<table>
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<th>S.No</th>
<th>Content</th>
<th>Page No.</th>
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<td>14</td>
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<td>9</td>
<td>Best wishes from our supporters</td>
<td>15-30</td>
</tr>
</tbody>
</table>
Foreword

Dr. V. S. Natarajan Geriatric Foundation stands at the unique intersection of community, social welfare, healthcare and individual initiatives. It has been both a pleasure and privilege to engage our expertise in Elderly care to infuse dynamism and vitality across the board of the sector. It is indeed my proud privilege to bring to you our initiatives and learnings under the leadership of our Founder & Chairman Dr. V.S. Natarajan since the inception in February 2017.

It was a vertical lift off right at the start. The launch of the Foundation was a five star event aptly titled ‘Iyumperum Vizha’ – The Big Five Fest. It was overwhelming to see the who’s who of the city grace the occasion and pledge their support to the organisation and it’s cause. Thus began an epic journey.

The very first year of our journey was quite action packed and filled with challenges. At the same time we were both gratified and overwhelmed by the support and trust that various stakeholders in the Elderly domain and the society at large put in us. Thanks to the tremendous goodwill that our Founder & Chairman Dr.VSN has created over the years, things would simply fall in place, doors would open and literally the red carpet was rolled out whenever we went knocking at a door looking to collaborate.

We found immense pleasure in lobbying the power corridors for various elder welfare causes. Be it the immunisation of residents of Government run old age Homes to the ‘Let us respect our elders’ mass pledge by school children from across the state, none of it would have been possible without the Government officials who heeded to our request. It is just the beginning and we look forward to many such policy advocacy feats in the coming days.

Within this short span of time, we were able to create footprints at the length and breadth of the State. Coimbatore, Salem, Tenkasi, Tiruchendur, Erode were few of the places where we have engaged with the local stakeholders in a meaningful and sustainable manner.

Dr.V.S. Natarajan Geriatric Foundation’s Annual Report gives an insight into all the work done in the year 2017-18. Being one of the few organisations which forays into both geriatric and gerontology, there is a lot to be done and we have just begun to scratch the surface.

Our mission is HAPPY ELDERHOOD and our goal is to make Tamilnadu the first model state for Happy elderhood and then export the template to rest of India. We are sure to achieve these goals under the legendary leadership of Dr.VSN and the support and encouragement of well wishers like you.

Together we will and together we can.

RAJASEKARAN MANIMARAN
Co Founder & Managing Trustee,
Dr.V.S.Natarajan Geriatric Foundation

Dr. V.S. Natarajan Geriatric Foundation Annual Report : 2017 - 2018
From the Founder’s Desk

I have been in the field of Geriatric Medicine for more than three decades. During this time I have strived to make elder care better medically as well as socially. I reached out to the elder community through conducting lectures, medical camps, writing books and articles for journals, over the last few years through media as well.

I still believe that there is a lacuna among elders regarding health and community related issues. Both of these should be given equal importance. Most elders suffer from social issues either directly or indirectly. As an individual I have done my best to resolve some of these problems faced by the elders. But there are still many more problems which have to be attended too. I would think to myself ‘what more can I do and how can I do it?’

One day when I was least expecting it, the answer came knocking at my door in the form Mr. Rajasekaran Manilmaran. He said ‘I am the solution to your problems. How may I help you?’ Thus began our long journey towards the mission of ‘HAPPY ELDERHOOD’.

We started by conducting an exhibition and fest exclusively for elders on October 2016 coinciding with World Elders Day. Overwhelmed by the tremendous response, we decided it was time to take the next big leap – a Geriatric Foundation. Thus Dr. V.S. Natarajan Geriatric Foundation was born on 6th February 2017.

Few of the noteworthy achievements within this short span of time are:

- Government Order passed by School Education Minister, Government of Tamil Nadu that ‘Let Us Respect Elders’ pledge should be taken every year on June 15 by all government school students.
- Signing of Memorandum of Understanding with Sri Sai Ram Engineering College, Chennai to invent equipment for the care of the elderly.
- Released more the 11 books and 2 CDs pertaining to elder care.
- Expansion of the house call project in Chennai which is running successfully.

