

Centre for the Study of Social Change
Regional Resource & Training Centre
Bandra, Mumbai-51

Report of 5 NISD programs on ‘Elderly Issues’ on different topics

We received sanctioned order dated 20th October,2021 for five programs on Elderly Issues.

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Sr. No	Date	Program Name	Speakers	Subject	Participants /Page no.
1	22-09-2021	1 st Webinar World Alzheimer's Day (Online/Offline)	1.Smt. Prajakta Padgaonkar, Author 'Sanjawat' Book	Alzheimer's Disease And Dementia: Prevention, Education and Support	
			2.Smt. Vidya Shenoy, Secretary General, Alzheimer's & Disorders Society of India & Hon. Secretary, ARDSI	Know Dementia, Know Alzheimer's	offline above 62 & 32 on Zoom Page
			3.Dr. Rekha Bhatkhande., Ex-Dean Shushrusha Hospital, Vice President FESCOM, Mumbai. President, DILASA	Fear of forgetfulness amongst the Sr. Citizens	1-15
			4.Mr. Prakash Borgaonkar, Head - Help Age India (Mah & Goa)	Social Aspects & Rehabilitation of Patient of Dementia	
2	29-09-2021	2 nd Webinar Current challenges of transgender Senior Citizen & Govt's Welfare Policies & Programs (Online/Offline)	Smt. Jyoti Thakare, President Mahila Arthik Vikas Mahamandal (MAVIM) Gov. of Maharashtra (Guest) 1.Ms. Sridevi Londhe, Social Activist & First Transgender graduate of Mumbai University	Problems of Senior Transgender	offline above 60 & 35 on zoom Page 16-23
			2.Dr. R. D. Potdar, Hon Secretary CSSC, Paediatrician		

Sr. No	Date	Program Name	Speakers	Subject	Participants /Page no.
3	06-10-2021	3 rd Webinar Celebration of International Day of Older Person (Online/Offline)	1.Prof S. Siva Raju, Professor, Chairperson - Centre for Excellence in CSR, Director's Office. 2.Dr. R. D. Potdar, Hon Secretary CSSC, Paediatrician	Promoting positive Ageing in India Issues and concerns	Offline above 62 & 32 on zoom Page 24-31
4	22-12-2021	4 th Webinar Legal Rights of Sr. Citizens	1. Dr. Anand Kasle, Professor, G.J.Advani Law College, Mumbai. 2. Adv. Nirmala Samant Prabhavalkar. Ex-Mayor Mumbai, Chief Functionary, RRTC, CSSC.	Is it necessary to make a "Will " for safeguarding the Property Rights	On Zoom 36 Page 32-36
5	07-01-2022	5th Webinar in Collaboration with Department of Sociology Sophia College (AUTONOMOUS)	1. Mr. Floyd Gracias, Counsel, Supreme Court Advocate, Bombay High Court.	Maintenance & Welfare Parents & Sr. Citizens	On Zoom above 200 Page 37-43
			2. Ms. Asira Yogesh Chirmuley Director Atha Psychotherapy	Twelve Mental Health, Resolutions for 2022	

Report of First Webinar



Ministry of Social Justice & Empowerment National Institute of Social Defense

**Regional Resource & Training Centre
under Centre For The Study of Social Change**

In Collaboration With DILASA



WORLD ALZHEIMER'S DAY 21ST SEPTEMBER

DAY: Wednesday DATE: 22th September, 2021 TIME: 2pm Onwards



Churi hall, M. N. Roy Human Development Campus,
CSSC, Bandra (E) Mumbai-51.

Smt. PRAJAKTA PADGAONKAR
AUTHOR 'Sanjawat' Book on the issues of
Sr. Citizens in India

Smt. VIDYA SHENOY
Secretary General, Alzheimer's &
Disorders Society of India & Hon.
Secretary, ARDSI Mumbai



Dr. REKHA BHATKHANDE
Ex-Dean Shushrusha Hospital
Vice-President FESCOM, Mumbai.
President, Dilasa

Mr. PRAKASH BORGAONKAR
Head – Help Age India (Mah & Goa)

ORGANISERS

Dr. R. D. Potdar
Hon. Secretary, CSSC
Paediatrician

Dr. Shekhar Bhojraj
President, CSSC
Spine Surgeon

Adv. Nirmala Samant Prabhavalkar
Ex-Mayor Mumbai
Chief Functionary, RRTC, CSSC



ZOOM LINK: <https://us02web.zoom.us/j/86182094429?pwd=ZTFKczV4OEF0dUE2UkhKNysrdINLZz09>

Meeting ID: 861 8209 4429 | 357320

Program Schedule

Date: Wednesday, 22nd September 2021

Online & Offline

Time	Subject	Speaker
2.00 to 2.05pm	Comparing	Nilima Yetkar, Project Coordinator CSSC, RRTC
2.05 to 2.10	Swagat Geet	CSSC Health Workers
2.10 to 2.20	Welcome Address	Adv. Nirmala Samant Prabhavalkar Chief Functionary RRTC, Trustee CSSC
2.20 to 2.30	Address	Dr R. D. Potdar Paediatrician, Hon. Secretary CSSC
2.30 to 2.40	Address	Dr Shekhar Bhojraj Spine Surgeon, President CSSC
2.40 to 2.55	Topic: Fear of forgetfulness amongst the Sr. Citizens	Dr. Rekha Bhatkhande Ex Dean Shushrusha Hospital, Vice President FESCOM President Dilasa
2.55 to 3.35	Topic: Alzheimer's Disease And Dementia: Prevention, Education and Support	Miss. Prajakta Padgaonkar Author of the book ' Sanjawat ' the issue of Sr. Citizens in India
3.35 to 4.10	Topic: Know Dementia, Know Alzheimer's	Smt. Vidya Shenoy Secretary General Alzheimer's & Disorder Society of India & Hon. Secretary ARDSI Mumbai
4.10 to 4.30	Topic: Social Aspects & Rehabilitation of Patient of Dementia	Mr. Prakash Borgaonkar Head Help Age India(Mah & Goa)
4.30 to 4.40	Vote of Thanks	Miss Nancy Muntode

Nilima Yetkar, RRTC, Project Coordinator did the comparing. She gave brief introduction about the program. As every Wednesday, we have health workers meeting, we celebrated the World Alzheimer's day on 22nd September instead of 21st September, 2021.

She welcomed all the dignitaries, health workers & zoom participants. As CSSC health workers work in the community we kept the physical awareness program on the Dementia & Alzheimer for them & for others online (zoom platform). She said we must forget the bad experiences in the life or else our life will become hell, but if we forget the things frequently that means we are likely to have disease named as Dementia or Alzheimer. Our today's youngsters will become sr. citizens in future so this issue will increase in the future.

Program started with CSSC song ('Stree Mukti Cha Karu Pukara') which was written by our founder Dr. Indumati Parikh sung by Health Workers.

Welcome address given by Adv. Nirmala Samant Prabhavalkar, Chief Functionary of RRTC.



Adv. Nirmala Samant Prabhavalkar

She said there are many originations taking so many seminars but we have to see the solution to those Dementia and Alzheimer problems. She said this not very serious sickness but we can find out the symptoms & then work on solution. She said that we should not feel pity of Sr. Citizen, we should have empathy. Govt.

should adopt preventive measures for betterment of ageing. They should provide quality health care for Sr. Citizens.

She acknowledged few aspects of the book “Sanjawat” written by Miss Prajakta, which is on “Future of Sr. Citizen Care in Indian context.” like Govt. Should open employment exchange, formation of income generation group, Social Gerontology, Health services etc.



