

SIDHO-KANHO-BIRSHA-UNIVERSITY

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Topic- “Daily Lifestyle of the Residents of Apna Ghar Ashram”

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Title Page

“Daily Lifestyle of the Residents of Apna Ghar Ashram”

Abstract

The number of old age homes and orphanages is increasing, with many people neglecting their parents. Apna Ghar Ashram provides free foods, shelter, and medical treatment to those in need. It focuses on the “Daily Lifestyle of the Residents of Apna Ghar Ashram”. Additionally the survey aims to identify necessary changes for the betterment of Apna Ghar Ashram. The study focuses on the demographic and health conditions of 150 prabhujis in Apna Ghar Ashram, including their various types of activities, and how they spend the whole day. The study is based mainly on qualitative research methodology.

The Apna Ghar Ashram has a significant impact on suffering and abandoned individuals and society. They provide careful nurturing and a heavenly atmosphere. However, they have restrictions on age and wealth, which should be reconsidered for better access to their services. But the importance of Apna Ghar Ashram is undeniable.



Introduction

The topic is “Daily Lifestyle of the Residents of Apna Ghar Ashram”, is based on how the prabhuji live their lives with the help of this organization. Here, I have highlighted their daily life and discussed various types of activities. I have discussed how they spend the whole day, their needs, the positive aspects, and also areas that still need some changes briefly in this survey. For this survey, Apna Ghar Ashram was visited and with the permission of the administrative members, the survey was conducted. The details of the organization were also shared with us by them.

Initially, on 29th June 2000, the organization Maa Madhuri Brij Varis Seva Sadan, Apna Ghar was established at village Bajhera, district Bharatpur of Rajasthan by Dr. B. M. Bhartwaj and Dr. Madhuri Bhartwaj to serve the homeless, helpless, destitute, sick persons who were facing a very painful phase of life. The organization established Apna Ghar Ashram, a residential home for destitute, where all necessities like shelter, food, medical treatment, care and other necessities are provided without any charges and with public support.

There are currently 58 Apna Ghar Ashrams running in 11 states of India and one even in Kathmandu, Nepal. Among the 58 ashrams, this institution was established on 18th March 2018 in the district of Purulia, West Bengal, by Om Prakash Shah, Vishnu Shah and their family.



Objectives of the Outreach Programme

1. How do the prabhujis live their daily lives?
2. Are all the necessary facilities available to the prabhujis?
3. To observe the contribution of Apna Ghar Ashram towards the abandoned, lost, and suffering people.
4. Do the prabhujis enjoy each other's company and have a sense of community?
5. Do they want to return their homes or do they consider the Ashram their permanent residence?
6. Does the management provides activities or resources for their mental peace or entertainment?
7. Last but not least, what kind of changes are needed for the betterment of Apna Ghar Ashram?

