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JANUARY
2009

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Printed and Published by **W.R. Naik**, 6, Sunderprasad, Sane Guruji Nagar,
Mulund (East), Mumbai - 400 081. on behalf of

ALL INDIA SENIOR CITIZENS' CONFEDERATION,

DTP by BIPIN PANCHAL: 09322518752 : Mulund (West), Mumbai-400 080.

Printed at **Trimurti Enterprises**, Dr. R.P. Prasad Road, Mulund (West),
Mumbai-400 080. and Published at C-202, Mangalya, G.V. Scheme Road No.4,
Mulund (East), Mumbai-400 081. Editor : **Dr. S.P. Kinjawadekar**,

B-8/602, Kaveri, Safal Complex, Sector 19A, Nerul, Navi Mumbai-400 706.

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Be Free From Tension

The moment one is in Tension
One will lose one's Attention
Then one is in total Confusion
And one will feel Irritation
This may spoil one's personal Relation
Ultimately one won't get Co-operation
And get things into Complication
Then one's B.P. may rise Caution
And one may have to take Meditation
Why not try to understand the Situation
And try to think about Solution
Many problems will be solved by Discussion
Which will work out better in one's
Profession
Don't think it is a free Suggestion
It is only for one's Prevention
If one understand my Intention
One will never come again in Tension
And will always be free from Tension

Contributed by: **Hansraj Choudhary**
Mira Road (E)

AISCCON NEWS	
आइस्कॉन समाचार	
Subscription Rates	
1 Year (12 Issues)	Rs.100.00
2 Years (24 Issues)	Rs.180.00
5 Years (60 Issues)	Rs.450.00
Life Member	Rs.1000.00
Kindly mention your name and full address D.O.B. along with the Subscription. Please note that Cheque / D.D. should be made payable at Mumbai only, favouring AISCCON NEWS. (For out station cheques please add bank commission.)	
Advertisement Tariff (Monthly)	
1) Front and Back Cover (Full Page)	Rs.2500/-
2) Full Page (B & W)	Rs.1500/-
3) Half Page (B & W)	Rs.900/-
4) Quarter Page (B & W)	Rs.500/-
(10% Discount on 12 consecutive insertions)	



Guidance from Geeta

असंशयं महाबाहो मनो दुर्निग्रहं चलम् ।
अभ्यासेन तु कौन्तेय वैराग्येण च गृह्यते । ।

O mighty- armed, there is no doubt that mind is hard to control, and it is restless. But it can be kept under control by ceaseless striving and by renunciation.

Yoga practice means to keep mind in a balanced state. But it is very difficult to keep it steady, because it is by its very nature, naughty and rebellious. Just as it is hard and difficult to control the wind, it is hard and difficult to check the mind and keep it under control. When Arjun complained to Lord about this fidgety and rebellious nature of mind, he tells him the ace remedy to control it.

"Arjun, there is no doubt that mind is fickle, fidgety and difficult to check and control. But it can be controlled and kept under command. Striving and renunciation are the sure remedies to check it. Practice means study or doing the same thing over and again without break and abandonment means cautiously keeping away from the objects that lure the mind. Not to fall a victim to any kind of allurements, not to surrender to any temptation and to concentrate on the work in hand and retain the interest in it are the sure and certain remedies for keeping your mind under your control. Instead of wasting your energy in meddling in other's work, it should be used over one's own work.

For gaining something, something has to be sacrificed. Mind should be trained to do benevolent acts, and be interested in them. This formula contains the secrets of man's successful life.

Courtesy: Shri V.V. Chiplunkar
Aurangabad.

A Golden Opportunity!

Ministry of Social Justice & Empowerment has announced a modified Scheme effective from 1-4-08 to give substantial financial grants for various welfare programmes for Senior Citizens. Details of this Scheme are available in Web Site of Ministry of S.J.& E.- www.socialjustice.nic.in and are notified in AISCCON NEWS for June &

July, 08 and Souvenir of recent Conference of AISCCON held at Delhi. Dr Kinjawadekar, President of AISCCON has also advised in his Editorial of July to all Associations of Senior Citizens to take advantage of this Scheme and start doing some concrete work.

This is a GOLDEN OPPURTUNITY for each Association of Senior Citizens, NGOs, Panchayats, Municipalities, Trusts, Hospitals, Nursing Homes and all registered & recognized Social and government autonomous Organizations, Educational Institutes, State Governments etc to come forward and provide some facilities to the 9 crore Elderly Population to live their last spell of life happily and usefully. Association of Senior Citizens should take up the projects, which they can undertake, keeping in view their experience, capacity and manpower willing to work and request their local Organizations to take up other projects required in their areas. The Ministry shall give initial cost up to 90% and considerable recurring expenditure for running the project. Educational institutes, Nehru Yuvak Kendra Sanghathan (NYKS), National Service

Schemes (NSS) and similar Organizations shall be paid 100% of the initial cost. As the Applications in prescribed form with relevant documents with recommendations of the State Government are required to be sent to Ministry before 30-6-09 for this year, this is the opportune time to take expeditious action to make out your plans. You can choose any number out of the following Schemes, keeping in view your experience & capacity.

1. Old Age Homes.
2. Respite Care Homes/Continuous Care Homes.
3. Multi Service Centres.
4. Mobile Medi-Care Unit.
5. Day Care Centres for care of older persons with Dementia.
6. Physiotherapy Clinics.
7. Disability & Hearing aids for elderly.
8. Mental Health Care for vulnerable elderly.
9. Help Lines & Counseling for Older Persons.
10. Programme for sensitization of schools/ college students.
11. Regional Resource & training Centre.
12. Training of Care Givers to older persons.
13. Awareness Projects for older persons.
14. Multi Facility Care Centres for older widowed women.
15. Volunteers Bureau for older persons.
16. Formation of Vridha Sanghs/Association of Senior Citizens/Self-Help Groups.

- **Md. Editor AISCCON NEWS**

8th National Conference of AISCCON at New Delhi, on 22nd to 24th Dec. 2008

अखिल भारतीय वरिष्ठ नागरिक महासंघ (आइस्कॉन) का आठवा राष्ट्रीय अधिवेशन सोमवार, दिनांक २२ दिसंबर से बुधवार दिनांक २४ दिसंबर २००८ तक छतरपुर मंदिर संकुल के मार्कण्डेय सभागार में सफलतापूर्वक सम्पन्न हुआ। विभिन्न राज्यों और केंद्रशासित प्रदेशों से उपस्थित ६०० प्रतिनिधियों ने अधिवेशन में सक्रिय सहभाग लिया। मेजबान सीनियर सिटिजन्स कौन्सिल, दिल्ली के अध्यक्ष श्री जे आर गुप्ता और उनके सहकारियों ने स्वागत की व्यवस्था सहाली थी। अधिवेशन में दो महत्वपूर्ण सेमिनार का आयोजन किया गया था, (१) वरिष्ठ नागरिकों के जीवित और जायदाद की सुरक्षा जो मंगलवार, दि. २२ दिसंबर को हेल्थेज ने पुरस्कृत किया था, और (२) वरिष्ठ नागरिकों के जीवन में सहाय्यक तकनीकी उपकरण, जो बुधवार दि. २४ दिसंबर को भारत सरकार के सायन्स और सोसाइटी विभाग के समर्थन से हुआ। अधिवेशन का उद्घाटन पद्म श्री श्री एम् एम् सभरवाल के हाथों हुआ और समापन समारोह में प्रमुख अतिथि श्री दिल्ली की महापौर मा. श्रीमती आरती मेहरा।

Monday, 22nd December 2008-

The Pre-Conference Central Council Meeting of AISCCON was held in Markandeya Hall of Chhatarpur Temple Complex, New Delhi on 22nd Dec. 2008 between 5 pm and 8 pm when 28 members and 4 special invites were present. AISCCON President Dr. S P Kinjawadekar was in the Chair. After universal prayer the President moved a condolence resolution to mourn the death of martyr Police and NSG officers and innocent citizens who lost their lives in the terrorist attack in Mumbai in November 2008, Members stood in silence for two minutes to pray for the departed souls.

Shri J.R. Gupta, President, Senior Citizens Council of Delhi welcomed all office-bearers of AISCCON and members and wished the meeting a success. The Secretary General Shri D N Chapke read the notice of the meeting dt. 20th Nov. 2008

after which the following business was transacted.

1. Minute of the 15th (Annual) Central Council meeting held at Akola on 31st August 2008 were confirmed as circulated and signed by the President. The follow-up of the minutes was briefly mentioned by the Secretary General.

2. The Report of activities of AISCCON from August to November 2008 was read by the Secretary General Shri D N Chapke, which was circulated to all. After brief discussion, the report was adopted unanimously.

3. The Treasurer, Shri P S Kshetramade presented the statement of Accounts for the period from April 2008 to 18th Dec. 2008 - which included addition of 3 Chief Patrons, 4 Grand Patrons & 14 Patrons, donations to AISCCON Building Fund, Subscription and affiliation fees received from newly affiliated Associations and donations received for Bihar flood relief fund of AISCCON. The Statement was noted with appreciation the treasurer placed the applications of following 4 Associations for affiliation to AISCCON.

- (1) Senior Citizens Council, Morbi
- (2) Senior Citizens Council of Delhi
- (3) S.S.P. Mandal's Day Care Centre, Andheri
- (4) Age Care Association Orissa Bhubaneshwar

All of them were given affiliation.

4. Report of AISCCON News as on 20th Dec. 2008 was read by the Managing Editor Shri B. Ranganathan. He appealed for enrollment of more life-subscribers and get more advertisements for AISCCON News to make it more attractive.

Prof. Sujan Bhatia (Conference Advisor)

suggested to print AISCCON News as quarterly, but at least in two colours. You can get grants from establishments like HelpAge etc. You be aggressive. Don't beg. In stead of starting 250 new Old Age Homes in districts grants should be given to existing Old Age Homes for their improvement. Funeral expenses for a person dying in an Old Age Home are not provided. We are citizens, we want our rights in the family and in the Community. We are a big force - with a big voting power. Athashri received grants from 2 MPs for its Housing complex for Seniors, why AISCCON cannot get for its Bhawan? AISCCON should prepare 3 research projects as an outcome of this Conference. You will get grants."

The President thanked Prof. Bhatia for his advice and also thanked him for getting the two books on Seminar and the Conference Souvenir printed in less than a week. He then appealed all members of the CC to enroll themselves a life subscribers of AISCCON News if they are not and fetch advertisements to make it more attractive.

Shri Kanchansinh Thakore (Surat) announced his donation of Rs.5000/- for AISCCON News, which was appreciated by the House.

Shri Jagubhai Belani suggested to send literature about AISCCON and its work to institutions in U.S. which are interested to help Senior Citizens movement. It will pay, may be little later, he said.

Shri R N Mital proposed that Prof. Sugan Bhatia should be nominated as Advisor to AISCCON. This was seconded by Adv. S C Sharma. The proposal was agreed unanimously.

5. Programme details of 8th National Conference:- Shri J R Gupta informed that since the Parliament as well as Delhi Assembly are in Session Smt. Meira Kumar

as well as Smt. Sheila Dikshit may not be able to attend the inaugural session tomorrow. In that case we will request Padmashri M.M. Sabharwal to inaugurate the Conference and Shri Joginder Singh will be the Chief Guest.

6. Mahasangh Bhawan at Nerul, Navi Mumbai- Progress in construction plan to raise funds:- The President gave information that the ground floor of the Bhawan has been constructed and tenders are invited for construction of 1st floor. The costs of building material except steel are rising and we will have to pay much more than what we paid for the ground floor construction. If every member of all affiliated Associations donates one thousand rupees for the Bhawan, our cherished dream will be realised soon. Please convey this appeal to all members in your area.

