



Issue 13

August 2024

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Every year on June 15th, people around the globe observe “World Elder Abuse Awareness Day (WEAAD)” to shed light on the mistreatment and neglect experienced by older adults. Established by the United Nations General Assembly in 2011, WEAAD serves as a crucial reminder of the need to protect and uphold the rights of elderly individuals everywhere. Let us take a look at what is the theme, history, importance, and significance of the “World Elder Abuse Awareness Day” this year :-

This year 2024, as per the United Nations official website, the World Elder Abuse Awareness Day theme is – “Spotlight on Older Persons in Emergencies”, emphasises the urgent need to protect and support older individuals during crises. It calls on governments, international donors, organisations, and communities to prioritise the safety and well-being of older persons in their emergency preparedness and response strategies”.

World Elder Abuse Awareness Day (WEAAD) was initiated on June 15, 2006 by the International Network for the Prevention of Elder Abuse (INPEA). Responding to a request from INPEA, the United Nations adopted a resolution on December 19, 2011, recognising the significance of this day. Since then, June 15, 2012 has been officially observed as WEAAD by the UN.

Importance of World Elder Abuse Awareness Day

World Elder Abuse Awareness Day holds significant importance in raising awareness about the often-overlooked issue of elder abuse and elders in need of help. As populations around the world continue to age, the prevalence of



elder abuse is expected to rise, making it essential to shine a spotlight on this pressing concern. By highlighting the rights of older adults and fostering a greater understanding of the factors that contribute to elder abuse and those who are in need, WEAAD plays a crucial role in mobilising individuals and communities to take action and protect vulnerable seniors.

The significance of World Elder Abuse Awareness Day extends beyond a single day of observance; it serves as a catalyst for ongoing efforts to prevent elder abuse, discrimination, and neglect faced by elders and promotes elder rights year-round. Through education, advocacy, and outreach initiatives, WEAAD empowers individuals of all ages to recognize the signs of elder abuse and take steps to intervene and provide support. Additionally, WEAAD encourages governments, international donors, organisations, and communities, as per United Nations, to safeguard the well-being of older adults and hold the respective individuals of elder abuse accountable for their actions.

Suresh Palgay & S C Goel

X—X—X—X—X--X

1st Quarter Achievements

The first quarter of financial year 2024-25 has ended on 30th June. We would like to share the activities completed / achievements made from April to June 2024 and the future plans.

Our weekly programs like - KBB (Kuchh Bhi Boliye), Learn Music and Gita Padhein are held regularly in Haridwar. Members are enjoying the programs and have shown sustained interest. Other programs on special days relevant to Ageing / Health are also observed like the one we had “World Elder Abuse Awareness Day” or yoga on “International Yoga Day”. Our quarterly Shehjaar Newsletter was released in May 2024 as per schedule. Haridwar

center’s members have whole heartedly supported us with annual membership @ Rs 500/-. In addition, we have received the following support in Haridwar from the honourable members and well wishers as below:-

1.	Mr S C Agarwal	Rs	11,000
2.	Ms Ankita Raina	Rs	25,000
3.	Mr Suresh Palgay	Rs	17,280
4.	Mr Udai Raina	Rs	25,000
5.	Ms Vishakha Bhat	Rs	20,000
6.	Ms Nancy Kaul	Rs	5,000
	TOTAL	Rs	1,03,280

We feel highly obliged. Your support helps us to manage expenses partially on caretaker and music teacher etc.



1. We have two students from University of Petroleum & Energy Studies (UPES), Dehradun undergoing internship on social awareness for two months (June and July). We are happy to engage with this social sensitisation program for the second time.
2. Regular enjoyable meetings are held by Pune Center. We congratulate Pune Centre for their monthly contribution and ensuring self-sustained operations.
3. Our Bhubaneswar Centre is doing very well. Expanding activities like - Yoga, Plantation on World Environment Day, regular monthly meetings, BD & WA celebration, done Jal Sewa for ten days from Akshay Tritiya, Kuchhu to Boliye (KBB), celebration of BD of Noble personalities, organising health camps and library etc.
4. Faridabad Centre has invited a team from Haridwar for interaction with their team during the month of July to work on streamlining the operations. Faridabad Centre has to either have their own bank account or use the main account as is being done by Pune Centre.

