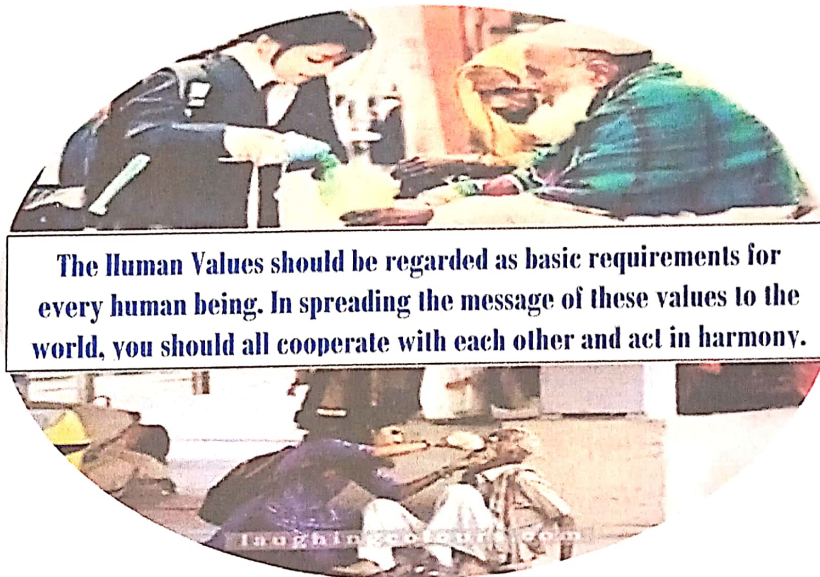


7.2.1

BEST PRACTICE - I



AN AMPATHY AND COMPASSION

**ACTIVITIES REPORT
LAST FIVE YEARS**



University of Mumbai
Kharepatan Panchakroshi Shikshan Prasarak Mandal, Kharepatan's
ARTS, COMMERCE AND SCIENCE COLLEGE, KHAREPATAN

(Affiliated to Mumbai University No. ICM / I / 558 / 2012 - 13)

Swatantrya Sainik Guruvariya Veer Shankarrao G. Pendharkar Educational
 Campus, Kharepatan

Tal. Kankavli, Dist. Sindhudurg - 416 703 - (MS) India



Dr. Atmaram D. Kamble (M. A., Ph. D.)

Principal

An empathy and compassion:

2022-23

Introduction :

In every culture, the elderly have long been regarded as the custodians of wisdom and tradition. However, in today's rapidly changing world, the care and respect once instinctively afforded to older generations are sometimes overlooked. The concept of human values is integral to how we treat one another, and this is particularly evident in the way we care for our elderly. This initiative seeks to reinforce and promote the timeless values of compassion, respect, and dignity, ensuring that our elders live their later years with the care and honor they deserve."

❖ Vision:

"Our vision is a world where every elderly person is treated with the utmost respect, compassion, and care, fostering a society where the wisdom of age is cherished, and the dignity of our elders is upheld."

❖ Mission:

"Our mission is to promote and integrate human values into the care of older adults by raising awareness, providing education and resources to caregivers, and advocating for policies that ensure the well-being and dignity of the elderly. We aim to create supportive environments where the elderly are valued and empowered to lead fulfilling lives."



Practice :

❖ Compassion

- **Active Listening:** Take time to listen to their stories, concerns, and needs without interruption. This shows that you value their experiences and emotions.
- **Kindness in Actions:** Small acts of kindness, like helping with daily tasks, offering a smile, or simply spending time with them, can make a big difference.

❖ Respect

- **Honor Their Dignity:** Treat them with the same respect and dignity that you would want for yourself. Avoid patronizing language or behavior.
- **Value Their Wisdom:** Recognize and appreciate the wisdom that comes with age. Seek their advice and opinions, and involve them in decisions that affect their lives.

❖ Empathy

- **Understand Their Perspective:** Try to put yourself in their shoes, understanding the physical, emotional, and social challenges they may face.
- **Be Patient:** Older individuals may take longer to express themselves or perform tasks. Patience is key to providing empathetic care.

❖ Responsibility

- **Ensure Their Well-being:** Take responsibility for their health, safety, and emotional well-being. This might include helping them access healthcare, managing medications, or ensuring they have a comfortable living environment.
- **Support Independence:** Encourage and support their independence where possible, helping them maintain a sense of control and purpose in their lives.

❖ Personal Reflection and Growth

- **Reflect on Mortality and Aging:** Caring for the elderly offers an opportunity to reflect on the natural process of aging and mortality, which can deepen your own understanding of life and priorities.
- **Learn Patience and Gratitude:** The experience of caregiving can teach patience, humility, and gratitude, helping you grow as a person.



Activities

A) Emotional discussion with elders :

The "Emotional Discussion with Elders" activity aimed to foster meaningful connections between students and elderly community members. Participants engaged in heartfelt conversations, providing a platform for seniors to share their life stories and experiences. The sessions focused on listening, empathy, and understanding, allowing both parties to gain valuable insights. Students were encouraged to ask open-ended questions and offer emotional support. Feedback indicated that the activity was highly rewarding and eye-opening for participants. Many found it enriching to hear firsthand accounts of past generations. The discussions also highlighted the importance of maintaining intergenerational bonds. Overall, the activity contributed to strengthening community ties and promoting mutual respect.