Our plans for the near future

- Expand the housecall project to Erode
- Conduct Falls prevention campaign
- Launch of caretaker club

We have a long way to go to achieve our goals. We can only do this with your support.

Dr.V.S.NATARAJAN, MD,FRCPEd(D),D.Sc.(Hon)
Founder & Chairman,
Dr.V.S.Natarajan Geriatric Foundation
About Dr. V.S. Natarajan Geriatric Foundation

The Foundation is the culmination of 4 decades of hands on work by Padma Shri awardee Dr. V.S. Natarajan in the field of care giving to the elders of our community. Being the only ‘social-medical’ organization in the domain, The Foundation seeks to champion the cause of elders on a holistic manner and thereby achieve its mission of HAPPY ELDERHOOD.

These days, apart from health concerns there has been a quantum leap in the societal and familial issues faced by the elders. Such a scenario warrants an institutional approach to at least provide minimum respite to the elders hit by these issues. It is under these circumstances, Dr. V.S. Natarajan has constituted Dr. V.S. Natarajan Geriatric Foundation.

To maximize effectiveness, the Foundation will assume the role of a mentor and handhold all those who seek to serve the elderly through its functional motto of encourage – support – achieve

*The guiding philosophy of the Foundation will be to reiterate the fact that old age is not a curse, but indeed a boon.*

Core Areas of Work

1. Geriatric House Call Program

With the collapse of the joint family system, now it is becoming more are more difficult to care for the elderly at home. The situation compounds if the elder is sick and bedridden. The immediate family finds it extremely difficult to transport the patient to a Geriatrician’s clinic. It is not only difficult for the patient, it also strains the care takers. Such a scenario puts tremendous pressure on the entire family fabric on a micro level. In order to relieve the pains of all involved, it is our endeavor to take healthcare services to the doorsteps of the ailing elderly.

*The Foundation strives to:*

- Increase the number of house call Doctors
- Standardize house call protocols
- Offer preventive & comprehensive health care services
- Use technologies like telemedicine & apps

Our goal is to provide quality healthcare services to an ailing elder, at the comfort of their homes, no matter where they live.
2. Caretakers Enrichment Program (CEP) Series

We care for the caregivers
Caring for elders is a labor of love that requires a special person and just the right touch.

Caretakers play a crucial role in the wellbeing of an elderly. Whether it is at their own homes or at an old age home, the role of a dedicated and efficient caretaker plays a crucial role in ensuring the dignity and independence of an elder, particularly if the elder is ailing with limited mobility or bedridden. All the while undergoing tremendous stress and strain themselves The Foundation strives to support the caregivers through this series of programs which will enrich and encourage them to care for their elders with compassion and professionalism.

3. Events, Campaigns & Policy Advocacy

As the flag bearer of Elder’s cause, the Foundation will actively engage itself in public campaigns and events with the sole aim of bettering the lives of the elders in our community.

Top campaigns of the Foundation are:
- Campaign against elder abuse
- Elders vaccination drive
- Streamlining of old age homes
- Old age social security
- Safe public spaces for elders

Let us respect elders pledge - 15.06.2017

4. COMMUNITY DEVELOPMENT / SOCIAL INITIATIVES

Dr. V.S. Natarajan Geriatric Foundation firmly believes in creating self-sustaining eco systems. The Foundation will actively engage with stakeholders on the ground and support in the formation of various communities. The idea is to reach each and every elder in our community.

Key initiatives of the Foundation:
- Neighbourhood response / support teams
- Elders social census
- Counsellors Community
- Inter-generational companionship
5. ACADEMIC, SCIENTIFIC & INFORMATION

No work will be complete without developing and promoting the academic, research and last-mile delivery domains. The foundation will actively engage in the following areas.

