

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

**Consolidated Annual Action Plan (Sr. Citizen) 2024-25.**

<b>Sl. No</b>	<b>Type of Programme</b>	<b>Sr. Citizen Division Programme Code</b>	<b>No of Training Programmes</b>	<b>No of Beneficiaries</b>	<b>Budget (in Lakhs) (Rs.)</b>
1	Awareness / Sensitization Programmes	2.1	460	24300	267.50
2	Capacity Development Programmes including TOT : Three Months Certificate Courses, One Month Advanced Courses, One Year PG Diploma Courses.	2.2	241	6125	787.50
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	5180	200.00
5	Outreach Programmes like Health Camps, Digital Literacy etc.,	2.5	94	4175	122.50
6	Research Activities on Elderly Issues	2.6	07	-	49.00
7	Recognition of NISD as Assessment agency and Awarding Body (Dual Recognition) for Geriatric Caregiving Course by the National Council for Vocational Education and Training (NCVET)	2.7	01	-	3.50
8.	Special Events	2.8	10	1500	30.00
9.	Creation of Dashboard for pool of Geriatric Caregivers	2.9	-	-	20.00
<b>TOTAL</b>			<b>950</b>	<b>47080</b>	<b>1511.05</b>

**Senior Citizen Annual Action Plan 2024-25.**

Sl. No	Programme / Activity	No. Of Programs	Target Groups	No of Participants	Collaborating Agencies	Estimated Budget (in Lakh)
<b>2.1 Awareness / Sensitization Programmes (460 Programmes – 24300 Beneficiaries: Budget Rs.267.50 lakh)</b>						
<b>2.1.1</b>	MWPSC Act 2007	50	Judges, Police Personnel, Govt. Officials. Sr. Citizens in Community level / RWAs/Sr. Citizens clubs	1500	State or District Legal Service Authorities, Police Academies / Police Training Institutes / Reputed NGOs	37.50 (0.75 × 50)
<b>2.1.2</b>	Govt. Policies and Programmes/ Schemes	50	Govt. Officials. Sr. Citizens in Community level / RWAs /Sr. Citizens clubs / GIA institutions	1500	Reputed Training Institutes / Reputed NGOs	37.50 (0.75 × 50)
<b>2.1.3</b>	Inter-generational bonding in Schools	150	School students (8th to 10th Standard)	9000	Selected collaborating agencies / Reputed NGOs / Social Work Institutions.	75.00 (0.50 × 150)
<b>2.1.4</b>	Inter-generational bonding in Collages	100	Students in Universities / Colleges	8000	Selected collaborating agencies / Colleges, Universities, Reputed NGOs / Social Work Institutions.	50.00 (0.50 × 100)

<b>2.1.5</b>	Holistic Health including Yoga, natural therapy & Physiotherapy	25	Senior Citizens, including Senior Citizens Clubs, Inmates of Sr. Citizen Homes	750	Government institutions / Yoga Associations, Medical institutions, Physiotherapy institutes, selected collaborating agencies / Reputed Institutions, NGOs	12.50 (0.50 × 25)
<b>2.1.6</b>	Diet & Nutrition for Senior Citizens	25	Senior Citizens, including Senior Citizens Clubs, Govt. Officials. Sr. Citizens in Community level / RWAs /Sr. Citizens clubs / GIA institutions	750	Government institutions / Nutrition Depts, Medical institutions, Selected collaborating agencies / Reputed NGOs	12.50 (0.50 × 25)
<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 clubs / 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	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	37.50 (0.75 X 50)

<b>2.2 Capacity Development Programmes including TOT : Three Months Certificate Courses, One Month Advanced Courses, One Year PG Diploma Courses. (241 Programmes – 6125 Beneficiaries: Budget Rs. 787.50 lakh)</b>						
<b>2.2.1</b>	Training of Trainers program for different stakeholders like State Department functionaries, Social Work Institutions, etc.,	10	Functionaries of Sr. Citizens, Social Work Institutions, State Departments, Etc.,	250	NISD	20.00 (2.0 X 10)
<b>2.2.2</b>	3 days Residential Training Programme on Basic Geriatric Care	20	GIA institutions supported by the Ministry / State Govts. Health Care Workers, Sr. Citizens,	500	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	20	GIA institutions supported by the Ministry / State Govts. Health Care Workers, Sr. Citizens,	500	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,	15	GIA institutions supported by the Ministry / State Govts. Health Care Workers, Sr. Citizens,	375	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.	20	GIA institutions supported by the Ministry / State Govts. Health Care Workers, Sr. Citizens,	500	NISD, Government recognized Institutes / Reputed Institutions & Departments / Medical Institutions.	40.00 (2.0 X 20)

