

# PROJECT 01 REPORT

## 1 PROJECT TITLE:

**Donation to Baghban Old Age Home**

## 2 ORGANIZING TEAM DETAILS:

S. No.	Student Name	Registration Number	Section
1	<u>Muhammad Ahmed Mohsin</u>	<u>333060</u>	<u>C</u>
2	<u>Muhammad Umer</u>	<u>345834</u>	<u>C</u>
3	<u>Muhammad Bilal</u>	<u>331538</u>	<u>C</u>
4	<u>Hassan Rizwan</u>	<u>335453</u>	<u>C</u>
5	<u>Hassaan Ghazali</u>	<u>334128</u>	<u>C</u>

## 3 OBJECTIVES OF THE PROJECT:

The project's objectives encompass multiple facets aimed at enhancing the well-being and quality of life of elderly citizens residing in an old age home at Gulrez 2, Rawalpindi. Primarily, the project seeks to provide essential food ration donations, acknowledging the significance of contributions, particularly from small groups, to the privately-run organization led by Haji Shaukat Qureshi. Additionally, fundraising efforts among National University of Sciences and Technology (NUST) students aim to offer financial support to cover various expenses related to the care of the elderly residents. Beyond material assistance, the project emphasizes the importance of social engagement and emotional support, facilitating visits to the old age home to provide companionship and meaningful interactions with the senior citizens. Through these interactions, the project aims to foster intergenerational connections, promote knowledge exchange, and empower the elderly residents by recognizing their contributions and offering them dignity and respect within society. Ultimately, the project endeavors to contribute to the mental well-being, happiness, and sense of belonging of the elderly citizens, while also nurturing mutual understanding and empathy between different generations.

## 4 WHICH LEARNING OBJECTIVES WILL IT SERVE:

**Civic Engagement and Social Responsibility:** Participants learn the importance of giving back to the community and supporting vulnerable populations, fostering a sense of civic duty and social responsibility.

**Interpersonal and Communication Skills:** Through interactions with elderly citizens, participants develop empathy, active listening skills, and the ability to engage in meaningful conversations across generational divides.

**Cultural Awareness and Respect for Diversity:** Engaging with individuals from diverse backgrounds and life experiences promotes cultural sensitivity, understanding, and appreciation for the contributions of older adults to society.

**Leadership and Teamwork:** Organizing fundraising activities and coordinating visits to the old age home require effective leadership, teamwork, and organizational skills, allowing participants to develop these essential competencies.

**Critical Thinking and Reflection:** Reflecting on the experiences and insights shared by elderly citizens encourages critical thinking, self-reflection, and the examination of one's own beliefs and values.

**Community Building and Collaboration:** Collaborating with local organizations, such as the old age home and Haji Shaukat Qureshi's organization, fosters community connections and strengthens partnerships for future collaborative initiatives.

**Personal Growth and Well-being:** Engaging in altruistic activities and forming meaningful connections with others can enhance participants' sense of purpose, fulfillment, and overall well-being.

**Advocacy and Empowerment:** Learning about the challenges faced by elderly citizens and advocating for their rights and well-being promotes advocacy skills and empowers participants to become agents of positive change in their communities.

## 5 EXPECTED OUTPUTS OF THE PROJECT:

**Donation of Essential Food Ration:** The project aims to provide tangible support to the old age home by donating essential food ration items, ensuring that elderly citizens have access to nutritious meals and basic necessities.

**Financial Contribution from Online Fundraising:** Through online fundraising efforts among NUST students, the project expects to generate financial contributions that will support the operational expenses of the old age home, including healthcare, utilities, and staff salaries.

**Social Interaction and Emotional Support:** Visits to the old age home and engagement with elderly citizens provide intangible but valuable outcomes, including companionship, emotional comfort, and a sense of belonging for the senior residents.

**Intergenerational Connection and Knowledge Exchange:** By facilitating interactions between younger generations and elderly citizens, the project encourages the exchange of knowledge, experiences, and perspectives, fostering mutual understanding and appreciation across different age groups.

**Enhanced Mental Well-being and Quality of Life:** Through social engagement, meaningful conversations, and participation in activities, the project aims to improve the mental well-being and overall quality of life for elderly citizens, reducing feelings of loneliness and isolation.

**Empowerment and Advocacy:** By recognizing the contributions and rights of elderly citizens, the project empowers them to voice their needs and concerns, advocating for their well-being and promoting their dignity and respect within society.

**Community Awareness and Engagement:** The project raises awareness within the NUST community and society at large about the challenges faced by elderly citizens and the importance of supporting and honoring their contributions to society.

## 6 HOW MANY COMMUNITY INDIVIDUALS WERE BENEFITED?

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The primary beneficiaries of the project are the senior residents of the old age home located in Gulrez 2, Rawalpindi. The project aims to enhance their quality of life by providing essential food ration, social interaction, emotional support, and a sense of belonging through visits and engagement activities. Almost 12-14 elderly people were present who were benefitted from food ration and the activities.

## 7 ACTIVITIES FOR THE PROJECT:

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### **Organize Online Fundraising Campaign:**

Coordinate with NUST student organizations to plan and execute online fundraising campaigns via social media platforms, email newsletters, and crowdfunding platforms to collect monetary donations for the old age home.

### **Collect Essential Food Ration Items:**

Collaborate with local grocery stores, markets, and community members to collect essential food ration items such as rice, flour, lentils, cooking oil, sugar, tea, and spices to donate to the old age home.

### **Plan and Coordinate Visits to Old Age Home:**

Arrange scheduled visits to the old age home with a group of volunteers, ensuring adherence to safety protocols and guidelines. Coordinate transportation, if necessary, and liaise with the staff at the old age home to schedule activities and interactions with the elderly residents.

### **Engage in Conversation and Activities:**

Spend quality time with the elderly residents, engaging in conversations, storytelling sessions, games, arts and crafts, or other activities based on their interests and preferences. Create a welcoming and inclusive environment that promotes social interaction and emotional connection.

### **Distribute Donated Ration and Funds:**

Deliver the collected food ration items and monetary donations to the old age home, ensuring that they are distributed efficiently and equitably among the residents. Maintain transparency in the distribution process and provide receipts or acknowledgments to donors.

### **Document and Share Impact Stories:**

Capture photographs, videos, and testimonials during visits and interactions with the elderly residents to document the impact of the project. Share these stories through social media channels, newsletters, or local media outlets to raise awareness and inspire continued support for the cause.

**Reflect and Evaluate:**

Conduct post-project reflections and evaluations with volunteers and stakeholders to assess the project's effectiveness, identify lessons learned, and explore opportunities for future collaboration and improvement.

## **8 IS THE PROJECT SUSTAINABLE / NOW OWNED BY COMMUNITY?**

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No, this project is not included under sustainability.

## **9 TOTAL HOURS SPENT ON THE PROJECT:**

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Almost 10 to 12 hours were spent on this project.

## 10 BEST HIGH-QUALITY PICTURES:













