

CENTRE FOR THE STUDY OF SOCIAL CHANGE
Regional Resource Training Centre (RRTC)
Bandra, Mumbai.

Annual Report for year 2020-2021

Prior to covid pandemic 19 RRTC were organizing offline awareness programs/trainings of the participants on the issues of senior citizens as per the mandate of IPOP policy of our department (MSJE). Due to covid guidelines issued by ICMR, Health Ministry (GOI) and Govt. of Maharashtra and lockdown, the RRTC was communicated by NISD and MSJE to suspend the physical program till further period to prevent transmission of corona virus. In view of the above the MSJE granted us the budget for online programs from 1st October, 2020 till date. From April to September, 2020 due to covid situation, lockdown and post lockdown govt. restrictions we could not do the physical programs with the other stakeholders. This fact was noticed by our department and the online option of holding the webinars were permitted and accordingly our proposals for such webinars were granted. Therefore, all our annual activities for creating awareness and training the participants were through virtual medium (**through internet on Zoom Platform**).

The series of programme /activities organized through digital mode/webinars etc.

Program as follows:

Celebration of International Day Of Older Persons (IDOP) 2020

Sr.No	Date	Subject	Collaborators
1	01.10.2020	The Aging Spine	Offline participants
2	16.10.2020	The Plight of Senior Citizens during Corona Situation	Online program
3	20.10.2020	How can a Pandemic change the way we look at age and ageing?	Online program

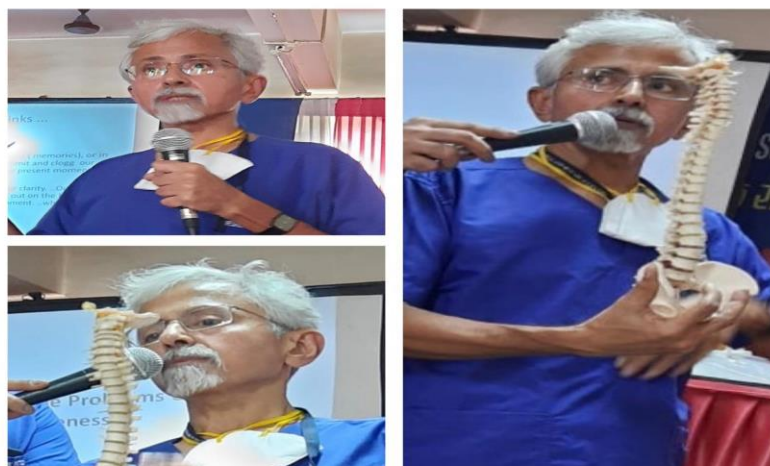
4	21.10.2020	Mental Health & Dementia Learning of Covid for seniors- Is disaster management necessary?	Online program
5	22.10.2020	What is the Key to Successful Aging during a Pandemic?	Online program
6	23.10.2020	MWPSC Act, 2007 Laws to protect Sr. citizen's rights	HSNC Board's G. J. Advani Law College & District Legal Services Authority, Mumbai Suburban.
7	27.10.2020	MWPSC Act, 2007 Laws to protect Sr. citizen's rights	HSNC Board's K.C Law College & District Legal Services Authority, Mumbai Suburban.
8	29.10.2020	Happiness is not the years in your life but the life in your years.	R. D. National College Dept. of Psychology

Brief Summary of IDOP Celebration online 8 programs funded by MSJE.

First program no. 1 on 1st October, 2020

Topic :“The Aging Spine”,

Speaker : Dr. Shekhar Bhojraj, President ,CSSC.



Dr. Potdar, Secretary of CSSC, felicitated a few Sr. citizens by cutting the cake in order to celebrate IDOP 2020.



Program no. 2 on 16th October, 2020.

Topic- The Plight of Senior Citizens during Corona Situation.

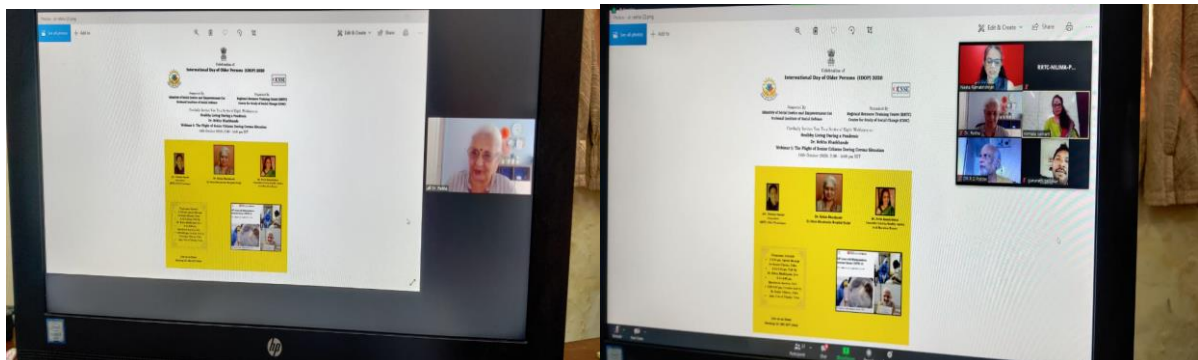
Speaker- Dr. Rekha Bhatkhande, Trustee, CSSC (Ex-Dean, Shushrusha Hospital)

The International Day of Older Person's was inaugurated by welcome message by Adv. Nirmala Samant Prabhavalkar, Chief Functionary of RRTC.

Important Highlights from Dr. Bhatkhande's Talk-

- Dr. Bhatkhande throughout her talk emphasized on the medical and social challenges the older person can face or have faced during this pandemic. Understanding them is highly important to know the plight of the older person and figure out a way to reduce that and improve the quality of their life even during and after this testing time.
- Dr. Rekha in her talk discussed about The United Nations Population Fund (UNFPA) report on population.
- WHO's decade of healthy ageing (2020-2030) plan which aims at improving the quality of life for the older person.

Dr. Rekha Bhatkhande



Third program on 20th October, 2020

Topic - How can a pandemic Change the way we look at the Age ad Aging?

Sepaker : Dr. Nagnath Narsimhan Prem (Jaslok Hospital)

The target group of the program was senior citizens and Old age homes under RRTC. Dr. Prem while speaking on the topic of how the pandemic has changed the ageing, he discussed about how the older people can cope up the pandemic and the changes which are coming in with the new “normal”. He talked on the topic of geriatric care, online assessments and how geriatric patients can benefit from these virtual consultations.

He also emphasized on having a fit and healthy lifestyle, a how it can it can help the older population to have a good quality life and ageing. He also spoke on the topic of successful ageing and how society can contribute to that. He shared some important and valuable tips on how to combat caregiver’s burnout and how seeking help is important for the caregivers. Caregivers should not ignore their own needs and they should take time out for their own personal and professional priorities. He concluded the session with a interaction and answered some interesting questions raised by the participants.



Dr. Nagnath N. Prem



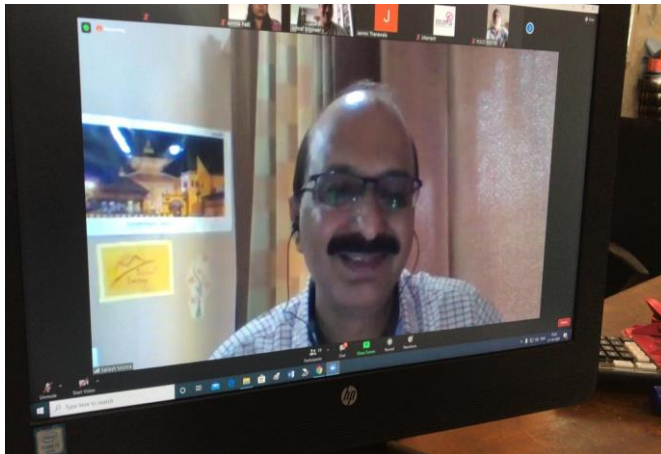
PPT

Fourth program on 21st October, 2020

Topic-Mental Health and Dementia: Learning of Covid for Senior Citizens –is Disaster Management Necessary?

Speaker : Shailesh Mishra (Silver Inning old age home.)

The session highlighted the importance of disaster management plan for the old age citizens with or without neurological disorders. A single point contact from the Government authorities is necessary for smooth functioning of the old age care services. Training and certification mechanism for caregivers and instituted involved in care giving.



