



GSI E-Newsletter

Issue-2 Oct-Dec'25



Geriatric Society of India®

(Registered Under the Societies Registration Act XXI of 1880)

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GSI e-Newsletter

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EDITORIAL

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Hon. Secretary, GSI

Editor GSI e-Newsletter

Associate Editor, A Guide to Geriatric care (2009)

Associations:

Adjunct Professor, Community Medicine, ESIC Medical College & Hospital, Faridabad (2023-25)

Former Dy. Medical Commissioner, ESI Corporation, GoI (2010-2021)



Dear colleagues

At the outset, the Editorial Team is thankful for the appreciation received for the inaugural issue of the GSI e-Newsletter with the guidance provided by our respected patrons, i.e., Dr. P.S. Shankar; Dr. B.C. Bansal and Dr. V.K. Arora; and our Secretary General, Dr. O.P. Sharma.

Winter has gradually set in the northern part of India, bringing challenges for the elderly in its wake. The smog has cast its hazy shadow over the NCR with the falling temperature and poor air movement contributing to its severity. The AQI continues to be in the severe range, ushering in greater hazards for the elderly population and restricting their outdoor movement.

A silver lining to the grim picture above is that our branches and members continue in their quest for better elderly care by way of conducting activities under the aegis of GSI, relevant to the welfare of the elderly. The activities help to spread the awareness of elderly issues amongst professionals; para-professionals and the community at large.

The current quarter has seen a spate of GSI conferences. It started with the first Annual Conference of the Kerala Branch on 5th October, 2025. The branch continued its activities throughout the quarter. The activities conducted under the aegis of GSI by our powerhouse member, Dr. Anand Ambali, Professor & Head, Department of Geriatrics at the BLDE (Deemed to be University) Shri B.M. Patil Medical College Hospital & Research Centre, Vjayapura, are showcased. The Annual Conference of the West Bengal Branch and the inauguration of the UP Branch of GSI at Lucknow, both held on 16th November, 2025, were other standout events.

The mega event of GSICON-2025, the annual conference of GSI was held at Agra. The venue was Hotel Clarks Shiraz. The organizing team led by the Chairperson, Dr. Sunil Bansal conducted an event which was par excellence.

A total of 450 delegates registered for the conference and there was significant outstation participation despite the chaotic flight schedules, courtesy indigo Airlines

The Scientific program was thoughtfully crafted by Dr. A.K. Singh covering all aspects of elder care. The workshops conducted by experts provided a wealth of learning for the delegates. One stand out feature, amongst many, was the practical training session exclusively for student of the Certificate Course version-V. The arrangements and hospitality extended by the organizers was of the highest order, and included an early morning visit to the Taj Mahal.

I would urge the State and Branch representatives to motivate members to conduct more and more activities under the aegis of GSI send us regular reports / photo reports. Also, the banners / standees / posters for all activities under the aegis of the Society should have the GSI logo prominently displayed.

Long live GSI !!!

With warm regards
Dr. Vivek Handa

Activities



1A; 1B

News from West Bengal

**Dr. Rahul Bhattacharya
General Secretary**



International Day of Older Persons (1st October)

Dear Members,

On behalf of the Geriatric Society of India, West Bengal Branch, I extend warm greetings as we prepare to observe the **International Day of Older Persons (IDOP) on 1st October 2025**, which this year coincides with the joyous celebrations of Durga Puja.

The United Nations has chosen the theme:

"Older Persons Driving Local and Global Action: Our Aspirations, Our Well-Being and Our Rights."

While the festive season makes it difficult to hold formal meetings or events, we can still meaningfully observe the day by ensuring inclusivity for our seniors during this time of joy. Let us:

- Take our elderly parents, relatives, or neighbours to puja pandals if they are able, so they too can share in the spirit of celebration.

- Bring the festivity into their lives - through conversation, music, food, or simply spending time together.
- Remember that the essence of IDOP is to ensure dignity, participation, and happiness for our elders, not only in policy but also in our personal and cultural celebrations.

Durga Puja is about togetherness, joy, and community - values that resonate deeply with this year's IDOP theme. Let us make this festival truly inclusive, so that no senior feels left out.

(A) A warm up for WBGSIICON 2025

This in-person CME served as a warm-up to **WBGSIICON 2025**, marking WBGSI's return to post-festive academic fellowship.

The evening featured three scientific sessions:

1. *Role of Sodium Alginate in GERD in the Elderly* – Speaker **Dr. Debashis Chatterjee**; Chair: **Dr. Jayanta Sharma**
2. *Constitutional and Legal Provisions for Our Seniors* – Speaker: **Dr. Rahul Bhattacharyya**; Chair: **Dr. Asoke Das**
3. *Panel Discussion: Sarcopenia, Sarcopenic Obesity, Frailty, and Resilience in the Indian Elderly* – Moderator: **Dr. Samudra Gooptu** Panelists: **Dr. Kaushik Ranjan Das, Dr. Chinmoy Kumar Maity, Dr. Mainak Gupta, Dr. Supriyo Saha** and **Dr Antarikhya Bardoloi**

The event also saw the **official release of the Delegate Registration Form and Sponsorship Brochure for WBGSIICON 2025**. The evening concluded with dinner, providing an opportunity for informal interaction and professional networking.





From Puja Celebrations
to Academic Reflections....

16th
Nov

A warm-up for **WBGICON 2025**

Dear members, friends and colleagues,

The festive Puja holidays are behind us, and we return to our calling – safeguarding the wellbeing of our seniors. With WBGICON 2025 just around the corner, let us come together in person for a warm-up **CME programme**, to exchange ideas and strengthen our academic bond.

Date: Saturday, 11th October

Time: 7:30 PM

Venue: Hotel De Sovrani, DD-21,
Sector 1, Salt Lake, Kolkata 700064



Agenda

- **Role of Sodium Alginate in GERD in the Elderly**
Speaker: Dr Debashis Chatterjee
Chair: Dr Jayanta Sharma
- **Constitutional and Legal Provisions for Our Seniors**
Speaker: Dr Rahul Bhattacharyya
Chair: Dr Asoke Das
- **Panel Discussion on Sarcopenia, Sarcopenic Obesity, Frailty, and Resilience in the Indian Elderly**
Moderator: Dr Samudra Goptu
Panelists: Dr Kaushik Ranjan Das, Dr Chinmoy Kumar Maity, Dr Mainak Gupta, Dr Supriyo Saha, and Dr Antarikhya Bordoloi

Saturday 11th Oct 2025

On this occasion, we will also have the **official release of the Delegate Registration Form and Sponsorship Brochure for WBGICON 2025**. The evening will conclude with dinner, offering us the opportunity to interact informally and strengthen professional ties.

We gratefully acknowledge the generous support of the Sun Division of Sun Pharma Ltd (makers of *PANTOCID*) in making this programme possible.

Looking forward to meeting you all in person for an enriching evening of learning and fellowship.

