



**National Conference
on
“Ageing - A National Challenge & Our Initiatives”**

It is well recognized that the emerging challenge for the country in next 25 years (Amritkaal) will be the unprecedented growth of Elderly. The percentage of Elderly, from existing 10%, is estimated to grow to 20% by 2050.

If the Society and the Governments do not promptly sense this unprecedented demographic shift and do not take remedial measures right from now, this explosion of Elderly above 60 years will cause lot of human miseries, besides putting lot of drag on the economy and may cause social unrest.

Although, the Country has a National Policy on Older Persons 1999 (NPOP) but nothing much has been happening on the ground due to apathy towards Senior Welfare by the Society and the Governments. No priority is being given for funds allocation for the measures detailed in National Policy, nor have there been monitoring reviews taken for effective implementation of whatever plans were announced. This is a form of Ageism prevalent globally.

The National Policy on Older Persons recognized NGO sector as a very important institutional mechanism to provide user-friendly affordable services to complement the efforts of the Government and the private sector.

Shehjaar Homes, with its own initiatives, has been operating centers in Pune, Haridwar & Bhubaneshwar. All are working with self sustainable efforts for mitigating the loneliness and making active, healthy, & happy ageing for elderlies.



It believes that advocacy for Senior Citizen welfare must be continued by National Bodies like - AISCCON and also state Senior Citizen Confederations.

*Shehjaar Homes, therefore, focused on our initiatives of the Theme for this Year's Conference in Haridwar. We believe that Senior Citizens are a resource and have potential of being much help for themselves and for others in the Society. Theme was not **What Government should do but "What we can do?" or "What can I do?" or "How can I make a small difference?"***

Thus, the Conference: "Ageing - A National Challenge & Our Initiatives" was held on Oct 11-12, 2023 in Hotel Gardenia, Haridwar.



CONFERENCE REPORT

1st Day (11-Oct-2023)

Shehjaar Homes for Senior Citizens organized National Conference on 11-12 October 2023 at Hotel Gardenia, SIIDCUL, Haridwar. The theme of the Conference was “Ageing - A National Challenge & Our Initiatives”. 105 delegates from Chennai, Jammu, Pune, Mumbai, Bhubneshwar, Lucknow, Gurugram, Prayagraj, Faridabad, Bhilai, Dehradun, Rishikesh, Roorkee & Haridwar participated. Chief Guest was Dr Mahavir Agarwal (Pro VC, Patanjali University), Keynote Speaker was Dr K R Gangadharan, Heritage foundation Hyderabad & Ex Global President of International Federation on Ageing. Guest of Honor were Mr M K Mittal (Ex Director, BHEL), Dr A P Das (Director A G Industries & Mentor Shehjaar Homes). The inaugural session which was conducted by Mr Suresh Palgay started with lighting of lamp by dignitaries along with Shankhnad (blowing of conch) by Mr L S Rawat and recitation of Deep Geet. Dignitaries on dais were welcomed by presentation of bouquet by Mrs Jayay Raina, Mrs Rekha Gupta, Mrs Nancy Kaul & Mrs Surekha Palgay followed by Guruvandana by Mr S B Nautiyal. Acharya Mahamandaleshwar Swami Avdhesanand Ji could not participate due to urgent foreign visit. His message was read-out on his behalf and his book “The Path to Ananda-A Mystic’s Guide to Unlimited Happiness” and “Rudraksh Mala” were given to all delegates.



Mr M K Raina, in his welcome speech, spoke on concept of theme and focused on initiatives taken by Shehjaar Centers for Happy, Active & Healthy Ageing.

Some of the mantras he gave – Advocacy for welfare of senior citizens must continue, what can we do, small initiatives helping in big way, be positive & less desirous, forgive & forget, act on what we should give back to society.



