

COVA PROJECT
COMPASSIONATE CITIZENSHIP
PROGRAMME

OSHIN HIGH SCHOOL

Topic :- CARE OF ELDERS.

GROUP NAME :- Shoulders
to elders.

PRESENTED BY :-
Chahat 7th class
Esha 7th class
Yogita 7th class

SUPERVISED BY :- Gopal
Sinha



INDEX...

Page

1. Introduction.
2. Research methodology
3. Field visit
4. Interview
5. Field observation
6. Findings
7. Recommendations & Suggestion.
8. Action taken by self.
9. Report on Representation
10. Result Achieved.
11. Conclusion
12. Key learning.

Introduction..

Old age is a sensitive phase; elderly people need care & comfort to lead a healthy life without worries & anxiety.

A man's life is normally divided into five main stages an individual has to find himself in different problems. The old age is not without problems. Elders are very important in life.

In old age physical strength deteriorates, mental stability diminishes; money power becomes weak coupled with negligence from the younger generation. The generation believe in show off & get easily influence by others & get attached towards the life & materialistic things. Now-a-days most of the people of our age think that elders are a burden & send

Next page

them to old age homes, where they live away from their family. Because some don't have respect towards their parents.

Though the parents get negatives though of the incident took place with them but they never ever say about this. Their love for their family & childrens never get less. Children leave their parents to old age home to stay away from them. Because of their lifestyle or any other reasons, the adults family environment may get abusive. To keep themselves safe from abuse, they might decide to move to old age home. It is a place where they can stay safe & happy with peoples who can treat them with dignity.

Some families find ways to provide elders with sufficient assistance such that they are able to safely remain in their own houses.

Other families stay with their elders or to personally provide care but still other families care facility is the best solution. You are given yourself a peace of mind that you are doing everything in your power to ensure they have what they need. Caring for the elderly requires a lot of patient, empathy & unconditionally.

Touching the feet of elders is our culture which shows that even our ancestors have following for many generations. That ^{not} only gives us blessings but also shows our respect towards the elders.

We are the futures of our nation but our elders are the reasons of our bright future.

Research Methodology.

- * For this topic care of elders. We conducted few interviews with the help of COVA team during interview.
- * We ask few questions to the people of different age.
- * We ask questions in nearby locality.
- * We noted these valuable answers & prepared our field observation & we contacted few online information to present our topic.
- * After conducting interview we ask for suggestions to solve the problem of elders.
- * We took some actions by ourself trying to solve this problem.
- * After overviewing we tried to know the solutions for the issues.
- * While interviewing & one thing we strictly followed during the research is not to ask any personal question which may make them violent.

Field Visit

- * Dr, We conducted Field work. We went to many street.
- * We visit to elderly people & tried to find their problems. We received different respond from them.
- * We conducted more than 8 interviewes & tried to communicate with elders in different sections of Society.
- * We visited hospitals, Educational institues near our locality etc.
- * We worked as 3 teams & then we taken some field the finding for better results.
- * While field we noted all the answers, suggestions, problem etc along with problems.
- * We do added their, personal details.

Interviews.

base study (8) :- Visit to home.

Case study (1) :- Visit to house [1]

Case study (2) :- Visit to house [2]

Case study (3) :- Visit to home (3)

Case study (4) :- Visit to beggar on

Streets.

