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From the desk of Editors.....

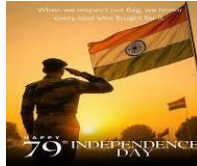
POSITIVE AGEING & SUCCESSFUL AGEING

The concept of positive ageing is one which has been growing in academic and public debate in recent years. A number of studies have been conducted and a number of papers written which explore positive ageing. The meaning of positive ageing is not clear-cut but a definition from the “Centre for Positive Ageing” states :

‘Positive Ageing’ denotes the aspirations of individuals and communities to plan for, approach and live life’s changes and challenges as they age and approach the end of their lives, in a productive, active and fulfilling manner.

The focus embraces the idea of making the most of opportunities, innovations and research which promote a person’s sense of independence, dignity, well-being, good health and enable their participation in society. From this definition, the idea of positive ageing can encompass a wide variety of different aspects in everyday life which can facilitate or inhibit positive ageing. For some, positive ageing meant maintaining relationships, having good family and social support, and active participation in a number of activities and within the community. Having a positive attitude towards themselves and having a sense of purpose in life were also deemed important. Furthermore, the older adults also discussed the role of religion and stressed that *“the most important tenets of religion were the moral codes, not the matters of faith, and they believed that all religious belief provided a person with positive attitudes towards life”*.

Similar notions to positive ageing have been used in academic discourse, the most prominent of which is ‘successful ageing’. Rowe and Kahn’s (American Social Scientists) model of successful ageing, proposed in the year 1977, defines successful ageing as a combination of three core components : “low probability of disease and disease-related disability, high cognitive and physical functional capacity, and active engagement with life”. However, the notion of successful ageing has some significant limitations. Firstly, successful ageing portrays an



idealistic and unrealistic view of older age and what can be achieved by many older adults. Further, it ignores many of the socio-economic and other intersecting factors that may contribute to someone's ability to 'age successfully'. Additionally, the idea of successful ageing inadvertently suggests that older adults who cannot reach this ideal have 'unsuccessfully aged'.

.....Suresh Palgay & S C Goel

LIVING IN PRESENT

Living in the present moment signifies living purposefully, mindful that each moment we breathe is a blessing. Being in the current moment is a significant element of cognitive vigour. The past and the future exist only in the senses. It implies letting go of the past and not hankering after the future. The present is ephemeral (lasting for short time), and thinking intensely about an unknown future or our troubling past may cause it to slip out of our hands. We sometimes waste so much energy thinking about the past or future that we don't realise how quickly the present moment flies by. When we aren't present, we become a victim of time. Our mind is pulled both into the past and the future. It means living our lives consciously, aware that each moment we breathe is a gift. The mind is such that it always dwells on the past or worries about the future. It runs in all directions, away from the present moment. The truth is that the past is gone, and the future is uncertain. The present is our only reality. If we were to stay in the present moment and observe our mind, what next thought would arise in our mind ? We would discover that there are no thoughts and hence no image of who we are. We would be left simply in the present, where true joy lies. The instant we go outside this moment, all our problems begin to surface, and we start to suffer.

How frequently have we had dinner without really savouring what we are eating ? There are instances when we have sat down to talk to our kids or partner without listening to what they are saying or even sat in satsang despite having told ourselves in advance that this time we will keep our eyes open and listen attentively. Yet, we find that we are unable to concentrate. That's because our thoughts are constantly elsewhere. Yet, everything happens in the present moment. Nothing will ever happen in the past, nor will anything ever happen in the future; it can only happen now - in the present.



For this reason, the guru enables us to practice meditation regularly and punctually. Meditation introduces us to living in the moment. It trains us to be mindful of being in the here and now. In this way, the mind cannot tempt us into ruining our present by worrying pointlessly about the future.

