

[1] On the occasion of *International Day for the Older Persons* falling on 1st October every year, the Sikkim SLSA held a *Sensitization Programme for creating awareness of the rights and entitlements of the Senior Citizens under NALSA (Legal Services to Senior Citizens) Scheme, 2016 and on NALSA (Legal Services to the Mentally Ill and Disabled Persons) Scheme, 2015* on 1st October, 2019 at the *Sikkim Judicial Academy, Sokeythang, East Sikkim*, for the Senior Citizens, Retired Government Employees from all over Sikkim, Class IV Officials from various Departments of the State Government, Teachers and Students of Sikkim Government Law College, I.C.F.A.I. University and Sikkim University and Para-Legal Volunteers under the directions of Hon'ble Mrs. Justice Meenakshi Madan Rai, Acting Chief Justice, High Court of Sikkim and Executive Chairperson, Sikkim State Legal Services Authority.

[2] Shri Prajwal Khatiwada, District & Sessions Judge, East Sikkim and Chairperson, District Legal Services Authority, East Sikkim enumerated the various reforms brought by nations like Norway, United States of America, China, etc. with regard to the welfare of Senior Citizens and also urged the Social Justice, Empowerment and Welfare Department, Government of Sikkim to inculcate the best practices from these nations.

Resource Person Dr. Siddhartha Sinha, Psychiatrist from Ranchi spoke on *“various psychological and mental problem faced by senior citizens, their prevention, the role of family members and self care by senior citizens”* He also stressed that 90% of such illnesses are due to loneliness. Family members have an important role in curbing this menace by spending more time with their aged parents. Shri Deepak Pradhan, Director, Pension Division informed the participants of Pension Lok Adalat which is scheduled to be held soon and requested all the retired government employees to ventilate their grievances before the Pension Lok Adalat besides giving information on various aspects of pension. Ms. Rohini Pradhan, Joint Secretary, Social Justice, Empowerment and Welfare Department deliberated on the *“Grant-in-Aid for the Senior Citizens, Women, Children, etc. provided by the State/Central Government and the incentives that is being provided by the Social Welfare Department for the persons with disabilities and also informed regarding helpline no. 232181/181 for senior citizens”*. Ms. Sonam Doma Bhutia, S.P. Special Branch, Sikkim Police spoke on the *“Safety and security of Senior Citizens, Community Policing and the Sikkim Tenants and Domestic, and, Professional Helps (Compulsory Verification) Act, 2008”*.

[3] The Working Sessions were followed by vibrant interactive Sessions between the Senior Citizens' Association comprising of 256 participants from East and South Districts and the Resource Persons. A health camp had also been set up by Medical Officers/Officials of the Health Care & Family Welfare Department followed by queries at the help desk set up by the Social Justice, Empowerment and Welfare Department for the participants on various issues including pension.

[4] The welcome address was delivered by Shri Sonam Palden Bhutia, Member Secretary, Sikkim SLSA while the vote of thanks was proposed by Ms. Rekha Gurung of D.L.S.A. (East).