



**CENTRE FOR GERONTOLOGY
CENTRAL UNIVERSITY OF KERALA
KASARAGOD, KERALA**

**CENTRE FOR GERONTOLOGY
DEPARTMENT OF SOCIAL WORK
CENTRAL UNIVERSITY OF KERALA**

**Report by
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Introduction to the Centre

The key to the secret of life has been a mystery for humankind from time immemorial and the very mysterious nature of life has played a significant role in shaping people's attitude towards life and its phases. Old age is usually considered to be the final phase of life span. It is the later part of life; the period of life after youth and middle age usually associated with declining economic productivity, physical weakening and ultimately death.

The elderly population has been increasing steadily for the past few decades.. However longevity in most cases brings along poorer health. This implies an increased demand for the provision of health care services for elderly people. Since two-thirds of the elderly population have limited or no monthly income, the younger generation will have to shoulder the financing of the provision of health care services for the elderly. As 78% of the elderly population live either alone or with one family member only the role played by the public sector as support and reinforcement to family care becomes significant.

This negative outlook to old age has significantly influenced the perceptions of not only common pace men but professionals too. One of the major developments in the concept of successful ageing originated with the idea of active ageing idea put forward by the WHO. "Active ageing is the process of optimizing opportunities for health, participation and security in order to enhance he quality of life as people age" (WHO, 2002).

The dea of successful ageing is being developed and its dimension are being explored currently through extensive research and studies. India has an emerging world power is keen in improving the quality of life of its citizens. Quality of life of the elderly in the population is a major measure to evaluate the overall standard of living and quality of a nation. If we lag behind in developing positive attitude towards ageing it would be a great set back to us as a

nation for a good number of our citizens are over 60 and such a large portion of the population should be effectively managed. Successful or active ageing is the next big thing in the area of gerontology. Hence proper studies and research should arise in this area. With this background Central University of Kerala is very much keen to start a Centre for Gerontology to contribute for successful ageing in the form of extension activities, research, organizing seminars/conferences and workshops.

Objectives of the Centre

1. To conduct geriatric related research to find out their problems and opportunities which in turn will contribute for developing inclusive elderly policies.
2. To organize community outreach activities to generate awareness among the common public about the need for care and protection of elderly.
3. To organize training programmes to various stakeholders like physicians nurses, social workers and so on.
4. To conduct evaluation studies of development programmes and policies implemented by central and state governments for the welfare of the elderly.
5. To start short term and diploma courses related to gerontology
6. To offer counselling services to elderly who are in need.

Activities if the Centre

1. Research
2. Extension activities
3. Conferences/seminars/workshops
4. Trainings
5. Short term diploma courses
6. Publications.

Activities of the Centre: 2018-2020

A Programme on feed water for birds

A program "feed water for birds" conducted in Govt old age home paravanadukkam under the MSW department and Centre for Gerontology of Central University of Kerala.

The program named "koodoorukam kuttirikam koottayirikam" has been conducted on 20/03/2019, Wednesday at old age home paravanadukkam. The program started at

11.30AM. The welcome speech delivered by sarun MSW trainee Central University of Kerala. The program inaugurated Dr. Laxmi, Assistant professor department of MSW. The presidential address delivered by superintendent of old age home Mr.Pankachakshan. The felicitation done by Swasthik Phd scholar in central university of kerala . Dr. Laxmi hand over the pot to inmates and inaugurate the program. And the inmates hang over the pot to different trees in the old age home. After that there is a cultural programme of inmates. The vote of thanks delivered by Maneesha C V, MSW trainee Central University of Kerala.





Pen Paper Making Activity for Elderly



Reunification of Elderly with Family

An MSW student's perseverance reunites woman with family after 30 yrs

GEORGE POIKAYIL @Kasargod

RATHILAKSHMI (62) is back home, after 30 years. So is the spark in her eyes. Her family in Kozhikode had given up on her thinking she was dead.

The long lost family reunited partially because of an innocuous question Malayalees always use to break the ice: Evideya naadu? (Where are you from?) And partially because she put that question to Sarun Marunoli, 23, a "rugged" student of social work at the Central University of Kerala.

As part of his course work, Sarun's guide Dr Laxmi (who uses only the first name) assigned him to the government's old-age home at Paravandukkam in Kasargod. "I met Rathilakshmi at the old age home sometime in mid Au-

gust," says Sarun. "One of the first questions she asked me was where was I from," he says.

When Sarun told the elderly woman that he was from Edachery panchayat in Kozhikode, she started opening up. She told him that she too was from Nadakkavu, a commercial area in Kozhikode city. She also told Sarun that she had a younger brother, Balan, who used to work at a banana chips making shop at Nadakkavu. "She told me that she wanted to meet him," he said.

Sarun did not promise Rathilakshmi anything, but the very next Saturday he was at Nadakkavu. He was joined by his childhood friends Anushree Sathyan, a journalism graduate, and Adarsh M, a junior automobile engineer. The trio went to every other banana



MSW student Sarun Marunoli with Rathilakshmi and her niece Ramani

chips shop at Nadakkavu asking for Balan. "By afternoon, two shopkeepers said they had employed one Balan long time ago, and that he had started his own shop at Puthiyapalam," Sarun said. Another shopkeeper took the three young address hunters to Balan's ancestral house at Nadakkavu. "But they had sold the house and

moved out," he said.

On September 22, the three started their search again at Puthiyapalam. "Around 7.30 pm, we were at the doorstep of Balan's house. His wife Rajitha and their daughter were at home," said Sarun.

Rajitha vividly remembered Rathilakshmi. Her daughter, who is now 30 years old, has

heard of the missing aunt from her father. "We really thought she was not alive," Rajitha told Sarun. Sarun left his phone number with her for Balan to call back. "In an hour, he called back," he said.

Sarun then set up the grand reunion. Last Tuesday Balan, Rathilakshmi's elder sister Radha's son Gopi, daughter Ramani and her husband Kishore came to Kasargod and took her away from the old age home. "She is now staying with Gopi, who runs small eatery in front of Baby Memorial Hospital in Kozhikode," says Sarun.

Rathilakshmi said she went into a depression after her husband died and she left home 30 years ago. She worked as a domestic help in Kasargod, and when her health failed her, she ended up at the old age home three years ago.

LOVE FOR LIFE

Sarun said his experience of finding hope at the bleakest of times helped him reunite the family. His father Ravendra M (48) was bedridden with osteoporosis of the spine. "After several years of treatment at Sree Chitra Tirunal Institute for Medical Sciences in Thiruvananthapuram, he started walking just eight months ago. Now, he sells lottery for a living," he said. His mother, Sathi (40) was diagnosed with cancer when he was in class XII. "I had joined BCom in a regular college but dropped out because we had to manage the treatment of our parents," he said. Sathi too is on the path of recovery. Sarun then signed up for distance education with Calicut University for his graduation and then joined MSW in Central University. "All through the years, my brother Rasil supported us by driving autorickshaw in our village," he said.

National Conference on Active Ageing: Paradigm for Post Modern Era.

Centre for Gerontology, Department of Social Work, Central University of Kerala (CUK) in collaboration with National Institute of Social Defence, (NISD), New Delhi organised a National Conference on *Active Aging: Paradigms for Post Modern Era* on 6th and 7th December, 2018, at CUK Campus, Periyar, Kasaragod. The National Conference was the first programme conducted on behalf of The Centre for Gerontology, Department of Social Work, CUK. The conference was inaugurated by Prof.(Dr) P.K.B Nayar, Chairman of Centre for Gerontology, Thiruvananthapuram by lighting the lamp.



He also delivered the key note address on Active Aging and Healthy Ageing by pointing out the concept and the importance of gerontology in the present era and the relevance in future. He spoke about the concept of active aging which is developed by WHO (World Health Organisation) by replacing the concept of healthy ageing, used to describe the maintenance of positive wellbeing. He made a presentation on the definition, principles, concepts, determinants and challenges of active ageing which all are put forward by the WHO. The book of Abstracts was also released by Prof. (Dr) P.K.B Nayar.



Dr. Radhakrishnan Nair, Registrar, Central University of Kerala, honoured Prof. (Dr)P.K.B Nayar in the presence of the teachers, research scholars, social workers, and students from the different parts of the nation who were the participants of the conference. Dr. Radhakrishnan Nair also spoke about his teacher, Prof. (Dr)P.K.B Nayar, recalling the simple method of teaching through which he used to impart valuable knowledge. He also spoke on multidisciplinary approach of Gerontology. He presented valid statistics regarding older population in the present and the trends to be expected in the future. He also made some references to the problems of the older population.