Future Plans

- # Have planned to hold a zoom meeting in July covering mainly musical entertainment by the members across all centres.
- # Under the guidance of our Patron Dr N L Zutshi and motivation from our Director Dr A P Das, we have planned to think big. Not waiting for any subsidised plot we will go ahead with acquiring a private plot in Antariksh Society and build a model centre with a capacity of 200 persons. No doubt, it is a big challenge, but where there is a will there is a way.
- # Funds collection under CSR or organise collection from civil society in Haridwar.

We are marching on the path of our objective – “Active, Happy and Healthy Ageing”. There is lot to do and miles to go for all of us.

Best Regards

M K Raina



सुहानी यादें

दिल से सुहानी यादों का साया कभी न गया

बिना सुहानी यादों के जीवन नहीं ओर बिना सचेत जीवन के सुनहरे पल नहीं....

होती है यादें बड़ी सुहानी, बताती है सबको, दिखाती है सबको, बीते समय की मधुरं कहानी...

वो भी क्या दिन थे जब हमें सिखाया जाता था....

ए मालिक तेरे बन्दे हम, ऐसे हो हमारे करम ,

नेकी पर चले, ओर बदी से टले, ताकि हसते हुए निकले दम

और हम सभी नित सुबह मिलकर प्रार्थना करते थे...

हमको इतनी शक्ति देना मन विजय करे।

दूसरों की जय से पहले खुद की जय करे।

उस समय राष्ट्र के प्रति एक जोश था एक जज्बा था हर गली में एक ही आवाज गूंजती थी....

अपनी आजादी को हम हरगिस मिटा सकते नहीं,

सर कटा सकते है लेकिन सर झुका सकते नहीं ।

ओर ऐसे ही सुबह होती थी ओर शाम होती थी बिनाका गीतमाला से....

मशहुर एंकर अमिन सयानी की दिल तक पहुचने वाली आवाज गूंजती थी....

बहनों भाइयो आज आ पहुंचा पहली पायदान पर शैलेन्द्र का लिखा सुन्दर गीत...

जिसे संगीत से सजाया है सलिल चौधरी ने ओर मधुर आवाज दी है मुकेश ने, फिल्म का नाम है मधुमती...

सुहाना सफ़र ओर ये मौसम हसी, हमें डर है हम खो न जाए कही ।

रवि कांत गुप्ता "सरल"



Elderly Young Lovers

They are sitting in the balcony on easy chairs,

Two elder young lovers

Listening the chirping birds, enjoying the waves of cold breeze.

Sipping slowly drop by drop Masala tea reminiscing about good old days,

About children settled abroad.

There's a wall hanging on which is written :

"Count your age by friends not years"

They repeat it and start laughing uncontrollably with tears in eyes,

Because they have no friends left to keep them still young

- Usha Jain 'Sheeren'

CENTERS' ACTIVITIES

Haridwar

On 15th June 2024, under the KBB program, Shehjaar Homes observed the "World Elder Abuse Awareness Day".

Host Mr Suresh Palgay put briefing on the history of the day and program by HelpAge India, Dehradun and online discussion by Guide Samaj Lucknow.

Mr M K Raina talked in detail about the kind of abuse elderly have to suffer and the actions from Government. He stressed on what best can be done by individuals to remain happy.

Guest speaker Mr M S Kalra is of opinion that very neglect percentage of abuse exists. One should live with open mind set and mix-up with society freely.

Mrs Neeta Nayyar spoke on her experience and told that we should understand the problems of children and try not to disturb them as far as possible.

Mrs Savita Agarwal read a moral story on the importance of experienced elder.

Mr H N Gupta talked on rich culture of Indian society which can reduce the abuse of seniors. Sri Raju entertained by cracking jokes. Delicious snacks were served, sponsored by Mrs Veena Singh who came all the way from Roorkee for the important day. Trainee students Mr Dhairya and Yash attended and expressed their appreciation for the program.



