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ELDERLY NEWS

MONTHLY NEWSPAPER OF SENIOR CITIZENS COUNCIL OF DELHI

ASSOCIATED WITH MINISTRY OF SOCIAL JUSTICE & EMPOWERMENT, GOVT. OF INDIA
SOCIAL WELFARE DEPARTMENT OF DELHI GOVT., DSLSA & SENIOR CITIZENS CELL OF DELHI POLICE

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AFFILIATED WITH CONFEDERATION OF SENIOR CITIZENS ASSOCIATIONS OF DELHI (AN UMBRELLA BODY OF 18 LAKH SENIOR CITIZENS)

VOL : 007

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MONTH : JULY, 2020

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CONFEDERATION OF SENIOR CITIZENS ASSOCIATIONS WRITES TO COMMISSIONER OF DELHI POLICE ABOUT RECENT MURDERS



Mrs. Kanta Chawla (88), stabbed to death during a robbery bid, in her house no A -1/252 (UGF) at Safdarjung Enclave by security guard with the connivance of 3 culprits on 20-06-2020 at 9 pm. She

was living with her husband (92). All the culprits have been arrested as told by Delhi Police. The couple did not inform the Police about employment of his security guard for verification.



KP Agarwal (80) was murdered who was living alone in his house at Laxmi Nagar apartment by three culprits on 21-06-2020 out of main accused is still absconding. This is the second case of murder and robbery in the last 24 hours." **continued page3**

STATE LEVEL ADVISORY BODY OF DELHI POLICE MEETING ON 15-07-2020 VIA VIDEO CONFERENCING



From left 5th Rajan Bhagat, DCP, A.K.Singla, Addl. C.P., J.R.Gupta, Chairperson & others. A State Level Delhi Police Advisory Body meeting was held on 15-07-20 through video conferencing under the Chairmanship of Shri A. K. Singla, Additional Commissioner of Police (Crime) to discuss Safety and Security of senior citizens, identification & registration of senior citizens living alone, conduction of security audit, creation of awareness about the Maintenance & Welfare of Parents and Senior Citizens Act 2007 and Role of Senior Citizens Associations in the safety and security of senior citizens, although it was overdue, as last meeting was held on 12-06-2019. Eminent senior citizens across Delhi participated along with Additional D.C.P.s level officers of all the Districts including Traffic Police. On behalf of Confederation of Senior Citizens Associations of Delhi (an umbrella body of 18 lakh senior citizens), J.R. Gupta, Chairperson, attended the meeting who raised vital issues concerning safety and security of senior citizens. He offered his full support for holding a camp in his Recreation Center at Community Center, Green Park Extension to register more senior citizens with the senior citizens cell of Delhi Police as the number is quite low. It was also agreed in the meeting that beat Constables should visit lonely Senior Citizens at least twice in a week regularly. **Continued on page.....3**

ARVIND KEJRIWAL, CHIEF MINISTER OF DELHI INAUGURATES FIRST PLASMA BANK IN DELHI ON 02-07-2020



Delhi Chief Minister Arvind Kejriwal inaugurated India's first plasma bank at the Institute of Liver and Biliary Sciences (ILBS) to ease access to plasma that is being used as a trial to treat Covid -19 patients. The bank will coordinate with patients who have recovered from Covid -19, and are eligible to donate plasma on certain guidelines:-

i) Plasma help line no. (call to register 1031, whats app no: 8800007722) to donate plasma. ii) Doctor from Delhi government will call to check eligibility and give time to come to ILBS to donate. iii) Donor will get Gaurav patr (appreciation letter). iv) Donor will get taxi or reimbursement for travelling to ILBS. v) It will take around 1 hr to donate plasma after basic testing. vi) To get plasma patient need to come via hospital to ILBS with doctor prescription. Please don't call on above number, it is for donor only. vii) Eligibility criteria to donate plasma :-

a) Corona recovered patient at least 14 days. b) Age - 18 yrs to 60 yrs iii c) Donor should not have sugar, BP, hypertension, cancer survivor. d) Lady who has become pregnant ever in life can't donate. **-EDITOR**