The inaugural session was presided over by Dr. Mohan A K, Head, Department of Social Work, Central University of Kerala. He spoke on the importance of reintegration of elderly persons. He shared an incident of reintegration of an elderly women from a government old age home back into her family after a span of 20 years due to the initiatives of a couple of students from the department of Social Work.



Dr. Biju M R, Dean of Social Science, Central University of Kerala, felicitated the conference. He spoke on the constitutional articles that safeguard the rights of old age people and also spoke on disintegration of joint family system, where the oldest members guides the others.



The dignitaries were given mementoes (basket made by the koraga tribe) as a token of love which are, as part of promoting their environment friendly products.

The session started with the welcome address by Dr. Laxmi, Coordinator of the Centre for Gerontology and Assistant Professor, Central University of Kerala and ended with vote of thanks by Mr. Anoop C. Choolayil, Research Scholar, CUK.

Technical Session 1

Topic : Aging with Grace

Day and Date: Thursday, 06/12/2018

Resource Person: Dr. Carolin D'souza, Consultant Psychiatrist Mangalore

Chair: Dr. Shoba B Nair, Professor, Department of Sociology, Kerala University

The first technical session titled “Aging with Grace” started immediately after the inaugural session. The session was chaired by Dr. Shoba B Nair, Professor, Department of Sociology,

Kerala University and the resource person of the session was Dr. Carolin D'souza, Consultant Psychiatrist Mangalore.

Aging with Grace: Main highlights

Age 65 and above is considered as old age and old age can be classified into three as follows.

- 1) 65 years – 74 years → Young Elderly
- 2) 75 years – 92 years → Middle Elderly
- 3) Above 92 years → Older Elderly

Mental Health Issues in the Later Life

Dementia is one of the major mental health issues in the later life and one quarter of today's older adult experience mental health disorder.

Losses of Older Adults

- Death of family member or friend
- Retirement
- Failing Health
- Relocation from their home
- Living alone (Especially from nuclear family)
- Medical comorbidity

Mental Health and Ageing

Following challenges will be there in ageing :

- Changes in Appearance
- Confusion, disorientation, problem with concentration on decision making.
- Decrease or increase in appetite
- Changers in weight

Depressive Mood

- a) Behavioural Sign
 - Persistent sadness
 - Trouble falling asleep

- Excessive worrying
- Irritability
- Not able to take proper decision

b) Physical Changes

- Changes in vision, hearing and other senses.
- All of our senses tend to decline

c) Mobility

Those who inactive have health problems may experience decline in strength, endurance and mobility.

d) Memory

- Retrieve information in different ways as we grow older
- Stress medication, interaction, depression, dementia etc

Depressive Disorders

Following are the major depressive episodes:

- Single recurrent; with special features
- Dysthymic disorders
- Depressive disorders/ Abnormal bereavement

Signs and symptoms of depressive episode

- Reduced energy and concentration
- Decreased appetite and weight loss
- Sleep complaints, early morning awakening and frequent awakening.

Somatic Complaints

- Pseudo dementia.
- Episode with melancholic features
- Hypochondria's, hopelessness, feeling of worthlessness, paranoia, suicidal ideation.

Anxiety disorder

- Anxiety disorder is common after the age of 60
- Goes unnoticed to a normal age

- Presume at to be a cardiac event

Prevalence of Insomnia/ Sleep Disturbance Age Group

Age 18- 34 = 14%

Age 35- 49 = 15%

Age 50- 64 = 20%

Age 65- 79 = 25%

Complaints of sleep disturbances

- medication
- Medical condition
- Psychiatric condition
- Poor sleep hygiene
- Psychological factors
- Primary sleep disorder

Vulnerability to Sleep Disorder

- Older age
- Personality and ability to handler external stresses
- Biological clock sensitivity to change in time
- Event modest amounts of alcohol

Improving Sleep Complaints

- Treat underlining condition
- Treat underlining anxiety disorder
- Limit alcohol
- Behavioural intervention- good sleep hygiene

Elderly Abuse

Types

- Physical abuse

- Sexual abuse
- Neglect
- Financial abuse

Risk Factors

- Older age (≥ 75)
- Female
- Unmarried
- Lack of access to resources
- Social isolation
- Minority status
- Low level of education
- Functional disability
- Substance abuse by care taker

Elderly Patient Management

Handling

- Avoid confrontation
- Avoid talking negatively
- Try to be cheerful
- Listen without advising
- Be consistent and patient
- Don't be discouraged
- Say things perfectly

The technical session was summed up by adding the population figure in ageing by the chair of the session Dr. Shoba B Nair. The doubts and queries from the audience were clarified and some points were added by the participants.



Technical Session – 2

Day and Date: Thursday, 06/12/2018

Venue: Seminar Hall, Sabarmati Block, Central University of Kerala

Topic: Prevalence of Dementia in India and Art of Active Aging to Manage Dementia.

Resource Person: Ms. Vidya Shenoy, Secretary General, Alzheimer's and Related Disorders Society of India

Chaired by: Dr. Biju, Dean, School of Social Sciences, Central University of Kerala.

The second technical session started at 2.00 pm. The resource person of the session was Ms. Vidya Shenoy and was chaired by Mr. Biju MR. Mr. Biju M R told that Dementia affects ones daily functioning and there is no cure for this. There are 40 million people affected with dementia. Ms. Vidya Shenoy started the session with a prayer; she urged the participants to be optimistic about life and told that everyone is guided by a force which she named the Divine master. According to a study in every 3 seconds, one person is diagnosed with dementia. Around 40 million people are affected with dementia in the world. She discussed about the statistical study of dementia and also the elderly population in India. According to the survey 70% elderly people are living in rural area.

The study shows in 2015, 4.41 million people affected dementia and it may be 7.6 million in 2050. Parkinson, HIV related, Fronto temporal, Vascular, Lewy Body, Learning disability, Alzheimer's, etc. are main types of Dementia. Alzheimer's is the most common among these. Dementia was declared as a world health priority in 2012. Dementia is a growing social

challenge. The causes for this are increasing life expectancy, increasing aging and shrinking population; nuclear family, decline traditional family support structures; migration of health workers, low salary structure, better job overseas; low public awareness of dementia, high misunderstanding, ignorance, social stigma; insufficient dementia- specific knowledge among health care professional workers; poor co ordination of services and little interaction among major players; lesser number of facilitated dementia care than actually required; lack of quality of good care; Person- centred approach; early diagnosis and intervention; what is needed is a team of professionals who take care from the Physician after diagnosis; availability of both facilities as per requirement and utilizing.

According to Dementia India report 2010, people normally get affected by dementia after 65. But now younger people also affected by dementia. More than 50% of aged people are Alzheimer's affected. ARDSI recommends to State and Central Government to make dementia a National Health Priority. Legislative and policy level interventions are required for prevention (awareness) and management (helpline, care training, etc.) of dementia.

The non modifiable risk factors of dementia are Genetics-family history-90% of dementia; the modifiable risk factors are Diabetes, mid life hyper tension, early life education, Physical inactivity, Smoking, Obesity, etc. It is possible to reduce risk of developing dementia at an individual level and working towards active among through Education, Prevention of smoking, Control of diabetes, and hypertension, Avoiding head injury, Moderating alcohol consumption, Regular exercise, Good diet.



Parallel Session I

Theme: Active Ageing

Day and Date: Thursday, 06/12/2018

Chair: Dr. Dilip Diwakar G

Venue: Sabarmati Block, Central University of Kerala

The Chairperson presented a glance of all topics in the introduction. He also gave an introduction about the ageing population, their areas of concern etc. An instruction was given to the participants for presenting their papers in 5-6 minutes each and discussion was set for the last 15 minutes. Participants were asked to present their papers by focusing on the study objectives, methodology, major findings and its importance.

The first paper presentation was done by Dr. B Nalina, Assistant Professor, Department of Social Work, Bharthiyar University, Tamil Nadu on the topic 'Healthy Ageing among Elderly Working in an Unorganized sector: An Empirical Study'. The study aimed to find out the process of healthy ageing and factors associated with healthy ageing among elderly in Coimbatore. The results of the study revealed that, the elderly women had lower scores in

most dimensions of healthy ageing. Also, recommendations were made on having intervention strategies to be planned, enhance their healthy ageing practices and encourage women to opt for the kind of jobs which are more flexible for them by creating a model centre, recreational activities, cognitive training.

