

HelpAge
Vishokanand
Retreat & Rejuvenation
HelpAge India-Vishokanand Vridhashram Society

**Profile &
Activity Highlights
2009 to 2014**



Healthcare, Rejuvenation, Rural Livelihoods & Nature Education

The Vishokanand Society

A Profile

The Vishokanand Ashram offers a unique rural retreat for urban dwellers. The Ashram premises, spread over ten acres of land, is an ideal temporal and spiritual destination. Here History and Nature come together in a spiritually vibrant retreat easily accessible from Delhi. It is also an activity-hub for healthcare and rural development in the district of Bijnor and adjoining areas of Meerut, Haridwar and Kotdwar.

The Ashram, originally established in the early 1900's at Daranagar Ganj by the late Shivanand Maharaj ji, is located on the banks of the river Ganga, close to Vidur Kutir, a revered place of mythological significance in the epic Mahabharata. In 2009 the Ashram was handed over to the Society by the original Trustees, and has been redesigned as a secular rural resource institution, with focus on 'healthcare, rejuvenation therapies, rural-livelihoods and nature education'.

The Ashram, located in western Uttar Pradesh, is around one hundred and eighty kilometers from Delhi, and is also in proximity to the foothills of Uttarakhand state. It is an attractive destination for visitors from Delhi and nearby cities with basic overnight stopover facilities. It offers a tranquil retreat cradled in vast expanses of orchards with a profusion of mangoes, pears, jackfruit, floriculture and medicinal plants.

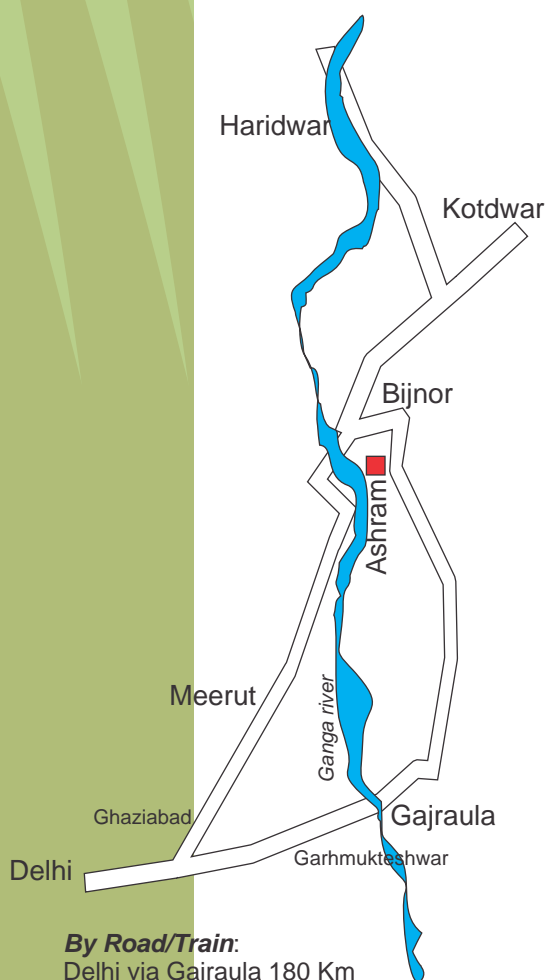
Nearby places of heritage value and cultural interest, within a few hours by road from the Ashram, are the towns of Meerut, Hastinapur, Haridwar, Rishikesh and the idyllic hill stations of Lansdowne and Pauri, which offers panoramic view of the Himalayan snow peaks. Natural heritage sites are the Ganges River-Dolphin Sanctuary, Hastinapur Wildlife Sanctuary, Rajaji National Park and the Corbett Tiger Reserve. In season, the barrage on the river Ganga near Bijnor, is a bird watchers' paradise.

