Problems of Ageing Population in India: Social Legislations and Policies as Welfare Measures

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INTRODCTION:

Ageing is a universal phenomenon. It is generally as the process of growing old and is an intricate part of life cycle. Growing old or recharging the stages of old is a natural process which cannot be avoided. Ageing is a universal continuous and irreversible process which begins from conception till the death of an individual. Ageing is a global issue and is a part of life and said that "All would live long but none would like to be old". **Steve Jobs;** CEO Apple during commencement speech at Stamford (England) 2005, very aptly said, no one wants to die, yet death is the destination we all share and no one has escaped from it. It is universally true that; old age is the last phase of human life cycle.

A man starts growing old; the competence of various organs of the body begins to decline and is the decline in the capacity of the functioning of the human organs. Thus; age itself creates few physical, mental and social problems and which has been recognized to have implications on health care and social policies and welfare systems. The scientific study of Ageing is called Gerontology. It is a science which deals with ageing including its social, psychological, cognitive, and biological aspects. This term is derived from Greek Gerona which means "old man" and "Logy" or "logia" which means study. Ageing describes the process of growing old.

According to Elizabeth Hurlock –

Old age starts after 60 years. Elderly is defined as a person who has completed at least 60 years of age or more. Indian demographers, while studying the demographic and socio-economic aspects of elderly, have used the proportion of persons of age 60 years and above as an indicator of ageing. According to the law a "Senior Citizen" means any person being a citizen of India, who has attained the age of sixty years or above. Different scholars and writers have opined ageing in different contexts as the outcome of sociological, demographic, biological and other processes.

Every country across the world is experiencing growth in both the size and also proportion of older persons in the population. India is home to 1/5 of the world's population and 1/8th of the world's elderly. Thus, its strategy for providing social security to the elderly is of global interest. The population of the aged has been over increasing year by years. Asia and Europe are home to some of the world's populations. At the top is Japan about 28% followed by Italy at 23 percent.

The total number of the elderly over 60+ was reported to be 76 million in 2000 and 96 million in 2010. According to the National Statistical Office (NSO's), 2021 there are nearly 138 million elderly persons in India above the age of 60 years. Gender wises it is 67 million men and 71 million women population. United Nations Projections estimate that India will reach 198 million older persons age of 60 above by the year 2030 and 236 million by 2050 i.e. 21 percent of the total population of India.

According to 2021 census, the state wise ageing population in India is reported as Kerala has the highest elderly Population i.e 16.5% fallowed by TN 13.6% Himachal Pradesh 13.1% Punjab 12.6 % and Andhra Pradesh 12.4 percent. On the contrary, their proportion is the least in Bihar 7.7% fallowed by Uttar Pradesh i.e 8.1% and Assam 8.2 percent (NSO report). The report noted a significant increase in the old age dependency ratio which rose from 10.9 Percent in 1961, 14.2 percent in 2011, and 15.7% in 2021 and projected to increase by 20.1 percent in 2031.

The percentage of old age population in China is 12 percent. Southern Europe which includes; Greece, Italy, Portugal, Serbia, Croatia, Slovenia, and Spain with 21 percent of old age population. By 2030, 1 in 6 people in the world will be aged 60 years and above. The population of ageing is more in high income nations, for example in Japan 30 percent of the population is already over sixty years old. Asia and Europe are home to some of the world's oldest populations. At the top Japan 28 percent, Italy at second place i.e. 23 percent fallowed by Portugal, Finland and Greece round out the top 5 at just under 22 percent.

Among all developing nations, India also figures significantly in the map of ageing. The population of elderly persons aged 60 years and above has steadily increased since 1961. The reason behind increase in ageing population is mainly due to the sharp decline in mortality rate since 1950 and steady decline in fertility have contributed to the process of population of ageing. This is mainly attributed to improvement in economic wellbeing and health care facilities, leading to declining death rates, falling fertility rates and rising life expectancy.