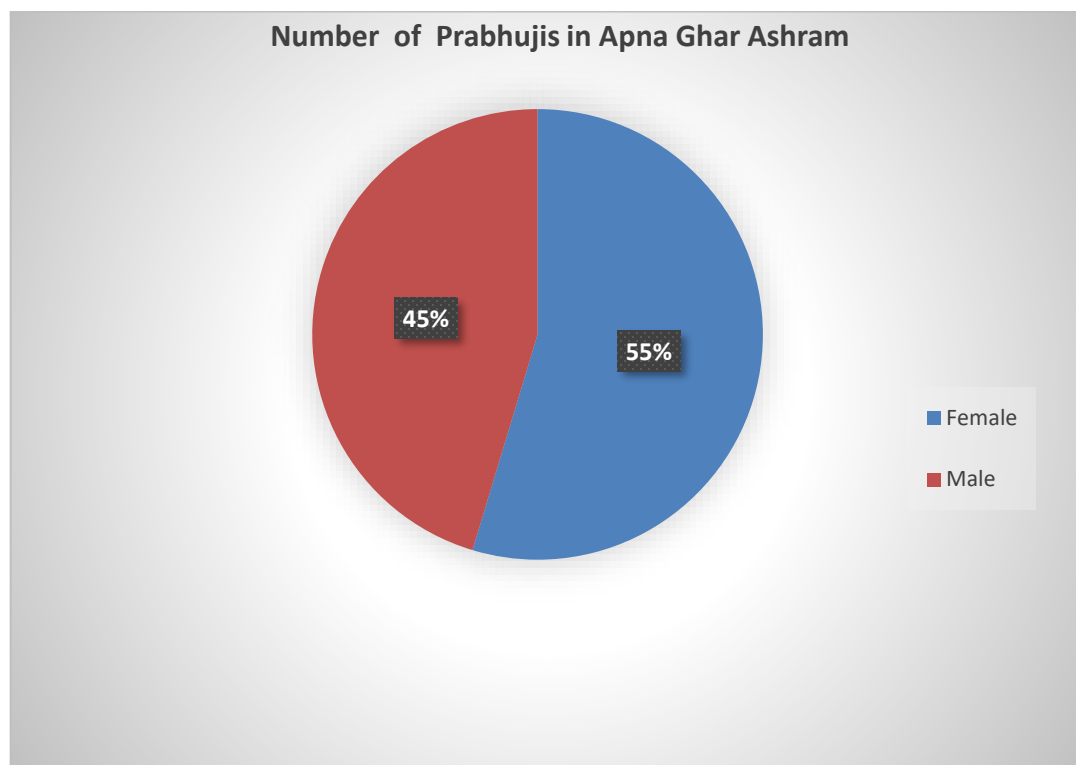
Research Methodology

Here, the study is based mainly on qualitative research methodology, and in some cases, quantitative methods. Among the two types of sampling, probability sampling was adopted for the selection of data. The sample survey was carried out using simple random probability sampling for data collection. The management claim that there are a total of 150 prabhujis in Apna Ghar Ashram. Among them, there are 68 males and 82 females. The prabhujis suffer from various conditions, including mental illness, intellectual disabilities, visual loss, deafness, fractures, epilepsy, old age, etc. we have collected various information from the prabhujis who were able to participate through questionnaires. For the purpose of the study, workers and administrative members were also interviewed to collect relevant information.



Area of Research

Apna Ghar Ashram is situated in many cities, with the first establishment in Bharatpur, Rajasthan. This organization is located in the 'Shree Sitaram Shah Bhawan' Garikhana, Purulia, West Bengal. They claim that there are 150 prabhujis in the ashram and they are approximately rehabilitating 200 prabhujis to their homes.



Details and number of people admitted in the ashram

Sl. No	Name and description of the disease	Number
1	Mentally disturbed	103
2	Slow- witted	03
3	Blind	04
4	Paralysis and Polio	06
5	Deaf and Dumb	02
6	Injured	05
7	Bone fracture	02
8	Epilepsy	07
9	Old man	09
10	Other patients	03
11	Abasi recovered	04
	Male Prabhuji	68
	Female Prabhuji	82
	Grand total	150



Data Collection and Analysis

Assessment of the Daily Lifestyle of the Residents of Apna Ghar Ashram

Apna Ghar Ashram was established for the abandoned, destitute, and sick people. It has created a great impact on those prabhuji. Without any government help, with the support of the public, this organization become self-sufficient. Though the prabhuji suffer from severe diseases, with the help of the members, they live a normal live and become one family. The name of the organization is Apna Ghar Ashram, which suggests ‘Own Home’, and in reality it has become their own home. They claim that Apna Ghar Ashram has become commercial to domestic institution by the district magistrate. Here, I selected some parameters to analyze their lifestyle in Apna Ghar Ashram. These are-

- Daily Routine
- Daily Food
- Medical Treatment
- Refreshment and Enjoyment
- One Another’s Helping Hand
- Religious Rituals and Beliefs



Daily Routine

The prabhujis rise early in the morning at 5.30-6.00 am. approximately, some prabhujis freshen themselves and those who are not able to do it by themselves are helped by the workers and other prabhujis. They have their breakfast at 10.30 am, then take a bath. They eat their lunch at approximately 12.30 pm. After some hours they eat a fruit. At 7 pm, they have dinner. After that they sleep, and the day ends. The next morning begins another day.

In this survey, a negative aspect seen. Although they spend whole the day and do many things, the administrative members do not arrange books, copies and pens for their education. Because along with the food, shelter and medical treatment education also a basic need for many. Upon interrogating the prabhujis, it was found that those who are well-educated or retired from jobs wanted books for reading.

So, if the management provides books and manages their education by appointing a tutor, then its very helpful and good for them.



Daily Food

Apna Ghar Ashram provides nutritious food to the prabhujis according to their individual needs, taking special care for those with diabetes. The administrative members claim that, as the prabhujis are not physically fit, receive different food everyday, but it is always vegetarian. The daily food arrangements are not pre-scheduled, but rather rely on funds given by different individuals or families by chance or luck.

Despite the nutritious and vegetarian meals, some prabhujis complain about not being served non-vegetarian food.



Medical Treatment

As the residents are suffering from many diseases, in addition to providing the nutritious food, they also need proper medical treatment. The management claim that two paramedical staff and one doctor have been appointed for them. The two paramedical doctors visit twice a day, in the morning and at night, for daily check-ups and to administer medicine as the residents are not able to take it themselves. Additionally, a doctor from the local clinic visits every Saturday for check-ups. If anyone needs surgery or any extra treatment beyond medicine, they are sent to the hospital.

However since most of the residents are suffering from various problems, it would be better if the management appoints one or two nurses or paramedical staff to be available 24 hours a day, both at night and during the day.



Refreshment and Enjoyment

After waking up in the morning, they freshen up and then go to the garden. There, they play with each other using various playthings. Some swings are also arranged for their leisure time. To address their mental and physical well-being, a yoga master has been appointed. They engage in activities, converse, and spend time with each other. For the prabhujis enjoyment, there are also two TVs, one for the male prabhujis and another for the female prabhujis.

Many festivals occur in the ashram with the ashramic members. They claim that, with the workers care, they visited many pandels during Durga Puja with the prabhujis. Although they arrange many things for the prabhujis refreshment and enjoyment, it all happens within the four walls. Additionally, the female prabhujis are confined. Therefore, it would be better if they arrange one or two outings a week for them. So they feel better.



One Another's Helping Hand

The prabhujis live with each other like a family. Some do their own work, while others who are not able to, are helped by the other prabhujis. The prabhujis take an active part in other activities. From the administrative members, we find the information about it. They said that by doing the work, their body and mind are both engaged throughout the day. so, they are feeling well. The prabhujis helped the workers by washing the clothes in a washing machine, cleaning, cooking, gardening, etc.

Though they claim that all the prabhujis live together happily, after interrogating some prabhujis, we find that they sometimes fight with each other and one of the prabhujis beats others. So, the management has to be more careful about it.



Religious Rituals and Beliefs

In the Apna Ghar Ashram, they are celebrating many religious rituals. For example, when the prabhuji meet anyone, they chant loudly, folding their hands and saying 'Radhe Radhe'. In the kitchen, there is a small temple of. So before serving the food to the prabhujis, it is offered to the god. Also, at the time of their eating, they play chants in God's honour using a music player.

From the administrative members, we find information that they do not beg for money from anyone. Their belief is that, as they are serving for God, so God arrange everything what they want. So, they write down everything in the chart and hanging in the wall.

As there most of the prabhujis are Hindu so, they celebrate only the Hindu festivals. They don't think about four-five another peoples religion. People love one's religion very much. So, it is better if they celebrated Muslim religion festival as well.



Conclusions

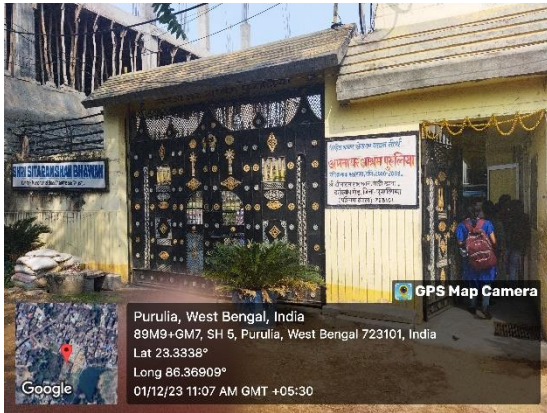
According to the survey the Apna Ghar Ashram has great impact on the suffered and abandoned people as well as in the society. People who are suffered very much depend on that organization. And they nurture them very carefully like home. So, the importance of Apna Ghar Ashram is undeniable. And the atmosphere is no doubt a heavenly landscape in my life.