B) Distribution of food and clothing to the elderly

The distribution of food and clothing to the elderly was a heartwarming initiative organized by the college. Volunteers collected and sorted donations over several weeks, ensuring a variety of essential items were available. On the day of distribution, teams were assigned to different areas to deliver food packages and clothing directly to the elderly in need. The event aimed to provide both immediate relief and comfort to the elderly community members. Many participants reported a strong sense of satisfaction and community spirit. The college's involvement helped facilitate coordination and logistics, making the event run smoothly. Feedback from recipients was overwhelmingly positive, with many expressing gratitude for the support. This initiative highlighted the college's commitment to social responsibility and community engagement.

C) Providing financial support to the elderly with the help of College :

The college recently launched a financial support initiative for the elderly, aiming to address their growing needs. This program involved collaboration between students, faculty, and local organizations to gather and distribute funds. Through various fundraising events and campaigns, significant financial aid was provided to elderly individuals in the community. The initiative included workshops to educate students on the importance of supporting senior citizens. Feedback from beneficiaries highlighted the positive impact of the support on their quality of life. Participants in the program appreciated the college's commitment and organization. Moving forward, the college plans to expand the program and enhance its outreach efforts. The success of this initiative underscores the importance of community involvement in supporting vulnerable populations.



Assessment :

a) Reflective Journals and Essays:

Students maintain a reflective journal during the project, documenting their interactions, feelings, and thoughts on caring for the elderly. Afterward, they write an essay on what they learned about human values, guided by questions about their experiences, challenges, and growth in empathy, respect, and responsibility.

b) Group Discussions and Presentations:

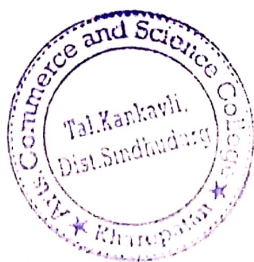
Organize group discussions where students share their experiences and challenges, helping them understand diverse perspectives and reinforce learned values. They also prepare presentations on their experiences, highlighting how these values can be applied in other areas of life.

c) Role-Playing Scenarios:

Create scenarios for students to role-play interactions with the elderly, addressing challenges like dementia or offering help. Afterward, discuss the choices made, values demonstrated, and possible alternative approaches.

Outcome of Activities :

- ❖ Caring for the elderly with respect, empathy, dignity, and compassion leads to positive outcomes.
- ❖ Respect preserves their dignity and self-esteem, while empathy and compassion build trust and improve their quality of life.
- ❖ Social connections alleviate loneliness, and patience ensures kind care.
- ❖ Ethical responsibility advocates for their rights, enhancing well-being and fostering a more compassionate society.

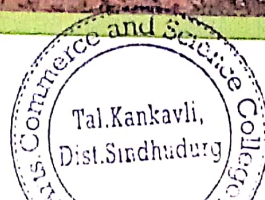



PRINCIPAL

Arts, Commerce & Science College, Kharepatan,
Tal. Kankavli, Dist. Sindhudurg.

2022-23

Photos





University of Mumbai

**Kharepatan Panchakroshi Shikshan Prasarak Mandal, Kharepatan's
ARTS, COMMERCE AND SCIENCE COLLEGE, KHAREPATAN**

(Affiliated to Mumbai University No. ICM / I / 558 / 2012 - 13)

Swatantrya Sainik Guruvarya Veer Shankarrao G. Pendharkar Educational
Campus, Kharepatan

Tal. Kankavli, Dist. Sindhudurg - 416 703 - (MS) India



Dr. Atmaram D. Kamble (M. A., Ph. D.)

Principal

An empathy and compassion:

2021-22

Introduction :

In every culture, the elderly have long been regarded as the custodians of wisdom and tradition. However, in today's rapidly changing world, the care and respect once instinctively afforded to older generations are sometimes overlooked. The concept of human values is integral to how we treat one another, and this is particularly evident in the way we care for our elderly. This initiative seeks to reinforce and promote the timeless values of compassion, respect, and dignity, ensuring that our elders live their later years with the care and honor they deserve."

❖ Vision:

"Our vision is a world where every elderly person is treated with the utmost respect, compassion, and care, fostering a society where the wisdom of age is cherished, and the dignity of our elders is upheld."

❖ Mission:

"Our mission is to promote and integrate human values into the care of older adults by raising awareness, providing education and resources to caregivers, and advocating for policies that ensure the well-being and dignity of the elderly. We aim to create supportive environments where the elderly are valued and empowered to lead fulfilling lives."



Practice :

❖ Compassion

- **Active Listening:** Take time to listen to their stories, concerns, and needs without interruption. This shows that you value their experiences and emotions.
- **Kindness in Actions:** Small acts of kindness, like helping with daily tasks, offering a smile, or simply spending time with them, can make a big difference.

❖ Respect

- **Honor Their Dignity:** Treat them with the same respect and dignity that you would want for yourself. Avoid patronizing language or behavior.
- **Value Their Wisdom:** Recognize and appreciate the wisdom that comes with age. Seek their advice and opinions, and involve them in decisions that affect their lives.

❖ Empathy

- **Understand Their Perspective:** Try to put yourself in their shoes, understanding the physical, emotional, and social challenges they may face.
- **Be Patient:** Older individuals may take longer to express themselves or perform tasks. Patience is key to providing empathetic care.

❖ Responsibility

- **Ensure Their Well-being:** Take responsibility for their health, safety, and emotional well-being. This might include helping them access healthcare, managing medications, or ensuring they have a comfortable living environment.
- **Support Independence:** Encourage and support their independence where possible, helping them maintain a sense of control and purpose in their lives.

