



EDITORIAL

1st October 2024 : International Day for Elderly Persons

On December 14, 1990, the United Nations General Assembly voted to establish October 1st as the international Day for elderly Persons. Country like US are still observing the 21st August, but in India we follow the UN declared date.

The theme for 2024 is "Ageing with Dignity" The Importance of Strengthening Care and Support Systems for Older Persons Worldwide.

Population ageing is a major global trend reshaping society worldwide. Life expectancy at birth now exceeds 75 years in half of the world's countries, 25 years longer than in 1950. By 2050, Elder persons are projected to double to 20% in our country. The world-wide demographic shift will significantly transform the caregiving landscape, encompassing a wide range of needs for both paid and unpaid support in formal and informal settings. As populations age, the demand for comprehensive healthcare, care, and social support services has grown substantially, particularly for elder persons with conditions such as dementia. In recognition of these challenges and opportunities, the 34th commemoration of the United Nations International Day of Older Persons will focus on the theme of "Ageing with Dignity: The Importance of Strengthening Care and Support Systems for Older Persons Worldwide".

This year's theme will make experts to discuss policies, legislation, and practices that strengthen care and support systems for older persons. It will highlight the urgent need to expand training and educational opportunities in geriatrics and gerontology, address the global shortage of care workers, and recognize the diverse contributions of caregivers. The commemoration will also emphasize the importance of protecting the human rights of both caregivers and care recipients, promoting person-centered approaches to care that respect the dignity, beliefs, needs, and privacy of older persons, and for the right to make decisions about their care and quality of their lives.



***HAPPY & PROSPEROUS DIWALI
TO
ALL SHEHJAAR PARIVAR MEMBERS***



Violations of human dignity in terms of humiliation refer to acts that humiliate or diminish the self-worth of a person or a group. Acts of humiliation are context dependent but we normally have an intuitive understanding where such a violation occurs.

The elderly are highly subjected to Abuse and Humiliation in society as well as in families. It is more prone in urban areas where the ethics and moral values are sharply declining. This can be attributed to the wealth Race.

The urban population of senior citizens which is around 30% in India can improve the situation by :-

- *Joining hands with cluster senior citizens so as to bring the confidence & strength to fight with any abuse*
- *Forming a day centre by its own or with the help of NGOs / Government and local administration for an Active and Happy Growing*
- *Learning operations of modern gadgets to reduce the dependency*

A conference on 1st October 2024 with a topic of “Senior Citizens Welfare – Our Responsibility”, has helped, to some extent, directly to a large gathering of 120 senior citizens and also many more indirectly.

Suresh Palgay & S C Goel



***HAPPY & PROSPEROUS DIWALI
TO
ALL SHEHJAAR PARIVAR MEMBERS***



CONFERENCE REPORT

On 1st 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). The conference topic “Senior Citizen Welfare : Our Responsibility”. 120 delegates and invitees attended the conference hailing from various places like - Bhubaneshwar, Pune, Gurgaon, Noida, Mumbai, Faridabad, Lucknow, Roorkee, Haridwar. After breakfast, delegates were registered and were given conference folder containing Souvenir, Shehjaar brochure, Shehjaar Quarterly Newsletter, Book on Graceful Ageing by Dr Navneet Arora (Hindi & English), writing Pad & 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 was Guest of Honor and Dr Mohinder Ahuja, MD, Arogyam Formulations & a social activist was the Special Guest. The day began with lighting of lamp 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 N K 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 Mr 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 honoured Mr Har Govind Sharma with the “Vishisht Seva Sahyog Samman”. The citation was read before the audience and presented to Mr & Mrs Har Govind Sharma.



**HAPPY & PROSPEROUS DIWALI
TO
ALL SHEHJAAR PARIVAR MEMBERS**



Mr Suresh Palgay said that the day centre is practical and easy way for removing the loneliness of the elderly and thereby improving emotional health of seniors. For the welfare of senior citizens our responsibility is to establish as many day centres for easy accessibility of seniors as possible.

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 behaviour, we are not getting old. He praised and thanked the Government of India for announcing health insurance up to Rs 5 lakhs for senior citizens above 70 years in Ayushman Bharat Yojana on September 11, 2024. He also said that Shehjaar Homes will propose to include citizens aged 60 to 69 years in this Yojna. 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 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 forming the group of seniors to help industries in fields of human behaviour and thereby 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, Forgot, 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 invited by her to attend the session, but on his behalf, Ms Meenakshi Bisht from SIIDCUL Thana attended the session. 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



***HAPPY & PROSPEROUS DIWALI
TO
ALL SHEHJAAR PARIVAR MEMBERS***



vaccination for elderly program. He also gave important tips which Shehjaar can take up for the welfare of elderlies.

