



Government of the Republic of Trinidad and Tobago

Ministry of Social Development and Family Services



MEDIA RELEASE

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Priority: HIGH

FOR IMMEDIATE RELEASE

Ms Basoo Ajodha celebrates her 101st birthday

Chemical-free natural foods are what Ms Basoo Ajodha attributes to her surpassing the age of 100. Ms Ajodha celebrated her 101st birthday on March 17th 2022 and described the feeling as being “*contented*.” The mother of five, grandmother to eight, and great-grandmother to nine marked the occasion with loved ones in a small celebration at her San Francique, Pluck Road Penal home.

Senator the Honourable Donna Cox, Minister of Social Development and Family Services joined by representatives of the Ministry’s Division of Ageing and Corporate Communications Department to wish the centenarian a happy birthday. Minister Cox told family members that the Ministry’s National Centenarian Programme celebrates all persons 100 years and over for their contributions to society and that such achievements cannot be taken lightly. Minister Cox then presented Ms Ajodha with her certificate of Honour and Achievement, a hamper and a cake sponsored by the Kiss Baking Company.

When asked about her secret to longevity, Ms Ajodha stated that she engages in light walks and plants in her garden. “I plant my little bodi, peas, dasheen and eddoes,” said Ms Ajodha who admitted to planting since childhood to sustain her family. She further stated that she has no birthday wishes for today but instead advised the younger generation to listen to their parents.

The Ministry of Social Development and Family Services was pleased to honour our latest centenarian as part of the National Centenarians Programme and encourage persons to register for the Programme by visiting the Ministry’s website at www.social.gov.tt and completing the online form. Completed forms may also be dropped off at the nearest Social Welfare Office or emailed to the Division of Ageing at opic@social.gov.tt.

For more information on the programme, persons may contact the Division of Ageing at 623 – 2608; Ext 2002 to 2009 or 800-OPIC (6742).



Minister Cox presents Ms Ajodha with her certificate of Honour and Achievement



Ms Ajodha proudly receives her certificate of Honour and Achievement from minister Cox.



Minister Cox and Ms Ajodha cuts one of her birthday cakes.



Ms Ajodha shows Minister Cox that she still engages in light walks to keep fit.



Minister Cox, Ms Ajodha and her children (L-R) Kousilla, Samaroo, Chrishna, Mooynee and Salessie