❖ Personal Reflection and Growth

- **Reflect on Mortality and Aging:** Caring for the elderly offers an opportunity to reflect on the natural process of aging and mortality, which can deepen your own understanding of life and priorities.
- **Learn Patience and Gratitude:** The experience of caregiving can teach patience, humility, and gratitude, helping you grow as a person.



Activities

D) Emotional discussion with elders :

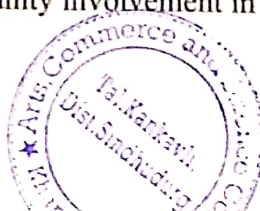
The "Emotional Discussion with Elders" activity aimed to foster meaningful connections between students and elderly community members. Participants engaged in heartfelt conversations, providing a platform for seniors to share their life stories and experiences. The sessions focused on listening, empathy, and understanding, allowing both parties to gain valuable insights. Students were encouraged to ask open-ended questions and offer emotional support. Feedback indicated that the activity was highly rewarding and eye-opening for participants. Many found it enriching to hear firsthand accounts of past generations. The discussions also highlighted the importance of maintaining intergenerational bonds. Overall, the activity contributed to strengthening community ties and promoting mutual respect.

E) Distribution of food and clothing to the elderly

The distribution of food and clothing to the elderly was a heartwarming initiative organized by the college. Volunteers collected and sorted donations over several weeks, ensuring a variety of essential items were available. On the day of distribution, teams were assigned to different areas to deliver food packages and clothing directly to the elderly in need. The event aimed to provide both immediate relief and comfort to the elderly community members. Many participants reported a strong sense of satisfaction and community spirit. The college's involvement helped facilitate coordination and logistics, making the event run smoothly. Feedback from recipients was overwhelmingly positive, with many expressing gratitude for the support. This initiative highlighted the college's commitment to social responsibility and community engagement.

F) Providing financial support to the elderly with the help of College :

The college recently launched a financial support initiative for the elderly, aiming to address their growing needs. This program involved collaboration between students, faculty, and local organizations to gather and distribute funds. Through various fundraising events and campaigns, significant financial aid was provided to elderly individuals in the community. The initiative included workshops to educate students on the importance of supporting senior citizens. Feedback from beneficiaries highlighted the positive impact of the support on their quality of life. Participants in the program appreciated the college's commitment and organization. Moving forward, the college plans to expand the program and enhance its outreach efforts. The success of this initiative underscores the importance of community involvement in supporting vulnerable populations.



Assessment :

a) Reflective Journals and Essays:

Students maintain a reflective journal during the project, documenting their interactions, feelings, and thoughts on caring for the elderly. Afterward, they write an essay on what they learned about human values, guided by questions about their experiences, challenges, and growth in empathy, respect, and responsibility.

b) Group Discussions and Presentations:

Organize group discussions where students share their experiences and challenges, helping them understand diverse perspectives and reinforce learned values. They also prepare presentations on their experiences, highlighting how these values can be applied in other areas of life.

c) Role-Playing Scenarios:

Create scenarios for students to role-play interactions with the elderly, addressing challenges like dementia or offering help. Afterward, discuss the choices made, values demonstrated, and possible alternative approaches.

Outcome of Activities :

- ❖ Caring for the elderly with respect, empathy, dignity, and compassion leads to positive outcomes.
- ❖ Respect preserves their dignity and self-esteem, while empathy and compassion build trust and improve their quality of life.
- ❖ Social connections alleviate loneliness, and patience ensures kind care.
- ❖ Ethical responsibility advocates for their rights, enhancing well-being and fostering a more compassionate society.




PRINCIPAL

Arts, Commerce & Science College, Kharepatan,
Tal. Kankavli, Dist. Siondg.

2021-22

Photos





संविता आश्रम, पणदुर

भांदणी क्र. एक-५४६०९/२०१३ (मुंबई)

मु. पो. पणदुर, साईनवाडी, सातेरी मंदिर जवळ, ता. कुडाळ, जि. सिंधुदुर्ग, महाराष्ट्र, पिन-४९६८९३
मोबा.: ९४०४९७९९५ / ९८२०२३२७५

Email: jeevanaanandsanstha@gmail.com

Website: www.jeevanaanandsanstha.org

६ मुख्य कार्यालय - नु बी एम.सी. कॉलनी, २री हसनाबाद लेन, वी.एम.सी. शाळेजवळ, खार (प.) मुंबई-४०००३२
सर्व आश्रम-विरार फाटा, विरार (पूर्व), ता. वसई, जि. ठाणे.

जा. क्र.: JAS/SA/O.No/143/9/18

दिनांक : 24/09/2018

पति,

मा. पाचार्य,

(डॉ. नवीचेर मफतलाल) कला व वागीश्वर
महाविद्यालय खोरेपटण.

विषय :- संविता आश्रम वर्धापन दिन व जागतिक वृद्ध दिन यांचे औचित्य साधून वृद्ध कष्टकऱ्यांचा

सन्मान करण्याबाबत .

महोदय ,

जीवन आनंद संस्था संचालित संविता आश्रम पणदुर ही संस्था गल्यावगील निराधार अंध , अपंग, मुकवर्धार , मनोरुग्ण , वृद्ध बांधवासाठी कार्यरत आहे . संविता आश्रम पणदुर येथे गध्या 93 बांधव लाभ घेत आहेत . हे आपल्याला ज्ञातच आहे .

दि . 02 ऑक्टोबर 2018 रोजी संविता आश्रम पणदुर यांचा 5 वा वर्धापन दिन व जागतिक वृद्ध दिन यांचे औचित्य साधून वृद्ध कष्टकरी यांचा प्रती कृतज्ञता व्यक्त करण्यासाठी यथोचित सन्मान करावयाचे योजिले आहे . तरी कृपया आपल्या प्रशालेमार्फत या कार्यक्रमाचे आयोजन करून सहकार्य करावे .

