Caregivers ASHA Society

CAREGIVERS ASHA SOCIETY

NON-PROFIT NGO REG NO.: COOP/2019/JODHPUR/100888, DATE 16-10-2019 REGISTERED UNDER T HE RAJASTHAN SOCIETIES REGISTRATION ACT, 1958 (RAJASTHAN ACT NO.28) 80G CERTIFIED) CSR ACTIVITIES AND THE REGISTRATION NUMBER IS CSR00061887 | 80G CERTIFICATION NUMBER IS AAEAC5796LE2023101

Empowering Caregivers. Enriching Lives.









2025-26

ANNUAL REPORT

MESSAGE FROM THE CHAIRPERSON

The year 2025–26 has been a period of meaningful growth and transformation for the Caregivers Asha Society (CAS). What began as an effort to support and recognize family caregivers has steadily evolved into a multidimensional movement integrating community outreach, digital innovation, training, youth engagement, and policy advocacy.

Across India and globally, societies are facing the growing challenge of ageing populations, chronic illnesses, disability, and long-term care needs. Yet caregivers—especially family caregivers continue to remain under-recognized despite being central to the health and well-being of millions. At CAS, we believe caregiving is not merely a personal responsibility; it is a societal and public health priority.

During this year, the Society strengthened its efforts through several major initiatives. The CareAsha App continued to evolve as a digital support platform for caregivers, integrating practical guidance, health monitoring, and AI-enabled support systems. The establishment of the ACMERI–ASHA Care Skill Institute marked an important milestone toward creating a skilled caregiving workforce through structured training programmes. Through the Future Caregivers Initiative, school and youth engagement programmes helped nurture empathy, responsibility, and awareness among younger generations.

We also expanded our community outreach programmes, awareness activities, training workshops, and digital educational content. Increasingly, our work has moved toward systems-level engagement, including dialogue on long-term care frameworks, caregiver recognition, and policy development. The collaboration with National Law University Jodhpur for the International Stakeholder Consultation on "Care Giving and Long-term Care Law in India" reflects this evolving direction.

These achievements were possible because of the support and participation of caregivers, volunteers, healthcare professionals, educators, institutions, collaborators, and well-wishers who share our vision of a compassionate and care-aware society.

As we move forward, we remain committed to building sustainable caregiving systems through technology, training, research, community participation, and advocacy.

> **"Together, we can create a future where caregivers are recognized, supported, and empowered."**



Dr. Arvind Mathur

Founder & Chairperson, Caregivers Asha Society

ABOUT US

The Caregivers Asha Society (CAS) is a not-for-profit organization dedicated to supporting, empowering, and recognizing caregivers, particularly family caregivers who form the backbone of long-term care in society.

The Society works at the intersection of healthcare, community development, education, and social support systems to strengthen caregiving capacity and improve the quality of life of older persons, persons with chronic illness, and individuals requiring long-term care.

CAS believes that caregiving is an essential component of compassionate societies and sustainable healthcare systems.



VISION

TO CREATE A SOCIETY WHERE CAREGIVING IS VALUED, SUPPORTED, AND INTEGRATED INTO HEALTH AND SOCIAL SYSTEMS.

MISSION

- **EMPOWER CAREGIVERS THROUGH KNOWLEDGE, SKILLS, AND SUPPORT**
- **PROMOTE DIGNITY AND QUALITY OF LIFE FOR CARE RECIPIENTS**
- **STRENGTHEN COMMUNITY-BASED CAREGIVING SYSTEMS**
- **DEVELOP INNOVATIVE DIGITAL AND TRAINING SOLUTIONS**
- **ADVOCATE FOR RECOGNITION AND INCLUSION OF CAREGIVERS IN POLICY AND HEALTH SYSTEMS**



KEY HIGHLIGHTS OF 2025–26

- Continued expansion and strengthening of the CareAsha App
- Establishment and growth of the ACMERI–ASHA Care Skill Institute
- Expansion of caregiver training and Training of Trainers (ToT) programmes
- Scale-up of the Future Caregivers Initiative in schools and communities
- Community outreach programmes on healthy ageing and caregiving
- Development of digital educational media and awareness content
- Strengthening of collaborations with healthcare, academic, and community institutions
- Initiation of policy and legal dialogue on caregiving and long-term care











CareAsha™: Digital Innovation for Caregiving

One of the Society's flagship initiatives during the year has been the continued development and expansion of the CareAsha App, a digital support platform designed to assist caregivers in day-to-day care.
The app was developed with the understanding that caregiving largely takes place at home, often with limited professional support. The platform aims to bridge the gap between hospital care and home care by providing accessible, practical, and evidence-informed guidance

Key Features

- AI-enabled caregiving guidance
- Health parameter tracking (blood pressure, blood sugar, weight, etc.)
- Caregiver stress management support
- Emergency response guidance
- Educational caregiving resources
- Community support features
- Multilingual accessibility and user-friendly design

Impact

- Improving caregiver confidence and preparedness
- Supporting continuity of care at home
- Promoting home-based and community-based care models
- Enhancing caregiver access to information and support

The Society continues to work toward expanding the app's multilingual capabilities, AI integration, and linkage with training programmes and healthcare systems.



