

**REGIONAL RESOURCE AND TRAINING CENTRE SOUTH - NIGHTINGALES MEDICAL TRUST**

**A) Outcome of the Utilization of Funds:**

1.	Reporting for	April 2023 to March 2024
2.	Name of RRTC	Nightingales Medical Trust (NMT)
3.	Address- Head Office Project office	No. 8P6 , 3 <sup>rd</sup> ' A cross' Kasturinagar, East of NGEF , Banasawadi, Bengaluru560043 Same as above
4.	Contact person	Dr. Radha S. Murthy, Managing Trustee
5.	Year of Establishment	Nightingales Medical Trust established in 1998. Recognized as RRTC in 2010-2011
6.	No. of Ministry- Aided NGOs covered under RRTCs	
7.	No of centres (OAH) covered by RRTCs	40 in Karnataka and 5 in Kerala. Nil in Lakshdweep
8.	Training Needs assessment for the year done	No

9.	<p><b>Capacity building</b></p> <ul style="list-style-type: none"> <li>Total number of trainings conducted during the period -</li> <li>Total number of people trained and their profile-</li> <li>Total number of personnel trained (if the same person attend more than one training here he/she will be calculated as one)</li> </ul>	<ol style="list-style-type: none"> <li>Five Day outreach Programme on basic elderly care for family member's" of senior citizens was organised from 04/12/23 to 08/12/23 in association with Institution for persons cantered approach, at Grace care Centre, Vadavathoor, Kottayam, Kerala state. 27 family care givers participated in the training</li> <li>Three- Months Certificate Course on Geriatric Care for Bedside assistance/Geriatric Care givers Started On18-12-2024 at Bangalore and completed on 18-03-2024. Total 25 people were trained.</li> <li>Three Day Residential Training Programme on prevention and Care for Dementia" Organised from 3-01-2024 to 5-01-2024 At BLDE DU, Shri B M Patil Medical College Hospital and RC, Vijayapura, Karnataka. 26 old age home staff were trained.</li> <li>Three day Residential Training programme on Geriatric Counselling" organised from 14<sup>th</sup> to 16<sup>th</sup> of March 2024 at ARDST, Young Men's Club near Pettah railway station, Trivandrum, Kerala. 24 old age home staff participated in the programme.</li> <li>Two day state/ Regional level workshop/ conference/ seminar on Elderly issues" on 26<sup>th</sup> and 27<sup>th</sup> of March 2024 at Amrita institute of Medical Sciences, Cochin, Kerala. More than 170 participants attended the workshop.</li> </ol>
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	Theme, location and dates conducting the program-	
10.	<p><b>Documentation &amp; Media Activities</b></p> <ul style="list-style-type: none"> <li>List of databases maintained and updated by the RRTC</li> <li>Resource Person</li> <li>Trainers</li> <li>NGO Profile ( Centers)</li> <li>Other non-funded NGO.</li> <li>List of important resource materials and IEC materials developed by RRTC during the quarter (Mention about translation of material in local language)</li> <li>Topics Translated</li> </ul>	<p>Yes</p> <p>Yes</p> <p>Yes</p> <p>Yes</p> <p>NIL</p>

	<ul style="list-style-type: none"> <li>• Any IEC material developed with the support of NISD</li> <li>• If yes, mention details</li> <li>• Any trainings Manuals / resource materials developed</li> </ul> <p>If yes mention details–</p>	
11.	<p><b>Monitoring of NGOs</b></p> <ul style="list-style-type: none"> <li>• Field visits conducted by RRTC during the month, State wise</li> <li>• Number of visits made</li> <li>• Number of centres visited ○</li> <li>• Name of Centres visited ○</li> </ul> <p>(Attach separate sheets)</p>	Monitoring visits 11 OAHs in Karnataka –details in Annexure A
12	<p><b>Networking and advocacy</b></p> <ul style="list-style-type: none"> <li>• No. of sensitization programs conducted</li> <li>• No. of advocacy/convergence meeting conducted</li> <li>• If yes Target Groups</li> </ul>	<p>1 sensitisation programme conducted for training 100 counsellors attached to various police station regarding the issues faced by the elderly</p> <p>5 webinars conducted for elders – details in annexure B</p> <p>Alzheimer’s Awareness programme conducted on 23rd Sept “Blue Button Movement “along with Dementia India Alliance – over 170 elders and students from various colleges participated in the awareness event.</p> <p>Worked with NIMHANS and Dementia India Alliance for advocacy with Department for the Health and Family Welfare, Govt of Karnataka, to announce Dementia as a public health priority. This was done at an event at NIMHANS, where in the Karnataka Health Minister Shri Gundu Rao made the announcement and the shared the initiatives that would be taken to action it out by the Government.</p> <p>A stall displaying the activities of the NMT was kept at the event</p> <p>01/10/2023 participated in International Day for Older Persons, stall was organised by NMT, displaying the services and facilities provided for the elders.</p>

