

# How to tackle ageing? Stay young at heart, advise docs

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**SAS NAGAR:** Over 100 members of the Mohali Senior Citizens' Association attended a talk on "Ageing Gracefully" at Fortis Hospital, here on Wednesday.

Dr Gurbir Singh, medical director, Fortis Hospital, who was the speaker on the occasion, explained the meaning of ageing, and how it was more important for the heart to stay young and full of enthusiasm for life.

"When one ages, it is natural that priorities change and our outlook to things alters. As a result, we must plan things. For instance, we must plan our

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**DR GURBIR SINGH**  
Fortis Hospital

retirement," he said, adding it was important to draw a list of hobbies we want to go back to after retiring.

"If we talk about ageing, nobody really wants to retire, as the word 'retire' does not have a cheerful imagery attached to

it," Dr Gurbir added.

Listing ways of keeping even post-retirement days full of energy, he said one must remain physically active, develop a positive attitude, keep the diet healthy and also take care of one's spiritual and emotional well-being.

"It does not matter how long, but how you live, Oscar Wilde said. Aging is not youth lost but a new stage set for opportunity and strength. The later years could be the best years of one's life and often abound with blessings. There are so many ways to 'age gracefully' and spend the sunset years to their fullest, with fulfilment and gratification," Dr Gurbir shared.