



## Foreword

The study of gerontology has been propelled by work in the biological, social and behavioral sciences, by men and women from different disciplines working together and sharing information around the world.

In our institution we have found this to be particularly true. We have an interdisciplinary team of research comprising geriatrician, historian, micro-biologist, sociologist, anthropologist and experts from population studies and ICT. Not only has each of us had information to offer the other, we have had something that is possibly even more valuable – the ability to share knowledge amongst one another and represent the holistic view of the science in different platforms.

During the last financial year, our academic activities flourished in abundance. The research team of Calcutta Metropolitan Institute of Gerontology (CMIG) was invited to participate in various seminars/ symposia, National Policy review committee in order to promote formulation of policy and action plans for the elderly. Significantly the team participated in the high level consultation committee for formulation of policy for 60+ women.

The team also participated in different panel discussions organized by leading Public Hospitals on the eve of setting up geriatric wards and discussed different issues and challenges of the growing ageing population in Senior Citizens' organizations across the country.

The highlight of the major achievements of CMIG during this year is prestigious ICSSR (Indian Council of Social Science Research) research grant for the project 'Dynamics of Elder Care'.

In addition to disseminating knowledge in various dimensions of gerontology in academic disciplines, this institute is also engaged in providing 'practical support and care of the elderly'. As a Science, gerontology is a converging discipline of many scientific studies. But it goes beyond the limits of traditional science, incorporating **the art of application of knowledge and of practical care**. CMIG purposively trained the care providers and social workers to enhance the quality of life of our parental generation.

As the regional collaborating agency of National Institute of Social Defence (NISD), last year we organized large number of training and awareness programs starting from the school children to senior citizens.

CMIG's service programs support 700 poverty stricken elderly to lead a dignified and independent life.

We believe that every single activity our organization has undertaken throughout the year 2010 and beyond is important in bringing the nation's attention to the lives, needs and contributions of older people.

Secretary

## **Governing Body (2010-2011)**

<b><u>Name</u></b>	<b><u>Designation</u></b>
Sri Suranjan Sengupta	President
Sri Deepak Mitra	Vice-President
Dr. Indrani Chakravarty	Secretary
Sri Utpal Ghatak	Treasurer
Prof. Suhas Kr. Biswas	Member
Prof. Ranjana Ray	Member
Prof. Prafulla Chakrabarti	Member
Dr. (Col.) Kshaunish Ch. Roy	Member
Sri Lab Kumar Basu	Member
Sri Shanti Ranjan Pal	Member

## **Advisory Body ( 2010-2011)**

Dr. S.K. Chakravarty	Technical Advisor
Dr. Nitish Ranjan Baul	Medical Advisor
Sri Balendra Nath Majumder	Cultural Advisor
Sri Pradip Chakraborty	Finance Advisor

## Aims and Objectives

The objectives for which the society is established are :

- a) To promote multi-disciplinary research in the field of Gerontology;
- b) To provide a forum for the exchange of ideas among students and teachers and academics;
- c) To publish or cause to be published quarterly Journals or research and review etc;
- d) To arrange and organize lectures, debates, discussions, seminars, camps, symposia in the field of Gerontology;
- e) To publish monographs, books etc.;
- f) To establish and maintain a library for the benefit of the students and a free-reading rooms for the study of Gerontology;
- g) To accept and receive donations, subscriptions, Govt. Grants, fees etc. for the purpose of the society;
- h) To do all such other things as may be deemed incidental or conducive to the attainment of the foregoing objects;
- i) To do all types of social services to Older People;
- j) To do all types of social services for Women and Children;
- k) To do all types of social services for women and children including activities like training & manufacturing of leather products etc. by Ex-trainees of Calcutta Metropolitan Institute of Gerontology.

