

**12<sup>th</sup> Foundation Day of Department of Geriatric Mental Health,  
King George's Medical University, Lucknow.**

**Press Release  
19-8-2017**

On Saturday, 19<sup>th</sup> August 2017, the Twelveth Foundation Day function of the Department of Geriatric Mental Health was celebrated at King George's Medical University, Lucknow. The program started with floral welcome of guests and offering prayer to Maa Sasaswati. The Chief Guest, Dr. Soumya Swaminathan, Secretary to Govt. of India, Department of Health Research and Director General, Indian Council of Medical Research (ICMR), New Delhi and Guests of Honour, Dr. Ashoo Grover, Scientist 'E' & Dr. Ravinder Singh, Scientist 'C', ICMR lighted the lamp along with other dignitaries Prof. (Dr.) M.L.B. Bhatt Hon'ble Vice-Chancellor, King George's Medical University, Lucknow, Prof. (Dr.) Vineeta Das, Dean, Faculty of Medicine; Prof. (Dr.) Shadab Mohammad, Dean, Faculty of Dental Sciences, Prof. (Dr.) S. N. Shankhwar, Chief Medical Superintendent, Prof. (Dr.) A. K. Agarwal & Prof. (Dr.) Prabhat Sitholey, Ex Head, Department of Psychiatry, K. G. Medical University, Lucknow.

Dr. Shrikant Srivastava, Associate Professor, Department of Geriatric Mental Health welcomed the guests.

Dr. S. C. Tiwari, Prof and Head, Department of Geriatric Mental Health presented the annual progress report of the department. He provided a summary related to establishment of the department and remembered those who mattered in establishment of the department. He detailed that from 1<sup>st</sup> August 2016 to 31<sup>st</sup> July 2017, Outdoor (OPD) service has been provided to a total of 10206 patients, In-patient service (IPD) to 423 patients, EEG to 70 patients, ECG to 34 patients, Non-pharmacological management to 106 patient, Psychotherapy to 110 patients, Psych-social management to 732 patients, BPL/Vipann facility to 40 patients, Physiotherapy to 1193 patients, Occupational therapy to 1149 patients and Diet advice has been provided to 967 mentally-ill elderly. He emphasized that the department functions on the principles of "Vriddhjan Hitaay, Vriddhjan Sukhaay". He explained that with his 7 faculty members and all supportive staff, they are trying to improve day by day the academic, clinical and research activities of the department.

Prof. Tiwari shared the milestone achievements related to the research activities being carried out in the department. He elaborated that a "Central Facility Centre for Advance Research, Training and Services (CARTS) in Ageing and Geriatric Mental Health" was established by Government of Uttar Pradesh for carrying out in-house research activities in ageing. He also added that Indian Council of Medical Research (ICMR) is establishing "Centre for Advance Research" (CAR) in Ageing and Geriatric Mental Health to accelerate the advance level research activities in ageing and mental health. He briefed that CARTS's first study "Lucknow Elderly Study (LES)" on Ageing and Geriatric Mental Health is in progress. In this study, a total of 3708 individuals from rural areas and 963 individuals from urban area of Lucknow have been screened. Out of total screened subjects, 589 rural elderly and 224 urban elderly aged 45 years & above have been identified, recruited and studied till date. The proportion of individuals aged 45 years and above in the total population of covered rural area is

20.12% and 23.36% in urban area. Apart from CARTS funded projects, presently one extramural research project has been completed, one is going on and six projects are in pipeline for funding through ICMR-CAR. Three intra-mural research studies are also being carried out in the department.

Prof. (Dr.) Vineeta Das, Dean (Medical), released the souvenir “Vridhotthan”. Prof. (Dr.) S. N. Shankhwa, Chief Medical Superintendent, Gandhi Memorial & Associated Hospitals, KGMU felicitated the outstanding staff members of the department. The staff members who got facilitation were ; Dr. Isha Sharma (Fellow Senior Resident), Dr. Akanksha Sonal (P.G. Senior Resident), Dr. Anil Kumar (Non P.G. Senior Resident), Ms. Betsy Mehrotra (Spiritual Counselor), Dr. Amlendra Kumar (Research Assistant), Ms. Tanushree Shukla (Statistician), Mr. Mr. Ravi Gautam (Pharmacist), Mr. Shailendra Mishra (E.C.G. Technisian), Ms. Manjusha (Staff Nurse), Ashok Pandey (Senior Assistant), Mr. Alok Kumar (Sociologist), Mr. Vinod (Driver), Mr. Arvind (Ward Boy), Mr. Sonu (Mali), Mrs. Meera (Ward Aaya), Mr. Vikas (Sweeper) and Ms. Upma Shukla (Care Giver).

Prof. (Dr.) M.L.B. Bhatt, Hon’ble Vice-Chancellor, King George’s Medical University, Lucknow inspired the team of the department by his encouraging words and blessings.

The Chief Guest, Dr. Soumya Swaminathan, Secretary to Govt. of India, Department of Health Research and Director General, Indian Council of Medical Research (ICMR), New Delhi appreciated the wisdom of the team of Department of Geriatric Mental Health for the initiative taken to start the subject of Geriatric Mental Health in the country which was very much needed in present Indian scenario. She emphasized that the Geriatric Mental Health as a super specialized medical discipline needs to be developed to meet clinical, academic and service challenges for giving dignified life to the elderly.

One of the Guests of Honour and Foundation Day Orator, Dr. Ravinder Singh, Scientist ‘C’, ICMR, delivered the lecture on “**Widening Horizons: Adding Quality**”. He enlightened that gender, education, poverty, financial security/resources etc. play a very crucial role in maintaining mental health of the elderly people. Imbalance among these factors can lead to a troubled life. To create balance among risk factors is the challenge for the service providers. This requires multi-pronged and multi-disciplinary strategies. In the clinical field, pharmacological or surgical services/skills need to be adopted/modified for the care of elderly people. Social networking through web, phone, schools, colleges or clubs can uplift the spirits of elderly people. Innovative ideas can empower the economic status of the elderly people. Through tele-health (Telephone, Video-conferencing, Video-phone, web based), we can provide education, consultation, psychological therapy, social support, collection of data, and/or clinical care.

In afternoon session, Guests of Honour, Dr. Ashoo Grover, Scientist ‘E’ & Dr. Ravinder Singh, Scientist ‘C’ (ICMR), conducted a workshop on “**Research Methodology**”. In this workshop, they gave a brief idea about how to write a scientific research proposal with a sound methodology. They also detailed about interventional methods in bio-medical research.

Dr Shailendra Mohan Tripathi, Assistant Professor, Department of Geriatric Mental Health, gave vote of thanks to all the dignitaries and participants.

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