ACMERI–ASHA CARE SKILL INSTITUTE

A major milestone during the year was the strengthening of the ACMERI–ASHA Care Skill Institute, established in collaboration with the Asian Centre for Medical Education, Research & Innovation (ACMERI) and Dr L.M Singhvi Manav Seva Kendra. The Institute focuses on creating a skilled caregiving workforce capable of supporting older persons, patients with chronic illness, and individuals requiring long-term care.

Major Activities

- Structured caregiver training programmes
- Practical hands-on skill development sessions
- Online caregiver education initiatives
- Training of Trainers (ToT) programmes
- Demonstration-based learning modules

Areas Covered

- Personal hygiene and activities of daily living (ADLs)
- Mobility assistance and transfer techniques
- Nutrition and feeding support
- Dementia care
- Symptom monitoring
- Emergency response
- Use of simple medical equipment
- Caregiver communication and self-care

Training Approach

The Institute adopted a blended learning approach combining classroom teaching, practical demonstrations, digital learning support through the CareAsha App, bilingual instruction (Hindi–English), and skill-oriented assessment and certification. The programmes attracted participation from caregivers, healthcare workers, students, and participants from different regions.





FUTURE CAREGIVERS INITIATIVE
YOUNG HEARTS, CARING HANDS

The Future Caregivers Initiative continued to emerge as one of the Society's most impactful youth-engagement programmes during 2025–26.

A major sensitisation programme was conducted at Government Girls Senior Secondary School, Soorsagar recently, where more than 150 students from classes 10–12 participated enthusiastically in discussions and activities related to ageing, caregiving, symptom awareness, vaccination, and first aid. Till now more than 1000 students have been sensitized by the series of programs.

Sessions were conducted by Dr. Arvind Mathur, Dr. (Mrs.) Abha Mathur and Shri Satya Narayan, with active support from volunteers and collaborators.

The Society also initiated collaborative discussions for the "Act to Action Summer Camp 2026", proposing compassion-building modules under the theme "Young Hearts, Caring Hands."



केयर गिवर्स आशा सोसाइटी ने बुजुर्गो की देखभाल करने का किया आव्हान

सबमिटी सुपरफास्ट

जोधपुर। युवा पीढ़ी में संवेदनशील ता उत्तरदायित्व एवम सेवा भाव की भावना को विकसित करने तथा वृद्ध जनों की देख भाल के लिए देखभाल कर्ताओ को तैयार करने तथा वृद्ध जनों की सुविधाओं के उद्देश्य से फ्यूचर केयर गिवर्स इनिशिऐटिव कार्यक्रम के अनागंत केयर गिवर्स आशा सोसाइटी के तत्वाधान में सामाजिक सारोकार निभाते हुए आज राजकीय बालिका उच्च माध्यमिक विद्यालय सूरसागर में 120 से अधिक विद्यार्थिओं के साथ परस्पर संवाद का विशेष संवेदनशील सत्र आयोजित किया गया । कार्यक्रम का शुभारम्भ सरस्वती वंदना से किया तत्पश्चात विद्यालय प्रबंधन द्वारा केयर गिवर्स आशा सोसाइटी के सदस्यो का स्वागत किया गया एवं स्मृति के रूप में पौधे भेंटकर प्रयावरण संरक्षणक्षेत्र में विधालय की प्रतिबद्धता दोहराई। कार्यक्रम का शुभारम्भ करते हुए सोसाइटी के अध्यक्ष डॉ अरविन्द माथुर ने विद्यार्थिओं को वृद्ध जनों में उम्र के साथ-साथ और शारीरिक बदलाव तथा उनकी देखभाल के बारे में महत्वपूर्ण पहलुओ के बारे मे बताते हुए वृद्ध जन और रोगियों की देखभाल में सलग्न व्यक्ति को कुशल देखभाल कर्ता के रूप मे आवश्यक व उचित प्रशिक्षण देने, इस क्षेत्र मे रिक्तता को देखते हुए युवाओं को अधिकाधिक जोड़ने सहित समिति के उद्देश्य के बारे में विस्तार से बताया। विद्यार्थियों को संबोधित करते हुए डॉक्टर आभा माथुर ने वृद्धावस्था में आने वाले शारीरिक बदलाव जैसे धीमी गति, सफेद बाल, त्वचा में परिवर्तन झुर्रियां आदि, देखने में आंखों की रोशनी कम होने, सुनने की क्षमता कम होना,उम्र बढ़ने के साथ-साथ खान-पान में कमी होना, वृद्ध जनों के पास अनुभव का खजाना होने के उपरांत भी समय के साथ-साथ उनको याद रखने की कम होती क्षमता, उम्र बढ़ने के साथ-साथ वृद्ध जनों में अकेलेपन कारण के बढ़ते उदासी के लक्षण आदि के बारे में विस्तार से बताया तथा उन्हें वृद्ध जनों की देखभाल करने के लिए प्रेरित करते हुए टीकाकरण के महत्व के बारे में विस्तार से समझाया।





