



**Banchbo
Healing
Touch
Foundation**

A touch of healing...



AUGUST 2026

Issue 05

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



1800+
Families
Supported



24x7
Compassionate
Elder Care



**Trusted
Across**
West Bengal & Beyond



Countless
Lives Touched,
Hopes Restored



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



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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West Bengal, India

CARE ♥ CONTRIBUTE ♥ SUPPORT

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EDITORIAL

Every Recognition Brings Greater Responsibility

Dear Readers,



July 2026 has been a truly memorable month for [Banchbo Healing Touch Foundation](#), bringing us not only prestigious recognitions but also renewed inspiration to strengthen our commitment to healthy and dignified ageing.

We are deeply honoured to have received the [Geriatric Excellence Award 2026](#) from the [IMA Bengal State Branch](#) and the [India's Most Trusted Eldercare Providers Award 2026](#) from [The Industry Insight Magazine](#). These recognitions belong to every older adult and family who have placed their trust in us, and to our dedicated team whose compassion and commitment remain the foundation of our work.

A significant highlight of the month was the [Dr. A. K. Roychowdhury Memorial Oration and Awards](#), held in honour of the legendary physician whose ideals of ethical, compassionate, and patient-centred healthcare continue to inspire our mission. The Memorial Oration served as a timely reminder that while healthcare embraces technological advancement, the human touch must always remain at its heart.

We also made encouraging progress in our advocacy efforts by submitting several proposals on geriatric well-being to the Government of West Bengal. We are delighted that our proposal on [Geriatric-Friendly Tourism](#) has been accepted for consideration, reflecting the growing recognition of age-friendly initiatives in public policy.

Another encouraging development was our opportunity to support a Government of India-supported research project on elderly well-being being undertaken by the [Department of Psychology, St. Xavier's University, Kolkata](#). By facilitating community outreach and access to elderly participants, we are pleased to contribute to research that will strengthen evidence-based approaches to healthy ageing.

Strengthening our services has remained an equally important priority. We are delighted to welcome an [experienced and accomplished Nursing In-charge](#) to our multidisciplinary team. This addition will further enhance clinical coordination, service quality, and continuity of care, enabling us to serve our members more efficiently and compassionately.

Beyond every recognition and milestone, our greatest achievement continues to be the trust of the older adults and families we serve every day. Through our multidisciplinary home healthcare services, [Vikashita School](#), and the [Geriatric Outpatient Clinic in the Sundarbans](#), we remain committed to improving lives with dignity, compassion, and professionalism.

We sincerely thank our readers, members, healthcare professionals, volunteers, supporters, and well-wishers for their continued encouragement. Every recognition reminds us that it is not a destination but a greater responsibility—to serve with humility, integrity, and excellence.

With gratitude and renewed commitment,

A handwritten signature in black ink, reading "Dr. Dhiren Kumar Chowdhury". The signature is stylized with a long, sweeping line extending from the end.

Dr. Dhiren Kumar Chowdhury,
Editor, Sanjog

Founder Director
Banchbo Healing Touch Foundation

07th August 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)

+91 87775 65221 / +91 99033 88556

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





MEMBER BIRTHDAY WISHES JULY 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.



