



Calcutta
Metropolitan
Institute of
Gerontology

Regional Resource & Training Center on Ageing



वर्षिक रिपोर्ट
ANNUAL REPORT



**Annual Report
2024-25**



Words are not enough to express the grief which is rooted so deep inside the core of our being ...

Homage

24th day of May 2025, at around 03:00 am we lost a noble soul which can never be replaced in this lifetime nor in any of those which are to come, here and hereafter, by generations yet unborn.

Late K.P. Bhattacharjee is no more, but his undying spirit has been inscribed in indelible ink, transcending space, time, causality and all earthly attributes and yet the luminous Illuminati continues to inspire us to move forward, to move towards the light, towards the divine orchid by dedication in abandon, by selfless service with no strings attached.

This was the final wish of the departed soul and we strive to fulfill it with passion, love and care to those in need....

We respect his last wish and pray to the Almighty to grant him eternal life and an everlasting abode in the Garden of Eden....

May his soul rest in peace and keep spreading the light:.....

All staff members as well as members of the Governing Body,
Beneficiaries, Students and Well-wishers of
Calcutta Metropolitan Institute of Gerontology
Regional Resource and Training Centre
Ministry of Social Justice and Empowerment, Government of India

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FOREWORD



Throughout the last three decades Calcutta Metropolitan Institute of Gerontology (CMIG) has been working with an unwavering zeal and sublime vision to harness and actualize the treasure-trove of creativity from senior citizens hailing from diverse dimensional substratum of our society. The ever expanding horizon of her cause and purpose shines forth with a domineering presence being rejuvenated with fresh vigour and dynamo all along her evolutionary movement. This silver spark of dedication and commitment has enabled us to envision a grand canvas heralded by an emerging order of unification and integration of diffuse academic domains. The revolutionary advancements in science and technology have instigated a worldwide movement towards a singular and holistic domain which not only promises to enrich and fulfil our lives but also ensure an overall stability, wellness and serenity of the silver age cohort. This year CMIG received special grant from MSJ&E through President's Fund on the eve of IDOP. We reached the remote places of West Bengal and Bihar to disseminate information about different elderly issues amongst the various stakeholders of the society. CMIG also collected data on 200 respondents through door- to- door surveys and face-to-face interviews in the community, which help us to build an all-inclusive community support model of the society.



Dr. Indrani Chakravarty
Chief Functionary

LIST OF GOVERNING BODY: 2024-25

Name	Designation
Sri. Santi Ranjan Chakraborty	President
Sri. Krishna Pada Bhattacharya	Vice-president
Sri Shanti Ranjan Pal	Joint Vice-president
Dr. Indrani Chakravarty	Chief Functionary/ Secretary, designated as Director, CMIG
Sri Utpal Ghatak	Treasurer
Dr. Sanjit Kumar Bhattacharjee	Member
Dr. Saumitra Basu	Member
Sri Tanmoy Sinha	Member
Dr. Sunita Chandra	Member
Smt. Nipa Majumdar	Member
Dr. Roona Nandy	Member

OUR MISSION

Our mission is to transform the ageing experience in the society, amongst the aged and the policy makers.

AIMS AND OBJECTIVES

CMIG was formed with the objective of capacity building amongst the aged through action oriented research programmes. Over the years, the institute has diversified its activities beyond its initial mandate. Spectrum of activities is unfolding with the changing landscape of the society.

The objectives for which the society is established are:

- ✦ To promote multi-disciplinary research in the field of Gerontology
- ✦ To provide a forum for the exchange of ideas among students and teachers and academics
- ✦ To publish or cause to be published quarterly Journals or research and review etc.
- ✦ To arrange and organize lectures, debates, discussions, seminars, camps, symposia in the field of Gerontology
- ✦ To establish and maintain a library for the benefit of the students and a free reading rooms for the study of Gerontology
- ✦ To accept and receive donations, subscriptions, Govt. Grants, fees etc. for the purpose of the society; To do all such other things as may be deemed incidental or conducive to the attainment of the foregoing objects
- ✦ To do all types of social services to Older People
- ✦ Professional courses for developing skilled geriatric care givers at the

community level. Post graduate courses in Gerontology and Age Management.

- ✦ Advocacy for the rights, securities and intergenerational bonding
- ✦ To offer a portfolio of services matching around the needs of the elderly
- ✦ To do all other things as may be deemed conducive to the attainment of the objectives and missions of the Govt. of India evolved with changing demands of the society

LIST OF SIGNIFICANT EVENTS – FY:2024-25

- ✦ **18th May, 2024:** Talk-show on Ageing, Theme: *The Beauty of Grey*, hosted by Esha Chakravarty (Medical Researcher) with Dr. Indrani Chakravarty, Chief Functionary of CMIG
- ✦ **21st May, 2024:** Governing Body Meeting (*Pre-AGM*) of CMIG
- ✦ **25th May, 2024:** Talk-show on- *Yoga: A Way of Life How can it help the Elderly?* hosted by Esha Chakravarty (Medical Researcher) with physiotherapist Kalyan Dey
- ✦ **14th June, 2024:** *CMIG observed* World Elder Abuse Awareness Day (*WEAAD*) at Rotary Sadan which has been organised by Dignity Foundation
- ✦ **15th June, 2024:** Talk-show on **World Elder Abuse Awareness Day (WEAAD)** hosted by Esha Chakravarty with CMIG's Chief Functionary Dr. Indrani Chakravarty of which theme was - *Elder Abuse: Exploring dark reality and remedies* (Platform on Social media)
- ✦ **18th June, 2024:** *AGM of CMIG* held at its RRTC-building
- ✦ **21st June, 2024:** Celebration of 10th International Day of Yoga (IDY) - 2024, of which the theme was *Yoga for self and society*, organised by MSJ&E, GOI in collaboration with CMIG at Purbalok premises
- ✦ **22nd June, 2024:** Talk-show on *Physiotherapy for elderly*, hosted by Esha Chakravaty with Kalyan Dey
- ✦ **23rd July, 2024:** Inauguration Ceremony of 10th batch (FY: 2024-25) School of Counselling Promotion of Wellbeing, National Council of Education, Bengal at Indumati Sabhagriho, Kolkata
- ✦ **21st August, 2024:** CMIG organised *Free Dental Check-up Camp* in collaboration with Hope Foundation & Taranga at CMIG's Purbalok premises
- ✦ **27th August, 2024:** CMIG organised *Free Eye Check-up Camp* in collaboration with AIWC at CMIG's Purbalok premises
- ✦ **29th August, 2024:** CMIG organized *Spiritual Activities for Elderly* at its Purbalok Day Care Centre in collaboration with 'Satya Sai Seva Samity' –Dhakuria Branch, Kolkata
- ✦ **31st August, 2024:** CMIG Celebrated National Nutrition Month (*Poshan Month*) with PGD students (run by CMIG)
- ✦ **01st September, 2024:** Talk-show on '*Nutrition for the Elderly*' on '*National Nutrition*