ISU3A PLAYS VITAL ROLE FOR THE WELFARE OF SENIOR CITIZENS OF INDIA



G.K.Khare, Chairperson (from left 5th in bottom row), J.R.Gupta, Executive Chairperson & R.K.Garg, Secretary General, (6th & 7th in upper row) along with other elected EC members during AGM on 09-03-2019 at Prayagraj

India experiences sustained periods of growth, the population will become healthier and live longer. Research indicates that 12% of India's population will be over the age of 60 by 2030 and according to the UN Population Fund; this is expected to increase to 19.4% by 2050. Projection indicates there are going to be more women than men in the 60+ age group. Increased longevity has resulted in a rise of population above 80 years of age, which accounts for nearly 1.1 Crore people. With around 6 lakh people over the age of 100, India is expected to have the highest number of centenarians by 2050. As the number of senior citizens increase - from 10.38 Crore in 2011 to an estimated 17.3 Crore in 2026 and 30 Crore in 2050 - the need for programmes for their welfare increases. Increase in life expectancy, coupled with nuclearization of families, dependency on others for their day-to-day maintenance. **continued on page...4**

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CONFEDERATION NEWS

ELDERLY CARE



The elderly ecological system and services, a joint initiative by Thai Universities and Japan based Advanced Information Valuable Service is working on a project to assist and monitor the daily activities of elders and are sending alerts in case of an emergency.

The system is specially designed to provide complete elder care, including a bed-fallout preventive alarm and sleep - hygiene monitoring system, dementia and Alzheimers patient tracking system and drug-use assistance among others. Govt. of India/ Govt. of Delhi have been requested by Confederation of Senior Citizens Associations of Delhi to have similar facilities made available to senior citizens in Delhi and other parts of the Country. -- **L.R.Garg, EDITOR**

NATIONAL DOCTOR'S DAY -2020

National Doctor's Day 2020 : Theme, History & Significance Doctor's Day in India was established by the Government of India in 1991 to be recognized and celebrated every year on 1st of July as National Doctors day. It is celebrated to value doctors and their role in country's development. This day in India is a big awareness campaign offering great opportunities to all to get aware about the roles, importance and responsibilities of the doctors as well as promote medical professionals to come closer and follow the responsibilities of their profession very dedicatedly. This Doctor's Day special Week -Long Web confluence is to shower love & blessings upon doctors & the entire healthcare ecosystem, who have always been our saviors, including the ongoing COVID 19 pandemic. This will witness stories of care, compassion & gratitude for all the contributors of our Healthcare Sector from Doctors, Healthcare workers, top authorities from the Government, Public Health Institutions, Heads of Corporate, Pharmaceuticals, Healthcare Sectors, Hospitals, Social Impact Foundations, Health Conservationists, School Kids, Youth Celebrity, Musicians & Artists. --**EDITOR**

HELPAge INDIA RELEASES ELDERS ABUSE REPORT -2020



Help Age India released their Elder Abuse Report on 15-06-2020 through webinar on the occasion of World Elders Abuse Awareness Day. The contents of the report are as :- Loss of livelihood due to circumstances arising out of the Covid-19 pandemic is impacting many senior citizens. Altogether 65% of 5,099 elderly respondents who participated in a survey across 21 states and UT's blamed the lockdown for causing them loss of work to loss in wages. The most affected in this group, who as per guidelines must stay indoors to prevent catching the viral infection, are those between 60-69 years. 67% of this group claimed their livelihoods suffered because of the lockdown. Also, 65% elderly persons faced livelihood concerns, 60% were from rural areas and 40% were from urban areas. Nearly 71% stated that the livelihood for the breadwinner of their family was impacted (loss of work) by the lockdown. Sweet memories are in the above photograph during release of Elders Abuse Report on 15-06-2019. --- **EDITOR**

