

ବେଶ୍ୟାକଳ ପାଇଁ ଚିତ୍ତବିମୋହନ ଭିତ୍ତିକ ହସ୍ୟମାସିକ ପତ୍ରିକା

# ବରିଷ୍ଠ ବାଣୀ

## BARISTHA BANI

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Website : [www.eraindia.org.in](http://www.eraindia.org.in)

E-mail : [eraindianet@gmail.com](mailto:eraindianet@gmail.com)







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The views and opinions expressed by the contributors of News and articles in this Newsletter may not be the views of the Editors.

## EDITORIAL

### United Against Elder Abuse



WHO defines elder abuse as “a single or repeated act, or lack of appropriate action, occurring within any relationship where there is an expectation of trust, which causes harm or distress to an older/senior person”. At least five per cent of India's elderly population (aged 60 years and above) and that of 3% in Odisha stated they experienced ill-treatment in 2020, according to Longitudinal Ageing Study in India (LASI). Among the elderly who felt ill-treated, 77.3 per cent complained of verbal / emotional ill-treatment that can harm their self-worth or emotional well-being. Elderly women, especially widows, those in oldest-old age group (80+ years) and physically immobile, were more vulnerable to abuse than others. Education, wealth quintile, living alone, and the presence of any morbidity were the important determinant of elder abuse. A study conducted by the Agewell Foundation found that, during the coronavirus pandemic, as much as 71% of elderly people in India believed that ill treatment toward them had increased during the lockdown.

To counter act against this acute problem, June 15 represents the one day in every year when the whole world voices its opposition to the abuse and suffering inflicted on some of our older. This day has been celebrated since 2006 as **World Elder Abuse Awareness Day, or WEAAD** for campaigning awareness.

Let us United and work together to optimize living conditions for older persons. If an older adult is in immediate danger or anyone among us is being mistreated should contact the police or a local anti-abuse organization through the following toll-free Helpline numbers provided by Government :

**1090** by Govt. of Odisha

**8093028100** by Commissionerate Police, Bhubaneswar & Cuttack

**14567**: National Helpline for Senior Citizens

**1075**: National Helpline of Ministry of Health & Family Welfare

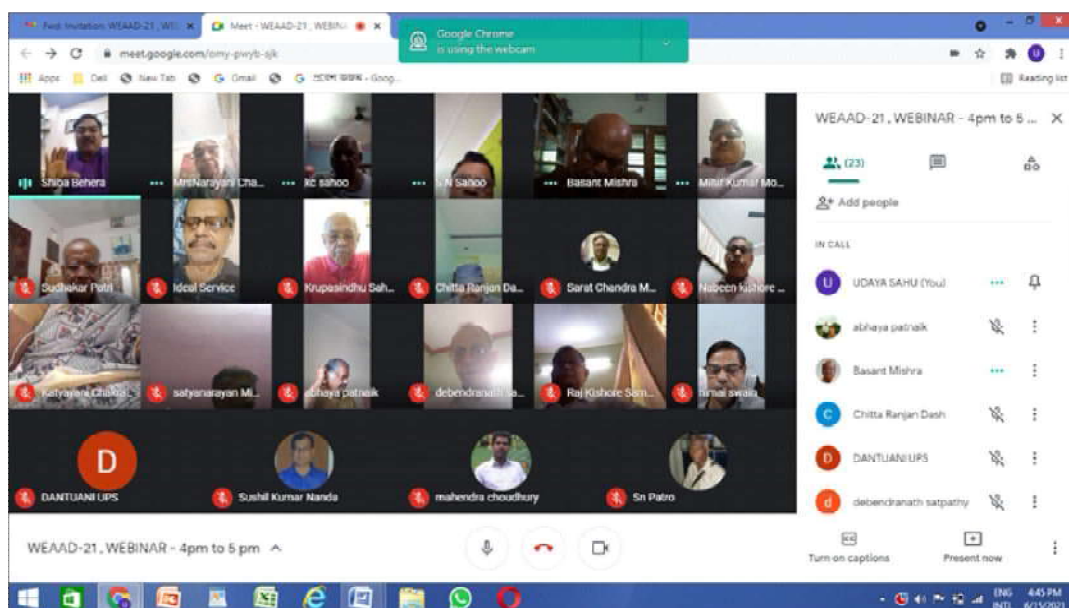
**08046110007** : (NIMHANS) for psychological support

**Mr. Prafulla Ku. Mohapatra**  
**Mob. : 8895265933**

● ● ●



# Summary of the Virtual meeting held on 15.06.2021 on occasion of World Elder Abuse Awareness Day organised by Elder Recreation Activities-era, Bhubaneswar.



(Webinar organised by Elder Recreation Activities on eve of WEAAD-21 on 15.06.21)

Around one in every six elders over the age of 60 experienced some forms of abuse. Elderly women, especially widows, and physically immobile were more vulnerable to abuse. Education, wealth quintile, living alone, and the presence of any morbidity were the important determinant of elder abuse. To counter act against this acute problem, the **webinar** highlighted prominent elder justice issues and resources to strengthen the elder justice movement.

## Following issues may be emphasized :

1. Proper awareness should be imposed through different senior citizen organisations since they are now working at ground root level of society. They should be well organised and supported with different "ABADANA" as provided in Odisha State Senior Citizens Policy-2016 which emphasis on health, financial and physical

security of the elderly. In this regard it is worthy to mention here that as per different components of “ **ABADANA**” reflected in our Department of Social Security and Empowerment of Persons with Disabilities vide the website <http://ssepdp.gov.in> for provision of one time assistance of Rs.50000/- to strengthen the registered senior citizen associations along with day service centers Some other states government also are supporting such assistances to senior citizen associations.

2. **Implementation of State Council of senior citizen**-Inorder to develop proper coordination between different senior citizen organisations and government the utility of State Council of senior citizen is now required in the patron of National Council of India constituted by Government of India on May 1999. Accordingly the District Council in different districts will be form as per constitution .The State Council of senior citizen under the Chairmanship of concern Minister will monitor the implementation of the policy and advise the government on different issues of senior citizens. A similar body would be established in every districts headed by the

concerned Collector to monitor issues related to senior citizens of the district.

3. Message received from some dignitaries of All India Senior Citizens' Confederation (AISCCON) i.e. S.J.M.K. Raina, Vice President, AISCCON, S.J.C.W. Deoras, President, Chhattisgarh State Federation, S.J. J.R. Gupta, President, Senior Citizens Council of Delhi & Chairperson, Confederation of Senior Citizens Associations of Delhi .

Looking at the growing population of this segment it is necessary for Government to consider an independent Department /Body for an effective implementation of urgent issues relating elderly population.

Necessary drive is required at different levels to explain and ensure implementation of different plans and programs .

Proper media coverage is required to make the target segment beneficiaries aware of different grants failings which grant will be lapsed and unutilised without meeting objectives.

Let us United Against Elder Abuse & work together to optimize living conditions of elders. If a senior citizen is in immediate danger or any one among us is mistreated , we should take necessary drive



# Emphasis on Government ABADANA

**Mr. Krupasindhu Sahoo**

Mob. 9937132992

Founder President, Federation of Senior Citizen Associations of Odisha (FOSCAO)

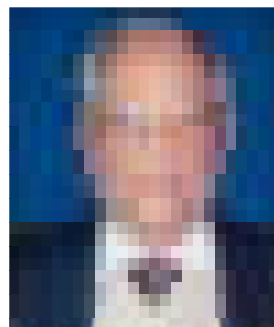
With reference to the website of  
DEPARTMENT OF SOCIAL SECURITY  
AND

EMPOWERMENT OF PERSONS  
WITH DISABILITIES GOVERNMENT  
OF ODISHA

under “ Guidelines on **ABADANA**- a  
scheme for welfare & protection of  
Senior Citizens “there are thirteen  
programme components as mentioned  
below:

1. Old Age Home
2. Day Service Centre
3. Geriatric Disability Centre
4. Health on Wheel
5. Senior Citizen's Service
6. Helpline & Counseling Services
7. Surgery & Assistive Devices
8. State Awards
9. Strengthening OF SCAs / SHGs
10. Training of Caregivers
11. Sensitization & Awareness
12. Research & Documentation
13. Implementation of Policy Goals

All these  
can be  
efficaciously  
effective for  
senior citizens of  
our state. But few  
components like  
DAY SERVICE  
CENTRE and



STRENGTHENING OF SENIOR  
CITIZEN ASSOCIATIONS / SHGs need  
special attention. Under this component  
it is mentioned to support in shape of  
one time assistance of Rs.50,000/- to  
strengthen the registered Senior Citizen  
Associations and Self Help Groups of  
Senior Citizen. Some other states also  
giving such financial assistance to senior  
citizen Associations of their states.

So the senior citizens'  
Associations those are working at grass  
root level need to be strengthened with  
financial assistance.

The Odisha State Senior Citizens  
Policy 2016 in consonance with the  
National Policy for Senior Citizens 2011  
reiterates the commitment of the State  
of Odisha in ensuring its citizens

That they are able to age with security and dignity and continue to participate in society as Citizens with full rights. These scheme details are not yet clear to the target segment i.e. Senior Citizens of the state. The necessary drive is required at different levels to explain and ensure the implementation of the schemes. Proper media coverage is required to make the target segment of beneficiaries aware of such grants, failing which the grants will lapse unutilized without meeting the

objectives. Procedures to avail the grants are required to be made user friendly. Schemes announced by the Government must touch the grass root level.

So Department of Social Security and Empowerment of Persons with Disabilities being the co-coordinating department will facilitate the process achieving policy goals as well as implementation of provisions of different schemes.



### ‘ବରିଷ୍ଠବାଣୀ’ର ନିୟମାବଳୀ

- ଏହି ପତ୍ରିକାଟି ବୟସ୍କମାନଙ୍କ ଚିତ୍ତବିନୋଦନ ପାଇଁ ଉଦ୍ଦିଷ୍ଟ ।
- ତ୍ରୟମାସିକ ପତ୍ରିକାଭାବେ ଏହା ବର୍ଷକୁ ୪ ଥର ଯଥା: ମାର୍ଚ୍ଚ, ଜୁନ୍, ସେପ୍ଟେମ୍ବର ଓ ଡିସେମ୍ବର ମାସରେ ପ୍ରକାଶ ପାଇବା ପାଇଁ ନିର୍ଦ୍ଧାରିତ । ତେଣୁ ପ୍ରକାଶ ପାଇଁ ଲେଖା ମାର୍ଚ୍ଚ-ଜୁନ୍-ସେପ୍ଟେମ୍ବର ଓ ଡିସେମ୍ବର ମାସର ୧୫ ତାରିଖ ସୁଦ୍ଧା ପହଞ୍ଚିବା ଆବଶ୍ୟକ ।
- ଲେଖାଗୁଡ଼ିକ ବରିଷ୍ଠ ନାଗରିକ ଜନିତ ଖବର, ରୋଚକ ତଥ୍ୟ, ଜୀବନଧାରଣ ଯୋଜନା ଇତ୍ୟାଦି ବିଷୟରେ କାର୍ଯ୍ୟାଳୟ ଠିକଣାରେ ପରିଷ୍କାର ଭାବେ ଡି.ଟି.ପି. କରି ମେଲ୍ [eraindianet@gmail.com](mailto:eraindianet@gmail.com) କିମ୍ବା WhatsApp-୯୪୩୮୦୮୧୦୦୬ ମାଧ୍ୟମରେ ପଠାଇବାକୁ ଅନୁରୋଧ ।
- ଲେଖା ପ୍ରକାଶିତ ନହେଲେ ଫେରସ୍ତ କରାଯିବ ନାହିଁ ।
- ପତ୍ରିକାକୁ ସରସ ସୁନ୍ଦର ପ୍ରକାଶନ ପାଇଁ ପାଠକମାନଙ୍କ ମୂଲ୍ୟବାନ ମତାମତ ସାଦର ସ୍ୱାଗତ ।
- ପତ୍ରିକା ପ୍ରତି ଖଣ୍ଡର ମୂଲ୍ୟ ଟ. ୨୫.୦୦ ବାର୍ଷିକ ଗ୍ରାହକ ଦେୟ ଟ. ୧୦୦.୦୦ ଏବଂ ଆଜୀବନ ଗ୍ରାହକ ଦେୟ ଟ. ୧୦୦୦.୦୦ ଧାର୍ଯ୍ୟ କରାଯାଇଛି । ଇ-ମେଲ ଠିକଣା ଇତ୍ୟାଦି ସ୍ୱତ୍ତ୍ୱଭାବେ ଲେଖୁ ଧାର୍ଯ୍ୟ ଅର୍ଥ ନିମ୍ନ ଜମା ଖାତାରେ (S.B. A/c.) ପଇଠ କରି ତାହାର ନକଲ ଉପରୋକ୍ତ ଇ-ମେଲ କିମ୍ବା WhatsApp ରେ ପଠାଇବାକୁ ଅନୁରୋଧ ।

**Bank Details :** Favour of Elders Recreation Activities Trust  
S.B. A/c. No. 513310210000012, IFS Code - BKID0005133,  
Bank of India, Chakeisiani Branch, Bhubaneswar.



# World ELDER ABUSE AWARENESS DAY (WEAAD)-2021

## MESSAGE

**Mr. M. K. Raina**

Vice President, All India Senior Citizens Confederation(AISCCON)

Mob. 9760002072

**1.0** The 15<sup>th</sup> June is being observed globally as 'World Elder Abuse Awareness Day'. Elderly all over the globe are suffering from various forms of abuse like physical, emotional & financial. Irony is that these issues are very much under reported due to their concerns for family image.

Another form of elder abuse of concern, in our Country, is the **INDIFFERENT ATTITUDE TOWARDS ELDERLY** by the GOI, State Governments & the Society. It is not only avoidable, but if addressed seriously can help in mitigating many forms of Elder abuse happening presently.

**2.0** National Policy & Acts regarding Senior Citizens Welfare

Our great leader the then Prime Minister Sri AB Vajpayee, had come out with a very well-considered **National Policy on Older Persons 1999**. The Policy sought to assure Elderly that their concerns are national concerns and they will not live unprotected, ignored or marginalized. The policy assured Elderly to live the last phase of their life with purpose, dignity and peace. **Any policy,**

**however, will make a change in the lives of senior citizens only if it is implemented**

. Unfortunately no concrete action plan for implementation of this noble policy was drawn out ever except for one legislation to prevent the abuse of Elderly brought up by the UPA Government in the form of **Maintenance & Welfare of Parents & Senior Citizens Act 2007**. Besides providing mechanism of maintenance to abused Elderly, the Act had also provided for Medical Care, Protection of Life and Property & establishment of at least one old age home in each district to accommodate at least 150 indigent senior citizens. This Act has taken more than 8 years for States to just promulgate in entire form across the country. Majority of states did not implement this Act with sincere intent. There was no proper monitoring by the Governments be in States or from the Centre.

Hence our submission is that the necessary steps be taken by Central



Govt. to get the Act amended without any further delay ( Bill is pending for approval by Parliament since August 2019) and directions be provided in the bill for a time bound implementation of the Amended Act in the States with necessary system for periodic monitoring/review by the Centre and the States.

### **Issue of revised 'National Policy for Senior Citizens'**

The Minister for Social Justice & Empowerment announced in Parliament in the year 2014, that the revised 'National Policy for Senior Citizens' will be released by 2016. However it is still awaited.

**Our submission on this Day is that the Revised National Policy for Senior Citizens, which is in process since many years, may please be approved without any further delay and implemented. The implementation should be monitored across the country with true INTENT.**

### **Indifferent Attitude towards Elderly**

**The elderly who deserved better reverence and attention are being treated indifferently.**

Let us introspect and see: -

1. It is evident that nothing has been done, so far, for welfare of the elderly residents of rural and hilly regions like that of Uttarakhand. **Our submission is that elderly living in rural and hilly regions of the country should be**

**taken care so that they can live with dignity.**

2. Lakhs of senior citizens who have worked productively in Private or Public sector for 20-30 years, are deprived of even the basic needed pension. The elderly have been struggling at High Courts and Supreme Court levels for years, for their legitimate right.

On the other hand in all developed countries like US, all senior citizens are being given a reasonable pension enabling them to live with dignity.

**Our submission is that all senior citizens irrespective of the sector they served, should get a minimum pension of about Rs 7000/- PM which will help them to survive and live a minimum acceptable standard.**

3. We submit that police stations in all districts should have a complete record of senior citizens along with their address, phone number morbidity if any so that they can be helped on top priority as and when required. In fact GOI should consider for creation of national data base of all senior citizens and they may be issued individual **Dignity Card** (Identity Card) with chip for easy traceability.

National Action Plan for Senior Citizens, has been issued by Government of India in 2020 followed by Atal-Vayo-Abhyuday-Yojna (AVYAY). The Annual Action Plan for year 2021-22 was launched in March 2021 with a

budget allocation of Rs 533.81 Crores. However, the scheme details are not yet clear to State Authorities as well as to the target segment i.e. Senior Citizens of the Country. The necessary drive is required to be launched at district levels to explain and ensure the implementation of the schemes. Proper media coverage is required to make the target segment of beneficiaries aware of such grants, failing which the grants will lapse unutilized without meeting the objectives. Procedures to avail the grants are required to be made user friendly. Schemes announced by the Government must touch the grounds across the country.

### **3.0 Independent Ministry**

Looking at the growing population of this segment from current 10% to 20% by 2050, it is necessary for GOI to consider an independent Ministry for this left out segment of population, both at Centre as well as at State levels, for an effective implementation of urgent issues be it universal pension/financial security, health care, protection of life & property, shelter, active and productive ageing.

### **4.0 Role of Senior Citizens**

We, the senior citizens through our Associations/ NGOs or through All India Senior Citizens Confederation (AISCCON), have committed ourselves to increase awareness at the ground level and increase the number of sustainable initiatives, with or without

Govt. funding, for improving the quality of life by engagement through Day Centers, establishing Physiotherapy Centers, Help Lines or engaging the attention of the concerned stake holders by organizing national level conferences. Senior Citizens are meeting the local DMs and SSPs and trying to seek the implementation of the Section 19 & 20 of the present Maintenance and Welfare of Parents & Senior Citizens Act 2007. Govt. of India is requested to empower AISCCON, the biggest national level organization of the Senior Citizens in the country, to seek CSR grants from Corporates to implement Elderly Welfare Projects.

### **5.0 Need of the Hour**

UNO declared Decade of Healthy Ageing (2021-2030), is an opportunity to bring together governments, civil society, corporates and professionals together for 10 years of concerted and collaborative actions to improve the lives of Senior Citizens. Government of India must get involved in the country to ensure that truly NO ONE IS LEFT BEHIND as per the 2030 Agenda for Sustainable Development Goals. **Covid 19 pandemic has exposed the the gaps in our policies and medical care. Systems have to be put in place to take care of dependent senior citizens or living alone senior citizens in times of disasters.**

The Government schemes / policies/budget allocations have to be

in sync with administrative machineries in states to ensure that the INTENT reaches the deserving Senior Citizens. Gita in shloka 78 of Chapter 18 advises on this synchronisation to achieve victory in social welfare initiatives.

**Time has , therefore, come for addressing the Senior Citizens issues directly by CMs in States and PM in Centre. Then only the abuse to Elderly will get noticed for corrective actions in time. If ignored for long the issues will get snow balled in violation of Human Rights.**

THANK YOU

### **MESSAGE**

**Shri J.R. Gupta,**

President, Senior Citizens Council of Delhi &  
Chairperson, Confederation of Senior Citizens Associations of Delhi

**Mob. 09810488059**

Website: [www.seniorcitizensdelhi.org](http://www.seniorcitizensdelhi.org) & [www.confederationscdelhi.com](http://www.confederationscdelhi.com)

First of all I would like to congratulate you for your efforts for the printing of the second edition of the **BaristhaBani** on the occasion of World Elders Abuse Awareness Day to be held on 15-06-2021.

Elders Abuse cases are increasing day by day across India including Delhi even during Covid-19 Pandemic. The Senior Citizens Council of Delhi has been playing a vital role in extending moral support , legal guidance and protecting such senior citizens who are being abused/ neglected/humiliated at the hands of their own children and others. There are so many types of ill treatment like elder abuse, physical, emotional, economical, disrespect, verbal & neglect. The Council has solved a

good number of such cases amicably even without the intervention of Delhi Police. The Council has been receiving 5-6 complaints



daily through its help line number **9810488059** (between 2 pm. & 8 pm daily) from such affected senior citizens and extending them moral support and legal guidance. Initially, the Council is trying to solve such cases amicably by reminding them to abide by moral values in the presence of parents and children at its Recreation Center, Community Center, Green Park Extension since, 2016 and got 50% success and affected son/daughter-in-law assured to look after their parents after persuasion amicably . Even in

some cases where matters are not solved amicably, 5-6 members of Council has to approach concerned CEO of Multinational Companies where both son and daughter-in-law are working generally and you would be surprised to note that the Council got a positive response from those CEOs and after their intervention, the son/ daughter-in-law assured to look after their parents. In cases, where aforesaid two attempts are failed, the Council advises such senior citizens to approach Tribunal Courts for relief, as there are 11 District Tribunal Courts across Delhi. The Council has also been able to help such senior citizens in a good number of cases even during the current year during lockdown and second wave of Covid-19 between April & May, 2021.

Take a case of Smt. Sarita Sharma (64) wife of Surender Mohan Sharma (both Council member) & resident of Arjun Nagar, New Delhi deposited a sum of Rs . 35 ,000 /- on 02 -02 -2021 as advance booking for the marriage of her niece (daughter of handicapped parents ) to be held on 25-04-2021 at Hotel Orion Plaza, South Delhi for 150 guests.

The number of guests were decreased by the Delhi Govt. on 17-04 -2021 during lockdown & accordingly Mrs .Sarita Sharma requested the Hotel

Management to accept 50 guests instead of 150 but her request was turned down and even threatened to forfeit her booking advance . The matter was brought to the notice of Council & Confederation of Senior Citizens Associations of Delhi (an umbrella body of 18 lakh senior citizens in which 142 registered senior citizens associations stand affiliated as on date) . Immediately the matter was taken up with Mr. Sikandar Yadav , owner of the hotel on 19-04- 2021 with a request to refund the entire amount , but he insisted vide letter dated 19-04-2021 for an additional amount for adjusting 50 guests against 150 guests. Another letter was sent by the Confederation on 21- 04-2021 to the owner with a warning either refund or face legal action Ultimately, the owner refunded the entire amount on 22-04- 2021 by NEFT .

Mrs. Sartia Sharma has conveyed thanks to the Council / Confederation headed by J.R.Gupta . The marriage of her niece solemnized on 25-04-2021 on same date at North Delhi hotel. Efforts are being made to solve the problems of elder abuse by the Council /Confederation on regular basis.

Website: [www.seniorcitizensdelhi.org](http://www.seniorcitizensdelhi.org)  
& [www.confederationscdelhi.com](http://www.confederationscdelhi.com)  
09810488059

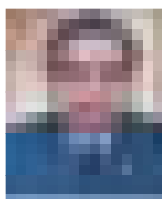
## MESSAGE

### **15<sup>th</sup>. JUNE- WORLD ELDERLY ABUSE AWARENESS DAY (WEAAD)**

**Mr. C.W.DEORAS**

Vice President, AISCCPON, & President, Chhatisgarh State  
Federation Mob. 9300328800, 9826324413

1. Taking account of growing Abuse of Elderly persons, in the world, An organisation was established in 1997, which was known as International Network of Elderly Abuse (INPEA). This organisation was surveying, studying Analysing and working for reduction of Elderly Abuse.
2. The World Health Organisation (W.H.O.) took up this issue in 2006, adopted it as international issue & started working on it.
3. The U.N.O. also adopted this issue and gave the title "World Elderly Abuse Awareness Day". The First Conference on this subject was held in Room No. 2 of U.N.O., Office of New York under the chairmanship of Mr. Alexander Clachi on 15th June 2006.
4. Observation of World Elderly abuse day on Regular Basis by U.N.O. Started from 15th June



2012. Hence 15th June of every year is known as WEAADAY.

- 5.1 OBJECTIVE: This day draws the attention of the world, toward the physical, Mental sentimental & Economical, ABUSE of Elderly person, for remedial measures to be taken.
- 5.2 To bring together, the family members, Caretakers, Local government, Educational Institutes, Industrial organisations & N.G.O.'s for understanding the challenges, problems in reducing the family violence & other kind of abuses. Analysing them and suggest suitable remedial measures/policies to provide relief.
6. WHY: The world population is undergoing Demographic changes. The increasing population of elder will result in more Elderly Abuses. As on date 4% of Elders are abuses in India approx 13.6 crore Elders are there and 70% of them are poorest of poor. The population will be more



than youngones by 2050. This needs madimum attention due to increase in longevity (Average age 69 years).

7. As on date due, increase in the METRO, NEUCLIEUS family culture in our country the Elderly abuse may be classified in to following major category :-

**Physical:** Man Handling of different kind & Tortue. Mental : Abusing, Torturing, Co-axing etc.

**Economical :** Snatching come, not giving enough money to cater their needs.

**Sexual:** Sexual Harasment, Rapping, etc.

**Negleexting:** Not caring for their presence/speech/thoughts/needs.

**Boycots :** Social/Religious/Family Boy Cotf.

**Legal :** Stopping to get legal help, filling legal suits, involving in criminal offence.

**Self Withdrawl :** In the light of above catogiries the Elder may adopt self withdrawal & choose to wait for death, silently.

#### **IN VIEW OF ABOVE REMEDIA/ MEASURES/ACTION REQUIRED :-**

- Awareness of family/Society in general.
- Social Security including the Registration/Visit of Police i.e. Social Policing.
- Legal Guidance & Assistance.
- Financial Assistance.
- Geriatric Assistance.

Hence the federation of Senior citizen, community & Government may closely watch, help & create Awareness.

## **Reimbursement of medical claims for registered senior citizen of Odisha**

**Dr. Udayanath Sahu**

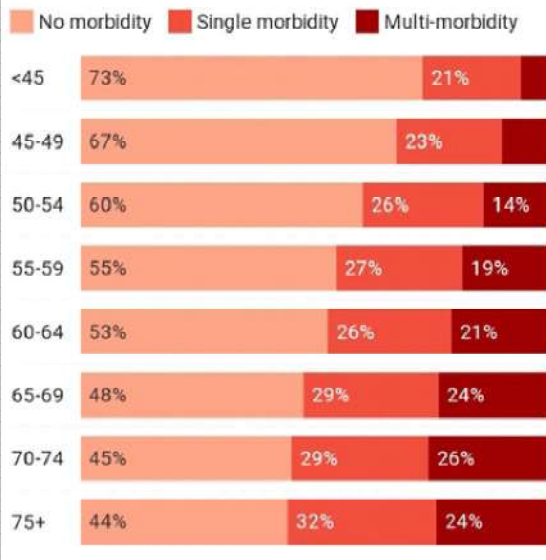
Chairman, Elder Recreation Activities-era  
Mob. 9438081006

Almost 70% senior citizens in India have a chronic illness. Two in every three senior citizens in India suffer from

some chronic disease, according to the first Longitudinal Ageing Study in India (LASI)



## Multi-morbidity conditions among older adults by age, India (2017-18)



released by the Union Ministry of Family and Health Welfare on January 6 2020.

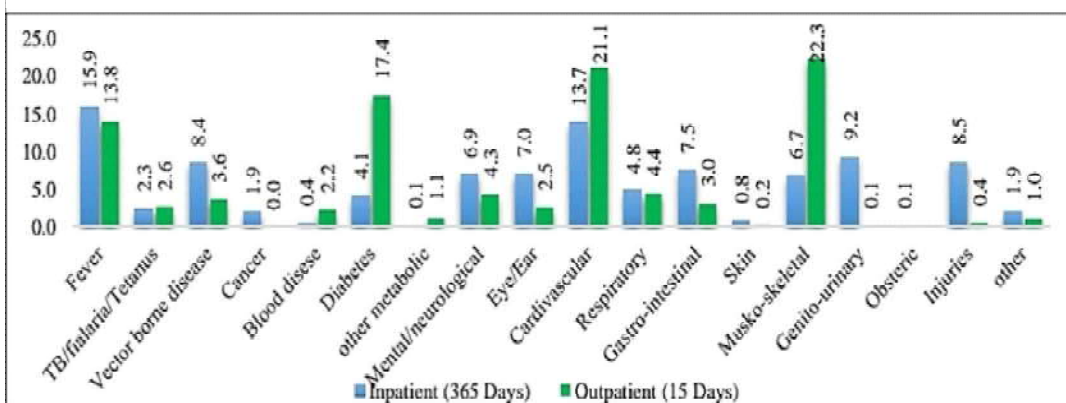
The above figures show around 23 percent of the elderly population (age

60 years and above) have multi-morbidities like cardiovascular diseases (CVD) and hypertension , diabetes, kidney dis-function ,bone or joint diseases, neurological and psychiatric disorder.

Elderly women are more likely to have multi-morbidity conditions, the report said. Recently an initiative taken by UNO by declaring “Decade of Healthy Ageing (2021-2030)” in which collaborative actions should be imposed to support healthy ageing and to improve the lives of Senior Citizens during the current decade - 2021-2030.

So the Government should provide efficacious policy to reimburse such huge unexpected expenditure through the registered senior citizen NGOs. This can be very imperative in our poor state of Odisha.

**Figure-4: Elderly Population suffering from the different disease in Odisha (as per ailment)**



Source: NSSO Health Consumption Round, 2017-18



# Strengthening of organisational structure for Senior Citizens in Odisha

**Er. K.C. Sahoo**

President, Elder Recreation Activities-era,  
Mob. 9437075625

With increase of elderly population, a suitable environment is required which protects the rights of senior citizen and enables their full participation in society.

The Govt. should take affirmative action to provide facilities, concessions and relief to senior citizens organisations for improving their quality of structure and to ensure that the existing public services are user friendly and sensitive to older persons.

At present more than 200 NGO of senior citizen Associations are functioning under different districts along with state federation . There is no proper coordination among these NGOs . Under this circumstances, the Government should take affirmative action to constitute " State Council for Older Persons" as per provision of National Council for Older Persons and also as per Rules specified under The Orissa Maintenance of Parents and Senior Citizens Rules, 2009 Chapter VII, clause 21.

State Council for Older Persons of Odisha can be constituted by state government headed by Minister of state incharge of senior



citizen department . This Council will monitor the implementation of the policy and advise the government on concerns of senior citizens. A similar body would be established in every districts and blocks of state with the concerned Collector and BDO heading the District and Block Council for Senior Citizens respectively. The Council would include representatives of concern senior citizen associations and other representative and will be operated as per constitution of National Council of India.

Some states have already implemented such council with positive results.

So the government must realize its reasonability and need to bring the needful policies or programmes in the care of the elderly.



# Development of a strong powerful organisation for welfare of elders in Odisha

**Basanta Kumar Mishra**

Adviser, Elder recreation Activities—era

Mob. 9437000452

On this year 'world Elder Abuse Day' it is to record that since last 10-15 years many schemes for care and welfare for elders have been initiated by central government and our state of Odisha. A law was promulgated as "Maintenance and Welfare parents and Senior citizens act of 2007". which empowers the senior citizens to receive Maintenance and care from their children. Also, the Act discourages relatives from sending them to old age homes.

Fastest growing form of Elder abuses are emotional abuse, physical abuse, neglect to meet an older adult's basic needs. that includes food, water, shelter, clothing, hygiene, and essential medical care. and abandonment., financial exploitation is the most common. Only one in six elderly people actually report their abuse. A study based on the best available evidence from 52 studies in 28 countries from diverse regions, including 12 low- and middle-income countries, estimated that, 15.7% of people aged 60 years and older were subjected to

some form of abuse Financial abuse is the most difficult type of elder abuse to prove. There are usually no witnesses involved, and



the crime is committed completely out of the victim's sight. Moreover, physical evidence takes the form of bank records and receipts, which the abuser controls

Loneliness in seniors is a major risk factor for depression. Losing a spouse is an event that becomes more common as people enter older age. The loss of a spouse has been shown to increase seniors' vulnerability to emotional and social isolation. Loneliness & social isolation due to nuclear families can lead to serious health consequences. to shelter the old people, due to rejection by their families. Earlier the elders were traditionally benefited from the care and protection of their families.

Further paid caretakers are neither trustworthy nor affordable nor safety, especially for the middle class. So, our

Day Care Services are good idea because many elders do not like to move into senior citizen homes. Their working children & relatives do not have to worry about them.

It is observed that Senior Citizens of Odisha needs adequate protection against ill-treatment, be it physical, verbal, emotional harassment or financial prejudice.

However there exist some factors which may prevent the elderly people from realizing their rights, for instance:

1. Many senior citizens depend economically for their material safety on younger family members,
2. Nuclearization of the society calls for more homes. These homes will need to be equipped with special medical facilities for senior citizens such as mobile health care systems, ambulances, nurses and provision of well-balanced meals in order to provide them with a safe haven.

The Ministry of social justice and Empowerment has recently taken action for Day care centres for elderly, around 65 day care centres have been established across various districts of Orissa. Senior citizens security cells have been created since 2012 in police stations to provide safety and security to elders.

A strategy needs to be made with form of an organisation "To create an awareness and understanding of the changing situation and the needs of the elderly in Odisha and to promote the cause of the elderly. To raise the funds for creation of infrastructure through the medium of voluntary social service organizations for providing a range of facilities especially designed to benefit the elderly and thus to improve the quality of their lives."

The salient features of this social service organisation should be to help the elderly people in every possible way to lead a Healthy, happy and dignified retirement life in reasonable comfort and peace as given below.

1. A Protection force from the Elderly Network with the objective to
  - (a) Ensure, promote and sustain the physical, psychological, emotional, social and economic protection of elderly persons;
  - (b) Ensure, promote and sustain the well-being/welfare of elderly persons so that they are able to play a meaningful part in society.
  - (c) Organize public awareness and sensitisation campaigns on the rights of elderly persons
  - (d) Receive complaints from elderly persons who are in need of help

or assistance and take suitable measures to enhance the quality of life of elders.

2. A Monitoring Committee for the Elderly with the functions to
  - (a) supervise the operations of the different associations.
  - (b) Provide adequate resources and facilities for the proper operation of the elder associations.
  - (c) Ensure that every Elderly association authority get a proper feedback on the latest status/ situation
  - (d) Endeavour to prevent acts of abuse on elderly persons;

Senior citizens are the repositories of values and traditions and with their

rich life experience can act as guides for the new generation.

Hence on the above context, the issue of social security assumes greater significance for elders of Odisha, welfare of the elderly, priority to their problems and needs and for organizing services. Provision of residential care, day care, geriatric care, medical and psychiatric care, recreation, financial assistance and counselling. Role of NGO sector is dynamic; dynamic not only because of the rapidly ageing population and changes in social structure but also because they often meet 'gaps' in service provision which have occurred as a result of changes in social economic CONDITION.

## ଆନୁଷ୍ଠାନର ଆଭିମୁଖ୍ୟ

ଜୀବନର ଅସ୍ଥଗାମୀ ଯାତ୍ରା ସ୍ରୋତରେ ଦିଗହରା, ନିଃସଙ୍ଗ ଓ ଅସମର୍ଥ ବୟସ୍କ ବନ୍ଧୁମାନଙ୍କୁ ଏହି ଅନୁଷ୍ଠାନ ମାଧ୍ୟମରେ ପରସ୍ପର ଭାବ ବିନିମୟର ସୁଯୋଗ ମିଳିପାରିବ । ଚିତ୍ତବିନୋଦନ କ୍ଷେତ୍ରରେ ବରିଷ୍ଠ ନାଗରିକମାନଙ୍କ ହୃଦୟରେ ଖୁସିର ମହକ ଖେଳାଇଦେବା ପାଇଁ ଏହା ଏକ ସେତୁ ସଦୃଶ । ସମସ୍ତ ଅନୁବନ୍ଧିତ ସଦସ୍ୟବୃନ୍ଦଙ୍କ ଅବଦାନ ଅତୁଳନୀୟ । ନୂତନ ବନ୍ଧୁମାନଙ୍କୁ ଏହି ଅନୁଷ୍ଠାନରେ ଆଜୀବନ ସଦସ୍ୟ (ଏକ ହଜାର ଟଙ୍କା ସହଯୋଗ ରାଶି ସହ) କିମ୍ବା ପୃଷ୍ଠପୋଷକ ସଦସ୍ୟ (ଦଶ ହଜାର ଟଙ୍କା / ତତୋଧିକ ସହଯୋଗ ରାଶି ସହ) ହୋଇ ଏପରି ମହତ କାର୍ଯ୍ୟରେ ପରୋକ୍ଷ ହେଉ କିମ୍ବା ପ୍ରତ୍ୟକ୍ଷ ଭାବେ ଅଂଶଦାର ହେବାକୁ ସାଦର ସ୍ୱାଗତ । ପ୍ରତିବଦଳରେ ଅନୁଷ୍ଠାନ ତରଫରୁ ପ୍ରକାଶିତ ତ୍ରୟମାସିକ ପତ୍ରିକା “ବରିଷ୍ଠ ବାଣୀ” ବିନା ମୂଲ୍ୟରେ ପ୍ରେରଣ, Daycare Service, ଲାଲବେରୀ ଓ ଚିତ୍ତବିନୋଦନ କାର୍ଯ୍ୟକ୍ରମରେ ଯୋଗଦାନ ସହ ଅନୁଷ୍ଠାନର ସମସ୍ତ କାର୍ଯ୍ୟକ୍ରମଗୁଡ଼ିକରେ ପ୍ରାଥମିକତା / ରିହାତି ଇତ୍ୟାଦି ଉପରେ ଗୁରୁତ୍ୱ ପ୍ରଦାନ କରାଯାଏ ।

ସଭ୍ୟଭୁକ୍ତ ପାଇଁ ଆଗ୍ରହୀ ବନ୍ଧୁମାନେ ନିମ୍ନ ଆକାଉଣ୍ଟରେ ସହଯୋଗ ରାଶି ଜମା କରିବାକୁ ଅନୁରୋଧ ।

**Elder Recreation Activities Trustର ବ୍ୟାଙ୍କ ଖାତା - S.B. A/C - 513310210000012 &**

**IFSC Code BKID0005133 MICR Code 751013027**

**Bank of India, Chakeisiani Branch, Bhubaneswar**



# Loving Society for Elders

**Sri Satya Narayan Mishra**

Mahanadi Coal Fields Limited, Mob. 9433008028

Keeping up with the theme of “Lifting up Voices”, on the occasion of World Elder Abuse Awareness, I extend a few suggestions that would allow for creation of a safe and loving society for the elders as well as protect their humanitarian rights:

1. It is very important to identify and honour the knowledge and experience of the elders and treat them as a valuable resource of the society, be it in engaging them in imparting vocational training such as knitting, cooking, or learning from them about history. Organizing intergenerational programs which involves both young and old for such activities would not only prevent the social isolation of the elders but also instil a sense of accomplishment in the elders, making them feel that their existence is worthwhile.

2. Forming support groups for the elders in a society would allow them to mingle with people of their kind, with an aligned mindset and share their feelings without any barriers. This will promote connectedness among elders and will also indirectly contribute towards bringing out any sign of abuse, that they could be going through.
3. The caretakers in elder care homes should be hired in a voluntary way, so that there is no caretaker who feels as if taking care of the elders is a burden for them. The volunteers will be paid due remuneration for their service



## NEWS FLASH

### DARPAN / NITI AAYOG REGISTRATION

**What , Where , Who , Why , , When, & How to do**

**“NGO Darpan/NITI Aayog Registration” for availing grant.**

**What is NITI Aayog ?** It is National Institution for Transforming India comes into existence on 1st January 2015.

**What is NGO-DARPAN ?** It is a platform that provides space for interface between VOs/NGOs and key Government Ministries / Departments / Government Bodies, to start with.

**Where to find NITI Aayog & NGO-DARPAN?** Please visit [www.niti.gov.in](http://www.niti.gov.in) and [www.ngodarpan.gov.in](http://www.ngodarpan.gov.in) respectively.

**Who can register?.** Any Voluntary Organization/Trust/Society/ Non-Profit Organization (Section 8 Company as per Companies Act, 2013) required to get themselves registered in Niti Aayog/NGO Darpan Portal to keep themselves updated with the latest new government schemes receiving grants under various schemes.

**Why to register?** It is mandatory to get register with NGO Darpan / Niti Aayog to get approval for government grants & Funding under the government scheme because of following benefits :

1. If you want to avail yourself grants from the government then it is mandatory to get You registered under NGO Darpan/NITI Aayog.
2. The Government provide assistance in the forms of funding or other grants.
3. Unique Id that helps to improve goodwill and the credibility of NGO.
4. Enable Seamless flow of data from the government to various NGOs around the country.
5. Department will coordinate with the NGO Darpan to share various upcoming Schemes and important Information
6. Apply online for NGO grants.
7. **When to apply ?** After registration under registration Act. Also after opening bank account & getting PAN
8. **How to apply for NGO Darpan Registration?** Through the online portal of NGO Darpan Registration, you can apply for registration. Link: <https://ngodarpan.gov.in/index.php/home> Sign up with a unique mobile no and email address and create a user id and password. Next, opt for the registration and

provide all the required details of your VO/NGO. What are the documents and details required for NGO Darpan Registration? “PAN Card of Voluntary Organisation/NGOs” Address Proof of Voluntary Organization/NGOs “Date of Registration of Trust/Society/NGO. “Adhaar Card/PAN Card of the Member of the governing body. “Trust Deed/ Society Registration Certificate/ Certificate of Incorporation of NGO “A valid unique Mobile and Email address of every member. “A detailed note on source of income or funding received or proposed to receive. “A detailed note on the activity of governing body did or proposed to be done. “Details of three members of the governing body who are on the executive committee will be designated on the below post. Chairman/President or equivalent post Secretary General (In-charge of Operation or equivalent post) Treasurer/ Financial Trustee or equivalent post If your documents are satisfactory and meet all the needs of the registration then it takes 3-5 days to get the application approved. When your application gets approved then a unique ID will be issued which will be used in the future for all correspondence purposes with the government.

## **AMENDMENT OF SOCIETIES REGISTRATION ACT, 1860**

The Societies Registration Act, 1860 which was amended vide the Societies Registration (Odisha Amendment) Act, 2021 was notified vide Gazette number 743 dated 13.05.2021

And the appointed date for coming into force of the amended Act was notified on May 21.

So all registered senior citizen Associations of Odisha should do the needful based on following five important points:

- 1). For speedy disposal of grievances/ cases on intra-societal conflict, the present amendment empowers any member of the society to file a petition in the Court of Senior Civil Judge having jurisdiction over the place at which the office of the society is situated.
- 2). With the extant amendment, the validity period of the registered societies will be of five years and renewal of societies is to be made in every five years, clarifying that the society in which the Government is a member or contributor is exempted from such renewal.
- 3). To bring in transparency and to instil a spirit of accountability, the donations received by the societies from various sources and expenditures in the activities of the societies will be audited and annual audit report will be submitted along with balance

sheet before the Registrar. This is not applicable for societies whose average annual income in last 3 years is less than Rs 1 lakh.

- 4). As per the present amendment, any society registered under the Act shall not distribute among its governing body members or general members in cash or kind, any profit or surplus that may have accrued from its activities. For non-submission of annual audit report with balance sheet to the Registrar of Societies, the registration certificate of the societies is liable for cancellation, the amendment stipulates.
- 5). A registered society is viewed as a separate legal entity, built for development of fine arts, science, or literature or for providing useful knowledge for charitable purposes, the statute describes.

### ସୋସାଇଟିରେଜିଷ୍ଟ୍ରେସନ୍‌ଆକ୍ଟ, ୧୮୬୦ର ସଂଶୋଧନ ଉକ୍ତ ଆଇନଟି ସୋସାଇଟି ରେଜିଷ୍ଟ୍ରେସନ୍ (ଓଡିଶା ସଂଶୋଧନ)

ଅଧିନିୟମ, ୨୦୨୧ ଅନୁଯାୟୀ ୧୩.୦୫.୨୦୨୧ ରେ ଓଡିଶା ଗେଜେଟ୍‌ର ୭୪୩ ମାଧ୍ୟମରେ ସୂଚିତ କରାଯାଇଥିଲା ଏବଂ ସଂଶୋଧିତ ଅଧିନିୟମ କାର୍ଯ୍ୟକାରୀ ହେବାର ନିର୍ଦ୍ଧାରିତ ତାରିଖକୁ ମେ ୨୧ ତାରିଖରେ ସୂଚିତ କରାଯାଇଥିଲା । ତେଣୁ ଓଡିଶାର ସମସ୍ତ ପଞ୍ଜୀକୃତ ବରିଷ୍ଠ ନାଗରିକ ସଙ୍ଘଗୁଡ଼ିକ ନିମ୍ନ ପାଞ୍ଚଟି ଗୁରୁତ୍ୱପୂର୍ଣ୍ଣ ବିଷୟ ଉପରେ ଆଧାରକରି ଆବଶ୍ୟକ କାର୍ଯ୍ୟକରିବା ଉଚିତ:

- ୧). ସଂଘମଧ୍ୟରେ ଉପୁଜିଥିବା ବିବାଦ /ଅଭିଯୋଗ / ମାମଲାଗୁଡ଼ିକର ଶୀଘ୍ର ସମାଧାନ ପାଇଁ,

ବର୍ତ୍ତମାନର ସଂଶୋଧନ ଅନୁଯାୟୀ ସଂଘର ଯେକୌଣସି ସିଦ୍ଧଦସ୍ୟସ୍ଥାନୀୟ ସିନିୟର ସିଭିଲ କୋର୍ଟରେଏକ ଆବେଦନ କରିପାରିବେ ।

- ୨). ପଞ୍ଜୀକୃତ ସଂଘଗୁଡ଼ିକ ବିଧିମାନ୍ୟତାର ଅବଧି ପାଞ୍ଚବର୍ଷ ହେବଏବଂ ପ୍ରତି ପାଞ୍ଚ ବର୍ଷ ପରେ ପୁନଃ ନବୀକରଣ କରିବାକୁ ପଡ଼ିବ । ଯେଉଁ ସଂଘଗୁଡ଼ିକରେ ସରକାରଙ୍କ ତରଫରୁ ସଦସ୍ୟ କିମ୍ବା ସହଯୋଗୀ ଥିବେ ସେପରି ପଞ୍ଜୀକୃତ ସଂଘଗୁଡ଼ିକ ଏହିପରି ନବୀକରଣରୁ ବଞ୍ଚିତ ହେବେ ।
- ୩). ପଞ୍ଜୀକୃତ ସଂଘଗୁଡ଼ିକର ଉତ୍ତରଦାୟିତ୍ୱର ଏକ ସ୍ପଷ୍ଟତା ସୃଷ୍ଟିକରିବା ପାଇଁ ବିଭିନ୍ନ ଉତ୍ସରୁ ସୋସାଇଟି ଦ୍ୱାରା ପ୍ରାପ୍ତ ଦାନ ଏବଂ ସମାଜର କାର୍ଯ୍ୟକଳାପରେ ବ୍ୟୟ ଅତିର୍ କରାଯିବ ଏବଂ ରେଜିଷ୍ଟ୍ରାରଙ୍କ ନିକଟରେ ବାଲାନ୍ସିଙ୍ଗ୍ ସହିତ ବାର୍ଷିକ ଅତିର୍ ରିପୋର୍ଟ ଦାଖଲ କରାଯିବ । ଯେଉଁ ସଙ୍ଘର ଗତ ୩ବର୍ଷରେ ହାରାହାରି ବାର୍ଷିକ ଆୟ ୧ ଲକ୍ଷରୁ କମ୍ ଅଟେ ସେପରି ପଞ୍ଜୀକୃତ ସଂଘଗୁଡ଼ିକ ପ୍ରତି ଏହା ପ୍ରଯୁଜ୍ୟ ନୁହେଁ ।
- ୪). ବର୍ତ୍ତମାନର ସଂଶୋଧନ ଅଧିନିୟମ ଅନୁଯାୟୀ ପଞ୍ଜୀକୃତ ହୋଇଥିବା ଯେକୌଣସି ସୋସାଇଟି ବିଭିନ୍ନ ପ୍ରକାର ଅନୁଦାନ/ ଲାଭ ପ୍ରଭୃତି ସ୍ରୋତରୁ ପ୍ରାପ୍ୟଅର୍ଥକୁ ଏହାର ପରିଚାଳନା ସଂସ୍ଥାର ସଦସ୍ୟ କିମ୍ବା ସାଧାରଣ ସଦସ୍ୟଙ୍କ ମଧ୍ୟରେ ନଗଦ କିମ୍ବା କୌଣସି ପ୍ରକାରଭାବେ ବଣ୍ଟନ କରିପାରିବେ । ବାଲାନ୍ସିଙ୍ଗ୍ ସହିତ ବାର୍ଷିକ ଅତିର୍ ରିପୋର୍ଟ ସ୍ଥାନୀୟ ରେଜିଷ୍ଟ୍ରର ଅର୍ଥ ସୋଇଟିକ ନିକଟରେ ଦାଖଲ ନକଲେ ପଞ୍ଜୀକରଣ ପ୍ରମାଣପତ୍ର ବାତିଲ ପାଇଁ ସୋସାଇଟିସ୍ ଦାୟୀରହିବ ।
- ୫). ପଞ୍ଜୀକୃତ ସୋସାଇଟିକୁ ଏକ ପୃଥକ ଆଇନଗତ ସଂସ୍ଥାଭାବରେ ଦେଖାଯାଏ, ଯାହାକି ସୃଷ୍ଟିକଳା, ବିଜ୍ଞାନ, କିମ୍ବା ସାହିତ୍ୟର ବିକାଶ ପାଇଁ କିମ୍ବା ସମାଜର ମଙ୍ଗଳଉଦ୍ଦେଶ୍ୟରେ ଉପଯୋଗୀ ଜ୍ଞାନ ପ୍ରଦାନ ପାଇଁ ଏହି ନିୟମ ବର୍ଣ୍ଣନାକରୁଛି ।

## ବିଶ୍ୱ ବରିଷ୍ଠ ନାଗରିକ ନିର୍ଯାତନା ସଚେତନତା ଦିବସ ପାଳନ

ଜୁନ ୧୫ରେ ପ୍ରତି ବର୍ଷ ପରି ଭୁବନେଶ୍ୱରସ୍ଥ ବରିଷ୍ଠ ନାଗରିକ ଚିତ୍ତବିନୋଦନ କେନ୍ଦ୍ର ତରଫରୁ ଏକ ଆଭ୍ୟାସି ସମାବେଶ ମାଧ୍ୟମରେ ବୟସ୍କମାନଙ୍କ ପ୍ରତି ନିର୍ଯାତନା ବୃଦ୍ଧି ସମସ୍ୟାକୁ ପ୍ରତିହତ କରିବାକୁ ବିଭିନ୍ନ ସଚେତନ ଡାକ୍ତରୀରେ ଏକ ଆଲୋଚନାଚକ୍ର ଅନୁଷ୍ଠିତ ହୋଇଯାଇଛି । ବିଶ୍ୱ ସ୍ୱାସ୍ଥ୍ୟ ସଙ୍ଗଠନ ଗଣନା (WHO) ଅନୁଯାୟୀ, ୬୦ ବର୍ଷରୁ ଅଧିକ ନାଗରିକ ୬ ଜଣଙ୍କ ମଧ୍ୟରୁ ଜଣେ ଦୂର୍ବ୍ୟବହାରର ସମ୍ମୁଖୀନ ହେଉଛନ୍ତି । ତେଣୁ ସମସ୍ତେ ସଚେତନ ହୋଇ ଏହି ସମସ୍ୟାର ସମ୍ମୁଖୀନ ହେବାକୁ ପଡିବା ସହିତ ଓଡିଶାର ବିଭିନ୍ନ ବରିଷ୍ଠ ନାଗରିକ ସଂଘଗୁଡ଼ିକର କାର୍ଯ୍ୟ ଦକ୍ଷତା ବୃଦ୍ଧି ପାଇଁ ଉପକୂଳ ପଦକ୍ଷେପ ନେବାକୁ ସରକାରଙ୍କ ଦୃଷ୍ଟି ଆକର୍ଷଣ କରାଯାଇଥିଲା ।

ସ୍ଥାନୀୟ ବିଧାୟକ ଶ୍ରୀଯୁକ୍ତ ଅନନ୍ତ ନାରାୟଣ ଜେନା ଏହି ଆଭ୍ୟାସି ସମାବେଶକୁ ଉଦଘାଟନ କରିବାଙ୍କର ପ୍ରାରମ୍ଭିକ ଭାଷଣରେ ବରିଷ୍ଠ ନାଗରିକମାନଙ୍କୁ ସମସ୍ତ ସହଯୋଗ କାମନା କରିଥିଲେ । ଅନୁଷ୍ଠାନର ଅଧ୍ୟକ୍ଷ ଡାକ୍ତର ଉଦୟନାଥ ସାହୁଙ୍କ ସଂଯୋଜନାରେ ମୁଖ୍ୟ ଉପଦେଷ୍ଟା ତଥା ଓଡ଼ିଶା ବରିଷ୍ଠ ନାଗରିକ ମହାସଂଘର ସଭାପତି ଶ୍ରୀଯୁକ୍ତ କୃପାସିନ୍ଧୁ ସାହୁ, ଅନୁଷ୍ଠାନର ସଭାପତି ଇ. କୃଷ୍ଣ ଚନ୍ଦ୍ର ସାହୁ, ଉପଦେଷ୍ଟା ଇ. ବସନ୍ତ ମିଶ୍ର, ଉପସଭାପତି ଡାକ୍ତର ଶିବପ୍ରସାଦ ବେହେରା, ସୁଧାକର ପାତ୍ର, ସତ୍ୟନାରାୟଣ ମିଶ୍ର, ଏସ.ଏନ. ପାତ୍ର ଓ ଅନ୍ୟାନ୍ୟ କର୍ମକର୍ତ୍ତାମାନେ ବିଭିନ୍ନ ପ୍ରସ୍ତାବ ଆଗତ କରିଥିଲେ ।



Welcome

V^I^R^T^U^A^L^ C^L^U^B^

### Elder Recreation Activities-era

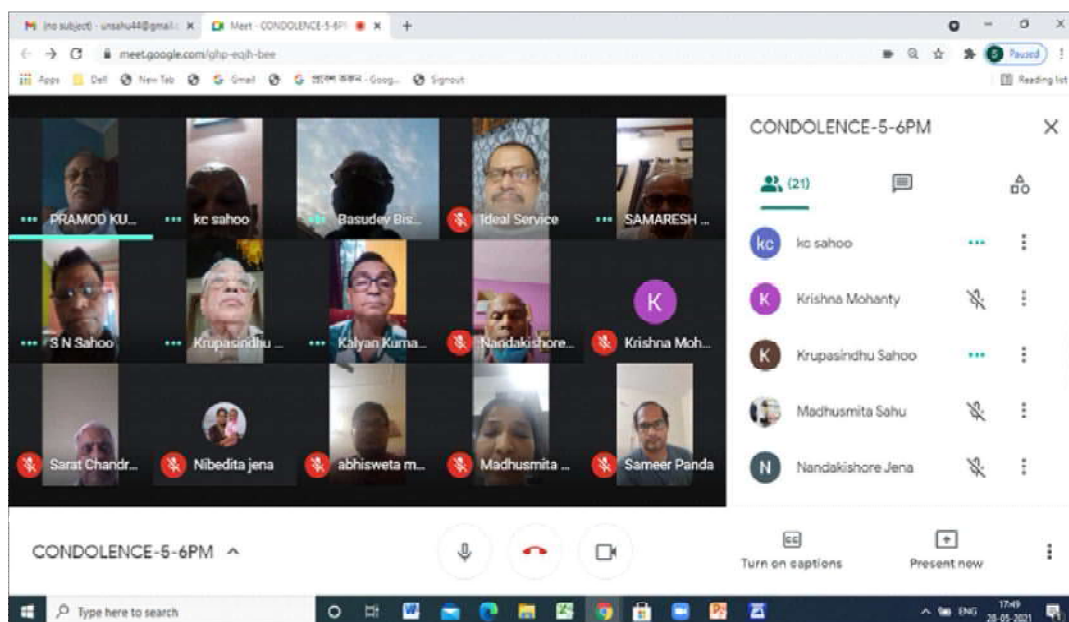
The present pandemic has changed our activity calendar i.e. Tours & Travel , Day care etc. We have to find new ways to connect each other . **ERA** has partnered to provide a **FREE** access through this “ V^I^R^T^U^A^L^ C^L^U^B^ ” to stay connected with one another for reducing isolation and improve health outcomes during this pandemic and also participants can be

well acquainted with virtual event which is essentially required for healthy lifestyle of senior citizen. We've added some activities you can do from home with your smartphone .

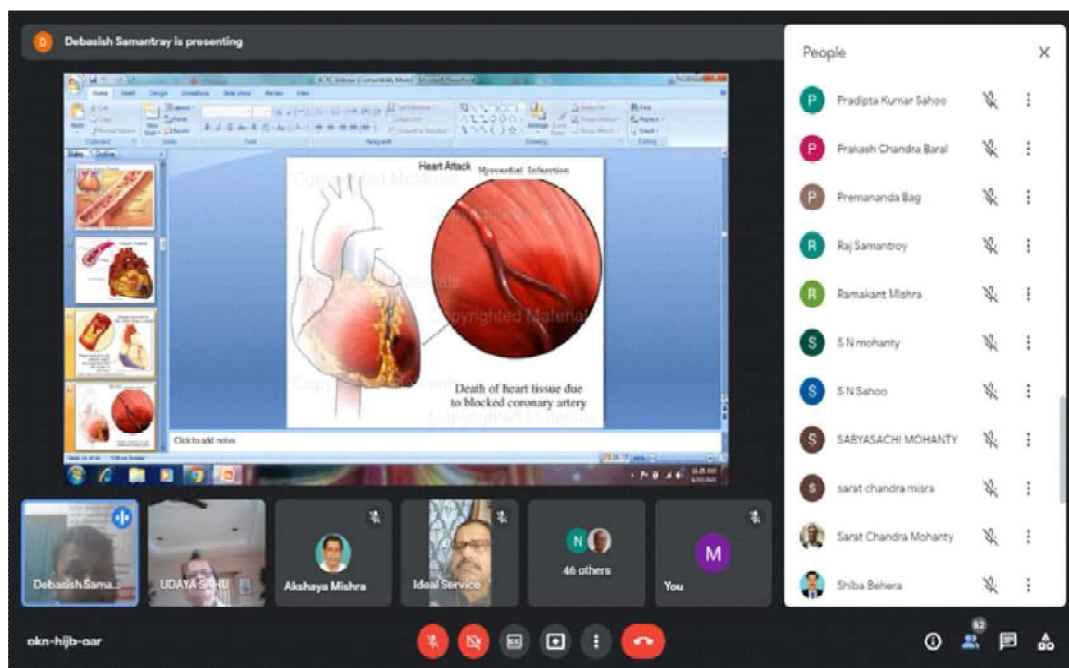
Such vertical club is scheduled on every Sunday at 11am for one hour with different agenda i.e ----- between Participants - self introduction with sharing their problems if any and others interesting topics.

As such following are some of programmes arranged so far:

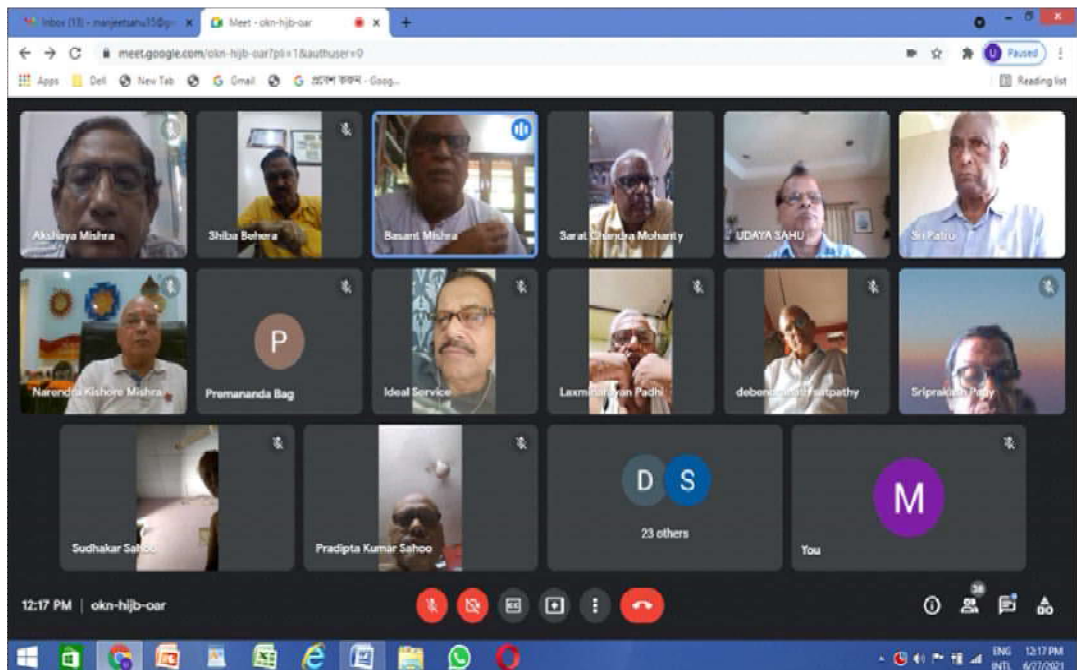
Condolence meeting for Bibhudatta ( BAPI ) the only earning son ( national figure in banking sector ) of Sj.Nandakishore Jena, a life member of ERA ON 28<sup>th</sup>.May'21 ,5pm . Sj.N.Jena lost his wife few days back



Presentation on topic “ Treatment of heart disease with blockage with help of EECF ( Enhanced External Counter Pulsation ) by Dr. Debashis Samantray on 27.06.2021







## ELDER RECREATION ACTIVITIES-ERA

ଦ୍ଵାରା ପ୍ରଦାନ କରାଯାଇଥିବା ସେବା ଏବଂ ସହାୟତା

(କ) ବରିଷ୍ଠ ନାଗରିକ ଆସୋସିଏସନ୍ ସଦସ୍ୟତା ପାଇଁ

୧. ଅନୁଷ୍ଠାନତରଫରୁ ପ୍ରକାଶିତ ଏକ ସ୍ୱତନ୍ତ୍ର ଡିଜିଟାଲ ନୋଡାଲ ଉପକ୍ରମ ଯୋଜନା ପତ୍ରିକା - ‘ବରିଷ୍ଠବାଣୀ’ ମାଗଣାରେ ଆଜୀବନ ଯୋଗାଣ ।
୨. ଅନୁଷ୍ଠାନତରଫରୁ ସମସ୍ତ ମନୋରଞ୍ଜନ କାର୍ଯ୍ୟକ୍ରମରେ ଭାଗନେବାକୁ ପ୍ରାଥମିକତା ପ୍ରଦାନ ।
୩. ନିମ୍ନଲିଖିତ ସେବା ନିମନ୍ତେ ( ସାଧାରଣ ଦେୟ ସହିତ ) ଗାଇଡ୍ ।
  - ନୂତନ ଏନଜିଓଗଠନ ଏବଂ ପଞ୍ଜୀକରଣ ।
  - ଏନଜିଓ ଆସୋସିଏସନ୍ ପାଇଁ ପାନ ( ଚଉଘ ) ର ପଞ୍ଜୀକରଣ ।
  - ନୀତି ଆୟୋଗ (NITI Aayog) ର Unique ID ପାଇଁ ପଞ୍ଜୀକରଣ, ଯାହାକି ପ୍ରତ୍ୟେକ ଆସୋସିଏସନ୍ ର ବିଭିନ୍ନ ଯୋଜନା ନିମନ୍ତେ ଆବଶ୍ୟକ ଅନୁଦାନ ଆବେଦନ କରିବା ପୂର୍ବରୁ ବାଧ୍ୟତାମୂଳକ ଅଟେ ।
  - ନିର୍ଦ୍ଦିଷ୍ଟ ଶୁଳ୍କ ସହିତ ଏନଜିଓ ଆସୋସିଏସନ୍ ର ଡ୍ରେବିଂ ଆକାଉଣ୍ଟ ନିର୍ମାଣ (ଡୋମେନ୍ ପଞ୍ଜୀକରଣ, ଡ୍ରେବିଂ ଆକାଉଣ୍ଟ ନିର୍ମାଣ ଏବଂ ହୋଷ୍ଟିଂ)
୪. ଆସୋସିଏସନ୍ ପାଇଁ ମେଲ୍ ସମ୍ପଦ ସୃଷ୍ଟି ।
୫. କୌଣସି ଅନୁଦାନ / ପ୍ରକଳ୍ପ ସହିତ ଜଡିତ ସର୍ବଜ୍ଞାନ / ସୁଚନା ଯୋଗାଣ ।

### (ଖ) ବ୍ୟକ୍ତିଗତ ସଦସ୍ୟତା ପାଇଁ

୧. ଅନୁଷ୍ଠାନ ତରଫରୁ ପ୍ରକାଶିତ ଏକ ସ୍ୱତନ୍ତ୍ର ଚିତ୍ତବିନୋଦନ ଭିତ୍ତିକ ତ୍ରିମାସିକ ପତ୍ରିକା - ‘ବରିଷ୍ଠବାଣୀ ମାଗଣାରେ ଆଜ୍ଞାବନ ଯୋଗାଣ’ ।
  ୨. ଅନୁଷ୍ଠାନ ତରଫରୁ ସମସ୍ତ ମନୋରଞ୍ଜନ କାର୍ଯ୍ୟକ୍ରମ, ଭ୍ରମଣ (ସ୍ଥାନୀୟ, ଜାତୀୟ ଏବଂ ବିଦେଶୀ)ରେ ଭାଗନେବାକୁ ପ୍ରାଥମିକତା ପ୍ରଦାନ ।
  ୩. ପ୍ରଯୁକ୍ତି ବିଦ୍ୟା ସମ୍ବନ୍ଧୀୟ ବ୍ୟକ୍ତିଗତ ସୂଚନା ଓ ସେବାଗୁଡ଼ିକ ଉପଲବ୍ଧ ।
  ୪. ସ୍ୱାସ୍ଥ୍ୟ ଏବଂ ସୁସ୍ଥତା ଉପରେ ଜରୁରୀକାଳୀନ ପରିସ୍ଥିତିରେ ସଦସ୍ୟମାନଙ୍କୁ ଗାଇଡ୍ ।
  ୫. ଆମର ଭବିଷ୍ୟତ ପ୍ରୟାସ ଏକ ‘JARA NIWAS’ ଖୋଲିବା, ଯଦି ଆମକୁ ପର୍ଯ୍ୟାପ୍ତ ସରକାରୀ ସହାୟତା / ଅନୁଦାନ ପ୍ରଦାନ କରାଯାଏ ।
  ୬. ସଦସ୍ୟମାନଙ୍କୁ ଅତ୍ୟାଧୁନିକ ଜ୍ଞାନକୌଶଳ ବିଷୟରେ ଶିକ୍ଷାଦେବା ।
  ୭. ପୁରୀରେ ୩ ତାରକା ହୋଟେଲ ସୁବିଧା ସହିତ ଉପଯୁକ୍ତ ସ୍ୱଚ୍ଛନିରାପଣରହଣି । (କରୋନା ମହାମାରୀ ପରେ ଖୁବ୍ ଶୀଘ୍ର ଖୋଲା ହେବ )
- N.B. ଉପରୋକ୍ତ ସମସ୍ତ ସୁବିଧା ଯେକୌଣସି ଆସୋସିଏସ ତଥା ବ୍ୟକ୍ତିଗତ ସଦସ୍ୟତା ପାଇଁ ଉପଲବ୍ଧ ହୋଇପାରିବ, ଯେଉଁମାନେ ଅନିଷ୍ଠାନ ଅଧୀନରେ ସଦସ୍ୟତା ହୋଇଥିବେ । ସଦସ୍ୟତା ଦେୟ ଟ. ୧୦୦୦/- (କେବଳ ଏକ ହଜାର ଟଙ୍କା) ଏକକାଳୀନ ଜମାଦେଇ ଆଜ୍ଞାବନ ସଦସ୍ୟ ହୋଇପାରିବେ ।

### ଅନୁଷ୍ଠାନର ବ୍ୟାଙ୍କଖାତା :

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Er. K.C.Sahoo, ସଭାପତି, Elder Recreation Activities Trust

Mob/ WhatsApp : ନମ୍ବର 9437075625

www.eraindia.org.in ମେଲ ID eraindianet@gmail.com

## HELPLINE NUMBER FOR SENIOR CITIZEN

Commissionerate Police for Cuttack & Bhubaneswar	- 8093028100
BMC's doorstep COVID testing services for senior citizens helpline	- 1929
Odisha Sr. Citiz. Helpline	- 1090
Odisha Helpline for local residents s tuck in other states ( Whatsapp)	- 0674-2392115 / 9438915986
Help Age India Elder Helpline	- 1800-180-1253
National Helpline numberfor Senior Citizen	- 1091, 1291
National Helpline of Ministry of Social Justice & Empowerment	- 14567

Dignity Foundation's PAN INDIA Number	- 18002678780
Golden age helpline by Samaj Kalyan Sansthan	- 1800-180-0060
New Delhi Sr. Citiz. Helpline ( help related to Covid-19 )	- 1077
Mumbai helpline (1090) for senior citizens in distress	- 1090
KOLKATA Senior Citizen Helpline	- 9830088884
CHENNAI (Bharati Seva Sangh ) helpline	- 044-35893020
Bengaluru Senior citizens in distress or others who witness an elder being abused Helpline	- 1090 (toll free) or 22943226.
National Institute of Mental Health and Neurosciences (NIMHANS), Bengaluru for psychological support	- 08046110007
Lucknow Sr. Citiz. Helpline	- 112

### LIST OF MEMBERS (ERA)

Sl. No.	Name of the Member	Address	Contact No.
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1	Dr. Udaynath Sahoo	Bhubaneswar	9337221866
2	Er. Krushna Ch. Sahoo	Bhubaneswar	9437075625
3	Er. Rabindranath Behera	Bhubaneswar	8763334064
4	Er. Basant Kumar Mishra	Bhubaneswar	9437000452
<b><u>LIFE MEMBER</u></b>			
1	<b>Khandagiri Baristha Nagarik Sangha</b>	Bhubaneswar	9437000452
2	<b>Senior Citizens Forum, Laxmisagar</b>	Bhubaneswar	9337221866
3	<b>Indian Oil Retired Officers Assn.</b>	Bhubaneswar	9437002217
4	<b>Senior Citizens Forum, Chakeisiani</b>	Bhubaneswar	9437075625
5	<b>Baristha Nagarik Sangha, Khariar Rd.</b>	Nawapara	9437076474
6	<b>Kalinga Cardiac Rehabilitation Centre</b>	Bhubaneswar	9090054199
7	<b>Kanpur Baristha Nagarik Mancha</b>	Cuttack	9778665889
8	Sri Subash Chandra Sahoo	Bhubaneswar	9437073555
9	Sri Srikanta Mohanty	Cuttack	9437337168
10	Sri Prafulla Ch. Pattnaik	Berhampur	8763468707
11	Sri Prafulla Kumar Mohapatra	Bhubaneswar	8895265933
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13	Sri Tribhuban Das	Balasore	9437976593
14	Sri Subash Ch Senapati	Aska, Ganjam	9438662036
15	Sri Dharendra Ku Behera	Bhubaneswar	7205781858
16	Sri Sarat Ch. Mohanty	Bhubaneswar	9437164946
17	Sri Satyananda Mohapatra	Bhubaneswar	9439302263
18	Sri Sitanath Sahoo	Bhubaneswar	9437002217
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20	Sri Dasarathi Sahoo	Bhubaneswar	9437012667
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