

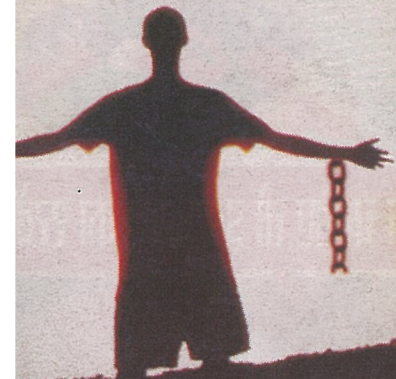


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May You Live Long.....

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ou live a long and healthy life" has been a al form of blessing by the religious chiefs for their s and the family head s for their members when press their faith and confidence by touching their se blessings though repeated many a times alone ough to ensure long and healthy life unless they orted by organised and sustained efforts of the amily and the Individual in a well-coordinated lan.

Some years ago a group of University students an Old Age Home in Delhi to gain first- wledge and experience of its working and study g conditions of the inmates. There were some 50 men and women both in the age group 50-65 years g those who were physically, visually and mentally pped in varying degrees. They were found to have ddled together in 10 rooms with attached ns and toilets with the provision of a common The standard of hygiene and cleanliness as also the of food served was decidedly found to be ctory. The medical facilities were thoroughly ate to provide the residents any relief or support for ged life. The State and the Families had obviously o meet the economic burden and the charitable tion expressed its inability to mobilise enough

modern world many countries have invarying pted the programme polices of expanding on (including women education) training, ment, minimum wages, food subsidy, health care lical relief and social security to provide relief to handicapped and retired persons. A study of the

Research studies in the field of life expectancy have revealed the significance of gender, genetics, health care, hygiene, diet and nutrition, exercise, life style, crime

AVERAGE LIFE EXPECTANCY

1. Macau 84.4 yr.	2. Japan 82.1 yr.	3. Singapore 82.0 yr.
4. Australia 81.6 yr.	5. France 81.0 yr.	6. Italy 80.0 yr.
7. Monaco 80.1 yr.	8. Spain 80.0 yr.	9. Germany 79.3 yr.
10. UK 79.0 yr.	11. USA 78.1 yr.	12. India 69.9 yr.

and volatile unrest as also natural calamities like floods, cyclones and earth quakes, In a recent study conducted in the year 2011, Monaco has been declared as the topper claiming life expectancy of 89.7 years for its citizen..

In the democratic countries the governments have been genuinely under public pressure to come forward with more and more progressive schemes to ensure long life and safety of its citizen. The Family as the primary and universal institution is required to foster positive values for guiding and supervising the behaviour of its members to adopt and practice ways of increasing the life span of its members. These may include adequate prenatal and post natal care for mentally healthy and physically well balanced child birth, breast feeding and supplementary food, immunization, proper health care and medical relief, dental care or skin care, vocal training or adequate sleep followed by proper schooling to promote learning through teaching or group participation of games etc. The Family will have to be a model for proper work, rest and recreation schedules and life style model for consuming elements of Balanced Diet at suitable times and avoid the use of drugs, alcohol or tobacco at all times. In addition the family will

Beyond the childhood level, the youth can be advised to adopt the following practices to increase their span of life through bodily growth, strength, stamina and mental stability. The following suggestions are therefore made for them to adopt as per requirements.

1. Brisk walk for half an hour ---three times a day. Doing weight lifting to prevent withering of muscles.
2. Eating a balanced diet including fruit, vegetables and fish once/ twice a week. Taking supplementary food to overcome any pointed deficiency
3. Keeping yourself busy to reduce depression.
4. Avoid smoking and drugs to protect lungs and have healthy breathing. Go for periodic health check-up and undertake suggested health relief and treatment
5. Stimulating mental activities by reading books and participating in playful activities
6. Interacting with friends in useful conversations and discussions. Strike a balance in work, rest, recreation and household activities to avoid stress causing damage to your heart and brain.
7. Helping physically, socially and mentally handicapped with goods and services.
8. Participating in daily prayers according to religious beliefs and practices.
9. Have a mutually supportive married life.

Some of the world known personalities has remained active and socially committed till very late stage of their life. These include Queen Elizabeth II (86 years); Pope Benedict XVI (84 Years); Dr Manmohan Singh, Prime Minister Of India (80 years); Mr Fauja Singh, Oldest Runner On Earth (101 years); Mr Yash Chopra, Padma Bhushan Awardee and Film Maker (80 years).