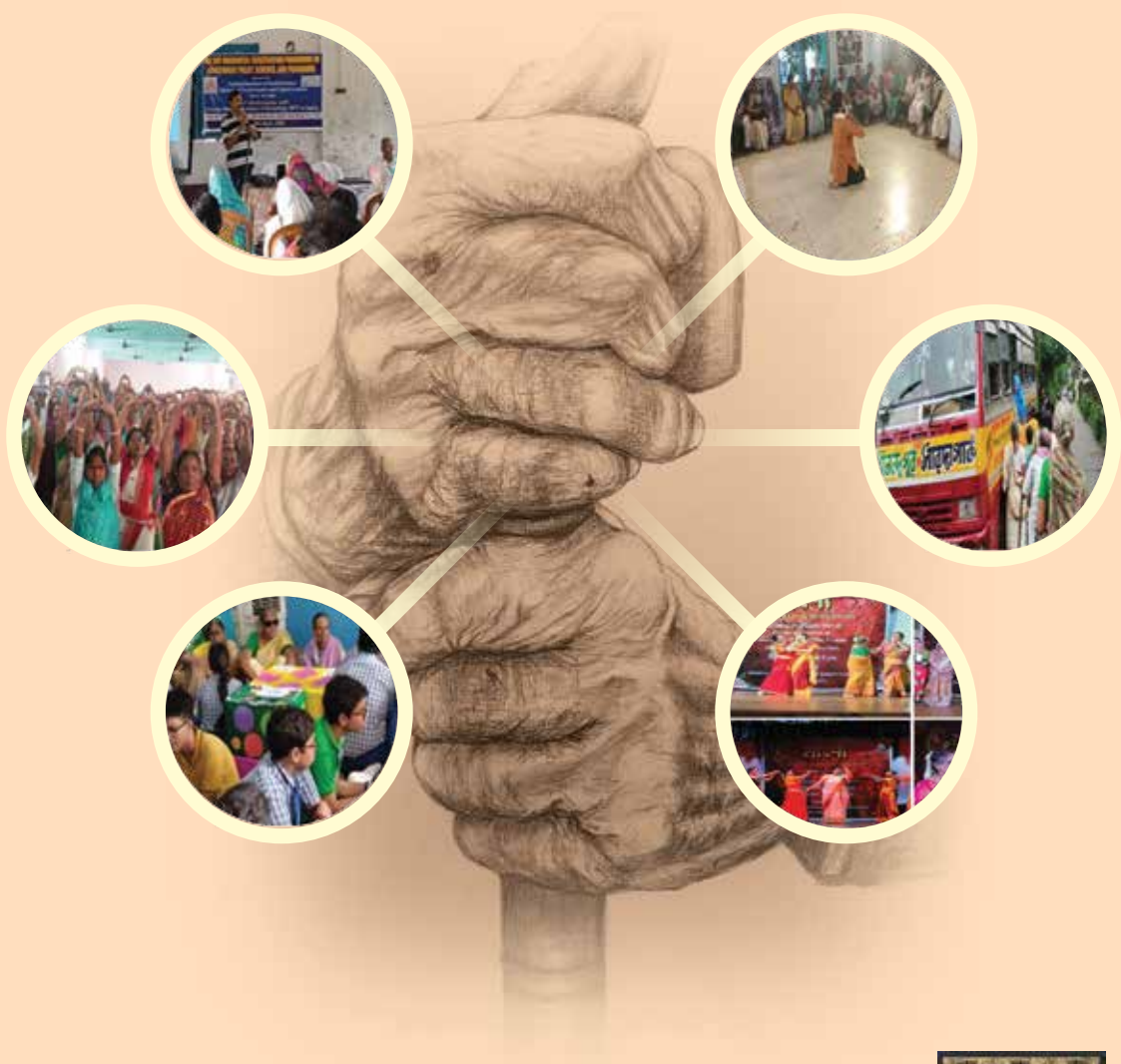


Calcutta
Metropolitan
Institute of
Gerontology

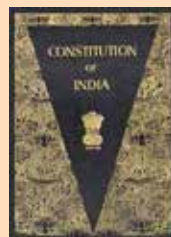
Regional Resource & Training Center on Ageing

वर्षिक रिपोर्ट, 2025-2026

ANNUAL REPORT, 2025-26



Digital India
Power To Empower



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FOREWORD



In the wake of Information Age it goes without saying that despite the many challenges and debacles of ageing, new vistas and novel frontiers are opening up for older adults of all communities. Our national panorama is witnessing an ever increasing tide of social participation and engagement of senior citizens which no doubt is a beacon of inspiration to the younger generation. Thanks to a multitude of initiatives on part of our Governance, the nation is undergoing a creative transformation with the increased involvement of the

silver generation in all matters of public interest.

CMIG being a dedicated institution with decades-long history of fostering the well-being of senior citizens, has been productively engaged in society with varied activities all meant to promote the same cause. Throughout the FY : 2025-26, CMIG conducted the Annual Regional Workshop wherein representatives of all Partner NGOs participated and the future roadmap was laid down in blueprint with unanimous consent of the House. Noble and unique activities included “বিনি সুতোর রূপোলি রেখা”(Part -I) and ‘লাবণ্য’ (Part - II), we anticipate that, in the days ahead, we will continue these activities while maintaining our full focus on our core objectives.



