

Health & Wellbeing Discussion Forum, 5 April 2025

Closing Remarks by Venkatasubramanian Srinivasan, President, UN Pensioners' Association, India (UNPAI)

A Call to Action:

As we draw this meaningful session to a close, let me assure you—this is not the end, but the beginning of a larger journey. A journey of collective awareness, action, and transformation towards healthy and purposeful ageing.

I urge each of you to carry with you not just the insights shared today, but also the inspiration to act—through small yet meaningful steps that enhance your own well-being and contribute to the vitality of our larger UN retiree community.

Throughout this forum, we explored the many dimensions of health and well-being—from physical activity and preventive care to mental resilience, emotional fulfilment, and spiritual strength. We've reflected on how human connection counters isolation, how nature nurtures healing, and how purpose keeps us going strong.

Some key takeaways from today's rich dialogue include:

- The importance of staying active—not just physically, but mentally and socially. Movement, curiosity, and engagement are keys to vitality.
- The centrality of mental health—where mindfulness, stress management, and a sense of purpose play a pivotal role in our overall well-being.
- The power of social bonds—how strong friendships and meaningful community participation can greatly enrich our lives.
- The healing presence of nature—a resource we must reconnect with, regularly and intentionally.
- The value of spiritual and emotional well-being—as grounding forces that provide inner peace, balance, and resilience.

But beyond the insights, let today be a catalyst for action. Good health and well-being are not passive states—they are choices, habits, and commitments we make every day.

- **If today's discussion has nudged you to prioritize your health, take that first step—no matter how small.**
- **If you feel inspired to renew your social connections, reach out to someone or engage with your local community.**
- **If you've recognized the importance of lifelong learning, consider acquiring a new skill, or better still—sharing your knowledge and wisdom.**

Let this forum serve as a stepping stone—towards deeper engagement, continuous learning, and stronger intergenerational and community ties.

Acknowledgments

I would like to express my heartfelt appreciation to my colleagues on the Executive Committee of UNPAI and our committed volunteers, whose tireless dedication made today's event a reality.

I would be failing in my duty if I did not place on record UNPAI's and my own sincere gratitude for the unwavering support of the UNDP Administration—in particular, the IT Team, most importantly, the key technical lead supporting us on the floor, Mr. Gurmeet Singh, for their flawless, efficient, and proactive technical support at every stage.

Our thanks also go to the housekeeping and support staff, gardeners, security personnel at the UN House, whose behind-the-scenes efforts have enabled a smooth and welcoming experience for us all.

To our distinguished guests, esteemed panelists, and all participants—your presence, ideas, and spirit of engagement have made this session both meaningful and memorable.

Together, let us reaffirm: we are not just UN retirees. We are a vibrant, engaged, and evolving community—still contributing, still learning, and still shaping the world around us in purposeful ways.

Honouring Our Guests with Gratitude and Mementos

Before we conclude, may I warmly invite all our distinguished Guests, Panelists, and Participants to join us for a group photo session on the Ground Floor.

Following the photo, we invite you to proceed to the networking lunch, where we hope the conversations and connections will continue in an informal and engaging setting.

Thank you.