

**National Institute of Social Defence**  
**Ministry of Social Justice and Empowerment**  
**Senior Citizens Division**

**Consolidated Annual Action Plan (Sr. Citizen) 2025-26.**

Sl. No	Type of Programme	Programme Code	No of Training Programmes	No of Beneficiaries	Budget (in Lakhs)
<b>Part-A</b>					
1	Awareness / Sensitization Programmes	2.1	735	37,050	422.50
2	Capacity Development Programmes including 5 days TOT : Geriatric Care Providers Training Course (NCVET approved), One Month Advanced Courses, One Year PG Diploma Courses.	2.2	781	23430	4206.80
3	Digitalisation of Capacity Development (Online training Programmes, Online Courses under TAPAS, Podcast & Demonstration Lab for Practical )	2.3	103	5800	31.05
4	Conference / Workshops / Seniors / Consultations	2.4	34	5380	250.00
5	Outreach Programmes like Health Camps, Digital Literacy etc.,	2.5	119	5175	197.50
6	Research Activities on Elderly Issues	2.6	07	-	49.00
7	Special Events – Observation & Celebration of International Days	2.7	25	3750	75.00
8	Creation of Dashboard for pool of Geriatric Caregivers	2.8	-	-	35.00
9	Submission of more JOB roles (Palliative Care, Dementia Care, etc. to NCVET	2.9	-	-	05.00
<b>Part-B</b>					
8.	SARTHIE Conference and Camps on the MWPSA Act	2.8	121	9200	195.00
<b>TOTAL</b>			<b>1,925</b>	<b>89,785</b>	<b>5466.85</b>

## Senior Citizen Annual Action Plan 2025-26

## Part-A

Sl. No	Programme / Activity	No. Of Programs	Target Groups	No of Participants	Collaborating Agencies	Estimated Budget (in Lakh)
<b>2.1 Awareness / Sensitization Programmes (735 Programmes – 37,050 Beneficiaries: Budget Rs.422.50 lakh)</b>						
<b>2.1.1</b>	MWPSC Act 2007 (Min.30 per Program)	60	Judges, Police Personnel, Govt. Officials. Sr. Citizens in Community level / RWAs/Sr. Citizens clubs	1,800	State or District Legal Service Authorities, Police Academies / Police Training Institutes / Reputed NGOs / RRTCs	45.00 (0.75 × 60)
<b>2.1.2</b>	Govt. Policies and Programmes/ Schemes (Min.30 per Program)	60	Govt. Officials. Sr. Citizens in Community level / RWAs /Sr. Citizens clubs / Sr. Citizens Associations / GIA institutions	1,800	Reputed Training Institutes / Reputed NGOs / Social Work Institutions / RRTCs.	45.00 (0.75 × 60)
<b>2.1.3</b>	Inter-generational bonding in Schools (200) and Colleges (150) (Min.60 per Program in Schools & 80 in Colleges)	350	School students (8th to 10th Standard)  Students in Universities / Colleges	24,000	Selected collaborating agencies / Colleges, Universities, Reputed NGOs / Social Work Institutions / RRTCs.	175.00 (0.50 × 350)
<b>2.1.4</b>	Awareness programmes on Digitalisation and Cyber Security (Min.30 per Program)	100	Senior Citizens	3000	Reputed Institutions & NGOs/ RRTCs	50.00 (0.50 × 100)
<b>2.1.5</b>	Holistic Health including Yoga, Natural therapy & Physiotherapy (Min.30 per Program)	50	Senior Citizens Associations / including Senior Citizens Clubs, GIA Sr. Citizen Homes	1500	Government institutions / Yoga Associations, Medical institutions, Physiotherapy	25.00 (0.50 × 50)

