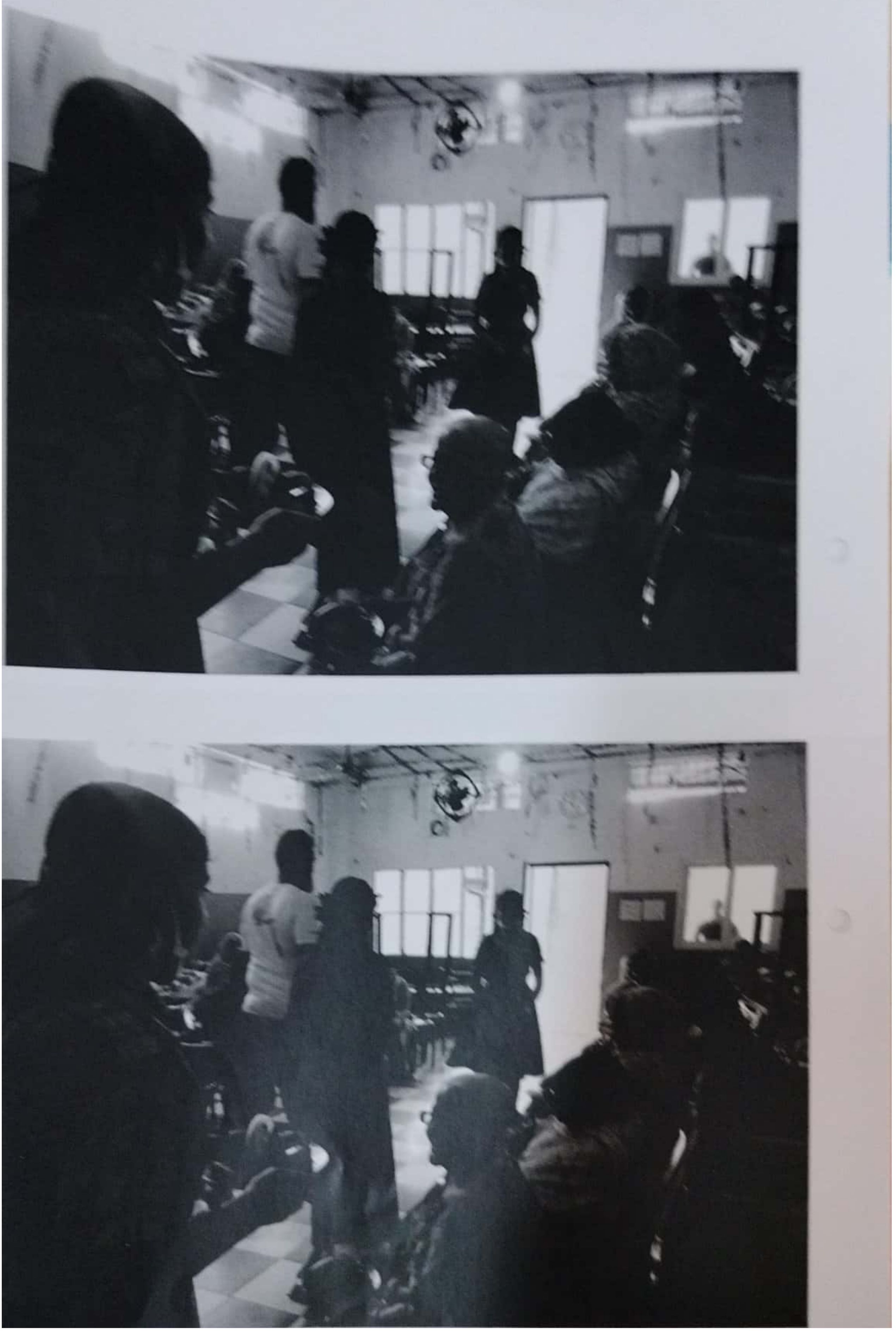
Scanned with OKEN Scanner



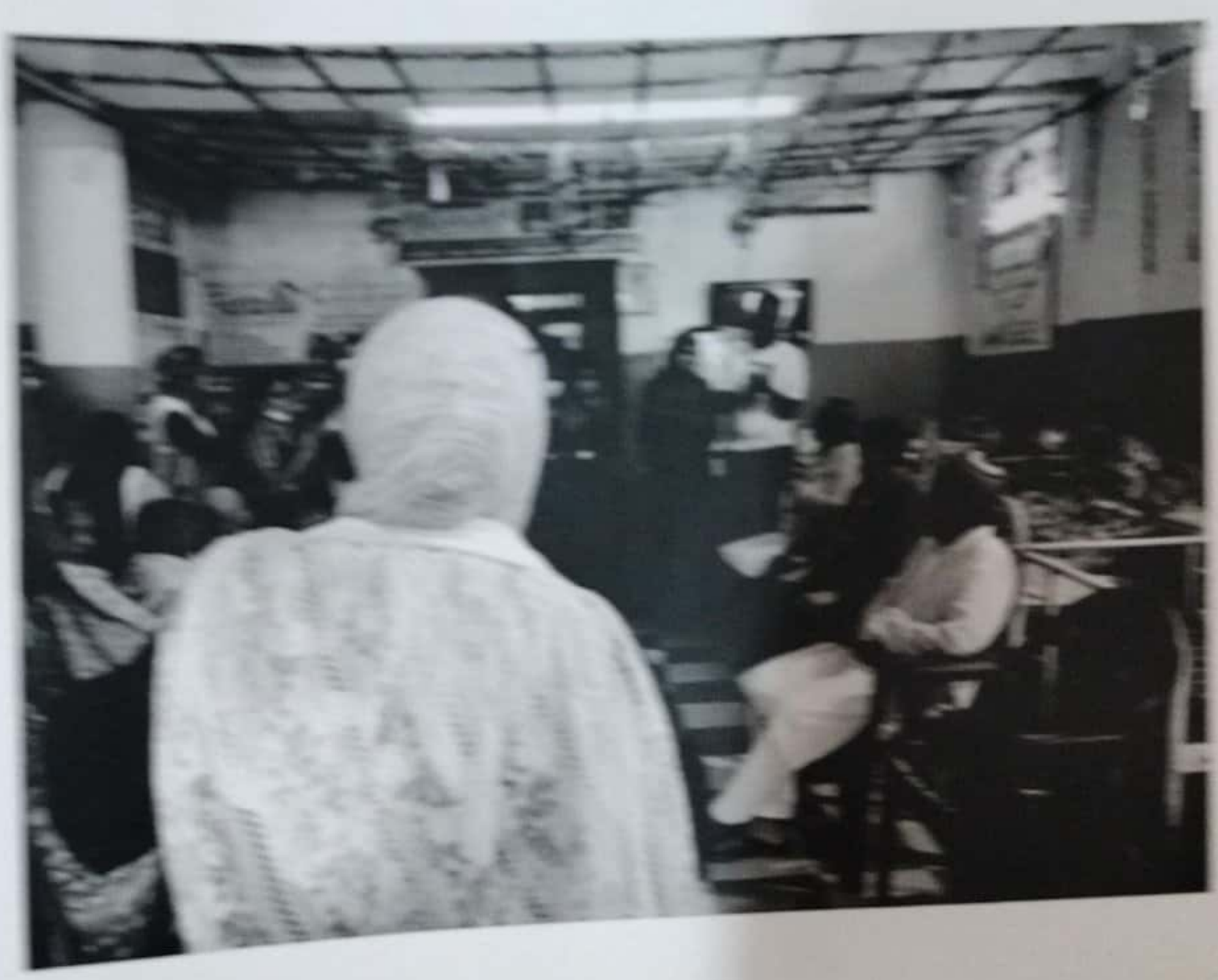
