



**Banchbo
Healing
Touch
Foundation**

A touch of healing...



SEPTEMBER 2026

Issue 06

SANJOG

Connecting with Care

Monthly News Letter Published by
Banchbo Healing Touch Foundation

— A TOUCH OF HEALING —

Serving Humanity Since 2007

**A Multidisciplinary 24 × 7 Geriatric Home Health care
initiative. "One Stop" Eldercare Solution**

THI MAGAZINE
THE INDUSTRY INSIGHTS
India's Most Trusted
Elderly Care Providers **2026**

**A MOMENT OF
PRIDE & HONOR**

Banchbo Healing Touch Foundation
is honoured with the

India's Most Trusted Elderly Care Providers 2026

by The Industry Insights Magazine



RECOGNIZED
For Excellence
in Elderly Care



COMMITTED
To Compassion,
Dignity & Respect



DEDICATED
To Healing,
Hope & Humanity

PEOPLE | CARE | COMMUNITY | HOPE
Together for a Kinder Tomorrow



1800+
Families
Supported



24x7
Compassionate
Elder Care



**Trusted
Across**
West Bengal & Beyond



Countless
Lives Touched,
Hopes Restored

**19
Years
of Service**

AWARDS & RECOGNITION



Featured in Civil
Society Magazine
as Innovative
Indians (2009)



Best Social
Impact through
Enterprise Award
BCC&I (2026)



CMA MSME
Eastern India's
Best Social Impact
Award (2025)



Healthcare
Achievement
Award by
Protect The Warriors



Powering
Bengal (2026)
Recognition by
Onkar TV



Award of Excellence
in Geriatric Care
2026 by Indian
Medical Association

FEATURED IN

NDTV



THE TIMES OF INDIA



The Indian EXPRESS

The Telegraph

Outlook



Where Every Surplus Fuels Philanthropic Service to Humanity...



**CONNECT
WITH CARE**

*We are here,
always*



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+91 9903584759



www.bhtf.org



banchbohealingtouch07@gmail.com



SCAN TO CONNECT

FOLLOW US



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Garia, Kolkata - 700084,
West Bengal, India

CARE ♥ CONTRIBUTE ♥ SUPPORT

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EDITORIAL

A Milestone of Trust, A Commitment to Care

Dear Readers,



With gratitude and renewed purpose, we present the **6th Edition of Sanjog**—a milestone that reflects not just continuity, but the growing trust of our members, families and well-wishers.

The past month has been particularly encouraging. We are honoured with the **"India's Most Trusted Eldercare Providers – 2026"** recognition from the prestigious **The Industry Insights**—an affirmation of the trust our work continues to earn.

Receiving the **"Best Social Entrepreneur Award – 2026"** from **Onkar Bangla TV** was another proud moment. Though conferred upon me personally, I consider it a recognition of the **entire Banchbo Healing Touch Foundation team**, whose dedication and compassion make our work possible.

Our participation in **"Swasthya" program on Doordarshan**, the national broadcaster, further strengthened our commitment to public health awareness and meaningful conversations on healthy ageing.

But **Sanjog** is also a space for reflection. The **tragic incident in Nepal** remind us of the fragility of life and the urgent need to protect our planet. We extend our heartfelt condolences to those affected. **Beyond mourning, we must reflect and act—because saving our beloved Earth is no longer a choice for tomorrow, but a responsibility for today.**

Amidst these milestones, our most important commitment remained unchanged: **continuity of care**. Throughout the past month, our team continued to stand beside our members and their families—because true eldercare is not an occasional service, but a promise of being there when it matters most.

As **Sanjog** reaches its 6th Edition, we remain grateful for the trust we have received and determined to earn it every day.

Recognition inspires us.

Trust strengthens us.

Care defines us.

Responsibility guides us.

This is our Sanjog—our continuing connection, our commitment to care.

Dr. Dhires Kumar Chowdhury,
Editor, Sanjog

Founder Director
Banchbo Healing Touch Foundation

7th September, 2026

ABOUT

Banchbo Healing Touch Foundation



Eastern India's first 24 × 7 Geriatric Multidisciplinary Home Healthcare Initiative

I ABOUT US

Banchbo Healing Touch Foundation (BHTF) is a pioneering organization dedicated to delivering comprehensive and compassionate geriatric home healthcare.

Marking a significant milestone in its journey, the organization underwent a transformational evolution in 2024 by establishing itself as a registered Section 8 Company. This transition reflects BHTF's commitment to strengthening its institutional framework, enhancing governance, and expanding its capacity to deliver scalable, sustainable, and high-quality elder care services.

With a multidisciplinary team of experienced healthcare professionals, BHTF provides a 24×7 "one-stop" solution encompassing medical, nursing, and supportive care. Driven by empathy, professionalism, and a vision for inclusive ageing, BHTF continues to set benchmarks in geriatric healthcare while building a future where every elder can live with dignity, security, and holistic well-being.

Beyond healthcare delivery, BHTF has actively extended its commitment to social responsibility through a range of philanthropic initiatives. The Foundation supports the education of underprivileged children, promotes skill development among youth, and provides holistic socio-medical support to elderly populations—particularly those from marginalized communities in remote regions such as the Sundarbans.

Legal Status: Section 8 Company registered under Ministry of Corporate Affairs, Government of India

Year of Commencement: 2007

Year of Registration as a Section 8 Company: 2024

Operational Area: South Kolkata, Saltlake, New Town & adjacent areas

SOUTH KOLKATA

Details of Service & Membership

SERVICE DETAILS

Diamond Member

Preventive Care at home (monthly basis)

- Monthly Preventive Check-up by Geriatric oriented Doctor
- 1 time Eye/Dental check-up
- 2 times ECG
- 2 times Basic Blood Test
1st Schedule: Hb, Sugar Fasting, Creatinine, Uric acid, Calcium
2nd Schedule: Any 3 from Lipid Profile, LFT, Thyroid Profile, HBA1C, PSA
- 1 time Dietitian's consultation

Golden Member

Preventive Care at home

- Alternate Month Preventive Check up by Geriatric Oriented Doctor
- 2 times ECG
- 2 times Basic Blood Test
1st Schedule: Hb, Sugar Fasting, Creatinine, Uric acid, Calcium
2nd Schedule: Any 2 from Lipid Profile, LFT, Thyroid Profile, HBA1C, PSA
- 1 time dietician's consultation

HIGH DEPENDENCY MEMBER

- Weekly visit by Geriatric Oriented Doctor
- 1 time ECG
- 1 time Basic Blood Test
- 1 time dietician's consultation
- Weekly visit and reporting by Care Manager or Nurse

CARE 360 SERVICE

- Any type of Non-Medical support (Including bank/post office/municipal/ insurance/mediclaime related work, OPD, Diagnostic center visit and Hospitalization, Shopping, Recreational Companion – visit to relative/friends home, book reading, visit to social events, cinema etc)
- 2 times Nurse's visits monthly.
- Medicine arrangement as per prescription if needed.

MR. APURBA GHOSH
(Promotional Manager)

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MRS. KAJORI SEN
(Promotional Executive)

+91 82405 74605

24 X 7 Emergency Service at home with full Medical support by our Emergency Medical Unit (EMU), Ambulance, Hospitalisation Assistance if required.



