



Ministry Of Social Justice & Empowerment, Government Of India National Institute Of Social Defense

WEBINAR ON GRACEFUL AGING

Organized By

Regional Resource And Training Centre (RRTC)

Under

Centre For The Study Of Social Change (CSSC)

In Joint Collaboration With

Seva Mandal Education Society's

Smt. Maniben M P Shah Women's College Of Arts And Commerce (Autonomous)

Department Of Psychology



Speaker

Ms. Amruta Lovekar

Gerontologist, Graceful living.

Sub: Successful Aging



Speaker

Dr. Archana Ainapure

Director

Symbiosis skills and professional university

Sub: Nutrition and Graceful Aging



Organizer

Adv. Nirmala Samant Prabhavalkar

Ex-Mayor Mumbai

Chief Functionary, RRTC



Dr. Leena Rajee

Principal

Smt. M.M.P Shah Women's College of

Arts and Commerce



Ms. Archana Patki

Vice Principal and Head, Dept of Psychology

Friday

11th December 2020

2pm to 5pm

JOIN US ON ZOOM

MEETING ID - 867 1384 8574

E-CERTIFICATE WILL BE PROVIDED TO ALL PARTICIPANTS

WEBINAR ON- 'GRACEFUL AGING'

ORGANIZED BY-

REGIONAL RESOURCE TRAINING CENTRE (RRTC)

ADV NIRMALA SAMANT PRABHAVALKAR (EX-MAYOR)

UNDER-

CENTRE OF STUDY OF SOCIAL CHANGE (CSSC)

IN JOINT COLLABORATION WITH-

SEVA MANDAL EDUCATION SOCIETY'S

SMT MANIBEN M P SHAH WOMEN'S COLLEGE OF ARTS AND COMMERCE
(AUTONOMOUS)

DEPARTMENT OF PSYCHOLOGY

MODERATED BY-

MS RESHMA MURALI, PG COORDINATOR- COUNSELLING PSYCHOLOGY

WEBINAR ON- 'GRACEFUL AGING'

Date: 11th Dec, 2020, 2pm- 5pm

WELCOME SPEECH AND INTRODUCCION TO THE PROGRAM BY:

DR LEENA RAJE- PRINCIPAL (SMT MMP SHAH WOMEN'S COLLEGE)

ADV. NIRMALA SAMANT PRABHAVALKAR (EX- MAYOR)

The event started with a Welcome Address & introduction to the program by Dr Leena Raje, Principal, Smt MMP Shah Women's College. Her meaningful and inspiring words set the tone for the further discussions.

It was followed by encouraging words from Adv. Nirmala Samant Prabhavalkar, who welcomed all in her capacity as the organizer of the program & gave the objectives behind the conceptualization of it. Her involvement in the planning & execution of the program has been the corner stone of its success. She spoke through her lived experiences and highlighted the importance of having these discussions on the wellbeing of the senior citizens



Figure 1: Dr Leena Rajee delivering the Inaugural speech.

