

March 2023

5 NEWSLETTER FOR HAPPY SENIORS

'Resilience of Older Persons in a Changing World'

Celebrating the International Day of Older Persons

1 October 2022



✓ Background

The United Nations General Assembly designated the 1st of October as the International Day of Older Persons in 1990. The day is dedicated to honouring and caring for the elderly.

Elderly citizens have many responsibilities as leaders in society. They carry the traditions and cultures of the society and impart knowledge to the younger generation. This day is celebrated to create awareness about the importance of senior citizens in our society and to appreciate their contribution.

📅 Summary of Activities

- The International Day of Older Persons is celebrated every year on the 1st of October by the National Secretariat for Elders.
- The International Day of Older Persons 2022 was held at the auditorium on the 6th floor of the Head Office, Sethsiripaya, Battaramulla.
- Here, insurance schemes for elderly welfare called 'Vedihiti Suvasarana' were introduced.
- A religious program was also held so that all the 25 districts of Sri Lanka were represented.
- Distinguished guests, members of elderly societies and officials of the National Secretariat for Elders also participated in the religious program held at Iyamporuwa Rajamaha Viharaya, Madiwela.
- A media awareness program was also implemented by the National Secretariat for Elders.



✓ Introduction to Good Activities

Introduction to Health Insurance

A health insurance program named 'Vedihiti Suvasarana' was officially introduced for the welfare of the Sri Lankan elderly community on the International Day of Older Persons.

- This insurance program was implemented by the Sri Lanka Insurance Company.
- On 1 October 2022, the program was held at the fourth floor auditorium of the Ministry of Women, Child Affairs and Social Empowerment at 1.00 p.m.
- This program was conducted under the leadership of Hon. Minister and Secretary of the Ministry of Women, Child Affairs and Social Empowerment.
- Members of the National Council for Elders, members of the council of elders for the Western Province, the Chairman, Secretary and Treasurer of the Elderly Council of Colombo District also participated in this program.
- Twenty-five adults also participated in this program.



Charitable program

Due to the current economic crisis, the elderly are facing a lot of problems. Because of that, their mental health cannot be said to be in good condition. Therefore, Bodhipujamaya Pinkama was performed to provide them with mental and spiritual relief.

- Under the leadership of the Honorable Minister, Secretary and National Elder Council members of the Ministry of Women and Children Affairs, this Bodhi Pujamaya Pinkama was held on November 1st, 2022 from 4.00 p.m. to 5.00 p.m.



JICA Project for Capacity Enhancement of Elderly Service in the Community (PROCEES)

- With the participation of the Colombo District Secretary and Maharagama Divisional Secretary, about 150 people from the elderly community, and a total of 250 people including invited guests and officials, this ritual was held at the Madiwela Iyamporuwa Temple.
- Elderly people who wanted to participate in this program were selected from the nearest Grama Niladhari Division.



Messages from the field

The elderly community is a very important resource for the country. As the elderly community is increasing day by day, there is a need for long-term welfare arrangements for Sri Lanka. October 1st is Elders Day. In the past few years, due to the Covid-19 (Corona) epidemic and the economic crisis, the elderly people had to face various difficulties. Therefore, it is our duty to help the welfare of the elderly to empower them economically, mentally, physically, socially and spiritually.



Azrin Abubakar
Elderly Rights Promotion Officer
National Elderly Secretariat
Setshiripaya

"The elderly get weaker both physically and mentally as they age. Celebrating the International Elderly Day highlights what responsibilities we have to bear for the elderly. We are proud to initiate such programs by the National Secretariat of Elders."



Sakuntala Manchanayake
Elderly Rights Promotion Officer
National Elderly Secretariat
Setshiripaya

Editor's message

The International Day of Older Persons is celebrated on the 1st of October every year. The celebration of this day draws attention to the importance of elderly citizens who are sometimes neglected by society. This day emphasizes the responsibilities that we have to consider for the elderly to live their lives happily. The main objectives of this day are to make people aware of the problems affecting the elderly and to appreciate their contribution to the society. It is our responsibility to provide long-term care to them and contribute to their healthy aging. The National Secretariat for Elders runs various welfare programs for people over 60 years of age and it is very commendable.



Sanduni Jayaratne
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Please send examples of good work in your community to
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