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Endless programs conducted for elderly healthy living by Alwin Lewis

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Healthy ageing is not only associated to the progresses in medicinal expertise, but also to an extensive range of additional issues like allowing the aged to lead an inspiring life, being completely involved in the public and having meaningful social relations.

As element of hard work to sensitize kids towards the troubles of old people, schools in the county are more and more making students spend sufficient time with the aged and are considering it as a new aspect to good education. In Help Age Indiaâ€™s School Advocacy and Value Education (SAVE) program, students in a number of schools pay regular visits to close by old age homes and even take their grandparents to their institutes in their monthly guardian-teacher get together.

Inside India, more than 90 million people are aged over 60 years and the figure is expected to reach 326 million by 2050. A mass of people falling in this age group are finding themselves marginalized, exclusive of the support of family and communal protection.

A person spends the influential years of his life in school. Through these School Advocacy Programs, the society aspires at inculcating morals of care and values for the aged people in school going kids who are able to then turn into representatives of these old people. As, more than bodily care, the old people have need of emotional satisfaction which can merely be ensured through communication.

By making friends with the old people at old age homes, a number of the SAVE volunteers even have started talking to them as Dadiji (Grandmother) and Dadaji (Grandfather).

At present, there are expected to be 90 million aged people in the country. Age care program looks after the human rights; concentrating on subjects, for example retirement funds, community inclusion as well as health care and allows them to survive with self-fulfillment and self-respect.

The fundamental troubles faced by the old people nowadays are wellbeing, protection and financial insecurity. 33 % are under the poverty line. Majority of them are uneducated. More than monetary and health troubles they face emotional problems.

HelpAge India runs as well as implements lots of kinds of age care project and children education programs to improve the quality of elderly lives and age care in India.

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Alok Sharma writes about a School Advocacy Programs - For more information about how we provide a Children Education Programs and arrange a Age Care Programme log on to - Hisave.org/home.aspx

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