

Sensitization Workshop for Elected Representatives

on

“Ageing Population in Hoshiarpur District and Punjab: Emerging Challenges and Policy Imperatives”

A focused initiative aimed at addressing the growing challenges of an ageing population and exploring policy-driven, community-based solutions for ensuring dignity and well-being of the elderly

Hoshiarpur, Punjab | 28 March 2026

Indian Association of Parliamentarians on Population and Development (IAPPD), New Delhi organized a workshop on a sensitive theme "Ageing Population in Hoshiarpur District and Punjab: Emerging Challenges and Policy Imperatives" at D.A.V. College of Education, Hoshiarpur, Punjab.



The workshop was organized under the visionary initiative and able guidance of Avinash Rai Khanna, Former Member of Parliament and Vice Chairman of Standing Committee of IAPPD, who also presided over the workshop. His sustained commitment and proactive engagement with the issue of ageing, along with other pressing social concerns, have been instrumental in shaping this initiative.

On this occasion, Mr. Brahm Shankar Jimpa, MLA, Hoshiarpur graced the occasion as Chief Guest. Mr. Surinder Kumar Shinda, Mayor, Municipal Corporation, Hoshiarpur, Senior Deputy Mayor Mrs. Parveen Saini, Mrs. Aashika Jain, Deputy Commissioner, Hoshiarpur and Mrs. Gursimranjeet Kaur SDM, Hoshiarpur graced the occasion as Guest of Honour.

Dr. Raj Kumar Chabbewal, Member of Parliament; Mr. Vijay Sampla, former Union Minister; and Mr. Sunder Sham Arora, former MLA, Hoshiarpur, were unable to attend the workshop owing to last-minute changes in their schedules.

Members of the Vidhan Sabha, representatives of Panchayats and Municipal Corporations—including Panches, Sarpanches, and Municipal Councillors—along with college principals, advocates, doctors, academicians, NGO members, and social workers, participated in the workshop with great enthusiasm. Notably, around 100 Municipal Councillors, Panches, and Sarpanches attended the programme.



Mr. Manmohan Sharma, Executive Secretary, IAPPD, while warmly welcoming the distinguished dignitaries, participants, and invited guests, expressed his sincere gratitude to Mr. Avinash Rai Khanna for his invaluable guidance and leadership in organizing the workshop. He underscored that the issue of ageing has emerged as a serious and pressing concern in Punjab, particularly in Hoshiarpur, warranting immediate and focused attention.

The thematic presentation on “Ageing Population in Hoshiarpur District and Punjab: Emerging Challenges and Policy Imperatives” was delivered by Avinash Rai Khanna. In his presentation, he eloquently underscored the rapidly growing ageing population in India, with particular emphasis on Punjab and Hoshiarpur. He highlighted that nearly 11% of the population is already above 60 years of age, a figure projected to double by 2036, signalling an urgent need for focused policy and societal attention.



He drew attention to critical challenges such as inadequate elder care infrastructure, rising health concerns, financial dependency, social isolation—especially among rural and elderly women—as well as the lack of regulation, shortage of trained caregivers, and gaps in policy implementation. While acknowledging the efforts of the Central and Punjab Governments through pension and healthcare initiatives, he pointed out the need for more effective execution and outreach.

The presentation strongly emphasized the indispensable role of families and communities in ensuring the well-being of the elderly, complemented by impactful examples of social initiatives and care centres. He also shared inspiring experiences from regions like Punjab and Jammu & Kashmir, including his efforts during the COVID-19 period to support and bring comfort to older persons, and cited international examples such as Japan to illustrate best practices in elder care.

Concluding on a compelling note, he called for strengthening community-based support systems, deeper intergenerational bonding, and a collective sense of responsibility to uphold the dignity, care, and happiness of the elderly. He urged everyone to actively care for their parents, grandparents, and elderly individuals within their communities.



While interacting with the audience, the Chief Guest, Brahm Shankar Jimpa, MLA, emphasized the urgent need to strengthen government policies related to elder care. He highlighted the importance of improving access to quality healthcare, expanding and effectively implementing pension schemes, and promoting robust community-based support systems for the elderly.

He also shared several personal experiences, illustrating how he has extended support to senior citizens across different areas, including those residing in old-age homes. Through these examples, he underscored the importance of compassion, proactive engagement, and collective responsibility in ensuring the dignity and well-being of the elderly.

In her address, Deputy Commissioner Mrs. Ashika Jain, IAS, highlighted the innovative concept of intergenerational living practiced in Germany, where elderly individuals and children live within the same premises. She noted that such integrated living arrangements foster emotional bonding, mutual care, and a sense of purpose among residents, significantly enhancing overall well-being and happiness.



She further emphasized that this model offers valuable lessons for strengthening family and community-based support systems in India. Underscoring the importance of collective responsibility, she called for greater community participation to ensure the dignity, safety, and emotional well-being of the elderly.



While interacting with the audience, Mayor Surinder Kumar Shinda reflected on the deep emotional fulfilment that comes from caring for one's parents and grandparents, noting how even small acts of attention and affection bring immense happiness to them. He reminded the audience that parents raise their children with great sacrifice and perseverance, often overcoming numerous hardships, and that it is now our collective responsibility to care for them with the same dedication.

He urged everyone to cultivate empathy, respect, and patience towards the elderly, ensuring that they feel valued, secure, and connected. Emphasizing the importance of active ageing, he called for creating inclusive community spaces where senior citizens can participate meaningfully in social, cultural, and recreational activities. He also highlighted the need to strengthen family bonds, promote intergenerational relationships, and encourage community-driven support systems so that the elderly can live with dignity, purpose, and a sense of belonging.

On this occasion, IAPPD, along with eminent dignitaries, felicitated Mr. Jaswinder Lavia and Mr. Arvinder Agnihotri in recognition of their dedicated efforts in serving the elderly at the grassroots level. The Principals, Mr. J.B. Bahal, representatives of the Sonalika Group, and Ms. Vidhi Bhalla, Principal, D.A.V. College of Education, Hoshiarpur, were also honoured for their valuable contributions.



Mrs. Amandeep Kaur, SDM, Hoshiarpur, was felicitated in her office by Mr. Avinash Rai Khanna, as she had to leave the workshop early owing to her official commitments and busy schedule.

On behalf of the D.A.V. College Managing Committee, Hoshiarpur, and IAPPD, Ms. Vidhi Bhalla delivered the vote of thanks, expressing sincere appreciation to the distinguished dignitaries and participants. She conveyed her hope that the deliberations would inspire meaningful and collective action towards ensuring dignity, care, and support for the elderly in society.



Commitment by the Participants

At the end of the workshop, the participants collectively committed to:

- Promoting the dignity, care, and well-being of the elderly.
- Strengthening family and community-based support systems.
- Supporting the effective implementation of policies and programmes related to senior citizens.
- Encouraging intergenerational bonding and mutual respect.
- Raising awareness about issues related to ageing at the grassroots level.
- Working collaboratively with government and civil society to address the challenges of an ageing population.
- Contributing towards building an inclusive and age-friendly society.

Outcome of the Workshop

- During the interactive discussions, it emerged that Municipal Councillors, Panches, and Sarpanches were generally aware that old age is a vulnerable phase requiring care and support for the elderly.
- However, several critical aspects highlighted during the presentations and deliberations—particularly by Mr. Avinash Rai Khanna and Mrs. Aashika Jain, Deputy Commissioner, Hoshiarpur—were largely new to the participants. These included:
 - ◇ India's evolving ageing demographic scenario
 - ◇ Key challenges such as inadequate infrastructure for elder care
 - ◇ Lack of regulation in elder care services
 - ◇ Shortage of trained caregivers
 - ◇ Gaps in policy implementation
 - ◇ Overview of government initiatives for the elderly
 - ◇ Prevalence of age-related diseases such as hypertension, diabetes, dementia, and Parkinson's disease
- The participants expressed that the workshop was highly informative and beneficial in enhancing their understanding of ageing-related issues and policy imperatives.



- The Municipal Councillors conveyed their intention to take up the issue of the ageing population in Municipal Council meetings and to work more proactively towards addressing the emerging challenges at the local level.
- Participants also requested the Indian Association of Parliamentarians on Population and Development (IAPPD) to organize similar workshops in the district on health and other pressing social issues in the future.
- The Municipal Councillors were also of the view that they will include this issue in the Council's meetings and work harder to tackle this growing problem.
- The participants also requested IAPPD to organize such workshop on health and other social issues in the district.

Elder care is not just a policy issue but a societal responsibility, requiring collective efforts from government, communities, and families.