SALT LAKE

Details of Service & Membership

SERVICE DETAILS

Premier Membership

- Every alternate month Preventive Check up – Physically
- Every alternate month Preventive Check up – Tele consultation
- Weekly once Care Manager Visit for checking Vital Parameters, Medicine Sort out and companionship 30 minutes each visit
- 1 time Blood Tests (Hb, Urea, Creatinine, Sugar fasting, Lipid Profile, LFT)
- 2 times ECG
- 1 time Dietician's consultation
- 1 time Dental Check up
- 24 x 7 Emergency Assistance
- Added Service at an affordable price

Basic Membership

- Every Quarterly Preventive Check-up – Physically
- Twice yearly Tele Preventive consultation. Fortnightly once Care Manager Visit for Checking Vital Parameters, Medicine Sort out and companionship 30 minutes each visit
- 1 time ECG
- 24 x 7 Emergency Assistance
- Added Service at an affordable price

HIGH DEPENDENCY MEMBER

- Every month Preventive Check up
Every month Tele Consultation.
- Weekly Care Manager Visit for checking Vital Parameters, Medicine Sort out and companionship 30 minutes each visit
- 1 time Blood Tests (Hb, Urea, Creatinine, Sugar fasting, Lipid Profile, LFT, Na, K, Uric Acid, TSH)
- 2 times ECG
- 1 time Dental Check up
- 1 time Basic Blood Test
- Added Service at an affordable price
- 1 time dietician's consultation
- 24 x 7 Emergency Assistance

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MEMBER BIRTHDAY WISHES AUGUST 2026

“Every Birthday, A Celebration of Togetherness & Bonds Beyond Care”

We were truly delighted to extend birthday wishes to our respected members last month, and the heartfelt responses we received filled all of us with immense joy and gratitude. Every smile, blessing, and emotional connection made these moments deeply meaningful for the entire BHTF family.

We firmly believe that the coming years will become an even more beautiful and meaningful journey of care, companionship, dignity, and togetherness with us beside them at every step of life.



BANDANA DAS

01st AUGUST



SUBRATA CHAKRAVORTY

01st AUGUST



MEGHNA CHOWDHURY

01st AUGUST



NITENDRA KUMAR BHATTACHARYA

01st AUGUST



DR KRISHNA CHANDRA KAR

01st AUGUST



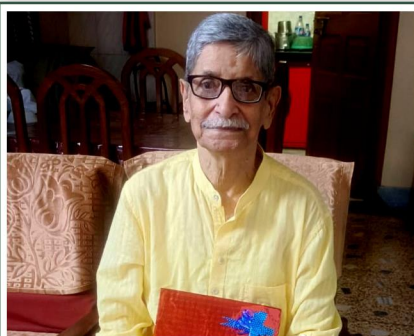
PRADITI BHATTACHARYA

02nd AUGUST



SIPRA GHOSH

06th AUGUST



SWAPAN KUMAR BANDYOPADHYAY

07th AUGUST



REBA BHATTACHARYA

09th AUGUST





MEMBER BIRTHDAY WISHES AUGUST 2026

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SEKHAR KUMAR BANERJEE

15th AUGUST



ATREYEE GUPTA

15th AUGUST



RAHUL DUTTA

20th AUGUST



BANDANA CHOWDHURY

21st AUGUST



ADITI GUHA

23rd AUGUST



SUREKHA DAS

27th AUGUST



SHILA MAJUMDER

28th AUGUST



DIPTIMAY RAY

28th AUGUST



SUBRATA LAL CHAKRABORTY

30th AUGUST





DETAILS OF NEW MEMBERSHIP

NEW MEMBER ENROLMENT LIST AUGUST 2026

SL. NO.	NAME	AGE	MEMBERSHIP NO. & CATEGORY	DESIGNATION
01	NIRENDRA LAL MITRA	82	1840 - GOLDEN	Retired - Controller (Indian Army Defence Accounts Department)
02	BULU MITRA	75	1841 - GOLDEN	Home Maker
03	RATNA SENGUPTA	74	1842 - GOLDEN	Retired - West Bengal Sale Tax (Assistant Commisioner Of Sale Tax)
04	AMALENDU CHATTERJEE	74	1843 - GOLDEN	Deputy Vice President - Tata Motors
05	GITA SINHA BISWAS	81	1844 - GOLDEN	Retired - School Teacher M M High School Purulia
06	SUNANDA SANYAL	75	1845 - GOLDEN	Retired - Teacher (Sunbeam School Benaras)
07	BANDANA GUHA NIYOGI	74	1846 - DIAMOND	Home Maker
08	PARTHA BHUSAN GUHA NIYOGI	75	1847 - GOLDEN	Retired - FCU AGI Assistant Grade 1
09	BEDATROYI BAGCHI	81	1848 - DIAMOND	Home Maker
10	SHEKHAR CHAKRAVARTY	92	1849 - DIAMOND	Director - Conveyor & Ropeway Services Pvt Ltd.
11	CHHABI CHAKRAVARTY	79	1850 - GOLDEN	Home Maker
12	SIDDHARTHA BRAHMACHARI	83	1851 - DIAMOND	Retired Ex Railway Employee
13	JAYATI BRAHMACHARI	76	1852 - DIAMOND	Home Maker
14	KHAGENDRA NATH BHATTACHARYYA	82	1853- GOLDEN	Retired - Indian Oil Corporation (Accounts Officer)
15	PUTUL BHATTACHARYYA	76	1854 - GOLDEN	Home Maker
16	SUCHETA BAKSHI GUPTA	79	SLT 032 - HIGH DEPENDENCY	Home Maker



A PROUD MILESTONE FOR THE BANCHBO HEALING TOUCH FOUNDATION

We are delighted and deeply honoured to share a significant milestone in the journey of Banchbo Healing Touch Foundation (BHTF).

Banchbo Healing Touch Foundation has been officially recognised and featured by **The Industry Insight (TII) Magazine** in its prestigious 2026 edition, **"India's Most Trusted Elderly Care Providers – 2026."**

This recognition is not merely an honour—it is a reflection of our nearly two decades of commitment to **compassionate, comprehensive and dignified elderly care**, and of the trust placed in us by the seniors and families we serve.

For us, elderly care has never been just a service. It is about **respecting ageing, preserving dignity, supporting families** and helping older adults live **healthier, safer** and more fulfilling lives in the comfort of their own homes.

Being featured among trusted elderly care providers across India strengthens our resolve to continue raising the standards of **multidisciplinary, home-based and person-centred geriatric care**.

We warmly invite you to explore our feature and learn more about the BHTF journey, our philosophy and our vision for the future of elderly care in India.

This recognition belongs to every senior who has trusted us, every family who has stood beside us, and every member of the BHTF family who has contributed to this journey.

You can access the actual content on: <https://tiimagazine.com/e-magazines/>

With gratitude, humility and renewed commitment, we move forward where ageing is not merely about adding years to life, but adding life, dignity and joy to those years.





Care Today
For a Better Tomorrow

TII MAGAZINE
THE INDUSTRY INSIGHTS

India's Most Trusted **20**
Elderly Care Providers **26**

A MOMENT OF PRIDE & HONOR

Banchbo Healing Touch Foundation
is honoured with the

India's Most Trusted Elderly Care Providers 2026

by The Industry Insights Magazine



PROUDLY PRESENTED TO

Banchbo Healing Touch Foundation

Presented in appreciation of your remarkable contribution to the care, welfare, and empowerment of the elderly community.

RG Prasad
Editor-in-Chief

TII MAGAZINE
THE INDUSTRY INSIGHTS
India's Most Trusted **20**
Elderly Care Providers **26**



RECOGNIZED

For Excellence
in Elderly Care



COMMITTED

To Compassion,
Dignity & Respect



DEDICATED

To Healing,
Hope & Humanity

THANK YOU THE INDUSTRY INSIGHTS MAGAZINE

*for this esteemed honour and for inspiring us
to continue our mission of healing and hope.*

PEOPLE | CARE | COMMUNITY | HOPE

Together for a Kinder Tomorrow



Formalising a Non-Profit Structure

A significant structural milestone for BHTF was its transition into a Section 8 company in 2024, formalizing its status as a not-for-profit healthcare organisation. The organisation is recognized by NITI Aayog and holds institutional affiliation with the Geriatric Society of India. Additionally, its recent recognition with a regional social impact award highlights its positioning within the non-profit healthcare ecosystem.

BHTF's model extends beyond direct patient services into training and workforce development, addressing one of the most significant gaps in Indian geriatric care; the shortage of trained personnel. The organisation independently as well as in collaboration with Ramakrishna Mission Vidyamandira, conducts skill development programs aimed at building a

workforce equipped to manage elderly patients in home settings. This includes training caregivers and support staff in both clinical assistance and patient interaction, emphasizing dignity, safety, and continuity of care.

