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ISSN NO. 2456-9704  
**Volume 10 Issue 1**  
[www.supremoamicus.org](http://www.supremoamicus.org)



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## GLOBAL AND INDIAN PERSPECTIVES ON AGEING: AN EVALUATION OF POLICY AND CHALLENGES TRAJECTORIES

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“Ageism towards younger and older people is prevalent, unrecognized, unchallenged and has far-reaching consequences for our economies and societies,” said Maria-Francesca Spatolisano, Assistant Secretary-General for Policy Coordination and Inter-Agency Affairs in the Department of Economic and Social Affairs.<sup>1</sup>

### Abstract

Ageing is a natural and real occurrence with broad effects on public health. The ageing population is increasing necessitating focused attention. Gerontology is the study of ageing, its causes, and its multifaceted challenges—serves as the basis for this research. The study presents how to provide a comprehensive perspective on the lives and well-being of older adults, with particular emphasis on ageism in the Indian context. It shows the consequences of age related problems on human health, socioeconomic condition. The paper also highlights the glimpses of legal mechanisms and both national and global strategy with judicial initiatives addressing the rights and care of the elderly. This work identifies key challenges faced by older individuals across various dimensions and concludes

by proposing preventive measures to enhance respective attention and support for the older citizens.

**Keywords** : Global, Indian, Perspectives, Ageing Policy, Challenges

### Overview

Recently 153 million people aged about 60 will projected to increase about 347 million during 2050. The United Nations Decade of Healthy Ageing (2021–2030) emphasizes that ageing impacts on health, social, economic, and educational spheres.<sup>2</sup> Globally, around 6.3 million older adults are accountable for depression. Natalia Kanem, Executive Director, United Nations Population Fund emphasizes, “Let’s make this crisis a turning point in the way we see, treat, and respond to older people, so that together we can build a world of health, well-being, and dignity for all ages.”<sup>3</sup> In the year 2011, India has 104 million elderly individuals aged about 60 years comprising with 8.6% of the total population. During this stage of life, age-related challenges can lead to both physical and mental decline, often resulting in social detachment.<sup>4</sup>

<sup>1</sup> Ageism is a global Challenge ( March, 2021)(UN Report)<<https://www.who.int/news/item/18-03-2021-ageism-is-a-global-challenge-un>> accessed 23 February 2026

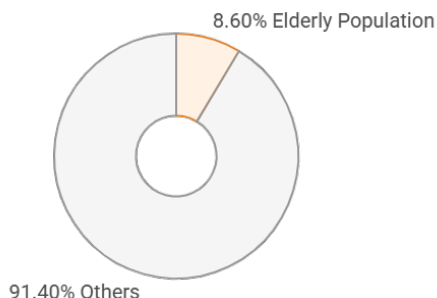
<sup>2</sup> Andrea Wojnar ,India's ageing population: Why it matters more than ever(23 December,2023 )<<https://india.unfpa.org/en/news/indias-ageing-population-why-it-matters-more-ever>>accessed 23 February 2026

<sup>3</sup>see foot note 1

<sup>4</sup>World Health Organization, Ageing and Health <<https://www.who.int/india/health-topics/ageing>>accessed 23 February 2026



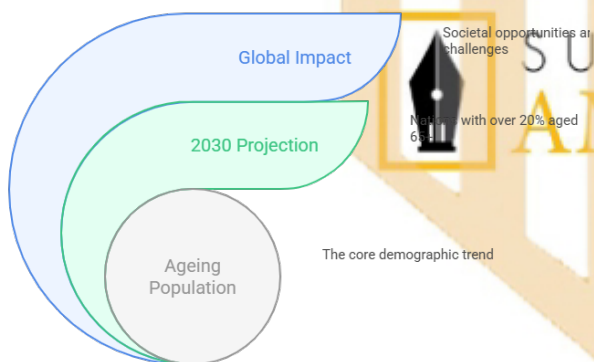
**Elderly Population in India (2011)**



Gerontology includes physiological, socio-cultural and human dimensions of aging process. Individuals often experience a range of health challenges, including hearing impairment, lens opacity and hypertrophy, degenerative arthritis, pulmonary and metabolic diseases, depressive disorders, and schizophrenia.