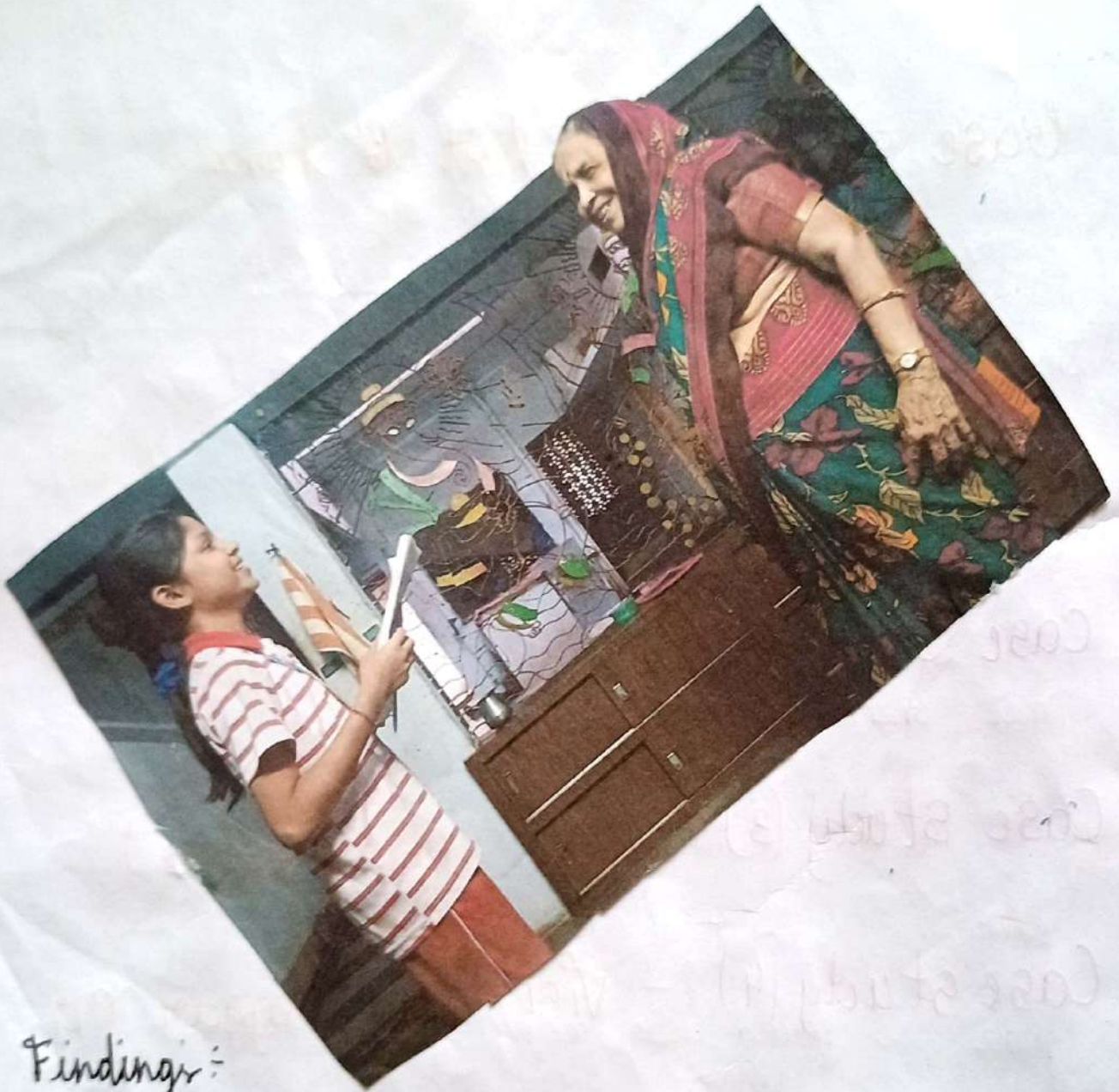
Case study (5) :- Visit to home

Case study (6) :- Visit to home

Case study (7) :- Visit to home.

Field observation:

She got 7 stents in her heart & she doesn't work anything & she is a house wife.



Findings:

She is happy with her family & she doesn't any problem in family.

But she has heart problem.

Case Study-1

Name: Shakuntal

Age: 75

Location:

Do you live with your grand children?

Yes.

Your grand children take care of you?

Yes, They like her grand children.

Name 3 things that makes you most happy?

To play with grandchildren, like to go with out family

Name 3 problems that bother you most?

She have heart problem & she doesnt get pention & is not registered also.

How do you adress them?

He will make them happy.

Do you want your children & grandchildren spend more times with you?

She time spend with her grandchildren.

If we your children what kind of lesson will you give?

