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They are ageless in their enthusiasm

Anubha Sawhney Joshi | TNN

Mumbai: There's a Mumbai doctor who has been administering free polio vaccines every Wednesday for the last 20 years. A gynaecologist nun has performed 70,000 caesareans in Mau, Uttar Pradesh. A Gurgaon resident has given 8,000 rickshaw-pullers an added source of income. Another Delhi-based man has made thousands aware of the need for water conservation. A woman from Vardha gave up her only child to care for over 1,000 orphans.

Believe it or not, all these people—and five others—are all officially senior citizens but seem ageless in their enthusiasm. This feisty group



ACTIVE LIVING: Tina Ambani, founder of Harmony for Silvers Foundation, with some of the seniors who will be honoured

This feisty group of ten will be honoured by the Harmony for Silvers Foundation on the occasion of World Elders Day on Thursday. Winners will receive a cash prize of Rs 51,000

of ten will be honoured by the Harmony for Silvers Foundation on the occasion of World Elders Day on Thursday. Founded by Tina Ambani, the Harmony for Silvers Foundation celebrates the spirit of active ageing. Winners will be awarded a citation and a cash prize of Rs 51,000 each.

At an interaction with the media on Wednesday, eight of the ten winners (two were out of town) told their stories, explaining how it's ordinary people who can achieve extraordinary things. Dr Alan Davis Alappat, who has made it to the *Limca Book of Records* for giving free polio

'Life begins post retirement'

Q: What made you think of setting up an organisation to celebrate the elderly?

A: When I was a child, respecting one's elders was fairly normal. I have my parents to thank for that. Today, basic politeness towards the elderly is rare. I've noticed the change as an actor, a wife and a mother.

In today's world, putting society before self may be slightly displaced. For these

people here, it seems to be a way of life. And that is why we need to celebrate them.

Q: Your Silver awardees seem ageless...

A: I think so too! In fact, life begins post retirement. These people have humbled me with their energy and vigour. Recognising their achievement is nothing compared to what they have all accomplished.

vaccination every Wednesday for the last 20 years, said he could only make it to the function because his son (also a doctor) was at the clinic filling in for him. The diminutive Dr Sister Jude stood hidden behind the podium as she told the engrossed audience about her tall achievement of attending to 382 patients in a single day. Mukesh Anand fit ice boxes on 8,000 Gurgaon cycle rickshaws, enabling the rickshaw puller to sell cold water and soft drinks. Physics

teacher Pradeep Kshetrapal said his inability to teach differently abled children in Chattisgarh left him feeling disabled, so he set out to correct that. 80-year-old Asa Dutta has made it her mission to empower women in the slums of Assam and refuses to rest till her task is complete.

Talk to anyone from this silver-haired set and you realise age is just a number. They have stars in their eyes, a spring in their step and nothing can stop them.