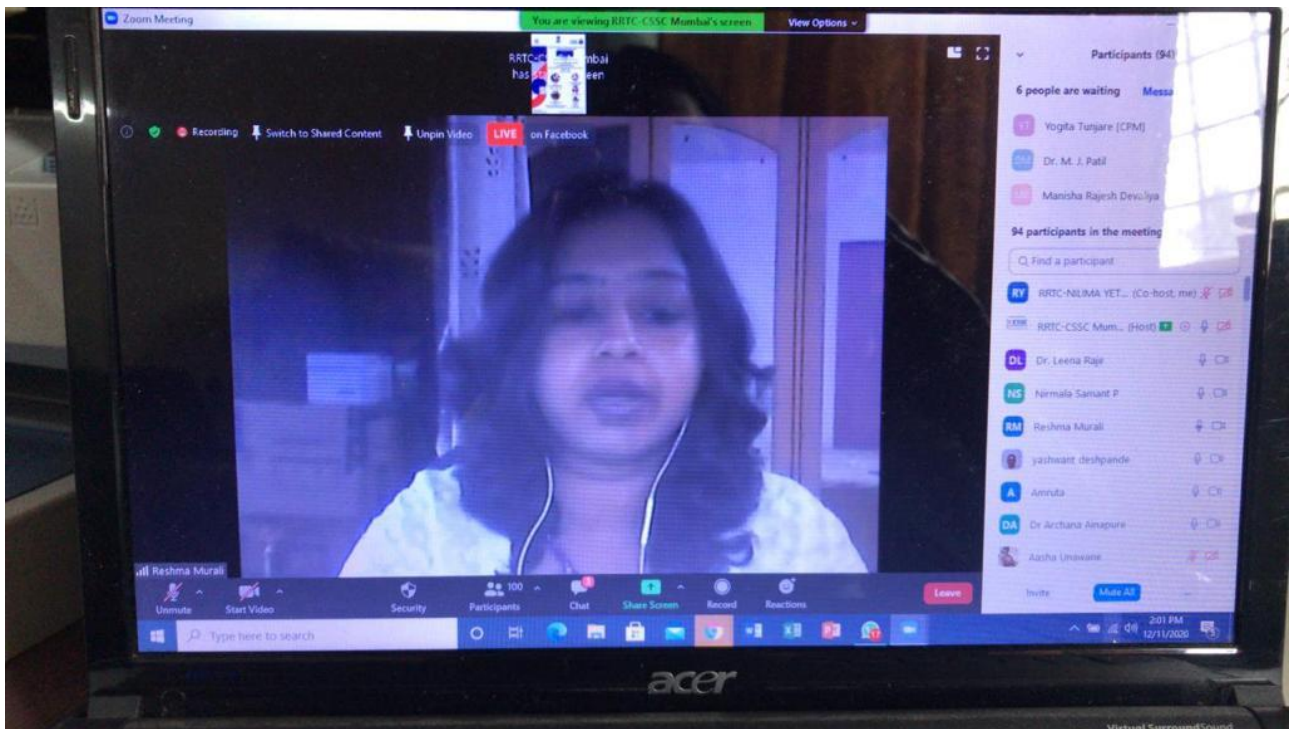


Figure 2: Ms. Reshma Murali addressing the participants.

Session I-

Topic- Nutrition and Graceful Aging

Speaker- Dr. Archana Ainapure

The first session of the webinar was by Dr. Archana Ainapure who spoke on Nutrition and Graceful Aging. Ms. Ainapure has over thirty-two years of cross-cultural experience as an Associate Professor and Consultant Nutritionist and Dietician in various organisations. She is currently the Director, Beauty & Wellness at Symbiosis Skills and Professional University.

Dr. Archana spoke on the various aspects of nutritional health for senior citizens. She gave multiple perspectives regarding the various possibilities of diseases that may worry the elderly and how they can overcome them with correct nutrition. She gave practical tips on maintaining physical and mental wellbeing. She suggested food items and their possible ways of consumption for the elderly. These practical tips and dietary changes will prove to be important for the participants as they were simple and easy to implement. She touched on the aspects of Beauty & wellness too given her vast experience in that area as well as her current position.

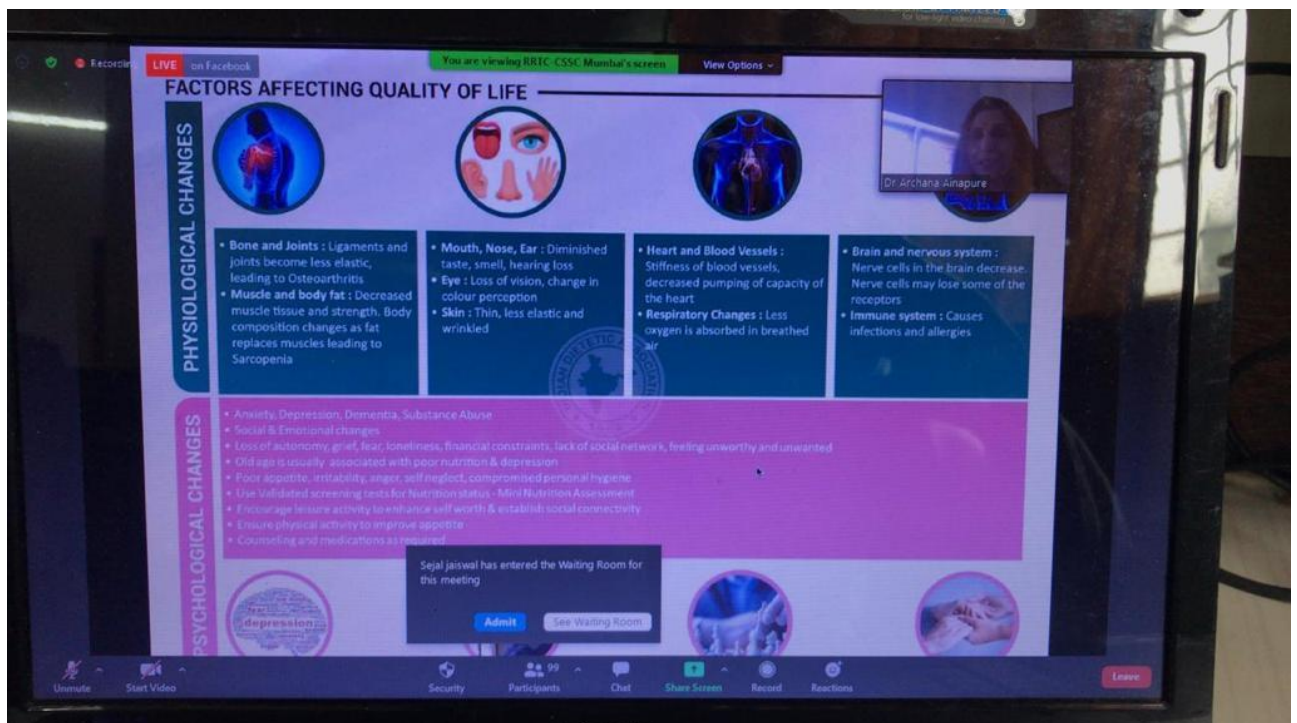


Figure 3: Dr Archana Ainapure talking about Factors that affect quality of life.