Due to the growth of ageing 34 countries will anticipated nearly 20% population by the year 2030.

**Global Ageing Population**



In Australia, about 5% of individuals aged 55 and above remain in the workforce, contributing an estimated AUD \$48 billion annually to the economy. In the United States, a 2020 survey highlighted the

significant impact of stereotypes and self-perceptions on the health of older adults. Notably, one out of every seven dollars in the national healthcare budget is spent on individuals aged 60 and above each year.<sup>5</sup> In Australia 5 % above aged 55 are working their annual income of AUD\$48 billion . The annual budget for treatment US\$1 in every US\$7 spent for people of 60+ in a year. <sup>6</sup>

Objectives: The author has following objects -

- To know the nature and techniques of ageing and gerontology.
- To examine the ageism in Indian context with national and judicial mechanism.
- To explore its emergence in global context.
- To discuss the difficulties associated with this problem.
- To find out the remedial measures to combat this issues.

**Limitation of the study**

This research is limited in its approach as it has based on inclusive ways. To do this work the author has relying on selected relevant data of such particular area. The other factorial historical data of ageing and gerontology, several theories, applicability, impact of ageing, problems facing by aged persons, government policy etc are taken from secondary sources. Most of the states have adopted welfare legislation of the older people but this work concentrates on Indian position among other countries as because India is most developing nations.

**Historical Background**

During the golden period of Islamic Medicine numerous Doctor have addressed various topic deals related with Gerontology. Since 14th century and specially following the industrial revolution there emerged a growing movement that older should be

<sup>5</sup>J.E Birren, History of Gerontology(2007)<<https://www.sciencedirect.com/topics/neuroscience/gerontology>>accessed 24 February 2026

<sup>6</sup> Supra foot note 1



properly protected. The word "gerontology" has coined by Élie Metchnikoff in 1903. <sup>7</sup>Gerontology has emerged a worldwide concern. During 2015 and 2050, the worldwide census will rising twice above 60 years from 12% to 22%. Gerontology analysis the concept of aging, while structure, development associated with diseases is called geriatrics. It is part of Gerontology. Health related problems deals with age can be treated in a new techniques. As for example Alzheimer's disease, Nourishment, weakness, health decline, hypertension etc.<sup>8</sup>. Gerontologists deals with the bodily and mental changes of people. On the other hand, Geriatricians are the physicians who detects the diseases of elders.

### Modes of Gerontology

There are following forms of gerontology as follows:

- ✧ Ageing is a vital risk for many chronic diseases. Bio gerontology is the part of gerontology and this word is originated by S.Rattan in the year 2000. It is learning of the aging process which justify the diseases of aging and multidisciplinary research on the roots of living aging.<sup>9</sup>
- ✧ Social gerontology We see many older adults feel lonely and tend to participate less communicate or attend social activities due to ages related issues. However gerontology makes out the older problem so that they can guide a better life.
- ✧ Environmental gerontology It is form of gerontology which gives knowledge old people and their material and public /common surroundings. In the year of 1970s and 1980s, researchers acts for their well beings of life style.
- ✧ Jurisprudential gerontology This types of gerontology provides legal protection to older

persons and explain how law is related with social and mental level of their life and attempts to improves health.