Prof. Bhatia suggested to give one floor space on lease to a corporate office and get advance rent for 10 years which will be useful for construction.

7. Plan of activities for the year 2009:- The Secretary General proposed the following activities on priority. (a) Completion of 1st & 2nd floors of the Bhawan, (b) Increasing life subscribers of AISCCON News and Patrons of AISCCON, better printing of AISCCON News with photographs, (c) Getting Association from Punjab, Uttarakhand & Union Territories affiliated. Shri R N Mital suggested to make efforts for more involvement of Pensioners' Associations. All these activities were unanimously agreed.

8. Official Resolutions:- The Secretary General read the official resolutions to be placed before the open session on 24th Dec. for approval. All of them were adopted with some modification in 2 resolutions (Rly. reservations & Reverse Mortgage scheme).

8th National Conference of AISCCON at New Delhi, on 22nd to 24th Dec. 2008

In addition, resolutions proposed by Shri V. Visweshwariah, Shri S.C. Maheshwari, Shri Kumar Kale & Shri J P Venkateswarlu were also adopted.

9. Any other matter with the permission of the Chairs- Shri Jagubhai Belani suggested that AISCCON should get involved in Leslie Sawhney Programme for social work. It was decided to study this subject & take a decision in the next meeting.

The meeting ended with a vote of thanks to the Chair & hosts, by Shri N N Ingle, Jt. Secretary.

- D N Chapke, Secretary General

Tuesday, 23rd Dec. 2008:-

On 23rd & 24th Dec. in the morning from 7 to 8 a.m. spiritual discourses were arranged for the members which were liked by the members present. This was followed by breakfast and registration of Delegates.

The Inaugural function started at 10 a.m. with Padmashri Shri M M Sabharwal, President Emeritus. HelpAge India, Former Chairman HelpAge International and member of the NCOP, as the inaugurator and Shri Joginder Singh, IPS, Former Director, CBI, as the Chief Guest. The President AISCCON Dr S P Kinjawadekar, the Advisor Prof. Dr Sagan Bhatia, Secretary General of AISCCON Shri D N Chapke and the President of Senior Citizens Council of Delhi Shri J R Gupta warmly received them and took them to the dias. The Guests were welcomed with flowers.

The Convener of the Conference Shri J R Gupta - President of Senior Citizens Council of Delhi - Welcomed all. He said that this Conference is organised at a very short notice and therefore, there could be some deficiencies in the arrangements. At the 7th National Conference of AISCCON

held at Jaipur in October 2007, I had extended an invitation to hold the 8th National Conference at Delhi in 2008 and I am happy that my promise is fulfilled. Senior Citizens Council of Delhi, which has a network of about 500 active Senior Citizens, is the host of this conference. Our members meet every day between 7 & 8 am in Deer Park, Near Hauz Khas Village in New Delhi, where lectures and spiritual discourses of eminent persons are regularly arranged. Last year a delegation of 35 members visited Mauritius. We help our members in getting identity cards from Delhi Govt. and also help them in depositing their bills for all utilities. I specially welcome the delegates who have come from distant places and states like Andhra Pradesh, Karnataka, Maharashtra, Gujarat & Madhya Pradesh who have attended in large numbers. Few delegates have come from Orissa & Bihar and of course a good number is from Delhi, UP and Haryana. I heartily welcome Padmashri Shri M M Sabharwal and Shri Jogindar Singh, Former Director, CBI.

On behalf of AISCCON Shri D N Chapke, Secretary General, welcomed all Delegates & Guests. Within Seven years of its establishment AISCCON has made very good progress and to-day we have affiliated Federations / Associations in 19 states and 2 Union Territories. It is the largest registered, representative organisation of Senior Citizens in India to-day. We hold annual conference of AISCCON in different part of the Country regularly and this is the 8th National Conference of AISCCON. We publish AISCCON News a monthly, regularly to create awareness among Senior Citizens and to inform them of national and international developments of importance to them. AISCCON is affiliated to IFA-

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International Federation on Ageing and we have our own website- www.aiscccon.org, he said.

Speaking about the objectives of the Conference Prof. Dr Sukan, Bhatia said the theme of to-days Seminar is 'Protection of life and Property of Senior Citizens in India.' Out of 90 million Senior Citizens in the country about 11% are staying alone who have to face threats to their lives and the Govt. and the neighbourhood must help them to retain their right to life with dignity why are the older persons living alone Vulnerable to be coming Victim of Crime. There are some inhearnt elements, abandanded or left alone by their own children, dependent on hired help, unable to protect their own resources physically and psychologically and determined criminals waiting within their proximity. Older persons having substantial resources add to their vulnerability. The domestic servants appear to be involved in 35% of the cases and other service providers like electrician, washerman etc. constitute 15% of the assailants. The lonely Senior Citizens must follow the 'best practices' for enhancing their personal security like installing security devices on the front door, alarm bell in the house of a neighbour, increasing socialisation etc. They need to be supported by friendly police for pro-active security. This complex issue being very important for the Senior Citizens, has been selected as the theme of this Seminar. To have Padmashri Shri M M Sabharwal and Shri Joginder Singh, IPS, amongst us is a source of inspiration for us.

Honour was bestowed upon Padmashri M M Sabharwal, President Emeritus, HelpAge India by presenting him a memento and bouquet at the hands of AISCCON President Dr S P Kinjawadekar. Shri

Joginder Singh, IPS, Former Director, Central Bureau of Investigations was similarly felicitated by the Convenor, Shri J R Gupta.

The following annual AISCCON Awards were then distributed at the hands of the Inaugurator & Chief Guest.

1) Best Senior Citizens Association - Urban Area - to Senior Citizens Council, Gandhinagar, (Gujarat)

2) Best Senior Citizens Association, Rural Area - to Shri Sane Guruji Jyeshtha Nagarik Sangh, Tandalwadi, Dist. Jalgaon (Maharashtra),

3) Best Senior Citizens Male Worker to Shri Mallikarjun, Nalgonda (AP).

Their certificate of appreciation were read by Shri D N Chapke, the Secretary General.

अपने भाषण में श्री जोगिंदर सिंग ने कहा- निवृत्ति की तैयारी निवृत्ति के कई वर्ष पहले शुरू होनी चाहिए। निवृत्ति (१९८८) के बाद मुझे भी बहू ने पोतों को स्कूल में छोड़ना, सब्जी लाना ऐसे काम करने के लिए कहा। मैंने तय किया, मैं अपनी priority से जीऊंगा, दूसरों की priority से नहीं। मेरी सलाह है कि आत्मसम्मान self-respect बनाये रखें। साथ साथ Be a life-long learner; Live in a Co-operative group housing society जिसमें सुरक्षा मिले। सूरज डूबने से पहले उसका नजारा बहुत सुंदर होता है। वैसे ही जीवन की शाम में हमारा जीवन सुंदर होना चाहिये। जब तक आप जिंदा है तब तक अपना control मत छोड़िये। Don't part with your resources. अपनी रक्षा स्वयं करे। इसके लिए चुस्त, तंदुरस्त रहिये। कार्य करते रहिये तो सेहत ठीक रहेगी। सरकार Act करने की जगह React करती रहती है। तो भी Maintenance and Welfare of Parents जैसे कानून बने है उनका ठीक उपयोग कीजिये। वरिष्ठों का आयुर्मान बढ़ रहा है। जीवन के आखिर तक keep your interest in life alive.

In his Presidential address, Dr S P Kinjawadekar said that in spite of AISCCON's good organisational network and in spite of clear provision in the National

Policy on Older Persons (NPOP), the Ministry of Social Justice & Environment has not yet recognised us as the National Association of Older Persons. With such recognition & financial support from the Govt. we will be able to build more organisations in the states where they are non-existent. So far only 8 state Govts. have declared their state policies for Senior Citizens. Similarly only 12 states have so far notified the dates of implementation of Maintenance and Welfare of Parents and Senior Citizens Act, 2007. Therefore we have been demanding the formation of Central Council of Social Justice on the analogy of the Central Council of Health & Family Welfare, for uniform and early implementation of NPOP. There is also need of a strong, regulatory, statutory authority like National Commission for Senior Citizens, which will look after the implementation of NPOP and all issues related to Senior Citizens. We want the Govt. to introduce the National Commission for Senior Citizens Bill, 2009 in the Parliament & get it adopted.

Senior Citizens to-day, very badly need Health Insurance cover without age-bar, with pre-existing diseases and at affordable cost. FESCOM Pune Region and Sahyadri Multispeciality Hospital have proved that such health insurance is possible. Our demand is that such schemes or schemes like Yashaswini in Karnataka and Rajiv Arogya Shri in Andhra Pradesh be developed at All India level to give health insurance cover to Senior Citizens.

Dr Kinjawadekar also emphasised the need to establish more Day-Care-Centres with financial assistance to conduct them, declaring every 60+ person as a Senior Citizens, payment of minimum Rs.500/- p.m. under Indira Gandhi National Old Age

Pension Scheme to 60+ BPL Seniors, 2% higher rate of interest on the Bank deposits of Senior Citizens and speedy, smooth implementation of OASIS Scheme for 39 crore workers in the unorganised Sector. To get these demands fulfilled 'unity' is the only Mantra. Our number is our strength. If we are united, no Govt. can ignore us. Lok Sabha elections are close and we should vote for the party & the candidate who support our demands & solves our problems. So keep alert, get united & get stronger, he said.

अपने उद्घाटन भाषण में पद्म श्री सभरवाल जी ने कहा - 'बुजुर्गों की इज्जत कम क्यों हो रही है, उन पर हमले क्यों हो रहे हैं, यह सोचने की बात है। एक - संयुक्त परिवार होता था तब सभी खुश थे। सभी का ख्याल होता था, सभी सुरक्षित थे। अब जैसे आयु बढ़ रहा है वैसे बुजुर्गों की बीमारियां भी बढ़ रही हैं। खर्चा बढ़ रहा है। लड़कियों की शिक्षा के कारण वे भी अपना अलग करिअर बनाना चाहती हैं, जो स्वाभाविक है। परिवार बिखर रहा है, छोटा हो रहा है, इसीलिये सुरक्षा की समस्याएं बढ़ रही हैं। आजकल बड़े शहरों में Intergenerational Walks, Marathon वगैरे इसीलिये किये जाते हैं कि बच्चों को बुजुर्गों की इज्जत करने के लिये सिखाना। बुढ़ापे में शरीर थक जाता है, आंखें, कान कमजोर हो जाते हैं। सहारे की जरूरत होती है। आयु की इस शाम में सुखी रहने के लिये अपना शरीर और मन स्वस्थ रखिये। नियमित रूप से रोज व्यायाम कीजिये, योग्य पौष्टिक आहार लीजिये, किसी पर अवलंबित मत रहिये, मनमें सकारात्मक भाव रखिये, दूसरों की हो सके उतनी मदद कीजिये, पड़ोसियों से अच्छे संबंध रखिये। यही आपको सुख और समाधान प्राप्त कर देगा। यही आपकी सुरक्षा कर सकेगा। श्री डी एन् चापके ने सभी को धन्यवाद किया।

Correction

Shri Prakash Jawadekar, M.P's letter dt. 18/11/08 was published in December 2008 Issue of **AISCCON NEWS**. Kindly note the letter was addressed by him to Dr. Manmohan Singhji, Prime Minister, GOI, Delhi. The omission is very much regretted.