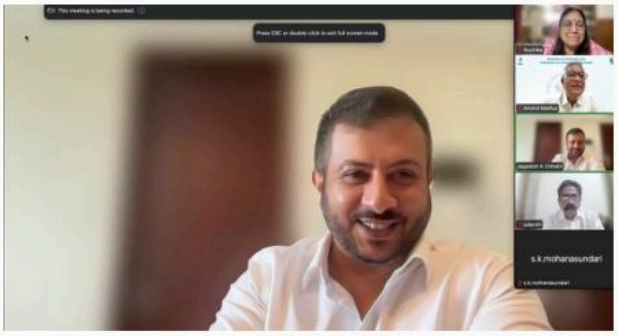
ONLINE CAREGIVER TRAINING & TRAINING OF TRAINERS PROGRAMMES

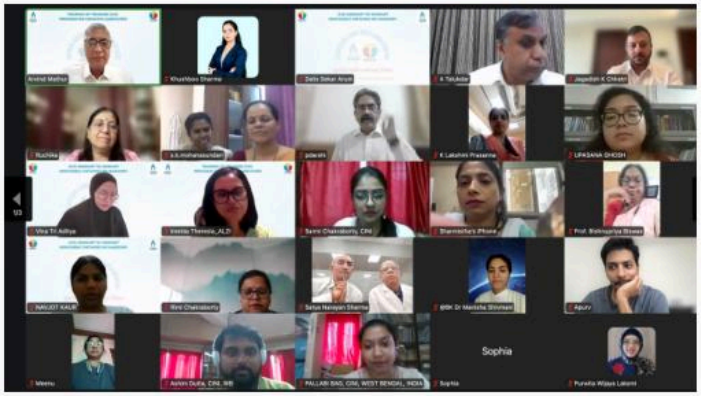
During 2025–26, CAS significantly expanded its online training activities.
The Society organized structured online caregiver training programmes focusing on practical caregiving skills, healthy ageing, dementia care, emergency response, caregiver well-being, and community care approaches.

A major achievement was the successful organisation of the Training of Trainers (ToT) programme on 1-2 September 2025, which created a pool of trained caregiving educators and facilitators. The programme attracted more than 200 participants from India, Nepal, and Indonesia, with faculty contributions from IGNOU, AIIMS, Bibi Nagar, and CAS.

These programmes witnessed participation from healthcare professionals and caregivers from India and neighbouring countries, reflecting growing regional interest in caregiving education.

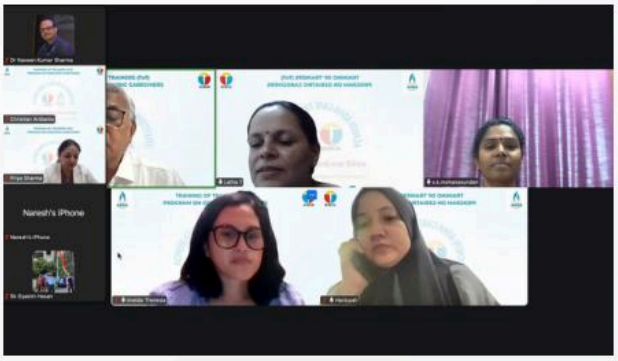












COMMUNITY OUTREACH & PUBLIC ENGAGEMENT

CAS continued to strengthen its community presence through awareness programmes, practical demonstrations, and grassroots engagement activities.

Key Community Activities

- Healthy ageing awareness programmes
- Caregiver support and education sessions
- Demonstration-based caregiving workshops
- First-aid and emergency response training
- Community discussions on caregiving challenges

A significant outreach activity included workshops for the volunteers of "Time Bank of India", medical interns from Dr. SN Medical College (Jodhpur), ambulance drivers and hospital aids, emphasising practical emergency response and patient support skills. The Society also engaged volunteers, healthcare professionals, and community participants to strengthen local caregiving awareness and preparedness. The programme was conducted in the Ashiana Amarbag residential colony.









EDUCATIONAL MEDIA & AWARENESS INITIATIVES

Digital media continued to play an important role in the Society's outreach and public engagement strategy.

Through YouTube, Facebook, Instagram, LinkedIn, and other digital platforms, CAS disseminated educational videos, awareness reels, caregiving guidance, and health messages.

Content Themes Included

- Healthy ageing
- Dementia care
- Fall prevention
- Diabetes care
- Emergency response
- Caregiver stress management
- Community caregiving awareness

The Society also initiated regular engagement activities, including motivational caregiving messages and "Words of Care" reflections, to promote empathy and awareness.

These efforts strengthened public engagement and expanded the reach of caregiving education beyond physical training settings. Social media presence and digital documentation

Instagram shows CAS as a registered non-profit with 699 followers and 163 posts at the time of indexing; Facebook shows public engagement, including 837 likes and 141 talking about this in indexed results.