Samir Kumar Sen

01st July



**Ramendra Narayan
Dutta Chowdhury**

01st July



Uday Shankar Chowdhury

02nd July



Ajaytosh Ghosh

02nd July



**Manoj Ranjan
Bhattacharjee**

05th July



Swapna Nag

07th July



Geeta Kar

10th July



Ramala Sengupta

11th July



Aparna Guha

11th July



**Dr. Debendra Narayan
Bhattacharya**

12th July



Namita Ghosh

15th July





MEMBER BIRTHDAY WISHES JULY 2026

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Sharmila Dasgupta

17th July



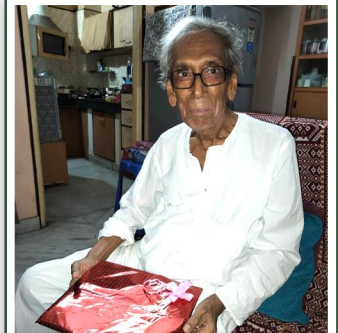
Manju Paul

18th July



Anirudha Kundu

19th July



Dhruba Dasgupta

20th July



Dipti Ghosh

22nd July



Baidyanath Chowdhury

22nd July



Ranjit Kumar Talukder

24th July



Arati Banerjee

24th July



Indira Bhattacharya

28th July



Indira Dutta Gupta

29th July



Maya Barua

30th July





DETAILS OF NEW MEMBERSHIP

NEW MEMBER ENROLMENT LIST JULY 2026

SL. NO.	NAME	AGE	MEMBERSHIP NO. & CATEGORY	DESIGNATION
01	TAPATI BHATTACHARYA	77	1832 - GOLDEN	HOME MAKER
02	NIRANJAN BHATTACHARYA	81	1833 - GOLDEN	RETIRED
03	ARATI SENGUPTA	80	1834 - GOLDEN	HOME MAKER
04	JAYA CHAKRABORTY	71	1835 - GOLDEN	HOME MAKER
05	PHANI GOPAL MAJUMDAR	86	1836 - GOLDEN	RETIRED - DEPUTY CMOH HOWRAH HEAD CLERK
06	SANKAR NATH MUKHOPADHYAY	81	1837 - DIAMOND	RETIRED - IPS OFFICER
07	RATNABALI MUKHOPADHYAY	81	1838 - DIAMOND	TEACHER
08	DEVBANI RAYCHAUDHURI	65	1839 - GOLDEN	RETIRED COLLEGE TEACHER



KEY EVENTS AND HIGHLIGHTS

Summary of Important Programmes conducted during the period

1. Geriatric Health Camp
2. Participation Of Team Bhtf In Health Check Up And Awareness Camp
3. Special Interactive Session on Cardiopulmonary Resuscitation (CPR)
4. BSHSD: Class on Nurses' Roles and Responsibilities in Activities of Daily Living and iADL
5. Banchbo & BHTF Delegation Meets Hon'ble Minister Shri Kshudiram Tudu
6. Proposal for Geriatric-Friendly Tourism in West Bengal Receives Assurance of High-Priority Consideration
7. Positive Impact of Proposal for Senior-Friendly Tourism to Tourism Ministry, Govt. of West Bengal.

GERIATRIC HEALTH CAMP



Banchbo Sociocultural Association under support from **BHTF** successfully organized a **Geriatric Health Camp on 26th July 2026** at Sundarban as part of its ongoing commitment to improving healthcare access for elderly people in remote and underserved areas.

The camp witnessed enthusiastic participation from senior citizens of the locality, who received comprehensive health check-ups, medical consultations, and essential medicines free of cost. A team of experienced doctors, healthcare professionals, and dedicated volunteers provided services including blood pressure monitoring, blood sugar testing, general health assessments, and counseling on age-related health issues.

The initiative aimed to promote preventive healthcare, encourage early detection of common geriatric ailments, and enhance awareness regarding healthy ageing. The beneficiaries expressed their gratitude for the compassionate care and timely medical support extended by the organization.

A Mega Geriatric Health Camp is supposed to be conducted on the eve of Independence day where multidisciplinary specialist doctors from different departments will visit and take part in this health camp.





PARTICIPATION OF TEAM BHTF IN HEALTH CHECK UP AND AWARENESS CAMP

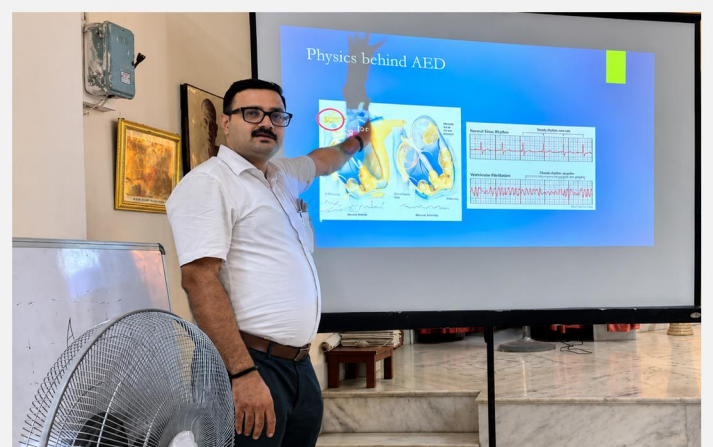


Banchbo Healing Touch Foundation (BHTF) participated in a **Health Check-up and Awareness Camp** organised at **Kendua Shanti Sangha Club on 01 July 2026**. The initiative aimed to promote preventive healthcare and create awareness among local community members about the importance of regular health monitoring and a healthy lifestyle.

