

## Message from the Chair



**Mr. Bharat Mohan Adhikari**

*I am pleased that finally we took this first step of bringing out a Year Book of Senior Citizens. However small step this may be, but I am happy that initiation has been taken to fill the ever existing data gap on senior citizens of Nepal, which has been the major bottle neck for starting the evidence based planning process.*

*Numbers presented in this book are important not for their accuracy of counting of events or incidents, but as indicators of the trend and major issues of senior citizens in Nepal as represented by the media and police reports.*

*We look forward to receiving comments and suggestions by users of this book so that we could serve better with disintegrated time series data on senior citizens of Nepal. We look forward to your kind cooperation and support to improve on this first step we took.*

*Sincerely*

*Bharat Mohan Adhikari*

*Chair, Manmohan Memorial Foundation  
Sanepa, Lalitpur, Nepal.*

## About this Year Book

Many countries have come up with new policies and programmes in their efforts to comply with Madrid International Plan of Action (MIPAA) since 2002. However, most of the outcomes of their sincere efforts have been arbitrary in nature as they were prepared in absence of a strong national data base. This is also true for Nepal. This "Year Book" is the first step jointly taken by Manmohan Memorial Foundation and Ageing Nepal to fill this ever existing data gap at the national level.

This book gives brief introduction of Manmohan Memorial Foundation and Ageing Nepal – the two leading NGOs on ageing issues who ventured this pioneering effort. The following pages present summary of information collected throughout the year 2012 from the following sources:

- News published by the major dailies in English and Nepali language, namely, Gorkhaptra, Kantipur, The Kathmandu Post, Annapurna Post, Samacharpatra, The Republica and The Himalayan Times.
- Police reports
- Information collected by our correspondents.

Information is categorized for easy reference. Many of the information could have been put in more than one categories or new category could have been added. Therefore, these data of each category should be used with some degree of caution and in consideration of the data in similar but different category. Data in each category should be used to understand the magnitude of events occurred rather than as the absolute number of correct counting.

Being the first effort made by two NGOs towards creating a national data base on different concerns of ageing population, this book has its own limitations. We look forward to the support and cooperation of the concerned organisations and individuals to improve on it in coming years.

We take this opportunity to thank Mr. Ashish Thapa Magar, Programme Officer at Ageing Nepal, for his hard work in collecting and processing the data presented.

Krishna M. Gautam  
Founder Chair  
Ageing Nepal

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## Abbreviations

AN	Ageing Nepal
CBS	Central Bureau of Statistics
CSOs	Civil Society Organizations
IDOP	International Day of Older Persons
INPEA	International Network for Prevention of Elder Abuse
K & K	K & K International College
KMC	Kathmandu Model College
MMF	Manmohan Memorial Foundation
MMP	Manmohan Memorial Polytechnic
MoHP	Ministry of Health and Population
NEPAN	Nepal Participatory Action Network
NGO	Non Governmental Organization
NHRC	National Human Rights Commission
NIC	National Integrated College
NSCF	National Senior Citizen's Federation
NTV	Nepal Television
OAH	Old Age Home
VoSC	Voice of Senior Citizens
WEAAD	World Elder Abuse Awareness Day

## **About Manmohan Memorial Foundation**

### **Introduction**

Manmohan Memorial Foundation (MMF) was established in 1999 to cherish the memory of the late political leader and Prime Minister Mr. Manmohan Adhikari, who introduced the universal pension system for senior citizens in Nepal. MMF is a registered social-service institution working for the betterment of weaker segment of the society as the main focus. It has been implementing various programmes for ageing population, labour and youth of disadvantaged communities in particular. The Foundation advocates for optimum utilization of national resources to improve the socio-economic status of the elderly, women, and other disadvantaged groups.

MMF also supports popular people's movements for bringing about socio-political changes for greater good at the national level. It has been proactive in ensuring equal opportunity for all in the process of nation building.

### **Objectives**

- To work for greater national aspirations keeping with the spirit and continuing with the momentum initiated by the late Prime Minister Mr. Manmohan Adhikari.
- To initiate programs that helps to establish respect and dignity to the senior citizens in the society.
- To initiate programs and campaigns leading to the dignified life of the senior citizens.
- To felicitate various personalities for their contributions in different walks of life.
- To honor martyrs who gave their all for the nation and support their family members in the memory of beloved leader late PM Adhikari.
- To run educational programmes focusing on the youth from poor and marginalized communities.
- To organize various national as well as international seminars, interaction programmes and conferences on different issues of importance.
- Networking with national and international bodies with common concerns.
- To contribute in nation building through vocational and technical education.

## **Vision of MMF**

Concerns of disadvantaged and marginalized sections of the population are properly addressed and their voices heard at all levels.

## **Major areas of work**

**Promote the philosophy and values the late Prime Minister Mr. Manmohan Adhikari lived by throughout his career as a social and political leader of Nepal:** MMF works to cherish the everlasting memory of Manmohan Adhikari by organizing programs in his memory, publicizing his good deeds and creating environment to continue with the noble works he initiated.

It has also developed a polytechnic in the eastern region of Nepal where youths can get diploma in engineering subjects at affordable fee and can also benefit with short term trainings in which they get hands on skills and be able to get involved in gainful employment.

**Play pro-active role for ensuring the cared and dignified life for the senior citizens:** MMF focuses its activities on senior citizens as Late Adhikari introduced social security system for old age people during his premiership in Nepal. MMF acts on all concerns of ageing population and their wellbeing. It undertakes advocacy works and supports organisations and individuals working for the wellbeing of ageing people.

