



CSERForganizedGurujonAshor



CSERF is a non-profit, independent and non-political organization. CSERF was formed with the aim of conducting research on contemporary social and environmental issues. Apart from conducting research, CSERF is also involved in various programs which may contribute to better living conditions for all and for conservation of the environment and ecology.

One of the very important initiatives by CSERF is to reach out to the senior citizens of four countries irrespective of social positions, geographic locations, livelihood and economic classes. CSERF aims to engage with the senior citizens to know their present or deals and to help to find solutions by involving government agencies, development partners, civil society, non-government organizations, local Govern-

ment institutes, individuals and community organizations.

On November 30, 2016 CSERF arranged a program to bring together these senior citizens in a meeting calling "Gurujon Ashor". The program was intended to engage senior citizens with the younger generation, social workers, cultural and media people, and members of other organizations working in similar fields. The program was planned from 3pm to 6pm on November 30, 2016 at the Nazrul Institute, Dhanmondi, Dhaka. Around 125 participants attended the program.

The program was chaired by Prof. Prafulla Chandra Sarker, Chairman, CSERF. Poet Rezauddin Stalin was the Chief Guest. Dr. Syed Zaber

Mahmud, Geriatric Psychiatrist, Lab Aid and Ms. Momtaz Ara Begum were the Special Guest and Guest of Honour, respectively. Representatives from press and media, civil society, foreign dignitaries, students, academicians, social scientists and cultural personalities also attended the program.

At the onset, the participants were presented with a number of songs from the past by Shishir Sikder, Abdur Rahim. At the end, Bangladesh Friends Academy presented a dance sequence. Sabina Siddique, Executive Director and Ms. Arfat Jahan Lisa CSERF conducted the overall program.



Chairperson Of Gumjon Ashor Prof PC Sarker; Chairman, CSERF

Prof. PC Sarker urges for care and compassion for the elders

The Chairman of CSERF urges all, particularly, the younger generation to take care of the elders of the family and the society and show respect and compassion. He said that the young have the strength, courage and dynamism to bring changes to the society. It is now time for them to understand the changing dynamism of our society in the modern age. The nation eagerly waits for positive initiatives. He committed that CSERF will extend all

elders

all

Poet Rezauddin Stalin points to the changing social fabric and the ordeals of the senior citizens

Poet Rezauddin Stalin in his speech as the Chief Guest of Gumjon Ashor pointed to the changing social structure. He said that in the past the society was more harmonious and caring for each other. The present modern society has different values. People are more individualistic and materialistic. Nobody cares for anybody. This is due to profound influence of western culture. This is leaving the elders of the society in a very precarious situation. We have to think hard and find a way out of it.

He requested the sons and daughters not to send the elder to the old home. If at all it becomes necessary for the elder to move in a old home they should accept it and be reliant on themselves. It is the responsibility of our society to extend support to them if they need to go.

Mr. Stalin appreciated the initiative of the CSERF and request all to be with this noble effort by extending what ever support that may suit them



Poet Rezauddin Stalin, Chief Guest

Dr. Syed Zaber Mahmud highlights the old age mental health as being a major issue now-a-days



Dr. Syed Zaber Mahmud, Special Guest

Dr. Syed Zaber Mahmud, Geriatric Psychiatrist, Lab Aid Hospitals informed that one of the main problems in the old age is dementia. Dementia is a mental health condition when people cannot remember activities, instructions, procedures, names or locations. It is a kind of persistent disorder of mental processes. Alzheimer disease is a form of dementia that causes problems with memory, thinking and behavior. Although majority of the people having Alzheimer are over the age of 65 years, but the onset of the disease may occur as early as

in the age of 40-50 years. Although current Alzheimer's treatments cannot stop Alzheimer's from progressing, they can temporarily slow the worsening of dementia symptoms and improve quality of life. Today, there is a worldwide effort underway to find better ways to treat the disease, delay its onset, and prevent it from developing. Communication and care from family members can make life of Alzheimer patients easier.

Give few moments from your time....

