ALL INDIA WOMEN’S EDUCATION FUND ASSOCIATION (AIWEFA)

Two days National Stakeholders Conference to build the road to life long health, happiness and engagement

ENSURING HEALTHY LIVES AND PROMOTING WELLNESS IN OLD AGE

THURSDAY AND FRIDAY, 1st & 2nd NOVEMBER 2018

CONFERENCE | EXHIBITION | SENIORS ACTIVITIES
FASHION SHOW AND STAGE PLAY

SUMMARY REPORT
Lady Irwin College, New Delhi -110 001
ABOUT AIWEFA

All India Women’s Education Fund Association (AIWEFA) was founded in 1929 under the leadership of Mahatma Gandhi and vibrant women stalwarts of the freedom movement like Sarojini Naidu, Rajkumari Amrit Kaur, Aruna Asaf Ali, Kamaladevi Chattopadhyay and Annie Besant among others for the purpose of empowering women.

Education was recognised as the catalytic agent for social change, and in 1932, AIWEFA founded the Home Science College, Lady Irwin College, New Delhi to bring a scientific temper in women's education.

For the last nine decades, AIWEFA’s programmes in rural and urban areas have been implemented to promote holistic and sustainable development for welfare of communities. Activities promote education and training of women for family and child care, environmental sustainability, health and nutrition, development of rural families through introduction of drudgery reducing equipment for agricultural management, skill development, women in political representation, and programmes to fight violence against women.

Today AIWEFA campaigns and mobilizes nationally and internationally through its field projects, seminars, workshops conferences, publications and networking to bring about a sustainable approach to human development and advancement of weaker sections of society. Partners include NGOs, Central and State Governments, public sector, corporate and bilateral agencies.

In 1999, AIWEFA was granted the “NGO in Special Consultative Status with the Economic and Social Council of the United Nations (ECOSOC)”. In 2003, AIWEFA accepted the role of Regional Coordinator of the UN’s Informal Regional Network of NGOs (NGO IRENE). In 2017 AIWEFA has been conferred the Observer Status with UNFCCC.

In recent years, AIWEFA’s programmes include national conferences on “Transition of women from education to full employment” and “Ensuring healthy lives and promotion of wellness in old age” and the national “Khadi goes global” initiative; college and school workshops on cyber security, 'Prevention of Drug Abuse' and 'Promoting Intergenerational Bonding'; grassroots initiatives include “Promotion and development of handicrafts from locally available resources” in Andaman and Nicobar Islands.

Internationally at the United Nations AIWEFA’s programmes include “A World We Women Want” to document robust implementation strategies from Asia, Africa and the global south towards achieving the Sustainable Development Goals. To celebrate Mahatma Gandhi's 150th birth anniversary and AIWEFA's 90th foundation year, “Khadi Goes Global” envisages linkages between local khadi clusters and international NGOs towards providing additional employment to farm women and achieving the 2030 agenda for development.
CONFERENCE:

“ENSURING HEALTHY LIVES AND PROMOTING WELLNESS IN OLD AGE”

Two day National Stakeholders Conference to build the road to lifelong health, happiness and engagement

- Conference
- Exhibition
- Seniors activities, fashion show and stage play

SUMMARY REPORT

______________

November 2018

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MESSAGE

It is indeed my privilege to convey the message for the ‘Ensuring Healthy Lives and Promoting Wellness in Old Age’. Being healthy is important for everyone at any age, but it is more important in old age as the elderly people face deterioration in physical and mental abilities. As per WHO, Healthy Ageing is defined “as the process of developing and maintaining the functional ability that enables wellbeing in older age”. Functional ability is about having the capabilities that enable all people to be and do what they have reason to value. This includes a person’s ability to meet their basic needs; to learn, grow and make decisions; to be mobile; to build and maintain relationships, and to contribute to society. Healthy Ageing, like Active Ageing, emphasizes the need for action across multiple sectors and enabling older people to remain a resource to their families, communities and economies.

According to the latest WHO data published in 2018 life expectancy in India is: Male 67.4 years, female 70.3 years and total life expectancy are 68.8 years which give India a World Life Expectancy ranking of 125. Though life expectancy is increasing phenomenally, the quality of life of senior citizens in India is very poor due to lack of money, health awareness, balanced diet, environmental hygiene and appropriate health services.

In response to the health issues of elderly, the Govt. of India had announced National Policy on Older Persons (NPOP) in 1999 and enacted the landmark legislation which gives option to make schemes and programmes on health care and nutrition of elderly people, “The Maintenance & Welfare of Parents and Senior Citizens Act, 2007” emphasises on research on chronic disease and PHC services for senior citizens. Being the nodal Ministry for the welfare of senior citizens, the Ministry of Social Justice and Empowerment (MSJ&E) has implemented Integrated Programmes for Senior Citizens (IPSrC) to improve the quality of life of senior citizens including physiotherapy clinics, Mobile Medicare Units and Continuous Care Homes. Recently, the Ministry has introduced aide of assistive devices for disabled and infirm elder persons through ‘Rashtriya Vayoshri Yojana’. The Scheme proposes to provide Walking sticks, Elbow crutches, Walkers/crutches, Tripods/ Quad pods, Hearing Aids, Wheelchair, Artificial Dentures and Spectacles to eligible elderly beneficiaries, depending upon their physical impairment.

National Institute of Social Defence organizes Capacity Building Programmes like Geriatric Care, Dementia Care Management for functionaries of Senior Citizens Homes, NGOs, Multi-Facility Centres and also organizing National Level Conferences, Workshops, and Seminars in association with Universities & Regional Resource Training Centres (RRTCs). To meet the need of geriatric caregivers, NISD is also organizing One Year PG
Diploma in Integrated Geriatric Care, Three Months Certificate Course on Geriatric Caregivers for the general public.

I appreciate the efforts of All India Women’s Education Fund Association (AIWEFA) to take up a step to create a platform of experts to share information on elder care and innovative interventions to address them to identify emerging issues and challenges of health needs of elderly through this two days conference on Ensuring Healthy Lives and Promoting Wellness in Old Age.

It is hoped that the facts and data presented in the conference will be of great help to disseminate knowledge on health issues of elderly care and challenges. I strongly believe that the suggestions emerged from the conference will help out for the effective intervention of the Geriatric issues and help review of schemes and programmes of senior citizens in India to ensure healthy and active ageing in India.

Sd/-

(Dr. H.C. SridharaChannakeshavaRanga Reddy)
ACKNOWLEDGEMENTS

This summary report contains the major findings and deliberations of the national conference “Ensuring Healthy Lives and Promoting Wellness in Old Age” organised by the All India Women’s Education Fund Association (AIWEFA) on 1st and 2nd November 2018 at Seth Ram Lal Hall and Lawns, Lady Irwin College, Sikandra Road, New Delhi, India.

AIWEFA, is particularly grateful to the Lady Irwin College and policy makers, academicians, researchers, students’ union, national and international organisations, members of civil society, manufacturers of assistive devices and service providers as well as colleagues who participated in the conference and resolved to share information on elder care, identify emerging issues and challenges of the elderly and share innovative interventions to address these problems.

The Conference Convenor was Ms. Asha Chandra, President, AIWEFA and the College Convenor was Dr. Anupa Siddhu, Director, Lady Irwin College. The resource persons were Ms. Sarla Manchanda, Vice President AIWEFA; Dr. Atreyi Ganguli, National Professional Officer, World Health Organisation (WHO); Mr. Rajiv Bajaj, Chairman & Managing Director Bajaj Capital; Mr. Anand Katoch, Director, National Institute of Social Defence (NISD); Ms. Sushma Seth, Celebrity Actor and Artiste; Ms. Jyotsna Kapur, Secretary AIWEFA; Mr. Mathew Cherian, CEO HelpAge India, Delhi; Prof. S. Siva Raju, Deputy Director, Tata Institute of Social Science, Mumbai; Prof. K. S. James, Professor of Demography, Centre for the Study of Regional Development, Jawaharlal Nehru University, Delhi; Dr. Ishi Khosla, Founder Whole Foods, Delhi; Dr. Manisha Sabharwal, Head of the Department and Assistant Professor, Department of Food & Nutrition, Lady Irwin College, Delhi; Mr. Mukesh Agarwal, Chairman, Ayush Raj Jaipur, Rajasthan; Ms. Bella Gupta, Secretary, Kitchen Garden Association of India, Delhi; Dr. H. C. Sridhara Channakeshava Ranga Reddy, Deputy Director National Institute of Social Defence, Delhi; Dr. Archana Kaushik, Associate Professor Department of Social Work, University of Delhi, Delhi; Dr. Vasantha R. Patri, Indian Institute of Counselling, Delhi; Ms. Priya Anant, Co-Founder and Director Life Circle Health Services Pvt. Ltd, Hyderabad; Ms Priya Anant, Co- Founder and Director Life Circle Health Services Pvt. Ltd, Hyderabad; Asst. Prof. Teddy Andrews, Department of Public Health, Manipal Academy of Higher Education, Karnataka; Dr. Sushma Goel, Associate Professor, Department of Resource Management and Design Application, Lady Irwin College, Delhi; Mr. Mohit Satyanand, Entrepreneur and Investment Journalist, Delhi; Dr. Mala Kapur Shankardass, Associate Professor Maitreyi College, University of Delhi, Delhi; Dr. Jyoti Dogra Sood, Associate Professor Indian Law Institute, Pune; Dr. Pam Rajput, Prof .Emeritus Punjab University, Chandigarh; Ms. Meera Khanna, Trustee and Executive Vice President Guild of Services, Delhi; Mr. Shashank, former Foreign Secretary, Government of India; Ms. Anju Bhalla, Joint Secretary, Technology Intervention Department of Science & Technology, Delhi; Mr. Himangshu Vaish Managing Director, Insta Power, Delhi; Mr. Mohan D. Menon, IPS, Former Additional Secretary, Cabinet Secretariat; Prof. P.V. Madhusudhan Rao, Head Department of Design Indian Institute of Technology (IIT), Delhi; Dr. Renu Malaviya, Head of the Department and Associate Professor Department of Education Lady Irwin College, Delhi; Dr. P.S.N. Rao, Director School of Planning and Architecture, Delhi; Prof. Dr. Anil Dewan, Head of the Department and Professor of Architecture, Dept. of Building Engineering and Management, School of Planning and Architecture, Delhi; Mr. Suresh Goel, Principal Architect SGA
Design Lab, Delhi, Mr. Biju Mathew, Director & State Head, HelpAge India, Kerala; Mr. Riaz Umar, former Principal Zakir Hussain College, University of Delhi, Delhi; Ms. Vidya Shenoy, Secretary-General, Alzheimer's & Related Disorders Society of India (ARDSI) & Hon. Secretary Mumbai; Mr. Vinay Bhatia, District Governor Rotary International, District 3011, Faridabad; Mr J. R. Gupta, President of the senior citizen council of Delhi and Chairperson of Confederation of Senior Citizens Associations of Delhi; Dr Rajarshi Bhattacharjee, National Head, Health and Wellness Times Foundation, Times of India, Mr. Puneet Tiwari, Health, Wealth and Longevity Bajaj Capital, Delhi; Dr. Sushma Sharma President, Lady Irwin College Alumnae Association; Ms. Nita Mehta, Celebrity Chef, Owner, Nita Mehta Publication Pvt. Ltd. Television judge; Ms. Rita Menon, IAS Former Secretary to the Government of India Ministry of Textiles, Dr. Nimmi Rastogi, CEO, Sarthak Medical Center Advisor to CM’s Office; Dr. Adarsh Sharma, Former Director, NIPCCD Consultant- Social Development.

The summary of the proceedings was prepared by Ms. Rita Menon, IAS, Governing Body Chairperson, Lady Irwin College and Dr. Manisha Sabharwal, Head of the Department and Assistant Professor Department of Food & Nutrition Lady Irwin College and researchers; editorial support was provided by Ms Asha Chandra, AIWEFA President, Ms. Sarla Manchanda, AIWEFA Vice President, Ms. Jyotsna Kapur, AIWEFA Secretary, Dr. Renu Malaviya, Joint Secretary, AIWEFA, Ms. Chitra Sarkar, AIWEFA Executive Member, Dr. Mayanka Gupta, Assistant Professor, Lady Irwin College, New Delhi.

We fully acknowledge the important contributions of all the AIWEFA members, mainly, AIWEFA Executive Members. We thank Ms Preetika Khenduja, and also the student volunteers from Lady Irwin College, headed by Ms. Nikita Tiwari, Mr. Mithun Singh, (AIWEFA office coordinator) Mr. Prashant Prakash and Mr. C.P.Sharma.

The conference greatly benefited from the close collaboration of several partners, notably:

- National Institute of Social Defence (NISD)
- HelpAge India
- NITI Aayog
- Lady Irwin College Alumni Association
- Pearl Academy
- Ojas Way
- Whole Foods
- Nescafe
- Punjab Kesari
- Studio Mosaic

Deepest gratitude is due to:

National Institute of Social Defence (NISD)

- Dr. H.C. Sridhara Channakeshava Ranga Reddy, Deputy Director, Old Age Care NISD
HelpAge India

- Dr. Mathew Cherian, CEO HelpAge India, Delhi

Lady Irwin College Alumni Association

- Dr. Sushma Sharma, President Lady Irwin College Alumnae Association

Ojas Way

- Mr. Rajiv Bajaj, Chairman & Managing Director
- Ms. Puneet Tiwari, Health, Wealth and Longevity
- Ms. Rati Gandhi

Lady Irwin College

- Dr. Anupa Siddhu, Director of Lady Irwin College, New Delhi.
- Dr. Sushma Goel, Associate Professor Department of Resource Management and Design Application Lady Irwin College, New Delhi.
- Dr. Manisha Sabharwal, Head of the Department and Assistant Professor Department of Food & Nutrition, Lady Irwin College, Delhi
- Dr. Renu Malaviya, Head of the Department and Associate Professor, Department of Education Lady Irwin College, Delhi
- Dr. Mayanka Gupta, Assistant Professor, Lady Irwin College, New Delhi.
- Lady Irwin College Students Union headed by Ms Nikita Tiwari.
About AIWEFA

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CONFERENCE

INTRODUCTION

A UN report on the changing age structures of populations and their implications for development has projected that by 2050 the number of elderly people - defined as aged 60 or more - would exceed the number of children for the first time in history. By then, they should number nearly two billion (200 crores) elderly persons, of these 326 million (32.6 crores) are expected to be from India. And a majority of this population will be living in rural areas. There is, therefore, a need in India for more geriatricians than paediatricians.

The Integrated Programme for Older Persons in the Central Sector Scheme to improve their quality of life also indicates the projections in 2026 to be 17.3 crores, elder persons. While the economically developed countries are already preoccupied with the issues emerging from the ageing of their populations, the developing countries need to fully address the issue. Traditional norms, values and joint family systems that earlier provided care for the aged are breaking down and adequate social security measures are still to be put in place. This National Stakeholders Conference seeks to present a platform of integrated facilities that focus on the economic and health needs of the elderly, to create a social milieu which is sensitive to the emotional needs of the elderly and responds to them in positive ways.