					institutes, selected collaborating agencies / Reputed Institutions, NGOs / RRTCs	
<b>2.1.6</b>	Diet & Nutrition for Senior Citizens  (Min.30 per Program)	30	Senior Citizens, including Senior Citizens Clubs, Govt. Officials. Sr. Citizens in Community level / RWAs /Sr. Citizens Associations / GIA institutions	900	Government institutions / Nutrition Depts, Medical institutions, Selected collaborating agencies / Reputed NGOs	15.00  (0.50 × 30)
<b>2.1.7</b>	Related other Therapies like Music therapy, Acupuncture, acupressure	10	Senior Citizens, including Senior Citizens Clubs, Govt. Officials. Sr. Citizens in Community level / RWAs /Sr. Citizens Associations / GIA institutions	300	Universities, Medical institutions, related institutions, Reputed organisations / NGOs	5.00  (0.50 × 10)
<b>2.1.8</b>	Awareness programmes on common physical & Mental Health issues among elderly  (Min.50 per Program)	50	All categories of Senior Citizens, Sr. Citizens in Community level / RWAs /Sr. Citizens clubs / GIA institutions	2500	Medical institutions, Medical Colleges, Reputed organisations / NGOs / RRTCs	37.50  (0.75 X 50)
<b>2.1.9</b>	Spiritual Gerontology workshop  (Min.50 per Program)	25	All categories of Senior Citizens, Sr. Citizens in Community level / RWAs /Sr. Citizens clubs / GIA institutions	1250	All Spiritual Institutions	25.00  (1.00 X 25)
<b>2.2 Capacity Development Programmes including TOT : Three Months Certificate Courses, One Month Advanced Courses, One Year PG Diploma Courses. (781 Programmes –23430 Beneficiaries: Budget Rs.5466.85 lakh)</b>						

<b>2.2.1</b>	5 days Training of Trainers program for different stakeholders like, State Department functionaries, Social Work Institutions, NGOs etc., (Min.30 per Program)	30	Assessors of Geriatric Care Providers Skill Training, Functionaries of Sr. Citizens, Social Work Institutions, State Departments, Etc.,	900	NISD	120.00 (4.0 X 30)
<b>2.2.2</b>	3 days Residential Training Programme on Basic Geriatric Care (Min.30 per Program)	20	GIA institutions supported by the Ministry / State Govts. Health Care Workers, Sr. Citizens,	600	Government recognized Institutes working for elderly care /NGOs State Govts / Medical Colleges	40.00 (2.0 X 20)
<b>2.2.3</b>	3 days Residential Training Programme on Geriatric Counselling (Min.30 per Program)	20	GIA institutions supported by the Ministry / State Govts. Health Care Workers, Sr. Citizens,	600	NISD, Government recognized Institutes working for elderly care /NGOs / Social Work Institutions.	40.00 (2.0 X 20)
<b>2.2.4</b>	3 days Residential Training Programme on Dementia Care and Management, (Min.30 per Program)	15	GIA institutions supported by the Ministry / State Govts. Health Care Workers, Sr. Citizens,	450	NISD, Government recognized Institutes / Reputed Institutions & Departments /NGOs.	30.00 (2.0 X 15)
<b>2.2.5</b>	3 days Residential Training Programme on Yoga for Senior Citizens, Physiotherapy, Naturopathy etc. (Min.30 per Program)	30	GIA institutions supported by the Ministry / State Govts. Health Care Workers, Sr. Citizens,	900	NISD, Government recognized Institutes / Reputed Institutions & Departments / Medical Institutions.	60.00 (2.0 X 30)

<b>2.2.6</b>	3 days Training Programme on Skill Development Programmes for senior Citizens (Residential / Non-residential) (Elderly Self Help Groups, Inmates of Sr. Citizen Homes, Sr. Citizen Associations, etc.)  (Min.30 per Program)	25	Inmates of Sr. Citizen Homes, Sr. Citizen Associations, Elderly SHGs	750	Reputed institutions specially who have experience in the field of Skill Development Programmes	50.00 (2.0 X 25)
<b>2.2.7</b>	3 days Training Programme on Music Therapy and other related therapies. (Residential / Non-residential)  (Min.30 per Program)	10	Inmates of Sr. Citizen Homes, Sr. Citizen Associations, RWAs etc.,	300	Concern Depts, Medical colleges, Universities, Reputed Institutions & NGOs	20.00 (2.0 X 10)
<b>2.2.8</b>	3 days Training Programme on Common Health Problems / issues and Importance of immunization schedule among Sr. Citizens(Residential / Non-residential)  (Min.30 per Program)	10	Sr. Citizen Associations / Clubs, RWAs etc.,	300	Government recognized Institutes / Reputed Institutions & Departments / Medical Institutions / Social Work Institutions	20.00 (2.0 X 10)
<b>2.2.9</b>	One-month advance course on Palliative and Hospice Caregivers (Min.30 per Batch)	10	Who they have Geriatric Caregivers Certificate, Nursing students	300	NISD, Medical Colleges, Reputed Institutions	30.00 (3.0 X 10)