The second paper was presented by Ms. Benee Wilson, Project Coordinator, Bless Retirement Living, Aluva and Ms. Benila Rachel Biju, Associate Officer, Resident relations, Bless Retirement Homes. Their presentation topic was 'Retirement Homes: A New Age Solution to Active Ageing Case Study on Bless Retirement Living, Aluva'. Through this paper, the roles of retirement homes in promoting active ageing among elderly in the changing socio cultural background was brought to light. Also a contrast is drawn between traditional old age homes and the new age retirement homes. The key findings of the study throw light to the effectiveness of retirement homes in bringing about better opportunities to age, successfully, gracefully and independently. It was also found out that the services at Retirement Living under study including geriatric friendly infrastructure and campus (promoting positive physical environment) regulating need based engagement activities, a healthy and approved diet, regular moderate physical exercises, strictly monitored adherence to medications, community outreach activities and monthly get together (catering positive social environment) are the various key factors specific to Retirement Community enriching on Active Ageing among the residents.

The third paper presentation was done by Ms. Grace M Leghu from BCM College, Kottayam on the topic ' Challenges and Prospects of Active Ageing : A Case study of Elderly in Kottayam District. The major areas of challenges discovered in the paper include economic factors, social factors (position and status), psychological factors, health problems, neglect and so on. While the major prospects of active ageing identified include support of governmental policies, support from family, social activities, etc.

The fourth paper was presented by M C Sandhyarani from St. Philomena's College, Mysore, Karnataka on the topic Socio Recreational Aspects of Elderly in Institutional Care: With Special Reference to Little Sisters' of Poor (Institution for Elderly) , Mysore. The participant introduced the paper by terming the old age as the second childhood. The study aims at exploring the socio recreational aspects of elderly in institutional care. It revealed that majority of the elderly adults have been active in socio recreational activities in the institutions. Males were mostly institutionalized than women. Majority of the inmates had

educational qualification at high school level. Some of the suggestions provided were to have good interaction with family members, create awareness among youngsters, placement of professional social workers in old age care homes, etc

The fifth presentation was titled as ‘Successful Ageing: The Relationship between Emotional Intelligence, Life Satisfaction and Mental Health among Older Adults in Kottayam. The study aimed to analyze the extent to which Emotional Intelligence is linked to psycho social and physical functioning among older people. The findings of the study stated that, there was significant correlation between mental and physical health. People with higher Emotional Intelligence were more satisfied with life. It also revealed that the old people had high self awareness and low self esteem.

The sixth presentation was done by Ms. Renitta Manuel, M. Phil Scholar, Rajagiri College of Social Sciences on the topic ‘ Productive Ageing among Elderly Women in Kerala’. Among elderly population, elderly women are the people who suffer more because of the influence of the patriarchal society in which they live in. From the field practicum in collaboration with an International organization Help Age India. The author focuses on elderly women and how they are achieving successful ageing through their participation in Active Ageing centre community programmes and elderly groups.

The last paper was presented by Ms. Sayana Shiju Thomas from BCM College , Kottayam on the title, ‘Religion and Positive Ageing : A Case study of Elderly in Kottayam district. The study examined the relationship between ageing and religious participation, focusing on how spirituality and religion helped aged to overcome depression associated with loss of meaning of life. The study found that religion, spirituality beliefs were found to play a number of roles in the everyday lives of the older adults, including being a source of strength, comfort and hope in difficult times and bringing about a sense of community and belonging. Engaging in spiritual activities would give them safety, confidence, peace, sense of meaning and purpose in life, overcome depression, hopeful attitude about life , overcome fear of death, anxiety , attain self esteem , great social support, perform daily activities of life, reduce stress , etc.

A discussion session was carried out after the completion of all presentations. The chairperson evaluated the session and appreciated all the participants for their contributions. The session got concluded by 5.15 pm.



Parallel Session II

Theme: Ageing and Mental Health

Day and Date: Thursday, 06/12/2018

Chair: Dr. . Jilly John

Venue: Sabarmati Block, Central University of Kerala

The first presentation was made by Ms Akhila Johnson, Research Scholar, Bharathiyar University, Coimbatore on the topic life of elderly: A study on the aged population in the old age home of Meenachil taluk, Kottayam, at 3:50 pm the presentation started, this paper is based on the study of Meenachil Taluk Kottayam, in the religious Charitable Home, by the study of this paper, the government old age home were not found in that specific Taluk. According to the objective of paper was presented that the influence characteristic of the old home is the social, religious factors, then focused on the satisfaction of inmates' life that give on the infrastructural facilities, food, medical setting etc. as the finding that inmates are satisfied with their life, sleep, food, care etc. because of the interaction pattern of inmates that 85% are comfortable to the common people, 15% of inmates failed to deal with the authority. This 60% of inmates are alienated from the mainstream, the social networking comes the problem among inmates. And finally the paper was concluded by assuring the children and youth to look after the elderly people who are alienated from the society, by 4:30 pm the presentation ended.

The second presentation was made by Dr. Akshatha Karanth (Assistant Professor, Department of Social Work, SDM College, Ujire) on the topic “A study on challenges faced by Institutionalised Senior Citizens”. The paper started with the Introduction about the ageing, the main objective of the study is the social demographic and profile of respondent and reasons for joining old age homes. The paper was resulted under the methodology of pivotal result that the data from the Ash....sabha institution , having 138 practician of purposeful sampling method through descriptive nature, presentation stress on the demographic status , education status , matrilineal, family structure, physical issue, psychological issues, several issues like harsh behaviour of employees, economic insecurity adjustment problems. The main reason for the alienation are marriage of the children, occupation etc., death of husband etc. then the paper ended with the various valuable suggestion and implication and finally concluded by giving information about the importance of the elderly people in the society.

The third presentation was by Dr. N Shanmughavadicu Natchimuthu on the topic “A Study on Physiological Problem and Geriatrics Depression among Elderly” paper started with good introduction by detailing the term ageing. Researcher conducted the sampling for the study using simple random sampling and a 50 sample from government old age home, Coimbatore and deals with the problem like physiological, psychological, social and financial problem. In this paper concluded that majority of the elderly people are weak in every manner that shows that more than half of the elderly people cannot read, walk, eat, sleep properly and also having several health issue of body pain, headache etc. she concluded that the paper by mentioning the consequence of the problem and presentation ended at the time of 4:20 pm.

The fourth presentation was by Niya Mathew and Renu Susan Jacob Guest lecturer St. Joseph’s College for women, Alappuzha on the topic of “Ageing denied, Narrative of the disabled body suffering from sleeping sickness” this paper is literally analysis of the text of the “awakening and umberella” and also the physiological disability among the elderly people. Through the analysis of the text, this papers should try to develop the understanding of ageing through a distracted continue of life and also argued the elderly sleeping disability and other disorder of insomnia and other diseases and argued that rather than the physical disability, the mental disturbance and it became the disorder among the elderly people. After that the presentation was taken by Niya Mathew arued about the bureaucratic mechanism controlled the mental disorder. Body and mind played together for a good health, biological change effect the mind setup. The paper concluded by arguing that ageing is different in a disabled body.

The fifth presentation was by Nagesha H V, Assistant Professor, Department of Social Work, Government First Grade college, Ajjanpura. The topic was 'Elderly people in old age home in Bengaluru city, Karnataka'. The study was based done in urban area. It was a descriptive study among 100 respondent of old age homes in different homes in Bengaluru city. The presentation started with showing the picture of Sundar Lal Bahuguna as showing the ageing, the paper stressed on the socio-economic status and also major health problem among the elderly people, he focus on the respondent gender stratum that resulted in the case of education physical disability the condition of elderly people was very poor in nature. In the case of health problem eighty percent of the elderly people in the old age is facing the serious health problem. Vision, diabetes, blood pressure, joint pain, memory loss are other major problems formed by them. Along with this paper also mentioned the period of stay that because of children's job in different places and cause the problem of stay and the variation can be seen in the condition of study. For the health condition the facilities and medical care was revealed but some it fail to bring out the patient into care. The paper concluded by arguing that the common people need to respect the elderly people and added that the institution of care these elderly people is needed in our society.

The chair of the presentation session gave valuable feed back and suggestions to all the paper presenters.

