



# Ageing & Longevity News

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Accredited "Special Consultative Status by UNO (ECOSOC)" & Member of IFA Canada.

## Editorial

### Elderly abuse - A challenge

*On the occasion of World Elderly Abuse Awareness Day*



Dr. Vinod Shah

To begin with a short story which is relevant to our topic. It very aptly conveys the pathetic situation of the elderly in today's society:

"Hello Sir, calling from Oldage Home. We saw your advertisement of the missing dog. It has come here and is happily playing with your parents. "

While it is true in the Indian context, it must be relevant to the rest of the world. Old age was never a problem in India where a value based joint family backed by Socio- religious preachings existed. Indian culture is automatically respectful and supportive of the elders. So why has abuse of the elders become a daunting challenge in India? How far is it similar or different from the rest of the world? We need to look at the problem as urban and rural context. The problem is more acute in the urban area where the urban population feels insulated from social and religious pressure. In urban areas due to materialistic life-style and intervention of modern technology in day to day life, traditional sociocultural values have become a burden hard to carry. Joint family system is breaking and being replaced by nuclear family which results and encourage the abuse and human rights violation of elderly. Elderly are either discarded or practised only as a ritual. In rural India the society remains sensitive to social stigma, responsibility and compulsions.

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## Latest Topic

### Mind Body Science

*Healing Power of Mind - Neuro Immunology*



Dr. Gururaj Mutalik

Speech by Dr Gururaj Mutalik, MD, FAMS, Exe. Director of Jijnyasa Foundation for Education & Research, USA.

Speaking at a function organised by Dr. Vinod Shah, Founder Chairman of Janaseva Foundation, Dr. Gururaj Mutalik, Executive Director of Florida (USA) based Jijnyasa Foundation for Education and Research, highlighted that even incurable diseases such as cancer can be cured by adopting positive attitude towards life.

Elaborating further Dr. Mutalik said, due to growing awareness of inadequacy of modern medicine to deal with chronic diseases, facts of medical intervention as growing cause of mortality and morbidity, Mind Body Science is a fast-growing science with potential to facilitate Health, Wellness, Harmonious life, Longevity and more importantly Good end to the Life with Mind Body Medicine as one of its principal application. With popularity and spread of Yoga to medical main stream, Mind Body medicine is now emerging as a Science and Health Care service at many centres of excellence in medicine in Europe and United States of America.

Ayurveda (Ayur = Life, Veda = Knowledge) teaches us that, medicines will show early and positive result if, your approach towards the life is positive, while negative attitude will invite more

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With life expectancy having increased from 40 years in 1951 to 69 years today, a person has 30 years more to live than would have 50 years back. With this kind of aging scenario, there is pressure on all aspects of oldage care, be it financial, social, health or shelter.

We need to know the magnitude of the problem. India is growing old! The stark reality of aging scenario in India is that there are 130 million older persons and the number is likely to grow to more than 300 million in 2050. This has brought with it suffering for the elderly due to the pressure on the already meager resources resulting in abuse of the elderly. There are several type of abuse of older people such as physical, psychological, emotional, financial, sexual and neglect. In addition to these there are conditions termed as elderly abuse such as abandonment, isolation which results to self neglect. Most of the elders hide their miserable plight due to fear of shame in social circles and emotional attachment to their kith and kin and the fear of worsening of the abuse. Hence, their abuse goes unreported.

It has been observed that common abuser can be spouse, partner, relative, friends, neighbor, volunteer and care giver, practitioner, solicitor or any other individual with the intent to deprive a vulnerable person of their resources. Relatives include adult children their spouse or partners, their offspring and other extended family members. Since the existing laws are obsolete and could be used by family members specially by daughter in law against the elderly person to exploit the situation in their favour. It needs strong political will, empathy and compassion towards the elderly. The civil society has to play proactive role and the government has to formulate effective laws or make necessary amendments in present laws to make them effective which till now has not reached to needy who in

sunset years leading a life in abject, neglect and suffering. All the stake holders have to follow a pragmatic approach than rhetoric. More effective government legislation for the protection of the rights and well being of the elderly has to be in place and to be implemented effectively.

Help Age India report 2017 on "How India treats its Elderly" is specially included in this bulletin separately.