दि . 02 ऑक्टोबर 2018

आपला विश्वासु

श्री . संदिप परव (सेक्रेटरी)

जीवन आनंद संस्था

NSS Department



Principal
Arts and Commerce College, Kharepatan
A /p, Kharepatan, Tal. Kankavali,
Dist. Sindhudurg.





University of Mumbai

**Kharepatan Panchakroshi Shikshan Prasarak Mandal, Kharepatan's
ARTS, COMMERCE AND SCIENCE COLLEGE, KHAREPATAN**

(Affiliated to Mumbai University No. ICM / I / 558 / 2012 - 13)

Swatantrya Sainik Guruvaryiya Veer Shankarrao G. Pendharkar Educational
Campus, Kharepatan

Tal. Kankavli, Dist. Sindhudurg - 416 703 - (MS) India



Dr. Atmaram D. Kamble (M. A., Ph. D.)

Principal

An empathy and compassion:

2020-21

Introduction :

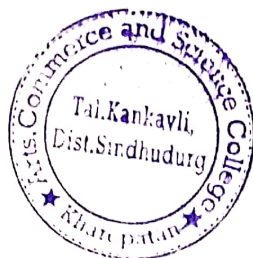
In every culture, the elderly have long been regarded as the custodians of wisdom and tradition. However, in today's rapidly changing world, the care and respect once instinctively afforded to older generations are sometimes overlooked. The concept of human values is integral to how we treat one another, and this is particularly evident in the way we care for our elderly. This initiative seeks to reinforce and promote the timeless values of compassion, respect, and dignity, ensuring that our elders live their later years with the care and honor they deserve."

❖ Vision:

"Our vision is a world where every elderly person is treated with the utmost respect, compassion, and care, fostering a society where the wisdom of age is cherished, and the dignity of our elders is upheld."

❖ Mission:

"Our mission is to promote and integrate human values into the care of older adults by raising awareness, providing education and resources to caregivers, and advocating for policies that ensure the well-being and dignity of the elderly. We aim to create supportive environments where the elderly are valued and empowered to lead fulfilling lives."



Practice :

❖ Compassion

- **Active Listening:** Take time to listen to their stories, concerns, and needs without interruption. This shows that you value their experiences and emotions.
- **Kindness in Actions:** Small acts of kindness, like helping with daily tasks, offering a smile, or simply spending time with them, can make a big difference.

❖ Respect

- **Honor Their Dignity:** Treat them with the same respect and dignity that you would want for yourself. Avoid patronizing language or behavior.
- **Value Their Wisdom:** Recognize and appreciate the wisdom that comes with age. Seek their advice and opinions, and involve them in decisions that affect their lives.

❖ Empathy

- **Understand Their Perspective:** Try to put yourself in their shoes, understanding the physical, emotional, and social challenges they may face.
- **Be Patient:** Older individuals may take longer to express themselves or perform tasks. Patience is key to providing empathetic care.

❖ Responsibility

- **Ensure Their Well-being:** Take responsibility for their health, safety, and emotional well-being. This might include helping them access healthcare, managing medications, or ensuring they have a comfortable living environment.
- **Support Independence:** Encourage and support their independence where possible, helping them maintain a sense of control and purpose in their lives.

❖ Personal Reflection and Growth

- **Reflect on Mortality and Aging:** Caring for the elderly offers an opportunity to reflect on the natural process of aging and mortality, which can deepen your own understanding of life and priorities.
- **Learn Patience and Gratitude:** The experience of caregiving can teach patience, humility, and gratitude, helping you grow as a person.



Activities

G) Emotional discussion with elders :

The "Emotional Discussion with Elders" activity aimed to foster meaningful connections between students and elderly community members. Participants engaged in heartfelt conversations, providing a platform for seniors to share their life stories and experiences. The sessions focused on listening, empathy, and understanding, allowing both parties to gain valuable insights. Students were encouraged to ask open-ended questions and offer emotional support. Feedback indicated that the activity was highly rewarding and eye-opening for participants. Many found it enriching to hear firsthand accounts of past generations. The discussions also highlighted the importance of maintaining intergenerational bonds. Overall, the activity contributed to strengthening community ties and promoting mutual respect.

H) Distribution of food and clothing to the elderly

The distribution of food and clothing to the elderly was a heartwarming initiative organized by the college. Volunteers collected and sorted donations over several weeks, ensuring a variety of essential items were available. On the day of distribution, teams were assigned to different areas to deliver food packages and clothing directly to the elderly in need. The event aimed to provide both immediate relief and comfort to the elderly community members. Many participants reported a strong sense of satisfaction and community spirit. The college's involvement helped facilitate coordination and logistics, making the event run smoothly. Feedback from recipients was overwhelmingly positive, with many expressing gratitude for the support. This initiative highlighted the college's commitment to social responsibility and community engagement.

I) Providing financial support to the elderly with the help of College :

The college recently launched a financial support initiative for the elderly, aiming to address their growing needs. This program involved collaboration between students, faculty, and local organizations to gather and distribute funds. Through various fundraising events and campaigns, significant financial aid was provided to elderly individuals in the community. The initiative included workshops to educate students on the importance of supporting senior citizens. Feedback from beneficiaries highlighted the positive impact of the support on their quality of life. Participants in the program appreciated the college's commitment and organization. Moving forward, the college plans to expand the program and enhance its outreach efforts. The success of this initiative underscores the importance of community involvement in supporting vulnerable populations.