Parallel Session III

Theme: Management of Geriatric Care Institutions

Day and Date: Thursday,06/12/2018

Chair: Dr. Laxmi

Venue: Sabarmati Block, Central University of Kerala

Various papers related to management of care institutions were presented in the session. The first paper was presented by Rangavendraswamy from S-VYASA University. He presented his paper on "Cross roads between Yoga and Perseverative Cognition and Pulmonary Function: A Probable Mechanism for Graceful Aging". His paper concentrated on the importance of yoga in coping up and perceiving with stress. The second paper was presented by Dr. Chitra S Nair, on "Changing families and challenging care: Analysing quality of care from family and health related well being of Aged Women in India". She conducted a study

on people between the age of 62 to 90 or more regarding their care health care and well being, short term and long term illnesses, conditions and experiences etc. questions were asked by the participants regarding inclusion and exclusion criteria and how case studies were analysed. The third paper was presented on “Social Life and Life Satisfaction of Elderly persons in Institutional settings, Kasargod” by Mr, Ramanand K. He conducted a study among 20 male and 20 female inmates from the government old age home, Kasargod. His findings were based on the interaction among the members, socialization, social life, physical and social health etc. The fourth paper was presented by Mr. Sam Sangeeth G on psychological profile of informal carers among persons with neuro cognitive disorders- Home based palliative care in Haripad Block, Alappuzha district. The aim of the study was to find the level of psychological profile of informal carers which includes demographic level of burden and resilience of informal carers utilizing home palliative care. The fifth paper was presented by Sneha RK and Sreehari E on “Quality of life and expectation of inmates at old age homes in Kasargod with special focus on New Malabar old age home and Maria Bhavan Kasargod”. The paper explored factors regarding the admission of the residents in the old age home and their expectations towards life. The sixth paper presented by Twinkle Wilson C on “Analysis of Technological Knowledge and its use among the Elderly in Kerala”. The study sampled 120 elderly from five districts of Kerala. The study was conducted to examine the technological holdings of elderly in Kerala. The final paper was presented by Anil Kumar K, Barigela Ravi and Prakash Babu Kodali from CUK. ON “Digital health interventions for health care provision among Elderly; A systematic review of literature”. The study was conducted to identify the e health technologies used in health care services, analyse the application of e health technology for health care and challenges for using e health care services among elderly.



Technical Session: 3

Topic: Government programmes for the welfare of the aged

Resource persons: Dr. Radhakrishnan and Mr. Abdullah Azad, National Health Mission, Palliative Care, Alappuzha District

Day and Date: Wednesday, 07.12.2018

Main highlights:

Both the central and state government have a clear cut vision for the welfare of aged through different welfare programs that may be classified into two parts, welfare programs related to health sector and welfare programs related to social security. In this context we can explore the major welfare schemes that are related to health sector in detail. Before moving in, Kerala is the first state to have a policy on the welfare of aged, that is policy on Palliative Care in 2008 followed by National Program for Palliative Care in recent.

Palliative Care Program – Government of Kerala Policy 2008

Overview

This policy gives a clear idea on the need and importance of caring the people who need to be cared. The policy aims to cover home based health support to the people who are in real need, especially terminally ill. Free home based medical care, medicines, material support and referral system is the highlight of this program. Community nurses are being appointed at every Panchayath level. The program is implemented in the state is through Ministry of Health and Family welfare by National Health Mission

Funding

Funding is absolutely provided by state government through approved projects from Panchayaths.

Beneficiaries

Terminally ill, bed ridden, differently abled, accident cases etc.

How to avail it

Register the patient at PHC/CHC Palliative Unit. Currently primary at PHC level, secondary at CHC/ major hospitals and tertiary at district level is functioning along with district level training centers.

National Program for Palliative Care

Overview

Palliative care is also known as supportive care which is required in the terminal cases of Cancer, AIDS etc. and can be provided relatively simply and inexpensively. Effective palliative care requires a broad multidisciplinary approach that includes the family and makes use of available community resources. It can be provided in tertiary care facilities, in community health centres and even in patients' homes. It improves the quality of life of patients and families who face life-threatening illness, by providing pain and symptom relief, spiritual and psychosocial support from diagnosis to the end of life and bereavement.

The Ministry of Health & Family Welfare, Government of India constituted an expert group on Palliative care which submitted its report 'Proposal of Strategies for Palliative Care in India' in November, 2012. On the basis of the Report, an EPC note for 12th Five Year Plan was formulated. No separate budget is allocated for the implementation of National Palliative

Care Program. However, the Palliative Care is part of the 'Mission Flexipool' under National Health Mission (NHM).

A model PIP, a framework of operational and financial guidelines, for the states has been designed. On the basis of a model PIP, the states/UTs may prepare their proposals related with Palliative Care and incorporate them in their respective PIPs to seek financial support under NHM. This is a centrally sponsored scheme in which 40% share from the states (10% in case of NE and Hill states)

Beneficiaries

The terminal cases of Cancer, AIDS etc.

How to avail

On the basis of a model PIP (Guidelines), the states/UTs may prepare their proposals related with Palliative Care and incorporate them in their respective PIPs to seek financial support under NHM. Patients must register at their nearest PHC / CHC

Details of the scheme

Goal

Availability and accessibility of rational, quality pain relief and palliative care to the needy, as an integral part of Health Care at all levels, in alignment with the community requirements.

Objectives

- a. Improve the capacity to provide palliative care service delivery within government health programs such as the National Program for Prevention and Control of Cancer, Cardiovascular Disease, Diabetes, and Stroke; National Program for Health Care of the Elderly; the National AIDS Control Program; and the National Rural Health Mission.
- b. Refine the legal and regulatory systems and support implementation to ensure access and availability of Opioids for medical and scientific use while maintaining measure for preventing diversion and misuse

- c. Encourage attitudinal shifts amongst healthcare professionals by strengthening and incorporating principles of long term care and palliative care into the educational curricula (of medical, nursing, pharmacy and social work courses).
- a. Promote behaviour change in the community through increasing public awareness and improved skills and knowledge regarding pain relief and palliative care leading to community owned initiatives supporting health care system.
- e. Develop national standards for palliative care services and continuously evolve the design and implementation of the National program to ensure progress towards the vision of the program.

Implementation mechanism

It is envisaged that activities would be initiated through National Program for prevention and control of cancer, CVD, Diabetes & Stroke. The integration of national programs are being attempted under the common umbrella for synergistic activities. Thus, strategies proposed will provide essential funding to build capacity within the key health programs for non-communicable disease, including cancer, HIV/AIDS, and efforts targeting elderly populations. Working across ministries of health and finance, the program will also ensure that the national law and regulations allow for access to medical and scientific use of Opioids.

The regulatory aspects, as mentioned in the Program, for increasing Morphine availability would be addressed in coordination with Central Drug Standards Control Organization. Cooperation of international and national agencies in the field of palliative care would be taken for successful implementation of the program. The major strategies proposed are provision of funds for establishing state palliative care cell and palliative care services at the district hospital.

National Program for Health Care of Elderly

Overview

National Programme for Health care for Elderly was launched in 2010. EFC for an amount of Rs. 288.00 Crores including 20% of State share was approved in June 2010 for the remaining

period of 11th plan. The programme is State oriented and basic thrust of the programme is to provide dedicated health care facilities to the senior citizens (>60 year of age) at various level of primary health care.

Objectives

- To provide accessible, affordable, and high-quality long-term, comprehensive and dedicated care services to an Ageing population;
- Creating a new "architecture" for Ageing; to build a framework to create an enabling environment for "a Society for all Ages";
- To promote the concept of *Active and Healthy Ageing*;
- Convergence with National Health Mission, AYUSH and other line departments like Ministry of Social Justice and Empowerment.
- Expected Outcome of Programme
- Setting up of 325 District Geriatric Units with dedicated Geriatric OPD and 10-bedded Geriatric ward in 80-100 District Hospitals by the end of 12th plan period;
- Setting up of biweekly Geriatric Clinics and Rehabilitation units in all Community Health Centres of selected districts;
- Setting up of weekly Geriatric Clinics in all Primary Health Centres of selected districts;
- Strengthening all sub-centres of selected districts to provide with equipment for community outreach services;
- Provide training to staff of Public Health Care System in Geriatric Care.
- Programme Organization

Institutional Framework

- Integration with NHM
- Constitution of State Health Society (SHS)
- Constitution of District Health Society (DHS)

Package of Services

- **Sub Centre:** Health Education and home based care to bedridden elderly persons and provide training to the family health care providers in looking after the disabled elderly persons.

- **Primary Health Centre:** Conducting weekly geriatric clinic health assessment of the elderly persons and simple investigation including blood sugar, etc.
- **Community Health Centre:** Conducting biweekly geriatric clinic, organizing rehabilitation services, domiciliary visits by the rehabilitation worker for bed-ridden elderly and counselling to family members for care such patients.
- **District Hospitals:** Dedicated Geriatric OPD services, In-door admissions through 10 bedded geriatric ward, laboratory investigations and rehabilitation services
- **Regional Geriatric Centers:** Providing tertiary care services through OPD and in-door admission in 30 bedded ward, development of specialized human resource through MD courses in geriatric medicine as well as research.