## **Post Graduate Diploma Course in Gerontology and Age Management**

Nine students graduated in various disciplines, enrolled for the course. In view of the multi-disciplinary nature of Gerontology and vastness of the Post Graduate Diploma Course in Gerontology and Age Management curriculum, many eminent professors and scholars as well as professional social workers from Kolkata , West Bengal, Orissa, and Varanasi were inducted. The well known universities like Calcutta, Vidyasagar, Utkal, Benaras Hindu University as well as various research and scientific institutes such as Indian Statistical Institute, Asiatic Society, R.G. Kar Medical College & Hospital, Socio-economic Research Institute, together with the faculty associated with the CMIG co-operated in the CMIG's present venture.



Last year 9 students have completed the course successfully. 3 Students got A grade & 6 got B grade.

## ICSSR Project

As you all know we, at CMIG, are very keen to undertake research activities. Consequent upon which we applied for a research grant to Indian Council of Social Science Research (ICSSR), an eminent institution in our country for furthering research activities. I express my sincere gratitude to ICSSR for permitting us to conduct a research project titled “Dynamics of Elder Care in Urban & Rural Milieu”.

Care for elderly is a significant and essential feature in the lives of the aged. Unfortunately in this country this aspect still remains mostly unexplored. There exist treaties theoretically, but the practical field situation deserves closer attention. Our project is oriented towards that end.



The project is of 18months duration. We shall collect data from Kolkata, Burdwan and Bankura districts highlighting both Urban & Rural Milieu. We are also giving due weight age to age-strata & gender. Our special focus will be care-giving by women who are universally acclaimed as the ideal care-givers. The other focal point is the position of the family vis-à-vis care-giving. Both aspects, we believe should give us a comprehensive picture of what we mean by elder-care and care-giving.

## University of Third Age (U3A)

The idea of University of Third Age (U3A) did have a lukewarm experience in the previous years. But of late, it was gained a considerable momentum. A new institution named “GuruJan” has shown keen interest to propagate the idea of “teach & learn” the central theme of U3A. “GuruJan” is now seeking our co-operation and assistance to disseminate such ideas among the elderly. Till now “GuruJan” is able to rope in more than a dozen members and there is considerable presence of women participants. A monthly meeting on the first Friday of the ensuing month has been proposed and accepted. CMIG is very hopeful and expects a growth of U3A in the eastern region of the country.



## **Training of Trainers organized by HelpAge**

One of our Social Workers participated in a training course organized by HelpAge in Bhopal, M P for a fortnight. The course was specially designed for the Social Workers who are engaged in geriatric care. Experts from different fields – Geriatrician, Nutrition Consultant, Physiotherapist, Oncologist, Orthopedic Surgeon and Clinical Psychologist shared their knowledge with the trainees.



The training course focused more on the care of unconscious and bedridden elderly. She was also exposed to National Hospital and Cancer Hospital to gather information and gain knowledge on terminally sick patients.

## NISD Training Courses

**Six Months Certificate Course in Geriatric Care**

**&**

**Three Month Basic Course in Geriatric Care for Caretakers/Bed Assistants/Rural Women/Manual Scavengers and Others**

During the reporting year we have completed two courses - Six months Certificate Course in Geriatric Care & Three Month Basic Course in Geriatric Care for Caretakers/Bed Assistants/Rural Women/Manual Scavengers and Others. Under the certificate course 30 trainees have successfully completed the course. Now they are able to fulfill the needs of the elderly efficiently with professional etiquettes. They are equipped with all theoretical and practical knowledge necessary for dealing with elderly.



For the students of three months basic course more stress was given on practical discourse such as nursing, nutrition, counseling etc.



28 students from the backward community have successfully completed the course. Now they are able to provide twenty four hours emergency care to the bed-ridden elderly.



## One Month Certificate Course on Basic Issues in Geriatric Care

### *Aims and Objectives*

The main objective of this program is to produce trained manpower who will realize and fulfill the needs of the elderly people as well as their family members. In any given society aged feel isolated and deprived unless they are able to merge themselves into the main stream of civil society. This is a problem faced both by the older adults of developed and developing countries. The major aim of this one month course is to understand the area of problems, the needs of the aged and to enhance the quality of life of senior citizens.