The society as a whole has to revisit, reinvent and reestablish our social heritage and cultural values where the elderly get their rightful position in family and society. The govt. of India under the dynamic leadership of Hon'ble Narendra Modi PM of India has mooted the idea of intergenerational solidarity through awareness campaign under Ministry of Social Justice and Empowerment. A special cell for the protection of elderly has been created under National Institute of Social Defense. NGO sector also has to play a proactive role as Janaseva Foundation, Pune, has been active in the welfare of the elderly and running oldage homes, day care centre and century clubs to keep them involved in creative activity for last 29 years and participating in intergenerational solidarity campaigns in schools and colleges.

The moot question is whether their efforts are effective and sufficient as elderly abuse is not only regional, national challenge but a global problem to be tackled collectively. The subject has to be discussed and debated at right forum to find effective solution.

As quoted in Dnyaneshwari "Vasudhaiva-Kutumbakam" meaning 'whole world is one family' and accordingly we must complement and supplement our efforts at a global level.

Dr. Vinod Shah, MD  
Chairman, Janaseva Foundation, Pune, India.

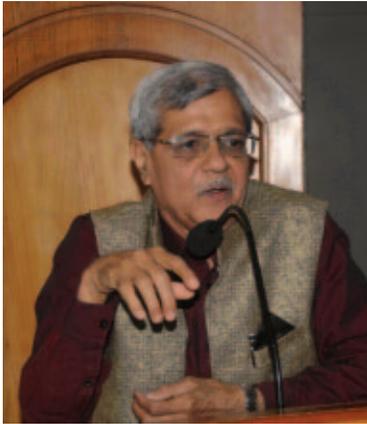
## "How India treats its Elderly" Summary of findings (Help Age India Report 2017)

1. Majority of elders, 64%, like going out, a significant minority, 36%, do not like to do so. 10% of elders directly points out misbehavior of public as top most concern in going out. A significant proportion, 24% feels vulnerable to cheating and theft in public.
2. 2 in 3 of those who take public bus reported that they are offered seats regularly in their journey by bus. The other third are offered seat sometimes. 16% mentioned sometimes bus conductors and drivers behave rudely. However most of those who do not take bus have a

negative perception about elders travelling by bus. Almost the same is true about metro rides.

3. While about half of the elders feel that the people will help them if they require and seek help when they are outdoors for walks, the other half is not so sure. This perceptions requires immediate attention.
4. About half of them also have serious concern about challenges posed by motorists and two wheeler riders on the road. These concerns stem from the disregard shown by the drivers about the elders.

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Dr. Vinod Shah also shared his views on spirituality and on the subject on Dr Mutalik gave away the details of Mind Body Science.

Continued from page No. 1 : Mind Body Science diseases and trouble in life. He advised audience to take time out from one's daily routine, irrespective of how busy one could be, to rejuvenate one's self by visiting different places and trying to do something different than normal routine to derive pleasure and enjoy life or else the life will turn into "Past is future" meaning your Today will be same as Yesterday and Tomorrow will be repetition of Today, making life dull and meaningless.

The programme was attended by Padma Vibhushan Dr. KH Sancheti, Shri PD Patil, Chancellor of DY Patil University, Shri Bahri BR Malhotra, Weikfield Group of Companies, Shri Rajesh Shah Ex. President of Pune Chamber of Merchants CA Dr. Vardhman Jain, Mrs. Meena Shah (Trustees of Janaseva Foundation) and Patron Dr. Jaysinh Patil and many other well-known personalities from Pune including the senior officials of Janaseva Foundation.

Continued from page No.2 "How India treats its Elderly" Summary of findings

- 5. About 14% of them (18% male and 11% female) had sought employment post retirement. Very few of them had satisfactory experience.
- 6. On service delivery points, small but fairly significant proportions of elders, ranging from 11% to 19%, have received rude behaviour from the service delivery persons. These incidents are most among post office staff (19%) followed closely at public hospitals (12%) and 13% among bank staff. Significantly higher proportion of elders receives good treatment at private hospitals compared to public hospitals. Elders have received rudeness even at the points of commercial transactions, such as chemists or vegetable vendors.
- 7. This is a very serious concern, the proportions indicate that at different interaction points one elder out of every five to ten receive rude behaviour from service delivery persons.
- 8. 44% reports experiencing (self/others) elders abuse in public places. 64% says it's easy to get away despite being rude to elders. South has more abuse and ease in getting away. 58% reports feeling distressed and helpless in public places. 53% says Indian society discriminates against elders. These proportions provide damning indictment of the Indian Society's attitude and behaviour to the elders.
- 9. 61% says people get impatient with slowness of elders, 52% says not dressed well invites, more rudeness and 54% says younger people get priority in a shop over older person.

- 10. 7 out of 10, share unpleasant incidents with their family. 6% don't share with anyone. More men comfortable in sharing with their wives than women so with their husbands. Women do so more with their children.

**Wish list:**

- Their wish from the society is not complicated or elaborate and consonant with their basic attitude that they are not looking for any special privileges. They want to be heard, most of all and require occasional help that will cost the people nothing.
- **The top five wish list are:**
  - ◆ I wish people would speak more politely with the elderly
  - ◆ I wish people would take the trouble to listen to what an older person is saying
  - ◆ I wish strangers would just make the time to talk to the elderly
  - ◆ I wish people would give a place to the elderly to sit in public transport/ in a bank etc.
  - ◆ I wish people would help elderly to cross the road.
- **And it will be so much the better, if the people could respect them and treat them as intelligent human beings:**
  - ◆ I wish people would not assume the old are deaf and talk loudly with them
  - ◆ I wish people would not make fun of elderly people
  - ◆ I wish people would not try and cheat the elderly/ fool an old person.

Courtesy : Help Age India

# Jeevan Sadhana Purskar by Bharati Vidyapeeth



Recognising the painstaking efforts in serving the people of all ages from child beggars to the destitute elders and ranks nurturing the life goal of "Serve to man is serve to God" for the past 30 years, Dr. Vinod Shah, MD, Founder Chairman of Janaseva Foundation has been awarded "Jeevan Sadhana Gaurav Purskar" by Bharati Vidyapeeth (Deemed University), Pune based renowned educational institute on 26th April, 2017, at a special function organised at their educational complex located at Pune-Satara Road in the presence of many celebrities, renowned personality from Pune District and a packed auditorium.

Dr. Akshaykumar Kale (President, 90th Akhil Bhartiya Marathi Sahitya Parishad) was the Chief Guest of the award ceremony. Dr. Shivajirao Kadam, Vice-Chancellor & Dr. Patangrao Kadam, the Chancellor of Bharati Vidyapeeth presented the "Jeevan Sadhana Gaurav Purskar" to Dr Vinod Shah.



## Janaseva Foundation, Pune

Establishment : 15<sup>th</sup> January 1988

Late Kundangouri & Manharlal sanghavi Complex.

Late Com. Govindrao Dhapre Rural Hospital	Ward Boy – Aaya Training
Mobile Health Unit ( NRHM )	Rural Hub
Lions Club of Pune Aundh Pashan Janaseva Foundation Eye Hospital	Century Clubs
Old Age Homes – (1) Late Haribhai V. Desai Old age Home, (2) Shri Rasiklal Manikchand Dhariwal Old age Home (3) Mrs. Icharjbai Chunnilal Khivansara Residential Wing	Anand Melawa- World Senior Citizens Day Celebration
	Meet the Stalwarts   Senior Citizens Forum
	RRTC under the Ministry of Social Justice and Empowerment (MoSJ&E), Govt. of India
Physiotherapy Centers	Relief During Natural Calamity
Destitute Rehabilitation Center	Net Working of NGO's
Mrs. Vimal Mutha Grooming Academy	Computer training for senior citizens
Mrs. Kumudben Madanbhai Sura Nursing School & Nurses Hostel	Care of Malnourished / undernourished children
Research Centre: Recognised by Savitribai Phule Pune University	Day Care Center (for Senior Citizens)
Education and care of street beggar children	Rural Ageing Project & Mobile Medical Unit
	Vocational Training – Drivers Training

Indul Complex, 1<sup>st</sup> floor, Above Rupee Bank, Lal Bahadur Shastri Marg, Navi Peth, Pune – 411 030. Tel. (020) 2453878/8.  
Telefax : (020) 24537373. Email : [janasevafoundationpune@gmail.com](mailto:janasevafoundationpune@gmail.com)