Week’ hosted by Ms. Esha Chakravaty with Dietician Ms. Ritushree Sen

- ✚ **08th September 2024:** Talk-show on *Healthy Eating... Healthy Ageing...*, discussion on Nutrition for the elderly hosted by Ms. Esha Chakravaty with one of our PGD Students Ms. Nilanjana Basu
- ✚ **21st September, 2024:** ARDSI observed *World Alzheimer’s Day* through academic discussions and events. *CMIG actively participated* in the programme by *chairing the academic sessions* and engaged in the day long activities
- ✚ **25th September, 2024:** CMIG conducted *Swachhata Hi Seva 2024*, organised by MSJ&E, Govt. of India, of which the Theme was “*Swabhav Swachhata, Sanskaar Swachhata*”
- ✚ **1st October 2024:** Celebration of IDOP with State Govt. at Rabindra Tirtha
- ✚ **04th October 2024: Senior Citizens Welfare Fund ::** Celebration of IDOP, Sponsored by MSJ&E, GoI (Activities: Intergenerational Bonding, Health Camp & Screening Movie at CMIG premises)
- ✚ **22nd October 2025:** Celebrating IDOP, Sponsored by NISD (Activities: Excursion for Our masima’s at Sri Jagannath Temple, Khidirpur)
- ✚ **25th October 2024:** Celebrating IDOP, Sponsored by NISD at **Darbhanga, Bihar** (Activities: session on theme of IDOP, Cyber security, Yoga, Meditation & Health Camp)
- ✚ **28th October 2024:** Celebrating IDOP, sponsored by NISD (Activities: Intergenerational Bonding, Health camp & screening movie) at Purbalok, CMIG premises
- ✚ **29th October 2024 :** Celebrating IDOP, sponsored by NISD (Activities: Yoga, Meditation, screening movie)
- ✚ **8th November 2024: Senior Citizens Welfare Fund :** Celebrating IDOP, Sponsored by MSJ&E, GoI (Activities: Session on MWPSC Act & IDOP Theme, Yoga session) at Kalyani, Nadia
- ✚ **12th November 2024: Senior Citizens Welfare Fund :** Celebrating IDOP, Sponsored by MSJ&E, GoI (Activities: MWPSC Act, Dementia, Cultural events) at Haltu Senior Citizen Forum, Kolkata
- ✚ **14th November 2024: Senior Citizens Welfare Fund :** Celebrating on IDOP, Sponsored by MSJ&E, GoI (Activities: MWPSC Act, Health Camp, Yoga, Cultural events) at Sundarban, South 24pgs.
- ✚ **19th November 2024: Senior Citizens Welfare Fund ::** Celebrating IDOP, Sponsored by MSJ&E, GoI (Activities: MWPSC Act, IDOP Theme) at Jalpaiguri

 **20th November 2024:** Senior Citizens Welfare Fund:: Monitoring visit to an Khagrabari Old Age Home, Alipurduar

 **21st November 2024:** Senior Citizens Welfare Fund:: Celebrating IDOP, Sponsored by MSJ&E, GoI (Activities: Session on MWPSA Act & IDOP Theme) at Alipurduar

 **26th November 2024:** Senior Citizens Welfare Fund :Celebrating IDOP, Sponsored by MSJ&E, GoI (Activities: Celeb. Constitution, MWPSA Act, Yoga, IDOP Theme) at Paschim Medinipur

 **7th December 2024:** Senior Citizens Welfare Fund:Celebrating IDOP, Sponsored by MSJ&E, GoI (Activities:Health Camp) at Sundarban,South 24 Parganas

 **17th – 18th December 2024:** Senior Citizens Welfare Fund: Theme of IDOP, Yoga & Meditation & Health Camp at Gaya, Nalanda, Bihar, Sponsored by MSJ&E, GoI

 **31st December 2024:** Senior Citizens Welfare Fund:: Cultural Events: Celebration of Christmas & New Year, Day Care Centre beneficiaries, 43, Purbalok, EM Bypass, Kalikapur, Kolkata-700099, Sponsored by MSJ&E, GoI

 **Month of January 2025:** PODCAST: Anubhav 2.0

 **7th January 2025:** “One day Awareness and Sensitization Programme on Maintenance and Welfare of Parents and Senior Citizens Act 2007”, Sponsored by NISD, MSJ&E, GoI, at 43, Purbalok, EM Bypass, Kalikapur, Kolkata-700099

 **12th January 2025:** Senior Citizens Welfare Fund :: 162nd Birthday Celebration Rally of Swami Vivekananda, Central Park Gate 2, Salt Lake City, Kolkata to Swami Vivekananda's Statue near FD Park, Sponsored by MSJ&E, GoI

 **16th January 2025:** Senior Citizens Welfare Fund:: Sports for Elderly, Eco Urban Village, Newtown, Kolkata, Sponsored by MSJ&E, GoI

 **28th January 2025:** One day Awareness Programme on Government Policy, Schemes and Programmes, Sponsored by NISD, MSJ&E, GoI at 43, Purbalok, EM Bypass, Kalikapur, Kolkata-700099

 **29th January 2025:** One day Awareness and Sensitization Programme on Promoting Intergenerational Bonding In School, Sponsored by NISD, MSJ&E, GoI at Paschim Medinipur

 **12th February 2025:** Senior Citizens Welfare Fund:: CMIG actively participated in the

sports event organized by Dignity Foundation at ECO URBAN VILLAGE, Newtown, Kolkata, Sponsored by MSJ&E, GoI

✚ **12th February 2025:** One day Awareness and Sensitization Programme on Government Policy, Schemes and Programmes Sponsored by NISD, MSJ&E, GoI, South 24pgs

✚ **18th February 2025: Senior Citizens Welfare Fund:** One day Seminar-Theme: Promoting "Ageing with Dignity" in Institutional & Community Settings, Sponsored by MSJ&E, GoI

✚ **24th February 2025:** One day Awareness and Sensitization Programme on Maintenance and Welfare of Parents and Senior Citizen Act 2007 Sponsored by NISD, MSJ&E, GoI at South 24pgs