Dr. Shailesh Mishra

CAREGIVING IS NOT A ROCKET SCIENCE

- Empathy
- Patience
- Polite
- Humbleness
- Honesty
- Dedication
- Passionate
- Spiritual
- Progressive
- Hygiene
- Creative



Residents and caregivers play with brightly coloured, mentally stimulating toys at the Snehanjali dementia care residency in Mumbai, as part of their daily routine. VIDYA SURESH/ANANDH

Silver Inning Foundation

PPT

Fifth program on 22nd October, 2020

Topic- Healthy Living During a Pandemic
Speaker: Dr. Srinivas Thakur (Fortis Hospital)

He said we should care for the older population during the pandemic and unlearn the myths about the older population. Care about the caregivers and the older people, its symbiotic relationship of care. The need of Geriatricians was highlighted and what they deal with was also explained in detail.

How to boost our immunity was highlighted. Proper usage of masks was explained and the dos and the don'ts for the older population during the pandemic were discussed.



Dr. Srinivas Thakur



Video of Sr. Citizen

Sixth program on 23rd October, 2020

Topic- MWPSA Act, with renewed approach and challenges to cope up with “Societal degenerated values and impact of fast breeding technology changes

Speaker: Mr. Rajiv Shah (Adv. High Court)

This session of IDOP was conducted in joint collaboration with HSNC, Board’s G.J. Advani Law College & District Legal Services Authority. Principal of G. J. Advani Law College- Dr. Shanti Dasari gave her inaugural speech for the webinar.

Rajiv Sir spoke about the schemes- With reference to Maharashtra State schemes, Section 19 of the Maintenance and Welfare of Parents' and Senior Citizens' Act, 2007 (MWPSA), there are various schemes and state enactments like Matoshree Scheme, Shravan Bal Seva, Rajya Pension Scheme and so on. Senior Citizen Welfare Fund- Section 122 of Finance Act, 2015.



Mr. Rajiv Shah



Old Age home



Old Age home

Seventh program on 27th October,2020.

Topic - MWPSA Act, 2007,

In Joint Collaboration with HSNC Board’s K. C. Law College & District Legal Services Authority, Mumbai Suburban.

Mrs. Kavita Lalchandani, Principal of K .C Law College Highlighted the basic responsibilities of Tribunal , Police, Govt. towards Sr. Citizens. She said that there could not have been better legal Provision in other existing laws than this particular Act. She referred to the salient features of the imp provision and appealed the participants

Three speakers for the webinar: Hon'ble Shri Yatin Game , Member Secretary of District Legal Services Authority, Mumbai. Sir topic was Legislation on Social Security & Judicial approach for safeguarding Sr. right to maintenance.

Hon'ble Shri Vikram Bhandari Secretary, of District Legal Services Authority, Mumbai suburban. Sir topic was Legal provisions of safeguarding, Property Rights of Sr. Citizens and judicial approach.

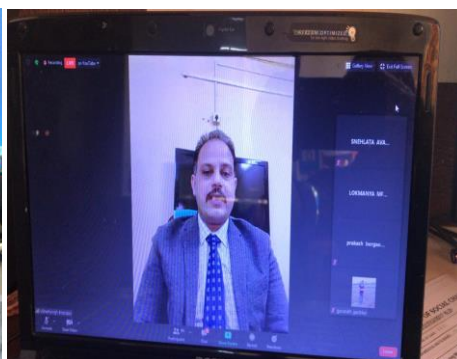
Third speaker was Mr. Prakash Borgaonkar Head, Help Age India Mah. & Goa Sir topic was Assistance to Senior Citizens for implementation of "Relief Order" passed by Tribunal under MWPSA Act, 2007.

Conclusion of Session:

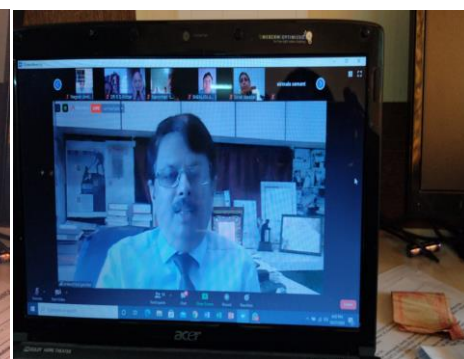
1. The session highlighted on the provisions of MWPSA Act, 2007
2. The session highlighted on the Govt. facilities given to Sr. citizens
3. The session highlighted on the judicial aspect of the Tribunals orders supported by various judgments of Mumbai High Court specially during Covid situation.
4. The session highlighted on the precautions to be taken by Sr. citizen in case the children refuse to maintain their parents.



Mr. Yatin Game



Mr. Vikram Bhandari



Mr. Prakash Borgaonkar

Eighth program on 29th October, 2020

Topic – "Happiness is not the years in your life but the life in your years". There are three sessions of the webinar with different sub topic.

First speaker Dr. Vasant Mundra, Consultant Psychiatrist, Hinduja & Shushrusha Hospital, spoke on the Mental Health in Senior Citizen.

Second speaker was Dr. Harish Shetty, Psychiatrist talk on Happiness and Sr. citizens.

Third speaker Ms. Asira Chirmuley, Director, Atha Centre for Psychotherapy, she spoke on the happiness is not the years to your life but life in your years.

Conclusion: The event as a whole was indeed a great success, seeing the smiles on the faces of the elderly, genuinely made our day! We too got a lot to learn from them like how to live life in the moment and take every single day with a stride and develop a positive outlook towards life.



Dr. Vasant Mundra

Dr. Harish Shetty

Ms. Asira Chirmuley

NISD One Day Online Awareness / Sensitization in month of December, 2020

Sr.No	Date	Subject	Collaborators
1	09.12.2020	Healthy ageing : Body & Mind	College of Social Work, Nirmala Niketan (Autonomous)
2	11.12.2020	Graceful Aging.	Seva Mandal Edu. Society's Smt. Maniben M.P.Shah Women's College of Arts & Comm. (Autonomous) Dept.of Psychology.
3	17.12.2020	MWPSC Act, 2007	Anjuman-I-Islam's Barrister AR Antulay College of Law, Mumbai.

4	21.12.2020	Nutrition care of Sr.Citizens	SNDT Women's University(FSN Dept.), Juhu Campus, Mumbai
5	22.12.2020	Aging & Assisted Home Care.	Seva Mandal Edu. Society's Smt. Maniben M.P.Shah Women's College of Arts & Comm. [Autonomous] Dept. Of Sociology.
6	24.12.2020	Senior Citizens and MWPC Act 07	Pravin Gandhi College of Law,Juhu,Mumbai.

As per the guidelines of the Ministry we conducted online webinar in different subject related to Senior citizen in month of December, 2020. It was series of 6 webinars.

Summary of Webinar in Brief:

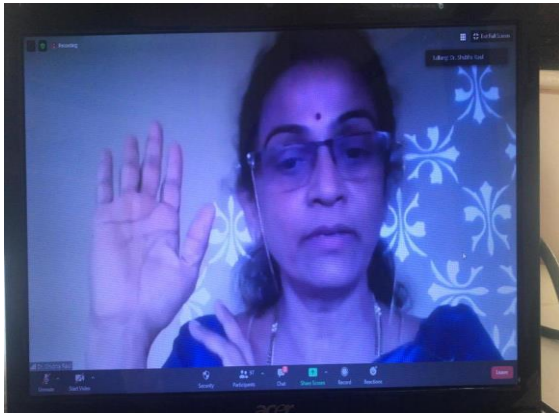
First webinar on 9th December, 2020.

Topic - Healthy Ageing: Body & Mind

The webinar was organized by Regional Resource Training Centre (RRTC), Centre for Study of Social Change (CSSC) in **Collaboration with College of Social Work, Nirmala Niketan (Autonomous)** and supported by Ministry of Social Justice and Empowerment, Government of India, National Institute of Social Defense.

The First speaker for the Webinar was Dr. Shubha Raul, Former Mayor, Member Aayush task force for covid 19, Government of Maharashtra. She spoke on the topic 'Importance of Ayurveda in post Covid management of Senior citizens'.

The Second speaker for the Webinar was Dr. Anuradha Sovani Professor, Head of the department of psychology, SNDT and also practicing Clinical Psychologist. She spoke on the topic 'Physical & Psychological wellbeing in process of healthy aging.



Dr. Shubha Raul (Ex-Mayor Mumbai)



Dr. Anuradha Sovani (Prof. Psychologist & Psychotherapist)

Second Webinar on 11th December, 2020

Topic: Graceful Aging

Webinar held in collaboration with Seva Mandal Education Society SMT Manis Ben M. P. Shah Womens College of Arts and Commerce (Autonomus) , Dept. of Psychology .

Welcome Address & introduction to the program by Dr Leena Rajee, Principal, Smt MMP Shah Women's College. Her meaningful and inspiring words set the tone for the further discussions.

First Speaker- Dr. Archana Ainapure, Director of Aging Symbiosis skill and Professional University

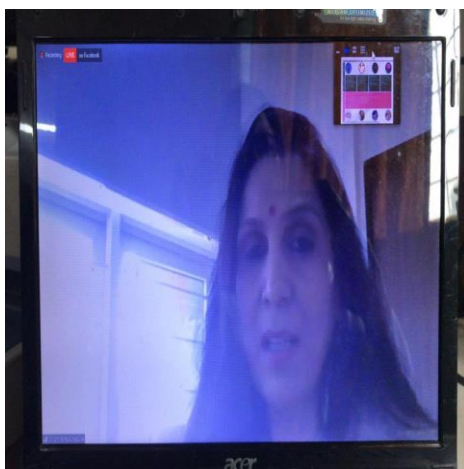
Topic: Nutrition and Graceful Aging

Highlight of the session: Physiological and psychological changes affecting eating behavior and nutritional status during old age. These changes include chewing difficulty, reduced taste, poor digestion, poor appetite and also suggestions for the same.

Second Speaker - Speaker- Ms. Amruta Lovekar, Gerontologist of Graceful Aging

Topic- Successful Aging

She also spoke of the elements of successful aging & the opportunities available for senior citizens. Both the Resource persons served as role models worth emulating especially for the students who were participating in the webinar.



Dr. Archana Ainapure



Adv. Nirmala Samant P.



Ms. Amruta Lovekar

Third webinar on 17th December, 2020

Topic: MWPSA Act, 2007

In Joint Collaboration with A.I.SBARRISTER A. R. ANTULAY COLLEGE OF LAW

Speakers –

Dr. Zahir I. Kazi -President, Anjuman-I-Islam.

Mr. Yatin B. Game- Member Secretary, District Legal Services Authority

Mr. Behzad Irani- Advocate, High Court of Mumbai and Supreme Court of India

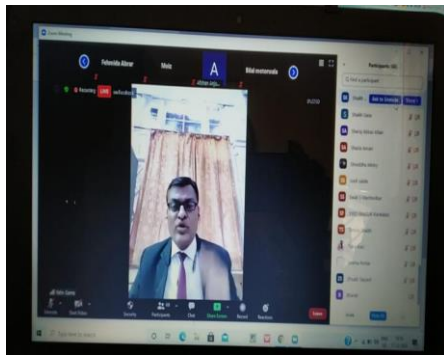
Dr. Kazi promised in the Webinar to the Chief Functionary, Mrs. Nirmala Samant Prabhavalkar that Anjuman-I-Islam is ever ready and all cooperating to shoulder of establishing Day Care Centres or Home for The Aged which would not only be an extended arm of the Government but a way of paying back to the senior citizens what they have been rightfully deserving. Dr. Kazi expressed his willingness for establishing Non-Government Research and Development Cell as a Pilot Project for monitoring the wellbeing of the Senior Citizens.

First Speaker: Mr. Yatin B. Game Sir mentioned need for Day care centres for Senior citizens and its provision in this Act. He gave insights on how this act provides in-expensive and speedy procedure to claim monthly maintenance for parents and senior citizens obligating children/relatives to maintain their parents/grandparents and senior citizens respectively. He brought attention that this act provides setting up of old age homes for providing maintenance to the indigent senior citizens and parents.

Second Speaker: Mr. Behzad Irani, highlighted the amendments and key changes that this legislation brought in the form of a separate tribunal for the redressal of grievances prior to which the aggrieved would file a claim for maintenance under Section 125 of the Code of Criminal Procedure, 1973 resulting into the aged person approaching the court for relief and incurring heavy expenses to file and litigate the suit. The process was simplified under the MWPSA Act 2007.



**Dr. Zahir I. Kazi, President
Anjuman-I-Islam**



**Mr. Yatin B. Game
Member Secretary, DLSA**



**Adv. Behzad Irani
High Court & Supreme Court**

Fourth Webinar on 21st December, 2020

Topic: Nutrition Care of Senior Citizen

In Joint Collaboration with SNDT Women's University (FSN Dept.), Juhu Campus, Mumbai.

First Speaker: Rajeshree Gadgil, Nutrition Expert, Founder & CEO RSG & Nutrition & Health Care Pvt. Ltd. She explained immunity as the most important aspect of Health. She described in great depth on types of Immunity & how exactly viruses, pathogens affect Immune system & Organs. She enlightened on the fact that poor nutrition intake can lead to inflammation and oxidative stress which in turn can greatly affect the Immune System.

Second Speaker: Dr. Archana Bhatnagar Prof. & HOD of FRM & FSN of SNDT Women's College, Juhu Campus, Mumbai.

She showcased some of the Ergonomic modifications like the grip for tools and keys, few assistive devices, also showed a video demonstration on Stretches for Seniors which was very informative, practical as well as easy to be done at home. It was a very valuable, informative and unique webinar which will help senior citizens. "In old age, senior citizens need to feel more secured, valued and not dependent on others for their needs" she said.



Dr. Rajashree Gadgil

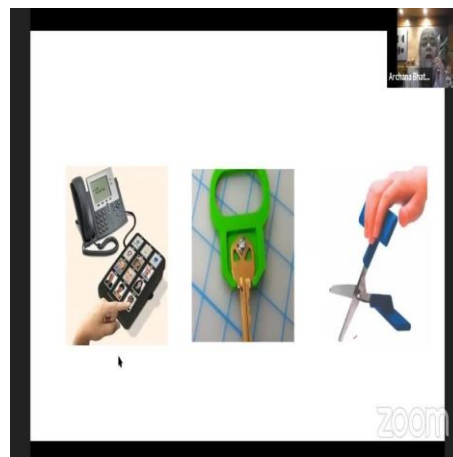


Dr. Archana Bhatnagar



Secretary, CSSC

Some of tools:



Fifth Webinar on 22nd December, 2020

Topic : Aging & Assisted Home Care

In joint collaboration with Seva Mandal Education Society's Smt. Maniben Women's College of Arts and Commerce (Autonomous), Department of Sociology.

Dr. Leena Raje, Principal of Smt MMP Shah Women's College of Arts and Commerce for women gave the welcome address for the webinar.

First Speaker: Smt. Manisha Pradeep Kotak, Trustee, Anand Vruddhashram Seva Trust.- She stated that the Anand ashram provides the elderly with nutritious food for improving their immunity against the diseases. Pleasant environment in the ashram has kept the older adults free from covid-19. She pointed out that the ashram provided the services like physiotherapy for the older adults.

Second Speaker: Mr. Prakash Borgaonkar, Help Age India Director (M.S. & Goa)- He stated that Help Age India provides psychological and physical support to the older adults. He highlighted the vital role played by the Senior citizens Associations in India He emphasized the role played by Nana Nani Sangh. They can create awareness about the problems of elderly.



Dr. Leena Raje



Smt. Manisha Pradeep Kotak



Mr. Prakash Borgaonkar

Sixth Webinar on 24th December, 2020

Topic: Sr. Citizen & MWPSA ACT 2007

In Collaboration with Pravin Gandhi College of Law, Vile Parle, Mumbai.

Speakers: Dr. Anant Kalse, Principal Secretary, Secretariat, Government of Maharashtra.

First Speaker: Dr. Kalse discussed about the various provisions of the Constitution of India like the Right to Freedom of speech and Expression, right to equality and the provisions of the Directive Principles of state Policy. He appreciated and also suggested that the new generation should learn from the example of Lord Rama. He discussed about the deplorable conditions of senior citizens. He said that we must not forget the

sacrifice made by the senior citizens of their own health and how they worked hard for the nation, society and their own families.

Second Speaker: Mr. Iqbal Shaikh -Retd. Assistant Commissioner of Police, Mumbai.

Mr. Iqbal Shaikh mentioned about the various Categories of legislations like Social, Economic, Political. He narrated why this act was legislated. He started by citing examples from the pages of ancient stories mentioning the great Shraavan kumar whose aim was to serve his blind parents. He mentioned that all religions preach to respect and take care of the elders. He categorically mentioned that in it is believed in Islam that the one who will go to heaven is the one who has taken care of his elders and parents.

Dr. Anant Kalse



Mr. Iqbal Shaikh



NISD Online Awareness / Sensitization Program in month of March, 2021

Sr.No.	Date	Subject	Collaborators
1	05.03.2021	Mental Health & Graceful Aging	Dept. Of Psychology, R.D.National College, Bandra, Mumbai.
2	12.03.2021	Legal Documentation of the Ownership of Moveable & immoveable Property	Maharashtra National Law University Mumbai (MNLU)
3	16.03.2021	Enhancing Skilling & Talents of Senior Sr. Citizens in Old age homes.”	Jeevan Sandhya Mangalya Sansthan (Khadavali) Old Age Homes(GIA) & K.C. College Dept. Of Life Science, Mumbai

4	19.03.2021	Maharashtra Co-operative Housing Society Act 1960	Mumbai District Co-operative Housing Federation & Habib Educational & Welfare Society's M.S. Law College, Mumbra.
5	26.03.2021	Skill Development through self-help group under State Action plan for Senior citizens & Empowerment of Senior Citizens through the usage of Technology	Maer's MIT Arts, Commerce & Science , Alandi, Pune.