Dr K R Gangadharan, in his keynote address, spoke on our initiatives of the theme. He, by giving example of foreign countries, said don't be afraid of ageing because it's a lovely stage of life. Prosperity is changing in ageing population. Mix middle aged in your programs to reduce intergeneration gap. Narrating the example of his relative of age 91 years doing BA, MA in Sanskrit and also M.Phil, an excellent example of lifelong learning. Be positive, do not isolate from younger generation, initiatives may be individual, not necessarily in groups. Plan ageing in place without children. Never lose cool.



Dr Mahavir Agarwal, Pro VC Patanjali University, a Vedic & Sanskrit scholar, in his chief guest address gave following tips :-

- Spread your good inherits in the society to give benefits to all
- Senior citizens are like a free Rajahans bird with experience and knowledge of life. They are the treasure of cheers, control, spiritualism and are capable of facing any odd situation with the power of wisdom
- We should follow the path of spiritualism and always be grateful to

the almighty who created every comfort for our living.



Mr M K Mittal, Ex Director of BHEL, an Internationally renowned technocrat in the field of higher rating turbines, in his guest of honor speech gave important tips of his successful and being most beloved personality of town at the age of 82. "Be happy in the Happiness of others". "You don't have the power to benefit someone so don't snatch any ones' right". "Give selfless service to the society. Be spiritual and follow the principle of VASUDHAIV KUTUMBKAM.



Dr A P Das, Director AG Industry and also Shehjaar Director & Mentor, expressed gratitude to all participants and dignitaries for joining the Conference. He talked about evolution of Shehjaar in 2005 and his association since 2016. He announced the opening of 4th Shehjaar Center in Faridabad by October-end and will be the first in NCR. He highlighted



the role of Shehjaar in bringing happiness for seniors. He applauded the dedication of members in establishing new Haridwar Center. He wished one center in each state and state centers to develop network of district-wise centers. He called for senior citizens' associations to join hands in getting rights from Government.



The **Conference Souvenir** was unveiled by the dignitaries present on dais.



Thereafter, **"Shehjaar Geet"** was launched (written by Mrs Neeta Nayyar, Mr Arun Pathak & Mrs Surekha Palagy, music composed by Mr Rahul Arora and sung by Mr B B Kaul, Mr N K Raju, Mrs Jaya Raina & Mrs Surekha Palgay).



Mr Sailesh Mishra, a Social Entrepreneur and Founder President of Silver Innings Group & A1 Snehanjali (an assisted-living elder care home for Dementia) made his presentation as under :-

Dementia is an illness that over time affects the capacity of individuals to make some or all decisions about their everyday lives, including their money, health and welfare. It gradually affects their ability to communicate, reason and act in their own interests.

To address this issue of care giving and helping the family, in Aug 2013, "A1 SNEHANJALI" in Mumbai city was started being first 24x7 project assisted living elder care home, promoted by Silver Innings, a SOCIAL ENTERPRISE. A package of integrated amenities has been created that is designed to provide seniors with most of the services required to lead a normal home-like life. It offers both personalized and group programs and services that focus on stimulating mind, body and soul.



In the evening, a light entertaining cultural program for delegates was organised which was hosted by Mr A K Sanadhya. It consisted of the musical presentation from young students and Shehjaar members. It was a mix of classic Hindi songs, English song, Gazal, Comedy, Skit, Ghoomer & Garhwali dance, poems etc. All presentations were from Shehjaar members. Lastly, songs by Dr P K Sinha's Group from Prayagraj thrilled the audience and made them to dance on floor.

The delicious dinner was sponsored by Dr N L Zutshi, our Mentor from Mumbai.



2nd Day (12-Oct-2023)

Early morning, delegates were taken by bus to Ganga ghat for Yoga & Pranayam exercises which were conducted by Yog Guru Acharya Rajneesh from Haridwar.



After breakfast, the session started with a presentation on Shehjaar Homes by Mr Suresh Palgay. It contained issues of Ageing, Government Initiatives, Need of Shehjaar Homes, its objectives, Development of new Haridwar Center and the various activities going on regular basis. This includes a unique milestone of training of University students (from Dehradun) on elderly issues and participation by Shehjaar in C-20 meet held in Faridabad.



