

COVER STORY: Remembering the Man behind the Mission - Padma Shri Late M. M. Sabharwal

# 40 HelpAge India

Years of helping elders live with dignity



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**HelpAge** NEWS

## EDITOR Speaks



Dear Readers,

This quarter, the HelpAge family suffered a grievous loss with the passing away of our guiding light, our President Emeritus, Padma Shri Late M.M.Sabharwal, the man behind the mission. He has left behind him a legacy of unforgettable contribution to HelpAge's mission of serving the disadvantaged elder. A brilliant statesman and an empathetic leader, his life was a phenomenal story of breaking the mould and following his dream of creating a better world for our elders. His loss has left a void in the hearts of everyone at HelpAge.

Keeping his vision alive, HelpAge meanwhile kept scaling up its various grass-root programs. On-ground advocacy efforts with crucial stakeholders in the government and policy makers was given a big impetus. Specific focus was given to creating awareness on the 'Maintenance & Welfare of Parents and Senior Citizens Act (2007)' through workshops with various Senior Citizens Associations and a report was released to assess its effectiveness at the ground level from surveying key locations. The report gives an insight on the various lacunas in implementation and highlights the awareness level about the Act amongst elders. In our continuous efforts to empower elders, Smart phone and Digital Literacy classes for seniors were held, along with workshops on pertinent legal recourses available for senior citizens in case of financial and medical emergencies.

We are deeply thankful to all our individual & corporate donors, schools, institutions, volunteers who have believed in the elder cause and have walked hand-in-hand with us to help create a better world for our elders, so they can live a life of dignity.

As we step into our 40th year this April, we hope you will continue to walk the path with us.

Sonali Sharma  
Director - Communications

## HelpAge India releases report on the 'Effectiveness of the Maintenance and Welfare of Parents and Senior Citizens Act, 2007'

To assess and understand the effectiveness and implementation of the Maintenance and Welfare of Parents and Senior Citizens Act (2007), HelpAge India conducted a 'Preliminary Study on the Effectiveness of the Act'. The Study is based on a primary survey conducted in 8 districts of 4 states - Punjab, Haryana, Kerala and Tamil Nadu. It gives a useful insight into the workings of the Act and its awareness levels.



(From left): Dr. Archana Kaushik, Associate Professor, Dept. of Social Work, Delhi University, Ms. Sujaya Krishnan, Former Joint Secretary, Ministry of Health and Family Welfare, Mr. Mathew Cherian, CEO, HelpAge India, Mr. J. R. Gupta, Chairperson Indian Confederation of Senior Citizens Association, Delhi, Dr. Jyoti Dogra, Associate Professor, Indian Law Institute release the report on the 'Effectiveness of the Maintenance and Welfare of Parents and Senior Citizens Act, 2007' in the national capital.

### REPORT FINDINGS: *The Hard Reality*

- 58% Petitioners faced physical abuse (*beating and hitting*), 28% suffered mental torture.
- 57% stated the main reason for filing the Petition was due to neglect by the children (*in Punjab, Haryana and Kerala*), while 36% stated physical abuse and mental torture (*in Kerala and Tamil Nadu*).
- Among all the petitioners, 52 % applied for Maintenance Allowance and 48 % for Property related Disputes including the revoking of Will.
- 33% Petitioners mentioned facing problems while the Petition was under consideration.
- 42% had to make repeated visits to the Tribunal as the date of hearing was not communicated in writing.
- None of the petitioners received any support from the district social welfare/social justice officers who were supposed to be playing an important role in reconciliation.
- The Tribunal offices were under staffed, many did not have basic infrastructure like a computer and an internet connection.
- There is also a huge lack of Awareness of the Act itself. None of the petitioners knew that they could authorise any individual or organisation to file the petition on their behalf and attend hearings. They also did not know that there is an upper ceiling of Rs. 10,000 per month as Maintenance Allowance and there is a 90-day stipulation to settle the case.



GRASS-ROOT ADVOCACY

HYDERABAD – Telangana



Shri. M. Jagadeeshwar (centre), IAS, Secretary - Women, Children, Disabled and Senior Citizens (WD & SC) and Guest of Honor, enforces the importance of forming District Councils, Tribunals at divisional levels at the State Level Workshop on Maintenance and Welfare of Parents & Senior Citizens Act (2007). Looking on are Shri. B. R. Madhusudhan Rao (second from right), Member Secretary, Telangana State Legal Services Authority and Chief Guest, Mr. Mohd. Raza Mohammed (left), State Head, Andhra Pradesh & Telangana, HelpAge India and Smt. B. Shailaja (right), Director & Commissioner, WD & SC Department.