Assessment :

a) Reflective Journals and Essays:

Students maintain a reflective journal during the project, documenting their interactions, feelings, and thoughts on caring for the elderly. Afterward, they write an essay on what they learned about human values, guided by questions about their experiences, challenges, and growth in empathy, respect, and responsibility.

b) Group Discussions and Presentations:

Organize group discussions where students share their experiences and challenges, helping them understand diverse perspectives and reinforce learned values. They also prepare presentations on their experiences, highlighting how these values can be applied in other areas of life.

c) Role-Playing Scenarios:

Create scenarios for students to role-play interactions with the elderly, addressing challenges like dementia or offering help. Afterward, discuss the choices made, values demonstrated, and possible alternative approaches.

Outcome of Activities :

- ❖ Caring for the elderly with respect, empathy, dignity, and compassion leads to positive outcomes.
- ❖ Respect preserves their dignity and self-esteem, while empathy and compassion build trust and improve their quality of life.
- ❖ Social connections alleviate loneliness, and patience ensures kind care.
- ❖ Ethical responsibility advocates for their rights, enhancing well-being and fostering a more compassionate society.




PRINCIPAL

Arts, Commerce & Science College Kharepatan
A.P. Kharepatan, Tal. Kankavli, Dist. Sindhudurg

2020-21

Photos





संविता आश्रम, पणदुर

नोंटिणी क्र. एक-१४६०९/२०१३ (मुंबई)

मु. पो. पणदुर, साईलवाडी, सातेरी मंदिर जवळ, ता. कुडाळ, जि. सिंधुदूर्ग, महाराष्ट्र, पिन-४१६८१३
मोबा.: ९४०४९७९५९५ / ९८२०२३२७६५

Email: jeevanaanandsanstha@gmail.com

Website: www.jeevanaanandsanstha.com

मुख्य कार्यालय - कार्गूर डेनार्ड शेल्डर, न्यु वी.एम.सी. कॉलनी, २री हलनाबाद लेन, बी.एम.सी. भाग, पणदुर
कार (प.) मुंबई-४०००५२ * समर्थ आश्रम-विरार काठा, विरार (पुर्व), ता. वसई, जि. ठाणे

जा. क्र.: JAS/SA/10-NO-27/01/2020

दिनांक : 27/01/2020

पति,

ना. प्रान्ताधी

संत राज महाराज महाविद्यालय आणि विशाल महाविद्यालय,
वसरेपारण

विषय:- राष्ट्रीय परिसंवाद सामाजिक वांधीलकी आणि वास्तव या कार्यक्रमास सहभागी होण्याबाबत.

महोदय,

संत राज महाराज महाविद्यालय कुडाळ आणि जीवन आनंद संस्था संचालित संविता आश्रम पणदुर यांच्या संयुक्त विद्यमाने दि. ११ फेब्रुवारी २०२० रोजी "सामाजिक वांधीलकी आणि वास्तव, या विषयावर राष्ट्रीय परिसंवाद संविता आश्रम पणदुर येथे आयोजित करण्यात आली आहे. या परिसंवादासाठी आपल्या महाविद्यालयातील पाच विद्यार्थी विद्यार्थ्यांनी व प्राध्यापक यांना पाठवून सहकार्य करावे ही नम्र चिन्ती.

या परिसंवादामध्ये ज्येष्ठ नागरिकांच्या समस्या, युवक व मनोविकार आणि युवक या विषयावर तज्ञांचे मार्ग दर्शन होणार असून यानिमित्ताने सामाजिक वांधीलकी आणि वास्तव या उपरोक्त विषयावर पोस्टर स्पर्धा आयोजित केली आहे. तरी कृपया या स्पर्धेमध्ये आपल्या विद्यालयातील विद्यार्थ्यांनी सहभागी होण्यासाठी प्रोत्साहन द्यावे. सदर पोस्टर १ मि x १ मि एवढे असावे. येतेवेळी सदर पोस्टर कार्यक्रम स्थळी घेवून येणे.

प्रमुख व्याख्याते

डॉ. श्री. जालिंदर अडसुळे (प्राचार्य)
M.S.W .L. L. B . P.H.D

डॉ. कौस्तुभ लेले (मानसोपचारतज्ञ)

श्री. संदिप परब (सचिव)
M.S.W

आपले नम्र

डॉ. एस. डि. डिसले (प्राचार्य)
संत राज महाराज महाविद्यालय
कुडाळ

डॉ. अनंत लोखंडे
सिनेट सदस्य मुंबई विद्यापीठ
आणि अर्थशास्त्र विभाग प्रमुख
संत राज महाराज महाविद्यालय
कुडाळ

श्री. संदिप परब
सचिव
जीवन आनंद संस्था

संपर्क - श्री. अश्वकाश - 9309977601

श्री. आशिष कावळी - 9326721988



PRINCIPAL

Arts Commerce & Science College Kharepatan
Tal. Kankavli, Dist. Sindhudurg.





University of Mumbai

**Kharepatan Panchakroshi Shikshan Prasarak Mandal, Kharepatan's
ARTS, COMMERCE AND SCIENCE COLLEGE, KHAREPATAN**

(Affiliated to Mumbai University No. ICM / 1 / 558 / 2012 - 13)

Swatantrya Sainik Guruvarya Veer Shankarrao G. Pendharkar Educational
Campus, Kharepatan

Tal. Kankavli, Dist. Sindhudurg - 416 703 - (MS) India



Dr. Atmaram D. Kamble (M. A., Ph. D.)