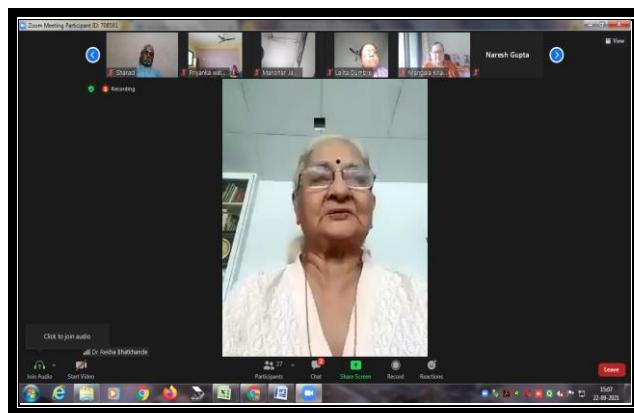
Dr. R. D. Potdar

He said though I am paediatrician but today I will be talking on Geriatric, he added, person remains same right from birth to death, there are only stages of life (age), then why after the age of 60 person is considered as now, he is of no use. He said that sr. citizens are also important and govt. must do something for their welfare. He acknowledged the MSJE department is alert and doing the work for the Sr. citizens & NISD support RRTC's to do the awareness programs on Sr. citizen issues like today's program. He also mentioned that Sr. citizens must work within their capacity if they look after their health from starting then they will remain fit for longer time.



Dr. Shekhar Bhojraj

CSSC President, Dr. Bhojraj, Spine Surgeon, he said that though we read about dementia and Alzheimer in medical colleges but i was lucky that neither of my parents nor my in-laws suffered from this disease. All of them lived more than 80 years. He also talked about life course. As the age advances there is a natural degeneration body organs. He also added that its natural phenomenon to forget the things or else we would suffer, but if we forget the things frequently that means we are likely to have disease named as Dementia or Alzheimer. ase which call Dementia or Alzheimer.



Dr. Rekha Bhatkhande

Dr. Rekha Bhatkhande Ex-Dean Shushrusha Hospital, Vice President FESCOM President Dilasa Ex-Dean Shushrusha Hospital, she spoke on Fear of forgetfulness amongst the Sr. Citizens. She joined on the zoom, she said she is not expert on this topic. Since last two three years we have notice one

psychological disease fear of forgetfulness. There are two aspects of the disease first aspect is we think that we will forget something like word, event, time and people etc. and second aspect is that others will forget us. Then she added that fear is for a moment not long lasting which will affect the quality of the life. She said that at the time of Covid we saw that Sr. citizens thought they will forget the medicine or instructions of Drs and were worried about how they will be cured. She also added that Sr. citizen those who were admitted in the private room had more fear that Drs will forget us or will not take our round. She mentioned the difference between Dementia & fear of forgetfulness. In the fear of forgetfulness, one has to keep his mind calm, consume good nutritious food, yoga practice, walk, listen music, sleep for 6 to 8 hours that will reduce your stress and fear too. If this fear remains in your mind, then it becomes a Phobia & for that they have to take mental professional help.

First Session Miss. Prajakta Padgaonkar:

Our first speaker is Prajakta Padgaonkar introduction given by RRTC Chief Functionary. She is political science student from Ferguson college, M. Phil in Russian from Pune University. Proficient in six languages. She set up his own translation company in Russia and Ukraine. She is Chief Consultant for the establishment of the first Elderly Care and leisure Center in Pune.

In year 2021, the first old age assistant colony project was set up in Pune working as the chief consultant for Utsav Care.



Miss. Prajakta Padgaonkar

The First book in the year 2020, name “Sanjawat”, The future of old age rearing in India. She spoke on Alzheimer’s Disease and Dementia: Prevention, Education and Support.

She said that as the age advances there is degeneration of the neurons, she quoted the proverb “Sathi Budhi Nati” that is after sixty years there is memory loss. But this not true, we can avoid this disease. There is no medicine for this disease if anyone gets this disease, he can’t be cured but he can take precaution to avoid the disease, we have to think about this.

We should know how our brain does the assessment. When the assessment power of the brain reduces, we are likely to suffer from Dementia. Dementia has many parts and Alzheimer is one of the parts of it. The brain is severely damaged. The blood flow is not adequate then it became dementia. She mentioned different types of dementia. Along with problems with memory, language, and decision-making abilities, dementia can cause other symptoms. These include changes in mood, such as increased irritability, depression, and anxiety. They also include changes in personality and behaviour. Dementia is the loss of cognitive functioning — thinking, remembering, and reasoning to such an extent that it interferes with a person's daily life and activities. Some people with dementia cannot control their emotions, and their personalities may change. There is

currently no "cure" for dementia. In fact, because dementia is caused by different diseases it is unlikely that there will be a single cure for dementia. She said we can avoid this nutritious food, in our age of 30 to 40 forty we have to eat nutritious food.

Second session by Vidya Shenoy:



Smt. Vidya Shenoy

Smt. VIDYA SHENOY is Secretary General of Alzheimer's & Related Disorders Society of India (ARDSI); Honorary Secretary, Mumbai Chapter and Member of Mental Health Authority, Government of Maharashtra. She is an Integrative Therapist and a Dementia Care Specialist aboard many medico-social causes. She volunteers and practices Integrative Therapies for Alzheimer's and dementia, adults and children with special needs and ageing population.

She said every person's age will increase year after year but their mind not change as per age. If our mind is strong then one can face any problem in their life. Like mind like body, She said that Alzheimer's disease progresses in several stages: preclinical, early (also called mild), middle (moderate), and late (severe). During the preclinical stage of Alzheimer's disease, people seem to be symptom-free, but toxic changes are taking place in the brain. A person in the early stage of Alzheimer's may exhibit the signs listed above. Scientists do not yet fully understand what causes Alzheimer's disease in most people.

In early-onset Alzheimer's, which occurs between a person's 30s and mid-60s, there may be a genetic component. Late-onset Alzheimer's, which usually develops in a person's mid-60s, arises from a complex series of age-related brain changes that occur over decades. The causes probably include a mix of these changes, along with genetic, environmental, and lifestyle factors. These factors affect each person differently. Early-onset Alzheimer's disease, which is rare, can be caused by mutations, or changes, in certain genes. If one of the gene mutations is passed down, the child will usually but not always have the disease. For other cases of early-onset Alzheimer's, research shows other genetic components are involved. Parkinson's can cause a condition called Parkinson's disease dementia. This condition is marked by a decline in thinking, reasoning, and problem-solving. An estimated 50 to 80 percent of people with Parkinson's will eventually experience Parkinson's disease dementia. When our personality changes then we need to take care of ourself. When some people are in their young age very joyful, happy and talkative and sudden they stop doing all this then we have to take care those people. Yoga sadhana is the master key of this disease, this is the good lifestyle. The MMSE is a 30-point test used to measure thinking ability (or "cognitive impairment"). If you or your loved one had reason to suspect that you may be developing Alzheimer's disease or another dementia, the MMSE is a step toward making a diagnosis. She gave some examples of her organisation. Her session was very informative.



Mr. Prakash Borgaonkar

Our third speaker was Mr. Prakash Borgaonkar, Head of Help Age India (Maharashtra & Goa).

Has been serving HelpAge India since last 32 yrs. Joined as Executive, School Fund Raiser and today serve the organization as Head – Maharashtra & Goa. During his tenure he sensitized more than 5 lack students on the age care and age-related problems by way of giving Value Education. It resulted in behavioural change literally when children called for their Grand Parents from their native places and have also gone forward by adopting Grand Parents if they didn't have any. Also have addressed a plethora of Sr. Citizens by way of counselling and interaction which bought a great change in their thinking and perspective towards family and society.

He gave examples of dementia by telling one story of Deepali Deshmukh, She used to forget keys in her car. once she went out for the shopping. She purchased groceries and move towards parking slot. She was surprised to see that her car was not there. She enquired nearby people but no one had the notice of it. Then she went to the police station to lodge FIR about stealing of her car. Then she called her husband and talked about their stolen car. Her husband said that the police is at his house and they are not ready to listen that the car which is parked in front of the house belongs to us. My wife did not take the car for shopping,

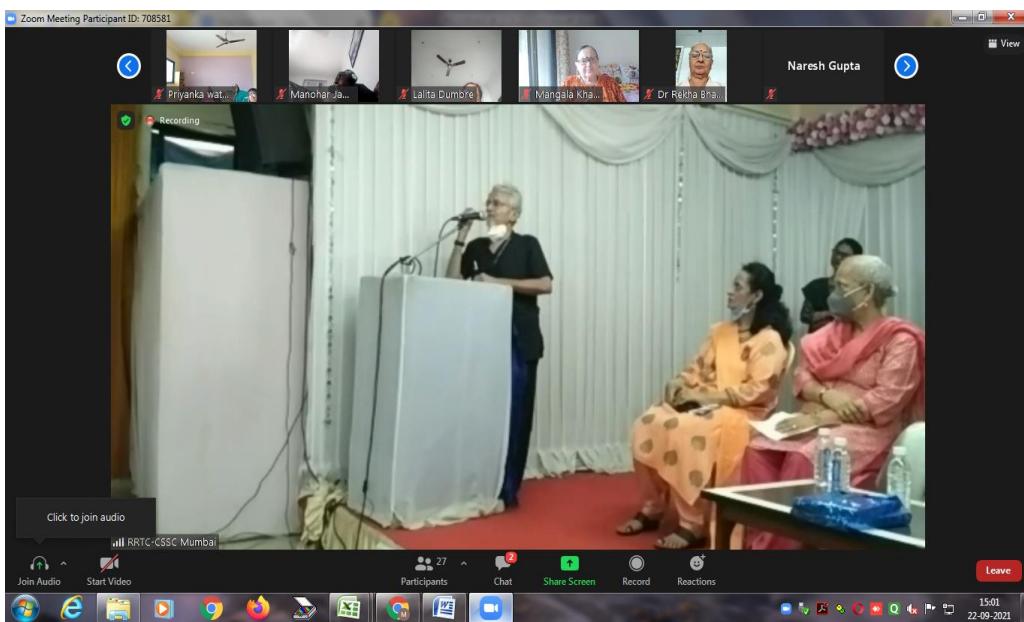
the car was lying in the parking only. Actually, Deepali Deshmukh forgot to take the car but she didn't realise it was symptom of Dementia. Second example he illustrated that one Sr. Citizen went to purchase the vegetables. He returned home after two hours without purchasing the vegetables. This again is the example of Dementia that he just roamed for two hours and forgot to bring the vegetables.

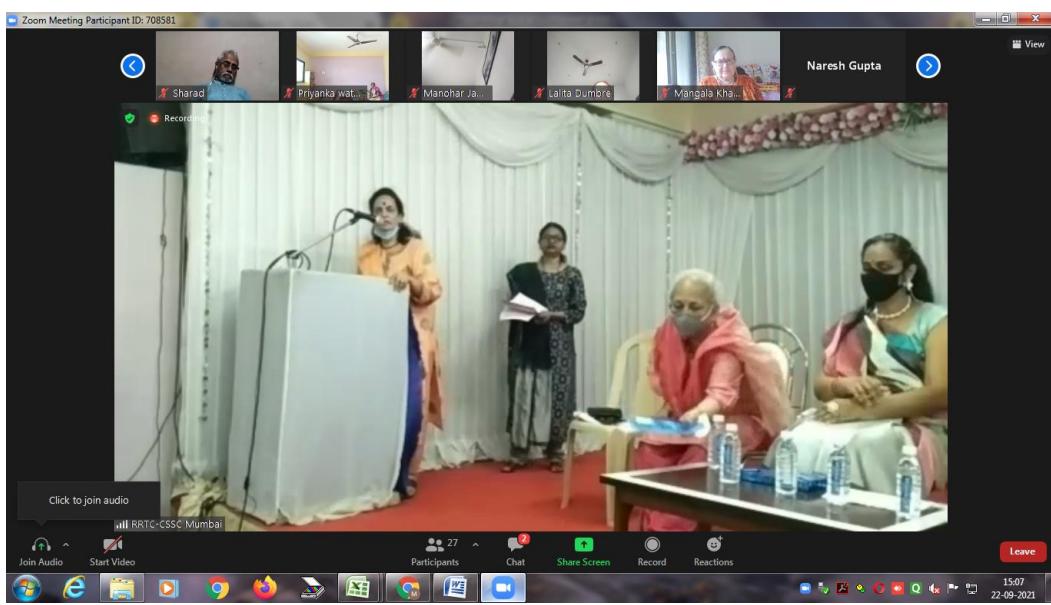
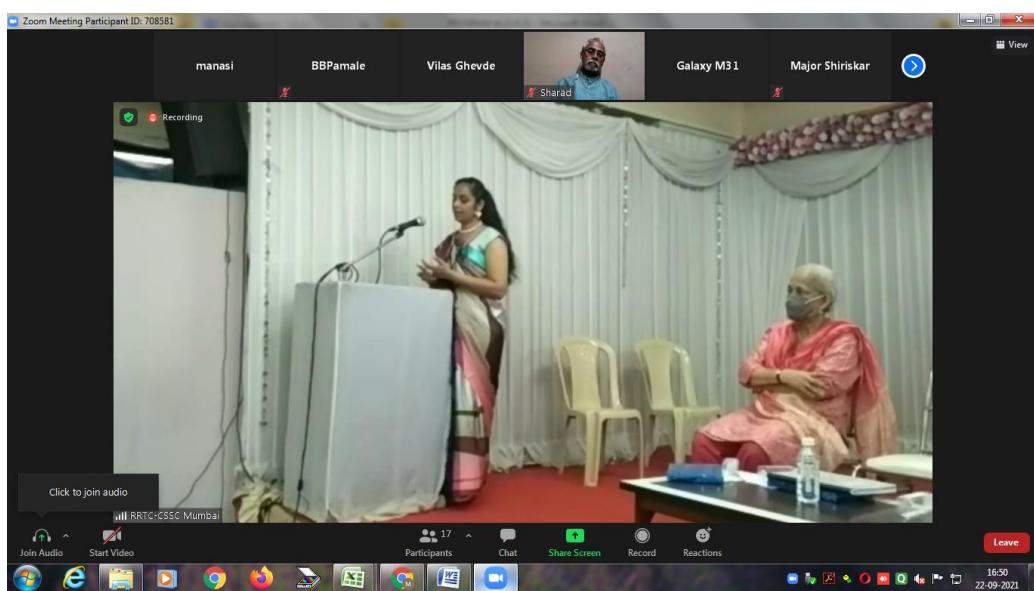
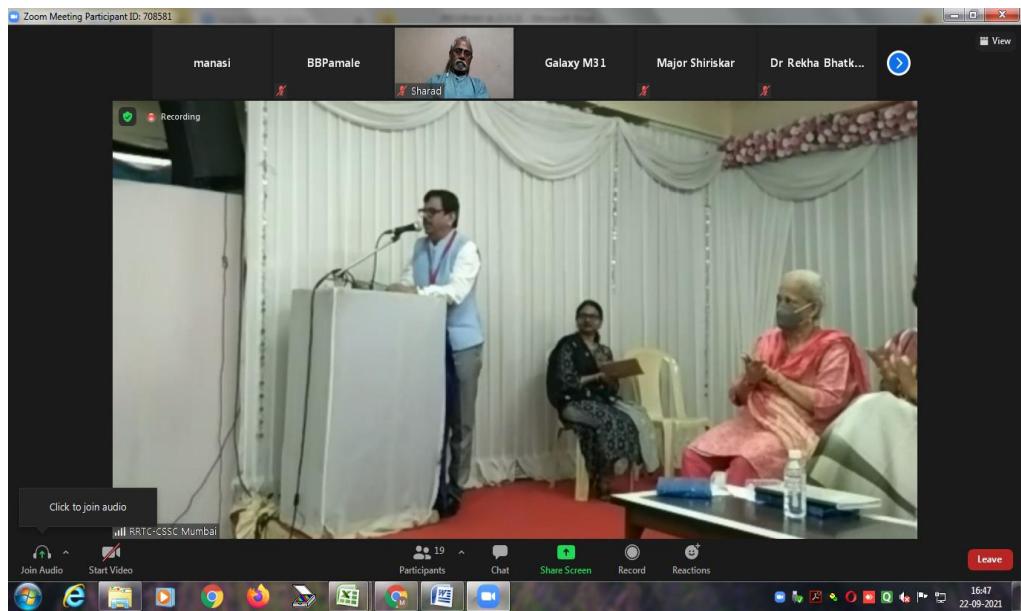
At the end of program Nancy Muntode gave the vote of thanks.