ITANAGAR – Arunachal Pradesh



Ms. Madhu K. Garg, IAS, Social Justice & Empowerment, Govt. of Arunachal Pradesh along with her team of officials and HelpAge India takes part in the drafting of the

State Policy for Senior Citizens and Pensioners. Topics like pension and health schemes, formation of Arunachal Pradesh Senior Citizens Associations, problems & perspective of senior citizens on Maintenance & Welfare of Parents and Senior Citizens Act (2007), were also discussed.

KOLKATA – West Bengal



Mr. Rajesh Kumar Singh (centre), IPS, Commissioner of Police, Barrackpore, West Bengal, participates in an awareness program on Rights & Entitlements. The Elders Helpline 'Arpan' run by Barrackpore Police and the SDO of the department participated in the program along with students and representatives from nursing homes.

REMEMBERING

*"It was ingrained in me since childhood to love, respect and care for the elderly by my parents and to propagate that feeling in others."* - M.M.Sabharwal



His words still echo in our thoughts, as we bid our last farewell to the Man behind the Mission, Late Madan Mohan Sabharwal, President Emeritus, HelpAge India, who passed away on 10th March 2018, leaving behind a vacuum hard to fill. An exceptional human being, who believed in selfless service towards those less fortunate. For the HelpAge family, the loss is deep and irreplaceable. He was an outstanding Statesman and an ambassador of hope for disadvantaged elders.

Born in 1922, he graduated from St. Stephen College in 1942. Thereafter, inducted as a trainee with Dunlop India Ltd., he rose to be the Chairman of the company.

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BHUBANESWAR – Odisha



Ms. Bharati Chakra (left), State Head, Odisha, HelpAge India, addresses the audience during a National Seminar on Legal Rights of Elderly organized by the Post Graduate Dept. of Law, Utkal University in Bhubaneswar, while Panelists - Dr. C. L. Patel (second from left), Dean, Schools of Law Studies, Mr. M. M. Das (centre), Retd. Justice of Odisha High Court, Prof. Dr. S. M. Pattnaik (second from right), Vice Chancellor, Utkal University and Dr. G. K. Sahu, Seminar In-charge, Prof. Dept. of Law, Utkal University, join the discussion on Social Security issues, Right to Food and Universal Pension.

CHANDIGARH – Punjab



To help elders prepare better for their later years, an awareness session was organized on Legal Rights, Will Formation, Income Tax slabs and

subsidies for senior citizens. They were also informed about the Maintenance & Welfare of Parents and Senior Citizens Act of 2007.



**GUDIWADA – Andhra Pradesh**



National Legal Services Authority (NALSA), organises a state level awareness workshop with HelpAge at Gudiwada in Andhra Pradesh. 2500 people attended this workshop on 'Legal recourse for elders & better Financial & Medical planning in emergencies'.

**MYLAPORE – Tamil Nadu**



Senior Citizens of Mylapore area participate in a special Digital Literacy workshop. HelpAge's Digital Literacy workshops are slowly garnering interest amongst elders as there is a growing need to become Digitally literate in today's fast pace changing technology & internet world. Special thanks to Nimmathi Old Age Home, Mylapore for giving its premises to the HelpAge team to conduct the workshop.

**SHIMLA – Himachal Pradesh**



A Community Awareness Meeting takes place at Gram Panchayat, Anandpur, under the Oberoi Project to discuss issues relating to various government schemes beneficial to senior citizens.



**Heartwarming Stories from the Field - HelpAge Eluru Helpline**



The HelpAge Eluru Helpline team distributes food to over 2200 bedridden elders in the local villages surrounding Eluru. The team tied up with Kamlibaba Sewa Ashram giving the much needed nutrition to the needy elders.



He was found in a bedridden state and unable to walk, when the HelpAge Eluru Helpline team arrived on spot after receiving a call from Sister Showrila, St. Annes College's Vice Principal and Mrs. Alford Xavier,

Child Line Coordinator who informed the team about an elderly man in a distraught state found staying in the Dugirala Community hall since the last 4 years. His name was Dharmaaiah and was 70, with no family or loved ones. The Helpline team met with the staff of Missionaries of Charity, Tangellamudi, Eluru, who took him in as their elder resident. With the help of FLASH NGO Ambulance HelpAge shifted him to the charitable Home. Today, Dharmaaiah is happy, healthy and lives a secure life amongst care-givers and new found friends, with a warm plate of food on his table. He is home at last.