SPECIAL INITIATIVES & EMERGING INNOVATIONS

Upchar Sangh Shiksha – Hospital Classroom Initiative

One of the most innovative and compassionate initiatives undertaken during the year was the launch of **"Upchar Sangh Shiksha"**, a pioneering hospital classroom initiative introduced in the Paediatric Ward of Umed Hospital, Jodhpur.

The programme was conceptualised in response to the educational and emotional disruption experienced by children during prolonged hospitalization. The initiative aims to create a supportive healing environment by integrating structured educational engagement into the hospital setting.

Key Features

- Daily educational sessions for clinically stable children
- Flexible, activity-based, child-friendly teaching methods
- Bedside or small-group learning approaches
- Close coordination with doctors and nursing staff
- Focus on emotional well-being alongside continuity of education

The Society arranged qualified educational support for the programme, including the participation of Mrs. Pooja Vyas and Ms. Priyanshi. This initiative is among the early organised hospital-classroom efforts of its kind in Rajasthan.





टूट गया। रोड पर तार घिरने से धमाके के साथ तारों को ठीक किया गया। अनुराग शर्मा

राजस्थान में पहली पहल • उम्मेद अस्पताल में उपचार संग शिक्षा कार्यक्रम शुरू

बीमारी नहीं रोकेगी पढ़ाई: भर्ती बच्चों की वार्ड में ही लगेगी क्लास, पढ़ाई सामग्री भी मिलेगी

हेल्थ रिपोर्टर | जोधपुर

अब अस्पताल में भर्ती बच्चों की पढ़ाई बीमारी के कारण नहीं रुकेगी। केयरगिवर्स आशा सोसाइटी की पहल एक मेरी आशा केयर स्किल इंस्टीट्यूट और डॉ. एलएम सिंघवी मानव सेवा केंद्र के सहयोग से उम्मेद अस्पताल में सोमवार को उपचार संग शिक्षा कार्यक्रम शुरू किया गया। इलाज के साथ शिक्षा को जोड़ने वाली यह राजस्थान की अपनी तरह की पहली पहल है।

कार्यक्रम के तहत बाल रोग वार्ड में भर्ती 4 से 14 वर्ष तक के बच्चों को उनकी कक्षा और आयु के अनुसार अध्ययन सामग्री उपलब्ध कराई जाएगी। शुरुआत डॉ. मोहन मकवाना के वार्ड से की गई है। बच्चों को कॉमिक्स, स्टोरी बुक, पिक्चर बुक के साथ जरूरी स्टेशनरी उपलब्ध कराई जाएगी, ताकि वे सहज और रुचिकर तरीके से पढ़ाई से जुड़े रहें। योजना सफल रहने पर इसे अन्य वार्डों तक भी विस्तार दिया जाएगा।

कार्यक्रम का शुभारंभ डॉ. एसएन मेडिकल कॉलेज के प्रिंसिपल एंड कंट्रोलर डॉ. बीएस जोधा की अध्यक्षता में हुआ। इस अवसर पर भूतपूर्व प्रिंसिपल डॉ. अरविंद माथुर, उम्मेद अस्पताल के अधीक्षक डॉ. मोहन मकवाना, डॉ. संदीप चौधरी, डॉ. एसके बिश्नोई सहित चिकित्सक और स्टाफ मौजूद रहे। प्रशिक्षित शिक्षिका पूजा व्यास, सेकंड फ्लोर बच्चा वार्ड की इंचार्ज आनंद कौर चौहान तथा केयर टेकर टीम के डॉ. ललित जेलिया, रूपेश पुरोहित, विनोद, सत्यनारायण, राकेश माथुर और हरिसिंह भी उपस्थित रहे।



उम्मेद अस्पताल में सोमवार को उपचार संग शिक्षा कार्यक्रम की शुरुआत की गई।

शाम 4 से 6 बजे तक क्लास, पढ़ाई से कम होगा तनाव

इस पहल के तहत रोजाना शाम 4 से 6 बजे तक दो घंटे का शिक्षण सत्र चलेगा। वरिष्ठ डॉक्टरों के राउंड के बाद बच्चों को समूह में या बेडसाइड पर गतिविधि आधारित और सरल तरीके से पढ़ाया जाएगा। इसमें केवल क्लिनिकली एक्टिव और फिट बच्चे शामिल होंगे। डॉ. अरविंद माथुर ने कहा कि इसका उद्देश्य सिर्फ पढ़ाई जारी रखना नहीं, बल्कि बीमारी के दौरान बच्चों के डर और तनाव को कम कर उनका आत्मविश्वास बढ़ाना भी है। उपचार संग शिक्षा बच्चों के मानसिक स्वास्थ्य और समग्र विकास की दिशा में प्रेरक पहल साबित होगी।