First Webinar on 5th March, 2021.

Topic : Mental Health & Graceful Aging

In Collaboration with Dept. Of Psychology, R.D.National College, Bandra, Mumbai.

First Speaker: Dr. Mrinalini Purandare, President, EMDR Association India.

She discussed the impact go Covid-19 on the ageing population and their vulnerability to the virus.

Second Speaker: Dr. Satish Kumar, who is the Head of Dept. of Applied Psychology at University of Mumbai.

He spoke enthusiastically about the concept of mental health and holistic well-being, and stressed on their importance to the elderly population. He maintained throughout that positive psychology can lead to positive aging.



Dr. Mrinalini Purandare



Dr. Satish Kumar

Second Webinar on 12th March, 2021

Topic : Legal Documentation of the Ownership of Moveable & Immoveable Property
In collaboration with Maharashtra National Law University Mumbai (MNLU).

Prof. (Dr.) Dilip Ukey, Vice Chancellor, MNLU Mumbai, in his brief speech talked about the socio-cultural dimensions of the issue. He also introduced the MWPCA to the participants. He also wished success to the event and expressed his desire to involve MNLU Mumbai in further social initiatives.

Speakers:

First Speaker : Dr. Sonakshi Vichare, Staff secretary & Head, Department of Sociology, S.N.D.T College of Arts and S.C.B. College of Commerce and Science for Women.

She talked about the Rights of Senior Citizens, Maintenance and Welfare of the Parents and Senior Citizens Act, 2007 and Amendment Bill of 2019. She told about the National Programme for the Health Care of the Elderly (NPHCE), released in early 2011, Social security provisions for pension, income tax benefits, provident fund gratuity, and medical assistance have been strengthened.

Second Speaker : Adv. Prakash R Hegde, Sr. Advocate Bombay High Court.

Adv. Hegde spoke about the legal issues that are commonly faced by the senior citizens community. He emphasised that our seniors are our responsibility. Intergenerational equity is a principle of natural justice. His focus was on the urgent need to amend the Constitution for the special provision to protection of aged person and bring it in the periphery of fundamental right. With the degeneration of joint family system, dislocation of familiar bonds and loss of respect for the aged person, the family in modern times should not be thought to be a secure place for them. Thus, it should be the Constitutional duty of the State to make an Act for the welfare and extra protection of the senior citizen including palliative care.



Prof. (Dr.) Dilip Ukey

Dr. Sonakshi Vichare

Adv. Prakash Hegde

Third Webinar on 16th March, 2021.

Topic: Enhancing Skilling & Talents of Senior Sr. Citizens in Old age homes.”

In collaboration with Jeevan Sandhya Mangalya Sansthan (Khadavali) Old Age Homes (GIA) & K.C. College Dept. Of Life Science, Mumbai.

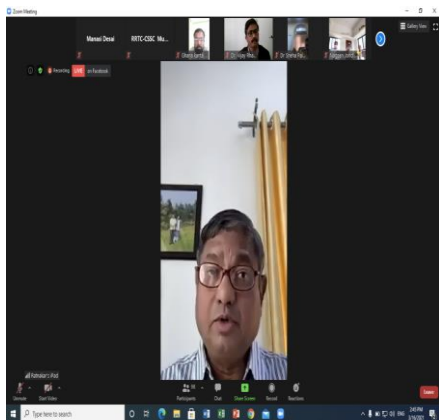
Dr. Bagla, Principal of K.C. College explained the activities conducted at KC College that helped in inculcating the values of Social work and Elderly care in students of KC College. She mentioned the Geriatric Management Workshop organized by the Dept of Life Sciences and also explained the continued efforts of NSS Unit of KC College, such as adopting grandparents from Old Age home, celebrating Annual Festival ‘Anandotsav’ that bring the Senior citizens of All Saint Homes and Sneh Bandhan to KC College every year.

First Speaker: Mr. Ratnakar Gaikwad , Ex- Chief Secretary-GOM and Ex- Chief Information Commissioner, Maharashtra, He during his illustrious talk, that was full of experiential anecdotes, underlined the lack of family values, psyche of present generation, social apathy towards senior citizens and need for addressing the problems of elderly generation. Mr. Gaikwad elucidated the efforts taken by the management at Khadavli Old Age Home, in improving the mental and physical health of the senior residents.

Second Speaker: Dr. Vijay Ryhakar, Resident Manager, Athashree Aastha, Pune

Dr Rhayakar described various activities such as art classes, fitness activities, entertainment programs and skill based training organized at Athashree, Pune. His talk offered to the listeners, glimpses of life at a well-managed Old Age home.

Third Speaker: Dhiraj Dhangar (Dhivare)- Resident Manager, Matoshri Vrudhhashram, Dhule. The most effective statement from his speech was that, though we need more Old Age Homes, there is a greater need of counseling the family members to reunite and live together in the joint family system, rather than abandoning their aged parents to Old Age home.



Mr. Ratnakar Gaikwad



Mr. Vijay Ryhakar



Mr. Dhiraj Dhangar

Fourth Webinar on 19th March, 2021

Topic : Maharashtra Co- operative Housing Society Act 1960.

In association with Mumbai District Co- operative Housing Federation & Habib Educational & Welfare Society's M.S. Law College, Mumbra.

Ms. Deepti Gala, Principal of M.S. Law College, Mumbra, Madam has given an introduction of the institution and thereafter madam has highlighted the issues of the senior citizens.

Chief Guest of the webinar Mr. Prakash Darekar -Chief Guest (Chairman, Mumbai District Co-operative Housing Federation)

First Speaker: Adv. Dattatray Vader

(Secretary, Mumbai District Co-operative housing Federation)

Sir has published a book titled Housing Society reference diary and has encouraged the students and senior citizens to go through it.

Second Speaker : Mr. Subash Patil Retd. Joint Registrar Co-op Society

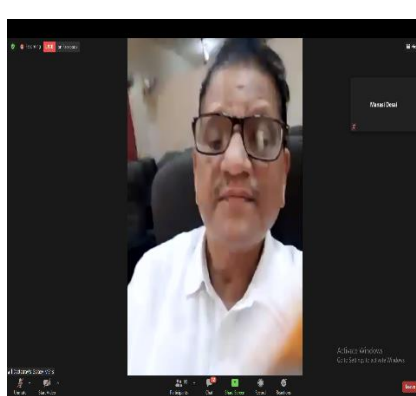
Sir has given the briefing of the entire act including the classification of Society, power of the registrar, membership under the act, annual general meeting, election, audit, conveyancing.

Key Points of Session

- Senior Citizens must make a testamentary will of the property rather than gifting it in the lifetime to avoid harassment
- If the senior citizens are harassed they should approach the registrar to reverse the deed they have executed.
- individual should apply for membership in the society as early as possible and if rejected should approach the registrar.
- before purchasing a property in housing society and individual must go through certain document to verify the title.
- Every individual must be made aware of laws relating to co-operative housing societies.



Mr. Prakash Darekar



Adv. Dattatray Vader



Mr. Subash Patil

Fifth Webinar on 26th March, 2021.

Topic : Skill Development through self-help group under State Action plan for Senior citizens & Empowerment of SeniorCitizens through the usage of Technology.

In Association with MAEER'S MIT Arts Commerce and Science College, Alandi (D) Pune.

Chief Guest: Mr. Shyam Tagade, (IAS) Principal Secretary, Ministry of Social Justice & Empowerment, Government of Maharashtra.

Sir focused upon the need of new technology and its effectiveness for the Senior Citizens. He also shared various schemes available for senior citizens and the SHGs of these people.

Guest : Dr. Sanjeev Kumar Gupta, Director, NIELT, Aurangabad, Dr. B. A. M. University, Aurangabad, Maharashtra.

Dr. Sanjaykumar Gupta Actively expressed his willingness to guide the people to help the senior citizens in using the technology through various schemes. He focused on collaboration of the organisations working in this area through electric tools and equipments.

First Speaker Mr. Jaydev Naik, Honorary Consultant RRTC, Janaseva Foundation Pune./ Mr. Jaydeo Naik shared his views on ageing with dignity and the ways out for it. He focused on the bonding of intergenerational people as a need of the day.

Second Speaker : Mr. Prakash Borgaonkar, Director, HelpAge India (Maharashtra & Goa) He shared his own experiences of working on these projects and the practical functioning of SHGs and the economy behind it. He also stressed on the issue that, the pull of such senior people can bring prosperity to their life. How they are satisfied in their task for the senior citizens.