**Human Resource Development:** Human resource development through academic education and vocational training for the youth particularly from the disadvantaged social groups has been one of the major activities of MMF. Manmohan Memorial Polytechnic (MMP) has been established in Morang district for this purpose. This is a joint project of the Government of Nepal, Government of India and MMF. MMP has been producing diploma students in the field of electrical, electronics, mechanical and civil engineering and is also running short term employable skill trainings.

## **Major achievements of Manmohan Memorial Foundation in 2012**

- (a) MMF has been organizing yearly "Visit the Nation" tour programme for senior citizens since 2004. A group of Senior Citizens are taken to different places of importance in the country. A group of 100 senior citizens from 35 districts were taken to such a tour in March, 2012.
- (b) MMF took a leading role in organizing the First National Festival of Senior Citizens on October 1<sup>st</sup>, the International Day of Older Persons (IDOP), in co-ordination with NEPAN, Ageing Nepal and HelpAge International Nepal. The festival was participated by about 1000 senior citizens from all parts of Nepal. The one day national



- festival participated by leaders of all walks of Nepali society included exhibition, health camp, Yoga, cultural program and other activities.
- (c) Workshop on "Senior Citizens' Issues and Our Responsibility" was organised in participation with 30 organisations and individuals working for the cared and dignified life of senior citizens in Nepali society. The workshop produced "Who can do what?" that lists major activities that can be immediately started by different organisations and individuals for the betterment of senior citizens.
  - (d) MMF and Ageing Nepal jointly established 'Aging Research Fund' to support the university students who conduct research on ageing issues.
  - (e) MMF participation in various programs related to senior citizen e.g. Felicitations of 85 years plus senior citizens in Gaidakot, formation of women's group in Baneshwor to 'help the elderly by the elderly'.
  - (f) Felicitations of senior citizens in Lalitpur in collaboration with local youth group.
  - (g) Assist in establishing senior citizens group in New Baneshwor where most of the members are women.
  - (h) Construction of a well equipped seminar hall in Foundation's premises.
  - (i) Construction of a building 'Manmohan Smrit Bhawan' in Hattimuda, Morang.
  - (j) Assisted in organising sports in TU Kirtipur, Lalitpur, Nuwakot and Sindhupalchowk in collaboration with local youth organisations.
  - (k) Observed 'Manmohan Memorial Day' in Kathmandu and Biratnagar with different activities including tree plantation.
  - (l) Establishment of 'Senior Citizen's Desk' in the premises of Manmohan Memorial Foundation.
  - (m) Purchased and distributed "Bridhoupanishad" (Upanishad for Senior Citizens) in Sanskrit with translation in Nepali and English published by Aging Nepal.

## **About Ageing Nepal**

### **Introduction**

A group of Nepali social workers with varied professional background got committed to the cause of the ageing population and together established AGEING NEPAL (AN) in August 2011.

Ageing Nepal is a not-for-profit Non-Government Organisation (NGO) registered with the government of Nepal and is also affiliated to the Social Welfare Council. Ageing Nepal is a member based organisation operated by trustees, member's representatives and professionals. It draws on its wide network of members and professionals in and out of the country for accomplishment of a task with high degree of professionalism.

### **Objectives**

- To link ageing population and societal development by treating ageing as an opportunity for development,
- To establish sustainable system of social protection to guard against poverty in old age,
- To promote healthy, active and productive ageing through promotion of volunteerism among elders in particular,
- To meet the growing demands for access to quality health care, including long-term care for the elderly,
- To promote age friendly environment,
- To work with the government and other national and international organisations for the promotion of elders' wellbeing.

### **Mission**

- Empowerment of elders and promotion of their rights,
- Generate research based information to help policy makers and planners,
- Produce trained human resources in the field of Gerontology and Geriatrics,
- Take proactive measures against abuse and exploitation of elders,
- Work as watch-dog to safe guard the interests of ageing population.

### **Vision**

With a life time of hard work, senior citizens of today deserve a dignified and cared for old age, not as a charity from the younger generation but as the right of their own. As elders are the living history of a society, it is important to utilize their knowledge, skills and experience for socio-economic development. Today's youth should be able to plan for their happy old age and today's elders should get a dignified and cared for life full of happiness. It is the vision of Ageing Nepal that elders of Nepal will have such

environment with facilities and services to suit their personal need, capacity and the taste.

### **Major Areas of Work**

**Awareness building:** Ageing Nepal publishes and disseminates materials for mass awareness building. It also works with state and private media; and social and professional groups.

**Consultancy services:** The available expertise and its large network of professionals make Ageing Nepal a suitable organisation for developing concept papers, project proposals, conduction of research, survey, workshop/seminar, policy formulation, programme/project planning, implementation, monitoring, evaluation and other such activities for scientific investigation that are related to ageing population and their well being.

**Human Resource Development:** Ageing Nepal is poised to provide training for different groups namely health workers, teachers, old age home managers, care givers and other interest groups. Ageing Nepal works with academic institutions to promote research and teaching on ageing issues.

### **Major Achievements of Ageing Nepal in 2012**

Ageing Nepal is thankful to the government organisations, its members and hardworking professionals who made it possible for Ageing Nepal to achieve the following in the year 2012.

- (a) Continuation of monthly e-newsletter "**Voice of Senior Citizens**" that is appreciatively received by more than thirty five hundred concerned organisations and individuals across the globe. Voice of senior citizens is the only window available for English readers to get periodic news on the elderly of Nepal.
- (b) Completion of student thesis, "Effects of Migrants on Wellbeing of Ageing Population in Rural Nepal".
- (c) Publication of New Year calendar containing motivational message of senior citizens in Nepal in collaboration with HelpAge International Nepal and Nepal Participatory Action Network (NEPAN).
- (d) Participation in capacity building workshop to support National Policy Responses to issues of ageing in Asia and Pacific held in Bangkok.
- (e) Publication of training manual for health workers concerning care of elderly in collaboration with Ministry of Health and Population (MoHP).

- (f) Commemorated WEAAD in collaboration with government, International Network for Prevention of Elder Abuse (INPEA) and national NGOs.
- Conducted orientation/sensitisation programmes concerning elder abuse and population ageing in different colleges of Kathmandu Valley. 223 undergraduate students of five colleges were sensitized.
  - Most of the Kathmandu population was reached with stickers, pamphlets, posters and booklets with messages on elder abuse.
  - 90% of Nepal population was reached with talk show, interview, dramas and songs regarding elder abuse and neglect of older people through national Radios (Nepal Radio, Sagarmatha FM, and Capital FM) and TVs (NTV and Sagarmatha TV).
  - Publication of article regarding elder abuse and neglect of older people in national dailies i.e. Gorkhapatra, Annapurna Post and Republica.
  - Produced soft copy of Collection of Student Essays on Elder Abuse.
  - Many Civil Society Organisations (CSOs) like NEPAN, Sankalpa Nepal, Human Rights Alliance and National Senior Citizens Federation including National Human Rights Commission and Ministry of Women, Children and Social Welfare got committed to observe WEAAD at national level.
- (g) Supported the thesis of two master's level student of University of Sheffield, concerning nutrition and depression among the elderly of Pharping area.
- (h) Started publication of 50 page bimonthly magazine "**Jyestha Nagarik**" in Nepali with support from HelpAge International Nepal. This is the first magazine of its kind for senior citizens in Nepal.
- (i) Published "Briddhoupanishad" (Upanishad for Senior Citizens) in Sanskrit with translation in Nepali and English.
- (j) Celebration of First National Festival of Senior Citizens on October 1 in co-ordination with Manmohan Memorial Foundation, NEPAN and HelpAge International Nepal.
- (k) Provided internship opportunity for students from Thames Int'l College, K&K Int'l College, Kathmandu Model College (KMC), National Integrated College (NIC), Kadambari Memorial College, Bright Vision Int'l College and Mega College.
- (l) Observed 64<sup>th</sup> World Human Rights Day with National Human Rights Commission (NHRC) and many other concerned organisations on 10<sup>th</sup> December.

## National basic features

- a) Total population= 26.5 million
- b) Total household= 54,27,302
- c) Urban population= 17.07% of the total population
- d) Ageing population= 8.1% of the total population
- e) Population density= 180/sq.km.
- f) Population growth rate= 1.35%
  - The growth rate is found to be the lowest since 1961
  - Growth rate is negative in more than 1/3 of the 75 districts
  - Negative population growth in 27 of the 75 districts
- g) Absentee population (migrants)= 7.3% of the total population
- h) Literacy rate= 65.9% above the age of 5 years. 75.1% among male and 57.4% among female
- i) Age at first marriage= 15-19 years
- j) Family size= 4.7 persons (urban=4.05 and rural= 4.86)

*Source: Population Census, 2011 Central Bureau of Statistics (CBS)*

## ACTITIVIES FOR AND BY SENIOR CITIZENS IN 2012

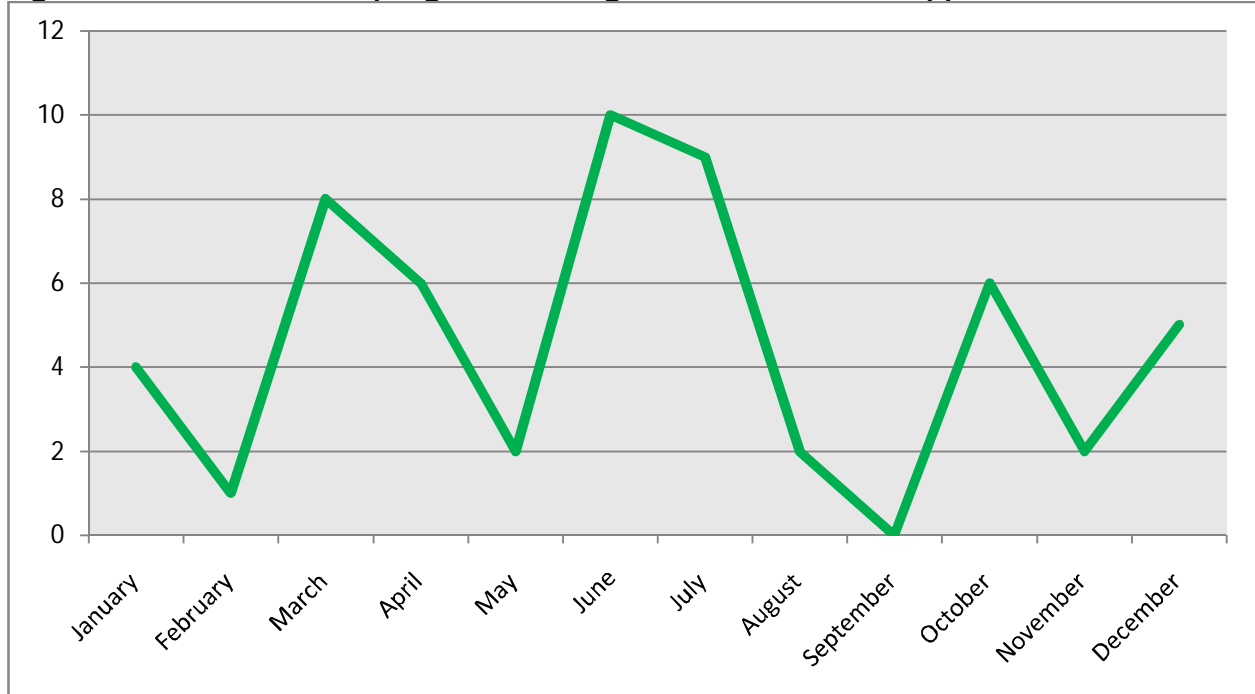
### Introduction

This Year Book presents in summary of all the information published in major national dailies (Kantipur daily, Annapurna Post, Gorkhapatra and Samacharpatra) and English dailies (Republica, The Himalayan Times and The Kathmandu Post) during 1<sup>st</sup> January to 31<sup>st</sup> December 2012 about 60+ people in Nepal. It is enriched with information from police reports, concerned agencies, individuals and reporters of Ageing Nepal. Thus collected news and views are processed in terms of avoiding duplication, summarizing and categorization of the information. Efforts have been made to include all published information and correcting them to avoid duplication.

Ageing Nepal has been availing such information on a monthly basis to the readers of its e-newsletter, Voice of Senior Citizens. This report in essence is the summary of 12 issues of Voice of Senior Citizens e-published in 2012. We hope that the social workers, academics, policy and programme formulators and anyone interested on issues of ageing population of Nepal will find this report useful to their work.

### DEVELOPMENT

**Figure 1: Distribution of programmes organised in 2012 to support the cause**



Source: *Voice of Senior Citizens, 2012*

"Development" section includes programmes/events organised throughout 2012 in serving the concerns of ageing population. Some of the landmarks are:

- The "First National Senior Citizens Festival 2069" was organised in the context of International Day of Older Persons (IDOP), October 1. Probably, Nepal was the first country in Asia to observe October 1<sup>st</sup> as a day of National Festivity.
- National Senior Citizens' Federation was formed as an umbrella organisation of all NGOs, CBOs working on ageing issues in Nepal. Executive members of the Board were elected by the general assembly.
- Nepal commemorated World Elder Abuse Awareness Day (WEAAD) throughout the month of June.

Altogether 55 programmes were organised across the country by civil societies, governmental bodies, private organisations and individuals. A majority of such programmes were organised by NGOs and civil societies. Though the programmes were widely spread across country, majority of the events were focused in Kathmandu. Details are available in Annex 1.

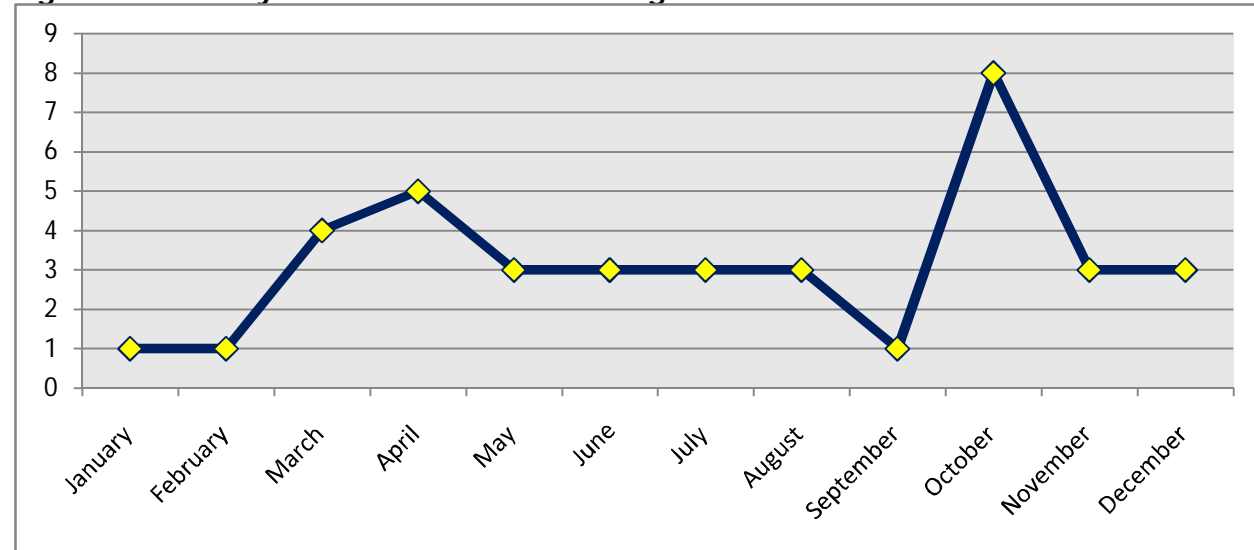
### SOCIAL SUPPORT

"Social Support" includes programmes/efforts organised/made to establish new shelter homes (i.e., OAH and Day Care Center) for senior citizens and to support residents and non-residents of OAH.

#### **Felicitations**

Altogether 38 programmes were organised throughout 2012 to felicitate more than 1200 senior citizens across the country. Repeated news are not included.

**Figure 2: Monthly distribution of felicitating senior citizens in 2012**



Source: Voice of Senior Citizens, 2012

### **Support provided**

A total of 54 programmes were organised throughout 2012 to support Old Age Homes (OAHs). Repeated news are not included.

- 39 programmes were organised to support OAHs.
- 15 other programmes were organised to support individual 60+ persons in different parts of the country.