Offline photo's:



Online Photo's

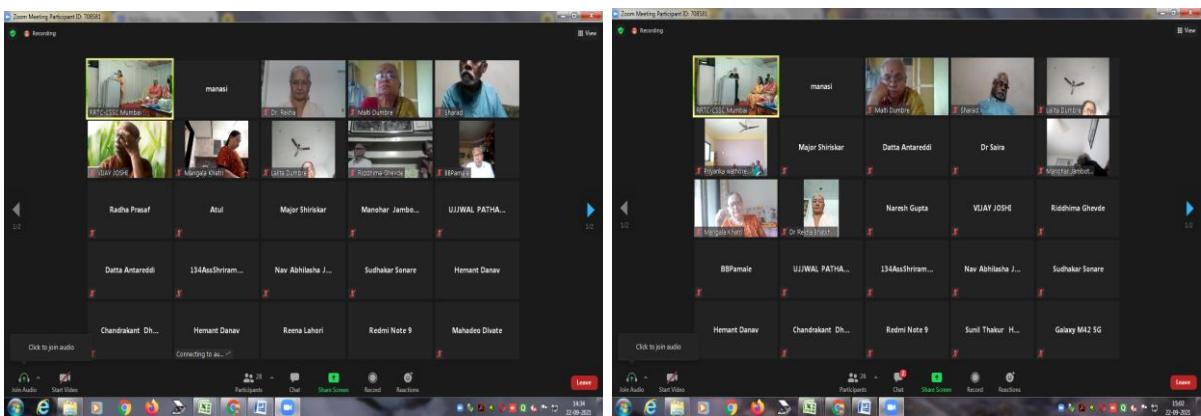
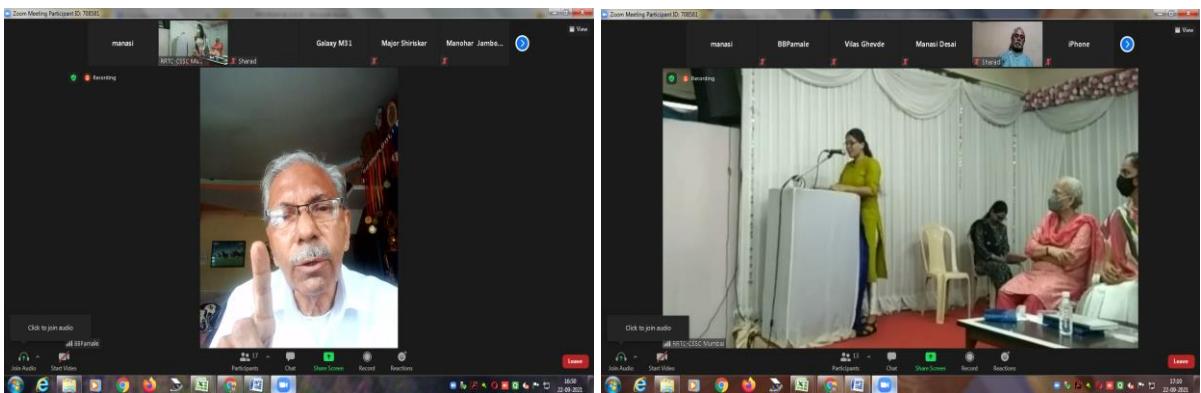




Offline Participants:



Online & Offline Photo's



Report of Second Webinar



Ministry of Social Justice & Empowerment National Institute of Social Defense

Regional Resource & Training Centre (RRTC)

under

Centre For The Study of Social Change (CSSC)



TOPIC

**CURRENT CHALLENGES
OF TRANSGENDER
SENIOR CITIZENS &
GOVT'S WELFARE POLICIES
& PROGRAMS**

DAY: Wednesday | DATE: 29th September, 2021 | TIME: 2pm Onwards

VENUE:

Churi hall, M. N. Roy Human Development Campus, CSSC, Bandra (E) Mumbai-51.

SPEAKERS:

MS. SRIDEVI LONDHE
Social Activist &
First Transgender graduate
of Mumbai University.

PRIYA HEMANT PATIL
President, L.G.B.T Cell,
Maharashtra (NCP) &
Program Manager,
Kinnar Maa Trust.

SMT JYOTI THAKARE
Smt. Jyoti Thakare
President Mahila Arthik Vikas
Mahamandal (MAVIM)
Govt. Of MAH.

ORGANISERS

Dr. R. D. Potdar
Hon.Secretary, CSSC, Paediatrician

Dr. Shekhar Bhojraj
President, CSSC, Spine Surgeon

Adv. Nirmala Samant Prabhavalkar
Ex-Mayor Mumbai Chief Functionary, RRTC, CSSC



Meeting ID: 87112966583 - Passcode: 175443

Join Zoom Meeting

<https://us02web.zoom.us/j/87112966583?pwd=dnVLMVhnaGVZRStZeUJUMTlIiZy90UT09>

Meeting ID: 871 1296 6583

Passcode: 175443

Participants: Zoom - 35 Hall - 60

Program Schedule

Date: Wednesday, 29th September, 2021

Webinar / Program

**Topic: CURRENT CHALLENGES OF TRANSGENDER SENIOR CITIZENS & GOVT.
WELFARE POLICIES & PROGRAMS**

Time	Speaker
2.00 to 2.05pm	Dr. Sanjay Ojha, Win Manager, CSSC
2.10 to 2.20 pm	Adv. Nirmala Samant Prabhavalkar Chief Functionary, RRTC, Trustee CSSC
2.20 to 2.30 pm	Dr R. D. Potdar Paediatrician, Hon. Secretary CSSC
2.30 to 3.00 pm	Ms. Sridevi Londhe (Guest of Honour) Social Activist & First Transgender graduate of Mumbai University
3.00 to 3.20 pm	Priya Hemant Patil (Guest of Honour) President, L.G.B.T. Cell, Mah. (NCP)& Program Manager Kinnar Maa Trust
3.20 to .3.50 pm	Smt. Jyoti Thakare (will preside the chair) President, Mahila Arthik Vikas Mahamandal (MAVIM) Govt. Of Maharashtra
3.50 to 4 pm	Vote of Thanks
4 to 4.30 pm	Tea & Snacks



Adv. Nirmala Samant Prabhavalkar

Adv. Nirmala Madam started the session with apology for starting the session late as per the schedule. Then she spoke about the current issues of transgender and existing policies. She added that when I was with National and State women's commission there was not much awareness about the transgender. Later on, the subject of transgender is being considered with dignity & respect. She highlighted that transgender are suffering a lot such as there is no separate wards in hospitals and no separate class in train for them.

First Session:

Ms. Sridevi Londhe

She is Transgender activist and also a Social worker, interested in serving the society. she is the first Transgender graduate from Mumbai University.



Ms. Sridevi Londhe

She started the session by giving thanks to Adv. Nirmala Samant Prabhavalkar for giving her opportunity to talk about issues of Transgender Sr. Citizens. She spoke that there are two

different types of communities. One is our community and we are considered as different from others. As I am the graduate of Psychology, I understand that this is natural thinking of the human beings. People feel that we are very abusive & they are afraid of us. She also added that right from the childhood we have many questions in our mind such as how to share our problems with family, neighbours, school and college friends. We cannot express our difficulties or share with family or friends; they won't accept us.