- Mg. Editor

First Scientific Session

Subject: Lessons Learnt from the Increasing Crimes against the Senior Citizens.

The Session started with Justice R N Mittal in the Chair and the Panelists were Dr Sugan Bhatia, Ms Anupama Datta and Dr Vikas Goyal.

Initiating the discussion Dr Sugan Bhatia analysed the crimes against Senior Citizens in the cities of Delhi, Mumbai and Pune during 2000 to 2005. He said the loneliness in larger urban environment and having economic resources at hand add to the vulnerability of Senior Citizens. Most cases revealed that old persons had little faith in banking system and kept the cash, jewellery and property documents with them at home. The vulnerability appears to increase between 70-79 years as frailty, disease and disability get accentuated in this age group. Vulnerability also appears to be adversely influenced by the shattering experience of being abandoned by one's own children. The incidence of murders suggested that vulnerability of male victims is larger in case of those who are married and living with their spouse as against those who are living alone. Simultaneously, vulnerability of married and widowed old women is higher than that of male victims. More thefts followed by murders tend to take place during day time. This suggests that security measures need to be intensified during night hours both through privatised and Police - based security initiatives.

The domestic servants appear to be involved in 35% of cases, other service providers - electrical workers, washermen etc. constitute 15% of assailants & professional criminals 5%. It is therefore very essential to follow Police advice regarding verification of servants,

particularly in case of full-time and live-in servants. It is disturbing to note that the number of criminal cases solved is just about half and in many cases assailants have not been identified and nabbed.

The participants in the neighbourhood Senior Groups in Delhi and Pune recognised that they have to be vigilant, have to take precautions like having safety doors, not displaying valuables in public, not going to seduced places alone for walks, not trusting unknown persons, not letting unfamiliar persons enter the house when they are alone etc. Even while going for shopping, to bank etc. they should seek the company for someone in the family or building. They thought that spirituality could bring very meaningful platform to bring older persons together and help evolve collective spirit of service to humanity as service to God. They also felt that Public Education Programme on Crimes against the Senior Citizens was necessary to enhance awareness of the neighbourhood in general and of the lonely Senior Citizens in particular.

He also emphasised that despite criticism from the neighbourhood and RWA leadership regarding concern of Police for Security of Senior Citizens, the beat constable or the occasionally visiting Police Officer was the only meaningful tertiary network of relationships that the lonely, frail Senior Citizens had access to. The Police should have a pro-active approach to enhance the security of old persons and an efficient process of investigation into and prosecution of crimes against Senior Citizens.

Ms Anupama Dutta of HelpAge India expressed happiness that many Senior women were present in the audience. She said your federation and local Associations can give you needed support to prevent

crimes against elderly. It is advisable that local Senior Citizens Association should have joint efforts with police and plan strategies to prevent abuse & crime against Senior Citizens.

दर्शकों में से एक वरिष्ठ महिला ने सवाल पूछा - जब रक्षक पुलिस ही भक्षक जैसा बर्ताव करती है तब क्या किया जाय? दिल्ली पुलिस पर हमारा विश्वास नहीं है।

Ms Anupama Dutta said - It is the duty of Senior Police Officers to sensitize the lower Police staff so that they don't tarnish the image of entire police force.

She further gave information about the HelpAge India Elder Helplines providing services in Chennai, Hyderabad, Mumbai, Delhi and Shimla which are helping to reduce abuse and insecurity among Senior Citizens in these cities. All these Help Lines work in association with local Police, located in the office of the Commissioner of Police. The services of these Help Line have been well recognised by the Govt., NGOs and other service providers. They have paved the way for developing an effective networking system for the welfare of the elderly. The services of the volunteers play a major role in the functioning of the Help Line. In Hyderabad the Help Line AASARA is a joint initiative with Greater Hyderabad Municipal Corporations, working from 8 am to 8 pm with 10 executives working in shifts, receiving grievances from Senior Citizens. The services provided by AASARA include shelter assistance, Medical assistance, Police interventions, protection from abuse, referral services and helping Senior Citizens to get Identity Cards etc.

Dr Vikas Goyal (Deptt. of Science & Technology, Govt. of India) spoke on Technology Interventions for Senior Citizens to protect their life and property. He said with advancements in Science & Technology many devices are now available to provide

needed safety & security to the elders to restore and maintain the highest possible level of their functional independence. Such devices are categorised as assistive / enabling devices (AEDs). The simplest AED could be an elder-friendly mobile phone for emergency contact. Another very useful device is a walking stick - available with varied features, which not only facilitates mobility but also provides a sense of security to the user. Properly designed telephone instrument - with enlarged buttons and numbers, speaker phone and cordless facility, are also considered useful as an alarm as it enables the user to summon help in an emergency. Some advanced AEDs for safety purposes include GPS- enabled walking stick with alarm, pendant - type surveillance device for dementia patients, wearable devices with telecommunication facilities to monitor inconsistencies in pulse and other critical parameters.

Security alarm systems are available in India for a long time. Generally these systems work when the user presses a button and sends a signal from his side. Now alarms have also been developed where the system sends signal to the user and an alarm is raised if the user doesn't respond for example, in the event of unconsciousness or paralysis.

अपने भाषण में जस्टिस आर एन्. मित्तल साहब ने कहा- कभी कभी वरिष्ठ नागरिक अपनी जगह बंद करके अपने गांव चले जाते हैं। कुछ दिनों के बाद उन्हें फोन आता है कि आपका मकान बिक रहा है। डीडीए के ऑफिस वालों से मिलकर झूठे कागजाद बनाकर मकान बेचने की कोशिश होती है। इसलिए बाहर गाम जाने पर भी अपनी प्रॉपर्टी का पूरा ख्याल करिये। नजदीकी दोस्तों को (गांव के) ख्याल करने को कहिये। ऐसी हालातों में मैं आपकी मदद कर सकता हूँ। मेरा फोन नंबर हे: 011-261977381.

डॉ. किंजवडेकर ने सभी वक्ताओं को और जस्टिस महोदय को धन्यवाद दिया।

Second Scientific Session:-

Subject: Systems and Protocols in place to Prevent crimes against the Senior Citizens.

Shri Ramanbhai Shah, Immediate Past President of AISCCON Chaired the Session and the Speakers were Dr Sujan Bhatia, Shri Kewal Singh, IPS, Additional Commissioner of Police, Delhi and Prof. PKB Nayar of Kerala University, Thiruvananthapuram.

Dr Sujan Bhatia said- the Constitution of India, in the Chapter of Fundamental Rights, provides all citizens protection of life and personal liberty. This provision entitles a Senior Citizen to right to life dignity. The Code of Criminal Procedure and the Indian Penal Code have been evolved to fulfil that right. Article 41 of the Directive Principles provides right to work, to education and to public assistance in old age. The National Policy on Older Persons (NPOP 1999) has specifically outlined the Policy perspectives in regard to Senior Citizens, in very clear terms. The Maintenance and Welfare of Parents and Senior Citizens Act, 2007 is a commendable Act with the following salient features-

1. It places legal obligations on adult children, grand-children and beneficiary relatives to look after their parents, grand-parents either by taking care of them as a part of their family or by paying regular maintenance to them.

2. It creates an obligation on the part of the Govt. both Central and State- to provide better & earmarked health care facilities to Senior Citizens.

3. It promises suitable mechanism for the protection of life & property of Senior Citizens.

4. It envisages Govt. action in support of the shelter rights of Senior Citizens

particularly for the poor, by setting up Old Age Home's in every district with a minimum capacity of 150.

This Act is probably the first attempt at consolidation of Elder Law in India.

Annual statistics released by the Police Headquarters within each state / city clearly indicate that the Police now recognise the need to protect older persons against abuse and violence - including emotional blackmail to effect transfer of property, through a proactive use of existing legal provisions. The Police authorities have done commendable work in protecting the interests of older persons by utilising both - the existing legal provisions & social pressure at the hands of opinion leaders in the community.

As an action on NPOP 1999, the Ministry of Home Affairs, Govt. of India had recommended to all State Govts. to adopt the following strategies.

- Launching a Helpline for Senior Citizens.

- Setting up a Senior Citizens cell at Police Head quarters under the direct supervision of the Deputy Commissioner of Police (Crime).

- Centralised record of Senior Citizens residing alone & needing help, be maintained.

- Beat Constables should visit Senior Citizens in their area.

- Mechanism to monitor distress calls & to conduct random check on action taken by Police.

- Association with NGO's & voluntary organisation and

- Servent & domestic help verification.

Accordingly the Police in mega-cities are undertaking 3 types of activities to curb crimes against Senior Citizens. (1) Preventive policing- Beat Patrolling, Community policing with participation of RWAs, NGOs

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students etc., (2) Registration & investigation of crime and (3) Prosecution of crime through court. They have issued tips for safety of Senior Citizens.

Still, there is clearly need for pre-crime-occurrence interventions by the Police and neighbourhood groups & Senior Citizens Associations, he said.

Shri Kewal Singh, Addl. Commr. of Police, Delhi, said - दिल्ली पुलिस में Senior Citizens Security Cell 2004 में शुरू हुआ। आज इसमें ६००० से अधिक वरिष्ठ नागरिकों का डेटा बेस है। दिल्ली के तीनों जिलों में भी सीनियर सिटिजन सेक्युरिटी सेल बनाया है। तीन स्पेशल हेल्पलाइने १०९१, १२९१ और १००, वरिष्ठ नागरिकों की सुरक्षा के लिये लगातार काम करती है। रोज ३० वरिष्ठ नागरिकों से फोन पर संपर्क करने की हमारी कोशिश होती है। अकेले रहनेवाले वरिष्ठ नागरिकों के लिये स्पर्श नामक योजना चालू है। हरेक, पुलिस स्टेशन की नागरिक सुरक्षा समिति बनी है। हमने वरिष्ठ नागरिकों के लिये सुरक्षा के दृष्टि से DO's and Don'ts बारबार प्रस्तुत किया है।

हम देखते हैं जो बुजुर्ग अपने परिवार में रहते हैं, ज्यादा दुखी हैं। उन पर होनेवाले अन्याय को किसी को कह भी नहीं सकते, क्योंकि आखिर सेवा उन्हीं से लेनी है। आपकी सुरक्षा के लिये आपके पड़ोसी बहुत उपयोगी हो सकते हैं। मेरी सलाह है कि आपस में मिल-जुलकर रहिये। सारी प्रॉपर्टी बच्चों को मत दीजिये। अपनी मुट्ठी बंद रखिये। घरमें काम करनेवाले हरेक मेम्बर का Police Verification जरूर कराइये। इससे बादमें पछताने के मौके नहीं आएंगे।

Prof. PKB Nayar, referred to the Abuse Seminar organised by him in 2005 and said the response to it on phone, letters & personal was immense, when we made the first announcement in 'Malayalam Manorama'. A Cell was started in Trivandrum in co-operation with the Police and community Policing started in 22 Police station areas, under the name Jana-Suraksha- Maitree Scheme. However, it was observed that victims donot come forward to complain against their relatives in the society there is

a good proportion of 'invisible old people' (the sick, disabled, frail, home-bound etc.) With the number of 85+ fast increasing you should get more complaints of abuse. But such 'invisible' old cannot oppose and are victims of abuse. Their problems should be tackled by AISCCON. In Feb. 2009 we are organising a Conference at Thiruvananthpuram to discuss the problems of such oldest old.

