

## **Activities and achievements of AGI in 2017**

Members of Association of Gerontology, India (AGI) from different centres have been working on Social dimension of ageing, multidisciplinary domain of ageing research and technology. Members interact regularly with aging population in society, families of aged persons and old-age home. Their problem and possible supports are also discussed with sociologists, neuro-psychiatrists and Geriatrics. The Centre for Research on Aging at S.V. University, Tirupati, has been working for physical and psychological health in adults and aged (35 to 65 years) in terms of individual's health behaviour, functional competence, personality, familial & social supports, social and economic costs of health care. This centre has also been working on Psychosocial correlates of Self Rated Health among elderly men and women. The Indo-Canadian Cross cultural Research on Functional Health of Senior citizens, funded by SICI, Canada and support from ICSSR, New Delhi helped to examine the impact of sources and nature of fears, worry and anxiety among elderly from 65 to 75 years. The effect of indigenous interventions such as yoga and meditation were found to be effective in reducing fears, worry and anxiety among elderly.

The hard work of members of AGI associated with CMIG earned reputation of “Vayoshreshtha Samman”. The short-term courses for 5days upgrade the knowledge base of the functionaries engaged in age care institutes. The medium course for one, three or six months are generating geriatric animators who will be able to work at the community level. It confers Post Graduate Diploma Course on “Gerontology & Age Management” in collaboration with University of Calcutta for students who endeavored to upgrade their knowledge base and broaden their spectrum of expertise. The Silver Circle, a joint initiative of Support Elders Private Limited (SEPL) and CMIG, builds a platform to improve the quality of life of elders through positive engagement and self-actualisation with an emphasis to be self-sufficient both financially and emotionally. They participate in income generating activities like preparing paper bags, mattress by enjoying the social aspects of the centre. A workshop (Sept.21-24, 2017) on Dementia discussed Origin, Growth and Answers to Challenges in which Gerontologists, Geriatricians and experts working in the field of dementia participated. An international project “WELLNISS” in collaboration with Scotland, Norway, India and Slovenia focuses on the impact of cross-cultural connectivity on the wellness of aging individuals. World Elder’s Abuse Awareness Day was also celebrated on June 15, 2017 and World Elder’s Day on October 01, 2017. Upon the directive of the Ministry, CMIG conducted a 4-day campaign in the rural West Bengal to promote cashless payments for the elderly. This campaign was designed to sensitize the elderly population of rural areas about cashless transactions and their benefits.

Association of Gerontology, India (AGI) along with the Indian Association of Geriatrics (IAG) organized Indian Aging Congress (IAC) 2016. It was held in All India Institute of Medical Sciences (AIIMS), New Delhi from November 9-11, 2016. This was biennial meeting of AGI and annual meeting of IAG and both were clubbed as IAC. India is experiencing rapid ageing of population and it is estimated that older people in our population by 10% in 2020 from 8% in 2011. Further, it is expected that in the coming 30 years every fifth Indian will be of above sixty years. In order to discuss the health issue, biological issues and socio-economic issues more than 500 scientist were gathered at AIIMS New Delhi under the umbrella of IAC 2016. It was under the auspices of Association of Gerontology India (18th Biennial Conference) and Indian Academy of Geriatrics (14th Annual Conference).

IAC was inaugurated with the orations awards. The three orations were IAG presidential oration award delivered by Prof SS Lehl. The lecture was focused on the geriatric heart failure, its physical, cognitive and psychological outcome. Prof S I Rajan delivered a wonderful oration on elder care and living arrangement in Kerala under the category of AGI presidential oration. Professor MS Kanungo (founder of AGI, India) Lifetime achievement award lecture was delivered on intervention in aging by dietary restriction and regular exercise: Biological mechanisms and correlation and oxidative stress by Prof. Sataro Got, an iconic bio-gerontologist from Japan. Prof MS Kanungo oration on the future of biogerontology: Not more of the same by an iconic person in the aging research and Chief editor of Biogerontology Prof SIS Rattan from Denmark. Prof PV Ramamurthi oration was delivered on chronic non-communicable diseases in low and medium income countries (LMIC): evidence from SAGE by P Arokiasamy. Prof A Venkoba Rao Oration was delivered by Prof B Krishnaswamy on challenges of managing frail older persons. Mohan Dhar Diwan Lecture was delivered by Prof Mathew Cherian on aging and health : a societal perspective. Jodhpur oration was delivered by Prof Shanti Johnson of University of Regina, Canada on promoting functional and nutritional health in aging. Prof VS Natarajan Oration on burden and management of metabolic syndrome in aging population was delivered by Dr. YS Raju. Trivandrum oration was delivered by GS Shanthi on assessment of falls in elderly and prevention. Prof PC Rath delivered a lecture on roles of stem cells in geriatrics. Several oral lectures were delivered by the scientist gathered from different parts of the country. The lectures were mainly focused on the gene and proteins level interventions for healthy aging. Prof MK Thakur delivered about the memory enhancement by using herbal product Ashwagandha in scopolamine induced amnesic mouse which mimics the memory loss during brain aging. Prof S Prasad delivered lecture on generation of Parkinson's disease mouse model for understanding cognitive decline. Prof Rajnikant Mishra delivered about the PAX genes and its roles in aging. Further, a good number of oral lectures on socio-psychological and biological issues in aging were delivered. In addition, a large number of poster were present during the 3days meeting.

AGI executive meeting was held on 8th November one day prior to the inauguration of IAC 2016. Various issues were discussed regarding spreading of aging research in the country and inclusion of aging study in undergraduate course in university and college level. . The next AGI meeting will be held at Hyderabad, India.

Symposium on Brain aging was organized during 31st Annual meeting (Sept. 20-22, 2017) of SSCI on September 21, 2017 in the Department of Zoology, Banaras Hindu University. Invited Speakers from almost all parts of world discussed age-related problem and updates on research for basic and applied gerontology. A film "Nibhritochari" was also shown on social problem of aging persons by Mr Sourav Sarkar, Kolkata.

Prof. M.S.Kanungo Memorial Lecture was delivered on 29-10-2017 by Prof. M.K Thakur at Ravenshaw University, Cuttack. Members of AGI have contributed several books including "Topics in Biomedical Gerontology (2017) eds. PC Rath, R Sharma, S Prasad, Springer Nature, Singapore, 355 pages, 77 illustrations. The AGI is proud of Prof. Ishan K. Patro for being Vice-Chancellor of the Ravenshaw University, Cuttack.



Inauguration of IAC 206 at AIIMS, New Delhi on 9th Nov 2016. Prof PN Tandon (extreme right) and team are lighting the lamp.



Chairpersons (Prof S Goto and TS Roy) chairing a session at IAC 2016



Participants (Prof IK Patro and Prof PC Rath) at IAC 2016