Since 2009, significant ongoing activities, reaching out to around 125 villages, are:

- Free Healthcare to more than 20,000 persons in 25 villages: Mobile Healthcare Services, Physiotherapy Treatment, Speciality Health Camps, Cataract Eye Surgeries (in collaboration with Shroff Eye Hospital) and Ayurveda clinical services.
- Micro Credit & Savings through Self-Help Groups in 125 villages involving 14,000 group-members: Rs 12 lacs total savings, Rs 7 lacs money in rotation (intra lending and borrowing), numerous individual and group entrepreneurs and enterprises established.
- Recreation Tours for Active Ageing & Emotional Care for Senior Citizens: For Senior Citizen Groups and Residents of Old Age Homes from Delhi NCR, Meerut, Kolkata and Puducherry.
- Cash & Kind support to around 50 destitute persons: annual Rs 12,000/person.

The HelpAge India-Vishokanand Vridhashram Society, is a secular, independent and autonomous Society registered in Moradabad, with Tax Exemption under 80G of the Income Tax Act with an annual turnover of around Rupees sixty lakhs. The Society is promoted and supported by HelpAge India.

The Society is professionally managed and has a governing body which comprises of eminent members retired from Government, academia and the development sector.



By Road/Train:

Delhi via Gajraula 180 Km
Delhi via Meerut 180 Km
Ashram to Haridwar 100 Km
Ashram to Kotdwar 70 Km

Garhwal Exp. (Train no.14044)
7.20am from Old Delhi-Bijnor
17.10 from Bijnor-Delhi (Train no.14043)

Activity Highlights 2009 to 2014

Healthcare Services

Free healthcare services to rural poor in 40 villages including 100,000 treatments, 700 eye check-ups, 200 cataract surgeries and 300 vision spectacles.



Services include Mobile Medical Unit, Mobile Diagnostics, Mobile Physiotherapy, and Health Clinic, Physiotherapy Clinic, Medicine Dispensary, Speciality Health Camps, Eye Care and Cataract Eye Surgeries (in collaboration with Shroff Charitable Eye Hospital)



Activity Highlights 2009 to 2014

Micro Credit & Savings through Self-help Groups

Training provided for establishing 135 Self-help Groups in 125 villages with 1400 members. Total savings Rupees 12 lacs and money in rotation Rs 7 lacs (intra lending and borrowing). Numerous individual and group entrepreneurs and enterprises established.



Recreational Tours

30 urban Senior Citizen Group tours facilitated. Preparation of customised tour itineraries for each group travel and local facilitation arrangements made. Tours conducted in collaboration with local Senior Citizen Groups at Haridwar, Rishikesh, Bijnor, Mathura and Vrindavan. Also, 25 Bijnor rural senior citizen group tours facilitated.



Activity Highlights 2009 to 2014

School Nature Orientation Camps

700 school students from 25 schools made group visits to Vishokanand and local villages as part of school exposure visit programme on rural life and nature education.



Cash & Kind Support to Destitute Elders

Commodity support worth Rs. 6 lacs provided to 30 destitute elderly from local villages. Support in kind includes clothes, umbrellas, footwear, and spectacles. In winter, support includes distribution of woollen blankets.



Activity Highlights 2009 to 2014

Retreat & Rejuvenation

Hospitality provided to more than 50 senior citizens from nearby cities. Also to individual local youth and self-help group members.



Disaster Relief & Rehabilitation

Disaster relief teams mobilised and deployed for emergency relief. Medical and emergency relief materials provided during flood disasters in Bijnor 2010 and Uttarakhand 2013 respectively.



Proposed Master Plan for Health Centre & Agecare Facility



List of Donors

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Registered Office:

PO: Daranagar Ganj, Dist. Bijnor - 246701, Uttar Pradesh Tel: (01342) 281433, (91) 7830046239

Website: www.hivvs.org. **Email:** vishokanand.helpage@gmail.com,
ashram.vishokanand@gmail.com

Delhi Office:

253-F, Second Floor, Shahpur Jat, Panchsheel Park, New Delhi – 110049 Tel: (91) 9810812159, (011) 40534030,

Registered under the Societies Registration Act XXI (1860).

Donations to HelpAge India-Vishokanand Vridhashram Society are exempt under Section 80G of the IT Act