Shehjaar Group, Haridwar celebrated the International Yoga Day on 21st June by performing the one hour yoga session under the able guidance of Ms Shruti a Yoga trainer and Pancharkarma therapist



from Kankhal (Haridwar). About 25 members along with trainee students participated in the session which took place in a serene and cool environment of Shivalik Nagar Park named Yoga park in cluster J,K,H. It was a good learning for seniors focused mainly on posture stability and various joints of the body along with pranayama. Few questions of participants were answered by Ms Shruti to their satisfaction.



which had many take away points for happy ageing. An interesting quiz and unique, having all answers starting from word "Z" was conducted by Sri A k Sanadhya. Sri Ravikant Gupta in his passionate voice presented shayree and gazal which earned lots of claps.

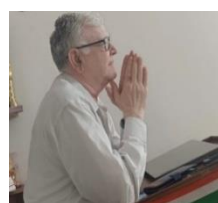
Sri S C Agarwal sensitised the audience with three types of people and appealed to choose the right path. Mrs Nirmal Shridhar sang a deep devotional Bhajan. Sri N K Raju entertained with jokes.

Sri S K Agarwal presented his small talk. Sweets were served which were brought by Sri Shreedhar on the eve of birthday of his son and from Sri Palgay on the eve of unveiling of their book.



Weekly KBB program was held at Shehjaar center Haridwar on 27th June. It started with chanting of OM and Gayatri mantra.

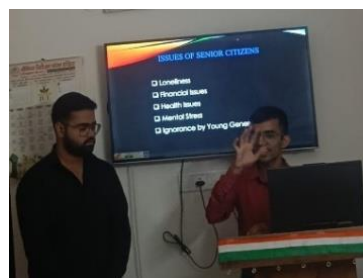
Sri M K Raina introduced the book named "हमारी नर्मदा परिक्रमा" written by Mrs Surekha and Suresh Palgay based on their experiences during recent Narmada Parikrama. Sri Raina shared the proceedings that took place during his 3 days AISCCON (Nerul, Mumbai) visit focusing on lecture of Sri Sen Gupta



UPES Trainees

The University of Petroleum & Energy Studies (UPES), Dehradun had once again chosen Shehjaar Homes Haridwar for imparting eight weeks training to their two undergraduate students.

Mr Dhairy Thareja, B.Tech (CS) and Mr Yash Arora, BBA both after completion of two semesters were with us from 1st June to 31st July 2024. They were enriched, by our expert members, with the knowledge on what are the elderly issues and the support given by Government and NGOs' along with subjects like - Quality, HR, Social connect, Law of attraction and Happiness. Finally, a power point presentation was made by the students in front of members as a part of KBB program. Training completion certificate was given to the students by our senior members Sri B S Shreedhar and Sri H N Gupta.



Bhubaneshwar

Odisha state is celebrating Van Mahotsav from 1st July for plantation. It is advised by our PM to plant a tree in the name of mother. In this regard our forum Shehjaar Homes is also celebrating Van Mahotsav and taken plantation program "Go green" in our local area. Approx. 50 trees already planted and plan to plant further 1000 trees within this month in stretch of 3km along main road in Puri.



Also, Forum's meeting was held in Kedargouri apartment with celebration of birthday and wedding anniversary of members falling in this June month.



Organised health camp by Sunshine hospital in our community hall. Senior Citizens of Kedargouri apartment availed the facility.



Faridabad

An interactive session between Haridwar representatives & members of Faridabad Shehjaar group was planned on 19th July 2024 at Faridabad center. Sri M K Raina expressed his satisfaction on the dynamic performance of the center and congratulated Sri Hargovind Sharma and Sri Deepak Kumar ji for their effective management.

शीतल छाया SHEHJAAR HOMES		
FOR SENIOR CITIZEN DAY CARE CENTRE FARIDABAD		
नाम	पद	फोन नं
हर गोविंद शर्मा	संयोजक	9891006035
दीपक कुमार गुप्ता	अध्यक्ष	7011699505
राज कुमार खुराना	उपाध्यक्ष	9354193761
हरीष गुप्ता	उपाध्यक्ष	8588833086
जगदीर सिंह	महासचिव	9810704535
अनिल कुमार गोठवाल	संयुक्त महासचिव	8700577263
प्रभाष कुमार झा	कोषाध्यक्ष	8368277897
रमाकांत शर्मा	प्रवक्ता	8527146164





PUNE

Shehjaar Parivar meet was organised on 24th July 2024 at Pune center.