Many eminent personalities from various fields came to disseminate their knowledge through theoretical classes amongst the caregivers. Practical nursing classes were held in medical College where the participants underwent rigorous practical training. Debate on various issues of Ageing was held. In the chart making session the participants were asked to make charts on different topics. The participants visited the old age home and interacted with the inmates of the home. They got to know the different activities and style of living of the inmates in this twilight years. They also interacted with the beneficiaries of the Day Care Centre. Finally the participants prepared and submitted a report on the subjects taught and an evaluation sheet expressing their comments on the whole course.





## Five Day Orientation Course on Basic Care/Issues Related to Elderly

This is a condensed five day course in which the basic theoretical and practical knowledge was imparted to the participants.



A renowned Geriatrician highlighted the place where elderly care is rendered and also the need for Elderly medicine.

A finance expert discussed the importance of financial security of elder persons.

The psychologist explained the different mental disorders related to old age along with the solutions. The physiotherapist stressed on exercises and yoga permissible in the later phases of life. The nutritionist advised to take balanced and therapeutic diet.



The Nurse demonstrated the duties of first aides while handling an aged person. The counselor elaborated Panic Healing which is an energy therapy complementary to conventional medical therapy.

The Anthropologist discussed population ageing and demographic transition theory.



The Gerontologist depicted that Ageing is an emerging issue which is certain and inevitable in one's life and family care is very much essential in the later years of life.



## **Achievements**

The learning has fulfilled the respective needs & desires of the participants in a fruitful way. It may be concluded that with the advancement of the society and the skilled intervention of the caregivers, life in later years would not be the same as it was before.

## **One Day Sensitization programme for School Teachers/Counselors to Bridge the Inter Generational Gap**

### ***Aims and Objectives***

Calcutta Metropolitan Institute of Gerontology (CMIG) offers its sincere thanks to the National Institute of Social Defence (NISD) for selecting CMIG for organizing such an important and timely program, where the school children and teachers can share their views regarding the relatively new field of gerontology. This one day sensitization program gives us scope to ponder over in a collective manner to put our new generations to the best use from grass root level. The main objective of this program is to train them since childhood to realize and fulfill the needs of the elderly people. The program aims to understand the problems faced by the older people and suggest remedies through interaction with their grandparents.

The students of Jadavpur Vidyapith came to our institution to participate in one such sensitization program for school children and teachers to bridge the intergenerational gap.



The session highlighted intergenerational gap, how it affects the elderly persons, their status and position in the families and the consequence of generation gap – how and why it occurs and how it can be minimized. The basic rights and five principles of senior citizens were also discussed. The different mental disorders of older persons, their symptoms, causes and solutions to these disorders were discussed. As a solution to all such problems, counseling was highlighted. Empathy is the bridge of the two generations. The session highlighted the developmental task of old age and the importance of positive attitude than negative ones. The perceptual, cognitive aspects of depression were also discussed. Conflicts generated during adolescent period with older generations in the family, their alienation from adult society, reckless behaviour, changing values are said to be the root cause of generation gap.

At the end of the session, suggestions were given to minimize the conflict between the two generations through companionship and by spending quality time. The impact of communication network in the life of the elderly and the problems of ageing can be solved by the use of computer and communication. At the end of the day an interactive session was held. There were many interactions between the resource persons and the participants with regard to basic meaning, intergenerational conflict, adjustment problems etc. Each group gave a very colourful presentation which conveys the message of strengthening the intergenerational relationship.

### ***Achievements***

The purpose of this program was to minimize the intergenerational gap between the parental and younger generations.

The programme as narrated above is deemed to be a very successful one, since the causes of conflict were identified and ameliorative measures were suggested to minimize the generation gap.



