



ECONOMIC COMMITTEE

(Established 1958)

An Affiliate of Exhibition Society &
Osmania Graduates' Association, Hyderabad.

cordially invites you to

A Symposium On **AGEING GRACEFULLY** OPPORTUNITIES & CHALLENGES



DATE & TIME

Saturday,
11 July 2026
10:00 AM to 2:00 PM
Lunch follows



VENUE

Gandhi Centenary Hall
(GC Hall)
Exhibition Grounds,
Hyderabad

OUR SPEAKERS



KEYNOTE SPEAKER

Dr Vindhya Undurti

Former Professor and
Deputy Director,
Tata Institute of Social Science (TISS)



Dr G. Nageswara Rao

Former Principal Scientist
ANGRAU,
Vice President, AASRA.



Sri Y. Bahji

Advocate and AIR speaker on
Legal Affairs



Mrs Mateen Ansari

Co-Founder and Director
DOBARA Senior
Wellbeing Network

Poster Presentations

- YASHODA HOSPITALS Dept. of Geriatrics
- SAKET Pranamam Senior Living
- DOBARA Senior Wellbeing Network
- HeyDay Senior Living
- PRAAN Mental Wellness
- Senior Living Accessories

FOR MORE INFORMATION CONTACT

Aditya Margam

Seminar Convenor,
Economic Committee



99127 33223

Participation is free
but prior Registration Required

Click on the link to Register

<https://forms.gle/sMmyfkNYS2Q854aW9>



SCAN TO REGISTER

DR. D GANGHADAR RAO
President

ADITYA MARGAM
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Together towards healthy & graceful ageing

Report on Symposium on "Ageing Gracefully"

Introduction:

The symposium on **"Ageing Gracefully"** was conducted on **Saturday, 11th July 2026 at 10:00 AM in the GC Hall, Exhibition Grounds**. The event was organized by the Economics Committee with the objective of spreading awareness about the challenges and opportunities associated with ageing.

The seminar aimed to provide valuable insights into how individuals can prepare for old age with dignity, confidence, and security while addressing the physical, emotional, social, and financial aspects of life.

Objectives of the Seminar:

- To understand the concept of ageing as a natural and inevitable process.
- To create awareness about the challenges faced by senior citizens.
- To provide guidance on leading a healthy, secure, and dignified life in old age.
- To encourage proactive planning for financial and emotional well-being.

Key Highlights of the Seminar:

- The symposium brought together distinguished speakers from diverse fields who shared their knowledge and experiences.
- Experts discussed the importance of accepting ageing positively rather than fearing it.
- The session emphasized mental and emotional well-being, highlighting the need for social connections and support systems.
- Speakers addressed financial planning, including savings, pensions, and security for senior citizens.
- Real-life experiences shared by professionals provided a practical understanding of ageing-related challenges.

Insights Gained from the Seminar:

1. Ageing is a Natural Process

One of the most important takeaways was that ageing should be accepted gracefully. Instead of viewing it as a decline, it should be seen as a phase of life that brings wisdom, experience, and maturity.

2. Importance of Physical and Mental Health

Maintaining good health is essential for a better quality of life. Regular exercise, a balanced diet, and mental relaxation techniques such as meditation were emphasized.

3. Emotional Well-being and Social Support

Loneliness and isolation are major issues among senior citizens. The seminar highlighted the importance of staying connected with family, friends, and community activities.

4. Financial Planning is Crucial

Planning for old age financially is necessary to ensure independence and security. Savings, investments, and proper financial management play a vital role.

5. Role of Society and Family

The seminar stressed that society and families must support elderly individuals by respecting, valuing, and caring for them.

6. Lifelong Learning and Engagement

Engaging in hobbies, learning new skills, and staying active can significantly improve the quality of life in old age.

Conclusion

The symposium on "Ageing Gracefully" was highly informative and insightful. It helped participants understand the importance of preparing for ageing in a holistic manner—physically, emotionally, socially, and financially.

The knowledge gained from this seminar will not only help individuals plan their own future but also encourage them to contribute towards the well-being of senior citizens in society.