Principal

An empathy and compassion:

2019-20

Introduction :

In every culture, the elderly have long been regarded as the custodians of wisdom and tradition. However, in today's rapidly changing world, the care and respect once instinctively afforded to older generations are sometimes overlooked. The concept of human values is integral to how we treat one another, and this is particularly evident in the way we care for our elderly. This initiative seeks to reinforce and promote the timeless values of compassion, respect, and dignity, ensuring that our elders live their later years with the care and honor they deserve."

❖ Vision:

"Our vision is a world where every elderly person is treated with the utmost respect, compassion, and care, fostering a society where the wisdom of age is cherished, and the dignity of our elders is upheld."

❖ Mission:

"Our mission is to promote and integrate human values into the care of older adults by raising awareness, providing education and resources to caregivers, and advocating for policies that ensure the well-being and dignity of the elderly. We aim to create supportive environments where the elderly are valued and empowered to lead fulfilling lives."



Practice :

❖ Compassion

- **Active Listening:** Take time to listen to their stories, concerns, and needs without interruption. This shows that you value their experiences and emotions.
- **Kindness in Actions:** Small acts of kindness, like helping with daily tasks, offering a smile, or simply spending time with them, can make a big difference.

❖ Respect

- **Honor Their Dignity:** Treat them with the same respect and dignity that you would want for yourself. Avoid patronizing language or behavior.
- **Value Their Wisdom:** Recognize and appreciate the wisdom that comes with age. Seek their advice and opinions, and involve them in decisions that affect their lives.

❖ Empathy

- **Understand Their Perspective:** Try to put yourself in their shoes, understanding the physical, emotional, and social challenges they may face.
- **Be Patient:** Older individuals may take longer to express themselves or perform tasks. Patience is key to providing empathetic care.

❖ Responsibility

- **Ensure Their Well-being:** Take responsibility for their health, safety, and emotional well-being. This might include helping them access healthcare, managing medications, or ensuring they have a comfortable living environment.
- **Support Independence:** Encourage and support their independence where possible, helping them maintain a sense of control and purpose in their lives.

❖ Personal Reflection and Growth

- **Reflect on Mortality and Aging:** Caring for the elderly offers an opportunity to reflect on the natural process of aging and mortality, which can deepen your own understanding of life and priorities.
- **Learn Patience and Gratitude:** The experience of caregiving can teach patience, humility, and gratitude, helping you grow as a person.



Activities

J) Emotional discussion with elders :

The "Emotional Discussion with Elders" activity aimed to foster meaningful connections between students and elderly community members. Participants engaged in heartfelt conversations, providing a platform for seniors to share their life stories and experiences. The sessions focused on listening, empathy, and understanding, allowing both parties to gain valuable insights. Students were encouraged to ask open-ended questions and offer emotional support. Feedback indicated that the activity was highly rewarding and eye-opening for participants. Many found it enriching to hear firsthand accounts of past generations. The discussions also highlighted the importance of maintaining intergenerational bonds. Overall, the activity contributed to strengthening community ties and promoting mutual respect.

K) Distribution of food and clothing to the elderly

The distribution of food and clothing to the elderly was a heartwarming initiative organized by the college. Volunteers collected and sorted donations over several weeks, ensuring a variety of essential items were available. On the day of distribution, teams were assigned to different areas to deliver food packages and clothing directly to the elderly in need. The event aimed to provide both immediate relief and comfort to the elderly community members. Many participants reported a strong sense of satisfaction and community spirit. The college's involvement helped facilitate coordination and logistics, making the event run smoothly. Feedback from recipients was overwhelmingly positive, with many expressing gratitude for the support. This initiative highlighted the college's commitment to social responsibility and community engagement.

L) Providing financial support to the elderly with the help of College :

The college recently launched a financial support initiative for the elderly, aiming to address their growing needs. This program involved collaboration between students, faculty, and local organizations to gather and distribute funds. Through various fundraising events and campaigns, significant financial aid was provided to elderly individuals in the community. The initiative included workshops to educate students on the importance of supporting senior citizens. Feedback from beneficiaries highlighted the positive impact of the support on their quality of life. Participants in the program appreciated the college's commitment and organization. Moving forward, the college plans to expand the program and enhance its outreach efforts. The success of this initiative underscores the importance of community involvement in supporting vulnerable populations.



Assessment :

a) Reflective Journals and Essays:

Students maintain a reflective journal during the project, documenting their interactions, feelings, and thoughts on caring for the elderly. Afterward, they write an essay on what they learned about human values, guided by questions about their experiences, challenges, and growth in empathy, respect, and responsibility.

b) Group Discussions and Presentations:

Organize group discussions where students share their experiences and challenges, helping them understand diverse perspectives and reinforce learned values. They also prepare presentations on their experiences, highlighting how these values can be applied in other areas of life.

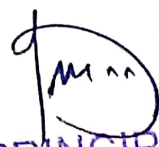
c) Role-Playing Scenarios:

Create scenarios for students to role-play interactions with the elderly, addressing challenges like dementia or offering help. Afterward, discuss the choices made, values demonstrated, and possible alternative approaches.

Outcome of Activities :

- ❖ Caring for the elderly with respect, empathy, dignity, and compassion leads to positive outcomes.
- ❖ Respect preserves their dignity and self-esteem, while empathy and compassion build trust and improve their quality of life.
- ❖ Social connections alleviate loneliness, and patience ensures kind care.
- ❖ Ethical responsibility advocates for their rights, enhancing well-being and fostering a more compassionate society.




