

ILC-I's Biennial Activity Report : July 2017- September 2019

ADVOCACY:

- **On the occasion of the World Environment Day which is marked on the 5th of June, ILC-I, with the support of Gharda Chemicals Ltd., organized an Inter-generational Solidarity programme** on the 4th of June 2017 to spread the message of Water conservation, through a Flash Mob (done for the first time in Pune), by 40 senior citizens in a public mall, advocating the need for water conservation.
- **A one day Roundtable on “ Dementia- The situation and implications in India” was organized by ILC-I on the 6th of July 2017 in Pune,** was attended by experts in this area of dementia and Alzheimers Disease & was aimed at understanding the scenario in India on the issue of Alzheimers & Dementia, a topic, about which not much is known in India, due to the lack of awareness in the country.
- **ILC-I organised a two days’ National Roundtable on “Building a Society for All Ages-The Issues and Concerns of Ageing in India”** on the 18th & 19th of August 2017 in Pune, to mark the 15th anniversary of MIPAA. It was attended by national experts, to take stock of what has been done in India. (ILC-I’s Founder-President, late Dr. S. D. Gokhale was one of the Drafting Committee Members of the MIPAA document).
- **ILC-I’s celebration of the World Water Day (22nd March)-Sensitising school children through senior citizens’ on the occasion by creating awareness on the conservation of water,** with a ‘Walk for Water’ by 600 school children & followed by a talk by the environment expert, Col. (retd.) Shashikant Dalvi on the 21st of March 2017.
- **One Day Workshop on “Role of Senior Citizens in Water Conservation and Environment Protection” held on the 25th of April 2018** to mark the World Earth Day (22nd April), with a view to engaging seniors as catalysts to generate awareness amongst school children and college students.
- **A two days’ Workshop on “Medical Occurrences and Occupational Therapy in the Elderly”- held on the 5th and 6th of March 2019.**
- ILC-I believes that today’s generation of older persons should be more vocal about their ‘Responsibilities’ rather than their ‘Rights’ & for which, since July 2019, ILC-I has taken up a year-long project to engage seniors as catalysts for environment protection in its new venture- **‘Green Environment and the Role of senior citizens and the youth!’** 11 schools and colleges from Kolhapur are part of this programme and the work is being coordinated by a senior citizens’ organisation from Kolhapur.
- **Physiotherapy Assessment Camps for Senior Citizens** are being organised by ILC-I in collaboration with the Brijlal Jindal College of Physiotherapy since August 2018, benefitting nearly 500 elders.
- ILC-I is also conducting **Valueducation** programmes for underprivileged school children for the inculcation of morals and values in these children by senior citizens, through non-formal means of education like songs, poems, folktales, stories etc.
- **HAPPY HOURS CAFÉ-** a new initiative of ILC-I is an outcome of the workshop on ‘Medical Occurrences’. The objective is to enhance the mental and cognitive faculties of elders in a community set-up & through innovative and stimulating exercises, puzzles, riddles and other such mind-games. A score-card for each of the participants gauges how they fare with such mental stimulation over the year and advice on how they can improve themselves. Dr. Snigdha Gorana conducts this with her associates.

- ◀ Under this project, three senior citizens’ organisations were selected- the main criterion being- that there should be 30 seniors who would participate in these hour

and a half long monthly sessions for a year, to ensure that these sessions make qualitative differences to their cognitive and mental faculties.

RESEARCH:

- As part of the ILC-GA research study on “Positive Aspects of Ageing”, ILC-I has begun its own survey study on “ Issues and Concerns related to Caregiving in Retirement Communities in Pune.”

This is a longitudinal study and the findings and observations would facilitate ILC-I’s contribution to the international study.

TRAINING:

- **Mobile Literacy Training programmes for Senior Citizens** have been organised by ILC-I in different parts of the state of Maharashtra covering rural, semi-rural and urban areas. This is one of the most popular training programmes of ILC-I and has trained nearly 500 senior citizens.
- As the Satellite Centre of the United Nations’s International Institute on Ageing, Malta (UN INIA)’s Satellite Centre for the SAARC region, ILC-I, organized the international training programme, a certificate course on “**Social Gerontology**” in the **Tata Institute of Social Sciences, TISS campus at Hyderabad from the 4th to the 8th of December 2017** in collaboration with TISS. The Dy. Director of UN INIA, Ms. Rosette Farrugio-Bonello conducted the course & Dr. Siva Raju, Hon. Director, ILC-I was the other international faculty from India.

RESEARCH:

- ▶ ILC-I is a member of the research group of ILC-GA’s research study on “Positive Aspects of Caregiving”. As part of this ILC-GA research study, ILC-I has begun its own survey study on “ Issues and Concerns related to Caregiving in Retirement Communities in Pune.”
This is a longitudinal study and the findings and observations would facilitate ILC-I’s contribution to the international study.

ILC-I AWARDS:

ILC-I applauds those who bring quality of life to the elderly, with its annual ILC-I Awards which recognize qualitative work done in the field of ageing by/for elders.

All these awards are a salute to the dynamism and enterprising spirit of organizations, individuals and other stakeholders advocating this noble cause of senior citizens.

Commendable work done by senior citizens’ organisations and individuals over the age of 70 years are felicitated by ILC-I with these Awards that carry a cheque, a trophy and a commendation certificate.

The Anjani Mashelkar Inclusive Innovation Award felicitates Indian scientists and technologists who develop cost-effective gadgets and services for the elderly.

ILC-I also felicitates a journalist for “Promoting Qualitative Journalism in Ageing.”