- ✧ Activity theory Activity theory is evolved by Cavan, Havighurst, and Albrecht. The older adults' self-perception depends on social communications. During this period old persons have to act with spirits rather than anxiety such as to loss from service etc. Activity focuses on happiness on many layers and welfare on their general health.
- ✧ Disengagement theory This principle is created by Cumming and Henry. In this time the aged adults tries to live in isolation e.g. lethargic at work, less social participation and became egoistic.
- ✧ Age stratification theory With this idea the adults can be categorized into two arguments that age is a system which regulate the behaviour of the people who born during the same time can share their experience which bring social change.
- ✧ Life course theory It shows various stages of ageing. It includes general, mental and natural processes and offers for some challenges and proposes how to decreases death rate, health condition and reproduction.<sup>10</sup>

### Ageism in Global context

The recent older population census of 153 million aged about 60 years. According to the report of United Nations (2021-2030) reports shows ageism affects on health, economic, social and education sector. In India due to fall of financial market 40% older people are in poverty level.<sup>11</sup> As per WHO, India total population 1,438,069,596 (2023) and the ageing

<sup>7</sup> Gerontology (December, 2017) <<https://en.wikipedia.org/wiki/Gerontology>> accessed on 5 March, 2026

<sup>8</sup> Gerontology vs. Geriatrics (3, October, 2023) <<https://gero.cuchicago.edu/gerontology-vs-geriatrics/gerontology-vs-geriatrics-the-differences-similarities/>> accessed on 5 March, 2026

<sup>9</sup> Biogerontology (Edited on 24 February, 2026) <<https://en.wikipedia.org/wiki/Biogerontology>> accessed on 5 March, 2026

<sup>10</sup> See note 7

<sup>11</sup> Supra note 2



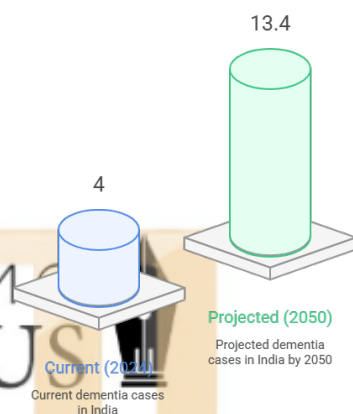
population rise 8.1% above 65 years by 2023.<sup>12</sup> In world report it is estimated that by 2030 among 34 countries about 20% people more than 65 years . As per long-term survey on “super ages” relates to behaviour, habits and health 90 years aged. As health system and psychological part should needed to be care .In this regard family support are important specially for super ageing people .<sup>13</sup> The Ministry of Social Justice and Empowerment has already implemented various health care facility for Senior of our country.<sup>14</sup> Vienna International Plan of Action is the primary global plan for ageing in 1982 . United Nations Principles for Older Persons 1991 has been launched<sup>15</sup>. Second World Assembly on Ageing(2002) has approved the Madrid International Plan of Action on Ageing which provides for “building a society for all ages” and suggests for uniform rule to understand the ageing related various aspects.<sup>16</sup>

#### Analysis of Health and Social Factors of Elders

WHO presents 50 million people are suffering from dementia and this figure will reached 13.4 million at 2050. Thus counseling is required to curb from mental health issues. In accord to Global Health Estimates data of 2019, major ground of people aged about 60 years are suffering from due to non-infectious diseases e.g. chest pain, bloodlessness, serious damage to heart ,eyes ,inadequate control of blood glucose etc. Any 4th Indian over 60 years of age recorded sickly. 75% physically attacking with long term illness,23.3% of the older are badly affected from multiple diseases. Throughout 20% aged in India have mentally. In Social consequences people are often treated as a responsibility and are excluded in the society. Even their skills , potentiality, social

works are sometimes ignored and not recognized . This shift discussed in the media and international development .The adverse impact mental health of aged people lack of are the family care , lack of social contracts, loneliness, sadness etc.

Projected Dementia Cases in India by 2050



Economic effects is one of the significant factors liable for age related problems. During aging people loses their working capability, feeling weak due to this they are paid less for their labour .They need financial protection like pension scheme and other allowance .As for example Some states in India elders are drawn benefits from old age allowance .

