

CARE OF ELDERLY ACTIVITIES IMPLEMENTED BY HIGHER EDUCATION INSTITUTION IN PURNA, MAHARASHTRA

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Abstract

Elders contribute to the well being, cultural richness, and social fabric of the community. They bring wisdom and experience, guiding community, decision making and problem solving. They also serve as keep us of cultural traditions, history and values, ensuring the preservation and transmission of these to younger generations. Elders are natural mentors, offering guidance and support to individuals of all ages. They have a deep sense of responsibility for the community. Students and educational institutions can significantly contribute to the elderly by engaging in various activities such as community service, intergenerational programs, health promotion, technology assistance and creating an elderly friendly campus environment. This activities foster social responsibility, empathy and intergenerational connection, benefiting both students and the elderly population. Additionally, students can become advocate for the elderly by organising awareness campaigns on ageing, elder abuse and creating age friendly communities. By actively involving students in various activities, educational institutions can nurture social responsible and compassionate individuals who will carry this values into their community and future professions.

Keywords : *Status of Elderly People, Educational Institutions, Students Awareness, Old Age Homes.*

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Introduction :

Old age is a period of life marked by physical, cognitive and social changes. Understanding the social emotional aspects of aging is crucial for promoting healthy aging and enhancing the overall quality of life for older individuals. Social connections become vital as individuals age, providing emotional support and combatting feelings of isolation. Challenges such as loss of friends and family, retirement and physical limitations can impact social interactions. Emotional well being is essential. For older adults, with positive emotions contributing to life old age people face challenges such as dealing with loss coping with health issues such as depression and anxiety are often linked to factors like health decline, loss of loved ones, or social isolation. Resilience is a key coping strategy for

older adult and a strong community resources contributes to emotional resonance and security. Cultural influences family structures and social views can shape social and emotional experiences. Community engagement in activities and social organisations can foster essence of purpose and connection promoting emotional well being. The elderly stage is an education period that requires attention and support to provide a well being existence. The elderly population encounters a range of concerns, such as heightened susceptibility to illness intricate requirements and cognitive impairments. Elderly who have limited mobility require care in close proximity to their residences. Dignity and respect are inherent human rights and preserving the dignity and respect of

the elderly is paramount. However elderly individual often face miss treatment and are often scene as disposable entities. Indian culture places great importance on comprehensive care of the elderly which involves providing both physical assistance and emotional and spiritual cultural traditions. The older members of the family are considered holy by the cultural standards. Sense of reverence and concern for the elderly is inculcated in the younger generation by seeing them at representations of God. The principal of compassion is emphasized in various Indian philosophical traditions. it encourages individuals especially the youth, to be compassionate and empathetic towards the elderly. It is in Bhagavad Gita , “Approach those who have realised the purpose of life, bow down to them , enquire with a humble attitude and serve them. They will import knowledge to you because they have seen the truth” According to Taittiriya ‘Upnishad “Treat your mother as God ,treat your father as God ,treat your teacher as God ,treat your Guest as God .” this extends to the care of elderly family members and mentors. The Bible says,” love your neighbour as yourself” this principle can be applied to caring for the elderly who are often our neighbour or family members. The prophet Muhammad said , “Paradise lies at the feet of your mother”. If a young man honors an elderly and account of his age, God apoints someone to honour him in his old age (Hedith from At-Tirmidhi). “Even though a person may be learned and able, if he does not possess humility, he is worthless. A small amount of understanding is better than a lot of knowledge without humanity (Dhamma pada). According to Guru Nanak, “Be kind to all being, this is more meritorious than bathing at the sixty-eight sacred shrines of pilgrimage and donating money. In Indian culture, the youth obligation for the old is seen not only as a moral obligation but also as a pathway to spiritual and personal development. The intergenerational

relationship is seen as a reward alliance and fostering emotional well being deemed crucial for the general equilibrium of both the family and society.

Older people are often assumed to be frail or dependent and a burden on society. Public Health professionals ,and society as a whole, need to address this and other ageist attitude, which kind lead to discrimination, effect the way policies are developed and the opportunities older people have to experience healthy aging.