ARTICLE ON HEARING LOSS BY DR. R.K. KHANNA (SCA SHALIMAR BAGH)



Personal perspective hearing is the process by which ears transforms sound vibrations in the external environment into nerve impulses (bio electric) that are conveyed to the brain. Process involved has the capacity to distinguish different sound pitch and can analyze different physical characteristics of sound. It is one of the most important human senses with which our entire communication, actions & reflexes are involved. Strength of sound waves (amplitude) generates pressure in the sensitive system with higher pitch sound for longer time than threshold may damage hearing potential, this leading to hearing loss. The degeneration process in the hearing are Ototoxic drugs, ageing (elderly), contained exposure to excessive higher pitch (noise) & infections. Function of outer ear is to receive sound waves and guide them to TYMPANIC membrane forming boundary with mid ear. In mid ear there is narrow air filled cavity in the temporal bone spanned by 3 tiny bones Hammer, Anvil & Stirrup collectively called audio ossicles. Inner ear consists of fluid filled passages & cavities with functions of sensory organ of hearing. The vibrations of tympanic membrane affecting fluid travelling (COCHLEA) to nerve impulses which transforms nerve fibers and are transmitted to brain. Conversion of sound waves into electrochemical impulses maintains equilibrium. Ear wax has double but opposite role. Cleaning, protecting as well as sometimes blocking / reducing pitch of sound so hear loss. Earwax is a mixture of acids, alcohols, cholesterol & chemical compounds secreted by body. Automatic cleaning of Earwax is done by Jaws which becomes sluggish & weak on elderly age. Tolerance of hearing is 60dB normal, 90 dB is higher may affect & 120 dB & above prone to damage hearing. Marriage Band Baja & DJ are always damages if heard for hours. Mid ear infection /inflammation are factors for low hearing. Away from higher sounds with use of ear plugs or ear muffs will bring safeguard. Balanced good diet supplemented by Zinc, Calcium, Magnesium & Vitamin E are likely to improve hearing. Homeopathic remedies in aid of recovery.

DIGITAL MEETING BY SCWS SHALIMAR BAGH



The association started a kind of digital meeting, for which in stead of live presentations, members were required to submit their audio, videos and written articles. The articles, audios, videos sent by members were given graphics and suitable headings and then shared in Association's WhatsApp Group. Members appreciated this presentation very and inculcated the feeling of a meeting. Main participants in the meeting were: B. N. Chandna, Dr R. K. Khanna, R. P. Girdhar, Vijay Kapil, O. P. Gupta, B.K. Mishra, & P. P. Tuteja. -- **A report by P.P.Tuteja, General Secretary**

5 THINGS YOU PROBABLY NEVER KNEW IN YOUR MOBILE

Very useful In grave emergencies, your mobile phone can actually be a life saver or an emergency tool for survival.

1. **Emergency Services** The Emergency No. worldwide for all Mobile Phones is 112. If you find yourself out of the coverage area of your mobile network and there is an emergency, dial 112 and your mobile will search any existing network in your area to establish the emergency number for you, and interestingly this number 112 can be dialed even if the keypad is locked. This works on all phones worldwide and is free.

2. **Locked your keys in the car?** If you lock your remote keyless car keys in the car and the spare keys are at home, call someone at home on their mobile phone from your cell phone.

Hold your cell phone about a foot from your car door and have the person at your home press the unlock button on the spare key, holding it near the mobile phone on their end. Your car will unlock. Saves someone from having to drive your keys to you. Distance is no object. You could be thousands of miles away.

Editor's Note: I didn't believe this when I heard about it! I rang my daughter in Sydney from Perth when we went on holiday. She had the spare car key. We tried it out and it unlocked our car over a mobile phone!

3. **Is your mobile phone battery flat?** All handphome have Hidden Battery Power. To activate, press the keys *3370# (remember the asterisk). Do this when the phone is almost dead. Your mobile will restart in a special way with this new reserve and the instrument will show a 50% increase in battery life. This reserve will be recharged when you charge your handphome next time.