<b>2.2.10</b>	One-month advance course on Dementia Caregivers & Stress Management  (Min.30 per Batch)	10	Who they have Geriatric Caregivers Certificate, Nursing students	300	NISD, Medical Colleges, Reputed Institutions / RRTCs	30.00 (3.0 X 10)
<b>2.2.11</b>	Geriatric Care Provider  NCVET approved QP  (Maximum 30 per Batch)	600	Individuals above 12 <sup>th</sup> Pass	18000	NISD, Collaborative agencies, Reputed Institutions / RRTCs	3736.8 (6,04,800 X 600)  + Rs.600/- Assessment fees per student.
<b>2.2.12</b>	One Year PG Diploma Course in Integrated Geriatric Care  (Maximum 30 per Batch)	1	Candidates with Graduation with social science, Nursing...	30	NISD	30.00 (30.0 X 1)
<b>2.3 Digitalisation of Capacity Development (Online training Programmes, Online Courses under TAPAS, Pod Cast &amp; Demonstration Lab for Practicals ) (103 Programmes – 5800 Beneficiaries: Budget Rs. 31.05 lakh)</b>						
<b>2.3.1</b>	Online programmes on elderly issues	100	Elderly Population	5000	NISD & Reputed Institutions	10.00 (0.01 X 100)
<b>2.3.2</b>	Pod cast for Senior Citizens (Recordings)	0	Elderly Population	500	NISD, Media 4 Community	21.00 (0.42 X 500)
<b>2.3.3</b>	Conducting Online Course under TAPAS on Dementia Care, Geriatric Care	3	Interested Candidates	300	NISD	0.05

<b>2.4.Conference / Workshops / Seniors / Consultations (34 Programmes – 5380 Beneficiaries: Budget Rs. 250.00 lakh)</b>						
<b>2.4.1</b>	International level	3	Govt, NGO functionaries / Senior Citizens forums / RWAs working for elderly care. Academicians.	600	NISD, State Government/ Universities, Reputed Institutions / NGOs / Social Work Institutions.	45.00 (15.0 X 3)
<b>2.4.2</b>	National level	10	Govt, NGO functionaries / Senior Citizens forums / RWAs working for elderly care. Academicians.	1750	NISD, State Government/ Universities, Reputed Institutions / NGOs / Social Work Institutions / RRTCs	60.00 (6.0 X 10)
<b>2.4.3</b>	Regional / State Level	20	Govt, NGO functionaries / Senior Citizens forums / RWAs working for elderly care. Academicians.	3000	NISD, State Government/ Universities, Reputed Institutions / NGOs / Social Work Institutions / RRTCs	100.00 (5.0 X20)
<b>2.4.4</b>	Consultation with International organisations / Groups of International Countries /Countries with similar interests like SAARC Country Members, JICA, Gakken, UNHCR & others.	2	International Countries/International Groups - Officials	30	NISD	10.00 (5.0 X 2)
<b>2.5.Outreach Programmes like Health Camps, Digital Literacy etc., (119 Programmes – 5175 Beneficiaries: Budget Rs. 197.50 lakh)</b>						
<b>2.5.1</b>	Health Camps	30	Community Senior Citizens	1500	NGOs & Institutes working for elderly care / Medical Institutions / Social Work Institutions.	60.00 (2.0 X 30)
<b>2.5.2</b>	Digital Literacy	20	Community Senior Citizens	500	Reputed Institutes working for	15.00 (0.75 X 20)

