

"Championing Compassion: Lion Dr. A Vijay Kumar's Dedication to Sevashram Old Age Home"

Introduction

The world is ageing fast. By 2030, there will be more people over 60 than under 10. Becoming old is an inevitable process. It is inherent to human being. And with old age comes maturity, wisdom and respectability. Elderly people are precious. They are the revered members of our society, wise sages and keepers of traditions. They are a goldmine, storehouse of knowledge. To care for someone who once cared for us is the highest honour.



However, today we find many of our senior citizens living away from their families in Old Age Homes. There might be numerous reasons for the abandonment of the Old but the bottom line is that the old are left alone to fend for themselves in their twilight years - a time when they need physical and psychological support of their families.

This is where the Old Age Homes step in. The very concept of an old age home is still new to India. An old age home is usually the place, a home for those old people who have no one to look after them or those who have been thrown out of their homes by their children. The place is of course like home where the residents get all the facilities for a routine living, like food, clothing, and shelter. However, all the physical comforts cannot replace the love and affection that the Senior citizens need. With this very idea in mind, a group of friends came together in 1992 to establish "SEVASHRAM" an old age home which aimed at providing not only physical comforts to its residents but also to bring cheer and sunshine in their lonely lives.

"Sevashram" began its journey as a non-profitable organisation in 1994 in a rented home at Deepthi Sri Nagar, near Chanda Nagar with 10 denizens. The service provided to these elderly people was recognized when it was awarded the Best Old Age Home in the State in 1999 by Dr C Rangarajan, the then Governor of Andhra Pradesh.

During this time, Sri Bobba Mohan Rao & Smt. Rajyalakshmi donated one acre of land at Annaram Village, Medak district and soon with the help of further donations received, Sevashram constructed its own buildings and shifted to its own premises in 2001. More than 30 elderly people call the Sevashram their home today.

Location

Sevashram is located at Annaram village in Medak district just adjacent to the main road which connects Hyderabad to Narsapur (state highway). It is about 24 km away from Balanagar Junction. The land is surrounded by agricultural fields creating a calm, clean and green environment and is well connected with good transport facilities.

Building

Excellent elderly friendly facilities have been designed and incorporated at Sevashram. Here is a list of some of the remarkable features here:

Dedicated and peaceful accommodation:

Sevashram is housed in its own two floored building with spacious, well-ventilated rooms. Each room is of 250 sq.ft area ensuring free movement for the elderly. Sevashram provides spacious, well ventilated rooms with double occupancy for elderly denizens. Each room is equipped with an attached bathroom complete with western toilet facilities, a ceiling fan, writing table and two chairs. Each resident is provided seperate bed and almirah with independent locking facility in their rooms.



Lift facility for the elderly:

A lift is being installed in the building for the ease of the residents. Those suffering from orthopaedic and other geriatric issues find the lift a convenient means of mobility to the upper floors.

Library room for the ageless mind:

Research suggests that the mind has no age while the body may age. To offer residents with fodder for thought and to encourage mental activity, this library has been very helpful. The library at Sevashram is spread over 300 sq.ft. with an eclectic collection of English and Telugu books on a vast array of topics and genres - Poetry, Essays, Biographies, Autobiographies, Short Stories, Philosophy, Spirituality and Religion and also Fiction numbering back as 1910 are available in the library as about 10000 Books dating as far also the latest popular books. The denizens of Sevashram can enjoy the pleasure of reading in the library in the comfortable chairs and tables provided for the purpose.



Apart from books, Sevashram Library also subscribes to a host of newspapers, magazines and

periodicals in many languages for the reading pleasure of the residents and to keep them updated about the happenings around the world.

Care is taken in maintaining the library to the best of the standards.

Kitchen and Dining facility:

A dining room of 1000 sq. ft. and a spacious kitchen of 800 sq. ft. supply Sevashram residents with their daily food intake.

The heart of the Sevashram is its kitchen from where the residents are supplied with healthy, nutritious and tasty pure vegetarian meals round the clock. The kitchen is situated in an area of 800 sq. ft. and a store room with around 200 sq. ft. The kitchen and the equipment used therein are upgraded from time to time and now equipped with modern cooking ranges, water filters, refrigerators, wet grinders, utensils and cutlery.



The Sevashram residents have a well-charted out menu which caters to diverse geriatric needs.

A large, spacious room of about 1000 sq ft serves as the dining hall at the Sevashram which can host 20 diners at a time. The room has been provided with an Air Cooler and also a colour Television.

Round-the-clock water management:

Sevashram is having its own bore well, an overhead tank for uninterrupted water supply. Apart from this a modern water purification plant has been installed in the premises.



Secured premises:

Security is provided round the clock and the safety aspect is monitored with continuous surveillance.

Well-landscaped Gardens:



Sevashram has a beautiful landscape garden with lush green lawns and flowering plants. The denizens of the Sevashram can sit around in the lawns in the evenings and enjoy the serene nature. Facilities are provided for doing meditation in the garden in the evenings.