Dr P K Sinha, Ex CMO Prayagraj, talked of initiatives taken named as - "Budhape Ki Lakadi". The young generation is associated to work, play & enjoy with seniors. "Varishtha Nagariko ki Prastuti" a musical concert held every year by the senior citizens. Visit of elderly to Resort / Old Age Home and participation in Satsang, Bhajan, Songs & Picnics. He gave tips for Active, Happy & Healthy Ageing which were summarized as :- Be social, meet people, organize social events, love each other, listen & share.





Dr Sanjay Raina, Head (Internal Medicine), Amrita Institute of Medical Sciences, Faridabad and also founder of Shehjaar Homes talked on following issues in detail :-

What is Ageing, Indian Scenario of ageing, Healthy ageing, Health Problems of Ageing, Geriatric Syndromes, Health Interventions, Managing Pain. He gave examples of common issues.

Ageing is not a disease. In next 30 years ageing scenario will change drastically. Maintaining functional ability is defined as healthy ageing.

*“Pashyem sharadah shatam,
Jivet sharadah shatam”*

LET ME SEE A HUNDRED AUTUMNS,
LET ME LIVE A HUNDRED AUTUMNS



Dr Indu Subhash, founder of Guide Samaj Kalyan Sansthan Lucknow, is a dynamic woman and has devoted her life for the fight against the injustice on elderlies going-on in the society and

families. In a forceful speech, she narrated many case studies which she had practically solved in coordination with Police and made the life of elderly men/women and young ladies cheerful. She gave the concept of Parivar Kalyan Samiti, Purush Adhikar Ayog. She touched very sensitively “Maa Jaye Kahan (where does mother go)”!, “Work-from-Home ne chheena vriddh Jano Ka Chain”!.

Social security numbers can be dialed for any issues in family. Also, she gave her contact number for seeking any help from her.



Mr B P Gupta, President, Conf. of Senior Citizens’ Association of Devanchal (Uttarakhand) talked on emotional care of elderlies.



Mr Milind Sardar from Madhav Baug talked on how their centers all over India are determined to improve health of citizens by Reversing Diabities & BP, a major health concern for most of us.





Mr Sarvesh Gupta, Director Shehjaar Homes, gave presentation on “How to Mobilise CSR Funds for Elder Care”. He talked on What is CSR, What can be done to improve CSR spending on Elder care, AISCCON Committee on CSR and Essential requirements for preparing CSR Project Report. Details of Schedule-VII, Section 135 were also shared.



Mr Chaiytanya Upadhyay, HelpAge Dehradun explained the initiatives of HelpAge for welfare of Seniors, especially in rural and hilly areas.



An interactive session was held, at the end, to clarify queries of delegates which

were very well answered by the esteemed speakers.



All sessions were conducted by Mr A K Sanadhya.



Delegates applauded various presentations, cultural program, hotel accommodation and sumptuous food served during the stay. Speakers & artists were honoured by presenting mementos.



The program ended with National Anthem and Group photographs.





We are thankful to Dr Radhika Nagrath for giving whole-hearted support for the media coverage.



Shehjaar Homes For Senior Citizens
(Section 8 Company)
CIN:U91990PN2005NPL020182
Regd. Office : Flat 604, Building Cordia
Nyati Estate, Mohammadwadi, Pune
411060
Contact:-
Web site :- www.shehjaarhomes.in
E mail :- shehjaarhomes@gmail.com
Mob :- 9760002072 ; 9837889942

Media speaks.....

Wide media coverage has been seen in National newspapers :-

- ❖ Times of India,
- ❖ The Statesman,
- ❖ Amar Ujala,
- ❖ Jagran,
- ❖ Other Haridwar local papers



Glimpses of Conference



X-X-X-X-X-X-X-X-X-X-X

