

The ageing process has you firmly in its grasp if you never get the urge to throw a snowball
— Doug Larson

What is the concept behind the 'Film Festival For Generations 2018' that recently concluded in Delhi, organised by your university?

The key motivation behind the festival is the need to give intergenerational exchange a good impetus. We think everyone can benefit from it. Our research has revealed that each generation is eager to know more about the other, their issues, how they can be helped and supported. The young can benefit from the knowledge and experience of older people, and senior citizens can be better cared for by well-informed younger people. Films and images are a very influential medium. And screening films on age and ageing-related issues, followed by discussions by experts, is one way to bring a better understanding between generations and engender greater societal cohesion. All forms of cohesion lead to a vivid and strong democracy.

What is the key to ageing gracefully?

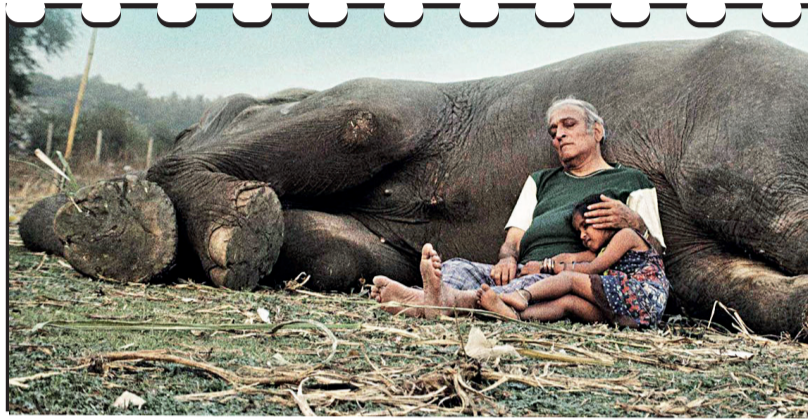
The word 'gracefully' means there is some harmony between your cognitive, physical and emotional forces, and that there is an aesthetic component and also an attitude of gratitude. There are three very important things to keep in mind to age gracefully: First, keep yourself open minded in cognitive, emotional and spiritual terms. An open-minded personality is highly important to ageing gracefully. Second, show some form of social engagement — you not only think how other people can care for you, but also how far you can take care of other people — a mutual exchange. Look for some concerns which motivate you, which give some sense to your life, and are also important to other people's life and be engaged with them constantly. I think, to care for other people is important for your own well-being, too.

Third, always try to be a friend to yourself, meaning that you accept your personality as it is.

All these recommendations have been made based on empirical evidence. Research has shown, for instance, that people who do not take responsibility for anything, tend to become more depressive, suffer from bad moods and become isolated.

When You Grow Old

International Day of Older Persons is observed every year on the first day of October. With longevity on the rise, worldwide, what does it mean to grow older — for the senior citizen as well as younger members of the family who may also be caregivers? PROF ANDREAS KRUSE, director, Institute of Gerontology, Heidelberg University, Germany, talked to MONA MEHTA on the sidelines of the 'Film Festival For Generations' held in Delhi recently



(CLOCKWISE) STILLS FROM THE FILMS: 'ASTU: SO BE IT', 'MUKTI BHAWAN' (SALVATION HOTEL), AND 'VERGISS MEIN NICHT' (FORGET ME NOT)

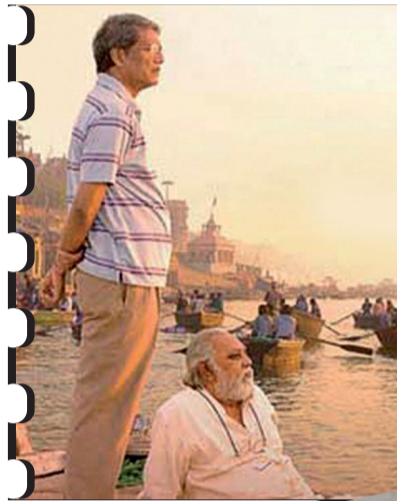
With nuclear families and busy schedules, isn't it difficult for people to take care of the elderly?

We encounter a similar situation in Germany, too, because we have a middle generation which is engaged in the professional area, work area, and it is very complicated to bring together work and family. This is one of the most challenging topics in Germany — what to do to support the middle generation in caring for older people. We are trying to strengthen caring communities, and not just concentrate on the family. The idea is to include people from the neighbourhood and community, and to convince the population to work together and support each other. Also, we try to get municipalities to step in to support these caring communities, by providing professional help like that of nurses, medical doctors, social workers, and counsellors.

This is a model we are trying to strengthen in Germany.

You have been working closely with the Jawaharlal Nehru University on gerontology-related research. What are the learnings on both sides?

India has a tremendously high degree of heterogeneity regarding age and ageing, not only in financial and physical terms but also in cultural terms. We would like to sensitise ourselves to the heterogeneity in cultural terms and incorporate the different approaches to age and ageing into our system. We can learn from you how to bring together



are confronted with digitisation and technology. How to bring together these very different components of culture? I think we need to learn from your country.

India can learn from Germany how to conceptualise a social security system. Ours is one of the best in the world. The older generation in my country can lead quite a secure life, but sometimes we do not have an answer to the question of how to maintain different cultural origins of different groups of older people. We need to make our modern social security system in sync with a past-oriented cultural system.

What would you advise those of us who have been leading fairly independent lives and so dread dependency in old age?

What we have to remember in our whole lifetime is that we are vulnerable beings. The challenge for an individual is how to bring modernisation and its principles of autonomy and independence, together with vulnerability and dependence. But it has to be understood early on that we always run the risk of becoming frail or dependent.

er the modern and the ancient; the past, present and future together, and also the fantastic processes of transformation. For example, the four ashrams — *brahmacharya*, student life, *grihastha*, householder, *vanaprastha*, retired life and *sanyasa*, renunciation. In Germany, we have older people who are interested in cultivating the collective past. On the other hand, they

We strongly emphasise this in our country — that people anticipate these risks, plan for their retirement accordingly, and see how far they are able to

For Generations

Heidelberg Centre South Asia, Ministry of Social Justice and Empowerment, and the UN Population Fund together launched for the first time in India, *Film festival For Generations* (September 24–26), for communicating issues of active ageing and age-friendly culture. Screening movies from both Germany and India on this theme, the organisers seek to clarify and contrast culture-specific perspectives on age and ageing, thereby conveying new insights into context-specificity, plasticity and designability of individual and societal ageing. The festival seeks to inspire and further develop research on ageing within civil society, sensitise audiences for future possibilities and actual limits of demographic change and active ageing, promote intergenerational dialogues and discourses and increase knowledge and awareness among those directly or indirectly involved with these topics. ■

— Prof Andreas Kruse

create social relationships which will come to their aid when they are in need of help. In case you do not anticipate vulnerability beforehand, then you will be very badly prepared for it. ■

Post your comments at speakingtree.in



TASTE OF META HEALTH

Health is an extremely complicated concept. META-Health, the diagnostic health tool, simplifies health by identifying and resolving the stresses that cause diseases and their symptoms. META literally means 'above the conventional view of health'. META states that a disease starts at the onset of a stressful event like

loss of a loved one or job. This stress is often associated with negative thoughts, beliefs and emotions. This impacts a specific organ, brain layer and a tissue best suited to deal with the conflict.

With META-Health therapy, a girl was able to resolve her infertility issue, after she confronted the trauma of sexual

abuse she faced as a child, while another woman was able to put to rest her fear of losing her freedom due to motherhood. Both have been blessed with healthy babies. A young man worked on separation issues, and his skin problem resolved. Similarly, a boy resolved stress and relationship problems with his parents and his skin cleared up from inside.

Another school dropout secured 90 per cent scholarship after working on her stress-related triggers.

Our biology reacts to our psychology, thus when we resolve our conflicts and make responsible changes in our lives,

our body returns to health and we achieve wellness.

Dr Anu Mehta, Chair of the Board in META-Health will help you create health solutions, during the two-day workshop on

META-Health, Level 1, to be held on October 9 & 10, at Hotel Crowne Plaza, Rohini, New Delhi. Call 9930898116, 8355837657, 9599671967 or visit www.metahealthindia.co.in

Five Homemade Natural Mosquito Repellents

Mosquitoes lay eggs in winter which hatch in summer. To lay eggs they require protein and human blood is their first choice. Hence, incidents of dengue and malaria rise before winter. To protect yourself from mosquito bites, here are five effective mosquito repellents that you can prepare at home.

1 Mustard, neem & sea salt fumes: Take equal quantities by weight of three easily available powders, viz. mustard, neem leaves and natural sea salt. Take an iron bowl with burning red coal in it. Sprin-



kle little powder in small amounts. As fumes start to build, fan it mildly until it envelops the room. Carefully carry the pot to every room. The fume is not harmful to humans.

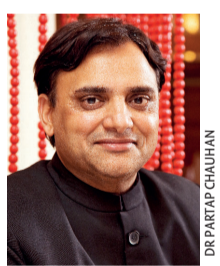
2 Deodar, lemongrass & neem oil mixture: Mix equal parts of deodar oil, lemongrass oil, neem oil and store it. In the evening when mosquitoes become active you can apply this on your skin to keep them away.

3 Karpura diffuser: Diffusing camphor in your living spaces will repel mosquitoes and add a pleasant fragrance. Make a homemade diffuser by placing two tablets of commercially available camphor (karpura) in a plate or bowl with warm water. For best results, keep doors and windows closed for 10-15 minutes for the vapour to work.

4 Neem & coconut oil: The mixture is a great mosquito repellent. Make a skin-friendly insecticide by mixing neem oil and coconut oil in equal quantity and apply it on the body. This will protect you from mosquito bites for at least 8-10 hours.

5 Tulsi plant: The tulsi plant releases a mild fragrance that keeps mosquitoes away. You can make a paste of dry tulsi leaves and coconut oil and apply it on your skin as a repellent. Stay safe from mosquito bites. If you have fever, please consider getting your blood tested for dengue or malaria.

The author Dr Partap Chauhan is the Director of Jiva Ayurveda. For free consultation with a Jiva doctor, call 0129 - 4040404. Email: info@jiva.com



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