If we were her children she would play with us.

Field observation:-

She doesn't have any problem with family.
And she does stitching.
And she have heart issue.



Findings:-

She doesn't feel happy with her grand children
But she happy with her work.
But she have good family support but not
having good relation.

Case study - 2.

Name: Vermilla

Age: 65

Location: Hyderabad.

Do you live with your grand children?

Yes, she is live with her grand children.

Your grand children take care of you?

Yes, her grand children take care of her.

Name three problem that bother you most?

She have heart issues problem & she doesn't have any problem. She tried to pension but they didn't responded.

What activities you do with your grand children?

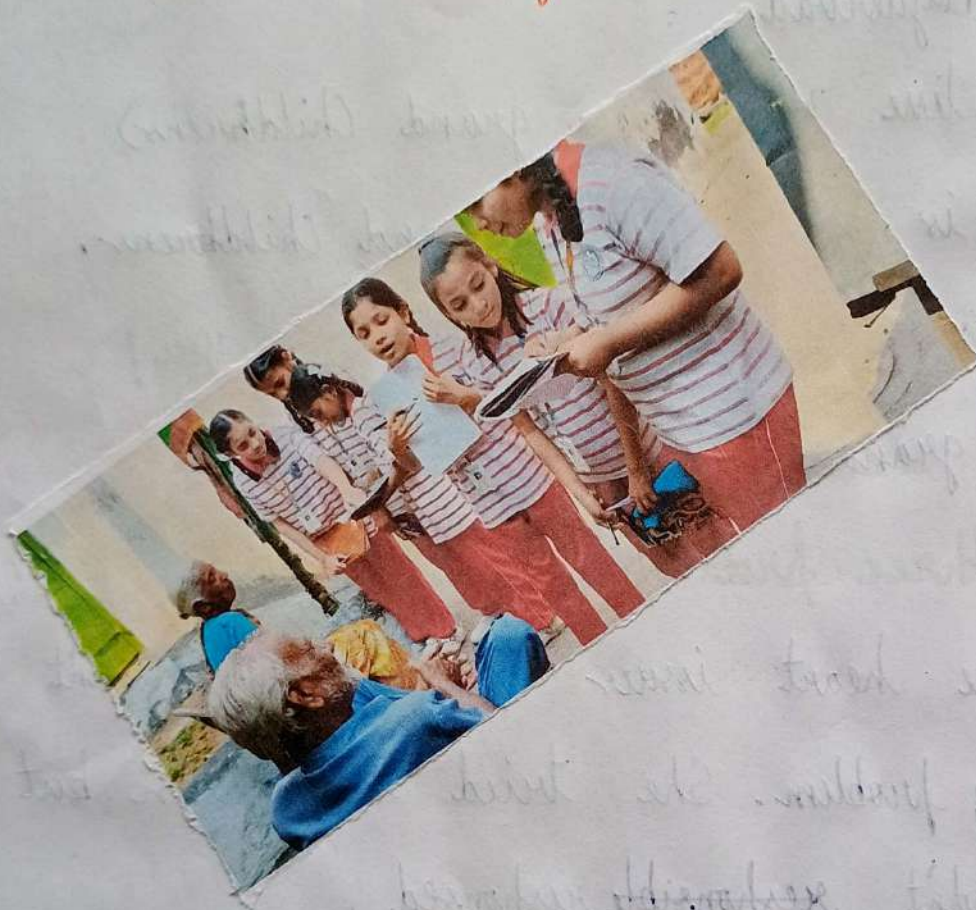
She tell stories to her & she play's with her.

If we were your grandchildren what teach do given us?

She say that respect your elders & also be helpful to everyone.

Field observation :-

He is very happy & he does work like a labour & he is very kind & helpful nature.



Findings :-

he doesn't have any problem but he is very happy with alone with her wife & he is very helpful nature to everyone.

Case study - 3

Name: Mohammed Ashamily

location: Hyderabad.

Age: 67

Name 3 things that makes you most happy?