### **Old age homes and day care centers**

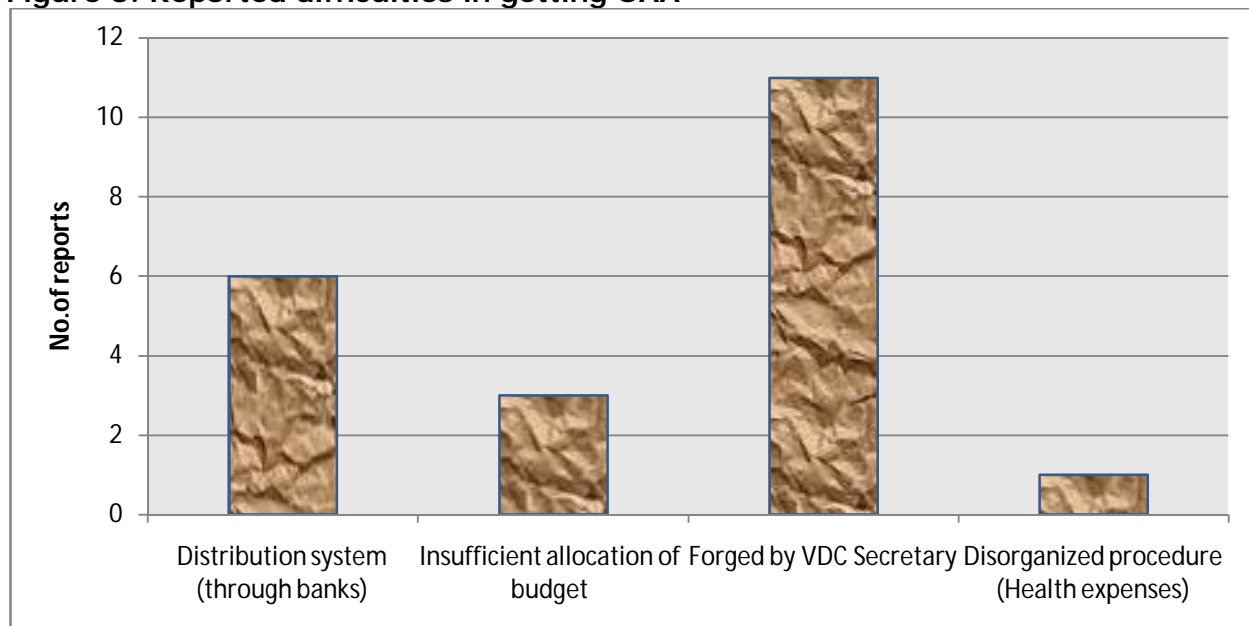
Altogether 9 programmes/efforts were organised/made to establish old age homes and day care centers throughout 2012. Repeated news are not included.

- Completed construction of 3 OAHs and one day care center.
- Started constructions 4 OAHs.
- Government decided to construct one new OAH for shifting the residents of Pashupati OAH.

Details given in Annex 2 a, b and c.

## **SOCIAL SECURITY**

**Figure 3: Reported difficulties in getting OAA**



Source: *Voice of Senior Citizens, 2012*

A total of 21 news were related to Old Age Allowance.

- 11 news were related to the forgery and misuse of the fund by Village Secretary.
- 7 news were about the difficulties in collecting OAA from Bank.
- 3 news were about insufficient allocation of budget for social security allowance.

Details given in Annex 3.



## ELDERLY IN DEVELOPMENT

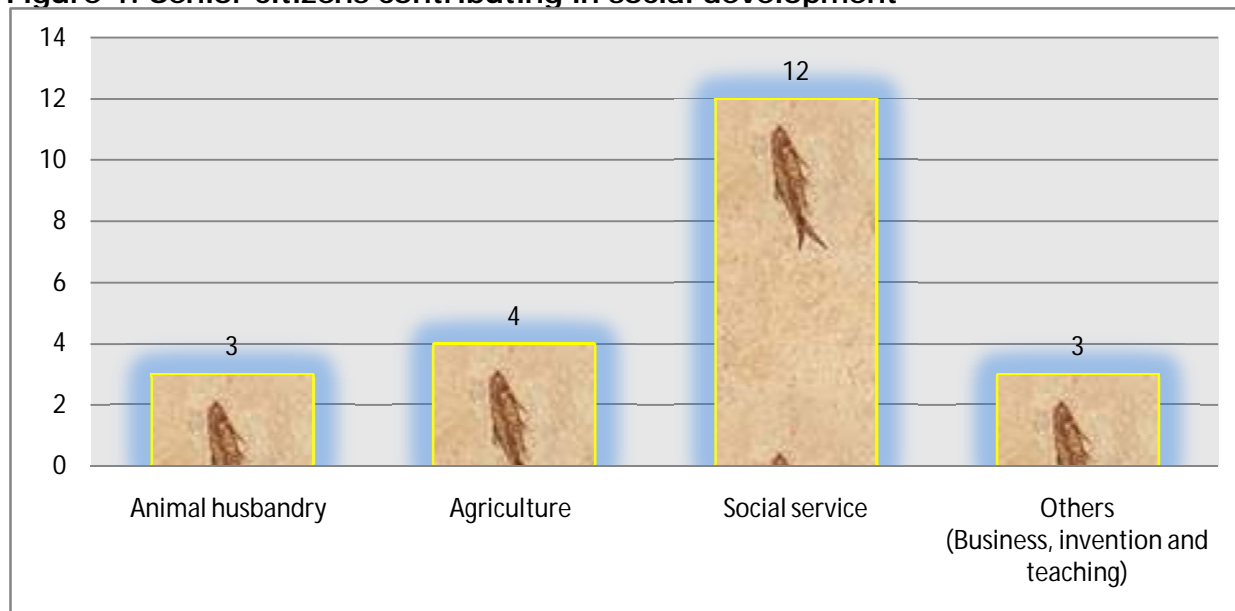
Altogether 14 news were about contributions, mainly financial, made by the senior citizens for social cause. The minimum and maximum amount contributed were Rs 1,300,000 and 5,200,000, respectively. Such contributions were made for activities like:

- Construction of toilets, schools, OAH and religious site in the village
- Support to students from marginalised social groups
- One older couple proclaimed to donate their body for medical purpose after their demise.