Income Tax Exemption under 80G

Website : [http:// janasevafoundation.org](http://janasevafoundation.org), <http:// kmsnursingschool.org>

# Poverty - From Developing to Developed Countries?

By Dr. Vinod Shah, M.D., & Shri. Shubham Maheshwari

**M**aking eradication of poverty an integral Objective of all policies: what will it take?

Eradication of poverty is the key requirement for any developing country. Poverty is considered as a barrier for country's socio-economic development. Poverty is defined as inadequate supply of items that are essential to live a healthy and comfortable life.

The Population of India is 1.34 billion at present. Poverty in India means those who do not get two square meals a day, they sleep on pavements and live bare bodied and bare footed. More than 65 years have passed since we attained political independence; still most of the people lead a sub-human life, while a microscopic minority lives in excessive luxury. Even Gandhiji's hopes have not been fulfilled. In spite of our plans, "Garibi Hatao - oriented programs", Green Revolution, etc., we have created only a few islands of prosperity in an ocean of poverty. In our cities, we are able to see skyscrapers and palatial buildings side by side with the ramshackle houses and huts of the poor. In India organized begging is on rise and especially children are made disabled and made to beg. This has become profession now. New beggar laws should be made to control this.

## Poverty in urban India

Poor people constitute a greater share of the illiterate population. Children are forced to lead a dismal dark life, without the light of education, and under the shadow of exploitation. Child labour is commonly seen at various places in India. From roadside tea stalls to big and small factories producing sundry products like cement, handloom and jute products, carpets, fashionable tawdry ornaments and fireworks and many other hazardous jobs, children are working in abysmal condition. Poor people migrate from rural areas to cities and towns in search of employment. The income of more than 8 crore urban people is estimated to fall below poverty line (BPL). In addition to this, there are around 4.5 crore urban people whose income level is on borderline of the poverty level. An income of the urban poor is highly unstable. A large number of them are either casual workers or self-employed. Financial institutions are reluctant to provide them loan because of the unstable income. Five states that constitute around 40% of all urban poor people of India are Uttar Pradesh, Bihar, Rajasthan, Odisha,

and Madhya Pradesh. Around 35% of the total population of the four metro cities (Delhi, Kolkata, Chennai and Mumbai) consists of slum population, are illiterate.

## Poverty in rural India:

It is said that rural India is the heart of India. In reality, the life of people living in rural areas is marked with severe poverty. In spite of all the efforts, the condition of poor villagers is far from satisfactory. The report on Socio-economic and Caste Census (2011) reveal the following facts:

- SCST: Of all the rural households, around 18.46% belong to scheduled castes, and around 10.97% belong to scheduled Tribes.
- A major source of income: Manual casual labour jobs and cultivation are the major sources of income for rural people. Nearly 51% of all households are economically engaged in manual casual labour and nearly 30% of them are engaged in cultivation.
- Deprived: Around 48.5% of rural households are deprived according to the census.
- Assets: Only 11.04% of families own a refrigerator while there is a vehicle (including two-wheeler, boat, etc.) in around 29.69% of the rural houses.
- Income Tax: Only 4.58% of rural households pay income tax.
- Land ownership: Around 56% of village households don't own a land.
- The size of rural houses: The houses of around 54% rural families consist of either one or two rooms. Out of them, around 13% lives in a one-room house. They don't have toilets in many villeges of India.

## Causes of poverty

The most important causes of Poverty in India are Illiteracy, Growing Population, Poor Agriculture Techniques & water scarcity. Further, there is an unequal distribution of wealth. As a result, the poor people are often exploited by the wealthy community, the gap between rich and poor, corruption, black money, decreasing moral values and they do not have luxury of time to participate in process of Democracy rather they are indulge in alcoholic, drug addiction, chewing tobacco, etc.

## Poverty Alleviation Programs

Poverty is a challenge in India. Any kind of policy for mankind is help to eradicate poverty. It is the chief target of socialism. Poverty is sheer-want - want of food for a growing family, want of clothes, and want of a shelter and want of medical help. There are many such policies in India which are framed to eradicate the poverty.

