



AIWC's Project Proposal
For Old Age Home, Short Stay Home and Vocational Training for Children
At Mahavan, Mathura, Uttar Pradesh
AASHIYANA



3D Impression of Proposed "AASHIYANA" Mahavan Project.

ALL INDIA WOMEN'S CONFERENCE
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ABOUT ALL INDIA WOMEN'S CONFERENCE (AIWC)

All India Women's Conference, 94 years pan-India NGO established in 1927, with the primary focus of women's education and empowerment has steadily grown into a pioneer women's organization working towards socio-economic empowerment of women. The organization has membership of over 100,000 dedicated women volunteers working through a network of more than 500 hundred branches across India. At the **International level, AIWC has consultative status with the UN ECOSOC and observer status with the UNFCCC**. The organization has been working at the grass root level to make sure that the benefits of development reach the women from lower income groups, marginalized communities and the most vulnerable sections of the society. Women's literacy has been the primary focus for AIWC right from the foundation. Several campaigns and programmes had been initiated by the organization in this regard including non-formal education in primary level for school dropout girls and condensed courses in education for adult women and girls through AIWC branches.

Besides literacy, Skill training, Socio- Economic programs, Part Time Dispensary, Community Awareness Programme, Women's Safety, Swachhata Abhiyan, Climate Change and Environment, Communal Harmony & Peace, Gender Sensitization programme for youth, Enhancing life skills programme for adolescents, Health Camps are also being run by the AIWC. 22 Working Women's hostels , 13 Short Stay homes for distressed women and counseling centers and Senior Citizen homes in India are also part of AIWC activities.

PRIMARY INFORMATION

1.	Organization's Name	ALL INDIA WOMEN'S CONFERENCE
2.	Legal Status	Registered under the Societies Act XXI of 1860 No.558 of 1930-31
3.	Address:	Sarojini House, 6 Bhagwan Das Road Near Mandi House, New Delhi-110001
4.	Year of establishment	1927
5.	Contact Person and Contact Information	Mrs. Sheela Kakde President All India Women's Conference Email- president@aiwc.org.in Phone no- 9323542048
6.	Project Name	AIWC Aashiyana Mahavan Project (for Old Age Home , Short Stay Home & Vocational Training Centre)
7.	Purpose of theProject And Project Area.	Establishing sustainable transitional living for abandoned 30 elderly widows and distress women and

		Vocational training for children at Mahavan, Mathura, UP.
8.	Specific objectives of the Project	-To provide friendly residential setting within old age home in the year 2022 to 30 elderly widows -To provide shelter, food and care with quality peaceful life to the abandoned old widows. -To rehabilitate distressed women of short stay home, economically and emotionally. -To provide vocational training to children in the society and short stay home women.
9.	Description of the property b. Total Area of the plot	a. Land is donated by Manju Pachauri & family in 2016. & title has been conveyed to AIWC. Land is under the possession of AIWC. b. Approx. 600sqm., empty plot, ready for construction.

PROJECT FEASIBILITY AND ANALYSIS REPORT

As per the site inspection carried out after the visits by the President, Mrs. Sheela Kakde, Secretary General Mrs. Kuljit Kaur &, Architect Mrs. Priyamvada Chadha, Mr. Naresh Agarwal, our Consultant Engineer, on 8th Feb & 16th Feb and 18th March 2020 and Raicon Laboratories, New Delhi, in August 2020 at Mahavan Gokul, Uttar Pradesh for the construction of the new old age home, the following observations were made---

The Plot area as proposed for the **New old age home** along with Short Stay Home and vocational training facilities is **approximately 600 Sq mtrs (Builtup area- Ground floor- 415 Sq mtrs, 1st Floor- 390 Sq mtrs, 2nd Floor- 380 Sq mtrs, Terrace—370 sqm)**, which is sufficient land for the construction of AIWC old age home requirement and Short stay home and proposed vocational training centre. (All the residents at the existing Tarash Mandir Home can be accommodated here).