Aim and Objective of the National Stakeholders Conference

- To create a platform of experts, including academicians, researchers, students, manufacturers of assistive devices and other service providers to share information on elder care.
- To identify emerging issues and challenges of the elderly.
- To share information on innovative interventions to address them.

Conference Inputs

The conference will have inputs from eminent experts who have been working and doing research in the field of geriatric care with a focus on health, emerging issues, challenges, social work practices in the field and others. The conference will include some empirical paper presentations by faculty members, research scholars, and representatives from government and NGO sectors.

The conference will take into consideration mandates of:

i. International organizations like the WHO
ii. United Nations Sustainable Development Goals (SDGs) and India’s commitment to the 2030 Agenda for Change
iii. Effects of Climate Change as per United Nations Framework Convention on Climate Change (UNFCCC)
iv. Public Policy in India
“Ensuring Healthy Lives and Promoting Wellness in Old Age”

PROGRAMME SCHEDULE
1st November 2018

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<td>Registration</td>
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<tr>
<td>10.00 am to 11.15 am</td>
<td>Inaugural Session&lt;br&gt;Invocation and Lamp Lighting</td>
</tr>
<tr>
<td>Welcome address</td>
<td>Ms. Sarla Manchanda&lt;br&gt;Vice President&lt;br&gt;AIWEFA</td>
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<tr>
<td>About the conference</td>
<td>Ms. Asha Chandra&lt;br&gt;President&lt;br&gt;AIWEFA</td>
</tr>
<tr>
<td>Special address</td>
<td>Dr. Anupa Siddhu&lt;br&gt;Director&lt;br&gt;Lady Irwin College, Delhi</td>
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<tr>
<td>Special address</td>
<td>Dr. Atreyi Ganguli&lt;br&gt;National Professional Officer&lt;br&gt;Mental Health and Substance Abuse&lt;br&gt;World Health Organisation (WHO)</td>
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<td>Special address</td>
<td>Mr. Rajiv Bajaj&lt;br&gt;Chairman &amp; Managing Director&lt;br&gt;Bajaj Capital</td>
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<td>Special address</td>
<td>Mr. Anand Katoch&lt;br&gt;Director&lt;br&gt;National Institute of Social Defence (NISD)</td>
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<tr>
<td>Guest of honour</td>
<td>Ms Sushma Seth&lt;br&gt;Celebrity Actor and Artiste</td>
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<td>Vote of thanks</td>
<td>Ms. Jyotsna Kapur&lt;br&gt;Secretary&lt;br&gt;AIWEFA</td>
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<tr>
<td><strong>Chairperson</strong></td>
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<tr>
<td>Mr. Mathew Cherian</td>
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<tr>
<td>CEO</td>
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<td>HelpAge India, Delhi</td>
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**Session 2.1: Ageing demographics and health transitions**

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| 12.15 pm to 12.25 pm | Prof. S. Siva Raju  
Deputy Director  
Tata Institute of Social Science, Mumbai |
| 12.25 pm to 12.35 pm | Prof. K. S. James  
Professor of Demography  
Centre for the study of Regional Development  
Jawaharlal Nehru University, Delhi |

**Session 2.2: Role of nutrition and diet in healthy ageing**

<table>
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<th>Time</th>
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| 12.35 pm to 12.45 pm | Dr. Ishi Khosla  
Founder  
Whole Foods, Delhi |
| 12.45 pm to 12.55 pm | Dr. Manisha Sabharwal  
Head of the Department and Assistant Professor  
Department of Food & Nutrition  
Lady Irwin College, Delhi |

**Session 2.3: Alternative therapeutic framework to address diverse needs of elderly**

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<tr>
<th>Time</th>
<th>Speaker</th>
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</thead>
</table>
| 12.55 pm to 01.05 pm | Dr. Mukesh Agarwal  
Chairman, Ayush Raj  
Jaipur, Rajasthan |
| 01.05 pm to 01.15 pm | **Concluding remarks by Chairperson** |
| Talk on gardening for nutrition, good health and wellness in an exhibition | Ms. Bella Gupta  
Secretary,  
Kitchen Garden Association of India, Delhi |
| 1.15 pm to 2.00 pm | **Lunch** |
## Session-III: Circle of care
2.00 pm to 3.30 pm

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<tr>
<td>2.00 pm to 2.10 pm</td>
<td>Dr. Archana Kaushik</td>
<td>Associate Professor</td>
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<td>Department of Social Work, University of Delhi, Delhi</td>
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<td>2.10 pm to 2.20 pm</td>
<td>Dr. Vasantha R. Patri</td>
<td>Indian Institute of Counselling, Delhi</td>
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<tr>
<td>2.20 pm to 2.30 pm</td>
<td>Ms. PriyaAnant</td>
<td>Co-Founder and Director</td>
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<td>Life Circle Health Services Pvt. Ltd, Hyderabad</td>
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<tr>
<td>2.30 pm to 2.40 pm</td>
<td>Prof. Asha Banu Soletti</td>
<td>Centre for Health &amp; Mental Health</td>
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<td></td>
<td>School of Social Work, Mumbai</td>
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<td>2.40 pm to 2.50 pm</td>
<td>Asst. Prof. Teddy Andrews</td>
<td>Department of Public Health</td>
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<td></td>
<td>Manipal Academy of Higher Education, Karnataka</td>
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<tr>
<td>2.50 pm to 3.00 pm</td>
<td>Dr, Sushma Goel</td>
<td>Associate Professor</td>
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<td></td>
<td>Department of Resource Management and Design Application</td>
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<td></td>
<td>Lady Irwin College, Delhi</td>
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<tr>
<td>3.00 pm to 3.10 pm</td>
<td>Mr. Mohit Satyanand</td>
<td>Entrepreneur and Investment Journalist, Delhi</td>
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<tr>
<td>3.10 pm to 3.30 pm</td>
<td>Concluding remarks by Chairperson</td>
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<td>3.30 pm to 4.00 pm</td>
<td>Tea</td>
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<tr>
<td>4.00 pm to 4.10 pm</td>
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<tr>
<td>Dr. Mala Kapur Shankardass</td>
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<tr>
<td>Associate Professor</td>
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<tr>
<td>Maitreyi College, University of Delhi, Delhi</td>
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<th>Session 4.2: Laws for the protection of elderly</th>
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<td>4.10 pm to 4.20 pm</td>
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<tr>
<td>Dr. Jyoti Dogra Sood</td>
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<tr>
<td>Associate Professor</td>
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<tr>
<td>Indian Law Institute, Pune</td>
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<th>Session 4.2: United Nations Sustainable Development Goals and India’s commitment to the 2030 agenda for change</th>
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<td>4.20 pm to 4.30 pm</td>
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<tr>
<td>Dr. Pam Rajput</td>
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<tr>
<td>Prof. Emeritus</td>
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<tr>
<td>Punjab University, Chandigarh</td>
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| 4.30 pm to 4.40 pm                                           |
| Ms. Meera Khanna                                            |
| Trustee and Executive Vice President                        |
| Guild of Services, Delhi                                    |

| 4.40 pm to 4.50 pm                                           |
| Dr. Archana Chandra                                         |
| Head and Professor                                          |
| Department of Commerce                                      |
| Sam Higginbottom Institute of Agriculture, Technology and Sciences, Allahabad |

| 4.50 pm to 5.00 pm                                           |
| **Concluding remarks by Chairperson**                       |
**2nd November 2018**

**Session-V: Best practices – local to global**

**10.00 am to 11.15 am**

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| **Chairperson** | Mr. Shashank  
Former Foreign Secretary, Government of India                       |
| 10.00 am to 10.10 am | Ms Anju Bhalla  
Joint Secretary, Technology Intervention  
Department of Science & Technology, Delhi                           |
| 10.10 am to 10.20 am | Mr. Himangshu Vaish  
Managing Director, InstaPower, Delhi                               |
| **Session 5.1: Digital inclusiveness for the elderly: reducing inequalities in later life** |
| **Session 5.2: Global best practices in elder care** |
| 10.20 am to 10.30 am | Mr. Mohan D. Menon, IPS  
Former Additional Secretary, Cabinet Secretariat                    |
| 10.30 am to 10.40 am | Ms. Rakesh Dhawan  
President  
All India Women’s Conference (AIWC)                                 |
| **Session 5.3: Future of ageing: pathways to innovations** |
| 10.40 am to 10.50 am | Prof. P.V. Madhusudhan Rao  
Head  
Department of Design  
Indian Institute of Technology (IIT), Delhi                          |
| 10.50 am to 11.00 am | Dr. Renu Malaviya  
Head of the Department and Associate Professor  
Department of Education  
Lady Irwin College, Delhi                                             |
| 11.00 am to 11.15 am | **Concluding remarks by Chairperson**                                |
| 11.15 am to 12.00 pm | **Tea**                                                              |
| Session-VI: Aged friendly inclusive spaces  
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| **Chairperson** | Dr. P.S.N. Rao  
Director  
School of Planning and Architecture (SPA), Delhi |
| Session 6.1: Aged friendly homes: a perspective on current and future trends  
12.00 pm to 12.10 pm | Prof. (Dr) Anil Dewan  
Head of the Department and Professor of  
Architecture  
Dept. of Building Engineering and Management  
School of Planning and Architecture, Delhi |
| Session 6.2: Designing age-friendly neighbourhood spaces  
12.10 pm to 12.20 pm | Mr. Suresh Goel  
Principal Architect  
SGA Design Lab, Delhi |
| 12.20 pm to 12.30 pm | Mr. Biju Mathew  
Director & State Head  
HelpAge India, Kerala |
| Session 6.3: Voices of seniors in design process  
12.30 pm to 12.40 pm | Mr. Riaz Umar  
Former Principal  
Zakir Hussain College, University of Delhi, Delhi |
| 12.40 pm to 12.50 pm | Dr. Vidya Shenoy  
Secretary-General, Alzheimer's & Related Disorders  
Society of India (ARDSI)  
Mumbai Chapter, Maharashtra |
<p>| 12.50 pm to 1.15 pm | <strong>Concluding remarks by Chairperson</strong> |
| 1.15 pm to 2.00 pm | <strong>Lunch</strong> |</p>
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<tr>
<th>Time</th>
<th>Session 7.1: Supporting older people's contribution to their communities</th>
<th>Session 7.2: Promotion of active ageing through educational &amp; recreation initiatives</th>
<th>Session 7.3: Extended work, volunteerism and entrepreneurial prospects</th>
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| 2.00 pm to 2.10 pm | Mr. Vinay Bhatia  
District Governor  
Rotary International, District 3011, Faridabad | 2.20 pm to 2.30 pm | Dr. Rajarshi Bhattacharjee  
National Head, Health and Wellness  
Times Foundation, Times of India |
| 2.10 pm to 2.20 pm | Mr. J. R. Gupta  
President of the senior citizen council of Delhi and  
Chairperson of Confederation of Senior Citizens Associations of Delhi | 2.30 pm to 2.40 pm | Mr. Puneet Tiwari  
Health, Wealth and Longevity  
Bajaj Capital, Delhi |
| 2.40 pm to 2.50 pm | Dr. Sushma Sharma  
President  
Lady Irwin College Alumnae Association | 2.50 pm to 3.00 pm | Ms. Nita Mehta  
Celebrity Chef, Owner, Nita Mehta Publication Pvt. Ltd.  
Television judge |
| 3.00 pm to 3.30 pm | **Concluding remarks by Chairperson** | 3.30 pm to 4.00 pm | **Tea** |

**Session-VII: Later life opportunities**
2.00 pm to 3.30 pm

**Chairperson**
Dr. Muniraju S.B.  
Deputy Advisor, NITI Aayog
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<th>Session-VIII: Valedictory</th>
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<td>Chairperson</td>
<td>Ms. Rita Menon, IAS Former Secretary to the Government of India Ministry of Textile</td>
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<td>Session 8.1: Delhi Government initiatives for senior citizens</td>
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<td>4.00 pm to 4.15 pm</td>
<td>Dr. Nimmi Rastogi CEO, Sarthak Medical Center Advisor to CM's Office</td>
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<td>Session 8.2: Building intergenerational bonding for community welfare</td>
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<td>4.15 pm to 4.30 pm</td>
<td>Dr. Jitender Nagpal Programme Director Expressions India Life skills education, School health &amp; wellness programme</td>
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<td>Session 8.3: Conference way forward</td>
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<td>4.30 pm to 4.45 pm</td>
<td>Dr. Adarsh Sharma Former Director, NIPCCD Consultant- Social Development</td>
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<td>Ms. Rita Menon, IAS Former Secretary to the Government of India Ministry of Textile</td>
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SESSION –I: Inaugural Session:

Welcome Address: Ms. Sarla Manchanda, Vice-President, AIWEFA
About the Conference- Ms. Asha Chandra, President, AIWEFA
Special Address: Dr. Anupa Siddhu, Director, Lady Irwin College
Inaugural Address: Dr. Atreyi Singh, National Programme Office, Mental Health and Substance Abuse, WHO
Special Address: Mr. Rajiv Bajaj, Chairman and Managing Director, Bajaj Capital
Special Address: Mr. Anand Katoch, Director, National Institute of Social Defence (NISD)
Guest of Honour Address: Ms. Sushma Seth, Celebrity and Artiste
Vote of Thanks: Ms. Jyotsna Kapur, Secretary, AIWEFA
Emcee: Dr. Seema Sekhri, Associate Professor, Lady Irwin College

Inauguration and lamp lighting ceremony:

Dr. Seema Sekhri invited the esteemed speakers for the lamp lighting ceremony. She emphasised that the light signified knowledge, education, health, wellness and beauty. She invited Ms. Sarla Manchanda to give the welcome address.

Ms. Sarla Manchanda: Welcome Address

Ms. Sarla Manchanda extended a warm welcome to the distinguished guests and participants and outlined the broad objectives of the conference. She highlighted the achievements of AIWEFA for the past 90 years and emphasised that the conference is a two-way stakeholder conference on ensuring a healthy lifestyle. Ms. Manchanda noted that with the advancement of science and technology, improvement in the standard of living and health consciousness has led to a healthy lifestyle. As a result, there is a rise in the number of elderly- 613 million, worldwide. This has led to an increase in generation gap as well. She concluded by saying that time had come to revive the value system focussing on treating the elderly with respect and dignity.
Ms. Asha Chandra: About the Conference:

Ms. Asha Chandra extended a warm welcome to the speakers and the audience. According to her, when one is young and healthy, old age seems far away with the thought that it is something that will happen to others and we consider ourselves immune to it. It was time to use the wisdom of the elderly and synergise it with the energy of youth. She said that the backdrop of medical advancements has led to longevity. A minuscule population of the elderly has disposable income and can afford to avail holiday packages designed for senior citizens. However, the majority are crippled due to ill health, which turns into a financial burden for the entire family reducing the quality of life. Few elderly have insurance due to high premiums and the hiring of caregivers is expensive. Above all, the elderly tend to face neglect, abuse and bias. The rise in the nuclear family, migration from rural to urban areas and reduced social networks has led to loneliness among elderly living alone. She emphasised that the conference will address these grappling issues – with 8 sessions and 22 sub-sessions. In conclusion, Mr. Chandra noted that measures need to be put in place towards a protective strategy and legislation so that the rights of the elderly are protected. She also invited everyone to see the Fashion show and play titled “Baghban”.

