

Institute for Longevity and Ageing Research

STRATEGIC FRAMEWORK



Institute for Longevity and Ageing Research

an initiative of



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BACKGROUND AND CONTEXT

A nation ageing faster, than it is prepared for

India is entering a profound demographic transition, with projections indicating that by 2050, nearly one in five Indians will be aged 60 years and above. Longevity is increasing faster than ageing systems are evolving. This shift underscores an urgent need for robust, evidence-based research on ageing, yet current efforts in gerontology, long-term care, and age-related policy remain fragmented and underdeveloped.



Over the past few decades, HelpAge India, an organization working for the cause and care of disadvantaged older persons, has undertaken extensive research on ageing and issues affecting older persons, to better understand their needs, challenges and influence policy. The aim was also to mainstream age-related concerns, raise awareness amongst various key stakeholders, and drive meaningful action in areas critical to the wellbeing, dignity and rights of older persons.

These studies have helped influence HelpAge's programmes, strengthened advocacy, contributed towards policy discourse, and helped bring age-related issues into the national conversation.



But the scale and complexity of population ageing continue to grow at a fast pace, therefore there is an urgent need for a dedicated research platform.

Therein lay the birth of the 'Institute for Longevity and Ageing Research', HelpAge India's commitment towards interdisciplinary research on ageing and longevity. Its core focus is to generate high-quality evidence that influences policy, strengthens long-term care systems, and drives innovation in healthy ageing.

Anchored in the Indian context, while engaging with global research networks, the Institute hopes to bridge the critical gap between knowledge and implementation. Its work is closely aligned with HelpAge India's priorities – healthcare, age care, livelihoods, disaster response and influencing policies related to older persons in India. The institute strives to ensure that the research translates into evidence-based strategies and actions, that improve the quality of life and wellbeing of older adults.

INSTITUTIONAL MODEL

The 'Institute for Longevity and Ageing Research' is conceived as a premier platform that is dedicated to advancing rigorous scientific research, driving innovative solutions, informing policy, and building and strengthening capacity. By integrating these functions, it aims to create a seamless link between academia, government, and on-ground practice, enabling cross-sector collaboration in ageing and longevity research.

AIM AND APPROACH

It aims to bring together HelpAge India's deep community engagement with older persons and rigorous research, to bridge the gap between evidence and action. Drawing on real-world experiences and high-quality data, it transforms research findings and community insights into reliable, relevant, and actionable evidence.

It adopts a citizen-centered approach, by ensuring that the voices, priorities, and lived experiences of older people are at the heart of research and solution design. This evidence will serve as a base to drive policy advocacy, engage policy makers and key stakeholders, to promote informed decision-making. Together, these interconnected processes contribute to influencing national and state-level policies, programmes, and systems that improve the lives of older people.

01



HelpAge Community Practice

Deep engagement with older people and communities across contexts

02



Generate Actionable Evidence

Transform research and community insights into reliable, relevant and actionable evidence

03



Adopt Citizen-Centred Approach

Ensure older people's voices, priorities and experiences shape evidence and solutions

04



Drive Policy Advocacy

Use evidence and citizen voices to engage and influence policymakers and stakeholders

05



Inform National & State-Level Policy Change

Contribute to inclusive policies, programmes and systems that improve the lives of older people

OUR PURPOSE

Strategic Objective

Establish the 'Institute for Longevity and Ageing Research' as a nationally and globally recognized centre of excellence that generates evidence, translates it into action, strengthens systems, and builds capacity to improve the health, well-being, and economic security of older adults.



Mission

"To advance healthy longevity by adopting citizen-centred community practices and translating knowledge into scalable solutions, impactful policies, and resilient systems for an ageing society."



