

THE INTERNATIONAL LONGEVITY CENTRE- INDIA

Activity Report of the International Longevity Centre-India for the ILC-6th Annual Board Meeting at Singapore, 2013.

1. **ADVOCACY:**

- An international workshop on “Human Rights of the Older Persons in the Asia-Pacific Region” organized by the Centre for Gerontological Studies, Thiruvananthapuram and the International Federation on Ageing at Thiruvananthapuram from the 4th to the 6th of June 2012 was attended by Dr. S. D. Gokhale, Hon. President, ILC-I and Ms. Anjali Raje, Executive Director, ILC-I. Ms. Raje presented a paper on the occasion.
- ILC-I and the Dr. D. Y. Patil University, Pune organized a one day workshop on “Planning for Retirement” at the Dr. D. Y. Patil Medical College at Pimpri on the 22nd of June 2012.
- **National Expo on “Celebrating Age-India” by ILC-I:**
ILC-I was the Chief Patron of the “Celebrating Age- India EXPO 2012” organized by Vision India, an event management company from the 1st of September 2012 to 21st October 2012 in the cities of Bengaluru, Pune, Mumbai, Goa, Ahmedabad, Chennai, Hyderabad and Delhi.

The Expo was inaugurated by Dr. R. A. Mashelkar, President, ILC-I at Bengaluru on the 1st of September 2012.

Dr. Monica Ferreira, President, ILC-South Africa was the Chief Guest on the occasion.

This National Expo was a retirement lifestyle showcase in the form of a two days international exhibition and trade fair to advocate and present products and services for population ageing and even for those in their forties and fifties. The areas covered here included the banking and insurance sectors, health and wellness, lifestyle products and services, travel and tourism, food and nutrition, assistive devices, second careers and a lot more.

The National Expo was held in each of the above cities for two days and had nearly 30 stalls displaying products, lifestyle opportunities and services that cater to the needs of population ageing. Dr. Jane Barratt, Secretary-General, IFA, was the Guest of Honour at the Expo in Ahmedabad on the 22nd of September 2012.

Interesting and stimulating lectures, discussions and forum opportunities on topics like Healthy Ageing, Yoga, Laughter Clubs, Geriatric Caregiving, Productive Ageing, Volunteerism, and much more was the rich and varied bouquet of “Infotainment” (information and entertainment) offered to the audiences at every venue during the Expo.

Experts including geriatricians, gerontologists, academia from the field of ageing, were invited to share their knowledge and experience on the occasion.

- A one day “Sensitisation programme on the Health Issues of Senior Citizens” was organized by ILC-I in collaboration with the National Institute of Social Defence (NISD), Ministry of Social Justice & Empowerment, Govt. of India on the 5th of March 2013.
- A two days Consultative Meet on “ Human Rights and Gender Dimensions” was organized by ILC-I in collaboration with NISD on the 7th and 8th of March to mark the occasion of the International Women’s Day.
- Three one day workshops on the “ Sensitisation for School/College Teachers/Students, Youths to bridge the Intergenerational Gap with focus on the Maintenance and Welfare of Parents and Senior Citizens” organized by ILC-I in collaboration with NISD on the 12th, 13th and 14th of March 2013.
- A two days State Level Consultative Meet on “Age Care Issues for Government Officials/NGOs with special focus on the Maintenance and Welfare of Parents and Senior Citizens” organized by ILC-I in collaboration with NISD on the 19th and 20th of March 2013.
- A two days Consultative Meet on “Inclusion of the Elderly (Highly Vulnerable Groups) in Humanitarian Responses and Disaster Risk Reduction Activities” organized by ILC-I in collaboration with NISD on the 21st and 22nd of March 2013.
- A one day orientation programme for personnel of corporates on “Planning for Retirement- the Second Innings” held at the National Chemical Laboratory on the 8th of May 2013. This is the first part of a six parts series of under this programme to be held in the present financial year of 2013-14.

HEALTH CAMPS:

ILC-I and Dr. D. Y. Patil Medical College, Pimpri jointly organized a one day health camp in the village of Takwe, Mawal Taluka, Pune District on the 15th of May 2012. Nearly 300 villagers availed the benefit of this free medical health check-up facility covered by the Departments of Orthopaedics, Gynaecology, Ophthalmology and General Medicine.

A second health camp, jointly organized by ILC-I and the Dr. D. Y. Patil Medical College, Pimpri was organized in the village of Pet in the Khed Taluka, Pune district on the 21st of November 2012. Here too nearly 300 villagers availed this free health check up facility offered by the Departments of Orthopaedics, Gynaecology, Ophthalmology, General Medicine and ENT (Ear-Nose- Throat).