Warm regards,
Dr Rahul Bhattacharyya
General Secretary





2

Report - 1st KERALA GSICON

Dr. Aswin Surjit
Treasurer, Kerala Branch

KERALA GSICON 2025 – A Historic Beginning

1st Annual State Conference of Geriatric Society of India – Kerala State Branch

05 October 2025, Gateway Bekal, Kasaragod

Organised by:

Dr. Balakrishnan Valliyot

Dr. Janardhana Naik

Dr. Biju. Raghavan

Dr. Praveen G Pai

Dr. Aswin Surjit

The Geriatric Society of India (GSI) – Kerala State Branch successfully organized its 1st Annual State Conference, marking a historic milestone in the society's journey. The district of Kasaragod earned a distinguished place in the annals of GSI Kerala for hosting this landmark event.

Kasaragod, known for its rich heritage, culture, multilingual traditions, and scenic beauty, provided an ideal backdrop for the conference. The venue, Gateway Bekal by Taj, located near the historic Bekal Fort, offered world-class facilities and a serene ambience conducive to academic deliberations.

Inaugural Ceremony

The inaugural ceremony began at 12:00 PM. Dr. Balakrishnan Valliyot, Organising Chairman and Vice President of GSI Kerala, presided over the meeting and welcomed the gathering. The conference was formally inaugurated by Dr. Agam Vora, Past National President of GSI, in the presence of leaders from IMA, API, KGMOA, KPA, and GSI, by lighting the traditional lamp.

Blessings and greetings were extended by:

Dr. P. S. Shankar, Patron, GSI

Dr. O. P. Sharma, Honorary Secretary, GSI

Dr. Atul Kulshrestha, National President, GSI

Dr. K. P. Poullose, Patron, GSI Kerala

Dr. Vivek Handa, Secretary, GSI

The event received strong institutional support from IMA Kasaragod, Kasaragod Physicians Association, and the Kerala Government Medical Officers Association (KGMOA), Kasaragod.

The inaugural session concluded with a vote of thanks by Dr. Janardhana Naik C.H., Organizing Secretary.

Scientific Sessions

The conference witnessed the participation of 278 delegates in person and 89 participants online, reflecting enthusiastic engagement from professionals across Kerala and beyond.

The scientific program commenced at 9:15 AM and concluded with the valedictory session at 5:00PM. A total of 12 academic lectures were delivered by eminent academicians and clinicians, focusing on key areas of geriatric medicine, clinical practice, and research innovations.

Dr. N.N. Asokan Memorial Oration

A highlight of the conference was the 2nd Dr. N. N. Asokan Memorial Oration, delivered by Dr Agam Vora, Past National President of GSI. The orator was chosen through a detailed evaluation process by the Executive Committee. As a mark of recognition, a memento, certificate, and cash award of ₹25,000 were presented to him.

Panel Discussion

An interactive panel discussion on “Caring for Elderly at Home” was moderated by Dr. Bobby Sarah, Executive Committee Member, GSI Kerala. The session stimulated insightful discussions and generated practical ideas for improving geriatric healthcare delivery in the state.

Souvenir and Short Film Release

A commemorative souvenir titled “Gerosyne” was formally released by Dr. Saira Philip, Principal, Government Medical College, Kannur. The name Gerosyne beautifully merges two roots — “Gero” (Greek for “elder”) and “Syne” (from “synergy”), symbolizing togetherness, harmony, and collective strength.

A short film titled “Velicham” was also released as part of the event. Conceptualized and directed by Dr. Balakrishnan Valliyot, and featuring Dr. Janardhana Naik C.H. in the lead role, the film sensitively depicted the emotional struggles of elderly individuals facing loneliness, while conveying the transformative power of community compassion.

Annual General Body Meeting (AGBM)

Following the CME, the Annual General Body Meeting of GSI Kerala was convened under the chairmanship of Dr. Balakrishnan Valliyot. Dr. Sajesh Asokan, Past State Secretary, presented the Activity Report and Audited Accounts for 2024– 2025.

A new GSI Kasaragod Unit comprising ten members was inaugurated, with Dr. Janardhana Naik C. H. as Chairman and Dr. Khasim T. as Secretary.

The General Body unanimously resolved to host the 2nd Annual State Conference (Kerala GSICON 2026) in Thrissur, appointing, **Dr. Renny Issac** – Organising Chairperson and **Dr. Emil Davis** – Organizing Secretary

The committee also felicitated **Dr. Sajesh Asokan**, Past National President, for his exemplary leadership and outstanding service to GSI. The meeting concluded with a vote of thanks by Dr. Praveen G. Pai, followed by the National Anthem.

Membership Drive

A dedicated GSI Membership Counter near the registration area achieved significant success. 11 new memberships were taken on the spot, and 27 delegates expressed their intent to join.

New GSI Units were proposed in Kannur, Calicut, Thrissur, Ernakulam, and Kottayam, with Dr. Muraligopal, Dr. Udaybaskar, Dr. Emil Davis, Dr. Aswin Surjit, and Dr. Sajith Kumar respectively leading the initiatives in their districts.

Conclusion

KERALA GSICON 2025 was a resounding success — setting a new benchmark in academic excellence, participation, and organizational efficiency. The event not only strengthened professional networks within Kerala but also inspired collaborative initiatives to advance geriatric care across the state.







2A; 2B; 2C

Other Activities - KERALA Branch

Dr. Pravin Pai
Secretary, Kerala Branch

Age-Friendly Initiatives

2 (A) - NIHAR – Nirmala Initiative for Healthy Ageing and Resilience

Senior Citizens' Meet – in collaboration with Department of Social Work, Nirmala College on 11th November, 2025.

Introduction

NIHAR (Nirmala Initiative for Healthy Ageing and Resilience) is a community-oriented programme initiated by the Department of Social Work, Nirmala College, aimed at promoting wellbeing, dignity, and resilience among older persons. The initiative aligns with the healthy ageing principles of the World Health Organization and the Global Network for Age-Friendly Cities and Communities. The Senior Citizens Meet under NIHAR was conducted as a structured community engagement activity to foster social participation, health awareness, and meaningful interaction among senior citizens.

Objectives

The programme sought to raise awareness on healthy ageing and preventive health practices, promote emotional resilience and social inclusion, provide a respectful platform for older adults to express their concerns, and strengthen collaboration between academic institutions and geriatric professionals. An additional objective was to ensure active participation of social work trainees in organizing and supporting a community-based geriatric initiative.

Role of GSI Kerala State Branch

The **Geriatric Society of India – Kerala State Branch (GSI Kerala)** served as a professional collaborator, providing geriatric expertise and technical guidance to the programme. Its involvement ensured that discussions and interactions were grounded in evidence-based perspectives on ageing, dignity, and age-friendly community development. The collaboration reinforced the academic–community interface and highlighted GSI Kerala’s commitment to supporting community-oriented healthy ageing initiatives.

