SUMMARY REPORT OF
OBSERVANCE OF INTERNATIONAL DAY OF OLDER PERSONS
OCT. 1, 2016
## SUMMARY OF THE CAMPAIGN

<table>
<thead>
<tr>
<th>S.N.</th>
<th>Activities</th>
<th>Organization Involved</th>
<th>Result</th>
</tr>
</thead>
<tbody>
<tr>
<td>1)</td>
<td>Production and distribution of pamphlets</td>
<td>Ageing Nepal</td>
<td>About 1000 people were made aware about IDOP.</td>
</tr>
<tr>
<td>4)</td>
<td>TV talk show</td>
<td>Senior Citizens Welfare Fund, Sagarmatha TV &amp; Ageing Nepal</td>
<td>About 6 million people reached through the message.</td>
</tr>
<tr>
<td>5)</td>
<td>Drawing competition</td>
<td>Ageing Nepal, N.K. Sigh English Preparatory School &amp;Bihani Social Venture</td>
<td>About 100 students and teachers were made aware about IDOP for the first time.</td>
</tr>
<tr>
<td>6)</td>
<td>Article publication</td>
<td>Ageing Nepal &amp;Naya Patrika (New newspaper)</td>
<td>About 50 thousand readers aware about IDOP through this article.</td>
</tr>
<tr>
<td>7)</td>
<td>Testimonies collection</td>
<td>Ageing Nepal</td>
<td>Recorded first-hand information on perception of older persons and their expectation from the government.</td>
</tr>
<tr>
<td>8)</td>
<td>Rally</td>
<td>Ministry of Women, Children and Social Welfare, National Senior Citizens Federation, HelpAge International Nepal, Ageing Nepal &amp; other NGOs, INGOs</td>
<td>Highlighted the issues of ageing population &amp; IDOP in national: social &amp; political discourse.</td>
</tr>
<tr>
<td>9)</td>
<td>Poetry recitation programme</td>
<td>Aarambha Literary Group, Anupam Creative Literary Group &amp; Ageing Nepal</td>
<td>About 70 Literary personalities of Nepal made aware on ageing issues and motivated to develop creative writing on the subject</td>
</tr>
</tbody>
</table>
1) Production and distribution of pamphlets

Objective: To raise mass awareness on IDOP, effect of ageism and the need to take stand against ageism.

Ageing Nepal campaign team produced and distributed about thousand copies of pamphlets in Nepali language for mass distribution. The pamphlets highlighted the relevancy of IDOP, its theme and the need to take a stand against ageism. The pamphlet:
2) Petition handover

Objective: To lobby governments to attend the 7th Open-ended Working Group on Ageing.


Mr. Bhumidatta Poudel, Programme Coordinator of Ageing Nepal, handing over petition to Ms. Meera Sherchan, Chief of Senior Citizens Unit, Ministry of Women, Children and Social Welfare, focal ministry for issues related to ageing population in Nepal

Mr. Bhumidatta Poudel handing over petition to Mr. Arun Gautam, Undersecretary of Population Division, Ministry of Population and Environment
3) **Radio Programme**

**Objective:** To raise mass awareness about IDOP, ageism and the ongoing government plans and policies for older persons of Nepal.

Two radio programmes were aired on the occasion of IDOP 2016.

a) A half an hour long radio talk show was arranged with Mr. Bishnu Prasad Lamsal, Secretary of Ministry of Women, Children and Social Welfare Govt. of Nepal in Radio Sagarmatha 102.4 MHz on 29th Sept. Mr. Lamsal talked about the celebration of IDOP and its relevancy in Nepal.

b) A half an hour long radio talk show with Ms. Ranju Kumari Jha, Chairperson of the Parliament Committee Social Welfare; and Mr. Krishna M. Gautam, was aired in Radio Sagarmatha 102.4 MHz on 2nd Oct. 2016.

4) **TV Talk Show**

**Objective:** To raise mass awareness about IDOP, ageism and the ongoing government plans and policies for older persons of Nepal.