✚ **27th February 2025:** One day Awareness and Sensitization Programme on Promoting Intergenerational Bonding In School, Sponsored by NISD, MSJ&E, GoI, at South 24pgs

✚ **3rd March, 2025:** Dr. R. Giriraj, former NISD Director & PMU visit RRTC Office

✚ **3rd March, 2025:** One day Awareness and Sensitization Programme on Promoting Intergenerational Bonding In college, Sponsored by NISD, MSJ&E, GoI, Vidyasagar College, Kolkata

✚ **4th March, 2025:** One day Awareness and Sensitization Programme on Maintenance and Welfare of Parents and Senior Citizen Act 2007" Sponsored by NISD, MSJ&E, GoI, North 24pgs

✚ **4th March, 2025:** One day Awareness and Sensitization Programme on Promoting Intergenerational Bonding In School, Sponsored by NISD, MSJ&E, GoI, North 24pgs

✚ **4th & 5th March, 2025:** INVITATION as GUEST OF HONOUR & DELIVER LECTURE: Two Day National Seminar titled "**Ageing Well: Moving Ahead for a Resilient Society**" organized by the Department of Sociology, University of Calcutta, in collaboration with National Institute of Social Defence, Ministry of Social Justice and Empowerment, Government of India

✚ **6th March, 2025:** One day Awareness and Sensitization Programme on Government Policy, Schemes and Programmes, Sponsored by NISD, MSJ&E, GoI, North 24pgs

✚ **10th March, 2025:** One-Day Awareness /Sensitization Programme on Diet & Nutrition for Senior Citizens", Sponsored by NISD, MSJ&E, GoI, CMIG premises

✚ **17th — 19th March, 2025:** Three-day Residential Training Programme on Music Therapy and other related therapies", Sponsored by NISD, MSJ&E, GoI, CMIG premises

20th — 22nd March, 2025: Three Day Residential Training Programme on Yoga for Senior Citizens, Physiotherapy, Naturopathy, Sponsored by NISD, MSJ&E, GoI, CMIG premises

25th — 27th March, 2025: Three Days Residential Training Programme on Geriatric Counselling", Sponsored by NISD, MSJ&E, GoI, CMIG premises

28th — 30th March, 2025: Three Days Residential Training Programme on Geriatric Care", Sponsored by NISD, MSJ&E, GoI, CMIG premises

8th April, 2025: One day Awareness Programme on Government Policy, Schemes and Programmes, Sponsored by NISD, MSJ&E, GoI, Howrah

11th April, 2025: One day Awareness and Sensitization Programme on Maintenance and Welfare of Parents and Senior Citizen Act 2007" Sponsored by NISD, MSJ&E, GoI, Hooghly

25th April, 2025: One day Awareness and Sensitization Programme on Promoting Intergenerational Bonding In college, Sponsored by NISD, MSJ&E, GoI, North 24pgs

OVERVIEW OF ACTIVITIES AND ACHIEVEMENTS OF CMIG IN FY: 2024-25

18th May, 2024: Talk-show on Ageing:

This talk-show of which the Theme was *The Beauty of Grey*, was hosted by Ms. Esha Chakravarty (Medical Researcher) with Dr. Indrani Chakravarty, Chief Functionary of CMIG.



21st May, 2024: Governing Body Meeting (Pre-AGM) of CMIG:

The Governing Body Meeting (Pre-AGM) of Calcutta Metropolitan Institute of Gerontology (CMIG), was held on 21st May 2024 (Tuesday) at 04.00 p.m. at 43, Purbalok, E.M.ByPass (Kalikapur), Kolakata-700099.

The Agenda of the meeting was as follows:

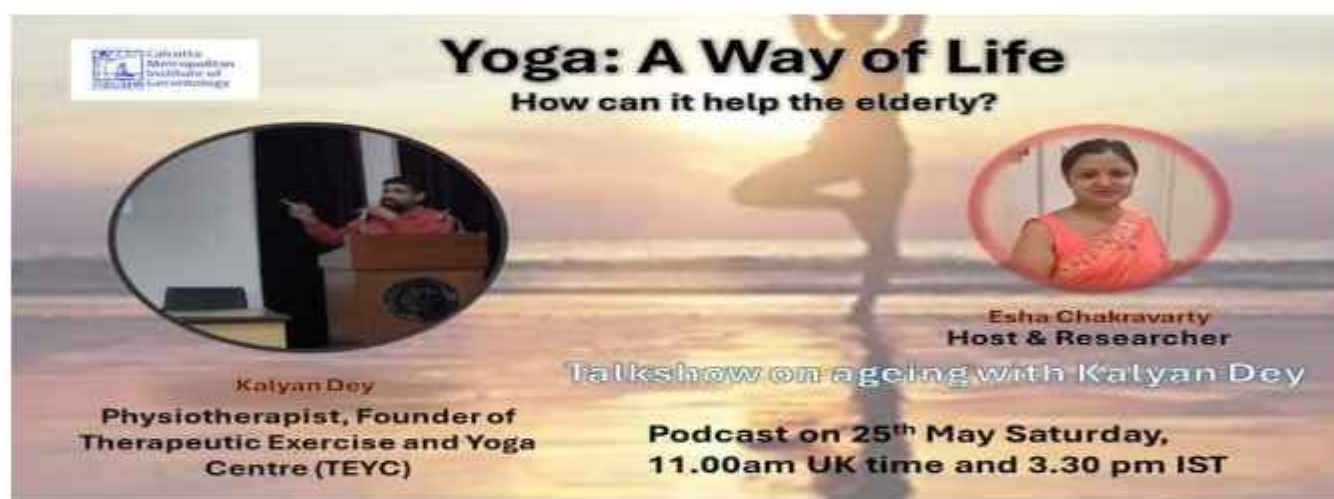
- ❖ Date of AGM to be finalized
- ❖ Discussion regarding formation of Governing Body for FY: 2024-25
- ❖ New Project Proposal to be proposed by Dr. Roona Nany (G.B. Member)
- ❖ Appointment of new Auditor

❖ Any other point with the permission of the chair

The meeting started with 'Welcome Address' by the Vice-President, Sri Krishna Pada Bhattacharya. After a brief discussion among the Members, **it is decided** in the House that the Annual General Meeting (AGM) for FY: 2023-24 would be held on **18th June** (Tuesday) 2024, at 04.00 p.m., at our Purbalok-Office.

25th May, 2024: Talk-show on-Yoga:

This talk-show of which the Theme was *Yoga: A Way of Life... How can it help the Elderly* was hosted by Ms. Esha Chakravarty (Medical Researcher) with Mr. Kalyan Dey (Physiotherapist).