Programme Implementation and Observations

The programme included expert-led sessions and interactive discussions that encouraged senior citizens to share experiences related to health, mobility, emotional well-being, and social connect. Social work trainees supported the programme through technical arrangements, coordination, documentation, and participant assistance, ensuring a smooth and inclusive event. Active participation and open dialogue highlighted the need for regular community spaces for older adults.

Outcome Indicators *(to be filled)*

- **Number of participants:** 300 Older persons
- **Stakeholders involved:** Senior Citizens organizations, Residents Welfare Associations, regional senior citizen’s homes, Muvattupuzha Municipality, GSI - Kerala, Nirmala College
- **Key themes addressed:** Healthy Ageing, Intergenerational activities

Conclusion: The NIHAR Senior Citizens Meet successfully promoted awareness, interaction, and inclusion among older adults. The collaborative role of GSI Kerala added professional depth and strengthened alignment with age-friendly principles, making the initiative a meaningful contribution to community-based healthy ageing efforts.



2 (B) - Indira Gandhi Institute for Dental Sciences as India's first Age-Friendly Dental College

Introduction

The Indira Gandhi Institute of Dental Sciences (IGIDS), Nellikuzhi, Ernakulam, Kerala, has been declared the first **Age-Friendly Dental College** in India—a pioneering initiative under the leadership of **GSI-Kerala**, with technical partnership from **CEDAC** (a division of MAGICS NGO). The initiative aligns institutional dental education, clinical services, and community outreach with the **UN Decade of Healthy Ageing (UN-DHA)** and the **WHO Global Network of Age-Friendly Cities and Communities (GNAFCC)** frameworks. The **Geriatric Society of India (GSI)** has played a critical technical and advisory role, positioning this as a high-impact, replicable flagship for GSI-Kerala.

Concept and Framework

The Age-Friendly Dental College model operationalizes global healthy ageing principles through **formal declarations, standard operating procedures (SOPs), and curriculum-linked service delivery**. Core pillars include age-friendly infrastructure and signage, respectful and accessible clinical pathways, geriatric-sensitive consent and communication practices, inter-departmental referrals, and student sensitization to geriatric and palliative oral health needs. SOPs were developed to ensure continuity of care, ethical practice, and measurable quality standards aligned with UN-DHA and GNAFCC domains.

Vayosmitham: Community Oral Health Outreach

A distinctive feature is **Vayosmitham**, a CEDAC-initiated project under GNAFCC that extends **home-based dental care** to palliative care beneficiaries and older persons with mobility or access constraints. Through structured referrals, domiciliary services, and follow-up protocols, Vayosmitham bridges institutional dentistry with community needs— demonstrating an ethical, inclusive, and scalable service model.

Local Governance and GNAFCC Linkage

The initiative actively supports **Kothamangalam Municipality** to apply for GNAFCC membership, embedding oral health within age-friendly local governance. This strengthens municipal-academic-civil society collaboration and aligns oral health with broader healthy ageing policies.

Role of GSI-Kerala

GSI-Kerala provided technical guidance on geriatric standards, contributed to SOP validation, and facilitated professional alignment—ensuring scientific rigor and national relevance. The project exemplifies GSI's leadership in advancing age-friendly health systems beyond hospitals into allied health education.

Key Dates and Milestones

- **Concept approval & partnership initiation: August, 2025**
- **Age-Friendly Dental College declaration & SOP adoption: September, 2025**
- **Launch of Vayosmitham (community oral health outreach): 30th October 2025**
- **Municipal engagement for GNAFCC application (Kothamangalam): October– November 2025**

Conclusion

This initiative establishes a national first, offering a **replicable blueprint** for age-friendly dental education and services. With GSI-Kerala's technical stewardship and CEDAC's community integration, the IGIDS model advances equitable oral health, strengthens local governance linkages, and contributes meaningfully to India's commitments under UN-DHA and GNAFCC.



2 (C) - National Roundtable on Climate Change and Healthy Ageing in India - A Flagship Initiative of Geriatric Society of India–Kerala State Branch

The **Geriatric Society of India (GSI) – Kerala State Branch** has taken a pioneering role in advancing the national discourse on healthy ageing by leading and supporting the **National Roundtable on “Climate Change and Healthy Ageing in India”**, held on **21st October, 2025** at the **MK Damodaran Center, National University of Advanced Legal Studies (NUALS), Kochi**.

Climate change is increasingly recognized as a major determinant of health, with older adults facing disproportionate risks due to physiological vulnerability, chronic disease burden, mobility limitations, and social dependence. Despite this, the intersection of climate change and ageing remains largely under-researched and under-represented in Indian health and policy frameworks. Recognizing this critical gap, **GSI–Kerala conceptualized and led this initiative** as part of its commitment to promoting evidence-based, forward- looking approaches to geriatric health.

The roundtable was organized by the **Centre of Excellence for Developing Age-Friendly Communities (CEDAC)** in association with **ICCS (KSCSTE)**, with **GSI–Kerala** playing a central leadership and technical role in shaping the agenda, mobilizing stakeholders, and anchoring the geriatric health perspective. The event brought together experts from environmental sciences, law, public health, medical institutions, local governance, NGOs, and senior citizen representatives.

Key participating institutions included the **National Institute of Oceanography (NIO)**, **Nansen Environmental Research Centre India (NERCI)**, **Centre for Environment and Law, NUALS, Radar Centre, CUSAT, Pushpagiri College of Medicine, Malabar Cancer Centre**, along with community bodies such as the **Senior Citizens’ Council, Ernakulam** and **EDRAAC**. The discussions were structured around three thematic sessions: *Science, Environment & Health; Law, Policy & Governance; and Community Voices & Future Directions*.

The deliberations highlighted critical concerns such as heat stress, water insecurity, air pollution, vector-borne diseases, disaster vulnerability, and mental health challenges among older adults. Importantly, the roundtable underscored the absence of age-disaggregated climate-health data and the need to integrate ageing into climate adaptation, disaster preparedness, and public health planning.

A major outcome of the event was the drafting of the **"Kerala Statement on Climate Change and Healthy Ageing"**, which outlines key policy, research, and community-level recommendations. The round table also proposed the formation of a **multi-sectoral working group** to advance a national research and policy agenda on climate-smart healthy ageing.

Through this initiative, **GSI-Kerala has positioned itself as a national thought leader** in addressing emerging challenges at the intersection of climate change and geriatric health. The branch proposes to continue engagement with **GSI National**, WHO-SEARO, and government stakeholders to scale this dialogue into sustained action and research across India.