Dr. Indrani Chakravarty
Chief Functionary

GOVERNING BODY OF CMIG, in FY: 2025-26

संचालन समिती - सी एम आइ जी, २०२५-२०२६

Sri Santi Ranjan Chakraborty	President
श्री सांति रंजन चक्रवर्ती	अध्यक्ष
Sri Shanti Ranjan Pal	Vice - President
श्री शांति रंजन पाल	उपाध्यक्ष
Smt. Sunita Chandra	Joint Vice-President
श्रीमती सुनीता चंद्रा	संयुक्त उपाध्यक्ष
Dr. Indrani Chakravarty	Chief Functionary/Secretary, designated as Director, CMIG
डॉ इंद्राणी चक्रवर्ती	सचिव
Sri Utpal Ghatak	Treasurer
श्री उत्पल घटक	कोषाध्यक्ष
Sri Tonmay Sinha	Event Coordinator
श्री तनमय सिन्हा	कार्यक्रम समन्वयक
Smt. Nipa Majumdar	Member
श्रीमती नीपा मजुमदार	सदस्य
Sri Partha Pratim Bose	Member
श्री पार्थ प्रतिम बोस	सदस्य
Dr. Roona Nandy	Member
डॉ रुना नंदी	सदस्य
Dr. Sanjit Kumar Bhattacharya	Member
डॉ संजीत कुमार भट्टाचार्य	सदस्य
Smt. Sagarika Datta	Member
श्रीमती सागरिका दत्ता	सदस्य

OUR MISSION

Our mission is to transform the ageing experience in the society, amongst the aged and the policymakers

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 room 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
- To promote Financial Literacy and Wealth Management
- To conduct Technology Training
- To organize Health & Wellness Programmes
- To commence Collaboration with Stakeholders
- To arrange Recreational and Social Activities
- To dedicate in Information Dissemination

LIST OF SIGNIFICANT EVENTS

8th April, 2025: One Day Awareness Programme on Government Policy. Schemes and Programmes, sponsored by NISD, MSJ&E. Gol. 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. Gol. Hooghly.

25th April, 2025: One Day Awareness and Sensitization Programme on Promoting Intergenerational Bonding in College. Sponsored by NISD. MSJ&E. Gol. North 24 Parganas.

3rd May, 2025: Celebration of Rabindra Jayanti, our DCC Maashims’s, sponsored by Care Unlimited.

15th June, 2025: “Special Events- **World Elder Abuse Awareness Day (WEAAD)**), organised by NISD, Govt of India. Jamuna Nagar Smriti Sangha, B/61, Jamuna Nagar, Kolkata, West Bengal, Pin-700099.

21st June, 2026: Special Event – “**International Day of YOGA**”(IDY), organised by NISD, Govt of India, Mukunda Bhawan, Mukundapur Main Road, Mukandapur, Kolkata – 700099.

29th July, 2025: **TCS INVITATION**-TCS conducted the Corporate Social Responsibility event of **Musical Afternoon** with our DCC Mashima’s at TCS Gitanjali Park on Tuesday 29th July 1.00pm onwards

2nd August, 2025: AGM of CMIG held at its RRTC-building

28th August, 2025: “One Day Awareness/Sensitization Programme on Holistic Health including Yoga, Natural Therapy & Physiotherapy” Organised by National Institute of Social Defence Ministry of Social Justice and Empowerment Govt. of India, Milanayatan, 3 Suchetnagar, Haltu, Kolkata-700075

10th September, 2025: One Day Awareness Camp on Diet & Nutrition for Senior Citizen” organised by National Institute of Social Defence. Ministry of Social Justice and Empowerment Govt. of India, Venue: Royal Palace, 27RPM Road, Uttarpara, Dist: Hooghly-712258.

12th September, 2025: One Day Awareness and Sensitization Programme on “Intergenerational Bonding in School” organised by National Institute of Social Defence. Ministry of Social Justice and Empowerment Govt. of India Charasarati Kendriya High School (H.S), PO: Charasarati, Via- Kalyani, Dist: Nadia, Pin:741235

16th September, 2025: One Day Awareness and Sensitization Programme on Maintenance and Welfare of Parents & Senior Citizen Act 2007 organised by National Institute of Social Defence. Ministry of Social Justice and Empowerment Govt. of India, Tollygunj Rajendra Sangha, 1/95, Rajendra Prasad Colony, Kolkata-700033.

16th September, 2025: Ipsito Chakravarty has been invited as the distinguished speaker to a seminar titled ‘A Snapshot of the Evolutionary Trajectory of Geriatric Care: from Homo Curae to Homo Technologicus’, organized by CMIG: RRTC on Ageing in collaboration with the Department of Sociology at Jogamaya Devi College.

22nd September, 2025: Bridging Generations: Birla High School students celebrate “Dan Utsav” with Senior Citizens at CMIG Day Care Centre.

22nd September, 2025: World Alzheimer’s Day Celebration with Dignity Foundation: The Secretary of CMIG Participated in a Panel Discussion on ‘Clouded Mind’

8th October, 2025: Senior Citizens Welfare Fund : Administering Pledge on United Nations Theme for International Day of Older Persons, CMIG Premises

10th October, 2025: Senior Citizens Welfare Fund: Swachhata Pakhwada

14th October, 2025: Senior Citizens Welfare Fund: A Spiritual Excursion to Swaminarayan Mandir, BAPS Shri Swaminarayan Mandir, Joka, South 24 Parganas

17th October, 2025: Senior Citizens Welfare Fund: Awareness on Health & Wellness for Senior Citizen, Chitpore, Kolkata

3rd November, 2025: Senior Citizens Welfare Fund: Awareness and Sensitization Programme on Promoting Intergenerational Bonding in School at Gosaba, Sundarbans, South 24 Parganas

19th November, 2025: Senior Citizens Welfare Fund: Awareness and Sensitization Programme on Health & Wellness Programme at Udaynagar Char Colony, Murshidabad

20th November, 2025: Senior Citizens Welfare Fund: Awareness and Sensitization Programme on Promoting Intergenerational Bonding in School at Ghoshpara Sarbopally Bidyaniketan, Jalangi, Murshidabad

24th November, 2025: Senior Citizens Welfare Fund: Awareness and Sensitization Programme on Health & Wellness Programme at Tribal Village of Gangajalghati, Bisinda, Bankura

8th December, 2025: Senior Citizens Welfare Fund: Awareness and Sensitization Programme on Health & Wellness Programme at Samagra Seva kendra, Barachatti, Gaya district of Bihar

9th December, 2025: Senior Citizens Welfare Fund: Awareness and Sensitization Programme on Promoting Intergenerational Bonding in School at Town Inter School in Aurangabad district of Bihar.

