

PROMOTING SPORTS

Indian athletes have made remarkable contributions to the world of sports, from the Indian hockey team's 8 Olympic victories to the Indian cricket team's two ICC Cricket World Cup wins. Icons like Sachin Tendulkar have brought immense pride to the nation. Athletes like Neeraj Chopra continue to shine on the global stage, earning gold medals in javelin throw. Indian women have also left an indelible mark, with Karnam Malleswari, PT Usha, and Mary Kom achieving international recognition. The Indian women's cricket team has consistently excelled, further adding to India's sporting glory.

It's vital to convey to today's children that sports offer not just entertainment but a pathway to a healthy, disciplined, and character-building future, fostering physical fitness, mental well-being, teamwork, and invaluable life skills. Motivating children to embrace sports can lead them to a brighter future while contributing to India's global sporting prominence.

In conclusion, sports play a vital role in the physical, mental, and character development of children. By showcasing the achievements of Indian athletes and emphasizing the benefits of sports, we can inspire the younger generation to actively participate in sports and create a healthier and brighter future for themselves and the nation.

Vigilance begins with you, let us all together create a united India

■ VINOD CHANDRASHEKHAR DIXIT

Vigilance Awareness Week 2023 is being observed from 30th October; 2023 to 5th November; 2023, with the theme "Say no to corruption; commit to the Nation" Vigilance awareness Week is observed as an outreach measure to create greater awareness about the importance of integrity and ethics in public life. Bringing transparency and accountability in governance remains one of the primary means to achieve all round development of the country.

In a world grappling with the perennial menace of corruption, there are few clarion calls as compelling and urgent as "Say no to corruption; commit to the Nation." Vigilance Awareness Week 2023, observed from October 30th to November 5th, underscores the paramount importance of this theme. Saying no to corruption is not just a moral obligation; it is an essential step towards building a just, prosperous, and equitable society.

On this occasion of Vigilance awareness week celebration, Bank of India & Union Bank of India jointly conducted a series of activities to commemorate 148th birth anniversary of Sardar Vallabhbhai Patel. The activity involves Walkathon, Bike rally, Gram sabha, Customer meet etc. starting from 30th October 2023 till 1st November 2023. The flag off ceremony of the program was done by BOI & UBI's CVO Vishnu Kumar Gupta.

The 148 Kms Rally will started from Nadiad - the birth place of Sardar Patel to the Statue of Unity which included Walkathon & Bike rally spreading vigilance awareness amongst the citizens. The programme was organized by BOI & UBI under the guidance of Chief Vigilance Officer; Vishnu Kumar Gupta who addressed the Gramsabha where the participants discussed various practices, ideas and innovative measures, aimed at strengthening vigilance administration as stressed upon by the Central Vigilance Commission. On this occasion, to commemorate 148th birthday of Shri Sardar Vallabhbhai Patel, BOI & UBI launched 148 kms rally from Nadiad to Statue of Unity. The rally was flagged off by Top Management of both the Banks through VC. Along with that a Cartoon Book on PIDPI, Book on The Art of Fraud Prevention, Banking with Integrity and Vigilance Vanguard were also unveiled by the Executive Directors along with Senior Executives of the Bank. Movies and Jingles with specific focus on Fight against Corruption were released during the ceremony.

The Integrity Pledge was administered in English & Hindi to all employees in Bank of India & Union Bank of India. The message of President, Vice-President, & Central Vigilance Commissioner on Vigilance Awareness Week-2023 was conveyed to all the attendees PAN India. A short skit was performed at Rajpipla arranged by Union Bank of India to sensitize the public and employees on the importance of transparency and integrity in our life. The event was attended by Sivendu Kumar Behera - General Manager of Bank of India (NBG-Gujarat) and other Executives from Bank of India and Union Bank of India & Police Representatives

In his address CVO Vishnu Kumar Gupta stated that the theme for this year's Vigilance Awareness Week, "Say no to corruption; commit to the Nation," reflects our guiding principle, and we are committed to make relentless efforts in that direction. There is no doubt that the fight against corruption can only be successful when public awareness is coupled with anti-corruption efforts. The primary objective of creating public awareness is to sensitize the public about the consequences of corruption and to educate the people about the improvements needed to create a corruption free society. Dalai Lama - a spiritual leader that rightly quoted that "Happiness is not something readymade. It comes from our own actions." One must remember that vigilance begins with you, let us all together create a united India. Anti corruption also starts from you, so let us create Vigilant India, Prosperous India.

70-HOUR WORK WEEK

■ K.V. SEETHARAMAIAH

Infosys founder Narayana Murthy has suggested that the youth work for 70 hours a week. It means 10 hours per day. If it is 6-day week, the average working hours would be 11.67 and if it is 5-day week the average working hours would be 14. The intention of Narayana Murthy is above suspicion. Because he is the one who has worked hard to come up to his present level. Controversial 'Ahimsa' Chetan pooh-pooed the suggestion. He has ridiculed Murthy saying "let the youth work for more hours and let there be increase in your bank balance". Chetan is known to promote enmity among people. With 'Ahimsa' as his prefix, he has made mockery of the word. Narayana Murthy and his wife Sudha Murthy are never after money. Sudha Murthy has donated large sums of money whenever need arose both in times of natural calamities and for charitable purposes. Murthy has never come in the way of his wife while donating the money for public cause. Therefore, the criticism of 'Ahimsa' Chetan lacks substance.

The 10-hour work per day fatigues the employees. If the suggestion of Murthy has to be implemented, the employees have to choose 10 working hours per day without a weekly holiday, 6-day week at 11.67 per day and 5-day week at 14 per day. The Labour Act does not permit for no-weekly holiday. Then the choice is between 6-day week and 5-day week. Excessive working hours would place heavy stress on mind and body of the working class. The time left for them to spend with their family members, attend the domestic functions and domestic work would be very meagre. Health-care takes back-seat. Higher the working hours, lower would be the quality performance. At present the working hours in private companies are 48 hours per week. It means 8 hours per day in case of 6-day week and 9.6 hours per day in case of 5-day week. The employees are entitled for overtime payment if the work is extracted for period beyond 48 hours per week. In so far as work in the government department offices is concerned, the working hours are 6.75 per day. The average working hours of 6.75 per day in a year further falls if the government holidays are taken into consideration. More than the need for increased working hours, there is need to put each of the working days into full productive use.

■ G L KHAJURIA

The Jammu and Kashmir State finds its gateway at Lakhampur; boundary being Ravi river adjoining Punjab and Himachal Pradesh states. Jammu region right from Lakhampur to border town Poonch in the East West and Ranbirsingpura to Banihal, Kashmir valley to the last reach of Ladhak abounds in historical, archaeological and spiritual significance and are with enchanting beauty and grandeur.

The Jammu legion as a whole encompasses the cynosure of vast sprawling and undulating terrain, ranging from Kandi belt of Lakhampur to Poonch with scrubby and Pines forests. In its higher reaches are shivalks and the Tawi valley in its back drop are enchanting and beautiful mountains ranges rising one behind the other with Lush green, Vibrant and slabrious scrubby and Chir pines. And then majestic deodar and blue pines. The Trikuta hills crowned by three towering peaks are of fantastic spiritual sanctity in whose lap is located world renowned sacred shrine of Mata Vaishno Devi. With the early golden sun rise over the Tawi valley, this offers a gorgeous glimpse of Mother Nature.

In the remote past, when the man mostly depended upon nature and its resources, population was dramatically low and as of now when the global population has off-shooted at sputnik speed the human demands have taken reciprocally an upward trend with the result that our natural resources followed depletion. And on industrial front, urbanization, over-exploitation of Mother Earth has in unison changed the very chemistry of environment and its ecosystem. Man's sustenance depended on fresh air, water, agricultural produce as there was no pollution (air; water; noise).

Nature had bestowed: the timely delivery of all systems and with the scenario climate, Monsoons, Summer, Winter, Snowfall are all time-bound. Our pristine springs which existed in our state changed their course due to disturbances which the man has made with the nature. Man was earlier dependent upon the natural sources of water from natural springs, nectar clear water of rivers, rivulets and other tributaries, but with the passage of time, these springs now stand depleted or with least water due more so that there is no percolation of water accruing from deforestation, floods of unprecedented nature. The water harvesting from roof tops, construction of ponds, underground tanks to fulfill their day to day demands are nowhere in existence.

In Jammu and Kashmir, where the terrain and its tracks occupy their unique placement, such sources were abundant but have now lost their pristine grandeur and glory. However, still natural springs and water ponds do exist but so far as the quality, quantity and purity of water is concerned, these have been badly polluted expecting those which exist in the temperate, sub-alpine and alpine zones of Himalayan region.