According to the Report of the Technical Group on population is currently estimated to be around 13.8 crore. This number is expected to be close to 19.3 crore in 2031. Thus, it is continuous increase in older persons in developing countries and their government will find it very hard to manage the Social,

Dr. Dilip M. Javalkar

Economic and Health care systems for coping with old age problems. While recognizing these trends and challenges they pose to the global society, insist on working of the older people so that ageing is not taken to mean a burden or problem.

The perception towards senior people varies from society to society. India is a country, where elderly always enjoy respectable place and ageing was considered as a natural process. Elderly care was never a problem from last 5 to 6 decades. Elderly who was the pillars of traditional social system, the traditional norms and values of Indian society laid stress on showing respect and extending care for the elderly. Normally older members of the family were taken utmost care with respect. In the traditional Indian family system, the economic and social security of the elderly was taken care by the family, community and kinship. The elderly used to enjoy status, authority, honor and respect. This seems to be declining in the modern changing society and care taking responsibility is taken by the Govt. and other organizations.

In the process of modernization, and Brain-Drain, weakening the traditional family values, break of joint families are creating conflicts and huge gap between the younger and older generation and ignoring the importance of traditional elderly roles in the family and has affected the status of older people. The advent of education, urbanization industrialization, occupational differentiation, growth of individualism etc. have eroded the traditional values that vested authority with elders. Hence, the changing factors in the family in its structure and functions are undermining the capacity of the family to provide support to elderly and the weakening of the traditional norms underlying such support leading to neglect and abuse of older people in family.

METHODOLOGY:

Methodology is a kernel of any investigation. The reliability of results depends upon methodology. The present article focuses on extensive study of secondary data collected from various surveys done by researchers, published books, journals, Magazines, News-papers, websites personal observations etc.

OBJECTIVES OF THE PAPER:

1) To focus on the issues and problems of ageing
2) To study their status in traditional society
3) To highlight elderly population in Indian states
4) To examine the major health problems issues
5) To throw light on the constitutional provisions and Policies for welfare of Ageing
6) To suggest the remedial measures for promoting quality of elders

Dr. Dilip M. Javalkar

TABLE- 1
DECADAL GROWTH IN ELDERLY POPULATION IN INDIA AGED 60 YEARS AND ABOVE (1951-2031-In Millions)

YEAR	NUMBER IN MILLIONS
1951-1961	24.7
1961-1971	32.7
1981-1991	43.2
1991-2001	56.7
2001-2011	76.6
2011-2021 (Census Projections)	103.8
2021-2031 (Census Projected)	137.9

Source: Population Census Data and Report of the Technical group on Populations Nov, 201 Population projections for India and States 2011-2036, census of India 2011

India the world's 2nd populous country has experienced a dramatic demographic transition in past 50 years (GOI 2011). The senior or elderly population in India has been increasing since 1961. The elderly population grew by more than 27 million and is expected to be 56 million by 2021 -2031. In India the growth rate of the senior population is higher than that of the general population.

TABLE- 2
OLD AGE POPULATION WITH GENDER WISE IN INDIA

Year	Total Aged (%)	Aged Above 60 (Males %)	Aged Above 60 (Females %)
1961	10.9	10.9	10.9
1971	11.5	11.4	11.6
1981	12.0	11.8	12.2
1991	12.2	12.2	12.2
2001	13.1	12.5	13.8
2011	14.2	13.6	14.9

Source: Elderly in India -2016

TABLE- 3
RURAL URBAN POPULATION IN INDIA

Year	Urban (%)	Rural (%)
1961	8.7	11.4
1971	8.9	12.2
1981	9.2	13.0
1991	9.7	13.2
2001	10.8	14.1
2011	12.4	15.1

Source: Elderly in India -2016

Dr. Dilip M. Javalkar

TABLE -4
SHARE OF AGING POPULATION BY TOP TEN STATES IN INDIA BY - 2011

The fallowing statistics indicates the share of ageing population in India across the states with a greater number of shares of elderly population as below.

