

Considering projected need of about 300 more seniors under Vadil Vandana Scheme and 200 more workers over a period of 2 years under Shramjivi Sattvik Bhojan Yojana, we have prepared the budget of expenditure for serving 600 seniors and 400 workers. Following Table shows the details of present and projected expenditures of both the Seva Schemes.

VADIL VANDANA TIFFIN YOJANA		
Seniors in all areas	Present Tiffins provided(300)	Projected number in 2 years 600
1 Daily Expenditure	Rs.15,000	Rs.30,000
2 Monthly Expenditure	Rs.4,50,000	Rs.9,00,000
3 Yearly Expenditure	Rs.54,00,000	Rs.1,08,00,000
SHRAMJIVI SATTVIK BHOJAN YOJANA		
No. of Shramjivi	Present Number 200	Projected Number 400
1 Daily Expenditure	Rs.12,000	Rs.24,000
2 Monthly Expenditure	Rs.3,60,000	Rs.7,20,000
3 Yearly Expenditure	Rs.43,20,000	Rs.86,40,000

APPEAL TO DONORS FOR DONATION (Suggested Options)

We humbly appeal you all benevolent donors to please help the Trust by donating any of the following ways and be a part of the humanitarian Nishkam Seva Yagna. We invite you to help us by joining as a volunteer also.

1. You may Donate for an amount necessary for daily or monthly or yearly expenditure of any of the two schemes.
2. You may adopt any of the schemes for a selected area (for seniors) or for a type of workers (industrial/Construction /Sanitary)
3. If you donate Rs.11,00,000, one Scheme with a part (area or class) may be run under your name.
4. You can donate amounts as per following table (to celebrate or in the memory) of your family members.

Donation Amounts FOR TITHI /Date ( Birth Date / Death Anniversary / Marriage Anniversary)		
	Janm Tithi/Punya Tithi/Anniversary	Kayami Shraddh Tithi
1 Shramjivi Sattvik Bhojan Yojana	Rs.5,000	Rs.15,000
2 Vadil Vandana Tiffin Yojana	Rs.10,000	Rs.15,000

Ms. Rashmi Bansal, author of the book I HAVE A DREAM says we solve the problems of humanity in our society by joining together. We will be able to leave this world with a sense of happiness of having performed a duty assigned by the Creator. We will carry only the balance of the Nishkam Karma performed when we lived. Let us keep in view the mass of underprivileged people.

If you want to witness the activities of this Trust, please call on the following numbers so that we will plan your visit as per your convenience.

Active Members of the Trust

Shri Mahendrabhai S. Bhalavat	93748 14228
Shri Kamleshbhai S. Karanji	93765 17127
Shri Vipulbhai M. Shah	98250 19872
Shri Dilipbhai V. Shah	98252 86108
ShriDineshbhai C. Shah	99749 77710
Shri Dilipbhai B. Shah	98249 22399
Dr. Shrimati Abhaben Nanavati	98980 66659
Shrimati Akiben N. Fadia	99240 99848
Shri Ketanbhai V. Shah	98251 85284

VALLABHASHRAM PUBLIC CHARITABLE TRUST

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# VALLABHASHRAM PUBLIC CHARITABLE TRUST

The VPC Trust was established in the year 2015 taking inspiration from Late Shri Sankalchanddas Lalludas Bhalavat. Initially it was decided to start selfless service to the underprivileged class of the society based on the Mantra of Annadan-Mahadan. The working class of the society covering employment segments like industry, service, transportation, construction and sanitation etc. with uncertain employment is found with a lot of struggle and tireless job with no facility to get their day time food. They face hard physical work and no nutritious food. To arrest this paradoxical problem the Trust decided to start the selfless service to this segment of workers by providing pure and wholesome food to them whose income was below Rs.10,000 per month. This is how the first scheme of selfless service Shramjivi Sattvik Bhojan Yojna was started in the year 2015

## 1. SHRAMJIVISATTVIK BHOJAN YOJNA

As described above, the criteria for providing this selfless service was decided. Then, a survey of workers facing such problems in the Dudheshwar Industrial Area of Ahmedabad was made. In this area workers of all segments including working on machines, working on furnaces, local goods transporters, pedal rixa workers, construction workers, sanitation workers etc. were found operating and working. These workers had uncertain employment and low income. They found inconvenient to bring their own meals from home; either they had no facility or they were living alone. The Trust selected about 50 workers to start with this Service. A place to make food and serve food to the workers during their lunch time sitting at that place was decided before starting this scheme. The food served to them was of pure and wholesome variety and included Roti with pure ghee, fresh seasonal vegetables, Dal and a banana in the daily menu. In addition, menu also included once in a week either Pulao-curry, or Farsan or Sweet. In winter one more item Kachariyu was added later. Today, the Trust provides meals to about 200 workers daily. There is need for more. We can serve more only if we receive more funds from donors.. We charge a token amount of Rs.25 per meal at present to the workers to maintain their self-esteem.