## **One Day Sensitization programme for Family Caregivers of Demented Elderly**

Dementia - After inauguration the physician discussed in detail the medical aspect of the diseases. The different stages of the disease Brain functions, Types of memory loss and preventive measures.



Dementia Memory Screening Assessment – This session discussed the Mini Mental State Examination (MMSE) which is the most commonly used instrument for screening cognitive function. This examination is not suitable for making a diagnosis but can be used to indicate the presence of cognitive impairment, such as in a person with suspected dementia or following a head injury. The MMSE provides measures of orientation, registration (immediate memory), short-term memory (but not long-term memory) as well as language functioning. Other scales discussed were Bristol Activities of Daily living and Global Depression scale.

Introduction to Dementia – In this session the representative of ARDSI discussed the following:

- Dementia as a Social Problem
- Necessity of Dementia Training
- Future of Dementia Care

Also discussed were Dementia statistics, Aspects of Memory, Risk factors.

Essentials of nursing care in Dementia patients – Reputed Nurse of Apollo Gleneagles Nursing College presented the role of nursing in Dementia. Nurses have a central role in assessment and management of individuals with progressive dementia. Key Nursing Care Strategies were mainly discussed in this session. Provide appropriate cognitive-enhancement techniques and social engagement. Ensuring adequate rest, sleep, fluid, nutrition, elimination, pain control, and comfort measures.

Maximize functional capacity  
Addressing behavioral issues  
Ensuring a therapeutic and safe environment



Dementia Care Essentials – Expert from ARDSI Kolkata discussed the care essentials – highlighting communication.



Communication is at the heart of all approaches to dementia care, and is an in-depth exploration of ways of establishing and developing communication with people with dementia. It examines both the nature of dementia as a condition and the subjective experience of those affected. The session considered in details how communication between people with dementia and those who care for them changes, and how it can be maintained and enhanced.

## **One Day Sensitization programme with RWA and Senior Citizens Forum**

### ***Aims and Objectives***

A one-day sensitization programme was held to create awareness about old age among the elderly. Through a power-point presentation various facades of old age was highlighted. The expert emphasized the need based requirements of the elderly detailing the concepts of elder care in its various aspects. The new law of maintenance of the elderly and the rights of the senior citizens to stop both overt and covert abuses was discussed. Next the history and genesis of human rights and its relevance to the elderly in the Indian context was pointed out. The difference between religion and religiously was elaborated stressing upon how an aged man or women without depending on religion can achieve spiritual solace in their late life. A leading geriatrician discussed "Geriatrics" tracing the history and thereafter listed the main diseases that affect the elderly in general. There was an interactive sessions where ailments like CVA, Diabetes, Arthritis, Dementia, Alzheimer's etc. were discussed. He also related that the aged deserve a separate protocol both for preventive and curative measures.



The final speaker of the day with profound erudition traced the different landmarks and discovers in the ICT domain. The major break through that shaped the technology to its present stage were precisely discussed. Thereafter the revolutionary concepts which transformed the Telephony Services in the sub-continent were explained. Through a power-point presentation remarkable examples in the technology field were explained to highlight the enhanced quality of life the elderly might achieve without much cost-burden. The session was highly appreciated by the elderly present in the gathering.

## ***Achievements***

The purpose of this program was to bring back the senior citizens into the mainstream. The elderly does not like to be excluded from the main stream and one redeeming way to solve these problems is to make them feel important and essential to the community. A 'Society for all Ages' can be created if all sections of the society feel necessity to incorporate the wisdom, the experience and the skills of their parental generations for shaping a better productive society.



## Community Computer Training for the Elderly

In Cities, people have started feeling the full impact of technological changes. Computer is becoming a part and parcel of everyday living. The modern 'information Society' requires interaction with computers.