10th December, 2025: Senior Citizens Welfare Fund: Awareness and Sensitization Programme on Health & Wellness Programme at Asansol in Paschim Bardhaman district of West Bengal

20th December, 2025: Senior Citizens Welfare Fund: Awareness on Healing through science and movement: new roads in cancer care and ageing at CMIG Premises, Kolkata

4th January, 2026: Senior Citizens Welfare Fund: Awareness and Sensitization Programme on Holistic Health including Yoga, free hand exercise and Meditation at Bhatta village of Nawada district in Bihar

5th – 7th January, 2026: Customized Training on Dementia: 3 days Certificate Course on Dementia Care organised by CMIG:RRTC on Ageing in collaboration with Agewell 24x7 Services Pvt Ltd.

6th January, 2026: Senior Citizens Welfare Fund: Awareness and Sensitization Programme on Digital Literacy & Cyber Security at Ashraysthal Sabhagar in Girhinda village of Sheikhpura district, Bihar

7th January, 2026: Senior Citizens Welfare Fund: Awareness and Sensitization Programme on Promoting Intergenerational Bonding in School at Pinjrawan High School, Pinjrawan Panchayat in Arwal district of Bihar

9th January, 2026: Senior Citizens Welfare Fund: Health & Wellness Programme in Ragunathpur village of Purulia district, West Bengal

20th January, 2026: Senior Citizens Welfare Fund: Awareness and Sensitization Programme on Health & Wellness Programme in Sibganj village of Sunderban, at South 24 Parganas, West Bengal

23rd January, 2026: Saraswati Puja

11th February, 2026: Senior Citizens Welfare Fund: Cultural Programme (Concluding: Part-I) at Dr. Triguna Sen Auditorium, 188, Raja Subodh Chandra Mallick Rd, Jadavpur University

15th March, 2026: At a 2-day state-level conference organized at Rahara Ramakrishna Mission Vivekananda Centenary College—with the support of the NISD, under the Ministry of Social Justice and Empowerment, Government of India—Dr. Esha Chakravarty was invited to present a paper on the topic "The Potential of Various Healing Modalities in Cancer Treatment," while Ipsito Chakravarty was invited to deliver a lecture on "Healthy and Gracious Aging."

19th March, 2026: Annual Regional Level Workshop at Purbalok, EM Bypass, Kalikapur, Kolkata

10th April, 2026: FICCI has invited Dr. Esha Chakravarty as a distinguished speaker to the panel discussion on 'Silver Economy and Healthy Aging,' to be held at the Park Hotel in Kolkata on April 10, 2026.

15th May, 2026: "Labanya": Grace, Within and Around Celebration of IDOP Concluding Programme (Part – II)

OVERVIEW OF ACTIVITIES AND ACHIEVEMENTS OF CMIG

8th April, 2025: One Day Awareness Programme on Government Policy. Schemes and Programmes, sponsored by NISD, MSJ&E. GoI. at Parbakshi, P.O:Bakshi, P.S:Joypur, Dist: 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. at Chiranabin Senior Citizens’ Home Marokhana, Khanakul, Hooghly.



25th April, 2025: One Day Awareness and Sensitization Programme on Promoting Intergenerational Bonding in College. sponsored by NISD. MSJ&E. Gol. At Al Hera College of Education (B.Ed.) Kodalia, P.O-Dakshin Bagundi, P.S: Basirhat, North 24 Paraganas.



3rd May, 2025 : Celebration of Rabindra Jayanti, our DCC Maashima's, sponsored by Care Unlimited



15th June, 2025: Special Events- World Elder Abuse Awareness Day (WEAAD), organised by NISD, Govt of India. Jamuna Nagar Smriti Sangha, B/61, Jamuna Nagar, Kolkata, West Bengal, Pincode-700099. Total: 150. Mega Event.



21st June, 2026: Special Event – “International Day of YOGA”(IDY), organised by NISD, Govt of India, Mukunda Bhawan, Mukundapur Main Road, Mukundapur, Kolkata – 700099.
Total :150 people. Mega Event.



29th July, 2025: TCS INVITATION-TCS Corporate Social Responsibility event. organised a Musical Afternoon with our DCC Mashima’s at TCS Gitanjali Park on Tuesday 29th July, 1:00pm onwards.



2nd August, 2025: AGM (FY:2024-25): Annual General Meeting (AGM) of Calcutta Metropolitan Institute of Gerontology (CMIG) was held on 2nd August at Purbalok, Kolkata. The meeting started with 'Welcome Address' by the President, Sri Santi Ranjan Chakraborty. Before proceeding further, the President requested the gathering to observe 'one-minute silence' for the sad demise of our former Vice President Late Krishna Pada Bhattacharya. The Secretary cum Chief Functionary of CMIG, Dr. Indrani Chakravarty along with the RRTC's Project Director & Coordinator, presented the 'Activities of CMIG: 2024-25', through PowerPoint presentation. The Honorable Secretary addressed the House regarding the constitution of the new 'Governing Body' of CMIG for the current financial year, proposing the name of Sri Shanti Ranjan Pal as Vice-President, Dr. Sunita Chandra as Joint Vice-President and the names of Smt. Sagarika Datta and Sri Partha Pratim Bose as members. After brief discussion, the new Governing Body of CMIG for FY: 2025-26 was formed unanimously.



28th August, 2025: “One Day Awareness/Sensitization Programme on Holistic Health including Yoga, Natural Therapy & Physiotherapy” organized by National Institute of Social Defence Ministry of Social Justice and Empowerment Govt. of India, at Milanayatan, Suchetnagar, Haltu.



10th September, 2025: One Day Awareness Camp on Diet & Nutrition for Senior Citizen” Organized By National Institute of Social Defence. Ministry of Social Justice and Empowerment Govt. of India, Venue: Royal Palace, 27 RPM Road, Uttarpara, Hooghly.



12th September, 2025: One Day Awareness and Sensitization Programme on “Intergenerational Bonding in School” organized by National Institute of Social Defence. Ministry of Social Justice and Empowerment Govt. of India at Charasarati Kendriya High School (H.S), Charasarati, Kalyani, Nadia.



16th September, 2025: One Day Awareness and Sensitization Programme on Maintenance and Welfare of Parents & Senior Citizen Act 2007 organised by National Institute of Social Defence. Ministry of Social Justice and Empowerment Govt. of India at Tollygunj Rajendra Sangha, Kolkata.