14th June, 2024 – Observance of WEEAD:

The President & the Chief Functionary of CMIG *observed* World Elder Abuse Awareness Day (*WEAAD*), organized by Dignity Foundation, at Rotary Sadan, Kolkata. The President & the Chief Functionary of CMIG both have actively participated in that day long Programme.



15th June, 2024: Talk-show on World Elder Abuse Awareness Day (WEAAD):

The talk-show was hosted by Ms. Esha Chakravarty (Medical Researcher) with CMIG's Chief Functionary Dr. Indrani Chakravarty of which the Theme was - *Elder Abuse: Exploring dark reality and remedies*, (Platform: Social media).



18th June, 2024: AGM of CMIG held at its RRTC-Building:

Annual General Meeting (AGM) of Calcutta Metropolitan Institute of Gerontology (CMIG) was held on 18th June, 2024 at Purbalok, Kolkata. The meeting started with 'Welcome Address' by the President, Sri Shanti Ranjan Chakraborty. Before proceeding further, the President requested the gathering to *observe 'one-minute silence' for the sad demise of our former President* Late Suranjan Sengupta.

The Secretary cum Chief Functionary of CMIG, Dr. Indrani Chakravarty, along with the RRTC's Project Coordinator, presented the 'Activities of CMIG: 2023-24', through PowerPoint presentation.

Mr. Ipsito Chakravarty, Project Director of RRTC, discussed about the "Theme of New Podcast Series" through his Power Point presentation.

Secretary Madam discussed before the House about formation of new 'Governing Body' of CMIG for current FY and proposed the name of Sri Shanti Ranjan Paul as the Joint Vice-president. After brief discussion, the **new Governing Body of CMIG for FY: 2024-25** was formed unanimously.





✚ 21st June, 2024:

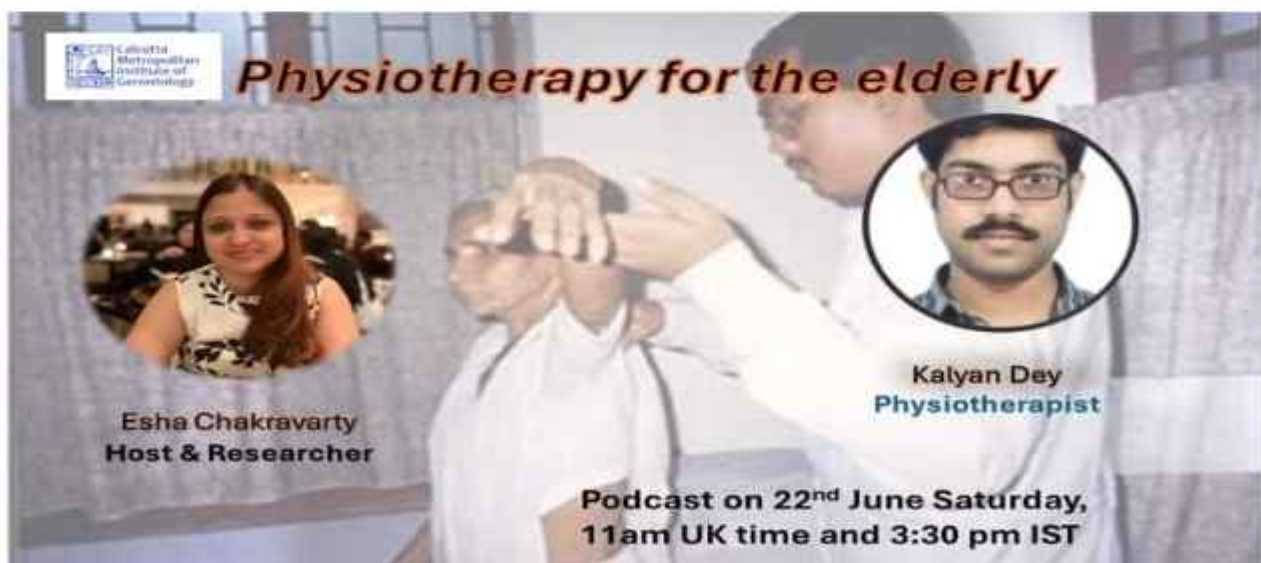
Celebration of 10th *International Day of Yoga (IDY) - 2024*, of which the Theme was *Yoga for self and society*, organised by MSJ&E, Govt. of India, in collaboration with CMIG, at Purbalok premises.





22nd June, 2024: Talk-show on Physiotherapy for the elderly:

It was hosted by Ms. Esha Chakravaty (Medical Researcher) with Mr. Kalyan Dey (Physiotherapist).



- ✚ **23rd July, 2024:** Dr. Indrani Chakravarty, Chief Functionary of CMIG, participated in the Inauguration Ceremony of 10th batch (FY: 2024-25) of 'School of Counselling & Promotion of Wellbeing', National Council of Education, Bengal, at Indumati Sabhagriho, Kolkata.



- ✚ **21st August, 2024:** CMIG organized *Free Dental Check-up Camp* in collaboration with 'Hope Foundation' & 'Taranga' at CMIG's Purbalok premises.



- ✚ **27th August, 2024:** CMIG organized *Free Eye Check-up Camp* in collaboration with 'All India Women's Conference (AIWC)', at CMIG's Purbalok premises.



- ✚ **29th August, 2024:** CMIG organized '*Spiritual Activities for the Elderly*', in collaboration with 'Satya Sai Seva Samity –Dhakuria Branch, Kolkata', at its Purbalok Day Care Centre.



✚ **31st August, 2024:** CMIG Celebrated *Poshan Month* (National Nutrition Month), with students of PGD Course on Gerontology & Age Management (recognized by University of Calcutta), run by CMIG.

**Celebration of National Nutrition Month
(POSHAN MONTH)**

Orchestrated by students of our PGD course on 'Gerontology & Age Management' recognized by University of Calcutta



Sol Invictus (Eternal Sun):
As Ultra Violet rays from the Sun, the great 'Ball of Fire', sustain life of all forms on planetary earth, so does nutrition nourishes our bodies and rejuvenates our minds and spirit with renewed vigour and splendour. This blazing passion which is the very essence of being human, heralds a cascade of developments on all frontiers which elevates us right atop the pinnacle of the evolutionary chain of species...
Our vision is to promote large-scale awareness about the prime importance of nutrition and balanced diet which can ensure a graceful and dignified ageing.

**Healthy eating
Healthy ageing**
Discussion on nutrition for the elderly



**Podcast on 8th September, Sunday
11.30am UK time and 4pm IST**



Calcutta Metropolitan
Institute of Gerontology
The discussion will provide an L...
<https://www.facebook.com/share/v/1wgDEiRjzxvmMX8N/?mibextid=afx72>

https://www.youtube.com/live/9ergvt_TZyQ?si=2_7CYzkdvo1Sv07Q

✚ **01st September, 2024:** Talk-show on '*Diet for the Elderly*' in '*National Nutrition Week*', was hosted by Ms. Esha Chakravaty (Medical Researcher) with Dietician Ms. Ritushree Sen (Nutritionist).



**Reetushri Sen
Nutritionist**

Diet for the elderly
**Talkshow on nutrition for the elderly
on National Nutrition Week**



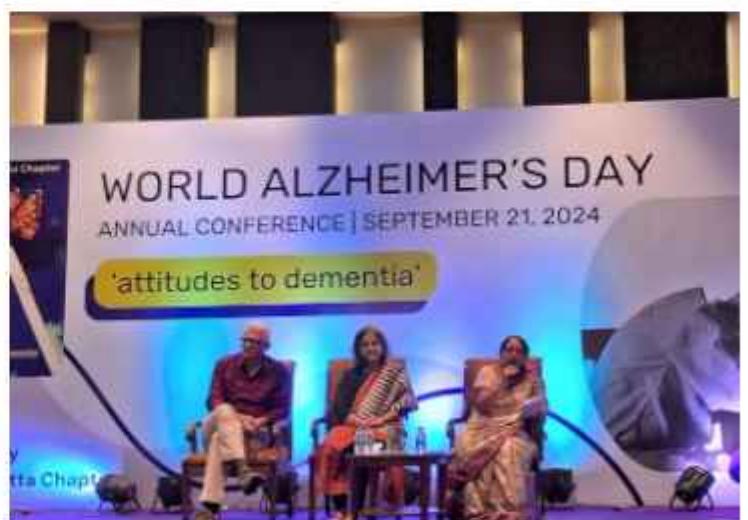
**Esha Chakravaty
Host & Researcher**

**Podcast on 1st September, Sunday
11.30am UK time and 4pm IST**

✚ **08th September 2024:** Talk-show on *Healthy Eating... Healthy Ageing...*, (Discussion on Nutrition for the elderly), was hosted by Ms. Esha Chakravarty (Medical Researcher) with one of our PGD Students Ms. Nilanjana Basu (Gerontology-Worker).



✚ **21st September, 2024:** ARDSI observed *World Alzheimer's Day* through academic discussions and events. *CMIG actively participated* in the programme by *chairing the academic sessions* and engaged in the day long activities.



✚ **25th September, 2024:** CMIG has conducted '*Swachhata Hi Seva 2024*', organized by MSJ&E, Govt. of India, of which the Theme was "*Swabhav Swachhata, Sanskaar Swachhata*"; along with '*Ek Ped Maa Ke Naam*'.



1st October 2024: Celebration of International Day for Older Persons (IDOP)
with Department of Women & Child Development and Child Welfare, Government of West Bengal at Rabindra Tirtha, Newtown, Kolkata.



Dr Shashi Panja, Minister of Women and Child Development and Social Welfare, West Bengal (seen second from left succeeding Dr Indrani Chakravarty)



Leftmost to rightmost : Our Governing Body Core Member followed by Chief Functionary, Dr. Indrani Chakravarty succeeded by two Centenarians, who are beneficiaries of our Day Care Centre which we have been sustaining solely based on donations and self funding



Minister communication with Dr Indrani whence she said that this is a bold and rare initiative from Dr Indrani which worthy of salutations and praise



CMIG provided optimal handholding support to the State Gov. by inviting two Resource Persons to sensitize the gamut of audience/participants of this event on Cyber Security and online financial management

 Celebration of International Day for Older Persons (IDOP)
sponsored by Ministry of Social Justice and Empowerment
(MSJ&E), Government of India

UN Theme: With the declaration of the central theme for International Day of Older Persons (IDOP) by United Nations (UN) in 2025, a new perspective on ageing have come to the fore. Our research team has hypothesized that, 'Ageing with Dignity' can be obtained in the context of Geriatric Care if there is mutual love and respect between both the caregiver and care recipient. This kind of reciprocity emerges naturally when both the 'giver' and the 'receiver' contribute actively towards holistic development.

Senior citizens will no longer be passive care receivers but active citizens contributing to the overall development of our society by leading the way.

This initiates a paradigm-shift in our approach, with the needle slowly shifting from objective to the subjective perspective. Once again, this 'proactive ageing' can be harnessed if the environments/ circumstances are conducive to the productivity of senior citizens. Hence the importance of care & support systems for older persons is perfectly justified. This plan of approach has been mopped out our mandated activities formulated and send to us by Ministry of Social Justice & Empowerment. With direction & support by the Central Governance CMIG initiated her campaign to operationalize the UN theme by organizing health camps in different districts of West Bengal and Bihar. This is a targeted endeavour to address the marginalized segment of the 60+ cohort who benefited from the free health check-up and OTC medicines prescribed by registered physicians.

Our aim & objective was to tap into those facts of ageing which instigate proactive participation of senior citizens.

In this regard, Yoga & Pranayam seemed to have a deep impact on all participants. This ancient practice has survived the test of time and it can harness joyous participation and promote mental & physical well-being irrespective of gender, education & economic status.

Intergenerational Bonding is a paradigm which is gaining widespread popularity and is also becoming an integral facet in gerontological research...it's a milieu of

two different generations, a confluence of the past and the future beckoning the present to sustain the temporal continuum. Indeed, generational integration continues to remain the foundational aspect of growth and development.


04th October 2024: Senior Citizens Welfare Fund :Celebrating IDOP sponsored by MSJ&E, GoI (Activities: Session on Intergenerational Bonding, Health Camp & Screening Movie) at CMIG premises, Sponsored by MSJ&E, GoI.





🌈 **22nd October, 2025:** Celebrating IDOP, organized by NISD, MSJ&E, GoI, in collaboration with CMIG (Activities: An excursion for our masima's at Sri Jagannath Temple, Khidirpur.





25th October, 2024: Celebrating IDOP organized by NISD, MSJ&E, GoI, in collaboration with CMIG, at Darbhanga, Bihar (Activities: Session on theme of IDOP & Cyber security, Yoga & Meditation session & Health Camp)





✚ **28th October, 2024:** Celebrating IDOP, organized by NISD, MSJ&E, GoI, in collaboration with CMIG (Activities: Session on Intergenerational Bonding, Health Camp & Screening movie) at Purbalok ,Kolkata.