Simultaneously, BHTF engages in social advocacy, attempting to shift prevailing perceptions around aging. A recurring challenge in geriatric healthcare remains the normalization of symptoms such as cognitive decline or mobility issues, often leading to delayed intervention. And Banchbo addresses it by giving these cases the care and attention they deserve. As the demand for elderly healthcare grows, such integrated models underscore an essential principle: that effective geriatric practice is as much about systems and structure as it is about preserving dignity and trust within the patient experience. ■



THE INDUSTRY INSIGHTS

AUGUST 2026

INDIA'S MOST TRUSTED ELDERLY CARE PROVIDERS – 2026

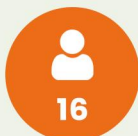
Sl No.	Elder Care Champion	City / Location
1	Amara Senior Living	Dehradun (Pan-India presence)
2	Banchbo Healing Touch Foundation	Kolkata
3	Care24	Mumbai
4	Emsha Elder Care	Gurgaon
5	Jagriti Dham	Kolkata
6	KITES Senior Care	Bengaluru
7	Nightingale Home Health Services	Bengaluru
8	Sakshi Healthcare	Della NCR
9	Tribeca Care	Chennai
10	Vodda Elder Care	Mumbai

AUGUST 2026

THE INDUSTRY INSIGHTS

SERVICE RECORD OF BHTF

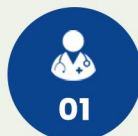
(AUGUST 2026)



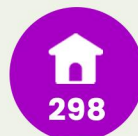
Members
Enrolled



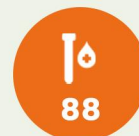
Total
Hours



Empaneled
Doctors



Total
Visit



Blood
Test



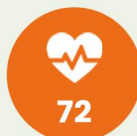
Emergency
Call



Non Emergency
Call



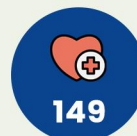
Specialists
visit



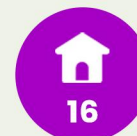
ECG



Ambulance



Care 360
Service



Home Nurse
Service



Care
Giver



KEY EVENTS AND HIGHLIGHTS

Summary of Important Programmes conducted during the period

1. Geriatric Health Camp
2. Participation in Doordarshan Programme “Susasthya”. Topic: Home-Based Medical Care for Elders Needs and Awareness
3. A Recognition, A Long Journey and a Legacy of Entrepreneurship
4. International Conference on Geriatrics & Gerontology

GERIATRIC HEALTH CAMP



Banchbo Healing Touch Foundation organised a **Geriatric Health Check-up Camp** on **24 August 2026** at **Vikashita School, Sundarban**, with the objective of providing basic healthcare services and promoting health awareness among elderly community members.

During the camp, the participating elderly persons underwent free **basic health screening and medical assessment**, including monitoring of vital parameters, distribution of prescribed medicines and identification of common age-related health concerns. The beneficiaries were also provided with **medical advice, guidance on medication and lifestyle management, nutrition, and the importance of regular health monitoring**. More than 100 beneficiaries from local underserved areas visited the camp and were benefitted.

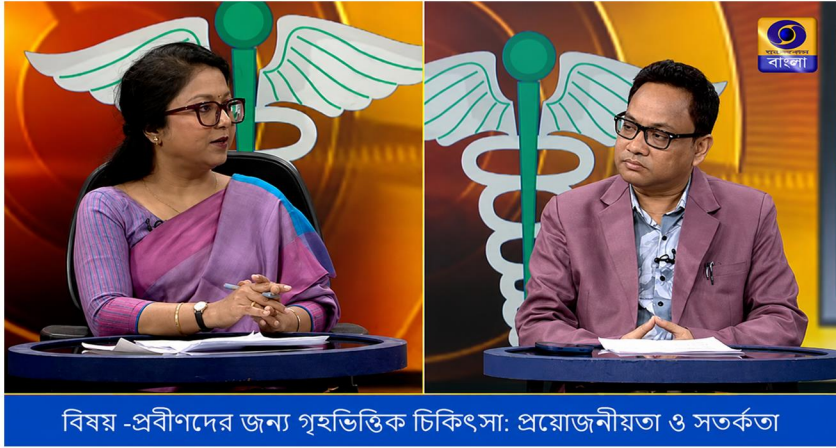


An exclusive health check-up camp focusing on **Orthopaedic and ENT care** was conducted for underprivileged elderly residents under **Dr. Kartick Nasipuri (Orthopaedic, MBBS, MS(Ortho), Dr. Kamal Kanti Guha (ENT) and Dr. Shubhra Guha (MBBS, Anaesthetist)**. The programme aimed to identify common age-related musculoskeletal and ear, nose and throat problems and provide timely medical guidance.

The camp served as an important platform for **early identification of health risks and promotion of preventive healthcare among senior citizens**. The initiative also helped create awareness about the need for regular medical consultation and continued care for maintaining a healthy and dignified life in old age.

The programme concluded successfully with active participation from the community and reaffirmed Banchbo Healing Touch Foundation’s commitment to **accessible, preventive, and community-based geriatric healthcare**.



PARTICIPATION IN DOORDARSHAN PROGRAMME “SUSASTHYA”**Topic: Home-Based Medical Care for Elders:
Needs and Awareness**

Dr. Dhiren Kumar Chowdhury, Geriatric Care Specialist, along with Dr. Partha Mondal, Geriatrician, participated in the Doordarshan programme “**Susasthya**”, hosted by Ms. Chaitali Dutta. The programme focused on an increasingly important aspect of eldercare—“**Home-Based Medical Care for Elders: Needs and Awareness.**”

During the programme, the doctors discussed the growing need for accessible, continuous and comprehensive healthcare services for older adults within the familiar environment of their homes. They highlighted that ageing is often accompanied by multiple health conditions, reduced mobility, functional limitations and an increased need for regular medical supervision and supportive care.

Dr. Dhiren Kumar Chowdhury and Dr. Partha Mondal emphasized that home-based medical care can play a significant role in ensuring timely healthcare for elderly individuals, particularly those who find frequent hospital or clinic visits difficult. The discussion covered the importance of **regular health monitoring, medication management, nutritional support, prevention of complications, early identification of health problems and coordination among different healthcare professionals.**

The programme also highlighted the importance of creating awareness among family members and caregivers regarding the specific healthcare needs of older adults. Proper communication with elderly patients, attention to changes in their physical and mental health, safe home environments and timely medical intervention were identified as essential components of effective eldercare.



A RECOGNITION, A LONG JOURNEY AND A LEGACY OF ENTREPRENEURSHIP



The Onkar Group presented the first **Powering Bengal 2026 – Business Conclave and Business Excellence Awards** – a platform celebrating achievements of Entrepreneurs of Bengal. The program was held on 08th August 2026 at Software Technology Parks Kolkata, bringing together eminent personalities from industry, technology, entrepreneurship, healthcare, social development, media and other fields.

The programme was inaugurated by Smt Agnimitra Paul, Hon’ble Minister-in-Charge, Department of Urban Development and Municipal Affairs, Government of West Bengal. The Minister in her welcome address spoke about her own entrepreneurial journey with a meagre beginning and that leadership quality of women can make a big difference.

The occasion was graced by several eminent personalities, including Shri Prahlad Roy Goenka, Chairman, Onkar Group; Smt Debasree Roy Sarkar, MD, Peerless Hotels; Dr Sonali Roy COO, RISE Foundation, IISER Kolkata; Shri Ravindra Chamaria CMD, Infinity Group, Shri Manjit Nayak, Director, STPI-KOLKATA Shri Kaushik Bhattacharya CEO Ranjhiya Digital and eminent journalists Shri Arkaprava Sarkar and Shri Arup Kali.

Banchbo Healing Touch began its journey in **2007** with limited financial resources but with strong determination, resilience, professional skills, and the support of a committed team and well-wishers. Over nearly two decades, the initiative has evolved into **Banchbo Healing Touch Foundation**, striving to establish itself as a pioneering initiative in home-based healthcare services for senior citizens in Eastern India.