► Springs at Kathua in the lower belt of the outskirts, where temples of Gods and Goddesses exist and people from faraway places come here for holy dip and annual festivals are as well celebrated.

► Springs of Nagri Parole :- There are many springs near this area falling in Kathua district. Just 3 to 4 kms down below Nagri parole is having natural spring adjoining an old pirthan and people suffering from skin ailments are being cured after having a dip in this spring. It is believed that this is due to shrine Shakti of Pir Baba, But Scientifically the water has been seen to have sulphur smell.

► Springs at Airwan :- Airwan or Eravati, either way we name is located some 9-10 Kms from Nagri Parole and is the most prominent sacred place of shakti.

According to Upendra Giri from U.P amongst other Sadhus, who look after these temples of Lord Shiva and other Gods and Goddesses averred that these temples are centuries old and are of equal prominence as that of Kidarnath and Badrinath. There are two big springs where pilgrims from far away places including Punjab, Himachal Pradesh and Haryana come here for holy dip on 'Chaitra chaudis' in March every year; pay obeisance to the sacred shrine of lord Shiva. A big festival is held here as elsewhere in Purmandal and Uttarbani in Jammu. The Airwan (a small hamlet) links National Highway -1A stretching over a short distance of 9-10 kms at sakta chak, near Ujh river

In the outskirts of Jammu city, many springs existed which now stand depleted excepting at 'Bhair Devasthan' around 15 kms from Jammu towards Udhampur: It is a Shakti Shrine where natural spring exists alongside the Tawi and big fishes are in plenty and

■ ABID HUSSAIN RATHER

In our fast-paced world, it is easy to overlook the invaluable treasure trove of wisdom and experience that our senior citizens and elders bring to our communities. As we rush through our daily lives, it is essential to take a moment to reflect on the elderly individuals who have contributed so much to society and are still contributing in countless ways. Senior citizens are an invaluable part of our society. They have a wealth of life experience and knowledge, which can be a source of wisdom and inspiration. As a society, we owe a debt of gratitude to the older generation who have contributed to our communities and played a pivotal role in shaping our world. It is our moral and societal duty to ensure that they lead a life of dignity, comfort, and respect. They have contributed their wisdom, experience, and often a lifetime of hard work to create the world we live in today. It is our collective responsibility to ensure that they enjoy their golden years with dignity, respect, and the support they need. Respecting and helping senior citizens strengthens the social fabric of our communities. It creates a sense of belonging, interdependence, and a culture of empathy and compassion. Helping and respecting senior citizens is not just a moral obligation; it's a duty we owe to those who have paved the way for our present and future. Senior citizens are a valuable and often overlooked segment of our society. These individuals have contributed a lifetime of wisdom, experience, and hard work to build the world we live in today. It is our responsibility as a society to ensure that they are not only cared for but also respected for their invaluable contributions.

Understanding the Needs of Elders and Senior Citizens

As people age, they may face a range of physical, mental, and emotional challenges. To offer genuine help and respect to senior citizens, it is crucial to understand their unique needs and challenges. It is crucial to understand and empathize with these challenges to provide appropriate help and respect. Some common challenges that seniors face include:

"Physical limitations: With age, mobility and physical strength may decline. This can make daily tasks, such as cooking, cleaning, or even dressing, more difficult. As we grow older, our body strength weakens and doesn't support us to do needful things for ourselves.

"Health issues: Seniors are often more prone to health problems, and managing chronic illnesses can become a significantly difficult part of their lives. With growing age, our immunity decreases and we become more prone to various infections and common diseases.

"Loneliness and isolation: Many senior citizens may experience social isolation due to the loss of friends and family members. Loneliness can lead to mental health issues like depression. In the later stages of life, people are left in isolation assuming that they are old fashioned, uninteresting and boring which ultimately leads to many kind of depressions among elder people.

"Cognitive decline: With growing age, our IQ decreases and our memory power starts declining. Some seniors may experience memory loss and cognitive decline, making it essential to approach them with patience and understanding.

"Help at Public Offices : Senior citizens often feel perplexed and confused at public offices. Recognize that many seniors may not be tech-savvy; they need various kinds of help at public offices. Public offices should prioritize accessibility by providing ramps, handrails, and elevators for those with mobility challenges. Elders often need

milk and kneaded balls of flour are offered. A miniscule number do exist at Jhajarkoti & Udhampur(Devik) and while proceeding towards Billawar one finds many springs though now depleted/under depletion. These are Podu, Danga Ki Baoli, Bani, Banas, Gharat, Jeetu, Thana, Gami Ishri and lastly Panditain Wali Baoli and of all these "Khoon spring" is most prominent.