29th October 2024: Celebrating IDOP, organized by NISD, MSJ&E, GoI, in collaboration with CMIG (Activities: Yoga & Meditation session, screening movie) at Purbalok



8th November 2024: Senior Citizens Welfare Fund

Celebrating IDOP, organized by NISD, MSJ&E, GoI in collaboration with CMIG (Activities: MWPSC Act, IDOP Theme, Yoga) at Kalyani, Nadia



 **12th November 2024: Senior Citizens Welfare Fund: Celebrating on IDOP,** Sponsored by MSJ&E, GoI (Activities: MWPSA Act, Dementia, Cultural events) at Haltu Senior Citizen Forum, Kolkata.



 **14th November 2024: Senior Citizens Welfare Fund : Celebrating IDOP,** Sponsored by MSJ&E, GoI (Activities: Session on MWPSA Act, Health Camp, Yoga session, Cultural events) at Sundarban, South 24parganas

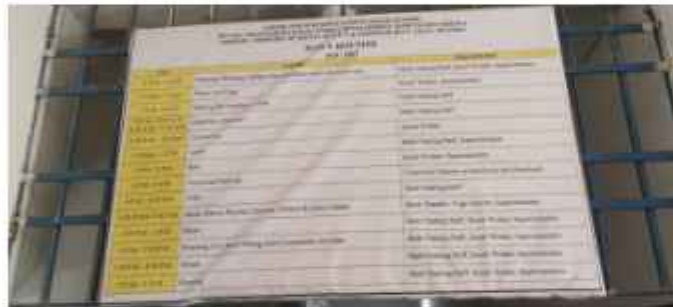


✚ **19th November 2024: Senior Citizens Welfare Fund: Celebrating on IDOP, Sponsored by MSJ&E, GoI (Activities: Session on MWPSC Act & IDOP Theme) at Jalpaiguri**





20th November 2024: Senior Citizens Welfare Fund :: Monitoring visit of Khagrabari Old Age Home, Alipurduar





21st November 2024: Senior Citizens Welfare Fund :Celebrating IDOP, Sponsored by MSJ&E, GoI (Activities: MWPSC Act, IDOP Theme) at Alipurduar




26th November 2024: Senior Citizens Welfare Fund: Celebrating IDOP,
 Sponsored by MSJ&E, GoI (Activities: Celebration of Constitution Day, Session on WPSC Act, & IDOP theme, Yoga session) at Paschim Medinipur




7th December 2024: Senior Citizens Welfare Fund: Celebrating IDOP,
 Sponsored by MSJ&E, GoI (Activities: Yoga & Cultural Programmes, Health Camp) at Sundarban, South 24 Parganas



‘Ageing with Dignity’: West Bengal Chapter, Sundarbans, South 24 Parganas

Successful Ageing...Healthy ageing...Ageing with Dignity...these were the phenotypes that kept encircling our minds as we set out for yet another field survey...we, staff members & researchers of CMIG were in for a hard knock. Sundarbans, South 24 parganas district of West Bengal, a place well-known for being the abode of Royal Bengal tigers has been a sort of ‘Black Hole’ for any systematic research on elderly population...the ‘why’ was much awaited. This is a district which is dominantly rural and generally devoid of any organized infrastructure to deliver care & support to the elderly...even basic medical facilities are wanting. Neglected and poor, isolated and cut-off from any holistic developmental agenda, we wondered how exactly or what exactly ‘Ageing with Dignity’ might look like in these forlorn islands...



1. One Day Sensitization Programme in Champa Mahila Society of Sundarbans wherein we included Yoga & Cultural programmes for therapeutic effect and a medical camp which was executed parallely in the same premise
2. Medical Camp held at the remote corner of Mathurakhanda of Sundarbans



We are on our way forward...

17th December 2024: Senior Citizens Welfare Fund:: Celebration of IDOP

Session on theme of IDOP, Yoga & Meditation session & Health Camp for marginalized elderly at Konch Bazar, Konch, in Gaya district, Bihar, Sponsored by MSJ&E, GoI.



18th December 2024: Senior Citizens Welfare Fund :Theme of IDOP, Yoga & Meditation & Health Camp at Shilao, in district Nalanda, Bihar Sponsored by MSJ&E, GoI



31st December 2024: Senior Citizens Welfare Fund :Cultural Events: Celebration of Christmas & New Year, Day Care Centre beneficiaries, 43, Purbalok, EM Bypass, Kalikapur, Kolkata-700099, Sponsored by MSJ&E, GoI.

