



# Annual Report 2025

Not-for-Profit Organization

Registered under Kiddies Foundation Regd. 2009

“ *Creating a safe and better life for seniors every day.* ”

“  
Aangan strives to transform from a caring home into a self-sustaining sanctuary of love, respect, and joy, where every elderly individual lives with dignity, comfort, and belonging — today, tomorrow, and always.  
”

OUR VISION FOR  
TOMORROW

# Aangan Elderly Home – A Haven for Seniors

They say a house is built with bricks and cement, but a home is built with love, care, and belonging. That's exactly what Aangan Elderly Home stands for – a home where every corner speaks of compassion, dignity, and togetherness.

Aangan, a heartfelt initiative under the wings of the Kiddies Foundation, took its first steps in February 2021 with just 2 elderly residents. Today, it has blossomed into a beautiful family of 56 senior citizens who live, laugh, and grow together, sharing not just space, but emotions and life.

## A Unit of Kiddies Foundation – Caring for the Heart of Our Society

Kiddies Foundation is a dedicated non-governmental organization (NGO) working passionately in the sectors of education, healthcare, and senior citizen welfare. "Aangan" is one of its most cherished ventures – a living example of how elderly care should not only meet physical needs, but also nourish the heart and soul.





Aangan Elderly Home is a treasure chest of happiness.

The word 'Aangan' itself holds deep meaning. It reflects a warm space — where people gather, share meals, stories, smiles, and a sense of belonging. And today, our residents proudly say: "Our Aangan is a treasure chest of happiness."

Over the past four years, Aangan has witnessed many ups and downs — just like a building that goes through stages of breaking, rebuilding, and finally standing strong. Similarly, Aangan has carved a unique identity, built with patience, love, and relentless effort.

Today, Aangan is not just an old age home — it is a home filled with care, a space where grandparents find joy and companionship, and a place that reflects the true essence of life and its simple beauties.

It stands as a symbol — not just of service, but of respect, warmth, and a meaningful life for those who once cared for us.

# Board of Directors

## **Mr. Ajay Pal Singh**

*Chairman*

Mr. Ajay Pal Singh provides strategic leadership and governance to Aangan with a strong commitment to social welfare and community development. His vision, guidance, and ethical approach have been instrumental in strengthening the organization's mission to serve the elderly with dignity, care, and compassion. Under his chairmanship, Aangan continues to grow as a responsible and impact-driven institution.

## **Dr. Manisha Singh**

*Founder & COO*

Dr. Manisha Singh is the Founder and Chief Operating Officer of Aangan, a visionary social entrepreneur with over 25 years of experience in education, community development, and social welfare. She founded Aangan Elderly Home with the objective of providing dignified care, security, and emotional support to senior citizens. Her compassionate leadership, strategic vision, and hands-on involvement ensure effective program implementation and sustainable impact. Dr. Singh's lifelong commitment to humanity continues to guide Aangan in serving the elderly with respect, care, and dignity.

## **Dr. Neeraj Tandan**

*Executive Board Member*

Dr. Neeraj Tandon, a distinguished Bio Technologist, embarked on his career in the research sector. His exemplary work earned him the prestigious YOUNG SCIENTIST award in 2009 for his research contributions.

# Our Trusted Partners

 <p>MEDICO ELECTRODES</p>	 <p>EMERSON™</p>	 <p>Infinity labs</p>
 <p>CorroHealth</p>	 <p>BERTELSMANN</p>	 <p>Home Exceed expectations</p>
 <p>YATHARTH SUPER SPECIALITY HOSPITALS GET BETTER</p>	 <p>MONEY TREE Realty GROW YOUR MONEY</p>	
 <p>BILLION HEARTS BEATING</p>	 <p>POLESTAR ANALYTICS</p>	 <p>ClearMedi Healthcare Everyone, Everywhere, Equally</p>

# Founder's Message

From the very beginning in 2009, my journey has never just been about work – it's been about people. It's about the joy of seeing someone smile, the peace of knowing you've made a difference, and the fulfilment that comes when your dream begins to take shape in front of your eyes.

Aangan and Kiddies Foundation have never been just organizations to me. They are part of my soul – a blessing, a purpose, and above all, a family. Every child, every elderly resident, every team member – they are the reason I wake up each day with new energy, new hope.

When I started this path, it was just a dream – one that many thought was too ambitious. But today, seeing Aangan grow, seeing it bloom like a real Aangan (courtyard) full of life, warmth, and care, I feel emotional. This isn't just success; it's a living, breathing proof that love, patience, and belief can build miracles.