The donor Pachauri Family, who was staying in the 5 storey Haveli on this plot till past 20 yrs. also has wished in the agreement to utilise the plot for the similar purpose. Ground +3 floors can be constructed. **Initially ground +2** floors can be constructed and provision can be kept for extension later on.

This Plot area is located near Chaurasi Khamba Temple at Gokul. The distance of Proposed plot is only 250 Mtrs. from this world heritage temple.

Gokul is a historic town having [municipality](#) (or [nagar panchayat](#)) in the [Mathura district](#) of the

Indian state of Uttar Pradesh. It is located 15 kilometres, south-east of **Mathura**. Lord **Krishna** is said to have spent his childhood in Gokul.(Nand Baba`s house).The road distance of the existing old age home (Tarash Mandir) to this site is only 26 KM. The existing and the proposed new Old Age home are at the equal distance from the HO. The Plot area is approachable through complete paved road. Electricity is available in this vicinity. The water is supplied by the corporation in this area, however most of the houses are having their own bore well. Open drain lines are used for the drainage system. According to the [2011 census of India](#), Gokul had a population of **5,29,606. Males constituted 55% of the population and females 45%. Schools are available in the town.**

PROJECT SCHEDULE

Preliminary Project schedule has been developed assuming that the site acquisition process is already completed in 2016 by the Patron Mrs. Veena Kohli. According to the current schedule construction work will be completed by 2022.

The Design was submitted in December 2020 to Mahavan Gram Panchayat and sanction to construct the proposed building AASHIYANA was approved by the Mahavan Gram Panchayat .Structural Engineer Shri Anil Bansal of Slip Tech.(from the list provided by NDMC in our area), New Delhi has agreed to do the job. He has done AIWC`s Structural Audit of Sarojini House on requirement of NDMC and has submitted the report .His company has designed the 2 Dharmshalas (Batala Dharamshala and Agrasen Dharmshala near Parikrama Marg.) at Mathura, Vrindavan. We have seen and inspected these Dharmshalas with respect to the construction of the buildings by Slip Tech. and the Management is satisfied with the work and it is worthy even after 8-10 yrs of its existence.

Cost -- The BOQ, (Bill of Quantity) is attached separately. It will be floated in 1.AIWC Website, 2. Among Members so that anyone interested can apply within stipulated time period. **It is note worthy to understand that monthly we are spending Rs. 2,50,000/- on this Project including rent, water and electricity charges besides day to day expenses all inclusive for Tarash Mandir Old age Home.**

THIS IS ONE OF THE AIWC`s PRESTIGIOUS PROJECT GIVING US THE STATUS OF THE CHARITABLE INSTITUTE.

Image: 1

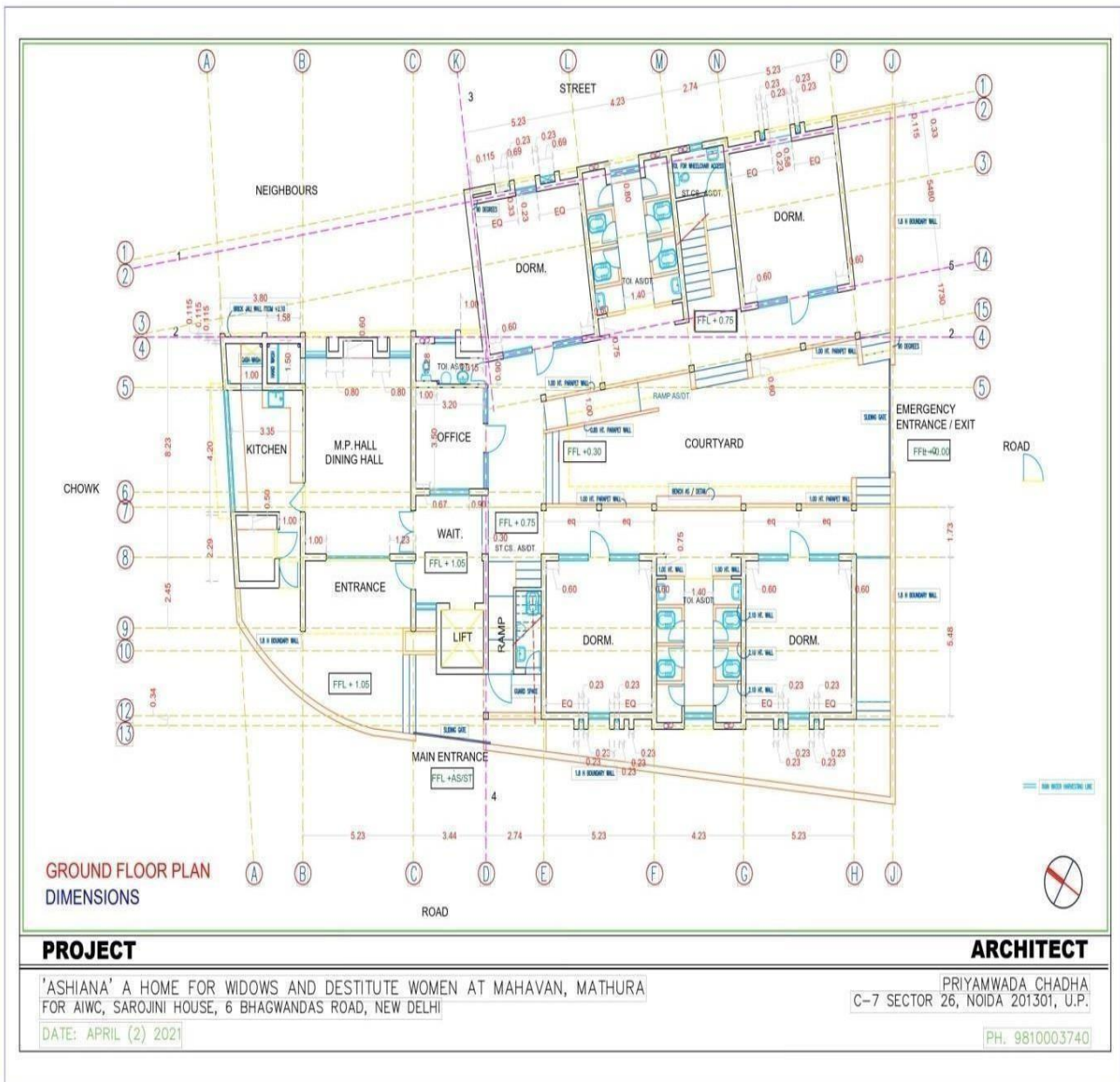


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