Details given in Annex 4.

## ACTIVE AGEING

**Figure 4: Senior citizens contributing in social development**



Source: *Voice of Senior Citizens, 2012*

A total of 22 news reported in 2012 are related to senior citizens being active in their personal and social life.

- 12 news were about active involvement of senior citizens in social service activities like, committed to preserve traditional culture, women empowerment, tobacco control and management of community forest and schools.
- 9 news were about senior citizens earning their livelihood through activities such as, animal husbandry, agriculture and handicrafts.
- One news was about senior citizens coming up with new inventions, mostly technological.

Details given in Annex 5.

## RIGHTS

All of the 14 news in this category were about the right to have Citizenship Certificate.

- 3 of the 14 news were about the senior citizens being unable to obtain citizenship certificate though they approached concern authority several times with all the necessary documents.
- 10 of the 14 news were about citizenship certificate provided through mobile camp.
- Minimum age of recipients was 60, while 93 was the maximum.
- Recipients from Mushahars and Chhepangs faced difficulty in course of receiving citizenship.

Details given in Annex 6.

## CULTURE

Altogether 12 news were about senior citizens and the culture.

- 3 Janku ceremonies performed at the age of 77, 88 and 99 in Kathmandu and Lalitpur.
- 2 programmes were organised for pilgrimages to religious sites.
- 2 news were published about the unique religious/cultural behaviors of senior citizens.
- Other reports were about involvement in preservation of traditional songs, language, working as faith healer and the elderly being treated as the God.

Details given in Annex 7.

## ELDER ABUSE

### **a) PHYSICAL ABUSE**

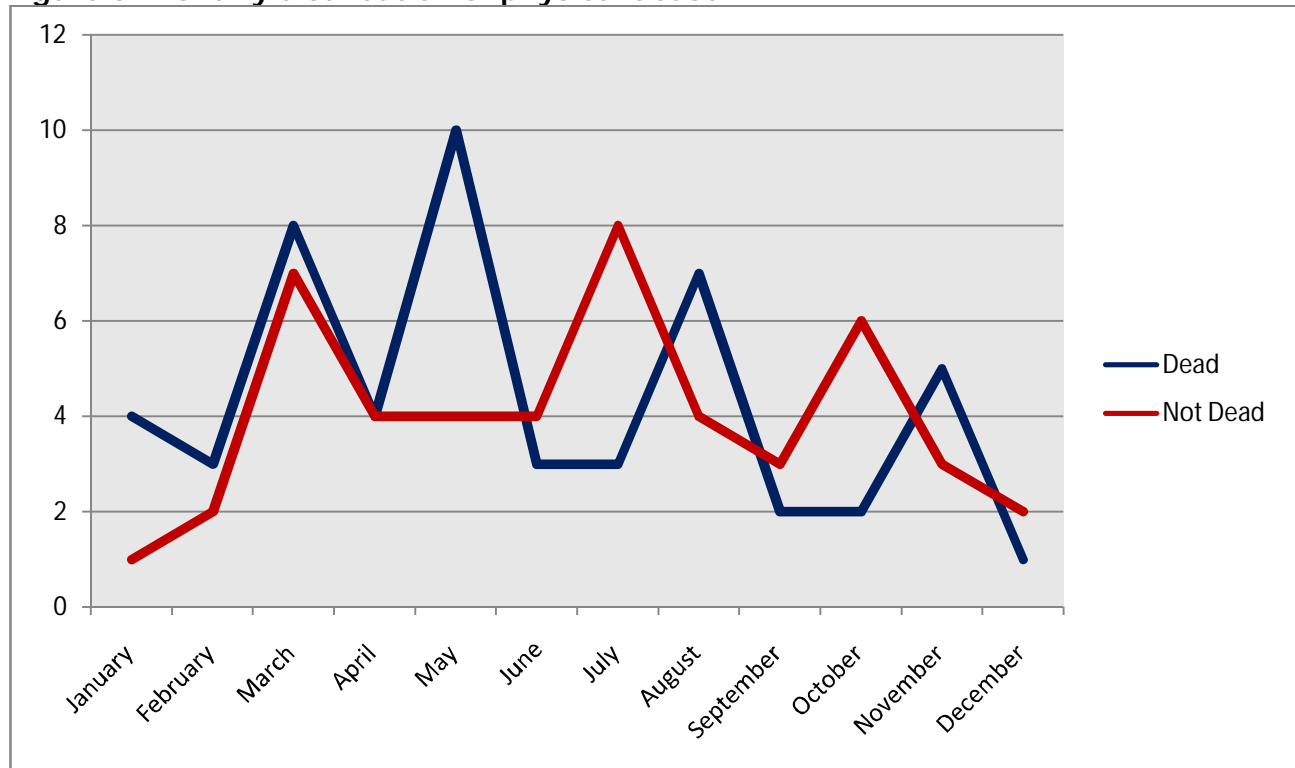
#### **Death of senior citizens due to physical abuse**

Altogether 52 senior citizens were physically abused that finally led to their death.

- 30 of the victims were male and 22 female.
- Average age of senior citizens who died of physical abuse was 70 years for females and 66 for males.
- In 19 of the reported cases, abusers were their family members (son or grandson or daughter-in-law or husband or wife) or close relatives.
- In 9 of the cases, abusers were their neighbours or villagers or employees.
- In 24 of the reported cases, culprits were unknown person or group.
- 10 senior citizens were killed by burglars.
- 5 of the incidents took place under influence of alcohol or drugs.
- Dispute over property was the major cause for physical abuse in 8 cases.
- For 7 of the reported cases, family dispute was the major cause in 7 of the 52 cases reported.

