

National Conference  
on  
**Ageing in India**  
Emerging Realities, Evolving Responses



**1<sup>st</sup> August, 2025 | 09:30 – 17:30 hrs (IST)**  
Gulmohar Hall, India Habitat Centre, New Delhi

[www.sankala.org](http://www.sankala.org)

# Ageing in India

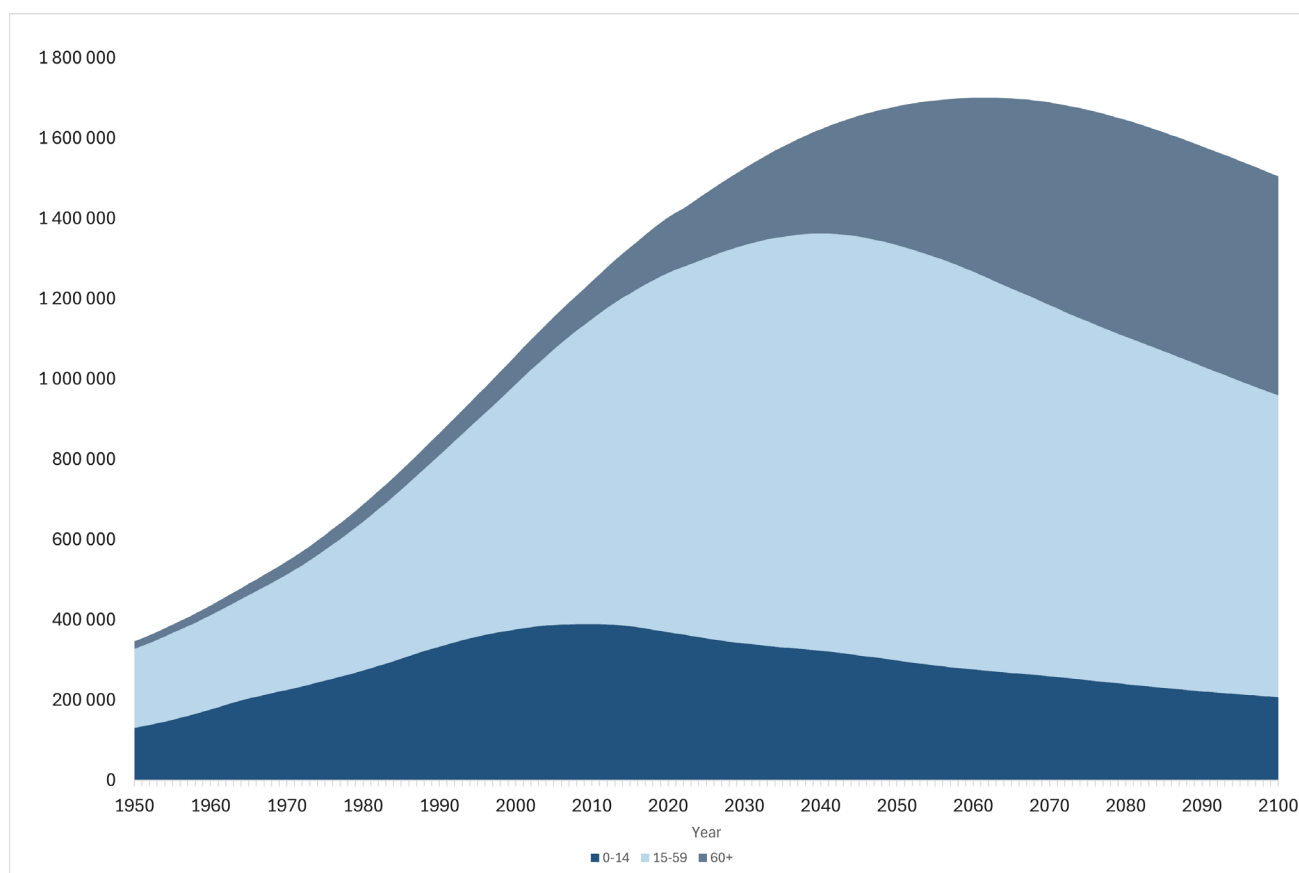
## Emerging Realities, Evolving Responses

Rapid changes in life expectancy and fertility rates are leading to prominent demographic changes across the globe. Resultingly, the world is experiencing a shift in population age structures, with the proportion and size of elderly persons increasing swiftly. It is estimated that one in six people will be over the age of 60 years by 2030, a number that deserves immediate attention.

High-income countries like Japan, Italy and Germany have some of the highest proportions of elderly people, exceeding more than 20% of their total population. At present however, developing countries are experiencing an unprecedented demographic shift. As a result, by 2050, two-thirds of the elderly will reside in low-and middle-income countries.

India too is witnessing rapid demographic shifts and an uptick in elderly population. In 2022, elderly made up 10% of the total population, with 140 million older persons. By 2050, it is expected that elderly will make up 20% of the total population, reaching 347 million people.

**Figure 1: India's Population Estimates and Projections for Different Age Groups (1950-2100). Values in Thousands.**



**Note.** Adapted from United Nations, Department of Economic and Social Affairs, Population Division (2022). World Population Prospects 2022, Online Edition.

## Understanding the Multi-dimensional Challenges of India's Elderly

### Healthcare concerns

- ▶ **Chronic Conditions:** Common in old age—cardiovascular (35.6%), hypertension (32%), and diabetes (13.2%).
- ▶ **Mental Health:** Over 30% show depressive symptoms; nearly 8% may have major depression.
- ▶ **Insurance Coverage:** Very low—only 18.6% in rural and 17.3% in urban areas have health insurance.
- ▶ **Assistive Devices:** Large gaps—24% with visual issues and 92% with hearing issues lack aids.

### Economic concerns

- ▶ **Dependency:** 70% rely on family or pensions for basic needs.
- ▶ **Lack of Pension:** 78% have no pension support.
- ▶ **Workforce Participation:** 40% rural and 26% urban elderly still work, indicating financial insecurity.
- ▶ **Debt Burden:** 1 in 4 urban elderly cite healthcare costs as the main cause of debt.

### Social concerns

- ▶ **Living Alone:** Joint families are declining; 2.5% of elderly men and 8.6% of women live alone.
- ▶ **Ageism:** Discrimination increases isolation, health risks, and safety concerns.
- ▶ **Digital Illiteracy:** Many elderly are illiterate; 93.7% lack digital skills, making them prone to fraud.

Source: LASI, Wave-1, 2017-18



# Conference on 'Ageing in India: Emerging Realities, Evolving Responses'

The conference on 'Ageing in India: Emerging Realities, Evolving Responses' is an effort of Sankala Foundation to identify key opportunities presented by the rapidly growing elderly population in the country. A status report by the Sankala Foundation, titled, 'Ageing in India: Challenges and Opportunities' will be released during the conference.

## Objectives



PROGRAMME	Time	Event
	9.30 am - 10.00 am	Registration: Tea and Coffee
	10.00 am - 10.45 am	Inaugural Session
	10.45 am - 12.00 pm	Session 1: Strengthening Elderly Welfare: Policy and Practice
	12.00 pm - 12.20 pm	Tea break
	12.20 pm - 1.30 pm	Session 2: Health and Mental Wellbeing of the Elderly
	1.30 pm - 2.10 pm	Lunch
	2.10 pm - 3.30 pm	Session 3: Leveraging Ageing for Growth and Development
	3.30 pm - 4.50 pm	Session 4: Shaping Futures: Preparing for an Ageing Society
	4.50 pm - 5.15 pm	Closing Session
	5.15 pm - 5.30 pm	Tea and evening snacks