

A close-up, black and white photograph of an elderly woman. She has deep wrinkles on her forehead and around her eyes, and a gentle, slightly smiling expression. She is wearing a light-colored, draped garment, possibly a sari or a shawl, which is visible in the foreground and background. The lighting is soft, highlighting her face and the texture of her skin.

*Senior Citizen
deserves love and
Security/Protection*

They are precious, valued, respected and pillars of our society



SEGEN TRUST

SEGEN Trust is a nonprofit organization that works to ensure dignity in Aging for every Senior Citizen. SEGEN Trust works with the belief that every Senior Citizen deserves not only care but also respect, love and Security/Protection.

Growing old is not a weakness—it is a tender chapter of life where they need the most understanding, support, and compassion.

We reach out to those senior citizens whose voices often get lost within the walls of their own homes—those who have no one to listen, no one to stand by them.

SEGEN Trust's mission/motive is to create a world where our elders are not alone, where their voices are heard and where every day they realize they are precious, valued, respected and pillars of our society.

In old age, nearly every senior citizen faces challenges—social, economic, emotional, mental, and health-related. At SEGEN Trust, we stand by them, helping them confront these difficulties and find hope, care, and solutions.

वर्तमान सामाजिक परिवेश में वृद्धावस्था की मुख्य समस्याएँ

Effect Problems

Many older adults face loneliness, depression and emotional neglect due to their children's distance and limited social circle they often feel isolated and insecure. They need Companionship, love and emotional support.

At this stage of life, every senior citizen look for most peaceful time of their lives but instead of they finds loneliness/silence and anticipation. Throughout the day, anticipating a sound, looking for someone to talk to, waiting for someone's affection, these emotional torments are neither underrated/unseen or nor understood. This pain is deeply heartfelt.

Loneliness is the biggest torment, which cannot be healed by medicine, only by the company of a human being.

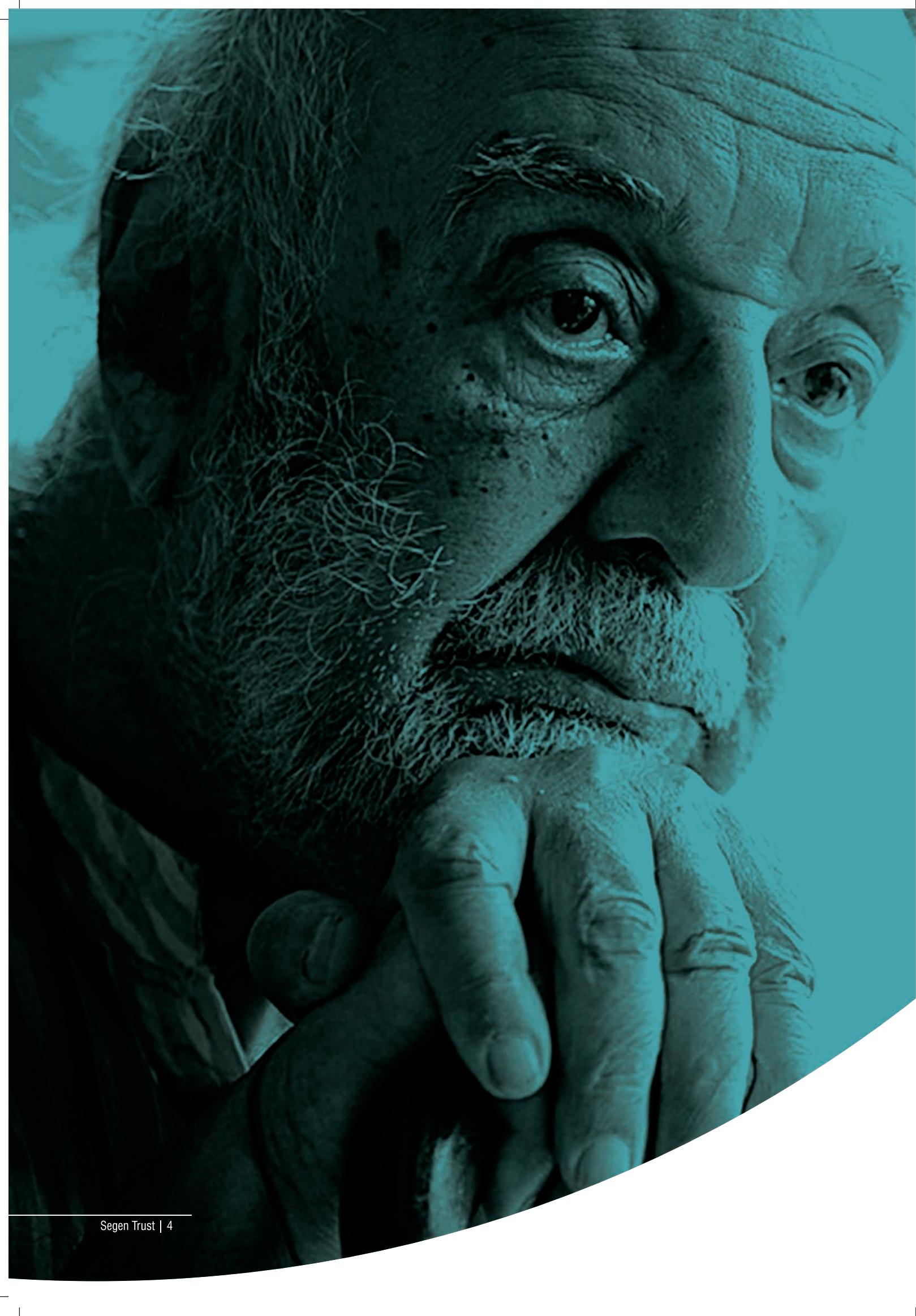
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Loneliness is the deepest pain in an elderly person's life— a wound that medicines cannot heal, nor comforts can ease.