PRINCIPAL
Arts, Commerce & Science College, Kharepatan
Tal. Kankavli, Dist. Sindhudurg

2019-20

Photos



2024/8/12



JEEVAN AANAND SANSTHA (JAS)

Regd. No. F-54601 (Mumbai)

C/o. 10/B, Saiprasad, 4th Road, Prabhat Colony, Santacruz (E), Mumbai - 400 055

M. 9373047628 / 9326721969 Email : hr@jasngo.org.

PAN AABTJ7121J

RECEIPT NO. 5414

Date : 31/10/2021

Received with thanks from *NSS Cell, Arts, Commerce & Sci. College, Dhule*

the sum of rupees (in Words) *Thirty Two Thousand Only*

by Cash / Cheque / Draft No.

Cash

Dated

₹ 32000/-

Subject to realisation of cheque

This is general receipt for donation under Section 80G of the Income Tax Act 1961. Vide certificate of order No. 211/1/2021/80G/603/2015-16 Dated 14/15 onwards.



[Signature]
PRINCIPAL

Mrs. Commerce & Science College, Kharavelan
Ap. Kharavelan, Tal. Kankavli, Dist. Siondu



Scanned with OKEN Scanner



University of Mumbai

**Kharepatan Panchakroshi Shikshan Prasarak Mandal, Kharepatan's
ARTS, COMMERCE AND SCIENCE COLLEGE, KHAREPATAN**

(Affiliated to Mumbai University No. ICM / I / 558 / 2012 - 13)

Swatantrya Sainik Guruvariya Veer Shankarrao G. Pendharkar Educational
Campus, Kharepatan

Tal. Kankavli, Dist. Sindhudurg - 416 703 - (MS) India



Dr. Atmaram D. Kamble (M. A., Ph. D.)

Principal

An empathy and compassion:

2018-19

Introduction :

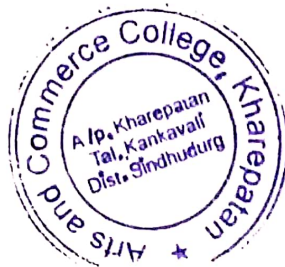
In every culture, the elderly have long been regarded as the custodians of wisdom and tradition. However, in today's rapidly changing world, the care and respect once instinctively afforded to older generations are sometimes overlooked. The concept of human values is integral to how we treat one another, and this is particularly evident in the way we care for our elderly. This initiative seeks to reinforce and promote the timeless values of compassion, respect, and dignity, ensuring that our elders live their later years with the care and honor they deserve."

❖ Vision:

"Our vision is a world where every elderly person is treated with the utmost respect, compassion, and care, fostering a society where the wisdom of age is cherished, and the dignity of our elders is upheld."

❖ Mission:

"Our mission is to promote and integrate human values into the care of older adults by raising awareness, providing education and resources to caregivers, and advocating for policies that ensure the well-being and dignity of the elderly. We aim to create supportive environments where the elderly are valued and empowered to lead fulfilling lives."



Practice :

❖ Compassion

- **Active Listening:** Take time to listen to their stories, concerns, and needs without interruption. This shows that you value their experiences and emotions.
- **Kindness in Actions:** Small acts of kindness, like helping with daily tasks, offering a smile, or simply spending time with them, can make a big difference.

❖ Respect

- **Honor Their Dignity:** Treat them with the same respect and dignity that you would want for yourself. Avoid patronizing language or behavior.
- **Value Their Wisdom:** Recognize and appreciate the wisdom that comes with age. Seek their advice and opinions, and involve them in decisions that affect their lives.

❖ Empathy

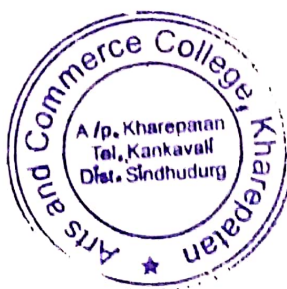
- **Understand Their Perspective:** Try to put yourself in their shoes, understanding the physical, emotional, and social challenges they may face.
- **Be Patient:** Older individuals may take longer to express themselves or perform tasks. Patience is key to providing empathetic care.

❖ Responsibility

- **Ensure Their Well-being:** Take responsibility for their health, safety, and emotional well-being. This might include helping them access healthcare, managing medications, or ensuring they have a comfortable living environment.
- **Support Independence:** Encourage and support their independence where possible, helping them maintain a sense of control and purpose in their lives.

❖ Personal Reflection and Growth

- **Reflect on Mortality and Aging:** Caring for the elderly offers an opportunity to reflect on the natural process of aging and mortality, which can deepen your own understanding of life and priorities.
- **Learn Patience and Gratitude:** The experience of caregiving can teach patience, humility, and gratitude, helping you grow as a person.



Activities

M) Emotional discussion with elders :

The "Emotional Discussion with Elders" activity aimed to foster meaningful connections between students and elderly community members. Participants engaged in heartfelt conversations, providing a platform for seniors to share their life stories and experiences. The sessions focused on listening, empathy, and understanding, allowing both parties to gain valuable insights. Students were encouraged to ask open-ended questions and offer emotional support. Feedback indicated that the activity was highly rewarding and eye-opening for participants. Many found it enriching to hear firsthand accounts of past generations. The discussions also highlighted the importance of maintaining intergenerational bonds. Overall, the activity contributed to strengthening community ties and promoting mutual respect.