डॉक्टर बोले- बीमारी बच्चों की सीखने की यात्रा नहीं रोक सकती

डॉक्टरों के अनुसार बीमारी के दौरान बच्चों में डर और तनाव स्वाभाविक होता है, लेकिन पढ़ाई और रचनात्मक गतिविधियों के माध्यम से इस तनाव को कम किया जा सकता है। इससे बच्चों का आत्मविश्वास बढ़ेगा और वे जल्दी स्वस्थ होने की दिशा में भी सकारात्मक रहेंगे। उन्होंने कहा कि बीमारी बच्चों की सीखने की यात्रा को नहीं रोक सकती, 'उपचार संग शिक्षा' उसी सोच का एक महत्वपूर्ण और प्रेरणादायक कदम है। संस्था ने आमजन से भी इस पहल में सहयोग करने की अपील की है, ताकि अस्पताल में भर्ती बच्चों को एक बेहतर, सकारात्मक और प्रेरक वातावरण मिल सके। यह पहल भविष्य में अन्य अस्पतालों के लिए भी एक प्रेरणा बन सकती है।

ELDERS CARE ELDERS PROGRAM

During 2025–26, the Caregivers Asha Society launched the "Elders Care Elders" initiative to promote active ageing, peer support, and community participation among older persons. The programme encourages relatively active and motivated senior citizens to support fellow elders through companionship, awareness, and community engagement activities.

Several training and sensitisation programmes were delivered under this initiative, benefiting more than 200 older persons who were certified as Community Care Support Persons. The sessions focused on healthy ageing, emotional well-being, caregiving awareness, social connectedness, fall prevention, and the importance of mutual support within communities.

The initiative reflects the Society's belief that older persons are not only recipients of care but can also play a meaningful role in strengthening compassionate and supportive communities.





केयरगिवर्स आशा सोसाइटी द्वारा बुजुर्गों की सामुदायिक देखभाल का प्रशिक्षण सत्र सम्पन्न

'एल्डर्स केयर एल्डर्स' - बुजुर्ग बुजुर्गों की देखभाल करें - कार्यक्रम का पहला बैच प्रशिक्षित - वरिष्ठ देखभाल सहयोगियों ने लिया

दैनिक हिंदुस्तान ब्योर्डर

जोधपुर। केयरगिवर्स आशा सोसाइटी द्वारा बुजुर्गों की सामुदायिक देखभाल को सशक्त बनाने के उद्देश्य से प्रारंभ किए गए नवीन कार्यक्रम 'एल्डर्स केयर एल्डर्स' का औपचारिक शुभारंभ आज हुआ। प्रथम बैच में अनुभव सागर संस्था के वरिष्ठ सामुदायिक सहयोगियों का सफल प्रशिक्षण सम्पन्न हुआ।

यह कार्यक्रम उन सक्रिय वरिष्ठ नागरिकों के लिए विशेष रूप से तैयार किया गया है, जो समुदाय में रहकर बुजुर्गों को गैर-चिकित्सकीय सहायता प्रदान कर सकें। कार्यक्रम के अंतर्गत प्रतिभागियों को कम्युनिटी केयर सपोर्ट पर्सन (ष्टष्टस्क) के रूप में प्रशिक्षित किया जा रहा है। इसे शहर में बुजुर्ग-देखभाल के क्षेत्र में सामुदायिक स्तर पर एक नई और अभिनव पहल के रूप में देखा जा रहा है।



कार्यक्रम का शुभारंभ वरिष्ठ चिकित्सा विशेषज्ञ डॉ. अरविंद माथुर के स्वागत संबोधन से हुआ। उन्होंने कहा कि बदलते सामाजिक एवं पारिवारिक ढाँचे के कारण बुजुर्गों की देखभाल का दायित्व परिवारों पर बढ़ता जा रहा है। ऐसे समय में समुदाय की सक्रिय भागीदारी को सशक्त बनाना अत्यंत आवश्यक है।

श्रीमती रुचिरा अग्रवाल ने केयरगिवर्स आशा सोसाइटी का परिचय देते हुए बताया कि संस्था बुजुर्गों एवं उनके पारिवारिक देखभालकर्ताओं के लिए सम्मानजनक, समान एवं गुणवत्तापूर्ण देखभाल को बढ़ावा देने हेतु निरंतर कार्य कर रही है। उन्होंने कहा कि समुदाय में देखभाल की क्षमता विकसित होने से न केवल बुजुर्गों के जीवन-स्तर में सुधार होगा, बल्कि परिवारों को भी सहयोग एवं राहत मिलेगी।

प्रशिक्षण सत्र में डॉ. निखिल माथुर ने फॉल प्रिवेंशन विषय पर विस्तृत जानकारी साझा की। उन्होंने बताया कि बढ़ती उम्र में गिरने की घटनाएँ गंभीर स्वास्थ्य जोखिम उत्पन्न कर सकती हैं, जिन्हें सही प्रशिक्षण, सावधानियों एवं पर्यावरणीय सुधारों से काफी हद तक रोका जा सकता है। उन्होंने घरेलू सुरक्षा, पोषण, दवाइयों के उपयोग, व्यायाम एवं अन्य व्यावहारिक पहलुओं पर उपयोगी सुझाव दिए।

COLLABORATIONS & INSTITUTIONAL ENGAGEMENT

During the year, the Society strengthened collaborations with healthcare institutions, academic experts, social organisations, and community partners. Key collaborations and interactions included engagement with:

- Medical colleges and healthcare institutions
- Community organizations
- Academic experts in geriatrics and caregiving
- Dr. L. M. Singhvi Manav Seva Kendra
- National and international collaborators
- Indian Myeloma Academic Group (IMAGe)
- National Law University Jodhpur

The Society also benefited from expert visits, discussions, and academic interactions that contributed to programme development and institutional strengthening. CAS/ACMERI hosted several expert visits and conversations, including Padmasree Prof. H. Nagendra, Hon'ble Justice A K Mathur, Dr Zarina Nahar Kabir, Dr M K Aseri, Dr B S Jodha, Dr Anil Purohit, Dr Pankaj Bhardwaj, Dr Arunanshu Talukdar, Prof Pankaj Malhotra, Dr S S Chakraborty, Dr L K Goyal, Dr Shailaja V. Rao, and others, reflecting growing institutional recognition and academic engagement.








COLLABORATION WITH IMAGe & SUPPORT FOR WALDENSTRÖM'S MACROGLOBULINEMIA

During the year, the Society strengthened its collaboration with the Indian Myeloma Academic Groupe (IMAGe) in the areas of patient support, academic exchange, and awareness related to Waldenström's Macroglobulinemia (WM).

The Society initiated efforts toward developing supportive communication and helpline-oriented activities for patients and families affected by WM, while also contributing to scientific discussions and awareness initiatives.













ACADEMIC RECOGNITION & MEMORIAL INITIATIVES

During 2025–26, the Caregivers Asha Society further strengthened its commitment to compassionate healthcare, academic excellence, patient support, and educational empowerment through a series of initiatives inspired by the legacy and values of Prof. Dr. (Mrs.) Asha Mathur.

Prof. Dr. (Mrs.) Asha Mathur Oration

The Prof. Dr. (Mrs.) Asha Mathur Oration continued to evolve as an important academic platform of the Indian Myeloma Academic Groupe (IMAGe), promoting dialogue on compassionate healthcare, medical education, caregiving, and patient-centred care.

The Third Prof. Dr. (Mrs.) Asha Mathur Oration Award was conferred upon Lt Gen (Dr.) Velu Nair, PVSM, AVSM, VSM (Retd.), during the 3rd Annual Waldenström Macroglobulinemia India Meeting of IMAGe held at PGIMER, Chandigarh, in recognition of his distinguished oration on "Waldenstrom's Macroglobulinemia: Indian Perspective."

The first oration was conferred upon Col Y Uday at S N Medical College, Jodhpur. The Second Oration had been conferred upon Prof. Pankaj Malhotra at St. John's Medical College, Bengaluru, for his discourse on improving care for Waldenström's Macroglobulinemia in India.

Organised in collaboration with the Indian Myeloma Academic Group (IMAGe), the Oration series has emerged as a meaningful academic initiative encouraging scientific exchange, interdisciplinary dialogue, and compassionate approaches to patient care.

Prof. Dr. Asha Mathur Gold Medal

The Society also continued to support the Prof. Dr Asha Mathur Gold Medal for students who secured the highest marks in Pathology in the regular University Examination, recognising meritorious students and encouraging a culture of dedication, service, and humane medical practice. In 2024, the award was given to Ms Kumud Parashar, in 2025 to Gaurav Singh Solanki and in 2026 to Miss Anshu Yadav.

Prof. Asha Mathur Memorial Award for Excellence (First MBBS)

A proposal was submitted to Dr S. N. Medical College, Jodhpur, to establish the "Prof. Asha Mathur Memorial Award for Excellence (First MBBS)" (प्रो. आशा माथुर स्मृति उत्कृष्टता पुरस्कार), intended to recognise the student securing the highest marks in the First MBBS examination each year. Last year, the award was given to Ms Himanshi Sharma (UG Batch 2023), and this year it was awarded to Ms Nupur (UG Batch 2024) on 29th March 2026.

INTERNATIONAL COLLABORATION

The Caregivers Asha Society further strengthened its global engagement during 2025–26 through its association with the Global Alliance for Care, an international platform an international platform working to advance recognition, support, and policy dialogue related to caregiving and care systems worldwide. The Society's participation in global caregiving networks reflects its commitment to promoting inclusive, community-based, and people-centred approaches to long-term care and caregiver support.

A major international recognition during the year was the nomination of **Dr. Arvind Mathur, Founder & Chairperson of the Caregivers Asha Society, as a member of the Steering Committee of the WHO Civil Society Commission (2025–2027). The Commission, established by the World Health Organization (WHO)**, aims to strengthen meaningful engagement between WHO and civil society organizations at global, regional, and national levels. Dr. Mathur represents the Caregivers Asha Society on this prestigious platform and contributes perspectives emerging from grassroots caregiving experiences in low- and middle-income country settings.

This international engagement has further strengthened the Society's efforts to promote caregiver recognition, healthy ageing, community participation, and compassionate long-term care systems aligned with global public health priorities.