Our biggest problem is where to go for toilet. Even in hospitals we face problems as hospital won't understand that under which ward to admit us. We also face problem while travelling in the trains. She said that even though, officially the law has been enacted but policies are not yet been framed. She also added that she has completed five days geriatric care giver (TOT) course organised by Yes I can foundation in collaboration with CSSC-RRTC. Now I will be training at least 15 to 20 transgenders those who can take care of Sr. transgenders (Guru). She expressed her emotional feeling and said that even we have heart and we also have feelings. We want to get married, have kids & home, but we know that society don't accept us and we are either compelled to beg or do sex work.

We face a lot of humiliation, aggression, misunderstandings and many obstacles along our way. Numerous transgender children are harassed, suspended and punished in schools due to gender identity. Employment discrimination against trans people seems to be an issue globally.

Here are some of the problems faced by Sr. Transgenders: -

- Marginalization and Social Exclusion
- Harassment of Transgender People in Educational System
- Poor Economic Conditions and Discrimination in the Workplace
- Problems of Homelessness
- Problems of Transphobia
- Psychological Distress

Yes I Can Foundation representative Sonal Pareira spoke about transgender and disabilities. She said it is quite difficult topic. Transgender with disability face many challenges. She also added that disability could be either by birth or acquired by accident. Transgender mostly suffer from physical disability and this disability is due to either by road accident or by beaten by people. Neither Police take their complaints and nor hospitals admit them. Govt. has formulated schemes but it is not implemented. As they don't have money people can come forward and donate some money for the welfare of transgender. She said that solution to the transgender problem is the education. If they get educated, they can fight for their rights.



Smt. Jyoti Thakare

Smt. Jyoti Thakare, President of Mahila Arthik Vikas Mahamandal (MAVIM), Mumbai She expressed her gratitude for being invited and congratulated to CSSC-RRTC for conducting webinar for the deprived community (Transgender). She said that we just see the human beings as Women & Men but we forget that even transgender also human beings. Our civil society should understand this truth. She reiterated Sridevi's talk and said that Govt. has formulated law & policies but its implementation is lacking. For implementation society and NGO should come forward.

Session II:



Dr. R. D. Potdar

Dr. R. D. Potdar , Hon.Gen.Secretary of CSSC & Senior Pediatrician He said that it is quite difficult to speak about today's topic. He expressed his feelings about Sridevi Londhe's talk and said that he could feel the pain and the agony what Sridevi and all transgender are suffering

from. He said that person gets retired after 60years of age I feel it just administrative decision but according to me till last breathe of life person is engaged in some or the other work. So even after the retirement from the job Sr. Citizen can do work according to his interest and capacity. He said that we should have the empathy and not the sympathy about transgender Sr. citizens. He addressed to the health workers that they should try to help to their possible extent in the field of geriatric care. They can help Chief functionary of RRTC, President of MAVIM & Founder of Yes I Can Foundation, Neha Khare in various programs related to transgender. He appealed to everyone those who were present in the webinar to decide that whenever they will get opportunity to help transgender (Specially Sr. Citizen), they will help them definitely to best of their ability.



Dr. Shekhar Bhojraj

Dr. Shekhar Bhojraj is renowned Spine Surgeon and President of CSSC. He said that today's session was new learning for me. Transgender are like other human being. They differ only in reproductive system.

Summary of the webinar:

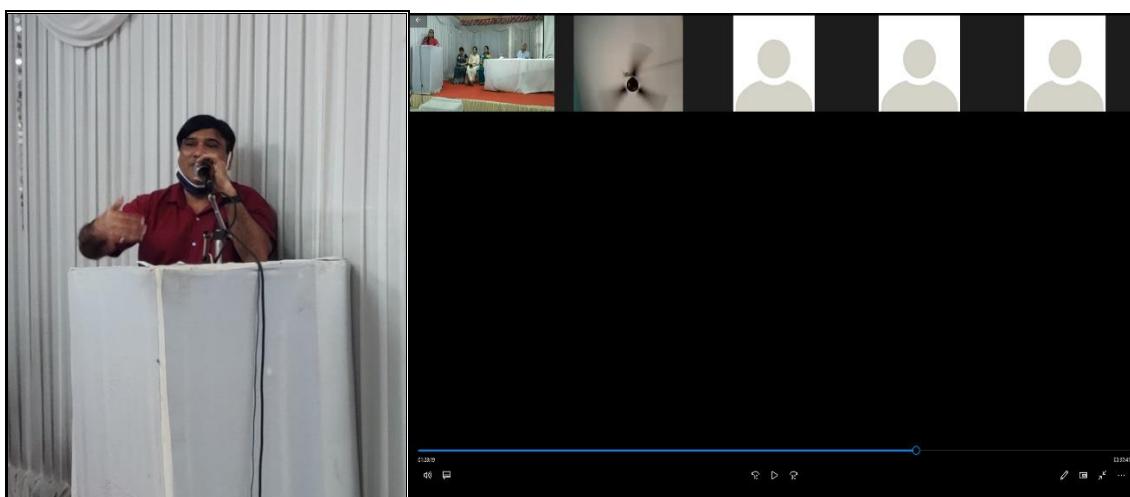
Transgender people are individuals who differ from the stereotypes and existence of only two genders that is man and women; they have different appearance, personal characteristics and behaviour. Being different from the other gender, transgender people have been subject to social oppression as society does accept their gender identity and they suffer from the physical violence which is inflicted upon them. The main problems from which they suffer are lack of education, unemployment, homelessness, lack of health care facilities, depression, alcohol abuse and discrimination throughout their life. To protect their rights and to solve their problems, The Constitution of Indian has provided them with their own rights and The Supreme

Court has given them the right to be recognized as “Third Gender” and provided them with some welfare measures.

The Supreme Court has given certain directions for the protection of the rights of the transgender persons by including of a third category in documents like the election card, passport, driving license and ration card, and for admission in educational institutions, hospitals, amongst others.

To protect their right, The Transgender Person (Protection of Rights) Act, 2019 provides that the educational institution that are funded or recognized by government shall provide education, recreational facilities and sports for transgender person without discrimination.

Few Pics:



Moderator
Dr. Ojha, Director, RRTC



Report of Third Webinar



Ministry of Social Justice & Empowerment National Institute of Social Defense

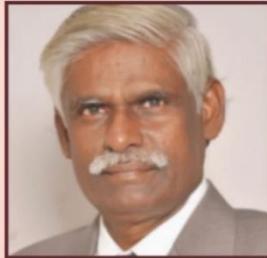
**Regional Resource & Training Centre (RRTC)
under**

Centre For The Study of Social Change (CSSC)

CELEBRATION OF INTERNATIONAL DAY OF OLDER PERSON

Topic:

"Promoting positive Ageing in India: Issues and concerns"



**HON'BLE CHIEF GUEST
PROF S. SIVA RAJU**

Professor, Chairperson - Centre for Excellence in CSR, Director's Office

DAY: Wednesday | DATE: 6th October, 2021 | TIME: 2:30 pm Onwards

VENUE:

Churi hall, M. N. Roy Human Development Campus, CSSC, Bandra (E) Mumbai-51.

Dr. R. D. Potdar

Hon.Secretary,
CSSC, Paediatrician

ORGANISERS

Dr. Shekhar Bhojraj

President, CSSC,
Spine Surgeon

Adv. Nirmala Samant Prabhavalkar
Ex-Mayor Mumbai Chief Functionary,
RRTC, CSSC



Meeting ID:87563418236 - Passcode: 436733

Join Zoom Meeting

<https://us02web.zoom.us/j/87563418236?pwd=YWpSU285NUMxekNEOTFOOXMzeTZ3Zz09>

Meeting ID: 875 6341 8236

Passcode: 436733

Participants: Zoom-32 Hall-62

Program Schedule

Date: Wednesday, 6th October, 2021
Webinar / Program

Topic: Promoting positive Aging in India: Issues and concerns

Time	Contents
2.30 to 2.40 pm	Introduction by- Dr. Sanjay Ojha, Win Manager, CSSC
2.40 to 2.50 pm	Welcome Address by – Adv. Nirmala Samant Prabhavalkar Chief Functionary, RRTC, Trustee CSSC
2.50 to 3.00 pm	Address by – Dr R. D. Potdar Paediatrician, Hon. Secretary CSSC
3.00 to 4.00 pm	Address by - Chief Guest Prof. S. Siva Raju Prof. Chairperson- Centre for Excellence in CSR, Director office.
4.00 to 4.15 pm	Participant's – Question & answers
4.15 to 4.30 pm	Moderator- to announce closing of webinar

Program was organised on zoom and also was live in our CSSC, Churi hall.

Program moderated by Dr. Ojha, our Project Director of RRTC.

In CSSC, our health workers have meetings on every Wednesday so our health workers also attended the program. CSSC's President, Dr. Shekhar Bhojraj,

Secretary, Dr. R. D. Potdar, Chief Functionary of RRTC, Adv. Nirmala Samant Prabhavalkar was present in the program.

At outset Dr. Ojha welcomed the audience and invited the Guest and the Trustees on the stage. He gave brief introduction of Dr. S. Siva Raju.

Then, Dr. Ojha invited the Chief Functionary of RRTC, Adv. Nirmala Samant Prabhavalkar to give the welcome address.

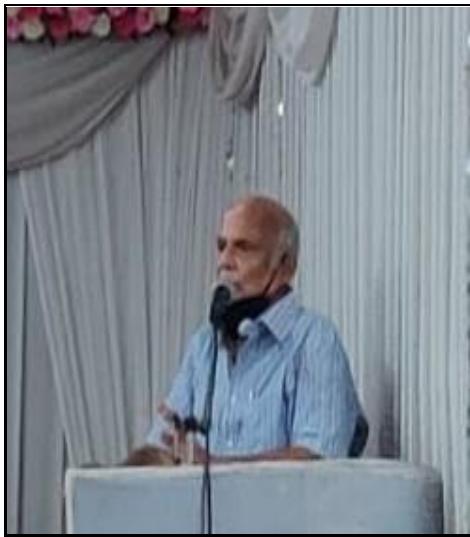


Adv. Nirmala Samant Prabhavalkar

She said that we are really honored to have such a great personality amongst us to deliver a lecture & today's webinar is organized on account of the celebration of International Day of Older persons. International Day of older persons is celebrated on 1st October but we celebrating on 6th October, 2021. After China, India would be having higher no. of older population by 2030. The life expectancy has been increased due to advancement in medicines. She also addressed that the elderly people should celebrate their birthdays as it is the Gods gift that they have been living so long.

First Session Dr. Potdar:

Dr. R. D. Potdar, Hon. Gen. Secretary and Paediatrician as a profession.



Dr. R. D. Potdar

He mentioned that he tried to find out books on geriatrics and surprisingly he couldn't find the books. He also mentioned that TISS has been conducting small courses on gerontology since last 5 to 10 years and he appreciated the commendable work of Dr. Siva Raju who has taken the initiative at the age of 45. He said that CSSC is working for grass root level, destitute and poor people. He said to Dr. Siva Raju that we will require your valuable guidance every now and then for geriatrics at the community level.

About Professor S. Siva Raju:

He is the Professor, Centre for Population, Health and Development, School of Development Studies and Chairperson, Centre for Excellence in CSR, Tata Institute of Social Sciences, Mumbai Campus. He holds postgraduate degrees in Population Studies and statistics and a Ph. D in Regional Development and Health and Family Welfare. His broad fields of interest are: Ageing, Health and

Development, Population and Development, Corporate Social Responsibility, Resettlement and Rehabilitation, and Research Methodology.

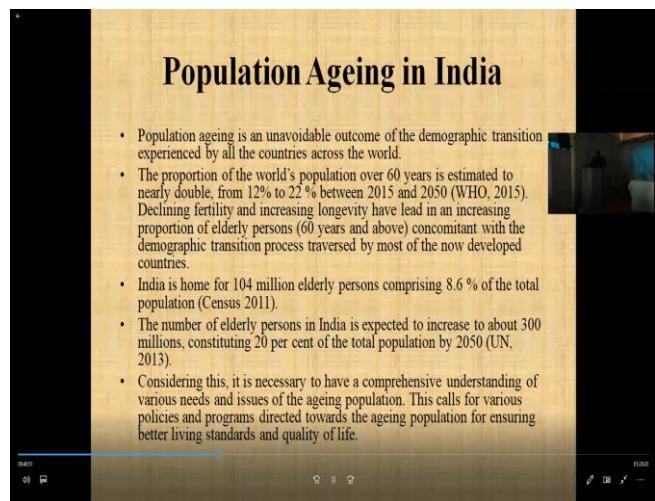
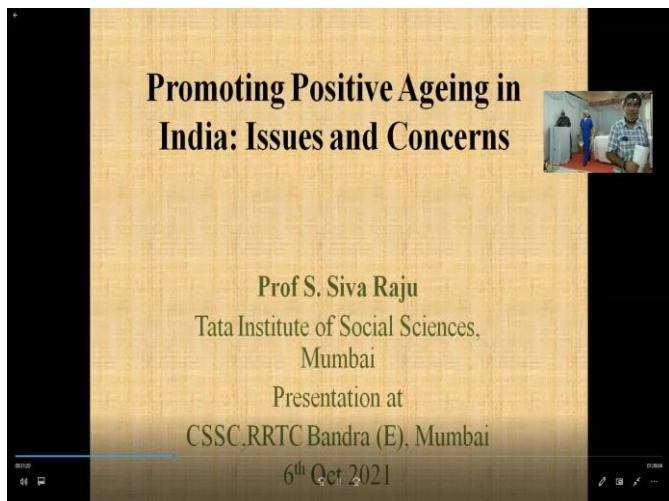
Second Session Dr. Siva S. Raju:



Dr. S. Siva Raju

He said that today he is very happy that last 25 to 30 years of his journey in the field of ageing, how the people are showing interest in the field ageing and I welcome you to the field of you ageing. According to him there are no experts as the ageing is the new field. Like the other streams of medicine like paediatrics, medicine, surgery etc the geriatric is not yet advanced and it is our social responsibility to work for social gerontology. He also said that the UN has started celebrating IDOP for recognising the great work done by Sr. citizens in their early age and to remember their contribution in the development of the country. He further emphasised that if person lives for sixty years the probability of life expectancy would be around 80 to 85 year that means Sr. citizen will live further for 20 to 25 years. He can make his life better by awareness of happy & healthy ageing. Later on, he started his presentation explaining his topic 'Promoting Positive Ageing in India -Issues and concerns.'

Phtos of online session withPPTs:



Demographic Aspects of elderly (Census, 2011)	
60+ Population (in million)	104.2
Percentage of 60+ population	8.6
Decadal growth rate of 60+	35.2
Old age dependency ratio (Number of 60+ per 100 persons in the 15-59 age group)	14.2
Literacy rate of 60+	43.5
Non-Worker percentage among 60+	58.6
Marital Status of 60+ (%)	
Never Married	2.5
Married	65.5
Widowed	31.5
Divorced / Separate	0.5
Sex Ratio (Number of females per 1000 males)	1033

The slide title is 'Positive Ageing: Outlook and Approaches'. The text below states: 'The concept of 'Positive Ageing' is also reflected through other concepts like 'successful ageing', 'active ageing', 'productive ageing' and 'healthy ageing'.'

-
- The slide title is 'Positive Ageing'. It contains two bullet points: one discussing the interrelationships among four categories of successful ageing, and another discussing the shift in societal perceptions towards positive ageing.

Few Photos:





Report of Fourth Webinar



**MINISTRY OF SOCIAL JUSTICE & EMPOWERMENT
NATIONAL INSTITUTE OF SOCIAL DEFENCE
REGIONAL RESOURCE & TRAINING CENTRE**

under

CENTRE FOR THE STUDY OF SOCIAL CHANGE

organised

ONE DAY AWARENESS PROGRAM ON 'ELDERLY ISSUES'

in collaboration with

ECHOING HEALTHY AGEING



LEGAL RIGHTS OF Sr. CITIZENS

IS IT NECESSARY TO MAKE A 'WILL' FOR SAFEGUARDING THE PROPERTY RIGHTS

Wednesday, 22nd December, 2021, Time: 2.00 pm To 5.00 pm

Adv. Nirmala Samant Prabhavalkar
Ex-Mayor, Mumbai,
Chief Functionary, RRTC, CSSC



Dr. Anand Kasle,
Professor,
G.J. Advani Law College, Mumbai

Dr. R. D. Potdar
Hon. Gen. Secretary,
CSSC, Paediatrician

Organisers

Dr. Shekhar Bhojraj
President, CSSC,
Spine Surgeon

Join Zoom Meeting

<https://us02web.zoom.us/j/84314083086?pwd=dHl1Vmt0cFpqVzMxTVpGb2wvNWd5QT09>

Meeting ID: 843 1408 3086

Passcode: 011096

One day Awareness on Will and Legal Rights.

Speaker 1: Professor Anand Kasle— Professor in GJ Advani Law College, Mumbai

Topic – Information regarding the will

Speaker 2: Adv Ms Nirmala Samant Prabhavalkar – Ex Mayor, Mumbai, Chief functionary at RRTC

Topic- Information about the legal rights of the senior citizens.

Ms Amrita Patil Pimpale started the webinar by introducing the organization Centre for the Study of Social Change which is a non-profit organization working in the human development sector since 1972 which includes professional from different fields. The partner organization for this webinar was the Regional Resource of training centre that works widely with the geriatric population and the third partner that has collaborated with them is Echoing Healthy Ageing which works with geriatric population and provides counselling and training for them.

Mrs Amrita then introduced the speaker Adv. Mrs Nirmala Samant Prabhavalkar who is the chief functionary of RRTC. Mrs Nirmala, she spoke of how a professor is up to date and still in the learning space to really help the participants in understanding the concepts and information about the will and the legal right that senior citizens have. She also spoke how in movies or in certain advertisements wrong information about will is represented and how it's important to impart the right knowledge to the citizens.

Ms Amrita then introduced Professor Dr Anand Kasle to throw more light on the topic ‘Will and Legal Rights of Senior Citizen’.



Adv. Nirmala Samanat Prabhavalkar

In between there was a bit of glitch that's why Nirmala Ma'am took forward the discussion and spoke about certain myths, importance of a will and also told that anyone above the age of 18 can make a will for which they need to know the properties they have.

First Session:



Professor Anand Kasle

Later Sir took the discussion forward saying that will is important, to know that to whom the property should be given. He told about the different types of wills like privilege, unprivileged, mutual, contingency etc and what some these will mean. There were a variety of important concept that were related to will were explained by him in easy words. Fraud, cheating etc are few of things that one needs to take care while making a will and appropriate guidance is needed to

know about the will and the related aspects of the same. The way in which the will should be drafted was well explained by him. He later took questions from the participants. In those questions he clarified the doubts the participants had about oral will or where to register the will and how many witness are needed for the will etc. With this Professor Anand's session got over.

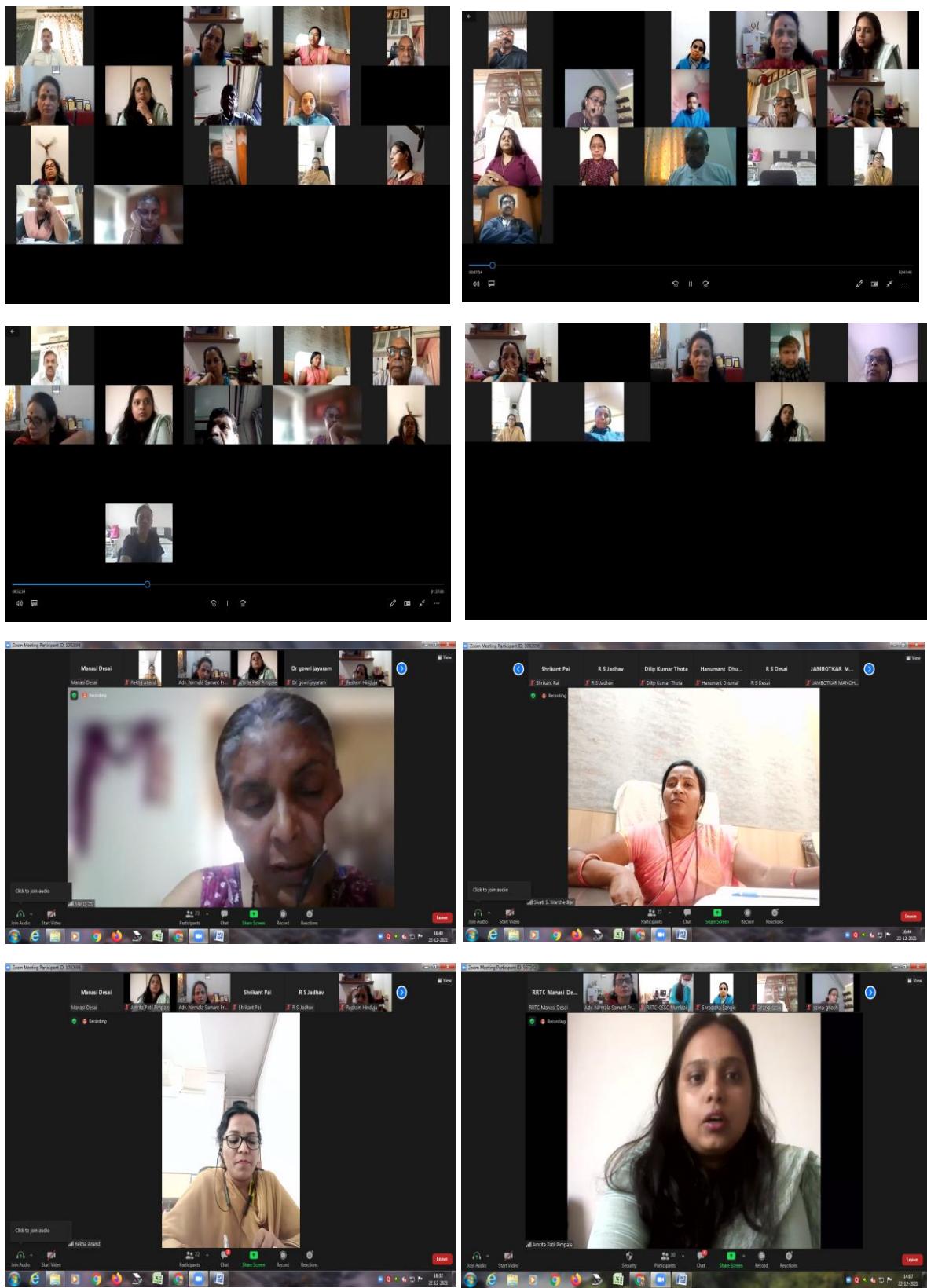
Second Session:



Adv. Nirmala Samant Prabhavalkar

The next session started with Nirmala ma'am continuing the webinar and throwing more light on the legal rights of the senior citizens. She spoke about the Maintenance and welfare of senior citizen act which came in 2007 and also how can one take the advantages of these rights. This Act is important when it comes to rights of senior citizens and one needs to go to Maintenance tribunal if anyone has wants to safeguard these rights. She also spoke about the role of deputy collector and Suo moto cognizance in Indian Judiciary. The participants then asked question related to the old age home and how to apply for the maintenance etc. Nirmala Ma'am explained the act and the information related to that in really simple language. Ms Amrita then thanked the speakers for giving such valuable information. The session ended with Nirmala Ma'am giving closing remarks.

Screenshots from the webinar:



Report of Fifth webinar

Date
7th January, 2022.

