

भारतीय  
जन स्वास्थ्य  
प्रतिष्ठान



PUBLIC  
HEALTH  
FOUNDATION  
of INDIA

# Healthy Ageing

*eLearning Course*



**Public Health  
Foundation of India**

*Working Towards Swasth Bharat*

## About the Course

Population ageing is emerging as one of the most significant global public health transformations of the 21st century. With increasing life expectancy, individuals are living longer, but not always in good health. Older adults today face a range of challenges including chronic diseases, functional decline, mental health concerns, social isolation, and limited access to supportive care, often silently and across all settings, from urban centres to rural communities.

Understanding this complex interplay of biological, social, environmental, and behavioural factors that influence ageing is essential. Promoting healthy ageing requires not only awareness but also the ability to apply practical strategies at individual, community, and system levels. Empowering learners with this knowledge can help promote informed decision-making, improve quality of life, and support dignity and independence in later years.

This Massive Open Online Course (MOOC) by Public Health Foundation of India (PHFI) on Healthy Ageing, aims to bridge, this gap by equipping learners with practical knowledge and strategies to promote healthy ageing across the life course.

## What will you learn?

This course is designed to build multidimensional competency on ageing, covering biological, psychological, social, and public health domains.

By the end of the course, learners will be able to:

- Understand the key concepts and importance of healthy ageing
- Understand the concept of ageism and analyse its impact on the health, well-being, dignity, and social participation of older adults
- Identify vulnerable populations and common risk factors associated with ageing
- Describe national and global policies related to healthy ageing
- Recognise key economic, social, and infrastructural challenges
- Apply learning to real-world contexts

## Who Should Attend?

- Public health professionals
- Nursing and medical students
- Program managers and policymakers
- NGO and development sector professionals
- Anyone interested in ageing and community health

## Course Design and Duration:

The MOOC is structured to span a duration of three weeks. The program is designed to be self-paced and comprises three modules each lasting approximately two hours. Each module incorporates a variety of elements including videos, interactive activities, quizzes, and additional reading material to enhance your learning experience.

## Course Modules:

This course will cover the following modules:

- Module 1: Understanding Ageing & Ageism
- Module 2: Difficulties & Barriers to Healthy Ageing
- Module 3: Combatting Ageing & Ageism

## Course Fee:

The course is free to enroll. Participants who wish to receive a certificate upon successful completion may opt for certification by paying a fee of INR 750.

## Admission Process:

To know more about the course and to apply please visit here →

<https://cdl.phfi.org/portal/node/571>

## Teaching Methodology:

The course will be available online only, allowing learners to progress at their own pace through an interactive learning management system. Its structure encompasses interactive videos, engaging activities, quizzes, and a curated selection of recommended readings, including summaries, articles, case studies, and blogs.

## Evaluation and award of online certificate:

The final online certificate will be awarded to learners who successfully complete the course, meet all course requirements, and pay the prescribed certification fee after course completion. The certificate will be issued only upon successful fulfillment of these criteria.

## System Requirements:

- Internet bandwidth: 1 Mbps (5 Mbps recommended)
- Processor: Intel Pentium 4 or equivalent and above
- RAM: 1 GB and above (2 GB recommended)

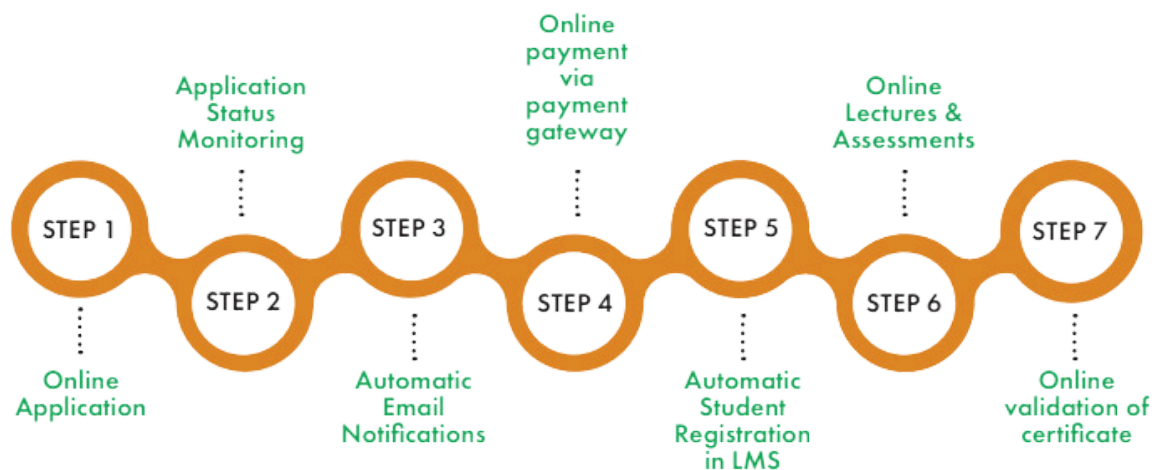
- Supported browsers: Recent-Google Chrome, Mozilla, Safari, Internet Explorer and Microsoft Edge
- Supported operating systems: Windows 7 or higher with the latest updates installed, Mac OS X 10.3 or higher with the latest updates installed, Linux and Android, etc.
- Headphone

## Unique Features of PHFI Centre for eLearning:

- State-of-the-art learning management system
- Multidisciplinary faculty
- Self-paced learning
- Competency-driven curriculum
- Enriching virtual classroom experience
- Collaboratively developed programs with national and International organizations
- Wide range of programs in key areas of public health practice

## Other eLearning programs offered by PHFI

Details are available on our website → <https://cdl.phfi.org/portal/courses>



## For course-related queries, please contact:

Program Officer (eLearning)

Public Health Foundation of India

4th Floor, House Number 60, Saidulajab Village, near Saket Metro Gate Number 2, New Delhi, Delhi, Delhi, 110030.

Ph.No. +91140175500 Email: [aluelearning@phfi.org](mailto:aluelearning@phfi.org)

For more information & online application, please visit: visit: <https://cdl.phfi.org>

Website: [www.phfi.org](http://www.phfi.org)