During the Corona epidemic years the Trust with the help of some humble volunteers did a benevolent service of providing about 3000 packed meals to the self – quarantined patients of Corona. Some seniors at that time requested to provide food to them also. The seniors were above 70 years of age, their children stayed away from them and some lived in foreign countries. Some were not in a position to make their own food, some had some disabilities to work. They lived alone and needed help from others. Considering this situation and problem of seniors, the Trust thought of helping these elders. In 2021 the Trust decided to start a new Scheme Vadil Vandana (Tiffin) Seva Yojana for elders above 70 years and living alone and not capable of making their own food.

## 2. VADIL VANDANA (TIFFIN)SEVA YOJANA

Our team members observed typical problems faced by the seniors (above 70 years) in the society. Health starts deteriorating at this stage. If they are living alone with their spouse, they find themselves in a helpless condition. They are not in a position to make food for them, since their body does not support. Their kiths and kins are not with them to help, they may be away working in foreign country or live separate from their parents. Some seniors are not self sufficient economically also. Mental agony is at the highest.



Giving a thought to these factors, and requests from such people to provide them food (tiffins) at their homes for their survival, we thought of starting this **Vadil Vandana (Vayask) Tiffin Seva Yojana**. We started it in March,2021 catering to about 30 seniors initially. We decided criteria for selection of seniors for providing tiffins. We decided to select seniors above 70 years, not healthy enough to make their food, living alone or with spouse only, and not supported by children for their daily food need etc. We publicized our scheme in local groups and asked the needy seniors to fill up a form giving details of their name, address, age, no. of children, where do they stay, children living with them, if any, income, their present arrangement of food, details of sickness, if any, what is their expectation of diet etc. Finally selecting about 30 seniors initially, we started this Seva in March,2021.

We decided to provide meals to seniors as per the guidelines of a dietician and to prepare a monthly menu based on that. Menu was made simple, suitable for elders and to provide nutrition to them. Some sweets and Farsan items were also added by the dietician as per the wishes of the seniors. Considering these factors of seniors it was also decided to entrust the work of making the food and to deliver to the seniors in time to the women homemakers who can cater to the needs of seniors and also make some additional income for their family. Initially the home caterers charged about Rs.80 per meal to the Trust and the Trust charged a token amount of Rs.25 to the seniors to maintain their self esteem. This initial Seva was started in the areas of Satellite and Vastrapur in Ahmedabad.

Now the Scheme has been extended to more areas based on the demand.  
In Ahmedabad

- Area – 1     Satellite, Jodhpur, Vastrapur, Prahladnagar, S G highway
- Area – 2     Naranpura, Navrangpura, Ashram Road, Vadaj, Shahibaug
- Area – 3     Naroda, Bapunagar, Nikol, Rakhial
- Area – 4     Maninagar, Isanpur and surrounding

The Caterers in all these areas are now charging Rs.100 per meal to this Trust and Trust charges Rs. 50, Rs.50, Rs.25 and Rs.50 respectively in these 4 areas. In case of some needy seniors Trust charges less amount also.

Demand from seniors of villages in rural areas of Arvali and Sabarkantha Districts also received by the Trust. Since there was availability of service providers in two villages, the Trust started the service in Shampur and Dhansura villages. The total number of tiffins provided to seniors in Ahmedabad and Rural areas has reached 300 at present. The Astral Foundation, Ahmedabad has sponsored the expenditure of Area 1, 2 and 3on this Vadil Vandana Scheme.

Quality Control and Feed Back system: The Trust has set up a monitoring system with the help of dedicated volunteers. They make surprise check up and inspection of quality of food and service at random by visiting the places of all food makers and also visit the homes of seniors for their complaints or requirements. Also, a WhatsApp Group of all seniors has been made in each area to give them a means to express their grievances about food and service.

The requests for providing meals-Tiffins under Vadil Vandana Tiffin Seva Yojna has been increasing. The Trust is not capable to provide more meals to seniors because of limitations of funds. We therefore appeal to the benevolent donors and Corporates to make some funds available to this Trust for extending this service to more seniors under Vadil Vandana Yojana and more workers in Shramjivi Sattvik Bhojan Yojana in this Nishkam Seva Yagna.

