

leading a healthy life after retirement," he added.

Pinu Haq, a retired community healthcare specialist, shares her journey of retirement. She retired in 2011 and was full of ideas to put her retirement to good use. After trying her hands at consultancy for a few months, she realised she should start something she can call her own. Thus, began the journey of a development organisation that works with the welfare of female adolescents in her ancestral home.

"My time was well-spent, until COVID struck. The spread of COVID meant my project had to cut down its activities and although the spread of the coronavirus has subsided, the project is yet to gather its past momentum," said Pinu Haq.

She added, "For the first time since my



retirement, I am experiencing boredom and frustration. I have little or nothing to do all day. The days that I spend with the children a few days of the month are all that I look forward to.

"I used to write but for the last few years, the spontaneity of my writings has diminished.

Now, I spend the days watching TV and reading the newspaper — that too is a disheartening affair, as the country and the whole world seem to spiral down into a depression.

People like Pinu Haq, although full of energy at the beginning of their retirement often face this phase where everything seems pointless at times. "One should remain active in whatever way

they can. Whether it is taking care of your grandchildren or continuing to do similar things, life post retirement is not free from every struggle. And that perhaps is life!" she said.

Following the footsteps of her husband Rashid Ahmed, Sherifa Ahmed, now in her late 60s, is planning for her retirement. She has already made contingency plans through her pursuits, which she believes will keep herself busy in the future. "One should take every day positively as they come. And that attitude is something one should carry in their hearts throughout their lives," she said.

World Senior's Day is on August 21, let us all remember to celebrate our elders now and always.

- LS Desk

Photo: Sazzad Ibne Sayed

Models: Sherifa Ahmed, Rashid Ahmed, Iqbal Ali, Naseem Iqbal, Rosie Rashid