<table>
<thead>
<tr>
<th>Domain</th>
<th>Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Academic</td>
<td>▶ Short term Geriatric courses for Doctors</td>
</tr>
<tr>
<td></td>
<td>▶ Conferences &amp; Symposiums</td>
</tr>
<tr>
<td></td>
<td>▶ Nursing &amp; Nursing aid training programs</td>
</tr>
<tr>
<td></td>
<td>▶ Caretakers Enrichment Program</td>
</tr>
<tr>
<td>R&amp;D</td>
<td>▶ Data</td>
</tr>
<tr>
<td></td>
<td>▶ Innovations</td>
</tr>
<tr>
<td></td>
<td>▶ Concepts &amp; ecosystems</td>
</tr>
<tr>
<td>Resource &amp; Publications</td>
<td>▶ Geriatric Yellow Pages</td>
</tr>
<tr>
<td></td>
<td>▶ Pocket book series</td>
</tr>
<tr>
<td></td>
<td>▶ Online magazine</td>
</tr>
<tr>
<td></td>
<td>▶ Social Medias</td>
</tr>
</tbody>
</table>

Inauguration of Geriatric ward at Gokulam Hospital Salem

Inauguration of Geriatric Hospital at Ahalia Medicity Palakkad

CME on Geriatric Nutrition

MoU with Sairam Engineering College
Events & Activities

1. Immunisation Programme at Old Age Homes

As part of the “World Geriatric day”, Department of Social welfare, Government of Tamil Nadu conducted an Event on 28th October 2017 in Chennai. The Foundation submitted a memorandum to Government requesting introduction of administration of pneumonia vaccine to the elders at Government run old age homes. The Government has been kind enough to accept the same and a G.O. for the same is to be issued shortly.

This is the first achievement of the Foundation.

![Image: Submitting a memorandum requesting free immunisation for residents of Government run Old Age Homes to Hon'ble minister for Social Welfare Dr. V.Saroj - 28.02.2017]

2. G.O. for elimination of violence against elders

Owing to unrelenting efforts of the Foundation, a G.O. (Letter No.14497/SES (1) 2017-1, dated 07-06-2017) was passed by the Department of School Education, Government of Tamil Nadu, that every year on June 15th, on the occasion of “Word Elder Abuse Awareness day”, all the Government school students in Tamil Nadu should take the ‘Let us respect our elders pledge’ at their respective School Assemblies. On 15th June 2017, nearly one lakh Government school students took this pledge.

This annual pledge taken by School children year after year will imbibe the quality of respect to elders in their impressionable minds resulting in a generation of youngsters who will respect elders.
3. Providing treatments to elders at their homes

On 17th Feb 2008, Dr. V.S. Natarajan, the then Chairman of the Senior Citizens Bureau, inaugurated the Geriatric House call project, a scheme to provide treatments to elders at the comfort of their homes. So far, more than 6000 elders have benefitted from this scheme. The Foundation is continuing to conduct this service. It is a glad news that this service is going to be started in Erode soon.

This project is a boon for the elders.

4. Medical Camps

<table>
<thead>
<tr>
<th>S.No.</th>
<th>Date</th>
<th>Venue</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>March 31, 2017</td>
<td>Melmaruvathur Adiparasakthi Hospital, Melmaruvathur</td>
<td>Dr. V.S. Natarajan participated and provided his services at the “Free Cataract Surgery Medical Camp” organized by Melmaruvathur Adiparasakthi Hospital on the occasion of the birthday celebration of Arulthiru Bangaru Adigalvar.</td>
</tr>
<tr>
<td>2.</td>
<td>June 1 to 30, 2017</td>
<td>Chennai Andhra Mahila Sabha Hospital, Adyar Chennai</td>
<td>On the suggestion of Dr. V.S. Natarajan, a free medical camp for elders was conducted for a period of one month.</td>
</tr>
<tr>
<td>3.</td>
<td>August 17, 2017</td>
<td>Corporation School, Korattur, Chennai</td>
<td>‘Pappa mudhal thatha varai’ In association with Melmaruvathur Adiparasakthi Vashipattu Mandram, Korattur</td>
</tr>
<tr>
<td>4.</td>
<td>September 16 to 17, 2017</td>
<td>Senior citizens Council Ilanji, Tenkasi</td>
<td>Medical camp &amp; consultations</td>
</tr>
<tr>
<td>5.</td>
<td>September 18, 2018</td>
<td>Senior Citizens Council Tiruchendur</td>
<td>Medical consultations &amp; Lecture</td>
</tr>
</tbody>
</table>

These medical camps helped in diagnose many ailments which were not known to be existing earlier.