## HEALTHCARE AND ELDERLY

With each passing year, HelpAge continues to expand its healthcare outreach by reaching out to more and more needy elders who cannot afford private healthcare or find it difficult to access the nearest Primary Healthcare Centre. This has been possible largely due to generosity of our corporate supporters. HelpAge is also focusing in the area of care-giving, by creating a standardized module for young care-givers to learn and train from, so elders can live a better quality of life with their support.

Here below are some snapshots from across India of our work in healthcare.

### PATIALA – Punjab



An elder resident of HelpAge's old age home in Patiala shares a laugh with his doctor & staff, during a free dental check-up organized for the residents of the old age home and for the elder beneficiaries of HelpAge's Mobile Healthcare Unit (MHU) program from various MHU sites. Free dentures were also provided to those that required them. This was done in collaboration with a prominent medical institute, Lakshmi Bai Dental College.

### LEH – Ladakh



Two young women assist an elderly lady at the Tibetan Refugee camp in Leh, as part of developing their skills in care-giving, during a care-giving training session organized by HelpAge India at the camp. HelpAge is training a niche cadre of young people as care-givers, so they can assist elderly with their day-to-day living.

### CHENNAI – Tamil Nadu



Mr. Sivakumar (third from right), State Head, Tamil Nadu, HelpAge India along with North Chennai Senior Citizens Association members and college students, inaugurates the setting up of a Geriatric Helpdesk cum free wheel-chair service, at the Industrial Trade Fair in Islad Grounds, Chennai.

### RAIPUR – Chhattisgarh



Elders from 13 different Panchayats (Bhatapara Block, District Balodabazar & Tilda) participated in a series of free health check-up camps conducted by HelpAge India.

### FARIDABAD – Haryana



An elderly woman receives an eye-check up at the Specialist health check-up Camp organized for elders with support from Voith Paper Fabrics India Limited at Mujesar village, Faridabad.

Expert clinical examination relating to eyes, blood pressure, blood sugar, were conducted and free medicines and spectacles were distributed. Two such camps were organized benefitting over 450 elders.

### MADURAI – Tamil Nadu



Elder beneficiaries of Ambedkar Nagar (Madurai - MHU) listen attentively to the Mr. J.Vijayabaskaran, MHU Pharmacist, who makes them aware of the benefits of basic dietary habits, treatments, precautions and how to prevent & tackle Arthritis.



## STUDENT ACTION FOR VALUE EDUCATION (SAVE)

### WHEN I'M 64

After a successful pilot run of the HelpAge's 'When I'm 64' campaign to sensitize young adolescent children from classes VIII, IX and X, with the aim of inculcating values of love & respect towards elders, this year the campaign scaled up tremendously, in terms of student and school participation. From 8000 students last year, this year 17,703 students participated, and over 2000 schools across India took part. The contest had three components - Essay writing (*in English or in Vernacular*), Developing an Elder friendly product concept and Illustrations. Winners were chosen from each category and awarded.

Here are some snapshots below:

#### Delhi – NCR



Prize Distribution and felicitation of winning students of GTB School, Mansarovar Garden, Delhi. The national capital got an overwhelming response from the schools with more than 800 students participating from 50 schools across the city.

#### MADURAI – Tamil Nadu



Mrs. S. Sudha Devi (left), Principal, Mrs. Subhashine (second from left), Trustee, HelpAge India, stand along side prize-winning student K. Midhula Sri (third from left), at the prize distribution ceremony. Looking on are: Mrs. R. Hemalatha, Co-ordinator, C. Radhakrishnan Sr. Manager – Resource Management, HelpAge India, Madurai, Dr. C. Ramasubramian, Senior Principal and Mrs. R. Priya, Vice Principal of Bharani Park Vidyalaya School, Karur.

#### RAJKOT – Gujarat



Contest winning students proudly hold up their Winning Certificates and Awards, at the State Level Award ceremony in Rajkot (Gujarat), for the 'When I'm 64' contest. Nearly 1616 students participated from 35 schools from Gujarat.

#### BHUBNESHWAR – Odisha



Class VIII student, Bandita Mahanta from DPS, Nalco Nagar, Angul, Odisha, who won the first prize in the Illustration category, expresses her views of the importance of family spending time with their elderly. "I have a lot of fun with my Grandparents and visit them often." she says, during the State Award ceremony of the 'When I'm 64' contest. More than 2000 students participated from the State.