श्री प्रतापसिंग (जमशेदपुर) ने कहा वृद्धावस्था में ३ चीजों की बड़ी जरूरत है। तंदुरस्ती, आर्थिक सुरक्षा और पड़ोसी के साथ अच्छे संबंध। हमारी तंदुरस्ती का ख्याल शासन को करना चाहिये। हमारे कौशल्य के आधार पर हमें ६० के बाद भी जरूरत हो तो दूसरी नौकरी मिलनी चाहिये। हम सम्मान से जीये और सम्मान से मरें।

श्री वी.एम्. पाटील (धुले) का कहना था कि बच्चों को अभ्यास में बुजुर्गों का आदर करना सिखाना चाहिये। कानून करने से वरिष्ठों का छल (abuse) बन्द नहीं सकता। समाज की मानसिकता बदलनी चाहिये।

श्री केवल सिंह ने कहा- वह चीज बोइये जिसके फल अच्छे आएं। दोस्तों के बीच में प्यार बाटना शुरू कीजिये, बड़ा आनन्द मिलेगा। आपको पुलिस पर भरोसा करना चाहिये। १०० या हेल्पलाइन के १०९१ या १२९१ नंबर पर जरूर फोन करिये जब आप तकलीफ में हैं, आपको अच्छा अनुभव आएगा। ज्यादातर क्राइम अपनेवाले करते हैं घर के नौकर करते हैं। इसलिए Servant Verification मत टालिये।

डॉ. सुगम भाटिया ने कहा- दिल्ली सरकार के साथ हम वरिष्ठों के लिये भागीदारी प्रोजेक्ट करना चाहते थे। श्री कुलानन्द जोशी, दिल्ली सरकार के जॉयंट सेक्रेटरी, जो भागीदारी के प्रमुख हैं, आज उसकी जानकारी देने के लिये यहाँ आनेवाले थे, लेकिन नहीं आ सके।

अध्यक्ष श्री रमणभाई शाह ने सभी का धन्यवाद दिया।

This was followed by Pro-active participation by Senior Citizens Associations and their representatives for deciding the followup action as a result of this Seminar. In the concluding session chaired by Dr S.P. Kinjawadekar, Dr Sugan Bhatia suggested

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that the conference could be successful if there is follow up action in the form of certain projects which when implemented will be helpful to fulfill the expectation.

After a discussion in which many members participated it was decided that

(1) AISCCON should undertake a study of neglect, abuse & violence against Senior Citizens in rural areas.

(2) AISCCON should undertake an Action Research Project on neighbourhood initiatives for protection of life & property of Senior Citizens in Gujarat, Maharashtra & Andhra Pradesh.

(3) AISCCON should approach the Govt. of Delhi to organise two workshops - one for the issues listed in (2) above and the other as a National Workshop on utilising the Bhagidari Scheme for enhancing neighbourhood-led protection of life and property of Senior Citizens.

(4) Senior Citizens Federation (Gujarat state) should organise a Regional Workshop on progress made in regard to Notification of the MWPSA Act, 2007 including framing the Rules.

(5) AISCCON should initiate action in regard to issuance of BPL Certificate to Senior Citizens for Old Age Pension.

(6) AISCCON should initiate a survey to assess benefits available under Indira Gandhi National Old Age Pension Scheme, actually received by BPL Senior Citizens.

(7) AISCCON should initiate formulation of a Blue Print on the subject of University for 3rd Age.

The President Dr. Kinjawadekar summarised the proceedings of the Seminar and thanked all lecturers and participants for their contributions. He specially thanked Shri Mathew Cherian of HelpAge India for their financial assistance and Dr Sugan Bhatia for his total support.

At night there was a wonderful Cultural Programme organised by Senior Citizens Council of Delhi in which Rajasthan & Gujarati folk dances were presented.

Wednesday, 24th Dec. 2008

National Seminar on Assistive Technologies in the Life of Senior Citizens

Inaugural Session:-

The National Seminar was inaugurated by Dr Y.S. Rajan, Scientific Advisor, CII and the Chief Guest was Shri R. Saha, Advisor, Science & Society Division, Ministry of Science & Technology, Govt. of India.

After welcome by Shri J. R. Gupta, Dr. Sugan Bhatia mentioned the objectives of this National Seminar. He said, the higher age groups among the Senior Citizens 70+ and 80+ were 49.12 million as per 2001 census, two-thirds of whom lived in rural India. Particularly the 80+ group would need critical care - both respite care and long term institutional care. They will be around 20 million- males 8.4 million & females 11.5 million. Many from them will require critical psychological and health-care support both informal care giving within the family and formal care giving. With the increased acceptance of 'ageing in place' many of them would need assistance devices for their living. The Ministry of Science & Technology has come forward to help such Senior Citizens who need assistance devices and with their support this National Seminar is being organised. We are fortunate to get Dr. Y.S. Rajan to inaugurate this Seminar & Shri R. Saha as the Chief Guest. We heartily welcome both of them.

In this inaugural address Dr. Y.S. Rajan said, some have described very old person as

अंगं गलितं पलितं मुण्डम् दर्शनविहीनं जातं तुण्डम्।

But our Vedas have thought of healthy

old age. They say पश्येम शरदः शतम्। May we see, live, acquire knowledge, prosper, be nourished, strong and sturdy, retain prestige & influence for 100 years. That is our goal. There is logical sequence in this goal. We must have sight first then we can continue to acquire knowledge. Most of you will come close to 80-90 years, we must think ahead. Hence the goal set in Vedas is ideal.

The cost of medical treatment today is very high. We have two sets of medical practitioners. Some are Super, some are ordinary. Glucosamine, a food supplement, used to reduce assembly costs so much. We must make all important medicine available to common man. We should seriously think whether multiple investigations carried out in our hospitals are necessary. Think in terms of simplifying the procedures. Try to bring down the cost of treatment. The Govt. of India should provide concessions for assistive devices for Senior Citizens. Taxes on them can be removed or at least reduced. UNICEF, World Bank and AID agencies should give more for geriatric Care.

Shri R. Saha, Advisor, Science & Society Division of the Ministry of Science & Technology said- for better living of elderly in this country, Science and Technology can contribute something. My mother at 89, had some problems which initiated me to think of such needs. Within few months we are setting up a portal freely accessible, through which we will give information where medical scientific help can be available for our needy Senior Citizens, We want younger scientists to think of these problems of Senior Citizens and design solutions.

Honours were bestowed upon Dr Y.S. Rajan by President of AISCCON Dr S P Kinjawadekar, Shri R Saha and the Key-note speaker Dr. K.H. Sancheti (Pune) were

felicitated at the hands of Dr Y.S. Rajan.

In his Key-note Address, Padmabhushan, Dr K.H. Sancheti the renowned Orthopedic Surgeon from Pune said, Care for the elderly has become a major problem because of nuclear families, where service providers are minimum. Older persons have weak muscles, arthritis and mobility problems affecting their ADL (Activities of Daily Living). To increase their functional capacity Assistive Technologies are very important. They also help to maintain self-respect. They improve the quality of life of the elderly.

Assistive Technology is any item, piece of equipment or set of products that helps a person with a disability to increase or improve his functional capabilities. Beginning and advances in A.T. is seen following was- sockets for artificial limbs created post civil war, Post World War I, development of hearing-aid dramatically increased. Folding invalid chair was developed in 1916.

Common problems of the disabled Seniors are- answering the door, moving Chairs, getting out of bed, going downstairs, reaching and bending, carrying things to the table etc. A.T. can allow a person with disabilities to function independently, reducing the need for human help. They range in price and complexity from Rs.30/- (modified eating utensil) to Rs.1,25,000/- (reading machine for a blind) to a communication voice simulator costing many lakhs of rupees. In the kitchen AD can help an 85 yr old with arthritis fingers to prepare meals for herself. Grab bars in bathrooms prevent falls. In the bed-room, ceiling poles around the bed can make it easier to get in and out of bed. wheel-chair lifts and stair-climbs allow for full access & mobility throughout the house. In big building

and colonies intelligent homes provide safety and panic alarms, burglar & fire alarms, medical alarms etc. They provide remote control of lighting, front-door, curtains etc. However these technologies cannot replace human assistance but supplement human help. First try to take assistance from your own body with the help of exercise, Yoga, Pranayama, medicines etc.

Policy makers must focus on four issues-

- (1) Make A.T. more affordable & accessible,
- (2) Information on ADs should be easily available
- (3) Policy should not be based solely on economic factors
- (4) Functionally impaired individuals should have the opportunity to decide which type of device they will use.

Prof. J.P. Venkateshwarlu, Jt. Organising Secretary, AISCCON, proposed a vote of thanks to all.

Scientific Session I -

Device for the frail and Ailing elderly-

Opening the discussion Dr Sugan Bhatia suggested that we should write to the Disability Council of India to give the same benefits to Senior Citizens that are available to the disabled for getting the assistive devices free. To-day the disabled get them free. BPL Senior Citizens can get them free, but the APL (Above Poverty Line) have to pay 50% of the Cost. We want that the essential devices should reach the APL Seniors free without difficulty.

Speaking on devices for frail & ailing Dr Vikas Goyal said, our practice is that the Geriatrician after examining the patient decides which device is necessary for him. Unfortunately there is very little awareness in this field. Even the specialists are not fully aware of these devices. However it has been

decided that such devices will be produced in the country and made available to needy Senior Citizens. To make them affordable the duties and taxes could be removed, or reduced. Some devices may need modifications & improvement. Help of Engineering Colleges, Bio-medical engineers etc. will be taken. Service support also will be necessary. NGOs will help to use the device properly. Help for funding will also have to be provided. On the basis of need assessment we can prepare the programme. Some technology will have to be imported. Advocacy is needed to get the devices included in Govt. and Insurance schemes.

श्री कौशिक किशोर जैन, उपाध्यक्ष आइस्कॉन ने अपने वरिष्ठों की सुरक्षा के संबंध में अनुभव बताते हुए कहा - एक ७६ वर्ष के वृद्ध को बेटेने घर से निकाल दिया। वह वृद्धाश्रम में नहीं जाना चाहता था, क्योंकि वह पहले मिलिटरी में था। उसका कहना था MWPC Act 2007 के तहत जो व्यवस्था है उसके अनुसार मुझे मदद चाहिये। मैं उनको सामाजिक न्यायमंत्री (राजस्थान) श्री मदन दिलावर के पास ले गया। MWPC Act का नोटिफिकेशन तब तक राज्य शासन ने नहीं निकाला था। मंत्रीजी ने ३ दिनों में नोटिफिकेशन जारी किया। कलेक्टर ने आदेश दिया कि उन्हें प्रतिमाह रु.१०,०००/- दिया जाय, अन्यथा वह दण्डनीय अपराध होगा।.. एक महिला जिसे प्रतिमाह रु.९०००/- पेन्शन मिलना चाहिए था, केवल ९०० रु. प्रतिमाह दिया जाता था। मैं उसे महिला आयोग के पास ले गया और उसे न्याय दिलाया। महावीर कैन्सर अस्पताल ने हमें आश्वासन दिया है कि किसी भी कैन्सरपीडित वरिष्ठ नागरिक की चिकित्सा मुफ्त की जाएगी।

इस पर डॉ. सुगन भाटिया ने कहा वह Assistive Technology का प्रात्यक्षिक है। श्री जैन ने अपने कौशल्य का उपयोग समस्याओं को सुलझाने के लिये किया है।

Shri APS Chawla, who is spreading awareness in Breast Cancer said, awareness is the seed for early detection and early detection leads to cure of cancer. We should reach to the people instead of

the people reaching us. Hence we have started mobile medical vans with facility of free Mammogram for Screening of Cancer. In villages there is very little awareness - they feel cancer is contagious and run away. It is a social stigma. Delhi Cancer Hospital has assured to give free treatment for Cancer patients. Our mobile vans move in city & colonies. We need help and co-operation from all. **“Ignorance kills, awareness leads to early detection which can Cure Cancer.”**

Shri D.N, Chapke, Secretary General AISCCON proposed a vote of thanks.