Some rural areas there is lack of medical infrastructure ,geriatric specialists, not proper awareness to maintain a good hygiene. Therefore they are facing risks to live with a healthier environment.<sup>17</sup>Digital awarenes,communication with family members,uniform rule,economic stability,senior

<sup>12</sup> World Health Organization report <<https://data.who.int/countries/356>>accessed on 5 March,2026

<sup>13</sup> Supra note 1

<sup>14</sup> MInistry of social Justice and Empowerment<<https://socialjustice.gov.in/>>accessed on 5 March,2026

<sup>15</sup> United Nations ,Department of Economics and Social

Inclusion<<https://social.desa.un.org/issues/ageing/resources/ageing-resources/vienna-international-plan-of-action>>accessed on 4 March,2026

<sup>16</sup> United Nations ,Department of Economics and Social Inclusion United Nations DESA Programme on Ageing<<https://social.desa.un.org/issues/ageing>>access ed on 22 April,2026

)  
<sup>17</sup> See note 2



citizens scheme, health care facilities and global initiatives are required to curb ageism related issues.<sup>18</sup>

### Indian Statutory Framework

#### Indian constitution

According to Article 41 state must provide employment, education and public facility to citizen and promotes financial and special protection of the weaker section of the society under Article 46. But no single provision for aged persons in our constitution.

#### Hindu Law

Section 20 of Hindu Adoption and Maintenance Act 1956 incorporate the provision for maintenance of parents.

#### Muslim Law

In accord to Mulla, child is liable to maintain his poor / disabled mother.

#### Other Statute/Rule

Section 125 of Code of Criminal Procedure now section 144 of Bharatiya Nagarik Suraksha Sanhita, 2023 (BNSS) lays down if anyone fails to maintain/neglect his parents then the parents will claim for maintenance from their children. Section 88B, 88D and 88DDB of Income Tax act deals with deduction of tax senior citizens.<sup>19</sup> The Maintenance and Welfare of Parents and Senior Citizens Act, 2007 is an existing statute for safeguarding of senior citizens which not only cover the right to claim for maintenance but also deals with social security. Here Tribunals has the power to try the cases of

maintenance to award monthly payment of ₹10,000 and if the respondent fails to neglect the order of tribunal then the person may kept in custody. The provision for appeal can be made within 60 days from the date of order. The Act stresses on old-age homes to give accommodation for 150 senior citizens in every district and permits seniors to rescind the property transfer. This Act prescribes penalty if anyone fails to take care of their aged parents.<sup>20</sup> The Maintenance and Welfare of Parents and Senior Citizens (Amendment) Bill, 2019 has been presented in the Lok Sabha on 11-12-2019 of aged persons who are facing lots mental and health related disability. Of their life.<sup>21</sup>

The Maintenance and Welfare of Parents and Senior Citizens (Amendment) Bill 2023 amends the Maintenance and Welfare of Parents and Senior Citizens Act, 2007 on various issues. Union Budget 2025-2026 has also given some tax deduction to the senior citizens. It also details explain the definitions of parents and children, ₹10,000 monthly maintenance will be discarded as Tribunals can awarded the payment on the basis of the requirements of the elders. If the party fails to pay the amount then they can be imprisonment extend to one month and a warrant can be issued in this regard.<sup>22</sup>

NALSA (Legal Services to Senior Citizens) Scheme, 2016 has been established for the primaty rights and protection of the senior citizens. They can claim legal aid under the central, state, district and taluka levels as per Section 12 of the Legal Services Authorities Act, 1987. Tribunals and the Appellate Tribunals and old age home have been launched under the

<sup>18</sup> See note 15

<sup>19</sup> Laws for senior citizen in India <<https://www.legalservicesindia.com/article/2054/Laws-for-Senior-citizens-in-India.html>>(last%20visited%20on%20March,2026) accessed on 4 March,2026

<sup>20</sup> Maintenance and Welfare of Patents and Senior Citizens Act 2007(13 January,2022)<<https://lawbhoomi.com/maintenance-and-welfare-of-parents-and-senior-citizens-act-2007/>>accessed on 3 March,2026

