

**A Report of**  
**A Day Training Workshop for NGOs and Senior Citizen clubs on The Maintenance  
of Parents and Senior Citizen Act-2007**

**With support under 35AC Donations**

**Date – 20 May 2016**

**Organized By**



**Sosva Training And Promotion Institute (STAPI)  
MHADA Commercial Complex, 1<sup>st</sup> Floor,  
Maharashtra Housing Board Colony,  
Yerawada, Pune 411006.  
Tel: 020 – 26687900; 26696212; 26682714  
Fax: 020 – 26695646  
Email: stapipune@gmail.com ; society\_2007@dataone.in  
Website: www.stapi.org**

**Venue: Sosva Training and Promotion Institute Pune**

## **Session 1 – Welcome and Registration**

Participants registered their details in register with their organization details and Mr. Vinod Bhalerao, Team Leader, STAPI welcomed to all the participants for the Day Training workshop on The Maintenance of Parent and Senior Citizen Act - 2007 with support under 35AC Donations on – 20 May 2016 organized by Sosva Training and Promotion Institute. Total 19 participants from different group i.e. 08 participants from Virungala Kendra, 02 participants from FESCOM, 02 participants from NGOs and 07 participants from Old age homes were present for this Training workshop.

## **Session 2 – Introduction of Participants & Brief Background of Training Workshop**

Mr. Vinod Bhalerao-Team Leader - Training and Capacity Building, STAPI requested to all participants to introduce them with their work expertise. Every participant introduced themselves and mentioned in brief about their role and nature and activities of their respective NGO's/Organization, Old age homes and senior citizen club.

Further he shared the reason behind organizing this Training workshop. He explained the present scenario of senior citizen harassment cases in the family. We had a series of discussion within STAPI team and decided to arrange this workshop for sensitization to you all about Senior Citizen Act 2007. There are many factors associated with this Senior Citizen Act – 2007. This workshop will focus on Senior Citizen Act 2007, Active aging, senior citizen and health and scope of work for senior citizens.

## **Session 3 – About STAPI**

Parinita Kanitkar – Chief Executive - STAPI briefed about the core activities and other projects run by STAPI. She shared that STAPI is a support service organization focusing on building the capacities of the voluntary organizations working in the diverse field of social sectors to enable them to play a more sustainable and effective role in all sectors of socio-economic development in the

service of the community particularly the under-privileged. This includes capacity building, NGO promotion and strengthening for their qualitative sustainable contribution for the betterment of society. Short film of STAPI projects were shown to the participants and briefed about it.

#### **Session 4 – Senior Citizen Policy, The parent Maintenance and Senior Citizen Act 2007:**

Adv. B T Nisal, Legal Consultant, FESCOM started the session with small introductory round and what the participants having idea about this Senior Citizen Act 2007. He explained that many cases of elderly abuse found in our country and in 2007 this act came into existence for protection of senior citizens. Actually this is very bad thing that such type of acts are coming in our country because parents do everything for the betterment of children and in their old age they have to wait for respectful treatment from their children. He shared some experiences which he found during his practice. He told that one senior citizen shared that his son and daughter in law were not providing quality food even they were from sound financial background. he also shared that one case he found during his practice that a person was working in foreign country and his parent were having very much property in Indian, so he came to India and convinced parents that we will sell the property of India and will stay in foreign. Parents become happy because they wanted to stay with their son, so he sold parents whole property and ran away to foreign. When he parent realized this, they filed petition in the court and got their property back from their son and daughter in law. Due to such cases, this senior citizen act 2007 came into the existence in India. There are many provisions in this act for protecting senior citizens from abuse and their rights. If any senior citizen is facing problem, he can file the case against his child. Government invites application at every six months and does screening of it. There is provision of giving judgment within 90 days. No advocates are allowed in this act. If children found guilty in getting possession of parent's property with cheating, then parent have right to get it back under 23 section of this act. Under this act, the person is not getting good treatment from children, if children lock them and keep them in custody or if they do not give proper food to the parent; then parent can do apply. If any parent wants to apply against their children, then they can apply to District Collector or Appealing Tahsildar.

He also focused on barriers in the act also. He shared that there is provision to give judgment within 90 days but from when we should count the 90 days, it is not mentioned in this act. We also found that many parents are not taking strong step against their children so after some duration parents withdraw their cases. There is provision of appealing to tahsil department so it is not considered that

much serious. He also shared that there is no any single change in this act since last many years. Many time parents are very sensitive and they don't want to fight against their children and that is why children take advantage of it. Now a day the sensitization of this act is very important among the senior citizen. Many senior citizens are not aware about this act so they can't do anything. He also shared that we should motivate senior citizens to ventilate their emotions if there are any.

### **Session 5 – Active Ageing:**

Mr. Arun Rode– Secretary – FESCOM, Pune facilitated this session. Mr. Balaji Wagh introduced him and requested to address participants. He shared that UNO was established on 24<sup>th</sup> October 1945 after Second World War. During this period the population problem increased in the world. Due to scientific progress the birth rate increased and mortality rate reduced so population increased during this period. Prior to this people were dying due to devi, patki, polio diseases. Prior to independence and 20 years after independence, people were living in normal get up, but over the period passed we found change in lifestyle, nutritious food and proper medication people become healthy. In the modern time after working for 35 years, person lives for 25-30 years as senior citizen. They have earned up till his 60 years and have so much leisure time and he has to survive for 40-45 years more; so he should do planning accordingly. During this period, he should stay away from expenditure, more food intake etc. many senior citizens become dependent as they don't have their balance, self esteem so the children take the disadvantage of the situation. Now the question is how to utilize the leisure time. For this you have to identify the social needs and your interested field for living active ageing.

- Active involvement in social work: there are so many social issues in the society, on which we can work thoroughly. We can contribute at individual or group level in that work. And because of this work we can utilize our potential for the betterment of society. We remain healthy and exist in the society due to these social activities.
- Participation in family responsibility: while living with family, we can do much work as per our interest and health capacity e.g. light bill, to drop children in school, to bring vegetables etc. easy work we can do to contribute in the family responsibility.
- To become participant of Virungala Kendra: Where we stay in the community, we can become participant of that virungala Kendra for spending time with same age people with having same problems. We can

celebrate birthday of all members, we can spend time in reading news paper, increase our social and political knowledge through this group.

- Computer course: FESCOM, Pune have been arranged computer literacy courses for senior citizens. Through this program they can book their ST ticket, railway ticket online, up till now we have conducted training program among 20 senior citizen clubs.
- To arrange poet gathering: FESCOM, Pune arranged poet gathering for senior citizens registered under FESCOM, Pune. Many senior citizens from Pune participated in this program.

He shared that FESCOM, Pune arranging various programs for senior citizens to motivate them to live healthy, happy life. He also thanked STAPI for arranging this workshop for senior citizens. He also assured that FESCOM, Pune will be with STAPI in future for the sensitization of senior citizen act 2007.

### **Session 6 – Senior Citizen and Health:**

Dr. Prasad Sonis – Director - Spandan Care Unit, Pune facilitated the session on senior citizen and health. Due to increasing our age, different infection can infect our body. So senior citizen should take light diet as per digestion capacity. Other than diet, senior citizen should take care of their health also because over the period senior citizen becomes weak physically. He focused on following component for living better senior citizen life.

Exercise: as per the age factor senior citizen should do light exercise. During this, should not pick up heavy or very heavy weight. They should walk normally. They should do normal surya namaskar. While walking, should walk very normal whereby they should not feel shortness of breath. Normal body stretch, warm up etc. ok for senior citizen.

Yoga: He shared that yoga is also very important exercise for mental stability for all human beings. You should do the yoga as per your physical capacity because it can affect on you if did not do properly. Yoga can reduce your mental stress and helps to remain cool. Senior citizen can join yoga club, where they can get good guidance.



Seen in the photograph Participant giving information of his organization during introduction round on 09/11/2016 during a day Training Workshop on Lokpal Act – 2016 for NGOs at STAPI, Pune with support of 35 AC Donations



Seen in the photograph Mr. Vijay Nadkarni – Member – STAPI facilitating the session on Lokpal Act – 2013 during a day Training Workshop on Lokpal Act 2013 for NGOs on 09/11/2016 at STAPI, Pune with support of 35 AC Donations



Seen in the photograph Adv. Jayant Shaligram facilitating the session on Lokpal Act-2013 during a day Training Workshop on Lokpal Act 2013 for NGOs on 09/11/2016 at STAPI, Pune with support of 35 AC Donations



Seen in the photograph Mrs. Asha Bhatt participant from Relief Foundation, Pune during the feedback session and from left Parinita Kanitkar – Chief Executive – STAPI and Mr. Amar Chavan – Program Officer – STAPI during A day Training Workshop on Lokpal Act – 2013 on 09/11/2016 at STAPI, Pune with support of 35 AC Donations