

Services & Initiatives

Health Camps for Vision and Hearing

Diabetes & Hypertension Management

Cancer Prevention

Healthy Lifestyle & Nutrition

Family Support & Care

Joyful Living

Mental Health & Anger Management

Yoga for Relaxation

Bhajan Sandhya

Discounts on Hospital Services and Health Screening

Home Care Program

Voluntary Service Program

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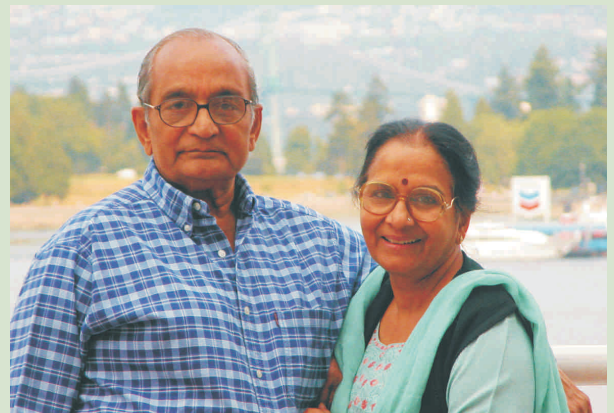
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The Golden Years with health and well-being



Do not regret growing older.
It is a privilege denied to many!

Always keep your identification and important medical information on you at all times in case of an emergency

Here are some important tips to remain healthy, especially as we age:

Diet: Avoid junk food, fried snacks, excess of tea, coffee and habits like tobacco and *gutkha* chewing. Fresh fruits, green vegetables, milk and milk products like curd and butter milk should be placed on high priority. Have a good breakfast and eat small and frequent meals to reduce overeating and the problems that follow.

Exercise: Go for a walk in the morning for an hour. It is a wonderful stress buster. Invest in a comfortable pair of sports shoes to add to the experience. If you are not used to walking already then make a beginning today starting with 15 minutes and increasing gradually.

Yoga: The ancient practice of Yoga has become world renowned in modern times. Activities like *yogasana* and *pranayama* not only make the body strong and healthy but also provide peace to the mind. It also helps you to pay attention to the way we should be breathing. Yoga should either be done early in the morning or evening and on an empty stomach.

Schedule a Routine: A fixed routine always helps in balancing and creating a coordination between various chemical and hormonal activities in our body. So, factor in timeslots for daily activities and engage in a hobby or a voluntary occupation to keep you physically and mentally active.

Medical examinations: Have regular medical checkups including that for teeth and eyes.

Medications: Please take your medicines as prescribed and keep the medicines in a way that you can easily know if you have taken them or not.

Positive thinking: Our thoughts and feelings wield a great influence on our body. Positive thinking is a mental attitude that admits into the mind thoughts, words and images that are conducive to growth, expansion and success. A positive mental attitude expects good and favorable results. A positive mind anticipates happiness, joy, health and a successful outcome of every situation and action. Therefore, whatever the mind expects, it works to find.

Relaxed Attitude: Your jobs have been done; there are no deadlines to meet or trains to catch. So enjoy the luxury of time in your golden years.

Good Sleep: Among all factors, good sleep is the most important one. Try to sleep at least 7 hours in the night. Eat an early and light dinner and try to avoid alcohol. Before retiring for the night take a warm bath, visit the toilet and drink a cup of warm milk. Closer to your appointed hour of sleep dim the lights and play some soft music to help you relax. You could spend some time reading a book or writing a letter. These actions when developed into a routine will induce sleep. For younger age groups, it takes 5 to 7 minutes to pass into sleep. You may take around 15 minutes. Close your eyes and will yourself to relax during this time.

Be safe and Secure: In the entrance of the house, install a good sturdy lock that can be opened easily from the inside. Many older people trap themselves behind multiple door locks that are hard to open, especially in an emergency.