A separate kitchen garden too is maintained at the sevashram which supplies most of the vegetables and fruits for the kitchen. Keeping in view the hazards of chemical fertilisers, only organic fertilizers and pesticides are used in the garden. A number of fruit bearing trees around the campus provide greenery, shade and seasonal fruits too.

A number of residents of the Home voluntarily help in the upkeep of the garden as a hobby. It also keeps them busy as well as fit.

Water Purification Plant:

We have modern state of art water purification plant in the campus which purifies the water from the borewell. The water is pure, hygienic and free from all kinds of pollutants. In fact it is as good as any leading brands of mineral water available in the market.

Generator:

A Kirloskar Generator has been installed at the Sevashram to ensure round the clock power supply so that the elderly residents do not face any problem.

Medical Check Up



Health and related issues gain a lot of importance as the age advances. With this in view, regular medical check-up is provided to all the residents by renowned Doctors. Apart from this, there is a tie- up with a close-by Missionary Hospital in a nearby village for emergency services and for supply of ambulance in case of need.

Homeopathic consultation and medicines are also available free of cost to the residents.

As a benevolent gesture, the people of the nearby villages are also encouraged to avail the free medical check-ups along with the residents of the Sevashram.

Giving Back to The Society

These elderly people residing in the home are far away from their family. They may be frail physically but they have not lost their zeal for life. The life at the Sevashram helps them to recoup their physical and mental strength and also encourages them to stay active. They join in the various activities around the home like gardening. Many of the highly educated residents have taken up teaching the poor and orphan children from the nearby village.

We at Sevashram constantly strive to provide the best available facilities and comforts for our residents who hail from different walks of life - retired Government Officials, Educationists and Professionals and so on. However, at the Sevashram, they all come together as a well-knit joint family. The fellow residents become the dearest family members, sharing their sorrows and happiness and providing strength to each other. Self Respect and Self-Reliance are the guiding principles at Sevashram.

We frequently invite guest speakers to motivate the denizens and also organise cultural programmes for their entertainment.



In other words, Sevashram is a complete "Vanaprastham".

In view of the growing demand, we are planning to construct additional blocks for accommodating more residents. A separate wing for the people with special needs is also being planned where nursing care would be available round the clock.

Further we are also planning to give shelter for Orphan boys and girls and make them grow as promising citizens of the country.

Sevashram is a non-profit organisation providing care and services to the elderly people of the society - fulfillment of the special needs and requirements that are unique to senior citizens. This humungous task, which is virtually a "Yagna", involves huge financial outlay which cannot be met without the support of philanthropists, private organisations and Government agencies. We need the benevolence and generosity of the people to continue our efforts to serve the senior citizens and help them in passing their twilight years with dignity and in physical comfort. Every Rupee helps. We appeal to you to donate generously for the cause. Your donations benefit our home and the senior citizens who reside here. Your contribution of any amount would greatly help. You can contribute the amount you wish.

Donations to sevashram are exempt from Income Tax under section 80-G vide proceedings 1/12A & 80G/4/92-93 dt. 03/06/1992 Commissioner of Income Tax, A.P., Hyderabad. Sevashram is also entitled to receive foreign contribution vide Foreign contribution regulation Act 1976 with Regn. No. 010220090 dt. 7th June 1999.

Everyone interested is encouraged to donate generously to this noble cause to bring happiness & empowerment in lives of elderly. For any further information, the secretary at sevashram may be contacted on the number provided at the end of the document.

Lion Dr A Vijay Kumar's involvement with Sevashram

Lion Dr. A Vijay Kumar has been actively involved with Sevashram, contributing significantly to its mission and activities. Sevashram is an organization dedicated to social service, and Dr. Vijay Kumar has played a key role in various initiatives, including health camps, educational programs, and community welfare projects. His leadership and commitment have greatly benefited the organization and the communities it serves.

GOVERNING BODY

President	Sri Devineni Seetharamaiah
Secretary	Sri M. V. Bhadram
Vice President	Sri Atluri Subba Rao
Joint Secretary	Lion Dr. A.Vijay Kumar
Treasurer	Sri Koteswar Rao S.S.R.
Member	Maj. Gen.A.R.Kumar
Member	Dr. Ch. Vasanth Kumar, MD
Member	Sri G.V. Krishnayya
Member	Sri N.Lokeswara Rao
Member	Sri K.G. Ranganathan
Member	Sri N. Seetharamaiah

STAFF STRENGTH

One Manager, One Lady Welfare Officer, 2 Cooks, 1 Gardener, 1 Supervisor, 1 Dhobi, 2 Sweepers, 2 Cleaners

This is an indicative list of staff that is at the Sevashram. As the home expands its services, we keep adding to the staff strength.

SEVASHRAM ADDRESS

Home for Senior Citizens, Annaram (P.O), Via Narasapur, Medak Dist. - 502 313
Ph: 958418-258444, STD: 08418-258111

Donations can be sent by cash or cheque favouring "Sevashram" or online to Sevashram's S.B. Account No. 62443656897, IFSC Code: SBIN0021946 at SBI, Annaram Medak Branch.

