



**Inspiring
Seniors
Foundation**

Turning Silver into Gold: Paradigm shift in ageing

Presentation to Niti Aayog, 6th Jan 2025, New Delhi



Inspiring Seniors Foundation

A paradigm shift in the way ageing is perceived and experienced

ISF Vision

Fostering a vibrant community of seniors where generations come together, sharing wisdom and experience to enrich health, well being and purposefulness.

Who We Are

Inspiring Seniors Foundation is a non profit organization established in January 2024. At ISF, we aim to tap into the energy, experience and enthusiasm of seniors in creating a vibrant community of seniors leading a healthy life and actively engaged in giving back to society.



Leveraging the silver Demographics

The narrative around ageing is changing with increasing longevity of more educated and experienced seniors than in any previous generation. Seniors today represent a reservoir of knowledge, skills, and life experiences that can enrich society and economy.

Silver demographics can work favorably with paradigm shift in ageing, with active, healthy and productive ageing at the forefront (in place of ageism and disease management) along with financial and social security for senior citizens.

At ISF our goal is to create opportunities where seniors stay healthy, engaged, and contribute meaningfully to society, embodying the spirit of **'Turning Silver into Gold.'**

Active and Healthy Ageing

Good health fuels independence and purpose at every stage of life. At ISF we believe that for active and healthy ageing, seniors should be aware about holistic health – physical, mental and emotional along with knowledge and capability to prevent and manage health conditions associated with age, ensuring optimum functionality and quality of life.

Our health programs – Daily Dose of Health, Step Count Challenge, Wellness Choupal are designed to promote active-healthy ageing along with nudging for habit formation, and adherence to healthy regime and sharing of experience amongst communities.

Our Recommendations

1. To create the **Healthy Ageing policy**, aligned with **WHO guidelines** and the **UN Decade of Healthy Ageing**, holistically addressing nutrition, physical health, mental well-being, and emotional resilience for elderly individuals across diverse cohorts in India
2. Design **accessible educational materials on Active and Healthy Ageing** in vernacular languages to combat misinformation and promote scientifically backed practices and credible sources of information to navigate the myths prevalent on social media



DAILY DOSE OF HEALTH
A Comprehensive Program Designed for Senior Citizen

A Live session led by ISF volunteers, featuring professionally curated content developed in collaboration with a renowned Yoga Master and a distinguished expert in Physical Medicine and Rehabilitation.

The program combines exercise, yoga, pranayama, meditation, and positive affirmations - a perfect dose of health.

16 December 11 AM Mon - Fri
45 mins of Interactive Live Session
Join Via Zoom



Celebrate **International Day of Older Persons** 1st October with **Inspiring Seniors Foundation**

for seniors 60+

ONLINE Step COUNT CHALLENGE



WELLNESS CHOUPAL

Joint interactive sessions led by health experts and doctors aimed to promote health and well being of senior citizens

13th December Friday, 4 PM
Live Session
Open Q&A Session at the end

Topic - How to Improve Your Sleep Quality

Dr Vinoy Singh
Expert Speaker
Ex-Prof of Surgery | Health Infotech | Prof of Yoga-facilitated Integrative Medicine

Dr G.S. Grewal
Moderator
MBBS
General Physician
Elder Care

Join Link-- [https://us02web.zoom.us/j/9811078010?](https://us02web.zoom.us/j/9811078010?MeetingID=9811078010)
Meeting ID: 981107 8010 Passcode: 271594

9315274243 www.inspiringseniors.org
9811078010 www.agefriendlyindia.com

Productive Ageing

Seniors carry decades of experience, wisdom, and knowledge and at the same time are trying to find purpose, fulfilment and relevance in today's context.

ISF Productive Engagement programs - Inspiring Tutors Program, Inspiring Mentors Program, Knowledge Cafe, and Let' Talk English are designed for engaging seniors in sharing knowledge, life long learning, giving back to society and economy in productive manner. Our programs mirror the research findings and global models of non-clinical social prescribing, where volunteering and community engagement are recognized this as a pathway to enhance seniors' health, cognitive faculties, well-being, and social inclusion.

Our Recommendation – To create a structured cadre such as **'National Silver Service'** of senior volunteers who can be mobilized for national initiatives such as organ donation drives, environmental conservation, disaster relief, teaching, healthcare, and more. Recognize and incentivize their efforts by offering stipends for specific roles. Also, expand the existing SACRED portal to include broader volunteering and engagement opportunities.



INSPIRING SENIORS FOUNDATION

Inspiring Tutors Program

Offer academic support by becoming a Volunteer Tutor!

Specially designed for underprivileged students in 6- 8 classes to help them strengthen their foundation



INSPIRING SENIORS FOUNDATION

Inspiring Mentors Programme

Are you a senior passionate about guiding and sharing your rich knowledge and experience with aspiring youngsters?