<sup>21</sup> Government of India, Press Bureau of Information <<https://www.pib.gov.in/Pressreleaseshare.aspx?PRID=1843029>>accessed on 4 March,2026

<sup>22</sup> THE MAINTENANCE AND WELFARE OF PARENTS AND SENIOR CITIZENS (AMENDMENT) BILL, (Bill No 14 of 2023) 2023<<https://www.sansad.in/getFile/BillsTexts/LSBills/Asintroduced/14%20of%202023%20as%20introduced84202373506PM.pdf?source=legislation>>accessed on 3 March,2026



Maintenance and Welfare of Parents and Senior Citizens Act, 2007 for our senior adults. Above all, public consciousness is more important.<sup>23</sup>

**Government Schemes**

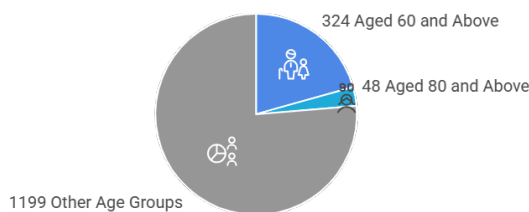
Only 18% of 60 years of people are under the health insurance policies. India’s health framework is already far -extending. In addition , senior protection centre such as like geriatric OPD, daycare , recreational platforms is obtainable nowadays. The Ayushman Bharat Scheme deals with low-income seniors and private sector older persons. The Ministry of Rural Development has been has launched Indira Gandhi National Old Age Pension Scheme (IGNOAPS) during 1995 to assist financial stability to senior citizens living below the poverty line. In this Scheme the Central cooperation issue monthly pension Rs. 200/ and Rs. 500/ of adults aged about 60years and 80 years respectively.

The National Council of Older Persons 1999 now known as the National Council of Senior Citizens 2012 which review the application of senior applicant.<sup>24</sup>

A separate Interministerial Committee will set up to superintendent the improvement of the policy. Each States will be suggested to establish separate Directorates of Older Persons and mechanism in this regard. Panchayati Raj institutions should work under this policy to present the local problem relating with senior citizens and the annual report of will be submitted every year. National Policy for Senior Citizens 2011 relates with several aspects of seniors. In the year 2000 total population 1008 million aged 60 above and 76 million aged 80+ is 6 million . In

2050 total population 1572 million aged 60+ is 324 million and aged 80 above reach about 48 million .

**Population Distribution by Age Group in 2050 (million)**



This policy covers elders living condition in urban and rural areas, special protection by the family members, social help, younger cooperation . The main motto of this policy are the following -

- ✧ to give attention to all old men and women and different agencies support them with financially and socially.
- ✧ Encourage the notion of ‘Ageing in Place’ and gives assurance for various facility such as their residence ,income allowance, insurance .
- ✧ It also concern on family care along with public and private cooperation to curb the ageism issues
- ✧ The Madrid Plan of Action and Barrier Free strategies will act together for older people.
- ✧ To motivate them to take part equally in every activity in the society like others

<sup>23</sup>NALSA (LEGAL SERVICE TO SENIOR CITIZENS) SCHEME 2016<,https://thc.nic.in/Central%20Governmental%20Schemes/NALSA%20(Legal%20Services%20to%20Senior%20Citizens)%20Scheme,%202016.pdf> accessed on 7 March,2026

<sup>24</sup>Ministry of Social Justice and Empowerment,National Policy for Older Persons(5

August,2014)< https://pib.gov.in/newsite/PrintRelease.aspx?relid=108092#:~:text=The%20National%20Policy%20on%20Older%20Persons%20%28NPOP%29%2C%201999,services%20to%20improve%20the%20quality%20of%20their%20lives.>accessed on 8March,2026