- Cause for physical abuse was not reported in 19 of the 52 cases.

**Figure 5: Monthly distribution of physical abuse**



Source: Voice of Senior Citizens, 2012

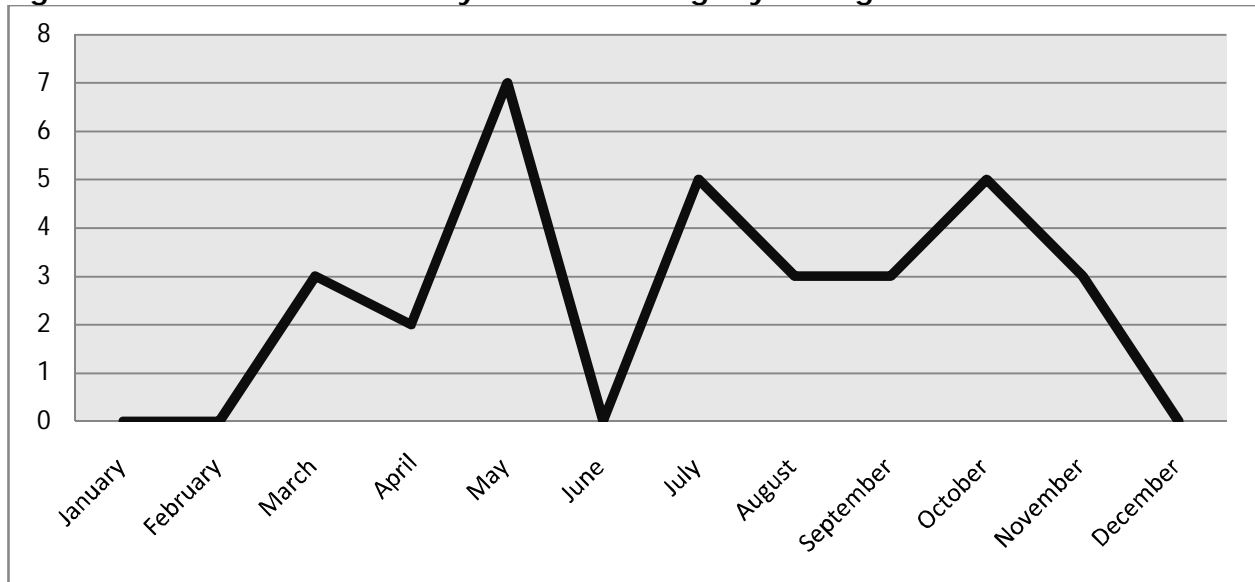
### Senior citizens who survived physical abuse

Altogether 48 cases were reported about the senior citizens who were physically abused but survived.

- Total victims were 48 (28 female + 20 male).
- Average age of female victim was 68 years. The corresponding figure for male was 69 years.
- In 7 of the total cases reported, abusers were their family members (son or grandson or husband) or relative.
- In 7 of the cases, abusers were their villagers.
- Burglary was the major cause for physical abuse in 23 cases.
- 5 elderly were cruelly abused for practicing witchcraft.
- Family dispute was the major cause for 3 of the reported cases.
- Abduction was the major cause for 3 of the cases.
- Root cause of 10 cases remained unknown.

## b) FINANCIAL ABUSE

Figure 6: Distribution of elderly victims of burglary during 2012



Source: Voice of Senior Citizens, 2012

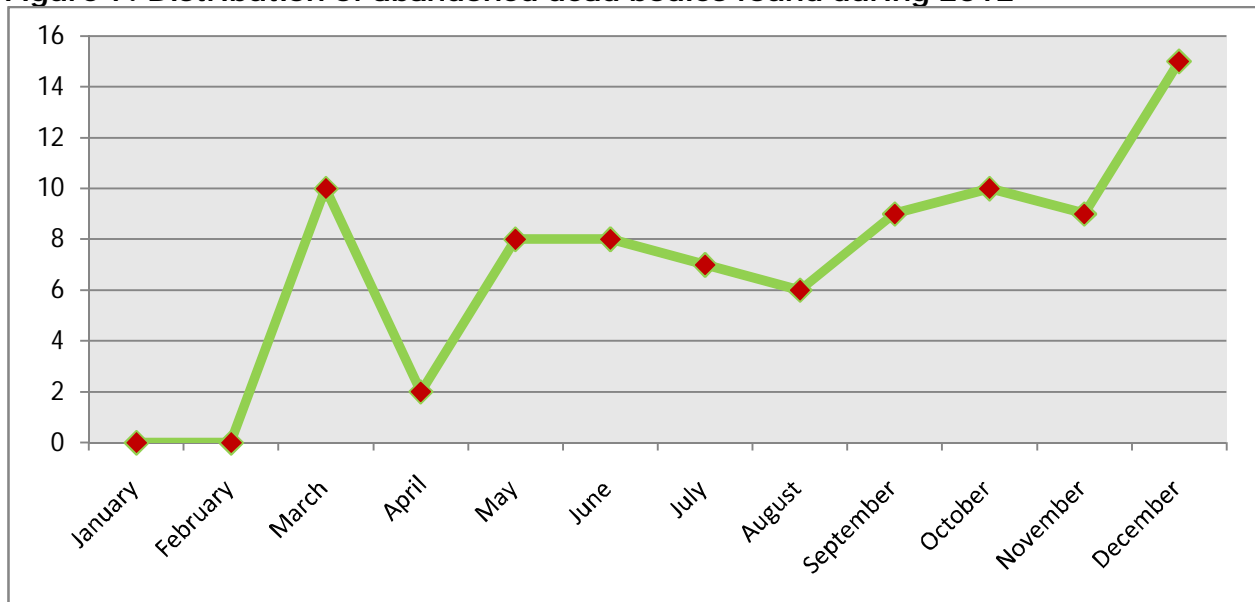
Altogether 31 news were reported on burglary from different parts of the country throughout 2012.