From the administrative members we know that, below 18th people, pregnant women not allowed in Apna Ghar Ashram, Purulia. And also they take only the poor abandon people, not only the abandon people. If it happened that the person is rich but abandon, they don't rescue them, exception was there but not rule means if one happened them admitted but not more. So it would be better for the organization, if they reconsidered these rules. So everyone access this opportunity.

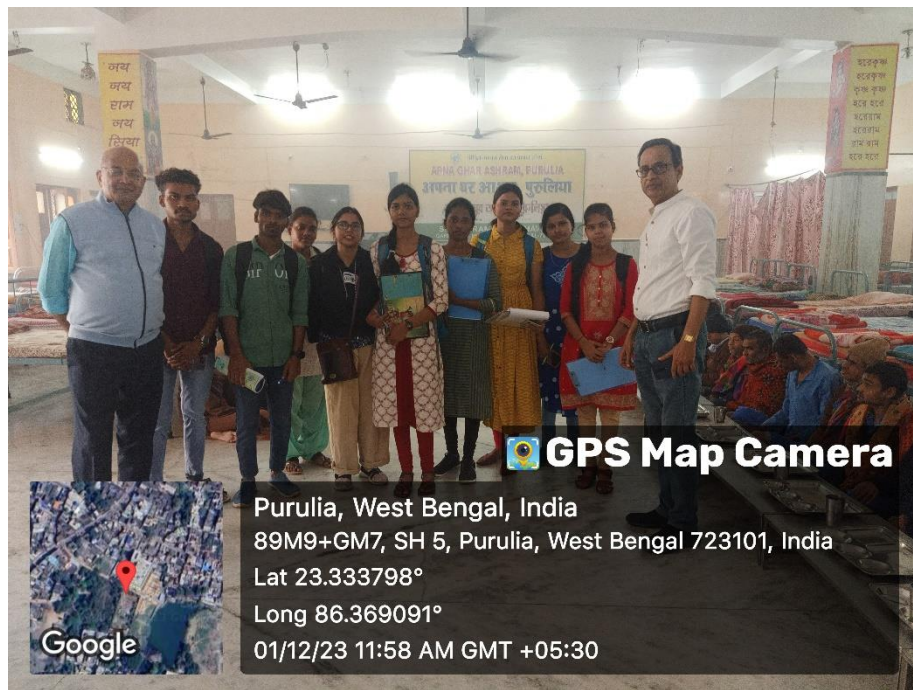
While there are some modifications needed, the Ashram has a lot of positive aspects as well. Because they selflessly taking care of so many Prabhuji by providing them with Food, shelter as well as medical treatment. Last but not the least this organization has Opened up its doors to all those individuals who wish to offer something back to society, In the form of selfless service.



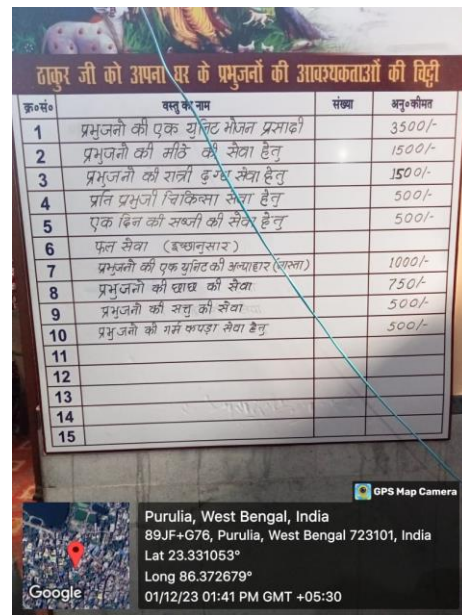
Photo Gallery



Agarwal



Agarwal



Handwritten signature in green ink.



M. Pandey