Dr. Anupa Siddhu: Special Address:

Dr. Siddhu wished AIWEFA a very happy 90th birthday and said that it is the parent of Lady Irwin College. She saluted the vision of All India Women’s’ Conference and congratulated them. She reminisced that Lady Irwin College was set up as a Home Science college under the guidance of AIWEFA and focussed on home science as a science stream and not just activities related to the home. It was a matter of pride for her to share that Ministry of Rural Development (MoRD) and Ministry of Health and Family Welfare (MoHFW) have signed MOU’s with the Department of Communication and Extension and Department of Food and Nutrition, respectively. Dr. Siddhu briefly elaborated on the courses and focus of the 5 departments in the college as well as the key activities undertaken by them. She highlighted that India is a developing country which will slowly have a large population of elderly and it has not worked adequately towards the social security of its aged population. She stated that the toils of the yesteryears show in the late stage of life, therefore, we should help make our
elderly population to become positive, viable, strong and independent. She said that being active at all stages of life- mentally, spiritually, physically is an investment towards old age. She shared few tips for healthy ageing- regular exercise, no smoking, getting enough sleep, coping with stress, maintaining a healthy weight, a balanced diet. She also stated that it a wrong hypothesis to say that children should look after their parents. According to her, the elderly should be robust and independent. She suggested that recreational centres will be beneficial for the elderly as well as time banks. She said that if there are time banks then people can invest time with the elderly when they are young and when they get old, someone will come to spend time with them.

**Dr. Atreyi Ganguli: Inaugural Address:**

Dr. Atreyi Ganguly quoted WHO stating that **Healthy Ageing** is about creating the environment and opportunities that enable people to be and do what they value throughout their lives. WHO defines **Healthy Ageing** “as the process of developing and maintaining the functional ability that enables wellbeing in older age”. According to Census 2011, there are 104 million people aged above 60 years, comprising of about 8.6% of the population with women outliving men. The number of elderly is higher in rural areas than in urban areas. The percentage of elderly is expected to rise to 20% by 2050. The growing needs of the elderly are likely to pose a challenge and therefore there is a need for change at various levels like an individual, social etc. At the individual level, behaviour change is required. Elderly face age-related changes coupled with diseases such as NCDs and mental health problems. They require assistance in walking (wheelchairs, sticks), vision (glasses), transportation (low floor of the buses or ramps for a wheelchair), provision of recreational centres, etc. Dr. Ganguli cited examples of Sri Lanka and Bangladesh where the elderly of the community support and look after each other. Another area requiring change is the training of personnel who need to look after the elderly as well as strengthening primary and secondary health centres to look after the medical requirements of the elderly. She concluded by talking about the initiatives of the government such as **Ayushmaan Bharat**, where healthcare will be provided at the doorstep as well as **Swachh Bharat** as cleanliness and hygiene will create positivity and reduce disease. **Rashtriya Vayoshri Yojana** is a scheme to provide physical assistance devices to a senior citizen living BPL. She emphasised the need for a specific regional strategy for healthy living to foster healthy ageing.
Mr. Rajiv Bajaj: Special Address:

Mr. Bajaj shared stories about his clients which are over the age of 90 years. Giving real-life examples, he also spoke about a study by National Geographic Channel on Blue Zones. These are zones which have a healthy community, and a vibrant environment to live a healthy life. They identified areas in various cities/countries like California, Italy, Greece, Japan and Costa Rica. He elaborated that he went to two different Blue Zones - one in California and the other in Okinawa, Japan. He said that total well-being is important and that Bajaj Capital has come up with an Ojas way of life which has 9 pillars of strength which give a sense of purpose. He elaborated on the details of the 9 pillars.

Dr. Anand Katoch: Special Address

It is the collective responsibility of the community to look after the elderly. He talked about Rashtriya Vayoshri Yojana, a scheme to provide physical assistance devices to a senior citizen living BPL. He said this scheme is present in districts all over India and helps to make the elderly feel independent. He also said that there is a National Award Scheme (held on 1st October, every year) where the efforts of the elderly are recognised. He also touched upon the Maintenance and Welfare of Senior Citizens Act, 2007. He said that it is the moral responsibility of the children to look after their parents. He concluded by quoting that the greatness of a nation is judged by how well they treat their elderly.

Ms. Sushma Seth: Guest of Honour:

A celebrated artiste and alumni of the college, Ms. Sushma Seth made a very spirited pitch for spiritualism as development over one’s years of growing and stated that growing old is all about wisdom, transformation and growth. She said that every decade teaches us something: 20s- learning process, 40s- self-assurance, prioritisation, 60s- focus and direction and 80s- great sense of freedom, confidence, the intent of sharing and giving. According to her, Vedas have taught us all about healthy living, yoga, meditation and peace of mind long before the western world emphasised these aspects.

Ms. Jyotsna Kapur: Vote of Thanks:

Ms. Jyotsna Kapur proposed the formal vote of thanks on behalf of AIWEFA. She thanked the various dignitaries for their inspirational work and the audience for their presence. She
thanked the speakers for building the tempo of the conference. She said that AIWEFA was fortunate to be backed up by motivated colleagues, governing body members and alumni. She thanked Lady Irwin College, especially the teachers and students for their constant support.
Session- 2.1: Ageing demographics and health transitions

Objectives: In this session, appropriate models of care of elderly were emphasised through keynote discussions and presentations

Number of persons attending: 100-130 delegates and participants

Workshop facilitator: Mr. Mathew Cherian: CEO, HelpAge India, Delhi (facilitated by Dr. Ritu Rana)

Speakers:

• Prof. K.S. James, Professor of Demography, Centre for the Study of Regional Development, Jawaharlal Nehru University, Delhi

• Prof. S. Siva Raju, Deputy Director, Tata Institute of Social Science, Mumbai

Session- 2.2: Role of nutrition and diet in healthy ageing

Objectives: In this session, the speakers highlighted the role of good nutrition for healthy ageing through keynote presentations.

Number of persons attending: 100-130 delegates and participants

Workshop facilitator: Mr. Mathew Cherian: CEO, HelpAge India, Delhi (facilitated by Dr. Ritu Rana)

Speakers:

• Dr. Ishi Khosla
• Dr. Manisha Sabharwal

Prof. K.S. James, Professor of Demography, Centre for the Study of Regional Development, Jawaharlal Nehru University, Delhi

Prof. K.S. James highlighted the substantial changes in the society owing to a large number of children, their education and migration for work. He emphasised on the transitions in societies, as children are moving away from family sacrificing the care of their parents. He reported that in the Indian scenario, 50% of elderly are completely dependent on their children, 25% are partially dependent while another 25% are able to sustain themselves.
In closing, he maintained that the way forward included:

- Developing community systems: Looking at the pragmatic situations prevailing, it becomes important for the children to migrate for their job and better income. As such government systems are required to take care and look after the elderly to provide social security both at community and family level.
- Western models which are cultural-specific.

Prof. S. Siva Raju, Deputy Director, Tata Institute of Social Science, Mumbai

Prof. S. Siva Raju, speaking on appropriate models of care, began his discussion by throwing light on the Indian scenario for the elderly. He specified that elders are highly heterogeneous as compared to children owing to the diversity of prevailing conditions.

He emphasised that there is no tailor-made model of care. For instance, some specific model may not be appropriate for tribal India. Hence, he emphasised that different types of models are apt for Indian cultures and societies. It should be focussed on the complexity of issues for the elderly. Services should be appropriate at the cultural level and day care centres depending on individual profiles.

He addressed the following concerns:

- Income generating schemes are not matching with the skills of the elderly.
- In most developing countries, life expectancy is increasing owing to better nutritional status and hygiene but makes ageing more challenging.
- The need for appropriate and apt models are still felt.
- The needs of the elderly should be met in terms of their financial security, economic status and access to such services.
- Female elderly have been regarded as more vulnerable due to the social interactions of the outside world. He addressed that the various segments of society should be considered individually.

In the end, a question was raised by the Chairperson as to which is the best model for healthy ageing among diverse models of well-being. Prof. K.S. James concluded the session on community care as parents also desire their children to migrate for a better future. Contextually, Prof. S. Siva Raju concluded that the elderly should be regarded as a unit for
strengthening the family. The need is emphasized for the supportive role and responsibility of the government to meet their needs.

**Dr. Ishi Khosla, Founder, Whole foods, Delhi**

Dr. Ishi Khosla is practising as a clinical nutritionist since 25 years. She began her presentation on food beyond nutrition. She shared her self-experience of becoming a grandparent. She reflected her views on a huge shift of looking at food besides all the nutrients. She highlighted various aspects of the food:

- An aspect of pleasure: to satisfy our own self, our senses and enjoyment
- Spiritual aspect: food has vibration
- Functional aspect: the role of traditional foods such as turmeric (*haldi*), *tulsi*, psyllium husk (*isabgol*), flaxseeds (*alsi*) etc.

According to her, each individual is different, when it comes to interactions with food due to differences in genetic predispositions, vulnerabilities, gut abilities, tolerances, allergies, accept abilities and body interactions. She emphasized the role of antioxidants which are protective elements to detoxify free radicals and poisons as we age and bodily defence mechanisms change. She further focussed on the burden of lifestyle diseases such as malnutrition, diabetes mellitus, obesity, and other health concerns such as depression, mood swings. She also emphasized on nutritional deficiencies, depressed immune system, visual and cognitive impairments, neurological concerns such as dementia, Alzheimer's, renal impairments and eating disorders such as anorexia, as early as 50 to 60 years, Type 3 diabetes with inflammation being the root cause of all diseases.

She reported the current evidential literature stating that decreased calories extend the healthy years by increasing longevity, decreasing insulin resistance, the risk of diabetes, cardiovascular diseases (CVD), cancers and autophagy (physiological response to starvation and repair our body for better health occurring after a prolonged period of fasting). She also highlighted the composition of the Okinawa diet, the inclusion of good fats, functional foods for the same concern of extended lifespan and anti-inflammatory effects. It is required for a healthy gut, absorption of nutrients and a healthy immune system as two-thirds of our immune system depends on good gut bacteria or flora. Medicines, inadequate sleep, decreased appetite, stress, tobacco and smoking all cause unhappy gut. Probiotics help in the
reduction of heart diseases. Her quote was not only to focus on what to eat but also on what not to eat. “Let’s not treat them as old but as long living people”

She gives the following the tips for secrets of longevity:

- Eat in company
- Phytochemicals
- Cereals should be restricted
- Functional foods
- Decreased refined, preserved and processed foods
- Good Dental health
- Attractive and regular small meals
- Good sleeping patterns
- No substance use
- Physical activity, Yoga & meditation
- Hydration Adequate
Dr. Manisha Sabharwal, Head of the Department and Assistant Professor, Department of Food and Nutrition, Lady Irwin College, Delhi

Dr. Manisha Sabharwal began with the role of the public health nutritionist being central to the promotion of healthy lifestyle among elderly. She defined the elderly as the people above the age of 60 years as per the Census of India. With the increased life expectancy, emerge various concerns such as age-related physiological changes. The chronological and biological age may not always run parallel and ageing is an inevitable phenomenon. Diet, physical activity, substance abuse, genetics and lifestyle, all impact the ageing process.

She further talked about the dual burden of communicable and non-communicable diseases as well as under- and over-nutrition. With the breakdown of traditional joint family, there is a trend of autonomous and independent living among elderly. The major concerns are the prevalence of multiple chronic diseases and infectious diseases in this segment of population.

She defined healthy ageing as being free from chronic diseases, autonomy in daily living with high social participation, good cognition, quality of life and absence of psychological problems. She spoke at length about nutritional requirements and changes in dietary intake with age, decline in sense of taste and smell, anorexia, cardiovascular diseases, respiratory problems, renal impairments, loss of independence in activities of daily living, poor oral health, osteoporosis, musculoskeletal changes, neurological changes, sarcopenia, increased risk of falling, GI changes (decline in digestive functions) and decreased skeletal mass among elderly.

She focussed on the nutritional recommendations for sufficient intake of omega-3 fatty acids, enhanced requirements of vitamins such as B, D and minerals such as calcium, iron, zinc and folate to counter poor nutrition and increased dependence. She reported multiple morbidities in elderly as evidenced from the findings in her research work and that increased BMI (both overweight and Obesity) results in increased dependence in activities of daily living. Therefore moderate physical activity is recommended. She closed her presentation with the emphasis on the need of specific dietary guidelines for elderly, suggested feeding pattern for edentulous elderly along with elderly safe housing, periodic health check-ups for screening to identify and manage chronic degenerative diseases, and promotion of a healthy lifestyle.
AIWEFA seeks partnerships for women’s empowerment

Session 2.3: Alternative therapeutic framework to address diverse needs of elderly

Mr. Mukesh Agarwal: Alternative therapies to address diverse needs of elderly

Mr. Agarwal speech focussed on the preventive and curative measures for Geriatrics like diet and nutrition, Exercise, Yoga and Panchkarma, counselling, social support and other measures like “Rasayana Therapy”. He also addressed alternative therapies to cater to the needs of the elderly. He addressed issues on geriatric care and problems like treating diseases & disabilities. He quoted Acharya Charaka; “He who treats the disease before its commencement at an early age, experiences long life”. He stressed upon a holistic approach to treating any disease or disability during old age by focusing on healthy diet and nutrition, exercise, yoga and pranayama, counselling, strong social ties with family, relatives, friends by doing group exercises, group discussions, playing sports, and singing etc along with “Rasayana therapy” which means humors of body.

He highlighted important foods which needs to be taken to treat dementia (greens, berries, nuts etc), insomnia (banana, almonds, cherries, yoghurt, honey), and arthritis (lemon, green tea, olive oil, orange, broccoli etc). He also gave a few tips on healthy diet:

- Eat tasty, nutritious, attractive, hot food
- Increase fluid intake
- Keep your peace of mind
- Eat only when hungry
- Eat sufficient vegetables, fruits juices etc.

He also emphasized on exercise and yoga and panchakarma which improves sleep habits, flexibility and range of movement, pain relief, dementia and depression etc. He stressed upon panchakarma treatment as it removes blocked channels, boosts energy and purifies the body.

He ended the talk by highlighting a fresh Rasayana therapy which is needed for natural immunity, enhancing the overall general wellbeing of the elderly.

According to him, to live a long and healthy life is every individual’s wish. However, due to changing lifestyle, and inability to follow the rules of dietetics, human beings have led to an emergence of varied problems for the elderly in India. The process of ageing was elaborately described in Ayurveda texts and a separate medical discipline called Rasayana Tantra was
developed which described a variety of methods and measures to promote healthy longevity. It is the strength of Ayurveda in the context of geriatric care and is a therapy which bestows excellent rasa which ultimately results in promotion of longevity, alleviation of old age and diseases so as to enjoy the full span of life.

**Ms. Rita Rana: Session Chair:**
Ms. Rita Rana, in her wrap-up of the speaker’s presentations, appreciated the models of elderly care, the role of nutrition and diet in healthy ageing, as well as alternative therapeutic methods to cater to elderly needs. She also felt that it is the time for all of us to think about geriatric care and start following the holistic approach from the early ’30s for healthy ageing.