3A; 3B; 3C

News from Dr. ANAND P. AMBALI
MD (Medicine), FGSI
Professor & Head, Department Of Geriatrics

DEPARTMENT OF GERIATRICS
BLDE (Deemed to be University)
The Constituent College
SHRI BM PATIL MEDICAL COLLEGE HOSPITAL & RESEARCH CENTRE
VIJAYPURA, KARNATAKA

(A) Role of DaTSCAN in Parkinsonism and Dementia [23.10.25]

The Department of Geriatrics, in association with the Geriatric Society of India (GSI), the Indian College of Physicians, and the Association of Physicians of India (API) Karnataka Chapter and Vijayapura Branch, organized an enlightening guest lecture on the "Role of DaTSCAN in Parkinsonism and Dementia" on 23/10/2025

Master of ceremony was **Dr. Kokilodayachandra. T. C**, PG in Geriatrics.

Dr. Md Abrar Ul Huq Welcomed the Gathering, followed by a soulful invocation song presented by interns **Dr. Rinisha Pillai** and **Dr. Reetu V K**.

Dr. Tabusum introduced the distinguished guest speaker, highlighting his vast expertise and international experience in nuclear medicine.

The highlight of the event was the guest lecture delivered by **Dr. Rakesh S. Sajjan**, who provided an in-depth overview of the clinical role of DaTSCAN. His presentation offered valuable insights into current imaging advancements.

The session was chaired by **Dr. S. N. Bentoor**, Professor and Head of General Medicine, and **Dr. Sangamesh Bhagavati**, Associate Professor and Consultant Neurologist

The lecture was followed by an engaging discussion and Q&A session, during which participants clarified their doubts and shared their perspectives. The Chairpersons offered their remarks, appreciating the relevance and clarity of the topic

Dr. Karthik S summarized key takeaways. He also presented a short video of poster competition which was conducted on occasion of the World Alzheimer's Day 2025, followed by award of certificates to the winners of the same by **Dr. Rakesh S. Sajjan and Rajesh M. Honnutagi**.

Dr. Rajesh Honnutagi gave presidential address and commended the Department of Geriatrics for organizing this academically enriching program. **Dr. O. P. Sharma**, Secretary General GSI thanked the administrators of BLDE (DU) for this program.

The event concluded with a vote of thanks by **Dr. Harini T**. A total of 98 (63 offline and 35 online) participants attended the program.

The session ended with high tea.





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The Department of Geriatrics, Geriatric Society of India (GSI) and Indian College of Physicians, Association of Physicians of India (API) Karnataka Chapter & Vijayapura Branch, cordially invites you to participate in the program

Topic: Role of DaTSCAN in Parkinsonism and Dementia



CHIEF GUEST:
DR. RAJESH M. HONNUTAGI
Professor of Medicine &
Medical Superintendent



FACULTY - DR. RAKESH S.SAJJAN
MBBS, MRCP, MSc
Consultant Nuclear Medicine Physician
Central Manchester University Hospitals, NHS Foundation Trust,
Manchester, United Kingdom.

CHAIRPERSONS:

Dr. S. N. Bentoor
Professor and HoD,
General Medicine

Dr. Sangamesh Bhagavati
Associate Professor &
Consultant, Neurologist

Dr. Anand P. Ambali,
Professor and Head, Department of Geriatrics



2025
OCTOBER 23
04.00 PM

VENUE:
MEDICAL EDUCATION
HALL, SECOND FLOOR,
BLDE HOSPITAL

geriatrics@bldedu.ac.in



BLDE

(DEEMED TO BE UNIVERSITY)
Declared as Deemed to be University u/s 3 of UGC Act, 1956
Accredited with 'A' Grade by NAAC (Cycle-2)
The Constituent College

SHRI B. M. PATIL MEDICAL COLLEGE, HOSPITAL & RESEARCH CENTRE, VIJAYAPURA - 586103

Chief Patron

SHRI B. M. PATIL

Hon'ble Chancellor
BLDE (Deemed to be University)

Patron

DR. Y. M. JAYARAJ
Hon'ble Pro - Chancellor
BLDE (Deemed to be University)

DR. ARUN C. INAMADAR
Hon'ble Vice - Chancellor
BLDE (Deemed to be University)

DR. R. V. KULKARNI
Registrar
BLDE (Deemed to be University)

DR. TEJASHWINI VALLABH
Principal, Dean Faculty of Medicine,
SBMPNCH & RC, Vijayapura

National GBI

Dr. O. P. Sharma
Secretary General, GGI

Dr. Atul Kulshrestha
President, GGI

Honoured Guests

Dr. Sangram Biradar
Governing Council Member, National API

Dr. Ravikeerthy M
Governing Council Member, National API

State API

Dr. B Mahalingappa
Chairman, API KC

Dr. Mohan Kumar M
Gen. Secretary, API KC

Vijayapura API

Dr. S L Chandaragi
Chairman API, Vijayapura

Dr. L S Patil
Secretary API Vijayapura

Geriatrics Department

Dr. Anand P Ambali
Prof and HoD, Geriatrics

Dr. Aniruddha Umarji
Associate Professor, Geriatrics

Dr. Abrar Ul Huq
Assistant Professor, Geriatrics

Dr. Suma Rathod
Senior Resident, Geriatrics

(B) Role of sleep in Alzheimer's dementia-
A review of mechanisms and epidemiology
[04.11.25]

The Department of Geriatrics, in association with the Department of Medicine and Geriatric Society of India (GSI), organized an enlightening guest lecture on the topic "Role of sleep in Alzheimer's dementia- A review of mechanisms and epidemiology" on 4th November 2025.

Dr. Anand P. Ambali, Professor and Head of the Department of Geriatrics addressed the gathering and introduced the guest faculty **Dr. Veerendra Chadachan**, Senior Consultant, Department of General Medicine (Vascular medicine), Tan Tock Seng Hospital, Singapore.

The highlight of the event was the guest lecture delivered by **Dr. Veerendra Chadachan**. He elaborated on the mechanisms linking disturbed sleep patterns with neurodegenerative changes in Alzheimer's disease and recent advances in sleep-related research in Alzheimer's disease.

The session was chaired by, **Dr. Vijayyakumar G Warad**, Professor, Department of Medicine, BLDE(DU), Shri B.M. Patil Medical College Hospital and Research Centre.

The lecture was followed by an engaging discussion and Q&A session, during which participants clarified their doubts and shared their perspectives.

Dr. S N Bantoor, Professor & Head, Department of Medicine delivered the concluding talk. Dr R C Bidari, Senior Professor of Medicine presented the mementos.

The event concluded with a vote of thanks by **Dr. Anand P Ambali**, expressing gratitude to esteemed speaker, chairperson, organizing departments and all participants.

A total of 42 delegates attended the program. The session ended with high tea.





