

Sr citizens taught to live joyfully, age gracefully

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Senior citizens of Thane got some fine lessons that would help them rejuvenate their mind, body and soul at an event held at the Wavikar Eye Institute recently.

The event, *Joyful living, graceful ageing*, had interesting visitors like veteran actor and theatre artist Kishore Pradhan who delivered an excellent lecture on ageing. It was an interactive session wherein Pradhan cleared various notions related to ageing.

Ageing, said Pradhan, is a mental state that should not affect senior citizens. "It is the state of mind that should be happy and active with the help of various hobbies and passions that will make one feel young." He added that he is an actor and comedian. Making people laugh is his aim which he does through the medium of acting. "When people ap-

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preciate my acting, I believe that my work has been fruitful," he stated.

Having worked for a private company, acting is Pradhan's hobby that he managed to balance along with work till he retired. "My passion to act keeps me going and has given me immense satisfaction," said the 77-year-old actor.

The audience were glued to their seats and heard the second speaker, Dr Snehal Tanna, deliver his lecture and clearing the myths related to diabetes. Tanna, a diabetologist from Thane, said that most people are afraid of the word diabetes and have various misconceptions about its ailment.

He, however, clarified that any person irrespective of his/her age needs to consult a doctor for diabetes and check sugar level through various camps or by visiting a laboratory.

"People having diabetes can live longer thanks to medical advancement which has made-pain breaking progress in controlling the ailment," he said. He gave insights about what diet to follow



CHEERFUL INTERACTION: Listeners have a good time (top) while veteran actor Kishore Pradhan (left) and diabetologist Dr Snehal Tanna (above) deliver a lecture.

to control the disease. He showed concern over the leniency of parents of obese children who are at a higher risk of diabetes. He stressed on the fact that children must avoid junk food as much as possible and start taking healthy food prepared

at home. Also, he insisted that exercise is compulsory but it is also important to not exert yourself. "You can choose your own exercise you feel you are comfortable with," Tanna said.

He added that everybody should

check their diabetes at regular intervals (six to nine months) and the sugar level to know if everything is fine.

A question and answer session was also held wherein senior citizens got their doubts cleared.