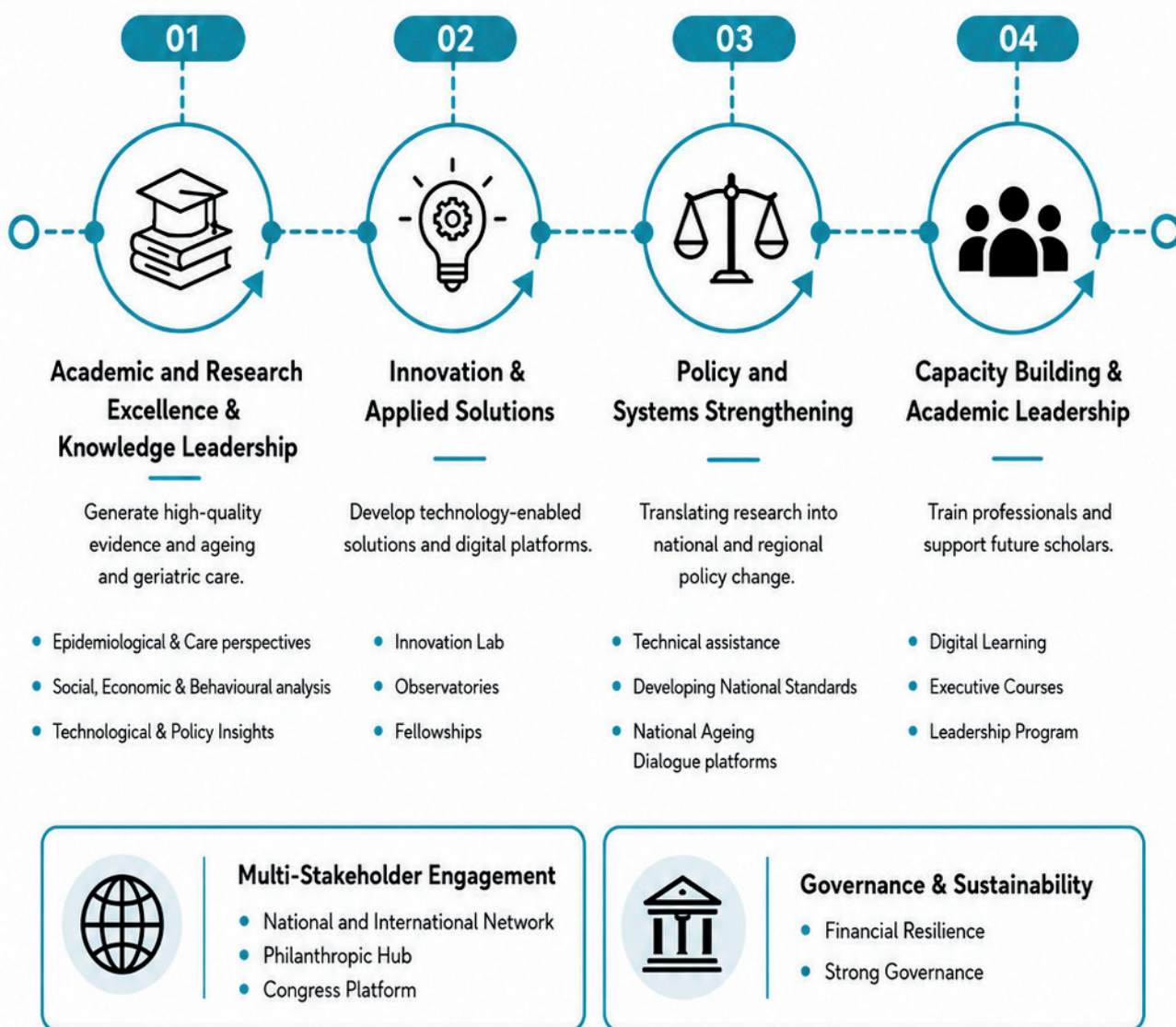
Vision

"A society where every year of life is lived with dignity, purpose, and well-being."



STRATEGIC PILLARS

The Institute will be guided by four core research pillars to ensure long-term impact. Together, these strategic pillars will be underpinned by HelpAge India's practical experience and contribute to strengthening three core areas of impact – healthcare, age care, livelihoods, ensuring that research translates into meaningful action and improvement in the lives of older people



HEALTH CARE



AGE CARE



LIVELIHOODS

01: Academic and Research Excellence & Knowledge Leadership

- Objective: Generate high-quality evidence-based research to advance ageing and geriatric care
- Key Initiatives: Research on Epidemiological and Care Perspectives, Social, Economic and Behavioural Analysis and Technological and Policy Insights.

02: Innovation & Applied Solutions

- Objective: Develop technology-enabled solutions and digital platforms that address emerging challenges in ageing.
- Key Initiatives: Establish an innovation lab, set-up research observatories, and fellowship programmes.

03: Policy & Systems Strengthening

- Objective: Translate Research into influencing national and regional policies
- Key Initiatives: Provide technical assistance, developing standards and initiate national ageing dialogue platforms.

04: Capacity Building & Academic Leadership

- Objective: Strengthen professional workforce by training professionals, supporting researchers and future scholars, creating opportunities for lifelong learning.
 - Key Initiatives: Create digital learning programmes, executive education courses and leadership development initiatives.
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ENABLERS

The Institute's work will be anchored by two cross-cutting enablers via:

Multi-Stakeholder Engagement which will strengthen national and international collaboration through global research networks, philanthropic partnership hubs, and knowledge-sharing platforms, including convening multi-stakeholder forums, national and international forums, facilitating knowledge exchange.