During the camp, participants received basic health check-up facilities and guidance on maintaining good health, early identification of common health concerns, proper nutrition, hygiene, and timely medical consultation. The BHTF team actively interacted with the beneficiaries and encouraged them to adopt healthy habits and seek appropriate healthcare support when required.

The programme provided a useful platform for community engagement and health awareness. BHTF's participation reflects its continued commitment to **community health, preventive care, and public awareness**, particularly among people who may have limited access to healthcare information and services.



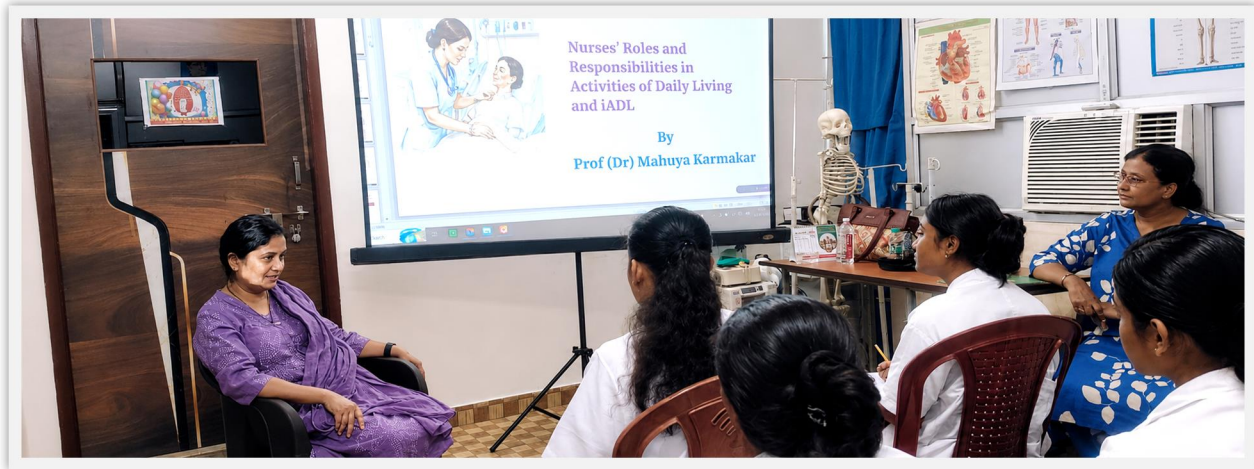
SPECIAL INTERACTIVE SESSION ON CARDIOPULMONARY RESUSCITATION (CPR)

A special interactive session on **Cardiopulmonary Resuscitation (CPR)** was conducted by **Dr. Shamik Nandi** (MBBS-General Medicine, DNB-Anesthesiology, Diploma-Anesthesiology), with the joint support of **Banchbo Healing Touch Foundation** and **Banchbo School of Human Skill Development**.

The session focused on creating awareness about the importance of timely CPR and equipping participants with essential knowledge and practical skills to respond effectively during cardiac emergencies. Dr. Shamik Nandi explained the basic principles of CPR, demonstrated the correct techniques, and highlighted the importance of immediate intervention before professional medical assistance arrives.

The highly interactive session encouraged participants to engage actively, ask questions, and understand the practical aspects of emergency response. The programme was a valuable initiative towards promoting **life-saving skills, health awareness, and community preparedness**.

The collaborative effort of Banchbo Healing Touch Foundation and Banchbo School of Human Skill Development reflects their commitment to developing practical human skills and creating greater awareness of emergency healthcare among the community.

BSHSD: CLASS ON NURSES' ROLES AND RESPONSIBILITIES IN ACTIVITIES OF DAILY LIVING AND IADL

A class on **“Nurses’ Roles and Responsibilities in Activities of Daily Living”** was conducted by **Prof. (Dr.) Mahuya Karmakar**. The session focused on the essential role of nurses in assisting patients with their daily activities while promoting comfort, dignity, independence, and overall well-being. The class is a curriculum of Certified Nursing Assistant Course conducted by Banchbo School of Human Skill Development supported by Banchbo Healing Touch Foundation.

