



SATHYA EDUCARE COMPETENCY TRUST

MONTHLY REPORT

NOVEMBER 2024

www.sathyaeducare.com

Objective and Vision

Sathya Educare Competency Trust, a non-profit organisation based in Karnataka, is on a noble mission to transform lives in rural areas. (SECT) aims to enhance the quality of life for elderly individuals through three primary initiatives: Geriatric Care Specialist Development, Geriatric Health Steward Program, and the Elder Wellness Centres. Our goal is to build an ecosystem of care that not only addresses the physical health needs of the elderly but also ensures their emotional, social, and psychological well-being.



RURAL WELLNESS PROGRAM

SECT's broader vision is to create a future where every elder is treated with the respect and dignity they deserve. The Trust aims to expand its reach through wellness activities tailored to rural communities. By organising wellness programs and activities. As part of the MOU signed with **Karnataka Panchayat Raj**, these programs are well executed in 10 Grama panchayats in Chamarajanagar



ACTIVITY SUMMARY

1. Creative and Cultural Activities (CCA)
Singing sessions, Prayer activities
2. Physical Exercises - Yoga sessions, Chair exercises, Laughing exercises
3. Cognitive and Memory Activities - Memory games, Puzzle games
4. Recreational Activities - Ball games, Balloon activities
5. Educational and Awareness Activities - Health education
6. Health and Wellness - Regular health check-ups
7. Engagement and Coordination- Brief recaps to summarise sessions, Paper-based activities

The activities at Chamarajanagar GPs received positive responses, with elderly participants actively engaging and showing a keen interest in wellness activities over illness-focused discussions. Memory games, CCA activities, and exercises were particularly well-received, with many participants enjoying ball games, free-hand exercises, and bucket games. The sessions were interactive, with participants engaging in healthy arguments and expressing a willingness to learn health exercises. Librarians were generally supportive, facilitating smooth activity execution, while some participants requested referral slips and follow-up with doctors, highlighting their interest in continued health awareness. In areas with effective outreach, SHG members cooperated well, and elderly attendees showed enthusiasm, making the sessions lively and engaging. Positive feedback on CCA and wellness activities reaffirmed their relevance, with attendees appreciating clarification of health-related doubts and tips. These outcomes reflect the effectiveness of the program in fostering interest in wellness, interactive learning, and creating a supportive environment for the elderly.



Challenges:

8 to 10% of the elderly population against each Grama Panchayats are taking part in the Wellness activity. People have to walk couple of Kilometres, lack of awareness about the wellness concept

ACTIVITY SUMMARY OF ALL GRAMA PANCHAYATS ARIVU KENDRA

Week One

Date	Grama Panchayats	Male	Female
05-Nov-2024	Chandakavadi	10	8
05-Nov-2024	Kulagana	8	6
06-Nov-2024	Mangala	8	3
06-Nov-2024	Santhemarahalli	8	7
07-Nov-2024	Bhogapura	14	7
07-Nov-2024	Madapura	16	8
08-Nov-2024	Heggotara	12	6
08-Nov-2024	Ummathur	3	2

Week Two

Date	Grama Panchayats	Male	Female
13-Nov-2024	Mangala	5	6
13-Nov-2024	Santhemarahalli	12	4
14-Nov-2024	Bhogapura	20	10
14-Nov-2024	Madapura	14	8
15-Nov-2024	Heggotara	13	8
15-Nov-2024	Ummathur	10	5

Week Three

Date	Grama Panchayats	Male	Female
19-Nov-2024	Demahalli	20	14
19-Nov-2024	Kuderu	12	6
20-Nov-2024	Mangala	10	1
20-Nov-2024	Santhemarahalli	8	4
21-Nov-2024	Bhogapura	7	5
21-Nov-2024	Madapura	10	5
22-Nov-2024	Heggotara	12	6
22-Nov-2024	Ummathur	8	0

Week Four

Date	Grama Panchayats	Male	Female
25-Nov-2024	Old-Age Home	3	6
27-Nov-2024	Santhemarahalli	7	3
27-Nov-2024	Mangala	11	3
28-Nov-2024	Bhogapura	11	6
28-Nov-2024	Madapura	5	15
29-Nov-2024	Ummathur	7	3
29-Nov-2024	Heggotara	13	6

GERIATRIC CARE TRAINING & CERTIFICATION

Program Overview: SECT believes in the importance of well-trained caregivers in shaping a compassionate and efficient elder care system. This program will equip trainees with the necessary skills and knowledge in areas such as elder caregiving, medication management, nutrition, and mental health.

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.

Outcomes:

Skilled Geriatric Care Professionals: Graduates will be fully equipped to provide comprehensive, specialised care for elderly individuals, addressing both physical and emotional needs. **Improved Elderly Care Services:** A workforce of certified specialists who can improve the standards of elder care in hospitals, homes, and elder care facilities. **Career Advancement Opportunities:** Certification will open career paths in geriatric care, including roles in elder care facilities, home care services, and wellness programs. **Enhanced Community Health:** The program will contribute to better overall health and well-being for elderly individuals in

Training

Geriatric Care Training : scheduled and completed successfully with 5 candidates at Sathya Educare Development centre.

4 Weeks program with food and accommodation in house. Practicals, validation and certification



Challenges:

Identifying good resources who are willing to take the care giver job is a big challenge. More awareness and reach plan to be done in the rural areas

ADVANCED TRAINING COURSE

SECT has designed the advanced course training to enhance the Geriatric care givers on specific skillsets like dementia care, Alzheimer's and palliative care for already trained caregivers. These programs will enable caregivers to specialise in handling complex elder care issues.

TRAINING UPDATES

The Online training conducted via Zoom meeting

Training duration: 2 days - 3 hours each day

Number of participants: 60 care givers across various old age home in India

The speakers

Dr.Preetesh Kiran - St.Johns Medical College

Dr.Pooja Sridhar - St.Johns Hospital

Watch Training - on demand version

<https://www.sathyaeducare.com/about/updates>

OBJECTIVES

Enhance Specialised Skills: Provide advanced training in specific areas such as dementia care, Alzheimer's management, and palliative care to improve caregivers' ability to handle complex geriatric conditions.

Introduce Latest Techniques: Equip caregivers with up-to-date methods and best practices for managing elderly patients with special needs, including rehabilitation and mental health support.

Improve Emergency Response: Offer training in critical areas like first aid, CPR, and managing medical emergencies effectively..



Way forward:

1. Expanding outreach efforts to achieve higher participation in the Geriatric Care Specialist training program by leveraging SHGs and community networks, PDOs meeting
2. Enhancing activity diversity based on participant feedback, with a focus on health awareness and cognitive exercises.
3. Strengthening partnerships with local stakeholders like librarians and PDOs to improve participant mobilisation and engagement.
4. Conduct wellness activity at village level for more participation
5. Elderly sports activity and community program to bring awareness about the wellness program