The Guest of Honor of Gurujon Ashor Mumtaz Ara Begum appealed to the sons and daughter to give few moments from their time, talk to them and keep in touch with their parents who are old and need care.

She said the most difficult issue in the old age is loneliness. She added that all are going to get old someday, they will be of my age or more. Give respect to your parents passing through this difficult time - at least this much they deserve.



Mumtaz Ara Begum
Guest of Honor at Gurujon Ashor

Taking care of the elders with respect and dignity

Sabina Siddique

Due to development of medical science, the average life expectancy of man is increasing. As a result, number of elderly citizens in most countries have been growing. Bangladesh is one of the twenty countries in the world having the largest elderly population. Some estimates say that the elderly population in Bangladesh, with age over 60 years, is growing at a faster rate than the total population. According to the Daily Star, 6.9% of Bangladesh population was classified as elderly in 1950, and is projected to increase to 8% in 2020 and 17% by 2050.

There will be fewer persons to support the elderly people as time moves forward. Moreover, with the people becoming more individualistic and with the opportunities for better livelihood away from home, younger people are moving to other cities or abroad.

The scenario presents a major issue of concern.

Our social system, thoughts and realization, human, religious and family values demand for greater dignity and respect towards elders. But they confront a very arduous and unsympathetic situation in modern day family and society.

Lack of care and affection are hurting them, they feel helpless. The UN has rightly pointed out that -

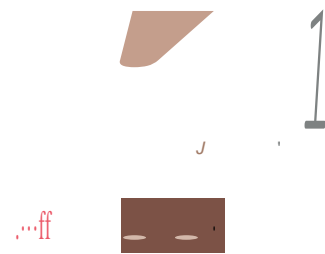
"we could add a few years to life but we could not add life to the added years" Eventually, the capacity of the nation, the society and the family are facing greater challenges in addressing to the needs of these senior citizens.

Only because of age, our elders have to face discrimination in getting the freedom of leading a life suitable to their likings. The society looks at them as burdens and subject them to unfair attitude and behavior. Just for their age they lose jobs and livelihood. They beg and long for mercy of younger people. Seniors who have retired and do not have much or any savings or means to survive are in extreme insecure and vulnerable situation.

We feel, youths of our society can create a difference and an example for the rest of the world.

CSERF has undertaken a number of initiatives for addressing the issues of old age. Conscious persons and organizations having similar concern for the elders have come forward to support these initiatives.

CSERF advocates and takes programs to enhance the quality of life of our senior citizens, giving them the respect and care they deserve and making them once more feel they are not burdens but are still very much important for the family and the society.



Sabina Siddique is the
Executive Director of
CSERF



Sabina Siddique, Executive Director and Arcifat Jahan Lisa, Programme Coordinator, CSERF along with volunteers from Rotary club at the Studio of Mrinal Haque.

Artist Mr. Mrinal Haque is a great patron of CSERF and is an immense inspiration for the CSERF in its initiatives on social and environmental issues.

Mr. Mrinal Haque encouraged CSERF to go forward with its noble initiatives and offered his all-out support to the cause.

The Honorable Councilor of Iran Mr. Seyed Mussa Hosseini and family along with other dignitaries were present at the Gurujon Ashor. The Honorable Councilor appreciated the efforts of CSERF and hoped for its success.



CSERF Documentary Team is taking an interview of a Senior Cili' (In



Graphic & editing team of SOJWA REPORT, Dhaka, working for CSERF

Glimpses Of the culturalevent inGuru)onAshor



Bangladesh Friends of Ashor performing a dance event



Songs from the past years by Shishir Shikder and Ashok Mukherjee with the Tabla



Songs from the past years by Mr. Abdur Rahim



Recitation of poem by Rajan Hossain

Research Activities CSERF



Dr. Farana Tania
Research Fellow, CSERF



Shamima Akter
Research Fellow, CSERF

Acknowledgement

CSERFacknowledges withgratitudethesupportandcontributionofthefollowingindividualsin
arrangingtheGurujonAshor