16th September, 2025: Ipsito Chakravarty has been invited as the distinguished speaker to a seminar titled ‘**A Snapshot of the Evolutionary Trajectory of Geriatric Care: from Homo Curae to Homo Technologicus**’, organized by CMIG: RRTC on Ageing in collaboration with the Department of Sociology at Jogamaya Devi College.



22nd September, 2025: Bridging Generations: Birla High School students celebrate “Dan Utsav” with Senior Citizens at CMIG Day Care Centre. Children of the School spent quality time by active interacting with the Senior Citizen. Dry Food packets were distributed among the elders by them which was followed by singing activities as entertainment for the Seniors.



22nd September, 2025: World Alzheimer’s Day Celebration with Dignity Foundation: The Secretary of CMIG Participated in a Panel Discussion on ‘Clouded Mind’.



Celebration of 35th United Nations International Day of Older Persons (IDOP) sponsored by Ministry of Social Justice and Empowerment (MSJ&E), Government of India

2025 Theme: Older Persons Driving Local and Global Action: Our Aspirations, Our Well-Being and Our Rights

8th October, 2025: Senior Citizens Welfare Fund: Celebration of IDOP sponsored by MSJ&E, Gol at CMIG premises. The activity included administering the pledge based on the United Nations theme for the International Day of Older Persons, 2025.



10th October, 2025: Senior Citizens Welfare Fund: Observance of Swachhata Pakhwada.



14th October, 2025: Senior Citizens Welfare Fund: Celebration of IDOP sponsored by MSJ&E, Gol at BAPS Swaminarayan Mandir, Joka. CMIG organized a spiritual excursion aligned with the UN theme for the International Day of Older Persons 2025, aiming to foster unity, spiritual well-being and social inclusion among marginalized senior citizens. The programme benefited 82 participants from diverse socio-economic backgrounds, offering a day of spiritual enrichment, cultural exchange and community bonding, thereby reinforcing their sense of dignity and rights.



17th October, 2025: Senior Citizens Welfare Fund: Celebration of IDOP sponsored by MSJ&E, Gol at Cossipore Bazar, Kolkata. CMIG successfully conducted a health camp to provide essential healthcare services and awareness to marginalized senior citizens. A total of 82 beneficiaries received comprehensive medical check-ups, diagnostic services and free medicines, contributing positively to their health and well-being.



3rd November, 2025: Senior Citizens Welfare Fund: Celebration of IDOP sponsored by MSJ&E, Gol at Gosaba, Sundarbans, South 24 Parganas. Activities included an awareness and sensitization programme in school on promoting intergenerational bonding.



19th November, 2025: Senior Citizens Welfare Fund: Celebration of IDOP sponsored by MSJ&E, Gol at Udaynagar Char Colony, Jalangi, Murshidabad. CMIG conducted a Health & Wellness Camp, including eye check-ups and distributed free medicines and quilts to 150 marginalized senior citizens. The programme was organized in collaboration with Jalangi Mohona Foundation. A total of 821 senior citizens availed themselves of the health services. This was the first-ever health camp in the area. The nearest rural hospital is located approximately 11 km away and is difficult for older adults to access, as it requires crossing two river streams. The area falls under BSF jurisdiction with the border located about 2 km away.



20th November, 2025: Senior Citizens Welfare Fund: Celebration of IDOP sponsored by MSJ&E, Gol at Ghoshpara Sarbopally Bidyaniketan, Jalangi, Murshidabad. Activities included an awareness programme on intergenerational solidarity involving 171 school students and 70 senior citizens. Quilts were distributed to 100 underprivileged elderly persons. Stationery items (pens, pencils, erasers, sharpeners and pencil boxes) were distributed among the students.



24th November, 2025: Senior Citizens Welfare Fund: Celebration of IDOP sponsored by MSJ&E, Gol at tribal village of Gangajalghati, Bisinda, Bankura. Activities included a health & wellness Camp was conducted in this remote area, where 51 tribal senior citizens availed themselves of health check-up services. The camp provided comprehensive medical check-ups, diagnostic services and free medicines, positively impacting their health and well-being.



8th December, 2025: Senior Citizens Welfare Fund: Celebration of IDOP sponsored by MSJ&E, Gol at Samagra Seva kendra, Barachatti, Gaya G, Bihar. Activities included health and wellness programme to promote awareness regarding the importance of good health to senior citizens. Health camp was organised to provide the basic services as part of preventive health benefits.



9th December, 2025: Senior Citizens Welfare Fund: Celebration of IDOP sponsored by MSJ&E, Gol at National Town Inter School, Aurangabad, Bihar. Activities included a workshop on senior citizens and intergenerational bonding. The programme aimed to promote senior citizen welfare while engaging younger generations in reflective learning. A total of 65 participants attended, focusing on encouraging youth volunteers to support older adults and promoting youth-led digital literacy initiatives.



9th December, 2025: Senior Citizens Welfare Fund: Celebration of IDOP sponsored by MSJ&E, Gol at Asansol, Paschim Bardhaman. Activities included general health check-ups, diagnosis of chronic diseases and distribution of medicines.



20th December, 2025: Senior Citizens Welfare Fund: Celebration of IDOP sponsored by MSJ&E, Gol. Activities included an awareness programme on “Healing through Science and Movement: New Roads in Cancer Care and Ageing.” Dr. Esha Chakravarty, a cancer scientist specialising in targeted cancer therapy since 2013, conducted a lecture-cum-workshop on 20th December. She addressed key aspects of geriatric oncology, generating awareness on why cancer in older adults requires specialised clinical, psychosocial and supportive care approaches. The session highlighted the unique challenges faced by elderly cancer patients, including frailty, co-morbidities, reduced treatment tolerance and quality-of-life considerations, underscoring the need for holistic and patient-centred care models. The workshop also emphasized the crucial role of supportive therapies such as dance psychotherapy in cancer rehabilitation, recovery and emotional well-being. Particular focus was given to how movement-based interventions can enhance physical confidence, emotional expression, and stress management—not only for patients but also for caregivers, who often experience significant psychological and emotional burden.