Scientific Session II-

Accessibility and Affordability of various Assistive Technologies-

The Session was chaired by Shri R N Mital, Senior Vice President, AISCCON and the speakers were Dr PKB Nayar, Dr Sunil Bhatia, Dr Usha Dikshit and Dr Sughan Bhatia.

Dr PKB Nayar said there are practical difficulties in use of assistive devices. Kerala state has a policy on physically handicapped. We suggested that a part of funds be spared for the disabled Senior Citizens. The number of the needy Senior Citizens. could not be decided. They did not have an agency to distribute devices at the District level. Through HelpAge I contacted 52 Old Age Homes, but they didnot respond to our inquiry. I have prepared a questionnaire on this subject of user friendly devices.

In census 2001 some data on the handicapped was collected.

	60+	80+
1) Visually handicapped -	18 / 10,000	319 / 10,000
2) Hearing " " "	58 / 10,000	175 / 10,000
3) Speech " " "	20 / 10,000	59 / 10,000
4) Locomotor " " "	119 / 10,000	208 / 10,000
5) Disability in other forms	293 / 10,000	509 / 10,000

These figures indicate the need of the devices particularly in old-old Seniors. Affordability, usability and the environment in which they are used, put some restriction on the usage of the devices. In poor people the devices are not useful as they are out of their reach. The battery on hearing aid is costly. Cataract operations are not free. These facts are to be taken into account.

The need for these devices will be increasing in future. The usability depends on urban living, affordability and education level of the Senior Citizens. The Govt. Deptts. should be elder-friendly. The houses, parks etc. should be elder-friendly. It is observed that 40% of the elderly in the age group 50-70 will have at least one fall, some of which will be serious, needing complicated surgery. Even small fractures in hand will need plaster for some months creating problems for the Senior Citizens.

AISCCON should caution the Senior Citizens to be careful in movements. Walkers with broad base be used in preference to sticks. To-day people avoid using stick which makes one feel aged. Old Age Homes should be elder friendly. To-day they are in make shift houses. AISCCON should propagate these messages spread information on tools & make them popular.

Speaking on Desgning a Device Shri Sunil Bhatia (of Design for all Institute) said, the progress in science & technology must be used for the society. Your son and daughter are the best assistive technology for you because they are emotionally

attached. Try to be a sober person, then only assistive technology can help you. Every problem has a solution. Folk designs are more durable than people's designs. (e.g. Pyramid in

Egypt). Designs can be functional and emotional. (e.g. candle for birthday).

Chairman Shri R N Mital said, according to the National Council on Disability, 1 out of every 7 persons in USA suffers from disability. This causes enormous loss to the nation because of reduced productivity and the burden of the health-care of the disabled. There are some 8000 assistive device to cover all types of disabilities. In USA 80% of the Seniors who used such device were able to reduce their dependence on others while 50% could avoid the use of expensive long-term home care and could avoid going to nursing homes.

The high cost of many devices is a problem. Insurance companies- even in USA- don't include home-care & the AD in their programme. The data available is also little; about the requirement of assistive devices. Australia has worked them out. The production can be organised only on such data. For more awareness we need museums of devices, in various cities. Six Regional Research Institutes that are coming up shortly, should undertake development of adaptable devices suitable to Indian conditions. My other suggestions are - (1) Indian Standards Institution should be requested to take up standardization of the devices. (2) Govt. should exempt taxes on devices. (3) We should request IRDA to issue a directive to Insurance companies providing health cover to include AD in their cover. (4) Under the state sponsored Health Insurance Scheme the long term home care and AD be included in the cover.

Shri J R Gupta proposed a vote of thanks.

Concluding Session:

Dr S P Kinjawadekar was in the Chair and the Speakers were Dr Vikas Goyal and Dr Sugan Bhatia.

डॉ. विकास गोयल ने कहा- ये साधन जल्दी से जल्दी,

उचित मूल्य पर उपलब्ध कराना, हमारा प्रयास होगा। सभी वरिष्ठ नागरिकों को, ये साधन मुफ्त उपलब्ध हो इसलिये आइस्कॉन Disability Council को लिखे। आइस्कॉन के माध्यम से राज्य/ जिला स्तर पर Sensitivity तथा Awareness कार्यक्रमों का आयोजन करना, हमारी कोशिश होगी। FIE (financial International For the Elderly) से साधन तथा जाँच (Investigation) कम दाम में उपलब्ध कराने के लिये आइस्कॉन हमारी मदद करें।

Dr Bhatia said there are three types of disabilities. (1) In physical disabilities - mobility like walking stick, wheel chair, knee brace cap are required. (2) In sensory disabilities hearing aids, spectacles etc. are needed. (3) In cognitive disabilities, involving dementia, parkinsons etc., there has been little development. Our duty is to find out the type of disability and try to give the needy Senior Citizen the suitable device.

Shri R N Mital said there is very little awareness about thousands of devices available. We must have museum of ADs in Cities. We can provide space for one such museum in Hyderabad.

श्री सुगन भाटिया ने कहा इस्रायल के साथ बातचीत कर एक म्यूजियम हम आइस्कॉन भवन मुंबई में बना सकेंगे।

श्री अमृतभाई मोढ ने पूछा गरीब वरिष्ठ नागरिकों के पास ये साधन कैसे पहुंचेंगे? श्री सुगन भाटिया ने कहा हम वृद्धाश्रमों में इन सहायक साधनों का प्रचार करें और जिन वरिष्ठों का साधन की जरूरत है इस वह दिलाने में मदद करें। वृद्धाश्रमों की रचना में परिवर्तन करने की, वहा काम करनेवालों के प्रशिक्षा की जरूरत है। आप वृद्धाश्रमों के डिजाइन बनाइये।

अध्यक्ष डॉ. किंजवडेकर ने समारोप करते समय कहा कि आइस्कॉन वरिष्ठ नागरिकों के जीवन को सुखी करना चाहता है, जिसके लिये ये सहायक साधन उपयुक्त है।

(1) AISCCON will write to Disability Council to make the assistive devices available free or at normal cost to all Senior Citizens.

(2) We will help the DST to organise awareness and sensitization Programme for Senior Citizens in States & District.

(3) We will undertake advocacy to make

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the devices & Investigations freely available under FIE.

I assure you that AISCCON is committed to fulfil the expectations of Senior Citizens, to improve the quality of their life. I sincerely thank the DST for their support to hold this National Seminar & particularly thank Shri R. Saha, Dr Vikas Goyal and Dr Sugan Bhatia, without whose help this Seminar would not have been successful. I also thank all lecturers and Guests for sparing time for us.

महासचिव श्री डी एन् चापके ने सभी को धन्यवाद दिये।

Open Session of AISCCON - Started at 5 p.m. with Dr. S P Kinjawadekar in the Chair & all office-bearers of AISCCON on the dias. Shri D N Chapke, Secretary General welcomed all and read the report of activities of AISCCON from April 2008 to December 2008. With Age Care Associates Orissa, Bhubaneshwar joining the AISCCON, we have now activities in 20 States & 2 Union Territories. The Report was adopted with appreciation.

The Treasurer Shri P K Kshetramade gave information about assets & liabilities of AISCCON. Shri B Ranganathan, Mg. Editor, AISCCON News informed about the progress of AISCCON News and appealed to all members to join as life subscriber of AISCCON News. The Secretary General Shri D N Chapke then presented the Resolutions which were already considered by the pre-conference Central Council meeting on 22nd Dec. 08. Some amendments suggested by members were accepted & incorporated in the Resolution. All Resolutions were unanimously adopted. (Printed at the end of this issue).

The President in his speech thanked the members for their support. He appealed every member to be a life subscriber of AISCCON News and Patron of AISCCON

to give financial stability to AISCCON. He also appealed for donations for the Varishstha Nagarik Bhavan being constructed in Nerul, Navi Mumbai.

Smt. Durga Kanugo, Chairman of FESCOM, Vidarbha (E) Region extended invitation to hold the 9th National Conference of AISCCON at Nagpur in November 2009. This was greeted with applause by all members. The President declared that the invitation was accepted.

Jt. Secretary Shri N N Ingle, proposed a vote of thanks to the Chairman and the host Association.

Valedictory Function:-

Immediately after the open Session the Valedictory Function was held in which Ms Arti Mehra, Mayor of Delhi was the Chief Guest. The Convenor of the Conference Shri J R Gupta introduced the Mayor to the meeting. She was felicitated at the hands of the President with a beautiful memento and bouquet.

अपने भाषण में मेयर श्रीमती आरती मेहरा ने कहा - 'दिल्ली की जनता की तरफ से मैं आप सब का स्वागत करती हूँ। वरिष्ठों का उचित ख्याल करना हर शासन का कर्तव्य है। आज ७५ वर्ष तक आप आसानी से तंदुरस्त रह सकते हैं। टेक्नोलोजी विकसित करना जनता की सुरक्षा और स्वास्थ्य के लिये, हर देश के लिए आवश्यक है। शासन के प्रगति का, टेक्नोलोजी का लाभ हर व्यक्ति को मिलना चाहिए। दिल्ली की आबादी आज १ करोड़ ४० लाख है जिनमें से ४ लाख लोग unauthorised colonies में रहते हैं। ३०% लोग दरिद्र रेखा के नीचे हैं। ६०+ गरीब वरिष्ठों को पेंशन देने के लिये ५५ करोड़ रु. खर्च होता है। हमारी स्वास्थ्य सेवाओं में सुधार की जरूरत है। आनेवाले मार्च-अप्रैल में हम ५५ हजार वरिष्ठों को स्वास्थ्य बीमा देंगे।

वरिष्ठ लोग धरती में मा-बाप का, भगवान का रूप हैं। वृद्धाश्रम हमारे संस्कृति के विरुद्ध हैं। हमने तय किया है कि हर वॉर्ड में वरिष्ठ नागरिकों के लिये रंजन केंद्र और व्यायामशाळा बनाएंगे। १५० वरिष्ठ रंजन केंद्रों के लिये ऑर्डर निकल चुके हैं।

सभा ने महापौर के भाषण पर आनंद व्यक्त किया। अध्यक्ष

**8th National Conference of AISCCON
at New Delhi, on 22nd to 24th Dec. 2008**

डॉ. किंजवडेकर ने उन्हें धन्यवाद दिया।

८वीं राष्ट्रीय परिषद के दो दिन के कार्यक्रमों की यशस्विता के लिये अध्यक्ष ने सीनियर सिटिजन्स कौन्सिल, दिल्ली के कार्यकर्ताओं को, विशेषतः अध्यक्ष श्री जे आर गुप्ता की प्रशंसा की और उन्हें एक सम्मानचिन्ह प्रदान किया। आइस्कॉन के हर अधिवेशन में उपस्थित रहकर आकर्षक, रंगोली खींचनेवाले कलाकार दम्पति श्री वसंत रोय और श्रीमती सुहासिनी थिटे का सम्मान अध्यक्षने सम्मानचिन्ह देकर किया। अधिवेशन के संयोजक सीनियर सिटिजन्स कौन्सिल, दिल्ली की तरफ से अधिवेशन की सफलता और आइस्कॉन का सफल नेतृत्व करने के लिये डॉ. किंजवडेकर का सम्मानचिन्ह देकर गौरव किया गया और सभी सदस्यों ने खड़े होकर उनको तालियों के गडगडाहट से अभिवादन किया। पूर्वाध्यक्ष श्री रमणभाई शाह ने दिल्ली के कार्यकर्ताओं की प्रशंसा की और उनमें से तीन प्रमुख कार्यकर्ताओं का सम्मानचिन्ह देकर गौरव कराया। श्री रमणभाई ने आइस्कॉन के सलाहकार डॉ. सुगन भाटिया के दो मास के अथाक प्रयासों का गौरव करके उन्हें हृदय से धन्यवाद दिया। बहुत कम समय में दो किताबें - (i) Protection of Life & Property of Senior Citizens in India और (2) Assistive Technologies for Senior Citizens in India तथा स्मारिका (Souvenir) छापकर सभी प्रतिनिधियों को समयमें उपलब्ध कराने के बड़े कार्य के लिये भी श्री रमणभाई ने डॉ. सुगन भाटिया के प्रति विशेष आभार व्यक्त किया।

महासचिव श्री दि.च. चापके ने सभी को धन्यवाद दिये और अध्यक्ष ने अधिवेशन समाप्ति की घोषणा की।

दिल्ली दर्शन कार्यक्रम-

अन्य राज्यों से आये सभी सदस्यों ने दि. २५ दिसंबर को पूरे दिन दिल्ली-दर्शन का आनंद लिया। और रात्रि को, अगले वर्ष नागपूर में फिर मिलेंगे इस वादे के साथ अपने गांव को प्रस्थान किया।

-डी.एन्. चापके महासचिव, आइस्कॉन

OBITUARY

* **Shri S.Y. Godambe** (74 yrs),
AISCCON Patron from Mulund (E), passed
away on 2/1/2009.