H. H. Swami Avdheshanand ji Maharaj

National Conference on Ageing in India - Emerging Realities, Evolving Responses

The Conference was held in India Habitat Centre, New Delhi on 1st August 2025. The Conference was hosted by Sankala Foundation and supported by NITI Aayog, Ministry of Social Justice & Empowerment, GOI & National Human Rights Commission, India.

India is witnessing a rapid demographic shift in elderly population. In 2022, elderly population made up 10% of the total population with 140 million and the same is projected to go up to 20 % by 2050 with 347 million elderly.

The country's elderly are already facing multi dimensional challenges namely :--
1) Healthcare Concerns 2) Economic Concerns 3) Social Concerns.
Break up of these concerns are given below at seriatim :

1. Chronic conditions : Common in Old Age cardiovascular 35.6%, hypertension 32% and diabetes 13.2%

Mental Health : Over 30% show depressive symptoms, nearly 8 % may have major depression.

Insurance Coverage : very low - only 18.6 % in rural and 17.3 % in urban areas have health insurance.

Assistive Devices : Large gaps - 24% with visual issues and 92 % with hearing issues lack aids.



2. Dependency : 70% rely on family or pensions for basic needs Lack of Pension 78 % have no pension support.

Workforce Participation : 40% rural and 26% urban elderly still work indicating financial insecurity.

Debt Burden : 1 in 4 urban elderly cite health care costs as the main cause of debt.

3. Living Alone : Joint families are declining ; 2.5 % of elderly men and 8.6 % of women live alone. Ageism : Discrimination increases isolation, health risks and safety concerns. Digital Illiteracy : Many elderly are illiterate - 93.7% lack digital skills making them prone to fraud.

The conference was an effort by Sankala Foundation to identify the key opportunities presented by the rapidly growing elderly population in the country.

A status report by the Foundation titled “Ageing in India, Challenges and Opportunities” was released at the conference.

Objectives of the Conference were :

- 1 . To re-frame ageing as an opportunity by highlighting the socio-economic and cultural contributions of elderly and promoting active and healthy ageing models.
- 2 .To explore innovative programmes and policies in practice across the countries and states that reimagine elderly roles in society and faster age inclusivity.
3. To facilitate dialogue amongst diverse stake holders including government bodies, private sector, academia and civil society to develop age inclusive initiative.
4. To showcase scalable best practices and research from India and globally that can be leveraged to drive interventions in healthcare, care economy, digital inclusion and more.

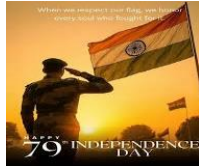
The following were the main speakers at the conference :



1. Welcome remarks by Mr Devendra Kumar Nim, Director Sankala Foundation
2. Key note address by Mr Bharat Lal, Secretary General and CEO National Human Rights Commission, India
3. Special address by Dr Vinod K Paul, Member (Health, Nutrition & Education)
4. Inaugural address by Justice V. Ramasubramanian, Chairperson, NHRC, India

There were 4 sessions :

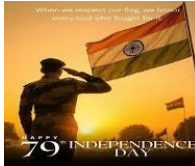
Sessions		TOPIC	CHAired BY
Session 1	:	Strengthening Elderly Welfare : Policy & Practice	Amit Yadav, Secretary MOSJ&E
Speakers	:	Mr Amarjeet Sinha, former Secretary Department of Rural Development and former Advisor PMO	
		Mr Vijay Nehra, Joint Secretary MOHFW	
		Dr Arun S Nair, Director, Social Justice Deptt Kerala	
		Mr Mathew Cherian, Global Ambassador for Ageing, HelpAge International	
		Mr Jaydeep Biswas, Chief of Policy, Advocacy and Partnerships at UNFPA India	
Session 2	:	Health & Mental Wellbeing of the Elderly	Ms Preeti Sudan, former Chairperson UPSC and former Secretary MoHFW
Speakers	:	Dr Sanjay Wadhwa, Professor & Head Department of Physical Medicine and Rehabilitation AIIMS	
		Dr Manohar Agnani, Professor Public Health, Azim Premji University, Bhopal	
		Dr Rajendra Pratap Gupta, Founder Health Parliament	
		Dr Sivakumar P Thangaraju, Professor of Psychiatry NIMHANS	