2. TRAINING:

- A seven days certificate course on “Gerontology” of UN INIA(United Nations’ International Institute on Ageing), Malta, was organized by ILC-I in collaboration with the Dr. D. Y. Patil University, Pimpri from the 19th to the 25th of January 2013 at the Dr. D. Y. Patil Medical college, Pimpri. Twenty-six participants from different professions and occupations attended the course. The faculty included Dr. Joseph Troisi, Director, UN INIA, Malta, Dr. Rajgopal Dhar Chakraborty, UN INIA , Malta and Prof. Dr. Siva Raju, Prof. & Dean, School of Development, Dean, Tata Institute of Social Sciences, Mumbai. Certificates were given to the participants for successfully completing the course.

- A one month “Certificate Course on Basic Issues in Geriatric Care “ organized by ILC-I in collaboration with the National Institute on Social Defence (NISD), Ministry of Social Justice & Empowerment, Govt. of India, from the 26th of March 2013 to the 30th Of April 2013.

3. ILC-I AWARDS-2012

ILC-I applauds those, who bring quality of life to the elderly, with its annual *ILC-I Awards*.

These awards include a national award, the **Anjani Mashelkar Inclusive Innovation Award** , which caters to the best innovation for helping to improve the quality of life of the poor old people, **the late Mr. BG Deshmukh Awards for Excellence in Promoting Qualitative Ageing and the Lifetime Achievement Awards (the Jeevan Gaurav Puraskar)** and the **IDr. S. D. Gokhale award for “Promoting Qualitative Journalism in Ageing”**.

The second ILC-I Awards function was held on the 17th of November 2012 at the Bharati Vidyapeeth’s New Law College Auditorium in Pune. The Chief Guest on the occasion was **Ms. Anu Aga, eminent business leader and Member of Parliament, Rajya Sabha**, at a grand function which was well-attended by the crème de la crème of Pune.

Under the aegis of the ILC-I Awards, are three sets of Awards-

- A. ***The Anjani Mashelkar Inclusive Innovation Award*** instituted by Dr. R. A. Mashelkar, the President of ILC-I, in memory of his late mother, Smt. Anjani Mashelkar, for upcoming scientists/technologists/innovators who develop cost-effective products or services for the elderly. This is a national award which carries a cash prize of Rs. 1 lakh.

This year’s award winner was Mr. Myshkin Ingawale of Bio-Sense whose innovation was TouchHb, a simple, portable, non-invasive, haemoglobin estimation device that gives instant readings. Operating this device does not require any training and it can be easily and effectively used even in the rural areas of the country, brought right to the doorsteps of the

elderly who need not step out of their homes and also do not suffer the discomfort of an invasive mechanism. (For more details please visit www.biosense.in)

- B.** The next award was instituted by the late Mr. B. G. Deshmukh, the former Vice President of ILC-I, for ***“Promoting Qualitative Excellence in Ageing”*** (a cash award of Rs. 10,000 each, given to three organizations of senior citizens for undertaking programmes and activities that not only help seniors to be productive and participatory but also ensure a qualitative life for society in general). This year there were four Award winning organizations of senior citizens.

This award also has the three ***Lifetime Achievement Awards*** (a cash award of Rs. 5000 each, given to three senior citizen individuals over the age of 70 years, for their commendable achievements in the fields of sports, literature, culture, academics, entertainment, arts, music, dance etc.).

- C.** The third award has been instituted by Dr. S. D. Gokhale, the Hon. President, ILC-I for ***“Promoting Qualitative Journalism in Ageing”*** and it carries a cash prize of Rs. 5000. This year there were two award winners in this category, each of which were given the prize of Rs. 5000/-.

Besides the cash prize, each award carries a memento and a citation.

4. RESEARCH:

ILC-I has undertaken a survey to find out the Housing Needs of the Elderly, essentially to gauge whether the lease or the sale model for Retirement Housing Complexes would be more suitable for the older persons, besides getting a feedback on the elder-friendly amenities and facilities that are required in such complexes. This survey has been commissioned by a reputed builder from Pune.

5. PUBLICATION:

The late Dr. S. D. Gokhale, translated his book written in English, on “Ageing and Spirituality” into Marathi, the regional language of the state of Maharashtra.

6. ILC-I 's FIELD PROJECT:

ILC-I has been running a programme for needy elderly women to provide them with partial medical support through sponsorships.

The medical needs of these poor elderly women are often neglected by their families because of their frugal budget and this intervention by ILC-I through its project of “Medical Support for Elderly Women” is a much needed support that gives these women dignity and comfort. ILC-I's project provides medical relief to 103 poor women over the age of 60 years. Free medical check-ups and medicines are provided to these women. Counselling

of these elderly ladies to help them cope with the vagaries of their lives is also undertaken by ILC-I.