Everything makes him happy & she is very sweet & kind & his nature is very helpful & everyone love his helpful nature.

Name 3 problems that bother you most?

He doesn't have any problem.

What activities you do with your grand children?

He doesn't do anything because his leave alone.

Do you want your children & grand children spend more time?

No because his children & grand children hates him. But he ingored her

all problem & work like a labour.

Field observation :- She is happy with her children & she have body pain & knee pain.

Findings :- She is a house wife She play happy with her grand children & she is very kind everyone like her in her family.

Case study - 4.

Name: Shakuntala

age: 85

a) Name three things that you make happy?

A) To play with grandchildren; like to go out family;

time spend with family.

a) Name three things that you bother most?

A) She have some body pain & knee pain.

a) What activitys you do with your grandchildren?

A) She play with her grandchildren?

a) If we were your grandchildren what teach do you gives us?

A) If were her grand children she would

play with us & make us study.

Field observation : She have problem in her ears. She doesn't do work.



Findings : She is happy with her family & she try for pension but they did not responded.

Case study - 5.

Name: Tulaja Bai

Location: Hyderabad.

Age: 75

Q) Name three things that you make happy?

A) To spend time with Children & grand Children.

Q) Name three things that you bother most?

A) She have problems in ears, she can't hear properly.

Q) How do you address them?

A) He will make them happy.

Q) If we your children what kind of lesson give you?

A) If we were her children she would play with us.

A) She try for pension but they did not responded.

Field observation :- She didn't have any problem
& she taught us very beautiful thing in
life. Say that We have to always care our
elders. Elders are very important for our
life.



Case study - 6.

Name: ~~_____~~ Savanya

age: 67

location: Hyderabad.

- a) Name three things that you make happy?
*) They are not happy with anything.
- a) Name three things that you bother most?
*) Childrens.
- a) How do you address them?
*) With sitiching.
- a) If we your children what kind of lesson will you give?
*) If we were her children she will taught us what is good or bad.

Field observation: She is so happy for this beautiful family & she always pray to god that thank you god for giving this beautiful family. & she say that elders are teach us from baby sitting but we leave them for our happiness. So don't leave them.



CASE STUDY - 7

Name: Usha

age: 35

Q) Name three things that you make happy?

A) Childrens, Parents, Mama.

Q) Name three thing that you bother most?

A) She have body pain.

Q) What activities you do with your grand Childrens?

A) She didn't have any grand Childrens but she have small son she play with him.

Q) If we were your grand Childrens what teach do you gives us?

A) If were her grandchildren she would play with us, make study & tell what is good things or bad things & teach always be kinds for other & always use Sweet heart to everyone.

Case study - 9

Name: Syed Akbar

Age: 50

Location: Hyderabad.

- Q) Name three things that you make happy?
A) The things that makes him happy because his son studying in collage intermediate.

Field observation:

He has a son his son is studying in collage intermme in government collage his all pension will goes in his son collage fees. He is handicap because of this he is not getting job. And no one is agreeing to give him a work. So because of this reason he is doing begging in charminar & he lives in jiyaguda. He requested government that handicap is also having a authority to get a job.



Case study-8.

Name: Ashok Kumar gilda

Age: 56

Location: Hyderabad.

Q) Name three things that you make happy?

A) The things that makes him happy Children, work.

Q) Name three things that you bother most?

A) He doesn't have any problems.

Q) How do you address him?

A) He doesn't get pension & he didn't registered also.

Q) What activities do you with grandchildren?

A) He does not have any grandchildren & Son.

Field observation:

She was coming from Charminar

She is a labourer

She goes to home & teaches to tuition.

