

## THE BIENNIAL ACTIVITY REPORT FROM ILC-I: OCTOBER 2015 to JUNE 2017

### ADVOCACY:

A number of workshops/consultations, at the regional and national levels were organized by ILC-I in the given period with a view to orienting senior citizens and other stakeholders in the field of population ageing to a number of relevant issues. Cited below are the most impactful ones of them all-

- ✓ A one day workshop to orient the HR representatives from the Corporate world, on the issue of population ageing, “CSR and Ageing” was organized by ILC-I under the aegis of the UNFPA/TISS/IEG/ISEC collaboration in November 2015. The cause of population ageing does not figure on the agenda of the Corporate Social Responsibility of most of the corporates and industries in India, and this workshop was to introduce the HR personnel to it.
- ✓ An interaction with the Police Commissioner of Pune, Ms. Rashmi Shukla and the senior citizens of Pune city that was organized by ILC-I on the occasion of the World Elder Abuse Awareness Day in June 2016, was the catalyst that led to the formation of “What’s app” groups of the leaders of the senior citizens and the designated police officers in charge of the senior citizens, which ensured that the seniors stayed connected with the police 24x7.
- ✓ A one day orientation workshop for the senior citizens who volunteer to be a part of the ‘Healthy Life for Seniors’ project run by the Association of Senior Citizens’ Organisations of Pune (ASCOP) was organized by ILC-I in July 2016. These volunteers, who themselves are older persons, ensure that those seniors who live by themselves or with their spouse and are weak, very old, fragile, disabled and /or vulnerable are attended to by the active seniors by providing them with their required medicines, taking them to the doctors or hospitals for consultations or treatments and even giving a patient hearing to their grievances, just being there for them as friends and also counselling.
- ✓ A two days’ National Consultation on “Challenges and Opportunities before an Ageing Society” held on the 18<sup>th</sup> & 19<sup>th</sup> of August 2016, got together the leading experts in this field to discuss this and a Pune Declaration on this was issued and sent to the nodal ministry for ageing in India, the Ministry of Social Justice & Empowerment, Govt. of India.
- ✓ An innovative two days’ workshop, “The Role of Senior Citizens in Maintaining a Green & Sustainable Environment” that needs to be mentioned here is the one held in October 2016, where the office-bearers of 15 senior citizens’ organisations (all of which were ILC-I Award winners for having undertaken qualitative work for population ageing), were given training by environmental experts on different subjects like rainwater harvesting, water conservation, solid waste management, recycling, vermicomposting etc. These trained senior citizens went back to their hometowns to undertake at least one initiative there and sent ILC-I a well-documented report on what they had done and its impact. A one day feedback workshop on the 31<sup>st</sup> of January 2017 three months later got these participants together again to reveal some wonderful initiatives undertaken by them. Their projects were substantial evidence of the potential of Senior citizens utilized to the optimal levels and the best five projects undertaken by the organisations were given special awards.
- ✓ Two special lectures by Prof. Dr. Dilip Satbhai, the financial expert and Hon. Director, were organized by ILC-I in December 2016 and January 2017, to give information to the senior citizens, on the post-demonetization era that was ushered in by the Indian Prime Minister, Mr. Narendra Modi, on the 8<sup>th</sup> of November 2016. The lectures were meant to clarify the doubts and

queries that the seniors had in their minds regarding the financial uncertainty that prevailed then. He spoke on the 'Implications of demonetization & its implications/ramifications with special focus on the elderly.'

- ✓ To mark UN's Walk for Water Day of the 22<sup>nd</sup> of March 2017, 250 senior citizens walked along a 2 kilometers route carrying placards with 'Save water' & 'Conserve Water' messages, and advocating the need for saving water to the residents of the housing societies that they passed by on the roads , followed by a lecture on "Rainwater harvesting."

#### **TRAINING:**

- ✓ ILC-I, as the Satellite Centre for the SAARC region of the United Nations' International Institute on Ageing', Malta, conducted a five days' training programme in Mumbai on "Social Gerontology" which was attended by participants from India, Nepal, Sri Lanka and Bangladesh, in April 2016. The Director of UN INIA, Dr. Marvin Formosa and the Programme Officer, Ms. Rosette Bonello were the international faculty along with the resource persons from India, including Dr. Siva Raju, Hon. Director, ILC-I, Ms. Anjali Raje, Executive Director, ILC-I. Certificates were awarded to the participants.
- ✓ ILC-I conducted a series of 'Mobile Literacy Training Programmes for Senior citizens' very successfully for nearly hundred seniors until now. The objective of this programme was to train seniors to adapt to a society that is fast moving towards becoming a 'cashless' one, and where financial transactions were becoming electronic and digital. The need now being to making use of the mobile as a 'bank', but the senior citizens today aren't at all comfortable with using the mobile as a medium for financial transactions. So ILC-I organized these training programmes for senior citizens to be mobile-savvy and to help the seniors understand the use of a mobile for more than just receiving and making calls. This project saw the seniors having a special one on one interaction with the trainers and the seniors were very enthused about this new and much-needed learning.
- ✓ ILC-I's VALUEDUCATION programme is an initiative in imparting ethical values and morals to the school children of especially the underprivileged sections of society, and most importantly this is done by senior citizens themselves on a voluntary basis. Values of respect for elders, cleanliness, sanitation, hygiene, honesty, hard work, integrity, respect for women and many more are imparted to the school children by the senior citizens through non-formal means of education, like singing, dancing, poetry, telling fables, mythology tales and legendary stories etc. Essay competitions are held on topics related to elders/grandparents and the prize-winning essays are given awards.

#### **RESEARCH:**

- ✓ ILC-I conducted a study survey of 250 senior citizens for its study on "Living arrangements and its impact on the health of the elderly." This survey essentially revealed that though, the seniors who lived by themselves or with their spouses were more likely to suffer from physical and mental ill-health (especially, feelings of loneliness & the consequent depression), even those who lived in families, had certain health issues that stemmed from the fact that the family environment was not too congenial for their mental and physical well-being.

**ILC-I AWARDS:**

- ✓ The ILC-I Awards (including the late B. G. Deshmukh and late Dr. S. D. Gokhale Awards) for the two consecutive years of 2015 and 2016 were given away by the Hon'ble Governor of Uttar Pradesh, Mr. Ram Naik and the renowned philanthropist and industrialist, Ms. Anu Aga respectively, to the senior citizens' organisations which have done commendable work for the well-being of society in general and/or senior citizens in particular, and to senior citizens over the age of 70 years as a lifetime achievement award. The Anjani Mashelkar Inclusive Innovation Awards given annually to scientists/technologists who have developed innovative cost-effective products or services for the elderly were given away by Prof. Dr. Anil Gupta, Vice Chairman, National Innovation Foundation and Dr. Vikas Baba Amte, the eminent social worker and medical doctor to Mr. Rahul Rastogi (for his innovation of a disruptive high-tech innovative solution for personal cardiac care – the 'Sanket' electrocardiogram (ECG) device) and to Mr. Mihir Shah, for his innovative gadget, 'I breast exam' respectively.