



SHEHJAAR NEWSLETTER

A Quarterly Newsletter from Shehjaar Homes for Senior Citizens



Issue 03

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From the desk of the Editor

Dear Readers,

Namaste & very affectionate greetings to all of you.

*For many of us, driving is a major aspect of maintaining our independence as we age. By reducing risk factors and incorporating safe driving practices, you may be able to continue driving safely long into your senior years. But, even if you find that you need to reduce your driving or give up the keys, it doesn't mean the end of your independence. Everyone ages differently, so there is no arbitrary cut-off as to when someone should stop driving. However, older adults are more likely to receive traffic citations and get into accidents than younger drivers. What causes this increase? As we age, factors such as decreased vision, impaired hearing, slower motor reflexes, and worsening health conditions can become a problem. Ageing also tends to result in a reduction of strength, coordination, and flexibility, which can impact your ability to safely control a car. For example: Neck pain, Leg pain, Diminished arm strength, Your reaction time can slow down with age. Ageing does not automatically equal total loss of driving ability. There are many things you can do to continue driving safely, including modifying your car, altering the way you drive, and addressing any physical issues that can interfere with driving. Get your eyes checked every year, Have your hearing checked annually, Exercise regularly, Talk with a doctor & Get plenty of sleep. Drive defensively - Leaving adequate space for the car in front of you. Paying extra attention at intersections. Making sure you are driving consistent with the flow of traffic. Avoiding distractions while driving, such as - talking on the phone, texting, or consulting a map or GPS. Allowing sufficient braking distance. Remember, if you double your speed - say from 30 Kmph to 60 Kmph - your braking distance does not become twice as long, it becomes **four times** as long, even more in case the road is wet or icy. Know your limitations - Driving only during daylight hours if seeing well at night is a problem. Staying off freeways and highways to avoid fast-moving traffic. Not driving in bad weather (rain, thunderstorms, snow, hail, ice etc.). Planning the route before leaving to feel more confident and avoid getting lost.*

Suresh Palgay & S C Goel



MOM Shehjaar Meet on 30-SEP-2021

The monthly Shehjaar meet was held on 30-SEP-2021 in virtual mode. It was also aimed at the International Day of Older Persons (IDOP) which was just next day, that is, 01-OCT-2021.

Total 26 members and guests from Pune, Bhubneswar, Haridwar, Faridabad, Jammu and Dubai participated which was hosted by Sri Suresh Palgay from Haridwar. Dr A P Das Director Shehjaar could not participate due to some exigency of work on the day.

A formal welcome was given to those present by the host along with best wishes on the eve of IDOP. Beginning was done by Sri S B Nautiyal with his emotionally packed Prayer.

Sri M K Raina gave a speech on the IDOP stating that the UN had, on 14-DEC-1990, declared to celebrate International Day of Older Persons and on 01-OCT-1991 first IDOP was observed throughout the Globe.

The day is celebrated by raising awareness about issues affecting the Elderly. It is also a day to appreciate the contributions that older people make to society. The theme for this year is “**Digital Equality for all Ages**”. In his presentation, he discussed on factors impacting ageing, social challenges of ageing, Government initiatives and current status on policies. Briefing about Shehjaar (Sheetal Chhaya) Sri Raina talked about foundation history, its various centers and their activities. He also spoke on the future plans of Shehjaar which included opening of centers in Faridabad and Jammu.

Next presentation was given by Sri Suresh Palgay. According to him, the presentation on Dementia was prepared by Smt Vishakha Bhatt, a student of Tata Institute of Social Science (TISS). Dementia is Everybody’s Business. It explained that Dementia is a syndrome affecting memory, thinking, orientation, judgment etc. Worldwide 55 million persons have dementia. It will go to 78 million in 2030 and 139 million by 2050. Alzheimer disease accounts for 60% to 80% of all dementia

patients. He also discussed on Stages of Dementia, Difference between Normal ageing and Dementia, Risk factors & Prevention, Diagnosis and Treatment. Caring of patients and tips to care givers, Technology intervention to manage dementia patients and lastly, Dementia care and challenges in India.

Sri Sarvesh Gupta put his views on “Gratitude and Forgive” - a simple way for happy living for yourself and society. According to Sri Gupta, accept people and yourself as it is which avoids unnecessary arguments and the fallout of differences in the society. Create positive energy and control negative energy.

In the open forum Sri T K Raina gave the tips for happy living “Forget the past, Live in Present”. Sri B B Kaul and Sri A S Mony sang beautiful Bhajan, Sri Barada Mishra, Smt Rita Mohanty and Sri Dillip Mohanty sang old classical songs from Hindi movies.

Sri R M Pattanaik presented the vote of thanks. He praised the speakers for talking on very important topics which were very vital for seniors. The cultural presentation by individuals was excellent. At the end, he expressed best wishes for the International Day of Older Persons.



Samman Samaroh & Meeting with Swami AwdheshanandGiri Ji Maharaj

On 04-OCT-2021, the Astha Charitable Trust, New Delhi which is headed by Sri Shyam Jaju, Ex National Vice President of BJP, organized “Samman Samaroh” for “Aajivan Samajik Sewa



Yogdan” at Nishkam Sewa Trust Bhawan, Bhupatwala, Haridwar. Amongst the dignitaries’ present were - Pujya Swami AvdhesanandGiri Ji Maharaj, Head Juna Akhara, Swami Rupendra Prakash Mahamandaleshwar, Sri Prem Chand Agarwal, Speaker Vidhan Sabha Uttarakhand, Sri Naresh Bansal, Rajya Sabha MP, Sri Yatishwaranand, Minister Govt of Uttarakhand and MLA Sri Aadesh Chauhan.

Around 150 esteemed persons from Haridwar, Dehradun and Rishikesh were honoured with a certificate and shawl for their life-long devotion for the social service.

Among recipients of this coveted award were 7 from Senior Citizen Forum Haridwar. Sri Sarvesh Gupta, Sri M K Raina, Sri P P Dhasmana, Sri A K Rastogi, Dr R K Goel, Dr Vinod Kumar Chouhan and Smt Saroj Jain.

Sri M K Raina was called on podium to give his talk in 2 minutes due to time constraint. In his speech, Sri Raina drew the attention of Pujya Swami Ji on declaring Haridwar as “Destination for Senior Care and Living” while not to wait for their ashes to come to Haridwar. He emphasized that senior persons want to come to Haridwar from all over the world. Creating due facilities will definitely be a unique step for Govt to really do something for the Senior Citizens. Pujya Swami Ji, in his address, mentioned the points raised by Sri Raina and thanked for giving a very thoughtful issue for implementation through Govt authorities and would be very pleased to be associated for this cause.

Looking at the very positive response from Swami ji, a team of Senior Citizen Forum Haridwar - Sri Jagdish Pahwa, Sri Sarvesh Gupta, Sri M K Raina and Sri Suresh Palgay got the appointment of meeting Pujya Swami AvdhesanandGiri Ji Maharaj on 13-OCT-2021 evening at 6:30 PM at his Kankhal Ashram in Haridwar.

We were escorted to the open green field where Swamiji Ji meets general public. After our brief introduction, he took us to his

meeting Chamber. He praised Sri Pahwa ji for his omnipresence in social activities. Sri Sarvesh Gupta briefly told about Forum’s objectives and goals. He also shared the various correspondence done with regard to the Haridwar Destination Center. Looking at the Swami Ji’s response, we were encouraged to open ourselves for giving all details which was very nicely done by Sri M K Raina. Swami Ji, after careful listening, asked to submit brief note on what we wanted as facility in Haridwar, what Government policies are and what is the current status of policy implementation and actions in Uttarakhand and Haridwar. He was also interested in knowing the details of “Senior Citizen Commission” appointed by M P Govt. as he was to proceed to Delhi on 21-OCT-2021 to meet Mr Amit Shah for joining discussion on Sufi in Kashmir. He wanted us to mail all details before his departure so that he could make use of information sharing and discussion with top Govt ministers.



PROPOSAL SUBMITTED TO SWAMI JI

Status of Senior Citizens’ Population in the Country:

The population of senior citizens is increasing steadily and is estimated to touch 32.4 Crores (19.4%) by 2050 from the current figure of about 13 crores (10%). This increased number of senior citizens is exposed to lack of emotional, physical and financial support. There is inadequate social security for the aged.



Thus, ageing has become a major social challenge and needs to be attended on priority.

Government Plans & Policies:

The welfare of senior citizens was mandated in the “National Policy on Older Persons, 1999”. This policy is under revision since 2016. Government of India also passed “Maintenance & Welfare of Parents & Senior Citizens Act 2007”. Implementation of this Act by States was very slow and not effective. Government of India has introduced the Amendment Bill in year 2019 in Parliament. Government of India has also come out with Annual Action Plan 2021-22 (Atal Vayu AbhyudayYojna-AVYAY) with funding of Rs 533.8 Crores for various schemes including Elder Care Help Line, Senior Able Citizens for Re-employment in Dignity (SACRED) & Senior Care Ageing Growth Engine (SAGE).

Government of India has circulated a “Draft National Policy for Senior Citizens 2020”. Besides so many initiatives considered, the policy also states under Clause 5.8.3 “Government shall identify Senior Citizen friendly towns/locations from the point of view of traffic/climate/mobility and therapeutic point of view and promote the same as destinations for ageing at leisure with pleasure. Pilgrimage packages/ tour circuits for elderly of various communities shall be promoted.”

In view of the above noble initiative under consideration of the Government of India, the following proposal is being submitted :-

Proposal for Declaring Haridwar as a Destination for Senior Living & Care

(As per clause 5.8.3 of the “Draft National Policy for Senior Citizens 2020”)

Haridwar being a historical, religious and the spiritual capital of the world on the banks of holy Ganges, is the dream destination for most of the senior citizens all over India for spending last part of their life. Even the senior citizens all over the world, having roots in India, have desire for living last phase of their life in Haridwar.

Thousands of pilgrims, mostly senior citizens, visiting Haridwar everyday round the year for a holy dip in Ganges and to participate in “Ganga Aarti” is an indicator of the aashta people have for Haridwar.

Facilities Need to be Developed in Haridwar :-

1. Senior Living Homes : This is one-step solution for senior citizens meeting all senior life style needs
2. Assisted Living Homes : Under the scheme, senior residents are provided care customized to their medical needs in the comfort of home-like environment
3. Palliative Care Centers & Post-operative care
4. Short Stays for Elderly
5. Old Age Homes subsidized for economically poor Elderly
6. Day Centers in Senior Clusters for mitigating the problems arising due loneliness / dementia / depression. Government may make one state-of-art Day Care Centre in Haridwar which can be a bench mark for other NGOs & Corporates to replicate in other parts of the country
7. Training institute for Care Givers : Family Care givers are depleting due to fragmentation of families. Thus, Formal Care Givers are much in demand nationally and internationally. Presently, their availability is minimum. Due to increase in longevity, demand for care givers will continuously rise
8. Life Long Learning Centers for their mental engagement to retard the onset of ageing illnesses like - dementia & depression by active involvement and facilitating productive ageing
9. Model Physiotherapy Centers for treating Elderly issues
10. Regional Resource & Training Centre (RRTC) to work as a nodal agency on Aged Care for Uttarakhand, Himachal & Western UP
11. Ageing Research Institute

Other Proposals :-



1. Government of India to ensure a separate department headed by a person of Secretary rank in the Centre as well as in States to ensure effective monitoring and review at Centre and in States for ensuring the implementation of various initiatives like - National Policy for Senior Citizens, Maintenance and Welfare of Parents and Senior Citizens Act. To review all schemes periodically for its user friendliness for seniors in the rural as well as urban areas.
2. Every State to have a policy on senior citizens (**Uttarakhand** has none). Every State to have a Senior Welfare Commission/Council so that important concerns get focused attention. The Commissions/Councils to have members from the State Senior Citizens Federations & other NGOs working in the Elderly welfare areas. Any initiative conceived in Delhi must be implemented at the district level which has not been the case so far.
3. Sensitizing the students at School & College levels across the nation about Age Friendly Environment by incorporating the same suitably in the syllabus to appreciate the ageing issues of parents/grandparents and even for themselves as they age gradually. This will help in bringing up a society for all ages.
4. Governments at Centre & States to ensure increasing the awareness about Government Initiatives for Elderly Care through media.

Moment of Pride

A) Ankita Raina, the International Tennis player and outstanding sports personality, has been awarded the prestigious “Arjun award” by the Government of India. She is a regular donor of Shehjaar Homes and grand daughter of Sri M K Raina. Congratulations to Ms Ankita Raina.



B) Commodore Amit Rastogi (Retd.), after an illustrious career of 34 years in Indian Navy, has taken over as Chairman & Managing Director of National Research Development Corporation (NRDC). Cdr Amit is son of our highly dedicated member Sri A K Rastogi (Haridwar). His qualification includes BE(Elect.), Master’s degree in Electronics & Telecommunication, M.Sc. (Defence & Strategic studies). He is an alumnus of Defence Service Staff College, Wellington and College of Defence Management, Secundrabad. Congratulations to Cdr Amit Rastogi.

C) Master Pranav Gupta a student of class XII and grandson of our esteemed member Sri J P Bansal (Haridwar) has won Silver in International Economics Olympiad in Latvia and secured 1st position in India. Congratulations to Pranav and the proud parents/Grandparents.

Moderation

(By Sri T K Raina, Pune)

In the last few years, I have lost at least 8 to 9 people known to me personally, and a few celebrities too, who were in their 40s who died because of doing too much to be "fit". Unfortunately, they only looked fit, six packs and all. Now, Puneeth Rajkumar gets added to this list.

In anything in life, MODERATION is the mantra. Any extreme of zero or 100 is not correct. A moderate amount of exercise, just about 20 minutes, eating everything, no detoxification or keto moto diets, just eat what your ancestors have been eating, the local and seasonal food in your hometown, not kale, kiwi or olive oil..., but in small quantities, sleeping a full 7 hours, respecting your body by not feeding it steroids, performance enhancement drugs are all that you need to do.

Just eat all that you ate growing up, in small quantities, exercise for 20-30 minutes just a good walk should do perfectly and stop all supplements if you drink, limit it to a couple of pegs a week, if you absolutely



can't give up smoking, a couple a day you get my drift ??? Anything but in moderation. Add a bit of silent meditation to your routine. Most importantly, listen to your body and understand it.

By 40, the body is undergoing a lot of changes, 50 even more, 60 plus your body is starting to slow down, 70 plus, your body is starting to shut down, 80 plus every year is a bonus. So, stop saying 60 is the new 40, 50 is the new 30...no it isn't, if you are 40 or 50 plus, be grateful if you're healthy, slow down so your heart can keep pace, understand retirement has been suggested for a reason, your body and mind cannot take the stress which you once endured. Outwardly you could be looking good, thank your genes but inside, the organs are ageing.

If you're 40+ read the above and if you're doing something other than the above, change it, now!! I'm sure you don't want to end up as another statistic. 🙏

We are the Creators of Our Destiny



Thoughts become things. If you see it in your mind, you will hold it in your hand. – Bob Proctor

The law of attraction is the law of creation. Our lives are the reflections of our imaginations and thoughts. We can create our destiny with positive thoughts and the law of attraction.

Most of us float along with experiences of life. When everything goes smoothly like we want, we are happy. If we end up in bad situations, we throw a temper tantrum and complain about how unlucky we

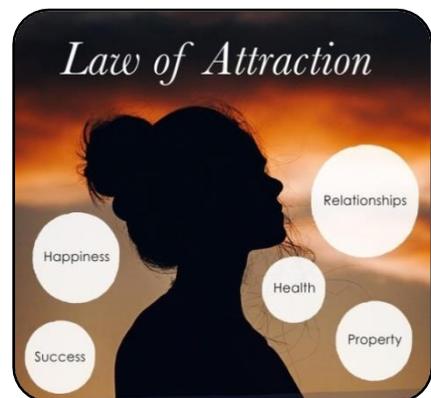
are at life. Being the passive observers, we assume the role of victim, when something happens to us, that we didn't want it to happen.

The knowledge of law of attraction helps us to wake up to the fact that everything that is happening in our lives is only the result of what we are constantly feeling and thinking. This fact can liberate us from the position of a passive observer to a proactive one.

*When you envision your prosperous life, you are creating your life forcefully and consciously according to the law of attraction. You must be thinking if this task is so easy then why everyone is not living the life of his/her dreams. The only reason, people don't get what they want is because they keep on thinking too much about what they don't want, rather than what they are actually in need of. Pay attention to your thoughts and listen to your words. When you think about the things you want and focus on them with all your intention, then the law of attraction will pave the way to fulfil your desires and if you focus on unnecessary things, you will get the same. Your imagination and law of attraction just reveal the things you're thinking about. There is no space of "don't" or "doesn't want" or any negative word for the law of attraction. For example:-
"I don't want anyone to treat me rudely".
→ "I want someone to treat me rudely".
"I don't want to argue" → "I want to argue"*

Whatever, you are thinking now, is creating your future life. Your thoughts will manifest in your lives. The law of attraction makes no difference whether you are thinking about

yourself or someone else. The thoughts you focus on, happen in your life. You should feel yourselves healthy and prosperous from now itself. If you feel that people around you love you, you can observe the change in environment around you. The universe will change for you in accordance with the nature of your inner feeling. If you have been thinking that life is difficult and full of struggles then you will find that the life is really difficult and struggling. At the



same time say with delusions - "Life is very easy, simple and beautiful.", and feel the change in your lives.

MEDHA GUPTA
COMPUTER EDUCATION
JUNIOR WING
DPS, Ranipur, Haridwar

ACTIVITY REPORT FOR BHUBANESHWAR CENTRE

During this reporting period, physical meetings were held with improvement in corona situations. Following are the activities.

❖ **31-AUG-2021**

The monthly meet for August'21 was held on this day in physical mode. The members were happy to meet each other after a long time. Members with birthdays and wedding anniversaries during the month were greeted followed by group cake cutting. Some members participated in the entertainment programme. The event ended with dinner.



❖ **01-SEP-2021**

Plantation programme was organized with planting of 40 saplings (flower and decorative plants) inside the society boundaries for beautification and caring environment. The saplings were sponsored by few members.



❖ **01-OCT-2021**

On this "International Day of Older Persons", the members of the state forum FOSCAO met the minister for Social Security & Empowerment of Persons with Disability (SSEPD) and discussed on the issues relating to older persons. The President, Secretary and others members of our unit also joined the delegation. On this occasion, the quarterly Newsletter for July-September 2021 "The Aparanha" was released by the minister.



❖ **01-OCT-2021**

The meeting for the month of September 21 was held on this day attended by the General Secretary Dr P K Das and the Joint Secretary of state forum FOSCAO as Guests. They highlighted on various schemes of the Govt and rights of the senior citizens. In the event, the persons with birthday and wedding anniversary during the month were greeted with group cake cutting followed by entertainment programme and dinner.





❖ 27-OCT-2021

The President and Secretary of the forum participated in a plantation programme at Adruta Children Home on this day. The Secretary offered financial help to a girl student of the children Home for books for preparing medical entrance.



❖ 31-OCT-2021

145th birthday of Iron man Sardar Vallabh Bhai Patel was celebrated on 31-OCT-2021 in Kedargouri apartment.



Digital Access

The various Government digital access for senior citizens were unveiled by the Vice President Sri Venkaiya Naidu on 01-OCT-2021 at a function in Vigyan Bhawan, New Delhi.

- 1) **Toll free number 14567.** It is the National Helpline Number which can be accessed by the Senior Citizens for any emergency help.
- 2) **SACRED** portal of employment opportunity for senior citizens <https://sacred.dosje.gov.in>. Senior Citizens can register their details of Qualification & Experience which will be accessible to the organization/business promoters and can contact individual senior citizen for getting their business solution on mutually agreed terms and conditions.
- 3) **SAGE** "Senior care Ageing Growth Engine" promoting startups in Eldercare facilities and equipment's.

Deepawali the festival of lights is a harbinger of joy, happiness and prosperity. "It is a celebration of the triumph of light over darkness and of hope over despair. The festival celebrates the victory of good over evil and reflects the true spirit of Life."

"May this joyous occasion bring you joy, happiness, peace and prosperity!!!"

Our Deepawali Wishes to you & your family.

With love & Regards
Bharatnancy



दीपावली की ढेर सारी शुभकामनाएँ
आपके घर में माँ शुभलक्ष्मी का अखंड निवास बना
रहे जय माँ लक्ष्मी!!!!

Hargovind Sharma & family



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