Kerala will be the state having most senior citizens (22.8%) in 2036. Besides Kerala Tamilnadu 20.8%, Himachal Pradesh 19.6%, Andhra Pradesh 19%, Punjab 18.3 %, West Bengal 18.2%, Maharashtra Telangana Orissa near about 17% each.

India's early population is growing rapidly. In India, elderly individuals are more susceptible to disabilities, diseases and physical and mental elements. More man reported good health conditions than women, with elderly women suffering more. Elderly disabled persons are slightly higher in rural areas compared to urban areas and are more susceptible to stress related disorders like heart diseases and blood pressure as well as disabilities like blindness, low vision and hearing loss. In 2022, 149 million people were aged 60 and above, which was about 10.5% of the countries population. This is estimated to increase to 15% by 2036 and 20.8% by 2050.

Taking into consideration all the aspects of elderly, present paper is written with following

Objectives:

- 1 To make aware college students about the present status of elderly in society.
- 2 To conduct various activities related to care of elderly.
- 3 To know India's elderly population and problems faced by elderly in society.
4. To discuss health issues in old age and home remedies to minimize health problems.

Methodology :

For the present study students of B.A. program in Swatantrya Sainik Suryabhanji Pawar Mahavidyalay Purna participated in various activities for motivation of Care for elderly. On the occasion of Swami Vivekananda birth anniversary, the program was organised on the theme 'Today's Youth for future youth'. Care for elderly theme was addressed in program conducted for students. Second program was really in society with various slogans on elderly for social awareness. Homemade slogans in Marathi local language were produced - आजी आजोबा ज्या घरी सुख शांती नांदे त्या घरी, घरामध्ये पाहिजे कोण आजी आजोबा आणखी कोण, आजी आजोबा राहती जिथे संस्काराची खान तिथे, बाल संस्कार कोणाजवळ आजी-आजोबा यांच्या जवळ, म्हातारपणात राहावं कसं काम करावं झेपेल तसं, म्हातारपणात नका राहू नुसतं नेहमी रहा कामात व्यस्त, आजी आजोबा कडे नका करू दुर्लक्ष नेहमी ठेवा त्यांच्यावर लक्ष, वाढत्या वयात राहावं नीट आहार व्यायाम ठेवेल फिट, आजी आजोबांचा नका करू अपमान जमेल तेवढा द्या त्यांना सन्मान, म्हातारपण दुसरे बालपण.

Third program was visit to old age home in Asola village of Parbhani district two units of old age home were visited with faculty and students, interactions with old age people was carried out, reasons behind keeping in old age home was discussed, problem faced by elderly were discussed, during home visit fruits and Shawls were distributed by students for every elderly in old age home.

Fourth activity was home visit by students in local society of Purna. Pree planned Questionnaire was filled by 18 students, 10 homes by each students was visited to inculcate data about care of elderly. Fifth activity was group discussions and seminar presentations by students based on collected data of care of elderly in society. Every student expressed their views on care of elderly, and the present scenario of status of elderly in Problems faced by elderly and remedies over them were discussed. During home visits Students Home

Science students also discussed with elderly and their family about Diet care in Old Age , therapeutic nutritional diets in Diebetis, hypertension, Constipation, Osteoporosis, etc.

Discussion :

After completion of 5 activities organized For Care of elderly people, by involving students, students come to know the present scenario of elderly in society and homes. Health issues of elderly, treatment got from family, basic needs provided by family ,etc. in young age of the students attention was given on care of elderly people in homes. All the students realizes the need and importance of care of elderly and preparation of today's youth for future. Students also discussed about the role of youths in minimizing problems faced by elderly and role and responsibilities of whole family to take care of elderly people. Home made remedies to live happy and Healthy life in old age.

Conclusion :

From this paper it can be concluded that population of elderly in society is increasing day by day and the problem of rearing of elderly people in homes is also increasing irrespective of all socio economic groups. Reasons found by students for sending old people in old age home was alcoholism of son, conflicts in family, rejection by daughter in law, loneliness of old people, not having son or daughter, Alzheimer's occurred in old age, psychological disturbances in old age, Maladjustment of old people in family, dependency of old people, not having money or property, etc were the reasons for sending parents in old age homes. All the students participated in old age care activities and have inculcated moral values for becoming a responsible citizen of society and understood role of families in minimizing problems faced by elderly in their old age.

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