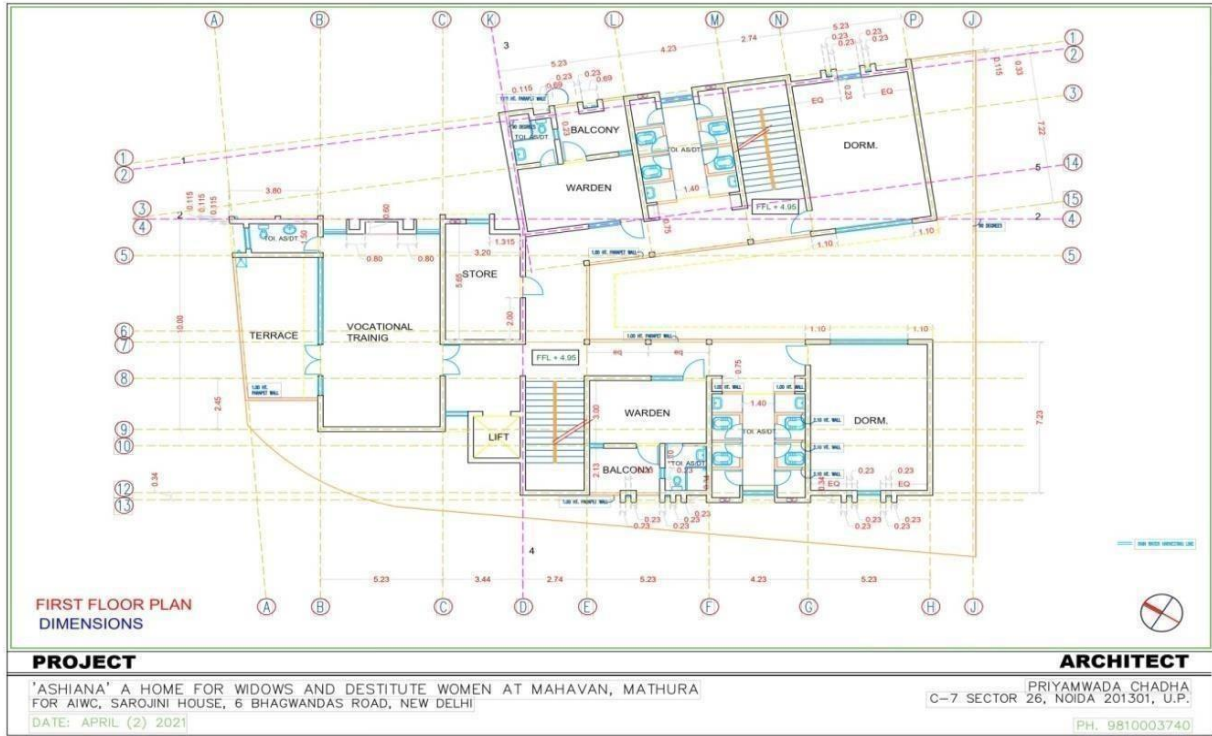
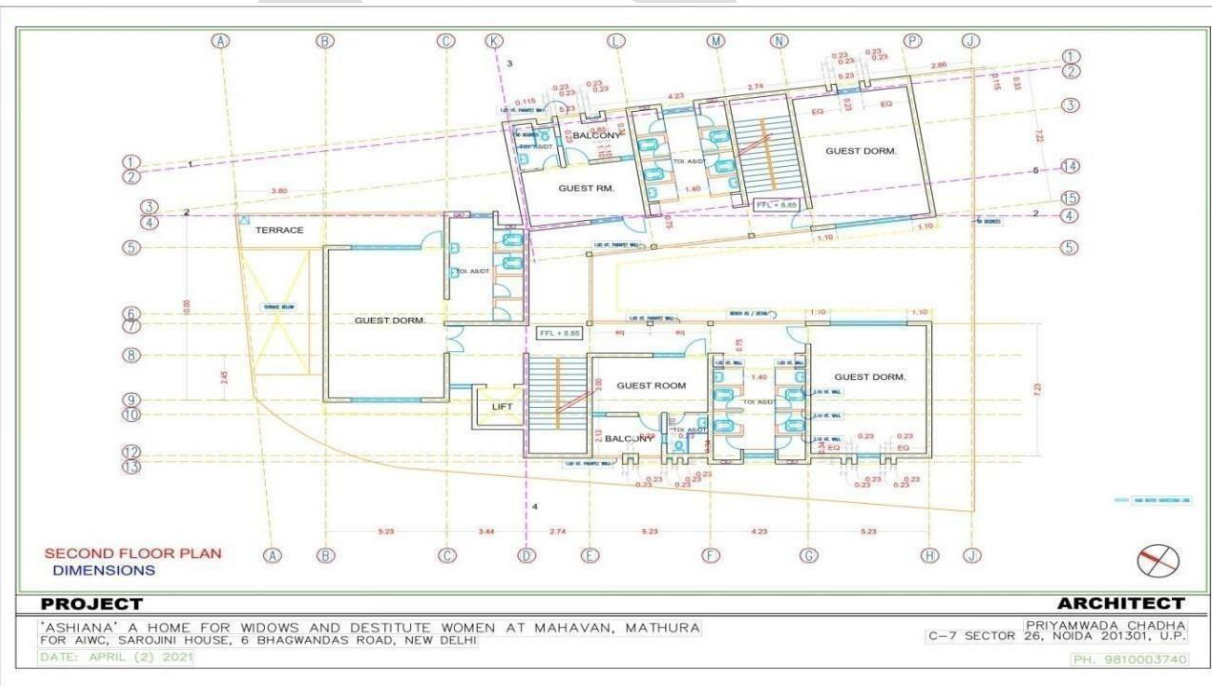