The session was attended by caregivers, nurses, teaching professionals and other medical and allied healthcare professionals. It provided an interactive platform for sharing real-life experiences of cancer survivors and caregivers and received valuable input from medical professionals, enriching the discussion through multidisciplinary perspectives. The workshop also laid the foundation for follow-up initiatives and will continue through structured and practical programmes aimed at sustained engagement and impact in geriatric oncology care.



4th January, 2026: Senior Citizens Welfare Fund: Celebration of IDOP sponsored by MSJ&E, Gol at Bhatta village of district Nawada in Bihar. Activities included an awareness and sensitisation programme on holistic health, including yoga, free-hand exercises, meditation, breathing and relaxation techniques. Participants were motivated to adopt healthier daily routines.



5th January, 2026: Senior Citizens Welfare Fund: Celebration of IDOP sponsored by MSJ&E, Gol at Satgama village of Jamui district, Bihar. Activities included an awareness and sensitization programme on the Maintenance and Welfare of Parents and Senior Citizens Act, 2007. Participants were informed about the objectives, key provisions and significance of the Act, along with details of the Elder Care Toll-Free Helpline Number (14567).



6th January, 2026: Senior Citizens Welfare Fund: Celebration of IDOP sponsored by MSJ&E, GoI at Girhinda village of Sheikhpura district, Bihar. Activities included an awareness programme on digital literacy and cyber security, aimed at empowering older adults to navigate the digital world safely and confidently.



7th January, 2026: Senior Citizens Welfare Fund: Celebration of IDOP sponsored by MSJ&E, GoI at Pinjrawan High School, Pinjrawan Panchayat, Arwal district in Bihar. A total of 55 students actively participated in drawing and essay-writing activities designed to deepen their understanding of the importance of meaningful relationships between younger and older generations.



5th – 7th January, 2026: Customized training programme:

A three-day Certificate Course on Dementia Care was organised by the Calcutta Metropolitan Institute of Gerontology in association with Agewell 24x7 Services Pvt. Ltd.



9th January, 2026: Senior Citizens Welfare Fund: Celebration of IDOP sponsored by MSJ&E, GoI at Ragunathpur, Purulia. Activities included of Health & Wellness Programme to promote awareness regarding the importance of good health to senior citizens. Health camp was organised to provide the basic services as part of preventive health benefits.



20th January, 2026: Celebration of IDOP sponsored by MSJ&E, GoI at Sibganj village of Sunderban district, South 24parganas. Activities included general health check-ups, diagnosis of chronic diseases and distribution of medicines.



23rd January, 2026: Saraswati Puja- Saraswati Puja was arranged in CMIG's Beliaghata-Office. All the Beneficiaries of Day Care Centre, Members and Staff 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.



11th February, 2026: Senior Citizens Welfare Fund: Celebration of IDOP sponsored by MSJ&E, Gol at Dr. Triguna Sen Auditorium, Jadavpur University Cultural Programme (Concluding: Part-I)



27th February, 2026: Manoj Kumar Singh, Section Officer, MSJ&E visited RRTC Office



15th March, 2026: INVITATION as Speakers & DELIVER LECTURE:

At a 2-day state-level Seminar organized at Rahara Ramakrishna Mission Vivekananda Centenary College—with the support of the NISD, under the Ministry of Social Justice and Empowerment, Government of India—Dr. Esha Chakravarty was invited to present a paper on the topic "The Potential of Various Healing Modalities in Cancer Treatment," while Ipsito Chakravarty was invited to deliver a lecture on **"Healthy and Gracious Aging"**. It was rewarding to address a learned audience and be amidst distinguished speakers from different parts of the country.



19th March, 2026: Annual Regional Level Workshop



10th April, 2026: FICCI invited Dr. Esha Chakravarty as a distinguished speaker to a panel discussion on ‘Silver Economy and Healthy Aging,’ held on April 10, 2026, at The Park Hotel in Kolkata. She shed light on the evolving intersection of cancer treatment and aging, emphasizing the necessity of integrating targeted therapies — such as monoclonal antibodies—supportive interventions like ‘Dance Psychotherapy,’ and innovative technological approaches in the treatment of elderly patients with cancer.



15th May, 2026: “Labanya”: Grace, Within and Around Celebration of IDOP Concluding Programme (Part – II)

Calcutta Metropolitan Institute of Gerontology, Regional Resource and Training Center on Ageing, Ministry of Social Justice and Empowerment, presented a show called “Labanya” on 15th May at Rotary Sadan. The show was brought to life by graceful dance performances of senior citizens showing age is just a number. Inspired by dance therapy concepts and choreographed by London based researcher Dr Esha Chakravarty, Labanya highlighted graceful and active ageing through Rabindrasangeet and other popular numbers.

Adding a deeply inspiring dimension to the programme, cancer survivors shared their journeys- from the challenges of diagnosis to emerging as courageous fighters with renewed strength, while reflecting the therapeutic potential of dance.

The senior citizens who graced the programme through meaningful movement, expression and storytelling were Susmita Chowdhuri, Mala Ghosh and her group, Sumanta Chattopadhyay, CMIG’s Day Care Center beneficiaries, Sunita Chandra alongwith CMIG students Kalyan Dey and Dr Udit Ghosh Sarkar and theatre group Swarashruti, The programme was inaugurated by CMIG Director Dr Indrani Chakravarty and closed by CMIG President Sri Santi Ranjan Chakraborty. This was a rare and meaningful celebration where grace, healing and human spirit came together on one stage.





Dance meets graceful ageing

Calcutta Metropolitan Institute of Gerontology, Regional Resource and Training Center on Ageing, Ministry of Social Justice and Empowerment, will present a show called "Labanya" on May 16 at Rotary Sadan. The show will be brought to life by graceful dance performances by senior citizens showing age is just a number.

Inspired by dance therapy concepts and choreographed by London based researcher Dr. Ishita Chakravarty, "Labanya" will highlight graceful and active ageing through Kabirchansengupt and other popular numbers.