Keeping this backdrop in mind, the National Institute of Social Defence, Ministry of Social Justice & Empowerment has started a specially designed Computer Training Programme for the Elderly. It is assumed that our parental generation does need some training in the basics of computer technology, which would help them to fulfill their daily needs in a better way. The objective of this unique programme is to impart basic and practical knowledge of computers to the older persons in order to acquaint them with primary knowledge of computer operation, operating internet, and sending e-mail through internet, booking of air and train tickets, accessing web pages and down loading other relevant information. It was felt that empowering the elderly to manage such useful technology would be a positive help to overcome loneliness, productive utilization of computer base knowledge and so on. The opportunity of learning, entertainment and discussion through computers is surely going to contribute to an increased feeling of well being among the elderly. It is expected that this training will positively fulfill the respective needs and desires of the trainees in a fruitful way. It may be said that with the advancement of computer and communication engineering, life in later years will not be the same as it was before.



CMIG is now spreading the programme in different districts of West Bengal under the directives of NISD. Last year the training was held at Ashoknagar, North 24Parganas from 28<sup>th</sup> March to 16<sup>th</sup> April.

## **Academic Activities**

The Director and the research team of CMIG attended and presented many scientific papers in different platforms and participated in the various Consultations / Symposium / Review committee meetings as experts. Followings are some of the occasions.

Vidyasagar University - The problems of old age and the Responsibilities of the Youth – 23.12.2010

HelpAge India 'National Policy on Older Persons' At State Level, West Bengal – 14.12.2010

HelpAge India Role of Caregivers in the field of Age Care – 11.11.2010

Participation in Training of Trainers (TOT) programme at Madhya Pradesh by the Social Worker of CMIG

Asiatic Society organized Two day National Seminar on Aging and Environment in the New Millenium – January 20 & 21, 2011

Consultation on Review of National Policy on Older Persons Bhubaneswar– 27.08.2010

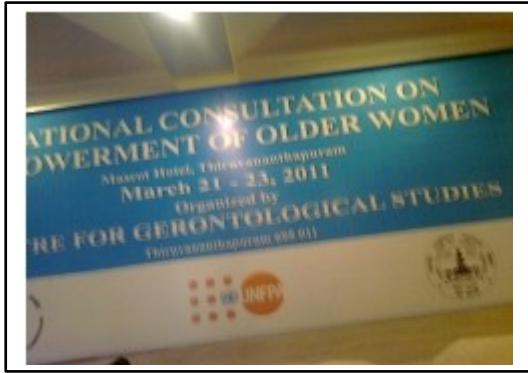
Panel Discussion on Geriatric care organized by AMSCON Command Hospital – 06.02.2011

Two day Core Group Meeting of Collaborating Agencies at NISD, New Delhi – 14<sup>th</sup> & 15<sup>th</sup> March, 2011

National Consultation on Empowerment of Older Women – Mascot Hotel, Thiruvananthapuram – March 21– 23, 2011

Narula Institute of Technology lecture on 'Ageing : an emerging issues" – 29.03.2011

Calcutta University - International Seminar on Ageing & Childhood - 3<sup>rd</sup> & 4<sup>th</sup> March, 2011



**Consultation Meeting at Thiruvananthapuram**



**Keynote speech at Vidyasagar University**



**Core Committee Meeting At NISD, Ministry of Social Justice & Empowerment, Govt. of India**



**Two Day National Seminar at Asiatic Society**



**International Seminar on Ageing & Childhood at Calcutta University**

**Panel Discussion at Command Hospital**

## **Donation**

- One non-resident Indian donated US \$500 for feeding poor senior citizens of Kolkata.
- The Ladies Wing of Bharat Bikash Parisad distributed 50 Sarees to the beneficiaries of Day-Care- Centre
- Asha Trust donated Rs. 50,000/- to CMIG for purchasing essential Health commodities like Hearing aids, walking sticks, specs for the beneficiaries.
- Rajib Gandhi Welfare Society donated 35 Sarees to the beneficiaries on the eve of Durga Puja.
- Jagriti, a ladies organization frequently came & spent time with the beneficiaries. They feed them and performed cultural programs.
- Salt Lake Rotary sponsored Cataract operation of seven of our beneficiaries. The operation was held in Eye Care Research Centre (Park Circus). Social Workers of CMIG helped the beneficiaries to get necessary pre-operation check up and accompanied them during operation. Post operation medicines and specs were given by our organization.
- Many of our governing body members and well wishers donated cash to the organization on the eve of festive season for giving clothes to all the beneficiaries.