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SHRI B M PATIL MEDICAL COLLEGE HOSPITAL & RESEARCH CENTRE, VIJAYAPURA - 586103

Department of Geriatrics, Department of Medicine and Geriatric Society of India
cordially invites you

**Topic - "Role of Sleep in Alzheimer's dementia
- A review of mechanisms and epidemiology"**

FACULTY - DR. VEERENDRA CHADACHAN

*MD, MRCP, FAMS, American Board of Vascular Medicine (ABVM),
Diplomate, European Board in Angiology
Senior Consultant, Department of General Medicine (Vascular
Medicine), Tan Toeh Seng Hospital, Singapore*



CHAIRPERSON:

DR. VIJAYKUMAR G WARAD

Professor, Department of Medicine

Dr. Anand P. Ambali,
Professor & HoD, Geriatrics

Dr. S N Bentoor,
Professor & HoD, Medicine



2025
NOVEMBER 4TH
11.00 AM

VENUE:
DR. B C ROY SEMINAR
HALL, DEPARTMENT OF
MEDICINE

geriatrics@bldedu.ac.in

**(C) Being Stewards of Our Brain:
Harnessing Cognitive Reserve
[21.11.25]**

The Department of Geriatrics, Shri B. M. Patil Medical College Hospital & Research Centre, BLDE (Deemed to be University), Vijayapura, in collaboration with the Geriatric Society of India, organized a webinar on 21st November 2025 at 8:00 PM on the topic **Being Stewards of Our Brain: Harnessing Cognitive Reserve**.

The session was chaired by **Dr. Pranita**, Associate Professor, Department of General Medicine, AIIMS Raipur, and **Dr. Pradnya Diggikar**, Professor, Department of Medicine, D. Y. Patil Medical College and RC, Pune. The program was coordinated by **Dr. Anand P. Ambali**, Professor & Head, Department of Geriatrics BLDE (DU).

The session commenced with a welcome address by **Dr. Abrar Ul Huq**, Assistant Professor, Department of Geriatrics BLDE (DU), who warmly welcomed, **Dr. Karthik S** Post graduate student Department of Geriatrics introduced the guest speaker.


The **expert talk** was delivered by guest speaker **Dr. Tony Sam George (M.Phil, Ph.D.)**, Founding Director of the Neuropathways Institute and Former Dean of Psychology Service, CHRIST (Deemed to be University), Bangalore, who presented an insightful session on the concepts of cognitive reserve and its impact on brain health in the elderly.

Following the talk, Question and Answer session was held.

The program concluded with a vote of thanks by **Dr. Suma Rathod**, Senior Resident, Department of Geriatrics BLDE (DU).


A total of 60 participants attended the webinar.

Neuroimaging Evidence



How the brain "compensates"


- MRI studies show **more efficient activation** of networks (less activation for same performance) in people with higher CR on some tasks.
- In other tasks, they show **more flexible recruitment**—additional brain regions are engaged to support performance when tasks are harder or when pathology is present.
- Resting-state connectivity studies show more resilient organization in those with higher CR.




Epidemiological Evidence

Life Experiences linked with Cognitive Reserve

- Higher education and literacy
- Mentally complex occupations
- Lifelong learning and cognitively stimulating activities
- Social engagement and bilingualism (where applicable)







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COORDINATOR

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Professor & Head, Department of Geriatrics



21 November, 2025

08.00 PM

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M.PHIL, PH.D

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Dr. P.C. Dash
State Chairman



Dr. S.K. Swain
State Secretary

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News from Odisha

The Geriatric Society of India (GSI) Odisha State Branch organized a highly successful walkathon on the eve of World Diabetes Day, November 14, 2025, under the banner of GSI to promote daily exercise among the elderly and encourage healthier lifestyles. The event was inaugurated by Chairman **Prof. Dr. Purna Chandra Dash** and General Secretary **Dr. Santosh Kumar Swain**, with active involvement from GSI Life member **Prof. Dr. Jayshree Swain, DM (Endocrinology)**. Eminent life members including **Dr. Sushree Jena**, along with physicians, gynecologists, general practitioners, and pharmaceutical professionals, enthusiastically participated.

A total of **42 patients** participated in the walkathon and adjoining health check-up camp, demonstrating strong community engagement and interest. The theme emphasized motivating geriatric individuals to exercise daily to maintain good health, aligning with the World Diabetes Day 2025 focus on "Diabetes and Well-being."

Following the walkathon, an awareness meeting addressed by the GSI Odisha Chairman Prof **Dr. Purna Chandra Dash**, Honorary Secretary of IMA Odisha Branch **Dr. Mrutunjay Mohapatra**, Medical Superintendent of DHH Jagatsinghpur **Dr. Saroj Kumar Jena**, and Rotary Chairman of Cuttack Branch **Dr. Surajit Sahu**. The session was organized and moderated by Prof. **Dr. Jayshree Swain** at her Diabetes and endocrine clinic, Cuttack.

A health check-up camp provided participants with comprehensive assessments including general wellbeing evaluations, weight and blood pressure monitoring, blood sugar testing, medication verification, and sarcopenia assessment. Educational messages highlighted the importance of balance and protein rich diet and avoiding processed, junk, and fried foods. Participants were given T-shirts, caps, and fresh fruit packets, accompanied by healthy snacks, reinforcing the event's health-promoting goals and healthy aging.

We look forward to organize more such events under the banner of GSI to create and propagate the motto of GSI in Odisha.





West Bengal GSICON-2025

Dr. Rahul Bhattacharya
General Secretary

5th State Conference of the Geriatric Society of India, West Bengal Branch 16 November 2025 | AltAir Boutique Hotel, Salt Lake, Kolkata

The West Bengal Branch of the Geriatric Society of India organised WBGSIICON 2025 on 16 November 2025, bringing together 91 faculty members and around 350 delegates for a day of intensive scientific exchange, hands-on learning, and multidisciplinary dialogue. The AltAir Boutique Hotel in Salt Lake served as an excellent venue for one of the branch's most vibrant academic gatherings.

Leadership

The conference was led by Prof (Dr) Arunansu Talukdar (Organising President), Dr Rahul Bhattacharyya (Organising Chairman), Dr Suddhasatwya Chatterjee (Organising Secretary), Dr Mainak Gupta (Conference Coordination Chairman), Dr Krishnanjan Chakraborty (Conference Coordination Secretary), Prof (Dr) Jayanta Kumar Sharma (Scientific Committee Chairman) and Dr Dhires Kumar Chowdhury (Treasurer and Media Co-ordinator). They were supported by Dr Kaushik Ranjan Das, Dr Chinmoy Kumar Maity, Dr Asoke Das, and Dr Kausik Majumdar (patrons), members of the Executive Committee and an energetic team of scientific and administrative coordinators.

Inauguration and Special Felicitation

The conference was inaugurated by Prof (Dr) Sukumar Mukherjee, eminent physician and Chief Patron of the Geriatric Society of India, West Bengal Branch. A deeply memorable moment followed with the Golden Milestone Award presented to Padma Shri Awardee Prof (Dr) Mani Kumar Chetri, the 105-year-old physician and one of India's most senior living members of the medical profession. Although unable to attend physically, he sent a heartfelt video message reflecting on the transformation of medical practice over nearly a century, which received a warm standing ovation from the audience.