Sr. No.	State & Union Territory	Share of Ageing population
1	Kerala	12.6%
2	Goa	11.2%
3	Tamil Nadu	10.4%
4	Punjab	10.3%
5	Himachal Pradesh	10.2%
6	Maharastra	9.9%
7	Andaman and Nicobar islands	9.8%
8	Puducherry	9.7%
9	Odisha	9.5%
10	Uttarakhand	8.9%

Source: Published by Statistics Research Department. Feb. 2 2016

THE AGEING POPULATION IS MAINLY FACING FIVE TYPES OF ABUSES AND PROBLEMS

➢ **Physical abuse:** It is Nonaccidental use of force against elderly persons. Hitting, Pushing, giving too much medication (Restraining) or the wrong medication, Slapping, Burning,

➢ **Psychological Abuse:** It is an emotional abuse such as shouting, frightening, swearing, threatening ignoring, blaming, humiliating etc.

➢ **Financial Abuse:** Unauthorized or illegal use of elder's money, credit cards, property, pension book, mis use of personal cheques, forge the elder's signature, property documents insurance claims or other valuable goods etc.

➢ **Neglect or abandonment by caregivers:** In this type of abuse; a person is deprived of food. clothing, comfort or essential medicines.

➢ **Health care abuse:** This type of fraud includes; carried out by unethical doctors and hospital personnel. not providing health care, overmedicating or under medicating, over charging, recommending fraudulent remedies etc.

PROBLEMS FACING BY THE OLD AGE PEOPLE

Old age is the stage in one's life that requires both social and mental support from family and others. Indian traditional society with its concept of system of joint family was a strong pillar in ensuring the security and wellbeing of the elders. But due to Modernization, Globalization, and individualism paved way for the growth of nuclear families. In India, changes in the family pattern, greater life expectancy, deterioration of the social value, norms, beliefs, existence

Dr. Dilip M. Javalkar

of poverty and the difficulty of the elderly people to adjust with these changes were enlisted in the challenges facing by the elders.

Information gathered from various sources reveals that the senior citizens in our country are deprived of basic medical care, the expenses to maintain their livelihood. Adequate financial support and they face discrimination, mistreatment and lack of security and are isolated and abandoned too. The process of ageing is often associated with declining health, mental and physical ability, economic instability and psychological problems. "Human Rights Of Elderly in India Survey"- conducted in association with ECOSOC in 2015 and was found that, the elderly in India suffers from these problems such as.; Lack of gainful engagement and opportunities, Declining health status of elders, Inter – personal problems, Legal issues, Acute problem of loneliness, Financial problems and psychological issues, Lack of respect in the family and society etc.

COMMON HEALTH PROBLEMS

The aged people, are more likely to experience several health problems at the same time- older age is also characterized by the several complex health statuses. They are commonly called geriatric syndromes. During the old age, elderly begin to fear about their physical and psychological health and also about their financial expenses. Most of the older people lose their spouse and suffer from emotional insecurity and isolation. Elders are the most vulnerable class of our society.

Problem of Dementia (Mental disorder/Alzheimer disease

loss of memory, language difficulty to articulate words subtle, loss of activities, inability to cope with daily living activities, Personality changes, verbal difficulties, communication problems, wandering and Aggressive behavior and also diseases such as; Cardiovascular disease, coronary heart diseases, Blood pressure, Osteoarthritis which causes for risk of fracture etc.

Other health problems of old age people such as

- 1) Loss of vision 2) loss of memory 3) Diabetes 4) Acute Cancer problem 5) Hypertension 6) cardiovascular diseases 7) Chronic Respiratory diseases and Infections 8) Loss of hearing 9) Cataracts and refractive errors 10) Back and neck pain Osteoarthritis 11) Chronic obstructive & pulmonary disease 12) diabetes, depression and dementia 13) Urinary incontinence 14) delirium and pressure ulcers 15) hyper tension etc.

- The loneliness, isolation and dissertation from society will lead to adverse effects on their psycho-physical health.

- Economic problems: Economic necessity forces the elderly people to work and even the money. NSSO 2007-08 report reveals the incidence of loan taken to meet the medical expenses.

- Health and nutrition are very important for the healthy living of the elderly. Often older people are being ignored by their own.

Dr. Dilip M. Javalkar

CONSTITUTIONAL PROVISIONS, WELFARE MEASURES AND GOVERNMENT
PROGRAMMS FOR ELDERS

India is home to 1/5 of the world's population and 1/8 th of the world's elderly. Thus, its strategy for providing social security to the elderly is of global interest. In order to protect the interest of the elderly people; our constitution makers have inserted certain provisions on this subject under Part IV of the Indian constitution i.e, Directive Principles of State Policy. Although Directive Principles of State Policy are not enforceable unlike Fundamental Rights, but it is an accepted norm that; they must be taken into account while framing the state policy. The Indian constitution provided some provisions for the welfare of old age people viz;

Article; 14 declares that; state shall not deny to any person equality before the law and provides equal status to senior citizens.

Article; 21 includes right to life and personal liberty and lead a dignified life. Every elderly person has right to live with respect and dignity in society.

Article; 38 (1) enjoins the state to strive to promote welfare of the people by securing and protecting as effective as it may a social order in which justice social, economic and political shall inform all institutions of the national life.

Article; 39 (e) requires the state to secure that the health and strength of workers, men, women and children of tender age are not abused and that citizens are not forced by economic necessity to enter avocations unsuited to their area of strength.

Article; 41 of the constitution provides that, the state shall within the limits of its economic capacity and development, make effective provision for securing the right to work, to education and to public assistance in cases of undeserved want. It places obligation upon the state to provide job opportunities and other help to the elderly so that they can earn and live a respectful and independent life.

Article; 47 deals with duty of the state to raise the level of nutrition and the standard of living and improve public health. National Policy on older persons 1999 (NPOP) provides a broad framework for intersectoral collaboration and co-operation between govt. and non- government.

The United Nations Assembly declared 2021-2030 the decade of Healthy Ageing and asked WHO to lead implementation. The decade of Healthy Ageing is a Global collaboration bringing together Governments, International Agencies, Civil society etc. The decade of Healthy ageing seeks to reduce health inequalities and improve the lives of older people.

NATIONAL POLICIES AND PROGRAMMS FOR SENIOR CITIZENS IN INDIA (WELFARE SCHEMES)

The Government of India is implementing various schemes and programmes to provide happy, healthy empowered dignified and self- reliant life to senior citizens. Government is taking utmost care, medical facilities and housing for

Dr. Dilip M. Javalkar

elders etc., for the welfare of the senior citizens. Like a few other developing courtiers, the Government of India as well as the State Government have undertaken some initiatives for the wellbeing of the elderly population. With the increase in the elderly population in Indian Govt's has initiated many schemes for the welfare of the elderly population. In this regard Govt. has playing a significant role in providing provisions and facilities.