The delegation for **Karolinska Institutet** appreciated the institute's practical learning approach, sensitive caregiving model, and community-focused healthcare support. Discussions were held on future collaboration, knowledge exchange, training partnerships, and strengthening caregiver development programs.



Printed from
THE TIMES OF INDIA

Senior Jodhpur doctor appointed member of WHO advisory group

TNN | Mar 10, 2023, 08.21 AM IST

Jodhpur: Dr Arvind Mathur, senior physician and former principal of SN Medical College Jodhpur, has been appointed as member of an Advisory Group of the World Health Organisation (WHO) for a period of two years.

He is currently associated with a voluntary organisation, Asha Caregiver Society, which he founded with the aim of assessing needs of caregivers and conducting evidence-based research to reduce stress and burden of family caregiving. Talking to TOI, Mathur said, "There is an absolute vacuum of healthcare knowledge among family members of a patient who reaches home after hospital admission. He gets proper healthcare in hospital but not the follow-up care at home." "So we are trying for coordination between a health professional and the care-giver. We will share the outcome with the WHO so that a proper policy could be drafted in this context," said Mathur.

Mathur also holds the post of Director, ASIAN Center for Medical Education and Innovation, which aims to improve healthcare delivery in Asia through medical education, research and innovative methods. He is also devoted to the healthcare of elderly persons through his association with various national and international consultative committees for healthcare of the elderly.



करोलिंस्का इंस्टिट्यूट ने एकमेरी आशा केयर स्किल इंस्टिट्यूट के कार्यों की सराहना की

जोधपुर| स्वीडन की करोलिंस्का इंस्टिट्यूट के प्रतिनिधिमंडल ने जोधपुर प्रवास के दौरान डॉ. अरविंद माथुर के मार्गदर्शन में संचालित एकमेरी आशा केयर स्किल इंस्टिट्यूट का अवलोकन किया।

प्रतिनिधिमंडल ने वृद्धजनों की देखभाल के लिए प्रशिक्षित केयर गिवर्स तैयार करने की पहल को उपयोगी और प्रेरणादायी बताया। टीम ने प्रशिक्षण पद्धति, व्यवहारिक शिक्षण और संवेदनशील देखभाल प्रणाली की जानकारी ली तथा प्रशिक्षकों और कार्यकर्ताओं के साथ संवाद किया। प्रतिनिधिमंडल ने भविष्य में सहयोग, सहभागिता, प्रशिक्षण आदान-प्रदान और ज्ञान-विनिमय का आश्वासन दिया।

डॉ. आभा माथुर, डॉ. निखिल माथुर, रूचिरा अग्रवाल, निर्मल माथुर, सत्यनारायण, हरिसिंह, विनोद शर्मा और राजू उपस्थित रहे।

ADVOCACY & POLICY INITIATIVES

A major emerging direction during 2025–26 was the Society's increasing engagement in policy and systems-level advocacy. CAS actively promoted the recognition of caregivers and the development of structured long-term care systems.

A landmark initiative in this direction was the planned International Stakeholder Consultation on:

"Care Giving and Long-term Care Law in India: Towards a Legal Framework for Care"
Organised in collaboration with National Law University Jodhpur

The initiative aims to stimulate dialogue on legal recognition of caregiving, long-term care systems development, rights and support mechanisms for caregivers, and integration of caregiving into public policy frameworks.

ORGANISATIONAL GROWTH & STRATEGIC EVOLUTION

Over the last year, the Caregivers Asha Society continued its evolution into a comprehensive caregiving ecosystem integrating multiple strategic pillars.

Pillar	Focus Area
Digital	CareAsha App
Training	Skill development & caregiver education
Community	Outreach & awareness programmes
Policy	Advocacy & systems development