The **“Best Social Entrepreneur Award – 2026”** conferred by **Onkar Bangla** is therefore regarded not merely as an individual achievement, but as a recognition of the collective efforts of the entire Banchbo Healing Touch Foundation family. It represents the trust, support and contribution of the people who have been associated with the organisation throughout its journey.



The recognition also carries a personal connection with the founder's family legacy. His great-grandfather, **Krishnachandra Chowdhury**, was the founder of the **Sangu Valley Tea Company** in erstwhile Burma, while his grandfather **Dhirendralal Chowdhury** subsequently took the business to greater heights. The family and the Sangu Valley Tea Company were also mentioned in the historic 1910 publication *Twentieth Century Impressions of Burma: Its History, People, Commerce, Industries and Resources*, edited by Arnold Wright. This heritage has provided an additional sense of pride and inspiration to continue the entrepreneurial spirit in a different form—through social entrepreneurship.

Although modest in scale, the initiative has created measurable social impact. It currently provides direct employment to **more than 30 people**, has indirect linkages with **over 200 people**, and has gained experience in serving **more than 1,900 senior citizens**. A significant portion of its profits is also reinvested in social development initiatives, including a school initiative in the **Sundarbans**, a **Geriatric Outpatient Clinic**, and skill-development and self-reliance programmes for young people.

The award thus symbolises much more than professional recognition. It celebrates nearly two decades of perseverance, the dedication of the team, the trust of beneficiaries and well-wishers, and the organisation's commitment to giving back to society.

For Banchbo Healing Touch Foundation, the **Best Social Entrepreneur Award – 2026** is both an honour and a responsibility—a tribute to the past, recognition of the present, and an inspiration to continue the journey with greater integrity, commitment and social purpose.





INTERNATIONAL CONFERENCE ON GERIATRICS & GERONTOLOGY

INTERNATIONAL CONFERENCE ON GERIATRICS & GERONTOLOGY
Exploring Innovations for Healthy Ageing & Better Tomorrow

AUGUST 07-08, 2026 | AMSTERDAM, NETHERLANDS | HYBRID MODE (IN-PERSON & VIRTUAL)

INVITED INTERNATIONAL Guest Speaker
Dr. Dhires Kumar Chowdhury
Geriatrician
Geriatric Activist, India

TOPIC OF PRESENTATION
"Multidisciplinary Home Healthcare: Emerging Needs in Geriatric Long-Term Care Models – Insights from the Indian Elderly Care Scenario."

DAY 2
AUGUST 08, 2026 | 3:30 PM IST | VIRTUAL (ZOOM)

SPEAKERS PARTICIPATING FROM AROUND THE WORLD

USA	UNITED KINGDOM	ITALY	CHINA	BRAZIL	JAPAN	SOUTH KOREA
IRAN	ALGERIA	PORTUGAL	ARGENTINA	DENMARK	INDIA	PAKISTAN
AZERBAIJAN	UAE	TAIWAN	ISRAEL	SOUTH AFRICA	BANGLADESH	MONTENEGRO

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Holiday Inn Amsterdam Arena Towers, Hoogwerfde 66, 1101 BE, Amsterdam, Netherlands

VIRTUAL PARTICIPATION
Join from anywhere in the world via Zoom
Detailed joining link will be shared with registered participants.

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A significant milestone was achieved in the field of geriatric healthcare with the virtual presentation of work at the **International Conference on Geriatrics & Gerontology 2026**, held in Amsterdam, Netherlands.

The presentation, titled **"Multidisciplinary Home Healthcare: Emerging Needs in Geriatric Long-Term Care Models – Insights from the Indian Elderly Care Scenario,"** highlighted the emerging needs and challenges associated with long-term care of older adults, with particular emphasis on the Indian context by Dr. Dhires Kumar Chowdhury.

The presentation was developed from BHTF's viewpoint that covered more than **19 years of experience in providing multidisciplinary, home-based geriatric care in Kolkata**. It reflected practical insights gained through sustained engagement with older adults, their families, caregivers, and healthcare professionals in the community.

The international platform provided an important opportunity to present the realities, challenges, and evolving requirements of elderly care in India to a wider global audience. The inclusion of both the presentation and its abstract in the **official conference book** further recognised the relevance of the work and its contribution to discussions surrounding contemporary geriatric care models.

The presentation by Dr. Chowdhury emphasised that an ageing population requires more than medical treatment alone. Effective elderly care also depends on **continuity of care, dignity, trained caregivers, family support, multidisciplinary professional services, and accessible home-based care**.

The experience represents an important step in bringing Indian perspectives on geriatric home healthcare to the international forum and contributes to the continuing

inovine
Scientific Meetings

International Conference on Geriatrics & Gerontology

07-08
AUGUST 2026

AMSTERDAM, NETHERLANDS

DAY 2
VIRTUAL PRESENTATIONS

Zoom Meeting (GMT+2) Time Amsterdam, Netherlands





Day 02

Geriatrics Conference 2026

Dhires Kumar Chowdhury

Geriatrician and Geriatric Activist, India

Multidisciplinary Home Healthcare: Emerging Needs in Geriatric Long-Term Care Models Insights from the Indian Elderly Care Scenario

India is undergoing a major demographic transition with a rapidly expanding ageing population and increasing burden of chronic diseases, frailty, disability and dependency among older adults. According to recent WHO estimates, India currently has nearly 156 million people aged 60 years and above, constituting around 11% of the total population, and this proportion is projected to rise to 21% by 2050. Simultaneously, increasing longevity, nuclear family structures, migration of younger generations and inadequate long-term care infrastructure are creating significant gaps in elderly support systems across the country.

In this evolving healthcare landscape, multidisciplinary home healthcare has emerged as a crucial and sustainable long-term care model, particularly for low-resource and densely populated urban settings like Kolkata, India. This presentation reflects the practical experiences and community-based observations accumulated over 19+ years of providing comprehensive home-based geriatric care through an integrated multidisciplinary approach.

The care model focuses on holistic, person-centered and continuity-based support delivered by geriatric physicians, other specialists especially geriatric dentistry, psychiatry, trained nurses, physiotherapists, yoga therapists, speech/swallow therapists, psychologists, nutritionists, caregivers and social support teams within the home environment. The approach has demonstrated substantial benefits in improving quality of life, functional independence, treatment adherence, emotional well-being and caregiver confidence while reducing avoidable hospitalizations and financial burden on families.

The model has shown particular effectiveness among bedridden elderly individuals, dementia patients, stroke survivors, palliative care recipients and socially vulnerable older adults. Emerging Indian data also indicate increasing prevalence of undiagnosed chronic illnesses, disability and dependency among older persons, highlighting the urgent need for structured community geriatric services and long-term care systems.

This abstract emphasizes the urgent necessity for scalable, culturally sensitive and multidisciplinary home healthcare models in India to bridge the gap between hospital-based treatment and community long-term care, ensuring dignified, accessible and holistic ageing support for the rapidly growing elderly population.

Biography:

I am **Dr. Dhires Kumar Chowdhury**, a geriatrician and community elder-care advocate, Fellow of Geriatric Society of India, National Committee Member Home Care Association of India

with more than 19 years of experience in multidisciplinary home-based geriatric healthcare in Kolkata, India. As the Founder Director of Banchbo Healing Touch Foundation (www.bhtf.org), I have been working to develop compassionate, accessible and holistic

Page 42



dialogue on developing more comprehensive, dignified, and sustainable long-term care models for older adults in India.

"...don't carry forenoon into the afternoon (old age), otherwise there will be a great diminution of personality and want of inner qualitative enrichment."

- Swami Ranganathananda





HEALTH TALK

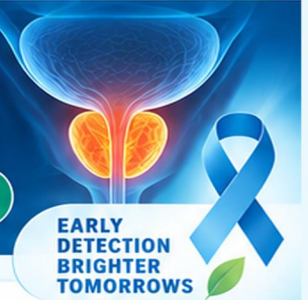
| KNOW | PREVENT | LIVE BETTER

Dr. (Prof) Pushkar Shyam Chowdhury,

Member of BHTF Specialist Medical Board

MBBS, MS(General Surgery), M Ch
(Urology)

Prostate Health and Prostate Cancer:

Awareness Can Save Lives**As men grow older, changes in prostate health become increasingly common.**

The prostate is a small gland situated below the urinary bladder. With age, it often enlarges—a condition called Benign Prostatic Hyperplasia (BPH). This is not cancer, but it can cause troublesome urinary symptoms.



