



# Operational Expenditure (OPEX) Support of Physiotherapy Centre Kalyan Ashram, Kolkata, WB



Submitted to  
Heritage India Exports Pvt Ltd

By



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**Kalyan Ashram- Kolkata, West Bengal**

HelpAge India’s first directly managed Old Age Home for women in the Eastern Region. The property has been gifted to HelpAge India by **Lt. Shri. K.S.B. Sanyal**, Ex. GB Member, HelpAge India in memory of his father **Prof. Som Nath Sanyal** and his brother **Shri. Kalyan Kumar Sanyal** after whom the home has been named “**Kalyan Ashram.**” It has been conceived and established in response to an acutely felt need to provide shelter and care for **needy elderly women** from low income groups. While Kolkata city has a deep-rooted tradition of philanthropy, this emerging social reality needs to be recognized and addressed. The Home apart from providing shelter to the residents also caters to the need of the elders living in the neighbourhood through a weekly Stationary Medicare Unit, a toll free Elders Helpline and a well-equipped Physiotherapy Centre.

**The Physiotherapy centre:**

**Background:** Physiotherapy is the treatment with physical modalities like heat, cold, mille ampere electric current and with therapeutic exercises for the physical wellbeing. Physiotherapy care is fundamental to ageing care. The physiological changes result in reduction of muscle power and tone, reduced range of motion and bone density. Symptoms include general weakness faulty body postures, decrease in cardiopulmonary endurance and reduced exercise tolerance. Apart from these, conditions like back pain, shoulder pain, and other musculoskeletal conditions, paralysis and other neurological conditions which are common in geriatrics can be managed by physiotherapy.

**Kalyan Ashram Physiotherapy Centre** started its operation in July’ 2009 with financial support from State Bank of India. Arthritis, joint and muscle pain, falls leading to cracks, dislocations are common among the elderly. Physiotherapy services in a metro is expensive and hence beyond the reach of the elders falling under the low income group and destitute category. With the quality machinery and expert guidance of the physiotherapist at HelpAge India, our centre makes a positive impact on society. People suffering from stroke who have been paralysed have also been treated by our physiotherapist.

The center has the following machines : Short Wave Diathermy, Interferential therapy, Ultrasound therapy, TENS (Transcutaneous electrical nerve stimulation), Traction, Electrical stimulator, Wax-bath, Infrared lamp, Parallel bars, Shoulder pulley, Shoulder wheel, Ladder, Grip exerciser, Quadriceps table. The centre is capable of providing quality physiotherapy services to elderly suffering from conditions like cervical spondylitis, osteoarthritis, frozen shoulder, tennis elbow, calcaneal spur, stroke leading to hemiplegia, trigger finger, rheumatoid arthritis, sprain etc.

The centre is open from Monday to Saturday – 9.30am to 5pm.

**Beneficiary Details (Average figure):**

No. of Beneficiary/treatments covered every week	150
No. of Beneficiary/treatments covered every Month	600
No. of Beneficiary / treatments covered every Year	6500

**Support Requested:**

Operational Expenditure (OPEX) support requested for Kalyan Ashram Physiotherapy Centre for smooth running of the centre and also cater maximum number of or elderly beneficiaries, those who cannot afford this treatment due to financial weakness

**Project Budget:**

**A. Operational Expenditure (OPEX) for the period April to December 2023:**

	PARTICULARS	Unit/ Qty / Month	Amount (PM)	Amount (PA)
<b>A. HR Cost</b>				
1	Physiotherapist (1)	9	40,900	368,100
2	Assistant Physiotherapist (1)	9	19,200	172,800
	Sub Total: A		60,100	540,900.00
<b>B. Centre Running Cost</b>				
1	Electricity Charge (1)	9	5,000	45,000
2	Physiotherapy Consumables (1)	9	1,800	16,200
3	Cleaning & Consumables (1)	9	1,000	9,000
4	Office Expenditure (Postage, Printing & Stationery) (1)	9	500	4,500
5	Repair & Maintenance (Equipment's) (1)	9	1,400	12,600
6	Travel/ Local Conveyance (1)	9	900	8,100
	Sub Total: B		10,600	95,400.00
	<b>Sub Total: (A + B)</b>		<b>70,700</b>	<b>636,300.00</b>
	Admin Cost @ 10%		7,070	63,630.00
	<b>G Total</b>		<b>77,770</b>	<b>699,930.00</b>

**NOTES TO THE BUDGET:**

1. Costs may vary within +/- 10% of the above proposed budget.
2. All cost will be charged on actual expenses occurred.
3. Any unspent amount from the sanctioned budget may be utilized for any need basis requirement.
4. Budgets can be shifted within the Tasks as and when required-without exceeding the Bottom line i.e. total approved Budget.

**Related Pictures:**