Governance & Sustainability which will ensure the Institute's long-term impact through strong governance, institutional resilience, and sustainable financial models.



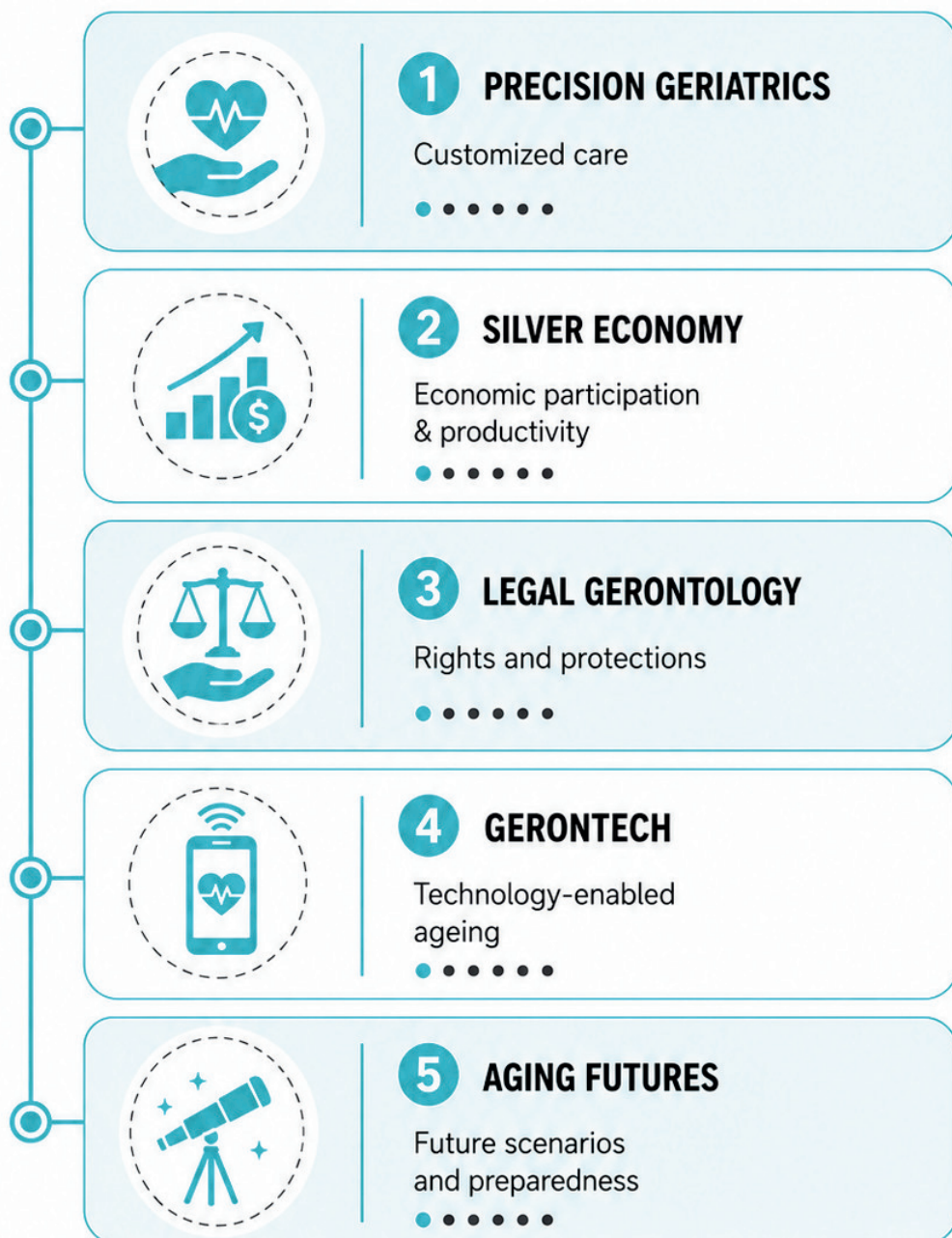


Through national and global research networks, strategic partnerships, and knowledge-sharing platforms, the Institute will foster collaboration and exchange across academia, government, industry, and civil society. Strong governance, institutional resilience, and sustainable financial models will underpin its operations, ensuring scientific credibility, organizational excellence, and lasting impact.

FIVE RESEARCH FRONTIERS

Strategic Research Themes

The Institute's research agenda is designed to generate knowledge that addresses emerging challenges and opportunities associated with population ageing. It will focus on five interdisciplinary research frontiers that respond to the evolving needs of older persons while influencing policy, practice, and innovation, addressing not only health, but also economic, legal, technological, and societal dimensions of later life.