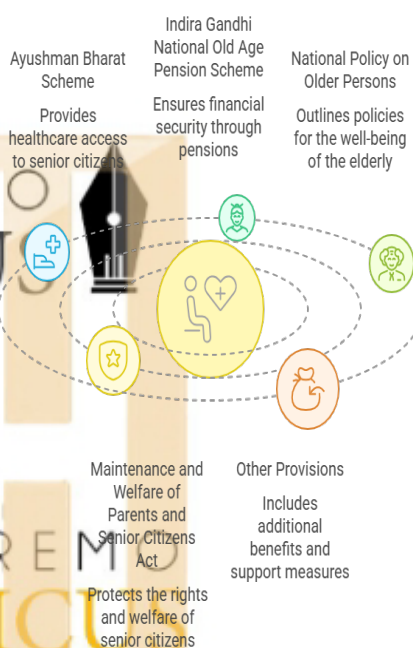
- ✧ Continuing savings policy and credit card benefits will be accessible to all elders in both rural and urban places
- ✧ Counselling and Collaboration with the various NGOs is required.
- ✧ Government should enforce strictly the Maintenance and Welfare of Parents and Senior Citizens Act, 2007 and establishes Tribunals so that older parents can redress their claims.

National Policy for Senior Citizens 2011. This policy has framed the following initiatives –

1. To set up Department of Senior Citizens under the Ministry of Social Justice and Empowerment which acts as the nodal agency to control and directs the programmes for aged people. Even all ministry will make an agenda to execute this direction and submit the same.
2. To Composed Directorates of Senior Citizens in states and union territories to execute this policy the senior services.
3. National Commission for Senior Citizens has the civil powers to conduct the cases relating to senior's rights.
4. National Council for Senior Citizens is introduced by the Minister for Social Justice and Empowerment. It observes and advice to the central on matters relating to senior citizen's. There is also State Council for Senior Citizens. The Council consists of central ministries, the Planning Commission and ten states by rotation. There are also member of senior citizens from each state and Union Territory and meeting of this council will held once in six months. A five-year Plan and economic distribution will be formulated by each Department of the Government.<sup>25</sup> Indira Gandhi National Widow Pension Scheme has been launched in 2009

which is applicable under the poverty line widow from age 40 -59 but non-citizen of Andaman cannot avail this benefit.<sup>26</sup> The Annapurna scheme has introduced to give sustainable food grains of 10 Kg per month of 65 years and above. But they cannot obtain this facility under any scheme of central / state. Comprehensive support to older in India .<sup>27</sup>

**Comprehensive Support for Senior Citizens in India**



Beside that the government of India has also issued several concessions in railway and air services, health, tax deduction, pension, state elders allowance etc.

**Judicial Interpretations**

The Government of India has also passed the Maintenance and Welfare of Parents and Senior Citizens Act, 2007 aims to protect the interests of

<sup>25</sup>National Policy for Senior Citizens 2011( 9 March 2011)<<https://socialjustice.gov.in/writereaddata/UploadFile/dnpsc.pdf>>accessed on 1 March 2026

<sup>26</sup> Indira Gandhi National Widow Pension Scheme, Ministry of Rural Development

<<https://www.myscheme.gov.in/schemes/ignwps>> accessed on March 5 2026

<sup>27</sup> <<https://karmayog.org/public-distribution-system/anapurna-scheme/>>accessed on 28 February 2026



senior citizens under Article 41 of the Constitution of India. The Delhi High Court has currently aware of the fact that domestic violence matters in India have been gradually rising after pandemic situation 2019. In *Vijay Verma v. Kanika Pasricha and Anr.* Case -in this case the Delhi High Court court has explained that the 2007 Maintenance Act and the Protection of Women from Domestic Violence Act, 2005 to resolve the dispute between parties and pays attention that the aged parents should enjoyed their property without any interruption, and they can claim maintenance from their children.