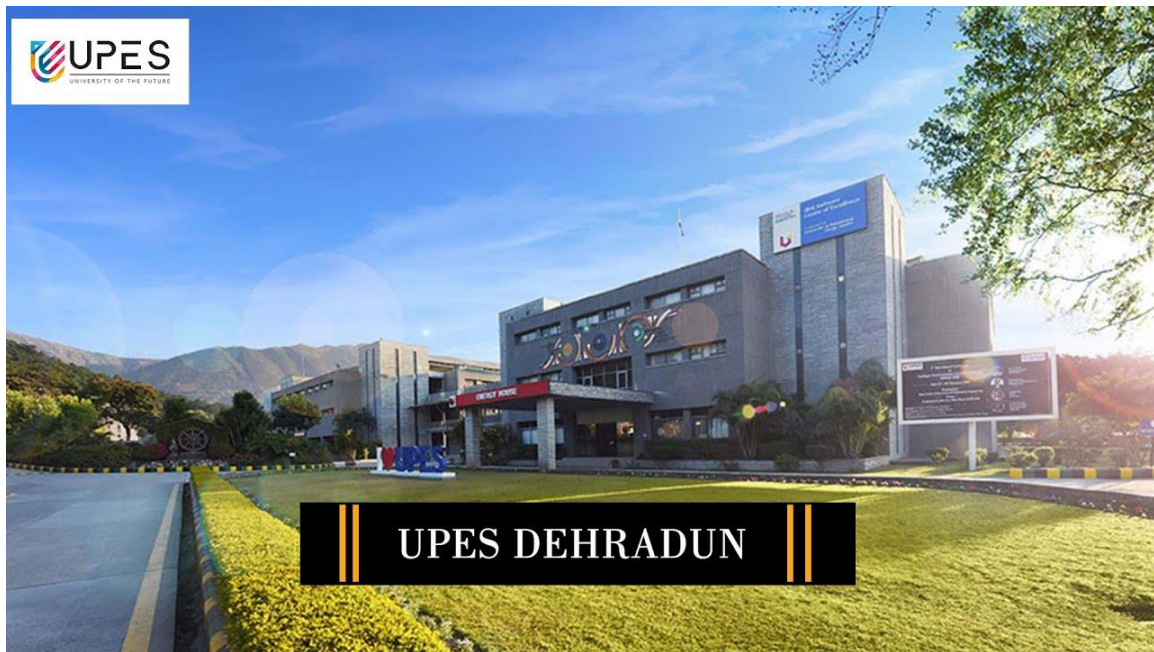
		Mr Yudhistir Govinda Das, Director Communications ISKCON India	
Session 3	:		Mr Amitabh Kant, Former CEO, NITI Aayog
Speakers	:	Dr Kiran Bedi	
		Mr V Srinivas, Secretary Department of Pension and Pensioners Welfare	
		Mr Manoj Yadava, DG Railway Protection Force	
		Prof T V Shekhar, International Institute for Population Sciences, Mumbai	
Session 4	:		Dr Vinod K Paul
Speakers	:	Mr S Krishnan, Secretary Ministry of Electronics and Information Technology	
		H. E. Mr Lim Sang Woo, Embassy of the Republic of Korea New Delhi	
		Prof Irudaya Rajan, Founder, International Institute of Migration and Development, Kerala	
		Ms Pavithra Reddy, COO, Vayah Vikas	
		Mr Asheesh Gupta, Samarth Elder Care	
Vote of thanks	:	Inaugural session - by Dr Malvika Kaul, Director Sankala Remaining sessions - by Dr Abha Jaiswal, Visiting Fellow Sankala Foundation	