May her soul rest in eternal peace.

-Mg. Editor

S. S. PALANIMANICKAM

Minister of State For Finance
Government of India
North Block, New Delhi 110 001
वित्त राज्यमंत्री
भारत सरकार
नार्थ ब्लॉक, नई दिल्ली - ११० ००१.

D.O.F. No. 150/83/2008-TPL

23rd September, 2008

Dear Thirumati Kiran Maheshwariji

1. Please refer to your letter No.19109/1565 dated 26th May, 2008 addressed to the Finance Minister. One of the proposals made in the said letter, concerning the Department of Revenue, pertains to reducing the existing age limit of 65 years to qualify as a 'Senior Citizen' for the purpose of the Income-tax Act.

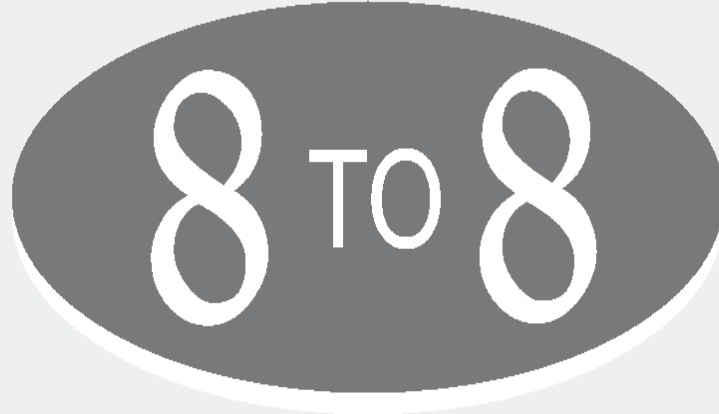
2. I have got the issue examined. Under the existing provisions of the Income-tax Act, 1961, every individual, being a resident in India and who is of the age of 65 years or more at any time during the previous years is eligible for tax concessions as a 'senior citizen'. The variation in the age limit for senior citizens for grant of concession by different Ministries is due to the difference in the purpose for grant of such concessions. The proposal to reduce the existing age-limit of 65 years to qualify as 'senior citizen' for the purposes of the income-tax Act has been examined during the budgetary exercise and has not been found to be feasible.

With regards,

Yours sincerely,
(S. S. PALANIMANICKAM)

Thirumati Kiran Maheshwari,
National President, BJP Women Cell,
31, Meena Bagh,
Maulana Azad Marg,
New Delhi - 110001.

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RESOLUTIONS ADOPTED AT THE 8TH NATIONAL CONFERENCE OF AISCCON HELD AT NEW DELHI ON 23RD- 24TH DECEMBER, 2008

RESOLUTION NO. 1

“This 8th National Conference of AISCCON held at Delhi on 23-24th December 2008 unanimously resolves and requests the Union Railway Minister to –

i) Announce 50% travel concession to male Senior Citizens (60+), as is already given to Women Senior Citizens, in the ensuing Railway Budget for 2009-2010. The Conference also requests the Railway Minister to make available this concession for all trains, including Passenger Trains, so that the rural poor Senior Citizens segment will get the benefits more conspicuously;

ii) The concession should also be available in Tatkal reservation of tickets, and for transfer to another class;

iii) Old-old Senior Citizens (85+) should be considered as disabled and handicapped persons and the facility of one accompanying person free should be allowed to them;

iv) A small sub-compartment – like the one for the disabled – in each suburban local train should be reserved for Senior Citizens for their safe travel;

v) Elevators or lifts be installed at all major Railway Stations to give relief to Senior Citizens from physical strain in climbing up the stairs and bridges, and

vi) Circular be issued by the Railway Ministry for arranging separate Q for Senior Citizens at all Stations for all types of tickets.”

Proposed by : Shri Jagubhai Belani (Bharuch)

Seconded by : Shri K.N. Sharma (Navi Mumbai)

- Passed unanimously.

RESOLUTION NO. 2

“This 8th National Conference of AISCCON held at Delhi on 23-24th December 2008 unanimously resolves to request the Finance Minister to announce in the Budget 2009-10 a new Senior Citizens Savings Scheme, replacing the existing one, with 11% tax-free interest and without any lock-in period to facilitate convenience for quick redemption of investments to tide over their emergent needs”.

Proposed by : Shri G.P. Mokashi (Pune)

Seconded by : Shri S.C. Sharma (Ujjain)

- Passed unanimously.

RESOLUTION NO. 3

“This 8th National Conference of AISCCON held at Delhi on 23-24th December 2008 unanimously resolves and requests the Minister for Social Justice & Empowerment to prevail and urge upon the Ministries in the Central Govt. to announce all benefits available to Senior Citizens with the uniform age criteria and definition of 60+ as announced in the National Policy for Older Persons”.

Proposed by : Shri Ramanbhai Shah (Pune)

Seconded by : Shri K.K. Jain (Jaipur)

- Passed unanimously.

RESOLUTION NO. 4

This 8th National Conference of AISCCON held at Delhi on 23-24th December 2008 unanimously resolves that the Union Minister of Chemicals & Fertilizers (Hon'ble Shri Ram Vilas Paswan), Govt. of India, should issue mandatory instructions to all Pharmaceutical Corporates to render 20% concession on MRP of all medicines purchased by Senior Citizens Community, considering the inflationary pressure faced by them and the rising costs of medicine”

Proposed by : Shri Amritbhai Modh (Gandhinagar)

Seconded by : Shri B. Ranganathan (Mumbai)

- Passed unanimously.

RESOLUTION NO. 5

“This 8th National Conference of AISCCON held at Delhi on 23-24th December 2008 firmly resolves and requests the Finance Minister, Govt. of India, to establish a Committee to search the reasons why the concept of Reverse Mortgage has not become viable and worthy of full implementation and advise the operating agency i.e. National Housing Bank to make all out efforts to make the Scheme popular among the elderly fraternity.”

Proposed by : Shri J.V. Pandharipande (Gondia)

Seconded by : Shri G.K. Patil (Dhule)

- Passed unanimously.

RESOLUTION NO. 6

“This 8th National Conference of AISCCON held at Delhi on 23-24th December 2008 unanimously resolves and requests the Minister of Finance, Govt. of India, to expedite the process of amendment of DICGC (Deposit Insurance and Credit Guarantee Corporation) Act, without further delay, with provision of insurance cover increased to Rs.3 lakhs and settling the claims of Senior Citizens (60+) on priority basis, with 50% of their account balance to be settled immediately since they have no source of income except the returns on investments of their life savings.”

Proposed by : Prof. V. Visveswariah (Hyderabad)

Seconded by : Shri S.N. Kulkarni (Ujjain)

- Passed unanimously.

RESOLUTION NO. 7

“This 8th National Conference of AISCCON held at Delhi on 23-24th December 2008 solemnly resolves and requests the Government to announce the launching of 12% Tax-free Welfare Bonds for Senior Citizens for raising the relevant funds for implementation of various Programmes & Schemes under the NPOP”.

Proposed by : Smt. Mandakini Desai (Belgaum)

Seconded by : Shri J.P. Venkateswarlu (Guntur)

- Passed unanimously

RESOLUTION NO. 8

“This 8th National Conference of AISCCON held at Delhi on 23-24th December 2008 unanimously resolves and requests the Governor of Reserve Bank of India to advise the Banking Sector to pay 2% additional rate of interest on all term deposits and 1% additional rate of interest on Savings Bank Deposits with a view to make Elderly Community (60+) sustain the pressures of inflation.”

Proposed by : Shri R.N. Mital (Hyderabad)

Seconded by : Shri P.S. Kshetramade (Navi Mumbai)

- Passed unanimously

RESOLUTION NO. 9

“Since AISCCON is the largest, registered organization of Senior Citizens in India having affiliated Federations/Associations from 18 States and 2 Union Territories, working consistently and constantly for the last seven years pursuing all important problems of Senior Citizens and has held 8 National Conferences of Senior Citizens in different States in the Country, this 8th National Conference of AISCCON held at Delhi on 23-24th December 2008 unanimously resolves and urges upon the Hon’ble Union Minister of Social Justice and Empowerment to recognize AISCCON as the National Association of Older Persons (NAOP) as recommended in Para 96 of the National Policy on Older Persons (NPOP), 1999 to mobilize Senior Citizens, articulate their interests, promote and undertake programmes and activities for their well-being and to advise the Govt. on all matters relating to the Senior Citizens.”

Proposed by : Shri V.J. Padhya (Nasik)

Seconded by : Shri Vinayak Pande (Akola)

- Passed unanimously

RESOLUTION NO. 10

“Taking into consideration that Social Justice is the Subject in the Concurrent List and further taking into consideration that only 8 States out of 29 States in India have declared their State Policy on Older Persons during the last 10 years, this 8th National Conference of AISCCON held at Delhi on 23-24th December 2008 strongly feels that, for early and uniform implementation of NPOP all over India, a Central Council of Social Justice should be established at the earliest – on the analogy of the Central Council of Health & Family Welfare which should be chaired by the Union Minister of Social Justice & Empowerment, with Ministers of Social Justice from all States with their Social Justice Secretaries, Commissioners & Directors as Members. The Conference further recommends that its yearly meetings of this Central Council should be held regularly which will help to reach consensus on implementation of different programmes resulting in uniform and speedy implementation of NPOP all over India.”

Proposed by : Shri D.T. Chaudhari (Jalgaon)

Seconded by : Shri Sudhakar Rao

- Passed unanimously

RESOLUTION NO. 11

“It is regretfully noted that only 8 State Governments have so far declared their State Policy for Senior Citizens though 10 years have passed since the declaration of National Policy on Older Persons and although the State and Union Governments are responsible for implementation of the Policy. This 8th National Conference of AISCCON held at Delhi on 23-24th December 2008 urges on the State Governments who have not yet declared the State Policy for Senior Citizens, to immediately declare the same, appoint State Council for Senior Citizens including therein the representatives of Senior Citizens Association and implement the Policy by appointing a State Commissionerate for Senior Citizens with sub-offices at District Level.

The Conference further request that the following facilities be provided at the earliest uniformly in all the States for the welfare of the Senior Citizens (60+):

- 1.Raising the State Assistance in pension to BPL Poor Senior Citizens (60+) to Rs.500/- per month, at least;
- 2.Priority in free investigations and treatment in all public and municipal hospitals;
- 3.50% concession in bus fare in all State Road Transport Buses including Inter-State Buses and Government approved Transport Companies and reserving four seats in each bus for the Senior Citizens;
- 4.Free space for Multi-service Centres/Day Care Centres for the Senior Citizens Associations;
- 5.Issue of Govt. Identity Cards to all Senior Citizens, free or at nominal cost and
- 6.Police watch, protection and guidance for lonely Senior Citizens.”

Proposed by : Shri S.B. Mulani (Lasalgaon)

Seconded by : Shri Yogesh Deputy (Surat)

- Passed unanimously

RESOLUTION NO. 12

“For the benefit of Senior Citizens in India AISCCON has undertaken a Project of construction of Jyeshtha Nagarik Bhavan at Nerul, Navi Mumbai which would cost around Rs.91 lakhs to-day.

This 8th National Conference of AISCCON held at Delhi on 23-24th December 2008 resolves to request the Union Ministry of Social Justice & Empowerment to grant substantial Recurring and Non-recurring Grant for this Project which will house a Multi-service Day Care Centre with Library, Reading Room, Free Health Counseling Centre, Legal Counseling Centre and Helpline, etc.”

Proposed by : Shri V. Narayana Murthy (Chebrolu)

Seconded by : Shri I.M. Desai (Daman)

- Passed unanimously

RESOLUTION NO. 13

“This 8th National Conference of AISCCON held at Delhi on 23-24th December 2008 resolves that in conformity with the U.N. Principles for Older Persons and for proper implementation of the National Policy on Older Persons and the relevant Acts like the Maintenance & Welfare of Parents and Senior Citizens Act, 2007 the Government should

introduce the National Commission for Senior Citizens Bill in the Parliament at the earliest and get it adopted.”

Proposed by : Shri Yogesh Deputy (Surat)

Seconded by : Shri Somabhai Parmar (Gandhinagar)

- Passed unanimously

RESOLUTION NO. 14

“This 8th National Conference of AISCCON held at Delhi on 23-24th December 2008 resolves that considering the reduced physical capacity of Senior Citizens to withstand strain, the Central & State Governments should arrange to provide separate Queues in all Banks, Post Offices, Telephone and Electricity Bill Payment Facilities, etc. for Senior Citizens, which will reduce their waiting period and help them to keep themselves independent.”

Proposed by : Shri J.R. Gupta (Delhi)

Seconded by : Shri N.N. Ingle (Akola)

- Passed unanimously

RESOLUTION NO. 15

“The Project OASIS (Old Age Social & Income Security) which can provide Social Security to over 39 crore workers in the unorganized sector in their old age is not yet fully implemented. The Project ensures that every young worker can build up enough savings during his working life which would serve him as a shield against poverty in old age.

This 8th National Conference of AISCCON held at Delhi on 23-24th December

2008 demands that the Union Government should launch this Project fully for the welfare of 39 crore future Senior Citizens, immediately.”

Proposed by : Shri N.V. Kodollikar (Pune)

Seconded by : Shri Jagubhai Belani (Bharuch)

- Passed unanimously

RESOLUTION NO. 16

“Most Senior Citizens up to the age of 75 are healthy and active. Their experience and knowledge is an asset for the Society. This 8th National Conference of AISCCON held at Delhi on 23-24th December 2008 appeals that this national resource of elder power should be channellised and gainfully utilized for various socio-educational projects like Environment Protection, AIDS Prevention, Adult Education, Family Welfare, Immunization, etc.”

Proposed by : Shri Kaushal Kishor Jain (Jaipur)

Seconded by : Adv. S.C. Sharma (Bhopal)

- Passed unanimously

RESOLUTION NO. 17

“It has been emphasized the World over that Day Care Centres/Multi-service Centres are essential in every Town and large Village for providing Recreational, Educational, Medical and Helpline facilities for the local Senior Citizens in proportion of one centre for every ten thousand Senior Citizens, to begin with. Though the Union Ministry of Social Justice &

Empowerment has got a Scheme for Grant-in-aid to such Centres, the total number of Day Care Centres in the country is very very small.

This 8th National Conference of AISCCON held at Delhi on 23-24th December 2008 requests the Union Minister of Social Justice & Empowerment to substantially expand the Scheme of financial assistance to Day Care Centres/Multi-service Centres, on priority basis, with adequate budget provision so that to begin with every Senior Citizen Association/NGO working for Senior Citizens gets a Day Care Centre/Multi-service Centre with adequate financial assistance from the Government to cater to the needs of the local Senior Citizens.”

Proposed by : Shri V.D. Bakre (Pune)

Seconded by : Shri Kanchansinh Thakore (Surat)

- Passed unanimously

RESOLUTION NO. 18

“Realising that the best care the Senior Citizens can get is from the family and the Society, and firmly believing that Service is Best Means to win over people, this 8th National Conference of AISCCON held at Delhi on 23-24th December 2008 appeals to all Senior Citizens Organisations in the Country to undertake Social Service Projects in the interest of different segments of the Society, particularly poor children and students, women and widows, sick and the disabled, etc. such service projects should be a permanent feature of every Senior Citizens Organisation and through their experience and expertise the Senior Citizens should make them successful and ideal projects.”

Proposed by : Smt. Vinata Garde (Aurangabad)

Seconded by : Smt. Durga Kango (Nagpur)

- Passed unanimously

RESOLUTION NO. 19

“In Railways there are over 12 lakh Pensioners (Senior Citizens). Railway has its own infrastructure of Medical Services/Hospitals through out the length and breadth of Indian Railways. Paras 35, 39-46 of National Policy on Older Persons 1999 (on Health Care & Nutrition) can be implemented by streamlining existing infrastructure and readjustment by internal administrative arrangements with little financial implications.

However, according to the Directorate of Health, Railway Board, they have so far neither received the document of National Policy on Older Persons, 1999 nor have any instructions for its implementation.

This 8th National Conference of AISCCON therefore, urges the Ministry of Social Justice & Empowerment as well as the Ministry of Railways to take immediate steps to implement above Paras of National Policy on Older Persons 1999 in the Ministry of Railways.”

Proposed by : Shri S.C. Maheshwari (Gurgaon)

Seconded by : Shri M.D. Bhusari (Mumbai)

- Passed unanimously

RESOLUTION NO. 20

“As per National Policy on Older Persons, 1999 user friendly and affordable health insurance for all Senior Citizens is mandated. In view of the above this 8th National Conference of AISCCON held at Delhi on 23-24th December 2008 resolves to urge the State Governments

to launch a Group Insurance Scheme similar to the Arogya Sri Health Insurance Scheme implemented by the Andhra Pradesh Government. This Scheme covers entire family of BPL category without restriction on family size. Senior Citizens belonging to the family are also covered irrespective of their age and pre-existing diseases. This Conference further resolves that such a Scheme should include - apart from BPL category, all families belonging to Above Poverty Line (APL) and below income-tax level. To keep the financial burden on the State Governments within limits, it is suggested that in case of destitute families, the expenses may be fully subsidized while for other categories the premium can be proportionately charged”.

Proposed by : Shri N.V. Kodolikor (Pune)
Seconded by : Shri P.P. Khanna (Navi Mumbai)
- Passed unanimously

RESOLUTION NO. 21

“The Central Government has launched in November 2007 Indira Gandhi National Old Age Pension Scheme under which a pension of Rs.400/- per month is guaranteed to all BPL Senior Citizens. Several States have not yet implemented this Scheme at all while some State who have implemented are not paying the full amount to the beneficiaries. A large number of eligible Senior Citizens are also not covered.

This 8th National Conference of AISCCON held at Delhi on 23-24th December 2008 unanimously resolves that this Scheme should be implemented by all the State Governments, assuring minimum payment of Rs.400/- for each BPL Senior Citizen.”

Proposed by : Shri R.N. Mital (Hyderabad)
Seconded by : Prof. V. Visveswariah (Hyderabad)
- Passed unanimously

RESOLUTION NO. 22

“The inmates of Old Age Homes belonging to BPL category highly deserve payment of National Old Age Pension and Health Insurance as it has been noted that their health problems are not properly taken care of by the Managements of Old Age Homes.

This 8th National Conference of AISCCON held at Delhi on 23-24th December 2008 unanimously resolves that all eligible inmates of Old Age Homes should be paid National Old Age Pension, and the Governments should also provide them the health insurance cover.”

Proposed by : Shri Mallikarjun
Seconded by : Smt. Savita Gautam (Akola)
- Passed unanimously

RESOLUTION NO. 23

“This 8th National Conference of AISCCON held at Delhi on 23-24th December 2008 resolves that a Disaster & Emergency Management Committee be set up at the National Level by AISCCON, whose chairperson shall be appointed by the President of AISCCON.

It further resolves that the Disaster & Emergency Management Committees be also set-up at the State and Union Territory level by respective State Federations/Associations, whose chairpersons shall be appointed by the President of the respective State Federation/

Association. The chairpersons of these Disaster & Emergency Management Committees shall be the members of the Disaster & Emergency Management Committee at the National level.”

Proposed by : Prof.

Kumar K. Kale

Seconded by : Shri

N.N. Ingle (Akola)

- Passed

unanimously

RESOLUTION NO. 24

“This 8th National Conference of AISC CON held at Delhi on 23-24th December 2008 resolves that the Nationalised and Scheduled Banks and Post Office Banks should give the same rate of interest on Deposits of registered Senior Citizens Organisations and Old Age Homes as is given on deposits of individual Senior Citizens, as that money also belongs to Senior Citizens.”

Proposed by : Shri J.P. Venkateswarlu
(Guntur)

Seconded by : Shri Sudhakar Rao
- Passed unanimously

RESOLUTION NO. 25

“This 8th National Conference of AISC CON held at Delhi on 23-24th December 2008 resolves to request the Ministry of Railways and the Ministry of Communications - Post & Telegraph Department - to include representatives of State Federations/Associations of Senior Citizens in the Advisory Boards of their Departments in each Circle/Division and benefit from their experience and expertise in various fields.”

Proposed by : Prof. V. Visveswariah
(Hyderabad)

Seconded by : Shri Mohan Rao
- Passed unanimously

किरण माहेश्वरी

संसद सदस्य (लोकसभा)

राष्ट्रीय अध्यक्ष

भारतीय जनता महिला मोर्चा

४५७, अम्बामाता योजना,

उदयपुर-३१३ ००१. (राजस्थान)

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डॉ. एस. पी. किंजवडेकर, अध्यक्ष,

अखिल भारतीय वरिष्ठ नागरिक महासंघ,

(केंद्रीय समिति) बी-८/६०२, कावरी सफर कोम्प्लेक्स,

से. १९, नेरुल, नवी मुंबई।

022-27714240 / 42419

महोदय जी,

हमारे पत्र क्रमांक १९१०९/१५५७ दिनांक २६ मई २००८ का अवलोकन करें।

९% वरिष्ठ नागरिक बचत योजना में एक वर्ष का आहरण निषेध काल को हटाने संबंधी आदरणीय श्री पी. चिदम्बरम जी, माननीय वित्त मंत्री को संबोधित पत्र के संदर्भ में माननीय वित्त राज्य मंत्री जी से प्राप्त पत्र की प्रति सूचनार्थ प्रेषित हैं।

धन्यवाद।

किरण माहेश्वरी

नियन्त्रण रखो

जीभ पर नियन्त्रण रखो।

सादा भोजन करो। पवित्र भोजन करो।

सुपाच्य भोजन करो। सीमित भोजन करो।

समय पर भोजन करो।

Contributed by: **Hansraj Choudhary**

Mira Road (E)

चित्तौड़गढ़ में वरिष्ठ नागरिकों का पारिवारिक मिलन

वरिष्ठ नागरिक मंच, चित्तौड़गढ़ का पारिवारिक मिलन समारोह लवकुश उद्यान में अद्भूत तरीके से आयोजित हुआ। अध्यक्ष श्री नवरतन पटवारी एवं डॉ. गिरीष जेरथ के मुख्य आतिथ्य में तथा शास्त्रीनगर, मोक्षधाम के समाजसेवी श्री शांतिलाल लोढ़ा के विशिष्ट आतिथ्य में यह समारोह संपन्न हुआ। तीन पीढ़ियों के इस पारिवारिक मिलन समारोह में उपस्थित सभी भागिदारियों ने एक दूसरे को मालाएं पहनाकर अभिवादन किया और पारस्परिक सहयोग और सुख-दुःख में साथ देने का आश्वासन दिया। महासचिव श्री आर सी डाड ने कहा कि वरिष्ठों के एकाकी जीवन की समस्याओं तथा समाधान पर हमारे मंच में चर्चा होती है।

“वानप्रस्थी, जयपुर से साभार”

प्रेषक: अनिल कासखेडीकर, मुंबई

महाराष्ट्र:

ज्येष्ठ नागरिक सेवाभावी मंडल, कुलगांव-बदलापुर, जि. ठाणे के नये भवन का उद्घाटन

ज्येष्ठ नागरिक सेवाभावी मंडल, कुलगांव- बदलापुर, जि. ठाणे करीब तीस वर्ष पूर्व अध्यक्षता में यह मंडल अनेक समाजोपयोगी कार्यों में रत है। कुलगांव - बदलापुर की यह प्रतिष्ठित समाजसेवी संस्था है। श्रीमती डॉ. मोरो राजे की निःस्वार्थ सेवा के फलस्वरूप इस मंडल ने एक नया भवन प्राप्त किया है जिसका उद्घाटन फेस्कॉम के अध्यक्ष श्री मधुकर भा. कुलकर्णी ने किया। आइस्कॉन अध्यक्ष डॉ. शं.पां. किंजवडेकर मुख्य अतिथि थे। स्थानीय नगरसेवक, नगराध्यक्ष और विधायक की उपस्थिति से इस समारोह की शान बढ़ी। दूसरे दिन इस नवनिर्मित भवन में फेस्कॉम गवर्निंग काउंसिल की बैठक हुई जिसमें २९ सदस्यों ने भाग लिया। डा. सुमती मोरो राजे फेस्कॉम की महिला विकास समिति की अध्यक्ष भी हैं। उनका अभिनंदन किया गया।

- अनिल कासखेडीकर

ज्येष्ठ नागरिक संघ, लोणन्द, जि. सातारा का २३वां वर्धापन दिन संपन्न

ज्येष्ठ नागरिक संघ, लोणन्द, जि. सातारा का २३वां वर्धापन दिन भवानी मंदिर लोणन्द में फेस्कॉम के श्री. मधुकर भा. कुलकर्णी की अध्यक्षता में संपन्न हुआ। प्रा. पुरुषोत्तम शेठ, अध्यक्ष ज्येष्ठ नागरिक संघ, सातारा मुख्य अतिथि थे और श्री अनिल कासखेडीकर मुख्य सचिव फेस्कॉम समारोह में विशेष अतिथि थे। यह संघ प्रति वर्ष ठाणे की प्रसिद्ध पर्यावरणवादी संस्था ‘हरियाली’ की सहायता से बहुत बड़े पैमाने पर आसपास की बंजर भूमि में वृक्षारोपण का कार्य करती है। पुणे के पास आणन्दी से निकलने वाली और पंढरपुर जाने वाली महान संत श्री ज्ञानेश्वर महाराज की यात्रा में निकलने वाले हजारों वारकरी लोणन्द में तीन दिन तक विश्राम करते हैं। इस ज्येष्ठ नागरिक संघ के सदस्य उनकी सेवा करते हैं।

- अनिल कासखेडीकर

फेस्कॉम विदर्भ पूर्व प्रादेशिक विभाग

फेस्कॉम के इस प्रादेशिक विभाग में अंतर्राष्ट्रीय वृद्ध दिवस (१.१०.२००८) से अब तक अध्यक्षता श्रीमती दुर्गाताई कानगो की अध्यक्षता में कई कार्यक्रम आयोजित किए। सचिव डॉ. श्रीपाद सुकलीकर ने प्रदेश के प्रायः सभी वरिष्ठ नागरिक संघों (कुल ९० संघ) से संपर्क कर उनका उत्साह बढ़ाया और समाजोपयोगी कार्यों के लिए प्रेरित किया।

ज्येष्ठ नागरिक मंडल, काटोल जि. नागपुर- वरिष्ठ नागरिकों के लिए आर्थिक, शारीरिक व मानसिक स्वास्थ्य हेतु शिबिर और सामाजिक सुरक्षा पर विशेषज्ञों का मार्गदर्शन।

ज्येष्ठ नागरिक मंडल, कुही, जि. नागपुर वृद्धजनों का सत्कार किया गया।

ज्येष्ठ नागरिक मंडल, भिवापुर, जि. नागपुर वरिष्ठों के कलागुणों का विकास करने के लिए विभिन्न कार्यक्रम।

साने गुरुजी ज्येष्ठ नागरिक संस्था, पारशिवनी, जि. नागपुर. सदस्यों और अन्य वरिष्ठ नागरिकों के लिए स्वास्थ्य परीक्षण शिबिर लगाए गए।

ज्येष्ठ नागरिक मंडल, काटोल, जि. नागपुर ज्येष्ठ नागरिक मंडलों की आवश्यकता पर श्रीमती दुर्गाताई कानुगो का उद्बोधन।

ज्येष्ठ नागरिकों को कानूनी सलाह दी गई।

ज्येष्ठ नागरिक संघ, हिंगनघाट, जि. वर्धा को विविध समाजोपयोगी कार्य करने पर फेस्कॉम का सर्वोत्कृष्ट ज्येष्ठ नागरिक

पुरस्कार घोषित हुआ है। यह पुरस्कार फेस्कॉम के २९वें अधिवेशन में प्रदान किया जाएगा।

विदर्भ पूर्व प्रादेशिक विभाग ने हर तहसील में नये वरिष्ठ नागरिक मंडलों की स्थापना के लिए विशेष योजना बनाई है।

उनके प्रयत्न सफल हों यह हमारी शुभकामना है।

- अनिल कासखेडीकर

फेस्कॉम पुणे प्रादेशिक विभाग द्वारा नूतन वर्षाभिनन्दन और स्नेह मिलन समारोह संपन्न

फेस्कॉम और उसके ९ प्रादेशिक विभाग समय समय पर सदस्य संघों के लिए स्नेह मिलन समारोह आयोजित करते हैं जिसमें वरिष्ठ नागरिकों की विविध समस्याओं का निवारण करने का प्रयत्न किया जाता है। पुणे प्रादेशिक विभाग ने फेस्कॉम और आइस्कॉन के वर्धापन दिन निमित्त एक नूतन वर्षाभिनन्दन कार्यक्रम आयोजित किया। पुणे प्रादेशिक विभाग के करीब २५० सदस्य वरिष्ठ नागरिक संघों के प्रतिनिधि उपस्थित थे। मुख्य अतिथि थे श्री मधुकर कुलकर्णी। स्थानीय विधायक श्री गिरीश बापट ने समारोह की अध्यक्षता की और सभी उपस्थितों को जिनकी संख्या ५०० से भी अधिक थी, नवीन वर्ष की शुभकामनाएं दी। आइस्कॉन के पूर्व अध्यक्ष श्री रमणभाई शाह ने भी सभा को संबोधित किया और वरिष्ठों को स्वस्थ, आनंदी और समृद्ध जीवन की शुभकामनाएं दी। फेस्कॉम के मुख्य सचिव श्री अनिल कासखेडीकर ने फेस्कॉम की उपलब्धियों का गौरवपूर्ण उल्लेख किया। फेस्कॉम के आगामी अधिवेशन निमित्त आयोजित प्रतियोगिताओं में पुणे विभाग के विजेताओं का अभिनन्दन किया। विधायक उल्हासदादा पवार और मोहनदादा जोशी ने भी सभा में वरिष्ठों के सुखमय जीवन हेतु शुभकामनाएं दीं। दूसरे सत्र में पुलिस आयुक्त, पुणे डॉ. सत्यपाल सिंह ने वरिष्ठों के सुरक्षित जीवन हेतु लिए गए कदमों का उल्लेख किया। १०९ वर्षीय सेवा निवृत्त पुलिस सब इंस्पेक्टर श्री भिकू नरुटे का सम्मान डॉ. सिंह के करकमलों द्वारा किया गया।

पुणे प्रादेशिक विभाग के अध्यक्ष श्री निवि कोडोलीकर और सचिव श्री अरविन्द कुलकर्णी ने समारोह की सफलता के लिए बहुत मेहनत की उनका हार्दिक अभिनन्दन।

- अनिल कासखेडीकर

अच्छे विचार मन को प्रेरणा प्रदान करते हैं।

- जीवन गुलाब के फूलों का बिछौना नहीं, काँटों की सेज भी है।
- शरीर से जितना पसीना बहाओगे, शरीर उतना ही सहयोगी बनेगा।
- साँस से जैसे बाह्यजीवन चलता है, वैसे प्रेम से अंतःजीवन चलता है।
- हमारे संघर्षों में कहीं न कहीं ईश्वर की ईच्छा का समावेश है।
- जब हम स्वयं सुधार कर लेते हैं तो सभी कुछ सुधर जाता है।
- मनुष्य शरीर से उतने पाप नहीं करता, जितने मन से करता है।
- चिकित्सक केवल चिकित्सा करता है, अच्छा करने वाली प्रकृति है।
- अगर हर एक हृदय में ईश्वर है, तो हम किसका तिरस्कार करें?
- वह व्यक्ति अमीर है जिसके ऊपर एक पैसे का भी कर्ज न हो।
- गुस्सा किसी पर भी नहीं करना चाहिए, अपने ऊपर भी नहीं।
- दुनिया में सबसे बड़ा धनी वह है जिसको कुछ भी नहीं चाहिए।
- तलवार के सामने दुनियाँ झुकती है और कलम के सामने तलवार।
- विश्वास या तो प्राप्त किया जाता है, या अन्दर से पैदा होता है।
- किसी को हमारे कारण दुःख न हो, यही है सुखी होने का मार्ग।
- रोगों से बचने का पहला उपाय है; हर सुबह आधा घंटा टहलिये।
- आज की अशांति का कारण जीव द्वारा ईश्वर को भूल जाना है।
- जीवन की शुरुआत प्रेम से करो, और समाप्ति में परमात्मा को भजो।
- सच्चे श्रोता दुर्लभ हैं, जो मिलते हैं वे या तो सोते या खोते हैं।
- जीवन में दुःख अनिवार्य है, परन्तु दुःखी रहना अनिवार्य नहीं।

Contributed by: Hansraj Choudhary
Mira Road (E)

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