

Elders for Elders Community Feast in Bihar

An annual function cum Community *Bhoj* was organized by Elder Self Help Group (ESHG) members of Supaul district, Bihar on the occasion of *Makar Sankranti* and *Id-ul-Milad*. More than 3000 people enjoyed this Community Feast including ESHG members, local public representatives and grandchildren of the elderly. On the occasion, all panchayat and block level public representatives of 4 blocks in Supaul district – Raghapur, Pratapganj, Chhatapur and Basantpur were present, thus recognising that the voice of elderly counts in policy making.



Elders sing folk songs during a Community *Bhoj* or Feast for elders in Supaul, Bihar.



Nani's Tips on forming AdvantAge Groups

After retirement senior citizens reduce their level of activities and constraint themselves to their homes. This has led to isolation and loneliness among elders. Here are some tips Nani wants to share with you to help you understand why it is important to form AdvantAge groups to solve this problem:

Form an AdvantAge group of 4-5 like-minded elders in your locality. Meet each other at least twice a week. Choose an activity as well as a cause you would work for and pursue them regularly.

If your mind and body are active & you are able to achieve something every day, Nani believes that you will be a happy person. And, everybody wants to be around a happy person!!

Choose a cause such as tutor underprivileged children in your neighbourhood, organize donation of old clothes, start activities for neighbourhood elders in need of companionship, organize computer classes for elders and needy children.

Follow the 4 keys to active ageing in your group: stay physically active, mentally active, do socially useful work and make your cause self-sustaining.

This group will be advantageous not only to the AdvantAge Group members but also their families and the society.

BOOK POST

If undelivered, Please return to:
HELPAge INDIA
C-14, Outab Institutional Area
New Delhi- 110 016

Published & Printed by HelpAge India C-14, Outab Institutional Area, New Delhi - 110016
Website: <http://www.helpageindia.org> Email: headoffice@helpageindia.org
Editor: Ms. Manjira Khurana
Associate Editors: Ms. Sonali Sharma, Ms. Umang Singh

Registered with Registrar of Newspapers for India Vide R.N.I. No. DELENG/2002/6655.
Price Rs. 12.50/- per issue. Annual subscription Rs. 50/-

COVER STORY: HelpAge India marks International Day of Older Persons

HelpAge

NEWS



Vol.12 No.3

October – December 2013



HelpAge India | Fighting isolation, poverty, neglect

EDITOR *Speaks*

Dear Readers,

Happy New Year! We begin this New Year with a brief overview of the last quarter of 2013.

Pushing forth the message of Active Ageing, we marked International Day of Older Persons with the theme 'Get Active, Stay Active'. HelpAge also released the Global Age Watch Index report of HelpAge International, which in global comparison ranked India's suitability as a resident country for the elderly to a poor 73 amongst major parameters such as Health, Employment, Education and an Enabling Environment.

Much work therefore needs to be done to enable a good quality of life for the Indian elder. But to impact the lives of innumerable elders change needs to start with them. Therefore HelpAge has come up with the unique idea of forming AdvantAge Groups to enable the urban elder to lead active and productive lives engaging them physically, mentally & emotionally, restoring within them a sense of independence and self-worth, along with helping out the community at large.

On the other hand, our initiative for sensitizing the younger generation - The Student Action for Value Education program is going from strength to strength with an increasing number of schools joining in the campaign. We meanwhile continued our role as a pressure group advocating for the Right to Universal Pension for the elderly. We hope that our efforts will see fruition in the near future.

Corporates such as Container Corporation of India Ltd., Asian Paints, Zydus Cadila, JK Group, Gujarat Heavy Chemicals Ltd. continued their support towards the elder healthcare by supporting Health Camps and Mobile Medical Units.

We are constantly striving to do our bit for the betterment of the lives of our elders and every bit of support from you is a huge step forward and helps us carry on with a renewed sense of vigor in our efforts to help make that happen. Thank You for your continued support to the elder cause.

Manjira Khurana
Country Head - Advocacy & Communications



HelpAge India marks International Day of Older Persons



(From left): Mr. Mark Gorman, Director-Strategic Development, HelpAge International (UK), Dr. Syeda Hameed, Member Planning Commission, Mrs. Justice (Retd.) Leila Seth, Member Governing Body, HelpAge India, Ms. Frederika Meijer, Representative UNFPA, release Global Age Watch Index (GAWI) report at the event held to mark International Day of Older Persons in Delhi.

HelpAge India marked the International Day of Older Persons (IDOP) 2013 with the theme "Get Active, Stay Active". The Global Age Watch Index report of HelpAge International was also launched formally in the national capital. India ranked a poor 73 out of the 91 countries sampled globally in the report. The Global Age Watch Index is calculated as the geometric Mean of 4 domains – Income Security, Health Status, Employment and Education, and Enabling Environment. India fared poorly in almost all four domains: Health Status ranking – 85, Employment and Education ranking – 73, Enabling Environment ranking - 72 and Income Security ranking – 54.