Prof. (Dr.) Mahuya Karmakar explained the various responsibilities of nurses in supporting patients with activities such as personal hygiene, bathing, grooming, dressing, feeding, elimination, mobility, and maintaining a safe environment. Emphasis was also placed on proper assessment of patients’ needs, effective communication, infection prevention, privacy, and maintaining patient dignity during care.

The class provided students with valuable insights into the importance of individualized and compassionate nursing care. The session was informative and interactive, helping the students understand how effective nursing support in activities of daily living contributes significantly to quality patient care and recovery.



BANCHBO & BHTF DELEGATION MEETS HON'BLE MINISTER SHRI KSHUDIRAM TUDU

A delegation from **Banchbo Socio-cultural Association (BSCA)** and **Banchbo Healing Touch Foundation (BHTF)** met **Shri Kshudiram Tudu**, Hon'ble Minister-in-Charge of the Departments of Minority Affairs, Tribal Development & Backward Classes Welfare, and Madrasah Education, Government of West Bengal, at Nabanna to discuss strengthening youth skill development and elderly care initiatives across the state.

The delegation, led by **Dr. Dhires Kumar Chowdhury**, Founder President of BSCA and Founder Director of BHTF, included **Mr. Sushil Sharma**, **Mr. Shyamal Bhuniya**, and **Ms. Panmoni Soren**. Mr. Bhuniya and Ms. Soren, both from the Jungle Mahal region of Jhargram, were highlighted as successful beneficiaries of the **Certified Nursing Assistant Course** conducted by **Banchbo School of Human Skill Development (BSHSD)**. Now serving as dedicated elderly home healthcare professionals with BHTF, their journeys demonstrate the transformative impact of skill development for youth from marginalized and tribal communities.

During the meeting, the delegation submitted a proposal seeking Government support to expand professional skill development programmes, particularly in geriatric care, among marginalized, minority, and tribal youth across West Bengal. The proposal emphasized creating sustainable employment opportunities while addressing the growing demand for trained elderly care professionals.

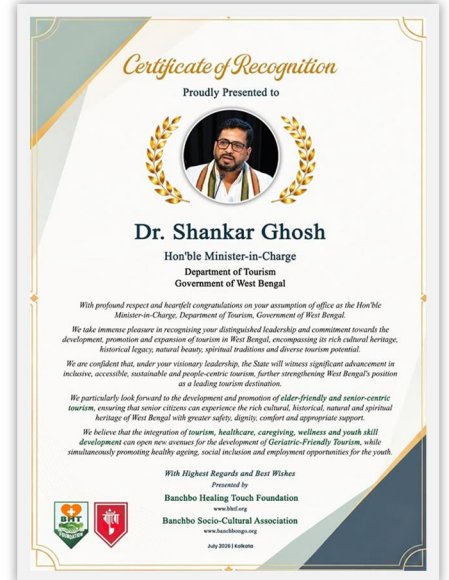
The Hon'ble Minister appreciated the initiative, acknowledged its positive social impact, and assured the delegation that the proposal would receive due consideration. He also expressed interest in exploring departmental support for such community-oriented programmes. A memorable highlight of the meeting was the Minister's warm interaction with Ms. Panmoni Soren in her native tribal language, reflecting his close connection with the tribal community.

The delegation felicitated the Hon'ble Minister with a **Certificate of Recognition**, an **Uttariyo**, and a **flower bouquet** in appreciation of his leadership and public service. Dr. Dhires Kumar Chowdhury also presented his Bengali poetry collection, "**Hrid Majhare**," as a token of goodwill.

The meeting concluded on a positive and encouraging note, reaffirming a shared commitment to inclusive development, youth empowerment, and strengthening the elderly care ecosystem in West Bengal. The success stories of Mr. Shyamal Bhuniya and Ms. Panmoni Soren continue to serve as inspiring models for future skill development and employment initiatives across the state.



Proposal for Geriatric-Friendly Tourism in West Bengal Receives Assurance of High-Priority Consideration



A proposal for the development and promotion of **"Geriatric-Friendly Tourism"** in West Bengal, integrating senior-centric travel services, geriatric healthcare support, caregiving assistance, medical preparedness and youth skill development, was discussed in an exclusive meeting held at the office of the **Department of Tourism, Government of West Bengal**, at the New Secretariat Building yesterday.



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Geriatric-Friendly Tourism Proposal in West Bengal Gets High- Priority Assurance

By Editor Desk - July 25, 2026 6:16 pm

10 0



The proposal was submitted on behalf of **Banchbo Healing Touch Foundation** to **Mr. Hirak Mondal, WBSC Executive PS** to the **Hon'ble Minister-in-Charge of Tourism, Dr. Shankar Ghosh**, during a detailed and fruitful discussion. The proposal received positive consideration, with assurance that the initiative would be placed before the Hon'ble Minister and considered with high priority.

The meeting was attended by **Dr. Dhires Kumar Chowdhury, Geriatrician, Geriatric and Social Activist**, and **Founder Director** of Banchbo Healing Touch Foundation, and **Mr. Apurba Ghosh, Promotional Manager** of the organisation.

As the Hon'ble Minister was engaged in the Legislative Assembly, the delegation also handed over the **Token of Recognition Certificate** awarded to **Dr. Shankar Ghosh** to **Mr. Hirak Mondal** on behalf of the Hon'ble Minister.



প্রবীণ-বান্ধব পর্যটনের প্রস্তাব, স্বাগত মন্ত্রীর

অনিবার্ণ ঘোষ



ঘুরে বেড়াতে কে না ভালোবাসে! চি কি ৯ স ক রা বলেন, ভ্রমণ হলো ওষুধ ছাড়া শরীর-মন ভালো রাখার সবচেয়ে ভালো উপায়। তা আরও বেশি খাটে বয়স্কদের ক্ষেত্রে। যা একাকিত্ব কাটিয়ে, মন ফুরুরে করে, ফলে শরীরের পুরোনো রোগভোগও অনেকটা ভালো থাকে ভ্রমণকালে। কিন্তু বয়সই যে তাঁদের ভ্রমণের প্লানে সবচেয়ে বেশি বাধ সাধে।

কিন্তু এমন যদি হতো— প্রবীণদের জন্য আলাদা টুর প্যাকেজ, ভ্রমণের আগে স্বাস্থ্য পরীক্ষা, সঙ্গে প্রশিক্ষিত কেয়ার-পিভারের ব্যবস্থা থাকতো?

পশ্চিমবঙ্গে এমনই ‘প্রবীণ-বান্ধব পর্যটন’ গড়ে তোলার একটি প্রস্তাবে ইতিবাচক সাড়া মিলল রাজ্য পর্যটন দপ্তর থেকে। জেরিয়াট্রিক-ফ্রেন্ডলি বা এন্ডারলি-ফ্রেন্ডলি ট্যুরিজম চালুর লক্ষ্যে প্রবীণদের পরিষেবা দেওয়া সংস্থা ‘বাচবো- দ্য হিলিং টাচ ফাউন্ডেশন’-এর দেওয়া প্রস্তাব নিয়ে সম্প্রতি দপ্তরে বৈঠক হয়। সেখানে সংস্থার প্রতিনিধিদের জানানো হয়েছে, বিষয়টি গুরুত্ব সহকারে বিবেচনা করা হবে এবং পর্যটন মন্ত্রী শঙ্কর ঘোষের কাছেও প্রস্তাবটি সরাসরি উপস্থাপন করা হবে।

গত শনিবার নিউ সেক্টোরিয়েট ভবনে পর্যটন দপ্তরের সদর কার্যালয়ে অনুষ্ঠিত ওই বৈঠকে পর্যটন মন্ত্রীর ব্যক্তিগত সচিব হীরক মণ্ডলের সঙ্গে বিস্তারিত আলোচনা করেন ‘বাচবো’র প্রতিষ্ঠাতা ধীরেশকুমার চৌধুরী এবং সংস্থার প্রমোশনাল ম্যানেজার অপূর্ব ঘোষ। বিধানসভায় ব্যস্ত থাকায় মন্ত্রী সেখানে উপস্থিত থাকতে পারেননি। তবে ধীরেশের দাবি, বিষয়টি মন্ত্রীর নজরে এনে আলোচনা করার আশ্বাস দিয়েছেন মন্ত্রীর ব্যক্তিগত সচিব।

ফাউন্ডেশনের প্রস্তাব অনুযায়ী, বাংলায় এমন একটি পর্যটন পরিকাঠামো গড়ে তোলা যেতে পারে, যেখানে প্রবীণ নাগরিকদের শারীরিক সক্ষমতা ও স্বাস্থ্যগত চাহিদাকে গুরুত্ব দিয়ে ভ্রমণের পরিকল্পনা করা হবে। ভ্রমণের আগে মেডিক্যাল ফিটনেস পরীক্ষা, প্রশিক্ষিত কেয়ার-পিভার

ও স্বাস্থ্যকর্মীর সহায়তা, জরুরি চিকিৎসা পরিষেবার প্রস্তুতি, প্রবীণ-বান্ধব পরিবহণ ও থাকার ব্যবস্থা। পাশাপাশি সুস্থতা, ঐতিহ্য, সংস্কৃতি, আধ্যাত্মিকতা এবং প্রকৃতিভিত্তিক পর্যটনের জন্য বিশেষ প্যাকেজ তৈরিও প্রস্তাব দেওয়া হয়েছে।

অপূর্ব জানান, প্রস্তাবের আর একটি গুরুত্বপূর্ণ দিক হলো যুব সমাজের দক্ষতা উন্নয়ন (স্কিল ডেভেলপমেন্ট)। কেয়ার-পিভিং, জেরিয়াট্রিক সাপোর্ট, প্রাথমিক চিকিৎসা, আতিথেয়তা বা হসপিটালিটি এবং পর্যটন সহায়তা সংক্রান্ত প্রশিক্ষণের মাধ্যমে নতুন কর্ম সংস্থানের সুযোগ তৈরি হতে পারে। এটি উল্লেখ করা হয়েছে প্রস্তাবে। ‘বাচবো’র দাবি, গত চার বছর ধরে সুন্দরবন, পুরুলিয়া, মুর্শিদাবাদ ও মধুপুর-সহ বেশ কয়েকটি পর্যটন কেন্দ্রে প্রবীণদের জন্য বিশেষ ভ্রমণের আয়োজন করছে তারা। সেই সফরগুলিতে চিকিৎসকের তত্ত্বাবধান, কেয়ার-পিভিং সাপোর্ট, ওষুধ ব্যবস্থাপনা, জরুরি পরিস্থিতি মোকাবিলায় প্রস্তুতি এবং প্রশিক্ষিত বহু-বিষয়ক সহায়ক দল রাখা হয়।

সেই অভিজ্ঞতার ভিত্তিতেই রাজ্যভূমিতে একটি প্রাতিষ্ঠানিক প্রবীণ-বান্ধব পর্যটন মডেল গড়ার প্রস্তাব সরকারকে দেওয়া হয়েছে বলে জানিয়েছেন ধীরেশ। তিনি বলেন, ‘পর্যটন, জেরিয়াট্রিক স্বাস্থ্য পরিষেবা, কেয়ার-পিভিং এবং দক্ষতা উন্নয়নের সমন্বয় পশ্চিমবঙ্গের পর্যটন ক্ষেত্রে নতুন দিগন্ত খুলবে। ফলে এক দিকে যেমন প্রবীণদের সুস্থ, সক্রিয় ও আনন্দময় বার্ধক্য নিশ্চিত করার সুযোগ তৈরি হবে, তেমনিই যুব সমাজের জন্য নতুন কর্মসংস্থানের পথও উন্মুক্ত হবে।’

ফাউন্ডেশনের আশা, রাজ্য সরকারের সক্রিয় উদ্যোগে ‘জেরিয়াট্রিক-ফ্রেন্ডলি ট্যুরিজম’ বাস্তবায়িত হলে স্বাস্থ্য পরিষেবা, পর্যটন ও দক্ষতা উন্নয়নকে একসুতোয় গেঁথে বাংলা দেশের সামনে একটি অভিনব মডেলও তুলে ধরতে পারবে। প্রস্তাবিত মডেলকে স্বাগত জানিয়ে পর্যটন মন্ত্রী শঙ্কর ঘোষ বলেন, ‘প্রবীণ-বান্ধব পর্যটনের বিষয়টি অভিনব, কোনও সন্দেহ নেই। এই ধরনের উদ্যোগকে সরকারি ভাবে কী ভাবে সহযোগিতা করা সম্ভব, সেই চেষ্টা আমরা করব।’

The proposed initiative aims to establish West Bengal as a pioneer in **Geriatric-Friendly** and **Senior-Citizen-Centric Tourism**, with dedicated senior-friendly tour packages, pre-tour health assessments, trained caregivers and healthcare escorts, emergency medical preparedness, accessible transportation and accommodation, and wellness, cultural, heritage, spiritual and nature-based tourism.