- ❖ **PRADHAN MANTRI VAYA VANDANA SCHEME:** It is one of the most popular senior citizens pension schemes which is designed for the senior citizens for 60+ years of age. The policy term of this scheme extends for 10 years. The minimum and maximum Rs. 3000 and 10000 per month respectively. The pensioner can choose the frequency of the payment as monthly, quarterly, half yearly or annually.
- ❖ **NATIONAL PROGRAMME FOR THE HEALTH CARE OF ELDERLY (NPHCE):** It was launched in the year 2010, this scheme concentrates on preventive as well as promotive care for the maintenance of health. The objective of this scheme is providing; dedicated health facilities in district hospitals, community health centers and primary health centers etc. These facilities are free and highly subsidized.
- ❖ **INDIRA GANDHI NATIONAL OLD AGE PENSION SCHEME (IGNOAPS):** This scheme is especially for older people above the age of 60 years, who are below the poverty line. The Indira Gandhi National Old Age Pension Scheme assists with money up to Rs. 200 and Rs. 500 per month for the seniors between the age of 60 and 79 years and above 80 years respectively.
- ❖ **PRADHAN MANTRI JAN AROGYA YOJANA (PMJAY):** This scheme was launched with a broad spectrum; and was launched by the Government of India benefiting to the senior citizens and is planning for health and other related expenses. This scheme was coming into force on 2018, for covering up to 10 crore people belonging to poor and vulnerable families. Under this scheme, coverage of up to Rs. 5 lakhs each family for secondary and tertiary hospitalization.
- ❖ **REVERSE MORTAGAGE SCHEME:** It is reverse mortgage scheme which was launched in 2007 by the ministry of finance. Senior citizens can mortgage their residential property against a loan of 60 percent of the value of the house, with a minimum tenure of 10 years.
- ❖ **VARISHTA MEDICLIM POLICY:** This policy helps the seniors by covering the cost of medicines, ambulance, blood and other related expenses of senior citizens between the age of 60 and 80 years. This scheme also covers the income tax benefit under section 80D. Though the policy period is for 1 year, it can be extending the renewal up to the age of 90 years.
- ❖ **VARISHTA PENSION BIMA YOJANA:** This scheme was launched by the ministry of Finance for the senior citizens above the age of 60 years. The LIC

Dr. Dilip M. Javalkar

of India has the authority to operate this scheme. It offers assured pension with a guaranteed interest rate of 8 percent per annum for up to 10 years.

- ❖ **RASTRIYA VAYOSHRI YOJANA:** This is a Central Sector Scheme and is entirely funded by the Central Government. This scheme provides physical aids and assisted living devices for older people above the age of 60 years belonging to Below the Poverty Line category. If senior citizens wish to avail the benefit of this scheme, they must have a BPL card.

- ❖ **SENIOR CITIZENS WELFARE FUND:** This scheme was launched by the ministry of Social Justice and Empowerment. This scheme aims to make seniors financially stable for their overall welfare and health care. Senior citizens welfare fund includes unclaimed amount from small savings and savings accounts in the Central Government Schemes.

- ❖ **VAYOSHRESHTHA SAMMAN:** This scheme focuses on those seniors, who have made significant contributions in their disciplines and recognizes their efforts. It was upgraded to the national award in 2013. And since then, award has been granted under 13 categories.

- ❖ **NATIONAL POLICY ON OLDER PERSONS (NPOP):** The Government of India, declared the National Policy of Older Persons in 1999. The NPOP policy highlights the rising elderly population and an urgent need to deal with Socio- economic, medical and psychological problems faced by the senior people. The National Policy also extends its financial security, health care, nutrition, protection of life and property.

- ❖ **STATE ACTION PLAN FOR SENIOR CITIZENS (SAPSRC)** The Govt. of India perceives a major and critical role of all state Governments in partnering and implementing this action plan for welfare of the senior citizens.

- ❖ **CAPACITY BUIDING FOR ELDERS:** This scheme for awareness generation and capacity building for welfare of senior citizens. Such as Trainings, Awareness, Sensitization, setting up national helpline for senior citizens of India.

- ❖ **PROMOTING SILVER ECONOMY:** This is a new scheme launched with an objective to encourage the entrepreneurs for to think about the problems of the elderly and come out with innovative solutions. The Govt. aims to achieve the objective by providing up to Rs. 1 crore as financial assistance.

- ❖ **NATIONAL POLICY ON SENIOR CITIZENS (NPSC):** The National Policy on Senior Citizens 2011 and 2016 highlighted, 1/8th of the world's elderly population lives in India. The current ageing scenario needs all aspects of care for the old age and health care.

- ❖ **VARIOUS GOVERNMENT CONCESSIONS AND SCHEMES:** Such concessions with regard to Travel, medical, medical insurance premium, concession on medical expenditure on specific diseases, finance, income tax-

Dr. Dilip M. Javalkar

rebate, communication, more bank interest to senior citizens, reservation of seats in buses, concession for railway tickets, concession in telephone bills etc.

