

Pioneer Day Care Centre: Being Responsible

(A Pioneer Social and Entrepreneurship Cell Initiative)

1. Title of the Practice:

"Pioneer Day Care Centre: Being Responsible"

2. Objectives of the Practice:

Pioneer Institute of Professional Studies has been established since 1996 and has always believed in social service and community development as one of the core objectives. The Social and Entrepreneurship Cell has always thrived for community development. Keeping this objective in mind, "Pioneer Day Care Centre: Being Responsible" was established within campus for senior citizen residents of Mahalaxmi Nagar, Indore. Pioneer Day Care Centre is an initiative by the Institute which is dedicated to the service of senior citizens who are residents of Mahalaxmi Nagar, Indore, enabling them to live an independent life with respect, sovereignty and dignity. Also numerous activities such as *discussions, birthday celebrations, anniversary celebrations, knowledge sharing sessions* etc. are held on a regular basis. Every year we try to involve as active senior citizens as many as possible. Following retirement, it is important for senior citizens to find meaningful activities and places to interact with others in order to remain healthy and happy. Pioneer Day Care Centre help counteract the isolation and depression that can be associated with aging. Pioneer Day Care Centre is focused on driving out loneliness and to facilitate as many group activities as possible in a pleasant atmosphere of companionship and enjoyment. With the help of our faculty members, staff, and students we organize various creative community-building events. Our purpose is to endow with a place to restore or create new friendships with others who look for a pleasing time doing the things they enjoy in relaxed environment.

The Day Care Center is a non-residential facility that supports the health, nutritional, social, and daily living needs of adults in a professionally staffed, group setting.

Pioneer Day Care Center was designed to provide care and companionship for seniors who need assistance or supervision during the day. The aim of the Day Care Center is to help older people stay in their community and function to the fullness of their ability. The Institute helps them maintain, improve or relearn social life skills and activities of daily living.

The Day Care Center provides a safe, secure environment in which they spend part of the day. It offers them enjoyable and educational activities, shared relations, peer support, helps in building careers groups etc. the planned and tailored activities improves abilities and health conditions, together with creation and amusement through arts, crafts, musical entertainment, mental stimulation games such as bingo, stretching or other gentle exercise, discussion groups (for books, films, or current events, for example), holiday and birthday celebrations, local outings, education, family counselling, assistance with activities of daily living (self-care) etc.

3. The Context:

We offer support for senior citizens like *socialization opportunities, entertainment, exercise programs, refreshment, sports and games, yoga, productive sessions (like Parenting Session), Gaurav Samman, Birthday Celebration, Anniversary Celebration, Diwali Celebration* etc. Our management, students and staff attend and support all the functions organized by the Pioneer Day Care Centre. Pioneer Day Care Centre also conducts *computer skills courses, discussion on various social issues, tree plantation* etc. that prove out beneficial for the staff and students. Apart from this, several fun-activities including *card playing, puzzles, light exercise, carom, indoor fun games, birthday celebrations* etc.

We at Pioneer feel intense enjoyment when doing a voluntary activity that offers a consuming sense of positive engagement. Sometimes, it's the result of being free to play without expectations or the pressure of potential consequences, much like children do. And, of course, fun is the complete opposite of boring. Fun lightens the heart. Pioneer Day Care Centre provides a possibility for doing such light activities. Each one of us from staff can work as per our unique personal interests and capabilities. Pioneer Day Care Centre lets us focus on voluntary activities that don't come with any kind of obligation or that offer some flexibility in how one can enjoy them. Senior Citizens at our Day Care Centre can invite their friends—or even their grandkids, to join them at the club. It is very rewarding to have such mix of people at our club. Senior Citizens tend to list physical activities as being their favorite pastimes. According to a study, four of the top five activities most commonly cited by senior citizens as being their favorites were active in nature. They included activities like *walking and jogging, gardening and yard work, playing games, and other physical pursuits*. Other favorite activities included *reading, arts and crafts, existing hobbies, games and puzzles, and socializing*. Pioneer Day Care Centre lets them all this at one single platform.

4. The Practice

Pioneer Day Care Centre offers its members a range of leisure activities including:

- Active Games
- Social Gatherings
- Traditional Games and Puzzles
- Gardening, Bird-watching, and Other Outdoor Activities
- Arts and Crafts
- Active Learning
- Spend time reading
- Light Exercise
- Get creative
- Spend time outdoors

Active Games

A lot of fun games for senior citizens involve physical activity. They give an opportunity to get some exercise, improve their hand-eye coordination, and feel a sense of control over the physical world. All of that can be very satisfying, especially while getting to overcome fun obstacles or compete with other people in a friendly way.

Consider examples like:

- Acting in a play
- Telling jokes to the fellow members

- Reading books
- Writing and acting out skits

Social Gatherings

Socializing can be a powerful way to inject more fun into the lives of Senior Citizens. Such gatherings help out in recalling about good old times. It also lets them talk about the other things that interest them. Good conversation elevates their mood and outlook more than anything else on this list, as this keeps them cheerful.

Traditional Games and Puzzles

These kinds of activities are all time favorites for people of every age. But they are especially popular with the senior citizens. Board games and card games provide great ways to socialize and benefit from the joyful challenges of friendly competition. And puzzles can help sharpen mind and give a sense of progress and accomplishment.

Following are some of the Traditional Games:

- Uno
- Scrabble
- Pictionary
- Snake and Ladder
- Bingo
- Checkers
- Dominoes
- Carom
- Chess
- Rummy
- Solitaire
- Crazy Eights
- Crossword puzzles
- Jigsaw puzzles
- Word search puzzles

Gardening, Bird-watching, and Other Outdoor Activities

As long as the weather is good, being outside can do wonders for the Senior Citizen's mood. Natural world is full of pleasurable sights, sounds, smells, and other sensory delights. That's why many activities in the outdoor are also fun. They let the senior citizens feel like an explorer or like they are connected to something larger than themselves. Such activities include:

- Tree-Plantation
- Gardening
- Bird-watching
- Walking
- Kite flying
- Nature photography

Arts and Crafts

Art and craft gives fun and channelizes the energy into creating something new. Their imagination comes alive as more and more new ideas stream into their mind. So to recapture some of such same feelings, Pioneer Day Care Centre lets Senior Citizens do various arts and crafts. These kinds of creative recreational pursuits are great as such ideas can reignite a person's vitality and sense of what's possible. Such Arts and Craft activities include:

- Finger painting
- Water-coloring
- Oil or acrylic painting
- Sketching
- Pastel drawing
- Clay modeling
- Paper-craft
- Card making

Active Learning

Learning is always more fun when it's something one chooses to do for his own sake. Whole new avenues of possibility reveal themselves. As a result, one can experience a lot of playful optimism, which builds on itself and leads to more new discoveries and opportunities for exploration and let's follow your curiosity and impulses. We at Pioneer Day Care Centre strongly believe that one is never too old to learn something new. We consider the following learning:

- Computer Proficiency
- Use computers more effectively
- Write code
- Write great stories

Spend time reading

Reading is a fantastic activity for Senior Citizens. It's a fun way to spend time and keep the brain engaged. It can also improve memory, reduce stress, improve sleep, and delay cognitive decline. Senior Citizens like reading physical books, magazines, using an e-reader, or listening to audio-books in Central Library and in the Computer Lab.

Light Exercise

There are few light exercises Senior Citizens can do to get their bodies moving. Whether they're sitting or standing, they can still get the health and mood benefits, especially from chair exercises or chair yoga routines. There are also exercise routines that can be done using a walker for stability or just focused on the feet and ankles to reduce swelling. Such Exercise Sessions are done on a regular basis at Pioneer Day Care Centre.

Get creative

Getting in touch with the creative side of Senior Citizens is another fun way for seniors to spend time. Drawing, coloring, painting, and sculpture are all wonderful ways to be creative. Such Fun activities include creating scrapbooks, organizing family photo albums, or making a family recipe book. As a plus, being creative also comes with health benefits. Research has found creative activities can help people who are battling chronic illness to decrease negative emotions and increase positive ones, reduce stress and anxiety, and improve medical outcomes.

Spend time outdoors

Getting outside to spend a little time in nature is relaxing and a great mood booster. Even if the senior citizens cannot involve in numerous outdoor activities, still coming out of house and sitting next to a big window, getting some fresh air or viewing the scenery is a great everyday activity at Pioneer Day Care Centre. Staying in a group with friends and fellow senior citizens, one-on-one interaction with so many people at a place, spending quality time together and solo is a very easy and best way of spending time at the age of 65 and above. Having senior social activities on a regular basis has eventually led to program growth and popularity as word spreads. Offering these kinds of activities attracts senior citizens of Mahalaxmi Nagar and close vicinity to our senior citizen club and lets us get the expert guidance and involvement of the seniors of the nearby community. This initiation has let us feel the sense of belongingness to the society and a feel good factor. We feel happy that we are doing something good and being responsible by giving back from what we have received.

Seniors with limited mobility can still enjoy a variety of activities

Many older adults lose mobility due to conditions like stroke, severe arthritis, or injuries from falls. When that happens, activities and hobbies they used to enjoy might now be too difficult. But loss of mobility doesn't mean the end of good times. There are many ways to have fun without needing to move around too much.

5. Evidence of Success

There has been significant improvement in the senior citizen residents of Mahalaxmi Nagar after joining Pioneer Day Care Centre. Pioneer Day Care Centre helped the senior citizens to overcome from the following problems: -

- Loneliness
- Isolation from active work life
- Depression
- Anxiety issues
- Feeling of being ignored after retirement
- Utilization of idle time (Through effective learning and entertainment)

The Pioneer Day Care Center is for the local community development and has benefitted the Senior Citizens in the following manner:

1. Health benefits by reducing stress level, better conversation or the things they love to do with others helps them in attaining a health. It promotes an active lifestyle which in turn keeps diseases away.
2. Better mental health through social interaction and opportunities to engage seniors in stimulating and purposeful activities is achieved. This results in enhancing their mental health, removes depression, loneliness, feelings of worthlessness and despair. Interactions and conversations controls negative thoughts, thereby ensuring mental wellbeing.
3. Sense of belonging by enjoying the company of others, having similar personalities and interests and a sense of belonging.

4. Keeping the brain sharp, continuous learning, observing and responding to the world around.
5. Community Outreach programs and social connection keeps energy, vibrancy, skills and talents of seniors high.

6. Problems Encountered and Resources Required

There is no work / task in this world which can be achieved without facing problems. Pioneer Day Care Centre is no such exception. Indeed while the Day Care Centre was established challenges were faced. The challenges were mostly emotional. One of the main challenge was to communicate the objective of this center. It is often assumed that behind every action or initiative there must be some vested interest of the organization. It was challenging to convince the senior citizen residents that this center is not an orphanage or old age home. It is established for their betterment. The purpose is not to give a feeling of old age home, the purpose is to give them a place, an environment where they can spend quality time. As it is wisely said that time is the best medicine for all problems. With time, these challenges were addressed and the center is working very effectively and positively towards achieving its goals. The resources required were catered by the Institute from in house available resources. Computer Lab timing were given to the senior citizen residents so that they can learn from the Lab In-charge and IT faculty members. Several indoor games were arranged such as carom, chess, etc. Also, canteen facilities were given to senior citizens.

You tube Link: <https://youtu.be/63ERee9rbS4>

PIONEER INSTITUTE OF PROFESSIONAL STUDIES, INDORE

PIONEER DAY CARE CENTER

(BEING RESPONSIBLE)

FEW GLIMPSE OF DAY CARE CENTER ACTIVITIES

























