Time
11.30AM To 2.00 PM

Invitees

Adv. Nirmala Samant Prabhavalkar
Ex- Mayor, Mumbai
Chief Functionary, CSSC, RRTC

Dr. R. D. Potdar
Hon. Gen. Secretary, CSSC
Paediatrician

Dr. Shekhar Bhojraj
President, CSSC
Spine Surgeon

Adv. Floyd Gracias
Counsel, Supreme Court of India
Topic
Maintenance & Welfare of Parents & Sr. Citizens

Ms. Asira Yogesh Chirmuley
Director, Atha Psychotherapy
Topic
Twelve Mental health resolutions for 2022



Ministry of Social Justice & Empowerment
National Institute of Social Defence
Regional Resource & Training Centre
under
Centre for the study of Social change
Organises
One Day Awareness program on 'Elderly Issues'

In Collaboration with
Department of Sociology
SOPHIA COLLEGE (AUTONOMOUS)



The registration link
<https://forms.gle/ra9yeMJk4N45UJrW8>

Number of registered members - Total of 249

Recording of the programme link:

Copy the link below to share this recording with viewers:

<https://zoom.us/rec/share/pkHyQIVLLbTae73Wcr2qpx1tnUmnJR4suYwel6p8WsQXE0bRCGi8enP3jDjjY4.cF7WBhNT23gFRC2W> Passcode: ^0zfycC3

(The passcode is attached)

Target Group: Undergraduate Sociology students and invited senior citizens.

Date: 07/01/2022

Proceedings:



Adv. Nirmala Samant Prabhavalkar

Ms. Anushka Barua introduced the theme of the ‘one day awareness program’ on “Elderly issues”. She invited **Adv. Nirmala Samant Prabhavalkar**, Ex-mayor Mumbai chief functionary, CSSC, RRTC to present the theme of the program. Adv. Nirmala Samant Prabhavalkar, highlighted the seriousness of the problems faced by elderly in Indian society she illustrated the issues and concerns of urban as well as rural elderly she reviewed the efforts of the government to help elderly and welcomed the initiative taken by the department of sociology, Sophia College, Mumbai. Anushka thanked Adv. Prabhavalkar for a befitting introduction.

Ms Anushka invited Dr. Anagha Tendulkar, HOD, Department of sociology to moderate the session.



Dr. Anagha Tendulkar

Dr. Anagha Tendulkar discussed the distinction between ‘Aging’ and ‘Population Aging’. She highlighted the demographic shift and its implications in terms of longevity and pressure on care givers. The marginalization of elderly and their consequent abuse were mentioned as issues that deserve immediate attention. She highlighted the need to educate young citizens in terms of their responsibility to maintain the dignity of elderly as well as to uphold the integrity of society in the wake of globalization and modernization.



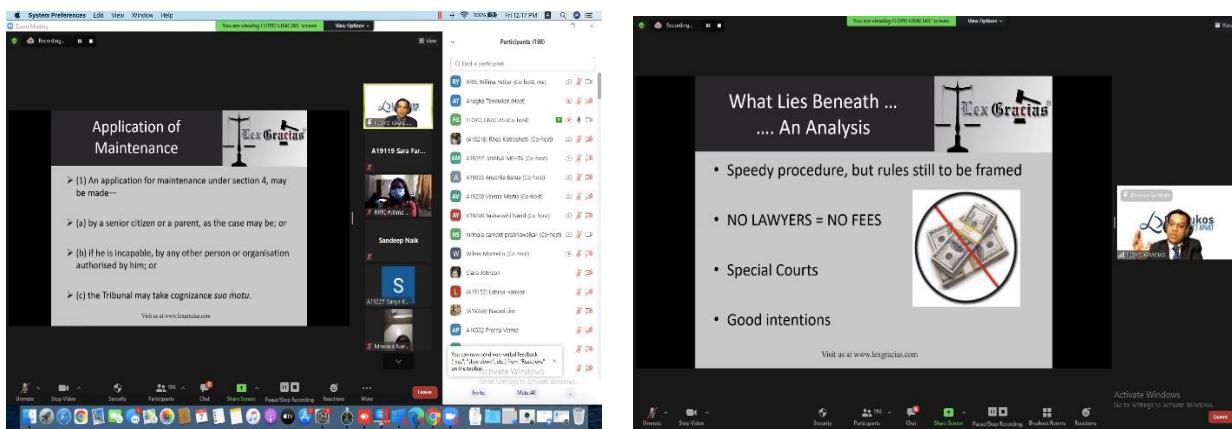
Mr. Floyd Gracias

Session I :

Ms. Anushka Barua introduced the speaker **Mr. Floyd Gracias** (Counsel, Supreme Court of India) who discussed on elderly issues with special reference to Welfare and Maintenance of Parents and Senior Citizens Act. At the beginning Mr. Gracias elaborated on the salient features of Welfare and Maintenance of Parents and Senior Citizens Act. He highlighted the positions of the stakeholders and the important

beneficiaries involved in the process. Moreover, the implementation and execution of the Act in the Indian context was elaborated upon. Mr. gracias further reviewed the condition of the senior citizens with reference to their legal status in India he cross referenced the legal climate, provisions made by the Government of India for the welfare and security of elderly and the actual problems faced by them. He critiqued the implementation of the act and presented the practical difficulties with regard to the execution of such an act in Indian society. He listed the following weak points with regard to the act. Lack of complete coverage, absence of awareness among society members, lack of initiative on part of elderly to complaint against their children and absence of transparency. He also added the time-consuming procedure of the legal infrastructure in serving justice to the elderly. He concluded with the portrayal of groundreality of such an act in a diverse society like India. He also cited class diversity, extreme poverty as other impediments to effective execution.

Pics of PPT's:



Session II :

Ms. Shraddha Kulkarni introduced Ms Asira Chirmuley to the audience and gave a brief introduction about her academic background. She is a member of the American Psychological Association, ECG therapist, consultancy and training at Atha Centre for Psychotherapy and training.



Ms. Asira Chirmuley

Ms Asira Chirmuley addressed the students with 12 mental health resolutions for 2022. She explained how mental health is important for anyone and everyone with the hashtag for the webinar #mentalhealthtodayandeveryday. Adding to it she said, mental health is not just one day priority or only when mentally ill or going through psychological disorder but it is going to be our everyday priority. Ms Chirmuley discussed 12 mental health attitudes for each month with students.

The first two mantra are for self:

For January, treat yourself with patience. Change takes time, do not rush through your goals and be compassionate with yourself.

February: guard your expectations. In life there are reasonable expectations which are flexible, helping to accept the reality, whereas unreasonable expectations which ask more from you and compulsive, not accepting the reality, not helping to move forward.

The next two months are about thoughts and emotions

In March allow difficult thoughts and feeling: pain is inevitable, make room for negative feelings allowing everything all difficult feelings and emotions in your life. Say YES to everything which allows you to reflect on yourself.

April is about thinking to behave differently. Think about how to act differently, respond differently to everyone. Actions are on us and our mood. Keep asking yourself what actions will make me feel better in the long run and not in the short run. Having your go to activities.

The next two months are about relationships.

May tells us to Accept others with their flaws: Condemn the person's behavior and

not the person. Accept them with their imperfections and not evaluate them with their behavior.

June tells us to be assertive in your communication with others not be over apologetic. Don't be aggressive and over apologetic but be assertive. Assertive is standup for yourself, your opinions being firm. Use I message in conversation and acknowledge other persons point of view.

The two mantras are about Experience of life.

July grow through grief : Grief reveals facts of life. Nothing is permanent in life yourlife is your choice. To be strong.

August ask for help: Ask for help tells us about our limitations and you need someonein your life. To go and seek life.

The two mantras are for Career

September and October tells us to be self-driven self-motivated and be present inthe moment: It is with yourself we can change our life and don't wait for anyone to change your life. Be present in the moment and we can change. Be mindful.

The mantra is For life:

November tells you to Notice good in everyday: Focus on what you are getting. Seethe good in the bad.

December tells us to find solace in value-based living: do what gives you peace, take shelter in the values.

The informative sessions were followed by interesting Question and Answer Sessions. Vote of Thanks was presented by Ms. Wilma Monteiro, faculty member, Department of Sociology.

Participants photo's:

