



ACTIVITY REPORT

INTERNATIONAL LONGEVITY CENTRE-INDIA

1ST JANUARY 2025 TO 31ST DECEMBER 2025



The International Longevity Centre-India ILC-I) has organised the following programmes/conducted training for older persons, (senior citizens is the term used in India), of the rural, semi-urban and tribal areas of the state of Maharashtra:

1. Medical Assessment Camps for older persons:

“To provide care for the people who once cared for us is one of life’s greatest honours!”

ILC- I has organised four Medical Assessment Camps (MAC) for older persons in the Konkan region of Maharashtra, from January 2025 to December 2025:

A medical assessment camp is held for medically examining the senior citizens in a community centre and this is done by the Bai Ratanbai Gharda Hospital, through its medical team of doctors and the portable medical equipment required is set up there. The parameters for which the elders are examined include blood pressure, blood tests for HB, random sugar, ECG, eye check up, bone density tests among others.

For every such camp conducted, there are about 60 to 80 elders who attend the camp for getting themselves examined by the doctors. ILC-I facilitates these camps and also mobilises the elders from the area to help them participate in the camp.

Essentially these camps are held to give the opportunity to the senior citizens from the rural, semi-urban and tribal areas to be examined by doctors for any medical issues that they may have. Based upon the diagnosis made, the elders are given free medicines on the spot and for more serious issues, they are referred to the hospital for further treatment at concessional costs.

4 MAC camps were organised by ILC-I with the support of Gharda Chemicals Limited.

About 325 older persons have been examined during these four camps and they have received the necessary medication or treatment as required, which has helped the seniors prevent major illnesses in time.

2. "Saath Nirmay Arogyasathi"(Support for Healthy Ageing)

Under the umbrella of ILC-I's above initiative for healthy ageing, several programmes are held to ensure that the underprivileged elders from the urban, rural and tribal areas are provided for in terms of nutritious diet, warm clothing, health and hygiene kits and other activities that support and promote the holistic well-being of our elders.

- Poshan Aahar (Nutritious Diet) is the initiative that provides healthy nutritious dry foodgrains, pulses and lentils to some of the tribal elders who live in the remote hard to access regions of Chafesar and Kusavli, in the state of Maharashtra. These

food packages are customised to suit their needs and requirements and are provided to them every month. Their weights are monitored and noted down in their health cards and we are happy to state that there have been significant weight gains in each of their weights. It has also been noticed that they are socially more engaged as their main issue of where to get the next meal has been addressed by ILC-I through this initiative with the support of Gharda Chemicals Ltd. There are presently fourteen tribal elders who are the beneficiaries of this initiative.

- On the 21st of September, 2025, to mark the occasion of World Alzheimers' Day, ILC-I distributed hygiene kits for the bed-ridden senior citizens who stay in old age homes, abandoned by their families, but well-taken care of by some dedicated social workers of the Shantiban Old Age Home, Warje, Pune. ILC-I provides them with adult diapers, rubber sheets, and gloves for the caregivers who attend to them. This programme seeks to give a sense of dignity, self-respect and hygienic conditions to these older persons who are immobile on their beds.
- As part of the International Day of Older Persons' celebrations, on the 1st of October, 2025, ILC-I distributed winter essentials like sweaters, woollen caps, blankets, warm scarves and towels to the residents of an old age home "Shantiban Old Age Home" in Warje, Pune, and our team spent some qualitative time with them as they all had a warm, healthy lunch together. Seeing the smiles on their faces as they tried on the warm clothes in preparation to ward off the chilly weather of Pune that was soon to descend upon the city.
- International Longevity Centre - India with the support of Gharda Chemicals Limited, has also been working at promoting the mental health of the elders in the rural areas of the Konkan region with its activity of '**Infotainment**' (Information and Entertainment)! Under this activity we provide certain items that would qualify as providing both, information and entertainment, to the elderly members of some of the senior citizens' organisations in the Konkan region! Items like smart TVs, Carrom Boards, Chess Boards, Karaoke speakers and microphones are provided to the senior citizens' organisations as we believe that these things are not just for entertainment, but that they're tools for stimulating and promoting mental health and brain power of the elders who are the members of this centre! By availing these items, the members stay intellectually stimulated and entertained in a social environment that promotes healthy ageing! We believe in Infotainment- that a senior citizen needs to be provided, both, information and entertainment for their mental well-being!

How does that happen?

- Smart TV: Enables them to watch engaging educational programs, devotional music, movies, and group viewing sessions that reduce loneliness and promote social bonding.
- Carrom & Chess Boards: Fun yet challenging games that sharpen memory, improve problem-solving skills, and encourage social interaction—helping prevent cognitive decline and early dementia.
- Karaoke Speaker with Microphone: Singing together brings joy, reduces stress, boosts mood, and improves breathing. It also helps keep the mind active and spirits high!

At each of these centres, these new additions created a more vibrant, stimulating, and connected environment for our seniors, keeping them mentally active, socially engaged, and emotionally healthy. Such infotainment kits were provided to three Senior Citizens' Organisations in Khed, Savarde and Nachane.

We are deeply grateful to Gharda Chemicals Ltd for their tremendous support for our activities and their belief in our thought that 'caring for elders' strengthens the social and moral fabric of our society!

3. Mobile Literacy Training (MLT)programme for senior citizens:

In today's digital era, helping the elderly with technology is crucial for helping them feel connected and relevant and this MLT Programme teaches them to navigate modern technology and to make them realise that technology isn't as challenging as it might seem. Educating the elders in using the mobile/smart phone is to empower them!

Due to the growing numbers of Cyber frauds and online scams, senior citizens were taught by our trainers to be cautious about unsolicited emails, calls, or messages, never sharing personal information like passwords or credit card details with unknown sources, verifying the identity of the sender before clicking on links, and avoiding suspicious websites or downloads etc. as they are particularly vulnerable to scams due to their potential lack of technical knowledge.

During these programmes, senior citizens learn in detail about the mobile features, the different apps available- the objective being to make seniors more techno-savvy with their mobile phones and use its different features to make life more efficient and qualitative. Each programme is customised as per the needs of the senior citizens for e.g at one of the MLT programme most of senior citizens being farmers a new topic was taught to them – Maharashtra Government's new App – Maha Bulekh was taught to them. This app gives them information on farm land records required by them.

This training programme of ILC-I is a much in demand training amongst the senior citizens' organisations in the state of Maharashtra and has been well-supported by Gharda Chemicals Ltd, over the last eight years.

This training is conducted for two and a half days and the number of elders to be trained is limited to a maximum of 30 members so that there is more personal communication between our trainers and the elders. Moreover, our team has been trained to be patient and empathetic with the senior learners who attend the training, as at times, due to age, the elders need more time to comprehend some details, may be hard of hearing due to which they need to be explained more than once. And this is the USP of our free training where we also give them a textbook on the smartphone and its uses and how to operate it etc.

The positive feedback that we get from the elders who have received this training about how they have benefitted from it, and when our team of trainers help the elders by protecting them from being scammed online by some of their own close relatives- gives a sense of satisfaction and joy that is truly invaluable!

In the last year, that is from January 2025 to December 2025, ten such MLTs have been held in different parts of rural Maharashtra.

4. Sensitisation of public/government personnel towards the older persons:

ILC-I began the programme of Sensitisation of public/government personnel towards the older persons in the month of July 2025 by conducting it for the police personnel of the Navi Mumbai Commissionerate of Police, in Mumbai.

The police personnel were given information about the issues and concerns of population ageing and trained by the experienced Resource Persons on how to interact, deal and engage with older people in the course of their duties as police officers. This is because there are many instances and incidences of the elderly being targeted by not just fraudsters and criminals, but quite often by their own close family members indulge in scamming them. In such stressful and traumatic times, the vulnerable older persons need to be handled with understanding, patience, empathy and compassion, all of which is highlighted during such training programmes.

ILC-I conducted another such sensitisation programme in the Police Commissionerate of the city of Nashik in November 2025.

The police personnel who are often trained to handle people and situations more firmly and practically, were positively receptive to the programme as they understood that interacting with senior citizens needs more sensitive understanding than otherwise. The reason for this kind of an understanding on the part of the police officer was appropriately explained to them and they assured our team that they would put their learning from this programme into practice quite diligently. Around 150 police personnel from both these

Commissionerates were sensitised to the cause of population ageing and ILC-I proposes to take this up with other regions too.

5. Planning for retirement:

ILC-I also organised three “Planning for retirement” workshops for the employees of Gharda Chemicals Ltd. at Lote in Ratnagiri district, Bandra and Dombivili in Mumbai, The employees ranging from the ages of 25 to 55 attended the workshop where experts spoke about how planning from retirement begins from the day one starts earning. Besides financial planning, the employees were also taught about how one needs to plan for healthy ageing by incorporating a healthy lifestyle right from a very young age; they were also taught about how important it was to maintain an active social life that was qualitative and meaningful, and also how mental health needs to be taken care of .120 employees benefited from this training where they learnt that planning for retirement to ensure qualitative, healthy, active and productive ageing, begins very early on in life!