Scanned with OKEN Scanner



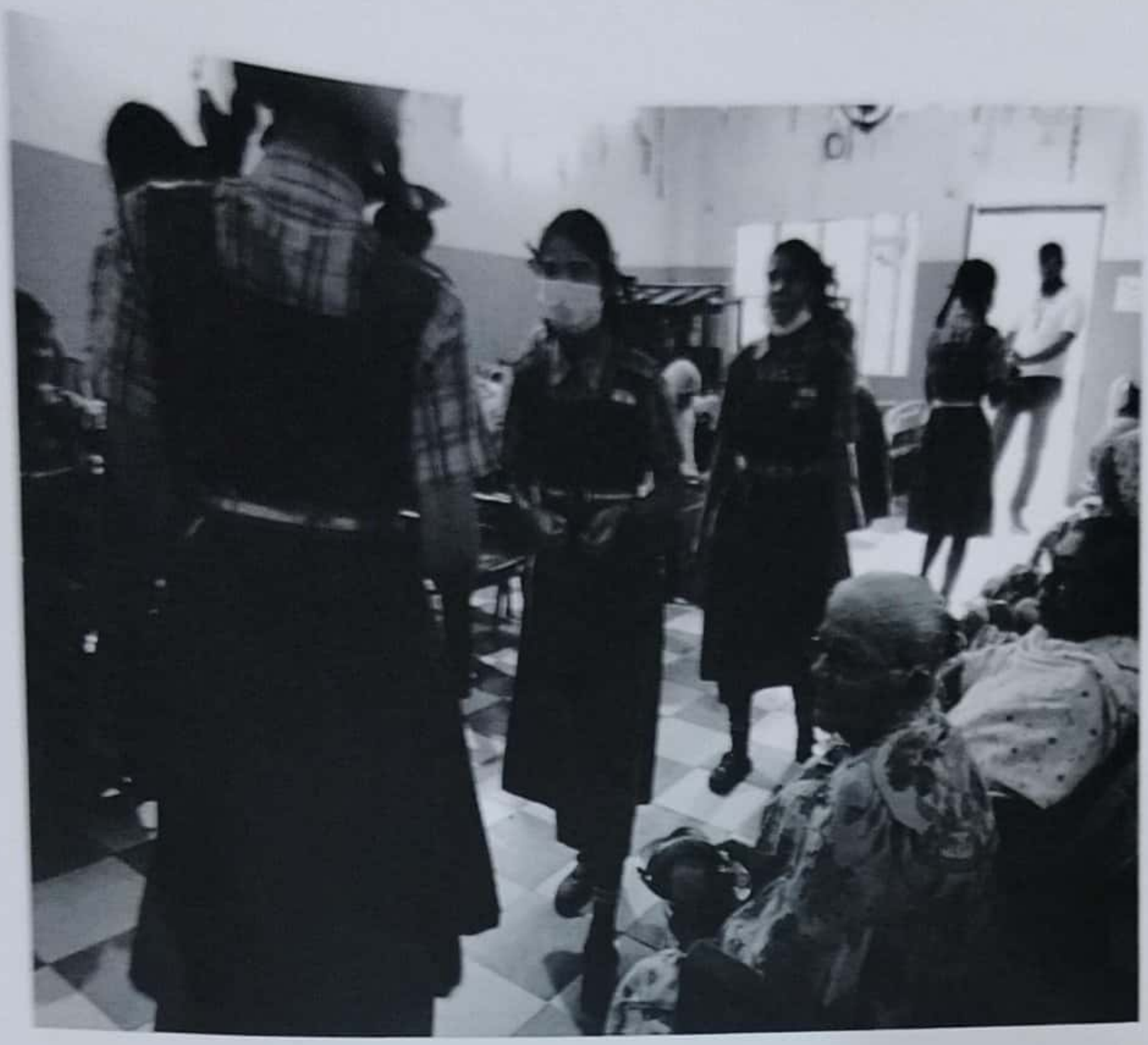