Adding a deeply inspiring dimension to the programme, cancer survivors will also share their journeys from the challenges of diagnosis to emerging as courageous fighters with renewed strength, while reflecting the therapeutic potential of dance.

The senior citizens who will grace the programme through meaningful movement, expression and storytelling are Mala Ghosh, Madhumita Nagraj, Jharna Chakravorty, Sibani Mallik, Puga Roychowdhury, Shyamali Sen, Santa Majumder, Sushmita Chaudhuri and Sunita Chandra.

CMIG's students Kalyan Dey and Udit Ghosh Dastidar and theatre group "Swarashruti" will also enrich the event with their performances.

"This promises to be a rare and meaningful celebration where grace, healing and human spirit will come together on one stage."

নৃত্য-চিকিৎসা

স্টাফ রিপোর্টার : কলকাতা মেট্রোপলিটন ইনস্টিটিউট অফ জেরোন্টোলজি, আঞ্চলিক রিসোর্স ও ট্রেনিং সেন্টার অন এজিং, সমাজকল্যাণ ও ক্ষমতায়ন মন্ত্রকের উদ্যোগে আগামী ১৫ মে রোটারি সদনে অনুষ্ঠিত হতে চলেছে বিশেষ অনুষ্ঠান 'লাবণ্য'। প্রবীণ নাগরিকদের সুবেলা ও সৌন্দর্য নৃত্য পরিবেশনার মধ্য দিয়ে এই অনুষ্ঠান তুলে ধরবে—বয়স শুধুই একটি সংখ্যা। লভন-ভিত্তিক গবেষণা ড. এমা চক্রবর্তীর 'নৃত্য-চিকিৎসা' অবনয় অনুপ্রাণিত ও পরিকল্পিত 'লাবণ্য' অনুষ্ঠানে রবীন্দ্রসংগীত ও অন্যান্য জনপ্রিয় গানের মাধ্যমে ফুটে উঠবে সক্রিয় ও সৌন্দর্য বার্ষিকের বার্তা। অনুষ্ঠানে গভীর অনুপ্রেরণার মাধ্যমে যোগ করবেন ক্যানসার জয়ীরা। অর্থবহ অভিব্যক্তি, নৃত্যভঙ্গি ও গল্প বলার মাধ্যমে অনুষ্ঠানে অংশ নেবেন মাল্লা ঘোষ, মধুমিতা নাগরাজ, বর্ণা চক্রবর্তী, শিবানী মল্লিক, পূজা রায়চৌধুরি, শ্যামলী সেন, শান্তা মজুমদার, সুমিতা চৌধুরি এবং সুনীতা চন্দ্র।

পরিবেশনায় লাবণ্য

কলকাতা মেট্রোপলিটন ইনস্টিটিউট অফ জেরোন্টোলজি, আঞ্চলিক রিসোর্স ও ট্রেনিং সেন্টার অন এজিং, সমাজকল্যাণ ও ক্ষমতায়ন মন্ত্রকের উদ্যোগে আগামী ১৫ মে রোটারি সদনে অনুষ্ঠিত হতে চলেছে বিশেষ অনুষ্ঠান 'লাবণ্য'।



13. 05. 2025 09:40

কলকাতা মেট্রোপলিটন ইনস্টিটিউট অফ জেরোন্টোলজি, আঞ্চলিক রিসোর্স ও ট্রেনিং সেন্টার অন এজিং, সমাজকল্যাণ ও ক্ষমতায়ন মন্ত্রকের উদ্যোগে আগামী ১৫ মে রোটারি সদনে অনুষ্ঠিত হতে চলেছে বিশেষ অনুষ্ঠান 'লাবণ্য'।

রোটারি-‘লাবণ্য’

এই বিষয়ে সবার সহযোগিতা কাম্য।
এই সময়, বয়স কেবলই একটি সংখ্যাকার—এ কথা মাথায় রেখে রোটারি সদনে এক অনন্য মেলবন্ধনের সাক্ষী হতে চলেছে কলকাতা। ১৫ মে রোটারি সদনে রয়েছে বিশেষ অনুষ্ঠান 'লাবণ্য'। রোটারি সদনের মেট্রোপলিটন ইনস্টিটিউট অফ জেরোন্টোলজি এবং আঞ্চলিক রিসোর্স ও ট্রেনিং সেন্টার অন এজিং, সমাজকল্যাণ ও ক্ষমতায়ন মন্ত্রকের এক সক্রিয় অংশ—এই বার্ষিকের মাধ্যমে আনন্দের একদল রাসী শিল্পী। কলকাতার গবেষণা এবং চরিত্রের 'আলম বোঝান'।
কে ভিত্তি করেই পরিবেশনা করা হয়েছে, অনুষ্ঠানটির। 'আনন্দের স্রোত' থেকে, 'স্বাধীনতা'র ও অনন্তের আনন্দের মাঝে রয়েছেন এই অনুষ্ঠান। কলকাতার রিসোর্স এবং সক্রিয় আঞ্চলিক ও শাসনিক অঞ্চল কাটানোর এক অনুষ্ঠান অনুষ্ঠান।

'Labanya' - a LIVE effort to commemorate Dance Therapy

AMBI BAKAR
Rishi Kumar

Calcutta Metropolitan Institute of Gerontology (CMIG), Regional Resource and Training Center on Ageing, Ministry of Social Justice and Empowerment staged 'Labanya' at Rotary Sadan, Kolkata.

The thoughtful program highlighted the potential of dance as a supportive therapy in aging and mental illnesses like cancer.