- ❖ **NATIONAL PROGRAMME FOR HEALTH CARE OF THE ELDERLY (NPHCE):** This scheme was launched in Feb. 2011, by health and family welfare ministry. This policy aims to provide long term affordable and accessible health care to old age people.

- ❖ **NATIONAL SOCIAL ASSISTANCE PROGRAMME (NSAP):** This Programme represents a significant step towards the fulfillment of Directive Principles in Article 14 of the constitution.

- ❖ **HINDU ADOPTION AND MAINTENANCE ACT 1956:** Under section 20 makes it an obligation of son and daughters to maintain aged or infirm parents.

- ❖ **CODE OF CRIMINAL PROCEDURE 1973:** Section 125 provides maintenance for elderly persons.

- ❖ **MAINTENANCE AND WELFARE OF PARENTS AND SENIOR CITIZENS ACT 2007:** This act provides for effective provisions for the maintenance and welfare of senior citizens and parents.

- ❖ **NATIONAL POLICIES FOR WELFARE OF SENIOR PERSONS:** Government of India Provides policy and programms in collaboration with state Govt. NGO and civil society. The policy aims for welfare and maintenance of old age persons, by supporting old age home, mobile Medicare units, day care centers etc.

- ❖ **NATIONAL OLD AGE PENSION SCHEME (NOAPS) :** This scheme is implemented for the persons above 65 years below poverty line. Per month Rs. 200 is given towards pension by central assistance for supplementing state contribution of Rs. 200 so that each beneficiary gets Rs. 400/- per month.

- ❖ **INDIAN CONSTITUTION WELL- BEING OF OLDER PERSONS HAS BEEN MANDATED IN THE INDIAN CONSTITUTION.** Article 41, Directive Principles of State Policy has directed that the state shall within the limits of its economic capacity and development, make effective provision for securing the right of public assistance in cases of old age people.

- ❖ **HUMAN RIGHTS OF SENIOR CITIZENS:** An adequate standard of living, such as adequate food, shelter and clothing, adequate social security, assistance and protection etc.

OTHER SCHEMES FOR SENIOR PEOPLE:

Such as; Indira Gandhi National Old age Pension Scheme (IGNOAPS), Indira Gandhi National Widow Pension Scheme (IGNWPS), Indira Gandhi National Disability Pension Scheme (IGNDPS) National Family Benefit Scheme (NFBS) National Pension Scheme (NPS) 2012. NGO's working for elderly: Help age India, Dignity foundation, the Family Welfare Agency, Nightingale Medical Trust, Age-well Foundation, Senior Citizens association, Pensioners/ retired

Dr. Dilip M. Javalkar

persons association etc. Facilities Available for Elderly such as; Day Care Centre, Dementia Home, Old age homes, Memory clinics, Ambulance Services, Mobile Clinics, Home care services.

MEASURES FOR HEALTHY LIVING BY ELDERS

Caring for elderly can be viewed from two perspectives; the daily care and the nursing and care during illness. Besides, the need of the care during illness, the elderly may also seek help in managing their daily activities.

➢ **LEAD AN ACTIVE LIFE:** To stay active, do something. Regular exercise is one of the greatest keys for physical and mental wellbeing. Regular exercise may prevent many common chronic conditions such as heart problems, sugar, mental stress and depression, arthritis etc.

➢ **MAINTAIN AND CULTIVATE RELATIONSHIPS:** Majority of older people live alone is the strongest risk factor for feeling of loneliness. The common life challenges like retirement from work, health issues or the loss of spouse may lead to socially isolation. Hence, maintain contact and keep relation with family members and friends.

➢ **REDUCE STRESS:** We cannot totally avoid stressful situations but we can learn better techniques to cope up with stress. Long term stress can damage brain cells and cause for depression. It can also lead to loss of memory, fatigue and decreases the ability to tackle the infections which is caused by stress. In this situation talk to loved one or counselor regarding the stress and to get relaxation with the help of yoga and meditation.