Are you a youth seeking guidance from mentors with great experience to realize your dreams?




INSPIRING SENIORS FOUNDATION

Let's Talk English

An English Conversation Course

Specially designed for students in 6- 8 classes To help them communicate with confidence

KEY FEATURES



INSPIRING SENIORS FOUNDATION

Knowledge Cafe

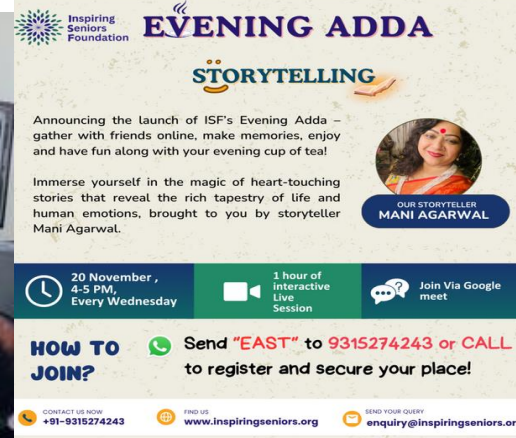
A unique platform where seniors share life stories, experiences, and insights on diverse themes such as health, business, finance, science, technology, art, and life skills. Join a vibrant community of seniors, learning together and sharing wisdom.

You are Awesome
Inspiration for all!

7th January
4 PM
Tuesday

1 hour of
interactive
Podcast

Join Via Zoom



Social Engagement

Social engagement is a cornerstone of healthy ageing – joy and connections enrich the lives of seniors and strengthens communities. To this purpose, at ISF, we have designed programs such as Learning Studio, Melody Masters, Evening Adda and outreach programs to create vibrant social engagement including inter-generational connections.

Our Recommendations

- **Leverage underutilized community infrastructure** such as community centers, public libraries, RWA halls and religious spaces to create **Seniors Day Centers** within walkable distances. These centers would foster social connections, provide recreation opportunities, host inter-generational programs, skill development sessions, digital literacy training, initiate "Senior Buddy Circles" for mutual support, reducing loneliness and building resilience.
- Establish a **data base of senior citizens**, may be as sub-set of Adhaar, as part of DPI, capturing senior citizens socio-economic status, education, interests, willingness to volunteer, intern or learn etc. Categorize the data to facilitate collaboration with silver economy businesses, promote senior citizen led start-ups and other organizations seeking experienced senior citizens for employment, mentorship, or volunteering opportunities, creating pathways for lifelong learning and supplemental income for seniors. The database would also facilitate research, longitudinal studies, inform policy making and need-based interventions.