The program featured graceful performances by senior citizens aged 60+, celebrating active and meaningful aging through movement and expression. Conceptualized by London-based cancer researcher Dr. Ishita Chakravarty, the event was inaugurated by CMIG Director Dr. Ishita Chakravarty and senior artists Sumita Chaudhuri, Mala Ghosh and her group, along with CMIG students Kalyan Dey and Udit Ghosh, along with cancer survivors Dr. Udit Ghosh Sarkar. The

programme was enriched by graceful presentations from senior artists including Sumita Chaudhuri, Mala Ghosh and her group, along with CMIG students Kalyan Dey and Udit Ghosh. Adding a deeply inspiring dimension, cancer survivors Dr. Udit Ghosh Sarkar performed, showcasing the strength and healing power of artistic expression. Beyond the performances, 'Labanya' conveys a deeper message: that life can be active, meaningful, and celebrated, rather than being

হিন্দুস্তানি

জীবনের দিকে এগিয়ে চলার আহ্বান। সুন্দর হার সুন্দর চম্পাধারের সঙ্গীত গানে। তারপর কাগজ ভাঙল মেন ডা ইল্লালী চক্রবর্তী। সঙ্গীতী বদনা পরিবেশন করলে এটা চক্রবর্তী। নানান নৃত্যের মধ্যে দিয়ে অনুষ্ঠান সাধনো ছিল। বয়স মহিলারাও অংশ নেন নৃত্যানুষ্ঠানে। ডা উদিতা ঘোষ সরকার মারল রোগ কাপারের কবল থেকে কীভাবে নতুন জীবন ফিরে পেলেন, তা শ্রোতাদের শোনান। শেষে স্রুতি অভিনয়ে মটিক পরিবেশন করে পরবর্তী নাট্য গোষ্ঠী।

তাপস কাঁড়ার

অশ্রুত তর্পণ

সংগীত মঞ্চস্থ হল নাটক 'অশ্রুত তর্পণ'। যার আধার মহাভারত। কুন্তীর প্রথম সন্তানের জন্মের আগেই তাকে হস্তিনাপুর রাজপ্রাসাদে নিয়ে এসেছেন কুরুকুলের মহাবানি সত্যবতী। সত্যবতী, গান্ধারী ও কুন্তী মহাবানি সত্যবতী। সত্যবতী, গান্ধারী ও কুন্তী মহাবানি সত্যবতী।

বিশ্বের আসুক লাবণ্য

সংগীত মঞ্চস্থ হল নাটক 'অশ্রুত তর্পণ'। যার আধার মহাভারত। কুন্তীর প্রথম সন্তানের জন্মের আগেই তাকে হস্তিনাপুর রাজপ্রাসাদে নিয়ে এসেছেন কুরুকুলের মহাবানি সত্যবতী। সত্যবতী, গান্ধারী ও কুন্তী মহাবানি সত্যবতী। সত্যবতী, গান্ধারী ও কুন্তী মহাবানি সত্যবতী।

Media Link :

Camera Cholche Youtube link: https://youtu.be/jzCiNRw5K08?si=9bYTEYKCzCAtt_LX

Tara News FB Link: <https://www.facebook.com/share/v/1H7fHvKH2h/>

Eastern Chronicle coverage: <https://www.easternchronicle.net/uploads/sections/2510963402065.jpg>

Sangbad Pratidin coverage: <https://epaper.sangbadpratidin.in/epaper/m/1035568/6a00ee0197cb8>

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.



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.

All India Women's Conference (AIWC:Barisha Constituency)

provided training on handcrafted items and conducted yoga sessions for the beneficiaries of the day care centre. The beneficiaries made different types of items such as painted earthen lamps, flags, hand fans, paper bags, stitched rug mats and various home decoration items. Literacy drives were also conducted.

Care Unlimited provide food support to the beneficiaries of CMIG.



CMIG in Print Media



KOLKATA CMIG organized visit of senior citizens at BAPS Swaminarayan Mandir

Our Correspondent
Kolkata, October 10, 2025
International Day of
Older Persons was
celebrated at BAPS
Swaminarayan Mandir,
Bhau 14 No. Diamond
Harbour Road, Joka, 24
Parganas District, West
Bengal. This was a
spiritual excursion to
Swaminarayan Mandir,
organized by Ministry of
Social Justice &
Empowerment,
Government of India (GoI)
in collaboration with
Calcutta Metropolitan
Institute of Gerontology
Regional Resource &
Training Centre on Aging
(CMIG-RTC on Aging).
The Beneficiaries were 12



marginalized senior
citizens. The ceremony
was initiated by the Chief
Panchayat of CMIG Dr.
Indrani Chakrabarty and
co-ordinated by team

CMIG. The purpose of this
visit was to emphasize the
spirit of unity and
solidarity that binds us,
that is the underlying theme
of our National Pandemic
Solidarity Campaign.
Senior Citizens including
diverse socio-economic
status (SES) came on
board - a statement
highlighting our rich cultural
heritage. Two hours with
staff and members and
elderly persons, headed
from Park Road &
Belghata CMIG branch
to Swaminarayan Mandir
at Joka, and reached
at 11 am. Spiritual speech
was given by a Gurus at
the beginning, which was
followed by the Dharan
of the Mandir. There
were morning yoga
services. This was
followed by a Pledge-
taking ceremony based on
the United Nations theme
for International Day 2025
that was "Older Persons
driving local and global
actions: Our Aspirations,
Our Well-being and Our
Rights. Also lunch served
at the Mandir. The visit
was organized in the hall of
all students. The visit
ended at 4 pm and
everyone was happy.



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.

1. 09.06.2025:

Governing-Body Meeting (Condolence Meeting) held at 4.00 p.m.
at Purbalok, Kolkata

2. 02.08.2025:

Annual General Meeting for FY: 2024-25 held at 4.00p.m.
at Purbalok, Kolkata

3. 08.10.2025:

Governing-Body Meeting held at 4.00 p.m. at Purbalok, Kolkata

4. 22.04.2026:

Governing-Body Meeting (Pre-AGM) held at 4.00 pm
at Purbalok, Kolkata

List of Donors

Dignity Foundation

Dr. Samar Kumar Chakravarty

Smt. Dipa Bhaumik

Care Unlimited

AIWC - Barisha Constituency

Members of the Governing Body

Sri Swarup Mukherjee

Smt. Soma Ghosh

Nishantika Group

Smt. Papri Das

Birla High School, Mukundapur

Gainwell

Shanti Wellness Care

Inner Wheel

Smt. Sangita Roy

Mr. Shanti Ranjan Pal - Vice President - CMIG

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

**ACCOUNTS
FOR THE
FINANCIAL YEAR
2025 - 2026**

Calcutta Metropolitan Institute of Gerontology

E/1, Sopan Kutir, 53B Dr.S.C.Banerjee Road,

Kolkata - 700010

E-Mail : cmig@rediffmail.com

Balance Sheet

1-Apr-25 to 31-Mar-26

Liabilities		Assets	
	as at 31-Mar-26		as at 31-Mar-26
Capital Account	94,03,296.65	Loans (Liability)	2,157.00
		Bank OD A/c	2,157.00
Current Liabilities	28,95,377.00	Fixed Assets	9,60,489.00
Payables-CMIG	6,300.00	Fixed Assets-DCC-1	7,971.00
Payables-MMU	26,119.00	Fixed Assets-DCC-2	2,271.00
Payables-NISD	6,02,643.00	Fixed Assets-RRTC	2,187.00
Payables-RRTC	76,000.00	Air-Conditioner & Cooler	37,373.00
Short Term Assistance-(Contra)	19,93,818.00	Bajaj Toaster	532.00
Liability for Expenses-FCRA	21,000.00	Building	5,83,279.00
Starling University	1,69,497.00	CCTV Camera	49,467.00
Suspense A/c		Computer & Printer	(-)12,601.00
		Electrical Installation	16,020.00
Recurring Expenditure Fund	7,19,813.00	Furniture & Fittings	27,013.00
Recurring Expenditure Fund-RRTC	7,19,813.00	Godrej Locker Safe	4,303.00
		Land at Purbalok	80,000.00
		LAPTOP	36,000.00
		Maruti Van	41,790.00
		Mobile Phone & Samsung Tab	13,720.50
		Mobile X-Ray Machine	1,729.00
		Refrigerator	20,880.00
		Smart Watch & Accessories	7,254.00
		Tab(Samsung Galaxy)	16,500.00
		Television Set	4,653.00
		Water Pump	4,590.00
		Water Purifier	15,557.50
		Investments	64,47,875.00
		Accumulated Interest	10,56,464.00
		Fixed Deposits in IOB	53,91,411.00
		Current Assets	26,97,197.89
		Deposits (Asset)	4,000.00
		Loans & Advances (Asset)	17,53,818.00
		Grant in Aid Receivable	(-)38,944.00
		Cash-in-hand	53,673.00
		Bank Accounts	8,41,018.89
		Misc.Expenses-(Prepaid)-RRTC	8,024.00
		TDS on F.D.	75,608.00
Carried Over	1,30,18,486.65	Carried Over	1,01,07,718.89

continued ...

Calcutta Metropolitan Institute of Gerontology

Balance Sheet : 1-Apr-25 to 31-Mar-26

Liabilities		as at 31-Mar-26	Assets	as at 31-Mar-26
Brought Forward		1,30,18,486.65	Brought Forward	1,01,07,718.89
			Income & Expenditures A/c	7,25,027.00
			<i>Income & Expenditure A/c-DCC-1</i>	1,27,241.00
			<i>Income & Expenditure A/c-DCC-2</i>	61,408.00
			<i>Income & Expenditure A/c-MMU</i>	2,04,427.00
			<i>Income & Expenditures A/c-RRTC</i>	3,31,951.00
			Excess of expenditure over income	21,85,740.76
			<i>Opening Balance</i>	20,29,670.04
			<i>Current Period</i>	1,56,070.72
Total		1,30,18,486.65	Total	1,30,18,486.65

Calcutta Metropolitan Institute of Gerontology

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Kolkata - 700010

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Income and Expenditure Statement

1-Apr-25 to 31-Mar-26

Calcutta Metropolitan Institute 1-Apr-25 to 31-Mar-26		Calcutta Metropolitan Institute 1-Apr-25 to 31-Mar-26	
Particulars		Particulars	
Indirect Expenses	37,80,461.72	Indirect Incomes	36,24,391.00
Cmig	8,11,373.72	Grant in Aid	9,06,010.00
Expenditure-FCRA	-	Interest Income	4,95,300.00
Expenditure-NISD	1,74,362.00	Other Incomes	4,93,080.00
IDOP -Public President Fund-Expenditures	15,00,000.00	Donation (General)	2,30,001.00
RRTC-Expenditure	12,94,726.00	Grant in Aid-President Fund	15,00,000.00
Podcast Expenses		Excess of expenditure over income	1,56,070.72
Total	37,80,461.72	Total	37,80,461.72

Calcutta Metropolitan Institute of Gerontology

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Kolkata - 700010

E-Mail : cmig@rediffmail.com

Receipts and Payments

1-Apr-25 to 31-Mar-26

Page 1

Receipts		1-Apr-25 to 31-Mar-26	Payments	1-Apr-25 to 31-Mar-26
Opening Balance		7,13,789.33	Opening Balance	1,12,456.72
Current Liabilities		9,19,000.00	Current Liabilities	8,91,682.00
Short Term Assistance-(Contra)		9,19,000.00	Sundry Creditors	1,475.00
Investments		7,01,541.00	Payables-CMIG	2,30,754.00
<i>Fixed Deposits in IOB</i>		<i>7,01,541.00</i>	Payables-RRTC	3,37,685.00
Current Assets		6,75,595.00	Short Term Assistance-(Contra)	3,21,768.00
Loans & Advances (Asset)		5,80,808.00	Current Assets	9,38,040.00
Grant in Aid Receivable		94,787.00	Loans & Advances (Asset)	9,38,040.00
Indirect Incomes		31,52,717.00	Indirect Expenses	33,23,614.72
<i>Donation (General)</i>		<i>2,30,001.00</i>	Cmig	6,18,629.72
<i>Grant in Aid-President Fund</i>		<i>15,00,000.00</i>	Expenditure-NISD	1,74,362.00
Grant in Aid		9,06,010.00	IDOP -Public President Fund-Expenditures	12,56,523.00
Interest Income		23,626.00	RRTC-Expenditure	12,74,100.00
Other Incomes		4,93,080.00	Closing Balance	9,60,987.66
Closing Balance		64,138.77		
Total		62,26,781.10	Total	62,26,781.10



Calcutta
Metropolitan
Institute of
Gerontology

Regional Resource & Training Center on Ageing

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