



# AISCCON NEWS

## आइस्कॉन समाचार

MONTHLY NEWSLETTER OF ALL INDIA SENIOR CITIZENS' CONFEDERATION  
Registration No. Maha/302/03/ Thane under Societies Regn. Act 1860

Estd. 2002

Vol. 6 No. 12

**OCTOBER, 2008**

Single Copy : Rs.10/-

## 8th National Conference of AISCCON at Delhi on 23<sup>rd</sup> & 24<sup>th</sup>, December - 2008

### VENUE

**CHHATARPUR TEMPLE COMPLEX,  
NEAR QUITAB MINAR, NEW DELHI - 110030.**

The tentative Programme is as follows :-

#### Monday, 22nd Dec. 08:

AISCCON Pre-Conference Central Council Meeting from 5 pm to 8 pm  
(Only for Central Council, Members of AISCCON)

#### Tuesday, 23rd Dec. 08:

Conference Inauguration in the August presence of:

**Smt. Meira Kumar**

Hon'ble Minister for Social Justice & Empowerment, Govt. of India, Delhi.

**Shri Kapil Sibal**

Hon'ble Minister for Science & Technology Govt. of India, Delhi

**Smt. Sheila Dixit**

Hon'ble Chief Minister of Delhi

&

**Hon'ble Mayor of Delhi**

(Cont. on pg.6)

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2008

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**SAVINGS ACCOUNT HOLDER OR  
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# WORLD ELDERS' DAY-2008

The United Nations General Assembly through its resolution adopted on 3rd April 1992, recommended to all member nations, special observance of the International Day for the Elderly on 1st October 1992, to mark the 10th anniversary of the World Assembly on Ageing. Since 1992 this day is observed all over the World as the World Elders Day. As declared by the UN Secretary General Ban Ki - Moon the theme of this day (1-10-2008) was 'Rights of Older Persons' which was specially apt in this year which marks the 60th anniversary of the 'Universal Declaration of Human Rights.

In December 1991 the UN General Assembly had adopted the Rights (Principles) for Older Persons which included (1) Independence (2) Participation, (3) Care, (4) Self- fulfillment and (5) Dignity.

(i) Older persons should have access to adequate food, Shelter, clothing and health-care through the provision of income, family and community support & Self-help. They should have access to income generating opportunities, access to educational and training programmes.

(ii) They should remain integrated in Society and participate actively in the formulation and implementation of policies that directly affect their well-being. They should be able to form associations of Senior Citizens.

(iii) They should benefit from family & Community Care and protection in accordance with each society's system of cultural values. They should have access to health care to help them maintain optimum level of physical, mental and emotional health. They should be able to enjoy human rights and fundamental freedom when residing in any shelter, care or treatment facility.

(iv) They should be able to pursue opportunities for the full development of their potential. They should have access to educational, cultural spiritual and recreational resources of society.

(v) They should be able to live in dignity &

security - free of exploitation and physical or mental abuse.

Madrid International Plan of Action on Ageing, 2002, is committed to eliminate all forms of discrimination including Age discrimination. All forms of neglect, abuse and violence against them must be eliminated. Despite this commitment in many countries, including India, the rights of Senior Citizens are violated every day. They face age discrimination at work place, they lack recognition & respect in social environment. Incidences of neglect, abuse and violence against them are not at all rare or isolated events.

**'World Elders Day'** is an opportunity to promote the rights of elderly and secure their full participation in the Society. The day should be appropriately observed by all the 3 Govts. the Union the State and the local Govts., With the full involvement of local Senior Citizens Associations & NGOs. The Union Ministry of Social Justice & Empowerment has started some programmes like Walkathon & honouring Seniors who have rendered valueable services. Andhra Pradesh State Govt. hold Elders Day programmes every year jointly with the State Federation - FAPSCO. Navi Mumbai Municipal Corporation Celebrates WED since last year, felicitates 75+ Seniors and those have specially contributed for the society. This is probably the only corporation which has established a Senior Citizens Cell.

Andhra Pradesh example can be emulated by all State Govts. at least by those who have declared their State Policies on Older Persons. Similarly Navi Mumbai's elder care programme can be copied by all Municipal Corporations and Municipal bodies. That will make a big difference.

Let us redouble our efforts to realise the rights of older persons, Let us also work so that from 2009 all State Govts. upto district level and all Municipal Corporation & Municipal Bodies observe **'World Elders Day'** suitably to uphold the rights of all Senior Citizens.

**Dr S P Kinjawadekar**

*Editorial...*

# 8<sup>th</sup> National Conference of AISCCON at Delhi on 23<sup>rd</sup> & 24<sup>th</sup>, December - 2008

## Tuesday, 23<sup>rd</sup> Dec. 08:

Protection of Life and Property of Senior Citizens-a Seminar by HelpAge India  
Cultural Programme in the evening

## Wednesday, 24<sup>th</sup> Dec. 08:

Scientific Session (Sponsored by Scientific and Technology Deptt.)  
Open Session  
Valedictory Function

## Thursday, 25<sup>th</sup> Dec. 08:

Delhi Darshan Tour (at Delegates Cost)  
*(Detailed Programme of the Conference on 23rd & 24th December 2008 will  
be published in the November - 2008 issue of AISCCON NEWS)*

★ ★ ★ ★

Conference Delegate Fee - Rs.500/- plus Rs.200/-  
for 2 days Dormitory Accomodation  
Reception Committee Membership - Rs.1000/-  
(includes Dormitory Accomodation)

Delegates desiring to Stay in seperate rooms in Temple Complex can do so at  
their own cost. An advance of Rs.1000/- day should be sent in advance for Room  
Reservation alongwith Registration Form.

(Registration Form and Awards forms on page No. 7-8-9)

### CONVENOR

1) **Shri J.R. Gupta**, President  
Senior Citizens Council of Delhi  
B-2/73-B, Safdargunj Enclave,  
New Delhi - 110021.  
Tel.: 011-26197711 Mob.: 09810488059

### AISCCON

1) **Dr. S.P. Kinjawadekar**, President  
B-8/602, Kaveri, Safal Complex,  
Sector 19A, Nerul, Navi Mumhai-400 706.  
2) **Shri D.N. Chapke**, Secretary General  
3) **Prof. Sujan Bhatia**, Advisor, New Delhi

# 8<sup>th</sup> National Conference of AISCCON, Delhi on 23<sup>rd</sup> & 24<sup>th</sup> December 2008

## Delegate Registration Form

1. Full Name of the Delegate: \_\_\_\_\_  
Full Name of accompanying Spouse: \_\_\_\_\_
2. Address \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ Pin \_\_\_\_\_  
Tele.No. \_\_\_\_\_ Mobile \_\_\_\_\_
3. Arrival at Delhi on \_\_\_\_\_ at \_\_\_\_\_  
by Train No. \_\_\_\_\_ Flight No. \_\_\_\_\_
4. I am sending herewith the charges for Registration and accomodation as follows-  
(a) Reception Committee Membership - Rs.1000/- or  
(b) Registration Charges Rs.500/-  
Plus- Dormitory accomodation charges Rs.200/- or  
I need seperate accomodation at Temple Complex

I am sending advance payment @ Rs.1000/- per person for seperate accomodation.  
Total amount Rs. \_\_\_\_\_ by Demand Draft in favour of  
"All India Senior citizens Confederation" on Bank of India I.P. Extn.  
A/c. No. 605810110004691 Patparganj, Delhi - 110092.

Date: \_\_\_\_\_

*Signature of the Delegate*

Place: \_\_\_\_\_

The Registration form alongwith payment should reach the Convenor at the earliest  
**Shri J.R. Gupta** President (Convenor)  
Senior Citizens Council of Delhi, B-2/73-B, Safdargunj Enclave,  
New Delhi - 110021. Tel.: 011-26197711 Mob.: 09810488059

*This form can be Xeroxed and used.*

## AWARDS to be given in the CONFERENCE:

- I. Applications are invited from Senior Citizens Associations affiliated to AISCCON for
  - (1) Best Senior Citizens Association (Urban) Award
  - (2) Best Senior Citizens Association (Rural) Award in the following format:
    1. Name of the Association \_\_\_\_\_
    2. Established \_\_\_\_\_ Registration No. \_\_\_\_\_
    3. Address \_\_\_\_\_  
\_\_\_\_\_ (Tel. \_\_\_\_\_ )
    4. President \_\_\_\_\_  
\_\_\_\_\_ (Tel. \_\_\_\_\_ )
    5. Secretary \_\_\_\_\_  
\_\_\_\_\_ (Tel. \_\_\_\_\_ )
    6. Number of members (Males) \_\_\_\_\_ (Females) \_\_\_\_\_
    7. Meeting held every week / 15 days / month. \_\_\_\_\_
    8. Important activities conducted regularly \_\_\_\_\_  
-----
    9. Social Projects conducted \_\_\_\_\_  
-----
    10. Important achievements, Awards received etc. \_\_\_\_\_
    11. Attach a copy of the Constitution, Latest annual report with A/c, important activity photographs etc.

*Applications should be sent to the  
Secretary General, AISCCON  
B-8/602, Kaveri, Safal Complex,  
Sector 19A, Nerul, Navi Mumbai-400 706,  
so as to reach before 22nd Nov. 2008.*



II. Applications are also invited for Dr. Dange Best Senior Citizen Male Worker Award given by Jyeshtha Nagarik Sangh, Mulund (E), Mumbai-400 081 from workers of Senior Citizens Associations affiliated to AISCCON; in the following format:

1. Name \_\_\_\_\_ Age \_\_\_\_\_
2. Address \_\_\_\_\_  
\_\_\_\_\_ (Tel. \_\_\_\_\_ )
3. Member of \_\_\_\_\_ Senior Citizen Association
4. Qualification \_\_\_\_\_
5. Services rendered \_\_\_\_\_  
(i) through Senior Citizen Association / other organisation:-  
(ii) Individually.
6. Achievements, Awards received so far- \_\_\_\_\_
7. Positions held in Social Organisations- (as President / Secretary / Treasurer etc.)
8. Attach a report on work with brief Bio-data.

The application should reach the Secretary General, AISCCON B8/602, Kaveri, Safal Complex, Sector 19A, Nerul, Navi Mumbai-400 706 before 22nd Nov. 08.

Dr. S.P. Kinjawadekar  
President, AISCCON  
B-8/602, Kaveri,  
Safal Complex,  
Sector 19A, Nerul,  
Navi Mumhai-400 706.

D.N. Chapke  
Secretary General  
AISCCON

# Creating The Future...

## Loud Thinking..... 1st October World Elders Day

**S.S. Raichur** Pune Ph. 25461804 ✉

Like the English phraseology 'Come September' all wait for come October to celebrate. In India October is eagerly awaited by the society - the religious community for Navaratra and Deepavali festivals, business community for emptying consumers pockets in their festival mood, the corporate sector workforce for bonuses, the agriculturists for bumper harvest and yes, our future generations - the children for holidays and trips. The elderly - call by any name as 'buddas', sivers, dignitarians or the dignified nomenclature. 'Varistha Nagariks', wait for their gathering on 1st October, the World Elders Day. Their spirits match that of younger generation though the duration may be shorter. World- over older persons meet on 1st October. Their federations follow it up in the coming months with conferences or Adhiveshans.

### **Introduction:**

Older persons in young India have started organising themselves since a couple of decades, as defensive measure to exert their right for a peaceful healthy life, having lost the safety net of joint family. Experience shows the elected representatives though elderly are less compassionate towards their problems. Sheer union strength gets the working class required welfare measures from the administration. Senior Citizens who constitute 15% can get their safty net and health needs through their organised voting power. They come under only one nomenclature - the Senior Citizen, irrespective of party, class, creed religion or gender. The results are seen in America from the respect A.A.R.P. of the elderly command there. So loud thinking is for more organisations through the length and breath of India. It is also in their interest and interest of all aged, the Pensioners from Governments,

Banks, Public Sector Undertakings like LIC etc the lucky lot join the Senior's movement and can take leading roles also. Pensioners should also remember, they form only 10% of the elderly.

### **Suggestions:**

1. No doubt - majority of them are in rural areas and are illiterate and hence print - media can't reach them.

This lacunae can be covered up through the organised actions like marathons, conferences and silent Padayatra with placards etc in metro cities where they have formidable strength, which attracts public attention, News Papers and T.V. channels. The politicals class cannot ignore such coverages as Senior Citizens are voters. Silent approach through mouth-piece monthly newsletters does not move the thick skinned politicians and the bureaucrate administration in Government for obvious reasons and deficiencies. The glaring example is the decision to close a monthly News letter from an NGO of Mumbai, which was giving good coverage to the difficulties faced by Senior Citizens and efforts were made to reach all MLAs, MPs and the Government through the News letter. The responce from the Senior Citizens through subscriptions was also poor even in Mumbai and other Metro cities as all have "Chalta Hai" attitude. This reflects poorly as it was for the sole benefit of the aged. The organisations and the leaders working for the Senior Citizens movement need to have introspection over such happenings and increase the volunteers base for increasing awareness and follow up at Government levels.

2. It is also worth while to know what the top experienced septuagenarian executives think loudly. S.S. Tinaikar Senior IAS officer and Secretary in Government of Maharashtra says that the plight of ordinary Senior Citizen other than pensioners is pathetic. Maharashtra

Government is hardly doing anything for them. Justice S.C. Pratap - retired Chief Justice, Andhra Pradesh says the aged who live in villages are neglected and lack awareness. Dolly Thakore, media personality and a social activist noting, Maharashtra has still to set up maintenance tribunals before notifying Maintenance and Welfare of Senior Citizens Act, Says the State Govt. a progressive state, should have introduced the law on its own. My loud thinking is to utilise the services of respected highplaced public servants for championing the cause of Senior Citizens.

(3) In all annual conferences of Senior Citizens Federations the concluding tone is we are here not to demand only the concessions, but are also ready to offer our experience for the benefit of the society. But the response for constructive activities is not encouraging for many reasons. Even for voicing grievances through meetings or silent processions, response is poor except in the case of pensioners for their demands of D.A. revision of pay scales etc since pensioners organisations are more organised upto Tehsil levels. Data base for the aged is lacking. Varistha Sanghas and their federations should undertake quick survey to know status of their members initially regarding their income, medical expenses spare time use outlook towards life etc Federations after getting survey format formulated should supply them to member organisations who should complete the survey forms filled in a time bound programme which could then be got analysed by federations. For such constructive activities I am sure Government and also Rotarians would offer financial assistance. I am sure this will attract media attentions. My loud thinking is let us know how we survive.

4. After studying the functioning of Maharashtra Pensioners Associations Pune I feel the federations should start "Grievances Cell". On receiving complaints from members they should be forwarded for redressal to the departments concerned with copy to the nodal agency like Ministry of Social Justice. Such actions should be published in their news bulletins. I am sure within a year our strength

will double as elderly population would feel happy to know that there is some helping organisation to approach 'my - bap sarkar!' For this purpose an Adhoc Committee of experts and knowledgeable persons from Government and PSUs can be formed. General directive from Judiciary that cases of Senior Citizens should be given priority, is helping the purpose. Follow up by recognised NGOs does pay is my experience.

#### 5. Sharing of funds collected

There are financial constraints for apex bodies like AISCCON, FESCOM or other state Federations to show better results, better awareness and communication from Governments and other corporations concerned. Assume for a moment various taxes collected from Metro Cities and corporates are retained by that state, the Central Govt. would not be strong to function. Like wise the donations raised by Varistha Sanghas unless shared with Federations Senior Citizens cannot get early results. Other unions or Associations or Trusts pass on their Share. I would suggest 60:20:20 sharing ratio between varistha sanghas who mainly have direct means to collect funds and state and central federation who approach Governments for solving grievances like old age pension health facilities, mediclaims and various concessions. Elderly population must remember that human beings come empty and leave the earthly abode empty and they owe a lot to the society. Above idea needs more deliberations and persuasion.

6. Ninety percent of Senior Citizens are not members of the Varistha Sanghas. Hence it becomes necessary for the office bearers of the Federations to devise ways of involving them for the Welfare of Senior Citizens since they may not be interested in the elections of Varistha Sanghas or their federations but may be commanding more respect in the society. The White House Conference on Ageing held in December 2005 in USA had followed this approach.

Efforts are in progress in this direction as seen from the activities of Varistha Sanghas / Federations focussed in each issue of AISCCON NEWS. Lot needs to be done. Let us strive together and march ahead.

## Donations for AISCCON Building Fund received during the year 2007-2008

Name	Amount (Rs.)
P. Shivanna Naik & Sons, Mulund (East), Mumbai	4,000
Smt. Induben M. Bhat, Vapi	100
Shri Devji Valobo, Daman	5,100
Shri Kanchansinh Thakore, Surat	5,000
Smt. Vanitaben Makwana, Surat	101
Shri Suryakant Parikh, Bharuch	11,111
Dr. Mahendrabhai Shah, Vyara	11,111
Shri G.S. Nagarajan, Mulund (East), Mumbai	1,001
Shri D.R.K. Paramhansa, Dhulipudi, Hyderabad	11,000
Shri Sadanand B. Kumta, Pune	1,180
Shri Vinod S. Chevli, Surat	11,000
Smt. Alka Vinod Gupta, CBD Belapur, Navi Mumbai	500
Shri Shashikant B. Aphale, Mulund (East), Mumbai	1,000
Shri Balkrishna Shankarrao Varudkar, Pandharpur	1,000
Shri Sudhakar Sarvottam Deshmukh, Sholapur	100
Capt. B.T. Mane, Sholapur	500
Sadguru Developers, Kharghar, Navi Mumbai	10,000
Varishtha Nagarik Sansthan, Rajasthan, Jaipur	1,14,300
Association of Senior Citizens, Hyderabad	3,500
Shri Sanmukhlal Gordhandas Shah, Sonagarh, Surat	5,000
Shri Murthy, Chibroli, A.P.	1,000
Shri Rameshwar Sarada, Secunderabad	1,000
Shri P. Rammohan Sarma, Secunderabad	1,000
Shri V. Tirupathi Rao, Secunderabad	500
Shri S. Anantharamalu, Secunderabad	500
Shri Gopala Rao V., Hyderabad	11,000
FAPSCO, Kukatpally Chapter, Hyderabad	5,000
Senior Citizens Council, Bhagyanagar, Kukatpally	5,000
Senior Citizens Council, Vivekanandnagar, Kukatpally	5,000
Smt. Dr. V. Kusuma P.V. Rao, Hyderabad	2,500
Shri J.S. Sastry, Hyderabad	1,000
Shri Y. Krishna Murthy, Gandhi Nagar, Hyderabad	5,000
Dr. Chelikani V.B.J. Rao, Hyderabad	2,000
Shri P.S. Bhagwanulu, Hyderabad	1,000
Shri P.L. Menon, Hyderabad	1,000
Smt. Nagchandrika Devi, Hyderabad	1,000
FAPSCO, Tarnaka, Hyderabad	3,000
The Association of Senior Citizens, Hyderabad	2,000
Shri R. Bapayya, Prakasham, A.P.	1,000

Shri R.N. Mital, Hyderabad	5,000
Rotn. P.V.G.K. Murthy, Visakhapatnam, A.P.	33,000
Shri M.V. Ruparelia, Mira Road (East), Dist. Thane.	1,000
Smt. Najma Haq Haji, Jaipur	51
Shri P.C. Jain, Jaipur	1,100
Shri K. Sudhakara Rao, Srirangapuram, Bapatia	1,000
Shri N. Tirupataiah, Vidyanagar, Guntur	1,000
Shri Sandeep Sudhakar Kirkire, Pune	5,500
Smt. Mrudula Sandeep Kirkire, Pune	5,500
Shri V.B. Kulkarni, Mulund (East), Mumbai	5,000
Kurduwadi Jyeshtha Nagarik Sangh, Sholapur	1,000
Shri Jagdish Anant Naik, Sholapur	1,000
Dr. Manohar Baliram Chavan, Sholapur	1,000
Dr. Ravindra Dhimdhime, Sholapur	150
Dr. Nandkumar Shelgikar, Sholapur	100
Shri G.S. Nagarajan, Mulund (East), Mumbai	500
Jyeshtha Nagarik Sangh, Bhunj, Tal. Wai, Dist. Satara	500
Sow. Vina Kadekar, Shejar Jyeshtha Nagarik Sangh, Talegaon	1,002
Shri Babulalji Totla, Jaipur	5,100
Shri Prashant U. Naphade & Purnima Das, Texas, USA	19,660
Shri Nishant Nagda, Austin, USA	7,725
Shri Sharad & Mrs. Meena Naik, Austin, USA	39,586
Shri D.N. Chapke, Nerul, Navi Mumbai	25,000
Shri V.J. Padhye, Nashik	2,000
Shri P.M. Gokhale, Ghatkopar (West), Mumbai	1,001
Shri G.T. Kelkar, Pune	1,000
Shri K. Venkata Raju, Guntur	5,000
Shri Ramanbhai Shah, Pune	10,000
Shri Sachin Prabhakar Adhikari, Nerul, Navi Mumbai	10,001
Shri Shivram Dhondu, Mahadik, Vashi, Navi Mumbai	5,555
Prabuddha Parishad, Ujjain, M.P.	11,111
Senior Citizens Council, Daman	7,600
Senior Citizens Council, Vapi	11,000
Shri S.S. Raichur, Pune	5,000
Smt. Sunanda Gajanan Smruti Nidhi, Kalyan	5,001
Shree Mahalaxmi Temple Charities, Mahalaxmi, Mumbai	25,000
Dr. S.P. Kinjawadekar, Nerul, Navi Mumbai	1,575
Shri Ashok Laxman Pol, Nashik	500
Shri Lalchand Beli, Shahpura	500
St. George Trust, Panvel	10,000

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<b>Total</b>	<b>5,18,422</b>
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**DONATE GENEROUSLY FOR AISCCON BUILDING FUND**

# REGISTRATION FORM

Registration form in the format given below should be duly filled in the enclosed format and sent to Mrs. Archana Jain, Chairperson, Registration Committee along with the registration fees to the Secretariat. All payments should be made through demand draft drawn in favour of "S.V.T. College of Home Science" payable at Mumbai, India (for participants from India)

## INTERNATIONAL CONFERENCE ON "MULTIDISCIPLINARY APPROACH TO HEALTHY & PARTICIPATORY AGEING"

Date: January 22<sup>nd</sup> – January 24<sup>th</sup> 2009

### REGISTRATION FORM

Name:

Dr./Mr./Mrs./Ms. \_\_\_\_\_

Male/Female: \_\_\_\_\_

Residential Address : \_\_\_\_\_

Telephone Number: (a) Residence \_\_\_\_\_ (b) Office \_\_\_\_\_

(c) Mobile: \_\_\_\_\_ Email: \_\_\_\_\_ Fax: \_\_\_\_\_

Organization: \_\_\_\_\_ Designation: \_\_\_\_\_

Institutional Address \_\_\_\_\_

Address for correspondence: (Tick ) Residence or Office Nationality: \_\_\_\_\_

**Presenting paper: Yes/No**

If presenting, title of paper: \_\_\_\_\_

Preference for Poster/Oral Presentation: \_\_\_\_\_

Date : \_\_\_\_\_ Signature of participant \_\_\_\_\_

**Details of INR Payment** : Demand Draft No: \_\_\_\_\_

(drawn in favour of **S.V.T. College of Home Science payable at Mumbai, India**)

Dated: \_\_\_\_\_ Amount: Rs. \_\_\_\_\_

(in words.....) Issuing Bank: \_\_\_\_\_

**Additional details for Foreign Delegates**

Passport Number: \_\_\_\_\_ Expiry Date: \_\_\_\_\_

Are you interested in any post-conference tours Yes / No  
If yes, (tick the option) In Mumbai In Maharashtra In India

Number of accompanying person (s)

**Contact Details: MAHPA 2009**

**S.V.T. College of Home Science**, S.N.D.T. Women's University, Sir Vithaldas Vidyavihar, Juhu Road,  
Santacruz (West), Mumbai , Maharashtra, India Pin: 400049

**Tel:** 022-26602504/26608179 ; **Fax:** 022-26606427

**Email:** mahpa2009@gmail.com **Website:** [www.svt.ac.in](http://www.svt.ac.in)

## REGISTRATION

### REGISTRATION FEES:

Type	Upto 30th November, 2008	Upto 30th December 2008
NGO representative/ Governmental representative	Rs. 3000/-	Rs.4000/-
Individuals/Private Organization Representative	Rs. 3500/-	Rs. 4500/-
Indian Students	Rs. 3000/-	Rs.3500/-
Representative of any Senior citizen club	Rs. 1800/-	Rs. 2000/-
Foreign delegates	US\$ 400 ( or equivalent)	US\$ 500 (or equivalent)
Foreign students	US\$ 100 ( or equivalent)	US\$ 125 (or equivalent)
Accompanying person	Rs. 2000/US\$100	Rs.2500/US\$125

**No spot registrations.** Last date for registration:  
30<sup>th</sup> December, 2008

*Kindly note that the conference registration fee covers only the conference documents, participation in all the plenary/technical sessions, 2 breakfasts, 2 lunches, coffee/tea refreshments & 1 dinner*

**Refunds:** If a registered delegate is unable to attend the conference, 60% of the registration fee will be refunded on receipt of request in writing to the organizers before 30<sup>th</sup> November, 2008.

**However, kindly note that all the refunds will be sent only after 30<sup>th</sup> of January 2009.**

**वरिष्ठ नागरिकों का सच्चा हमसफर...**

**AISCCON NEWS**  
आइस्कॉन समाचार

**हमेशां पढ़िए.... जिन्दगी को जानिए...**

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# Information/Action as a result of Applications/ Appeals under Right To Information Act, 2005

M.V. Ruparelia • Mira Road (E)

1) Principal Chief Post Master General, Maharashtra Circle, Mumbai advised that they have issued instructions to all concerned to have 2 ques in front of each counter, one will be for only Senior Citizens so that they can get their turn for service earlier.

(PCPMG's letter no. PG/R T I-98/2006 dt 8-11-06).

2) Directives to all Divisional-in-charge have been issued that there should be separate ques for retired Railway Patients for providing Case Papers, consultations with doctors and issue of medicines in all hospitals of Western Railway.

(Dy GM (G) & Public Information Officer, W.Ry, Mumbai's letter no.G542/2/2006/30 dt 5-4-06).

3) BEST has increased total trips of 701 Ltd & 703 Ltd running from Mira Road to Kandivali from 202 to 213 w.e.f. 1-7-07 and started 2 buses from Mira Road to Borivali. BEST's letter no. CTM/EST/21764/2007 dt 28-9-07).

4) Thane Municipal Transport has increased the frequency of Route 56 running between Thane & Mira Road and introduced one more Route 60 for same places.

(Reply dt 30-12-06).

5) RTO, Thane ( A.A.) has been advising that rickshaws in Mira Road are running on meters. This wrong information was taken up with SIC along with other matters like difficulties faced by students with heavy school bags, Senior Citizens with luggage and ladies going in rickshaws from Mira Road to Borivali side facing difficulties in changing over to other side rickshaws by walking a distance in heavy traffic etc. RTO vide his letter no. 42819/RTO/IA/THR/2007 dt 9-9-08 has advised that he will ensure that rickshaws run on meter by frequent surprise checks and have issued orders to all concerned under the same reference to permit Rickshawalas of Mira Road to go up to the point, where rickshaws for Borivali Area are available. This has also appeared in Mumbai Mirror of 2-10-08.

6) Large number of Civic Problems in respect of Road Repairs, Street Lights, Transport of

Buses, Gardens, Cleanliness etc were taken up with Mira-Bhayander Municipal Corporation and work got done.

7) Matter in respect of free treatment to Senior Citizens in Municipal Hospitals/Dispensaries as per State GR dt 12-12-06 was taken up with Mumbai Mahanagar Palika & Mira-Bhayander Municipal Corporation. It has been confirmed by Mira-Bhayander Municipal Corporation that free treatment is given in all its Dispensaries and they have no Hospital. 16 Hospitals of Mumbai Mahanagar Palika in Western & Central Railway suburbs under Bandra Office and Acworth & Kasturba Hospitals in South Mumbai

have confirmed free treatment and given details of facilities available with them. Major Hospitals like Nair, KEM, Sion etc have not yet confirmed this. Matter has been reported to SIC and Health Department Of State Government.

8) State Government vide their letter no. DHS/Sr.Citizen/Free treat/Desk-3/2007 dt 28-2-08 gave a complete list of their Hospital in various Districts, except Mumbai Dist and confirmed that free treatment to Senior Citizens in all State Hospitals is given as per their GR of 2004. Information in respect of J.J. Hospital, G.T. Hospital & Cama Hospital is still awaited and matter has been referred to SIC, Mumbai.

9) No instructions were issued by Education Department of Mumbai Mahanagar Palika to give one class room to Association of Senior Citizens on Sundays & Holidays, as decided by State Government in their GR dt 12-12-06. These were got issued under letter no. SRSC/3943 dt 1-2-08.

10) Government of Maharashtra vide their letter no. MAA-2008/67/2 dt 17-7-08 has advised that payment of Indira Gandhi National Pension to all Senior Citizens below poverty line is payable from 1-11-07 as per Notification issued on 5-3-08 and same old Application Form for destitute Senior Citizens is to be filled in with the same conditions and same procedure.



11) Government of Maharashtra decided on 25-2-08 that there would be only one Regional Transport District for the entire MMRDA Area and all buses, taxis & rickshaws can ply in the entire area of MMRDA without present restriction of check nakas. This is not yet implemented though 6 months have passed. Public Information Officer & Asstt Transport Commissioner is not prepared to obtain compliance from implementing RTOs. Appeal is filed with AA & Jt Transport Commissioner & Grievance is also brought to the notice of Grievance Cell of Govt of Maharashtra.

12) Ministry of Health, Govt of India has given some information about action taken on some paras of NPOP,99 and sent 6 Manuals for health care of elders & 3 pamphlets on the same subject. Full report is awaited on Appeal.

13) As a result of directive by Prof Ansari, CIC, Delhi on 27-6-08, Min of Social Justice & Empowerment vide their letter dt 11-7-08 has given some information on action taken on some of the paras of NPOP,99 but pleaded inability to carry out the directive of CIC for clearly outlining the plan of action & indicate its outcome for larger benefits of the Society. Matter has, therefore, again referred to CIC.

14) Ministry of Law & Justice is not prepared to give required information for Application dt 17-12-07 & Appeal dt 10-2-08 inspite of repeated reminders. Complaint under Sec 18 is pending with CIC since 5-7-08.

15) Min of Finance did not give information on plea of late receipt of Appeal. IInd Appeal is pending with CIC since 27-4-08.

16) Min of Information & Broadcasting gave detailed position on action taken on paras pertaining to them by sending 57 pages vide their letter dt 23-9-08. As per this information, Directorate of Field Publicity arranges large number of film shows, Oral Communication Programmes and seminars etc. All India Radio arranges large number of programmes for older persons. Prasar Bharti also broadcast programmes for Senior Citizens from various AIR stations. Ist Oct is also celebrated by all wings.

17) Planning Commission has sent partial information vide their letter dt 4-9-08 as to how data for Below Poverty Line is worked out. Information about

Definition & Present limit of BPL and how the

quantum of Indira Gandhi National Pension is fixed is not given for which Appeal dt 17-9-08 is pending.

18) IRDA, Hyderabad vide their letter dt 11-7-08 has advised that K.S.Sastri Report was received by them on 22-11-07 and no time schedule or target is fixed for acceptance of its recommendations. For action taken in 9 years on para 36 of NPOP,99 pertaining to insurance of Senior Citizens, it is for Nodal Ministry but not forwarding to them as per Sec (6)3. In reply to Appeal dt 1-9-08, it is replied that notings so far passed on recommendations shall be disclosed only after the entire Report is accepted and action on Para 36 of NPOP to provide relief to Senior Citizens for health insurance, to enlarge the base of Health Insurance and to make the same affordable, it is for Government and not IRDA. IInd Appeal is filed with CIC for deciding whether notings, which are not exempted, can be given & whether action on para 36 is to be taken by IRDA or Government, as Nodal Ministry has advised from time & again that they are only facilitating machinery and action is to be taken by concerned departments.

## For Information of Senior Citizens

In America and more particularly in Britain there are various facilities for Senior Citizens.

You get your dues before one month of your retirement. You get Identity Card, total free Railway and Bus journey, Medical facilities also from Govt., whereas in our country there is no standard to determine the age limit of a Senior Citizen!

When you go for any services, concessions etc., you have to face a volley of questions, some are really silly and you are asked to go from one department to another, from one person to another and what not !

Leave aside medical facilities and treatment, the prices of medicines are going up day by day and who gives concessions here!

**Chhotubhai N. Desai**

*Hon. Secretary,  
Senior Citizens Council Vapi*

# WORLD ELDERS DAY

From 1st Oct. 2008 to 10th Oct. 2008, AISCCON observed World Elders Day as Demands Day, A Memorandum was submitted to Dr. Manmohan Singh, Hon'ble Prime Minister of India on 1st Oct. 2008 on the important Demands of the Senior Citizens. The Memorandum is published hereunder for the benefit of our readers.

## MEMORANDUM

Ref. No. P/1387-88/08

1st October, 2008

### Dr Man Mohan Singh

Hon'ble Prime Minister of India  
152, South Block, New Delhi 110 011.

#### *Respected Sir,*

On behalf of 9 crore Senior Citizens (60+) in India we submit this Memorandum of Demands to you for your favourable consideration and early action. The number of Senior Citizens in the Country is increasing fast and as per UNO's estimates it will reach 32.6 crore in 2050. But no concrete steps are being taken by the Govts. to face the impending crisis in a planned manner. The Union Govt. declared the National Policy on Older Persons (NPOP) in January 1999, but during the last 9½ years very few of its recommendations are implemented. Out of 29 States in India only 8 States. (Andhra Pradesh, Delhi, Goa, Karnataka, Kerala, Madhya Pradesh, Maharashtra, Rajasthan) have declared their State Policy for Senior Citizens so far, which indicates that Senior Citizens are nowhere on their priority list.

We appreciate and thank you for certain good provisions in the Budget 2008 for Senior Citizens including Indira Gandhi National Old Age Pension of Rs.400/- per month for the BPL Senior Citizens and adoption of Maintenance & Welfare of Parents & Senior Citizens Act, 2007 by the Parliament but a lot remains to be done at the Central and State level which makes the Senior Citizens feel ignored, marginalized and unprotected. We request you take following specific measures to improve quality of their life:

1. Full implementation of NPOP (National Policy on Older Persons) in a timebound manner with necessary budget provisions every year;
2. Formation of the Central Council of Social Justice and holding its yearly meetings for early, uniform implementation of NPOP.
3. Uniformly defining every 60+ person as Senior Citizen and its immediate implementation by all Union and State Govt. Departments.
4. Uniform payment of NOAP (National Old Age Pension) of minimum Rs.500/- per month to the 60+ BPL (Below Poverty Line) elderly in every State / Union Territory and unhindered, regular implementation of Annapurna Yojana / Antyodaya Scheme for the BPL Seniors.
5. 2% additional rate of interest to Senior Citizens on their deposits with Banks, Post Offices and PPF and raising the interest rate on Varishtha Pension Bima Yojana and Senior Citizens Savings Scheme to 11%.
6. Adoption of National Commission for Senior Citizens Bill by the Parliament and State Assemblies for smooth implementation of NPOP and the relevant Acts.
7. Full implementation of Project OASIS (Old Age Social and Income Security) for 39.5 crore workers in the unorganized sector to provide them pension support in their old age;
8. Speedy time-bound disposal of pending cases of Senior Citizens in all Courts;
9. Implementation of K.S. Sastry Committee recommendations on Health Insurance for Senior Citizens covering pre-existing diseases and with affordable premia;

10. Recognition of AISCCON as the National Association of Older Persons as envisaged in the NPOP;

11. Nomination of at least two representatives of Senior Citizens on the Rajya Sabha and on the Vidhan Parishad of every State;

12. Gainful utilization of expertise and experience of Senior Citizens in Social Projects like adult literacy, environment protection, immunization, family welfare, AIDS prevention, etc.;

13. Immediate declaration of State Policy on Senior Citizens by every State and formation of State Councils and Commissionerates for Senior Citizens by all State Governments with representatives of Senior Citizens Associations / Federation.

14. Provision of Multi-Service Centres / Day Care Centres in each town with facilities of recreation, games (carom, chess) and newspapers;

15. 2- Day Geriatric OPD per week and Geriatric Ward in all Public Hospitals with free investigations and treatment including operations;

16. 50% concession in fare in all State and Inter-State Road Transport Buses with reservation of 4 seats in each bus for Senior Citizens;

17. Insurance of Govt. Identity Cards to 60+ Senior Citizens, free or at nominal cost, and valid everywhere in India.

Kindly take early action to implement these just demands of Senior Citizens.

Yours faithfully,

**Dr. S.P. Kinjawadekar**  
President, AISCCON

## OBITUARY

\* AISCCON NEWS is deeply grieved to inform that **Shri Dadubhai S Patel**, Honourable adviser Senior Citizens Federation (Gujarat Pradesh), Ahmedabad, passed away on 8th Sept. 2008 at Mauritius.

**May his soul rest in eternal peace.**

**-Mg. Editor**

## LETTERS TO THE EDITOR.....

This is to appreciate the efforts of (Sept. Issue AISCCON NEWS) Shri M.V. Ruparelia to force Central Govt., Invoking Right to Information Act and its provisions to initiate action in implementing the NPOP i.e. National Policy of Older Persons 1999 which has not progressed during the last nine year period. It is also worth getting data to know how many poor people and among them Senior Citizens received medical assistance from multidiscipline hospitals registered with the Charity Commissioner and also from Government and Municipal Corporation Hospitals which are supposed to give free treatment to Senior Citizens.

As per the statewise information published in Indian Express dt. 23-9-2008 more than 30% of posts sanctioned under officers category and 15% of posts sanctioned under Sub-Inspectors category are vacant. Naturally aged couples who are being increasingly looted can't get assured assistance from Police Dept. same thing is the case in case of absence of Doctors and nurses in rural areas. More and more Senior Citizens should follow Ruparelia to focus on the grievances faced by old persons.

**S.S. Raichur, Pune**

(2)

Congratulation & Best Wishes for the articles your good self and your team do get published in AISCCON NEWS of the best authors & writers for the guidelines for good quality life of Senior Citizens of India.

In the (Vol. 6, No.10, August 2008) issue the article **Don't Retire, Rewire** is one of the best and reminded me the one of the best lecture of Honourable Dr. S.P. Kinjawadekar in community Centre - Virungla Kendra managed by Senior Citizens Association, Mulund (East), Mumbai.

I find so many articles published in your reputed News letter wonderful and request writers like Shri M.V. Ruparelia and others articles with their contact like e-mail, is published. AISCCON NEWS Readers can open their heart with the Writer for more quality understanding.

Thanking You.

**Ahluwalia, OPS,**

E-mail: [ahluwaliaops@yahoo.com](mailto:ahluwaliaops@yahoo.com)

# TAKE MY BREATH AWAY

**Breathing exercise that can help energise your system and benefit the entire body**

There's lot more to yoga than contorting your body into pretzel-like positions. Pranayama, or "breath control," is an essential part of the practice. By learning how to manipulate your breath, one can clear our stale energy and allow new vitality to take its place, thus leading to a better and healthier life style.

Below are four types of prayanama, each with its own form, function and benefit. Think of them as asana for your breath.

**Sanskrit Name: Samavritti**

Translation: "Equal breathing"

English Name: Diaphragmatic breathing

**What it does:** Lets in more breath, flushes out stale air, triggers the relaxation response.

**How to do it:** Lie on your back, hands resting below your navel. As you inhale, let the belly expand and your hands rise. As you exhale, let the air drain out, and feel your hands and belly fall back toward the floor. Aim to make the length of your inhale match the length of your exhale.

**When to do it:** Anytime you feel stressed (even sitting or standing, once you get the hand of it).

**Precautions:** Forcing defeats the purpose. Let the belly rise and fall because you are allowing your body to soften.

**Sanskrit Name: Kappalbatti**

Translation: "Skull shining"

**What it does:** Clears the sinuses, creates heat and stimulates the digestive organs.

**How to do it:** Sit in a crosslegged position. Inhale a Medium - sized breath. Exhale sharply through the nose, drawing the navel in toward the spine as you do so. Release the belly to let the inhale flow in, then exhale sharply again. Do 10 breaths at whatever pace feels good to you - experiment with the speed. Slow down your last breaths before exhaling completely to finish.

**When to do it:** In the morning to "clear your head" and at the beginning of your yoga practice to get the body going.

**Precautions:** Because it generates heat, don't do this when it's hot or if you're feeling

light-headed.

**Sanskrit Name: Ujjayi**

Translation: "Victorious breath"

**What it does:** Regulars breathing and increases strength and endurance

**How to do it:** Know how you put your thumb over a hose to get a stronger stream of water? This breath works the same way. Inhale through your nose, and then exhale through the mouth as you make a whisper sound. On your next breath, close your mouth on the exhale while still making a whisper sound. While audible, this breath should sound like waves in the distance. You should be able to hear it; your neighbour should not.

**When to do it:** During your yoga practice.

**Precautions:** If your breathing gets jagged or harsh, revert to normal breathing.

**Sanskrit Name: Nadi Shodhanam**

Translation: "Channel purification"

English Name: Alternate nostril breathing

**What it does:** Brings the two sides of the body and brain into balance and calms the mind.

**How to do it:** Sit in a comfortable cross-legged position. Fold the first two fingers of your right hand into your palm and bring the hand up to your face. Let the ring finger rest on the left side of your nose, and the thumb on the right side. Inhale to a comfortable level. Gently block off your right nostril with your left nostril. Hold the position as you inhale through the left nostril. Release your thumb and gently block your left nostril with the ring finger. Exhale through the right nostril, and then inhale. Repeat this cycle, slowly and gently, five times. End after an exhalation through your left nostril.

**When to do it:** When you're anxious can't sleep.

**Precautions:** If you're congested this breath can be frustrating. Like all forms of pranayama, if you're getting worked up over mastering this breath, it's time to step away and take a breathe.

While these exercise are accessible to the average yogi, nothing can replace the guidance of an experienced teacher. If you're interested in really learning pranayama, get yourself a good yoga teacher at a good institute. *Source: Pune Mirror*

## About Reverse Mortgage

\* Reverse Mortgage is a mortgage loan for Senior Citizens who are not eligible for any form of mortgage loan.

\* Eligible borrower should be a Senior Citizen of India above 60 years of age.

\* The lender makes periodic payments (including lump sum payments) to the borrower i.e. the payment stream is "reversed", as compared to a conventional mortgage.

\* Maximum period of the loan is 15 years.

\* The loan is not required to be serviced i.e. payment of installment or interest, as long as the borrower is alive and in occupation of the property.

\* On the borrower's death or on the borrower leaving the house property permanently, the loan is repaid along with accumulated interest, through sale of the house property. The borrower's heir can also repay the loan with accumulated interest and have the mortgage released without resorting to sale of the property.

\* After adjusting the principal amount of the loan and accumulated interest, surplus, if any, will go to the estate of the deceased.

\* The borrower will also have the option of prepaying the loan at any time during the loan tenure or later (NHB has advised lenders not to levy any prepayment charge).

\* Periodicity: The loan will be extended as regular monthly, quarterly, half-yearly, annual periodic cash advances or as a line of credit to be drawn in time of need or in lump sum.

\* Married couples will be eligible as joint borrowers for financial assistance. In such a case, the age criteria for the couple would be at the discretion of the Primary Lending Institutions (PLI), subject to at least one of them being above 60 years of age.

\* He / She should be the owner of a self-acquired, self occupied residential property (house or flat) located in India, with clear title indicating the prospective borrower's ownership of the property. The residential property should be free from any encumbrances.

\* The residual life of the property should be at least 20 years.

\* The prospective borrowers should use that residential property as permanent primary residence. For the purpose of determining that the residential property is the permanent primary residence of the borrower, the PLIs may rely on documentary evidence, other sources supplemented by physical inspections.

\* With a Reverse Mortgage, the borrower remains the owner of the property. In the absence social security, Reverse Mortgage Loan serves as a partial substitute for Senior Citizens.

Source: HelpAge News

## Guidance from Geeta



**उद्धरेदात्मनात्मानं नात्मानमवसादयेत् ।  
आत्मैव ह्यात्मनो बन्धुरात्मैव रिपुरात्मनः ।।**

*One should raise one's self by one's own efforts, and not allow it to be depressed, because our self is both our friend and enemy.*

This is an important verse from the Geeta that tells the secret of life's development. Lord Shrikrishna tells it in these words:

"One should try to raise one's soul. We should not be the cause of our own destruction. We alone are our friends, as well as our foes."

Our future is in our hands alone. Even if we take other's help, the responsibility lies with us. We must move our limbs, and not sit idle, nor engage ourselves in some unwanted activity, and be the cause of our ruin. Why blame other? Who comes to your help in times of difficulty? We ourselves bring in our prosperity or downfall. We should become a little introspective and think over it, recognise our hidden powers and abilities. We should be self dependent. We should not be slaves to passions and vices and invite our own ruin.

Is this formula that awakens our individual and collective ego, and tells the secret of successful life, not a story of the mystery of the progress of practical life and elevation of spiritual life?

*Courtesy: Shri V.V. Chiplunkar, Aurangabad*

## WORLD ELDERS DAY

On the eve of World Elders Day a press conference was held on 30th Sept. 2008, at Mumbai Patrakar Bhavan by AISCCON and FESCOM, which was well attended by many Journalists and T.V. Channels. The Press Release issued on this occasion is published as under.

### PRESS RELEASE

1. AISCCON (All India Senior Citizens Confederation) is the largest registered, representative organization of Senior Citizens (60+) in India, having affiliated Federation/Associations from 18 States and 2 Union Territories and with a total paid membership of over 3.5 lakh Senior Citizens. AISCCON's Ex-President is a Member of the National Council of Older Persons (NCOP) nominated by the Govt. of India, Ministry of Social Justice & Empowerment and also a Member of the Science & Technology Committee nominated by the Govt. of India. Founded on 28th December, 2001 at Srirampur (Maharashtra) AISCCON holds its National Conferences annually in different parts of India - Mumbai (2003), Vyara - Gujarat (2004), Hyderabad (2005), Bhopal (2006) and Jaipur (2007) and this year's Conference is likely to be held at Delhi.

2. To create awareness amongst Senior Citizens and to inform them of the latest developments in ageing in India and abroad, AISCCON publishes a monthly Journal - AISCCON News - regularly. To streamline the activities and for better functioning AISCCON, in co-operation with FESCOM and Jyestha Nagarik Sangh, Nerul, Navi Mumbai, is constructing a Varistha Nagarik Bhawan at Nerul, Nari Mumbai on a 500 sq. mtr. Plot purchased from CIDCO which will have a Multi-service Day Care Centre for Senior Citizens, Library and Reading Room, Yoga Centre, Bal Sanskar Kendra, Free Health & Legal Counselling Centre and Guest Rooms for workers coming from outside. The construction work is in progress.

3. To improve the quality of life of Senior Citizens and to make them respectable members of the Society is the aim of AISCCON. 66% of

the 9- crore Senior Citizens in India are financially weak. Only 10% get pension, 33% are BPL (Below Poverty Line) and out of them 14% are destitute i.e. no-body to look after them. We want each BPL Elderly to be given National Old Age Pension of Rs.500/- per month by the Central and State Governments together. We have succeeded in bringing it to Rs.400/- per month so far.

4. The Govt. of India have declared the National Policy on older persons (NPOP) in January 1999 which is very ideal but its implementation is very slow. We want it to be implemented within next five years with proper budget allocations at the Union and State levels. Health-care facilities to all Senior Citizens should be available free in all Govt. and Municipal Hospitals as are provided in Maharashtra & Goa States. A special Mediclaim Insurance Scheme should be started for Senior Citizens with no age bar at the entry and exit level, with pre-existing diseases and at affordable cost. We are pursuing this subject with the IRDA (Insurance Regulatory & Development Authority) and the Union Finance Ministry for immediate implementation of K.S. Sastry Committee Recommendations submitted to IRDA in November 2007.

5. NPOP defines every 60+ as Senior Citizen but the Union & State Finance Ministers considers 65+ as Senior Citizen which is unjust. We demand that every 60+ person be called a Senior Citizens and given all due facilities at the Central and State level.

6. Senior Citizens are a great human resource having rich experience and expertise in different subjects which should be utilized for the benefit of the Society, by the Local, State and Central Governments.

7. So far only 8 State Govts. have declared their State Policy on Older Persons. We want every State to declare its Policy and implement it. We want State Council for Senior Citizens formed in every State under the Chairmanship of the Minister of Social Justice to promote and coordinate the concerns of Senior Citizens. We want the Union Minister of Social Justice & Empowerment to recognize AISCCON as the



National Association of Older Persons. We want the Minister of Social Justice & Empowerment to introduce an official Bill to form the Commissionerate on Senior Citizens. A State Commissionerate for Senior Citizens (Rajya Vriddha Jana Ayoga) for monitoring and implementation of the State Policy should also be formed early. State Governments need to initiate action for implementation of Maintenance & Welfare of Parents and Senior Citizens Act 2007. We want Day-Care Centres to be started in each Tehsil and given to local Senior Citizens Associations to conduct. Every State Road Transport Corporation should give 50% concession in bus fare to Senior Citizens as is given by Maharashtra & Goa. Identity Cards should be issued to every 60+ Senior Citizen by the Govt. through Senior Citizens Federation / Association.

8. Senior Citizen is a neglected subject by the Centre & State Governments. Their number is rising fast which will reach to 32.6 crore in 2050 when they will form 21% of the population (To-day they are 8.5% of the total population). They form 12% of the electorate with an effective voting strength of 18%, hence the Govts. should not ignore them.

9. We request you to highlight the issues of Senior Citizens through the Media and support them.

**Dr. S.P. Kinjawadekar**  
President, AISCCON

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## अध्यक्ष और महासचिव का ग्वालियर दौरा

मध्य भारत वरिष्ठ नागरिक महासंघ के ग्वालियर चम्बल संभाग की एक विशेष सभा दिनांक १४-९-२००८ को शाम ४ बजे स्टेट इंश्योरेंस हेल्थ कम्युनिकेशन सिटी सेंटर, ग्वालियर में आयोजित की गयी, जिसमें मुख्य अतिथी के रूप में आइस्कॉन अध्यक्ष डा. एस.पी. किंजवडेकर और विशेष अतिथी के रूप में आइस्कॉन महासचिव श्री डी.एन. चापके उपस्थित थे। सभा की अध्यक्षता मध्य प्रदेश शासन के मंत्री दर्जा प्राप्त अॅड. श्री सुरेशचंद्र शर्मा ने की। ग्वालियर, मुरैना, गुना, देतिया, डबरा आदि स्थानों से करीब ६० वरिष्ठ नागरिक सभा में उपस्थित थे। जिनका स्वागत कार्यकारी प्रान्ताध्यक्ष श्री आर.एस. भारद्वाज ने किया। 'जिन्दा रहेंगे तो मिलते रहेंगे, मिलते रहेंगे तो जिन्दा रहेंगे' - यह वरिष्ठों

की भावना उन्होने व्यक्त की और गुलाब पुष्पों से सभी का स्वागत किया।

अपने भाषण में श्री डी.एन. चापके ने अन्तरराष्ट्रीय स्तर पर संयुक्त राष्ट्रों द्वारा वरिष्ठों के कल्याणार्थ जो प्रयास किये गये उनकी जानकारी दी। पेंशनरों की और वरिष्ठ नागरिकों की समस्याएँ करीब एक ही हैं। वरिष्ठों की स्वास्थ्य समस्याएँ दूर करने के लिये जापान ने गोल्डन प्लान बनाया और वहाँ के वरिष्ठ चुस्त हो गये। भारत सरकार को यहाँ वैसी योजना लानी चाहिये। अपनी ताकद बढ़ाने के लिये वरिष्ठों के अधिकतम संघ बनाइये और सामाजिक कार्यों में भाग लीजिये, जिससे आनंद और ऊर्जा मिलेगी। आइस्कॉन के संयुक्त सचिव श्री बी.बी. दीक्षित ने कहा- "पहली बार डा. किंजवडेकर झांसी आये और एक के जगह ८ संघ कार्यरत हुए। दूसरी बार वह आये और आपकी प्रेरणा से उत्तर प्रदेश व.ना. महासंघ (फेस्कप) की स्थापना हुई जिसमें आज १६ वरिष्ठ नागरिक संघ कार्यरत हैं। व्यक्तिगत लाभ को दूर रखकर सामाजिक सेवा यही हमारा उद्दिष्ट रहता है। आज ग्रामीण गरीब वरिष्ठ नागरिक और महिलाओं को संगठित करना अत्यावश्यक है। संगठनने वरिष्ठों के अनेक लाभ पहुँचाए हैं।"

अपने उद्बोधन में डॉ. किंजवडेकर ने भिन्न शहरों से अच्छी संख्या में उपस्थित वरिष्ठ नागरिकों का स्वागत किया और कहा कि मध्य प्रदेश में वरिष्ठ नागरिक और पेंशनरों का एक बलशाली संगठन हम बनाना चाहते हैं। अनेक जिलों में वरिष्ठों का संगठन नहीं है। ग्रामीण क्षेत्रों में और वरिष्ठ महिलाओं को संगठित करने की विशेष जरूरत है, क्योंकि वरिष्ठों में महिलाओं का प्रमाण पुरुषों से ५% अधिक है। और अनेक समस्याओं का उन्हें रोज सामना करना पड़ता है। संगठन में सभी संस्थाओं को सम्मान से लाने के लिये प्रान्तीय महासंघ के नियमावली में संशोधन की आवश्यकता है, जिस पर कार्यवाही हो रही है। मध्य प्रदेश शासन के समक्ष हमने कई मांगे रखी हैं। महापंचायत बुलाकर मुख्यमंत्री हमारा समाधान करेंगे ऐसे कई बार हमें बताया गया लेकिन अब तक महापंचायत हुई नहीं। अपनी ताकद बढ़ाकर सरकार पर दबाव डालना यह एक ही रास्ता हमारे सामने है। अतः संगठन को मजबूत बनाईये।

अध्यक्षीय भाषण में मा. श्री सुरेशचंद्र शर्मा ने कहा- 'मध्य प्रदेश वरिष्ठ नागरिक नीति में परिवर्तन करने के लिये शासन ने एक समिति बनायी थी, जिसका मैं एक सदस्य था। उसकी रिपोर्ट तो हमने पेश की लेकिन आज तक उस पर कार्यवाही नहीं हुई है। २५ सितंबर ०८ को महापंचायत बुलाने का निर्णय हुआ था

लेकिन आजतक पंचायत नहीं हुई है। जंबोरी मैदान में २५ हजार की उपस्थिति में, निर्माण मजदूरों की पंचायत हुई - उनकी ताकद के कारण। प्रान्तीय व.ना. महासंघ के संविधान में संशोधन जितने शीघ्र होंगे, उतना संगठन मजबूत होगा। इन्दौर का संघ बड़ा और क्रियाशील है लेकिन वे भी नाराज है। मध्य भारत महासंघ के लोग १७ सितंबर को इन्दौर में मिल रहे है।

मा. मुख्य मंत्री जी को सभी जिलों से एक पत्र तुरंत जाना जरूरी है जिससे (१) महापंचायत शीघ्र बुलाने की और (२) MWPS Act 2006 मध्य प्रदेश में शीघ्र लागू किया जाय, ये मांगे हो।

सभी को धन्यवाद देते समय श्री भारद्वाज ने कहा मान्यवरों के मार्गदर्शन से हम प्रभावित हुए है। आइस्कॉन की आगामी कार्यकारिणी की सभा जनवरी २००९ में हम ग्वालियर/ मुरैना में आयोजित करेंगे। दूसरे रविवार को।

डा. ओ.पी. द्विवेदी (ग्वालियर) आइस्कॉन के पेट्रन बन गये, उनका फूलमाला से स्वागत किया गया।

- डी.एन. चापके

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## President & Secretary General's Delhi Tours

Dr S P Kinjawadekar, President AISCCON and Shri D.N. Chapke, Secretary General were on tour of Delhi from 15th Sept. 08 to 17th Sept. 08; and had the following meetings.

### Monday, 15th Sept. 08

In the morning we had planned to see Dr Arbind Prasad, Jt. Secretary, Ministry of Social Justice & Empowerment, but we were informed that he has gone to Orissa to-day and will return on Wednesday - 17th Sept. The Hon. Minister Smt. Meira Kumar is busy in meeting to-day in connection with Bihar Flood Relief Work. She will go to Bihar on 16th Sept. and we may not get an opportunity to see her till 18th Sept.

We fixed appointments with Shri Mathew Cherian, CEO HelpAge India and Shri V.C. Goel, Director, Science & Technology Deptt. GOI, and went to see them at Outab Institutional Area. We had a meeting with Shri Mathew Cherian and Shri Anup Khosla (Chief Financial Officer, HelpAge) regarding help in construction of Bhawan in Nerul, Navi Mumbai, We came to know that HelpAge has totally stopped giving construction or other grants to Old Age Homes and Day Care Centres. HelpAge will be interested

in having office space on 3rd floor of our building - about 70 sq.mt. plus 10 sq.mtr. remaining FSI on 3rd floor- at current market price, provided CIDCO agrees and the deal is legally permissible.

Then we had a meeting with Dr V C Goyal, Director, Science & Technology Deptt. Govt. of India. We discussed about Mobile Medicare Vans with multiservice facilities, in addition to medical facilities, like examination, pathological investigations, medicine at nominal prices etc. There will be counselling, awareness programme, issue of I Cards, information about facilities available from Govt. etc. The Van will visit one centre for about 4 hours, in rotation at different places. They want the Senior Citizen Associations to get involved in this programme and give voluntary services. We liked the idea and agreed to propagate it.

### Tuesday, 16th Sept. 08

(1) In the morning we went to see Dr Ram Lakhan Singh, MP, at his residence. We gave him questions to be raised in the Parliament regarding non-implementation of Sastry Committee recommendations etc. Copies of letters sent to Hon. P.M., F.M. & MSJE on Senior Citizen problems were given to him. He assured to support them in Lok Sabha. He tried to contact Smt. Meira Kumar at her residence but there was no response. The problems of NIMA doctors were also explained to him.

(2) In Sahstri Bhawan we met Shri V B Pachnanda, Director Ageing and discussed with him (a) Construction grant for our Bhawan in Nerul. He said under the present rules it is difficult. You fit your application under the present rules, then only we can help (b) Central Council of Social Justice is a very good and useful idea to get the NPOP and other programmes uniformly implemented all over India. At present we have yearly meetings of the secretaries but the presence of Ministers will make difference positively. We will pursue this subject. (c) Bill for National Commission on Older Persons:- We appreciate the necessity. (d) Implementation of NPOP- You will agree that during the last 3 yrs. there have been some positive changes for implementation. It is a slow process. It can be achieved fast when State Govts. are more



responsive for implementation.

We handed over letters to the offices of Minister SJE, Secretary Shri Acharya and MoS SJE. The Minister had left for Bihar Flood Relief Work and the MoS was on Chennai tour.

(3) We went to NCT Delhi Secretariate and had a meeting with Dr Yoganand Shastri, Minister of Health and Social Justice. He informed that Delhi State Govt. was giving Rs.1000/- pm to BPL Senior Citizens. **(60+)** and to Widows. Previously Rs.1000/- pm were paid only to 100+, now it is changed to 60+ BPL and Widows. We have a special Ladli Scheme for girl children - where financial assistance is given right from birth (Rs.11,000/-) to 12th Std. admission totalling Rs. 1 lakh. We issue I Cards free to Senior Citizens.

We congratulated the Hon. Minister on their novel schemes.

(4) Then we met Shri Saha, Jt. Secretary Finance, who informed how Bhagidari Scheme with Govt. support had flourished from 12 Resident Welfare Associations (RWAs) to begin with to over 3000 RWAs to-day, within 8 yrs. Govt. spends over 2 crore rupees on the Scheme every year for promotion and training of Workers etc.

(5) We met Shri Kulanand Joshi Jt. Secretary (Bhagidari) in the office of the Chief Minister, who gave us literature and details about the novel citizen- Govt. partnership scheme, not in existence in any other State.

### **Wednesday, 17th Sept. 08**

(1) With Dr A C Chawla & Shri R P Varma Secretary of Triveni II Senior Citizen Association Delhi, we met Smt. Sheila Dikshit, Hon'ble CM of Delhi at her residence to congratulate her for her good, bold decisions for Senior Citizens and to ask her for Delhi Govt.s help in AISCCON's 8th National Conference in Delhi in Dec. 2008. She readily agreed to give financial assistance for the Conference and asked Shri R P Varma to see Addl. Secretary Smt. Alka, with the Budget of the Conference.

The AISCCON President presented a bouquet to the CM congratulating her for her novel schemes like Bhagidari, Ladli, Rajiv Ratna Awas Yojna Aapki Rasoi - food for the destitutes in Delhi, etc.

(2) Then we went to see the Vishwa Yuvak Kendra Hall at Chanakya Puri and requested the management to reserve Dec. 1 & 2, 08 for our Conference. We also saw Nehru Yuva Kendra for residential accomodation for delegates.

(3) The President Dr S P Kinjawadekar with the help of Shri M M Sabharwal met Dr Arbind Prasad, Jt. Secretary MSJE and had discussion with him, on (a) Recognising AISCCON as the National Association of Older Persons (NPOP) and (b) Construction grant for the multi-service Day-Care-Centre in the Varishtha Nagrik Bhawan, being constructed in Nerul, Navi Mumbai. He said the Govt. can give us construction grant only if we make changes in our plans to make residential accomodation for 25 poor elderly. The scheme is under process and the application form will be sent to us as soon as finalised.

**- D N Chapke**

*Secretary General, AISCCON*



### **Senior Citizens Council, Daman**

International day for older persons on 1st Oct 2008 was celebrated by arranging a walkathon at 0700 A.M. for creating awareness amongst the public jointly by administration of Daman & Diu and Senior Citizens Council, Daman in which 60 (sixty) members participated.

At 1100 A.M., our council felicitated 6 (six) members who were 75+.

Somnath Lioness Club, Dabhel, Daman, gifted 50 (fifty) Sets of one dish with katori & spoon of steel to our Council.

The Mamorandum of Charter of Demands was sent by Post to Dr. MAN MOHAN SINGH, THE PRIME MINISTER OF INDIA & it's Copies were handed over to:-

**1. Shri Dahyabhai V Patel, MP of Daman & Diu,**

**2. Administrator of Daman & Diu**

**3. Collector, Daman**

An eye Check up Camp was arrengeed by Somnath lioness club Dabhel, Daman for Senior Citizens through Dr Usha Hiranjal, Eye Specialist. Our 55 members took its advantage.

Lion, Lioness Club Of Daman celebrated the World Elders day, in the memory of Kanjibhai Feta by his son Shri Navinbhai Feta at, Daria Darshan Hotel, Devka, Daman. The same was

attended by 50 persons of our Council. They honoured our 8 members who were 80+,

Momentos were given to the members who were present.

**Indravadan M Desai**

*Chairman, Sr. Citizens Council, Daman*



## **Andhra Pradesh: APSCCON**

1] The new body representing Senior Citizens of entire state of Andhra Pradesh has been got registered as " Andhra Pradesh Senior Citizens Confederation" [Apscccon] For administrative convenience and to enable better mobilisation of all Senior Citizens in the state, seven zones have been constituted respecting regional affinities. 5 Zonal Councils have already been formed. Two are in the process of being constituted. Each Zonal Body is a federation in itself being an organisation of large number of Associations/Forums of Senior Citizens spread out in Districts, Talukas & Villages located in that Zone. APSCCON is the Apex Body, being the confederation of the above federations, having registration number as 722/08 .

2] On 23rd August a Public Meeting of Senior Citizens was held in Sweekar - Upkar Complex. It was attended by the Presidents, Secretaries and representatives of various Associations of Senior Citizens in Greater Hyderabad. It was chaired by Mr. V.K. Narasimhan, President, Greater Hyderabad Zone. Dr. R.V.Reddy and Sri Y. Krishnamoorthy as Vice President and Dr. S.R. Rao as Secretary. The meeting was presided over by Justice Lakshman Rao [ Retd. Chief Justice, High Court] Mr. R.N.Mital, Co-ordinator APSCCON and Mr. Mohan Rao, Past Lion District Governor, were also on Dias. Following three resolutions were unanimously adopted, 1] There should be 50% Concession in all APSRTC Bus services as in all other progressive States of India

2] Rajiv Gandhi Arogya Sri Health Insurance Scheme should be extended to Middle Class families also including their Senior Citizen Members [ irrespective of Age and pre - existing diseases] The Middle Class families are defined as those above BPL category and below IT payees. If required they are prepared to share premium being around Rs 300/ per family for 2.0 Lakh cover.

3] All 65 + Senior Citizens belonging to BPL category must be given Rs 400/- per month pension as assured under Indira Gandhi National Old Age Pension Scheme.

These resolutions are being forwarded to CM and other important Bureaucrats for implementation.

3] On August 24 a Health Check was organised jointly by APSCCON & Association of Senior Citizens of Hyderabad. Tests worth more than 1200 were conducted for Rs 200 only. It was sponsored by Lions Club of Hyd East. 89 Senior Citizens took advantage of it.

**R.N.Mital Co-ordinator, APSCCON**



## **Maharashtra**

### **SENIOR CITIZEN'S ORGANISATION AKOLA.**

#### **WORLD ELDER'S DAY – A REPORT**

Senior Citizen's organization Akola celebrated its 26<sup>th</sup> anniversary and World Elders Day on 1<sup>st</sup> Oct.2008. Coincidentally, same day is 1<sup>st</sup> death anniversary of late Babasaheb Utangale, former president of the organization and eminent local social worker. At 11 am in the morning, President of the organization Sri Ashok Kulkarni, and President, FESCOM (West Vidharbha) Nana Ningle, Office bearers and members presented Memorandum of demands of the senior citizens on the eve of world elders day to the local Collector, who warmly welcomed the delegates and assured that the copies of the memorandum would be sent to the Chief Minister of the state and Prime Minister of India at the earliest. AT 4 PM a grand function was organized in Maheshwari Bhuwan Akola. Shri Narayandasji Chandak (82 years) Senior Citizen, Social worker and prominent business person of his time and Sau.Ushatai Virak Dy. Chairman Education Committee Akola Municipal Corporation. Were on dias Chief and Honorable Guests. At the beginning of the function, Dr.Toshniwal delivered lecture on the subject "care and treatment of Prostrate Gland". Shri Sakalkale Secretary briefly narrated purpose and achievement of the senior citizen's struggle of the organization. He also recalled sweet memories of past leaders who contributed for the development of the Akola Senior Citizen's organization. He appealed to

think tanks of Akola city to present vision 2015 to make Akola city ideal in all respects. On the eve of the 1<sup>st</sup> Death anniversary of Late Babasaheb Utangale ,Utangale pariwar sponsored "Jestha Bhushan Puraskar" to be awarded to the devoted member of the organization in recognition of his life time work achievement. Executive committee and Utangale Pariwar unanimously considered to award Shri Natwarbhai Choudhari as "Jestha Bhushan 2008". Shri Natwarbhai Choudhari is eminent advocate and Ex President of the Organisation.He was associated with number of Educational Institutions in Akola. He has lions share in progress and development of Akola Senior Citizen's organization. He is also modest writer. He was awarded "Jestha Bhusan Puraskar" in the function with thunderous clapping and welcome from the audience.He was emotionally charged while receiving the award from the Guests. He thanked the organization for the honour bestowed upon him and expressed his gratitude for Akola city which gave him name fame and every thing he desired in his life. He regretted that he could not return more to the society than what he has received. Everybody gave him standing ovation and appreciated the organization for the right choice of the person for the award. After this heart warming facilitation, eight members who have completed 80 years of successful and healthy life were honoured with garland shrifal and shawal. Similarly members who made outstanding achievements in very special and particular fields and those who contributed in the progress and development of the organization viz Smt.Savita Gautam,Sau.Dhanagare, Pawar, Vinayak Pande Prabhakar Deshmukh Chiplunkar and Govindrao Joshi, were honored with shripal shawal and garland.. Shrimati Chandraprabha Gawande was given "Matoshri Ingle" puraskar sponsored by Ingle pariwar for her outstanding performance in teaching and social work. Honorable guest Sau. Ushatai Virak in her speech promised all help to solve all pending issues with corporation authorities on priority basis. Honorable Chief Guest Shri Narayandasji Khandelwal, 82 years vibrant ever green young man advised that "if you want to know the secret of my youth, energy, zeal, and peaceful state of mind, then you must

have very positive attitude in life, well balanced diet, sound sleep, light exercises and morning walk, which should be the integral part of your life. I am happy because I am content and because I am content I am happy. I treat my life as beautiful gift of God and I never misused it. In old age priority should be given to the health without which there is no meaning in life." Audience gave standing ovation and clapping for the advice of a person who led healthy wealthy and devoted life for the welfare of the society. Ashok Kulkarni President said that the organization will always stand for social cause and welfare of the elders. While demanding rights and honor from the govt.and society, we must be conscious about our duties for our family and society and Govt..Chotmal Sarada expressed vote of thanks.Smt.Mayatai Gaupande and Vidyadhar Dhanagare conducted the proceedings in decent manner.Programme concluded with prayer and pasayadan..

**A.N. Sakalkale, Secretary**

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## **मुंबई से हेल्प एज इंडिया और फेस्कॉम द्वारा अंतर्राष्ट्रीय वृद्ध दिवस**

मुंबई में देश की प्रसिद्ध समाजसेवी संस्था हेल्प एज इंडिया ने दिनांक १ अक्टूबर २००८ को अंतर्राष्ट्रीय वृद्ध दिवस सोल्लास मनाया. फेस्कॉम के अध्यक्ष श्री मधुकर भा. कुलकर्णी विशेष अतिथी थे। उनके साथ उपाध्यक्ष श्री विनायक दाते, मुख्य सचिव श्री अनिल कासखेडीकर मुंबई के फेस्कॉम के अनेक सदस्य उपस्थित थे। हार्मनी फॉर सिल्वर्स के कई प्रतिनिधी इस रंगारंग कार्यक्रम में शामिल हुए थे। सभी वरिष्ठ नागरिकों का सम्मान किया गया।

प्रमुख अतिथी सिने दिग्दर्शक श्री मधुर भंडारकर ने वरिष्ठों के प्रति अपना आदर व्यक्त करते हुए कहा कि वरिष्ठ जन समाज की धरोहर हैं। उन्हें ममतापूर्ण व्यवहार के साथ संभालना चाहिए। अभिनेत्री मधु ने भी भावपूर्ण शब्दों में वरिष्ठों के प्रति अपनी हार्दिक शुभेच्छा प्रकट की। उन्होंने कहा कि समाज में दादा, दादी, नाना-नानी खुशी और संतोष के साथ जिंगे तो समाज भी स्वस्थ वातावरण में रहेगा।

फेस्कॉम के प्रतिनिधीयों (ज्येष्ठ नागरिक संघ, मुलुंड पूर्व के सदस्य) ने लोक गीत गायन प्रतियोगिता में भाग लिया और वृद्धों के प्रति जीवन के आधार पर एक प्रहसन प्रस्तुत किया। श्री

हरिश्चंद्र चाचड को प्रथम पुरस्कार और प्रहसन मंचित करने वाले श्री मुकुंद जोग और श्री पालकर को विशेष पुरस्कार दिया गया। **वरिष्ठों के सबसे बड़े मित्र पुलिस हैं-** इस विषय पर अनेक वरिष्ठों ने अपने अनुभव युक्त विचार व्यक्त किए। श्री मुले के विचार सबसे अच्छे पाए गए और उन्हें प्रथम पुरस्कार दिया गया। पुलिस निरीक्षक श्री पाटील ने कहा कि हम लोग कर्तव्य भावना से ऊपर उठकर वरिष्ठों की रक्षा करते हैं। उन्होंने पुलिस हेल्प लाइन का विवरण भी दिया। लोक गीत गायन प्रतियोगिता इस कार्यक्रम का सबसे आनन्दमय भाग था। पुराने लोक गीतों ने वरिष्ठों पर आनन्द की बौछार की। सभी उपस्थित झूम उठे थे। स्वादिष्ट भोजन के पश्चात यह रंगारंग कार्यक्रम संपन्न हुआ। कार्यक्रम का आयोजन होटल मरीन प्लाज़ा, मरीन ड्राइव, मुंबई में हुआ। होटल के प्रबंधक और अन्य कर्मचारियों ने करीब पांच घंटे चलने वाले इस कार्यक्रम को अधिकाधिक आनंददायी बनाने में कोई कसर नहीं छोड़ी थी। उनका भी सम्मान किया गया।

आरंभ में बीजेपीसी महाविद्यालय के छात्र-छात्राओं ने अपने दादा-दादी, नाना-नानी को गुलाब पुष्प, हाथ से बनाया गया शुभेच्छा पत्र और चाकलेट देकर युवा पीढ़ी का वरिष्ठों के प्रति स्नेह का परिचय दिया। स्वागत गीत और राष्ट्र गीत प्रस्तुत किया तथा लोकगीत गायन के अवसर पर सामुहिक नृत्य में भी वे सम्मिलित हुए।

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**फेस्कॉम खानदेश प्रादेशिक विभाग** ने पहली बार वरिष्ठ महिलाओं की एक कार्यशाला जलगांव में आयोजित की। करीब दो सौ वरिष्ठ महिलाएं उपस्थित थीं। कार्यशाला का उद्घाटन फेस्कॉम अध्यक्ष श्री मधुकर कुलकर्णी ने किया। इन्होंने कहा कि समाज को सही दिशा देने में महिलाएं सक्षम हैं। मुख्य सचिव श्री अनिल कासखेडीकर ने फेस्कॉम की प्रगति में महिलाओं के योगदान पर प्रकाश डाला। प्रसिद्ध शिक्षा शास्त्री श्री एम. डी. राव ने वृद्धावस्था का जीवन संगीत पर बोलते हुए कहा कि सरगम के समान जिन्दगी के अंतिम पड़ाव में अनुशासन का महत्व है। खानदेश प्रादेशिक विभाग के अध्यक्ष श्री द. तु. चौधरी ने वरिष्ठ महिला कार्यकर्ताओं की सामाजिक जिम्मेदारी और कर्तव्य विशद किए। भ्रूण हत्या के विरोध में चल रहे जन आन्दोलन के समर्थन में बहिष्कार ज्येष्ठ नागरिक महिला संस्था, जलगांव की महिलाओं ने पथनाट्य प्रस्तुत किया। डॉ. अरुणा पाटील ने वरिष्ठ महिलाओं के स्वस्थ और आनन्दमय जीवन पर मार्गदर्शन किया। फेस्कॉम

की ऊपर कोषाध्यक्षा श्रीमती विनता गर्दे अपने साथियों के साथ विशेष रूप से उपस्थित थीं। उन्होंने भी भ्रूण हत्या का विरोध किया और लोक गीतों के आधार पर एक नाटिका प्रस्तुत की।

इस कार्यक्रम को सफल बनाने में बहिष्कार ज्येष्ठ नागरिक महिला संस्था, जलगांव की अध्यक्ष श्रीमती आशा रघुनाथ तछेले और सचिव श्रीमती रजनी महाजन ने खूब मेहनत की। ज्येष्ठ नागरिक संघ, चैतन्य नगर जलगांव के प्रांगण में आयोजित यह कार्यशाला श्री द. तु. चौधरी के मार्गदर्शन में संपन्न हुई।

कार्यक्रम की पूर्व संध्या में जलगांव के पास एक देहात ममूराबाद में श्री लक्ष्मी ज्येष्ठ नागरिक महिला मंडल का उद्घाटन किया गया। फेस्कॉम अर्थात् महाराष्ट्र वरिष्ठ नागरिक महासंघ से १३५० ज्येष्ठ नागरिक संघ/संस्था संलग्न हैं जिनमें केवल महिलाओं के ४० संघ हैं। ६ अन्य संघों के अध्यक्ष पद पर महिलाएं विराजमान हैं। खानदेश प्रादेशिक विभाग (जलगांव, धुले और नन्दुरबार जिले) के २३९ ज्येष्ठ नागरिक संघों में महिलाओं के १३ संघ हैं।

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## **फेस्कॉम द्वारा प्रसिद्ध उद्योगपति और दानी श्री भंवरलाल जैन का सम्मान।**

फेस्कॉम ने जलगांव के प्रसिद्ध उद्योगपति और समाजसेवक श्री भंवरलाल हिरालाल जैन का मानपत्र देकर सम्मान किया। करीब छ सौ वरिष्ठ नागरिक इस अवसर पर उपस्थित थे। जलगांव जिले के भूषण श्री भंवरलाल केवल सफल उद्योगपति ही नहीं हैं, किसानों के त्राता भी हैं और समाज के मार्गदर्शक। उनका कहना है कि समाज व्यवस्था और प्रशासन में महिलाओं को बराबर का हिस्सा मिलना चाहिए। ग्राम पंचायत में केवल वरिष्ठ महिलाएं हों। फेस्कॉम अध्यक्ष श्री मधुकर कुलकर्णी ने माननीय श्री भंवरलाल जी जैन को उनके समाजोपयोगी कार्यों को सराहते हुए, फेस्कॉम की सन्माननीय सदस्यता प्रदान की।

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महाराष्ट्र के कई शहरों में अंतरराष्ट्रीय वृद्ध दिवस के अवसर पर सार्वजनिक सभा, पदयात्रा और समाज प्रबोधन के कार्यक्रम आयोजित किए गए। वृद्धों के प्रति समाज और शासन के कर्तव्य और जिम्मेदारी पर प्रकाश डाला गया। वृद्धों का शेष जीवन सुखमय, आनन्दमय और संतोषमय बनाने के लिए शासन के पास कुछ मांगे प्रस्तुत की गईं। आईस्कॉन द्वारा निर्धारित नीति के अनुसार स्थानीय सर्वोच्च अधिकारी को प्रतिनिवेदन प्रस्तुत किया गया।

— अनिल कासखेडीकर

# सफल वृद्धत्व

पहिले लोगों की ऐसी धारणा थी कि वृद्धत्व आरोग्य और उत्पादकता की दृष्टि से कमजोर या क्षीण हो जानेवाली प्रक्रिया है पर अब वृद्धत्व की तरफ सकारात्मक और उत्पादक प्रक्रिया की दृष्टि से देखा जाता है। आजकल वृद्धत्व का प्रवास नकारात्मक धारणा से सकारात्मक धारणा की तरफ हो रहा है।

व्यक्ति की काम करने की क्षमता हो, सेवाभावी कार्य करने की इच्छा हो, अपने पारिवारिक कर्तव्यों को निभाने की क्षमता हो और जितना हो सके उतना वह स्वतंत्र हो तो ऐसे व्यक्ति के वृद्धत्व को सफल वृद्धत्व कहा जा सकता है।

वृद्धत्व जैव- वैज्ञानिक, शारीरिक और मानसिक प्रक्रिया है। वृद्धत्व की तरफ देखने का दृष्टिकोण दो तत्त्वों पर आधारित है। एक - व्यक्तिगत होता है कि व्यक्ति अपने बढ़ती हुई उम्र को किस नजर से देखती है? वृद्धत्व का अध्ययन करने वाले तज्ज्ञ ऐसा मानते हैं कि इस प्रक्रिया में शारीरिक घटकों के साथ साथ मानसिक घटकों का भी बहुत महत्त्व है। तो मानसिक घटकों में सबसे अहम बात यह है कि व्यक्ति की वृद्धत्व के बारे में कितनी जागरूकता है? दुसरा तत्त्व है कि समाज की वृद्धत्व के तरफ देखने की भावना, उसका भी प्रभाव व्यक्ति के नजरिये पर पड़ सकता है। और इसी सामाजिक प्रभाव से जुड़ा हुआ है अजीझम का सिद्धान्त। लोगों के आयु के वजह से उनके साथ भेदभाव होना और आयु की वजह से ही समाज की कुछ रूढ़ कल्पनायें बनाई जाना, इसे अजीझम कहते हैं।

उदाहरण के तौर पर वृद्ध नारी का सजना धजना अपने समाज में मना है। साठ के बाद कोई पढ़ना चाहे तो भी 'लोग क्या कहेंगे?' का उसे डर लगता है। एक अशिक्षित वृद्धा को पूछा गया की अब अगर आपके पास समय है तो आप पढ़ना क्यों नहीं सिखती? तो उस वृद्धा का जवाब था कि जब मेरा एक पैर स्मशान में है और दुसरा पैर घर में है तब ऐसी अवस्था में पढ़ने की क्या आवश्यकता है? सबसे पहिली बात तो ये है कि कौन कब मरता है यह निश्चित नहीं है। इसीलिये मृत्यु के संभाव्य डर से खुद का विकास रोकना निरर्थक है। जवान हो या वृद्ध, सभी को आज के लिये जीना है।

वृद्धों का दुसरा भी एक कहना होता है कि पढ़ने का अब क्या उपयोग होने वाला है? पढ़ने से बहुत कुछ हो सकता है। अपने बेदेबेटियों का खत पढ़ा जा सकता है, धार्मिक ग्रंथ पढ़े जा सकते हैं। तात्पर्य यह है कि अपने फुरसत के समय किसी को कोसने के बजाय, या पुरानी यादें बारबार दोहराने की बजाय अपने समय का सदुपयोग करें।

अपने समाज में वृद्धत्व की व्याख्या क्या है?

सर्व साधारण तौर पर साठ के ऊपर जिसकी आयु हो उसको वृद्ध कहा जाता है। कालक्रम के अनुसार वृद्धत्व की व्याख्या की ही जाती है पर शारीरिक बदलों के आधार पर और सामाजिक कार्य करने की क्षमता के आधार पर भी वृद्धत्व की व्याख्या की जाती है। अपने अपने दृष्टिकोण से भी वृद्धत्व की व्याख्या की जाती है। तज्ज्ञों का कहना है कि वृद्धों की अपनी प्रतिमा अपने ही नजर में अच्छी रहनी चाहिये तो ही समाज भी उनकी तरफ आदरसम्मान से देखता है।

प्रोफेसर रोबिनोविट्स का कहना है कि व्यक्ति की आयु, छह क्षेत्रों में उनकी कार्य करने की जो योग्यता है, उस पर निर्धारित की जा सकती है। वह छह क्षेत्र इस प्रकार हैं- कालक्रम शारीरिक, ज्ञानात्मक भावनिक सामाजिक और व्यक्ति की कार्य करने की क्षमता वृद्धत्व का अभ्यास करनेवाले बाल्ट्स नामक तज्ज्ञ ने सफल वृद्धत्व का नमूना

या आदर्श प्रतिमान तीन घटकों के साथ पेश किया है।

- १) चयन - व्यक्ति अभी भी क्या कर सकता है उस पर जोर देना।
- २) सशक्तिकरण - व्यक्ति जो भी कुछ कार्य कर सकता है उसको सुधारना।
- ३) क्षतिपूर्ति करना - अपने कमियों पर नियंत्रण पाने के लिये योजना बनाना। मतलब ऐनक या छडी का उपयोग कर अपनी कार्यक्षमता बढ़ाना। वृद्धों को अपने जीवन के आठ क्षेत्रों में योजना बनाने की आवश्यकता है।

(१) आवास व्यवस्था (२) परिवार (३) पुर्न-रोजगार (४) स्वास्थ्य (५) आर्थिक (६) सामाजिक व्यवहार (७) अपने फुरसत के समय का उपयोग (८) आध्यात्मिक सफल वृद्धत्व के लिये कुछ बातों की तरफ ध्यान देना जरूरी है। सबसे महत्त्वपूर्ण बात है कि अपने को पहचानना। अपनी रूची जिसमें है उस काम को करना और अपने शौक को बढ़ाना। कुछ एक विशिष्ट और अच्छा काम करने के लिये जीवन समर्पित करने की तीव्र इच्छा रखना। गत काल की स्मृतियों में रहने के बजाय आज की दुनिया में रहने का प्रयत्न करना। कार्य करने की तत्परता रखना। कायम उत्सुक रहना, हर बात के उपरी रूप को स्वीकार न करते हुये उसे नये दृष्टि से स्वीकार करना। तिसरी आयु के कार्यक्रम या वृद्धों को सिखाने का कार्यक्रम जिसे परदेश में थर्ड अज युनिव्हर्सिटी कहा जाता है। अपने फुरसत के समय का सदुपयोग करने के लिये और अपना विकास करने के लिये इस कार्यक्रम का उपयोग हो सकता है।

एक फ्रेंच लेखक ने लिखा है, "वृद्धत्व का मतलब सफेद बाल या अपने चेहरे पर की झुर्रियाँ नहीं हैं। हमारा खेल खत्म हो गया है और जीवन का ये रंगमंच हमारे लिये नहीं तो आनेवाली पिढी के लिये है ऐसा समझना वृद्धत्व है। शरीर की अक्षमता से धोखा नहीं है, धोखा है तो आत्मा की उदासिनता का। नये आव्हानों को स्वीकार करने का डर वृद्धत्व की तरफ ले जाता है।

वृद्धत्व की प्रक्रिया उन लोगों में ज्यादा तेजी से बढ़ती है जो लोग ये सोचते हैं कि अब तक उन्होंने बहुत काम किया है। जो लोगों ने नये पिढी को प्रोत्साहन देना बंद किया हो या अपने ही भूतकाल से सदा जुड़े रहने की आदत जिनको है वह जल्दी बूढ़े हो जाते हैं। एक वृद्धा को डॉक्टर ने पूछा की आप अगर अच्छी हैं तो कुछ काम क्यों नहीं करती? वृद्धा ने कहा सारी उम्र तो काम ही करते आयी हूँ। तब डॉक्टर ने बड़ा मार्मिक प्रश्न पूछा था, "सारी उम्र आप खाना खाते आई है क्या अब आपने खाना खाना छोड़ दिया है?"

प्रसिद्ध शिक्षणतज्ज्ञ इनाड्रो नोटोबे ने कहा था, "मैं शारीरिक या मानसिक असमर्थता टालना नहीं चाहता। नयी पिढी की गलतियाँ निकालना और अपने भूतकाल की बढाई चढाई करने की जो बुरी आदत है उसको मैं टालना चाहता हूँ।"

वृद्धों के सशक्तिकरण करने के राष्ट्रीय योजना में भी वृद्धों की जो पुरानी निष्क्रियता की, अनुत्पादकता की धारणा है उससे मुक्ति पाकर आर्थिक सक्रिय होने को कहा है। वृद्धों की संपदा या शक्ति का उपयोग करना है तो स्वयंसेवी अवसर निर्माण करने चाहिये। ज्यादा अधिकारों का समन्वय ज्यादा कर्तव्यों से होना चाहिये।

लीन पिटर्स नाम के एक अमेरिकन स्त्री की कविता है।  
"वृद्धत्व पर्वत का सर्वोच्च शिखर है, नीला आकाश बहुत पास है,  
चढ़ने का रास्ता कठिन है, थकान लाने वाला है,  
पर अहा! बहुत आश्चर्यजनक और बहुत सुंदर दृश्य है।"

-अमृता लक्ष्मीकर, सांताक्रूझ (पूर्व), मुंबई-४०० ०५५.

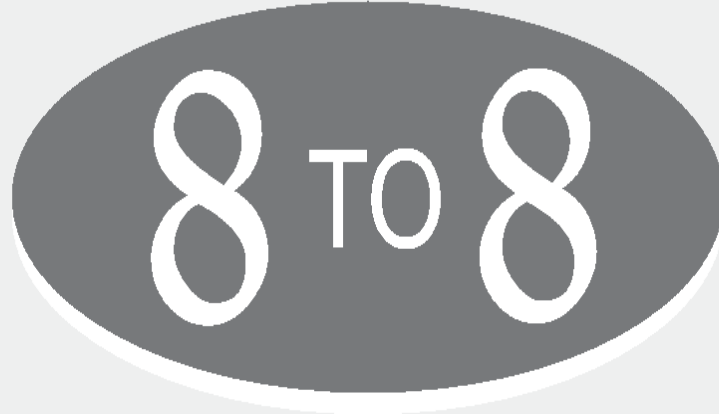
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