Findings:

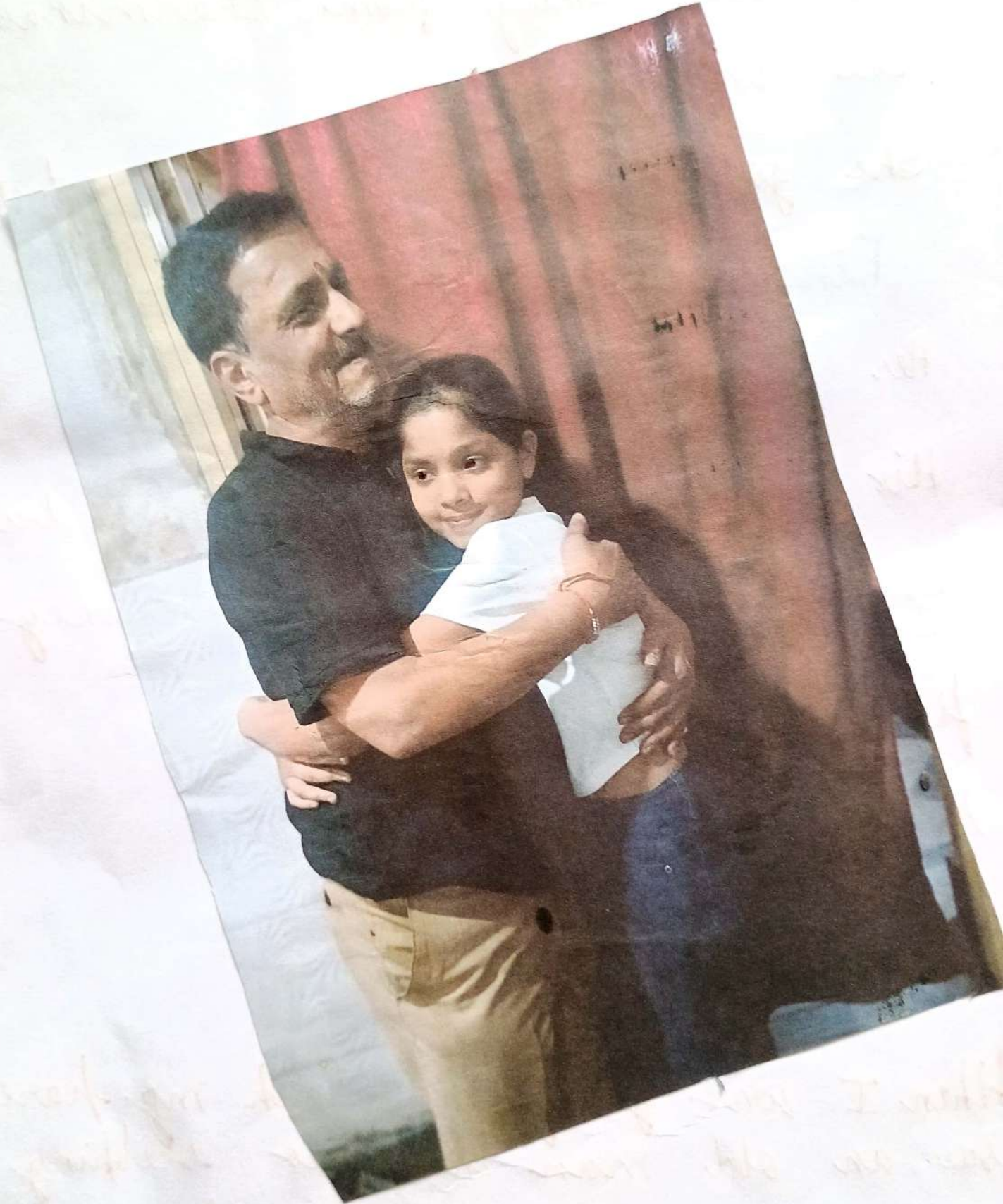
Her legs pains a lot

His husband has one surgery but they are not having sufficient money facing financial problem

No one take him.

Other field work:

When I was going out with my parents I saw an old man he was sleeping in street. Me & My parents thought that leave to old age home. The next day when we went to him but he was not there.



Recommendations And Suggestions For Solution.

During interview we were given few suggestions & recommendation people few of them are:

- Increase of Pension.

The government is asked to take a stand for elders through campaigns. - In some government hospitals there are no proper facility for patients like food & medicines so government is requested to increase other facilities & work for welfare of elder citizens. - Please as a responsible citizen of our country I requested my government to provide all better facilities which will reduce the elders of becoming beggars. - They will feel very lonely there because old-age homes are not like our home. They are quite different & there will be no one to ask them how are you? What did you
ent?

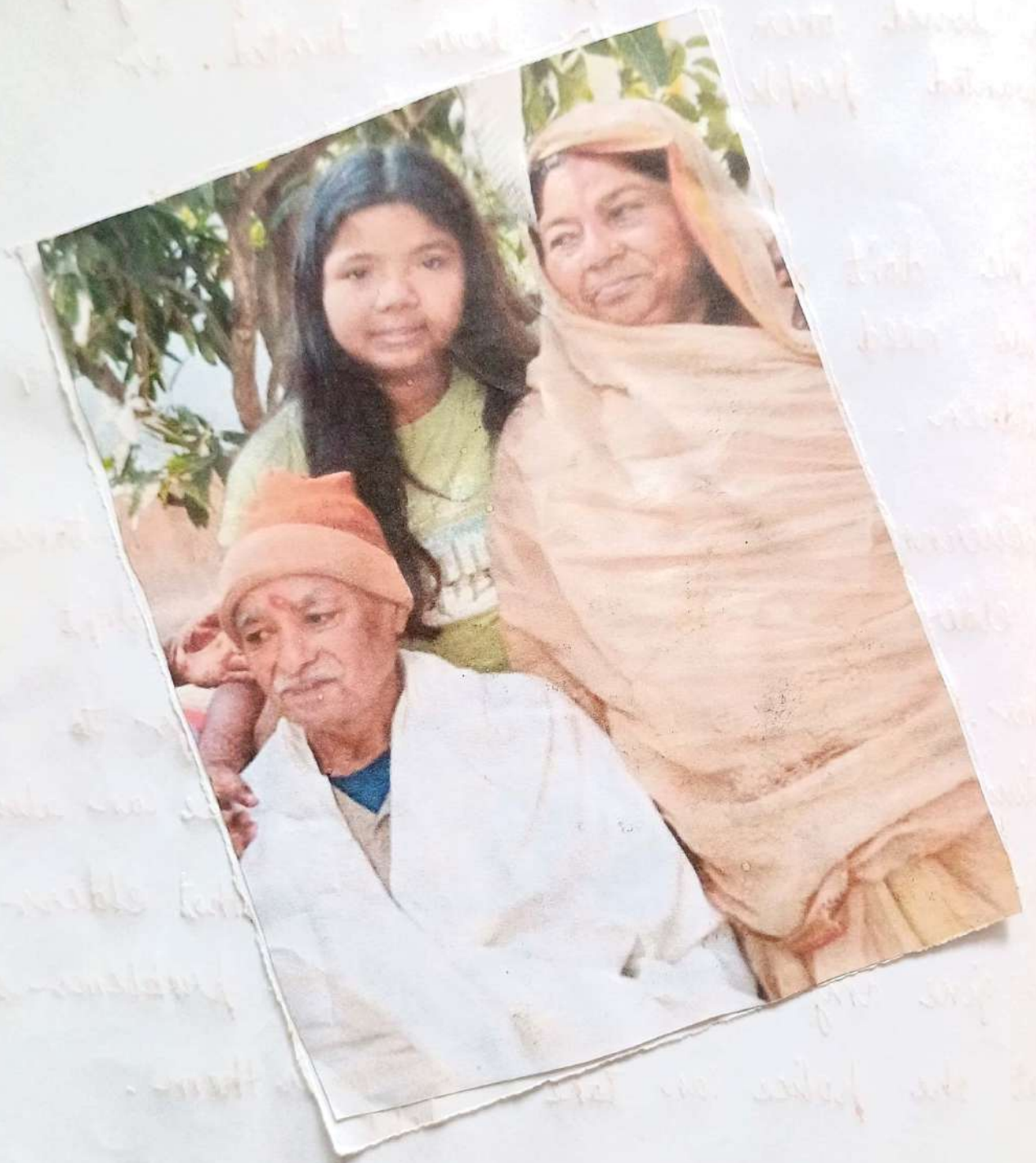


We miss the love & affection of the family & our loved ones we are been treated as unwanted people in the society.