During the valedictory session Mrs Nancy Kaul, President (Pune), Mr Dillip Mohanty, Secretary (Bhubneshwar) and Mr Ramakant Sharma (Faridabad), talked on their center's activities 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.

At the end, Mr S K Agarwal thanked guests, eminent speakers, delegates, hotel management, and those directly or indirectly connected with the one-day conference. Special thanks were given to Mr S. C. Goel for his outstanding contribution in preparing the Conference Souvenir. Also, for the wide coverage of conference, he expressed thanks to media persons specially Dr Radhika Nagrath. Cultural artists and organising committee members were praised for the efforts which they deserved. Shehjaar Homes is highly thankful to Dr N. L. Zutshi (Mumbai), Dr Sanjay Raina (Faridabad), Mrs Nirmal Shreedhar (Haridwar), Mr P N Tikoo (NOIDA) and Mr V K Kapoor (Gurugram) for extending financial support to help make the conference highly successful.

Conference ended with National Anthem, followed by high tea which was sponsored by Mrs Nirmal Shridhar. Thanks to one and all !!

Compiled by - Suresh Palgay, Mbl - 9837889942



***HAPPY & PROSPEROUS DIWALI
TO
ALL SHEHJAAR PARIVAR MEMBERS***



CONFERENCE RESOLUTION

Shehjaar Homes for Senior Citizens is a Section-8 “Not-for-Profit” Company since January 2005 presently registered in Haridwar (Uttarakhand) with its four Senior Centres operating in Haridwar, Pune, Bhubaneswar & Faridabad. On 1st October 2024 the International Day Of Elderly Persons, Shehjaar Homes organised a one day conference with subject “SENIOR CITIZENS WELFARE- OUR RESPONSIBILITY” in a Hotel in Haridwar (Uttarakhand). The conference was attended by 120 delegates from various parts of India and was addressed by the experts on the subject of Social activities, Human values, Elderly issues, medical science including Ayurveda.

An interactive session yielded many actionable points as a part of resolution which read as under :--

1. All the delegates in the conference complimented and thanked the Government of India, in one voice, for implementing the Health Insurance up to Rs 5 lakhs for every senior citizens of age 70 and above under Ayushman Bharat scheme. This is indeed a very timely and very much needed welfare measure by the government of India. It was, however, submitted by the delegates that GOI should consider to including the senior citizens ageing between 60 and 69 years also in the scheme, at the earliest possibility.
2. All the delegates in the conference appreciated the release of A POSITION PAPER on SENIOR CARE REFORMS IN INDIA by NITI AAYOG, in February 2024. It is hoped that this paper will foster required collaboration among individuals, families, communities, civil society and the governments for converting the policy INTENT into ACTION. It will pave the way for quality outcome in senior care.
3. Delegates submitted that the holistic plan for welfare of senior citizens needs to be drawn and implemented, under close monitoring, on top priority. Therefore, it is necessary to create separate Ministry in the Centre as well as in the States, to oversee the welfare of this segment of deserving population which is presently 10% and likely to be about 20 % by 2050.
4. Delegates submitted that Government of India should revoke the suspension of Railway concession to Senior Citizens without any further delay. This was suspended in 2020 during COVID pandemic.



***HAPPY & PROSPEROUS DIWALI
TO
ALL SHEHJAAR PARIVAR MEMBERS***



5. Delegates emphasized that Governments and other stake holders in the field of Senior care, should encourage the initiatives taken by the individuals or NGOs, for improving the quality of life of senior citizens. In this regard the initiative of establishing senior centres at Pune, Bhubaneswar, Haridwar & Faridabad by Shehjaar Homes, were found very useful in mitigating the problem of loneliness in senior citizens, and was highly appreciated. Shehjaar Homes believes that for every welfare measure, we cannot look to Governments alone. There is lot of experience available among senior citizens and innumerable initiatives can be taken by senior citizens themselves. Governments may, however, issue advisory to local administration to provide government accommodations or subsidized land for setting up the senior centres in all clusters of Senior Citizens.
6. The delegates noted with great pleasure the awarding of Mr Hargovind Sharma, age 44 years, with Shehjaar Varisht Sewa Samman, for his very thoughtful idea of setting up a senior centre in the ground floor of his newly-built house at B1108, Green Fields (Faridabad). It is a very commendable initiative of this young person. Awarding Mr Har Gobind Sharma, Shehjaar Homes believes, will encourage the other stake holders in the field of senior welfare, be it individual, families or corporate builders, to contribute in the best possible way.



***HAPPY & PROSPEROUS DIWALI
TO
ALL SHEHJAAR PARIVAR MEMBERS***



GLIMPSES OF CONFERENCE



**HAPPY & PROSPEROUS DIWALI
TO
ALL SHEHJAAR PARIVAR MEMBERS**





**HAPPY & PROSPEROUS DIWALI
TO
ALL SHEHJAAR PARIVAR MEMBERS**





**HAPPY & PROSPEROUS DIWALI
TO
ALL SHEHJAAR PARIVAR MEMBERS**



शहजार होम्स का राष्ट्रीय सम्मेलन आज

हरिद्वार: शहजार होम्स फॉर सीनियर सिटीजन्स की ओर से अंतरराष्ट्रीय वरिष्ठ नागरिक दिवस के अवसर पर मंगलवार को राष्ट्रीय सम्मेलन का आयोजन किया जा रहा है। इस संबंध में प्रेस कॉन्फ्रेंस में शहजार होम्स फॉर सीनियर सिटीजन्स के डायरेक्टर एमके रेना, सर्वेश गुप्ता, सुरेश पालगे व उसके अग्रवाल ने बताया कि सिडकुल स्थित होटल में आयोजित किए जा रहे सम्मेलन में पतंजलि विश्वविद्यालय के कुलपति प्रो. डा. महावीर अग्रवाल मुख्य अतिथि होंगे। भेल के पूर्व डायरेक्टर एमके मित्तल, आरोग्य फार्मूलेरिंस के एमडी डा. मोहिंद्र आहुजा विशिष्ट अतिथि होंगे। उन्होंने बताया कि सम्मेलन में मुंबई, पुणे, भुवनेश्वर, फरीदाबाद, मुरादाबाद, रुड़की और हरिद्वार से 120 प्रतिभागी शामिल होंगे। सुरेश पालगे ने बताया कि वृद्धजनों के अकेलेपन को दूर करना जरूरी है। आपसी मेलजोल से शारीरिक और मानसिक स्वास्थ्य बेहतर होता है। अकेलेपन की वजह से बुजुर्गों में डामेशिया, डिप्रेशन, शारीरिक कमजोरी आदि समस्याएं बढ़ रही हैं। वृद्धजनों की सुविधा के लिए सभी राज्यों में डे सेंटर स्थापित किए जाएं। जहां आपसी बातचीत और शारीरिक एक्टिविटी से वृद्धजन अकेलेपन की समस्या से छुटकारा पा सकें। (जास)

www.jagran.com

हरिद्वार/रुड़की

राष्ट्रीय सम्मेलन में वरिष्ठ नागरिकों की समस्याओं पर किया गया विचार मंथन

वरिष्ठ नागरिक दिवस पर शहजार होम्स की ओर से सम्मेलन का आयोजन

जगरण संवाददाता, हरिद्वार: शहजार होम्स फॉर सीनियर सिटीजन्स की ओर से अंतरराष्ट्रीय वरिष्ठ नागरिक दिवस के उपलक्ष्य में आयोजित राष्ट्रीय सम्मेलन में देश भर से आए 120 से अधिक वरिष्ठ नागरिकों ने भाग लिया। एक-दूसरे से अपने विचार साझा करते हुए संगठन की आगामी गतिविधियों पर चर्चा की गई।

सम्मेलन के संयोजक व शहजार होम्स के डायरेक्टर सुरेश पालगे ने बताया कि वरिष्ठ नागरिक कल्याण हमारा दायित्व इस विषय पर आईआईटी और भेल से विशेषज्ञों ने बढ़ती उम्र में खुशहाल जीवन जीने के गुर बताए। जिसमें भुवनेश्वर, पुणे, भोपाल, मुंबई आदि मुख्य शहरों से 120 लोगों ने प्रतिभाग किया। जया रेना, सुरेश पालगे, रेखा गुप्ता ने शहजार गीत प्रस्तुत किया। जगदीश लाल पाहवा ने पट वस्त्र और पगड़ी पहनकर अतिथियों का सम्मान किया। कार्यक्रम में शहजार की वार्षिक पुस्तिका का भी अवलोकन किया गया। फरीदाबाद में डे केयर सेंटर स्थापित करने वाले युवा हरगोविंद शर्मा को विशिष्ट सेवा सहयोग सम्मान से नवाजा गया। शहजार होम्स के डायरेक्टर एमके रेना ने 11 सितंबर को आयुष्मान भारत योजना में 70 साल से ऊपर वरिष्ठ नागरिकों के लिए पांच लाख तक का स्वास्थ्य बीमा प्रोत्साहित करने की सराहना की। साथ ही मांग की गई कि 60 से 69 वर्ष की आयु वाले नागरिकों को भी इसमें सम्मिलित करें। भेल से रिटायर्ड कर्पोरल निदेशक एमके मित्तल ने वरिष्ठजनों को एकजुट होकर अपनी बात सरकार के सामने रखने के लिए आह्वान किया।