Men should seek medical advice if they notice difficulty starting urination, a weak or interrupted stream, frequent urination—particularly at night—urgency, or a feeling that the bladder has not emptied completely. Blood in the urine or semen, unexplained weight loss, persistent back or bone pain may occasionally indicate more serious disease and should not be ignored.



Prostate cancer is one of the common cancers affecting older men. Importantly, early prostate cancer often produces no symptoms at all. This makes awareness and appropriate screening particularly important.



Early detection usually involves a PSA (Prostate-Specific Antigen) blood test along with clinical assessment. If the PSA or examination is suspicious, multiparametric MRI and targeted prostate biopsy can help establish the diagnosis while avoiding unnecessary procedures in many men. Men above 50 should discuss prostate cancer screening with their doctor; those with a strong family history may need to start earlier.



When detected early, prostate cancer is highly treatable and often curable. Treatment is increasingly personalised. Some low-risk cancers require only active surveillance, while others may need surgery or radiotherapy. Modern robotic surgery, precision radiotherapy, hormonal therapy and newer targeted treatments have substantially improved outcomes.

**The key message is simple:**

do not dismiss urinary problems as merely a part of ageing. Timely evaluation and early detection can make all the difference.

*Healthy Men
Stronger Tomorrows*— AWARENESS
CARE
LONGER LIVES —

CORDIAL MEETING WITH DR. SHARADWAT MUKHOPADHYAY

Banchbo Healing Touch Foundation, represented by its Director **Dr. Dhirees Kumar Chowdhury**, along with **Dr. Suddhasatwya Chatterjee** representative of the **Geriatric Society of India – West Bengal Branch**, paid a courtesy visit to the Hon'ble Minister of Health & Family Welfare, Government of West Bengal, eminent physician **Dr. Sharadwat Mukhopadhyay**.

The primary purpose of the meeting was to invite the Hon'ble Minister as the **Special Guest at the inaugural ceremony of GSICON 2026**, scheduled to be held in Kolkata from **18–20 September**. He was also presented with a memento on behalf of the Geriatric Society of India – West Bengal Branch and Banchbo Healing Touch Foundation.

The meeting included a meaningful exchange of views on **geriatric care, elderly healthcare, and improving healthcare services for senior citizens across West Bengal**. The Hon'ble Minister expressed his positive assurance regarding his presence at GSICON 2026 and conveyed his best wishes for the success of the conference.

Banchbo Healing Touch Foundation welcomes the Minister's efforts to strengthen healthcare administration through direct engagement with hospitals and healthcare services. The Foundation looks forward to continued collaboration towards making healthcare for the elderly **more humane, accessible, and effective**.



Echos of impact



Living thousands of kilometres away from home in Cape Town, South Africa, one of my greatest concerns has always been the well-being and safety of my mother, Mrs. Jana Dutta, who lives alone in Kolkata. For more than six years, Banchbo Healing Touch has been a tremendous source of comfort and reassurance for both of us by providing emergency support and regular medical check-ups whenever needed.

I have known Dr. Dhires Chowdhury, the proprietor of Banchbo Healing Touch, for a very long time, and over the years, I have personally experienced the dedication, compassion, and professionalism with which he and his team provide their services. They have always been extremely supportive, responsive, and prompt whenever assistance has been required.

Living so far away, it is not always possible for me to be physically present for my mother during an emergency. Knowing that there is a caring and dependable team looking after her gives me invaluable peace of mind. Their service goes beyond professional assistance—it reflects genuine care, responsibility, and compassion.

I sincerely appreciate Dr. Dhires Chowdhury and the entire team at Banchbo Healing Touch for their wonderful support throughout these years. I would wholeheartedly recommend their services to anyone with elderly loved ones living alone who is looking for trustworthy and compassionate care.

Mr. Ayan Dutta

Son of Jana Dutta (Membership No: 1137)

Cape Town, South Africa



Beneficiary Story

A Journey from Fear and Behavioural Disturbance to Recovery

1. Situation : Mrs. Sunanda Sur an **87-year-old elderly member** of BHTF, was already living with age-related health concerns including **hypertension (HTN), osteoarthritis (OA), and dyslipidaemia.**

On **30 July 2026**, she experienced a significant deterioration in her physical and emotional well-being following a **fall**. After the incident, she developed considerable **fear and anxiety**, followed by social withdrawal and loneliness. Her condition subsequently manifested as **behavioural disturbance, excessive/talkative behaviour, mental agitation and episodes of aggression.**



Her behavioural changes began affecting her interaction with her caregivers and domestic staff. She also showed **reduced oral intake and reluctance to take food**, raising concerns about her nutritional status and overall health. The situation became challenging for both the family/caregivers and the care team.

2. Intervention : Recognising the change in her behaviour and functional status, the care team initiated **prompt medical assessment and close monitoring** under able supervision of **Dr. Debanjan Banerjee** (Geriatric Psychiatrist) and efficient counselling of **Ms Soma Nath** (Dementia Care Specialist). She was referred for **medical and geriatric evaluation** following the fall and subsequent behavioural changes. A diagnostic work-up including **CT scan, blood investigations and ultrasonography (USG)** was undertaken; the available records indicate that the investigations were **within normal limits**. The care team maintained close communication with the caregiver and our **Care 360 manager Mr. Kunal Kumar**, helping manage her behavioural symptoms and maintain a safe environment.

The approach was therefore not limited to medication; it incorporated **medical evaluation, rehabilitation, caregiver coordination and psychosocial support.**

3. Impact / Outcome : The coordinated intervention produced a **remarkable improvement within approximately one week**. Mrs. Sur gradually became calmer and more cooperative. Her **behavioural disturbances and mental agitation reduced**, her interaction with caregivers improved, and she was able to return towards her usual routine. Her reluctance to take food also improved with supportive care.

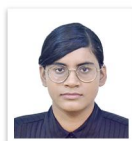
Within a short period, she was reported to have **recovered and returned to a normal state of behaviour and functioning.**

Through timely intervention and compassionate, coordinated elder care, Mrs. Sunamala was able to regain her emotional stability, improve her interaction with caregivers and return to her normal routine—reminding us that every elderly person deserves not only medical attention, but also patience, dignity and understanding.



BHTF Medical, Nursing & Care Service Team

OUR VISITING MEDICAL BOARD (PREVENTIVE & ON CALL)



Dr. Ahana Roy

MBBS, MD
(Clinical Pharmacology)



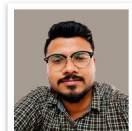
Dr. Anindya Karmakar

MBBS, MD, DM
(CLINICAL PHARMACOLOGY)



Dr. Arijit Das

MBBS, MD, DM(PGT), PGDGM,
CCGGM, FCSI



Dr. Arka Das

MBBS, MD, DM,
(Pursuing CLINICAL
PHARMACOLOGY)



Dr. B. Roy

MBBS



**Dr. Dhires Kumar
Chowdhury**

MBBS, PGDGM, CCGGM, FCSI



Dr. G. C. Mondal

MBBS, F. Med



Dr. Partha Mondal

MBBS, MD (GERIATRICS)



Dr. Pritam Roy

MBBS, DGO, MD,
FRSPH (LONDON, UK)



Dr. Ujjwal Mukherjee

MBBS, Specially trained in
Elder Care

OUR NURSING TEAM



Nursing In-Charge

Mrs. Saheli Chowdhury

B.Sc Nursing



Ms. Soma Sikder

Certified Nursing Assistant,
Certified Covid Care Assistant,
Trained in First Aid, CPR



Ms. Lakshmi Mani Saren

Certified Nursing Assistant,
Certified Covid Care Assistant,
Trained in First Aid, CPR



