



SATHYA EDUCARE COMPETENCY TRUST

MONTHLY REPORT

JANUARY 2025

VISION

Sathya Educare Competency Trust (SECT) remains steadfast in its vision to transform lives in rural areas by building a sustainable and compassionate framework for elder care. SECT envisions a future where elderly individuals thrive with dignity, joy, and a sense of community. Through geriatric care training, steward leadership, and wellness programs, SECT continues to set a benchmark for community-driven elder care solutions in India.

By blending innovation, training, and care, SECT reaffirms its ongoing commitment to fostering a vibrant and supportive environment for the elderly in Karnataka. This vision, outlined in previous reports, remains the guiding force behind our initiatives, ensuring sustained impact

OBJECTIVE

Sathya Educare Competency Trust (SECT), a Karnataka-based non-profit organisation, remains dedicated to enhancing the well-being of elderly individuals in rural communities. With a strong focus on holistic wellness, SECT continues to expand its initiatives—including the Geriatric Care Specialist Development, Geriatric Health Steward Program, Elder Wellness Centres, and Online Advanced Training for Caretakers—to create a nurturing ecosystem of care.

By equipping caregivers with advanced skills, fostering emotional and social well-being, and promoting independence among the elderly, SECT strengthens its commitment to ensuring that aging is met with dignity, support, and a vibrant sense of community.



Activity Summary

Sathya Educare Competency Trust (SECT) organised a variety of activities aimed at enhancing the well-being of elderly individuals. These activities focused on health education, cognitive stimulation, physical exercises, and social interaction.

Health education sessions were conducted on topics such as Cataract, Arthritis, Stroke, Thyroid, Asthma, Varicose Veins, and Hypo/Hyper Thyroids, addressing the causes, precautions, and remedies for each condition. Along with these, physical well-being was promoted through exercises targeting different health conditions, including laughing therapy, breathing exercises, neck and limb movements, yoga, and eye exercises.

To keep the mind engaged, cognitive activities like memory games, ball-in-basket, ring games, and snake and ladder were introduced. Additionally, participants enjoyed creative activities like CCA singing, storytelling, and folk performances, which encouraged social interaction and bonding.

Health checkups were conducted regularly to monitor participants' health and provide preventive care, ensuring the overall wellness of the elderly in rural communities.

These combined activities fostered a holistic approach to elderly care, focusing on physical health, mental stimulation, and social engagement.





Bringing Joy Through Companionship

Beyond structured activities, the **SECT Elder Wellness team** made special visits to elderly homes, engaging in heartfelt conversations and offering companionship. This initiative had a profound impact, as SECT was often the only group spending quality time with them, providing much-needed emotional support. These visits brought joy and reassurance to the elderly, reinforcing the importance of social connection in their well-being.

These combined efforts fostered a holistic approach to elderly care, focusing on physical health, mental stimulation, emotional support, and social engagement.

Positive Impact

The SECT Elder Wellness program has made a strong positive impact. Elders showed keen interest in exercises, actively participating and even demonstrating them to each other. Many eagerly awaited sessions, reflecting growing enthusiasm. Enthusiastic responses were observed, with some groups maintaining discipline and engaging in both physical and mental exercises. Community Care Activities (CCA) like singing, storytelling, and cultural discussions were well received. Some SHGs participated positively, contributing to a community-driven approach. Librarians and GP officials in some areas provided good support, ensuring smooth sessions. Wellness discussions sparked meaningful conversations about health, food, and traditions. Higher-than expected turnout in some locations indicated increased awareness. Referral services for CHC/PHC were valued, and the distribution of sugar-free biscuits added a welcoming touch.

Challenges

Despite the positive outcomes, there were several challenges. Many elders showed a preference for medical checkups over wellness activities and requested medications repeatedly. SHG participation was inconsistent, with some arriving late or not attending at all. Attendance was lower on festival and rainy days. Some elders had additional expectations beyond the scope of the program, which led to confusion. Logistical issues, like the library being closed, also resulted in last-minute changes in locations. Furthermore, wellness activities were sometimes overshadowed by other events, such as GP meetings, reducing engagement in the sessions.