➢ **EAT HEALTHY AND FIBER CONTAINED FOOD:** A balanced and fiber contained food is essential for good health. Eating nutrient dense food like – fruits, vegetables, grains, avoiding sweet and spicy item and salty and highly processed foods. Take suggestions and treatment from family doctors.

➢ **GET SUFFICIENT AND ENOUGH SLEEP**: Sleep is essential to good health. Sleep deprivation can lead to obesity, diabetes, cardiovascular diseases. Therefore, develop regular schedule with a bed time routine. Older people need as much sleep as younger adults. Lack of sleep can cause depression, irritability and memory problems. Keep bed room noise free and avoid watching television etc.

➢ **BE TOUCH WITH COMMUNITY**: Old age people should always make community connections. Should engage in community activities such as go to trip with friends, play games (cross word puzzle, word gamed, enjoying with children's etc.) With at local seniors /clubs and older should remember that participating in activities should be fun and not with stress.

➢ **PRACTICE PREVENTIVE MEASURES:** Many diseases are preventable. To prevent illness, take yearly some important vaccines which are essential to take. Washing hands with soap after using the toilet and restroom. Wear appropriate cloths, get health checkups, take calcium contain medicine and vitamin D tablets and practice light exercise and regular yoga.

Dr. Dilip M. Javalkar

> **DEVELOP OPTIMISTIC OUT LOOK:** A positive attitude has a positive effect on health and also enhances the longevity. According to research study, optimistic outlook early in life can be a predictor of better health and lower risk of mortality. Hence, there should be feeling like "Grow Bold and Not Old"

CONCLUSION:

Lastly, the old age people under the helpless conditions need to be treated as tender babies. There is a need for this kind of attitudinal change in the minds of the youth and other members of the society and Government. The need to establish separate wards in the hospitals with trained medical staff. It is also necessary to start mobile care centers. Voluntary organizations should also be encouraged to play main role in this regard, people counselor should follow an integrated counseling & model based and social support of spouse, children, friends, health care professionals, planners etc.

Social support is an important factor that serves as moderator and mediator of physical, Social and Mental well-being. A support network accelerates individuals coping ability or willingness to overcome challenges of life. The significant others i.e. Spouse, family members, friends constitute the social support network and can play instrumental role for the maintenance of physical, social & psychological health of the elder persons. Keeping this in mind it is time now to think seriously about the health and other issues and problems of aged and measures as above said. Suitable steps have to be taken to improve the quality of life of elderly today and tomorrow and there should also be feeling among old age people like "Grow Bold and Not Old".

Ageing is not the loss of youth but a new stage of opportunity and strength. As said by **UN Secretary General Banki-Moon;** We owe it to older person and societies at large to fight ageism in all its forms and enhance the dignity and human rights of older persons everywhere. The then **Regional Director of Africa Dr. Luis Sambo says** – Elderly people should not be seen as a burden on society. In most parts of the Africa, they continue to play a pivotal role as a source of wisdom and custodian of traditional knowledge.

Until recently, family and adult children took on the responsibility of looking after their elderly and were considered to be a reliable source for providing old age security. However, these traditional sources of old age security have come under great strain due to the increased longevity of the elderly and other wide spread of demographic and socio- economic and cultural changes taking place in these transitional societies. The challenge for the future is to ensure that people everywhere can grow old with security and dignity.

Senior citizens should not be considered as social surplus and economic liability. They are roots of the nation and their contributions are paramount to the Nation. Elderlies are a treasure of knowledge and experience for the youngsters; their care to the family members and development must be respect

Dr. Dilip M. Javalkar

and honored. Senior citizens must be given work and job for few hours daily for their expenses. Senior citizen must get free medical facility in any clinic either government or private and medical allowances to the aged people. To take care and protection of the elders especially handicapped, widows and destitute, To encourage families to take care of senior people of their family.

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Dr. Dilip M. Javalkar

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