Dr. B. B. Waphare, Principal, MIT Arts Commerce and Science College, Alandi.

Sir, summed up the points addressed by previous speakers and expressed that the rich experience of aged people is most precious treasure and the youth should learn many things from them. He also said that, old people and their living experiences can bring light in the lives of new generation.



Mr. Shyam Tagade



Dr. Sanjaykumar Gupta



Dr. B. B. Waphare



Mr. Jaydev Naik



Mr. Prakash Borgaonkar

Program Held by CSSC-RRTC

Summery of Diwali Celebration & Introduction of Jetha Sewa Bhushan Award

Sr.No	Date	Subject	Venue
1	11.11.2020	“Jeshtha Sewa Bhushan” Award	Churi Hall, M. N. Roy Campus, Bandra (E), Mumbai-51.

To ameliorate and strengthen social interaction of senior citizens during this pandemic, RRTC organized a Diwali Celebration on 11th November, 2020, wherein our most admired, Dr Rekha Bhatkhande, whom we hold in extreme high regard for her work in the health sector and in the present covid 19 pandemic, was kind enough to preside the programme. Shri Prakash Borgaonkar of Helpage India, was the Chief Guest. We followed all guidelines of Govt. of Maharashtra at the time of program, like social distancing, mask, use of sanitizer at the time of program.

On this eventful occasion, RRTC also created and introduced them, “ **JESHTHA SEWA BHUSHAN**” commemorative award for those who were concerned with the needs and wishes of Senior Citizens and have spent long years of selfless service in this sector. **It was unanimously decided to confer this award on Shri. Parkash Borgaonkar, Head of Maharashtra and Goa Region, Help Age India, whose unstinting, altruistic contribution to the Elder Care segment of society, extends beyond three decades.**

He spoke on “**Skillful Care & Counselling to Elders**”. Thereafter Dr. R D Potdar interviewed Mr. Prakash Borgaonkar on his “**Long experience of working with senior citizens**”.



**Dr. Rekha Bhatkhande, Trustee Hounr the Award
Mr. Prakash Borgaonkar, Help Age India**



**Dr. R. D. Potdar, Secretary of CSSC
Mr. Prakash Borgaonkar**

Virangula Kendra & International Women's Day Program

On 8th March 2021 the program was held with women and senior citizens. Mr. Vikram Singh Bhandari was the chief guest for the program. He applauded the initiative taken by CSSC RRTC on such important occasion. He specially thanked for the facilities made available for the day care centre to senior citizens such as free legal aid and family counseling, physiotherapy clinic, entertainment, games Member Secretary District Legal Service Authority Mumbai Suburb such as carom, chess, playing cards, newspapers, yoga, ambulance service, etc. Dr. Potdar and Adv. Nirmala Samant Prabhavalkar gave thanks Mumbai Mahanagar Palika for their assistance to provide items useful for day care centre. She said that after the covid elimination due to government vaccination drive RRTC will organize seminars, training workshops on awareness of the issues of Senior Citizens on regular basis.

She said that this is one of the activities of the department of Social Justice & Empowerment, Government of India. DR. Potdar also emphasized on the need of such day care centres and thanked MSJ&E for their programs and policies for senior citizens.



**Inauguration by Mr. Vikram Singh Bhandari
Member Secretary, DLSA Mumbai Suburb**



**Senior Citizen's nearby Area
& office staff**



Mr. & Mrs Dr. Potdar



Entrance of Virangula Kendra, CSSC

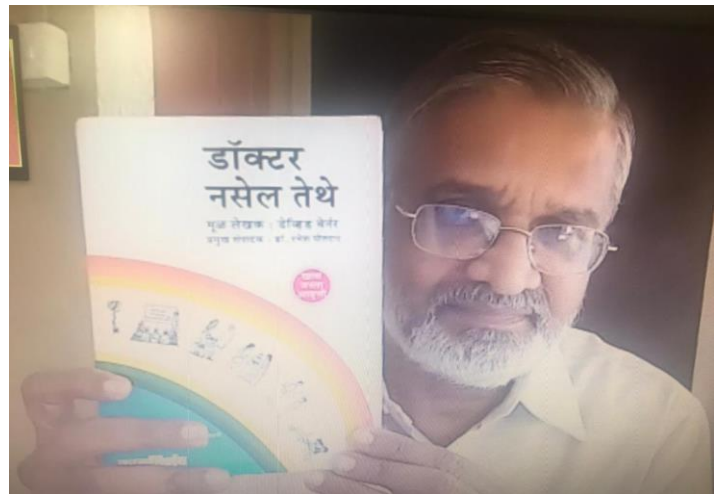
On 10th March, 2021 - CSSC organized the centenary celebration of our Founder late Smt. Indumati Parekh born on 8th March.

She was the champion of Women's cause and a great doctor. Her medical practice was totally dedicated to serve the marginalized communities at grassroot level. She worked on the ideology of social change at grassroot level by educating and empowering women by training them to stand on their own feet. She was awarded at international forum and was **Jamnallal Bajaj Awardee**. On this occasion the program was organized to release the latest edition of a book translated in Marathi by Dr. Ramesh Potdar (Secretary CSSC) and by other eminent doctors.

The original book is in English under the Title **“Where there is no Doctor”**. The virtual inauguration of the book was at the hands of Mr. Abhay Bang (Padmshree awardee) from Gadchiroli District of Maharashtra.



**Late Dr. Indumati Parekh
Founder of CSSC**



**Mr. Abhay Bang on virtual inauguration
of 'Doctor Nasel Tethe book'**



**CSSC Health Workers performed shot
play on Senior Citizen Virangula Kendra**



**Audience-Health Workers ,Office Staff
& Invitee's**

Awarding Certificate of appreciation for excellent work during Covid- 19 Pandemic to Covid Yodhas (H/E)

On 16th December 2020, CSSC had organised Awarding Certificate of appreciation for excellent work during Covid- 19 Pandemic to Covid Yodhas (H/E) and the workshop on Covid Awareness. the program was marked by the speeches of Dr. Shekhar Bhojraj , Dr. R D Potdar and Adv. Nirmala Samant Prabhavalkar. Covid Yodhhas of surrounding localities were invited and certificates were distributed to them. A few covid yodhhas spoke on their experience which they handled under critical circumstances such as distribution of grocery, providing medicines to the needy, taking patient to hospital from auto riksha, taxi and Ambulance as volunteers. They narrated their heart-breaking experience of taking the covid bodies for cremation.



**Certificate of appreciation to Corona Yodha Dr. R. D. Potdar, Secretary of CSSC
Appreciating the Corona Yodha**

Awarding Certificate of appreciation for excellent work during Covid- 19 Pandemic to Covid Yodhas

On 23rd December 2020, during pandemic situation our CSSC Health workers worked in the community of H/E ward and specially helped the senior citizens also and supplied dry ration, groceries etc. They found that MCGM health post and their departments has done excellent work for covid patients, general public and Sr. citizens by providing civic amenities, health facilities, medicines, ambulance services for hospitalization of patients during pandemic. The same work is still going on. The work done by Mumbai Police during Covid was beyond expression of words and gratitude.

CSSC has therefore had invited Mr. Manjunath Shinge (DCP) zone 09 to honour and give certificate of appreciation for excellent work during Covid- 19 pandemic to the representative of police stations (Kherwadi, Nirmal Nagar, Indira Nagar Beat Chowki), MCGM dept. such as health post, pest control, drainage dept. etc.

On this occasion CSSC appreciated the presence and the speech given by the above chief guest. The audience was overwhelmed to hear the experience of Mr. Manjunath Shinge while handling the covid situation which motivated the social workers & health workers to do more work for the society.

Photos



Online Regional Workshop

Sr.No	Date	Subject	Collaborators
1.	25.02.2021	“COVID Situation and Vaccination”	Maharashtra, Goa, Chattisgarh , Dadar & Nagar Haveli & Help Age India
2.	23.03.2021	“COVID Situation and Vaccination”	Maharashtra, Goa, Chattisgarh , Dadar & Nagar Haveli & KEM Hospital, G.S. Medical College, Parel.

For implementing policies and program related to Senior citizens in five states Chattisgarh, Goa, Dadara & Nagar Haveli & Maharashtra except Vidharbha which is under our jurisdiction we held two online Regional workshops on the important subject “Covid Situation and Vaccination”. Vaccination started in India in month of January, 21. People had doubts about vaccination so this was the subject on which was focused in the Regional Workshop.