Dignitaries sitting on dias during Conference Sri M K Raina making his point in the conference



INTER GENERATION BONDING



About Srijan Internship Program

The Srijan Social Internship program enables the first-year students of UPES to work with social organisations for a mandatory 6-8 weeks full-time engagement. The program aims to improve lives, develop empathy, and cultivate leadership skills in compassionate future leaders. To date, we have collaborated with 1100 organisations in India working towards the Sustainable Development Goals (SDGs). Srijan empowers students through meaningful community service, providing hands-on experience that nurtures social responsibility and professional growth. Students witness grassroot realities, better understanding underprivileged communities and marginalisation, enhancing their employability skills. Additionally, sessions with UN representatives and Presidential Awardees motivate and raise awareness about critical social issues, inspiring students to drive societal changes.

Impact

Every year, over 3,000 students embark on a transformative journey through the Srijan Internship Program, dedicating their time and efforts to address pressing community issues and foster positive change. Their commitment to service



doesn't end with their internships; inspired by their experiences, many students choose to continue their contributions to society. This passion led to the creation of an independent organization under the aegis of UPES, allowing them to amplify their impact.

For the last three years (2023, 2024 & 2025) UPES students, after completing first year, are undergoing Internship at Shehjaar Homes, Haridwar for 8 weeks duration.

Interns Mr Nihal Singh Chauhan (B.Tech CSE) Mr Dev Saini (B.Tech CSE) and Mr Manas Dubey (B.Com Hons) completed their 8 weeks training on 31st July 2025 at Haridwar center. They were exposed to subject of elderly issues in the country through Government Policy, NITI Ayog Report and the role of NGO like - Shehjaar for the Active, Happy and Healthy Ageing. Through lecture sessions by our esteemed speakers, inputs were given for development of their personality. Site visits to IITRoorkee, Pharma Industry, NIELIT and Physiotherapy Center to expose them to real situations. A final report was submitted by students to mentors Mr M K Raina, Mr B S Shridhar and Mr Suresh Palgay. Successful completion certificates were given in a small function in Shehjaar Center Haridwar on 29th July and Speakers were honoured with mementos.



CENTERS' REPORT

BHUBHANESHWAR

Senior Citizens of Kedargouri Apartment distributed cloth bag to all inmates on 27th July'25 and also organized beautification of entrance.



Plantation program was held by Shehjaar homes, Bhubaneswar unit on a hill top at Lavangiri Jagannath temple complex, near Bhubaneswar. This hill top is under development for construction of temple without disturbing its natural environment. All members participated in plantation with supply of plants and seeds to the trustees for next course of action during monsoon. The purpose is to greenify the hill top as far as possible by our organization. Very soon next visit is planned in coming month.



Seba provided to Kaudia bhaktas up to night 11 PM by Ekamra Baristha Maha Sangh to about 350 members or more. We joined with them as Shehjaar members to help them in service. The Kaudia bhaktas are very pleased with such mass seba at late night.



Our 8 senior friends visited Puri on 7th August'25 and availed darshan of lord Jagannath at evening and performed social activities like plantation at Puri sea beach with cleaning of sea shore by collecting the wastes like – plastic and polythene.



PUNE

Regular monthly meeting :



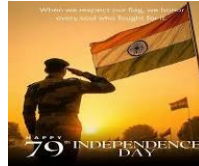
Dr Ankush Jhambhale, Secretary Finance (AISCCON) visited the Shehjaar Centre Pune on 4th June'25. Sri M K Raina from Haridwar was also present.

Dr Navneet Arora, Professor in IIT Roorkee and Head, Better Life Institute visited the Center along with Mrs Arora. First time got opportunity to address 38 persons. Madam Nancy Kaul writes in her feedback :--

Good morning Mrs & Dr. Arora !

We were blessed to have you both in the Shehjaar Pariwaar with your guests yesterday. It was a great pleasure to listen to your lively & practical way of observations of human's... their thought process & effects of that thought process in day to day life.