6. Research:

ILC-I also conducted a community-based research study on “The cognitive status of older adults in the Konkan region of Maharashtra, through screening and activity sessions”. This was a cross-sectional study in three senior citizens’ organizations in Ratnagiri district where there was an awareness session conducted, followed by the conducting of a screening test, the Montreal Cognitive Assessment Tool (MoCA) which is a globally validated screening tool used to identify the cognitive status of an older person. 101 Senior Citizens are the respondents in this study. The final report is being written and is expected to be ready by the end of January 2026.

7. ILC-I Awards 2025:

The International Longevity Centre-India celebrated its annual event, the ILC-I Awards ceremony this year on 12th December 2025 at Pune.

The programme was held at the New Law College Auditotium of Bharati Vidyapeeth Deemed to be University, Pune.

The Chief Guest of the programme was Prof. Dr. Shivajirao Kadam, Chancellor of the Bharati Vidyapeeth Deemed to be University.

The other dignitaries on the dais were PadmaVibhushan Dr. R.A. Mashelkar, President, ILC-I, Mr. Jayant Umranikar, Chairman, ILC-I, Mr. Suresh Kumar, Hon. Director, ILC-I.

These awards include the Late B.G. Deshmukh Awards for Excellence in Promoting Qualitative Ageing for senior citizens' organisations rendering yeoman services for society, as well as the Lifetime Achievement awards for individuals over the age of 70 years for commendable work done by them .

The second award is the Late Dr. S.D. Gokhale Award given to a journalist for advocating the cause of the aged population through the print and/or social media .

The above two categories of awards are instituted by ILC-I in the names of the late Dr. S. D. Gokhale who is the Founder-President of ILC-I and the late Mr. B. G. Deshmukh, the first Vice President of ILC-I.

These awards also include a national award – the Anjani Mashelkar Inspiration Award to felicitate an older woman over the age of 60 years who has gone through hardships in life and has overcome them and dedicated her life to the betterment of society, and in the process, becoming a source of inspiration for other women to follow!

This Award has been instituted by the President of ILC-I, Dr. R. A. Mashelkar, in memory of his late mother , Smt. Anjani Mashelkar, who too had struggled in life to raise her son who today, is an internationally renowned scientist and has been honoured with several global doctorates and awards , including the prestigious, second highest civilian award of India, the Padma Vibhushan Award!

A cash Prize of Rs.10,000/- each was given to the organisations and Rs. 5,000/- each to the Lifetime Achievement awardees as well as a citation and trophy.

The late Dr. Gokhale Award for the journalist carries a prize of Rs. 5000/- a trophy and a citation.

This year the Anjani Mashelkar Inspiration Award was given to Mrs. Shubhada Shridhar Deshmukh, Director, Amhi Amchya Arogyasathi, Gadchiroli.

She started the organization in the year 1984 along with her husband Dr. Satish Gogulwar Uplifting lives of tribal, underprivileged and disabled people across aspects like healthcare, livelihoods, women's education, and empowering persons with disabilities – all through community driven initiatives.

This Award carries a prize of Rs. 1 lakh and a Citation.

Heartiest Congratulations to all the prize winners!

8. ILC-I honoured with a Special Recognition Award

One more laurel added to ILC-I's bouquet!

On the occasion of the International Day of the Older Persons, the Department of Social Welfare, Government of Maharashtra conferred ILC-I with **a Special Recognition Award for the commendable work done by it for the cause of senior citizens.**

The award was given by Ms. Vandana Kochure, Divisional Deputy Commissioner, Dept. of Social Welfare, Pune and Mr. Vishal Londe, Jt. Commissioner, Department of Social

Welfare, Pune, at the Dr. Babasaheb Ambedkar Samajik Nyay Bhavan, Vishrantwadi, Pune on the 6th of October 2025.

Mr. Sushant Sonawane, Programme Officer, ILC-I and Mr. Vilas Shinde, Accountant, ILC-I along with Mr. Ravindra Lokhande, Accounts Assistant attended the Award function and received the Award.

A great moment for ILC-I !

ILC-I honoured with a Special Recognition Award



Photos of the Programmes



Medical Assessment Camp



"Saath Nirmay Arogyasathi"
Poshan Aahar (Nutritious Diet)



"Saath Nirmay Arogyasathi"
Poshan Aahar (Nutritious Diet)



World Alzheimer's Day
IJC-I distributed hygiene kits





Mobile Literacy Training (MLT) programme for senior citizens



Sensitisation of public/government personnel towards the older persons



Planning for retirement





ILC-I Awards 2025