I am endlessly proud of my team – the silent warriors who work day and night with dedication, love, and so much heart. And to all the residents who have trusted us with their care – you are the soul of this home.

Aangan is no longer just a dream. It's my reality. It's our shared home of dignity, happiness, and love.



**Dr. Manisha Singh**

Founder – Kiddies Foundation &  
Aangan Elderly Home

# Hon'ble Chairman



Mr. Ajay Pal Singh, the Chairman of the foundation since 2009, is a visionary leader whose guidance has laid the foundation for consistent growth and purposeful impact. His steadfast commitment, strategic thinking, and deep-rooted values have been instrumental in shaping the direction and achievements of our organization.

Year in Review , as an annual publication, reflects not only our activities and accomplishments but also the spirit and passion of the people who make it all possible. Under Mr. Ajay Pal Singh's leadership, this platform has grown into a meaningful medium to celebrate progress, highlight initiatives, and document the milestones of our collective journey.

His belief in empowering individuals, fostering a culture of service, and maintaining transparency has inspired the entire team to strive for excellence. As we continue to work towards our goals, Aangan Smarika remains a testament to the dedication and unity of our foundation.

With his forward-looking approach and unwavering integrity, Mr. Singh continues to lead the organization towards greater heights—encouraging all of us to stay rooted in our mission while embracing new opportunities.

**Mr. Ajay Pal Singh**

Chairman – Kiddies Foundation



# Year in Review

## A Glimpse into Aangan's Present & Purpose

The journey of Aangan Elderly Home over the past four years has been nothing short of a rollercoaster — filled with challenges, growth, learning, and most importantly, compassion. What began as a humble initiative with just five residents has today evolved into a vibrant and nurturing home for over 56 elderly individuals, supported by a dedicated team of 21 staff members.

At Aangan, we believe that aging should be met with dignity, care, and community. Our residents are provided with comfortable living accommodations, regular counselling support, professional physiotherapy services, and a warm, family-like environment. Behind this, stands a committed team whose collective efforts ensure that each individual receives the respect and attention they truly deserve.

We are proud to share that some of India's esteemed companies have extended their CSR support to Aangan, allowing us to enhance the quality of care and services we provide. This collaboration has empowered us to meet the evolving needs of our residents with greater efficiency and empathy.

Over time, we have also bid farewell to some of our cherished seniors who spent meaningful moments with us — their memories remain an integral part of Aangan's soul.

Today, Aangan stands not just as an elderly home, but as a symbol of positive aging and social responsibility. Our vision for the future remains rooted in service — to continue building a community where elderly individuals live with comfort, joy, and purpose.



We extend our heartfelt gratitude to all our supporters, staff, and well-wishers who have been a part of this transformative journey. Together, let us keep making a difference – one life at a time.

# Impact in Numbers

## Residents & Care

**250+**

Elderly Residents received round-the-clock care

**365**

Days of medical, emotional, and personal support

**96%**

Resident Satisfaction Rate (based on internal feedback)

## Health & Wellness

**290+**

Physiotherapy & Counselling Sessions

**420+**

Doctor Consultations & Follow-ups

**1,200+**

Daily Vitals & Health Monitoring Checks

**100%**

Residents on personalized medication plans

## Mental & Emotional Well-being

**80+**

Counselling Sessions

**120+**

Recreational & Therapeutic Activities

**60+**

Festive Celebrations & Birthday Events

## Nutrition & Daily Living

**15,000+**

Fresh Meals Served across the year

**100%**

Nutrition-focused meal plans customized for resident



# Annual Highlights & Achievements

Aangan Elderly Home – A Year of Growth, Care & Meaningful Impact



## Strengthened Resident Care & Well-Being

This year, Aangan enhanced its daily care practices, medical monitoring, and physiotherapy support to ensure residents receive consistent, compassionate, and personalized attention.



## New Healthcare Partnerships Formed

Collaborations with Clear Medi Prima Healthcare and JR Hospital expanded access to quality medical support, specialist consultations, and emergency services.



## Elderly Participation in a Fashion Show

Our residents confidently participated in a fashion event—celebrating joy, dignity, and self-expression. It was one of the most heartwarming achievements of the year.

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## Radio Akashvani Features & Changemaker YouTube Videos

Aangan's awareness initiatives were featured on Radio Akashvani, while inspiring stories and activities were highlighted through several Changemaker YouTube videos, spreading positivity and raising awareness about elderly care.

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## Knowledge, Safety & Wellness Initiatives

- Digital Scam Awareness Workshop
- Elderly Rights & Responsibilities Lecture
- Health, Diet & Active Mind Sessions
- Strengthened Mental Wellness Programs
- Expanded Accommodation Capacity



## Increased Volunteer & Corporate Engagement

This year witnessed a rise in volunteer visits and CSR partnerships, bringing companionship, creative activities, and intergenerational connections to the Aangan community.

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## Celebrated Over 60 Festivals & Special Events

From birthdays to cultural festivals, each celebration was filled with joy and togetherness—creating cherished memories and strengthening emotional bonds within the Aangan family.

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## Religious Trip to Khatu Shyam Dham (Rajasthan)

A special spiritual journey was organized for 30 elderly residents, offering them joy, blessings, and a memorable community experience.

# Activities & Programmes Overview

## Health & Wellness

### Weekly Sugar, BP & Weight Monitoring

Regular tracking of vitals ensures early detection and proactive management of health conditions.

### Monthly Comprehensive Health Check-up Camps

Specialized medical camps were organized every month for detailed assessments and preventive care.

### Physiotherapy Sessions (Monday–Friday, Two Shifts Daily)

Residents received structured physiotherapy for mobility improvement, pain management, and overall fitness.

### Yoga & Meditation Sessions (Monday–Friday)

Daily mind–body wellness activities helped improve flexibility, balance, calmness, and mental clarity.

### Sunday Counselling & Mental Well-being Programs

Weekly counselling, guided conversations, and emotional wellness sessions supported psychological health and happiness.

### Comprehensive Medical Monitoring for All Residents

Continuous supervision, medication management, and doctor follow-ups ensured round-the-clock medical safety.

# Health Checkup Campus



# Counselling & Mental Well Being



# Physio Sessions



# Activities & Programmes Overview

## Cultural Programmes

### Daily Bhajan Sandhya

Daily Bhajan Sandhya brings peace and spiritual positivity every evening.

### Ram Naam & Amrit Vani Path

Monthly Ram Naam Path & Amrit Vani Path (2nd Saturday) maintain a devotional and serene environment.

### Poetry & Expression Sessions

Poetry & Expression Sessions encourage creativity, storytelling, and joyful interaction.

### Cultural Performances

Cultural Performances by college students add vibrancy and beautiful intergenerational bonding.

### Festivals & Celebrations

Festivals & special celebrations—birthdays, Father's Day, Mother's Day, and major cultural festivals—are celebrated with enthusiasm and togetherness.

### National & International Days

National & International Days such as Independence Day, Republic Day, Yoga Day, and Elders Day are observed with respect and community participation.

# Festival & Celebration



# Father's Day 2025



# Activities & Programmes Overview

## Educational Activities

### Awareness & Knowledge Sessions

Knowledge-Based Sessions on Digital Scam Awareness, Elderly Rights, Healthy Diet, Active Living, and other safety and learning topics.

### Skill Development Activities

Skill-Building Activities promoting practical awareness and confidence in daily life.

### University Collaborations

University Engagements: Students from Amity, Sharda, Galgotias, Bennett, Delhi University, and departments of Psychology, Sociology & Mass Communication completed research work, projects, surveys, internships, and group discussions with our residents.

### Student Internships

10 students have completed internships with Aangan.

### School Visits & Interaction

School Visits from prestigious Noida schools including Genesis Global School, Step by Step School, Metro School, Sapphire / The Shriram Millennium School creating warm intergenerational bonds.

### Community & School Invitations

Invitations to school events where seniors were welcomed, honoured, and entertained—building a meaningful bridge of respect and togetherness.

# Lecture & Workshop



## Games & Group Session



## Religious Trip



## Corporate Events



## Indoor Activities



## Outdoor Activities



# In Loving Memory

Aangan Elderly Home honors the lives of our beloved residents who have passed from this world. Though they are no longer with us physically, their wisdom, warmth, and blessings remain in our hearts and guide our mission every day. We remember them with deep gratitude—they are gone, but never forgotten, their spirits forever part of our family.



BABA SINGH JI



CHHAYA RANI



MADHUR SAXENA



RAMESH GULATI



DINESH VERMA



NK PANT



UMESH NIRMAL



BHARAT BHUSHAN  
SOORI



## MEDICO ELECTRODES INTERNATIONAL LTD.

CIN: U33110DL2011PLC021311



Date: 12.08.2025

To  
**Mrs. Manisha Singh**  
Founder  
**Aangan Elderly Home**  
C200/203, Sector 105  
Noida-201305

Subject: **Appreciation for Your Remarkable Work to provide Shelter, Care and Better Life to Elderly People**

Respected Madam,

On behalf of **Medico Electrodes International Limited**, I would like to extend our heartfelt appreciation for the outstanding work your organization "**Aangan Elderly Home**" is doing in the field of providing Shelter, Care and Better Life to elderly people.

Your unwavering commitment to providing a safe, dignified, and compassionate environment for our senior citizens is truly commendable. In a time when many elderly individuals face neglect and isolation, your efforts to offer them a sense of belonging, care, and comfort stand out as a beacon of hope.

We have been deeply moved by the dedication of your team, the well-structured programs you offer, and the warmth with which you treat each resident. The holistic approach you take ensuring not only physical wellbeing but also emotional and mental support reflects the depth of your mission and values.

Thank you for making such a significant difference in the lives of so many. Your work is not just appreciated, it is deeply respected and admired. Please accept our sincere gratitude and best wishes for your continued success.

With warm regards,

Sincerely,



**(Arunima Mehra)**  
**Director-HR**  
**Medico Electrodes International Limited**

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142A/11 & 12,  
Noida Special Economic Zone,  
Noida 201305, U.P., India

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E-mail: [Sales@MedicoElectrodes.com](mailto:Sales@MedicoElectrodes.com)  
Web: [www.medicoelectrodes.com](http://www.medicoelectrodes.com)

Regd. Office:  
Unit No. 325, 3rd Floor,  
DLF Tower B, Jasola,  
New Delhi - 110025, India.



## JR HOSPITAL

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www.jrhospital.in



H-2023-1218

NH-07, B-BLOCK, BETA 1, GREATER NOIDA, GAUTAM BUDDH NAGAR (U.P.) Ph.:- 0120 4119333, Email: info@jrhospital.in

To

Date: 10/12/2025

The Management & Staff  
Dr Manisha Singh  
Founder, Aangan Elderly Home  
C-200, Sector-105, Noida, Uttar Pradesh.

Subject: Appreciation for Your Exceptional Care and Support.

Dear Sir/Madam,

On behalf of JR Hospital, we extend our heartfelt appreciation to Aangan Elderly Home for the outstanding care, compassion, and dignity you provide to all your residents.

Our hospital team has had the privilege of working closely with your staff during several medical visits, referrals, and health-care coordination efforts. We have consistently observed the deep respect, patience, and dedication with which your team supports the elderly. Your prompt cooperation during medical evaluations, emergency situations, and follow-up treatments has greatly contributed to ensuring the well-being of your residents.

We sincerely acknowledge:

- The warmth and respect you show to every senior resident.
- Your well-organized coordination with our medical staff.
- The proactive efforts taken to maintain cleanliness, safety, and emotional comfort.
- The trust and openness with which you collaborate with our team for better health outcomes.

Your service stands as a beautiful example of humanity in action. The work you do every day makes a real difference in the lives of those who need it most, and we are grateful for your continued partnership with us.

Please accept our appreciation and admiration for your tireless efforts.

We look forward to continuing this meaningful association and supporting each other in the noble mission of caring for the elderly.

Warm regards,

Reg. No.  
0914100026  
Dr. Saba Khan  
Admin. Head  
JR Hospital



JR/LH/ROM/V1



Date – 08/08/2025

## Letter of Thanks

Greetings from Jakson Welfare Trust,

It is a matter of great pride and happiness for us to be associated with Aangan Elderly Home Unit, C-203, Sector-105, Noida for the past two years.

At Jakson Welfare Trust, we firmly believe that every elderly individual deserves love, respect, dignity, and compassionate care. Our association with Aangan reflects our shared commitment to creating a world where our seniors feel valued, supported, and truly at home.

We sincerely appreciate the unwavering dedication of the Aangan team in providing a safe, nurturing, and loving environment for the elderly. It has been our privilege to walk alongside you in this journey — supporting not just an initiative, but a family.

Together, we look forward to continuing our efforts to bring joy, comfort, and care to those who have given us so much in their lifetime.

Thanks & Regards,

Kumar Avishek  
Senior Manager  
CSR – Jakson Group

For Jakson Welfare Trust

*Kumar Avishek*  
Authorised Signatory

## Jakson Welfare Trust

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New Delhi - 110076

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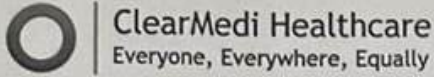
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Toll Free No. : 18001032600



07<sup>th</sup> August 2025

**Greetings of the Day,**

It brings me immense pleasure to tell you that our association with one of the renowned old age home, **Aangan**, led by **Ms Manisha Singh**, has been a splendid one. We have provided the utmost care to all old age members of the organisation with compassion and love. Organising camps in their locality has made us more aware of the day-to-day health problems that they face, which we have taken up with priority to be available for any emergency needs if required. Every patient deserves quality care and medical attention, and we have made sure that no member of this organisation goes unattended as and when required. Looking forward to providing more healthcare facilities in the upcoming days to this organisation.

**Thank you**

**Primacare ClearMedi Multispeciality Hospital**

**Sec-104, Noida**

**Primacare ClearMedi Multispeciality Hospital**

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📍 Block A, Sector-104, Noida UP-201304

🌐 [www.clearmedi.in](http://www.clearmedi.in) ✉ [support@clearmedi.com](mailto:support@clearmedi.com)



To:

09<sup>th</sup> December 2024

Dr Manisha Singh  
Founder, Aangan Elderly Home  
C-200, Sector-105, Noida, Uttar Pradesh

**Subject: Heartfelt Appreciation for Your Remarkable Work with Senior Citizens**

Dear Dr Manisha Singh,

On behalf of Infinity Labs Ltd., we would like to express our deepest appreciation for the wonderful and impactful work that you and your team are doing at Aangan Elderly Home. Your dedication to providing shelter, care, and a better life to senior citizens is truly admirable.

The efforts you are making to offer a safe and nurturing environment to elderly individuals not only impact their lives positively but also inspire others to contribute to making society a more compassionate place for everyone. Your commitment to the well-being and dignity of senior citizens is truly a remarkable endeavour.

Infinity Labs Ltd. is proud to support Aangan Elderly Home in its mission. Your hard work, compassion, and unwavering support for the elderly are shaping a brighter and more inclusive future for our communities. We are honoured to be part of this journey with you, and we will continue to stand by you as you expand your efforts to bring positive change.

We look forward to seeing even more success in your mission and hope that our continued collaboration will bring many more moments of joy and fulfilment to the lives of those you serve.

Once again, we thank you for your extraordinary contributions and wish you all the best in your ongoing endeavours.

**For Infinity Labs Limited**



**AMIT MATHUR**  
General Manager - HR & RMG

## Infinity Labs Limited

CIN No U72900PN2019PLC185779

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## Greetings from Billion Hearts Beating Foundation

It gives us immense pride and joy to be associated with Aangan Elderly Home Unit, C-200, Sector-105, Noida for the past two years.

At Billion Hearts Beating Foundation, we believe that every elderly person deserves love, dignity, and care. Our partnership with Aangan is a step towards building a compassionate world where our seniors feel seen, valued, and supported.

We deeply appreciate the tireless efforts of the Aangan team in creating a nurturing home for the elderly. It has been an honour to walk this journey with you – supporting not just a cause, but a community.

Together, we will continue to bring smiles, comfort, and care to those who once gave us everything.

With warmth and regards,  
**Billion Hearts Beating Foundation**



Dear Team Aangan,

**Warm greetings from Polestar Analytics!**

It has been our privilege to collaborate with Aangan Elderly Home this year. The experience has been truly meaningful for all of us, and we deeply value the opportunity to contribute to the well-being of the elderly residents. Your team's dedication, compassion, and commitment to creating a safe, dignified, and engaging environment for senior citizens is truly inspiring.

Our visits and interactions with the residents gave us a heartfelt glimpse into the positive impact your efforts create every day. We sincerely appreciate how your team provides not just physical comfort but also emotional care, making Aangan feel less like an institution and more like a warm, loving home.

We especially cherish our visit on World Senior Citizens Day, where our team spent quality time with the elderly, engaging in conversations, participating in small activities, and simply being present with them. These moments helped us build genuine connections and understand the emotional support they value so deeply.

The tree plantation drive was equally fulfilling and symbolized growth, care, and hope – values that align beautifully with our shared purpose.

At Polestar Analytics, we strongly believe in supporting initiatives that bring real, lasting change to society. This collaboration has encouraged us to further strengthen our social responsibility efforts. We look forward to continuing our association with your organization – whether through volunteer engagement, resource support, or long-term initiatives that enrich the lives of the elderly.

Our vision for this partnership is simple yet impactful: to work together in creating a more compassionate world for our senior citizens, ensuring they feel valued, respected, and cared for. Thank you for giving us the opportunity to be part of this noble cause. We are pleased to share these thoughts for this year's Smarika.

Warm regards,  
**Amandeep Kaur (Amy)**  
**Polestar Analytics**



## **Aangan – A Home That Touched My Heart**

The past two years of my association with Aangan Elderly Home have been nothing short of a soulful journey—one that has gently touched my heart and deepened my understanding of care, love, and human connection. As the Director of Saakar Tathastu Foundation, I work across various social causes, but the time I spend with the residents of Aangan remains one of the most cherished parts of my work.

Every visit to Aangan feels like coming home. The moment I step inside, I am greeted with the warmest smiles—smiles that are genuine, affectionate, and filled with silent stories of a lifetime. These moments stay with me long after I leave. The beautiful conversations, the laughter, the gentle sharing of memories, and sometimes even the quiet moments of just sitting together—all of it adds meaning to my life and to the cause we all serve.

While the residents at Aangan are being cared for in the most thoughtful and respectful manner—with attention to their food preferences, personal needs, and overall well-being—I believe emotional connection is what completes the circle of care. I feel incredibly grateful that I have been able to offer even a small measure of that emotional support, be it through a warm hug, a listening ear, or by fulfilling a few simple wishes that light up their eyes.

Aangan is more than an institution—it is a beautifully run family. The environment here is dignified and loving, and the team behind it deserves heartfelt applause for creating such a nurturing space. I am thankful to them for welcoming me with open arms and for believing in the mission of Saakar Tathastu Foundation.

I now proudly call myself a part of the Aangan family. And as we move forward together, I carry with me not just the responsibility but also the joy of continuing to walk this path of compassion and togetherness. My hope for the future is that more people recognize the value of elder care—not just as a social duty, but as a deeply human experience.

Because at the end of the day, all it takes to bring light into someone's life is time, empathy, and a heart that cares.

With love and gratitude,

**Tanushree Bose**

**Founder & Director**

**Saakar Tathastu Foundation**

## From a Doctor's Desk: Caring Beyond Cure

As a doctor, one of my strongest learnings over the years has been this: healing does not always come from medicines alone, especially when it comes to the elderly. Mental and emotional well-being are just as vital as physical health. Many older adults live with loneliness, loss, and a quiet fear of becoming invisible. When these emotional needs go unaddressed, illnesses worsen, and recovery slows. Listening, reassuring, and simply being present often become the most powerful forms of care.

From organisations working in the social welfare sector, I hope for an approach that looks beyond numbers and diagnoses. Systems and programs must be rooted in dignity, continuity of care, and emotional sensitivity. Elder care should not feel like management—it should feel like belonging. Collaboration between medical professionals, caregivers, and community workers can truly transform outcomes when compassion is made a priority, not an afterthought.

My vision for society is one where mental health is spoken about as openly as physical health, where empathy is taught early, and where ageing is met with respect rather than neglect. A mentally healthy society is not built only in hospitals or institutions—it begins in homes, workplaces, and communities that choose understanding over impatience. As doctors, and as humans, our greatest responsibility is to remind the world that caring is not just a profession—it is a shared duty.

**Dr Ashima Ranjan**  
**MBBS, DPM (Psychiatrist, Neuropsychiatrist)**

## Our Enriching Experience at Aangan Elderly Home

As students pursuing our Master's and Bachelor's in Applied Psychology at Gautam Buddha University, we, Priyanshu Ojha, Shayan Shahab, Ananya Goel, and Eliza Ahad, had the privilege of interning at Aangan Elderly Home in Noida. This experience has been nothing short of transformative.

Throughout our internship, we engaged deeply with the residents, connecting with them on an emotional level and participating in a variety of activities that brought joy and comfort to the elderly. The warm and nurturing environment at Aangan taught us invaluable lessons in empathy, patience, and the importance of community.

We are immensely grateful to Aangan Elderly Home for providing us with this enriching opportunity. It has not only broadened our understanding of geriatric care but has also enriched our personal and professional growth.

Thank you, Aangan, for this wonderful journey!

From interns:  
**Priyanshu Ojha**  
**Shyan Shahab**  
**Ananya Goel**  
**Eliza Ahmed**



I have been working for Aangan as a Senior Physiotherapist since two years. I value the need to build strong therapeutic relationships with older adults and help them achieve a greater sense of autonomy.

My focus in my sessions for Aangan residents is mainly on:

- **Empowering Independence:** It is great to see our residents participation to improve their mobility and try for different activities on their own.
- **Holistic Impact:** Being a Physiotherapist, I see the benefits of my sessions extend beyond physical health. Improved mobility often leads to reduced social isolation, a more positive attitude, and increased confidence.
- **Tailored approach:** By adapting treatment plans to the specific needs and abilities of each individual, which is particularly critical given the delicate and complex health conditions of the elderly.
- **Overcome challenges:** Some challenges include a preference for in-person treatment over group session for some patients, technical hesitancies, and the need for support staff to assist residents with their exercises.
- **Building trust:** A strong therapeutic alliance helps foster trust and encourages patients to adhere to their exercise programs.

I design programs that improve mobility and observe positive psychological effects, including reduced social isolation.

I try everyday to highlight the satisfaction of teaching old-age patients to manage their own care by setting achievable goals.

Together with the vision of Aangan my journey in geriatric rehabilitation continues.

### **Dr. Shipra Jain (MPT)**

Consultant Physiotherapist at Aangan Elderly Home



Senior citizens should do the regular exercises because, As we age, the body undergoes changes muscle loss, weaker bones, balance issues, and sleep disturbances that can affect independence and quality of life.

Regular exercise is one of the most effective ways to counter these effects.

Physical activity helps strengthen muscles and bones, improve balance, reduce the risk of chronic diseases like heart disease and diabetes, and support better mental and emotional well-being. Whether it's a daily walk, stretching, or a fitness class, consistent movement makes a significant difference.

It's never too late to start. With the right guidance, exercise can help seniors live healthier, more independent lives.

**Dr. Om Bhardwaj (PT)**  
Sports Physiotherapist

# Testimonials

Heartfelt stories from families, visitors, and residents who have experienced the warmth and exceptional care at Aangan Elderly Home. From transforming doubts into trust to creating a true family environment, these testimonials reflect our dedication to making every senior feel loved, safe, and at home.

I individually always had a negative concept about Old Age Homes. I used to think all the time that they show something and do something else. But they proved me wrong when I was visited Aangan old age home an Old Age Home in Noida. The environment was so good and this organization provides lots of facilities for our senior citizens they never think that they are at Old Age Home.

This organization knows how to make people happy and put a smile on their face.

**Rajat Arora**

THE AANGAN OLD AGE HOME provide Excellent Very quick and hassle-free services and support for old persons just what a old age peoples need. AANGAN OLD AGE HOME is best caring, very great & noble work for senior peoples. The home is clean and utmost care is taken in keeping in hygiene. Food quality is excellent & suitable to elderly senior peoples. Everything is done excellent, perfectly & complete care of senior citizens. The AANGAN HOME is organize every festival & personal event for senior peoples to feel like your own house. The staff is very caring & helpful. This old age home is heaven for old peoples. The old senior peoples very safe in Aangan home. Medical facilities are excellent.

**Manoj Saluja**

It was a very difficult decision and hard time for me and my family when we had decided and start looking out for an alternative living arrangement for my ageing parents. We live abroad and we could no longer depend and trust on household helps to care for our parents. We did look out and evaluated many Senior citizen homes in NCR region and finally came across Aangan Elderly home. When we visited this place for the first time and greeted by Manisha ji, the owner and founder of Aangan, our heart said if we have to move our parents to a retirement home, it has to be Aangan. We are happy and thankful to God and Manisha ji that our decision was not wrong!! Our parents have been living here happily and peacefully for more than two years now under the care and supervision of Manisha ji and her dedicated team of staffs. It is not only a home for my parents, I can proudly say it is our home and extended family too. When we visit India, we look for no other place but stay with our parents and our extended family and can spend quality time with them. All praises to Manisha ji for her tireless efforts to always improve the lives of the people better!!!

I highly recommend Aangan as a senior citizen home!!!