This secret is in the fine print in most phone manuals which we skip without realizing.

4. **Disabling a STOLEN mobile.** To check your handphome's serial number, key in following digits on your phone:

*#06# Ensure you put an asterisk BEFORE the #06# sequence.

A 15 digits code will appear on the screen that is unique to your handset. Write it down and keep it somewhere safe. If your handphome is ever stolen, phone your service provider and give them this code.

They will then be able to block your handset so even if the SIM is changed, your handphome will be totally useless. And even if you don't get your phone back, at least it can't use/resold either. If everybody did this, there would be no point in people stealing mobile phones.

This secret is also in the fine print of most mobile phone manuals. It was created for the very purpose of trying to prevent phones from being stolen.

5. **ATM PIN Number Reversal** - Good to Know !!!

If you should ever be forced by a robber to withdraw money from an ATM machine, you can notify the police by entering your PIN # in reverse. For example, if your pin number is 1234, then you would put in 4321. The ATM system recognizes that your PIN number is backwards from the ATM card you placed in the machine. The machine will still give you the money you requested but unknown to the robber, the police will be immediately dispatched to the location. All ATM's carry this emergency sequencer by law. This information was recently broadcast by Crime Stoppers. It is, however, seldom used as people just don't know about it.

SOURCE from Social Media

Editorial Board of Elderly news: B.S.Yadav (Dwardka), G.R.Sehgal (Sant Nagar), Ved Prakash Gupta (Mayur Vihar), Vimal Bhan, R.K.Singhal, Amar Chand Bansal & Mrs. Pushpa Mishra, Reporters: Pratap Singh, Mrs. Manjula Aggarwal, Gyan Singh Tokas & (Chief Editor J.R.Gupta (Responsible only for selection of News under the P.R.B. Act, 1867). All disputes, subject to Delhi Jurisdiction. Email: guptajr2005@gmail.com, Web: www.seniortcitizensdelhi.org



APPEAL TO ENROLL LIFE SUBSCRIBERS OF ELDERLY NEWS: Elderly News requests to all readers to enroll themselves by making one time payment of Rs. 500/- along with 1 photo as life time subscription fee which can be deposited in Bank Account No. 603610110002726 of Senior Citizens Council of Delhi in Bank of India, Safdarjung Enclave Branch, which is exempted under 80G of Income Tax Act 1961. --**L.R. Garg, Secretary**



APPEAL FOR AFFILIATION WITH CONFEDERATION

Till date 139 Registered Senior Citizens Associations have affiliated with the Confederation of Senior Citizens Associations of Delhi (An umbrella Body of 18 Lakh senior citizens across Delhi). In order to take up issues of senior citizens with the Confederation by joining as life member by making one time payment of Rs.500/- only.

--**B. S.Yadav, Secy. General**

APPEAL FOR LIFE MEMBERS OF COUNCIL



Senior Citizens Council of Delhi has been organizing daily spiritual, social & cultural activities for the last 40 years. The Council is also protecting lonely senior citizens from abuses/humiliation from their own children & others. A good number of cases have already been solved by the Council headed by its President Sh. J.R.Gupta, during the current year. Any senior citizens residing in any part of Delhi is cordially invited to become a life member of the Council by paying one time payment of Rs. 1200/- by cheque/cash including one photo with Rs. 500/- for Elderly News as life subscriber. The payment is also exempted under 80 G of Income Tax Act 1961. --**H.D.Ralhan**

PLANTATION DRIVE BY SENIOR CITIZENS DURING VAN MAHOTSAV -2020



Plantation Drive in Delhi has been launched by Delhi Govt. during Van Mahotsav, 2020 from 10th to 26th July, 2020 against the backdrop of the Covid -19 crisis, which is a challenging times for all of us in Delhi and everywhere in the World. But it is also opportunity for us to reflect on our relationship with the world around us. The last few months have taught us that we simply cannot ignore the health of our fellow citizens. We also cannot simply ignore the air, water & noise around us. If we take care of the environment the environment will take care of us. Delhi Govt. has an ongoing commitment to revisiting our city's relationship with nature. We are constantly looking for creative ways of building a sustainable Delhi. **Sh. Arvind Kejriwal, Chief Minister of Delhi** has announced that this year during Van Mahotsava, Vriksharopan Pakhwada movement. Through this new scheme, Aap ki Sarkar aims to distribute and plant 2 crores seedlings all over Delhi in the next 5 years. This scheme will not only improve our green space, but it can also create jobs and boost our economy during this very difficult period. He further appeal to citizens of Delhi to approach their nearest DPGS nursery or Forest Department nursery to pickup seedlings free of cost and plant them in your neighbourhood in the interest of A Cleaner and Greener Delhi is a Better Delhi for all of us and our families. **J.R.Gupta, Chairperson**, Confederation of Senior Citizens Associations of Delhi has also requested all senior citizens of Delhi to avail this free facility and encourage everyone to plant more and more as and where suitable place is available and maintain them regularly. -- by Mrs. Manjula Aggarwal

FROM FRONT PAGE ---- MURDERS OF SENIOR CITIZENS ----

In the third incident, decomposed body of 80 year old lady **Mrs. Raj Rani Gulati** in her house at Malviya Nagar was found on 30-06-2020. Senior citizens of Delhi are worried about their safety of life & property in view of aforesaid incidents. Many SCAs have complained to Confederation of Senior Citizens Associations of Delhi for taking up the matter with Commissioner of Delhi Police. **J.R.Gupta, Chairperson** sent a letter dated 02-07-2020 addressed to **Sh. S.N.Shrivastava, Commissioner of Police** showing their deep concerns about recent murders as they are feeling unsafe. He further asked him to take remedial measures about their safety & security of life and property on priority basis so that a message could be gone to the society at large that Delhi Police is committed for their security. He further asked to strengthen visits by beat constables regularly at the residences of lonely senior citizens, as in the past concerned SHOs had expressed their inability for regular visits due to shortage of staff.

--A report by L.R.Garg, Secretary

CONFEDERATION SUPPORTS CHIEF ELECTION COMMISSIONER REGARDING VOTING BY POSTAL BALLOT FOR SENIOR CITIZENS

J.R.Gupta, Chairperson, Confederation of Senior Citizens Association of Delhi (an umbrella body of 18 Lakh senior citizens) has conveyed in a letter to **Shri Sunil Kumar Arora, Chief Election Commissioner** on 13-07-2020 supporting his decision of voting by Postal Ballot for senior citizens in coming Bihar Assembly elections. It has further been requested to implement the aforesaid policy in future elections across India in the interest of highest turn out of senior citizens in urban as well as rural areas across India as compared to elections held till date.

---EDITOR

CONFEDERATION REQUESTS CHIEF MINISTER OF DELHI TO IMPLEMENT ASSAM GOVT PRANAM ACT, 2019 IN DELHI

Assam Govt. has enacted a Parents Responsibility and Norms for Accountability and Monitoring Act, 2019, to protect elderly parents of State Govt. which makes it mandatory for state government employees to look after their parents failing which a part of salary will directly be given to such parents on receipt of complaints. Confederation also requested Chief Minister of Delhi in a letter dated 17-07-2020 to implement the aforesaid Act in Delhi in the interest and safe & security of Delhi senior citizens.

---EDITOR

COUNCIL HELPS IN COLLECTING A SUM OF RS. 7.24 LAKH DURING PROPERTY TAX COLLECTION CAMP AT RECREATION CENTER, GREEN PARK EXTENSION ON 17-07-2020 IN ASSOCIATION WITH OFFICIALS OF SOUTH DELHI MUNICIPAL CORPORATION



Senior Citizens Council of Delhi organized Property Tax Collection Camp in its Recreation Center, Green Park Extension on 17-07-2020 from 10:00 am to 1:30 pm in association with SDMC in which more than 100 property owners of South Delhi availed the facility by depositing their Property Tax manually.

