

Golden people cheers on 2025

28th Dec 2024

The "Good Bye 24 and Welcome 25" event, organized under the banner of the "60+ Care & Research Foundation" and promoted by the **Citizen's Action Group (CAG)**, in collaboration with Astha Entertainment, was held on December 28, 2024. This significant event brought together the elderly members of the foundation to reflect on the year gone by and embrace the new year with renewed energy and purpose. The gathering took place with the aim of fostering a sense of community among the elderly and encouraging the growth of the



foundation's membership, while also offering an opportunity for discussions on mental health, creativity, unity, and the importance of human bonds.

The event was well attended by both

lifetime and annual members of the foundation, who are a part of the CAG family. Among the attendees were distinguished individuals like Mr. Mithilesh Kumar, Mr. Pradeep Kumar, Mr. Ranjeet Singh, Mr. Krishna Mukherjee, Mr. Mithilesh Singh, Mr. Sunil Kumar, Mr. Rajeev Ranjan, Mr. Jata Shankar, Mr. Arvind Kumar, Mr. Pankaj Kumar, Mrs. Neena Gupta, Mrs. Ragini Singh, and many others. Their presence added a warm and enriching atmosphere to the occasion.

The event was facilitated by Mr. Vishwa Ranjan, Secretary of the Citizen's Action Group, Patna. His leadership and guidance ensured that the program ran smoothly and that the core themes of the event were addressed effectively. The primary objective of the gathering was to create a space where elderly members could come together, share their experiences, and reflect on their collective strengths. One of the key goals was to enhance the membership of the foundation, ensuring that more seniors could benefit from the support system and activities the foundation offers.



A central theme of the event was the significance of mental health in the lives of senior citizens. As the elderly population often faces unique challenges such as loneliness,

isolation, and emotional distress, the event provided a platform for open discussions on how to address and manage mental health. Several members shared personal stories about their struggles and successes, emphasizing the importance of seeking help and maintaining a positive outlook. Mental health professionals were also present to offer valuable insights on maintaining mental well-being at an advanced age.

Creativity was another important topic discussed during the event. Many participants talked about how engaging in creative activities such as painting, writing, and music helped them stay mentally active and find joy in everyday life. The foundation encourages its members to explore their creative sides, as these activities not only contribute to mental stimulation but also provide a sense of fulfillment and purpose.

The strength of unity was a key message that resonated throughout the event. Several speeches highlighted how coming together as a community can create a sense of belonging and reduce feelings of isolation. Through shared experiences and mutual support, the elderly can find strength and resilience. The event reinforced the idea that human bonds are essential, not just for emotional support but also for the collective well-being of the group. The interactions during the event demonstrated how the elderly, when united, can form powerful networks that uplift and encourage each other.

In conclusion, the **"Good Bye 24 and Welcome 25"** event was an empowering and enriching experience for all those involved. It successfully brought together elderly members, strengthened their sense of community, and encouraged discussions on topics that are crucial for their mental and emotional well-being. By focusing on creativity, mental health, and the strength of unity, the event provided a platform for personal growth and social connection. Moving forward, the foundation hopes to continue expanding its membership and impact, providing elderly individuals with the resources and support they need to lead fulfilling lives.

For further reference please visit the below site:

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