Technical Session 4

Date: 7th December 2018

Topic : Best practices in geriatric care and management of geriatric care institutions

Venue: Seminar hall, Sabarmati block, Central University of Kerala

Session: Technical session 4

Time : 11.45 am to 1.30 pm

Resource Person: Dr. Jose Antony (Associate Professor, Department of social work, Sri Shankaraacharya University, Kalady)

Chaired by: Dr. Sandra Sunitha Lobo (Associate professor, school of social work, Roshni nilaya)

Best practices in geriatric care and management of geriatric care institutions is an important topic in the modern era. The talk on this topic was started at 11.45 am by Dr. Jose Antony (Associate professor, department of social work, sree shankaracharya university kalady). Firstly he started with a general idea about geriatric care and attitude of modern generation towards it. He explained about some concepts like problem of age, second childhood, time preparation for death, Indian concepts on geriatric conditions, care and protection, weakness as the practice, family based practices, community based practices and institutional based practices.

He added about some legal rights, welfare schemes, welfare programmers and importance of palliative care in geriatric settings. He redefined the word gender in relation with power and also defined about traditional attitude towards senior citizens. Aged people have many legal rights that should be given to them. Through his talk he gave a message to young generation about age and problems of aged people. Age is only the matter of time. Last part of session discussed about the best practices in geriatric settings. It mainly include ensure dignity and security and worth, effective engagement in social activities, bring open space to conduct programmes like 'THARAVAD', gave group activities and group dynamics etc. and all this practices should be a multi-dimensional, multi-disciplined and personal team approach. And here we can use some scientific systems and integrated practices. Simply all of the practices are aiming at the welfare of the senior citizens. The session was very active. At the end of the session four participants asked their doubts on the topic like dementia, legal rights of senior citizens etc. session ended by 1.30 pm.



Parallel session IV

Date: 07.12.2018

Theme: Diversity and Culture of Aging

Day and Date: Thursday,06/12/2018

Chair: Dr.Shivaram Rao, Assistant Librarian of Central University of Kerala

Venue: Sabarmati Block, Central University of Kerala

The parallel session III was themed 'Diversity and Culture of Aging' and it was chaired by Dr.Shivaram Rao , Assistant Librarian of Central University of Kerala . In this session various presenters presented paper focused on the theme 'Diversity and Culture of Aging'.

The 1st paper was presented by Abin Abraham, M. Phil. scholar, Idukki, Kerala and his paper was titled 'Quality of Life and Social Support of Elderly at the Empty Nest Period with Special Reference to Kottayam District'. Social support system is very important for elderly to improve the quality of their lives. Social support system plays an important role in the empty nest period of elderly and it will increase the quality of life. Elderly population need special care services to maintain high level of quality of life and health status. The study was conducted among 40 respondents including both male and female. Major finding is that in many cases elderly tend to enjoy the empty nest stage if they had invested in education and health during their early age.

The second paper was presented by Ashima Jose, Assistant Professor , Department of English , Christ Nagan college, Thiruvananthapuram. Her paper was 'Beyond Grey Hair , Canes, and Hearing Aids: Analyzing Disney Pixar's Up'. The paper attempts to view Disney Pixar's joint venture, UP, a 3D animation film released in 2009, from a gerontological perspective. Directed by Pete Docter, Up narrates the story of Carl Frederickson, a septegenarian, struggling with physical difficulties along with grief , following his wife Ellie's death. It speaks of having adventure at the ripe old age of 78 , rather than limiting oneself to retirement homes , and proves that it is possible for people belonging to different generations to bond . The paper view the film through the perspective of narrative gerontology , and the entire adventure is seen as an attempt to add meaning to enrich Carl's

life story . The paper arrives at the conclusion that Up is a positive change from most films of its genre which typecast the aged as either evil or weak.

The third paper was presented by Aswathi G. Babu ,Guest Lecture , Department of English , St. Cyril's college , Adoor[Kerala. Her paper was ' Anamnesis and Aging in Julian Barnes' . The sense of an Ending' . Julian Barnes is an intensively intellectual British novelist , whose prolific works of fiction are renowned for their poignancy , realism and simplicity. The booker prize winning novel 'The Sense Of An Ending , one of the most acclaimed of his works , is a brilliantly constructed story on aging , memory and regret of an aged , retired man , Tony Webster. The paper purports to analyze the old age anxieties and mental sensibilities of Tony Webster within the theoretical premises of Gerontology. This paper clearly substantiates that memory and aging are not mere physical and biological factors but inevitable and significant socio- cultural output.

The fourth paper was presented by Jomi Jose , Department of Social Work , Christ University , Bengaluru . The paper was 'Attitude of Post Graduate Social Work Students towards Elderly Care'. The main objective of the study is to study the socio demographic details of the students , To study the attitude of social work students towards elderly based on gender , Specialization and whether they provide they provide care for elderly or not . The result of the study highlights that there is a statistically significant difference between the different specialization and the attitude towards elderly care. Also, there is a difference in the attitude of students who compared with gender and the current year in college i.e. , first year and final year , however it is not statistically significant.

The fifth paper was presented by Krithika Balaji , Placement Officer , HRD , Assumption College Chenganacherry , Co-authored by Dr. Anuja Haritharan , Professional Consultant , Optiz Consulting GMBH . The topic was ' Music and Well-Being among Elderly Population: An Investigation In The Cultural Background Of India'. The study focused on the elderly population aged 60 to 75 years to assess the role of music in the lives of the involvement in music enhance psychological and physical well-being of the elderly. The study employed convenience sampling among selected elderly population of Chennai , Delhi and Kottayam to capture data pertaining to elderly from diverse cultural background. The study throws light on how engaging in any form of music generates a positive impact among the elderly on their psychological , emotional , and physical well-being . Thus it necessitates the need of involving the geriatric population in activities relating to music of their choice to improve

their general well-being. It also recommends the introduction of music as a therapeutic activity to enhance the psychological and physical wellness of the elderly.

The sixth paper was presented by Seetha Kakkoth , Assistant Professor and HOD[VC], Department of Rural and Tribal Sociology , Kannur University , Wayanad . Her paper was ‘ A House is Not a Home : Experiencing Development ‘ among the kurichiyan elderly. Her study focused on elderly members in one of the major tharavads viz , kakkottaramittiom, located in Manathavady , Wayanad District , Kerala state. Life experience of these elderly were collected through informal interviews and case study methods . The study reveals that at present the elderly have little control over their social system and the management of natural resources. This study tried to bring out the perspective of Kurichiyan elderly on their changing life pattern and argued for a deliberate and culturally sensitive development decisions to sustain their cultural values.

The seventh paper was presented by Swasthik A.S , Ph.D scholar, Department of Social Work, Central University Of Kerala, Kasaragod. The topic was ‘ Reappraising the life of Koraga Elderly in Light of Disengagement Theory of Aging ‘ . The study was qualitative in nature. Primary Data was collected from the koraga elderly. The result of the study shows that the elderly in koraga community stands in stark contradiction to the activity theory of aging as their lives coincide with majority of the postulates of the disengagement theory .



Parallel Session V

Theme: Health, Wellness and Care Transition

Day and Date: Friday, 7/12/2018

Chair: Dr. Subramanya Pailoor, Head, Department of Yoga, CU Kerala

The fifth parallel session had been chaired by Dr. Subramanya Pailoor, Head of the Department of Yoga, Central University of Kerala. The paper presenters were given 8 minutes for their presentation followed by two minutes of discussion. Five participants presented their papers on the theme of “Health wellness and care transition”.

The first paper was presented by Alina Anna James, BSW 3rd year student from Rajagiri college of social science; co authored by Sr. Bincy Mariya, Assistant professor of Rajagiri College of Social Sciences. She presented her paper on the topic “Digital literacy among senior citizen of age-friendly college project”. The age friendly college project as an endeavour of WHO to make vast urban bases in the world a superior place to live for more established populous. She made study on senior citizens who participated in the friendly college project of the NGO MAGICS, Cochin. Descriptive research design was used and sample were selected through quota sampling. The finding was that around 71% of respondents stated that they had gained benefit from the course.

The second presentation was made by Balkis P V, M. Phil scholar, John Mathai centre, Thrissur. She had presented a paper on the topic of “Micro level study on health and quality of life among elderly in Kerala”. She studied the financial independence, social engagement, independent and secured life, healthy ageing and life satisfaction among the elderly. She had used both primary and secondary data. Her findings suggest that financial dependency among women is mainly because of vulnerability in labour market, the elder role in family is institutionalised between man and women etc.