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PROPOSED BUILDING FACILITIES

Referring : Model Guidelines : Development and Regulation of Senior Citizen`s Home, from the projects of Helpage India, Tata`s Senior Citizen`s Home, Govt. Guidelines etc. given by Mrs. Veena Kohli and suggestions given by Mrs. Bina Jain, our Patrons.

PROPOSED SUGGESTIONS:

The Project should be made SELF SUFFICIENT for Senior citizens: Need sunlight and proper ventilation, Medical rooms, community space and convenience store are conceived by the number and distribution of the dwelling units. Locations of such rooms are to be reserved at the ground floor and proximity to the vertical movement core of building blocks.

BUILDING DESIGN:

- Building of more than one floor must be provided with lift that is suitably equipped to accommodate users requiring assistance and using wheelchairs and similar equipment/mobility tools.
- All the internal and external design of building spaces should consider the free movement of wheelchairs.
- Door openings (between jambs) should not be less than 900 mm in width.
- Preferably sliding windows should be used. Easy to grip door knobs and lever type handles of large size to be used.
- Ergonomic design of furniture specific to the requirements of senior citizens. Furniture should be light weight, sturdy and without sharp edges.

GREEN BUILDING PRINCIPLES:

- Planting trees, Solar panels for electricity and heating, Management of garbage, septic tank etc.

LIFTS AND RAMPS:

- Lift must have audio and visual signage and signaling systems and to accommodate users requiring assistance and using wheelchairs and similar equipments/mobility tools.
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- Mandatory ramps to be incorporated throughout the building to provide for wheel chair access.

STAIRCASE:

- Provision of clear width not less than 1500mm.
- Handrails should be fitted on both sides of stair flights.
- Projecting nosing and open stairs; in no case with more than 12 treads in a single flight.
- Projecting nosing and open stairs should not be provided to minimize the risk of stumbling. Spiral stairs should be avoided.
- Illuminated/fluorescent/radium strips should be installed on all stairs to act as guides, especially in low light and night time conditions.
- Handrails should be extended 12 inch at top and bottom of the staircase and ramps. Ends of handrails should be rounded.

CORRIDORS:

- Steps should not be introduced into corridors if change in level is unavoidable, then ramp may be provided.
- Where there is a difference of floor level the steps must be distinguished with contrasting strips on the edges.
- It is essential to provide handrails along the walls on either side of the corridor, at suitable heights above the floor level.

KITCHEN:

- Natural light and ventilation
- Mandatory gas leak detection systems shall be installed in kitchen

BATHROOMS:

- Wash basin should be provided with provision of grab rails
 - Bathroom must have anti-skid tiles, and grab rails
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- Bathroom must be provided with outward opening doors so bathroom can be accessed in an emergency when the senior citizen is inside the bathroom.

LIGHTING AND VENTILATION:

- Adequate lightings in the common areas including corridors, lobby and lifts to be supplied.

BASIC SERVICES:

- Provisions of sanitation, disposal of waste.
- Yoga, physiotherapy, exercises centers to be provided as feasible.
- Care giving facilities for those residents who need.
- Record keeping facility for those residents, requiring maintenance of medical records.

MEDICAL SERVICES:

- Basic first aid medical facilities
- Mandatory tie up with emergency facilities with nearest hospital/nursing home.
- Medical checkup and follow up with the Govt. provided Primary Health Centre.
- Pharmacies tie ups for medicines and door step delivery.

FITNESS FACILITIES:

- Green area for outdoor activities, equipped with elderly friendly furniture.
- Organize games, cultural programs.