We don't need luxurious lives but only we need is love & care of our family & children.

Government should be teach the importance of elders of our society. We can also adopt elders. Government can conduct campaigns to motivate others for adopting elders. We can also launch an app for elders so that elders can give any complain about their problems so that the police can take action for them.

Handicap peoples in our state are requesting to government to give them opportunity to permanent job.



Action taken by self

When we observed the problems face by elders we have taken a decision to make them feel happy.

We decided to go to old-age homes on our birthday to celebrate with elders to make them feel happy who feeling lonely because of their families left them. We planned to collect our monthly pocket money to donate in old-age homes. We decided to make posters & stick them in nearby schools, malls, public places etc with the permissions of the head.

And we started spending times with elders after realized their importance in our life. I started sharing my deeds & learning from them. We started collecting cloths to donate them to the helpless elders. We find nearby landmarks like hospitals main roads etc.



Representation to ISKCON Management.

Hyderabad

To
The Temple President
ISKCON
Attapur
Hyderabad

Subject:- Raising Awareness about child labour,
Dowry Eradication and care of Elders

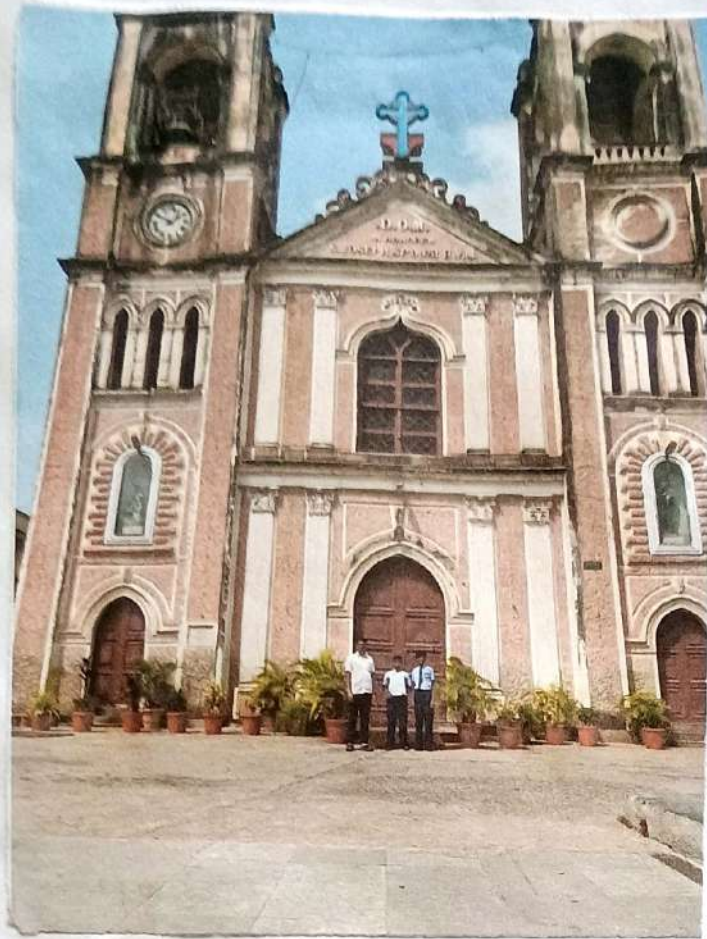
Respected Sir,

We the students of Oshin High School, Hussaini Alam participated in the compassionate citizenship conducted by COVA. Throughout the program we have seen many sensitive social issues like caring for elders, child labour and dowry.

So we would request our honorable to raise awareness and educate about Eradication of Dowry Eliminating child labour and educating people about caring of Elders in your weekly Satsangs and pujas and become a part of a society filled with peace and joy with happiness we appreciate your response in advance.