During the event organised in Delhi, 5 centenarians and Corporate donors and individuals who have contributed immensely to the elder cause were felicitated by the chief guest Dr. Syeda Hameed, Member Planning Commission. A unique Mime act on Active Ageing and an inter-generational play were performed on the occasion. Ms. Kiran Mehra-Kerpelman, Director UNIC, read out the message from UN Secretary General Mr. Ban Ki-moon.

Various events such as signature campaigns, rallies, walkathons, cultural events, health camps etc., were held across India which sought to emphasize issues concerning the elderly as healthcare and security of senior citizens.

MUMBAI



Senior citizens, school & college students, working professionals and HelpAge representatives walk together to spread the message of elder respect and intergenerational bonding during a walkathon on International Day of Older Persons in Mumbai, Maharashtra.

CHENNAI



Elder women participate in a group dance competition during the program held to mark IDOP in Chennai, Tamil Nadu. 600 Elders from 17 Old Age Homes joined in the program which included competitions for elders as dance, song, Grandpa King & Grannie Queen. Students and artists also performed on the occasion and social responsibility awards were presented to 13 schools and 12 corporates for their contribution to the cause.

KOLKATA



Students of St. Thomas Girls School, Kolkata perform during a cultural event at Kolkata, West Bengal to mark the International Day of Older Persons. Students from 7 schools and residents of 5 old age homes of Kolkata participated in the event 'Anandadhara – A musical bonding between Two Generations'.

BHOPAL



Students from Asha Niketan School for Disabled Children Dumb & Deaf pose with their artwork during the painting competition held on the occasion of International Day of Older Persons in Bhopal, Madhya Pradesh. Looking on are (from left): Ms. Sanskriti Gaur, State Head (Madhya Pradesh), Ms. Anuradha Mishra, Senior Executive Resource Mobilisation, HelpAge India, Bhopal, Mr. Bairagi, Head Asha Niketan School for Dumb & Deaf, Mr. Aayog Awasthi, Manager Programmes and Dr. Ravindra Meena, State Physiotherapy Coordinator, HelpAge India, Bhopal. 70 students participated in the competition from Delhi Public School, St. Marys, Seven Hills, Bal Bhavan, Sagar Public School and Ankur School as well.

Inauguration of Multi-facility Elders Retreat Home



Mr. Parkash Singh Badal (right), Chief Minister, Punjab inaugurates the Multi-facility Elders Retreat Home, Gurdaspur, Punjab as Dr. Ashwani Kumar (second from right), Member of Parliament (MP), Rajya Sabha, Mr. B. S. Babbehali (second from left), Member of Legislative Assembly, Punjab & Chief Parliamentary Secretary for Agriculture, Government of Punjab and Mr. Sucha Singh Langah (left), former minister, Government of Punjab look on. The home has been built on Punjab Government land and supported by Dr. Ashwani Kumar, MP, Rajya Sabha from his MP lads funds. The Chief Minister on behalf of Government of Punjab has also supported the initiative with a sum of Rs. 10 lacs. The home will be managed by HelpAge India. Mr. Avenash Datta, Country Head, Programmes & Emergencies, Mr. Bhavneshwar Sharma, State Head (Punjab, Chandigarh, Haryana & J & K), HelpAge India were also present on the occasion.

Student Action for Value Education (SAVE)

HelpAge's SAVE (Student Action for Value Education) programme is aimed at inculcating values of care & respect for the elderly in school going children, preparing today's children & youth for their old age and creating an age friendly society. More and more schools and students are joining in the programme and strengthening it everyday.



Mrs. Satinder Pal Kaur (left), Co-ordinator, Shivalik Public School, Nawanshahr, Punjab hands over a cheque of Rs. 3.1 lacs to Mrs. Arti Tikoo (second from left), Senior Manager SAVE, HelpAge India, Chandigarh for the elder cause as Mr. Rakesh Thakur (second from right) and Mr. Jaspal Singh (right) from Shivalik Public School, Nawanshahr, Punjab look on.



Mrs. Helen Sircar (left), Headmistress and Mrs. Simanti Gonsalves (second from left), Asst. Headmistress, Christ Church Girls H. S. School, Kolkata, West Bengal accept a trophy as an acknowledgment of the schools contribution to the elder cause from Ms. Indrani Sen (second from right), Deputy Director Resource Mobilisation, Ms. Urmi Manna (right), Manager SAVE, HelpAge India, Kolkata. The school contributed Rs. 1.52 lacs (approx.) to support HelpAge India programs.