SultanAraBegumShilpi
forherCo-Operation



Mr. ShishirShikdar
forhisbeautifulsongsand
wholeheartedmpport
throughout



Mr.R'!fiqullIslamforas
wholeheartedsupport



Ms.ArafatJahanLisa
forherhardwork,
encouragement
during
di,fficult time



Mr.RajonHossain for
a1wstakingtheinitiatives



First meeting Of the Executive Committee Of CSERF

Executive Committee of the CSERF was held on November 18, 2016 in the Office of the CSERF located at House 27, Road 9A, Dhanmondi, Dhaka. The Meeting was chaired by Prof. PC Sarker, Chairman, CSERF. Ms. Sabina Siddique, Executive Director of CSERF presented the agenda of the Meeting and informed about the progress of various activities. The meeting decided to hold a congregation of the senior citizens of the society on November 30, 2016. Among others, the meeting was attended by executive members Sohrab Hasan, Hafizur Rahman, Sabbir Siddique, SMM Mizanur Rahman and Habibur Rahman.



From left: Sabina Siddique, Habibur Rahman, Sabbir Siddique, Prof. PC Sarker, Sohrab Hasan, Hafizur Rahman, SMM Mizanur Rahman

CSERF pledges support to Asian Confluence



From left: Habibur Rahman, Sabina Siddique, Hafizur Rahman, Sao/atachi Ditta, Mr. Shuhin Khan and Mr. Sheik Rokon

In a meeting held at the CSERF office in Dhanmondi on May 19, 2016, Mr. Sabyasachi Dutta, director of the Asian Confluence informed that the first River Festival will be held in July 2016 in Shillong, Meghalaya. The festival will be organized by the Asian Confluence in association with the Meghalaya government and the Moulana Abul Kalam Azad Institute of Asian Studies (MAKAIS), Kolkata. He invited the members of CSERF to participate.

CSERF appreciated the initiative taken by the Asian Confluence, India to organize the River Festival. CSERF assured Asian Confluence of their support to the river festival which will facilitate cultural connectivity, people-to-people contacts and usher new possibilities of trade, commerce and tourism between Bangladesh and the north-Eastern states of India.

House 20 Road 9A
Dhanmondi, Dhaka, Bangladesh

Phone: +8801552338352., +880101727144445
E-mail: sbnsiddique@gmail.com; iifil@cserfbd.org
Website: www.cserfbd.org

Editorial Advisor
Prof PCSarker, Chairman, CSERF

Editor
Sabina Siddique, Executive Director, CSERF

Contribution
Hafizur Rahman, Executive Member, CSERF



যদি তোর ডাক শুনে কেউ না আসে তবে একলা চলো রে

*If thou answerest not to your call walk
alone
If thou art afraid and cower mute
fearing the wall
O thou un-lucone,
open your mind and speak out alone.
If thou turn away, and desert you when
crossing the wilderness,
O thou un-lucky one,
trample the thorns under thy treat
and along the blood-lined track travel
alone.
If thou shut doors and do no hold up
the light when the night is troubled with
storm,
O thou un-lucky one,
with the thunder flame of pain ignite
your own heart
And let it burn alone*

Rabindra Nath Tagore

Acknowledgement



BETS Consulting Services Ltd. - From
conceptual planning, design and
detailed engineering



Devcon Ltd. - Leading today for
tomorrow

Service above Self



আপায়েনে পরিভূক্তির পরিষ্করণ আয়োজন



A media house with social responsibility



soRwcrepoint
GRAPHIC STUDIO

A wider range of Creative Graphic Design
& Training Solution

CSERF at a glance

CSERF is a non-political, non-profitable, non-government foundation. It promotes Research and Development activities and organizes various activities for policy advocacy on basis of research. Research activities include various social, economic, environmental issues, information and communication technology. Apart from research activities CSERF is involved in various social works.

CSERF promotes pollution free environment, humanitarian and charitable programs, enhancement of knowledge and education across society, scientific yoga, the poverty alleviation, women's empowerment, regional cooperation.