



A Quarterly Newsletter of the Federation of Senior Citizens' Associations, Punjab

FEDSEN PUNJAB

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PRESIDENT'S MESSAGE

Dear Fellow Members,

In my letter of 19th November, 2014 to Presidents of all federated Associations, I had mentioned that we had organized a highly successful 'Seminar on National and State Policies on Older Persons' on 18th October, 2014 at Ludhiana. I had also sent to them copies of the Report about the Seminar as well as Recommendations made by it. These have been published in this newsletter. It was very heartening to see that front cover page of November issue of monthly newsletter of All India Senior Citizens' Confederation (AISCCON) was full of photographs of the Seminar and the Report and the Recommendations of the Seminar had been published in full in the Newsletter. Holding the Seminar successfully has definitely raised the stature of FEDSEN at all India level.

Friends, in the last issue of FEDSEN News, I had informed you about our meeting with S. Jaspal Singh IAS, Secretary Social Security, Punjab on 26th September, 2014 about our demands. Copies of Proceedings of that meeting have been sent by me to Presidents of federated Associations with my letter of 17th December, 2014. As mentioned in that letter, in this meeting the State Government promised to expedite action on State Policy on Older Persons and creation of State Council for Senior Citizens. We were also informed that the issue of increasing Old Age Pension was under the consideration of the Government. There was positive response regarding some other demands also. We will continue to pursue these matters with the State Government.

This year, the period to be considered for giving awards to Associations under 'S. Gopal Singh Khehra Memorial Project for promotion of Senior Citizens' Movement in Punjab' is from 1st August, 2013 to 31st March, 2015. The most important factor to be taken into consideration for awards is the number of new associations formed in towns and villages with motivation by a member Association. I am happy that Ropar Association under President Er Karnail Singh and Principal Amerjit, Advisor FEDSEN, Nabha are doing commendable work in this regard. I would strongly urge other Associations also to motivate and help formation of maximum number of new associations in their neighbouring

Editorial

New Year Now and Then

No one sends me new year cards now. However, some former students and a few fellow members of our Senior Citizens' Association call or send SMS's on New Year Day. When young, I enjoyed sending and receiving new year cards. My friends Bharat Mittar (BM) and Janardhan Dutt (JD) when alive always sent me beautiful cards with an elevating message. BM used to send a couplet or a self-composed poem suited to the occasion. He passed away on 22 February 2012. When I went to Delhi to participate in his last rites, I discovered in his papers an unfinished letter and a new year card for 2012 for me. As usual there was a newly composed poem written on the card. I reproduce some couplets here :

*Zindagi ka safar bhi kya safar hai
is mein kabhi zer hai kabhi zabar hai
samajh mein nahi ataa ei dost
kya mein hun kya dahar hai
ao pal bhar hans kar dekh lain
doosron ko hansa kar dekh lain*

Strange is life's journey's flow
Sometimes high, Sometimes low.

O friend I am puzzled
Who am I? What is the world?

Come, let's share a laugh

And pass it on to all.

The card, he was too ill to mail, brought tears in my eyes. JD had presented a diary to me on Christmas 1953 and advised me to write it daily. Here I reproduce an extract from my entry of 1st January 1954.

"I was expected to study from 8 to 11, So JD came at 11 a m JD was expecting Raj (his girl friend) to arrive by 3:15 train, so he took me along to the railways station. There were hundreds of boys and girls returning to the city after winter break. Alas! Raj did not arrive. We went to Chaura Bazar in the hope that she may have gone there but she was not there.

'FEDSEN NEWS' wishes its readers a very Happy New Year

towns and villages to be eligible for these awards.

The efforts made by S. Gurdip Singh Bhogal, General Secretary of Zirakpur Association to collect information under RTI Act deserve appreciation. He has obtained useful information from the State Social Security, Health and Education Departments under this Act. A report in this respect appears in this newsletter. Other Presidents/ General Secretaries should also make use of this provision to obtain information needed by them or relevant to welfare of senior citizens.

Wishing you and your families Marvelous New Year with Best of Health, Happiness and Prosperity.

With regards,

S P Karkara

SHUN EGO, LAUGH AT LIFE

Ego can exist only if you take yourself and everything seriously. Nothing kills ego better than playfulness, and laughter. When you start taking life as fun, ego has to die. Ego is illness. It needs an atmosphere of sadness to exist. Only that man is serious because he does not want to be part of a whole. He does not want to disappear. He wants his identity, his name, his own form, and his definition. Even if it creates misery for him, it is okay, even if he has to live in hell, he is ready for it.

Ego is not being happy with the ordinary, but ordinary is beautiful. Ordinary life is sacred, but ego needs an extraordinary life. The truth is that one cannot find more ordinary human beings than Buddha, Mahavira, Jesus Christ. They had accepted themselves, and they did not think that they had to surpass every body.

S.L. Kamra, Moga

JD was broken hearted as his new year day was spoiled.

When I said goodbye to JD I ran into my friend Lakhbir (who was with me at school and then was in the Army). We came to my room and after dinner decided to see 'Laila Majnu' at Deepak. We brought balcony tickets as we saw some girls going upstairs. After the movie we went to the railway station as Lakhbir was to catch the early morning train. The platform which was a scene of gaiety and merriment in the afternoon presented a deserted look. I realized sadness follows joy as night follows day.

For me the year began well as I spent most of the day in the company of two dear friends. (BM, JD and Lakhbir are no more)"

The memory of the new year day of 1954 reminded me of Shakespeare's poem on the subject.

*Youth is nimble,
Age is lame,
Youth is hot and bold,
Age is weak and cold.
Youth is wild,
Age is tame,*

As Keats said if spring is a season of joyful songs, autumn too has its music. Similarly if youth is a period of energetic activity, old age is a period of pacific serenity.

Amarjit Singh

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AS WE MARCH ON

- Er. Balbir Singh
Secretary General

FEDSEN NEWS

REPORT ABOUT SEMINAR ON 'NATIONAL AND STATE POLICIES ON SENIOR CITIZENS' ORGANIZED BY FEDERATION OF SENIOR CITIZENS' ASSOCIATIONS PUNJAB AT LUDHIANA ON 18TH OCTOBER, 2014.

A 'Seminar on National and State Policies on Senior Citizens' was organized at Ludhiana on 18th October, 2014 by Federation of Senior Citizens' Associations Punjab (FEDSEN Punjab). It was held in the Conference Hall of Punjab Agricultural Management and Extension Training Institute (PAMETI) in the Campus of Punjab Agricultural University (PAU).

The Seminar was graced by Sh. D N Chapke, President, All India Senior Citizens' Confederation (AISCCON) and Dr. Sughan Bhatia, Senior Vice President and Chairman of Research and Foreign Affairs Committee of AISCCON. Besides, Dr. A S Khehra, Chairman FEDSEN, other FEDSEN office-bearers, senior officials from Social Security and Health departments of Punjab Government and experts from PAU, 92 delegates including Presidents, General Secretaries and other office bearers of 25 federated Senior Citizens' Associations from all over Punjab attended the Seminar. Sh. Rajat Aggarwal, IAS, District Magistrate, Ludhiana was the Chief Guest at the Inaugural Session.

Proceedings in Inaugural Session commenced with floral welcome of the dignitaries. In his Welcome Address, Sh S P Karkara, President FEDSEN briefly traced progress made by FEDSEN in short span of about six years and extended hearty welcome to Sh. Rajat Aggarwal, Sh. D N Chapke, Dr Sughan Bhatia and all others present. He thanked the delegates for turning up in large numbers and expressed the hope that deliberations in the Seminar will be fruitful.

Speaking on 'Purpose of the Day', Dr. A S Khehra, Chairman FEDSEN said that the aim of the Seminar is to identify shortcomings in National Policy on Older Persons 1999 and its implementation, Draft National Policy of 2011, Punjab State Draft Policy on Senior Citizens and The Maintenance and Welfare of Parents and Senior Citizens Act, 2007 and suggest changes therein to make these more effective and result-oriented.

In an informative 'Key-note Address' Dr Sughan Bhatia made a critical review of 1999 Policy in the context of existing socio-economic milieu of the country and needs of the older persons and out-lined desirable long range directional and orientation changes in Social Security Policy for Senior Citizens.

In his Address, Chief Guest, Sh. Rajat Aggarwal spoke about various innovative steps taken by him for taking healthcare to the doorsteps of the very elderly persons. He also talked about lack of awareness in the elderly population about the provisions of Section 23 of the Maintenance Act and informed that in order to protect interests of the parents he had issued directions first in Amritsar district where he was previously posted and now in Ludhiana district that in every transfer/gift deed executed by a parent in favour of his/her child/children it must be mentioned that transfer/gift is being made on condition that the transferee shall provide basic amenities and basic physical needs of the parent making the transfer/gift. Inaugural Session ended with Vote of Thanks by Sh. R K Kakar, Senior Vice President of FEDSEN.

First Technical Session was chaired by Dr A S Khehra, Chairman FEDSEN. After opening remarks by Session Chairman, Dr (Mrs.) Sarita Saini Associate Professor Human Development in Punjab Agricultural University gave a very lucid power-point presentation on parts relating to Financial Security and Health Care & Nutrition of National Policy on Older Persons 1999. Discussion in Open Forum was very constructive and delegates gave a number of useful suggestions about changes needed in new National Policy and Punjab State Policy for senior citizens.

Sh. D R Bhatti IPS (Retd.), former Director General of Police, Punjab was the Chairman of Second Technical Session. After his opening remarks, Dr Sukhdev Singh, Professor of Sociology, Punjab Agricultural University gave a highly informative power-point presentation regarding parts of National Policy of 1999 relating to Shelter, Education, Welfare, Protection of Life and Property and other matters. Like in the first Session delegates participated actively in the discussion thereafter and made constructive suggestions.

The highlight of the Concluding Session was Address by Sh. D N Chapke, President AISCCON. He congratulated FEDSEN Punjab on organizing the Seminar; gave an overview of the position regarding welfare of senior citizens in country as a whole and in various states and informed that AISCCON is actively pursuing with Government of India various matters relating to financial and physical security, healthcare and other issues concerning senior citizens. He was given standing ovation at the end of his Address.

Sh. K K Dhir, a member of Ludhiana Association then read out the recommendations of the Seminar. Er. Balbir Singh, Secretary General FEDSEN and President of Ludhiana Association then moved Vote of Thanks. Proceedings came to a close with singing of National Anthem.

The recommendations of the Seminar are as under:-

RECOMMENDATIONS OF THE 'SEMINAR ON NATIONAL AND STATE POLICIES ON SENIOR CITIZENS'

Population ageing is one of the most significant trends of the 21st Century. At present 1/8th of Elderly Population of the world lives in India. Whereas in the years 2000-2050, overall population in India is expected to grow by 55%; the population of 60 years and above is expected to grow by 326%. The well-being of senior citizens is mandated in Article 41 of the Constitution. India is also signatory to various international protocols on issues concerning Population Aging.

The Seminar held today has discussed issues relating to the welfare of Senior Citizens in the light of the National Policy on Older Persons 1999, Draft National Policy on Senior Citizens 2011 and Draft Punjab State Policy on Senior Citizens. It has also taken into account the legislation The Maintenance and Welfare of Parents and Senior Citizens Act, 2007. In this background, this Seminar makes the following recommendations:-

1. The Draft National Policy of 2011 is broadly based on the Federal Principles of Indian Constitution. In its Section on Implementation Mechanism, roles of the Central Government, the State Governments and Rural Institutions of Self-governance have been delineated. Urban local bodies, NGOs and Private Sector can play important roles. Their roles also need to be spelled out. Private Sector can be actively involved in welfare

programmes where funds are needed. The NGOs can widen outreach of basic services and experiment with new ideas in senior citizens' welfare and development. The family of course can play pivotal role in strengthening intergenerational bonds and providing core support to senior citizens.

2. There should be in-built provisions in the new Policies for substantial funds keeping in view the needs of welfare programmes and inflation. A National Welfare Trust for Senior Citizens should be created with funds drawn from the unclaimed deposits of Senior Citizens lying with banks, post offices and other financial institutions, apart from a generous contribution by the Central Government. Similar Trust may be created at State level.
3. The State and Central Governments should ensure inclusion of ageing and the needs of older persons in all state and national development policies and programmes.
4. The Governments at the state and central level should ensure inclusion of special needs of older persons in national humanitarian response, climate change mitigation and adaptation plans, and disaster management and preparedness programmes.
5. The Governments should ensure that all older persons can live with dignity and security, enjoying access to essential health and social services, and a minimum income through the implementation of National Social protection programmes and other social investments to ensure the autonomy and independence of old people, prevent impoverishment in old age and contribute to graceful ageing. As a result of the current ageing scenario, there is a need to develop a foolproof mechanism to take care of all aspects of the oldest old i.e. Senior Citizens 80 year or above. The Governments should support communities and families to develop support systems which ensure that frail older persons receive the long term care they need and active and healthy ageing is promoted.
6. The Maintenance and Welfare of Parents and Senior Citizens Act 2007 needs a number of amendments and clarifications. The elements of ambiguity and discretion in implementation of the Act need to be done away with to achieve the objectives for which it was enacted. FEDSEN will send a proposal in this regard to the State Government.
7. According to an amendment in The Companies Act, each Corporate House covered in this provision is supposed to spend a fixed proportion of its earnings on Corporate Social Responsibility and this list includes Senior Citizens also. There is a need to prescribe a specific percentage of it for welfare of the elderly.
8. The senior citizen, in addition to the physical amenities needed by others, craves for a life of dignity and honour. For this purpose, our education system needs to be oriented so as to inculcate in the younger generation a passion to regard elders as an asset rather than a burden on the society. Here the role of UGC, Central and State Governments and other NGOs come into play.
9. Flexible employment, life long learning and retraining opportunities should be promoted to facilitate the integration in the labour market of current generation of older persons. In European and many other countries,

the concept of U3A (University of Third Age) has found great favour with the senior citizens. This concept needs to be adopted in India also. This would result in channeling the enormous senior human resource, which is not being utilized at present, for the benefit of the society.

10. The Governments must make it mandatory for the private sector to include the problems and issues relating to senior citizens in their strategic planning. This should particularly apply to health and real estate corporate world.
11. The Governments and the society should invest in young people by promoting healthy habits and ensuring education and employment opportunities, access to health services, and social security coverage for all workers as the best investment to improve the lives of future generation of older persons.
12. The pension benefits for senior citizens in the unorganized sector need to be enhanced substantially keeping in view the present price index and these should be linked to the national price index level.
13. Higher rate of interest should be paid in respect of deposits made by organizations working for welfare of senior citizens, the way it is being done for individual senior citizens.
14. To develop a new rights-based culture of ageing and a change of mind set and societal attitude towards ageing, Governments and society should work towards the development of international human rights.

It is recommended that AISCCON may take action regarding these recommendations at national level whereas FEDSEN may take up these matters at state level.

In the end, the Seminar recognizes the fact that the Senior Citizens are not useless, they are used less – They are not value less, they are valued less. Senior citizens are valuable asset and resource of society, not a burden on it.

LUDHIANA

Celebration of International Senior Citizens' Day:

International Senior Citizens' Day on 1st October, 2014 was celebrated with great enthusiasm. Members of the Association, wearing T-shirts with Association logo and headbands with words 'Senior Citizen' written on them, took out a Goodwill March from Main Gate of Punjab Agricultural University. They were joined by members of many sister senior citizens organizations and Rotary clubs of Ludhiana as well as other enthusiasts. The March was flagged off at 7.30 A.M. by Smt. Vijay Nilambri IPS, Deputy Police Commissioner, Ludhiana. More than three hundred participants, carrying banners and placards took part in the March. The March turned into a Rally on reaching Le Embassy Palace near Bhai Bala Chowk. Sh. Ghanshyam Thori, IAS, Additional Commissioner, Municipal Corporation, Ludhiana was the Chief Guest at the Rally. Er. Balbir Singh, President SCWAL welcomed the participants. Sh S P Karkara, Chairman SCWAL spoke about the significance of the Day. Sh. D R Bhatti IPS (Retd.) exhorted the senior citizens to remain active and serve society which will also enable them to lead healthy and purposeful life. Mrs. Neelam Khosla, a member of SCWAL Executive Committee sang a song befitting the occasion. Er. AS Pandher member SCWAL

who had completed 85 years of age were suitably honoured. In his Address, the Chief Guest praised SCWAL for organizing March and Rally to spread message of goodwill and harmony in society. Dr Sarjit Singh Gill member Executive Committee, conducted the stage and Dr Paramjit Singh General Secretary SCWAL proposed Vote of Thanks. At the end, refreshment was served to the participants.

Seminar on National and State Policies for Senior Citizens:

The Seminar was organized by FEDSEN Punjab on 18th October, 2014 in Conference Hall of Punjab Agricultural Marketing and Management Training Institute, P A U Campus, Ludhiana. All the arrangements of the Seminar were made by members of SCWAL which won plaudits from all the participants and visiting dignitaries.

Special Meeting of the SCWAL Members

A special meeting of SCWAL members was arranged on the evening of 18th October, 2014 to honour Sh D N Chapke and Dr Sugan Bhatia, President and Senior Vice President respectively of All India Senior Citizens Confederation (AISCCON) who were visiting Ludhiana to attend the above-mentioned Seminar. The meeting was arranged in the Rotary Bhawan, Sarabha Nagar in collaboration with Rotary Club, Ludhiana. More than one hundred members attended the meeting. Er Balbir Singh, President SCWAL welcomed the dignitaries. Sh S P Karkara, Chairman SCWAL and President FEDSEN spoke about work being done by FEDSEN for welfare of senior citizens of the state. Sh. D N Chapke and Dr. Sugan Bhatia also addressed the gathering. They spoke about problems of elderly persons in the country and matters taken up by AISCCON with Government of India about their welfare.

Family Get-together

In order to celebrate Diwali, a Family Get-together was arranged at Silver Oak Gardens & Resort, Pakhowal Road on 20th October, 2014. Members attended the function in large numbers with their spouses. Ghazals, songs and poems were sung by members befitting the occasion. Mrs. Neelam Khosla, Chairperson Cultural Affairs Committee also sang some songs in her melodious voice. Sumptuous dinner was served at the end of the cultural programme.

Creating Awareness among Youth about their duties towards Seniors Citizens:

A programme was organized by SCWAL on the above referred subject on 11th November, 2014 at Gobind National College, Narangwal, Distt. Ludhiana. Dr. H S Gosal, Principal of the College welcomed the members of SCWAL. Er. Balbir Singh, President SCWAL spoke about the increasing inter-generational gap and Purpose of the Day. Sh. S P Karkara, Chairman SCWAL while addressing the students gave detailed information about The Maintenance and Welfare of Parents and Senior Citizens Act, 2007 and exhorted the students to spread awareness about its provisions. Sh. D R Bhatti, D G P (Retd.) also addressed the students and laid stress on the importance of education as this was an International Education Day. He further advised them to respect their elders. Brigadier Mastinder Singh spoke on the menace of drugs and advised the gathering to create awareness about harmful effects of drugs. Dr. Inder Mohan Chhibba, member Executive Committee SCWAL anchored the programme meticulously.

Artificial Limbs Donation Camp :

SCWAL organized above referred camp on Sunday, the

30th November, 2014 at the premises of Bharat Vikas Parishad in Kitchlu Nagar Ludhiana from 9.30 A M to 1.00 P M. A large number of members attended the programme. In the Inaugural function, Chairman Sh. S P Karkara and President Er Balbir Singh spoke about the welfare activities of SCWAL while Sh. Narinder Mittal, Secretary of Bharat Vikas Parishad Ludhiana gave a brief account of charitable activities of the Parishad. Thirty artificial limbs costing Rupees Fifty-five thousands were given free to needy beneficiaries. This amount was raised through donations from members.

Free Medical Check-up Camp-cum-Lectures on Cardiology & Nephrology:

SCWAL arranged above programme in association with S P S Apollo Hospital on Sunday, the 7th December, 2014 at Rotary Bhawan, Sarabha Nagar, Ludhiana from 9.30 A.M. onwards. Dr. K C Mukherjee, Head, Department of Cardiology, and Dr. B M Kohli, Head Department of Nephrology delivered very informative lectures about heart and kidney diseases respectively. Then doctors from different fields such as Internal Medicine, Orthopedics and Cardiology examined the patients. Diagnostic tests such as Blood Pressure, Blood Sugar, Body Mass Index (BMI), ECG etc were conducted free of cost. A large number of members, their family members and other senior citizens benefitted from the camp. Sh. Suresh Chaudhry member Executive Committee SCWAL, who was instrumental in co-ordinating with Apollo Hospital conducted the stage. Doctors and supporting staff of Apollo Hospital were honored with flower bouquets.

KHARAR

Our Council celebrated "World Senior Citizens Day on 31st October, 2014. On this occasion, we honoured our four Senior Citizens.

- (i) S/Shri K.C. Batra who is 89 years old and suffered heart attack four times, but still leading active life with regular participation in Council activities.
- (ii) Lt. Col (Retd) Joginder Singh, who is 78 years old and leading very active life.
- (iii) Ms. Mandeep Walia who is also 78 plus, a house wife and very active in social activities.
- (iv) S. Avtar Singh who is only 63 years old and suffering from "Bone Cancer" for the last five years, but no way disheartened and still very active with his work as a successful builder.

Council also invited an Eye specialist Dr. G.S. Brar Head "Sangam Netralya, Mohali, who apprised the members about the various eye problems faced by old persons in particular and their proper line of treatment and various precautions to be taken in this regard. Later the members discussed about their eye problems for which Dr. Brar gave very satisfactory replies. All the members were happy and satisfied with the solutions given by Dr. Brar for their eye problems.

Shri B.S. Watni President of the Council apprised the House about the policy proposed by Govt. of India and as adopted by State Govt. He also informed about the efforts made by FedSEN Punjab for the proper implementation of the policy.

Sh. Harish Sharma, Secretary General informed the House of various problems of the Council, mainly the efforts being made for getting the building of Council constructed from the Govt. at the earliest possible.

MANSA

A mega medical free check-up camp for Senior Citizens was arranged under the president ship of Ruldu Ram Bansal with the help of Ashok Garg Chairman of the Council by arranging many personal meetings with Dr. Ranjeet Singh Rai Chairman of the Senior Citizens Welfare Committee of Indian Medical Association, Punjab at Civil Hospital Mansa on 07-12-2014 with the permission of Dr. Vinod Kumar Beri Civil Surgeon, Mansa. Camp was inaugurated by Sh. Prem Mittal M.L.A Mansa. About 250 old persons were examined by well qualified team of doctors e.g. Dr. Nishan Singh Koldhar M.S., Dr. Ajai Singla M.D., Dr. Susank Sud Eye Sp., Dr. Baljit Kaur Koldhar Gyani Sp., Dr. Nishi Garg T.V. Sp., Dr. Manav Jindal Bone Sp., Dr. Harpal Singh Saran Mental diseases Sp., Dr. Ranjeet Rai E.N.T. Sp. under the supervision of Dr. Jaspal Garg Assitt. Civil Surgeon, Mansa. Sugar Test and Free medicines were also provided in the camp.

The camp ended successfully and the members appreciated the working of the Council. Mr. Baboo Lal Sharam General Secretary and Sh. Tirth Singh Mitall Cashier of the Council assured that such camps will also be arranged in future.

MOGA

In order to send a message of dedication to society and family bonds by the Senior Citizens the International Senior Citizens Day was celebrated on October 1st 2014, by the Senior Citizen Council under the president-ship of Council President S.L. Kamra, S. Parminder Singh Gill was the Guest of Honor. The Council president and Council members gave a rousing welcome to the chief guest. It was attended by large number of Senior Citizens, who were addressed by Council President S.L. Kamra. He apprised the gathering and the Chief Guest of the problems faced by Senior Citizens in this materialistic age. Most of the Senior Citizens are considered as burden, abandoned and forced to life in isolation due to negligence of their own children and society. He requested the Chief Guest, to implement the Maintenance and Welfare Act 2007 in letter and spirit. The Chief Guest threw light on the contribution, sacrifices in the freedom struggle and structuring the web of society. He advised the younger generation and society to seek guidance from Senior Citizens because they are a store house of knowledge and life long experience. The long pending demand of Senior Citizens Community Hall was accepted by the Chief Guest. More than 8 Senior Citizens aged between 95 and 113 years were honoured with shawl by the Chief Guest, President along with council members. Refreshment was served and function closed with delight and optimism.

On 22nd of October lunch was arranged on the eve of Diwali festival in the Maghi Resort G.T. Road, Moga. More than 35 Council members gathered in their Gala dresses and optimistic mood, there was a great fun and frolic, glee and laughter, when every Council member participated in different items, that is poem recitation, cracking jokes, gazals and tit bits. Delicious lunch was served at 14:30 hrs and everyone relished to full. At last every one departed by shaking hands and hugging one another, never to forget this festive day.

On 6th December 2014 the National Lok Adalat was held by the Legal Services Authority Moga. The status and honor of Senior Citizen Council was highly elevated when the Council president S.L. Kamra was invited as a nominated

member in Lok Adalat No. 2 (court of S. Gurjant Singh Additional District and Sessions Judge, Moga), for counseling to settle the disputes of litigants, 19 cases were settled out of 21 by the worthy Judge and panel members. Such Adalats are proving very beneficial for the public.

MOHALI

1. International Day of Older Persons : International Day of Older Persons was celebrated on 5th Oct., 2014 at Shivalik Public School, Phase 6, Mohali Prof. Prem Singh Chandumajra, MP graced the occasion as Chief Guest of the function. In his address, the Chief Guest appreciated the efforts of MSCA for the welfare of Senior Citizens at Mohali and adjoining villages. He announced a grant of Rs ten lakhs for the expansion of LAF Centre at City Park, Sec 68. Sh. H S Mand, President, MSCA, welcome the guests and audience and appraised about the various activities of the Association. Dr. AS Khehra, Chairman MSCA spoke about the importance of International Day of Older Persons.

This was followed by a colourful cultural programme conducted by Prin. S Chaudhary, Secy. Events & Cultural programme. Five senior members of the Association were honoured on the occasion.

2. Visit to Charitable Home : A team of the Association members led by Vice President and Executive President visited the Universal Home of Disabled persons at Padiala (Kurali) on 15th Oct., 2014. A generous donation was given on behalf of MSCA and the individual members. They interacted with the Management Team and the inmates of the Charitable Home.

3. Free Medical Camp : A free Medical Camp was organized with the support of Sohana Hospital on 12th Oct., 2014 at Village Mazat (Landran Chunni Road), Mohali. Free consultation in the discipline of Eyes, Dental & General Medicines by a team of Doctors from Sohana Hospital was arranged for the total population of the village. Free medicines were given to the patients examined by the doctors.

A free Medical Camp for Senior Citizens was also organized with the support of Civil Hospital, Phase 6, Mohali on 19th Oct., 2014 at LAF Centre, City Park, Sec 68, Mohali. Free consultation and medicines were arranged in the discipline of Eyes, Skin and General Medicines.

MSCA records its sincere thanks and gratitude to the teams of doctors and the authorities of Sohana Hospital and Civil Hospital, Phase 6, Mohali for extending their support in organizing the Medical Camps by MSCA.

4. Grand Finale : As a concluding function of month-long celebrations of senior citizens month-Grand Finale of MSCA was organized on 9th November, 2014 at Shivalk Public School, Phase 6, Mohali. Sh. N K Sharma, Chief Parliamentary Secretary (Industry & Commerce), Punjab, graced the occasion as Chief Guest of the function. Sh. Kulwant Singh, Chairman, JLPL was the Guest of Honour. Over 400 persons attended the function.

In his address the Chief Guest appreciated the efforts of MSCA in helping the elderly persons of Mohali and peripheral villages. He assured his total support for the various schemes undertaken by the association. He announced a sanction of Rs. Two lakhs to MSCA for further enlarging the activities of MSCA.

Sh. H S Mand, President, MSCA welcomed the Chief Guest and other guests & members present in the function. He briefed the gathering about the various activities of MSCA. Dr. A S Khehra, Chairman, FEDSEN Punjab and Chairman, MSCA spoke about the various issues of concern for the senior citizens for consideration by the state govt.

Five senior citizens, including three members of MSCA were honored for their contribution towards the welfare activities helping the older persons. A colorful brochure of MSCA, prepared by Sh. Rabinder Singh, Chief Convener, MSCA was released on the occasion by the Chief Guest.

The gala cultural programme conducted by Prin. S Chaudhary, Secretary Events & cultural Affairs, was enjoyed and appreciated by all. The programme was followed by serving a sumptuous lunch.

5. **AGM of MSCA** : The 7th Annual General Meeting of MSCA was held on 15th November, 2014 at Shivalik Public School, Phase 6, Mohali. Secretary General presented the annual report of the MSCA for the year 2013-14. It was passed and approved by the House unanimously. Sh. HBS Chopra, Secretary Finance, presented the audited annual account of the MSCA for the year 2013-14. This was passed and approved by the House unanimously. The various suggestions given by the members were discussed and noted for consideration by the General Body.

In his address, Sh. H S Mand, President, MSCA conveyed his sincere thanks to the members & the Governing Body for their total support and cooperation. He briefed the House about the detailed activities of the association and various schemes in the pipeline. Dr. A S Khehra, Chairman, FEDSEN Punjab, and Chairman, MSCA lauded the efforts of the MSCA and assured his guidance to strengthen further the welfare schemes of MSCA. The meeting ended with the vote of thanks.

6. **Special Lecture** : A special lecture was organized on 6th Dec, 2014 at LAF centre, Sec 68, Mohali. Prin. S Chaudhary, Secy. Events & Cultural Affairs gave a talk on the topic "Time Consciousness". He spoke on the various aspects of time starting from its origin and how the issue of time-consciousness has brought a tense stress in life in modern times. The interactive session with the members was very participative and response oriented. Dr. A S Khehra, Chairman, MSCA appreciated the efforts for starting the special lecture programme and desired to continue this on regular basis.
7. **Picnic** : A grand picnic was organized on 10th Dec, 2014 at the "Garden of Palms", Sec 42, Chandigarh. The cultural programme included various items of songs & jokes etc. recited by renowned local artists and our members. This was followed by a game of Tambola. Members in large number attended the gala picnic. They enjoyed and highly appreciated the programme and arrangements made by Prin. S Chaudhary, Sh J S Thukral & other team members. Then all the persons attending the picnic relished & shared the home cooked food brought by them.

This was a memorable event a missed opportunity for those who could not attend it. MSCA records its sincere thanks & gratitude to the management & staff of Garden of Palms for their support in arranging the event.

8. **Fortnightly members Get-together** : Regular members get-together were held twice every month for a mel-milap and information sharing amongst the members. Birthday/Wedding cake cutting ceremony and varieties of cultural programs were organized.

A talk on AXIS Bank facilities for Senior Citizens was organized on 5th Oct., 2014 and a talk on Partial Knee Replacement was delivered by Dr Jatinder Singla on 18th Oct., 2014. On both get-togethers refreshment was sponsored by the respective parties.

9. **Health care and Awareness Programme** : Monthly special lectures by renowned specialists on health issues related to old Age were organized at Fortis Hospital and Max Hospital on regular basis during the month of Oct To Dec., 2014.

A cultural programme was organized on 28th Sep, 2014 in connection with World Heart Day at Max Hospital, Phase 6, Mohali. The members from Mohali and Manimajra Senior Citizens Associations in large numbers attended the programme. MSCA records its sincere thanks for arranging brunch packets for the benefit of our members.

SAMANA

Senior Citizens Council Samana celebrated Elders Day on 09-10-2014 in Gopal Bhawan Samana. Different speakers spoke about how the Senior Citizens should lead a happy and healthy life. They were also exhorted to be active and in a working mood in order to add charm to their life. They were asked to be optimistic and should do something concrete and meaningful for the society and advise the youngsters to lead a harmonious life. It was also discussed that Senior Citizens and Parents Welfare Act 2007 should be implemented with full force by the Administration and police and action should be taken against those children who insult and behave badly with their parents. Different activities of the Council in the previous year were also highlighted. 31 most senior members of the Council were honoured. Also 15 students from different schools of Samana who were placed in merit were also honoured. The President of the Council S. Jasbir Singh thanked the Chief Guest and Guest of Honour, all the members of the Council, the press and hounourable members of the city who attended the meeting.

Keeping in view the coming enthusiastic festival of Diwali sweets and fruit were distributed amongst the members of Sh. Sadhu Ram Memorial Virdh Ashram Samana by the President and members of Senior Citizens Council Samana on 20-10-2014 in order to bring sweet moments of happiness in the life of elders.

ZIRAKPUR

1. **International Elders Day** : International Elders Day was celebrated on 2nd October, in the campus of G.S. Memorial Public Senior Secondary School. Sh. N.K. Sharma C.P.S., Govt. of Punjab was the Chief Guest. Dr. A.S. Khehra Chairman Fedsen, Punjab was the Guest of Honour.

Please Note

Members of federated Associations are requested to send their articles etc. for publication in Fedsen News through their Presidents. Articles sent direct may not be published.

Editor

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MEDICINES FOR OLDER PEOPLE

- As old population grows the pharmaceutical companies and organizations representing the interest of elderly people must be careful. There are a number of differences between older people and younger people that have impact on their treatment and medicines.
- Older people's bodies take up and eliminate medicines from the body differently than do of younger patients.
- Older people are susceptible to a wide range of diseases, including Alzheimer's disease, heart disease, bone diseases and mental illness.
- Older people often have more than one disease at a time, making it difficult to treat separate diseases.
- Older people are weaker than younger patients, making them vulnerable to disease and the risk associated with medical treatment.
- Hence pharmaceutical companies have to be careful in the development, approval and monitoring of medicine for older people, before it comes in the market and have no side effects later on. The company is responsible for evaluation of new medicines effecting older people, including medicine for cancer, diabetes, neurodegenerative condition, which may effect brain and nervous system.
- Since medicine use and its side effect is to be kept in mind, the older people should take medicine prescribed by the doctor and never directly from chemist shop

H.R. Madan, Moga

FEDSEN ACTIVITIES



Sh. D.N. Chapke President AISCCON addressing the delegates at the Seminar



Dr. A.S. Khehra Chariman, S.P. Karkara President and Er. Balbir Singh Secretary General, FedSen honouring Sh. D.N. Chapke President AISCCON

BHAWANIGARH



An elderly person being honoured on World Elders Day by Chief Guest and President

LUDHIANA



Er. A.S. Pandher member being honoured on completing 85 years on International Senior Citizens Day

LUDHIANA



Chairman and President SCWAL with President and Secretary of Bharat Vikas Parishad at Artificial Limbs Donation Camp

MANSA



Sh. Prem Mittal MLA being examined at Mega Medical Checkup Camp

FEDSEN ACTIVITIES

MOHALI



Chief Guest Prof. Prem Singh Chandumajara on stage with Dr. A.S. Khehra and S. H.S. Mand on International Day of Older Persons

MOGA



Elderly person honoured on World Elders Day by Chief Guest and President

SRI MUKTSAR SAHIB



Monthly meeting of the Association being addressed by Sh. S.K. Sardana General Secretary

ROPAR



Chief Guest Dr. Daljeet Singh Cheema, Education Minister Punjab releasing Souvenir at International Senior Citizens Day Function

SAMANA



Chief Guest and other dignitaries on the stage at the Elders Day celebration

ZIRAKPUR



A member reciting a poem on International Senior Citizens Day

PENS, PENCILS AND PLUGS

Poets, Essayists and Novelists (PEN) used to be very crazy for their table stationery, particularly pens which were their weapons for powerful writing. As time rolled on, the number of stationery items mean for writing multiplied by the dozen. Now, the tables of every writer are equipped with a number of items like pens, pencils, markers, sketch pens, high lighters etc. The are not only objects of utility, but also decoration pieces which give the reflection of men of letters and men of parts.



Principal S Chaudhary

As a humble lover of reading and writing, I too have a fondness for writing material. My 'study' is presentable with a variety of multi-coloured pens, pencils etc. I spend hundreds of rupees every month to have a large collection of writing articles. Of late, I have experienced that most of my pens and pencils are being misused, rather abused by the members of my family and even the visitors. Every morning, I find the pointed, sharpened lead pencils missing. For some days, I could not make out which invisible figures visit my room and behold the sharpened leads of the pencils and sometimes, the spoiled heads of the ball pens. I could not stand all this damage to my property and dedected deep into it. It was a discovery to see that pens and pencils including the ball pens were being used as a device for pushing the shutters of the electric plugs to fit in the shoes. Unlike olden days, the designs of the 3 pin point plugs have been made such that they have shutters in the 3 holes obstructing the entry of the shoes. My precious and decorative stationery items are used to insert them in the holes to make the passage clear for the shoes. The children and my wife mercilessly push the sharpened pencils in the holes to fit in the shoes properly. They could easily use 'Nala Pani' or a small twig to open the shutters and insert the shoes. I wonder if such a damage is being done to your gadgets or not. If you find so, my pain is lessened and lightened. Pain shared is pain halved.

SENIOR CITIZENS' FORUM (REGD), ZIRAKPUR (PB)

Information under RTI

Our Forum sought following information from respective authorities under RTI:

A. Information about status of National Policy for Senior Citizens .2011:

Ministry of Social Justice and Empowerment, Govt of India prepared a draft known as ,”National Policy for Senior Citizens,2011 “ and it was in the News that the then Hon'ble Prime Minister Dr Manmohan Singh had given nod to it. On comparison with the National Policy for the Elders,1999, it is rather a Report prepared by a committee headed by Dr (Mrs) Mohini Giri .

In last December, Standing Committee of Parliament of this Ministry had submitted its recommendations to the Ministry and it was assured that it will be implemented by March, 2014. After a long wait upto October,2014 we asked information from the Ministry regarding its implementation, under RTI. The ministry have informed us :

- This has not been finalized so far.
- It was not known when it will be finalized.

Letter No. dt from the

Ministry refers.

- Information regarding implementation of instructions of the PHSC Mohali (Pb) issued by their letter dated 2nd March,2012 to the Director , Health Services and all the Civil Surgeons of Punjab state.

We requested the Civil Surgeon ,Distt. SAS Nagar (Pb) to intimate under RTI about the actions taken as per the above said letter vide our letter dated 31.10.2014.

Civil Surgeon ,Mohali forwarded the letter to SMOs of CHCs, PHCs and Dispensaries falling under Civil Surgeon, Mohali vide letter dated 4th November,2014 and instructed them to supply the information directly to us.

We received information from:

- CHC, Lalru
- CHC, Dera Bassi
- CHC, Kurali
- PHC, Gharuan
- CHC, Dhakauli (Zirakpur)
- Dispensary MLA Hostel and
- Civil Hospital, Mohali.

Almost all the SMOs informed that they have arrangements for separate Qs for senior citizens in registration and they give priority to senior citizens in check up and tests. Gharuan SMO informed that they being a small Unit have no such arrangement.

They all supply available medicines free of cost to senior citizens.

All but for Lalru affix stamp (as per specimen provided) on the cards of senior citizens.

CHC , Zirakpur has wheel chairs, in OPD.s

SMO, Zirakpur informed a list of some 55 medicines supplied free of cost and Civil Surgeon Mohali that of 273 medicines.

SMO, MLA Hostel informed that their organization has no concern with this information. That organization provides treatment to VVIPs and their dependents.

C. We sought information regarding Old Age Homes and Day Care Centres vide our letter No. 51/SCf dated 31.10.2014 from Principal Secretary, Social Security, Women and Child Development, Govt of Punjab. But have got no response so far.

Gurdip Singh Bhogal

Kidney transplantation: Best modality for longevity

A kidney transplant is the transfer of a healthy kidney from one person (the donor) into the body of a person who has little or no kidney activity (the recipient).

The kidneys

The kidneys are two bean-shaped organs located on each side of the body, just beneath the ribcage. Their main role is to filter waste products from the blood before converting them to urine. If the kidneys lose this ability then waste products can build up, which is potentially dangerous and can be life threatening. Loss of kidney function is known as end stage chronic kidney disease or kidney failure, which is the most common reason for a kidney transplant. It is possible to replicate the functions of the kidney using a blood filtering procedure known as dialysis. But dialysis can be both inconvenient and time-consuming so a kidney transplant, when possible, is the treatment of choice for end stage chronic kidney disease.

Living donations

A person only needs one kidney to survive. Therefore, unlike other types of organ donation, such as heart and liver, a living person can donate a kidney. Ideally, this will be a close relative. This type of donation is known as a living donation. Receiving a donation from a close relative means there is less risk of the body rejecting the kidney. Kidney donations are also possible from donors who have recently died. However, this type of kidney donation has a slightly lower chance of long-term success.

Suitable donors

One of the biggest risks of receiving a donated kidney is that your immune system (your body's natural defence against infection) will mistake the donated kidney for a foreign object, such as a viral or bacterial infection. If this happens, your immune system will attempt to destroy the kidney. This is known as rejection. Potentially, rejection can be very serious and, in some cases, fatal. To minimise risks the kidney should ideally be donated by somebody who has: "the same tissue type as the recipient. Human tissue carries a special genetic 'marker' or code, known as a human leukocyte antigen (HLA); ideally, you should receive your transplant from someone with an identical, or very similar, HLA tissue type "the same blood group as the recipient. As with tissue, each red blood cell is marked with a specific antigen marker For these reasons family members are usually the most suitable donors. As members of the same family often share the same type of genes they are more likely to have matching HLA tissue types, and blood groups. However, many kidney transplants have been successfully performed using a donation not taken from a family member. In some cases there may be two living donors (who are strangers to each other) who do not have the same tissue type as their family member but would be suitable for donation to the other donor's family member and (vice versa.) In such a circumstance they can 'swap' donations. This is known as a paired donation.

Why do you need a kidney transplant:

End stage kidney disease (also known as kidney failure) is the most common reason for having a kidney transplant. The



Dr. Rahul Kohli

MD (Med.); DM (Nephro.)

Sr. Consultant Nephrology and Transplant
SPS Apollo Hospital

kidneys contain millions of tiny filters, known as nephrons. As blood passes through the kidneys, nephrons filter out excess fluid and waste products. These are released from the body in urine.

However, if the nephrons become damaged, the kidneys can lose their filtering abilities and dangerous levels of fluid and waste products can build up. When the kidneys have lost around 90% of their filtering ability, the person is said to have end stage kidney disease. The two most common causes of end stage kidney disease are:

DIABETES: high blood glucose levels associated with diabetes can damage the filters in the kidneys, leading to chronic (long-term) kidney damage

HIGH BLOOD PRESSURE (HYPERTENSION): hypertension causes damage by putting strain on the small blood vessels in the kidneys, which prevents the filtering process from working properly

Less common causes of end stage kidney disease include:

Blockages in the arteries that bring blood to the kidneys
Polycystic kidney disease (an inherited condition where the kidneys become enlarged due to multiple cysts)
Undeveloped kidneys at birth
Autoimmune diseases that affect the kidneys such as systemic lupus erythematosus (a condition where the body attacks the kidney as if it were foreign tissue)
If end stage kidney disease is not treated, the amount of waste products in the blood will build up to a dangerous level, resulting in coma (unconsciousness) followed by death.

There are two main treatment options when it is known kidney failure is likely to occur:

Dialysis, where a mechanical device is used to replicate the functions of the kidney. It is done usually 2-3 times every week in the hospitals. Kidney transplant, which, if possible, is usually the preferred option because it is much less inconvenient than having dialysis

Who can undergo a kidney transplant:

Most people are able to have a kidney transplant, regardless of their age, as long as they are: well enough to withstand the affects of surgery, and the transplant has a relatively good chance of success, and a person is willing to comply with the recommended treatments required after the transplant - such as taking immunosuppressant medications and attending regular follow-up appointments.

Reasons why it may not be safe or effective to perform a transplant include:

Cancer that has spread to several places in the body (metastatic cancer)
An ongoing infection - the infection will

need to be successfully treated before a transplant can take place, Severe heart disease;

Liver failure - where the liver is unable to function properly as a result of damage or disease, such as scarring of the liver (cirrhosis) AIDS, which is the final and most serious stage of an HIV infection (due to vulnerability to infection, it would be too dangerous to weaken immune system after surgery to prevent the body rejecting the kidney) People who have HIV that is being effectively controlled with medication can often have a kidney transplant

Risks

A kidney transplant is a major surgical procedure with a wide range of potential risks. In the short term, rejection, infection and blood clots are a risk. Long term risks are usually related to the medication needed to reduce the chance of rejection (immune suppressants). Because of this people who have had a kidney transplant require regular check-ups for the rest of their life.

How common are kidney donations

In India, as per available data, more than 75% patients with end-stage kidney disease do not undergo any form of kidney replacement therapy i.e, dialysis or transplant while only 2.5% undergo transplant. There is a dearth of suitable donors in India with demand much more than availability. As per the Indian Transplant Registry, almost 7000 patients undergo kidney transplant every year in our country. More than 95% are living kidney donations and deceased donor transplants constitute a small proportion.

Survival

The kidney survival times for living donations are:

1 year - 90-95%

5 years - 80%

15 years - 60%

Where kidneys are donated from someone who has recently died, the kidney survival times are:

1 year - 85-90%

5 years - 70%

15 years - 50%

Recommendations

The lifestyle advice below is recommended if you have had a kidney transplant.

Smoking

If you smoke, it is strongly recommended you quit as soon as possible. A recent study found people who continued to smoke after a kidney transplant are twice as likely to have that kidney fail than non-smokers.

Diet

A healthy diet should consist of :

Plenty of fruit and vegetables - at least 7 portions of fruit and vegetables a day

Plenty of potatoes, bread, rice, and other starchy foods; ideally you should choose wholegrain varieties;

Some milk and dairy foods.

Some meat, fish, eggs, beans and other non-dairy sources of protein

A small amount of food and drink high in fat and sugar.

Also avoid food that contains high levels of salt, as salt can

raise your blood pressure, which can be dangerous in people with a kidney transplant.

Exercise and weight loss

Once you have made a sufficient physical recovery from effects of surgery it is recommended that you do regular physical activity.

Adults should do at least 150 minutes (2 hours and 30 minutes) of moderate-intensity aerobic activity every week.

Examples include: Fast walking, Jogging, Swimming, Tennis Using a step-trainer or similar exercise at gym. Choose physical activities that you enjoy, as you are more likely to continue doing them.

Alcohol, drugs and medications

Regularly drinking alcohol above limits recommended will raise the blood pressure, which can be dangerous in people with a kidney transplant. Therefore, staying within the recommended levels is the best way to reduce the risk of developing high blood pressure.

You should avoid taking any illegal drugs as they can:

damage your kidneys cause a sudden rise in blood pressure, react unpredictably with your immunosuppressive medications Finally, always check with your care team before taking any medication, including over-the-counter medication and herbal remedies. These types of medications could be potentially dangerous.

Avoiding exposure to infection

Taking immunosuppressive medications on a long-term basis will weaken your immune system. Having a weakened immune system is known as being immune compromised. If you are immune compromised, you will need to take extra precautions against infection.

Follow the advice below:

Practise good personal hygiene. Avoid contact with people with serious infections, such as chickenpox or influenza (flu). Wash your hands regularly with soap and hot water, particularly after going to the toilet and before preparing food and eating meals. Take extra care not to cut or graze your skin. If you do, clean the area thoroughly with warm water, dry it, then cover it with a sterile dressing. Be aware of any initial signs that you may have an infection. A minor infection could quickly turn into a major one. Immediately report any possible symptoms of an infection to your physician or transplant centre. Prompt treatment may be required to prevent serious complications developing. Also ensure your vaccinations are up to date; though you will not be able to use any vaccines that contain live viruses such as the mumps, measles and rubella (MMR) vaccine. We at SPS Apollo Hospitals have recently completed a successful 1 year of kidney transplant programme. We are proud to be a part of Apollo Transplant Institute, which is the largest solid organ transplant programme in the world. SPS Apollo hospital provides cutting edge care in all areas of nephrology with round the clock delivery for care for dialysis, transplant and chronic kidney disease. We are proud to offer some of the region's finest experts in every major specialty. The kidney transplant unit works as cohesive team with interdisciplinary interactions between

transplant surgeon, nephrologists and transplant coordinator.



Adding Life to **YEARS** to Life

SPS Apollo Hospitals, Ludhiana
Introduces in new range of customized Health Checkup Packages



Special Packages for Senior Citizen's

- Apollo Master Health Check •Apollo Senior Citizens Check
- Apollo Advance Heart Check •Apollo Advanced Sugar Check
- Apollo Executive Health Check •Apollo Premarital Check (Male)
- Apollo Premarital Check (Female) •Apollo Advanced Well Woman Check
- Apollo Child Health Check •Apollo Whole Body Check
- Apollo Well Woman Check •Apollo Platinum Check
- Apollo Heart Check •Apollo Sugar Check •Apollo Knee Check

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