The third paper was presented by Jayachandran M R, Ph. D Scholar, Central University of Kerala, co-authored by Dr.Laxmi, Assistant professor, Central university of Kerala. He had presented on the topic “Ageing and diabetes population in India”. Increasing urbanisation has resulted in a rise in the lifestyle changes of people contributing to prevalence of diabetes in India. He had used descriptive research design and the study was conducted to find out the problems of elderly diabetes mellitus patients in India. Secondary data had been used. Finding is that the level of morbidity and mortality due to diabetes and its potential contributors are enormous, and pose significant health care burden on both family and society.

The fourth presentation was handled by Julie Abraham, PhD Scholar, Central University of Kerala on the topic “Quality of life among elderly of Pathanamthitta district in Kerala. A

community based study”. A cross sectional study was conducted. The findings of the study were that the quality of life of elderly in Pathanamthitta district is larger than other states in India, and common co-morbidities identified were hyper tension and diabetes mellitus.

The last presentation was made by T Lalfamweli and Cyril John , department of Social Work, Christ University, Bangalore. She had presented a paper on “A comparative study on the quality of life of elderly in rural and urban areas of Mizoram”. Descriptive cross sectional research design had been used and 100 samples were selected by using convenience sampling techniques. Elderly in rural areas has lower physical problems when compared with elderly in urban areas of Mizoram. The study indicated that the elderly in both urban areas and rural areas have poor quality of life in all domains. The presentations ended by 3.30 pm after clarification of the doubts and queries from the audience.

Parallel Session VI

Theme: Policy Advocacy and Ethics

Day and Date: Friday, 07-12-2018

Chair: Dr. Mohan A K

The parallel session VI started on the second day of conference at 2:00 pm. This parallel session focused on the theme *Policy Advocacy and Ethics*. There were five presenters in the session. The session was chaired by Dr. Mohan A K (Head and Associate Professor, Department of Social Work, Central University of Kerala).

First paper was presented by Ms. Dhivya Bharathi (PhD scholar, Department of Social Work, Bharathiar University) titled “Case studies on aged Transgenders” co-authored by Dr. R Baskar (Assistant Professor, Department of Social Work Bharathiar University). For this study she used; informal interview with the Aged TG’s and case study through the observation and rapport building as methodology for this study. This study aimed to understand the challenges faced by aged transgenders. She presented three cases. Through these cases she try to know about the Janitor (care taker) of transgender, to find out the health related issues of Aged transgenders and also to know about the life patterns in the old age. Through this study she found out that TG’s are facing internal conflicts but no one is sent

alone from their group and the aged transgender are treated as a “Guru” in “Jamaath” system and given more importance and respect to them. She also gave some suggestions that, all aged TG’s shall be provided with old age pension and government shall appoint a separate board to take care of the welfare of the TG’s Mrs. Dhivya Bharathi also briefly describe about the future scope and challenges of the study also.

The second paper was presented by Mrs. Indu Nair V (Research scholar, Central University of Kerala); co-authored by Dr. Mohan A K (Head and Associate professor, Department of Social Work, Central University of Kerala) with title “Human Rights In Golden Age”. She started her presentation with an introduction, which included about the population of Elderly in India, Ageing and Human Rights. Mrs. Indu also give an idea about Development of Human Rights of Elderly & National position of human rights of elderly. For the study she used exploratory method to analysis the extend of elderly population is enjoying their right to live with dignity. For this she used secondary data. Through this study she aimed to study the position of human rights among old age people using secondary method of data. The main focus of the study was to know the social marginalisation, loneliness, isolation and negligence which are lead to violation of human rights of elderly.

She also noted out that census reports are pointing out that there is a rapid growth in the proportion of older people within the total population, and there is negligence and isolation among elderly, also elder people and aged are considered as burden in our society. Through this study she also found that human rights of 23.3% older persons were not being protected.

Ms. Indu also suggested some measures for inclusive social security programs for older persons at grassroot level, inculcate a sense of responsibility towards needs and rights of elderly through curriculum of school students and to relook all the policy formulation and implementation with a practical approach.

After the presentation of Mrs. Indhu. Mr. Anoop C Choolayil, Research Scholar, Social work Department , Central University of Kerala presented a paper titled “Towards a Pro Elderly Social Work Curricula” co-authored by Dr. Laxmi, Assistant Professor, Social work Department, Central University of Kerala. For the study he used secondary data; using different tools for the study which include literature search and coding, thematic analysis and basic statistics. While doing the study he used cluster sampling at the initial stage and probability sampling in the second stage. Through the study he found out that only Delhi university and Calicut university provide specific paper on Gerontology and universities

which take active ageing as a theme is only 10%. He concluded the paper by pointing out that successful and graceful ageing have not yet penetrated into academic circles yet and there is a need to revamp the theoretical foundations of social work academia.

The fourth paper was presented by Persy Cheriyan, (BSW student, Rajagiri college of social science, Kochi) which was titled as “Perception on elderly on elderly abuse”. She used descriptive design since the study aims to describe the type and nature of abuse and fear of elderly. Through the study she aimed to study the prevalence of elder abuse in the society, to explore the fear among elder on being victimized in elder abuse and also to study the knowledge of elders in dealing with elder abuse and preventive measures. For the study she took 100 sample of elderly people out of which 50 were male and 50 were female and her universe included all elderly persons residing Kalamassery municipality in Ernakulam. She used interview schedule as a tool for the study. After the study she find out that the self reliance and confidence depicted by elderly was quite satisfactory. The study also showed that elderly population is mostly satisfied with the treatment that they get from the family and relatives at the same time a significant proportion of the elderly lives in fear of harassment (40% physical abuse). Her other major finding was 80% of elderly population were not aware about the legal aid if elder abuse happen and 85% for elders are disconnected from being engaged in social activities. She concluded her presentation with a suggestion that there is need for community based awareness programmes for raising awareness and empowering the elderly.

Last presenter of parallel session VI was Mr. Sulfikar (Department of Social Work, Jamia Millia Islamia New Delhi-25) . And the title of his paper was “ Gerontological social work practice with tribal elderly in India : Issues and challenges” co authored by prof. Ushvinder Kaur Popli (Department of social work, Jamia Millia Islamia, New Delhi-25).

Mr. Sulfikar started his presentation with a brief introduction on aging and concept of Indigenous/Tribal people. He also describe about Tribal situation in India and gerontological social work practice. The main part of his presentation was challenges and issues of gerontological social work with tribes or indigenous communities. Through his study he found out that heterogeneity, diversity, multidisciplinary perspective, power and empowerment, development of culturally relevant practices/indigenous practices, promotion of healthy and active ageing and balancing authority and power equations as major challenges. He also identified or put forward some suggestions to solve these issues and

challenges of older people which included promoting life long education and training, eliminating violence and other crimes against older persons, supporting gender- sensitive research on population ageing and also need to strengthening social protection schemes for older persons. He concluded his presentation by pointing out the challenges of social workers in the field of gerontological social work practice due to the heterogeneity and diversity in tribal community and lack of effective indigenous and culturally competent gerontological social work practices.

After the five presentations the platform was opened for discussions. Regarding the presentations of Mr. Anoop and Mrs. Dhivya Bharathi, participants raised questions. Finally, the chair of the parallel session concluded the session by commenting that all five paper presenters passed through the concept of needs and importance of indigenous social work practices and it is very positive thing from social workers perspectives. The parallel session ended by 3:30pm. The chair was given memento as a taken of gratitude by one of the social work students of Central University of Kerala.



Valedictory Session

The programme started with the welcome speech by Mr. Aneesh Madhu, Research scholar, CUK. The chief guest of the valedictory session was Prof. (Dr.) G Gopa Kumar, Vice Chancellor, Central University of Kerala. In his valedictory address he highlighted about the problems of elderly in Kerala, India and the world around. He stressed on the role of educational institutions like Universities in dealing with the problems of elderly by conducting research, extension activities and so on. He appreciated the Centre for

Gerontology for taking initiative to organize national conference and blessed to organize more and more programmes. Honourable Vice Chancellor also distributed the certificates to the paper presentations and participants. The participants of the conference also gave their feed back on the over all arrangement of the programme. Vote of thanks was proposed by Mr. Austine Sinesh Das, PhD Scholar, Department of Social work, CUK.





