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Unmukt Festival for senior citizens inaugurated



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Hyderabad: Unmukt Festival, India's First and the biggest lifestyle solutions show for Senior Citizens inaugurated today at Hitex. It is open to the public from 10.30am to 7 pm. The entry is free and all are welcome. It is a two-day event and will conclude Sunday evening.

Monimita Sarkar, founder of Unmukt Festival said the unique festival is expected to draw participation of 8000 elders in two days. It was featuring 60 stalls. Some of these include solution providers from the Health & Wellness, Senior Housing, Home Health Care, Finance & Legal, Technology and Lifestyle segments, both from the corporate and NGO sectors. The festival features 35 workshops, panel discussions, and demos. All these were availed free of cost.

Google conducted series of Workshops on Online Safety for Seniors both in English and Telugu. These workshops will also be held on Sunday. These workshops will be held at different timings all through the day. Monimita Sarkar, Unmukt Festival Founder graced the occasion and spoke.

Dr. K.R. Gangadharan, Chairman, Heritage Foundation & Former President, International Federation on Ageing gave an "Overview of Senior Care in India." Heritage Medical Centre is a home away from home is the first private Indian hospital for the elderly that has grown in size and expanded in scope since its inception in 1994. The Hospital's Heritage Eldercare Service is a pioneer in providing service for the aged in India caters to both, their physical and psychological needs, thereby offering services in diverse fields.

Speaking on the occasion he said you don't retire. It is just a state of mind. Your actual life starts after 60. Sixty years is not the old age. Indians get old when they become 60, but in other countries they talk about it only when they reach 80 years, said Dr K. R. Gangadharan, Chairman, Heritage Foundation quoting finding of study conducted by London School of Economics.