Opening with Postgraduate Case Presentations

WBGSSICON 2025 began with **Postgraduate Case Presentations**, featuring complex and instructive clinical scenarios such as lymphoma of the central nervous system, recurrent low sodium levels, uncommon dementias, lymphedema, osteoarthritis therapy, delayed neurological effects of snakebite and shingles prevention in older adults. Judged by Prof (Dr) Krishnendu Roy, Prof (Dr) Kripasindhu Gantait, and Prof (Dr) Chiranjib Bagchi, these sessions set a high academic tone for the day.



Core Programme Across Two Halls

Scientific sessions were conducted across two parallel halls, each named in honour of the pioneers of geriatric medicine — the Dr Ignatz Leo Nascher Hall and the Dr Marjory Warren Hall — symbolising the conference's commitment to the historical foundations of modern geriatric care. The parallel sessions explored the full spectrum of geriatric medicine through concise, theme-driven lectures. In **endocrinology**, discussions included Testosterone After 65, inhaled insulin, subclinical thyroid disorders, improving post-meal glucose control, and evidence-based insights related to chronic kidney disease. **Cardiology and blood disorders** addressed anticoagulation after heart attacks and stem-cell transplantation in older adults. **Neurology, cognition, and mental health** covered early dementia detection, psychopharmacology, and uncommon cognitive disorders. **Kidney and urinary disorders** explored mimics of kidney disease and prevalent urological problems. **Rheumatology and musculoskeletal health** included later-life rheumatoid arthritis, new approaches to bone health and calcium combinations, and geriatric osteoarthritis care. **Lung and airway diseases** examined inhalation device selection and age-related airway physiology. **Critical care** focused on extracorporeal life support at very advanced ages and decision-making near the limits of benefit. **Cancer in older adults** included outcomes and toxicities in central

nervous system lymphoma. **Infectious diseases** covered multi-drug-resistant typhoid, global lessons from pandemics and shingles prevention in high-risk groups. **Digestive and liver diseases** addressed the intersection of hepatology and palliative care and practical digestive problems common in older persons. **Imaging** highlighted pitfalls and mimics in body computed tomography. **Nutrition and metabolic health** discussed integrated diabetic nutrition and long-term models of obesity care. **Dental health** featured prevention-focused dentistry. **Sarcopenia, frailty, and muscle health** included the latest consensus on diagnosing sarcopenia, debate on defining frailty as a disease and the central role of muscle in healthy ageing. **Artificial intelligence and digital health** explored AI-assisted geriatric assessment and technology-enabled models of ageing. **Public health and policy** sessions examined green ageing and health-system redesign for ageing populations.



Panel Discussions

Three high-impact panel discussions enriched the scientific programme:

1. **Loneliness, Legacy, and Digital Life in Older Adults** (*Moderator: Dr Dhires Kr Chowdhury*)
2. **Insurance Barriers in Hospital Care for Older Adults** (*Moderator: Dr Samudra Goptu*)
3. **Nutritional Issues in Elderly Care** (*Moderator: Dr Rahul Bhattacharyya*)

These sessions brought together clinicians, educationists, social scientists, health insurance experts, health-system thinkers, and nutrition experts emphasising real-world challenges in ageing and elder care.





e-Posters

A total of 13 e-posters on various aspects of elderly care were presented at WBGSI CON 2025. These were evaluated by an expert panel comprising Dr. Sudipto Roy, Dr. Kausik Munshi, Dr. Sabnam Ara Begum, Dr. Aritra Khan, Dr. Kalpana Ray, and Dr. Mita Shukla. Their contribution ensured rigorous academic assessment and constructive feedback for young researchers.





Workshops

Three hands-on workshops on *Cognitive assessment in older adults*, *Assessment of fall and fracture risk*, and *Sensor-based balance training* formed a major attraction of the conference, each designed and conducted by Dr Rahul Bhattacharyya. The workshops were highly appreciated for their clarity, practicality, and strong relevance to bedside practice.



Quiz and Awards

The conference concluded with a lively Geriatric Quiz, conducted by Dr Arijit Das, Dr Sharmistha Chatterjee, and Dr Mayank Sahoo, followed by awards for outstanding postgraduate case presentations, electronic posters, and quiz winners.





Participation of West Bengal GSI Members at GSICON 2025 (Agra)

The quarter concluded on a note of pride as five members of the West Bengal Branch were invited to speak at GSICON 2025, held at Agra. Their contributions reflected the branch's growing academic influence at the national level.

Dr Rahul Bhattacharyya delivered a session on *Beyond Classical Symptoms — The Need for Extra Caution in the Elderly*, in which he presented 10 illustrative case scenarios demonstrating atypical presentations and the diagnostic pitfalls unique to older adults. Prof (Dr) Krishnendu Roy spoke on *Acute Febrile Illness in the Geriatric Population*, highlighting nuanced evaluation and management strategies. Dr Kaushik Ranjan Das presented on *Vaccination in the Elderly*, outlining updated recommendations and implementation challenges. Prof (Dr) Arunansu Talukdar discussed *Deprescribing in the Elderly — A Case-Based Approach*, focusing on rational medication reduction and safety. Dr Chinmoy Kumar Maity spoke on *Spirituality and Geriatric Care*, addressing holistic dimensions of well-being in older adults.

**6**

News from Dr. KAUSER USMAN
MD (Medicine)
State Secretary, GSI – UP Branch

The Uttar Pradesh Chapter of the Geriatric Society of India (GSI) was established and successfully hosted its Inaugural Continuing Medical Education (CME) on 16th November 2025, marking an important step toward strengthening geriatric healthcare and academic collaboration in the state.

The UP Chapter GSI was honoured by the presence of senior national leaders of the Geriatric Society of India, Dr. O. P. Sharma, General Secretary, Dr. Atul Kulshrestha, President and Dr. Vivek Handa, Honorary Secretary.

The event was graced by Dr. Virendra Atam, Dean and Head, Department of Medicine, KGMU, along with esteemed former faculty members, Prof. C. G. Agarwal, Prof. R. C. Ahuja, Prof. M. K. Mitra, Prof. Ashok Chandra, and Prof. Jeevan Prakash, whose presence added immense value and inspiration.

The program began with a warm welcome by Prof. Kauser Usman, Secretary, UP Chapter GSI, and Dr. Sanjay Tandon, Vice president UP Chapter GSI who thanked all delegates and faculty for supporting this milestone event.

Scientific sessions were moderated by Dr. Deepak Bhagchandani, Joint Secretary UP Chapter GSI, ensuring smooth discussions and coordination, with important contributions from Dr. Rajeev Verma, Treasurer UP Chapter GSI, to the successful conduct of the CME.