Celebrating World Alzheimer's Day 2019

A report on Public lecture on “Ageing and Alzheimer’s disease & release of “Active Ageing: dynamics of Post-Modern era”- 17-10-2019

A public lecture on “ Ageing and Alzheimer’s Disease” and a book release ceremony of “ Active Ageing: Dynamics for Post Modern Era” was conducted on 17th October 2019, at 10:30 am in Narmada hall by Centre for Gerontology, Department of Social Work, Central University of Kerala.

The programme commenced with the book release ceremony. Dr Mohan A K, Head, Department of Social Work, presided over the function. Honourable Vice Chancellor, Prof.(Dr.) G Gopakumar graced the occasion with his presence and inaugurated the programme by releasing the book. Dr Laxmi, Coordinator of Centre for Gerontology addressed the gathering and drew participants attention towards the role of youth in making a change in an elderly individuals life starting from home. Dr Mohan A K, delivered the presidential address and emphasized the role of Social Workers in supporting the individuals with Alzheimer’s through ensuring the active ageing.



Inauguration of “public lecture and book release ceremony”



Book released by chief guest Honourable Vice Chancellor, Prof.(Dr.) G Gopakumar.

The honourable vice chancellor complimented the authors of the book, Dr Laxmi and Dr Mohan A K and said it was well composed, lucid and indispensable academic work of active ageing, relevant to the present times. Commenting on the book Honourable Vice Chancellor revealed that as an elderly he himself is following active ageing in daily basis. Further, he concluded by applauding the multifaceted collection and scientific rigour of the papers in the book. The address of the Honourable Vice chancellor was followed by the release of the book.



Subsequently, Dr Joseph Koyippally, Associate Professor of Department of English articulated the content of the book. Dr Joseph commented on the genuineness and relevance of the papers of the book. He also shared the essence of each chapter and analysed critically the subject matter in relation with the present era.

After the grand book release ceremony, public lecture was conducted on the theme “*Ageing and Alzheimers*” by Mr Prasad M, Gopal, Consultant, Dementia Project, Magics Foundation. The purpose of the public lecture was to raise awareness among the youth in engaging and promoting the acceptance and knowledge on Alzheimer’s and how active ageing can mitigate the onset of the disease. Participants were given opportunity to clear the doubts regarding Alzheimer’s and Active Ageing with the resource person. The days programme was formally concluded by Mr Ashir M, MSW student delivering the vote of thanks.

Active Ageing: Dynamics in the Post Modern Era



Editors
Dr. Laxmi
Dr. Mohan A K



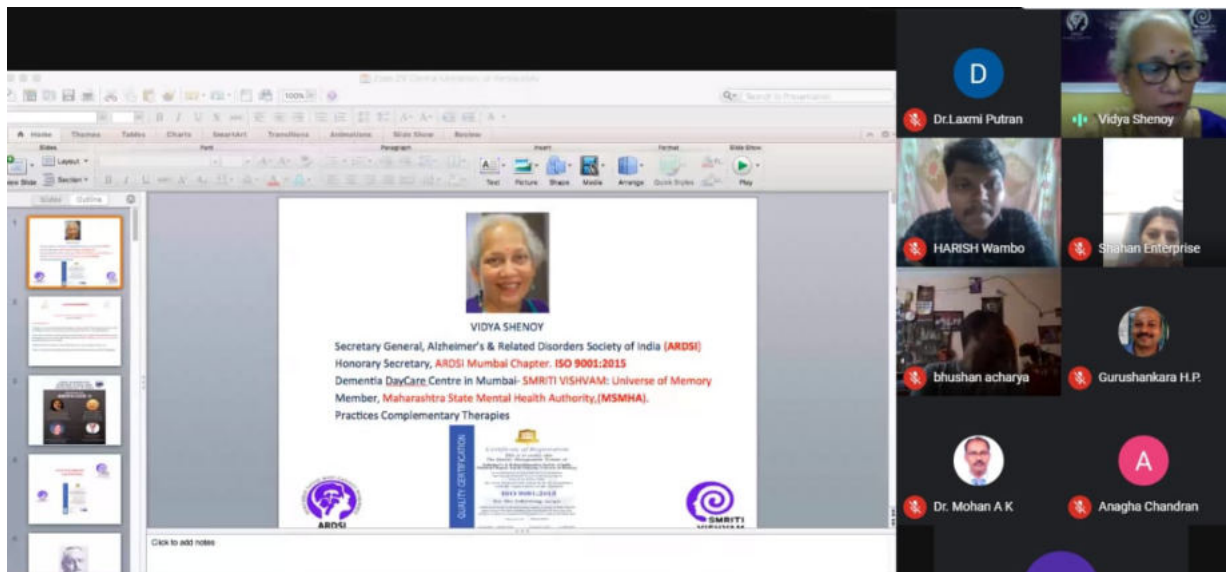
Celebrating World Alzheimer's Day 2020

Webinar on COVID-19 and Dementia

The Centre for Gerontology, Department of Social Work, Central University of Kerala, organized a webinar titled “Dementia & Covid -19” on the 29th of September 2020 at 3 pm using the google meet platform.

The covid-19 pandemic has lead us to re-think our priorities, especially to make us vigilant towards those above 60 years of age. This webinar was organised to throw light on the geriatric population who suffer from ‘dementia’ and how the covid-19 pandemic has effected this already vulnerable population.

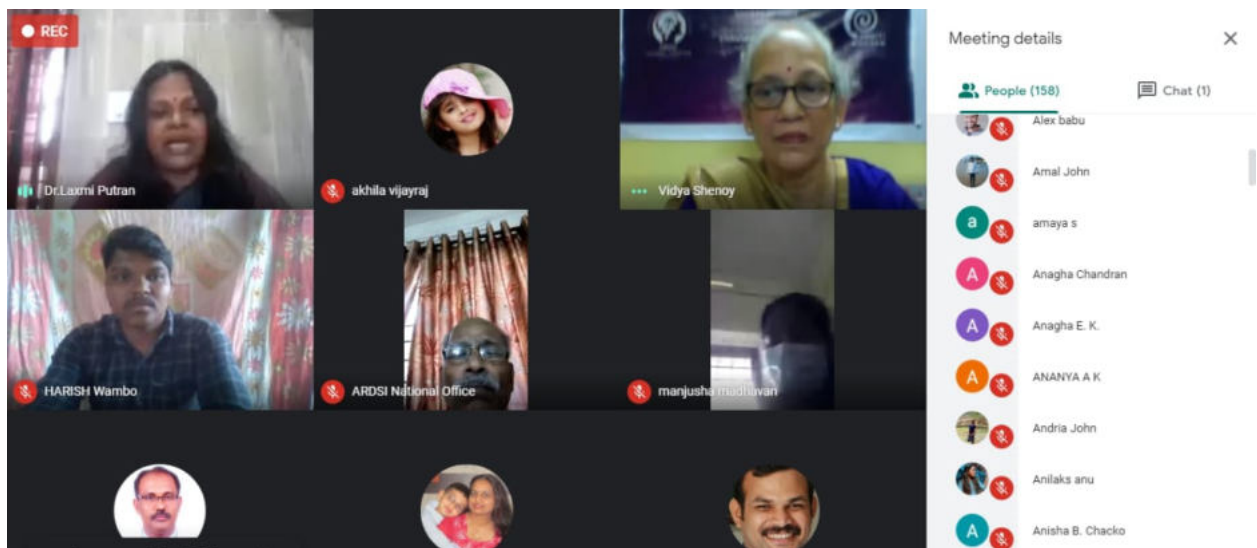
The resource person who shared her experience and knowledge on this topic was Ms. Vidya Shenoy, who serves as the Secretary General of Alzheimer's & Related Disorders Society of India (ARDSI), Honorary Secretary of ARDSI Mumbai chapter, ISO 90012015, Dementia Daycare Centre in Mumbai – Smriti Vishvam Universe of memory and member of Maharashtra State Mental Health Authority.



The program commenced with Dr. Mohan. A.K. Dean, School of Social Sciences, Central University of Kerala, who delivered the introductory remarks. Dr. Mohan extended a warm welcome to the resource speaker Ms. Vidya Shenoy and appreciated the organizing committee for planning the virtual webinar session efficiently.



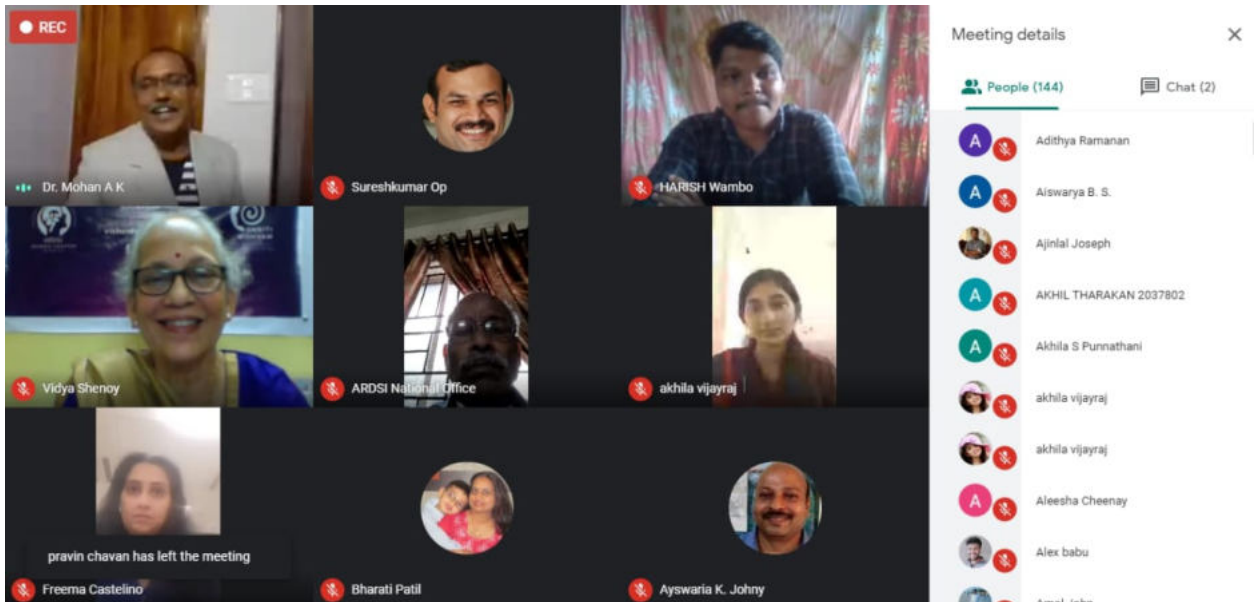
The moderator of the webinar session was Dr. Laxmi, Assistant Professor and coordinator, Centre for Gerontology, Central University of Kerala. The webinar session was generously encouraged by Dr. Laxmi and meticulously executed with her support.



After the greeting formalities, the session was taken over by Ms. Vidya Shenoy who started her presentation with the challenges of ageing population in today's world. She highlighted on the covid-19 situation and how it has affected the population above 60 years.

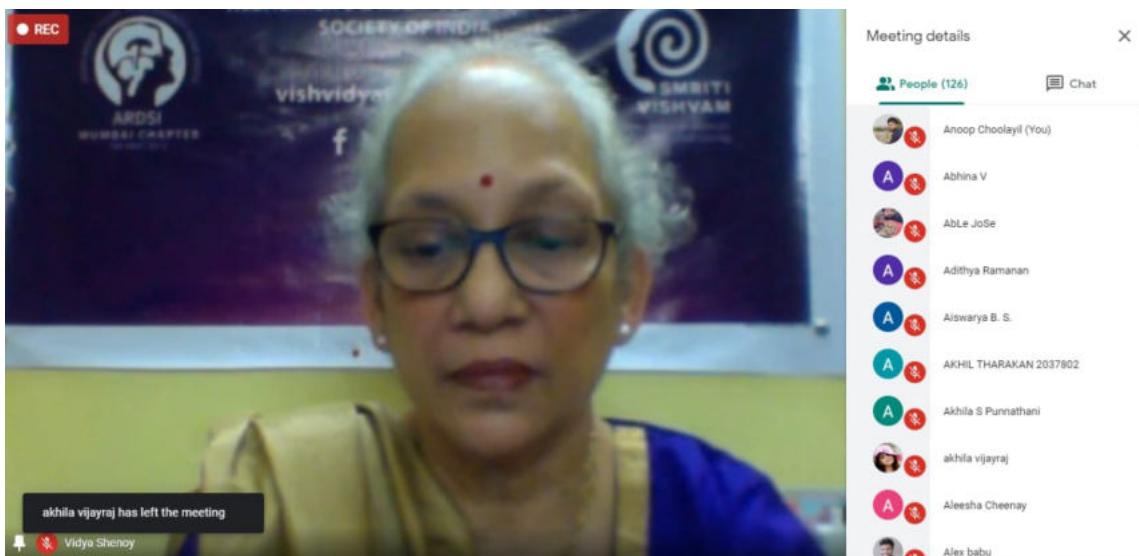
She discussed about people suffering from 'Alzheimer's and Dementia' and how they need to be treated in the society. She highlighted their difficulties especially during the lockdown and the need for their social and psychological security.

Ms. Shenoy further discussed on how to protect those with ‘Dementia’ in their own environment, how to engage them with daily activities, the Do’s and Don’t’s for people with ‘Dementia’ and what will be the outcomes of such compassion towards them.

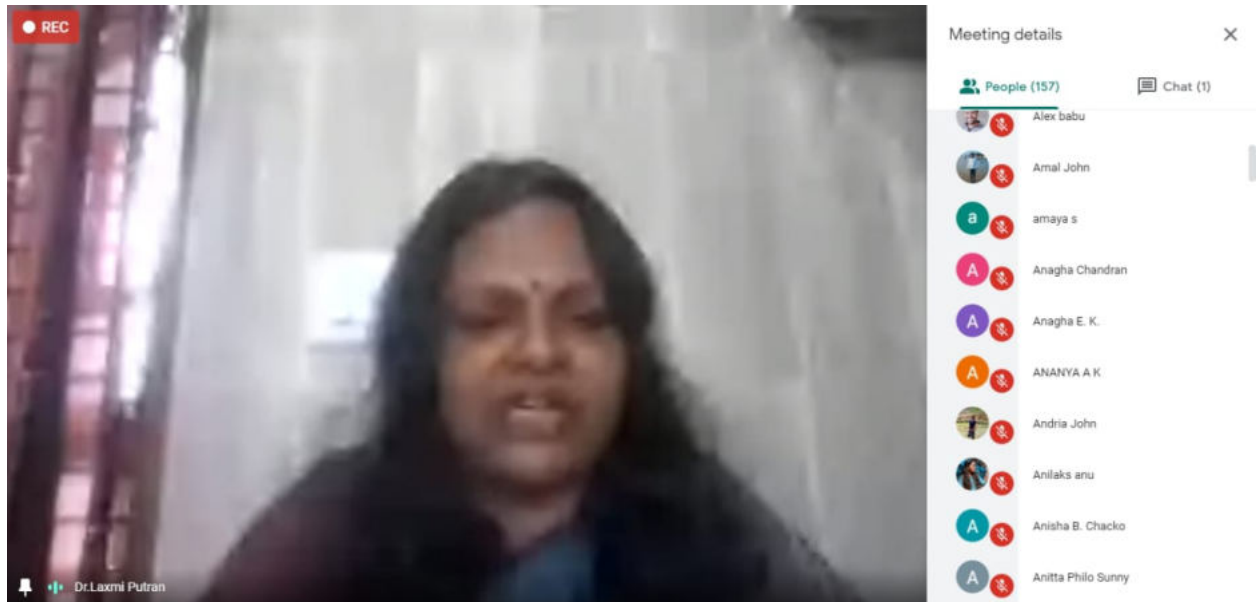


Ms. Shenoy stressed on the difficulties of people who cannot remember and portrayed the ‘Alzheimer’s pledge’ which triggered the essence of compassion towards those with ‘Dementia’.

The webinar continued with the “Q & A” session, where questions and doubts from the participants were patiently clarified by the resource speaker.



This was followed by the concluding remarks rendered by Dr. Venkatesh Kumar, Professor of Department of Psychology, University of Mysore, who shared his viewpoints on the subject and encouraged to conduct further such webinars.



The Vote of Thanks was delivered by Dr. Laxmi who profusely thanked the resource speaker, Ms. Shenoy , for sharing her valuable views on the subject. She expressed immense gratitude to Ms. Shenoy for speaking out her experiences with people with ‘dementia’ and exposing the challenges faced by them during covid-19. Dr. Laxmi also extended her gratitude to Dr. Venkatesh Kumar for gracing the occasion, the participants and the members of organizing committee for contributing to the success of the webinar.

A total of 195 participants including students and practitioners participated in the webinar. The participants were provided with e-certificates online. The Centre for Gerontology has also invited the participants to collaborate in the upcoming events that focus on further subjects in the area of gerontology.