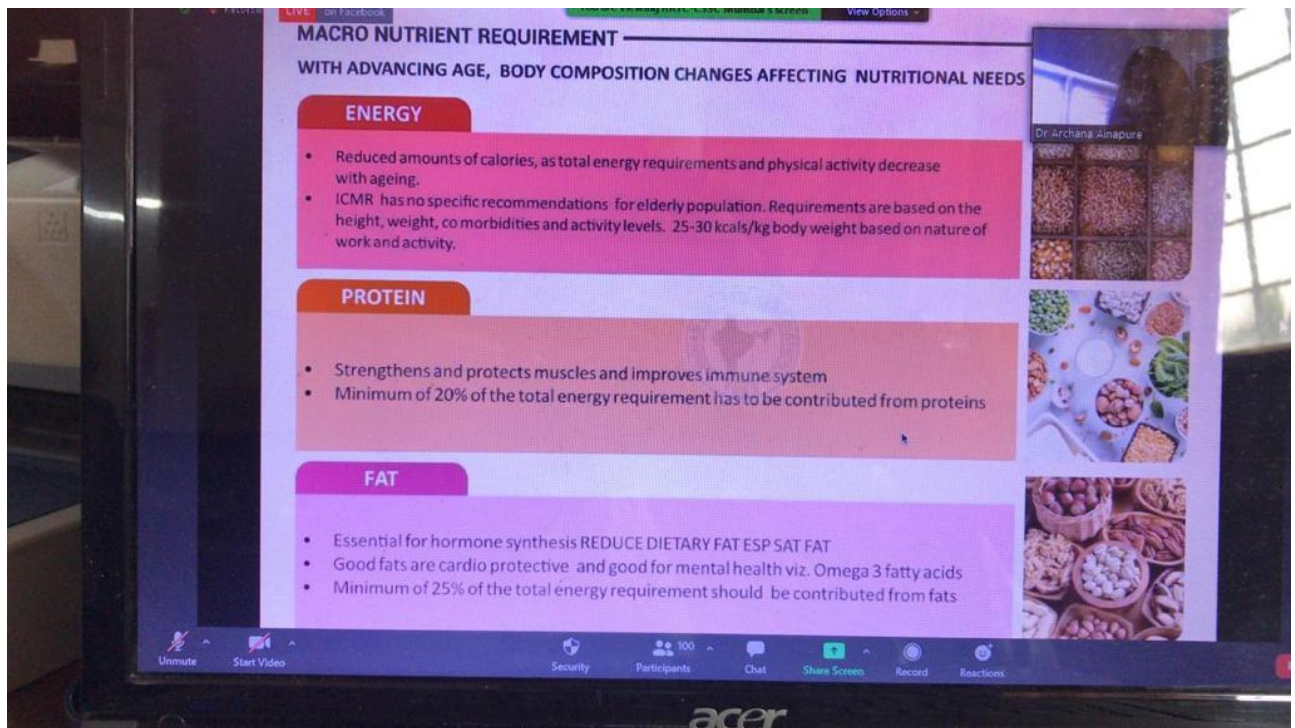


Figure 4: Dr Archana Ainapure addressing the topic of nutrition.

Session II-

Topic- Successful Aging

Speaker- Ms. Amruta Lovekar

Ms. Amruta Lovekar was the resource person for the second session. She spoke on Successful Aging. Ms. Lovekar has a cross-cultural experience of working with the elderly. She has a degree in Gerontology from UK and also Master's in Social Work from Nirmala Niketan College, Mumbai. She is currently working as a Gerontologist with Graceful Living.

Ms. Amruta spoke about Gerontology, a study of aging from a broad perspective. She also spoke of the elements of successful aging & the opportunities available for senior citizens. She ended her talk by suggesting that society as a whole should be involved with our elderly population. She emphasized the fact that each one should have a purpose in life, including the elderly.