Thanking you

your faithfully
Students of Oshin
High School
Hyderabad.



Representation to respected Pastor.

Hyderabad.

To

The Respected Pastor
CSI Centenary Wesley Church
Ramkote
Hyderabad.

Subject :- Raising Awareness about Child Labour, Dowry eradication and Care of Elders.

Respected Sir,

We the students of Oshin High School Hussaini Alam Participated in the Compassionate citizenship conducted by COVA. Throughout the program we have seen many sensitive social issues like caring for elders, child labour and dowry.

So we request our honourable Pastor to raise awareness and educate about eradication of Dowry, eliminating child labour and educating people about caring of elders in your sunday sermons & preachings and become a part of a society filled with peace joy and happiness. We appreciate your response in advance.

Thanking you.

Your faithfully,
student of Oshin High
School.
Hyderabad.





Representation to Imam Sahab.

Hyderabad.

To

Imam Sahab

Masjid Hakeem Mir Wazeer Ali

Hyderabad

Subject :- Raising awareness about child labour, Dowry Eradication and care of elders.

Respected Sir,

We the students of Oshin High School Hussain Alam participated in the Compassionate Citizenship conducted by COVA. Throughout the program we have seen many sensitive social issues like caring for elders, child labour and dowry.

So we request our honourable Imam Sahab to raise awareness and educate about Eradication of dowry, Eliminating child labour and educating people about care of elders in your Friday's Qutuba and become a part of a society filled with Peace Joy and happiness. We appreciate

Pamphlet Distributions to bring awareness.





Report On Representation.

I am thanking to COVA for selecting our school, I have learnt many things to know the problems of elder people. That public services? In this our topic is "Care of elders". First we were surprised by these topic but when we understand about the elders we knowed about what all problems they face? And how we can take care of elders." We went to people for interviewed & we have understood their problems we will try to take some effective measure to solve.

During the field work we saw many elders facing problems like financial problems & heart issues, Body pain, some are having heart stuns.

Result Achieved.

From that we can say that the grandparents are very important in our life.

They are spinal cord of our family.

They teaches us good what is bad.

Grandparents provide unconditional love & they make their grandchildren feel safe & secure.

And I realize my mistake that our grandma & grandpa are very important in our life & now I ~~spend~~ ^{spend} ~~time~~ ^{time} with grandma when a ever we went village. They live far from me so I called her every week & when ever get time. Thank you COVA for selecting our school. Something we understand our grand parents feelings.

Conclusion.

From this COVA project, I've understood importance of elders & I've uncouned many importance of elders & I've uncouned many of mine skills like.

Public Speaking, presentation. Elders play very important role in our life. Without elders we can't live. Elders blessings are very important to us with that & our hard work we can reach to our goals. They are the light of our life.

Without elder we can't live. If we are doing wrong things grand parents will save us & support us in every path of our life. Mainly their

should not be misunderstanding between elders

& their family members. We loved our grand parents very. grand parents are very important

in our life. & we have to also respect elders.

THANK YOU.

Key learning

From this programme Compassionate Citizenship programme of COVA foundation Collaborated with government of Telegana I have learnt lot many things.

They told us about the public services of our Society. We have learnt about the importance of elders, parents etc.

I've learnt about importance of elders & how we have to take care of them. Our elders shows a huge love, take care of them & care towards us & they also support us to achieve our goals in our life.

Achieve our goals in our life except these care of elders topic they were many topic in this programme. Many people abandone their elders but many NGo & government organisations working to fight against this evil. Our elders are Book of Knowledge & experience from which we can learn many things.

We shall donate for elders foundation-

Slogans...

- Age is just a number.
- As with wine, life gets better with age.
- Growing old is inevitable. but growing up is optional.
- I've got 99 problems. But age ain't one.
- Not just a year older - a year better.
- Old enough to retire; young enough to enjoy it.
- one gets more from years of experience than books
- Caring every Day, Every way.
- Where seniors Happy, where lifes shine.
- A place for smiles to grow
- Care to elders, respect to elders.