► Khoon Springs- Some 50 kms far from Udhampur along Dhar road is existing this natural baoli with nectar-clear water and a main temple of lord Shiva also exists there, where people come to pay obeisance for blessings.

► Sukrata Springs- Though in miniscule number are fastly depleting and thence proceeding uphill towards Machadi, which links Ramnagar through hilly terrain nestling amidst pines and deodar are having small natural springs with crystal-clear water of ample importance.

"Basholi-Bani Springs:-- The entire track is having many natural springs linking Bhaderwah and the entire sub Himalayan region is as such plentiful of natural springs having crystal-clear water and the local populace subsist on their day to day requirement.

"Gauri Kund Baollies :- There is a cluster of springs at Chenani town itself as well as 'Guari Kund' which are centuries old. Mata Parvati, Lord Shiva's consort used to have holy bath where she meditated in the vicinity of Sudhmahadev forests.

"Sudmahadev's Springs:-- This-spring is also named as 'paprashi Baoli' and is of high sanctity as it is believed that a holy dip in this spring washes off one's sins. An annual mela lasting for couple of days is being celebrated in the first week of June where pilgrims from far away places come here, pay obeisance to lord Shiva's centuries old temple. From Sudmahadev onwards to Man Talai, Bap, Sarar, Latti, Dhoona, Seri, Chari and finally one reaches Suezdhar (the origin of Tawi river). From the base of Suezdhar uphill one gets down to Bhaderwah amidst nestling pines, herbs, shrubs and other multitudinal medicinal plants.

"Kud Spring:- This spring is having its own importance, where nectar-clear water gushes out and is also called 'Swami Wala Spring'. The tourists from India and abroad are having a short spell and a sweet taste of this natural spring of hilly resort where a temple of lord Shiva also exists where people from India and abroad throng for holy darshan.

"Sanasar Spring- Patnitop is a prominent hill resort on the tourist map of India and the World and Sanasar takes its route barely 18 kms from here. Over the remote past, Sanasar was a prominent lake, now stands almost dried. Here exists natural spring also named as "Viran Spring" whose water is crystal clear and sweet and from centuries old a small temple of chancer "Nag Devta" exists where people from far flung areas throng here annually.

"Batote Spring:- Two prominent springs are in existence in this picturesque spot of Batote Viz. Anurit and Lal Spring having nectar-clear elixir of life leasing water and tourists from India and abroad are having short spells to enjoy the taste of sweet fresh water. Now on entering the charming Chenab valley which is having a long stretch of around 185 kms from Batote to the last reach of motorable Padder. This prominence of Sub-Himalayan region with picturesque spots and lovely valleys, impregnable natural citadels of Assar, Bagar, Khaleni, Doda, Premnagar, Thathri, Kishtwar; Dal Hasti, Padder and Atholi. The entire terrain and their hill tops/uplands are snow-capped during winter nestling amongst broad leaved and pines and other herbs, shrubs, aromatic and medicinal plants. The valleys are the melting spots for scholars and savants. Embracing and delicious fruits still add to the beauty and splendor: The mounting cliffs of padder valley look like tongue-shaped spurs with deep ravines and tributaries which drain into gorgeous chenab and it seems that here is the real life and all else is illusion. All along the road and their hill tops are dotted with ever-refreshing sweet water mini to mega springs with nectar-clear water and at places the springs are with multi-coloured water soothing the fatigued body and mind. These are of unaccountable in number and of the few prominent are in village saroor whose water bath is having the legend to help the barren couples, apart from hot springs viz: Humar Nag, Pootnag, Tila Machi, Harel, Arhai, Mahalmag, Kundall, Amar; Murpungar,Gadrashi, Vadan, hot springs of Marwa-Dachan whose water cure orthopedic ailments such as gout and rheumatism.

"Tattapani Spring (Kishtwar) :- This is a hot spring also named

as tattavani, located in the Paddar valley of Kishtwar. It has been seen that rice placed in cloth when dipped gets boiled just like hot springs of H.P. (Manikarn Kulu).This spring is barely around 20 kms from Kishtwar in Nagseni range of Sub Himalayan region of Kishtwar:

"Tattapani Spring (Atholi-Kishtwar):- This spring is of immense prominence sanctity and has been referred to as "Sheshnag" in the old scripture.

"Marva springs (Kishtwar): These springs are having life-leasing nectar-clear water but are moderately hot and the water is medicine of multihued ailments of various diseases though quite unbelievable in present scenario.

And now on entering Bhaderwah from Pul-Doda, we find vale of Bhaderwah also nomenclaturised as "Chhota Kashmir" constitute an ellipse within the lush green, vibrant and slabrious greenery in the mountainous valley. Bhaderwah, infact, an airy Kingdom with blazing of glory dwelling well within the soul the "hesouled Bhaderwah".

"Kallash Kund:- Around 15 Kms from Bhaderwah township is located a mega spring so to say a lake and it is abode of 'Yasuki Nag' . People from far flung areas within and outside from other state visit this sacred resort in huge number in their colourful attire on 'Tridishi' after a fortnight of "Raksha Bandhian", around the year and it is having crystal clear water of immensive significance.

"Gupt Ganga: It is an underground Ganga alongside Neeru rivulet where nectar clear water flows perennially and there are cluster of fishes of varied colours and the people feed these with kneaded balls of flour: A sacred temple of prehistoric time of Mahabharata exists alongside Neeru Nallah and within the temple there is a huge dlingam of Lord Shiva. In and around the vicinity are few natural springs where nector clear water bubbles out.

"Parnala Spring:-- This spring is having its own prominence with blue greenish water and lies within the Bhaderwah town along other Nallah and enjoy an equal prominence of purity and sanctity.

"Chhabra Spring: This spring is having plentiful of life-leasing crystal-clear water of ample importance and it gives scenic beauty of the spot apart from to fulfill daily requirements of fresh water for the local populace of Bhaderwah town itself.

"Suraj Baoli: This is locally spoken as 'Ashapati' and is an old sacred thirstast situated towards south-east of Bhaderwah, some 8-10 kms. Though its history is missing, yet its genesis is from 'Sanskrit' version as 'Suvamnapi' viz. sun's pond. This lies under sun's cover in the lap of mountainous region and water gushes out from the sacred spring once in the year on 'Anavasya' when people from far-flung areas come over here with utmost reverence in 'Bhija village' where this sacred spring is situated. The delighted devotees come in the form of holy mace get holy dip to wash off their sins and then stay there for night and celebrate festival and mela on the other day with enchanting folk songs and dances with traditional blowing of flutes, beating of drums with melodious music which echo the softening sky. This is being celebrated in the 15th day of the dark half of Assu (a deshi month).

"Khakhhal spring:- 'Ban Nagrari' are the two other springs in the same vicinity of Bhaderwah and their nectar-clear water is of ample medicinal value and remedial for multitudinal ailments.

"Ghatha spring:- This spring is of prehistoric period, reported to be of Mahabharata time when Pandhavas spent most of the time in sojourn in these mountainous region.

"Udrana spring:- Located near 'Vask Nag' temple just on the entrance of Bhaderwah town is famous for its spirituality and sanctity and is worshipped with due devotion and reverence by all those who come over here.

"Fort Spring- This is located near historical fort of Bhaderwah, natural water gushes out which is of its own prominence and significance. The water of the spring is nectar-clear and of its own significance. 'Sona Bain- or golden spring with colourful water which remains perennially under snow and as per legend golden balls are reported be there under snow. Apart from these springs there are multitudinal other mini springs spreaded over the entire Bhaderwah enjoying their own Kingdom of promiancy with blazing glory which dwell well within undug and unfounded vide, varied mysteries. There are plentiful of small threadly spreaded rattling tributaries with turquoise where the deciduous belts meet the silent, serene, vibrant and slabrious Bhaderwah valley.

(The author is Deputy Conservator of Forest, J&K).

Honouring the Wisdom of Age

help in information interpretation and proper communication with the employees at public offices.

"Mobility: Senior citizens may experience reduced mobility. Providing transportation or helping them with daily errands is a significant support. They often need support while walking, traveling or crossing roads. Knowing and understanding the various needs of senior citizens, it is imperative upon every member of a society to help, support and respect them in every possible way. Following are some of the practical ways to help and respect our elders and senior citizens which may provide insights on how to provide them with the care and consideration they deserve:

Financial Support and Planning:

Financial matters can become increasingly complex with age. It is important to help seniors manage their finances, ensure they are aware of their entitlements, and prevent them from falling victim to financial scams. Seek legal advice for estate planning to protect their assets and provide a sense of security. It is duty of youngsters to support them financially when they are unable to earn because of their age factor. Elders too have basic needs like other people have and they need financial support to fulfill their basic needs.

Ensuring Safe and Accessible Housing:

For many seniors, their living conditions may need to be modified for safety and accessibility. This may include installing handrails, ramps, or adapting bathroom facilities. These adjustments not only enhance their quality of life but also prevent accidents. Nowadays elders and senior citizens are taken as burden on the family and are kicked away from the homes which renders them homeless. These issues need to be addressed and special laws and provisions need to be framed to safeguard their shelter.

Providing Emotional Support :

Elderly individuals often face emotional challenges such as loneliness and isolation. Spending time with them, engaging in conversations, and being empathetic can significantly improve their mental well-being. Strong emotional support helps seniors feel valued and cared for. Nowadays most of us remain busy with social media, spending less time with our families especially elders. Resultantly, they feel isolated and secluded. It is better to spend much time with them so that they may feel integrated with other family members which will give them emotional support.

Technological Assistance:

Many senior citizens may not be familiar with modern technology and new digital tactics. We should offer them help to learn how to use smartphones or computers to stay connected with loved ones or access information. Nowadays, most of the offices/banks are digitized. While finding some senior citizen struggling with something in any office, we should readily help him and clear his confusion regarding some issues or handling any gadget.

Listen Actively:

One of the most fundamental ways to respect and honor our seniors is by actively listening to their stories, experiences, and advice. Their life journeys are filled with invaluable lessons that can guide us through our own challenges. When engaging in conversation, put away distractions and give them your full attention. Not only will they appreciate it, but you'll gain insight and understanding in return and they will in turn feel honoured.

Offer Assistance:

Many seniors may require assistance with daily tasks or errands.

Whether it's helping them with grocery shopping, taking them to medical appointments, or assisting with household chores, offering a helping hand can make a world of difference. These small acts of kindness show that you care and are willing to support them.

Respect Their Independence and Their Perspective:

While it is important to offer help, it is equally crucial to respect their independence. Seniors cherish their autonomy, and we should encourage and enable them to maintain it as long as possible. Ensure that your assistance doesn't overshadow their ability to make decisions about their own lives. We should try to not interfere in their decisions. Senior citizens often have different viewpoints shaped by their experiences. Even if you disagree, always respect their perspectives and engage in meaningful discussions rather than dismissing their thoughts.

Include Them in Activities:

Isolation and loneliness can be significant and critical issues for senior citizens. Make an effort to include them in social activities and gatherings. Invite them to family events, local community gatherings, or simply spend time with them. Such interactions can provide much-needed companionship and keep their spirits high.

Support Their Health:

Senior citizens often face health challenges. Encourage regular check-ups and help them adhere to prescribed medications or treatments. Physical activity and a balanced diet are crucial for their well-being, so consider engaging in these activities together:

Ensure Safety:

Safety is a top concern for seniors, especially if they live alone. Help them create a safe home environment by addressing potential hazards, such as loose rugs or inadequate lighting. Consider installing handrails or ramps to make their living spaces more accessible. Their rooms should be regularly checked to ensure their safety from any hazard.

Promote Lifelong Learning:

Encourage seniors to pursue lifelong learning. They can take up new hobbies, attend classes, or engage in volunteer work. This not only keeps their minds active but also makes them feel valued in their communities.

Advocate for Their Rights:

Advocate for policies and programs that protect the rights and well-being of senior citizens. Support organizations that focus on senior issues and be aware of elder abuse, reporting any concerns when necessary. Their rights should be strictly safeguarded and any breach should be strictly dealt with law. In conclusion, helping and respecting senior citizens is an essential part of building a compassionate and inclusive society. Our elders have contributed to the world in countless ways, and it is our responsibility to show gratitude and provide the support and respect they deserve. By implementing these guidelines, we can ensure that the senior citizens in our lives live with dignity and fulfilment in their golden years. In return, their wisdom and experiences can enrich our lives in countless ways, creating a mutually beneficial relationship that fosters a stronger and more compassionate community. Let us remember that age should be celebrated, and senior citizens should be valued for their unique contributions to society.

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