SAFETY AND SECURITY:

- Incorporate alarm systems in the premises, especially with separate switches in main entry doors, bathroom, bedroom, and common areas.
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- Emergency alarm and light controls beside the bathroom and common areas.
- CCTV cameras to be installed on each floor of the premises near lift area and all the common areas, lobbies, reception all the gate, park etc.
- Emergency fire-fighting services, disaster preparedness forevacuation
- Emergency and important contact numbers should be provided to all residents.

With Keeping in mind above suggestions, following items will be provided on priority—

A	B
ENTRANCE ADMINISTRATION ROOM RECEPTION ANDWAITING PARKING FOR 2WHEELCHAIRS(<i>COULD BE AT THEENTRANCE</i>) MULTIPURPOSE HALL , TV, SMALL LIBRARY STORE COMMONTOILETS VERANDAH /SIT-OUTS GARDENS, PRAYERROOM.	4 DORMATORIES <i>(BED to accommodate 30 Matajis, STONE SHELIVING(CLOTHES, MEDICINES, BOOKS, PUJA NICHE, PLACE FOR PARKING CRUTCHES, WALKING STICK, WHEELCHAIR ETC.)</i> TOILETS (2 CUBICLES WITH INDO WESTERN WCS AND 2 BATHING ROOM PLUS COMMON WASHBASIN)
C	D
DINING ROOM TOILET KITCHEN STORE WASHING AREA (DISHES AND HANDS) SERVICE KITCHEN GARDEN	LAUNDRY STORE FOR LINEN DRYING AREA
E	F
WARDENS UNIT (BED, SITTING, TOILET) WARDEN’S OFFICE ALONGWITH ADMIN	SHORT STAY HOME 2 DORMITORIES FOR 15 YOUNG GIRLS AND CHILDREN,(BEDS, INDIVIDUAL CUPBOARDS, CHAIRS LONG RUNNING STONE TABLE TOP FOR PERSONAL STUDY*). COMMON TOILETS AND BATHROOMS
G	H
VOCATIONAL TRAINING CENTRE TRAINING ROOMS COMPUTERS TAILORING ENGLISH SPEAKING COOKING, BAKING ETC. ADULT LITERACY, LIFE SKILLS.	MISCELLANEOUS CHOWKIDAR’S ROOM PLACE FOR CLEANING STAFF TO SIT and TOILET UNIVERSAL ACCESS LIFT WITH OWN POWER BACK UP 2 STAIRCASES (EMERGENCY STAIRCASE) RAILINGS

EXPECTED ACHIEVEMENTS:

A well-constructed, well managed, community participated and safe Old Age home & short stay home for women and vocational training center for children will be established with suitable and friendly good environment.

- Building will be established with living, dining, prayer room, recreational and IT facilities
- Experienced staff will be deployed for operation and maintenance of the old age home, short stay home and vocational training activities.
- Old Age home management committee will be formed to function for overall management and review its progress and performance.
- An Old age home staff will be trained through a 7-day long training on “health Care & Old Age Home Services” for proper nursing, care and development of an Old Age person as well as for effective home service and management.
- A Guardian’s Committee will be formed and being functional to provide their direct feedback over the services, and provide suggestions for any improvement and act as mediator between the Old age home and community.
- Adequate nourishment and clothes for the targeted, poor helpless elderly abandoned women.

OLD AGE HOME

- 30 poor helpless Old women (mataji’s) will receive adequate nourishment and balanced diet every day.
- The targeted 30 Old women will receive adequate clothes – 2 times a year.
- 30 elderly widows’ women (mataji’s) will receive necessary toiletries.

SHORT STAY HOME

- Helpless and destitute women will receive nourishment and clothes.
- Short stay home women will receive vocational training.
- Short stay home women will be utilized to help mataji in day today activities and for cooking.

VOCATIONAL TRAINING

- Help 15 children & women for providing vocational training like computer class, Spoken English, Cutting & stitching, Life Skills etc
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- Access to instant and quality health care for the targeted poor helpless and destitute women will be ensured and their awareness on health and hygienic issues will be increased.
- Targeted poor helpless and destitute women will have access to extra-curricular activities, recreational facilities, mental support, social affairs and spiritual formation.