ROHIT PRASAD TAKES CHARGE OF CEO, HELP AGE INDIA ON 01-07-2020 AS MATHEW CHERIAN RETIRES ON 30-06-2020



L-R :- Mathew Cherian, Rohit Prasad & J.R.Gupta felicitates Mathew Cherian on 30-06-2020

First of all, the Confederation of Senior Citizens Associations of Delhi (an umbrella body of 18 Lakh senior citizens across Delhi) would like to express sincere thanks and gratitude to **Sh. Mathew Cherian**, outgoing CEO, HelpAge India, on his retirement on 30-06-2020. He was a key person for constituting Confederation in 2010.

Since then, he always told that HelpAge is committed to support the Delhi senior citizens on regular basis and had also supported various activities regularly in the past. At the same time, the Confederation would like to congratulate **Rohit Prasad** on his promotion as new CEO w.e.f 1st July, 2020. Incidentally, it may be worthwhile to mention here that he had also supported various activities of senior citizens of Delhi in the capacity of COO since 2017 on regular basis including yearly Haridwar Conference. The observations of Mr. Kiran Karnik, Chairperson, HelpAge India Governing Body about Mr. Mathew and Mr. Rohit Prasad through video conferencing on 30-06-2020:- "I bid farewell to Mathew, both a friend and colleague, who has been the pillar that has held the organization together over the past two decades, and has helped bring the elder cause to the forefront in the public domain and impacted elder policy. His vision has made the organization what it is today. I wish him all the best for the second innings of his retired life". He further observed about Mr. Rohit Prasad :- "Prior to HelpAge India, he worked as Director -Development & Strategic Initiatives, for five years with Public Health Foundation of India (PHFI), a non-profit public private initiative. HelpAge India envisions a society where elderly have the right to lead an active, healthy and dignified life. It is India's leading charitable organization, working for the past 42 years, for the cause and care of disadvantaged older persons to improve their quality of life. It runs healthcare, age care and livelihood programs throughout the country & advocates strongly for the cause of the elderly and fights for their rights. It also advises and facilitates the Government in formation of policy related to the elderly. **J.R.Gupta, Chairperson**, is very glad on his joining new assignment as CEO, HelpAge India and also quite hopeful that under his dynamic leadership, supports to senior citizens of Delhi would be continued like past years.

-- EDITOR

FROM FRONT PAGE ----- STATE LEVEL MEETING DELHI POLICE-----

The members also suggested to have monthly meetings at SHO Level and after every 3 months at the level of DCP regularly. After hearing the views of all the members, **Shri A.K. Singla**, assured to take remedial measures to address their grievances/ suggestions in due course. The meeting ended with a vote of thanks to the Chair.

-- EDITOR

ACTIVITIES OF SENIOR CITIZENS DURING LOCKDOWN RESTRICTIONS



CONFEDERATION REQUESTS CHIEF MINISTER OF DELHI FOR OPENING OF RECREATION CENTERS ACROSS DELHI IN GREEN ZONES

J.R.Gupta, Chairperson, Confederation of Senior Citizens Association of Delhi (an umbrella body of 18 Lakh senior citizens) has requested in a letter dated 14-07-2020 to **Shri Arvind Kejriwal, Chief Minister of Delhi** for opening of Recreation Centers across Delhi in **Green Zones** by observing required social distancing & other guidelines. It was further stated that senior citizens are feeling inconvenience in their houses since March, 2020 without doing their regular activities such as morning walks, visit to worship places meeting their friends in social circles and to avail various free facilities such as physiotherapy, computer & mobile training, consultations from doctors, joint birthday celebrations & free Legal Aid counsels in association with Delhi State Legal Services Authority in the Recreation Centers in order to feel free from loneliness, due to advisory issued by Delhi Govt. to the effect that senior citizens at the age of 65 & above should not go out and should stay in their houses.