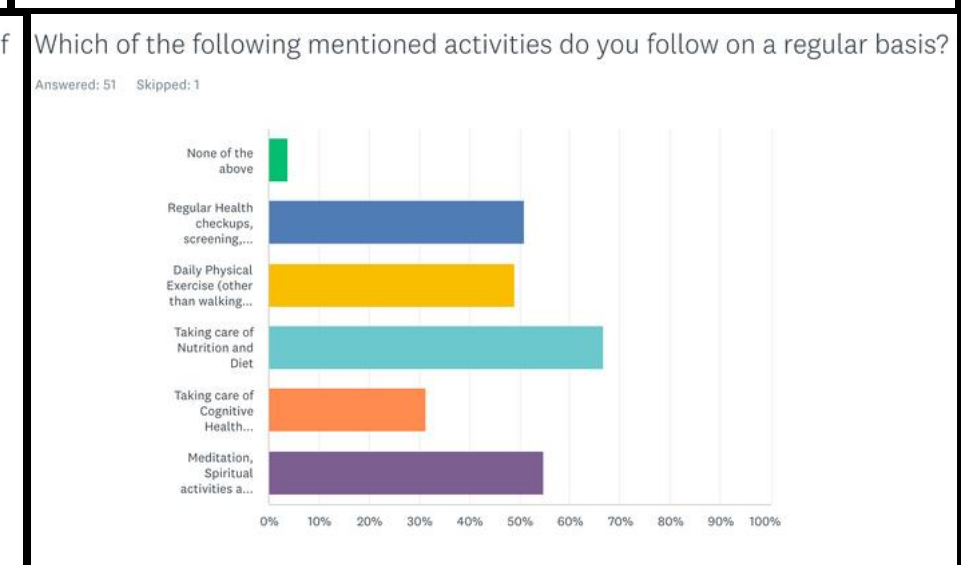
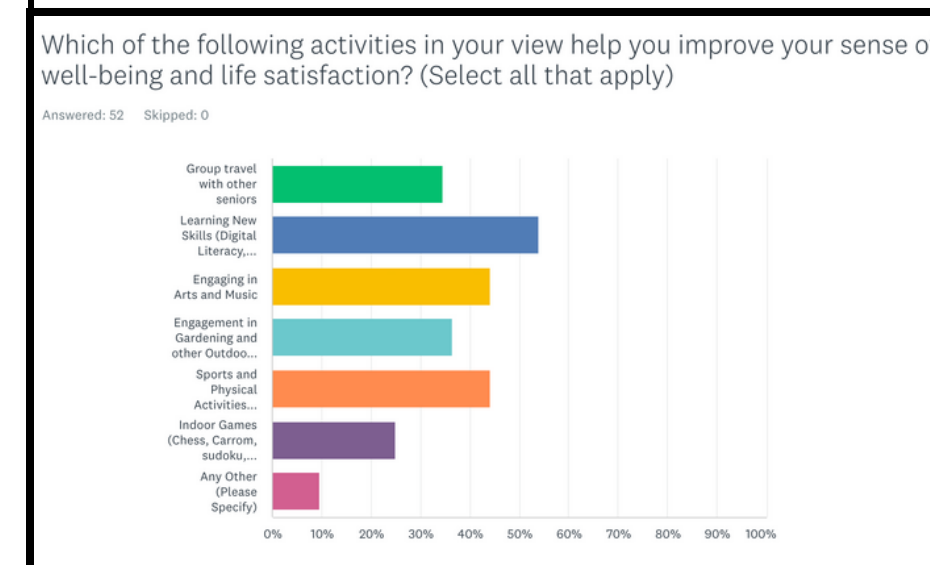
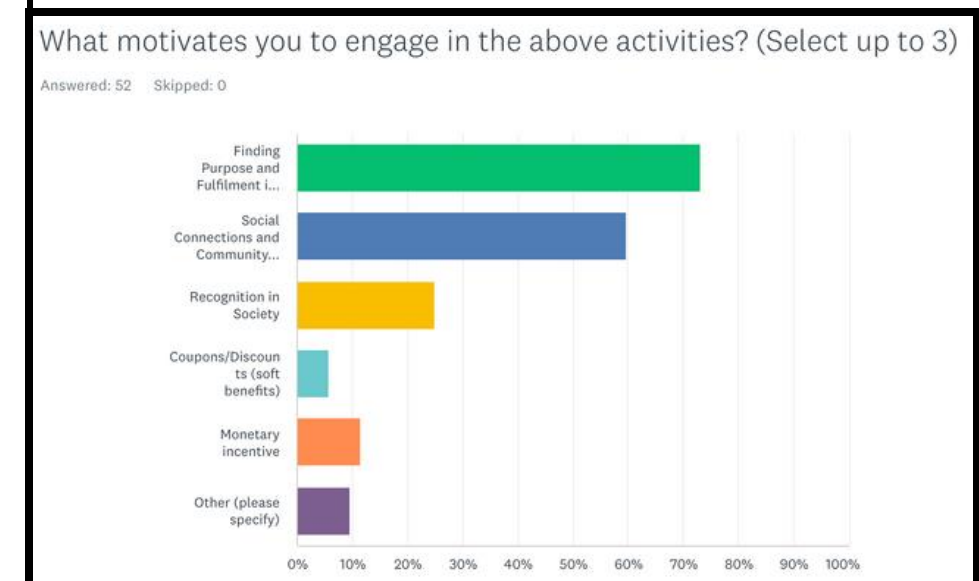
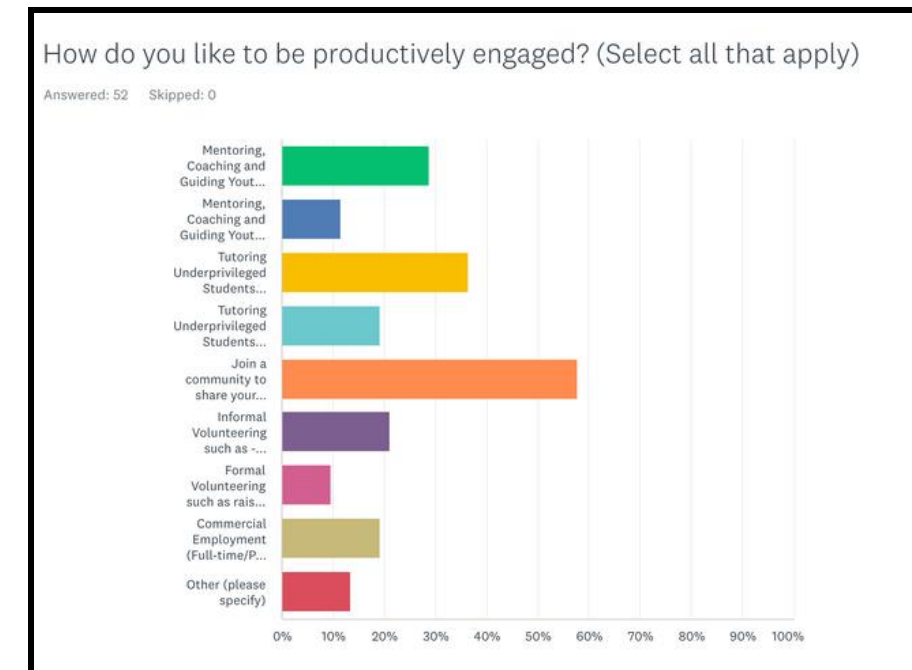
Preliminary Findings of a brief survey conducted by ISF to understand the interests, motivations, and well-being practices of educated senior citizens (not yet completed)