A key highlight was the talk on **“Optimism in Elderly Care”** by the Secretary General, Dr. O.P. Sharma, emphasizing the transformative role of positive attitudes in improving senior wellbeing. Optimism plays a powerful role in elderly care, shaping both emotional wellbeing and overall health outcomes. When caregivers approach ageing with positivity, they create an environment that fosters dignity, purpose, and confidence. Optimistic communication encourages seniors to stay engaged, maintain independence, and adapt better to challenges. It also strengthens the caregiver–patient bond, reducing anxiety and promoting trust. Ultimately, optimism is not unrealistic cheerfulness but a compassionate lens that highlights strengths, enhances resilience, and supports healthier, happier ageing.

Dr. Vivek Handa addressed pressing concerns under “**Ageism in Elderly – Issues and Perspectives**,” shedding light on discrimination faced by older adults. Ageism toward older adults remains a widespread yet often unrecognized barrier to healthy ageing. It appears as social exclusion, stereotypes of dependency, and reduced opportunities for work, participation, and decision-making. In healthcare, ageist attitudes may lead to under treatment, neglect of symptoms, or assumptions that poor outcomes are “normal for age.” These biases undermine dignity, limit independence, and affect mental wellbeing. Promoting awareness, encouraging intergenerational engagement, and ensuring equitable healthcare can counter ageism and build a society that respects, empowers, and includes its ageing population.

The final academic session, led by Prof. Aditya Kapoor, Head Department of Cardiology, SGPGI, Lucknow, focused on the unique challenges of managing **cardiovascular diseases** in the elderly. Managing cardiovascular diseases in the elderly requires a careful, individualized approach because ageing alters physiology, drug tolerance, and disease presentation. Symptoms are often atypical, and co-morbidities like diabetes, renal disease, and frailty complicate treatment.

The CME brought together over 100 specialist doctors from leading institutions including AIIMS Rae Bareilly, Dr. RMLIMS Lucknow, Ayodhya Medical College, and King George’s Medical University (KGMU). Their participation reflected a shared commitment to improving the quality of care for the growing elderly population in Uttar Pradesh.

The Inaugural CME of the UP Chapter GSI marks a significant milestone in promoting interdisciplinary learning, enhancing regional cooperation, and reaffirming the commitment to advancing geriatric medicine—an area of increasing importance as India’s elderly population continues to grow.



Lamp Lighting



Felicitation of Dr. Kauser Usman



Dr. Vivek Handa



Dr. O.P. Sharma



Dr. Atul Kulshrestha



Report – GSICON 2025

Dr. Sunil Bansal
Jt. Secretary, GSI &
Organizing Chairman, GSICON-2025

The 38th Annual Conference of Geriatric Society of India Was Held From 12th to 14th December 2025 at Hotel Clarks Shiraz, Agra. It was jointly organized by Geriatric Society Of India (UP CHAPTER) and Agra Diabetes Forum, a Charitable Registered Organization since 1999. 450 delegates registered for the event.

The following were the organizing team:

Chief Patron	Padma Shri Prof. D.K. Hazra
Organizing Chairman	Dr. Sunil Bansal
Conference Coordinator	Prof. AK. Gupta
Organizing Secretary	Dr. K.K. Vishwani
Co-organizing Chairman	Dr. Prabhat Agrawal
Chairman Scientific Committee	Dr. A.K. Singh
Scientific Secretary	Dr. Ashish Gautam
Jt. Organizing Secretary	Dr. Prashant Prakash
Jt. Organizing Secretary	Dr. Nikhil Pursnani
Advisor, Up Chapter GSI	Dr. Kauser Usman
Advisor, Up Chapter GSI	Dr. Rajeev Verma

The scientific Programme:

The Scientific Programme started at 3:30 PM on 12th December with the **Dr. P.S. Shankar and Smt. Ambika Shankar Presidential Oration** delivered by **Dr. Atul Kulshrestha**.



L to R: Dr. O.P. Sharma; Padmashree Dr. D.K. Hazra, Dr. Vivek Handa; Dr. V.K. Arora; Dr. Atul Kulshrestha; Dr. Sajesh Asokan; Dr. Chinmoy Maity



There were lectures, inter-alia, by our Patron - **Dr. V.K. Arora**, Hon. Secretary - **Dr. Vivek Handa**, Organizing Chairman - **Dr. Sunil Bansal**, Secretary, and GSI West Bengal branch - **Dr. Rahul Bhattacharya**





The guest speakers, **Dr. Anil Kumar** from UK and **Dr. Sanjay Shah** from Mumbai contributed to the scientific fiesta.

A special session on **Sarcopenia Management Guidelines (Indian Expert Consensus)** was moderated by **Dr. O.P. Sharma**, Secretary General of **GSI**. The session was supported by Meghmani Pharmaceutical.



The panelists for the Sarcopenia session



**L to R - Dr. Vivek Handa; Dr. V.K. Arora; Dr. Atul Kulshrestha;
Dr. A.K. Singh; Dr Sajesh Asokan**

The second Oration for the day, **Wing Commander S.K. Jain Memorial Oration** instituted by Dr. I.S. Jain was delivered by **Dr. Balakrishnan Valliyot**.



L to R: Dr. Indu Jain; Dr. Balakrishnan Valliyot; Dr. Vivek Handa; Dr. Garima Handa



Dr. Balakrishnan Valliyot delivering the Oration

In the evening, there was a cultural program – **"By the Doctors for the Doctors"** which was followed by dinner.

DAY -2

The 2nd day, i.e., **13th December 2025**, kick started with an early morning visit to the Taj Mahal. The scientific program had a galaxy of speakers of national and international stature who spoke on different topics related to Geriatric Care in Hall 'A' and Hall 'B' to a very receptive and interactive audience.









The highlight of the day were two Orations being delivered in Hall 'A'. The first one was **Dr. O.P. Sharma and Mrs. Shanti Sharma Oration** by **Dr. R.K. Dhamija**, Director, IHBAS, Delhi on 'Stroke Pathways in Clinical Practice'.



**L to R: Smt. Shanti Sharma; Dr. OP Sharma; Dr. R.K. Dhamija;
Dr. Sunil Bansal; Dr. A.K. Singh; Dr. A.K. Gupta**



The second oration, i.e., **Dr. B.C. Bansal** and **Smt. Uma Bansal Oration** was delivered by **Dr. P.C. Dash**, Principal, Hi-Tech Medical College, Bhubaneswar, on 'Geriatric Medicine and Climate Change'.



L to R: Dr. O.P. Sharma; Dr. P.C. Dash; Dr. Garima Handa; Dr. A.K. Singh



In Hall 'B', **Dr. Prashant Prakash** moderated an interesting workshop on **COPD in elderly**, which was very well appreciated by the delegates. Two more workshops were conducted successfully in Hall 'B', i.e., by **Dr. Prabhat Agrawal** on '**Obesity in Elderly**'; and **Dr. Pankaj Agrawal** on '**Insulin in Elderly**'.

In the evening AGM was conducted in Hall 'B', followed by **Convocation ceremony** in Hall 'A'. **Padma Shri Dr. D.K. Hazra, Dr. V.K. Arora, Patron GSI; Dr. Atul Kulshrestha, President GSI, Dr. O.P. Sharma, Sec. General, GSI ; Dr. Vivek Handa, Hon. Secretary GSI**, graced the dais for the event. Dr. Atul Kulshrestha awarded the fellowships to the selected fellows.



**L to R-Sitting: Dr. Vivek Handa; Dr. O.P. Sharma; Dr. Atul Kulshrestha;
Padma Shri Dr. D.K. Hazra; Dr. V.K. Arora**

**L to R-Standing: Dr. Dr. K.K. Vishwani; Dr. Aswin Surjeet; Dr. Jayshree Swain;
Dr. Kamal Kishore; Dr. Smita Athawale; Dr. Taruni Ngambam; Dr. Santosh Swain;
Dr. Prabhat Agrawal**

After the convocation, the **inaugural programme** was held in Hall 'A'. The Chief Guest was **Hon'ble Shri Yogendra Upadhyay**, Minister of Higher Education, UP Govt.



L to R: Dr. K.K. Vishwani; Dr. Sunil Bansal; Dr. Vivek Hnada, Hon'ble Shri Yogendra Upadhyay; Dr. V.K. Arora; Padma Shri Prof. D.K. Hazra; Dr. O.P. Sharma

Dr. V.N. Kaushal and **Dr. Ashish Gautam** were the Masters of Ceremony.

The inauguration was started with invocation of Goddess Saraswati, along with lamp lighting.



A highlight of the inaugural function was the **Dr. V.K. Arora** and **Dr. Raksha Arora Oration**, conferred as the '**Life Time Excellence In Geriatric**' award **Dr. OP Sharma**.



L to R: Dr. Raksha Arora; Dr. V.K. Arora; Shri Yogendra Upadhaya; Dr. Atul Kulshrestha; Dr. O.P. Sharma

Also, The Hon'ble Chief Guest released the monograph on Sarcopenia Management Guidelines (Indian Expert Consensus)



The first Late Dr. Premanand Ambali National Best Award Thesis in Geriatrics & Gerontology was given by the Chief Guest to **Dr. Bency L, Senior Resident at St. John Medical College, Bengaluru.**



All the Orators were awarded honorarium amount in the presence of the Chief Guest



In **Hall 'C'**, the training program for doctors Certificate Course in Geriatric Medicine Version V was seamlessly conducted. After the training, the successful candidates were awarded certificates with a copy Dr. O.P. Sharma's textbook of Geriatric Medicine. The certificates were given in staggered batches by Dr. Atul Kulshrestha, President GSI; Dr. O .P. Sharma, Secretary General, GSI; Dr. Vivek Handa, Hon. Secy.; Dr. Garima Handa, Vice-President, GSI, Dr. Sajesh Asokan, Immediate past President; Dr. Balakrishnan Valliyot, Vice-President, Kerala branch and Dr. Pradanya Diggikar, Zonal Coordinator (West). Dr. Sajesh Asokan was felicitated for his excellent conduct of CC Ver.V

Our sincere thanks are due to Dr. Harjeet Singh Bath; Dr. Nadeem Rahman; Dr. Pradnya Diggikar for the successful practical training given to the candidates.





The day concluded with a cultural programme on the theme of Braj Bhoomi and Lord Krishna by very famous internationally famed Bansuri Group of Vrindavan, and grand gala dinner.





DAY-3

On the last day, there were PG activities in Hall 'B', attended by about **50 PGs**. it was conducted by **Prof. Ashish Gautam, Prof. SS Gupta, and Dr. Surya Kamal**. 1st; 2nd; and 3rd prizes were given in two groups, i.e., for poster presentation and for paper presentations. The prizes were given away by the President of GSI at the valedictory function, where **Prof. M.M. Singh** was the chief guest.



There was a special programme on "10 Commandments in Geriatric Medicine" (10 Tips for Management) moderated by Dr S.K. Kalra. The novelty of the format was highly appreciated by the delegates. Some doctors who presented the sessions on various aspects of elderly care were **Dr. Arun Chaturvedi; Dr. V.N. Kaushal; Dr. Anjana Pandey; Dr. Rahul Goyal; Dr. Arvind Jain; Dr. Arvind Yadav; Dr. K.K. Vishwani; Dr. M.P. Singh** and **Dr. Mudit Khurana**.



The Conference concluded with lunch after the valedictory.





The pharmaceutical industry support to this conference was exemplary and about 40 companies had the stalls in the pharmaceutical exhibition.



The Press, Print and Electronic media coverage was excellent for all the days and extensive coverage, i.e., local, provincial and national were given.

Last but not the least, the large number of delegates from all over India in spite of the disturbed flight schedules contributed to the success of the conference. Apologies for any inconvenience faced due to rescheduling of flights.

Dr. Sunil Bansal
Organizing Chairman

Dr. K.K. Vishwani
Organizing Secretary

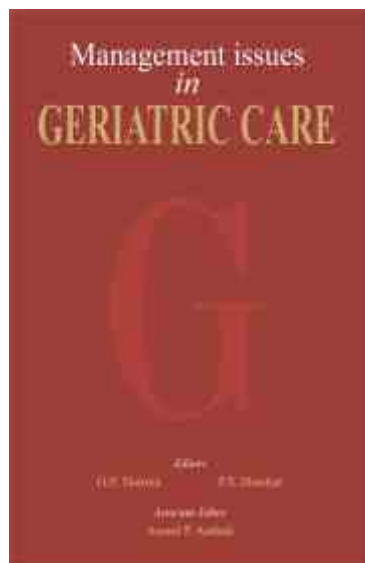
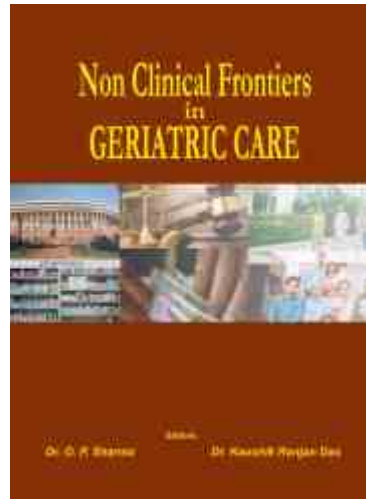
GLIMPSES OF GSICON-2025







Our Publications



Our Orations and Awards

- (A) Dr. P.S. Shankar and Smt. Ambika Shankar Presidential Oration
 - (B) Dr. B.C. Bansal and Smt. Uma Bansal Oration
 - (C) Dr. O.P. Sharma and Smt. Shanti Sharma Oration
 - (D) Wing Commander S.K. Jain Memorial Oration
 - (E) Dr. V.K. Arora and Dr. Raksha Arora Award for "Lifetime Excellence in Geriatrics"
- Award** Late Dr. Premanand Ambali National Best Thesis Award in Geriatrics and Gerontology.



Dr. B.C. Bansal

Our beloved Patron
(21.05.35 - 17.12.25)



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