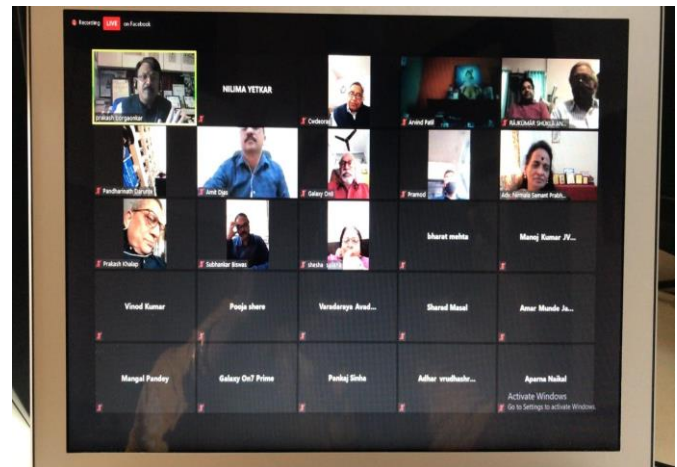
First Workshop on 25th February, 2021 in association with Help Age India.

Topic: “ Covid Situation & Vaccination.”

Guest Speaker: Dr. Nitin Shah, vaccinologist, Section Head, Paediatrics’, PD Hinduja Hospital. He focused on the precautions needed to be taken at the time of vaccination. How a person should be prepared for vaccination & it’s after effects.



Dr. Nitin Shah



Participants

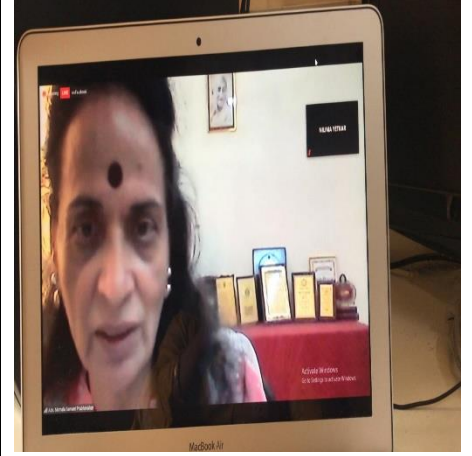
First speaker: Hon'ble Shri T.S. Singh Deo, Minister of Health and Family Welfare Medical Education, Panchayat and Rural Development-20 point Implementation, Commercial Tax (GST) Govt. of Chhattisgarh.

हेल्पेज इंडिया के वेबिनार में जुड़े प्रदेश के स्वास्थ्य मंत्री

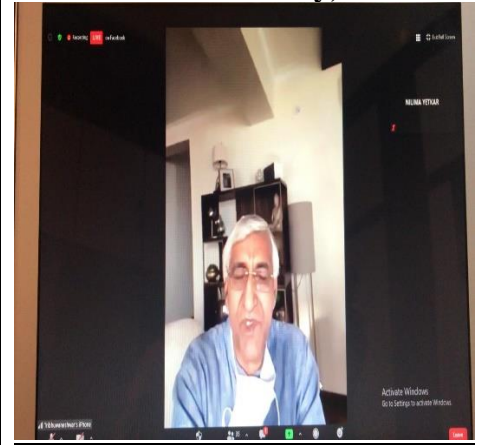


रायपुर। आज रीजनल रिसोर्स एंड ट्रेनिंग सेंटर के अंतर्गत सेंटर फॉर स्टडी ऑफ सोशल चार्ज के साथ हेल्पेज इंडिया के तत्वावधान में वेबिनार का आयोजन किया गया जिसमें प्रदेश के स्वास्थ्य मंत्री टी एस सिंह देव ने शिरकत की इस वेबिनार मीट में उन्होंने छत्तीसगढ़ में कोविड वायरस के शुरूवाती दौर और उससे होने वाले भयावह स्थिति के संबंध में कहा कि हमारे पास शुरूवाती दौर में इस वायरस से लड़ने के लिए न कोई बेहतर विकल्प था न ही उसकी तुलना में कोई पैथ लैब थे, न ही इन्फ्रास्ट्रक्चर था, न ही हॉस्पिटल्स थे किंतु आज हम उस वायरस से लड़ने और उस पर काबू पाने की बेहतर स्थिति में हैं और हमारे वैज्ञानिकों द्वारा कोविड से लड़ने के लिए वैक्सीन बनाया गया जो किसी वरदान से कम नहीं है। किंतु अब भी वैक्सीन लगवाने के पश्चात हमें सामाजिक दूरी, मास्क, सैनेटाइजर का प्रयोग करते रहना है और सतर्क रहना है। उन्होंने प्रदेश के सभी निवासियों को सरकार के दिए हुए गाइडलाइंस एवं निर्देशों को अच्छे तरह से मानने के लिए धन्यवाद भी ज्ञापन किए। छत्तीसगढ़ में पहले दौर के वैक्सीनेशन के पश्चात अब 50 वर्ष या उससे अधिक के

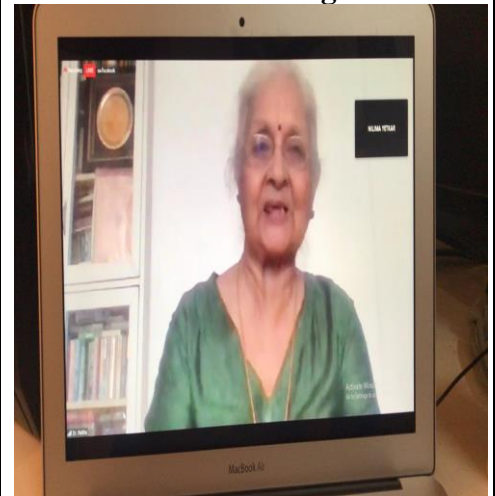
आयु के लोगो को वैक्सीन लगाने का कार्य शुरू किया जाना है। वेबिनार मीट में हेल्पेज इंडिया के महाराष्ट्र एवं गोवा हेड श्री प्रकाश बोरगावकर ने भी अपनी कोविड से जुड़ी चुनौतियों के विषय में प्रकाश डाला। श्री चंद्रप्रकाश देवरस, अध्यक्ष, छत्तीसगढ़ वरिष्ठ नागरिक महासंघ अपने वाणी में ये कहे की उन्होंने खुद वैक्सीन लगाए हैं 4 फरवरी को और उनको किसी भी प्रकार की शारीरिक समस्या नहीं हुआ। साकारात्मक सोच किसी वैक्सीन से कम नहीं हैं ये उन्होंने अपनी जीवनशैली द्वारा अनुभव किए हैं। इस वेबिनार मीट में छत्तीसगढ़ प्रदेश के स्वास्थ्य मंत्री श्री टी एस सिंहदेव, हेल्पेज इंडिया महाराष्ट्र एवं गोवा हेड प्रकाश बोरगावकर, मेडिकल कॉलेज गोवा के एम डी अमित डियास, एम बी बी एस डॉ. प्रकाश खलाप, पूर्व महापौर मुम्बई अधिवक्ता निर्मला सामंत प्रभालकर, हेल्पेज इंडिया छत्तीसगढ़ हेड शुभांकर विश्वास, हेल्पेज इंडिया छत्तीसगढ़ के हेल्पलाइन काउंसलर अमित भौमिक समेत भारत के विभिन्न प्रदेशों के हेल्पेज इंडिया के प्रतिनिधि एवं अनुभवी चिकित्सको ने अपने कोविड से जुड़े अनुभवों को साझा किया।



**Adv. Nirmala Samant P.
Chief Functionary, RRTC**



**Health Minister of Chhattisgarh,
Hon'ble T.S. Singh Deo**

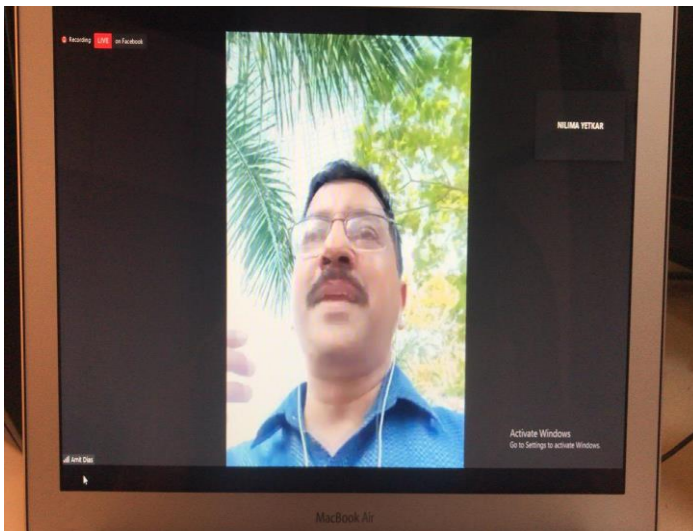


**Dr. Rekha Bhatkhande,
Ex. Dean Shushrusha Hospital**

Second Speaker: Dr. Amit Dias, Asst Professor, Dept. of Prevention of Social Medicine, Goa Medical College Goa.