RESOURCE GENERATING ACTIVITIES WILL BE PROMOTED FOR FINANCIAL SUSTAINABILITY--

- Coordination and involvement of a wide range of
- Governmental and including local government/ government departments.
- Non-government stakeholders.
- We will apply for CSR funds from corporate offices.
- Community will be encouraged to contribute for the Old Age home and shortstay home for
 - Full day expense for 1mataji
 - Day expense for all the matajis.
 - Only Food expense with sweet for single mataji.
 - Only food expense for all the matajis.
 - Expenses for specific items like Fans, Water cooler, Air Cooler,Refrigerator
 - Electrical fittings, and Furniture etc. (Need based items)
 - Expenses for travel and trip(Yatra),
 - Vocational training expenses for 1 child or woman. Etc

IMPLEMENTATION PLAN

Initial Phase

Phase -1

- 1. Project proposal is divided in four phases and each has different time periodas per completion of each phase.**
 - 2. Requirement –identified the requirement for building construction for Old age Home(AASHIYANA)**
 - 3. Procurement of goods and services – Architectural design approved by the Mahavan Gram Panchayat, Structural Engineer, Construction Engineer, and Supervisory staff identified, BOQ Obtained.**
 - 4. Project Proposal for Establishment of the Old Age Home and Short Stay Home Building:**
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5. **Selection of the Place:** The place for establishment of the Old Aged home has already been selected, Mahavan , Mathura, UP.
6. **Construction of the Old Age Home:** The construction work will be completed at earliest.

Phase –II

7. **Equipping the Old Age Home:** The Old Age Home will be equipped with the following equipments and facilities:

- Beds - Total no 30.....sets Bed for staff- 1 set.
- Beddings –...35..... sets
- Dining Tables in Dining Hall – 2 numbers
- Chairs-...30 numbers
- Plates & drinking Glasses-...36big+36small + spoons 36+Katori 36
- Cooking utensils and equipments- which are currently in use.....
- Water cooler & water filter 2+2, 1 Refrigerator -...
- First Aid medical equipments—
- Computer 2 (for office+4 for Vocational training)-

A procurement Committee will procure these equipments/facilities according to the procurement guidelines.

8. **Staff Recruitment:** Following staff will be recruited under the project—

- Project staff-(Local)
- Superintendent cum Accountant(1)(Local)
- Old Age Home Caretaker 1(Warden)
- Short Stay Home Caretaker-1(Local)
- Cook 2+ 2 assistants (Local (time-6am to 2pm & (1pm to 8pm)
- Chowkidar 2 in shift 12 hrs each (Local)
- Helper 1 (time 10am- 6pm)(Local)

9. **Formation of old age home management committee**

10. Staff Training

11. **Development of Old age home operational manual- manual will be drafted simultaneously**

12. **Development of Finance manual – manual will be drafted simultaneously**

Phase –III

13. Operational phase

- Tarash mandir matajis will be transferred to new building at Mahavan
- Allotment of rooms

14. Supply nutritious food and adequate clothes for the old age persons

15. Development of a meal item schedule

16. Procurement of foods: The superintendent will arrange monthly, weekly and daily marketing of food items and fuels ensuring adequate food storage for the old age persons. Marketing will be based on the meal item schedule.

17. Cooking and distribution of foods: Cooks will be responsible for daily cooking and preparation of foods. Caretakers will distribute the foods to the old age persons at the dining spaces. Strict hygienic and sanitary measures will be taken in all stages of food preparation, distribution and consumption.

18. Procurement and distribution of clothes: Each old age person will be provided with dresses two times a year and of three types: ordinary dresses, occasion dresses, and winter dresses. The procurement committee will be responsible for procurement of the items according to the procurement guidelines.