N) Distribution of food and clothing to the elderly

The distribution of food and clothing to the elderly was a heartwarming initiative organized by the college. Volunteers collected and sorted donations over several weeks, ensuring a variety of essential items were available. On the day of distribution, teams were assigned to different areas to deliver food packages and clothing directly to the elderly in need. The event aimed to provide both immediate relief and comfort to the elderly community members. Many participants reported a strong sense of satisfaction and community spirit. The college's involvement helped facilitate coordination and logistics, making the event run smoothly. Feedback from recipients was overwhelmingly positive, with many expressing gratitude for the support. This initiative highlighted the college's commitment to social responsibility and community engagement.

O) Providing financial support to the elderly with the help of College :

The college recently launched a financial support initiative for the elderly, aiming to address their growing needs. This program involved collaboration between students, faculty, and local organizations to gather and distribute funds. Through various fundraising events and campaigns, significant financial aid was provided to elderly individuals in the community. The initiative included workshops to educate students on the importance of supporting senior citizens. Feedback from beneficiaries highlighted the positive impact of the support on their quality of life. Participants in the program appreciated the college's commitment and organization. Moving forward, the college plans to expand the program and enhance its outreach efforts. The success of this initiative underscores the importance of community involvement in supporting vulnerable populations.



Assessment :

a) Reflective Journals and Essays:

Students maintain a reflective journal during the project, documenting their interactions, feelings, and thoughts on caring for the elderly. Afterward, they write an essay on what they learned about human values, guided by questions about their experiences, challenges, and growth in empathy, respect, and responsibility.

b) Group Discussions and Presentations:

Organize group discussions where students share their experiences and challenges, helping them understand diverse perspectives and reinforce learned values. They also prepare presentations on their experiences, highlighting how these values can be applied in other areas of life.

c) Role-Playing Scenarios:

Create scenarios for students to role-play interactions with the elderly, addressing challenges like dementia or offering help. Afterward, discuss the choices made, values demonstrated, and possible alternative approaches.

Outcome of Activities :

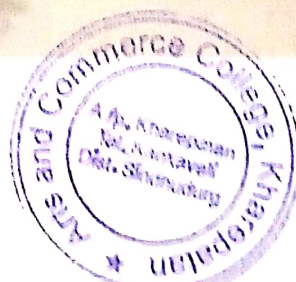
- ❖ Caring for the elderly with respect, empathy, dignity, and compassion leads to positive outcomes.
- ❖ Respect preserves their dignity and self-esteem, while empathy and compassion build trust and improve their quality of life.
- ❖ Social connections alleviate loneliness, and patience ensures kind care.
- ❖ Ethical responsibility advocates for their rights, enhancing well-being and fostering a more compassionate society.




Principal
Arts and Commerce College, Kharepatan
A /p. Kharepatan, Tal. Kankavali,
Dist. Sindhudurg.

2018-19

Photo





रस्त्यावरील निराधार
बांधवांचा पुनर्वसनासाठी

जीवन आनंद संस्था (जास) संचालित
संविता आश्रम / समर्थ आश्रम व
कार्हर डे-नाईट शेल्टर खार आणि सांताक्रुझ

Regd. No. F- 54601(Mumbai) Mob: 94041 71595 / 98202 32765

न्यू बी.एम.सी. कॉलनी, २ री हसनाबाद लेन, बी.एम.सी. शाळेजवळ, खार (प), मुंबई-४०००५२
Email: hr@jasngo.org • Website : www.hrjasngo.org

जा. क्र.:

दिनांक : 26 / 10 / 2022

प्रति,

श्री. / श्रीमती राष्ट्रीय सेवा योजना कक्षा, एवेवपाटण महा.

विषय: आपण जीवन आनंद संस्थेस धान्य / आर्थिक स्वरूपात सहकार्य केल्याबद्दल
धन्यवाद.....

महोदय,

जीवन आनंद संस्था ही रस्त्यावरील निराधार बांधवांसाठी कार्य करत आहे. जीवन आनंद संस्थेचे आश्रम मुंबई, विरार व सिंधुदुर्ग या ठिकाणी आहेत. आजपर्यंत आम्ही १००० निराधार बांधवांचे आश्रय व पुनर्वसन केलेले आहे. आपण जीवन आनंद संस्थेचे हितचिंतक आहात. त्याबद्दल आम्ही आपले आभारी आहोत.

आपल्याला जीवन आनंद संस्थेबद्दल जी माहिती आहे. ती आपल्या मित्रपरिवारास सांगून त्यांनाही आमच्या आश्रमास भेट देण्यास विनंती करावी. आपण आमच्या आश्रमास संविता आश्रम / समर्थ आश्रम आणि कार्हर डे-नाईट शेल्टर खार आणि सांताक्रुझ या ठिकाणी धान्य स्वरूपात व आर्थिक स्वरूपात मदत केल्याबद्दल, धन्यवाद.

पुन्हा एकदा आपला आश्रम समजून भेट द्यावी, ही विनंती.

आपणाकडून आम्हास खालील साहित्य मिळाले.

टिप: आर्थिक मदत केल्यास ८०जी सर्टिफिकेट मिळेल.

१) तांदूळ - 215 kg	२) जूने कपडे
३) /	४) /
५) /	६) /
७) /	८) /

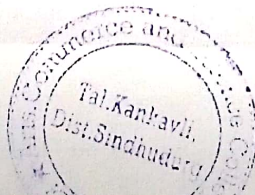
Prati

आपला विश्वासू,

सचिव - श्री. संदिप परब

जीवन आनंद संस्था

Principal
PRINCIPAL



Arts Commerce & Science College Khairatpur
Lal Bahadur Shastri, Tal. Kankavli, Dist. Sindhudurg



Scanned with OKEN Scanner