#### RAIPUR – Chhattisgarh



Padma Shri Anuj Sharma, Actor from the Chhattisgarh film industry, hands over the certificate for 1st Prize in English Essay Writing Competition to Ms. Rushda Praveen, class 10 student of St. Xavier's High School, Raipur.

## CORPORATE SOCIAL RESPONSIBILITY

HelpAge India has been fortunate that many corporates across the years, have shown their sensitivity towards the cause of elderly, especially in the area of healthcare. We thank them for their generosity and support in helping provide much needed care to our destitute elders and their community. It's because of their commitment, our teams are able to continue our medical services for the needy and poor elderly in the remotest parts of India.

### Grill for a Cause - an evening with elders



Left pic: Mr. Mathew Cherian, CEO, HelpAge India (left) receives a cheque donation from Mr. Sameer Bhasin (second from left), CEO, Barbeque Nation, Mr. Sajid Dhanani (third from left), Founder Barbeque Nation and Mr. Vikas Khanna (third from right), Celebrity Chef, along with Ms. Madhu Madan (second from right), Country Head – Resource Mobilization and Ms. Anupama Datta (right), Director - Policy Research & Development from HelpAge India, at Ambience Mall, Vasant Kunj, New Delhi. This was part of Barbeque Nation's Corporate Social Responsibility initiative as they launched their 100th restaurant and decided to mark it by contributing to the elder cause.

Right pic: Senior citizens enjoy a sumptuous meal at Barbeque Nation restaurants across the country.

### MUMBAI – Maharashtra



Mr. B. G., Barve, Joint Managing Director, Blue Cross Laboratories hands over a cheque of Rs. 4,29,000, towards running cost of Morjim Goa Physiotherapy Centre. Also seen is Mr. Vilas Gurjar, senior citizen from Aaji Aajoba Udyan.

### NEW DELHI

Ms. Madhu Madan Country Head – Resource Mobilization, HelpAge India and Mr. Salim Mohmand General Manager, Isthmus Industries Pvt. Ltd. showcase the signed MOU between HelpAge India and Isthmus Industries Pvt. Ltd. for the running of a Mobile Healthcare Unit (MHU) in Rampur, UP.



### CHENNAI – Tamil Nadu

Sun Foundation was established with a deep desire to extend support the poorest of the poor in the society. It reaches out to deserving individuals and communities through educational aid, medical assistance and community development. It also provides basic amenities like safe drinking water, infrastructure support and welfare activities for the needy. It gave a grant of Rs. 89,86,000 to HelpAge India for the operation of two Mobile Healthcare Units at Madurai and Tirunelveli, Tamil Nadu.



Ms. Madhu Madan, Country Head, Resource Mobilization, HelpAge India (centre) receives the cheque donation from Ms. Kavery Kalanithi Maran

(second from right), Managing Director, Sun TV Network Limited, towards the operation of 2 MHUs in Tamil Nadu. Looking on are Ms. Regi, Senior Executive, Corporate Fund Raising and Mr. Edwin Babu (left), Joint Director, Programs, Mr. Jayabharath (second from left), Senior Executive, Corporate Fund Raising and Mr. Sivakumar (third from left), State Head, from HelpAge India, Tamil Nadu.



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Retiring from the post after 35 years, he served as Chairman of various prestigious companies. Not resting on the laurels of corporate success, Mr. Sabharwal diverted his energies and passion towards helping the disadvantaged elderly. To participate actively in this cause, he joined HelpAge India in 1981 as a member of its Governing Body.

Subsequently due to his overwhelming contribution and commitment, he was elected as President of HelpAge India.

He devoted 26 years of his life to the cause of the aged and brought a great deal of credibility to the organization. Under his dynamic leadership, HelpAge India gathered momentum and grew into a nationwide institution.

He always believed that senior citizens deserve a life of dignity, filled with love and care. His pioneering role in the movement for the care of the elderly found recognition when he was elected as the Chairman of HelpAge International. This was a landmark achievement, as for the first time a person from the developing world received such distinction.

He was honored by the Government of India with the Padma Shri Award for Social Work in the year 2008. He was also awarded by British Government, honorary OBE in 1998 for his role in promoting Indo-British partnership in Social Welfare. He was felicitated by the Hon'ble Union Minister for Social Justice & Empowerment, Government of India, with the *Chirayushya Samman* in recognition of exemplary contribution in public life, being a pioneer in building HelpAge India and serving the cause of elderly in India.

Toll Free Elder Helpline 1800-180-1253

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### Some Memorable Moments...



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