



**APANA JAHAN**

**Charitable Trust**

J-2, LGF, Farm View Apartments, 40-Satbari, New Delhi-110074  
Ph.+91- 9289057800, 9289059500, Email: apna.jahan13@gmail.com

**अपना जहाँ**

**“अपना जहाँ”**, हर भारतीय बुजुर्ग के लिए अपने आप में एक अनोखी देन है, जो हर भारतीय सीनियर के चेहरे पर एक मुस्कान लाने के लिए संकल्पबद्ध है,

हर बुजुर्ग को आर्थिक यानि जरूरत के वक़्त पैसे से मदद , शरीरिक यानि उनके हेल्थ पर पूरा ध्यान ,और सामजिक यानि इस अवस्था में भी समाज का एक सम्मानजनक हिस्सा समझा जाना , के लिए काम करती है अपना जहाँ चैरिटेबल ट्रस्ट .

भारतीय समाज का इतना बड़ा आन्दोलन , समाज के पूरे सहयोग के बिना संभव नहीं है

विभिन्न तरह की मुहीम के द्वारा इन पहलूओं पर काम कर रही है अपना जहाँ .

**अपना योगदान देकर इसे सफल बनायें**

**“Apna Jahan”**, a unique gift in itself for every Indian Elderly, is determined to bring a smile on the face of every Indian Senior.

Apna Jahan Charitable Trust works for every elderly person financially i.e. financial help in times of need, physical i.e. full attention to their health, and social i.e. to be considered a respectable part of the society.

Such a big movement of the Indian society is not possible without the full cooperation of the society.

Apna Jahan is working on these aspects through various campaigns.

**Make it a success by contributing.**

**Donate for**

- 1. Luv U Jindgi Sewa Muhim ( for the needy )**
- 2. Women Empowerment ( Chale Aao Sakhi )**
- 3. Seniors Recreations ( Ajnabi Tum Jane Pahchane se Lagte ho )**



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#### **4. Retirement Village (Residential Nilay and facility complex Ahana )**

### **1) जरूरतमंद सीनियर्स के हेल्प के लिए हमारी संस्था का सेवा मुहीम .. “लव यू जिन्दगी”**

Service campaign of our organization to help the needy seniors.. **“LUV U JINDGI ”**

#### **Donate to LUV U JINDGI Sewa Muhim.**

It helps every needy across the country.

Donating at least 100 rupees per month can contribute a lot to these help seekers.

Started during COVID time, but still, it's doing great with all its volunteers, across different cities and trying to help those who do not get immediate financial help from anywhere.

It is a transparent and selfless service of its kind where Apna Jahn is working to cultivate a selfless service attitude in all its members/ volunteers.

### **2) “चले आओ सखी” .... सभी जरूरतमंद सीनियर्स , खासकर महिलाओं के लिए , कोई न कोई ,सोर्स ऑफ़ इनकम, बनाने के लिए छोड़ी गयी मुहीम.**

A campaign launched to create some or the other source of income for all needy seniors, especially women.

#### **Donate to the Financial Independence of our Seniors, Help ....“Chale Aao Sakhi”**

Average life increased but none of us have any financial plans for these many years and that too in old age.

For seniors, financial independence, several arrangements have done by Apna Jahan.



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It runs many small and big projects under "Chale Aao Sakhi" to enable potential customers for our members.

For all of its permanent members, if desired, it may be for more or less a penny, but there should be something as a source of income.

**3) "अजनबी तुम जाने पहचाने से लगते हो" .. हर सीनियर को उसके घर के आसपास के माहौल में ही खुशियों की भेंट देने की कोशिश है ये.**

It is an attempt to gift happiness to every senior in the environment around his home.

### **Donate to program –"Ajnabi Tum Jane Pahchane Se Lagte Ho"**

A program at every colony, for seniors above 60, at their respective place only. Where they get engaged in various kinds of activities conducted by Apna Jahan volunteers for their happiness.

**4)"Apna Jahan Retirement Home/Village"** is a unique gift for Indian citizens, in every small or big town of India, for the age of 50 and above. It's making a colony with all facility required at this age.