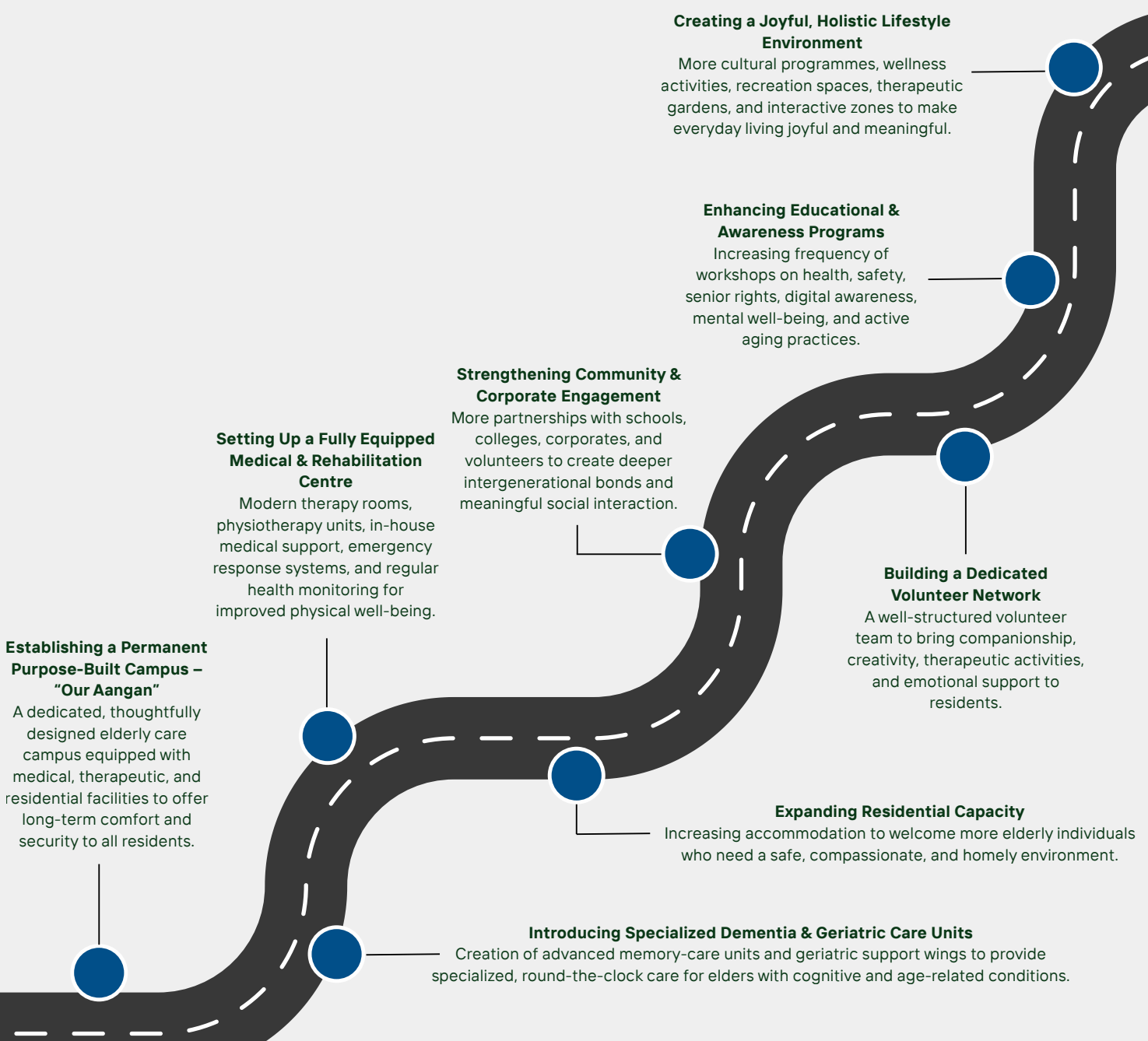
**Shanti Bhushan Chowdhury**

Aangan Old Age Home feels like a home to us. I have been living here for about two years, and I'm very happy. Manisha ma'am and the staff are very cooperative; they take care of my needs, hobbies, preferences, and health. The way we celebrate all the festivals and special moments together makes it feel like a true family. We share joy and conversations with one another.

**Shukla Rakshit**

# Future Roadmap for Aangan Elderly Home (Upcoming Years)

Aangan is committed to growing into a stronger, more supportive, and more enriching sanctuary for senior citizens. In the coming years, we aim to focus on the following key developments:





## Contact

931-201-7557

## Location

C-200, Block C, Sector 105, Noida,  
Uttar Pradesh, 201304

# Aangan Elderly Home

Not-for-Profit Organization

Registered under Kiddies Foundation Regd. 2009