



**JAWAHARLAL INSTITUTE OF POSTGRADUATE MEDICAL EDUCATION AND RESEARCH (JIPMER)**

(An Institution of National Importance under Ministry of Health & Family Welfare, Govt. of India)  
Dhanvantari Nagar, Puducherry – 605 006, India



**DEPARTMENT OF GERIATRIC MEDICINE**

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The United Nation's **International Day of Older Persons (IDOP)** was celebrated in the Department of Geriatric Medicine on 01-10-2024. The theme for current year is **Ageing with Dignity: The Importance of Strengthening Care and Support Systems for Older Persons Worldwide**. Various activities were conducted over the month of October 2024 to create awareness among older people and they are listed below.

**1. Health talk on 01-10-2024:**

A health awareness talk was provided to older people and their families who attended Geriatric Medicine OPD at JIPMER, Puducherry on 01-10-2024. Dr Venugopalan G, Associate Professor explained about healthy ageing and Dr Mihir Vedula, Senior Resident explained about fall prevention. A fall prevention handout was provided to the attendees.



**2. Public awareness talk in DDK Puducherry on 08-10-2024:**

Dr Venugopalan G, Associate Professor, participated in a public awareness talk in Door Darshan Kendra (DDK), Puducherry on 08-10-2024. The program was telecasted live and participants called with various questions on health of older adults, which were answered in the live program.

### **3. Poster competition and public awareness with Nursing department on 09-10-2024:**

Poster competition for Nursing officers and a public awareness talk and role play was conducted by Nursing department in collaboration with Dept of Geriatric Medicine in the Screening OPD on 09-10-2024. Older adults and their families attended the program. The event was presided by Dr D.K.S.Subrahmanyam, Officer-in-charge, Dept of Geriatric Medicine; Mrs. Sankareswari A, Chief Nursing Officer. Mrs. Sathiyakani Thangaraj, DNS welcomed the participants, Dr. Venugopalan G, Associate Professor, Dept of Geriatric Medicine proposed vote of thanks. The health awareness talk, and the role play by the Nursing officers was received well by the participants and deeply appreciated.

Poster competition conducted for Nursing officers received an overwhelming response with 50 posters submitted for the competition. Five best posters were selected and were awarded on a separate function on 26-10-2024.



### **4. Public program by Medical Social Workers on 29-10-2024:**

The Medical Social Workers of JIPMER in collaboration with Dept of Geriatric Medicine conducted a public program on 29-10-2024 in the Screening OPD, JIPMER. The program was presided by the chief guest Dr Rakesh Aggarwal, Director; Dr L.N. Dorairajan, Medical Superintendent; Special Guest Padmashri Dr Nalini Parthasarathi, Retd Professor of Paediatrics, JIPMER; Dr Anita Rustagi and Dr Betsy Mathai, Additional Medical Superintendents; and Dr Venugopalan G, Associate Professor of Geriatric Medicine. The Medical Social Worker team co-ordinated the entire event. Older adults and their families attended the event. A pamphlet on 'Strength of mind is youthfulness in old age' prepared by Medical Social Workers was unveiled by the Chief guest and distributed to the participants.



Mr. S. Sridarane, Secretary PONCARE delivered talk on “Welfare schemes for the aged”. He also distributed the handbook containing salient features on ‘The Maintenance and Welfare of the Parents and Senior Citizens Act 2007’. From the Dept of Psychiatry, Dr Natarajan Varadharajan, Assistant Professor, delivered a talk on “Healthy Mind, Healthy Aging” and Mrs. Greeshma K, Psychiatric social worker, delivered a talk on “Mental wellbeing beyond 60”. A special note on legal issues and yoga were also provided.

Different stalls for Welfare benefits, Legal rights, Recreational activities and Memory assessment were set up as part of the event. It was received well and appreciated by the participants.