

## **Calling Bell Programme of Kasaragod District Mission**

Calling Bell Programme of Kasaragod District Mission can better be defined as an act of pure compassion. The initiative put forward by the district mission proved and made the society aware of the duties that what Kudumbashree can do for the society is immense. The Calling Bell programme also made the society realize that a single act of kindness could bring in many changes. Let's see what district mission had done to consider the destitute in the society!

### **Acts of Compassion**

Compassion is that feeling that motivates people to go out of their way to help the physical, mental or emotional pains of another and themselves. Compassion is often regarded as having sensitivity, an emotional aspect to suffering, though when based on cerebral notions such as fairness, justice, and interdependence, it may be considered rational in nature and its application understood as an activity also based on sound judgment.

The more one person knows about the human condition and the associated experiences the more vivid the route to identification with suffering becomes. Identifying with another person is an essential process for human beings, it is commonly seen throughout the world as people adapt and change with new styles of clothing, language, behavior, etc., which is even illustrated by infants

who begin to mirror the facial expressions and body movements of their mother as early as the first days of their lives.

## **Elderly care in India**

Elderly care, or simply eldercare is the fulfillment of the special needs and requirements that are unique to senior citizens. This broad term encompasses such services as assisted living, adult day care, long term care, nursing homes (often referred to as residential care), hospice care, and home care. Because of the wide variety of elderly care found nationally, as well as differentiating cultural perspectives on elderly citizens, cannot be limited to any one practice. Elderly care emphasizes the social and personal requirements of senior citizens who need some assistance with daily activities and health care, but who desire to age with dignity.

India's cultural view of elderly care is unique. Parents are typically cared for by their children into old age, most commonly by their sons. Traditional values demand honor and respect for older, wiser people. India is facing the same problem as many developing nations in that its elderly population is increasing tremendously, with a current estimate of 90 million over the age of 60 years. Using data on health and living conditions from the India's 60th National Sample Survey, a study found that almost a quarter of the elderly reported poor health. Reports of poor health were clustered among the poor, single, lower-educated and economically inactive groups.

Under its eleventh Five-Year plan, the Government of India has made many strides. Article 41 of the Indian Constitution states that elderly citizens will be guaranteed Social Security support for health care and welfare. A section of the 1973 Criminal Procedure Code, alluding to its traditional background, mandates that children support their parents if they no longer can themselves. NGOs, however, are prevalent in Indian elderly care, providing homes and volunteer care, but governmental policies and organizations are accessible.

### **What is Calling Bell Programme?**

'Calling Bell' programme of Kasaragod District Mission is launched for the well being of the elderly people and women who are staying alone. The programme would identify such people and would extend extra care for them in the NHG level itself. The innovative programme was suggested by the District Mission Coordinator of Kasargod. The Calling Bell programme was launched by the Kasaragod District Mission, as the atrocities against lonely women and elderly people increased. The programme gels the relationship between the NHGs and the society. The Calling Bell Programme showcases the compassionate face of Kudumbashree Mission.

The programme will be implemented through the Snehitha Gender Help Desk under the District Mission. For testing the programme, the pilot study of the programme is being conducted in Kuttikkol Panchayath of Kasaragod District.

## **How the calling Bell Programme works?**

The Calling Bell Programme is really being a boon for women who are staying alone and also for elderly people. The programme identifies such people through NHGs. The members from the NHGs visit the homes where elderly people are there and women are staying alone. The NHG members would try to communicate with such women and elderly people. By maintaining a good relationship with them, the NHG members would extend the needed support for the women. Based on their issues the assistance would be provided. If counseling is to be extended that would be given and if they are lacking legal assistance, that would also be provided to them.

The District Mission of Kasargod would implement the Calling Bell programme through the Snehitha Gender Help Desk under the District Mission. For checking the efficiency of the programme a pilot study was planned and is being conducted in one of the panchayaths in the district. And the pilot study of the programme is being conducted in Kuttikkol Panchayath of Kasaragod District.

For ensuring the security of women, the service of police departments would also be ensured. The service of other clubs would also be ensured for meeting the same.

The Calling Bell programme will be in convergence with the Pakal Veed programme which would extend mental support to them. The NHGs, ADS and CDS would make visits to the homes of these elderly couples and women who are staying alone.

The NHG office bearers would visit their homes daily and the community counselors and Snehitha Gender Help Desk would ensure the counseling for them. Through NHG, ADS and CDS visits to their homes, the security of them would be made ensured and would make sure that they are getting the needed support.

### **Scope of the Programme**

The Programme as got much relevance in today's social scenario that no one is taking care of others especially destitute. On finding it successful the programme would be extended to other panchayaths in the district. The NHGs of Kuttikol Panchayath had welcomed the programme with warm hearts and the reports received from there are notable. The women are making regular visits to the homes of elderly and lonely in their panchayaths and are taking care of them and extending them the support and assistance they needed.

The programme has already been noted because of its uniqueness. By implementing the 'Calling Bell' programme, Kudumbashree Kasaragod District Mission is setting a unique model of compassion. It is a model that could be replicated by the other district missions as well!