They are Integrated Rural Development Program, National Rural Employment Program, Training Rural Youth for Self-Employment, Antyodaya Anna Yojana, Rural Landless Employment Guarantee Program, Jawahar Rozgar Yojna, Small Farmers Development Agency, Food for Work Program, Desert Development Program, Drought Prone area Program, Scheme for Providing Self-Employment to Educated Unemployed, Employment Assurance Scheme, Jawahar Gram Samridhi Yojana, Swarnajayanthi Gram Swayam-rozgar Yojana, Prime Minister's Rozgar Yojana, initiative such as Digital India, Skill India, Make in India, etc. In spite of all the above poverty alleviation programs poverty continues to remain among Indian masses. Something more drastic should be done to remove poverty from India.

## Solutions

The measures that should be taken to fight the demon of poverty in India are outlined below:-

- Farmers must be trained and educated so that they can empower themselves. Govt. should handle drought situation.
- Family planning should be made compulsory for all religions.
- More and more industries should be set up to meet the needs of our country.
- Corruption must end.

## Conclusion

Poverty is a worldwide problem and it must be solved on a war footing. The government is taking a number of steps to mitigate poverty. Eradication of poverty would ensure a sustainable and inclusive growth of economy and society. We all should do everything possible within our limits to help alleviate poverty from our country. We do believe in the concept of "Vasudhaiva Kutumbakam" meaning 'the whole earth is just one family'.

## Construction of Toilets

Janaseva Foundation Pune have constructed about 1500 toilets in rural areas till now which is one of the major contribution to India's Hon. Prime Minister Mr Narendra Modi's Mission of "Swachh Bharat". Like rural area of India, some blocks of District Pune do not have toilets. These villages are mostly populated by elderly as young generation have migrated to nearby city area. Elderlies have to walk for a long distances for defecation making it difficult for them especially at night and during monsoon.



During surveys carried out by the Janaseva Foundation and while implementing various projects in these villages, foundation noticed this deficiency is a major need. With sponsorship from Mr. Anil Deshpande, USA, Share and Care - USA, Maharashtra Foundation - USA, Rotary Club and Rotary Foundation. Now with Rotary club of Pimpri under a Global Grant Project and Malhotra Weikfield foundation Work for Construction of more toilets is being continued further through Rotary Club of Pune Central & Rotary Club of Pune Riverside.





Towards a Decade  
of Healthy Ageing  
From Evidence to Action



IFA2018

August 8-10, 2018  
[www.ifa2018.com](http://www.ifa2018.com)

International Federation on  
Ageing  
14th Global Conference



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International Federation on Ageing (IFA), Canada, will be holding 14th Global Conference at Ryerson University, Toronto, Canada from 8th to 10th August 2018 with theme 'Towards a Decade of Healthy Ageing from Evidence to Action'. The conference themes are towards healthy ageing, combating ageism, enabling functional abilities and addressing inequalities. Dr. Vinod Shah, Mrs. Meena Shah, Dr. Subhash Salunke, Mr. Jaydev Naik, Mr. Avinash Lakare and Dr. Rajan Patel of Janaseva are likely to attend this conference. All the interested should visit IFA's website [www.ifa-fiv.org](http://www.ifa-fiv.org) and also Janaseva Foundation.

In the year 2014-2015 Janaseva Foundation along with **Duke University of North Carolina, USA**, has completed a Research Survey on Socio Economical and Health Assessment of elderly in rural villages in Maharashtra and based on this a research article Fifteen Dimensions of Health and their associations with Quality of Life among Elderly in Rural Villages in Maharashtra (India) was prepared and was **published in Indian Journal of Gerontology**, Vol. 31, No. 1, January 2017.

Janaseva Foundation submitted an article on "**Elderly abuse - A Challenge**" to **United Nations Open-ended Working Group on Ageing** on strengthening the protection of the human rights of older persons in response to 'Call for inputs on focus issues of the 8th Session of the Open-ended Working Group on Ageing.

Janaseva Foundation submitted an article on "Making eradication of poverty an integral objective of all policies: what will it take?" to the **United Nations Department of Economic and Social Affairs (2017 ECOSOC Integration Segment for NGOs in consultative status with ECOSOC)** under the theme "Making eradication of poverty an integral objective of all policies: what will it take?" on 3rd May 2017.

### INDIAN CONCEPTS OF LIFE-STYLE

Life-style is the perception of a particular society towards life and the way its people live, think and behave. It includes dietary practices, physical-mental activities, cognitive exposure as well as cultural and environmental revelation. The "Vedantic" literature says that life is sacred and eternal and according to this belief when the life particles interact with material elements, various events like birth, disease, old age and death result. [1] In Rig Veda, desire for longevity and health (mental and eternal physical) is best exemplified in the much quoted Atharva Veda sukt: "Pashyem sharadah shatam, Jivet sharadah shatam" (let me see 100 autumns, let me live 100 autumn). [2]

*Ref. : Indian Journal of Psychiatry, Mysore – 570004*

# RRTC @ Janaseva Foundation - Activities

## Five Days Orientation Programme on Geriatric care by NISD & RRTC, Janaseva Foundation at Ambi (17th to 21st Oct. 2016)



### 1. Training Functionaries of Old Age Homes:

The working staff at many old age homes and Day Care Centres has not undergone a systematic training programme hence unaware of the technical aspects of Geriatric Care giving. We conducted Five Days Orientation Programme for 30 Participants from Gujarat, Madhya Pradesh and Vidarbha region of Maharashtra. We engaged Psychiatrists, Geriatric Counsellor, Doctors, Government Officials to impart high quality training to enhance their understanding of various aspects of elderly service. Subjects covered were Maintenance & Welfare of Parents and Senior Citizens (MWPSC) Act 2007, Importance of Geriatric Communication, Care Giver's Role & Responsibility, Ethics in Geriatric Care Giving, Old Age Home Management, Geriatric Rehabilitation and Geriatric Counselling among others. This course is aimed improving the working of Old Age Homes and Day care Centres for delivery of best quality service to the elderly residing at OAH and DCC.



### 2. Enhancing Inter-Generational Bonding - One Day Sensitization Programmes:

Indian society is witnessing reduction in Joint Family culture and emergence of Nuclear family system causing reduced communication and increased generational gap leading to many senior citizens being forced to live in Old Age Homes. These programmes are designed for sensitization of school/college going children for the cause of senior citizens and they have generated enough excitement and interest among the students as they now understand the value of our cultural heritage of "Family bonding of India" through this programmes. They have also taken pledge " To Take Proper Care of Grand Parents and not to send them to old age homes".

### 2. Dementia Care & Management- 3 Days programme:

India has about 4 million people living with Dementia, which is nearly 9% of total population with Dementia worldwide. As per international report, world is staring at one new case of Dementia every 4 seconds. The number of people affected will be over 100 million by 2050. These estimates were derived from detailed population based studies of the prevalence of Dementia in different world regions as shown in the table given on page 9.

To deal with such a huge impact, we conducted Three Days orientation programme in Dementia Care and Management for the functionaries of Old Age Home and Day Care centres. During this programme participants were given full information from Introduction to providing care by the renowned doctors in the field of Dementia



being the resource persons. A visit to "Chaitanya Institute of Mental Health" was arranged, where Participants had chance to interact with Dementia patients under treatment at the institute, which helped them better understanding of the condition of the people with Dementia and what precaution and Care needs to be taken while dealing with such patients. This Three days' programme was an eye opener for the functionaries as they had never been exposed to this subject with so much detailing

### 3. Creating Awareness for Digital Payment:

Post demonetisation in its effort to minimise the use of cash and cash based transaction in daily use. Government of India is promoting Digital Payment System with a goal of moving towards Cashless / Less Cash economy from cash based economy. Ministry of Social Justice & Empowerment, Government of India, engaged Regional Resource and Training Centres (RRTCs) to take up responsibility to educate and generate awareness about Digital Payment.

**Mr. Avinash Lakare, Hon Consultant-RRTC** has attended the meeting called by MoSJE at New Delhi on 8 Dec 2016 on Digital Payment Awareness.

One of the important initial step being education and awareness generations reaching out to individuals



through visual as well as print Media engaging many channel partners such as Banks, Financial institutions, Social media, Business houses, Trading community and Social organisations including NGOs for speedy reach out to entire populations to create acceptance of new payment systems and commence practical use of digital payments without delay.

**Janaseva Foundation has conducted eleven one day programmes on Digital Payment Awareness in various parts of the city in Feb & March 2017,** covering more than 700 senior citizens. They were made aware about different system of payments such as fund transfer through NEFT & RTGS using Net Banking and Payments of various domestic bills viz. Electricity, Telephone, Premiums etc, using Bill payment system. They were also informed about other mode of payments using mobile apps (application) on smart phones e.g. UPI, BHIM (Unified Payment Interface, BHarat Interface for Money) both these systems are developed by National Payment Corporation of India (NPCI).

The success of programmes is attributed to the efforts from RRTC team being motivated by inspiring support and valuable guidance from Dr. Vinod Shah, (Chairman) and Smt. Meena Shah (Administrator) of Janaseva Foundation.

## ADULT VACCINATION

On the 22-23 March 2017 in Geneva, The World Health Organization (WHO) held a meeting entitled "WHO meeting on Immunization in the Elderly" that brought together adult vaccination stakeholders. IFA Secretary General, Dr. Jane Barratt, had the opportunity to attend this meeting, which underscored the impacts and opportunities of implementing vaccination programs for older people, specifically in low and middle-income countries. This meeting is just one example of the many initiatives taking place internationally to develop good practices in adult vaccination.

2017 World Immunization Week (WIW) was observed from 24th-30th April with a campaign that focuses on protecting people of all ages from preventable diseases through vaccination, and encouraging countries to make progress on the goals laid out in the Global Vaccine Action Plan 2011-2020.

To spread the the message of WHO and create awareness on importance of Adult Vaccination programme, Dr. Vinod Shah, International Director - IFA and Chairman Janaseva Foundation, India, conducted advocacy sessions on Adult Vaccination covering 1,000 members of Centurion Clubs and Senior Citizens Organisations located at Paud, Wakad, Navi Peth, Kaspate Vasti and Day Care Centre at Shewale Hospital Premises at Aundh in the city of Pune during the period of "World Immunization Week".

## Janaseva Foundation - RRTC Special Health Check-up programme on IDOP



On the occasion of International Day of Older Persons (IDOP) and its celebration by Janaseva Foundation on 8th October 2016, Ministry of Social Justice & Empowerment, Government of India sanctioned a special grant of Rs. 100,000 for conducting health check-up of senior citizens.

Janaseva Foundation conducted two Health Check-up camps, one at Pune on 15th October, 2016 and another on 6th November, 2016 at Ambi village. A Team of Doctors consisting of Physician, Dentist, Ophthalmologist and trained nursing staff specially deputed for this task examined total of 140 senior citizens who could benefit from this programme. During these Health Check-up camps, foundation conducted Blood Test, Urine Test, Blood Sugar Test, ECG along with overall body check-up and the beneficiaries were provided with refreshments and generic as well as consumable medicines.

## Ten Secrets .... from - WhatsUp ....

By Mr. Avinash Lakare

Life can begin at 60, it is all in your hands! Many people feel unhappy, health-wise and security-wise, after 60 years of age, owing to the diminishing importance given to them and their opinions. But, it need not be so, if only we understand the basic principles of life and follow them scrupulously. Here are ten mantras to age gracefully and make life after retirement pleasant.

### 1. Never say I am aged'

There are three ages, chronological, biological, and psychological. The first is calculated based on our date of birth; the second is determined by the health conditions; the third is how old we feel we are. While we don't have control over the first, we can take care of our health with good diet, exercise and a cheerful attitude. A positive attitude and optimistic thinking can reverse the third age.

### 2. Health is wealth

If you really love your kith and kin, taking care of your health should be your priority. Thus, you will not be a burden to them. Have an annual health checkup and take the prescribed medicines regularly. Do take health insurance coverage.

### 3. Money is important

Money is essential for meeting the basic necessities of life, keeping good health and earning family respect and security. Don't spend beyond your means even for your children. You have lived for them all through and it is time you enjoyed a harmonious life with your spouse. If your children are grateful and they take care of you, you are blessed. But, never take it for granted.

### 4. Relaxation and recreation

The most relaxing and recreating forces are a healthy religious attitude, good sleep, music and laughter. Have faith in God, learn to sleep well, love good music and see the funny side of life.

### 5. Time is precious

It is almost like holding a horses' reins. When they are in your hands, you can control them. Imagine that everyday you are born again. Yesterday is a cancelled cheque. Tomorrow is a promissory note. Today is ready cash - use it profitably. Live this moment; live it fully, now, in the present time.

### 6. Change is the only permanent thing

We should accept change - it is inevitable. The only way to make sense out of change is to join in the dance. Change has brought about many pleasant things. We should be happy that our children are blessed.

### 7. Enlightened selfishness

All of us are basically selfish. Whatever we do, we expect something in return. We should definitely be grateful to those who stood by us. But, our focus should be on the internal satisfaction and the happiness we derive by doing good for others, without expecting anything in return. Perform a random act of kindness daily.

### 8. Forget and forgive

Don't be bothered too much about others' mistakes. We are not spiritual enough to show our other cheek when we are slapped in one. But for the sake of our own health and happiness, let us forgive and forget them. Otherwise, we will be only increasing our blood pressure.

### 9. Everything has a purpose

Take life as it comes. Accept yourself as you are and also accept others for what they are. Everybody is unique and is right in his own way.

### 10. Overcome the fear of death

We all know that one day we have to leave this world. Still we are afraid of death. We think that our spouse and children will be unable to withstand our loss. But the truth is no one is going to die for you; they may be depressed for some time. Time heals everything and they will go on.

## Van Mahotsav - Tree Plantation with Accenture

Janaseva Foundation celebrated Van Mahotsav, a Tree plantation programme of planting 350 saplings (Jackfruit, Mango, Chiku, Guava, Jamun, Coconut) for full day on Saturday, 1st July 2017 at village Ambi (Ranwadi) near Panshet. This Tree plantation drive was aimed for getting fruits for our Senior Citizens to support their health and keep them physically fit and active.

Highlight of this programme 200 volunteers from Accenture Services, Pune who participated in this plantation programme exhibiting their concern and willingness to protect environment as well as make fruits available to poors of rural area. During the interaction with Dr. Vinod Shah, Founder Chairman Janaseva Foundation, volunteers promised to join in large numbers for such movements in future to create awareness and protect environment.

This plantation is done under guidance of Retd. Vice-Chancellor Dr. Vijay Mehta of Konkan Agri. University. These tree plantaion was done by Sarpanach Pushpa Nivangune, TSR Murthy, Surendrakumar Sharma, Rahul Rastogi-Manager-Accenture, Kartik Pathak-Group Leader-Accenture. Sonali shah, Supriya Patil , Amol More, Bharat Gaikawad and others have contributed to this programme. Dr. Vinod Shah & Prof. J. P. Desai have explained activities of Janaseva Foundation.



## World Health Organisation (WHO) Regional Meeting on Healthy Ageing at Bangkok, Thailand



A regional meeting on Healthy Ageing was organized in Bangkok, Thailand, from 26 to 28 October 2016 with the objective to strengthen country capacities and commitments for Healthy Ageing in WHO South-East Asia Region. The progress in implementation of national plans and policies on healthy ageing in Member States was shared. A draft "Regional Framework on Healthy Ageing for the South-East Asia Region" aligned with the recently endorsed Global Strategy and Action Plan on Ageing and Health, was shared to obtain inputs from Member States.

The key recommendations presented include:

- to create and strengthen institutional mechanism to lead and coordinate the programmes to cater to the needs of older adults
- ensure a sustainable and progressive financing, which will enable a path towards Universal Health Coverage (UHC), and
- optimize multisectoral collaboration and partnerships among all relevant stakeholders including the private sector,
- professional bodies and civil society to develop and sustain an integrated and inclusive approach for equitable, gender-sensitive, rights-based Healthy Ageing programmes.

Member States developed draft plan of actions for 2017-18 under different strategic themes.

Participating in this important Meeting organised by South East Asia Regional Office of WHO, Dr. Vinod Shah (MD), Founder Chairman of Janaseva Foundation presented his views with important suggestions as an Indian representative of NGOs in the country.

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