19. Provide health care support to the Old age persons and short stay home:

- **Monthly medical visit by doctor**
- **Instant consultation with physician and attain services from healthcenters:**
 - Project Manager will establish linkage with local physicians,
 - Health care providers and Health centers for instant consultation for any ill and old age person or for management of any emergency cases.
 - Superintendent will be responsible for bringing the Old Age person to the linked physicians, health care providers or health centers, when necessary.
- **Mental, social and spiritual support**
- **Daily nursing/ care taking:** The caretakers of the Old Age home will take constant care of the old Age person, e.g. regular food intake, adequatesleep, cleanliness, nursing during illness,etc.

- The Superintendent and Caretakers will provide tender love, mental support and parental care to the old Age persons so that they can feel and enjoy the home environment as family environment.
- **Organize daily prayer sessions:** Daily prayer sessions will be arranged in the old Age home in the morning and evening for spiritual development and peace of mind of the Old persons.
- Celebrate social and religious festivals, days and events

Phase -IV

Sustainability of the old age home--

Running Old Age Home is the prestigious project of AIWC, since its starting in 1992 at Tarash Mandir, in Vrindavan. This has added in the status of charitable institute since past 10 years when the Govt. Grant it was getting was stopped in 2010. AIWC is spending approximately Rs. 2, 50,000/- _including -rent and water and electricity charges, every month for the Old Age Home and Short Stay Home of Tarash Mandir.

- Involvement of government stakeholders like Women and Child Development, CSR Funds can be approached.
- **Solicit community contribution:** Encourage contribution of the community, according to their ability.(Regular Donors)

Challenges & Mitigation:

- COVID 19 second wave:
 - Precautionary measures will be taken care of and state guidelines of COVID 19 will be followed under this project.
- Labors:
 - We will try to arrange labors from village and nearby areas.
 - Space will be provided to labors for Kaccha House. (if required)
 - Sanitizers and Mask will be provided.
 - State Guidelines of COVID 19 will be followed.
- Regular Fund Flow:
 - CSR will be contacted for Construction and operational cost of the project

IMPACT OF THE PROJECT

The ultimate impact of the project will be that the poor helpless and abandoned Old widows (mataji) will enjoy a sound and fulfilling old life, and achieving a promising life through their physical, mental, emotional, social and spiritual development and wellbeing.

- The supporters of this project will also get satisfaction of being helpful to bring smile on the faces of the Matajis.
- The poor helpless and abandoned old widows will have a safe accommodation and placement where they will enjoy their fag end of their life in family environment.
- Gaining adequate nutrition, physical exercise and quality healthcare the poor helpless mataji will lead a healthy life.
- Tender love and care will bring a pleasant and enjoyable old life for them. And offer them emotional and life free from mental depression and anxiety.
- Women of short stay home will enhance their confidence through skill and vocational training
- Young children will also get vocational training.

Evaluation:

Central monitoring team will arrange annual evaluation of the old age home, where it will assess what difference the project will make on the safe and quality of the life of the poor helpless old age persons. The old matajis will assess the following areas of indicator:

- Health status of the old age and short stay women
- Nutritional status of the old age and short stay women
- Participation and performance of the old age person in social affairs
- Participation and performance of the old age persons in spiritual affairs
- Participation of women in skill development and recreational activities
- Participation of young children in vocational training

Implementation Schedule

Initial Phase-1st Phase Tentative Time Frame

Activities	Oct 2021	Nov 2021	Dec 2021	Jan 2022	Feb 2022	March 2022	Apr 2022	May 2022	June 2022	July 2022	Aug 2022	Sep 2022
-Micro planning for establishment of building -Internal Committee formation												
-Appeal for Donation -Budget Plan												
-Appointment of Engineers/contractors - Overall Budget Planning												
-Foundation -Development of Old age home operational manual- manual will be drafted simultaneously -Development of Finance manual – manual will be drafted simultaneously												
Supervision and Monitoring												

Project plan prepared by:- Mrs. Sheela Kakde, President, AIWC,

Mrs. Kuljit Kaur, Secretary General, AIWC

Mrs. Rehana Begum, Hon. Treasurer, AIWC,

Ms. Ritu , Asst. Program Manager, AIWC

Project prepared on: 21-6-2021

ALWC