#### **Apna Jahan Retirement Village Presents: -**

**AHANA** ... (Facility Complex)-Naturopathy Hospital, Physiotherapy hospital, Yoga, Meditation, Satsang hall, Community Dinner, Home-made food / beverages stall, all kind of utility shops, Region special corner, Indoor games, Library, all sorts of hobby classes etc.

And residential **NILAY** with single and double room.



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## **Please Donate:-**

### **For Our Vision..**

That every senior should be happy, satisfied and active till their last breath.

For many of those who are not lucky enough to be with their children and lead a satisfactory life, Apna Jahan presents them with a home that they never regret being there.

We have to set that, a Senior home like Apna Jahan is the finest option for our such seniors,

### **For our senior's health (Naturopathy and Physiotherapy Hospital)**

Health is a serious issue for seniors if not addressed timely and properly.

In-house naturopathy treatment will help seniors to cure their ailments at the first stage only.

All sorts of diseases can be cured by regular naturopathy treatment with little or zero medicine.

The availability of Doctors, Nurses, and Ambulances 24\*7 is helpful for all kinds of health threats.

An environment for Yoga exercises at our doorstep is a booster for our good health.

These hospitals will be gifts to that city and its citizen.

### **Donate to our Community Dinner Hall and Food stalls.**

Different homemade food stalls here are run by seniors only (with assistance from Apna Jahan)

For community dinners, food is prepared with the guidance of Naturopathy.

With the company of like-minded people, this dinner is no less than any health booster dose.



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## **Donate for senior's friendly infrastructures.**

Our senior's main anxiety is that who is going to help if things is not okay, Apna Jahan provides all kind of assistance /help at one button press, this assurance gives our seniors peace of mind and new sprit to live life.

## **Donate for Mental peace for our seniors.**

Meditation and Pranayama, Bhajan-Kirtan, Sangt -Satsang, chit-chat, and gossip with similar-minded people help us in mental tranquillity.

## **Donate to make use of our senior's experience for society's welfare**

At the age of 50+, we are quite capable of identifying, our basic needs.

If it is fulfilled, now we are happy and we can be useful to others. With this principal, Apna Jhan is facilitating its residents a new direction to work for our society.

## **Donate to gift our society, this Art of Life, To Live Life.**

Apna Jahan present Art of Life, which makes its residents socially and economically active.

Community dinner and different food and hobby stalls , for all, bringing options to its residents, to interact with one another.

Hereafter a good energetic complete day, one can head towards their bed happily and wait for dawn, a new day of life.

## **It's retirement home not old age home- Donate for our just-retire seniors**



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In our country, many old-age homes are there, but none are retirement homes.

In any old-age home, we learn how to kill time. While Apna Jahan Retirement Home / Village teaches us the art of living every single moment to the fullest and provides facilities for this.

In the old-age home, we live a life bound by their rules, laws, and timings.

In Apna Jahan, we take our flight by living a completely independent life. We also live what we had left behind somewhere in the passage of life.

## **Donate to a new identity for our seniors.**

Once we are old, there remains little connection with society and the rest of the world. Coming to Apna Jahan, we can re-create a new identity between our city, people, and soil. Old Age Home teaches us to be helpless and to on the help of others. Here, we not- only create a self-sustainable life for ourselves but- also contribute to our society and remain an-important part of it till death.

## **Donate to a Golden Happy Future India.**

Apna Jahan (AJRH/V) is a complete concept in itself. We are there for the new innings of seniors.

It's a necessity for our seniors that bring everlasting happiness to their families.

In the coming times, when India's maximum population will be seniors only, Apna -Jahan redirect this unutilized constructive energy for the welfare of society that will bring prosperity to the country.

Self- contended life of senior members motivates the youth of the house too to give their share, with all their strength, in brightening the future of themselves, the society, and the country.

Inspiration from such retirement homes, there will be a lot of change in the colonies and the infrastructures in the society, which will bring India a golden future.

**Thank You**