

मानव सेवा ही ईशवर भक्ती है ।

Saraswati Devi Mundra Charitable Trust (Regd.)

APNA GHAR

(Home For Old Age People)

FOUNDED BY : LATE SH. L.R. MUNDRA



PUBLISHED BY :

Board of Trustees

Saraswati Devi Mundra Charitable Trust (Regd.)

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Rupnagar - 140001 (Pb.)

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prescribed application which can be had free of cost from office. After proper scrutiny of the application, the applicant is admitted to APNA GHAR. He is explained about the Do's and Don'ts and daily routine of APNA GHAR and then advised to relax and be at home.

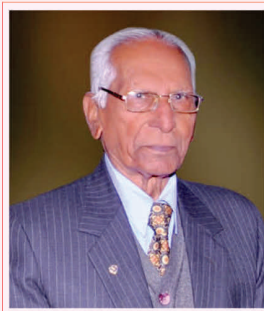
We request you, kindly make it convenient to visit **APNA GHAR** an old age home and contribute your share. It is a noble cause, Don't forget, one day you may also need it.

OUR BANK FOR SENDING ASSISTANCE MONEY

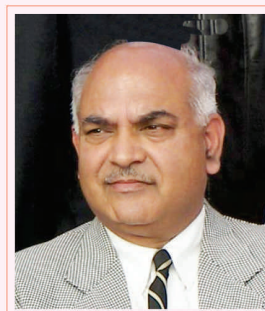
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Glimpses of **APNA GHAR**



Sh. L.R. Mundra
A.C.P. (Retd.) Delhi
Founder
(1st Oct. 1921 - 5th June 2017)



Dr. R.S. Parmar
Patron

Board of Trustees



Sh. Rajinder Saini
President



S. Balbir Singh
Gen. Secretary



Dr. Ajmer Singh
Sr. Vice President



Adv. Ravinder Mundra
Legal Advisor



Sh. Darshan Jain
Vice President



S. Amarjit Singh
Joint Secretary



Sh. Vinod Jain
Organising Secretary



Smt. Balwinder Kaur
Exe. Member



Sh. M.C. Sharma
Exe. Member



S. J.S. Bhatia
Auditor



Sh. Sandeep Singh
Exe. Member



S. Kulbir Singh Bhogal
Manager



Smt. Saraswati Devi Mundra



Board of Founder Trustees

Introduction

The breakdown of joint family system in India has very adversely affected the lives of elderly persons. According to study, 78% of elderly persons living in depression are either alone, neglected, misbehaved or deserted by their family members. As the life span is increasing, the population of India above 60 years of age is expected to go up from 77 million in 2001 to 177 million in 2025. The life expectancy in India is going up. With population explosion in India the problems of elderly persons are going from bad to worse.

In this computer age, the stress and strain of fast life, leaves very little time for the present generation to pay proper attention to their elders. The elders who have invested all their life earnings for their children with sweet dreams of tomorrow, feel cheated, humiliated, neglected and insulted. Thus the vacuum among the old and new generation leads to misunderstanding and they feel suffocated and suffer in silence.

Moved by the deplorable conditions of old and helpless persons, Sh. L.R.Mundra (Asstt. Com. Police Delhi (Retd.) decided to establish an old age home, APNA-GHAR in memory of his wife, Smt. Saraswati Devi Mundra, a pious and God fearing lady. He donated his sprawling house spread over 1500 sq. yards with a sum of Rs. 5 Lakhs to welcome such needy persons whom their dear and near ones have left them to suffer in the evening of their lives. **APNA GHAR** a sweet home for homeless, welcomes them to live gracefully with respect and dignity without any obligation to anybody.

At present, **APNA GHAR** comprises of three double bedded rooms provided with all facilities, with 2 modern English style bath cum toilets. There is big well furnished 55' x 17' hall for get-together. The inmates are provided with English, Hindi and Punjabi dailies. There is a big coloured T.V., Indoor games and lot of reading material for entertainment to pass their time. The inmates are nicely looked after. They are served with morning tea, breakfast, lunch, afternoon tea, dinner and cup of milk. There is a full time attendant to look after them. The management has good lison with local doctors to meet the requirements of inmates.

As the life style in this computer age is fast changing, the stigma of living in "Viradh Ashram" is vanishing. The perception of life among the senior

citizens is undergoing tremendous change. They have started living independently in comfortable protection houses i.e. old age homes run under various names such as Sahara, paid guest house, Ashiana, Pay & Stay etc. etc. The demand for old age homes is greatly increasing due to lack of social security system in the country. **APNA GHAR** is the only institution for respectable living for elderly people in this area where such helpless senior citizens are welcome with open arms.

Keeping these circumstances in view, the



Board of Trustees had constructed a new block of 3 rooms with attached bath cum toilets, equipped with modern amenities for couples / singles. There is a scheme of BOT (Built, Operate and Transfer) to Trust. There is also scheme of "Pay & Stay" for senior Citizens. The Board of Trustees has decided to make **APNA GHAR** really a respectable sweet-home away from home to live comfortably with dignity. The response of the people is very encouraging.

The rules and regulations to join APNA GHAR family are very simple. You have to apply on a