5. Helping to protect the welfare of the elders

Conferences were conducted on - How to take care of the welfare of elders at the Old age homes (26.3.2017)

The foundation extends its help not only to the elders but also to the caregivers to elders.
6. Cultural Programmes for the elders

World Elders Day was celebrated on 30th Sep 2017 and 1st Oct 2017 for the benefit of not only the elders but also for their families. On this occasion, many programmes such as – Releasing of books on elders, Conferences on the welfare of women, A debate on the topic – Is Old age a burden or a boon – were conducted. There were more than 20 stalls on Geriatric welfare.

This was the first exhibition done for the geriatric welfare in India

7. Mudhiyor nala vizha – a mega event on Geriatric Welfare at Erode

On 27th November 2017, Mudhiyor nala vizha – elders welfare fest - a mega event was conducted at Erode on 27th November 2017 in association with Olirum Erodu Foundation and Sakthi Masala. More than one thousand elders participated in this program. Significantly, the participation of youth in large numbers enhanced the purpose of the event.

This is indeed an achievement, where a medical conference was attended by thousands of people.

8. Memorandum of Understanding

A Memorandum of Understanding was signed between the Foundation and Sai Ram Engineering College, Chennai on 31st August 2017 for inventing equipments for elders

This initiative is for the encouragement of youngsters to think for the welfare of elders
9. Activities conducted in association with other Associations in the domain

<table>
<thead>
<tr>
<th>S.No.</th>
<th>Date</th>
<th>Organisation</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>June 6, 2017</td>
<td>Probus Club, Chennai</td>
<td>‘Let us conquer old age’ Lecture by Dr. V.S. Natarajan</td>
</tr>
<tr>
<td>2.</td>
<td>July 2, 2017</td>
<td>Senior Citizens Forum &amp; Murugan Hospitals</td>
<td>Lecture</td>
</tr>
<tr>
<td>3.</td>
<td>July 21, 2017</td>
<td>All India Federation of Pensioners</td>
<td>‘Let us conquer old age’ Lecture by Dr. V.S. Natarajan</td>
</tr>
<tr>
<td>4.</td>
<td>August 17, 2017</td>
<td>Senior Citizens Council, Tenkasi</td>
<td>‘Let us conquer old age’ Lecture by Dr. V.S. Natarajan</td>
</tr>
<tr>
<td>5.</td>
<td>August 18, 2017</td>
<td>Senior Citizens Council,</td>
<td>‘Let us conquer old age’ Lecture by Dr. V.S. Natarajan</td>
</tr>
<tr>
<td>6.</td>
<td>October 8, 2017</td>
<td>Tamilnadu Government Engineers Pensioners Association</td>
<td>Lecture</td>
</tr>
<tr>
<td>7.</td>
<td>December 9, 2017</td>
<td>Social Welfare Department Pensioners Association, Chennai</td>
<td>Lecture</td>
</tr>
<tr>
<td>8.</td>
<td>December 16, 2017</td>
<td>Greater Chennai Corporation Retirees Association</td>
<td>Lecture</td>
</tr>
</tbody>
</table>

*This foundation acts as a connecting bridge among such Elder Welfare Associations*

10. Expansion of the Geriatric welfare department

- It is indeed a happy occasion that in order to expand this department in other states, Dr. V.S. Natarajan laid the foundation stone in Dr. Ahalia Geriatric Hospital, on 17.8.17 at Palakkad.
- On 8.10.17 Dr. V.S. Natarajan inaugurated a geriatric ward consisting of 10 beds in Salem Sri Gokulam Hospital
- Dr. V.S. Natarajan inaugurated a special ward and a home at Panaiyur for elders who are in advance stage of diseases.