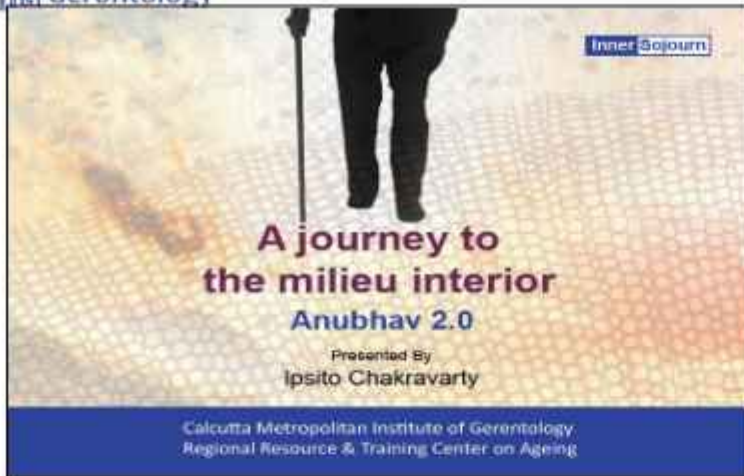


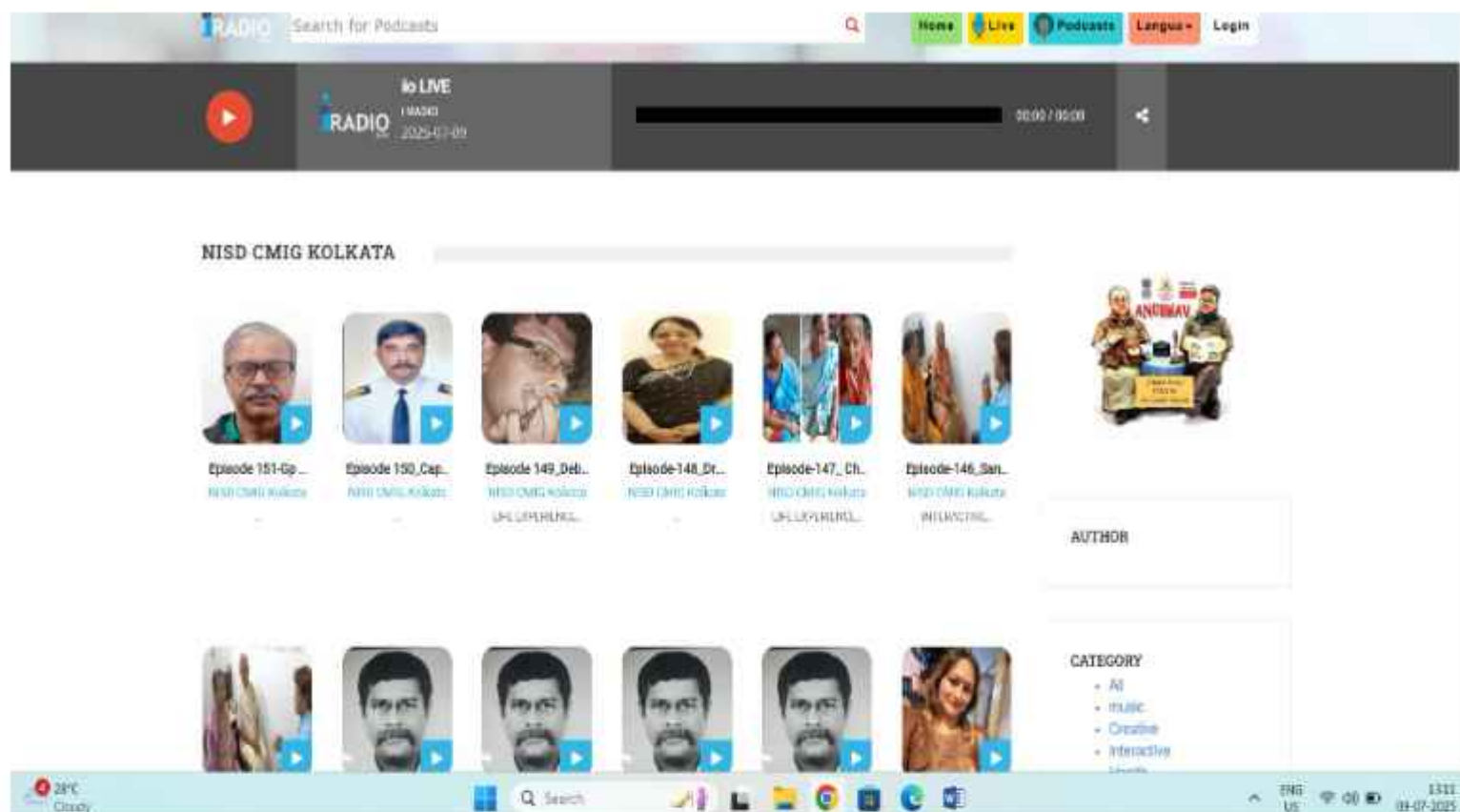


January – April, 2025: *PODCAST: Anubhav 2.0*

Podcast Anubhav 2.0 - Government of India, Ministry of Social Justice and Empowerment through National Institute for Social Defence and Media 4 Community Foundation proudly presents Anubhav 2.0 - podcasts by, of and for Senior citizens. A notable aspect of the Anubhav 2.0 initiative is the establishment of 11 centres across the country.

The podcast is an insightful initiative aimed at capturing the voices, experiences and wisdom of the elderly





7th January 2025: “One Day Awareness and Sensitization Programme on Maintenance and Welfare of Parents and Senior Citizens Act 2007”, organized by NISD, MSJ&E, GoI, in collaboration with CMIG at, 43, Purbalok, EM Bypass, Kalikapur, Kolkata-70009



12th January 2025: Senior Citizens Welfare Fund :162nd Birthday Celebration Rally of Swami Vivekananda, Central Park Gate 2, Salt Lake City, Kolkata to Swami Vivekananda's Statue near FD Park, Sponsored by MSJ&E, GoI






16th January 2025: Senior Citizens Welfare Fund :Sports for Elderly, Eco Urban Village, Newtown, Kolkata, Sponsored by MSJ&E, GoI.






28th January 2025: One Day Awareness Programme on Government Policy, Schemes and Programmes organized by NISD, MSJ&E, GoI, in collaboration with CMIG at 43, Purbalok, EM Bypass, Kalikapur, Kolkata-700099.






29th January 2025: One day Awareness and Sensitization Programme on Promoting Intergenerational Bonding In School, organized by NISD, MSJ&E, GoI in collaboration with CMIG at Paschim Medinipur.





✚ 3rd February, 2025: Saraswati Puja

Saraswati Puja was arranged in CMIG's Beliaghata-Office. All the Beneficiaries of DCC, Members and Staff-members were actively participated in that auspicious ceremony. Our Masimas love to participate in religious activities like the Puja and other rituals. They look forward to this day every single year for the sheer enjoyment they get with their peer group. In addition to 'Prasadam', the main lunch was organised by the centre



✚ **12th February 2025: Senior Citizens Welfare Fund:** CMIG actively participated in the sports event organized by Dignity Foundation at ECO URBAN VILLAGE, Newtown, Kolkata, Sponsored by MSJ&E, GoI.



🌟 **12th February 2025:** One day Awareness and Sensitization Programme on Government Policy, Schemes and Programmes, organized by NISD, MSJ&E, GoI, in collaboration with CMIG at South 24pgs.



 18th February 2025: Senior Citizens Welfare Fund: Concluding Seminar of the IDOP programme

Theme of the Seminar: Promoting 'Ageing with Dignity' in Institutional and Community settings Sponsored by MSJ&E, GoI at Dr. Triguna Sen Auditorium, Jadavpur, Kolkata







24th February 2025: One day Awareness and Sensitization Programme on Maintenance and Welfare of Parents and Senior Citizen Act 2007", organized by NISD, MSJ&E, GoI, in collaboration with CMIG at South 24Parganas.



