

International Day of older Person

Sub: NSS – Observation of 1st October as International Day of Older Person
Suggestive list of Programmes forwarding reg-

Ref. Govt. letter No. 31893/ A1/09/H Edu dtd 24.09.09

1st October is observed every year as **International Day of Older Persons** around the world in pursuance of a UN General Assembly Resolution of December 1990. This day provides us an opportunity to acknowledge the contribution, wisdom, dignity and needs of our senior citizen and to rededicate ourselves to their well-being.

NSS units are directed to observe **International Day of Older Persons** in a befitting manner. A suggestive list of Programme is given below.

**SUGGESTIVE LIST OF PROGRAMMES WHICH MAY BE HELD ON
INTERNATIONAL DAY OF OLDER PERSONS (1ST OCTOBER)**

1. Functions at the State/District/Block level to honour senior citizens who have made significant contribution to the society and also centenarians.
2. Organising Walkathon with participation of senior citizens, youth and children to promote inter-generational bonding, as also sports events for senior citizens.
3. Organising visits of student from schools and colleges to the nearest old age homes to interact with senior citizens.
4. Organising essay and debate competitions and cultural events in educational institutions around the theme of ageing, as also observing "Grandparents Day".
5. Free health check up camps and distribution of items such as hearing aids, spectacles and mobility devices (eg. Walking sticks, walkers and wheel chairs) to those who need them.
6. Organising seminar and group discussion on "Healthy Ageing", "Preparing for Active Ageing", "Caring for the Elderly", etc. These could cover issues like physical fitness, yoga, financial security in old age, harmonious intergenerational relationships, etc.

7. Media campaign about programmes and initiatives for senior citizen including the provisions of the Maintenance and Welfare of Parents and Senior Citizens Act, 2007.
8. Plays and other cultural programmes highlighting issues pertaining to the elderly.
9. Inauguration of State/District level helplines for senior citizens.

A report on Action taken may be sent to the NSS Cell " dhsensskerala@gmail.com"
Immediately after the programme.

Thank you

Yours sincerely

Sd/-

Programme Co-ordinator