Mr. Pankaj Kumar Sinha (left), Senior Manager SAVE, HelpAge India, Lucknow hands over a certificate of appreciation to Reverend Father Binoy Joseph Parackal (centre), Principal, St. Mary's Inter College, Etawah, Uttar Pradesh as Mr. Ashok Kumar Singh (right), State Head (Uttar Pradesh), HelpAge India holds the cheque of contribution from the school of Rs. 5.92 lacs (approx.). This is the highest ever contribution by any school of Uttar Pradesh towards the cause.



Mr. Sahiljit Singh Sandhu (second from right), Director Springdale Senior School, Amritsar, Punjab hands over a cheque of Rs. 2.56 lacs (approx.) to Mrs. Arti Tikoo (third from right), Senior Manager SAVE, HelpAge India, Chandigarh. Looking on are Ms. Sukhraj Sandhu (right), Co-ordinator, Ms. Anu Bahl (left), Vice-Principal and Mr. Rajiv Sharma (second from left), Principal, Springdale Senior School, Amritsar, Punjab.



Mr. Visvanathan (second from left), The Correspondent of Sri Sankara Vidyalaya, Pammal, Chennai, Tamil Nadu presents a cheque of Rs. 7.95 lacs (approx.) as a contribution from the school towards the cause to Mr. P. R. Anbazhakan (third from left), Territory Head (Tamil Nadu & Karnataka), HelpAge India. Looking on are Mrs. Rachel Samson (left), Senior Executive SAVE, Mr. Arun Wilson (second from right), Senior Manager SAVE, HelpAge India, Chennai and Mr. J. Babu (right), General Manager, Sri Sankara Eye Hospital, Pammal, Chennai. The school holds the distinction of donating the highest amount among all schools in South India towards the cause in 2012-13.

Muthulakshmi Claims her Right to Property



Ms. Muthulakshmi (right) affixes her thumb impression after re-registering her property in her name. Looking on is Mr. V. Murugan (second from right), Counselor, HelpAge India, Puducherry as office bearers, Office of the District Registrar, Saram, Puducherry assist her.

71 year old Muthulakshmi, who is fondly called Dhanusu, shifted from her son's home in Puducherry town to Ariyankuppam, Puducherry to live with one of her four daughters in 2008.

Once she moved in, her daughter insisted that her mother's ancestral home be transferred to her name. Muthulakshmi concurred and the property was quickly transferred to two of Dhanusu's daughters. As soon as the property was handed over, however, her daughter asked her to leave the house. Since then, Muthulakshmi was living by herself in her mother's ancestral house. She was not visited by any of her children after she moved out and was left alone to take care of all her daily needs.

Pained by all this, Dhanusu decided against bequeathing the property to her daughters. In November 2013, she approached HelpAge India, where the clauses in the Maintenance of Parents and Senior Citizens Act, 2007 by which she could recover her property, were explained to her. HelpAge India also guided her to the Union Territory of Pondicherry Legal Services Authority (UTPLSA) wherein she got further advise about the various available options. Her children were then approached for counseling and it was through all these efforts that in November 2013, her daughters agreed to return the property back to her.

The Maintenance of Parents and Senior Citizens Act 2007 was notified in the Union Territory in 2011.

Asian Paints supports Elder Cause

Two 'Specialised Health Camps' supported by Asian Paints, Rohtak were organized in Garhi Bohar and Kharawar, Rohtak, Haryana by HelpAge India. 774 elderly benefitted from these health camps.



Ms. Pallavi (right), Manager Programs, HelpAge India welcomes Mrs. Vishni Devi (second from right), Principal, Govt. Girls Secondary School, Kharawar, Rohtak, Haryana with a bouquet during a Specialised Health Camp for the elderly held in the school. Looking on are (from left): Dr. Rajni Mutneja, Cardiologist, Dr. B. S. Dhamija, General Physician, Dr. Sudhir Malik, Dentist and Dr. Rita Goyal, Gynaecologist.

HelpAge India Honoured for Uttarakhand Relief Work



Mr. Harish Chandra Durgapal (third from right), Minister for Labour, Employment & Dairy, Government of Uttarakhand presents a certificate of appreciation for Uttarakhand Disaster Relief and Rehabilitation work to Dr. Aapga Singh (fourth from right), State Head (Uttarakhand) and Mr. Arun Kumar (fifth from right), Deputy Director Health Services, HelpAge India as Mr. Vijay Bahuguna (right), Chief Minister, Uttarakhand, Mr. Harak Singh Rawat (second from right), Minister for Agriculture & Health Education, Government of Uttarakhand and Mr. S. K. Mattu (left), Chairman, Revenue Board of Uttarakhand and staff of Chief Ministers residence look on. NGOs and corporates were honoured on the occasion for their contribution towards the disaster affected people of Uttarakhand.