					elderly care	
<b>2.5.3</b>	Meditation / Spiritual Camps	15	GIA Institutions, RWAs, Sr. Citizen Associations	450	Reputed Institutions / Organisations	22.50 (1.50 X15)
<b>2.5.4</b>	Five (5) Days outreach Programme for the family members on Primary Care.	30	Family Members of Senior Citizens	600	RWAs, Reputed NGOs and Institutes working for elderly care / Medical Institutions / Social Work Institutions.	30.00 (1.0 X 30)
<b>2.5.5</b>	Udyog Mela for Senior Citizens.	4	Community Senior Citizens	1000	NISD, Reputed Institutions, NGOs	20.00 (5.0 X 4)
<b>2.5.6</b>	One Day Inter-generation Mela / Traditional Fashion Shows.	15	School Children, Parents, Grandparents and relatives, Community Senior Citizens	1125	NISD, Reputed Institutions, NGOs	15.00 (1.0 X 15)
<b>2.5.7</b>	Creation of Dashboard for pool of Geriatric Caregivers	NA	-	-	NISD	35.00
<b>2.5.8</b>	Submission of more JOB roles (Palliative Care, Dementia Care, etc. to NCVET	05	-	-	NISD	5.00
<b>2.6. Research Activities on Elderly Issues (07 Programmes : Budget Rs. 49.00 lakh)</b>						
<b>2.6.1</b>	Short Term Research	5	Depending on Research topic	0	NISD, Reputed Institutions / Universities	25.00 (5.0 X 5)
<b>2.6.2</b>	Middle Term Research	2	Depending on Research topic	0	NISD, Reputed Institutions / Universities	24.00 (12.0 X2)

<b>2.7. Special Events (25 Programmes – 3750 Beneficiaries: Budget Rs. 75.00 lakh)</b>						
<b>2.7.1</b>	Observation and celebration of International Day of Older Persons, World Elderly Abuse Awareness Day, World Alzheimer's Day, International Yoga Day, etc. Walkathons...	25	Community participants, Sr. Citizen Forum, RWAs / Students etc.	3750 (150 × 2 5)	NISD, Reputed Intuitions / NGOs / Social Work Institutions.	75.00 (3.0 × 25)
<b>Total</b>		<b>1800</b>		<b>68,585</b>		<b>2479.7</b>

**Part-B : SARTHIE Programmes**

Sl. No	Programme / Activity	No. Of Programs	Target Groups	No of Participants	Collaborating Agencies	Estimated Budget (in Lakh)
<b>2.8 SARTHIE Programmes (121 Programmes – 9,200 Beneficiaries: Budget Rs.195.00 lakh)</b>						
<b>2.8.1</b>	National level Conference / workshop of SARTHIE on MWPC Act 2007	1	Members of NALSA, Judges, Govt. Officials. Functionaries of Sr. Citizens Forums level / RWAs	200	NISD	15.00
<b>2.8.2</b>	State level Conference / workshop of SARTHIE on MWPC Act 2007	20	Members of SALSA, Judges, Govt. Officials. Functionaries of Sr. Citizens Forums level / RWAs	3000 (150 x 20)	State Legal Service Authorities, Reputed NGOs / Institutes	120.00 (6.0 x 20)
<b>2.8.3</b>	District level SARTHIE Camp / workshop on MWPC Act 2007	100	Members of DALSA, Judges, Govt. Officials. Functionaries of Sr. Citizens in Community level / RWAs	6000 (60 x 100)	District Legal Service Authorities, Police Academies / Police Training Institutes / Reputed NGOs	50.00 (0.5 x 100)

<b>2..4</b>	Preparation and printing of IEC materials (booklet, brochure and Pamphlets, videos, etc.) for SARTHIE programme.	-	-	-	-	10.000
<b>Total</b>		<b>121</b>		<b>9,200</b>		<b>195.00</b>

\* 2.2.11 Training cost - Rs.42/- per Hour per candidate for 480 Hours and Rs.600/- assessment cost per candidate.

**Please Note:**

- ☞ The budget may increase proportionately as per numbers of participants
- ☞ The program for GIA functionaries can be conducted subject to their availability by the implementing agencies.
- ☞ The Training programs/courses and participants number is an estimate numbers and may increase or decrease depending on availability of suitable proposal.
- ☞ Re-appropriation of estimated budget among different categories of programs to effective implementation of programs.
- ☞ Any other training program/event (not covered above) and found deem fit with the approval of Director

Senior Citizens Division  
National Institute of Social Defence