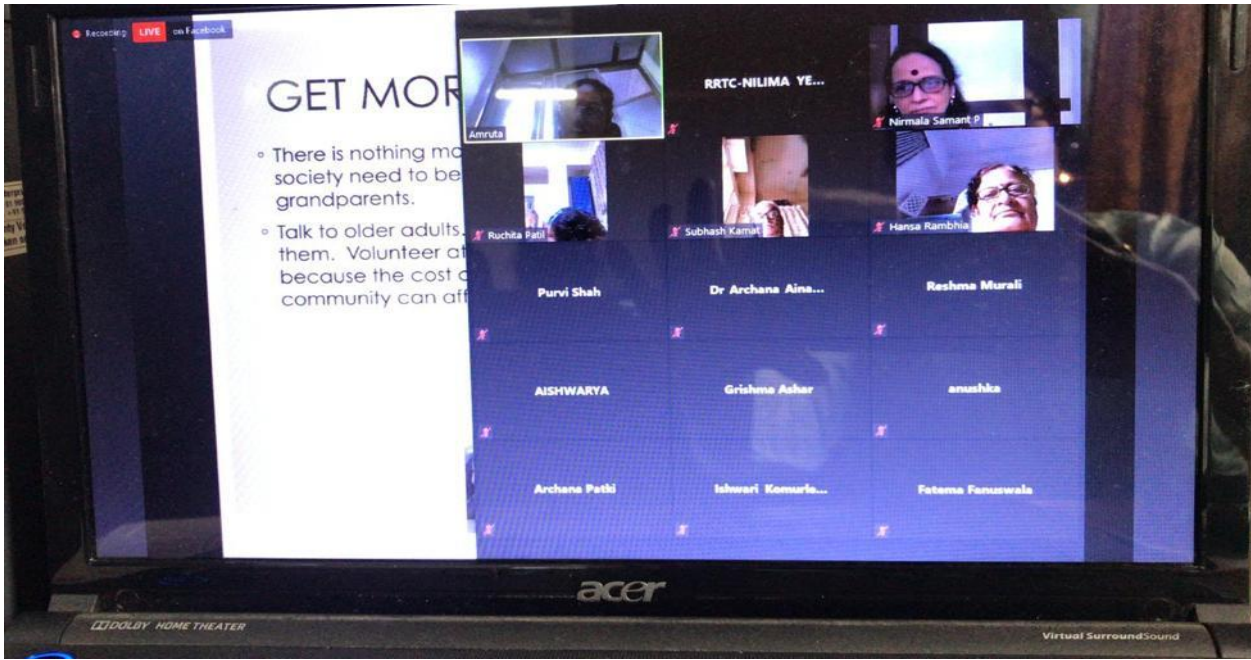


Figure 5: Ms. Amruta Lovekar talking on Successful Aging.

Both the sessions were highly informative and a gave a good understanding of wellbeing of the senior citizens.

The event ended with the vote of thanks proposed by Mrs. Archana Patki, Vice Principal & Head, Department of Psychology, Smt MMP Shah Women's College.

The event was attended by over 290 participants across two virtual platforms-Zoom & Facebook Live. The participants included students, senior citizens, professors, counsellors and family members of senior citizens

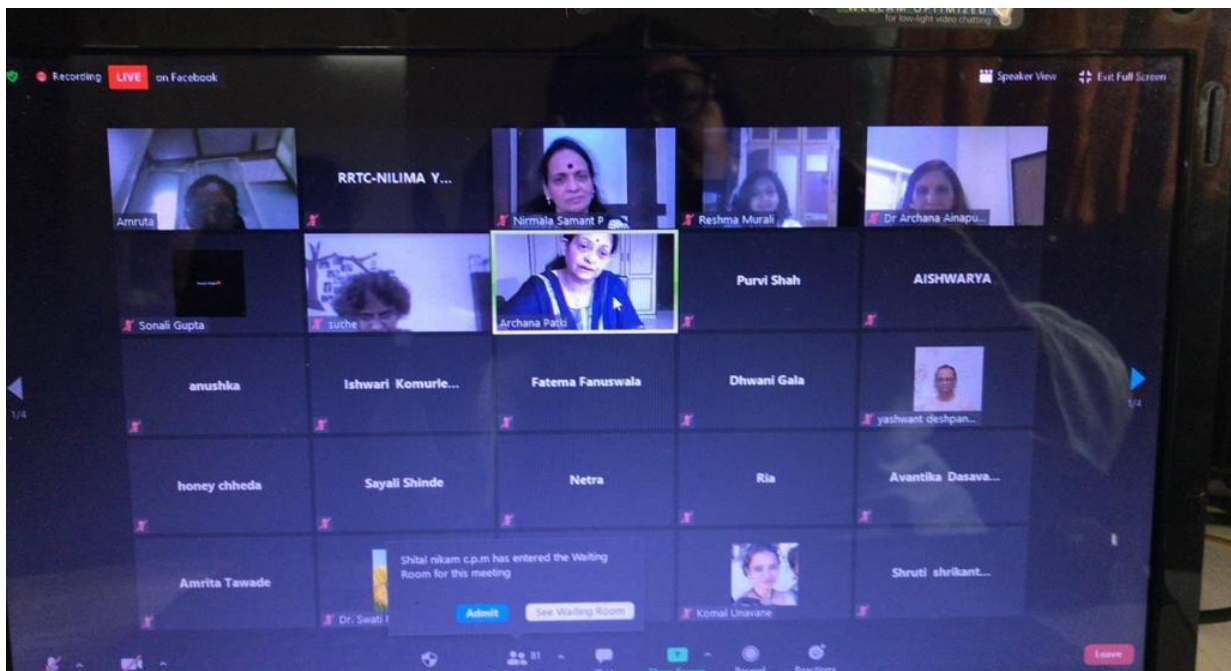


Figure 5: Mrs. Archana Patki proposing the Vote of Thanks.

Participants Photo

