

Empowering seniors

Navigating Health, Security, And Engagement For The Elderly Community

Youth Power is an annual social leadership programme organised by The Global Times, where different teams from Amity schools engage in varied social causes in several stages. One of them is 'Panel Discussion' where experts from different walks of life discuss several aspects of the chosen social cause. Here's presenting **Part X** of this exclusive series, based on the panel discussions organised by YP teams in 2022-23, and a host of opinions as experts debate on 'Helping the Elderly', the cause chosen by the YP team of AIS Gurugram 43.



The panellists with Youth Power team of AIS Gurugram 43

Alert elderly for cybercrime

Panellist: Ms Suman
SHO, Haryana Police

"Recently, cybercrime involving senior citizens has become alarmingly widespread, with them falling victim to scams through lucrative calls asking for passwords, OTPs etc. We must exercise utmost caution regarding our online activities and the individuals to whom we divulge sensitive information. To mitigate the risk of fraud, we must refrain from sharing personal data on social



media. In situations where senior citizens encounter fraud or mistreatment by their family or society, the Senior Citizen Cell can provide timely help. By taking these precautions and seeking appropriate help, we can work towards safeguarding our elders against cybercrime."

Nourishing the body for health

Panellist: Anu Sahdev
Nutrition consultant & founder, Herb Club India and Suyash Foundation

"The significance of vitamins and minerals cannot be overstated in old age. Nutrients like Vit D, C, and E are important. A well-rounded diet for seniors encompasses carbs, proteins, and healthy fats. Fat aids the absorption of Vit A, B, E, and K. Increasing the



consumption of greens, nuts, seeds, omega-3, and sprouts is advisable. Pay special attention to calcium and zinc intake, as poor iron absorption affects zinc assimilation, leading to weakened immunity."

Bond and share with your elders

Panellist: Shammi Ahlavat
Senior citizen

"Spend quality time with your elders, sharing both joys and concerns. Open up about your problems and allow them to offer their wisdom and insights. Family thrives on the essence of sharing, be it time, ideas, or challenges. As children grow, their perspectives evolve, and seeking guidance from parents or grandparents becomes invaluable. Em-



brace their life experiences and tap into their knowledge on friendships, education, and navigating life's complexities. Let's bridge the generation gap by recognizing the wisdom our elders possess. This small effort can help one achieve so much more in life."



Part X

Expert Speak

Make them technology savvy

Panellist: Dr Manisha Kaushik
Genetic engineer, entrepreneur, TEDx speaker, social activist, philanthropist author, editor

"Our elders too can benefit from technical knowledge. Teach them digital skills so that they can become technologically proficient and independent. I taught my grandfather how to use Facebook. It was a very little thing and he learnt after trying mul-



tiple times. But when he learnt and helped his friends to open their FB accounts, the sense of pride he felt was out of this world. He could reconnect with his batchmates from all across the globe. No one is ever too old for technology."

Journey of compassion

Panellist: Jas Kalra
President, Earth Savaiours Foundations

"Tragically, some children resort to deceit, manipulation by falsely claiming their parents have passed away to seize their property. Many elderly on the streets are victims of this deception. Often, we encounter senile individuals in dire physical and mental health. When their condition improves, we



collaborate with the police to reunite them with their families. When we ask parents whether they desire their wealth or their children back, their answer is resolute. The joy that comes from reuniting a family surpasses any material wealth."

Watch for the red flags

Panellist: Dr Namita Maharana
Medical officer, Park Hospital, Palam Vihar

"Our grandparents hold the wisdom of ages, and it is our responsibility to care for them. On the medical front, numerous age-related issues arise, like the gradual depletion of amino acids leads to dementia and memory loss. As blood vessels thicken, diabetes and hypertension also become prevalent,



leading to increased BP and the risk of stroke. Proper nutrition plays a vital role in preventing these conditions; adequate intake of essential nutrients like calcium and amino acids is important. By prioritising nutrition, we can help our elders."