

# SHEHJAAR HOMES FOR SENIOR CITIZENS

## Conference report

**On 1<sup>st</sup> October 2024, On the occasion of International Day of Older Persons, a national conference was organised by Shehjaar Homes for Senior Citizens, Haridwar Uttarakhand. Shehjaar Homes is a Section 8, not for -profit company registered in Haridwar - Uttarakhand I**

### **The conference topic “Senior Citizen Welfare: Our Responsibility “**

120 delegates and invitees attended the conference coming from Bhubaneshwar, Pune, Gurgaon, Noida, Mumbai, Faridabad, Lucknow, Roorkee, Haridwar. After breakfast delegates were registered and were given conference folder containing Souvenir, Shehjaar Broacher, Shehjaar Quarterly Newsletter, Book on Graceful Ageing by Dr Navneet Arora(Hindi & English), Pad and Pen .

Prof. Dr Navneet Arora Head Mechanical & IE, IIT Roorkee and an expert on “Human Values & Ethics” was the chief Guest, Mr. M K Mittal Ex Director BHEL, a highly dedicated & committed technocrat as Guest of Honor and Dr Mohinder Ahuja MD Arogyam Formulations and a social activist was the Special Guest. The day began with lighting of lamps by the guests and supported by Mr. M K Raina & Mrs. Neeta Nayyar. Guests were welcomed by offering bouquet and shawl. Mrs. Jaya Raina, Mrs. Surekha Palge, Mrs. Savita Agarwal and Mr. NK Raju presented the Shehjaar Geet, written jointly by Mrs. Neeta Nayyar Nishtha, Mr. Arun Pathak & Mrs. Surekha Palgay, music & background voice given by Mr. Rahul Arora of String Music Care. Senior social worker Jagdish Lal Pahwa honored the guests by presenting them with Pat Vastra and turban.

Conference souvenir was unveiled by the guests and senior delegates representing Pune, Bhubaneshwar Faridabad & Haridwar .

Young Hargovind Sharma, established Shehjaar (शीतल छाया ) day center in Faridabad,by providing ground floor area of his residence. He created single handedly a hall, kitchen and wash room with music system, LED TV and other essentials for the day center. Shehjaar awarded Mr. Har Govind Sharma the Vishisht Seva Sahyog Samman. The citation was read and copy presented to Mr. & Mrs. Har Govind Sharma.

Mr. Suresh Palge said that the day center is practical and easy way for removing the loneliness of the elderly and there by improving emotional health of seniors. For the welfare of senior citizens our responsibility is to establish as many day centers for easy accessibility of seniors.

In his keynote address, Mr. M K Raina said that we have to keep in mind that we are growing in our understanding, knowledge and behavior, we are not getting old. He praised and thanked the Government of India for announcing health insurance up to 5 lakhs for senior citizens above 70 years in Ayushman Bharat Yojana on September 11. He also said that Shahjaar Homes will propose to include citizens aged 60 to 69 years in this. He praised the Senior Care Reforms Report released by Niti Aayog in February 2024.

Mr M K Mittal appealed to all senior citizens to unite and put their views before the government. He said that the government should create a separate ministry for the welfare of senior citizens for the implementation of various Government schemes with a responsibility & accountability.

Dr Mohinder Ahuja told that as per Ayurveda one should eat food according to the seasonal availability for a healthy, mind and body. He suggested to form the group of seniors to help industries in fields of human behavior and developing positive cultural.

Dr Navneet Arora said that to be happy, we have to change ourselves first and then our environment will automatically become happy. He gave the mantra मन स्वस्थ तो शरीर स्वस्थ, Forgive, Forget, Delete & Restart. Maintain Flexibility, stay busy, keep Learning.

A delicious lunch was enjoyed by all which was sponsored by Shehjaar patron & mentor Dr N L Zutshi.

In the post-lunch session, Dr. Indu Subhash head Guide Samaj Kalyan Sansthan Lucknow gave her lecture on the social security for the elderly. She has personally involved in many such abuses that elderlies have undergone and proved herself a dynamic and bold social worker. SSP Haridwar was called by her to attend the session Ms Meenakshi Bisht from SIIDCUL Thana attended.

Dr. Sanjay Raina Head Medicine Amrita Hospital Faridabad gave important information on the need for healthy food for the elderly .He informed that Immunization for senior citizens is done under vaccination for elderly program He also gave important tips that shehjaar can take up for the welfare of elderlies.

During the valedictory session Mrs. Nancy Kaul President Shehjaar Pune, Mr. Dillip Mohanty Secretary Bhubneshwar and Mr. Ramakant Sharma Faridabad, talked on their center's activity and the conference subject of our responsibility for seniors welfare. Mr. M K Mittal gave the memento to the three speakers.

**The conference Resolution** was read by Mr. Suresh Palgay.

A cultural program was organized, which was steered in a professional way by Mr. Ravikant Gupta. It started with Hare Krishna Hare Rama on keyboard played by Mr. Vipin Sharma and Mr. S K Agarwal with group singing by Mrs. Jaya Raina, Mrs. Surekha Palgay, Mrs. Savita Agarwal. Songs & Gazal presented by Mrs. Poonam Grover, Mrs. Surekha Palgay, Mrs. Rita Mohanty, Mr. Dillip Mohanty, Mr. Saktisamantray, Mr. B. B. Kaul, Mr. H N Gupta, Mr. N K Raju poem by Mrs. Neeta Nayyar Nishtha, hasya vyang by Mr. Yogesh Gupta, song on flute by Mr. Ashok Asthana a small play on senior citizens by Mr. S K Agarwal Mrs. Savita & Mrs. Sushma Agarwal.

Thanks to guests, eminent speakers' delegates, hotel management, and those directly or indirectly connected was given by Mr. S K Agarwal. Special thanks to Mr. S. C. Goel for his outstanding contribution on Souvenir. For the wide coverage of conference, he expressed thanks to media persons specially Dr Radhika Nagrath. Cultural artists and organising committee members were given deserved word of thanks.

Shehjaar Homes is highly thankful of Dr. N L. Zutshi(Mumbai), Dr Sanjay Raina(Faridabad), Mrs. Nirmal Shreedhar(Haridwar), Mr. P N Tikoo(NOIDA) and Mr. V K Kapoor(Gurgaon) for extending financial support to the success of conference.

Conference ended with National Anthem, followed by high tea which was sponsored by Mrs. Nirmal Shridhar.

Thanks to one and all !!

*Compiled by*

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