This is the period, where the Geriatric medicine which was in the nascent stage, has started to grow.
12. Programmes in connection with Geriatric Medicine

- On 5th Dec 2017, a representation was sent to the Vice Chancellor, Tamil Nadu Dr. MGR Medical University to include “Societal issues” in the syllabus of Geriatric Medicine.

- Conferences were held for Geriatric Doctors on topics like “Nutritious food for elders” (20.4.17), Obesity in Old Age (23.9.17), Immunisation for elders (29.12.17)

- Dr. V.S. Natarajan imparts training once in every week, to the Trainee Doctors and Nurses at Melmaruvathur Adiparasakthi Hospital, on Geriatric Care.

This is a training for the Doctors who specialize in Geriatric care.

13. Research

A research is being conducted under the supervision of Dr. V.S. Natarajan on Nutrition and Old Age called Hand Grip Fitness Test.

The requirement for research in Geriatric Medicine is very high.

14. Books

- Two Compact Discs, 11 books (English/Tamil) were released in a span of one year. This is indeed an achievement in medical field.

- Every month an article on Geriatric Medicine is written by Dr. V.S. Natarajan for Medical journals published by Chennai Kongu Friends Association and Tamil Nadu Retired Officials Association

- The foundation releases Web journal – every month, which is in English and Tamil – Elders Digest and Mudhiyor Malar.

A Medical book is equivalent to 100 Doctors. Keeping this in mind, releasing many books in a short span of time is a rare achievement by the foundation.
## Dr. V.S. Natarajan Geriatric Foundation
### Income and Expenditure for the Period 01.04.2016 to 31.03.2017

<table>
<thead>
<tr>
<th>EXPENDITURE</th>
<th>AMOUNT</th>
<th>INCOME</th>
<th>AMOUNT</th>
</tr>
</thead>
<tbody>
<tr>
<td>To Advertisement Expenses</td>
<td>13,000</td>
<td>By Donation Received</td>
<td>2,81,083</td>
</tr>
<tr>
<td>To Bank Charges</td>
<td>100</td>
<td>By lymerum Vizha Function Sponsorship</td>
<td>4,27,000</td>
</tr>
<tr>
<td>To Elders Digest</td>
<td>45,300</td>
<td></td>
<td></td>
</tr>
<tr>
<td>To Printing &amp; Stationary</td>
<td>31,550</td>
<td></td>
<td></td>
</tr>
<tr>
<td>To Print &amp; Production</td>
<td>88,440</td>
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</tr>
<tr>
<td>To Rent</td>
<td>29,900</td>
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<tr>
<td>To Video Presentation</td>
<td>41,000</td>
<td></td>
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<tr>
<td>To lymerum Vizha Function</td>
<td>2,30,924</td>
<td></td>
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<tr>
<td>To Excess of Income Over EXPENDITURE</td>
<td>2,27,869</td>
<td></td>
<td></td>
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<tr>
<td><strong>Total</strong></td>
<td>7,08,083</td>
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### Balance Sheet as on 31.03.2017

<table>
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<tr>
<th>LIABILITIES</th>
<th>AMOUNT</th>
<th>ASSETS</th>
<th>AMOUNT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Capital Account</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Corpus Fund</td>
<td>1,01,000</td>
<td>Current Assets</td>
<td>2,81,083</td>
</tr>
<tr>
<td>Total</td>
<td>3,28,869</td>
<td>Bank Accounts</td>
<td>3,17,988</td>
</tr>
<tr>
<td>Excess of Income Over EXPENDITURE</td>
<td>2,27,869</td>
<td>Cash In Hand</td>
<td>10,881</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>3,28,869</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

The Trust has obtained 12A exemption (AACTD6158N/05/17-18/T-0306) dated 04.05.2017 and 80G exemption (AACTD6158N/05/17-18/T-0306/80G) on 23.08.2017