On behalf of the parental generation we care, we extend our sincere gratitude and appreciation to all those who donated either cash or kind throughout the year 2010-2011.

## **CMIG received grant-in-aid from**

- Ministry of Social Justice & Empowerment, Govt. of India
- Ministry of Human Resource Development, Govt. of India
- National Institute of Social Defence(NISD), Govt. of India
- HelpAge India

# Service Projects

## Day Care Centre

An aged often tends to feel that their usefulness to society and family diminishes. Depression and psychological disorders are not far behind. CMIG's day care programme has become a Rehabilitation Centre for those who suffer from this feeling. The participants have struck a correct balance between work and relaxation. Their handwork and products have come to be appreciated by all those who use them. The relaxed atmosphere among all those who participate in this programme and the smile on their faces is a true testimony to the success of the two day-care centers of CMIG.



The other regular activities of the Day-Care-Centre continue. They are A) making paper bags, stationary good with the help of a vocational trainer. B) Regular prayer in the morning & evening. C) Participating in preparing Tiffin/lunch for themselves, newspaper reading, watching popular TV serials. Occasionally cultural programmes are also conducted by the members of this organization.



The beneficiaries continue to get free medical treatment & medicines from the organization. They are under the active supervision of qualified social workers.

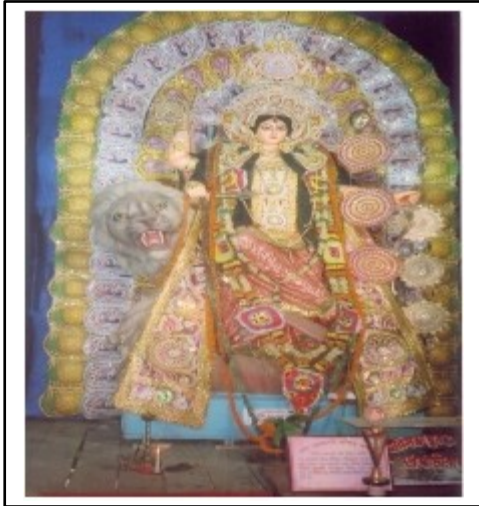


The beneficiaries of two day-care-centres participated in several programs organized by the CMIG, HelpAge India and State Government on the occasion of 1<sup>st</sup> October, World Elders' Day. They participated in the Walkathone organized by HelpAge and got food items, clothes and utensils by this esteemed organization. State Government arranged a trip to Belur Math. The monks of Belur Math sang religious songs for them. CMIG organized day long cultural program where they themselves took active part.



During Durgapuja and Jagaddhatri puja, one of the well wishers of the CMIG arranged religious trips to Konnagar for our beneficiaries. They visited various Puja Mandaps throughout the day, got sumptuous lunch, tea and evening snacks.

They were immensely happy with these trips.



## ***Saraswati Puja***

Saraswati Puja was organized and performed by the beneficiaries. Prasadam was prepared and distributed by the lady beneficiaries to all the staff, members and others. Some of the life members participated in cultural programme arranged for the beneficiaries.



**Students of CMIG are observing  
World Elders' Abuse Awareness Day**

## Mobile Medicare Unit

Aged citizens belonging to low socio-economic stratum of the society are subject to many stresses. As they retire from unorganized sector, it is obvious that they have no old age security. Moreover, most of them have large number of family members. Lack of money, lack of education have forced them to live in an awful condition.

A survey on the problems of aged slum dwellers in Kolkata made by this Institute shows that a large number of aged slums-dwellers are suffering from a sense of negligence and isolation. Their financial and health problems are much more serious compared to their well-off counterpart in the society. The research report of CMIG revealed that senior slum dwellers suffer from various vitamin deficiencies like Vitamin A, B<sub>2</sub>, B<sub>6</sub>, C & D. They need immediate treatment, medicine, nutritious food as well as counseling which can be given by the State and Voluntary organization.



China has introduced Home Hospital Bed, where doctor, nurse, therapist attend to the elderly at their places. Similarly Mobile Medical Programme of CMIG saves the elderly from the damaging effect of chronic disorders.



During the year more than 400 aged patients were treated in each month. The patients received free treatment and free medicines through this programme.

## Sponsor A Grand Parent Programme

We have been collaborating with HelpAge India for a long time. In April 2010, a new programme titled “Sponsor A Grandparent” (SAGP) has been launched by us following the guideline of “HelpAge”.

Under this programme 4 “Elderly Self Help Groups”(ESHG) have been constituted. These groups have opened their own bank accounts. In doing so HelpAge has been gracious enough to provide financial assistance as initial seed money.



Every month on a prefixed date the ESHG group members assemble together to determine their future course of action. On that particular date they also deposit a sum of Rs. 10/- each to the concerned group secretary to be deposited at a stipulated Bank branch. The lump-sum deposited money is expected to be redeployed as loan to the members themselves in time of exigency with a token interest.



The total membership now stands at 71.

Another 47 members constitute the destitute group. This group is in need of total assistance. Initially they were provided monthly ration through a financial assistance from Health. However a concept of grainbank operation failed because of the predominant urban character of these older persons.

To salvage the situation a local committee has been constituted along with certain patrons helping us from a philanthropic angle. As of now we have been able to provide monthly food rations to 29 SAGP destitute members with donations from our local committee members and patrons. The minimum donation is Rs. 250/- per SAGP member.



The other notable feature is the medical assistance for which HelpAge extended their sponsorship.

As many as 14 ESHG members had undergone cataract removal operation (IOL) and a large number got spectacles too.

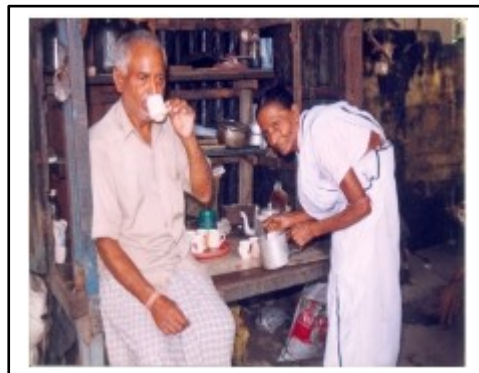


We must thank 'HelpAge India' for providing us considerable financial assistance through which we have been able to buy a 'Combo Machine'. Thus our

physiotherapy unit has been treating the ESHG members twice a month without any cost-involvement.



In passing I may also mention that our elderly SHG members are also provided with a free medical check-up every month.



## Publication

The editorial board of the Journal **Ageing & Society : The Indian Journal of Gerontology** published by CMIG has been reconstituted. Many leading gerontologists of the country have joined the editorial board to improve the quality of the journal.

The editorial board has started working. We hope to get scholarly papers from the academicians in near future.

## Staff Meeting

In addition to Annual General Meeting, Staff Meetings were held regularly. In these informal meetings the staff could share their works, his/her difficulties, express his/her views and give suggestions for the growth of the organization.



*As the Chief functionary, I would like to thank all the Staff, Volunteers, Trainers, Individuals donors, Donor agencies and other well-wishers for helping us in achieving our goal.*

*My thanks are due to the Managing Committee members. They have taken many important decisions with care and sensitivity. I am very grateful for their constant help and advice throughout the year.*

***Dr. Indrani Chakravarty***