ACTIVITY SUMMARY OF GRAMA PANCHAYATS ARIVU KENDRA MONTHLY DATA

Grama Panchayats-Arivu Kendra	Male	Female
Ashraya seva trust - Yadapura, Gundlepet Road	8	27
Bhogapura	46	36
Chandakvadi	10	18
Demahalli	15	14
Heggotara	82	29
Kuderu	15	6
Kulagana	7	13
Madapura	21	41
Mangla	38	24
Santhamaralli	41	20
Ummattur	37	22

Total Beneficiary for the month of January 25

Male - 320

Female - 250



Community-Outreach Sessions:

Outreach wellness activities were conducted in the surrounding villages of Santhamarahalli and Mangala, focusing on bridging the geographical gap between the elderly population and wellness sessions. The sessions mainly involved health education to raise awareness about common health problems affecting the elderly, such as hypertension, type 2 DM, arthritis. Additionally, exercises and yoga were incorporated to improve physical health and recreational activities to promote social interaction and mental well-being, emphasising the community-based wellness approach.

Grama Panchayats-Village outreach	Elderly
Mangala - Participants	50
Santhamarahalli	70



GERIATRIC CARE TRAINING & CERTIFICATION

Program Overview: SECT continued to train the candidates on Geriatric care specialist certification program. This program will equip trainees with the necessary skills and knowledge in areas such as elder caregiving, medication management, nutrition, and mental health. We had a batch of 7 candidates who had come from Chamarajanagar and few other places.

Objective

Bridging the Opportunity Gap Trust is committed to providing free training and pathway for job opportunities to candidates hailing from rural backgrounds. Recognising the challenges faced by individuals in accessing employment and skill development, the Trust aims to bridge the opportunity gap. Through comprehensive training programs, it equips candidates with the necessary skills and competencies to thrive in various industries, particularly in elder care services

Challenges

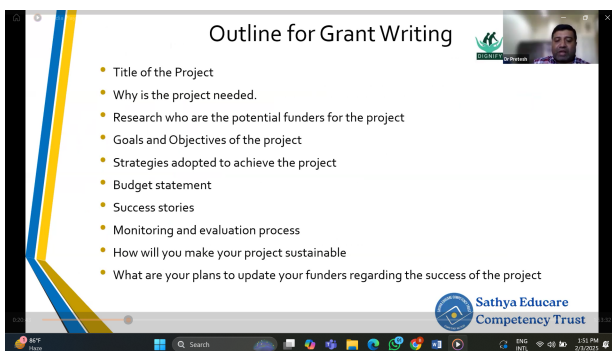
Encouraging rural candidates to enrol in geriatric care training and pursue job opportunities beyond their local communities remains a significant challenge. Many individuals prefer to stay within their villages, making it difficult to motivate them to explore opportunities elsewhere. Despite initial confirmations, many candidates withdraw at the last moment, hesitating to take the next step. The underlying reasons for this reluctance are still unclear, adding to the complexity



ADVANCED TRAINING COURSE

SECT has continued to deliver the advanced course training to enhance the Geriatric care givers on specific skillsets like dementia care, THE 2 days session was scheduled on 27th and 29th of January

The Online Advanced Geriatric Caregiver Training, held by Sathya Educare Competency Trust and Vridhcare, focused on grant writing and financial sustainability for elderly care institutions. Led by Dr. Pretesh Kiran.



OUTCOME

the sessions equipped caregivers with practical strategies to secure funding and enhance geriatric services.

Empowering Caregivers with Grant Writing Skills

The first session (27th January) provided 30 old-age homes with insights into funding

sources, government aid (Ministry of Social Justice and Empowerment), and application procedures. Participants discussed challenges in securing funds, scaling eldercare programs, and collaborating with institutions to strengthen proposals.

Applying Knowledge: A Hands-On Approach

The second session (29th January), attended by 25 old-age homes, focused on elderly care challenges and financial planning. A key highlight was an interactive case study, **"Ramesh ka Swapna: Ek Vriddhashram ka Sthapana"** where participants drafted a step-by-step grant proposal for an old-age home. Collaboration strategies between elderly care institutions and government hospitals were also explored.

Impact in January 2025

In January 2025, the SECT Elder Wellness program continued its mission of promoting holistic well-being among the elderly through structured wellness activities, geriatric care training, and community outreach. With a focus on both physical and emotional well-being, sessions included exercises, cultural activities, and interactive discussions that fostered social engagement. While many elders actively participated, a strong preference for health checkups remained a key trend. The program effectively balanced these needs by encouraging wellness practices alongside health awareness. To extend its reach, the team conducted home visits in villages, providing emotional support and engaging elders who were unable to attend community sessions

The geriatric care training equipped caregivers with essential skills and competencies, while the successful and consistent implementation of advanced online geriatric care training further enhanced their expertise and accessibility.