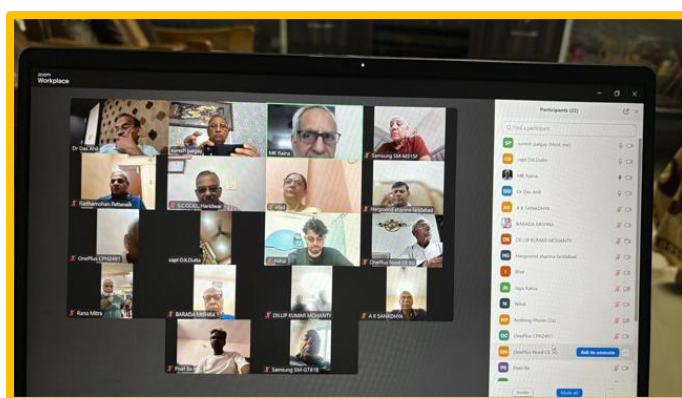
I personally feel so elevated after listening to you & am sure all in the Pariwaar had same feelings. My regards with gratitude to both of you. With warm regards,
Nancy Kaul



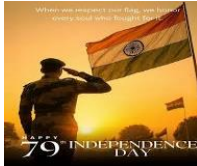


HARIDWAR

Shehjaar Zoom meeting was held on the World Elder Abuse Awareness Day (15th June'25). About 24 members from all four centers including Director Dr A P Das participated in the meeting.



Glimpses of Learn Music class & Geeta Padhein session :



KBB program on 19th June'25 was attended by 29 members and young boys Chandan and Sagar. Sri H N Gupta, Suresh Palgay, Sri P N Malik narrated their happy memories. Sri Ravikant Gupta, through his own poetry, took us to old ways of emotional living. Sri Raju presented emotional poem on lost love and a old classic song. Sri A K Jain shared some stories and jokes. Mrs Surekha sang a old classic song. In his attractive style Sri R K Shrivastava 'Dilbar' presented shayari. Sri M K Raina expressed his gratitude to Shehjaar Parivar which made him extremely happy after inception of Haridwar Center on 15th August 2022. A beautiful Bhajan was presented by Mrs Shraddha, daughter of Sri Sarvesh Gupta. Sweets were distributed by courtesy of Sri Sarvesh Gupta.

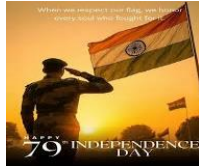


KBB program on 26th June'25 was highly absorbing full of brain exercises comprising of :-

1. Quiz mastered by Sh A K Sanadhya
2. "QUIZ" anchored by Mrs Surekha Palgay
3. Cross Word Puzzle conducted by Sri Sanadhya

In all, 27 members participated actively in answering the questions. Lastly, a great fun was derived from the game of Tambola conducted by Sri Sanadhya and Sri Suresh Palgay.

46th wedding anniversary of Sri Ravikant Gupta and Mrs Gupta was celebrated by garlanding each other and rose petals were showered by participants. Sweets and snacks were distributed courtesy Gupta couple.



FARIDABAD



ANNOUNCEMENT

It gives great pleasure to inform that our NGO, Shehjaar Homes for Senior Citizens, has got the following renewed approvals from the Income Tax Department. (required subsequent to the change of registered office from Pune to Haridwar in Dec 2023.)

1. Approval 12AB : valid till FY 2036-37

This approval deals with registration of NGO for claiming income tax exemption

2 . Approval 80G : valid till FY 2028-29

This approval allows donors to claim deductions for donations made to Shehjaar Homes.

Actually, these days getting 80G approval is very difficult as the government wants to hammer the unlawful NGOs who were in plenty but in the process the genuine social organisations also are troubled.

This information has been shared here for information of Shehjaar members.

M K Raina

Shehjaar Homes For Senior Citizens

(Section 8 Company)

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