Ms. Arati Chowdhury

Certified Nursing Assistant,
Certified Covid Care Assistant,
Trained in First Aid, CPR



Mr. Shyamal Bhuniya

Certified Nursing Assistant,
Certified Covid Care Assistant,
Trained in First Aid, CPR, Old Age
Care Pursuing



Ms. Madhurima Karmakar

ANM, Certified Geriatric and
Nursing Care Assistant,
Trained in First Aid, CPR



Ms. Sneha Bhowmick

Certified Nursing Assistant
Junior Nursing Executive



Panmoni Soren

Certified Nursing Assistant :
Junior Nursing Executive



Aparna Jana

Certified Nursing Assistant :
Junior Nursing Executive

OUR CARE SERVICE TEAM



Mr. Haridas Naskar

Certified Geriatric Care
and Nursing Assistant
Care Manager



Mr. Kunal Kumar

Certified Geriatric Care
and Nursing Assistant
Care Manager



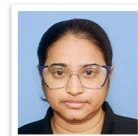
Mrs. Kajari Sen

Certified Geriatric Care
and Nursing Assistant
Care Manager



Mr. Malay Dey

Pursuing Old Age Care Basic
Junior Care Executive



Ms. Anita Das

Care 360 Assistant



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Avail our Multidisciplinary Specialist Consultancy Support at your doorstep – exclusively for our esteemed members, a first-of-its-kind initiative dedicated to ensuring accessible, compassionate, and holistic healthcare guidance.

We express our heartfelt gratitude to our associated specialists for their immense support and generous commitment despite their exceptionally demanding schedules, honouring and prioritising the well-being of our respected members.

- Strictly on prior appointment basis
- Not applicable for emergency response services
- Coordination only through our organisation
- Kindly refrain from direct individual communication with specialists

Because dignified care begins with responsible coordination and compassionate collaboration.

For appointment contact: **8777565221 / 9903388556 / 8240574605**

OUR LIST OF MULTIDISCIPLINARY SPECIALIST CONSULTANTS



CARDIOLOGY & MEDICINE
DR. PRATIK DASGUPTA
 (MBBS, MD)



UROLOGY & GENERAL SURGERY
DR. KAUSTAV SAHA
 M.B.B.S., M.S. (Gen. Surgery),
 F.MAS



DERMATOLOGY(SKIN)
DR. PRIYANKAR MISHRA
 (MBBS, MD)



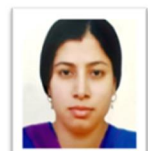
DENTAL
DR. SUBHANKAR
BANDYOPADHYAY
 (BDS)



RHEUMATOLOGY
DR. SUDDHASATWYA
CHATTERJEE
 MBBS, DNB (General Medicine)



GERIATRIC PSYCHIATRY
DR. DEBANJAN BANERJEE
 MD, DNB, MD(Psychiatry),DM
 (Geriatric Psychiatry),Fellow
 (Sexual Medicine) MBBS



OPHTHALMOLOGY (EYE)
DR. DEBOLEENA DEY
 MBBS (CAL), DO ,DNB



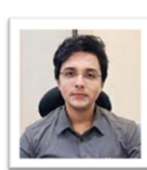
ORTHOPEDIC
DR. KARTICK NASIPURI
 MBBS, MS(Ortho)



PSYCHIATRY
DR. NILANJAN CHANDRA
 MBBS, M.D. (Psychiatry)



ENT
DR. K K GUHA
 MBBS,DLO,DIH



DIETETICS
DR. ARITRA KHAN
 Clinical & Critical Care Nutrition
 Doctorate (PH&CN), Msc DFSM



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Established by Reshmi Banerjee in loving memory of her beloved mother, Late Dipa Banerjee. A heartfelt tribute to her mother's love, care and everlasting legacy. ❤️

Reshmi Banerjee
(Founder)

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- Geriatric Psychiatrist
- Psychiatrist
- Dermatologist
- Urologist
- Ophthalmologist
- ENT Specialist
- Dentist
- Clinical Dietitian



Actual Photo



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Renew, Restore, Rejuvenate
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Gentle • Safe • Guided
Group Yoga Session for Seniors

At Banchbo Healing Touch Foundation (BHTF), we believe positive vibes are equally important for our team members to remain physically, mentally, spiritually and socially productive, so that we can provide the highest possible professional yet empathetic services to all our beloved members.

With this vision, we have initiated "Yogataranga" with our own team members every Wednesday at 4:30 PM as committed, under the personal guidance of renowned Yoga Therapist



Dr. Ujjwal Ghosh
Head of Asian Yoga Research Institute
VT Centre & Council Member
West Bengal Naturopathy & Yoga Council
Govt. of West Bengal

Yogataranga is a journey towards positivity, harmony, emotional strength, preventive wellness and holistic living through yoga therapy, breathing exercises, relaxation techniques and positive healing practices.



We are now pleased to extend this exclusive opportunity to our honorable BHTF members also! Those who are interested to join this group yoga therapy movement and wish to be showered with positivity, peace and wellness – contact us immediately.

- Improves Flexibility & Strength
- Enhances Breathing & Energy
- Reduces Stress & Anxiety
- Promotes Mental Peace & Well-being
- Builds Social Connection & Happiness



VENUE
Garia Buddha
Temple Hall



DAY
Wednesday



TIME
4:30 PM – 5:30 PM

**Enrollment
Ongoing**



CONTACT
Mrs. Kajari Sen
82405 74605



www.bhtf.org

Let us heal,
grow and flourish
together. ❤️

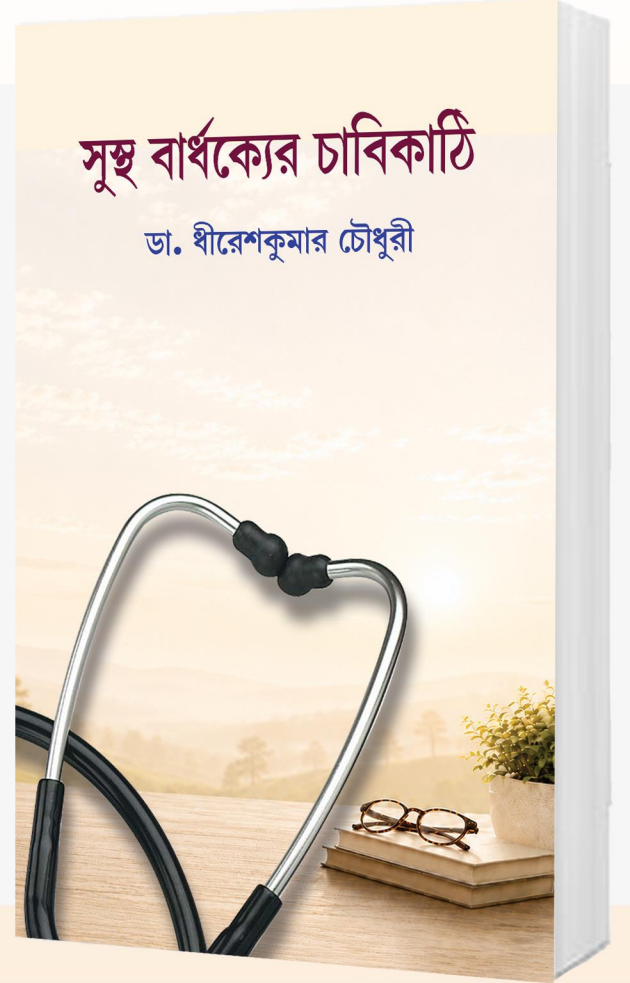
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শীঘ্রই প্রকাশিত হতে চলেছে



UPCOMING EVENTS : GSICON 2026

Banchbo Healing Touch Foundation (BHTF), an **Institutional Member of the Geriatric Society of India**, is proud to be associated with the upcoming **International Conference on Geriatrics and Gerontology – GSICON 2026**.

The conference will be held from **18th to 20th September 2026** at the **Newtown Convention Centre, Kolkata** (formerly known as the **Biswa Bangla Convention Centre**).