- 23 victims were female and 8 were male.
- Average age of female victim was 67 and male 71.
- Most (14) of the incidents took place inside Kathmandu Valley i.e., Kathmandu, Lalitpur and Bhaktapur.

Details given in Annex 8 a, b, c.

## NEGLECT

Figure 7: Distribution of abandoned dead bodies found during 2012



Source: Voice of Senior Citizens, 2012

A total of 84 abandoned dead bodies of senior citizens were found in different parts of the country throughout 2012.

- 62 were male and 22 were female.
- Average age of male and female who met unattended death was 66 and 70 years, respectively.

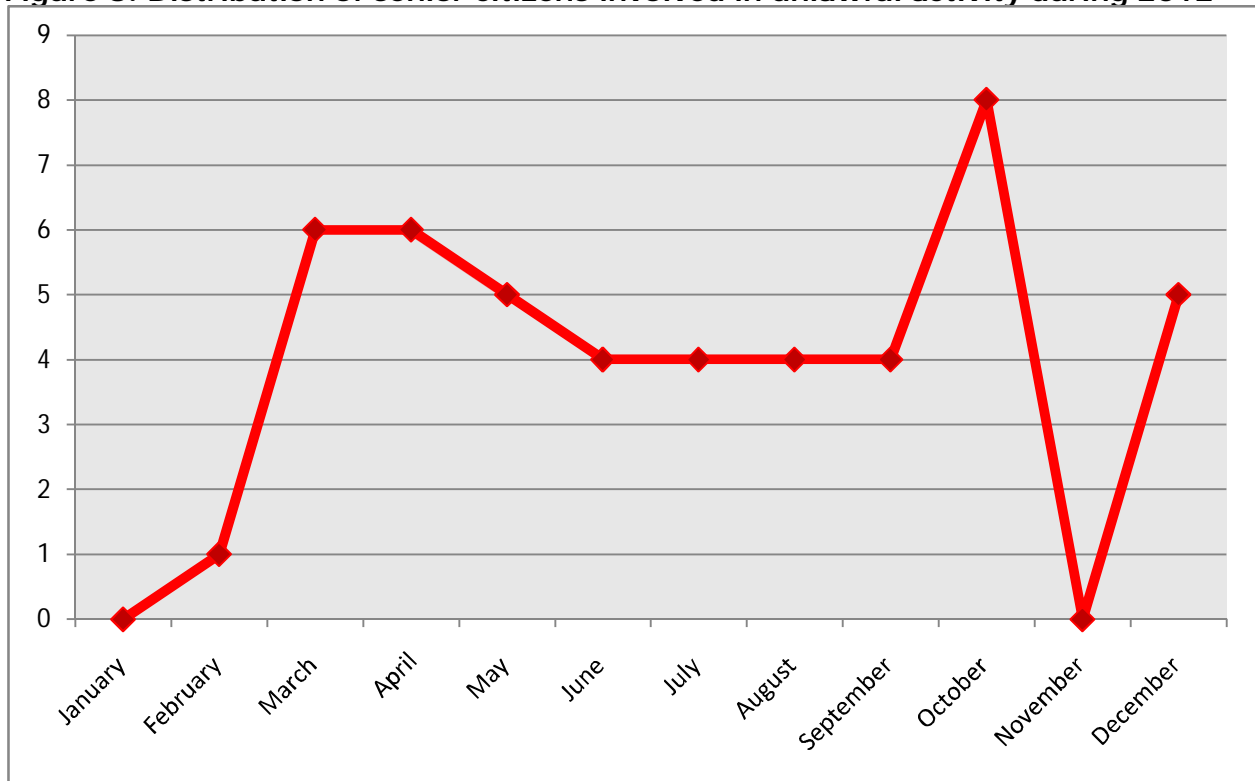
Details given in Annex 9.

### ELDERS IN CRIME

A total of 47 cases were reported throughout 2012 where senior citizens were found involved in illegal activities.

- Most (41) of the senior citizens involved in illegal activities were male.
- 14 were found involved in drug abuse and trafficking (4 narcotic + 10 cannabis i.e., hashish or marijuana).
- 6 senior citizens were held for illegal possessions of guns or animal skins.
- 6 elderly held for sexual harassment or rape.
- 6 elderly held on charge of forgery.
- 4 elderly held for murder and 5 for attempted murder.
- 6 others were taken into custody for illegal hunting and trading of medicinal herbs, child marriage, corruption and vandalism.

**Figure 8: Distribution of senior citizens involved in unlawful activity during 2012**



Source: *Voice of Senior Citizens, 2012*

Details given in Annex 10.

### CLIMATE AND SENIOR CITIZENS

Altogether 16 senior citizens were found dead due to freezing cold in different parts of the country in January, November and December of 2012. Most of the incidents took place in Tarai region.

Details given in Annex 11.

### RESEARCH AND LITERATURE

Altogether 8 research papers, including student thesis were completed and two books published. Also, publication of a bi-monthly magazine on ageing was started.

Details given in Annex 12.

## References

1. Population Census, 2011 Central Bureau of Statistics (CBS).
2. Voice of Senior Citizens (VoSC), 2012 Ageing Nepal.