

REPORT ON SESSION ON THE OCCASION OF WORLD ALZHEIMER'S DAY, 2023

Date: 19th September, 2023

Timings: 11:30 AM – 2:30 PM

Venue: Asutosh College, Centenary Building

Joint Convenors: Dr. Rimjhim Ray and Smt. Somlata Acharyya Chowdhury

Report: On the 19th of September, 2023, the Department of Psychology, Asutosh College, in collaboration with IQAC, Asutosh College, organised a session on the occasion of World Alzheimer's Day, 2023. The esteemed speakers for this event were Dr. Sujata Das, senior consultant neuropsychologist, Peerless Hospital, Rabindranath Tagore International Institute of Cardiac Sciences (RTIICS), and National Neurosciences Centre (NNC) and Smt. Nilanjana Moulik, Secretary, Alzheimer's and Related Disorders Society of India (ARDSI) Calcutta Chapter.

The event commenced with a welcome address by the Joint Convenor for the session, Smt. Somlata Acharyya Chowdhury followed by a brief introduction about the first speaker, Dr. Sujata Das. She was then felicitated by the Joint Convenor for the event, Dr. Rimjhim Ray. Dr. Das then went on to deliver an illuminating presentation about dementia and Alzheimer's disease. She began by providing an insight into the history of dementia and Alzheimer's being diagnosed and documented in clinical settings and in medical textbooks. In this light, she mentioned the groundbreaking observations of Dr. Phillip Pinel, one of the earliest doctors to recognise the signs of dementia, along with the seminal contributions made by Dr. Alois Alzheimer, after whom the disease is named, and his mentor, Dr. Emil Kraepelin.

She then went on to describe dementia and its characteristic features, distinguishing it from normal aging and mild cognitive impairment (MCI). Dr. Das also provided statistics and graphs to depict the prevalence of dementia in India and across the world and how the numbers of those affected by dementia is projected to see a sharp increase in a rapidly aging population. She also briefly mentioned the different types of dementia and their prevalence with Alzheimer's being the most prevalent type followed by vascular dementia, dementia with Lewy bodies, and frontotemporal dementia.

She illustrated her explanations with the help of clinical insights from her professional experience as a consultant neuropsychologist. Lastly, Dr. Das ended her presentation by mentioning the twelve modifiable risk factors for dementia as published in a report by The Lancet and how taking preventive measures and maintaining one's brain health can help reduce the probability of developing dementia in later life and ensure mild cognitive impairment can be reversed.

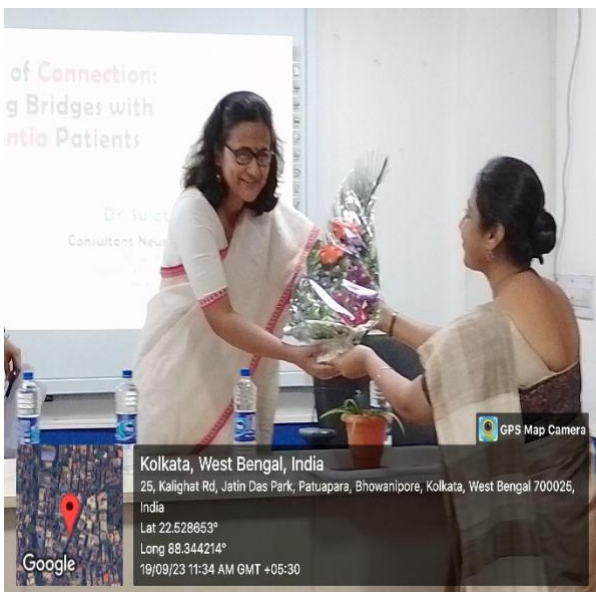
Following Dr. Das' presentation, the second speaker for the event Smt. Nilanjana Moulik was introduced by Smt. Somlata Acharyya Chowdhury. She was duly felicitated by Dr. Jhuma Mukhopadhyay. Smt. Moulik went on to provide a thoroughly enriching talk about dementia and the role played by caregivers. She began by describing a scenario that invited the students to reflect on their understanding of dementia. She then went on to talk about the different symptoms of dementia and the different ways in which they manifest in different individuals. She then spoke at length about the crucial role played by caregivers in looking after those who have been diagnosed with dementia.

Smt. Moulik supplemented her presentation by shared lessons and insights gleaned from her professional experience of working as a caregiver for over three decades at the daycare centre run by ARDSI Calcutta Chapter. In this light, she spoke about the importance of creativity, compassion, quick thinking, and validation in caring for individuals with dementia. She emphasised upon the need to maintain the quality of life of those affected by dementia and the importance of psychosocial interventions in helping them.

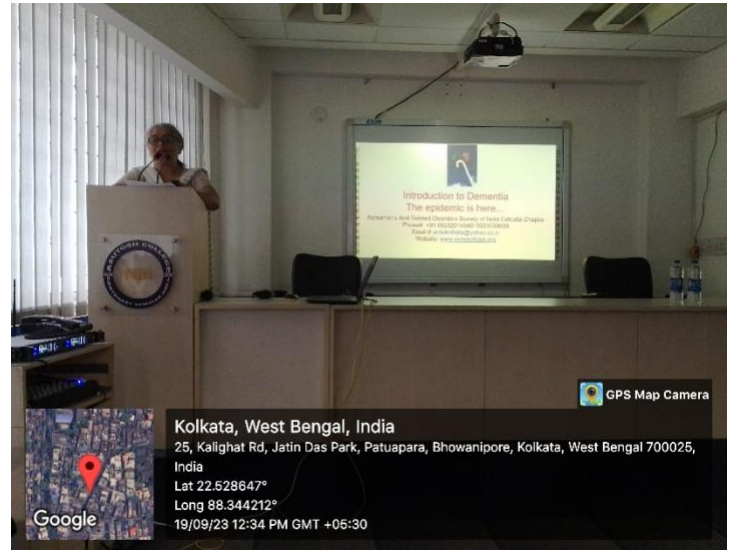
She also spoke about strategies to keep them mentally active and in a positive state of being through engaging them in their preferred activities such as music or gardening, to name a few. Towards the end of her presentation, she provided an overview about ARDSI, its establishment in the year 1999, and the pioneering work carried out by then by them in the years since.

Following her presentation, Smt. Moulik shared a moving short film entitled 'Muhurto' created by ARDSI Calcutta Chapter which depicted the experience of a middle-aged man who is suddenly diagnosed with dementia and how his wife struggles to support him as his caregiver, eventually finding a supportive resource in the form of ARDSI. This was followed by a brief interactive session in which students posed their questions and shared their insights from the session with the resource persons who provided enlightening replies to the questions posed. The session ended with a vote of thanks and few closing words by Dr. Rimjhim Ray.

A few glimpses from the event are shared below:



Felicitation of the speakers, Dr. Sujata Das and Smt. Nilanjana Moulik, by the Joint Convenors, Dr. Rimjhim Ray and Dr. Jhuma Mukhopadhyay



Sessions in progress



Speakers sharing their insights and experiences during the interactive session



Students interacting with the speakers during the interactive session







GPS Map Camera

Kolkata, West Bengal, India
25, Kalighat Rd, Jatin Das Park, Patuapara, Bhowanipore, Kolkata, West Bengal 700025,
India
Lat 22.528649°
Long 88.344214°
19/09/23 12:10 PM GMT +05:30