27th February 2025: One day Awareness and Sensitization Programme on Promoting Intergenerational Bonding In School, organized by NISD, MSJ&E, GoI, in collaboration with CMIG at South 24pgs



3rd March, 2025: Dr. R. Giriraj, Former NISD Director & PMU visit RRTC Office





✚ **3rd March, 2025:** One day Awareness and Sensitization Programme on Promoting Intergenerational Bonding In college, organized by NISD, MSJ&E, GoI, in collaboration with CMIG at Vidyasagar College, Kolkata



4th March, 2025: One day Awareness and Sensitization Programme on Maintenance and Welfare of Parents and Senior Citizen Act 2007 organized by NISD, MSJ&E, GoI in collaboration with CMIG at North 24pgs



4th March, 2025: One day Awareness and Sensitization Programme on Promoting Intergenerational Bonding In School organized by NISD, MSJ&E, GoI, in collaboration with CMIG at North 24pgs





4th & 5th March, 2025: INVITATION as GUEST OF HONOUR & DELIVER LECTURE: Two Day National Seminar titled "**Ageing Well: Moving Ahead for a Resilient Society**" organized by the Department of Sociology, University of Calcutta, in collaboration with National Institute of Social Defence, Ministry of Social Justice and Empowerment, Government of India




6th March, 2025: One day Awareness and Sensitization Programme on Government Policy, Schemes and Programmes, organized by National Institute of Social Defence, Ministry of Social Justice and Empowerment, Government of India




10th March, 2025: One-Day Awareness /Sensitization Programme on Diet & Nutrition for Senior Citizens", organized by National Institute of Social Defence, Ministry of Social Justice and Empowerment, Government of India in collaboration with CMIG at RRTC premises




17th -19th March, 2025: Three-day Residential Training Programme on Music Therapy and other related therapies”, organized by National Institute of Social Defence, Ministry of Social Justice and Empowerment, Government of India in collaboration with CMIG at CMIG Purbalok premises.





20th - 22nd March, 2025: Three Day Residential Training Programme on Yoga for Senior Citizens, Physiotherapy, Naturopathy, organized by NISD, MSJ&E, GoI, in collaboration with CMIG, at CMIG:RRTC premises.



25th - 27th March, 2025: Three Days Residential Training Programme on Geriatric Counselling”, organized by National Institute of Social Defence, Ministry of Social Justice and Empowerment, Government of India in collaboration with CMIG, at CMIG: RRTC premises.



28th-30th March, 2025: Three Days Residential Training Programme on Geriatric Care”, organized by National Institute of Social Defence, Ministry of Social Justice and Empowerment, Government of India in collaboration with CMIG, at CMIG: RRTC premises.





 **8th April, 2025:** One day Awareness Programme on Government Policy, Schemes and Programmes, organized by NISD, MSJ&E, GoI, in collaboration with CMIG at Howrah



✚ **11th April, 2025:** One day Awareness and Sensitization Programme on Maintenance and Welfare of Parents and Senior Citizen Act 2007" organized by NISD, MSJ&E, GoI, in collaboration with CMIG at Hooghly



✚ **25th April, 2025:** One day Awareness and Sensitization Programme on Promoting Intergenerational Bonding In college, organized by NISD, MSJ&E, GoI, in collaboration with CMIG at North 24pgs



One Year Post Graduate Diploma (PGD) in Gerontology & Age Management (recognized by University of Calcutta)

CMIG conducts a one-year Post Graduate Diploma Course in “Gerontology & Age Management” which is recognized by University of Calcutta. The course is a cross fertilization between Gerontology & Management with emphasis on Geriatric Counselling. The passed out candidates are equipped to act as Geriatric Care Managers who are trained to design and implement a holistic Care Plan for the geriatric person and coordinates with physicians, rehabilitationists, vocational therapists, lawyers etc., thus addressing all the facets of life of a geriatric person. The ultimate aim and objective of a Care Manager is to maintain and enhance the quality of life of a geriatric person, thereby facilitating graceful ageing. The session for the 12th Batch commenced on 17th May 2025.



Day Care Centre (DCC)

CMIG has been running the DCC for the marginalised elderly since 1993

Objectives:

- Keeping the aged integrated in their respective families
- Giving importance to their needs
- Provide necessary help and relief to them
- Integrate them with the mainstream society
- Rehabilitate them as active citizens

Activities:

30 beneficiaries attend the centre at 12 noon every day.

The following activities are undertaken:

1. Prayer
2. Doing income-generating activities (making paper bags, stitching clothes etc.)
3. Watching TV
4. Playing Ludo
5. Interacting with the volunteers help them to relax and reorient in the DCC setting.

They also receive food and medicines for their physical ailments. Also, rations are given to the beneficiaries on a regular basis. A television set has been installed in the centre which helps them pass their time relaxing and watching their favourite shows or movies on T.V. Other than the beneficiaries frequently get lunch treats from the neighbours and well-wishers.



Meeting of the Governing Body

All events, decisions and directions for CMIG are guided by the Governing Body Members. At CMIG General Meetings and special meetings were held regularly in Financial Year 2024-25.

Schedule of the Meetings:

21.05.2024: Governing-Body Meeting (Pre-AGM) held at 4.00 pm at Purbalok, (Kalikapur), Kolakata.

18.06.2024: Annual General Meeting for FY: 2022-23 held at 04.00p.m. at Purbalok, Kolkata.

09.08.2024: Governing-Body Meeting (Post-AGM) held at 3.30 pm at Sopan Kutir, Belegghata, Kolkata.

List of Donors:

- **Dignity Foundation**
- **AIWC – Kolkata Chapter**
- **Asha Trust**
- **Ms. Dipa Bhaumik**
- **Dr. Indrani Chakravarty**
- **Ms. Papri Das**
- **11th batch of PGD**
- **Dr. Sanjit Bhattacharya**
- **Mr. Santi Ranjan Chakraborty**
- **Mr. Shanti Ranjan Pal**
- **Mr. Shyamalendu Mukherjee**
- **Ms. Sarmila Mallick**
- **Ms. Sneha Asri**
- **Dr. Ketaki Das**
- **Mr. Partha Pratim Bose**
- **Ms. Anusua Mondal**
- **Dr. Roona Nandy**
- **Mr. Raja Banerjee**

Dr. Indrani Chakravarty, Director, CMIG extends her sincere gratitude to all donors and well-wishers who have contributed to our organisation either in cash or kind.

VOTE OF THANKS

As the Chief Functionary, I would like to thank all the officials of Ministry of Social Justice & Empowerment, Government of India and all staff, volunteers, trainers, individual donors, donor-agencies and other well-wishers for helping in running CMIG's programme well. I also express my sincere gratitude to the Managing Committee members who have taken many important decisions.

I thank them for their constant help and advice.



Dr. Indrani Chakravarty

Secretary

CMIG: RRTC on Ageing

Kolkata, West Bengal

URL: www.cmig.in



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ANNUAL REPORT



Annual Report 2024-25