GSICON 2026 promises to be a significant academic gathering in the field of ageing and elderly care, bringing together **international speakers from 9 countries**, along with **more than 250 distinguished national faculty members** from across India. The conference will feature extensive discussions covering diverse dimensions of ageing—from **Clinical Geriatrics to Community Geriatrics**, healthcare, long-term care, healthy ageing, and other emerging challenges and opportunities in gerontology.



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We are particularly proud that our **Founder Director, Dr. Dhires Kumar Chowdhury**, is serving as the **Community Geriatrics & Media Coordinator of GSICON 2026**.





During the conference, Dr. Chowdhury will:

Deliver an **exclusive scientific session on Home Healthcare and Elderly Care**

Moderate an important **Panel Discussion on Community Geriatrics**

The distinguished panel will include eminent personalities such as:

Smt. Alokanda Roy – Eminent Dancer and Social Reformer

Dr. Kaushik Ranjan Das – Past President, Geriatric Society of India

Mr. Rupak Barua – CEO, Woodlands Multispeciality Hospital and Chairman, CII West Bengal

Mr. Aninda Das – Vice President, Marketing, Infinity Group and Head, Jagriti Dham

Another proud and memorable highlight for Banchbo Healing Touch Foundation will be the **unveiling of Dr. Dhires Kumar Chowdhury's book, "সুস্থ বার্ধক্যের চাবিকাঠি" (Susthyo Bardhyaker Chabikathi)**, during the **Inaugural Ceremony of GSICON 2026**.

The book is among the **first comprehensive Bengali publications dedicated to the various dimensions of elderly care and healthy ageing**, making the subject more accessible to Bengali-speaking individuals, families, caregivers, and the wider community.

The book is expected to be unveiled in the presence of distinguished guests, including:

Dr. Sharadwat Mukhopadhyay, Hon'ble Minister-in-Charge, Health & Family Welfare Department, Government of West Bengal

Smt. Malati Rava Roy, Hon'ble Minister of State, Women & Child Development and Social Welfare Department, Government of West Bengal, along with other eminent dignitaries and distinguished guests.

We warmly invite all eligible doctors, healthcare professionals, academicians, researchers, students, caregivers, social workers, and individuals interested in the field of **Geriatrics and Gerontology** to participate in this prestigious international conference.

For further information and assistance regarding participation, please contact:

gsicon2026.media@gmail.com





GSICON 2026 SCIENTIFIC PROGRAMME



COMMUNITY GERIATRICS – RELATED SESSIONS

18th – 20th SEPTEMBER 2026

"Caring Communities, Healthy Ageing, Sustainable Tomorrow"

18 SEPTEMBER 2026 | DAY 1

1. COMMUNITY GERIATRICS SYMPOSIUM 1
THEME: AGEING IN THE COMMUNITY – BEYOND HOSPITALS
2:00 – 3:00 PM | HALL: DR IGNATZ LEO NASCHER HALL

2:00 – 2:20 PM
Elder Abuse: Detection, Ethics & Legal Frameworks
SPEAKER: Dr Naween Kumar (Bihar)
CHAIRPERSON: Dr Kaushik Ranjan Das (West Bengal)

2:20 – 2:40 PM
Long-Term Care Models Across Cultures
SPEAKER: Prof Anand P Ambali (Karnataka)
CHAIRPERSON: Dr Balakrishnan Valliyot (Kerala)

2:40 – 3:00 PM
Age-Friendly Cities and Longevity Infrastructure
SPEAKER: Prof Prabha Adhikari (Karnataka)
CHAIRPERSON: Dr Praveen G Pai (Kerala)

2. COMMUNITY GERIATRICS SYMPOSIUM 2
THEME: REACHING THE UNREACHED
6:00 – 7:00 PM | HALL: DR MARJORY WARREN HALL

6:00 – 6:20 PM
NPHCE: From Policy to Practice – Bridging the Geriatric Care Gap in India
SPEAKER: Dr Prema Kapoor (Uttar Pradesh)
CHAIRPERSON: Dr Anilban Dolui (West Bengal)

6:20 – 6:40 PM
Growing Old at the Margins: Health Challenges of Elderly Tribal Women in Odisha
SPEAKER: Prof Gouri Oram (Odisha)
CHAIRPERSON: Dr Anita Kumar (Maharashtra)

6:40 – 7:00 PM
Home-Based Geriatric Care: The Next Frontier in Healthy Ageing
SPEAKER: Dr Dhires Kumar Chowdhury (West Bengal)
CHAIRPERSON: Dr Soma Chakrabarti (West Bengal)

19 SEPTEMBER 2026 | DAY 2

3. INTERNATIONAL SPEAKER SYMPOSIUM 2
COMMUNITY / HEALTHY AGEING RELEVANCE
4:00 – 5:00 PM | HALL: DR IGNATZ LEO NASCHER HALL

4:00 – 4:20 PM
Ageing in Place: Lessons from Japan's Community Care Model
SPEAKER: Dr Kichi Hirayama (Japan)
CHAIRPERSON: Dr Dhires Kumar Chowdhury (West Bengal)

4:20 – 5:00 PM
PANEL DISCUSSION: Healthy Longevity in Asia: What Should We Do Differently?
MODERATOR: Dr Rahul Bhattacharyya (West Bengal)
PANELISTS:
• Prof Reshma Aziz Merchant (Singapore)
• Prof Werasak Muangnont (Thailand)
• Prof Tan Maw Pin (Malaysia)
• Dr Kichi Hirayama (Japan)
• Dr Anil Kumar Sinha (UK)

4. COMMUNITY GERIATRICS SYMPOSIUM 3
THEME: WHO WILL CARE FOR OUR AGEING POPULATION?
6:00 – 6:40 PM | HALL: DR IGNATZ LEO NASCHER HALL

PANEL DISCUSSION:
Who Will Care for Our Ageing Population? Reimagining Community Geriatrics in India
MODERATOR: Dr Dhires Kumar Chowdhury (West Bengal)
PANELISTS:
• Dr Reema Nadig (Karnataka)
• Mr Aninda Das (West Bengal)
• Mrs Alokamanda Roy (West Bengal)

STRONGER COMMUNITIES HEALTHIER ELDERS | CARE BEYOND WALLS COMPASSION WITHOUT LIMITS | TOGETHER FOR HEALTHY AGEING

GERIATRIC SOCIETY OF INDIA – WEST BENGAL BRANCH

GSICON 2026

Registration Tariff

Category	Tariff
Doctor (GSI Member)	Rs. 7080.00
Doctor (General Delegate)	Rs. 8850.00
Accompanying Person	Rs. 7080.00
GSI Certificate Course Version-6 Attendees	Rs. 4720.00
Post Doctoral/Postgraduate Trainee	Rs. 4720.00
Undergraduate Student	Rs. 4720.00
Allied Healthcare Professional (GSI Member)	Rs. 4720.00
Allied Healthcare Professional (General Delegate)	Rs. 5310.00
Allied Healthcare Professional: Single Day (18 th /19 th September only)	Rs. 2360.00

All charges are inclusive of GST

[Click here to Register](#)

Registration will close at 11:59 pm on 10-09-2026



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Because your health deserves the best care.

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BHTF IN MEDIA: AUGUST – 2026



TII Magazine August 2026



ডাঃ ধীরেশকুমার চৌধুরী
জেরিয়াট্রিক কেয়ার স্পেশালিষ্ট, স্নাইডার ডিসেন্টার, বীজবা হিলিং টাচ ফাউন্ডেশন
drdhires@gmail.com

শিশুর চেয়েও বেশি যত্ন প্রয়োজন তাদের। দেশের বরিত নাগরিকদের যত্ন কীভাবে করা উচিত অধিকাংশ মানুষ জানেন না। অত্যন্ত গুরুত্বপূর্ণ হবে এই সহায়িকা। পাশে রাখুন

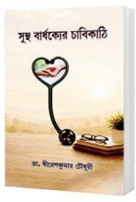
সুস্থ বার্ধক্যের চাবিকাঠি

পরিচর্যার সঙ্গে যুক্ত প্রত্যেকের— পরিবারের সদস্য কিংবা পেশাদার পরিচর্যাকারী— বয়সজনিত সমস্যাগুলি সম্পর্কে সমাজ ধারণা ও ব্যবহারিক জ্ঞান থাকা অত্যন্ত জরুরি। এই প্রয়োজন থেকেই সোচ্চ হয়েছে ‘সুস্থ বার্ধক্যের চাবিকাঠি’ বইটি। সহজ-সরল বাংলায় এতে প্রবীণদের পরিচর্যার বিভিন্ন সিক নিয়ে সমন্বিত নির্দেশিকা রয়েছে। কারণ, একজন প্রবীণ যত দক্ষ চিকিৎসকের কাছেই চিকিৎসাসীন থাকুন না কেন, চিকিৎসকের পরামর্শ ও পরিচর্যার ধারাবাহিক বাস্তবায়নের দায়িত্ব মূলত একজন পরিচর্যাকারীর ওপরই বর্তায়। তাই তাদের সঠিক জ্ঞান ও দক্ষতা উন্নয়নই প্রবীণদের সুস্থতার অন্যতম চাবিকাঠি।

যাদের আমরা ‘কেয়ারগিভার’ বলি তারা হতে পারেন বাড়ির সোক। কিন্তু আজকাল বেশির ভাগ কেহেই প্রফেশনাল বা পেশাদার পরিচর্যাকারীদেরই নেওয়া হয়। তাঁদের এ বিষয়ে সরাসরি কনফ্রন্স করা যদি না থাকে তা হলে প্রবীণ মানুষের দৃষ্টি ভাবে পরিচর্যা করা সম্ভব নয়। প্রবীণদের ভাল রাখার ক্ষেত্রে

একজন পরিচর্যাকারীর অত্যন্ত গুরুত্বপূর্ণ ভূমিকা রয়েছে। বয়সজনিত স্মরণ ও দীর্ঘস্থায়ী রোগ, ডিমেনশিয়া, আলঝাইমারস, পারকিনসনস, শয্যাগামী রোগীর পরিচর্যা, ট্রিক ভাবে ওষুধ গ্রহণ, পুষ্টি, খাদ্যাভ্যাস, প্রতিবন্ধীদের চিকিৎসার এবং জরুরি পরিস্থিতিতে কতরকম বিধানে বাস্তবভিত্তিক আলোচনা রয়েছে বইটিতে। পাশাপাশি প্রবীণদের শারীরিক স্বাস্থ্যের পাশাপাশি মানসিক, সামাজিক, বৌদ্ধিক ও আধ্যাত্মিক সুস্থতার গুরুত্বও সমান ভাবে তুলে ধরা হয়েছে। কীভাবে প্রবীণ-বান্ধব পরিবেশ গড়ে তোলা যায়, কীভাবে নিরাপদে গাওয়ানো, রান ক্যানো, অবস্থান পরিবর্তন এবং বেডসের প্রতিবেশ করা সম্ভব— এসব বিষয়েও সহজ ভাষায় ব্যাখ্যা করা হয়েছে।

প্রবীণদের শারীরিক, মানসিক স্বাস্থ্য ভাল রাখার পাশাপাশি তাঁদের বৌদ্ধিক সুস্থতার বিষয়টিও গুরুত্বপূর্ণ। অধিকাংশ সময়েই যা আলোচনার দাইরে থাকে। বইটির অন্যতম



Aajkal Patrika 9th August, 2026



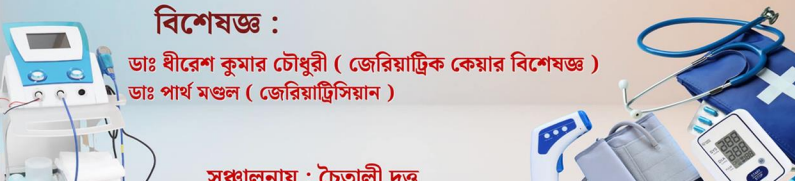
সুস্বাস্থ্য

প্রবীণদের জন্য গৃহভিত্তিক চিকিৎসা: প্রয়োজনীয়তা ও সতর্কতা

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বিশেষজ্ঞ :
ডাঃ ধীরেশ কুমার চৌধুরী (জেরিয়াট্রিক কেয়ার বিশেষজ্ঞ)
ডাঃ পার্থ মণ্ডল (জেরিয়াট্রিসিয়ান)

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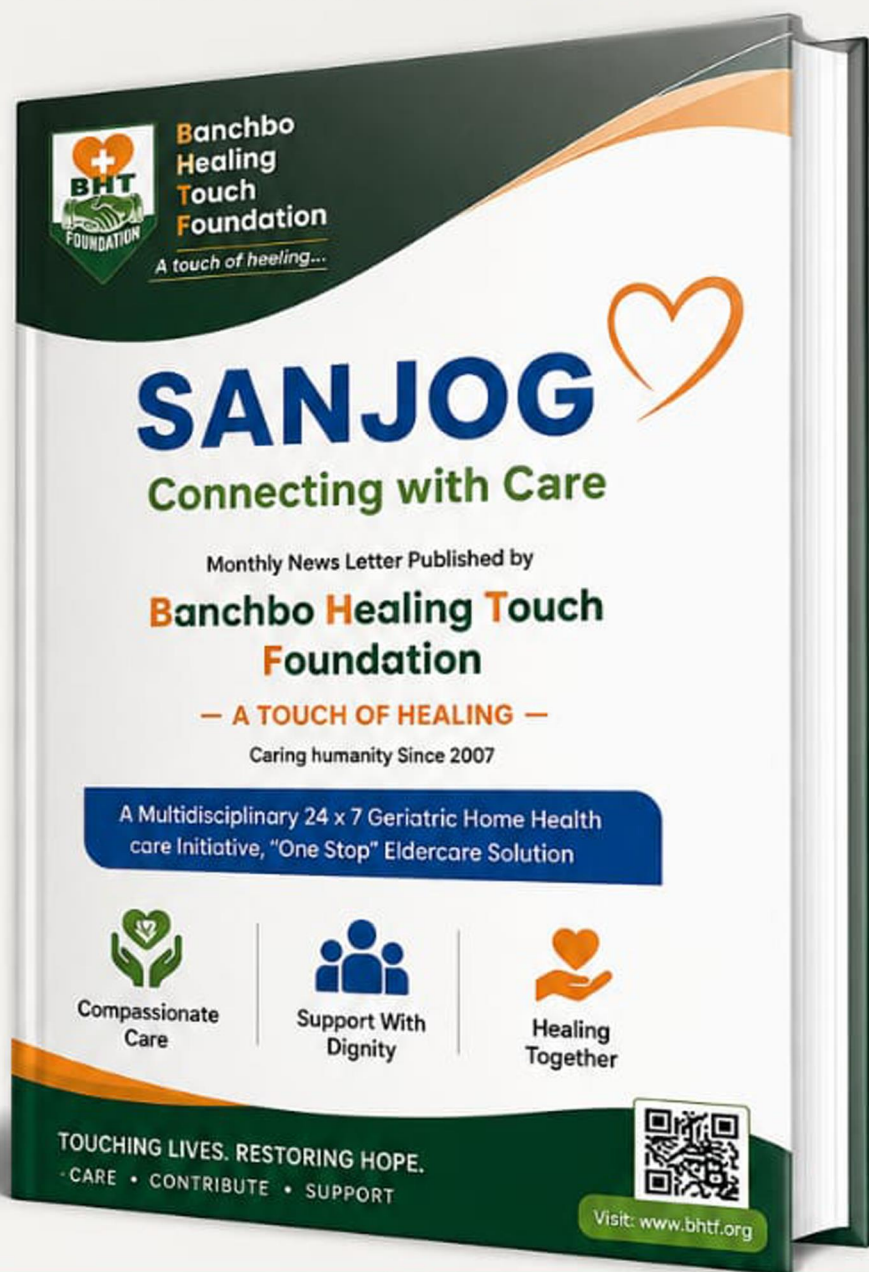
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