<b>2.2.6</b>	3 days Residential Training Programme on Skill Development Programmes for senior Citizens (Elderly Self Help Groups, Inmates of Sr. Citizen Homes, Sr. Citizen Associations, etc.)	25	Inmates of Sr. Citizen Homes, Sr. Citizen Associations, Elderly SHGs	625	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 Residential Training Programme on Music Therapy and other related therapies.	10	Inmates of Sr. Citizen Homes, Sr. Citizen Associations, RWAs etc.,	300	Concern Depts, Medical colleges, Universities.	20.00 (2.0 X 10)
<b>2.2.8</b>	3 days Residential Training Programme on Common Health Problems / issues and Importance of immunization schedule among Sr. Citizens	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 Caregivers	5	Who they have Geriatric Caregivers Certificate	125	NISD, Medical Colleges, Reputed Institutions	15.00 (3.0 X 5)
<b>2.2.10</b>	One month advance course on Dementia Caregivers & Stress Management	5	Who they have Geriatric Caregivers Certificate	125	NISD, Medical Colleges, Reputed Institutions	15.00 (3.0 X 5)
<b>2.2.11</b>	Three Months Certificate Course on Geriatric Care for Bedside Assistance	100	Individuals above 12th Pass	2500	NISD, Collaborative agencies, Reputed Institutions.	472.50 (4.725 X 100)

<b>2.2.12</b>	One Year PG Diploma Course in Integrated Geriatric Care	1	Candidates with Graduation with social science, Nursing...	25	NISD	25.00 (25.0 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 – 5180 Beneficiaries: Budget Rs. 200.00 lakh)</b>						
<b>2.4.1</b>	International level	2	Govt, NGO functionaries / Senior Citizens forums / RWAs working for elderly care. Academicians.	400	NISD, State Government/ Universities, Reputed Institutions / NGOs / Social Work Institutions.	30.00 (15.0 X 2)
<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.	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.	100.00 (5.0 X20)
<b>2.4.4</b>	Consultation with the SAARC Country Members, JICA, Gakken, UNHCR & others.	2	Officials of SAARC Countries, JICA, Gakken, UNHCR...	30	NISD	10.00 (5.0 X 2)
<b>2.5.Outreach Programmes like Health Camps, Digital Literacy etc., (94 Programmes – 4175 Beneficiaries: Budget Rs. 122.50 lakh)</b>						
<b>2.5.1</b>	Health Camps	10	Community Senior Citizens	500	NGOs & Institutes working for elderly care / Medical Institutions / Social Work Institutions.	20.00 (2.0 X 10)
<b>2.5.2</b>	Digital Literacy	20	Community Senior Citizens	500	Reputed Institutes working for elderly care	15.00 (0.75 X 20)
<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>2.2.6</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>2.6. Research Activities on Elderly Issues (07 Programmes – 25 Beneficiaries: 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 X 2)
<b>2.7. Recognition of NISD as Assessment agency and Awarding Body (Dual Recognition) for Geriatric Caregiving Course by (NCVET)</b>						
<b>2.7.1</b>	<b>Recognition of NISD as Assessment agency and Awarding Body (Dual Recognition) for Geriatric Caregiving Course by the National Council for Vocational Education and Training (NCVET)</b>	1	NISD		NISD	3.50
<b>2.8. Special Events (10 Programmes – 1,500 Beneficiaries: Budget Rs. 30.00 lakh)</b>						
<b>2.8.1</b>	Observation and celebration of International Day of Older Persons, World Elderly Abuse Awareness Day, World Alzheimer's Day, International Yoga Day, etc. Walkathons...	10	Community participants, Sr. Citizen Forum, RWAs / Students etc.	1,500 (150 × 10)	NISD, Reputed Institutions / NGOs / Social Work Institutions.	30.00 (3.0 × 10)



2.9 Creation of Dashboard for pool of Geriatric Caregivers (Budget Rs. 20.00 lakh)						
2.9.1	Creation of Dashboard for pool of Geriatric Caregivers	NA	NA	NA	NISD	20.00

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