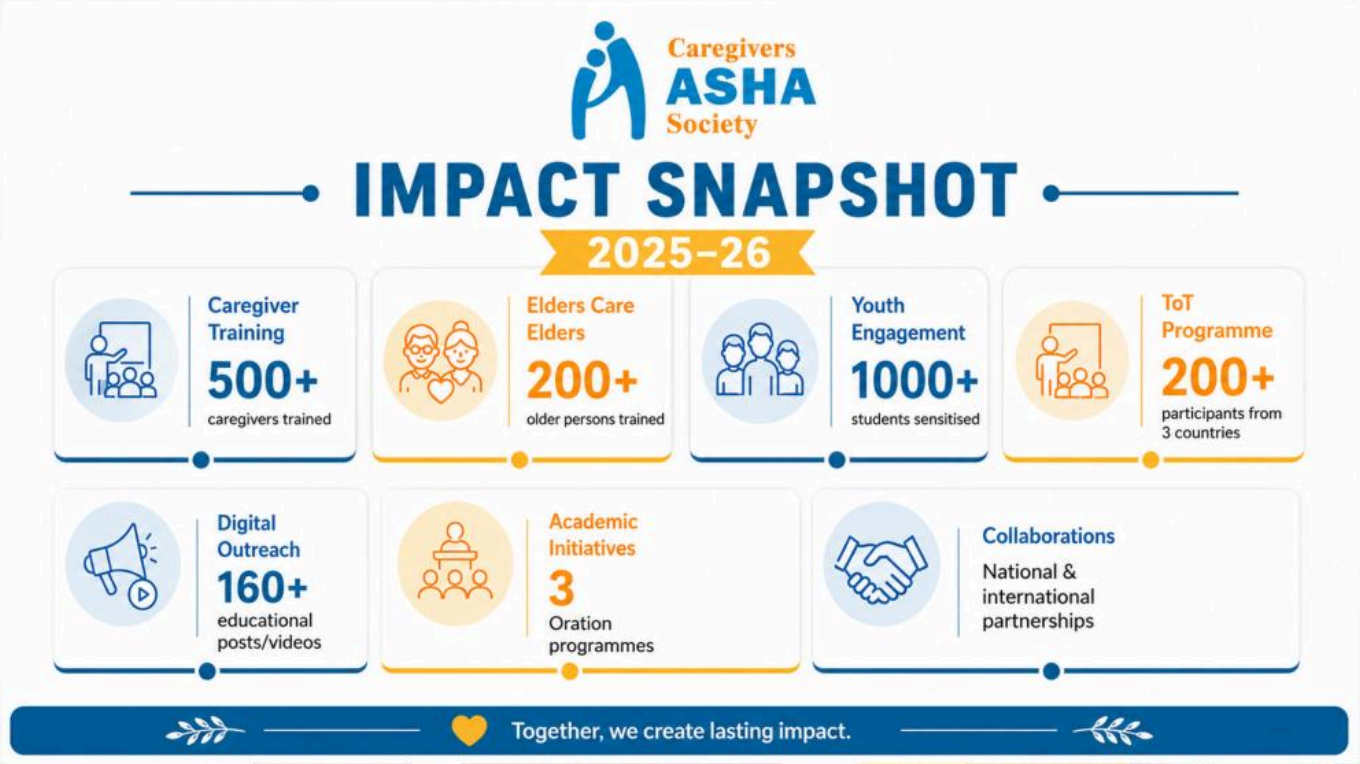
The Society's activities increasingly reflect a multidimensional approach linking compassion, technology, education, community participation, and policy engagement.

IMPACT OVERVIEW 2025–26

During 2025–26, CAS contributed toward:

- Strengthening caregiver awareness and skills across communities
- Promoting home-based and community-based care models
- Building a trained caregiving workforce through structured programmes
- Engaging youth in caregiving awareness and compassion-building
- Expanding digital support systems for caregivers through the CareAsha App
- Advancing dialogue on caregiving policy and long-term care

The Society's work continued to highlight caregiving as both a social responsibility and a public health priority.







WAY FORWARD

The Caregivers Asha Society aims to further strengthen its work through:

- Expansion of caregiver training programmes
- Wider reach of the CareAsha App
- Development of multilingual caregiving tools
- Strengthening community-based long-term care models
- Establishment of broader care science and caregiver education initiatives
- Expansion of research, advocacy, and policy engagement
- Strengthening collaborations at national and international levels
- Creation and development of "Care Science" as a distinct discipline

ACKNOWLEDGEMENTS

The Society expresses sincere gratitude to:

- Family caregivers and care recipients
- Volunteers and community participants
- Healthcare professionals and educators
- Collaborating institutions and partners
- Supporters, well-wishers, and contributors







LEADERSHIP & TEAM

Guided by Experience. Driven by Compassion.

The Caregivers Asha Society is led by experienced professionals from different areas like medicine, education, science, engineering, and social activism, united by a shared commitment to strengthening caregiving systems and social support.

Shared Vision: "To build a world where caregivers are supported, skilled, and valued as essential partners in care."

Dr Arvind Mathur
Founder & President

Prof Priyadarshi Patni
Secretary

Apurv Mathur
Treasurer

Dr Avisha Mathur
Vice President

Dr Rimplejeet Kaur
Joint Secretary

Ruchira Agarwal
Joint Secretary

Members

Saroj Mathur | Rashmi Rajpal Singh | Archana Patni | Dr Abha Mathur | Khushboo Sharma
Dr Sudesh Chandra B Mathur | Ajay Kumar Solanki | Kuldeep Singh | Dr Nikhil Mathur
Roopesh Purohit | Sunil Mathur | Vinod Kumar Sharma



OUR DIGITAL FOOTPRINT

Scan to explore our videos, awareness campaigns, and community initiatives.











"WHERE THERE IS CARE, THERE IS HOPE."
CAREGIVERS ASHA SOCIETY | ANNUAL REPORT 2025–26

Prepared by Caregivers Asha Society, May 2026
Contact: Dr Arvind Mathur, Founder & Chairperson
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Get Involved:

We invite individuals, volunteers, organizations, and stakeholders to join us in our mission to uplift and empower caregivers through:

- Partner with us
- Spread the Word
- Donation
- Direct Involvement
- Internship Opportunities

Bank Details:
CAREGIVERS ASHA SOCIETY
A/C : 00000039411375715
IFSC : SBIN0003258
80G/CSR Registered
PAN: AAEAC5796L





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