ZOOM MEET

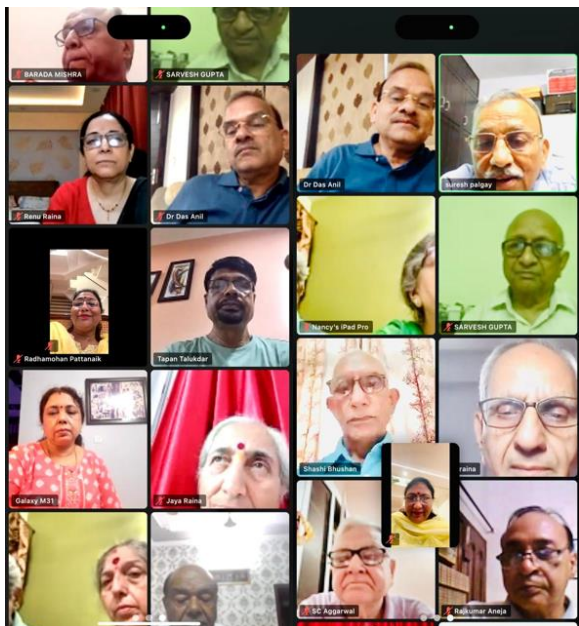
Shehjaar Parivar Zoom meet was held on 21st July 2024 from 6 PM onwards. 28 members from across the nation and one from UK joined. After a formal welcome by host Suresh Palgay on the occasion of start of Shravan month Sri S B Nautiyal recited Shivmanas puja shloka. In his address, Dr A P Das, mentor & director asked for members' commitment for tree plantation to support the green environment. Sri M K Raina gave information about one-day seminar planned on 1st October 2024 in Haridwar, for which details will be circulated shortly. Members presented

songs, gazal & bhajan. The highlight was the old song *ham tere pyar me saara alam kho baithe* by Mrs Santosh Sharma (85).

Sri S K Sadhu told "गीता परम ज्ञान की पुस्तक है भक्ति के साथ सुबह पढ़े". He recited his self-written poem *kalyug me geeta padh kar dekh lo*.

Sri Tapan Talukdar from Guwahati joined first time and expressed his satisfaction and commitment for Shehjaar. Sri Dillip Mohanty gave the vote of thanks.





The National Institute for Transforming India (NITI) Aayog has issued a document
“Senior Care & Reforms” Reimagining the Senior Care Paradigm

A Position Paper ; February 2024

The objective is to foster collaboration among individuals, families, communities, civil society and private sector for converting policy intent into action that paves the way for quality outcomes in senior care.

The major sections are as under

SECTION 1: SENIOR CARE – AN OVERVIEW

Background

Trends

Market Size and Growth Potential

Efforts in Senior Care Key Issues and Challenges

SECTION 2: SENIOR CARE TRANSFORMATION – SERVICE DELIVERY PRIORITIES

Health - Comprehensive and Integrated Senior Care Package

Empowerment and Inclusion

Economic Empowerment and Inclusion

Digital Empowerment and Inclusion

SECTION: 3 WAY FORWARD

Efforts to Ensure Health Empowerment and Inclusion

Efforts to Ensure Social Empowerment and Inclusion

Efforts to Ensure Economic Empowerment and Inclusion

Efforts to Ensure Digital Empowerment and Inclusion

Engaging the Private Sector and CSR Avenues in Increasing Coverage

Fuelling Innovations

Note :-- For detailing of sections, relevant document can be studied.



जिजामाँ सम्मान पुरस्कार

Our member Mrs Lalita Raina, mother of International Tennis player and Arjun awardee Ankita Raina has been honoured with prestigious Jijama (great mother of Chhatrapati Shivaji Maharaj) Samman. This samman (honour) is given by Krida Bharati, Pune on all India basis to the mother of player winning Shivchhatrapati award.



Shehjaar Homes For Senior Citizens

(Section 8 Company)

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Regd. Office : A-55, Shivalik Nagar,
Haridwar - 249403 (Uttarakhand)

A/C No : 000501046307, IFSC Code:

ICIC0002459

(Donations exempted from IT under 80G)

Contact:-

Web site :- <http://www.shehjaarhomes.in>

E mail :- shehjaarhomes@gmail.com

Mob :- 9760002072 ; 9837889942

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Haridwar – 249403 (Uttarakhand)