13.	<b>Interface with State Departments</b> <ul style="list-style-type: none"> <li>• No. of liaison meetings-</li> <li>• Details of State Govt. officials met</li> <li>• Purpose of meetings</li> <li>• Outcomes if any, please specify</li> </ul>	<p>2-3 meetings held with the Directorate, Department for the Empowerment of Differently Abled and Senior Citizens, Govt. of India with regard to organising the talent and sports day on 25<sup>th</sup> Sept and the International Day for Older Persons on 1<sup>st</sup> Oct. RRTC staff deputed to work with the department for the same (due to staff crunch at the Department )</p> <p>Several meetings to follow up on nomination of our organisation to continue to run the Elder Line was also done with the Directorate</p>
	Any other information, please specify	
	New initiatives taken as NMT_RRTC	<p>Nightingales Medical Trust initiated two day care centres for marginalised elderly in the urban slums at Bengaluru. Structuring on the concept of 'Anganwadi Centres' , these small centres located in urban slum settlements are termed as 'Hiriyaravadi' Marginalised elders attending the centre are engaged with physical exercises, social activities and income generation activities. Mind day meals are provided. 50 elders are benefitted from the programme at two locations.</p>

## Annexure A – Details of Monitoring Visits conducted for NAPSrC projects

Monitoring / Inspection visits April 2023 till September 2023						
S.No.	NGO's Name	District	State	VC/ Physical Visit	report preparation date	overall impression of the home
1	Eshwar education and welfare society	Hegganahalli, Peenya 2 <sup>nd</sup> stage Bangalore	Karnataka	Physical visit	Subsequent visit 10/05/2023	It's a two floor building, there are 6 rooms and 2 hall, well cleaned and maintained, and there were 19 inmates at the time of visit. There are sufficient staff, documents are up to date. Interacted with the inmates found happy with the care provided by the organisation.
2	Sarvadharmasharanalaya Trust, sakshi ganapathi OAH	Madugiri, Tumkur	Karnataka	Physical visit	subsequent visit 13/07/2023	It's an old building, there are two big hall, separate for males and females. There is some space inside the building for the members to walk around. They have inbuilt kitchen, store room and 2 dormitory. There is no space to accommodate 25 inmates. There are only 2 toilets and have to be cleaned regularly
3	Rural organisation social and educational society	Katagondanahalli Tumkur	Karnataka	Physical visit	subsequent visit 13/07/2023	Infrastructure of the building is too good. It's in between the village, well cleaned and maintained. 20 inmates were present at the time of visit. There is lot of space outside the house. Documents are not up to date, only few staff present. Communicated with inmates, happy with the facility provided by the organisation.
4	Swamy sarvadharmasharanalaya trust, Dwarakamayee old age home	Pavagada Tumkur	Karnataka	Physical visit	subsequent visit 14/07/2023	It's a newly built house, 3 floor building. Around 100 inmates can be accommodated. Each floor has got 14 rooms with 2, 3 and 4 sharing rooms. Well-built with most of the facilities are provided. Very well built kitchen and attached store room and dining hall. Each room is attached bath rooms and good ventilation facility. There are sufficient staff and documents are up to date.