He began with PPT ‘Stay Safe, Stay Healthy Covid situation and the Vaccine’.

- Understand where we are and where we need to go
- Addressing Myths
- Encourage COVID-19 Vaccination
- Emphasise on the COVID **Appropriate Behaviour**









Dr. Amit Dias



Vaccination Centre

COVAXIN	VS	COVISHIELD
DEVELOPED BY BHARAT BIOTECH		DEVELOPED BY SERUM INSTITUTE OF INDIA
ICMR		
VACCINE TYPE INACTIVATED		VACCINE TYPE NON REPLICATING VIRAL VECTOR
EFFICACY N/A		EFFICACY DCGI: 70.42% overall
STORAGE TEMPERATURE 2-8 DEGREES CELSIUS		STORAGE TEMPERATURE 2-8 DEGREES CELSIUS
DOSES TWO DOSES (0,14 DAYS)		DOSES TWO DOSES (GAP OF 2.5 TO 3 MONTHS)

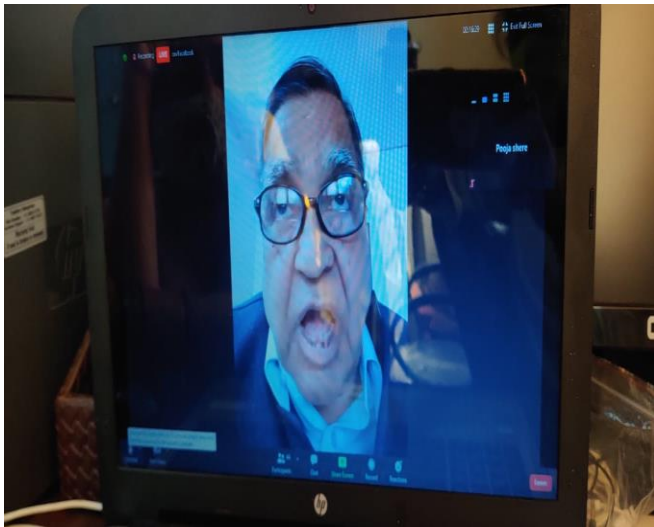
Difference in two vaccines

 <p>MYTH COVID-19 vaccine alters DNA</p> <p>FACT mRNA doesn't enter a cell's nucleus and cannot change DNA</p>	 <p>MYTH It isn't safe because of quick rollout</p> <p>FACT Thorough safety standards and trials were met</p>	 <p>MYTH Food allergy, immunocompromised, breastfeeding or pregnant people can't get the vaccine</p> <p>FACT These people can get the vaccine</p>
 <p>MYTH I'll get COVID-19 from vaccine</p> <p>FACT The vaccine cannot give you the virus - it protects you</p>	 <p>MYTH I've had COVID-19 so I don't need the vaccine</p> <p>FACT Natural immunity length is unknown - vaccine fights reinfection</p>	 <p>MYTH No need for mask or social distancing after vaccine</p> <p>FACT You must still take precautions to help end the pandemic</p>

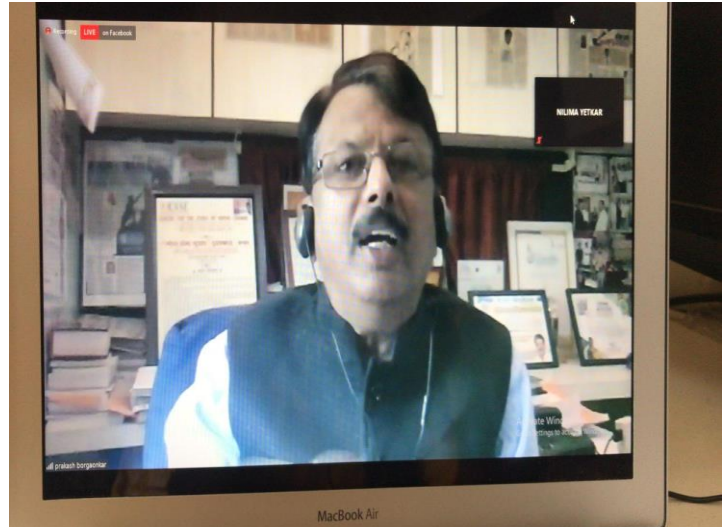
MYTHS about COVID-19 Vaccine

Third Speaker-Dr. Prakash Khalap, MBBS. PGDCM (Geriatric Medicine), DHH (Industrial Health)- He shared his own experiences of Vaccination.

Fourth Speaker-Mr. Prakash Borgaonkar, Head, Help Age India, Maharashtra & Goa. He focused on the problem faced by senior citizen at vaccination centre.



Dr. Prakash Khalap



Mr. Prakash Borgaonkar

Second Online Regional Workshop on 23rd March, 2021.

Topic: “ Covid Situation & Vaccination.”

Regional workshop held in association with King Edward Memorial Hospital (KEM) & Seth Goverdhan Das Sunderdas Medical College.

Chief Guest of the Workshop was Dr. Hemant Deshmukh, Dean, KEM Hospital, Mumbai, workshop was started by Dr. Deshmukh inaugural speech. He spoke about the Covid situation at the hospital and about vaccination.

First Speaker – Dr. Kavita joshi, Associate professor, Head of the Unit Incharge of HIV Services, KEM Hospital, Clinical Incharge of Covid-19, Dept. of Medicine, KEM Hospital, Mumbai.

Topic – COVID vaccine & Frequently asked questions.

She started with PPT, her session was very informative. Some of Frequently asked questions:

I just had covid infection- should I take vaccination ?

- ▶ Persons having active symptoms COVID infection.
- ▶ COVID patients who have been given monoclonal antibodies or convalescent plasma
- ▶ Acutely unwell and hospitalized (with or without intensive care) patients due to any illness

- ▶ COVID vaccination is to be deferred for 4-8 weeks after recovery

Pregnancy:

- ▶ Currently limited data on the safety of COVID-19 vaccines in pregnant ladies because these vaccines have not been widely studied in pregnant individual
- ▶ Therefore, women who are pregnant or not sure of their pregnancy; and lactating women should not receive COVID-19 vaccine at this time

Expected side effects:

- ▶ Pain where the shot is given,
- ▶ Fever,
- ▶ Chills,
- ▶ Tiredness,
- ▶ Headache for 1-2 days

If you develop fever

- ✓ Take Crocin
- ✓ Rest
- ✓ If symptoms do not disappear after 2-3 days then contact the vaccinator.

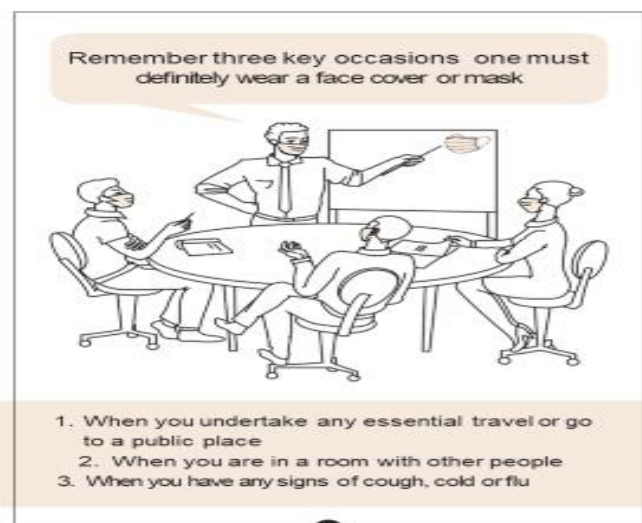
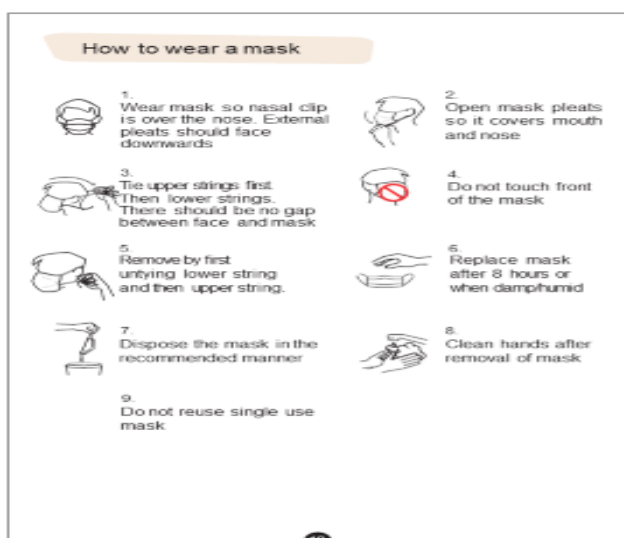
Can I take One dose of Covishield one dose of Covaxin ?