Darmesh Kumar
Darmesh & Associates
Chennai - 600034
Our Supporters

Donors List

1. A U R Homeopathic Clinic
2. Ahaila Group of Companies
3. Amudhasurabhi
4. Apollo Hospitals
5. Astra Hearing Care
6. C Thru Scientific Opticians
7. City Tower Hospital
8. Corporation Bank
9. Dr BHS Geriatric & Diabetes Centre - Dr Harishankar
10. Dr Mohan's Diabetes Specialities Centre
11. Dr. Amal A. Louis - Chennai Heart Clinic
12. Dr.David's Elderly Care Physiotherapy Centre
13. Ervadi Rathakrishnan - Kovithai Uravu
14. Gemini Scans
15. Grand World Elder Care
16. Hair & Beyond
17. Homefinders Housing Ltd
18. Jayam Home Health Care
19. JK Physio and Rehab Clinic
20. Kauvery Hospital
21. KKR ENT Hospital & Research Pvt Ltd
22. Kongu Constructions & Contractors - Erode
23. Life Insurance Corporation of India
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25. Mr. Ajit Babu & Family
26. Mr. T V Hariharan -President - CDISSIA
27. Ms. Jayalakshmi - LIC
28. Nalli Silks
29. Oliyum Erode Foundation
30. One Life Home Health Care
31. Pon Maligai Multi Speciality Hospital
32. Rajan Eye Care Hospitals
33. Ramraj Cotton
34. RMK Constructions & Housing
35. Roovy Garments
36. Sairam Institutions
37. Sakthi Masala Pvt Ltd
38. Saveetha College of Dental
39. Senthil Anand Associates
40. Shriram Chits Tamilnadu (p) Ltd
41. Sree Om Sai Naturopathy Clinic - Dr Abirami
42. State Bank of India
43. Sunway Knee Clinic
44. Thambiran Heart and Vascular Institute (P) Ltd
45. The Best Hospital Pvt Ltd
46. The Chennai Homes
47. Vanathi Pathipakkam
48. Vetri Trust - Tirupur
49. VGP Group of Companies
50. VRR Diagnostics

Associates

1. Indian Oil Corporation
2. Baskar Dental Foundation
3. Saveetha University
4. Indian Office Association
5. Gokulam Hospitals - Salem
6. Grand World Elder Care
7. Global Institute of Paramedical Sciences
8. Senior Citizen Council - Tenkasi
9. Senior Citizen Council - Tiruchendur
VOLUNTEER

“We make a living by what we get, but we make a life by what we give”. We envision a future wherein our elders are actively involved in the growth of future generation and in turn feel valued and respected. Our vision is focused and mission is driven. Join us and make a real difference by contributing your time and skills to the cause of ‘Happy Elderhood’.

We are counting on your support and dynamic participation. Support us in creating a society that cherishes our elders and provides them with a loving, nurturing and healthy space wherein they can age with dignity and grace.

log on to: www.drvsngeriatricfoundation.com to register as a volunteer

DONATE

It's only a drop in the ocean - but the ocean wouldn't be the same without that drop. Everything we do to help one another matters. We pride ourselves on making sure the support you provide reaches the people who need it and creates a positive impact. Dr. V. S. Natarajan Geriatric Foundation is a conduit but we cannot do it without you.

Your contribution will help fund visionary programs and will send a powerful message of your support for creating an inclusive society that meets the needs of our elders. In making a donation you are amplifying our reach and impact in making a difference in our community.

Cheques to be drawn in favour of Dr. V. S. Natarajan Geriatric Foundation

This is an excellent opportunity for you to support the elder welfare initiatives undertaken by the Foundation by contributing generously.

Cheques to be drawn in favour of:
“Dr.V.S. Natarajan Geriatric Foundation”
and to be sent to the following address:

Dr. V.S. Natarajan,
Adiparasakthi Clinic,
No. 50,Flowers Road,
Kilpauk, Chennai 600 010
Tel: 044-26412030.

For more details contact:
Mr. Rajasekaran Manimaran,
Co-Founder & Managing Trustee
Dr. V.S. Natarajan Geriatric Foundation,
Mob: 9994902173
Email: rm@drvsngeriatricfoundation.com