



# NGO **ANAHITA**



GERIATRICS CARE GIVER TRAINING PROGRAM 2025

APRIL 2025



## **Overview of the Curriculum for Medical Attendants**

### **with special focus on Geriatric Care**

1. Introduction to Medical Attendant, Nursing Assistant in Geriatric Care
2. Introduction to Geriatrics
3. Personal Grooming and Presentation
4. Heart disease- Heart Failure, Heart Attack- Signs and symptoms and First Aid
5. Stroke- Signs and Symptoms and First Aid
6. Care givers curriculum
7. Managing conditions – Alzheimer's and Parkinsons
8. Handling Geriatric Psychology and Depression
9. Handling Geriatric Loneliness
10. Food and Nutrition- Relevant to Diabetes, Hypertension and other common Geriatric conditions.
11. Handling EMRs, data entry and relaying relevant information links to doctors or Emergency doctor.



# ANAHITA

## *Helping to heal*

Anahita, the Persian goddess of Flowing Water and Fertility, brought upon Earth the goodness of life, cleanliness, health and prosperity. And thus, “Anahita” in Sanskrit meaning the nurturer of food, crops and herds, the giver, doing good for others, is our name.

Our NGO, named after the Goddess Anahita, also follows the principals of flowing water. It flows into places that are parched and barren, helping to heal people, mend their lives and livelihood, and make a dent in the prosperity of the area. Our primary focus being in facilitating healthcare and wellness, augmented by women’s empowerment and employability. We make entrepreneurs and trainers from simple village women, and see them blossom into income generating units of individual enterprise.

And, thus, our motto is “Helping to heal”.

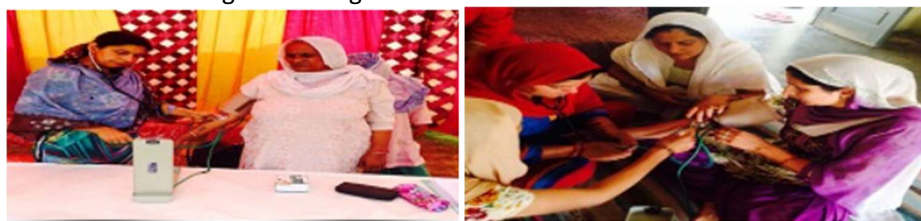
### **Our agenda includes**

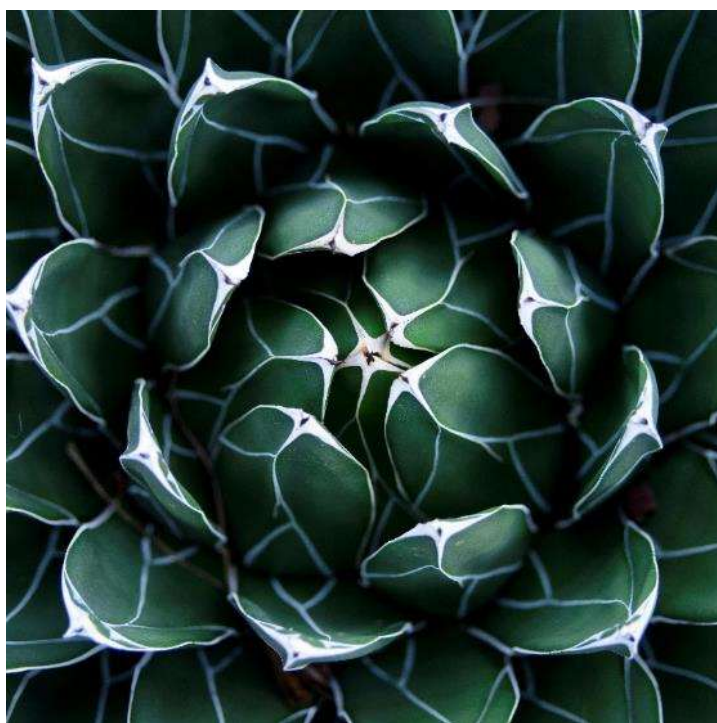
- 1) Health Mapping in
  - a. Rural Areas
  - b. Semi-Urban areas
  - c. Urban settlements for BPL clusters
- 2) Early detection and Prevention of Metabolic Disorders amongst the under-privileged
- 3) Facilitating diagnosis and treatment for the under-privileged
- 4) Skill Development for women and men
- 5) Helping women in rural areas set up and run their micro-organization
- 6) Educating women and children about hygiene and healthy practices
- 7) Educating about nutrition and its correlation to healthy mind and body.



### **What we do best:**

- Training the local educated girls and boys to check non-invasive health parameters leading to the collection of health data of the target group.
- Train local education girls and boys to do data entry to create databases and do data summations.
- Data Analysis of locally collected database, establishing health care trends and the possible causes.
- Assisting in bringing income opportunities to women in their homes. The pickles, chutneys, snacks and short-eats made from home-grown organic products, by these women are branded and marketed under the Anahita brand name “Chatori” to encourage these women to understand marketing and sales of these products thus making them independent and/or job creators.
- Training women to become health workers and provide patient care in the rural and semi-urban areas. Women who have a basic level of education are trained to monitor blood pressure, blood sugar, Blood oxygen saturation levels and blood grouping.
- Trained to work in health centers, elder patient care, ward women and nursing aides.
- Bringing doctors to these areas to run health camps
- Tie up with Eye Care, Noida for conducting free Eye Checkups and surgeries for chronic cases.
- Empaneled Training Partners for FosTac training under FSSAI, to educate the women about healthy Food Manufacturing and Storage Practices.





ANAHITA

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