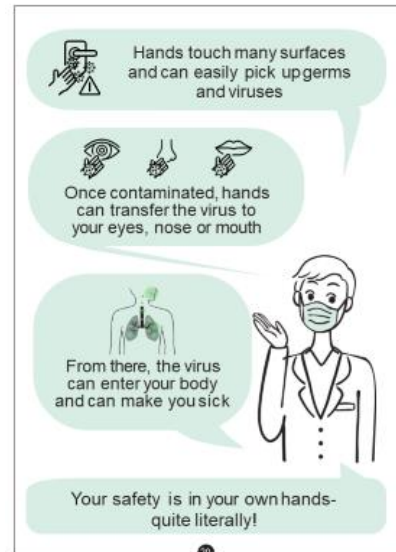
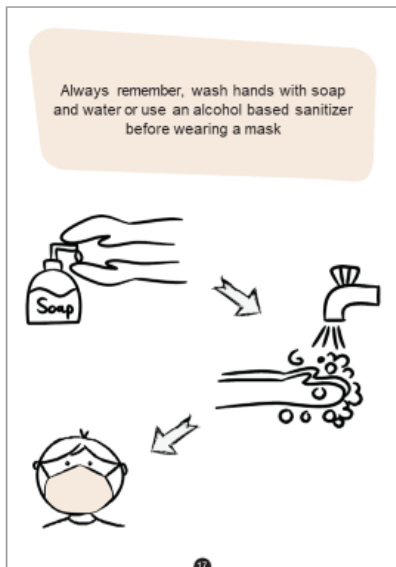
- ▶ The vaccines available are not interchangeable, it is important to receive the second dose of same vaccine as the first one.
 - ▶ The COWIN app is also going to help to ensure that everyone receives the same vaccine.
- Many more ...

Second Speaker : Dr. Utsav Raj, MBBS, MD , DIP in Geriatric Medicine Senior Resident , AIIMS Raipur

Topic: Covid Appropriate Behaviour

He explained with PPT, Some of PPT's as under:





Many More...

Third Speaker: Dr. Rajendra Borkar, State Immunization Officer, Directorate of Health Services, Panaji Goa.

Topic: What is Covid Second Wave?

India's surge in infections began around mid-March and increased rapidly, He said it is because of people behaviour about the corona. Human behaviour is the major factor. State and local governments, as well as individual people, differ in their response to the pandemic. Some follow COVID-19 precautions, such as **physical distancing**, **hand-washing** and **mask-wearing**. Others are not as prescriptive in requiring these measures or in restricting certain high risk activities.

In some cities, towns and communities, public places are closed or practicing limitations (such as how many people are allowed inside at one time); others are operating normally. Some government and community leaders encourage or even mandate mask wearing and physical distancing in public areas. Others say it is a matter of personal choice.

However, the relationship between those precautions and cases of COVID-19 is clear: In areas where fewer people are wearing masks and more are gathering indoors to eat, drink, observe religious practices, celebrate and socialize, even with family, cases are on the rise.

Also, places where people live or work closely together (multigenerational households, long term care facilities, prisons and some types of businesses) have also tended to see more spread of the coronavirus. Coronavirus outbreaks at nursing homes and “superspreader” events gatherings of people where one infected person or more transmits the virus to many others continue to occur and this will lead to second wave of corona virus.

Third Speaker: Mr. Prakash Borgaonkar, Head of Maharashtra & Goa, Help Age India

Topic: Covid & Elderly

The pandemic has brought in tough times for senior citizens at old age home said Prakash Borgaonkar, he said earlier, there used to be various sessions, festival celebrations, visits, but all have stopped completely. They are not even allowed to touch their family members in care of a visit. Many of the inmates at old age home are not even vaccinated. Help Age India looked after the vaccinations of Senior citizens.



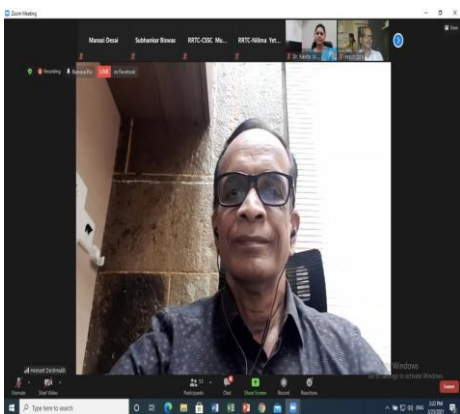
Dr. Kavita Joshi



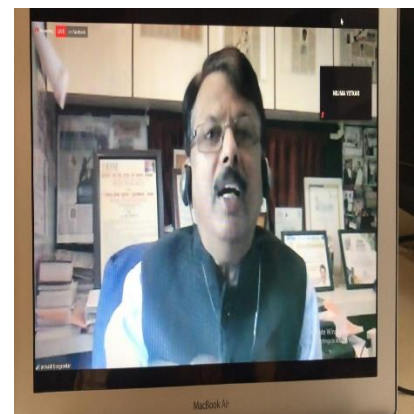
Dr. Utsav Raj



Dr. Rajendra Borkar



Dr. Amit Deshmukh



Mr. Prakash Borgaonkar



Adv. Nirmala Samant P.

Inspection of Old Age Homes under MSJ&E

RRTCs are responsible for carrying out inspections and monitoring the Old Age Homes in the states which are allocated. Accordingly, as per the direction sent by the said dept. the inspection was done in the following manner due to Covid restrictions and lockdown. We guide them in the PFMS queries.

The inspection through video calls in month of April to May, 2020.

Old Age Home- Pulled cases from Maharashtra.

Sr.No.	Ack.no.	District	Name of Old Age Home
1	40582	Nandurbar	Aai Devmogra Mahila Mandal Dhule
2	37090	Latur	Ekta Bahuuddeshiya Mahila MandalI
3	40580	Nandurbar - Shahada	Jogaimata Krishi Gramin Vikas Sanstha
4	40585	Jalgaon - Ghodgaon	Shri Satyasai Seva Sanskrutik Samajik Shaikshanik Mandal
5	40587	Nandurbar - Taloda	Chhatrapati Shivaji Samajik Shaishanik Bahhudeshiya Sanstha
6	40581	Nandurbar - Dhadgaon	Jogaimata Krishi Gamin Vikas Sevabhavi Sanstha
7	41183	Jalna- Ambad	Jankalyan Sevabhavi Sameeti.
8	36609	Nanded	Pandit DindayalUpadhaya seva Pratisthan
9	42850	Ratnagiri	Vatsalya Sindhu Mahila Bahuddeshiya Sevabhavi Sanstha

Few Video call pics:



Video Call Inspection of New Proposed Old Age Home (Rajasthan 11 & Goa 2) in Month of August, 2020.

Sr.No.	Ack.no.	District	Name of Old Age Home
1	43155	Bhilwada	Manav Vikas Avam Adhikar Kendra Sanstha
2	43803	Churu	Sikar Swasthya Samiti
3	43009	Dungarpur	Muskan Sansthan
4	43938	Banswara	Muskan Sansthan
5	42581	Bundi_Rajasthan	AnusuchitJati Mahila Avam Shishu Vikas Samitee
6	42539	Udaipur	Prayatna Samiti
7	42823	Dausa	Youth Rural Development Trust_Mehendupur
8	43141	Madhopur	Mani Singh Seva Society
9	42434	Alwar	Mani Singh Seva Society
10	44070	Jaipur	Vinayak Research and Welfare Society
11	42240	Bharatpur	Sri Ram Sewa Samiti_Nadbai
12	44874	Goa-North	Jogeshwari Gramin Vikas Sevabhavi Sanstha
13	45017	Goa-South	Aai Devmogra Mahila Mandal

Few Video call pics:



Physical Inspection in month of September, 2020.

Sr.No.	Ack.no.	District	Name of Old Age Home
1	43155	Bhilwada	Manav Vikas Avam Adhikar Kendra Sanstha
2	43009	Dungarpur	Muskan Sansthan
3	42581	Bundi_Rajasthan	AnusuchitJati Mahila Avam Shishu Vikas Samitee
4	42539	Udaipur	Prayatna Samiti
5	42823	Dausa	Youth Rural Development Trust_Mehendupur
6	43141	Madhopur	Mani Singh Seva Society
7	42434	Alwar	Mani Singh Seva Society
8	44070	Jaipur	Vinayak Research and Welfare Society
9	42240	Bharatpur	Sri Ram Sewa Samiti_Nadbai
10	44874	Goa-North	Jogeshwari Gramin Vikas Sevabhavi Sanstha
11	45017	Goa-South	Aai Devmogra Mahila Mandal
12	44699	Sindhudurg	Prerana Janseva Sanstha
13	41535	Nashik	Attapadi Taluka Gramin Vikas Sanstha

Physical Inspection few Pics:



