A prelude to the Odisha Center for Geriatrics and Gerontology (OCGG)

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Odisha Center for Geriatrics and Gerontology (OCGG) is the first-ever center in the field of

gerontology and geriatrics in Odisha. It is set up in 2020 with financial assistance from the

World Bank-funded Odisha Higher Education Program for Excellence and Equity (OHEPEE),

Government of Odisha. The prime objective of this center is to address various issues related to

the elderly population such as health problems, status of sarcopenia, economic and social

security, psychological issues like anxiety, depression, dementia, sleep quality, etc. India is young

now but it is rapidly greying and there is a need to make policies and provisions for older

citizens. In the contemporary social situation, the number of these people is growing up

significantly. Ipso facto creates an imbalance in normal social life.

• Multidisciplinary research on the elderly population was initiated with the involvement of

various departments/schools having implications for studies on geriatrics and

gerontology.

An advisory committee was formed with outstanding academics from different corners of

the country who have been working in the field of Geriatrics and Gerontology. Besides,

many internal committee meetings, seven advisory committee meetings have already

been conducted.

To meet the broad objectives of the CoE, data collection is getting done by using

questionnaires prepared by the Center that contains more than 130 questions including

multi-disciplinary social, psychological, economical, nutritional and biological

dimensions of issues related to the elderly population. Few standard questionnaires like

SARC-F Questionnaire, Pittsburgh Sleep Quality Index, PSQI and Munich Chronotype

Questionnaire, MCTQ are also used.

• Participants were selected randomly from different socio-cultural and economic groups

like farmers, weavers, daily wagers, professionals, housewives, and retired persons. We

have access to information that could identify individual participants during or after data

collection. As far as the selection of Sambalpur district as the study district is concerned,

we adopted the convenience sampling technique to collect primary data from different parts of rural and urban pockets.



- ✓ Around 4500 samples have been collected from 95 rural and urban areas of Sambalpur district with proper stratification.
- ➤ A new "Certificate course on Geriatrics Care" has been designed and launched to leverage the academic extension dimension of geriatrics and gerontology.
- ➤ The aim of the course is to educate students and spread awareness among them to the issues associated with the elderly population.

GMU launches certificate course in geriatric care

EXPRESS NEWS SERVICE

THE Gangadhar Meher University (GMU) launched a certificate course in gerlatric care on curse in the state was introduced under GMU's Odisha Centre for Geriatrics and Geroman Course will be six months during which students will appear the course will be six months during which students will appear the course of the course of the course of the course will appear the course of the course of

pred themselves to ecertificate course, beputy registrar of wild UC Pati said by 350, at least 20 per cent of India's population will be above the age of 60. With geing, people will face multiseging, people will face multiple of the people will face the people will face the people will face the people will be able to be considered with the people will be able to be considered with the people will be able to be considered with the people will be able to be considered with the people will be able to be considered with the people will be able to be considered with the people will be able to be able to be considered with the people will be able to be considered

identify old-age related prob-lems and suggest measures to deal with them. The outcome can be shared with the govern-ment for policy making. The also help form a workforce which can cater to the emotional and psychological needs oppopulation. Sources said eight

population.
Sources said eight departments of GMU will guide the students enrolled in the multidisciplinary course. The university has clearly

ourse.
Pati said admission
still open for the
ourse. Interested
udents can directly
ontact GMU for ad-

creasing its duration and up-grading it to diploma course," he added.

GMU's OCGG is Odisha's first-ever centre of excellence in study of geriatrics which was inaugurated in November, 2020.



The center has signed an MOU with the Center for Translational Chronobiology, and the Center for Geriatrics and Gerontology of

Pandit Ravishankar Shukla University, Raipur, Chhattisgarh on 12th August 2021.

To take care of the medical/biological dimensions of geriatrics, the CoE has involved the biggest medical college in western Odisha, VIMSAR, Burla, Sambalpur through an MOU on 22nd September 2022.



MoU signed with Center for Translational Chronobiology, and the Center for Geriatrics and Gerontology of Pandit Ravishankar Shukla University, Raipur

ଜିଏମୟୁ-ଭିମସାର ଚୁକ୍ତି ସ୍ୱାକ୍ଷରିତ



ସମଳପର, ୨୨। ୯ (କାର୍ଯ୍ୟାଳୟ): ଗଙ୍ଗାଧର ମେହେର ବିଶ୍ୱବିଦ୍ୟାଳୟ (ଜିଏମୟ) ଗୁରୁଦାର ଦେଶର ଏହି ଅଞ୍ଚଳରେ ବୃଦ୍ଧମାନଙ୍କ ସ୍ଥିତିକୁ ନେଇ ଜେରିଆନ୍ତ୍ରିକ ଓ ଜେରେଣ୍ଟୋଲୋଜି ଷେତ୍ରରେ ଉବେଷଣା ପାଇଁ ବୀର ସୁରେହ ସୀଏ ଅୟୁର୍ବିଞ୍ଚଳ ଓ ଗବେଷଣା ପ୍ରତିଷ୍ଠାନ (ଭିମସାର) ସହିତ ଏକ କୁକ୍ତି ସ୍ୱାକ୍ଷର କରିଛି । ୬୦ ବର୍ଷରୁ ଜନ୍ଧ ଜୟୟଙ୍କ ସଂଖ୍ୟା ନିସମିତ ଭାବରେ ବୃଦ୍ଧି ପାଇଥିବାବେଳେ ବୃଦ୍ଧବୃଦ୍ଧାମାନେ ସାମାଳିକ, ଅର୍ଥନୈତିକ, ମଳୟାଭ୍ୱିକ ଓ ସାଂସ୍କୃତିକ ସମସ୍ୟାର ସଲୁଖୀନ ହେବେ । ବରୟମାନଙ୍କ ସକାଶେ ସ୍ୱାସ୍ଥ୍ୟଜନିତ ସମସ୍ୟା ପ୍ରମୁଖ ଭାବେ ଗଳା ହୋଇଥିବାବେଳେ ସେମାନଙ୍କୁ ଅନକରତ ତାଲ୍କଗା ଯନ୍ତର ଆକଶ୍ୟଳତା ରହିଛି । ଗଙ୍ଗାଧର ମେହେର ବିଶ୍ୱବିଦ୍ୟାଳୟର [•]ଟି ବିଭାଗ ଏକସମୟରେ ଜେରିଆନ୍ତିକ୍ଲ ଓ ଜେରେଣ୍ଟୋଲୋଜିର ବିଭିନ୍ନ ଦିଗ ଉପରେ ଜାର୍ଯ୍ୟ ଜନ୍ମଛନ୍ତି । ବୟସ୍କମାନଙ୍କ ସମସ୍ୟାର ଡାଲୁରା ଦିଶ ଉପରେ ଗବେଷଣା ସଳାଶେ ଭିମସାରର ଭୂମିଳା ଗରତପର୍ଶ । ଏହାକ ଦର୍ଷିରେ ରଖ ଉତ୍ତୟ ଅନୁଷାନ ଏହି ଷେତ୍ରରେ ଗବେଷଣା ପାଇଁ ଚୁକ୍ତିରେ ଆବଦ ହୋଇଛନ୍ତି ।

ଗଙ୍ଗାଧର ମେହେର ବିଶ୍ୱବିଦ୍ୟାଳୟ କୁଳପଡି ପ୍ରଫେସର ଏନ୍. ନାଗରାଳୁ ଏବଂ ଜିମସାର ନିର୍ଦ୍ଦେଶକ ପ୍ରଫେସର ଇଳିଡ ବେହେରାଙ୍କ ଉପସ୍ଥିତିରେ ଗୁରୁବାର ବୁର୍ଜାସିତ ଜିମସାର ନିର୍ଦ୍ଦେଶକଙ୍କ ଜାଯ୍ୟାଳୟରେ ଜିଂମେୟର ଜୁଜସତିବ ଯୁଗଳେଶ୍ୱରୀ ଦାଶ ଏବଂ ଭିମସାରର ତିନ ତଥା ଅଧାଷ ତା ଜଉଣ୍ଡା ଦୋରା ଏହି ଜେଗିଆଟ୍ରିକ ଓ ଜେରେଣ୍ଟୋଲୋଜି ଚୁକ୍ତିରେ ସ୍ୱାକ୍ଷତ କରିଥିଲେ । ଜିଏମୟୁ ଉପକୁଳସ୍ପତିବ ଡ. ଉମାଚରଣ ପତି ଏହ ସିଓଇ ସଂଯୋଜିକା ତ. ମୋନାଲିସା ମହାପାତ୍ର ଉପସ୍ଥିତ ଥିବାବେଳେ ଜିମସାର ପଥରୁ କୁଳସଚିତ ତା. ଭାବଗ୍ରାମ ରଥ ଓ ଏନାଟୋମି ବିଭାଗ ମୁଖ୍ୟ ତା ମମତା ସର ଉପସ୍ଥିତ ଥିଲେ ଏହି ଚୁକ୍ତି ଉଚ୍ଚୟ ଅନୁଷାଳକୁ ବୟଷ୍ଟମାନଙ୍କ ବିଭିନ୍ନ ସମସ୍ୟ ଷେତ୍ରରେ ଉବେଷଣା ପାଇଁ ସହଯୋଗ କରିବ ।

MoU signed with VIMSAR, Burla

The center is actively working on extension activities to connect with elderly persons at the ground level. Several such activities have been organized in association with the old age home of Sambalpur and nearby places.

- > Every year the center is celebrating the International day of older persons and Diwali with the elderly at old age homes.
- ➤ Center is also doing Geriatrics counselling and health check-up camps in villages.
- > Center is planning to do an extension program to make people aware of the importance of Bhagavata tungi in villages, that is slowly fading away from villages.

ବିଶ୍ୱ ବରିଷ୍ଠ ନାଗରିକ ଦିବସ ପାଳିତ



ଦୟାମଣି ବୃଦ୍ଧାଶ୍ରମରେ ଏହି ଦିବସ ପାଳିତ ଥିଲେ । ଜିଏମ୍ପ୍ୟୁର ଏକ ଦଳ ବୃଦ୍ଧାଶ୍ରମର ଅସ୍ଥିଶଲ୍ୟ ଡାକ୍ତରଖାନାରେ ସମସ୍ତ ସୁଦିଧା କୁଳପଡି ପ୍ରଫେସର୍ ଏନ୍. ନାଗରାଜୁଙ୍କ ସଭାପତିତ୍ୱରେ ଏକ ସଭା ଅନୁଷ୍ଠିତ ବୁଝିଥିଲେ । ହୋଇଥିଲା। କୁଳସଚିବ ଯୁଗଳେଶ୍ୱରୀ ଦାଶ, ଉପକୁଳସ୍ଦିବ ଡ. ଉମାତରଣ ପତି, ସଭାକକ୍ଷରେ ସଭାପତି ପ୍ରଫୁଲ୍ଲ ହୋଡାଙ୍କ ହରିଶଂକର ପଞ୍ଜା ମଞ୍ଚାସୀନ୍ ଥିବାବେଳେ ଫିଳ ଓସିଜିଜିର ସଂଯୋଜକ ପ୍ଫେସର୍ ଶିବବ୍ତ ଅଧ୍ୟକ୍ଷତାରେ ବରିଷ୍ଟ ନାଗରିକ ଦିବସ

ସମଲପର, ୧/୧୦ (ଇମିସ): ଗଙ୍ଗାଧର ନିବେଦିତା ନାଥ, ଉଦ୍ଭିଦବିଜ୍ଞାନ ବିଭାଗର ବିଶ୍ୱବିଦ୍ୟାଳୟ(ଜିଏମ୍ୟୁ)ର ଡ. ପ୍ରଦୋଶ ଆଚାର୍ଯ୍ୟ, ଓସିଜିଜିର ରିସର୍ଚ ଓଡ଼ିଶା ସେଣ୍ଟର ଫର୍ ଜେରିଏଟିକ୍ସ୍ଲିଆଞ୍ଜ ଆସୋସିଏଟ୍ ଡ. ଡୋଳେଶ୍ୱର ଭୋଇ ହେବାକୁ ବକ୍ତାମାନେ କହିଥିଲେ ସଭାପତି ଜେରେଣ୍ଟୋଲୋଜି (ଓସିଜିଜି) ପକ୍ଷରୁ ଓ ରିସର୍ଚ ଆସିଷ୍ଟାଣ୍ଟ ସୁବୋଧ ପ୍ରଧାନ, ବିଶ୍ୱ ବରିଷ୍ଟ ନାଗରିକ ଦିବସ ପାଳିତ ସମାଜସେବୀ ପ୍ରମିଳା ବହିଦାର ଏବଂ ପରିଚୟ ପ୍ରଦାନ, ସୃତିକ୍ୱ କାଉଣ୍ଟର ସୁବିଧା, ହୋଇଯାଇଛି। ସମ୍ବଳପୁର ଦୁର୍ଗାପାଲିସ୍ଥିତ ହେମନ୍ତ ମହାପାତ୍ର ସଭାରେ ଉପସ୍ଥିତ ବିମାନ ଟିକଟରେ ରିହାଡି, ଓଲଟପୁର ହୋଇଥିଲା। ଏହି ଅବସରରେ ଜିଏମ୍ୟୁ ଅନ୍ତେବାସୀଙ୍କ ସହ ସମୟ କାଟିବା ଥିବା ଏକ ଅତିଥିଗୂହ ନିର୍ମାଣ ଆଦି ସହିତ ସେମାନଙ୍କ ଭଲମନ୍ଦ ଆଦି ପଚାରି ପ୍ରସ୍ତାବ ରଖିଥିଲେ। ସଂପାଦକ ସରୋଜ

ବାସ, ଆତ୍କୋପୋଲୋଳି ବିଭାଗର ଡ. ପାଳିତ ହୋଇଯାଇଛି। ଏଥିରେ ବରିଷ୍ଟ ଉପସ୍ଥିତ ଥିଲେ।

ନାଗରିକଙ୍କୁ ଉପଯୁକ୍ତ ସଜାନ ସହ ଯୁବପିଡ଼ି ତାଙ୍କ ପ୍ରତି ସମ୍ବେଦନଶୀଳ ଶ୍ରୀ ହୋତା ଯଥାଶୀଘ୍ର ବରିଷ୍ଠ ନାଗରିକଙ୍କ ଦାଶ ପ୍ରାରମ୍ଭିକ ସୂଚନା ଦେଇଥିଲେ ସହିପରି ଓଡ଼ିଶା ସାଂସ୍କୃତିକ ସମାଜ ଉପସଭାପତି ଅଶୋକ ପ୍ରଧାନ ଏବଂ ବିଭିନ୍ନ ବରିଷ୍ଟ ନାଗରିକ ସଂଘର ସଦସ୍ୟଗଣ



ହୋଇଥିଲା । ମିଠା ଓ

ବିଶ୍ୱବିଦ୍ୟାଳୟର ଉପ କୁଳସଚିବ

କରାଯାଇଥିଲା ।

ପୀତପହା ସାହ,

ସହଯୋଗ କରିଥିଲେ

International day of older persons, and Counselling at old age homes



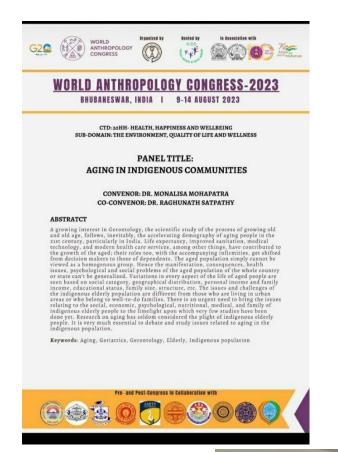
Counselling at villages



Many workshops and conferences have been organized involving experts from outside Odisha to give a proper shape to the CoEvis-à-visits specified goals.

- Open panel by OCGG in World Anthropology Congress held at KIIS; August 9 14, 2023.
- Socio-Academic Film Exhibition cum Interactive Workshop on Positive Ageing; 7th January 2023
- National webinar on Nutrition Assessment for Elderly; 25th November 2022
- Hands on Workshop on Actigraphy;28th July 2022.
- Special Lecture on Research Issues in Deprivation; 30th May 2022.
- Workshop on Human Sleep Rhythm Analysis; 26th March 2022.
- National webinar on Social forces and aging: Challenges and way forward; 10th August 2021.

National webinar on Aging and the Aged: Some Reflections; 10th July 2021.





One dedicated webpage has been

ବୟୟ ଲୋକଙ୍କ ସମସ୍ୟା ଉପରେ କର୍ମଶାଳା

ସମୁଲପୁର, ୮।୧ (ଇମିସ): ଗଙ୍ଗାଧର ମେହେର ବିଶ୍ୱବିଦ୍ୟାଳୟର ଦି' ଓଡ଼ିଶା ସେଞ୍ଜର ଫର୍ କେରିଆଟ୍ରିକ୍ସ ଅଞ ଜେରୋଞ୍ଜୋଲୋଜି ପକ୍ଷରୁ 'ଆମ ଦେଶର ବୃଦ୍ଧ ଲୋକମାନେ ସମ୍ପୁଣୀନ ହେଉଥିବା ସମସ୍ୟା' ଉପରେ ଏକ କର୍ମଶାଳା ଅନୁଷ୍ଠିତ ହୋଇଛି। ରବିବାର ଏହା ସହିତ ଏକ ଚଳଚ୍ଚିତ୍ର ପ୍ରଦର୍ଶନୀ ଆୟୋଜନ ହୋଇଥିଲା। କୋଲକାଡାର ଚଳଚ୍ଚିତ୍ର ନିର୍ମାତା ସୌରଭ ସାରକାର ଜିଏମ୍ପୟୁର ଛାତ୍ରଛାତ୍ରୀ ଓ କର୍ମତାରୀଙ୍କୁ ଡକ୍ୟୁମେଞ୍ଜାରୀ ଚଳଚ୍ଚିତ୍ର 'ସୋଲିଟାରି ସ୍ୟକ୍ନ' ପ୍ରଦର୍ଶିତ କରିଥିଲେ



'ଭାରତର ପରିବର୍ତ୍ତିତ ଜନସଂଖ୍ୟା, ବୟସଙ୍କ ସଂଖ୍ୟା ୨୦ ପ୍ରତିଶତରୁ ଅଧିକ', ଯେଉଁଠାରେ ଷାଠିଏ ବର୍ଷରୁ ଅଧିକ ତା ଉପରେ ଏହି ଚଳଚ୍ଚିତ୍ରଟି ପର୍ଯ୍ୟବସିତ।

କର୍ମଶାଳାକୁ ବିଶ୍ୱବିଦ୍ୟାଳୟର କୁଳପତି ପ୍ର. ଏନ୍ ନାଗରାକୁ ଉଦ୍ଘାଟନ କରିଥିଲେ କୁଳସଚିବ ଥୁଗଳେଶ୍ୱରୀ, ଉପ କୁଳସଚିବ ଡ. ଉମାଚରଣ ପତି ଓ ପିଜି କାଉନ୍ସିଲ୍ ଅଧ୍ୟୟ ପ୍ର. ସୁଶାକ୍ତ ବାସ ପ୍ରମୁଖ ଉପସ୍ଥିତ ଥିଲେ ବ' ଓଡ଼ିଶା ସେଖର ଫର୍ ଜେରିଆନ୍ତିକ୍ସ ଆଞ୍ଚ ଜେରୋଖ୍ୟେଲୋଜିର ସଂଯୋଜକ ଡ. ମୋନାଲିସା ମହାପାତ୍ର ଅତିଥି ପରିଚୟ ପ୍ରବାନ କରିଥିଲେ ଡ. ଶୁଭଙ୍କରୀ ପତି କାର୍ଯ୍ୟକ୍ରମକୁ ସଂଯୋଜନା କରିଥିବା ବେଳେ ଡ. ପ୍ରଦୋଷ ଆତାର୍ଯ୍ୟ ଧନ୍ୟବାଦ ଦେଇଥିଲେ ।

created and hoisted on the website to disseminate knowledge on different dimensions of the growing issues of Geriatrics and Gerontology.

https://www.gmuniversity.ac.in/odisha-center-for-geriatrics-and-gerontology-ocgg-.php

- Three faculties of the University are sanctioned with Minor Research Projects from the world bank fund to work specifically on issues related to Geriatrics and Gerontology.
- High value 24 number of smart motion watches and motionware software have been procured to collect real-time data on the sleep quality, latency, etc., of elderly people. The data on healthy adults have been generated using the actigraphy devices. This has been carried out to standardize the data output from the actigraphy devices.