ENSURING SCIENTIFIC EXCELLENCE

To uphold the highest standards of research quality, integrity, and impact, the Institute will be guided by a Scientific Advisory Committee (SAC) and an Institutional Ethics Committee (IEC).

Together, these bodies will provide strategic guidance, ensure scientific excellence, promote ethical and regulatory compliance, strengthen governance, transparency, and accountability, and foster collaboration and innovation. Their oversight will help ensure that the Institute's research remains rigorous, credible, ethically sound, and aligned with national and global best practices.



Scientific Advisory Committee (SAC) and an Institutional Ethics Committee (IEC)



1

Provide Strategic Direction

Offer expert guidance to define research priorities, set direction and ensure alignment with national and global goals.



2

Ensure Scientific Quality & Excellence

Uphold the highest standards of scientific rigour, methodology and integrity to produce credible, impactful and relevant research.



3

Promote Ethical & Regulatory Compliance

Safeguard ethical conduct in research and ensure compliance with legal, regulatory and institutional standards.



4

Strengthen Governance, Transparency & Accountability

Build robust governance systems that ensure transparency, fairness, accountability and responsible use of resources.



5

Facilitate Collaboration & Innovation

Foster partnerships across institutions and sectors to encourage interdisciplinary collaboration and drive innovation for greater impact.



Together, SAC and IEC will ensure that ILAR's research is scientifically rigorous, ethically sound, transparent, collaborative and aligned with national and global standards.



STUDY AREAS AND INITIATIVES

The Institute will publish an annual 'State of Longevity and Ageing' report, establishing a trusted knowledge repository for governments, academia, industry, and civil society. Through dedicated thematic research clusters in Precision Geriatrics, Silver Economy, Legal Gerontology, GeronTech, and Ageing Futures, the institute will foster interdisciplinary scholarship and thought leadership, advancing a deeper understanding of emerging ageing trends and shaping the national discourse on longevity.

Building on its research foundation, the Institute will drive innovation by translating evidence into scalable, community-centred, and technology-enabled solutions that improve the lives of older persons. The establishment of a SilverTech Innovation Lab, a healthy and active ageing elder observatory, and an Innovation Fellowship Programme, will create a dynamic ecosystem for developing, testing, and scaling cutting-edge interventions. Key pilot initiatives will focus on integrating precision geriatric care within primary healthcare systems, strengthening ageing policies and health systems, enhancing elder justice and rights protection mechanisms, deploying AI-enabled mental health monitoring platforms, and building community-based climate resilience models for older adults.

Through these efforts, the Institute bridges the gap between research and real-world impact, fostering sustainable innovations that address the evolving needs of an ageing population.

EXPECTED IMPACT

- Stronger evidence-based ageing policies
- Scalable solutions improving health, care, and livelihoods
- A skilled workforce for the ageing sector
- Resilient, inclusive systems for ageing populations

OUTCOME

A society where longevity is matched by dignity, independence, and an improved quality of life for all older persons.



THE INSTITUTE FOR LONGEVITY AND AGEING RESEARCH TEAM

Prof. Anil Krishnan

DIRECTOR

A global health expert with over 20 years of leadership experience across Asia and Africa. As the Inaugural Director of ILAR, he provides strategic direction to advance evidence-based policy, systems strengthening, and innovation in ageing. With a Ph.D. in Public Health, he has led major research and implementation programs and held senior roles at institutions including the University of Global Health Equity (Rwanda), HelpAge International, and icddr,b.

Dr. Biji R Mohan

SENIOR RESEARCH FELLOW

A public health researcher specializing in ageing and gerontology, with over seven years of multidisciplinary research experience. She holds a Ph.D. from the Tata Institute of Social Sciences (TISS) and has led end-to-end research initiatives, contributing to both academic and policy-oriented outputs, with experience at TISS and The Humsafar Trust.

Dr. Khaling Ngamphundar

RESEARCH FELLOW

A policy and systems researcher specializing in ageing, social protection, and health financing. She holds a Ph.D. in International Studies from JNU and has experience with HelpAge India, focused on social security, health equity, and elder rights, including contributions to World Elder Abuse Awareness Day (WEAAD) research.

Dr. Raghunath Mandi

PROPOSAL DEVELOPMENT SPECIALIST

A population studies researcher with expertise in ageing, intergenerational dynamics, and social security systems. With a Ph.D. from IIPS and experience with the Longitudinal Ageing Study in India (LASI), he brings strong skills in data analysis, research design, and proposal development to support ILAR's funding initiatives.



*"The highest education is that which does not
merely give us information but makes our life in
harmony with all existence."*

— Rabindranath Tagore



 **HelpAge India**



www.helpageindia.org

☎ 011-42030438 ✉ ILAR@helpageindia.org