Only human presence, a little time, and genuine care can truly heal it.

”







Social Problems

After a lifetime of hard work for family and society, many senior spend their final years/stage in a financial crisis/distress. Pensions are less, expenses are high and

sometimes even loved one are not with them. Struggling to fulfill their medical needs, medical treatment and daily necessities makes their day even more difficult.

Economical Problems

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**Some lack money for medicines.
Some lack peace in their lives.
Every day is a battle between dignity
and survival.**

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Legal Problems

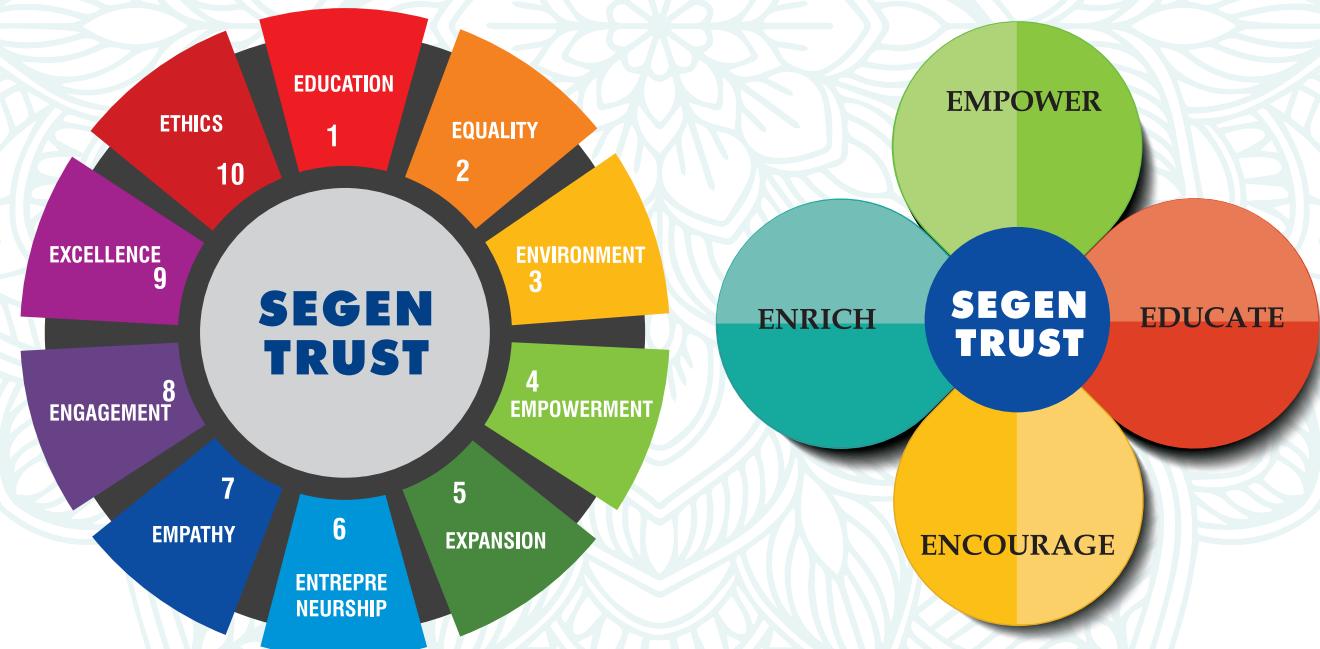
Elders are often overlooked when it comes to inheritance, property and rights often they are betrayed by those, they trust the most; due to lack of knowledge and access to legal aid, they are helpless for living silently with suffering of injustice. Often, they are unaware of their legal rights or are unable to access appropriate legal aid.

**“ They have a voice.
They have rights.
But no legal support ”**

Health Problems

The biggest issue of ageing is the body's failure to co-operate. No one wants to be sick. In modern Era/world, nothing is pure-food water, even air—the body becomes a breeding ground for illness. Blood pressure, diabetes, bone and muscle pain and poor vision are common problems for almost every elderly /senior person.

**“ With age, illnesses increase—but access to healthcare does not.
Many elderly people are forced to live in pain ”**



Cyber Security advice for Senior Citizens

In today's digital world, the elders are among the most vulnerable targets of cyber criminals. One phone calls, one message or one link can wipe away a lifetime's worth of hard-earned saving in a minute. Therefore, Senior Citizen should never share their OTP, ATM PIN, Password or bank details with anyone, even if they claim to be police or bank officials, unknown links, lottery messages or tempting offers can thereafter lifelong savings.

When using your mobile, consult a trusted family member, set strong passwords and only use officials apps. A caution can save them from serious trouble. It is our duty to keep our elders safe in the digital world because of they are the ones up made our present safe.

It is our duty to hold the hands of our elders-to give then the same Security/Protection in the digital world as they gave us when we were Childrens.

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**Hold the hands of our elders -
keep them safe in the digital world.**

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