Contents

	Editorial		III
	List of Contents List of Contributors		V VII
	Part I		
	Population Ageing & Emerging (Challenges	
1.	Emerging Challenges of Ageing: Role of Civil Society	Abdul Majeed Khan	3
2.	Social and Gender Dimensions of Ageing A case of a Metropolis	U. Kalpagam	13
3.	Missing Voice of Elderly Generation	Aftab A. Ansari Anjum Ahmed Sadaf Jafri	19
4.	Modulating Ageing Process: A Biological Perspective	Poonam C. Mittal	26
5.	वृद्धों की बढती आबादी : वरदान या अभिशाप	प्रीति कपूर	30
	Part II		
	Status, Problems and Care of l	Elderly	
6.	Multigenerational relationship: Indian Context	R.N.Kapoor	35
7.	Second Career for the Elderly	Aabha Chaudhary	41
8.	Vanprasth Ashram and Well Being of the Old	Shiv Swarup Agrawal	50
9.	Problems of Elders	S.L. Tripathi	55
10.	Heath and Popuation Ageing	Prabhir Kumar Saumitra Basu &	59
11.	Nutrition for the Elderly	Indrani Chakravarty Meena Darbari	66
12.	Retirement can be a Pleasant Experience	S. K. Mehrotra	71
13.	Medical Problems and Healthful Living in Old Age	D.K. Nigam	75
14.	Psychological Problems of Elders	M. Singaraja	79
15.	Abuse Against Aged Widows a Sociological Analysis	Savita Vermani & Sushma	82
16.	Status of Rural Aged: A Case of Allahabad District	Rajmani Tripathi	88
17.	Ageing and Widowhood Among Bhils	T.M.Dak	93
18.	वृद्धावस्थाः समस्याएं एवं समाधान	सुनीता भुटानी	103
	Part III		
	Policies and Programmes for the	e Elderly	
19.	Who is a Senior Citizen?	Sheilu Sreenivasan	109

20.	Maintenance and Welfare of Parents and Senior Citizens (MWPSC) Act 2007: Some highlights and a Critique	Kapil Kaul, R.R.Singh, Indira jai Prakash	114
21.	Indian Spiritual and Cultural Perspective Regarding Old Age & Relevance of the MWPSC Act 2007	Sajjan Singh	122
22.	Care of Elderly: A Case of Senior Citizens Council of Delhi	J.R.Gupta	131
23.	The Maintenance and Welfare of Parents and Senior Citizen's Bill 2007' and the Ageing Women & Widows	Kiran Puri	133
24.	Integrated Programmes Programmes for Older Persons	Govt. of India	140
25.	भारत सरकार द्वारा वरिष्ठ नागरिकों को दी जाने वाली सुविधाएँ	रमेशचन्द्र गुप्ता	143
26.	Third Agers and Internet.	Tom Holloway	146
	Part IV		
	U3A movement and graceful ageing; A Glo	bal perspective	
27.	International Dimension of the U3A	H.S.Miller	151
28.	The U3A Paradigm: Past, Present and Future	Rick Swindell	157
29.	How to Enrich Retirement	Peter H.Y. Wong	169
30.	The Amazing University of the Third Age in China today	Jean Thompson	173
	Part V		
	U3A movement in India: Contribution of N	ational Seminar	
31.	Glimpses of U3A Movement in India and Abroad	R.N.Kapoor	177
32.	National Seminar on Population Ageing and Development:	T.M.Dak	181
	Outcome and Recommendations		
33.	Importance of U3A for the elderly in India Inaugural Speech	Yogendra Mohan Gupta	184
34.	Launching of Indian Society of U3A: Genesis, Objectives and Organizational Structure	Sheilu Sreenivasan & T.M.Dak	186
Ann	exures		
I. II.	List of Participants Getting Membership of ISU3A: Some Guidelines		190 192