**Ms. Bella Gupta: Importance of kitchen garden for the elderly:**
Ms. Bella Gupta addressed the importance of kitchen gardens for the elderly. She highlighted gardening as a meditative exercise for the body and soul and the need to start growing atleast one plant for happiness in life. She also emphasized that good nutrition is required in growing age. So, there is a need to start growing plants in an organic manner for overall health and well-being.
Session III: Circle of care

This session focused on diverse aspects of elderly care and caregivers, including investment initiatives for seniors.

**Chair:** Dr H. C. Sridhara Channakeshava Ranga Reddy, Deputy Director, National Institute of Social Defence, Delhi.

**Presentations:**
Dr. Archana Kaushik, Associate Professor, Department of Social Work, University of Delhi, Delhi.
Dr. Vasantha R. Patri, Indian Institute of Counselling, Delhi.
Ms. Priya Anant, Co-Founder and Director, Life Circle Health Services Pvt. Ltd, Hyderabad.

Session 3.1: Multidimensional role of family & professional care-givers

**Dr. H.C. Sridhara Channakeshava Ranga Reddy: Session chair**

Introduced all the speakers as well as gave a brief about the topic of the talk.

**Dr. Archana Kaushik: Care giving issues of elderly**

Dr. Archana Kaushik, addressing the caregiving issues of elderly, began by emphasizing that there is a need to reconnect the chains which have broken down in the caregiving process. She quoted Paul Williams who said, “family means everything”. She pointed out that we need to respect elders as in olden days, elders are respected, but now in the current scenario, they have to earn their respect.

She also pointed out that the role of the elderly is decreasing day by day, on account of nuclear families that have increased with fewer children than the olden days. She also highlighted the problem of distance in the care of the elderly because of children working in other cities or countries. She mentioned the challenges related to care giving issues such as medical expenses which increase 8 times in old age. Hence the burden on family budget increases, autonomy is reduced and elderly abuse occurs if the elders are bedridden for a long time.
She stressed upon economic issues by saying 7% aged people belong to the organized sector. Out of 81 million aged people, 51 million belongs to poor strata. Two thirds require economic assistance.

She highlighted social issues like the community ties holding a family together, with elders at home decreasing. She also mentioned a traditional practice of senicide named as *Thalaikootal* which is followed in Tamil Nadu wherein the elderly males are killed as they feel that the aged males are of no use. The ultimate remedy for this issue is social support, as it reduces mental ailments, less insecurity, an antidote to elder abuse, and also destitution decreases. She suggested about intergeneration programmes or activities like ‘best grandpa or best grandma’ etc can be initiated until the government support gets approved.

**Dr. Vasantha R. Patri: Overall health of the care-giver:**
Dr. Vasantha R. Patri addressed the gathering about care-givers, who play a major role in taking care of the elderly as it is extremely demanding and exhausting. She stressed upon prior planning for elderly needs like for example travelling, hospital visits, safety, size of the bed, chair and railing etc. She also emphasized emergency plans, meal plans and housekeeping. She addressed issues about the caregiver challenges and how to overcome them. She mentioned about caregiver burnout, also suggested to manage stress by spending “me time”, rest, sleep, and meals on time. She also suggested to keep legal documents in order so as to prevent the problems which occur due to piling up of work, professional counselling when in need as well as connect with caregivers in one’s own community.

According to her, the role of a caregiver is multidimensional, demanding and committed undertaking in every sense and the most significant aspect of care-giving is the unconditional joy it provides. However, the caregiver has to take care of himself/herself consciously in order to serve the elder better and longer.

**Dr. Priya Anant: The Role of professional caregivers:**
Dr. Priya Anant talked about the professional care-givers’ roles. She highlighted caregiver challenges as they require huge life skills; need to overcome compassion fatigue, insensitivity to elders etc. She also stressed upon policies at the workplace to support the elderly. She suggested starting having a healthy lifestyle at the age of 30-40 years so that one can age
healthily. She ended her talk by stressing upon three important aspects i.e., need for more workforce to train them as caregivers for elderly, policies at the work place to care for the elderly as well as take it as a professional job.

**Session 3.2: Innovative models of elderly care to promote mental and physical fitness**

*In this session, importance of mental and physical fitness for elderly was shared through the keynote presentations.*

**Chair:** Dr. HC Sridhara Channakeshava Ranga Reddy

**Presentations:**

Prof. Asha Banu Soletti: Centre for Health & Mental Health, School of Social Work, Mumbai

Asst. Prof. Teddy Andrews, Department of Public Health, Manipal Academy of Higher Education, Karnataka

**Dr. H.C. Sridhara ChannaKeshava Ranga Reddy: Session Chair**

Dr. HC Sridhara Channakeshava Ranga Reddy introduced the thematic focus of the session linking mental and physical fitness with the overall well-being of the elderly.

**Prof. Asha Banu Soletti: Innovative models of elderly care to promote physical fitness**

Dr. Soletti discussed why we need to discuss mental health?

Due to demographic shift & improvement in medical facilities, people live longer but their quality of life has changed. Mental health is important for a person’s own potential to cope with normal stresses. It is important for a person to have a sense of purpose & one can contribute to the community. The speech was set around four pillars of the domain model of health, namely: Autonomy, Agency, Sense of control & Social contribution

She focussed that mental health is not a mental illness and also highlighted various narratives which she came across in her study. According to those narratives, there are multiple factors influencing the mental health of older adults:

1. Personal level- Retirement, bereavement, lack of confidence, loss of motivation, changing family dynamics, lack of purpose, economic insecurity etc.

Mental health promotion initiatives work at all levels: Mapping existing services & its influence on mental health, the impact of policy-level changes, preventing discrimination on the basis of age, the capture of heterogeneity amongst older adults, a mechanism to operationalize those rights, promote personal autonomy, interventions to address major risk factors.

Asst. Prof. Teddy Andrews: Innovative models of elderly care to promote physical fitness

Asst. Prof. Teddy Andrews, speaking on innovative models of elderly care to promote physical fitness, began his presentation by pointing out the gaps such as

- An imbalance in family-based and welfare state care,
- Lack of inter-sectoral coordination,
- Lack of older adults participating in construction care models.

He emphasised on integrated holistic care for improving the quality of life of the elderly through intergenerational care.

Asst. Prof. Andrews proposed an innovative care model which included emotional inter-dependency across members of different operations, learning, spiritual and social engagement, and sense of belongingness with imaginative kin.

Asst. Prof. Andrews also mentioned the attributes of an elder care model which encompassed engaging the older adults in designing care interventions, intersectoral coordination and addressing their psychological issues etc.

Session 3.3: Addressing the feminization of elderly

In this session, details on feminization of elderly in India were shared through the keynote presentation on

Chair: Dr. H.C. Sridhara Channakeshava Ranga Reddy

Presentations:

Dr. Sushma Goel, Associate Professor, Department of Resource Management and Design Application, Lady Irwin College, Delhi
Dr. H.C. Sridhara Channakeshava Ranga Reddy: Session Chair:
Dr. H.C. Sridhara Channakeshava Ranga Reddy introduced the thematic focus of the session linking feminization of elderly in India with concerns and issues.

Dr. Sushma Goel: Feminization of the elderly in India
Dr. Sushma Goel, addressing the feminization of the elderly in India, began her presentation by giving the definition of elderly and aged. She briefed the audience with the definition of ageing nation and further gave some demographics of the elderly in India. Dr Goel pointed out that the growth rate of the elderly is 35.5%, there are 53% females and 47% males, and the ratio of females to males is 1033/1000. She emphasized that higher female elderly population is referred to the feminization of the elderly.

Dr. Goel highlighted that there are several concerns of elder women viz. emotional security, destitution, inclusion, financial security and medical issues. Other concerns and issues in addition to many others include dependent life which may be stressful for elderly women. She shared the results of a study which showed huge gaps in several dimensions of the actual and desired quality of life.

Dr. Goel discussed different vulnerabilities among the elderly which included social (poor literacy levels, marital status, health, living arrangements), economic (employment, economic dependency, access to ownership of property, financial management) and physical independence and safety (design and assistive devices) among others.

In discussing the consequences of dependence, Dr. Goel pointed out issues like economic contribution, failure to recognize certain deficits and explicit health needs, dependence anxiety, etc. Dr. Goel also touched upon the unrecognized contribution of elderly.

The recommendations as listed by Dr. Goel are the following

1. Accreditation of infrastructural facilities and services- spaces and equipment, trained helpers.
2. Effective communication- interactive resource centre in the neighbourhood, empowerment to use technology, programmes in recreation centres.
3. Opportunities for social and economic empowerment, income generation programmes.
4. Policy interventions by the government.
Finally, Dr. Goel talked about design concerns with the use of assistive devices. Dr. Goel highlighted that the problems with walking sticks include pinching of hand, loss of balance and design issues and mentioned some suggestions to correct the same. Dr. Goel also highlighted the problems with walkers and rollators further suggesting that these should have wheels. Wheelchairs can be automated. The last topic mentioned was smart home technology for independent living and low-cost sensors.

Mr. Mohit Satyanand, Entrepreneur & Investment journalist, Delhi: Investment Initiatives for Seniors

Mr. Satyanand discussed money and wealth management for the elderly. He started with describing the family as a unit of life, especially in business families. Money is accumulated within this seamless umbrella of the enterprise. Money is made by putting it in wealth-creating activity & not by putting it in banks. In long term reward is related to risk. Generally, old people are reluctant to take risks. So when one turns old, the person puts more money in banks and puts less money in riskier financial investments. He suggested that as you grow old you must pass on money to the next generation. There are two factors associated with this transfer of money: the first train the next generation in money management & develop trust in the new generation. He also mentioned that short term investments are meaningless, we must look at money as long term investment. The ultimate aim is to increase the wealth of the family & not an individual. He discussed of SIP’s (Systematic Investment Plans) for old age security, which is one of the ways of investing in some scheme of investment.
Dr. Mala Kapur Shankardass discussed Central Government policies and programs for the elderly and critically evaluated them

- She started her discussion about policy initiatives for older persons like National Policy of Older Persons (NPOP), 1999. National Council for Older Persons (NCOP) was also mentioned.
- She highlighted the fact that in the absence of clear time-bound Plans of Action and proper budgetary provision, implementation of the policy has remained slow. Other limiting factors mentioned were the inadequate reach of services to rural end users, failure to harness the benefits of new and emerging Indian economic order and changing socio-demographic scenario.
- Dr Shankardass informed that currently 19 Ministries are involved in implementing various components of NPOP but there are 4 core Ministries which provide a large chunk of services and these are Ministry of Health and Family Welfare, Ministry of Social Justice and Empowerment, Ministry of Rural Development and Ministry of Panchayati Raj. In 2010, Government constituted a Committee to review this policy with an emphasis on four major areas namely the oldest old, safety and security, health care and gender perspective.
- After discussing policy for elders, ongoing programs like the National Social Assistance Program (1995) and the National Program for the Health Care for the Elderly (2011) were also discussed.
AIWEFA seeks partnerships for women’s empowerment


- The desired new initiatives according to her are mentioned below:
  1. Establishing national and state level commissions for senior citizens both for their empowerment and for accountability of service providers.
  2. Consider establishing separate departments at central and state levels dealing exclusively with senior citizens affairs for a better focus on their problems and programs.

- She emphasized the need for:
  1. Innovating for better convergence and decentralized delivery of multiple services for the end user,
  2. Creating strong Public-Private Partnerships (PPPs) as a substitute for poorly functioning public services,
  3. Harnessing the benefits of statutory provisions from the corporate world for elderly services under corporate social responsibility (CSR),
  4. Capitalizing on the useful services provided by NGOs and
  5. Tapping the potentials of the aged persons themselves.

- In conclusion, Dr. Shankardass said that there is hope that:
  1. The New Policy for Senior Citizens in making will take care of the growing concerns.
  2. States will have appropriate action plans
  3. Programs will have a human rights focus and have a development perspective rather than just a welfare orientation.
  4. Finally, older people will be seen as a resource and their contributions recognized in the development process and economy.
Session V: Digital Inclusiveness for elderly: reducing inequalities in later life
In this session, the importance of technology, digital media and innovations for improving the lifestyle of the elderly was shared.

Chair: Mr. Shashank, Former Foreign Secretary, Government of India.

Presentations:
Ms. Anju Bhalla, Joint Secretary, Technology Intervention Department of Science & Technology, Delhi.

Mr. Himangshu Vaish, Managing Director, Instant Power, Delhi.

Mr. Mohan D. Menon, IPS, Former Additional Secretary, Cabinet Secretariat

Ms. Kalyani Raj, Secretary General of All India Women’s Conference (AIWC)

Mr. Rakesh Dhawan, President, All India Women’s Conference (AIWC)

Prof. P. V. Madhusudhan Rao, Head, Department of Design, Indian Institute of Technology (IIT), Delhi.

Dr. Renu Malaviya, Head of the Department & Associate Professor, Department of Education, Lady Irwin College, (University of Delhi).

Ms. Anju Bhalla: Technology Interventions for the Elderly
Ms. Anju Bhalla, speaking on technology today, began her speech by remembering some past events related to technology, from her life. She pointed out that the needs change as people age, what people do with their time, how they occupy themselves and how they basically live a dignified life changes completely from what they may have done for the rest of their life and which is precisely why we need to talk specifically about the needs of the elderly whether it has to do with technology to make their life comfortable or with specific requirements of old age.

Ms. Bhalla emphasized about DST, and the work DST is doing in the research and innovation related to the elderly. She gave a brief overview of the Technology Interventions for Elderly (TIE) programme which was launched in 2011, and it expanded to TIDE i.e. Technology Interventions for Disabled and Elderly, because they added disability to the programme on the recommendation of the planning commission. The programme is currently running successfully and has been promoting basic research and development.
Ms. Bhalla also shared insights of a compendium for technology for the elderly, which is ready for release. She shared that prototypes of the assisted device are being developed which are specially designed for the elderly. Elderly are now depending on smart devices particularly smartphones for meeting their everyday needs especially for the elderly who are living on their own.

Mobility devices are developed such as a prototype of a walking stick. A walker has been adapted to be able to use on stairs; a smart walking stick to counting the steps; wheelchair which helps to move with the help of slight body movements.

Technology is being developed which help people with visual impairment and helpful for both the disabled and elderly.

There is an interactive web portal (www.oldagesolutions.org) which DST is running with the Department of Geriatric Medicine of AIIMS. This was apparently developed with the multidisciplinary team of experts. She concluded by stating that more people are needed to be there for the elderly and innovations are needed.

**Mr. Himangshu Vaish: Digital inclusion for elderly:**

Mr. Himangshu Vaish, speaking on the digital inclusion for elderly highlighted that technology still needs to improve a lot to make it more user-friendly to the elderly. He pointed out that technology is important to reduce inequalities. He emphasized the high urban and rural divide in terms of technology usage. In a rural area, internet use is only 1%. He pointed out that there is a fear about using computers, and so many inhibitions are there and asked for suggestions for something that would help us all to get rid of the biggest barrier that is the fear among older people related to technology. We need to make them feel comfortable and to get over the fear of technology use.

Mr. Vaish emphasized that internet can connect with the whole world and help us stay in touch with our social circle, providing emotional support in a way by helping the elderly connect to the world and providing a sense of belonging to the world, by helping them to share, and stay in touch with people. Mr. Vaish also highlighted that computers can transform the elderly, so many who cannot move, but access to the world through computers, promote lifelong learning, allow research etc. Technology also helps alleviate loneliness.
Mr. Himangshu Vaish shared points on how to involve the elderly population:

- Learn about them, their hobbies and their intellect
- Enthuse them to have their own digital adventure
- The teacher should be able to give simple, relevant and engaging instructions making the elderly comfortable with computers
  a) Researching family history
  b) Contacting family and friends
  c) How to use e-mail/ whatsapp
  d) Playing games/ watching tv, news

How do we go about it?

- Through creating the infrastructure we can help them select depending on their capabilities and interest.
- Someone should be available to address their issues.
- There is a requirement for a low-cost teaching facility.
- Involvement of senior citizens to teach senior citizens.
- Use of Corporate Social Responsibility (CSR) and other funds available from the government and private sectors to create such programmes will be helpful.

Mr. Mohan D. Menon, IPS: Digital inclusiveness for the elderly: reducing inequalities in later life

Mr. Mohan D. Menon began his presentation by outlining his experience of the global venture in the care of the elderly and the social safety nets in various countries. All his travel around the globe reflected his presentation was filled with examples and with a vivid contrast between practices in India and other countries. The governance models vary across countries to support the elderly. He focused on the present scenario of law and its poor implementation. Countries like Sweden, Japan, Canada and many others have various laws to support elderly both emotionally and financially. He compared such laws with Indian laws which clearly are not as effective. Due to the large population size and inappropriate use of government funds, laws formed are of no help. He urged that not only the laws be modified to support the elderly but monetary and fiscal policies must be modified to support the elderly. He advocated the removal of income-tax for the elderly beyond the age of 75 years. He
concluded by stating the fact that if children are welcoming enough to their parents, there will be no need for such laws. He advocated the recognition of the elderly in a more visible manner such as their special presence on national days and events, social functions, and especially in the Resident Welfare Associations and its activities.

**Ms. Kalyani Raj: Global best practices for elderly care.**

Ms. Kalyani Raj divided her speech on global best practices for elderly care into two contexts i.e. general and global. Under general context she discussed:

- Family structure
- Social Change
- Concept of geriatric care
- Comprehensive needs of elderly

Under the global context, she discussed the global policies such as MIPAA i.e. Madrid International Plan of Action on Ageing. She described that MIPAA offers a whole new agenda for older persons and 21st-century development. Advancing health and wellbeing into old age, ensuring, enabling and supportive development. She gave a brief overview of the best global practices in countries like USA, Canada, China, Bangladesh etc.

Towards the end of her presentation, Ms Kalyani suggested some recommendations for improving elderly care such as the involvement of all the stakeholders at all levels, reorientation of health sectors, integration rather than segregation and effective implementation of policies.

**Mr. Mathew Cherian:**

Mr. Mathew Cherian highlighted in his speech that India is not doing enough in terms of elderly care as compared to foreign countries. He talked about the pension system stating that it is available for only 8%, 92% of the elderly do not get any pension. Talking about healthcare he pointed out that 100 districts in the country do not have any geriatric health care, only in Madras 2 geriatric care centres are there in the health system. Brazil has better geriatric care as compared to India. He gave the example of Japan, where health care is comparatively good as they combine medical and health insurance, home care, long term care and hospitalization care. In India other than wheelchair and walking stick nothing is available for elderly care. There is no system for long-term care. When you are old you are unwell
most of the time and women are going to live longer than their spouse, the elderly want to age at home. The biggest problem is that children are migrating or not taking care of their parents. He concluded his speech by saying that family care is important and in every mohalla young people can go and meet older people. Few minutes of talking to them will make them feel much better.

**Prof. P.V. Madhusudhan Rao: Future of Ageing: pathways to innovations**

Prof. P.V. Madhusudhan Rao addressed the current development in technological advancement and its utility in elderly’s care. The role of technology is deep-rooted in today’s world lifestyle. It has made life simpler and much more convenient. Such objectives have been kept in mind for creating different innovation devices at IIT, Delhi. Prof. Rao precisely detailed the technological aspects, challenges, some salient features for assistive technology products and spaces for innovations. He connected the dots between the challenges and role of technological designs to ease the life of the elderly. His team of IIT students are working on many such projects. Major work requires the surveys which involve the understanding of basic needs and difficulties faced by the elderly when using any technological device. Analysing such surveys help them to develop a user-friendly interface along with focusing on environmental protection. Some of the salient assistive technology products made are mobility aids, medication reminders, alarm signallers, fall detectors, furniture etc. He concluded by stating that IIT is involved in many projects to work towards the betterment and ease of the elderly.

**Dr. Renu Malaviya: Future of Aging: Pathways to Innovations (psycho-social-cultural aspects)**

Dr. Renu Malaviya has been doing research, creating awareness and sensitisation related to Intergeneration Bonding at school, college and other levels. Her speech evolved around the psycho-social-cultural aspects and interface of ageing with societal norms, perspectives and possibilities. The themes which she highlighted upon included the innovations in the procedure of developing psycho-social-cultural safety nets, the balancing of the emotional effects on a family with care-giving to its elderly members. She highlighted as to how simple and easy to make innovations in different areas facilitate not only independence for the elderly but also enables the younger members of the family and the caregivers to perform the mundane jobs so they can concentrate their time, energies and resources for more serious matters related to living with the elderly. Her checklist included simple, easy to make architectural changes in the home, communication modifications and upgradation of the processes of communication, orientation for caregivers as hospitals and other agencies as to what to expect, how to multi-task and delegation of responsibilities to others as also the importance of the caregiver being able to manage one’s own physical and mental health and also be able to have a life of one’s own. She also emphasised the need to be able to mentor
creating partnerships between such as old age home and schools and colleges, senior citizen clubs and home for children with disabilities, senior citizen clubs and animal welfare work, tree-planting and so on. Most senior citizens have a lifetime of experience and skills and many still have a lot of energy and desire to do something. Innovative consultant services can be developed to enable the elderly to be able to provide their expertise to society as also the creation of ‘Senior Skill Development Schemes’. Thus creating innovative win-win situations.

Session-VI: Aged Friendly Inclusive Spaces

*This session focused on various aspects related to designing inclusive spaces (home and neighbourhood) which are adaptable and workable for the elderly.*

Chair: Dr. P.S.N. Rao, Director, School of Planning and Architecture, Delhi

Presentations:

Dr. Vidya Shenoy, Secretary-General, Alzheimer’s & Related Disorders Society of India (ARDSI) & Hon. Secretary Mumbai

Prof. Dr. Anil Dewan, HOD & Prof. of Architecture, Dept. of Building Engineering and Management, School of Planning and Architecture, Delhi

Mr. Riaz Umar, Former Principal, Zakir Hussain College, University of Delhi

Mr. Suresh Goel, Principal Architect, SGA Design Lab, Delhi

Mr. Biju Mathew, Director & State Head, HelpAge India, Kerala

Session Details

**Introduction by Chairperson Dr P.S.N. Rao**

At one point in time, everyone in the family used to live together as one unit. Now there are more nuclear families, a lot of distance, moving away for a job and break in Indian family structure. Only very few fortunate families have everyone living together. In this situation how do we take care of our elderly, in western countries we have old age homes etc. Isolating the elderly into such places is not good, it’s better to have spaces where all live together. Designing inclusive spaces is important.

**Session 6.1: Aged Friendly Homes: Perspective on Current and Future Trends**
Speaker: Prof. Dr. Anil Dewan

The topic of Presentation: Age-Friendly Inclusive Spaces

- India is a low economy country. Therefore, it is difficult to provide for extraordinary facilities related to space and design at home as well as at the community level. So, we need to arrange for acceptable spaces according to the available funds and resources that can provide emotional security for the elderly.

- More focus is needed in elderly-friendly outdoor spaces, transport system and buildings. Currently elderly are facing difficulty due to pedestrian spaces, the height of pavement, buses and rickshaws being too high for them. We need proper elevators, gradual ramps, doorways, escalators and handrails etc.

- A case study conducted at T3 terminal of Indira Gandhi International (IGI) Airport Delhi showed that although there are some provisions for the elderly for their ease in travelling, it is still difficult for them to manage. So, one can compare how difficult it would be for old people to travel in public transports such as railways, buses, rickshaws day to day.

- Ideally, we should be moving on to different apartments as we move to different stages of life, but it doesn’t happen in India. Therefore, we need to make the available spaces more adaptable and workable for all including the elderly.

Session 6.2: Designing Age Friendly Neighbourhood spaces

Speaker: Mr. Suresh Goel

The topic of Presentation: Elderly Living - Age Friendly Neighbourhood spaces

- A case study emphasizing on old age friendly neighbourhood spaces in Panchshila Park was presented. It showed how important it is for locations such as shops in the local market, school, dispensary, post offices and parks to be accessible to the elderly.

- Special focus should be given on pedestrian paths, sitting spaces, transport, supported movements, tactile paths, CCTV surveillance and lighting and signage to make living comfortable for elderly.
Speaker: Mr. Biju Mathew

The topic of Presentation: Designing Age Friendly Neighbourhood spaces

- A video of a day care centre for elderly by HelpAge India, Kerela was shown where special activities including yoga, exercise, and reading, cooking food, singing, dancing, meditation, health check-ups and physiotherapy support along with free medicines are being organized for elderly visiting there.

Session 6.3: Voices of seniors in the design process

Speaker: Mr. Riaz Umar

- He talked about home design in metropolitan cities and focused on difficulties faced by elderly in residing there. Old people prefer to stay in their ancestral/ old homes because of emotional attachment. Houses are designed to include chokhats, stairs even on ground floors which are uncomfortable for the elderly.
- It's important to emphasize the material used for building (non-slippery), sitting space, ramp and walking support.
- He mentioned that the designs of homes should be such that the maintenance cost is low and comfort is maximised.
- Help stations should be designed everywhere in government hospitals and railway stations for ease of elderly.

Speaker: Ms. VidyaShenoy

Topic: Active Ageing through Healthy Spaces

- By 2050, there would be more senior citizens in India. Therefore, we need to plan for healthy spaces for them. Elderly population suffer from Dementia, so, the need for care is even more in those cases. We need to give them love, build hope, nurture confidence and provide support.
- Change in mind-sets by all concerned is required to understand ageing. Active ageing is a choice of lifestyle. We must give dignity and respect to elders. Inclusion empathy will give them mental, physical and emotional security. Involving them in planning and utilizing their experience will give them more confidence and feeling of security.
There are specialized centres for senior citizens that plan regime for them and let them decide what they want to do. They should know that they never need to go out of their homes to get comfort and respect.

Discussion based on questions raised

**Question:** Old age homes are designed for the elderly, then why is there a need for inclusive spaces?

**Answer:** It is always good to have all provisions (including in hospitals, recreations centres, shops, libraries etc.) and children playing around. Inclusive spaces models are still being developed.

**Question:** What’s the advice for the elderly in this high pollution environment?

**Answer:** try to avoid early morning walks, instead take your walk around 10 am or later. Air purifiers are advised for indoor spaces.

Further questions were also raised like:

- Our old parents and grandparents managed old age happily and without any difficulty. Then why is it a cause of concern nowadays?
- Where is the budget for all these recommendations? The government should be asked to provide a budget for senior citizens.
  Response: NISD budgets are not being utilized. Senior Citizen Associations can pressurize the government to allocate funds.
- Perceptions should change regarding Old Age/Retirement homes. One can live with dignity and comfort in old age homes, correspondingly the government should give a budget for the same. Care is always a burden for the family.
Session VII- Later life opportunities, Timing 2 pm-3.30 pm
This session focused on various aspects related to

Chair: Dr. Sushma Sharma, President Lady Irwin College Alumnae Association, Delhi

Presentations:
Mr. J. R. Gupta, President of the senior citizen council of Delhi and Chairperson of Confederation of Senior Citizens Associations of Delhi
Dr. Rajarishi Bhattacharjee, National Head, Health and Wellness Times Foundation, Times of India
Mr. Puneet Tiwari, Health, Wealth and Longevity Bajaj Capital, Delhi
Ms Nita Mehta, Celebrity Chef, Owner, Nita Mehta Publication Pvt. Ltd. Television judge

Chair: Dr. Sushma Sharma, President Lady Irwin College Alumnae Association, Delhi

Dr. Sharma extended a warm welcome to the distinguished guests and participants and invited all the speakers to present their views.

Mr. J.R. Gupta, President of the Senior Citizen Council

Mr. Gupta initiated his talk by describing the role of Senior Citizen Council of Delhi in taking care of the elderly in Delhi, which provides many facilities to senior citizens, like spacious centre at Green Park which has many facilities for the elderly including a homoeopathy dispensary, library, TV, yoga, gymnasium and indoor game facilities.

Mr. Gupta also informed the audience about the demands made by the council in the last few years. One of the demand is free pass in the buses for the senior citizens. The government of India brought ‘Maintenance and Welfare of Parents and Senior Act in 2007 to provide more effective provision for the maintenance and welfare of parents and senior citizens. Latest amendment in 2011 in the act includes a very important decision on the welfare of the elderly which says that a senior citizen can make an official complaint to the district magistrate in case of ill-treatment by son or daughter. In such a case, the magistrate has to give appropriate orders within 45 days.
Also, senior citizens have the right to disown their children in such cases. The elderly have to approach the appellate body for their issues; the decision of the appellate cannot be overturned by even the Supreme Court. Mr Gupta also discussed how the Senior citizen council helps the elderly facing ill-treatment with emotional, physical and monetary help.

Ms. Nita Mehta, Celebrity Chef, Owner, Nita Mehta Publication Pvt. Ltd. Television judge

Ms. Nita Mehta, notable alumni of Lady Irwin college, is a celebrity chef and has authored many cookbooks. She began her talk by bringing forth the various issues faced by the elderly like boredom, reduced physical capacity, and emotional problems arising because of the loneliness. She shared her personal experiences highlighting the importance of being fit both physically and mentally. Ms Mehta had a few suggestions for the senior citizens.

First of all, she emphasized the importance of frank discussion with the children, telling them about the day to day activities and problems faced. There needs to be an understanding between the parents and children. Elderly should not refrain from taking the help of the young. The mind needs to be kept active for which the elderly have to engage themselves in some regular activity. But since physical capacity reduces in this age, it is important to take help of the children whenever needed. She advised the elderly to take up activities that are not strenuous but bring happiness to them. She also spoke about eating well to keep healthy. Some foods like chia seeds, honey water, gelatin, nuts, prunes and curd should be made part of the daily diet. Sugar and fat intake should be reduced. In all, her talk emphasized how physical and emotional fitness can help the elderly lead an active and fruitful life.

Dr. Rajarishi Bhattacharjee, National Head, Health and Wellness Times Foundation, Times of India

Dr. Rajarishi Bhattacharjee introduced himself and explained the domains of his work which included looking at social programs with a focus on intergenerational medicine. While stressing on the focus of the session, he explained that we all need to spread out meaningfully, “what old age has”. This includes the moral values possessed by the elderly and the respect for humanity in which there is a drastic change in the present times. Turning his attention to opportunities during old age, he suggested that elderly people should...
participate in intergenerational programs where they can teach the younger generation and impart values and educate them. These programs could include issues like
a) Vaccination which is very important for the people of old age,
b) Continuous physical exercise and being fit and active which would help them to keep their escape wings open and may avert illness.
He continued to mention some of the changes like furniture modifications and toilet modifications that everybody can make at home. These would help to bring harmony in the lives of elderly people.

Mr. Puneet Tiwari, Health, Wealth and Longevity Bajaj Capital, Delhi

Mr. Puneet Tiwari started his address by presenting his life ideology. He pointed towards an image of a huge green garden in a serene area displayed on the screen. He then continued to express that this was the place where he wanted to spend the later part of his life wherein he could cook himself, stay in a green area surrounded by trees and growing his own vegetation. After explaining this, he asked all the people present there to think of an answer to a question that he posed “what are your fears of ageing or being long lived?” He requested everyone to not disclose their answers and showed the results of a survey that they had conducted with elderly people on asking the same question. The results of the survey depicted that elderly people were worried about ‘loneliness’, ‘who will take care of them’ and about their financial security. Mr. Tiwari emphasised that Bajaj Capital did not touch only one area and focus on 3 aspects of life which included: health, wealth and longevity and further mentioned ‘Ojas Way’ as the concept behind it.
He described the Ojas way as a life full of contentment and a way of relooking at retirement. He further mentioned 9 pillars of longevity which should be the focus on people in old age to live a longer life.
The 9 pillars of longevity discussed were:

i. Food: eating the right diet
ii. Sleep: taking the right amount of sleep
iii. De-stress: every individual should know how to de-stress
iv. Relationships: with oneself and with the people around you
v. Movement: one should have a routine and should exercise to keep moving
vi. Eco-system
vii. Spirituality  
viii. Attitude  
ix. To have a purpose in life.

He summed up the session by putting up another question to the audience: “Do you wish that I should be as wise as you are?” to which everyone nodded. In response to the answer, he asked everybody to make a promise to him that they will remain as healthy as he was at this age and thanked everybody for listening to him.

**Concluding remarks**

After the talks, the dais was taken over by Dr. Sushma Sharma, the session chair. She summed up the session well by discussing the stages of life; the first stage is till 45 years, 45-55 years is the thinking stage. The third stage is approximately 55-65 years when people evaluate themselves. Beyond 65 years is the stage of summing up one's life. This is the stage when a person needs to start thinking of ways to keep oneself busy after retirement. One can take up voluntary work at schools, NGOs, religious and women organizations etc. This is the stage at which paid or unpaid work should not be the priority; personal satisfaction should be given more importance. Taking care of older persons, helping raise grandchildren, helping young parents in raising sensitive and socially responsible kids is a very fruitful and satisfying work in which the elderly can take part. Being a nutritionist, Dr. Sushma Sharma’s talk also included useful tips on keeping oneself healthy. She summed up the session by advising the elderly to remain active and work towards keeping the society happy.

There was a question-answer round at the end of the session in which the questions put up by the audience were answered by the speakers as well as the session chair.
Dr. Nimmi Rastogi laid emphasis on making health a priority for the elderly in Delhi. She also spoke about the huge budget of approximately 7000 crores that is being spent on health. She enlightened us with the fact that 9.2% population in Delhi comprised people living above 60 years. Their health is neglected for a number of reasons. The health care centres are not in close proximity to their homes. The dispensaries lack basic medical facilities, unavailability of doctors at all times, shortage of medicines are hindrances in the smooth functioning of the healthcare system. As an effective strategy to the recurrent problem, the government of Delhi has launched the Aam Aadmi Mohalla clinic. It has a capacity of about 900 patients per day. The clinic has a fixed time and starts at 9am. After consultation from the doctor; patients receive a list of 110 approved drugs and medical tests that are available within the scheme to create awareness among the population. Medicines are given free of cost and medical bills are reimbursed at DGHS scale. Also, in cases of surgery, the patient is included in a waiting list and treatment is done in private hospitals. The entire cost of the surgery is borne by the Government of Delhi.

**General recommendations: Ms. Meenakshi Gupta**

She stated on behalf of the participants that just one day conference was not adequate and meaningful and there was a need to hold such conferences on an annual basis at least. A comprehensive and holistic approach is essential to tackle the problems faced by the elderly. Active participation from the younger generation will help strengthen the programmes aimed towards the elderly. She also said that all the participants enjoyed the conference thoroughly.

**Conference concluding remarks**

Ms. Rita Menon, IAS, Former Secretary to the Government of India, Ministry of Textiles
Key points

- Active participation of the elderly in the workforce is very important.
- There must be some cases in which even with a lesser wage, the elderly should be offered job beyond 60.
- The pension and taxation system, technology, healthcare, family care are the four key issues stressed by most speakers and participants.
- Stark realities for the need of a design modification for furniture, staircases, learning from Japan’s example of association, learning from our background and spiritual heritage, for propagating with greater interest, activities like Yoga, meditation and appropriate Indian systems of medicine.

Recommendations

- Younger generations need to be a part of elder-centre conferences so that they can become aware of their problems and the need for better responses for the elderly.
- Make Panchayat a unit of administration for the elderly in rural areas.
- Make the subject of senior citizens Resident Welfare Association for the elderly a subject matter for the Ministry of Social Justice and Empowerment
- Redemption of income tax for senior citizens above 75 years
- To make intergenerational bonding a subject of study in CBSE textbooks
- Imparting digital literacy for elders through all available educational institutions.

Ms. Rita Menon thanked the participants, Lady Irwin College, all the students of Lady Irwin College, research scholars, PhD Students, HelpAge India, NITI Ayog, Ministry of Social Justice and Empowerment through the NISD, Pearl Academy, Punjab Kesari and above all the office bearers of AIWEFA, Mr. Mithun Singh in particular and all the helpers for the conference, for all their dedicated work and commitment to make the conference successful.
ANNEXURES

Profile of the Resource Persons

Inaugural session

Ms. Sarla Manchanda, currently secretary AIWEFA has rendered her selfless services to this organization for the past sixteen years. As secretary for the last 5 years, she looked after the general administration of AIWEFA and organized various activities from time to time. To name a few- 9 solar fairs in Haryana villages; 2 seminars on Green and Solar Energy in Delhi; organization of Nina Sibal Award every year. She is a former Associate Professor of Applied and Textile Chemistry at Lady Irwin College.

Ms. Asha Chandra is the President of the 90-year-old All India Women's Education Fund Association (AIWEFA), the founding body of Lady Irwin College. A past Chairperson of the College Governing Body, she is the Chairperson of the College Sexual Harassment Committee, Internal Complaints Committee, and Chairperson of the South Delhi Municipal Corporation and is on other boards of several women's and children’s organisations. She has spearheaded AIWEFA's programmes in sustainable development for the welfare of rural and urban communities in the fields of education and training of women; environmental sustainability; nutrition, sanitation & health; agricultural management and drudgery reducing implements; and programmes to fight violence against women.

AIWEFA, an "NGO in Special Consultative Status with the Economic and Social Council of the United Nations (ECOSOC)", has been represented by her at the United Nations, where she launched the programme “A world we women want” to showcase good practices in achieving the Sustainable Development Goals.

With her film company, Omashar Films, Asha has produced successful telefilms, documentaries and institutional films. As advertising professional, she commenced her career...
in Mumbai with J.Walter Thompson and subsequently was with Ogilvy & Mather, Delhi and other agencies.

Dr. Anupa Siddhu is the Director of Lady Irwin College, University of Delhi. She is keenly interested in the energy requirements in physical activity in sports, in army cadres and among all age groups. She was the first to use the HR method for sports and Indian classical dance in the early 1990s. She has proposed the guidelines in physical activity in free-living conditions. She has also guided several Doctoral and Master’s Thesis in various areas such as Anthropometric growth assessment; age-related changes in work capacity; body composition and energy requirements; sport nutrition; Lipid intakes and requirements; clinical nutrition; diabetes; prevention of low birth weight, stunting, obesity and heart diseases; areas of policy evaluation on Food Safety and Standards, Labeling, Fortification and Mid-Day meals. Dr Siddhu has published extensively in national and international journals, books, monographs and newspapers. She is the Editor-in-Chief of an 800-page tome: Nutrition Goals for Asia: Vision 2020 on the Proceedings of the IX Asian Congress of Nutrition that was published by Nutrition Foundation of India in 2003.

Dr. Atreyi Ganguli is currently a National Professional Officer, Mental Health and Substance Abuse, World Health Organisation (WHO).
Mr. Rajiv Bajaj has architected growth of Bajaj Capital for over 28 years now and is currently its Chairperson & Managing Director. Having handed over the reins of the company to professionals, he is working on his life purpose—his ‘ikigai’, to create an organization which becomes a global thought leader in health, wealth and longevity space. *Ojas Way* is an outcome of two years of extensive global research on the art and science of Longevity.

Rajiv has done his MBA (International Wealth Management) from the University of Geneva, Switzerland and an Executive MBA (International Wealth Management) from Carnegie Mellon University, Pittsburgh, USA. He holds an 'International Certificate for Financial Advisors' from the Chartered Insurance Institute (CII), London, UK. He is also amongst the first batch of 25 Certified Financial Planner (CFP™) designation holders in India.

Mr. Anand Katoch, presently Director, NISD- Ministry of Social Justice & Empowerment, Government of India is a telecom engineer of Indian Telecom Service (ITS), 1993 batch. He has also been the Director (Drug Prevention) Division of the Ministry and has been actively associated with various Welfare Schemes & Programmes of the Govt. of India in the field of Drug Abuse Prevention and Old Age Care. Further, he has represented the Ministry at International platforms such as UN, BRICS etc. He is actively involved in conducting various Preventive & Educative programmes in schools & colleges to sensitize the students about the harmful effects of drug abuse.
Ms. Sushma Seth is an Indian stage, film and television actress. She started her career in the 1950s and was a founder member of the Delhi-based theatre group Yatrik. She completed her schooling at Convent of Jesus and Mary, New Delhi. Thereafter she did a teacher training diploma in home science, Lady Irwin College, New Delhi, Associate in Science diploma, Briarcliff College, New York, and later, Bachelor of Fine Arts, from Carnegie Mellon, Pittsburgh, United States. In the 1970s, she founded and ran the Children's Creative Theatre, an ensemble that put up plays and conducted workshops for children. Since the early 2000s, Seth has been working with an NGO called Arpana, directing plays and dance dramas.

Ms. Jyotsna Kapur is currently Secretary General, AIWEFA. A textiles expert, her professional trainings include Certified Social Impact Assessor, CSE, Delhi; Certified Lead Assessor/Auditor for Quality Management Systems (UK: Certificate from Indian Institute of Quality Management; Advance Diploma in Information Technology(IGNOU) & Diploma in Computer Aided Designing (Textile and Fashion), Lady Irwin College, Delhi.

She has 30 years Teaching, Research & Administration experience at various Institutions where she has continuously reviewed, upgraded, introduced new ideas in an effort to ensure quality and excellence in the education imparted to the students as per the standards and specifications of the institutions.

During the past 15 years, she has worked very closely with civil society organizations in implementing various projects in the areas of project design, impact assessment, documentation and capacity building of staff to strengthen such grassroots organizations. She is an international mentor with the Cherie Blair Foundation.

She has held several senior positions including Senior Advisor, Lupin Human Welfare & Research Foundation; Executive Director Community Friendly Movement New Delhi; Consultant Aga Khan Foundation, New Delhi; Dean, School of Fashion Technology, Rai Foundation; Team Leader-Quality Platinum EDU.com; Director, Anhad Institute of Vocational Education and Training, Solan, Himachal Pradesh, besides important positions in other educational & social organizations.
Session-II: Vision for Healthy Ageing

Chairperson

Mr. Mathew Cherian holds an engineering degree from Birla Institute of Technology and Science (BITS) Pilani and postgraduate in rural management from IRMA, Gujarat as well as a fellow from the Advocacy Institute, Washington DC. His assignments include the post of National Director, Oxfam, UK and India, Programme Director, South Asia, Plan International, and Executive Director, Charities Aid Foundation. He is the founder of Charities Aid Foundation in India, Credibility Alliance, a network for accountability and Resource Alliance and founded National Human Rights Network. He was a Former Chair of Mobile Crèches, Chairperson of Credibility Alliance and Resource Alliance. He serves as Member of the NGO Taskforce of the Planning Commission, Member of Grants Approval Committee of the MSJE, Member of Core Committee of National Human Rights Commission, and member of the National Council of Senior Citizens chaired by the Prime Minister. Mathew currently serves full time as Chief Executive Officer of HelpAge India based in New Delhi, India. He also serves on the Indian boards of CARE India, Royal Commonwealth Society of the Blind and with the National Foundation of Communal Harmony.

Prof. S. Siva Raju is a Professor, Centre for Population, Health and Development, SDS, and Deputy Director, TISS, Hyderabad Campus. He holds postgraduate degrees in Population Studies and statistics and a PhD in Regional Development and Health and Family Welfare. His broad fields of interest include Ageing, CSR, Resettlement and Rehabilitation, Population and Development. His major publications are in the area of elderly, regional development and family planning, gerontological social work, adolescents’ reproductive health perspectives, social mapping, social inclusion and women health. Status Report on older poor in India, by him were launched at the Second World Assembly on Ageing by the United Nations. He is member of committees such as Core Group on Disability and Elderly Persons, National Human Rights, Monitoring and Evaluation of the National Social Assistance Programme, Ministry of Rural Development, Ageing-MSJE, Honorary Director of International Longevity Centre, Advisor to Ministry of Social Security, Mauritius, President of IASSH, UNFPA

AIWFA seeks partnerships for women’s empowerment
AIWEFA seeks partnerships for women’s empowerment

Prof. K. S. James is currently the Professor of Demography, Centre for the Study of Regional Development, Jawaharlal Nehru University, New Delhi. Prior to this, he was Professor and Head of Population Research Centre, Institute for Social and Economic Change, Bengaluru. He has worked extensively on demographic changes with a focus on population and development and ageing issues. His areas of interest include demographic changes, health transition, ageing issues and migration. He has published widely on demographic transition and the demographic dividend in India in journals such as Science, BMC Public Health, Ageing International, Brown Journal of World Affairs, Maternal and Child Health Journal, Economic and Political Weekly etc. He has been a visiting fellow in many prestigious institutes and universities including Harvard University, USA, London School of Economics, UK; University of Southampton, UK; the University of Groningen, The Netherlands and International Institute of Applied System Analysis (IIASA), Austria.

Ms. Ishi Khosla is a practising clinical nutritionist, columnist, author, entrepreneur and researcher. She is actively involved in clinical practice at the Centre for Dietary Counselling, Delhi and Dubai. Her expertise is in nutrition-related health problems including obesity, diabetes, cardiovascular disease, digestive disorders, food allergies etc. She has founded a unique score-based nutrition app called theweightmonitor.com and has spearheaded, a first of its kind, health food company 'Whole Foods'. Ms Khosla founded 'The Celiac Society of India'.

She is involved with community service through AIWA and DCWA. She is an adviser and on the boards of several organizations, multi-national companies including her Alma Mater, Lady Irwin College, Delhi University. Her books ‘Is Wheat Killing You?’, 'The Diet Doctor' and others are translated into regional languages and Hindi. Her recognitions include 'Distinguished Alumnus 2011' by Lady Irwin College, 'Women's Achiever's award in the Field of Nutrition, 'Jijabai Women Achiever's award' and Entrepreneur Awards India. Today Group listed her among the 25 most powerful women in the country.
Ms. Bella Gupta is the Hony. Secretary of the All India Kitchen Garden Association she succeeded the iconic Ms Sarla Bhargava, the Founder Member in 2006, to run the organization. AIKGA has about 6000 members in Delhi and NCR and also in Meerut, Varanasi and Gwalior.

Dr. Manisha Sabharwal has 25 years of experience in teaching and research and is currently the Head, Department of Food and Nutrition, Lady Irwin College. Her doctoral research focused on ‘Nutritional Epidemiology of Free-living Elderly residing in Delhi’. She has also worked on the nutritional assessment of institutionalized elderly and related variables. She has guided over 30 M.Sc. Dissertations and four Doctoral theses. She has contributed several research papers, chapters in textbooks and popular articles on geriatric nutrition, obesity-related co-morbidities among elderly and determinants of functional ability and dependence among the elderly. Some of the projects she has worked on include Nutritional status of elderly living at home in Delhi sponsored by ICMR; development of resource material for nutrition programmes of elderly by the Ministry of Social Justice and Empowerment, Government of India. Her research work currently focuses on awareness creation on healthy lifestyles among the elderly through Behaviour Change Communication strategies and management of Non-Communicable Diseases.
Mr. Mukesh Agarwal a science graduate having PG diploma in Journalism, commenced his career in the field of journalism, editing “Jeevandan” a health journal magazine. He started a small industrial unit manufacturing Ayushraj medicines, three decades ago and now owns and manages a big AYUSH Cluster in Jaipur, comprising over 70 workers, scientists and professionals, supported by the Government of India. Mukesh is a multifarious personality having diversified interests in industrial and social fields. He is also actively associated as a secretary with Sur Sangam; Rajasthan Ayurvedic Drug Manufacturers Association; BhartiyaSwasthyaAurSamajikSuchnaParishad to create awareness about health. He is also associated at senior positions with Rajasthan Manufacturers Chemists Association, Consumer Council of Rajasthan and Agarwal ShikshaSamiti. He was nominated the Registrar of Rajasthan Pharmacy Council and also for Citizen Forum Rajasthan and Jawahar Kala Kendra by Govt. of Rajasthan. He has delivered lectures and training to rural entrepreneurs and others on health-related issues. He also organizes ‘Buyer-Seller Meets’ for AYUSH products.
Session III: Alternative therapeutic framework to address diverse needs of elderly

Chairperson

Dr. H.C. Sridhara Channakeshava Ranga Reddy, presently Deputy Director (Training) of National Institute of Social Defence (NISD), MSJE, New Delhi, completed his Masters in Social Work(MSW) from Jnanabharati, Bangalore University. His doctoral work was on, “A Study of Psychosocial Adjustment of the Aged”. His special interest areas include programmes programme research, conducting the training programmes, supervision, monitoring and evaluation, management and development. Earlier he worked in Government and non-government sectors as a UNICEF State Programme Officer, Research Officer and coordinator in WHO projects, UNICEF Training Officer, Special Officer in Justice N K Patil Committee, as Assistant Professor. He organized, co-ordinated and presented papers at national and state level conferences, seminars and workshops, related to Social Work and Senior Citizens. As head of Old Age Care Division, he has been instrumental in conducting various awareness and training programmes in collaboration with different stakeholders such as schools, colleges, Universities, State Institutes etc.

Dr. Archana Kaushik is an Associate professor at Department of Social Work, University of Delhi. She completed her post-graduation in Social Work from Delhi School of Social Work, University of Delhi, Delhi, and completed her PhD from JMI on social adjustment of elderly women in urban settings. Gerontological social work has been her area of specialization. Her research studies are on issues related to ageing such as determinants of active ageing in a rural and urban locale, vulnerability dimensions of elderly women in North and North Eastern states of India, distance care of the elderly, poor and vulnerable aged, elder abuse and social support for the aged. In her almost twelve years of a teaching career, Dr Kaushik has taught several papers like – Administration of development and welfare organizations, Social Work with the Elderly, with families and children; Counseling theory and practice at postgraduate level and Review of Studies and Family and Child Welfare at M. Phil level.
Dr. Vasantha R. Patri is a psychologist and professional counsellor, a Fulbright scholar and has taught at Lady Shri Ram College of Delhi University for 30 years. She is a member of the American Counseling Association. She is currently the chairperson of Indian Institute of Counselling, New Delhi and course director of the Institute’s Post Graduate Diploma course in Counselling. Her PhD is in the field of cross-cultural communication. She has written eight books, two booklets, and one travel manual, with the latest titled “Adding life to your years and years to your life”. Her numerous publications include research and popular articles. Her awards and honours include Lifetime Achievement Award (contribution for social welfare), by OPCAR Foundation and another by International Association of Educators for World Peace.

Dr. Patri is a trainer in the field of communication, motivation leadership, interpersonal interactions, teamwork self-development and career choices. She conducts workshops for the government, corporations, NGOs and educational institutions.

Dr. Asha BanuSoletti, Professor, Centre for Health and Mental Health and Dean, Office of Student's affairs, teaches Masters level courses of Social Work in Public Health and in Mental Health. Her research areas include Children affected by HIV/AIDS, Aging and Elder Abuse. Her core expertise includes community health, mental health, community mental health and development, HIV/AIDS, gerontology, cancer care and palliative care. She was awarded Linnaeus-Palme Fellowship to visit and teach at Gothenburg University (2012), Sweden. With extensive field engagement in an urban and rural context and contribution to the disaster relief work operations, presently, she coordinates a field action project “Integrated Rural Health and Development Project” catering to health needs of Konkana, Warli and Katkari tribes. She is on several Institutional Review Board (IRB). She conducts training on capacity building of diverse stakeholders and has been part of M&E teams. She has published in national and international peer-reviewed journals.
Ms. PriyaAnant is the co-founder and Director at Life Circle Health Services Pvt. Ltd. The organisation provides subscription home nursing and professional care giving services to seniors by connecting Nurses and Caregivers (N&C) to them. She is currently servicing Hyderabad and Delhi.

Mr. Teddy Andrews, a social worker by training with special interests in Ageing, Mental health, Adolescents’ well-being & Social Work Education, completed his Social Work Masters in Loyola College, Chennai and M.Phil from Bishop Heber College, Tiruchirapalli, P.G. Diploma in Gerontology and Geriatrics from European Centre of Gerontology, University of Malta and is currently pursuing his PhD in Maastricht University, the Netherlands focusing on “Intergenerational exchanges and well-being of older people”.

He has worked in the field of mental health and adolescent health promotion projects. He is also a freelance trainer on life skills, counselling, research methods, stress management and personal and professional effectiveness. With more than 12 publications, he is a recipient of 2 fellowships namely, NUFFIC Fellowship by Government of Netherlands and Manipal – FAIMER fellowship on Leadership in Interprofessional Education. Currently, he is serving as an Assistant Professor in Social Work, Prasanna School of Public Health, Manipal Academy of Higher Education, Karnataka.
Dr. Sushma Goel, an Associate Professor at Department of Resource Management and Design Application, Lady Irwin College, University of Delhi, has authored subject manuals, modules for distance education, textbook, etc. She has above 50 publications in national and international journals and has supervised 60 masters’ dissertations and 9 doctoral research. She had been the principal coordinator for projects with DDA slum wing, DST, Ministry of Health and Family Welfare, Ministry of Social Justice and Empowerment and University of Delhi Innovation projects. She has coordinated a value addition short certificate course in Retail Management with MagicBricks. She was awarded Best Display for Project Designing solar engineered products for rural population, by University of Delhi (Innovation Projects); Teaching Excellence Award for Innovation by Lady Irwin College, University of Delhi and best Innovation award for ‘Creating social acceptance towards sustainability audit of electronic products in planning modern India’ supported by University of Delhi in Innovation Projects.

Mr. Mohit Satyanand is an entrepreneur, consultant, investor and student of economic policy. After an M.A. from Delhi School of Economics, he joined Hindustan Lever as a management trainee, moving 4 years later to Delhi Flour Mills, where he established India’s first successful snack food brand, Crax. In 1989, he co-founded Teamwork Films, now Teamwork Arts, which produces several of India’s most prestigious arts festivals, including the Jaipur Literature Festival, and annual festivals in Singapore, South Africa, Europe and North America.

In 2002, he co-promoted a chain of English language teaching centers in Delhi under the Swiss brand name, Inlingua. For 7 years, he was contributing editor at Outlook Money, writing about investment in equities and other financial assets. A seasoned investor and financial consultant, he now devotes much of his energy to investing and advising start-up firms.
Session-IV: Strengthening partnerships: policies, practices and dialogue

Chairperson

Shri . T. P. Madhu Kumar graduated in Physics from University of Kerala and has a Post-Graduate Degree in Public Administration from University of Madras. Thereafter, he also obtained Degree in Law (LL. B.) from Delhi University. As an Officer of the Central Secretariat Service, he has held several positions including Desk Officer, Union Public Service Commission; Under Secretary, Department of Fertilizers; Regional Officer Central Board of Film Certification, Kerala, at Thiruvananthapuram. Presently, he is Deputy Secretary in the Ministry of Social Justice & Empowerment, Government of India and heads the Senior Citizens Division in the Ministry, which deals with Policy formulation, Implementation and monitoring of various Welfare Schemes for the Senior Citizens, Financial Assistance to NGOs and other Implementing Agencies etc. He has visited Japan, Thailand, Malaysia and Singapore.
His other major fields of interest include Public Speaking, Teaching, Establishment of Public Libraries, Social Work, Social Forestry etc.

Dr. Mala Kapur Shankardass, Associate Professor at Maitreyi College, (South Campus) University of Delhi, is a nationally and internationally known sociologist, gerontologist, and health social scientist. She has published articles, book reviews in scientific journals, newspapers, magazines and books. She is the author of the books ‘Growing Old in India: Voices Reveal, Statistics Speak’; ‘Abuse and Neglect of the Elderly in India, 2018’, and ‘International Handbook of Elder Abuse and Mistreatment’, and Monographs for UN and international organizations. She is an Editorial Board Member, of the Journal of Adult Protection, and of Polish Social Gerontology Journal. She is a Member of Cambridge Scholars Publishing Ltd Editorial Advisory Board. She consults for United Nations agencies at New York, South Asia and India office. She is the Asia Representative of the International Network for Prevention of Elder Abuse (INPEA). She is the Governing Body Member of Alzheimer’s and Related Disorders Society of India, Delhi Chapter.
Dr. Jyoti Dogra Sood is an Associate Professor at the Indian Law Institute. Her area of interest is Criminal Law, Human Rights and Juvenile Justice. She has contributed various articles in national and international journals and is a regular contributor to the Annual Survey of Indian Law on ‘Criminal Law’. Along with teaching and research, she actively participates in discussions on child rights and rights and vulnerabilities of older persons. She was a member of the Committee for Developing Standard Operating Procedures for Rehabilitation and Restoration of Children in Conflict with Law constituted by DCPCR to prepare a Manual for Children in Conflict with Law. She has co-authored a book on Indian Case Law on Right to Information and was the Associate Editor of the Journal of Indian Law Institute for about 15 years. She is presently co-editing a book on Law and Violence.

Prof. (Dr) Pam Rajput is Prof. Emeritus, Dean Social Sciences and Fellow Panjab University, Chandigarh (INDIA). She is a member of Working Group of Gender of NITI AAYOG, Former Chairperson, Government. of India, High Level Committee on the Status of Women and Member, International Centre for Research on Women (ICRW) Leadership Council. She is also a Vice Chair of Asia Pacific NGO CSW Committee. She is a pioneer in capacity-building of Police Personnel to deal with crime against women, elected women in panchayati raj and urban governance; she pioneered the conceptualising and training of parliamentary procedures for the First Women’s Parliament involving 500+ women, each from a different parliamentary constituency of India. She served as Speaker of First Women’s Parliament.
Ms. Meera Khanna a Writer, Poet and Voluntary Social Activist, was awarded the “Women Achievers” Award by Amity University. She is a Trustee & Executive Vice President of The Guild of Service, member of the Global Expert Committee on Widows and older Women, member of the Steering Committee of South Asian Network for Empowered Widows in Development and also member of core committee of Women 2030. She had worked as a Consultant with the High-Level Committee on the Status of Women (GOI), was the Member of the Expert Committee on widows constituted by the National Commission for Women and also the member of the Expert Committee on Widows constituted by the Supreme Court of India. As a social activist, her major work is spread over four states of Delhi, Jammu & Kashmir, Rajasthan and Uttar Pradesh. She has authored a book of poems on Kashmir ‘In a state of violent peace’ on the genesis of the conflict in Kashmir.

Dr. Archana Chandra, Professor and Head, Department of Commerce, Sam Higginbottom University of Agriculture, Technology and Sciences, Allahabad, (formerly Allahabad Agricultural Institute), is an avid researcher in the field of Human Resource Management. She has been published nationally and internationally in academic journals of repute. She has authored six books on subjects ranging from gender equality and sustainability to Organization Behaviour and HR management. Her latest books titled ‘Gender Equality: A Persistent Challenge’ and ‘Sustainable Development through Gender Equality’ are a commentary on the prevailing challenges in the arena of the ever elusive goal of gender equality. Her recent interest of research and endeavour is Geriatric issues and challenges particularly through the gender lens.
Session-V: Best practices – Local to Global

Chairperson

Ambassador Shashank retired as the Foreign Secretary for India. In a diplomatic career spanning four decades, he served as Indian Ambassador in Denmark, Republic of Korea (South Korea), Libya and Malta. Before such ambassadorial appointments, he was posted to key assignments in Africa, America, Asia and Europe. Ambassador Shashank is widely regarded as an architect of India’s economic diplomacy and strengthening relationships with Africa and East Asia. He is presently a visiting Professor at the Jawaharlal Nehru University’s School of International Studies and serves as Chairman of the Association of African Studies in India. In addition, he is the President of the Indian Council for International Cooperation and India-ROK Friendship Association. He is also an advisor to several leading universities on international relations, chambers of commerce, non-governmental organizations, think tanks and corporations. He is a frequent commentator in the international media on international affairs involving India.

Ms. Anju Bhalla is a Post Graduate from St. Stephens College, Delhi University. She joined the Central Secretariat Service, Government of India in 1990 through the Civil Services Exam, 1988 and has varied experience from her work in the Ministries of Commerce, Industry, Culture, Women & Child Development and Power. As Director in the Ministry of Women & Child Development, she handled issues related to both women empowerment and protection of child rights, and was part of the core team for drafting the POCSO Act, 2012 and the Rules and Guidelines framed under it.

As Joint Secretary in the Ministry of Power, she was in charge of International Cooperation, Climate Change and Administration. She participated as a member of the India delegation to the 21st Conference of Parties (COP-21) under the United Nations Framework Convention on Climate Change (UNFCCC) as negotiator on the subject “Technology Development and Transfer”. Earlier, as a Director in the Ministry of Power, she was in charge of coordination of power sector issues for the North-Eastern region, hydro-power, transmission and policy & planning. Ms. Anju Bhalla joined the Department of Science and Technology in August 2017. However, her association with the Department began during her tenure in the Power Ministry,
through the coordination of work that the two Ministries are doing as part of the Clean Energy Ministerial, Mission Innovation and on climate change. In DST, her portfolio includes the National Programme for Training of Scientists / Technologists working in the government sector, and coordination of DST’s participation in international, national and state level exhibitions.

**Dr. Mohan Menon** joined University of Delhi as a lecturer of economics in 1971 after receiving Masters of Arts from the Delhi School of Economics. Upon joining the All India Services in 1974, he began his career in the Indian Police Service as Assistant Superintendent Police, Gwalior and Madhya Pradesh. Following Posting in Katani, perhaps the state’s biggest sub-division then and Morena Districts in MP, he was appointed Superintendent of Police, Kanpur Dehat, Uttar Pradesh. Such overall metrics of experience gave him a markedly wide-ranging exposure to both urban and rural challenges in the complex framework of India’s sensitive internal security domain. Far ranging international exposure later flowed through assignments as First Secretary (Consular) in the High Commission of India, Singapore; Counsellor, Education, Embassy of India, Moscow; and Minister at the Embassy of India in Paris. Prior to his retirement from the IPS, he was Additional Secretary in the Cabinet Secretariat, Government of India.

**Ms. Rakesh Dhawan** is associated with All-India Women’s Conference (AIWC) from the past 32 years. She currently heads AIWC as the President of the organisation. Ms. Dhawan is an established and leading businesswoman of Dehradun where she runs various social service ventures.
**Prof. P. V. Madhusudhan Rao** is Mehra Chair Professor in the Department of Mechanical Engineering at IIT Delhi. He also serves as head of Department of Design. He is a co-founder of Assistech lab in Khosla School of Information Technology, IIT Delhi which works towards development of assistive technologies for empowerment of visually challenged. As a coordinator of IIT Delhi Innovation Center, he is responsible for initiating and driving multiple programmes in Design, Innovation & Entrepreneurship for students. His current teaching and research interests include product design & manufacturing, Innovation driven entrepreneurship and design of medical and assistive devices. He was a guest researcher to US Government’s National Institute of Standards & Technology (NIST), Maryland, USA multiple times. He was visiting scientist to MIT during summer 2005 and visiting faculty to Stanford University during 2012.

**Dr. Renu Malaviya** is an Associate Professor and HOD at the Department of Education, Lady Irwin College, University of Delhi. She is RCI certified special educator and mental health professional, with research and extension work in the area of specific learning disability for almost 30 years. She has been a master trainer (Trainer or Trainers) in different capacities. She has been conducting workshops in schools and colleges on Intergenerational Bonding, life skills, parenting, gender sensitization, pedagogical issues and others for school and college students, teachers and principals.

Her work also involves documentation of life span experiences of children and elderly. Some of her research projects and consultancies involved projects with CARE India, Save the Children, India, UNFPA, International Labor Organization, University Grant Commission (UGC), University of Delhi, University of Edinburgh, Scotland, U.K, King’s College, London. She has authored 25 books, edited books and bibliotherapy publication. She has over 60 publications in national, international journals and national newspapers.
Session- VI: Aged friendly Inclusive spaces

Chairperson

Prof. Dr. P. S. N. Rao is presently Director, School of Planning and Architecture (SPA), New Delhi, an "institution of national importance" under an Act of Parliament. He is also Chairman, Delhi Urban Art Commission, Government of India. He is trained as an architect, civil engineer and town planner with over 30 years of professional experience. Besides being an educationist, he has also carried out several research and professional assignments for various national and international agencies. He has over 100 publications including 4 books to his credit and has won several awards and accolades.

Prof. Dr. Anil Dewan is a Professor of Architecture and Head of the Department of Building Engineering and Management at School of Planning and Architecture, New Delhi inclusive of Housing and hospitals of the future. He trains Architects, Building Engineers, Doctors and other professionals working in this field. He has been developing Codes, Guidelines, Norms and Standards for planning and design of Geriatric facilities in the Indian context. He is an Adviser to many organisations and has worked for India, Nepal, Bhutan and Bangladesh. He Guides PhD research scholars on these subjects and is a committee member on BIS committees.
Mr Suresh Goel received B.Arch. (Hons.) from IIT Kharagpur in 1965 and started his own practice in the name of M/S Suresh Goel Associate’s Architects Engineers and Planners. Mr. Goel has over 50 years rich experience in the field of Urban Design, Architectural Design and Infrastructure Planning Projects. His particular expertise is in the integrated design development, site execution of the design and implementation of the projects.

As Head of SGA, he is responsible for carrying out many projects of large campuses, i.e., Architectural, Urban Design and Town Planning Projects from conception of master planning to detailed working drawings. Major projects include total planning for campus IIT Guwahati, IIT Delhi, IISC Bangalore, IISER Kolkata, IIM Indore, IITN Gwalior, MNIT Jaipur, Commonwealth Games Village 2010 New Delhi, Supreme Court New Office Complex, DTC Head Quarters etc. He has developed an efficient in house team of professional architects’ engineers and planners together with young architects to inbuild design and drawings. His knowledge and experience support preparing of design brief, facility planning and coordination of project with client requirements. His motto is “Architecture is a continuous process of learning ‘Shilp’ through observation, creativity, assimilation and the final combination of the resultant with technology.

Mr Biju Mathew has been working in the field of Gerontology for the last 22 years. Presently he is the Director and Kerala State Head of “HelpAge India” and maintains age care activities in the state of Kerala. He is also associated with Prof. K. M. Chandy Foundation as the member of Governing Body and is also a Guest Faculty at Kerala Institute of Local Administration (KILA). Piloting Age care services of HelpAge India in Kerala State, he drives various initiatives for the welfare of senior citizens like ASCENT (Fitness & Wellness Centre), ESHG (Elders Self Help Groups), SAVE (Student Action for Value Education), HUG (Help Unite Generations), Advantage Programme, Elders Helpline, Eye Care, Cancer Care, IDOP Advocacy, WEAAD Advocacy etc. He has organised, and been a keynote speaker, presented papers in several international, national, regional and state level conferences / seminars / workshops for the cause and care of the elderly.
Mr. Riaz Umar is a former Principal, Zakir Hussain College (PG), New Delhi. He has expertise in Marketing & Management, and is the President of several educational, economic, business, language and census societies. He is an educationist, reformer and social worker.

Ms. Vidya Shenoy, M.A. in Economics, Finance and Management, is on the boards of many medico-social causes. She is Secretary General of Alzheimer’s & Related Disorders Society of India and Honorary Secretary of its Mumbai Chapter. She practices Integrative Medicine with special emphasis on Yoga for those affected by Alzheimer’s, children with special needs and teaches Yoga at centres of Shri Ambika Yoga Kutir in Mumbai. She continuously, spreads awareness with sensitivity, conducts workshops, counselling to seniors, families and caregivers of those affected by dementia. With a keen interest in research, she is always working on studies related with improving anything towards the cause of dementia. She runs a specialised Dementia Daycare Centre in Mumbai called SmritiVishvam: Universe of Memory. She is invited as speaker and makes presentations on Alzheimer’s & dementia and Yoga at Conferences within India and overseas. She has conducted many Yoga workshops overseas and in India.
Session- VII: Later life opportunities

Mr Vinay Bhatia, a chartered Accountant, attached to Rotary as Rotract member at the age of 18 years, he became the charter member of Rotary club Faridabad NIT and was selected to be the club secretary thrice and awarded best rotarian of the club. He was adjudged” Outstanding President” of the District for his project of undertaking 172 cleft surgeries. He runs a leading CA firm JSVP & Company and is the youngest past chairman of the Faridabad Branch of Charted Accountants. He is a qualified systems auditor and has done post graduate diploma in business management. He also served as Assistant Governor and District Director twice. Mr Bhatia has attended R.I. Conventions at Bangkok, Lisbon and Atlanta. As a team member and leader of Rotary Friendship exchange teams, he has visited Finland, Brazil, Turkey and USA. Mr Bhatia had been special aide to RI President Representative John Barnes. He was adjudged best Rotarian of the district for vocational excellence and outstanding President of the District Platinum Assistant Governor.

Mr. J.R.Gupta, is the President of the Senior Citizens Council of Delhi (registered Society duly recognized by MSJE, GOI; Social Welfare Department of Delhi Govt., I.C.C.R and Senior Citizens Cell of Delhi Police.) and also Chairperson of Confederation of Senior Citizens Associations of Delhi (an umbrella body of 11 lakh senior citizens) in which 134 registered Senior Citizens Associations across Delhi stand affiliated. The main aim of the Council/Confederation is to protect lonely senior citizens from humiliations/abuses at the hands of their own children and others. The Council/Confederation raises vital issues concerning senior citizens of Delhi which are being redressed by convening Quarterly Meetings chaired by Social Welfare Minister, Delhi Govt. including policy matters. The Council has its Recreation Centre at Green Park Extension in which various free facilities are being provided on daily basis such as Homoeopathy Dispensary, Physiotherapy, Blood sugar...
test, Computer Training, Yoga Classes, health check-up camps and consultations from eminent doctors.

Mr. Himangshu R. Vaish is a B. Tech. (Elect.) I.I.T, Delhi and currently the Managing Director, Instapower Limited. He has been the Past Chairman at PanIIT Alumni India, Past President at Chamber of Industries of UdyogVihar, Gurgaon and Past President at IIT Delhi Alumni Association. In 1990, with his indomitable entrepreneurial spirit, he diversified into manufacturing power conditioning equipments such as Telecom systems, Uninterruptible Power Supply (UPS) and Invertors. Thus INSTAPOWER was born. INSTAPOWER was awarded the “Technology Leadership Award 2013” by M/s Frost & Sullivan. Mr. Vaish has filed a number of patents over the last several years in the field of electronics, more specifically in the field of electronics and LED lighting solutions, both in India and abroad. 50 patents have been granted in India and Europe. The award for “Technology Leadership of the Year in the LED Lighting Market” was awarded to Instapower by Frost & Sullivan.
Dr. Rajarshi Bhattacharjee is an experienced doctor with a demonstrated history of working in the newspapers industry. He is skilled in Business Development, Strategic Planning, Marketing Strategy, Editing, and Team Building. A Doctor of Medicine (M.D.) focused in General Physician from St. Petersburg State Medical Academy, his strength lies in healthcare services. He is the National Head, Health and Wellness, Times Foundation, Times of India.

Mr. Puneet Tiwari lives by the principle, “Experience is the best teacher” and that “the learning never stops”. He aspires to influence life in all forms, positively. Hence, one finds him not only closely observing and working for human but also the varied nature. His appreciation of nature extends to gardening in free time. Social service, counselling and travelling are other interests reflecting his belief that life is a perpetual self-exploring journey. His emotional bond with humans brings him close to working with elderly and help them achieve “total wellness”. He wishes to work for health, wealth and longevity of fellow humans.
Dr. Sushma Sharma is a Former Associate Professor in Food & Nutrition, Lady Irwin College, University of Delhi. She is a member of the Editorial Board of Journal of Applied Nutrition, Published by IDA, an editor in chief bieyearly bulletin of Indian Dietetic Association, Delhi Chapter - Diet & Byte and also as a Editorial Board member in Research Journal In Home Science Published by NirmalaNiketan Mumbai. She has been awarded a Life Time Achievement Award for contribution in Nutrition and Dietetics conferred by Indian Association for Multidisciplinary Healthcare. She is a reviewer of British Journal of Nutrition and research journal published by ICG University, Jaipur. She has also published over 40 research articles in National and International scientific journals. She is an author of a Text Book on Community Nutrition for under graduate students entitled “Nutrition in the Community”.

Ms. Nita Mehta is an Indian celebrity chef author restaurateur and media personality, known for her cookbooks, cooking classes and as a celebrity judge on cooking based television shows. Mehta has authored more than 400 cookbooks of which 6 million copies have been sold worldwide. In 1999, she won the Best Asian Cookbook Award for her book Flavours of Indian Cooking at the World Cookbook Fair in Paris. She has been called a "Cooking Expert" and "Nutrition Expert" in the media.
Session- VIII: Valedictory

Ms. Rita Menon is a Former Secretary to the Government of India, Ministry of Textiles, CMD, India Trade Promotion Organisation. She is an independent Director on the Boards of several companies & Industrial Units. Currently, she is Chairperson Governing Board at the Lady Irwin College, University of Delhi, apart from volunteering with a number of organisations.

Dr. Nimmi Rastogi is currently an Advisor Health Dialogue and Development Commission in the CM’s Office and CEO of Sarthak Medical Center. She is an Obstetrician & Gynecologist with special interest in Fertility, Endoscopy and Sonography. She is also an executive member of the Team Finance and Medical Wing of Aam Aadmi Party.
Dr. Jitendra Nagpal is Program Director of Expressions India – The Life Skills education, School health & wellness Program. He is senior consultant psychiatrist and incharge of the Institute of Child Development and Adolescent Mental health (IACAM) and has been the national convener of Child Psychiatry Section – Indian Association of Private Psychiatry (IAPP). Other professional contributions include membership of National Focus Group on Health and Physical education for national curriculum Framework (NCF) and advisor to the comprehensive school health Policy and Program by CBSE and the Life Skills Education manuals for class VI-X. Dr. Nagpal has also been awarded the ‘Delhi state child welfare Award’ for distinguished services in child development by the Department of Social Welfare, Government of NCT of Delhi. He is the Chairperson for the Association of Indian school counsellors and allied professionals (AISCAP).

Dr. Adarsh Sharma, free-lance Consultant in the field of ECE and human development, was Team leader for IDA funded ICDS System Strengthening and Nutrition Improvement Project (ISSNIP) of MWCD, GOI. She was consultant for organizations including UNICEF, USAID, FANTA, UNWFPI, ODA, CARE, ICF, DEFID and WHO. With Masters in Human Development and Family Studies as Ford Foundation Fellow, she worked in the University system teaching graduate and postgraduate courses, supervising research dissertations of master and doctoral levels. As a professor, she set up the postgraduate department of child development in G. B. Pant University of Agriculture and Technology. Her post-doctoral work as Fulbright Scholar was done at Pennsylvania State University. She retired as Executive Director from National Institute of Public Cooperation and Child Development (NIPCCD), under the aegis of MWCD, GOI. She has also contributed articles/chapters in scientific journals, books, drafted reports and documents. She served on the Editorial Board Childhood (published by Norwegian Institute of Child Research and SAGE Publishers).
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