

CGPWA celebrates Sr Citizen Day with Health Talk on Chest Diseases among Elderly.

Jammu August 21:-The Central Govt Pensioners' Welfare Association, Jammu (CGPWA) celebrated the 36th Senior Citizens Day with a Health Talk on 'Common Chest Diseases Among the Elderly', this evening. The well-attended function was presided over by the CGPWA President, Kuldeep Khoda and the Health Talk was delivered by Dr Rahul Gupta, well-known Pulmonologist & HoD of Chest Diseases, GMC, Jammu.

Among those present in the function included Ashok Angurana, Dr. Ashok Bhan, President RWA, Gandhinagar, Er. Chandra Uday, President, Association of Senior Citizen R S Broaca, Prem Gupta, Ashok Gupta, Ravinder Kotwal, (all former IGPs) former director AIR, VK Sambyal and Trustee T R Gupta Charitable Trust, Dr Ashok Gupta, Director Seminar, Er. M M Gupta, B B Magotra, O P Sharma, JK Vaid, and B K Raina.

Delivering the Health Talk, Dr Rahul Gupta cautioned senior citizens about the health challenges they face and said that chronic lower respiratory tract diseases are the third leading cause of mortality among the elderly. He said that senior citizens are prone to respiratory diseases because of declining lung reserve, immune function, and respiratory muscle strength. Of the common respiratory diseases among the elderly , chronic obstructive pulmonary disease (COPD) is more critical as it is the third leading cause of death worldwide. In India, COPD causes about 5 lakh deaths per year and 30 lakh worldwide.

Other the common diseases Dr. Gupta listed are asthma, pneumonia, interstitial lung disease, aspiration pneumonia, tuberculosis, bronchiectasis and lung cancer. He said TB has not yet been eliminated in India with India missing the targeted date of 2026. There is a need to be careful about their nutrition and proper environment to prevent TB. He advised people to always consult qualified doctors in the event of any unusual symptoms and take proper treatment.

Dr Gupta made a strong plea for taking vaccines which are now available to prevent diseases like influenza, pneumonia, herpes etc which are available in the market at affordable price and in the Govt Hospitals and said that the older persons must take these vaccines in consultations with the Doctors. On his mantras for prevention of diseases, Dr Gupta stop smoking including passive smoking, have proper nutrition, regular physical exercises especially breathing, walking, yoga airing living conditions.

Kuldeep Khoda in his presidential address complimented Dr Rahul Gupta for his illuminating Health talk and said senior citizens must follow his advices for maintain good pulmonary health conditions. He said that the CGPWA has organised Health talks of specialists of almost all faculties which have been very useful for the elderly. Several Health camps have also been organised with collaboration of CGHS empanelled hospitals to benefit our pensioners. The Association has succeeded in facilitating CGHS empanelment of many Jammu Hospitals and at least two more Hospitals are likely to be empanelled shortly and our efforts are being made to empanel AIIMS Vijaypur.

Khoda said that there are important types of Health Care for the senior citizen. He listed these as Physical Health, Mental Health and financial Health and explained the role of the CGPWA in maintain these and while it is regularly addressing Physical and Mental Health of the Pensioners, issues has been taken up with 8th Central Pay Commission to include pre January 2026 pensioners also in the proposed benefits of its recommendations. Though the Govt has assured to address this issue in the Parliament but the Terms of Reference has not been amended. However, several Pension Organisations have already approached the Apex Court for justice to pensioners.

Dr Ashok Bhan, in his usual humous style, explained to the senior citizens, the tips to prevent the fracture falls and fractures of senior citizens. He advised them as how to wear trousers, underwear in washroom, use Grab Bars in climbing and alighting stairs, no Patiala peg for senior citizens, how to keep washroom non-skid and lead active life and remain mentally alert. He brought home his suggestions with a tinge of comedy.

Earlier the General Secretary CGPWA K B Jandial welcomed the galaxy of senior citizens and made a strong plea to revive respect for the elderly and suggested to include schools for the purpose. He said the CGPWA may launch this initiative with proper planning.

The Vice President of CGPWA Dr Sudarshan Kumar presented a formal Vote of Thanks. Nisar Ahmad conducted the proceedings.