डायरेक्टर सर्वेश गुप्ता ने नीति आयोग की ओर से भारत में वरिष्ठों की देखभाल में सुधारों की वस्तुस्थिति पर जर्नी प्रपत्र की सराहना की। आईआईटी रुड़की से डा. नवनीत अरोरा ने कहा कि खूब रहने के लिए हमें सबसे पहले खुद को बदलना होगा तो हमारा वातावरण अपने आप ही खुशहाल हो जाएगा। उद्योगपति डा. महेंद्र आहुजा ने स्वस्थ मन और तन के लिए आयुर्वेद के अनुसार, ऋतु के अनुसार ही भोजन करने की सलाह दी। लखनऊ से डॉक्टर इंदु सुभाष ने वरिष्ठों की सुरक्षा पर अपना व्याख्यान दिया। सम्मेलन में पीएन मलिक, सपिता, संगीतस राहुल, इंदु सुभाष, डा. संजय रेना, नैसी कॉल, दिलीप मोहंती, सचिन गुप्ता, सर्वेश गुप्ता, हर नाएगन गुप्ता आदि मौजूद रहे।

< NI_DL_04_10



अंतरराष्ट्रीय वरिष्ठ नागरिक दिवस के उपलक्ष में सम्मेलन

हरिद्वार ■ डेस्क
शहजार (शीतल छाया) होम्स फॉर सीनियर सिटीजन्स सिडकुल का अंतरराष्ट्रीय वरिष्ठ नागरिक दिवस के उपलक्ष में एक दिवसीय राष्ट्रीय सम्मेलन का आयोजन धूमधाम से सिडकुल के स्थानीय होटल में किया गया। सम्मेलन के संयोजक सुरेश पालगे डायरेक्टर, शहजार होम्स ने बताया कि 'वरिष्ठ नागरिक



कल्याण हमारा दायित्व' - इस विषय पर आईआईटी और भेल से विशेषज्ञों ने बढ़ती उम्र में खुशहाल जीवन जीने के गुर बताए। देश भर से 120 लोगों ने प्रतिभाग किया जिसमें भुवनेश्वर, पुणे, भोपाल, मुंबई आदि मुख्य शहरों से लोगों ने शिरकत की। शुरुआत दीप प्रज्वलन से हुई। जया रेना, सुरेश पालगे,

रेखा गुप्ता ने शहजार गीत प्रस्तुत किया। वरिष्ठ समाज सेवी जगदीश लाल पाहवा ने पट वस्त्र और पगड़ी पहनाकर अतिथियों का सम्मान किया। कार्यक्रम में शहजार की वार्षिक पुस्तिका का भी अवलोकन किया गया। फरीदाबाद में डे केयर सेंटर स्थापित करने वाले युवा हरगोविंद शर्मा को विशिष्ट सेवा सहयोग सम्मान से नवाजा गया। अपने मुख्य वक्तव्य में

शहजार होम्स के डायरेक्टर एमके रेना ने कि हमें ध्यान में रखना है कि हम बढ़ रहे हैं अपने समझ, अपने ज्ञान और व्यवहार में, हम बूढ़े नहीं हो रहे हैं। उन्होंने भारत सरकार द्वारा 11 सितंबर को आयुष्मान भारत योजना में 70 साल से ऊपर वरिष्ठ नागरिकों के लिए 5 लाख तक का स्वास्थ्य बीमा घोषित करने की सराहना की और धन्यवाद किया।

Shehjaar Homes For Senior Citizens
(Section 8 Company)

CIN : U91990UT2005NPL016586

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

Contact:-

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

E mail :- shehjaarhomes@gmail.com

Mob :- 9760002072 ; 9837889942

Bank Details: ICICI Bank ; Shivalik
Nagar,

Haridwar – 249403 (Uttarakhand)

A/C No : 000501046307, IFSC Code:
ICIC0002459

(Donations exempted from IT under
80G)



HAPPY & PROSPEROUS DIWALI
TO
ALL SHEHJAAR PARIVAR MEMBERS

