

CGPWA celebrated Int. Day of Older Persons

The Central Govt Pensioners' Welfare Association, Jammu (CGPWA) celebrated the 36th International Day of Older Persons on 1st Oct with an inter-school painting competition and a Health Talk on dental Care for the elderly.

Twenty-five students from 13 schools in Jammu participated in the painting competition on "Lifestyle of Grandparents". Joys Mooman of Govt Hari Singh Higher Secondary School bagged the first prize, Roshni of Arya Public High School won the second prize and Kajal Ahirwar of Govt Higher Secondary School, Channi Himmat, took the third prize. Nationally known artist Shri K K Gandhi and Shri Rohit Verma, Faculty member of the Institute of Fine Art and Music, evaluated the paintings and selected the best three.

Shri Kuldeep Khoda, President of CGPWA, and Ashok Angurana, Chief Guest jointly distributed prizes among the winners along with Dr Ashok Bhan who was Guest of Honor. Certificates of Appreciation were awarded to all the participants.

The purpose of this painting competition was to promote inter-generational bonding. In today's technology-driven culture, students hardly interact with their grandparents, remaining engrossed in mobile games and social media bereft of traditional nanna-nanni and dada-daddi stories. It was an attempt to revive the value system and restore respect and dignity for the elderly in families.

Dr Reecha Gupta, HoD and Dr Shivani Jandial of the Department of Prosthodontics, Indira Gandhi Govt Dental College, Jammu, delivered a Health Talk on "Geriatric Dental Needs: Towards Healthy Aging". Dr Reecha said that oral health is an essential component of overall health and wellbeing. She added that aging is associated with increasing oral health needs. She noted that poor oral health affects the elderly. These include nutrition, speech & communication, social interaction & quality of life. Dr. Reecha stated that the focus of geriatric dentistry is on prevention of oral disease, early detection & treatment, restoration of oral functions, prosthetic rehabilitation, management of age-related changes and maintaining independence and quality of life.

Dr Jandial said that dental caries is a highly prevalent yet preventable disease characterized by the demineralization of the tooth's hard structures. If left untreated, the decay can progress deep into the tooth, causing pain, infection, and potential tooth loss. Other Oral health conditions include periodontal diseases, oral ulcers and attrition of teeth. Hypertension, obesity, cardiovascular disease, Type 2 diabetes, osteoporosis, and Vitamin D deficiency are the major systemic risk factors in older adults linked to periodontal disease.

In his presidential address, Kuldeep Khoda stressed the need for the elderly to maintain a healthy and happy life, stating that remaining healthy is a great challenge that would address most of their problems. He accepted Shri Ashok Angurana's suggestions to hold a seminar or lecture on hardships faced by some sections of the population, and said the CGPWA would endeavor to play its role. Advising against isolation which itself is a disease, Khoda highlighted the role of active aging and community engagement in ensuring a healthy, dignified life for the elderly. He mentioned societal efforts to address the issues of older persons without waiting for institutional actions by government agencies.

The Chief Guest, Shri Ashok Angurana shared his experiences from his tenure in the Social Empowerment and Tribal Ministries and suggested that CGPWA hold seminars or lectures on the conditions of ignored and voiceless sections of the population and raise a voice for them. He recalled that during Mahatma Buddha's time, society's characteristics were determined by the treatment meted out to women, voiceless animals, and the elderly. In his impressive discourse on the situation of certain sections of society and his personal experiences gained from interacting with some of these neglected populations, he said that no political party has ever made the security of women and the elderly an agenda item. He referred to the immense hardship the elderly population faces in handling daily small issues of life and asked why some sort of Suvidha Kendra couldn't be established to help them.

Dr Ashok Bhan pointed out that the majority of the students painted grandparents rural setting. He suggested carrying forward today's initiative by holding a competition for 2-minute reels on topics like 'achievements of grandparents,' 'how close you are to your grandparents,' and 'what will you miss when your grandparents are no more'. The much-needed interaction between the younger and older generations will reduce their loneliness.

Earlier the General Secretary of CGPWA, Shri K B Jandial, explained in his welcome address the basic difference between World Senior Citizen Day celebrated of 21st August and International Day of Older Persons, and the purpose of holding the inter-school Painting Competition on Lifestyle of Grandparents. The Vice President of CGPWA, Dr Sudarshan Kumar presented the formal Vote of Thanks. Shri Nisar Ahmad conducted the proceedings impressively, interspersed with Urdu couplets.





Your love is my
strength
Your stories are my
treasure
your blessings are my
greatest gift
No matter where life
will be