INSIGHTS

- The most preferred form of productive engagement is joining a community to share knowledge and learn from others (57.69%), followed by online tutoring for underprivileged students (36.54%).
- The primary motivator for engagement is finding purpose and fulfillment in giving back to society (73.08%), followed by social connections and community engagement (59.62%).
- Learning new skills (53.85%) emerged as the most preferred activity for enhancing well-being and life satisfaction, followed by arts, music, and physical activities (44.23%).
- Nutrition and diet (66.67%) is the most regularly followed activity, with meditation and spiritual practices (54.90%) and regular health checkups (50.98%) also being significant priorities.

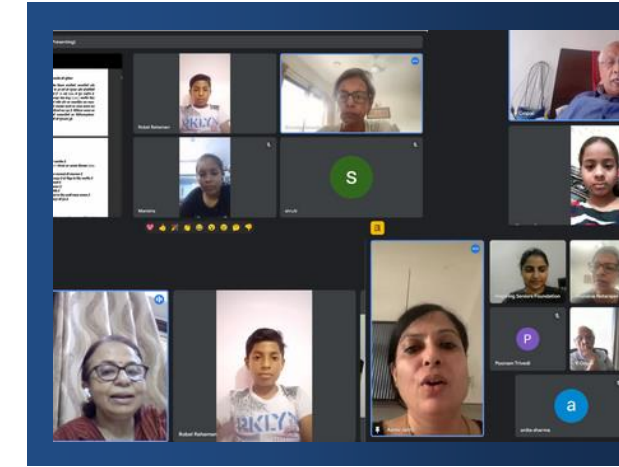
Demography

The survey responses are from respondents 55-87 years old, residing in different cities, mostly retired graduates/post-graduates/professionals



ISF Early Impact

Impact grows when seniors are given the platform and opportunity



Productive Engagement

Active & Healthy Ageing Social Engagement

70+ Tutors, Mentors, and Volunteers

700+ classes

60+ students

- **Saraswati (Class 8)** scored an outstanding (47/50) in Math and (38/40) in Science, making her family incredibly proud. She wants to become Doctor.
- **Dilkhush Kumar (Class 8)** expressed his happiness with the English classes, noting how they've boosted his confidence.
- **Robel Rehman (Class 8)** earned a commendable (35/40) in Science and (81/90) in Maths is setting his sights even higher for his finals.

40+ events and programs held, focusing on social and wellness theme, including the Step Count Challenge

1,000+ lives touched

members active participation



Wellness Choupal



Thank you for a very informative and useful session on effective breathing. - BR Bakshi



It was a very informative and interesting session. Thanks for this wonderful session. - Shobha Gupta

EA – Storytelling Launch



Great story presentation by Mani Agarwal. Enjoyed every moment of it. और भी कहानियों का इंतज़ार रहेगा। - Sangita

Tutors Program



"The program is letting us find a purpose and reinvent ourselves." - Poonam Trivedi, Inspiring Tutor



"The students take the classes with great enthusiasm. I create stories to help them understand the chapters better. They are good students who need guidance in their studies, and I am really happy to be a part of ISF."

Step Count Challenge



"At 87+, I never thought I'd be a winner! I shall continue to strive for good health in the coming years."
- S.K. Verma, Winner (80+ Category)



"I really enjoyed the step count challenge and I am looking forward to more activities" - Sushma Batra, Winner (70+ Category)



"This friendly competition encouraged us all to push our limits and embrace a healthier lifestyle."
- Hardeep Vikhu, Winner (60+ Category)

Gaata Rahe Mera Dil Program



"Great teamwork, enthusiastic participants and great ambience. Overall, amazing experience. Wishing the organization the very best!!" - Uma Jayaraman

Outreach

"Thank you 🙏 Aap ke activity ko hamare sabhi sathiyon ko enjoy kiya vo din sab ka yaadgar din h. Thank you so much 🙏." - Girdhari Lal

"We are thankful to ISF for organising such an entertaining program in the centre. All the members present, were seen laughing and enjoying all the activities." - G. K. Anand

THANK YOU



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Recharge for life

Inspiring Seniors Foundation