5	Jnana Sindhu educational and cultural society	Mandya	Karnataka	Physical visit	Subsequent visit 05/09/2023	It's a new building, infrastructure of the building is good, there are two dormitory, separate for male and female, there is inbuilt kitchen, dining Table, store room and reception area. There are sufficient staff and 23 inmates. Documents are up to date
6	Poornima Vidya samsthe	Arakere, Mandya	Karnataka	Physical visit	Subsequent visit 05/09/2023	It's an old house, there are 3 rooms, where 2 people can be accommodated, and there is a big hall, most of the inmates living in the hall. There is one toilet attached inside the house and rest of the toilet are outside. The beds are very near, no place to walk around. Many times we suggested to provide basic facilities inside the house, but they don't follow what we suggest.
7	Sri Rajiv Gandhi Cultural welfare association	Chamarajnagar, Karnataka	Karnataka	Physical visit	Subsequent visit 06/09/2025	The oah is shifted to new building, there are 5 rooms and 2 hall, which is sufficient to accommodate 25 inmates, there is inbuilt kitchen and store room. No dining hall, recreation room and medical room. There are 4 toilets attached to each room. Toilets and house needs to be regularly cleaned, there were few staff and 15 elders at the time of visit
8	Sharanya Trust	Mysore	Karnataka	Physical visit	Subsequent visit 06/09/2025	The oah home is in the Mysore city, there is sufficient space to accommodate 25 inmates. There are 4 rooms and a hall, in all the place the beds are occupied. There are 3 toilets, well cleaned. There is space outside the house for the members to walk around. Interacted with the inmates, they were happy with the facility provided by the organisation. Grants were not received by the organisation
9	Shathashruna Old Age Home	Magadi road, Bangalore	Karnataka	Physical Visit	Subsequent visit 14/10/2023	Building infrastructure is good, there is sufficient space to occupy 50 members in the home. Most of the staff present during visit. Place is well cleaned and maintained, toilets have to be cleaned regularly. Documents are up to date. There are 4 dormitory, and 15 bath room and toilets. Surrounding environment is too good for the inmates, there is a hall for meditation and for recreation activity.

						Interacted with the inmates, happy with the facility and care provided by the organization
10	CAD MS Trust Deepashree old age home	Bidadi, Ramanagar D	Karnataka	Physical visit	Subsequent visit	Visited Deepashree old age home on 25/01/23. Its two floor building, there are 12 rooms, two inmates are Placed in a room with attached toilet. There is a kitchen, store room, medical room and office room. At ground floor there is a small hall used for recreational activity and for yoga. House is well cleaned and maintained. It does not look like oah. And there is no lift facility in the building. Some of the documents were not up dated. Few staff were present at the time of visit. Interacted with the inmates, happy with the love and care provided by the organization. There were only 14 inmates present, the reason given by the supervisor, 5 staff were not well, and admitted to hospital and some of them have gone to home to get their old age pension.
11	Vidyaranya, Hosabelaku old age home	Mandur, Hoskote Bangalore	Karnataka	Physical visit	Subsequent visit	The old age home is in mandur. The infrastructure of the building is good. There is two hall for male inmates that is not sufficient to occupy 25 members. The beds are too near, inmates find it difficult to walk around. Only 4 staff found , since they run 3 to 4 projects in the same building, we can't identify who is working and in which project they are working. Only 17 inmates were present at the time of visit, the reason given is inmates were sick and admitted in the hospital. Some of the documents were not up to date. Place is well cleaned and maintained. Interacted with the inmates seems to be happy with the facility provided. Since they run many projects in the same building, have got common kitchen, store room and dining hall

## Annexure B Online talks and sessions held and beneficiaries

RRTC _NMT Webinar Programmes			
Date	Resource Person	Topic	No. of beneficiaries
05/05/2023	Mrs Roopa Pai	A tale of two cities Bengaluru - Bangalore	41
02/06/2023	Dr Raghavendra Rao	How to age healthy	12
07/07/2023	Professor Radha Prathi	Romance in the mythology	31
18/08/2023	Dr Kiran Bedi	My exiting journey as police officer	62
08/09/2023	Jaya Row	Inspired living	36
06/10/2023	Dr Anil Rajavamshi	Remembering Mahathma Gandhi on his 155 <sup>th</sup> Birthday	35
17/11/2023	Dr. Prasan Shankar	Tips for everyday living for Senior Citizens from Ayurveda	27
01/12/2023	Anirudh Kashivishwanathan	SMA Nirvana for NMT, A morning of music	40
05/01/2024	Mr. Sudheesh Venkatesh	Institution building in modern India: Principles drawn from parables	18
09/02/2024	Ms Maya Sharma	The Changing face of Television	30
01/03/2024	Mr. Uday kumar PL	The 2000 year history of Bengaluru	25