This 2007 Act mention any 'Senior Citizen' who has completed age of 60 years and parents can apply for their maintenance before a Tribunal against any relatives, legal representatives but not minor. The issues are raised Whether the disputed property was a 'shared household' under the Domestic Violence Act and it would succeed over the Senior Citizens Act? The Court held that the rights of both the parents and the daughter-in-law would be protected.<sup>28</sup>

In *Smt. Darshna v. Government of NCT of Delhi and Ors* case, Delhi High court, July 18, 2018 Darshna has lodged a FIR against her husband and in laws under section 498A, 34 and 406 IPC. Dhani Ram raised a complaint that Darshna has physically torture with them with the proof of CCTV. Dhani Ram seek Protection Under Delhi Maintenance of Welfare of Parents and Senior Citizens Amendment Rule 2016. The Court has awarded that Dhani Ram and his wife ill treated and he will be get protected under Delhi maintenance rule and the court set aside the petition.<sup>29</sup>

In *Ashwani Kumar v. Union of India* on 5 September, 2019; AIR ONLINE 2019 SC 1002 the

Supreme court has allowed some regulations to the Government that each state and the union territories inform the number of old age homes in each district and file a report under section 19 of this Act and states should provide adequate geriatric care and submit this report under section 20 of 2007 Act. Through this report the Government has prepared mechanism.

In case of *Promil Tomar and Ors. v. State of Haryana and Ors.* (2014)175(1)PLR94 the High court has held that tribunal decision to declare the transfer of the possession under section 23(1) as void as his son and daughter-in-law have misbehaved and ill treated them and have also failed to supply the basic necessities. In the case of *Rajeshwar v. State of Punjab* 2013; 2013 SCC Online P&H 7409 the Punjab and Haryana High Court stresses that the Tribunal's aim is to provide maintenance to senior adults. The court gives verdict that the aged parents are need to aid care and economic support.<sup>30</sup> The scheme "Indira Gandhi National Old Age Pension Scheme (IGNOAPS)" is one of the five sub-schemes of the National Social Assistance Programme (NSAP). Under IGNOAPS, citizens living Below Poverty Line and 60 years or above in age are eligible to apply. A monthly pension of ₹ 200 up to 79 years and ₹ 500 thereafter. The Government of India, on 15th August 1995, introduced the National Social Assistance Programme (NSAP) as a fully funded Centrally Sponsored Scheme targeting the destitute, defined as any person who has little or no regular means of subsistence from his / her own source of income or through financial support from family members or other sources, to be identified by the States and UT's with the objective of providing a basic level of financial aid. NSAP is being administered by the Ministry of Rural Development. This program is

<sup>28</sup> *Vijay Verma v. Kanika Pasricha and Anr.* Case CM(M) 1582/2018 & CM APPL.53645/2018 <<https://indiankanoon.org/doc/118150305/>> accessed on 26 March, 2026

<sup>29</sup> *Smt. Darshna v. Government of NCT of Delhi and Ors.* Case No. W.P(C) 6592/2018 <<https://www.casemine.com/judgement/in>

[/5b7814a79eff430e1391b89d](https://www.casemine.com/judgement/in/5b7814a79eff430e1391b89d)> accessed on 26 March, 2026

<sup>30</sup> The Legal Framework for the Protection of Senior Citizens in India (4, January, 2025) <<https://www.smalegal.in/home/the-legal-framework-for-protection-of-senior-citizens-in-india>> accessed on 26 March, 2026



being implemented in rural areas as well as urban areas.

It represents a significant step towards the fulfillment of the Directive Principles of State Policy enshrined in the Constitution of India which enjoin upon the State to undertake within its means a number of welfare measures. These are intended to secure for the citizen's adequate means of livelihood, raise the standard of living, improve public health, provide free and compulsory education for children etc. The numbers of pensioners under NSAP Scheme are as follows- Number of Beneficiaries under IGNOAPS,IGNWPS and IGNDPS schemes

IGNOAPS	22130687
IGNWPS	6783469
IGNDPS	833751 <sup>31</sup>

**Challenges**

Ageing populations presently faces some complex difficulties for each states. Key aspects in addressing elder care include:

- **Ageing in Place:** This concept focuses on individuals' ability to continue living in their homes or communities. Social engagement and welfare services maintain the dignity and security of the life and property of older adults.
- **Multi-generational Living:** Housing accommodate of aged within family members — offering shared spaces and lifestyle amenities such as garden ,foster inter-generational bonding and holistic care.
- **Self-Reliance:** Encouraging daily activities like morning walks and light exercise promotes physical health and nurtures self-esteem and mental peace among senior citizens.<sup>32</sup>

- **Social participation** has an assertive effect in this period. Lack of such engagement often leads to social isolation which, in the United States alone, is projected to cost Medicare approximately \$6.7 billion annually. Economic burden is another challenges to them. Especially those who are retired and lack income-generating opportunities. Feelings of boredom and anxiety about future expenses . Promotes them guidance, support, and financial planning resources can empower seniors to manage their challenges more confidently.

- **Disability and Chronic Illness:** Due to age-related sickness the senior adults need comprehensive health facility. Establishing counseling centers and community care services to older which can cope with chronic conditions and maintain quality of life. Notably, the UK has reported that approximately 50% of older individuals do not get any assistance from govt/ organization.

- **Role of Family Care:** Family attention and friendly behaviour are important to address the diverse challenges faced by the elderly.

Despite the transformation of globalization and technological advancement on living standards, a major proportion of older adults remain digitally excluded. According to the Age Well Foundation Survey, nearly 85.8% of senior citizens lack minimum digital literacy. The Government of India, through its National Digital Literacy Mission (NDLM), has emphasized that at least one member of every household should possess essential computer skills and empowering families to support their ageing members.<sup>33</sup>

It is often presumed that health may deteriorate with age. To foster longevity and well-being in future life, a clean and pollution free environment is essential.

<sup>31</sup> Ministry of Rural Development,National Social Assistance Program <<https://nsap.dord.gov.in/>>accessed on 26 March,2026

<sup>32</sup> See note 34

<sup>33</sup> See note 15



Although some health disparities among senior citizens are hereditary, the natural and social environments which influences their opportunities, decision-making, and overall attitudes toward ageing. Therefore Healthy lifestyle requires balanced nutrition, regular physical exercise and abstention from alcohol.

### Recommendation

To combat age related challenges multi-faceted approach is proposed below-

- a) Elder care units should be established to provide specialized services for those who are suffering from mental distress. This includes access to qualified physiotherapists, counselors, and other geriatric care experts.
- b) Greater attention must be directed toward the nutritional needs of seniors. Family should provide nutritious meals to them.
- c) The international collaborative engagement across various sectors is required to fight against health challenges for our senior members.
- d) Mass awareness programs should be conducted for protection of their rights.
- e) Additionally, existing national policies must be reviewed .
- f) The financial systems and social welfare schemes should be strengthened . In this context fostering family awareness is vital because only they can emotionally understand the needs to their parents.
- g) The role of NGOs and several bodies is also essential in educating them about digital knowledge to combat against financial fraud.

### Conclusion

The rise in the aged population is a global phenomenon. Like many advanced nations, India too has a significant proportion of elderly citizens. It is imperative that government initiatives aimed at elderly care are strictly implemented. Equally important is the active involvement of researchers from various disciplines, along with professionals, enterprises, and associations, in advocating for the elder's rights.

Programs, workshops, and conferences should be regularly organized to promote awareness about elderly rights and care. Moreover, growing attention must be given to mental health issues, ensuring older adults receive proper support to overcome depression, anxiety, and other psychological challenges. The family unit also plays a vital role in addressing and mitigating ageism-related concerns. India must prepare and establish a comprehensive and uniform social security plan for older adults.

Although the government has introduced several schemes and policies for senior citizens, many remain unaware of their rights and entitlements. Therefore, it becomes our collective responsibility—particularly that of NGOs, academic institutions, and community organizations—to educate and empower the elderly across both urban and rural areas through targeted outreach and awareness initiatives.

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