An hour long TV Talk Show with Mr. Ram Krishna Karmacharya, Chairperson of Senior Citizens Welfare Fund, was arranged in National TV, Sagarmatha. Mr. Karmacharya talked about the situation of senior citizens in Nepal and contribution of Senior Citizens Welfare Fund for them. It is estimated that the message reached to about 6 million people through this television programme which was broadcasted on Oct. 1, 2016. Link of the programme: [https://youtu.be/1D-AuCxYM1Q](https://youtu.be/1D-AuCxYM1Q)

5) **On-the-Spot Drawing Competition**

**Objective:** To promote positive attitude towards older persons among the new generation

A Drawing Competition on “World without Ageism” was arranged with 7th grade students of N.K. Singh Memorial English Preparatory School on 29th Sept. 2016. About 37 students participated in the competition. Bihani Social Venture, a social organization, provided volunteers for the programme.
PROCESS OF THE COMPETITION

a) Group formation
A group was formed to run on the Spot Drawing Competition and to judge the drawings. The group members included:

- Ms. Aruna Hingmang, Assembly Member of Nepal Academy of Fine Art
- Ms. Pramila Singh, Principal of the School
- Mr. Krishna M. Gautam, Chairperson of Ageing Nepal
- Mr. Prakash Gautam, Ageing Nepal
- Aarya Adhikari, Membership and Media, Coordinator of Bihani Social Venture
- Susmriti Tamang, Health and Well-being, Coordinator of Bihani Social Venture

b) Briefing
Ageing Nepal campaign team with Bihani Social Venture briefed about the IDOP, its theme of the year and relevancy to the students of 7th grade.


c) Selection of participants
About 90 students were in the 7th grade and the team selected only 37 for the competition.

d) Competition Organized
Two hours long On-The-Spot drawing competition was organized among 37 students of 11 to 13 yrs. age group. Glimpses of the competition in progress:
Some of the drawings submitted are:

Sadiskya Prasai, Winner of the First Prize

Mandika Pache Magar, Winner of the Second Prize
Aarju Jonchhen, Winner of the Third Prize

Sneha Singh, Winner of the Consolation Prize
Sanyukta Ghimire

Payal Bhattarai
Simon Khairgoli

Please! Treat the old person nicely.

Krishika Khadka

Take a Stand Against Ageism 
By Helping Senior Citizen

Page 11 of 41
Sarwagya Niraula

Nimesh Poudel
Samy Mohammad

Sneha Pathak
Pragya Khatiwoda

Shrijesh Adhikari

Made by: Shrijesh Adhikari
Class 7, Sec A, Pollua 29
Sushant Aacharya

Shreejan Karmacharya

When You are Child Your Guard Parents Love You Like Most

take care of them when they are old
Dikshya Shrestha

Treating Old as God, not as Criminal

Sabikshya Thapa

Take a Stand Against Ageism

Page 20 of 41
e) Prize Giving Ceremony
At the end of the competition, a prize giving ceremony was organized. Out of the 37 drawings submitted, four were selected as 1st, 2nd, 3rd and 4th prizes. Art teacher of the school led the selection process. The winners were provided certificate and stationeries as prize. Following is the certificate used:

---

Certificate for the winners

During the photo selection
Principal of the School Ms. Pramila Singh and Mr. Krishna M. Gautam distributing certificate and prizes.

Students gathering for certificate and prize distribution event
Winners with their certificate and prizes

Participants and teachers at the closing ceremony
6) Article publication

Objective: To raise mass awareness on the issue of ageing population particularly on IDOP and its relevancy.

An article on “Why we should respect our elders?” by Mr. Bhumidatta Poudel, Programme Coordinator of Ageing Nepal, was published in National Daily Naya Patrika (New Newspaper) on 2nd October. It is estimated that the message of articles reached to about 50,000 readers through this newspaper. Link of Article: http://www.enayapatrika.com/enayapatrika.com/ep/oct-02/

7) Testimonies collection

Ageing Nepal campaign team visited local organizations of older persons and community to collect their testimonies. Following questions were asked:

i. Have you ever heard about International Day of Older Persons?
ii. Have you suffered from abuse in your old age?
iii. What do you except from government for better old age?

Objectives
- To know about the older persons understanding on IDOP.
- To gather information on personal experience of ageism.
- To know their expectation from government.
Naram Bahadur Majhi, 67 and his wife, 60
We don’t know about International Day of Older Persons.
No, we haven’t felt any kind of abuse.
Government should ensure basic needs of older persons.

Devaki Poudel, 62
I don’t know about International Day of Older Persons.
I am living with my family and I haven’t felt any abuse till now.
Government should provide us free health service.
Goma Kumari Dahal, 72
No, I have not heard about International Day of Older Persons. I am living with my brother after my husband left me. Everyone respect me. I haven’t felt any bad behave from them. Government should ensure basic needs for older people and create environment to remain active.

Subarna Bahadur Rasai, 72
No, I don’t know about IDOP. I am living with my family still working for my basic needs. I haven’t felt any kind of abuse till now but I doubt when I will be unable to work. Government should ensure basic needs for older person after they become unable to earn.
Manmaya Poudel, 72
No, I don’t know about IDOP.
Everyone love and respect me and I haven’t suffered from abuse. Most of the older people suffers health problems at times causes family arguments on financial issues. So government should provide free health service for older persons.

Kabal Bahadur Khadka, 69
I haven’t heard about IDOP.
Though I am living with my family, I am economically independent. I am head of the family so everyone respect me. I haven’t felt abuse but I know some who do. Government should ensure basic needs for older persons because I don’t want to be a burden for my sons.
Urmila Karki, 72
Yes, I have heard about it in TV programmes and once in radio too.
I am living with my family and I am getting everything that is enough to live a life. I haven’t felt any kind of abuse.
Government should provide care taker for destitute older persons like in other developed countries.

Sabitri Gopali, 62
Yes I have heard about IDOP so many times through TV and radio programmes.
I am living with my husband and my unmarried youngest son. I do all household chores and my husband and my son also help me in their leisure time.
I haven’t felt any abuse.
Government should introduce literacy programme to older persons who can and want to live active old age.
Koushalya Devi Aryal, 95
No, I haven’t heard about IDOP.
I had struggled a lot to sustain. I went through so many bad situations before and after 60s. But I couldn’t separate whether that is abuse or it’s my fate.
Our government is very poor and we are not her responsibility, our children should do for us as I did for my older parents and in-laws.

Bimala Karki, 70
No, I haven’t heard about IDOP.
I felt very different behave after getting older. And I am sure everyone is suffer in their old age.
I am living with my son but I still work for my livelihood.
I have faced abuses in each step of my old age. At home, in the street, in my vendor shop, in bus everywhere. Government should be responsible for the welfare elderly. She should ensure our basic needs.
Parbati Poudel, 69
Yes, I know about IDOP. Ageing Nepal gave umbrella and informed about IDOP last year.
No, I haven’t felt any abuses till now.
I don’t expect anything from government and I think no one should do. We should be satisfied and thank god what we have because everything is determined by our karma.

Kanchi Adhikari, 61
Yes, I have heard about IDOP from my friends.
Older person like me is suffering from uncountable problems in old age.
Government should provide counselling to their family members, so that they can provide proper care to their older parents.
Bhagwati Thapa, 69
Yes, I know about IDOP. Ageing Nepal gave us umbrella on the occasion of IDOP last year. I have only one child and she is now in abroad. I have everything that I need to live luxury life but sometimes I feel that loneliness will kill me soon. Illiteracy is hindering so many older persons like me to use modern technology and to remain independent. The government should think about it.

Kumari Thapa, 66
Yes, I know about IDOP. Last year, I got chance to participate in the rally organized by Ageing Nepal and got an umbrella on the occasion of IDOP. Luckily every family members love and respect me but I know some of my friends are going through very bad family relationship in old age. Government should ensure basic needs for older persons particularly for the poor.
Mokshya Rupa Adhikari, 72
No, I don’t know about IDOP.
I have heard about elder abuse but haven’t felt. Government should ensure basic needs and encourage them to live happily in old age.

Dhana Kumari Lamichane, 74
No, I don’t know about IDOP. I haven’t felt abuse. I am keen on learning to read and write. I am committed to be literate anyhow. I am also taking basic literacy class. Government should introduce informal class for older persons so that they can be literate and independent in this modern world.
Barastra Maya Lama, 68
I haven’t heard about International Day of Older Persons. I am getting more respect, love and support from my family members, and I haven’t felt any abuse so far. Government should increase old age allowance.

Sabitri Subedi, 65
Yes, I heard about IDOP. My grand-daughter works in an organization which is for older persons.
No, I haven’t felt any abuses.
Older persons residing in urban area are suffering from loneliness and isolation which is increasing their health risk like I am suffering. Government should establish older persons club or day care center so that we can spend quality time.
Nirmala Thapa Magar, 78
No, I haven’t heard about IDOP.
I am head of my family. No, I haven’t face any abuses due to my age.
Government should increase old age allowance and ensure basic needs of older persons.

Purnamaya Khadka, 70
Yes, I know about IDOP. I saw rally of older persons previous year.
No, I haven’t face abuse. I am working and earning to sustain. So no one can tell me and behave me bad at home. Similarly, outside the house people respect me due to my old age. There are so many poor older persons who have to work hard for their basic needs. Government should ensure at least their basic needs.
Dhanalaxmi Tripathi, 70
Yes, I know IDOP. I attend the programme where older persons were felicitated on the occasion of IDOP.
No, I haven’t felt abuse.
Government should increase Old Age Allowance and create environment to learn new things for older persons.

Harimaya Tiwari, 71
I haven’t heard about IDOP.
No, I haven’t felt abuse. If I am suffering then also I haven’t anywhere to go.
I don’t have anything to demand from government because it will be worthless. Government never hear what we older person say.
ChaliKumari Adhikari, 76
Yes, I know IDOP. Last year I had an umbrella by Ageing Nepal.
No, I haven’t felt abuse.
Government should establish old age home for older persons.

Binda Karki, 68
Yes, I have heard IDOP in radio programme.
No, I haven’t felt abuse.
Government should provide old age allowance, discount in travel fare and establish old age home for destitute and poor elderly.
8) Participation

Objective: To work in partnership with other organizations.

Ageing Nepal team participated in the following programmes organized to mark IDOP 2016.

a) Rally


A view of the programme
9) **Poetry recitation programme**

Ageing Nepal participated in the following Poetry Recitation programme.

a) Mr. Krishna M. Gautam, Chairperson of Ageing Nepal participated as the Chief Guest in the Poetry Recitation Pragramme organized by Anupam Creative Literary Group on 1st Oct. 2016, Kalanki, Kathmandu. Mr. Gautam recited poem on the issues of older persons on the occasion and called on writers and poets for creative writing on ageing.

*Mr. Krishna M. Gautam with other participants of “Poetry Recitation programme” at Edmark Academy, Kalanki*
b) Mr. Krishna M. Gautam, Chairperson of Ageing Nepal participated as the Chief Guest in the Poetry Recitation Programme organized by Aarabha Literary Group on 2nd Oct. at GhatteKulo, Dillibazar, Kathmandu. Mr. Gautam recited a poem on the issues of older persons on the occasion and called on writers and poets for creative writing on ageing.

Mr. Krishna M. Gautam with participants of the poetry recitation programme.

10) Social media mobilization
Each campaign activities carried out on the occasion of IDOP is widely shared through social media.

Facebook: https://www.facebook.com/AgeingNepalProudToBeOld
Twitter: https://twitter.com/AgeingNepal

Cover photo uploaded in social media on the occasion of IDOP
ORGANIZERS

Ageing Nepal
House No. 340, Ramchandra Marg, Battisputali, Kathmandu, Nepal
Ph: +977-01-4485827
Email: ageingnep@gmail.com
Website: www.ageingnepal.org
Face book: https://www.facebook.com/AgeingNepalProudToBeOld
Twitter: https://twitter.com/AgeingNepal

HelpAge International Nepal
Jawalakhel, Patan, Lalitpur
P.O Box 21299, Ktm, Nepal
T: +9771-555-3589/5524-038
F: +977-1-5545-623
Website: http://www.helpage.org/
Facebook: https://www.facebook.com/HelpAgeInternationalNepal/