Radha S Mueethy





**PHOTOGRAPHS OF SOME OF THE ACTIVITIES OF RRTC –April 2023 to September 2023**  
**Monitoring visits to NAPSrC old age home**

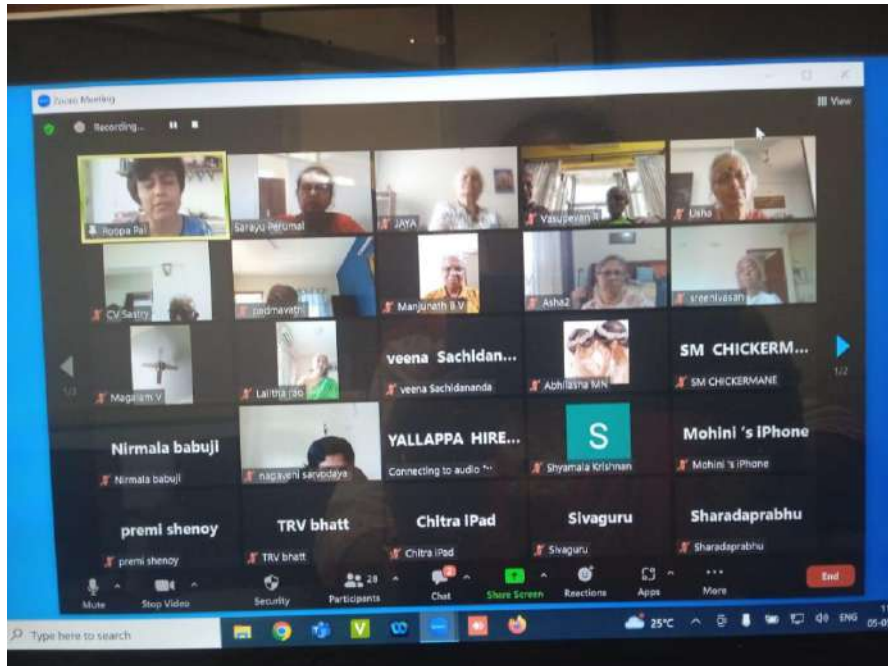


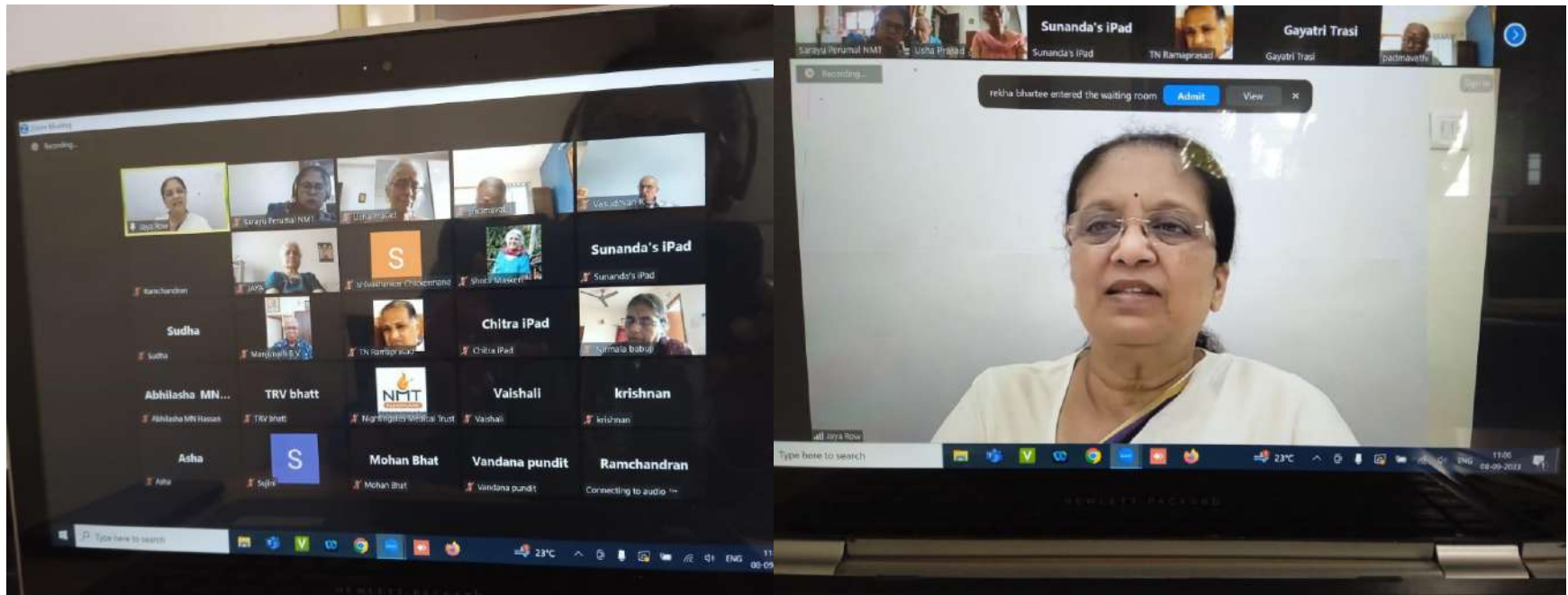






## Webinar Pictures







**NISD Three Months Training for Geriatric Caregivers 31<sup>st</sup> March to 30<sup>th</sup> June 2023**



**Awareness programme on Elder Abuse and rights of elderly for counsellors attached to Police stations in Bengaluru**





**Announcement of Dementia as Public health priority by Health Minister, Karnataka on 21<sup>st</sup> Sept 2023**



**Gundu Rao announces dementia as public health priority**

**Free medicine for cancer patients**

BENGALURU, DHNS: The Karnataka Cancer Society will distribute free cancer medicines worth Rs 7,000 to patients in need, as part of its 55th Founders' Day celebration on September 23.

Health and Family Welfare Minister Dinesh Gundu Rao will distribute the medicines at Sri Shankara Cancer Society, Chamarajpet, at 4 pm on Saturday. Patients can register their request in advance.



Dr. Gundu Rao is building a statewide dementia registry, research and innovation in caregiving, and promoting healthy ageing.

Rao said that the implementation of the action plan in Karnataka could become a model for the whole country. He emphasised on the need to immediately start preparing programmes, institutions and the community to support dementia patients and caregivers. Dementia is a chronic disease that affects the brain and leads to a decline in memory, thinking, and social skills. It is a leading cause of disability and death worldwide. In India, the number of people with dementia is expected to increase significantly