--- EDITOR

The receipts were issued at the spot by SDMC officials namely :- Sampuran Singh, ZI, Tikam Singh, ZI & Rajender, DEO. A sum of **Rs. 7.24 Lakh** was collected during the camp. **J.R.Gupta**, President, thanked the officials & senior citizens. - A report by Manjula Aggarwal

HARYALI TEEJ CELEBRATIONS



The Hariyali Teej festival is celebrated to remember the reunion of Lord Shiva and Goddess Parvati, the day when Lord Shiva accepted Goddess Parvati as his wife. Goddess Parvati fasted and was austere for many years and was accepted by Lord Shiva as his wife in her 108 birth. This is an important festival for married women, and much anticipated monsoon festival. It's dedicated to celebrating the holy union of Lord Shiva and Goddess Parvati. According to Hindu texts, Parvati is an incarnation of Lord Shiva's first wife, Sati. There are three different types of Teej, Haryali Teej, Kajari Teej, and Hartalika Teej; these are mainly practiced in different parts of India. The Teej festival is celebrated by Hindu women in Northern India typically involving prayer rituals, dancing and singing. Women get together, tell stories, and wear clothes in bright colors, such as orange, green or red. They usually have their hands and feet beautifully decorated with henna.

- By Mrs. Manjula Aggarwal

ASSAM BECOMES THE FIRST INDIAN STATE TO PASS A LAW THAT GOVT. EMPLOYEES SHOULD TAKE CARE OF THEIR PARENTS IN 2019

The Parents Responsibility and Norms for Accountability and Monitoring (PRANAM) Bill is the first -of its-kind in the country which is an effort to protect elderly parents of Government employees in their times of need. The Bill is expected to benefit 8 lakh parents of 4 lakh State Government employees. Assam Employees Parents Responsibility and Norms for Accountability and Monitoring (PRANAM) Bill, 2017 - which makes all these compulsory - was passed by the State Assembly last year. Assam Minister for Health and Finance, Himanta Biswa Sarma, said that the state cabinet has approved the rules of the PRANAM Act on Jul 27, 2018. Assam CM Sonowal launched PRANAM Commission to protect parents of Govt on 26-Feb -2019. PRANAM Bill, which was approved by the state cabinet last year, makes it mandatory for state government employees to look after their parents and unmarried differently disabled siblings who do not have their own sources of income. If the Govt. receives any complaints from their parents, a part of salary will directly be given to such parents. -- by Mrs. Manjula Aggarwal

ATTENTION OF COUNCIL/ CONFEDERATION MEMBERS

1. Due to Covid -19 restrictions, we are not able to publish sufficient hard copies of Elderly News for the months of April, May, June & July, 2020. Moreover, Post Office Lodhi Road has extended the date of receipt of hard copies of Elderly News up to September, 2020 instead of 13th & 15th of each month, since March, 2020. However, e-copies are regularly sent by email to its readers.
2. Souvenir-2020, containing useful information including Parv Deepika - 2020-21 and Membership Receipts for the months of March & April, 2020 can be collected along with Elderly News for the months of April, May, June & July, 2020 from Harikesh Shukla (Bhola), Attendant, by contacting him on his mobile no :9953189269 in advance. --EDITOR

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FROM FRONT PAGE ----- ISU3A PLAYS VITAL ROLE-----

The problem gets exacerbated for the elderly women due to higher economic dependency. In rural areas, where 70% of the elderly live, migration of younger people for economic reasons and the poor quality of medical services, leads to a grim situation, especially for those above 80 years of age. With 5.1 crore of the elderly population living below the poverty line and increasing crimes against senior citizens, the vulnerability of elderly people is unquestionable. Further, as people are living longer post their retirement, the challenge is to find ways to remain actively engaged and productive with dignity.

Indian Society of U3As (University at Third Age) is a Premium Society working for the welfare of Senior Citizens in India. As we all know that Universities of Third Age is a worldwide movement committed to lifelong learning, Social Service – primarily for elderly population, Elder care and Fellowship. Established in 2008 with the three main objectives viz.: a) Lifelong Learning: Offering / providing learning opportunities for Senior Citizens; b) Graceful Ageing: Provide them opportunity to learn to grow old gracefully by conducting courses in health, fitness, social relationship, financial planning, spiritual & psychological well being and c) Seva: Promote voluntary work for the good of others, specially to otherwise weaker section of the Senior Citizens in rural and tribal belts. The Society is an all India organization with its members from all over the country has been working with its five zonal offices like North, West, Central, South and East having their respective Zonal HQ at Delhi, Mumbai, Prayagraj, Hyderabad and Kolkata respectively.

With its HQ in Udaipur, this registered Society has a benefit of receiving donations u/s 80G of IT Act. While all the institutional members as well as individual members are contributing for the welfare of Senior Citizens, a few points are worth mentioning.

In Delhi U3A, senior citizens are very active and also helping in advocacy through their own Recreation Center in a very premier location of South Delhi and are working regularly for the cause and care of elderly including vulnerable. Moreover, their suggestions for the welfare of senior citizens of Delhi are considered by **Social Welfare Minister, Delhi Govt.** in quarterly meetings. Every effort is being made to free them from loneliness across Delhi, through the Senior Citizens Council of Delhi & Confederation of Senior Citizens Associations of Delhi (an umbrella body of 18 Lakh senior citizens) by providing various free facilities on daily basis such as Homoeopathy Dispensary, Physiotherapy, Blood sugar test, Computer Training, Yoga Classes, Library, News Papers, Television, Carom Board, Chess, Ludo, health checkup camps, consultations from eminent doctors & Spiritual Discourses including free legal consultations by an advocate in association with Delhi State Legal Services Authority (South). Ageing Conferences, Religious and historical tours across Delhi, within India & abroad are also organised on regular basis. The main aim is to protect lonely senior citizens from abuses/humiliations at the hands of their own children & others. **In Hyderabad**, the individual members as well as institutional members are mainly busy with LLL programme. A proposal for starting an electronically equipped well organized centre for this has been approved and is likely to come up in next few months time. Similarly, **in Haridwar** the day care centre is working with Self help Initiative for improvement of the quality of life of elderly segment. Similar Day Care centres can be undertaken at convenient distances in senior citizen clusters both in urban and rural areas. Such centres are working **in Kolkata** also. Initiative **by west zone** for helping Elderly rural needy or economically weak persons is worth mentioning. They have distributed blankets to the people, specially to the women, during winter very year. A few widows in west zone areas are provided with ration every month. This includes wheat /rice, dals, oil, salt and other essentials needed for cooking. Due diligence report is prepared for all the people receiving free rations. Our members **in Prayagraj** has been active in helping the elderly population by making them fit through Music and providing them Medicare as well as immunity boosting exercises.

From the advocacy point of view, ISU3A has decided to file an intervening application in the Supreme Court in support of the PIL filed by **Dr. Ashwani Kumar, Senior Advocate** in which Helpage India is an amicus curiae for the implementation of directions of SC. It can be concluded that as the elderly population in the country has been increasing over the years and in 2011 elderly constituted 8.6% of the total population while by 2050, it is likely to be 19%. The joy of longevity of elderly is over shadowed by the problems being faced like fear, abuse, neglect, lowered self esteem, economic insecurity, diminishing of the joint family system and the young generation having no time for elderly people there is an urgent need to pay attention to the welfare of this ageing segment. Thus, ISU3A is part of a world-wide movement committed to life long learning, social service, primarily elder care & fellowship including helping the poor uneducated & underprivileged elders who are 70% of Elderly population by playing a vital role.

--by R.K.Garg, Secretary General, ISU3A