Scanned with OKEN Scanner

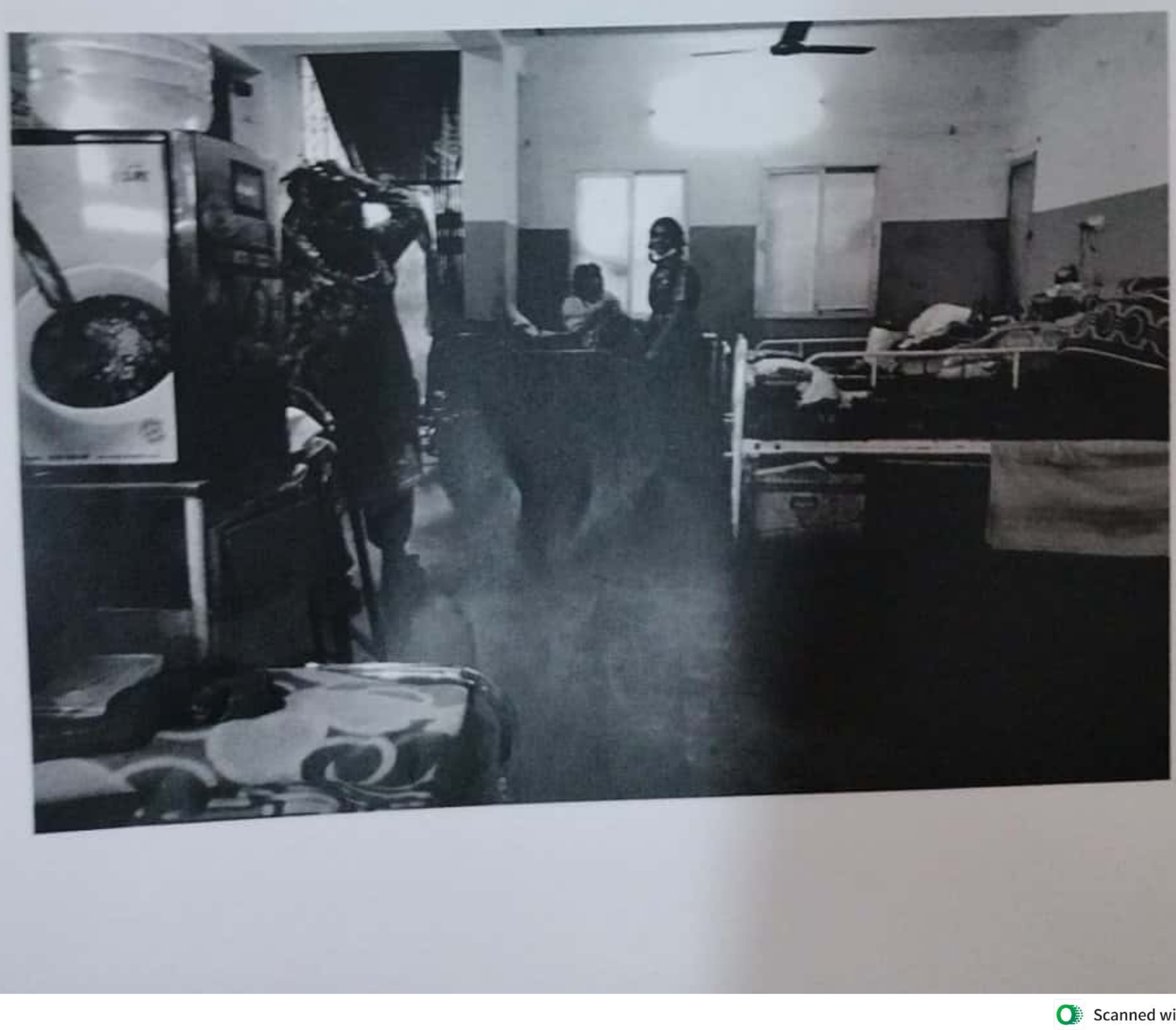


Scanned with OKEN Scanner



Scanned with OKEN Scanner





Scanned with OKEN Scanner

Scanned with OKEN Scanner