in the coming years. Rao said that the government is committed to addressing this public health challenge and is taking several steps to improve the lives of people with dementia and their caregivers. These include: building a statewide dementia registry, research and innovation in caregiving, and promoting healthy ageing.



**Dinesh Gundu Rao**

screening be provided through the Government's Dementia Action Plan. Rao said that the government is committed to addressing this public health challenge and is taking several steps to improve the lives of people with dementia and their caregivers. These include: building a statewide dementia registry, research and innovation in caregiving, and promoting healthy ageing.





## Awareness programme on World Alzheimer's day





**Five Day outreach Programme on basic elderly care for family member's" of senior citizens**





## NISD three months geriatric training for care givers










## Three day Residential Training Programme on prevention and care of Dementia



**NATIONAL INSTITUTE OF SOCIAL DEFENCE**  
Ministry of Social Justice and Empowerment, Government of India


organizes

### Three Day Residential Training Programme on Prevention and Care for Dementia

in collaboration with

**Regional Resource and Training Centre (Age Care)  
Nightingales Medical Trust, Bangalore**

in association with



**Department of Geriatric Medicine  
BLDE DU Shri BM Patil Medical College  
Hospital and Research Centre**

**Date: 3rd to 5th Jan 2024**  
**Venue: Vijayapura, Karnataka**





## Three day Residential Training Programme on Geriatric Counselling





## 2 Days Conference on Elderly Issues , Psychosocial problems and Mental health issues in old age