Christmas Celebration with the Elderly



Senior citizens from Carmel Home, Varapuzha, Kochi, Kerala pose in their Christmas caps with Mr. Joseph Chakalayil (left), Senior Manager Resource Mobilisation and Mr. Feby Mathew (second from left), Consultant Physiotherapist, HelpAge India, Kochi during a "Meet & Greet Visit" organized by HelpAge India. 25 residents of the Home for the Aged and HelpAge India staff along with volunteers gave the residents a feel of Christmas by putting up Christmas decorations and organized activities like songs and games. Lunch & Christmas cake was distributed among all elders and Christmas gifts and Greeting cards were presented to them. The cards were made by the students of Naval Public School, Kochi for the elders.

A Diwali to remember for Elders by Elders!

Elders from Bihar truly made it a Diwali to remember for other destitute elderly, mostly widows, in Gurdharia and Tarha villages of Supaul district, Bihar. This initiative was by members of Sant Elders Self Help Group, Dharmaraj Baba Elders Self Help Group, Gurdharia, Kushwaha Elders Self Help Group and Junit Vahan Elders Self Help Group, Tarha. The gifts of warm clothes, sari, dhoti, rice and sweets were given to 15 destitute elderly. They also distributed sweets to the children and destitute elders on the occasion.



Mr. Girish Chandra Mishra, State Head (Bihar), HelpAge India, hands over a sari to 85 year old widow Mangali Devi on Diwali on behalf of elders from Elder Self Help Groups in Tarha village, Supaul district, Bihar.

HelpAge Advocates for Universal Pension



Mr. Mathew Cherian, Chief Executive Officer, HelpAge India advocates for Universal Pension for the elderly in Pension Parishad program held during winter session of parliament in Delhi. Looking on are (from left): Ms. Anjali Bhardwaj (Right to Information activist), Ms. Kouninika (from National Federation of Indian Women), Baba Adhav, Ms. Aruna Roy and other social activists. Ms. Manjira Khurana, Country Head Advocacy & Communications, Mr. Rajeshwar Devarakonda, Head of Social Protection & Emergencies and Ms. Anupama Datta, Director PR & D, HelpAge India also stressed on the need for Universal Pension. Two HelpAge Mobile Medical Units from Delhi/NCR provided medical services to the elderly during the program.

CORPORATE SUPPORT

An increasing number of companies are choosing to implement socially responsible policies to give something back to society. Glimpses of such interventions by companies for Elder healthcare is given below.

CONCOR supports Health Camps



Health Check-up Camp in progress in Whitefield, Bangalore (Karnataka) supported by Container Corporation of India Ltd. (CONCOR) and organised by HelpAge India. CONCOR is supporting 6 General Health Check-up Camps benefitting elderly and the communities they live in for the year 2013-14 in Dronagiri, Mumbai (Maharashtra), Khodiyar, Near Ahmedabad (Gujarat), Ajni, Nagpur (Maharashtra), Majerhat, Kolkata (West Bengal), Whitefield, Bangalore (Karnataka) and Kanpur (Uttar Pradesh).

Zydus Cadila supports Healthcare Services



Employees of Zydus Cadila hand over the employees collection of Rs. 14.15 lacs towards supporting a Mobile Medical Unit for a one year period which will serve in Munsiri, Pithoragarh, Uttarakhand to Mr. Anil Massey (sixth from right), State Head (Gujarat), HelpAge India in Ahmedabad, Gujarat.

JK Lakshmi Pat Singhania Foundation donates Mobile Medical Unit



Mr. Surendra Singh Negi, Health Minister, Government of Uttarakhand, flags off a Mobile Medical Unit (supported by JK Lakshmi Pat Singhania Foundation for a one year period) in Dehradun. This MMU will serve the people of Guptkashi, Uttarakhand. Looking on are (from right): Dr. Aappa Singh, State Head (Uttarakhand), HelpAge India, Dr. A. K. Jain, President, JK Tyre, Ms. Shaila Rani Rawat, Member of Legislative Assembly Rudraprayag, Uttarakhand, Mr. R. K. Gupta, JK Group and Mr. Kapil Kaul, JK Group.

Gujarat Heavy Chemicals Ltd. donates Mobile Medical Unit



(From left): Mr. N. N. Radia, Chief Operating Officer, Mr. Sakariya, Senior District Magistrate - in charge, Mr. R. S. Pandey, Chairman, Gujarat Heavy Chemicals Ltd. (GHCL) inaugurate a Mobile Medical Unit supported by GHCL which will serve in Junagarh, Gujarat as Mr. Anil Massey (first from right in second row), State Head (Gujarat), HelpAge India and employees of GHCL look on.

