

11 th Session of the Open-ended Working Group on Ageing

Training Programs and Activities carried out for the Elderly:-

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Training Programs and Activities carried out for the Elderly:-

Empowerment of the Elderly is not only a necessity but an urgency. Training programs and courses would bring a lot of gains to the elderly. Help the elderly to cope with stress, pain, and the challenges of everyday life. Deal with disturbing events with grace and composure. In a digital world, many elderly get overwhelmed or feel intimidated by all digital devices like smartphones , social media, tablets, laptops and banking machines . Technology is used in every facet of life today . It provides speed, connectivity, and efficiency to make tasks easier. Digital literacy training can give older adults the skills and confidence to access information and services online. Getting some simple training in using computers, tablets, and smartphones can help seniors to stay connected with their families, friends, and communities. Give them the confidence to take care of their finances and health. These opportunities will help the elderly to register for pursuing their education, post-retirement. There are many workshops: long and short distance courses announced by the government and the NGOs every year. There are many benefits for the elderly doing such courses. They learn daily, their mind, is kept alert, and they pick up an additional degree/certificate, whichever may be the course. They also remain busy and build their confidence. The elderly realise their potential and also accentuates their prestige and appreciate their human rights. This serves to protect them from abuse and humiliation from their

own children and others. While retirement is taken negatively by many people and a feeling of depression overwhelms them, it should be basically regarded as a period of transition from one phase of life to another. A period of time when people have more free time at hand, to do whatever they want to, like take care of their health, pursue their hobbies and passions which previously they could not do, due to time constraints and also because of the stress and strains of their jobs. These courses are a way forward to making the elderly realise their enlightenment in the recognition of their human rights.