The proposal also places significant emphasis on **youth skill development** and **employment generation** through structured training in caregiving, geriatric support, first aid, hospitality and tourism assistance.

Banchbo Healing Touch Foundation has already been organising specialised elderly-friendly tours for the past four years to destinations including **Sundarban**, **Purulia**, **Murshidabad** and **Madhupur**, with medical supervision, caregiving support, medication management, emergency preparedness and trained multidisciplinary assistance.

Speaking after the meeting, Dr. Dhires Kumar Chowdhury expressed his satisfaction over the positive and constructive discussion, stating that the proposed integration of **Tourism**, **Geriatric Healthcare**, **Caregiving** and **Skill Development** could open a new dimension in West Bengal’s tourism sector while promoting healthy ageing, social engagement and employment opportunities for the youth.

The organisation expressed optimism that, under the leadership of the Hon’ble Minister-in-Charge, the concept of Geriatric-Friendly Tourism would receive due consideration and could emerge as an innovative model for senior-centric tourism in West Bengal.

“Laughter is timeless. Imagination has no age.
And dreams are forever.”

- Walt Disney



DOCTOR'S DAY CELEBRATION BY BHTF



On **1st July 2026**, **Banchbo Healing Touch Foundation (BHTF)** celebrated **National Doctor's Day** with deep respect and gratitude towards the medical fraternity for their unwavering commitment to healthcare and humanity. The programme acknowledged the invaluable contributions of doctors in promoting healthy ageing, compassionate care, and community well-being.

The celebration brought together healthcare professionals, members of the Foundation, and well-wishers in an atmosphere of appreciation and mutual respect. Tributes and appreciation through greetings card and felicitations were offered to distinguished physicians in recognition of their dedicated service to society.

A proud highlight of the occasion was BHTF being conferred the "**Award of Excellence in Geriatric Care – 2026**" by the **Indian Medical Association (IMA), Bengal State Branch**, in recognition of its outstanding contribution to elder care, compassionate service delivery, and innovative geriatric care initiatives across West Bengal. The award reaffirmed the Foundation's commitment to enhancing the quality of life of older adults through holistic, accessible, and dignified care.

The celebration concluded with a renewed pledge by BHTF to continue strengthening collaborations with the medical community and to work tirelessly towards building a healthier, more caring, and age-friendly society.



PRESENTATION OF SANJOG MAGAZINE TO NANDINI BHATTACHARJEE



As a gesture of goodwill and mutual appreciation **Banchbo Healing Touch Foundation (BHTF)** had the privilege of presenting the Foundation's official magazine, **Sanjog**, along with a small token of appreciation to **Ms. Nandini Bhattacharjee**, President of the **All Bengal Men's Forum**. The occasion reflected the spirit of collaboration and shared commitment towards promoting social welfare, community engagement, and humanitarian initiatives. Ms. Bhattacharjee graciously accepted the memento and appreciated the Foundation's dedicated efforts in the field of elder care and community service.

POSSIBLE COLLABORATION BETWEEN BANCHBO HEALING TOUCH FOUNDATION AND KITES SENIOR CARE

A brief meeting was held on **24 July 2026** between officials of **Banchbo Healing Touch Foundation (BHTF)** and **Kites Senior Care**, a trusted out-of-hospital care partner for elderly people and their families.

The official meeting focused on exploring possible areas of collaboration in **senior care, home-based support, elderly well-being, and community care services**.



Both organisations discussed the scope for sharing expertise, resources, and networks to develop meaningful and sustainable initiatives for senior citizens and their families.

The meeting concluded positively, with both organizations expressing interest in further discussions to identify specific areas of partnership and develop a mutually beneficial collaboration in the future.



**A TRIBUTE TO DR. A. K. RAYCHAUDHURI: HONOURING HIS LEGACY
AND THE MESSAGE OF COMPASSIONATE HEALTHCARE****A Call to Preserve the Human Touch in Medicine Alongside Ethics in an Era Driven by Technology**

A special commemorative programme was organised by **Banchbo Healing Touch Foundation** in memory of the eminent physician, teacher, humanist, and source of inspiration to countless people, **Dr. A. K. Raychaudhuri**. The central theme of the programme was “তোমারেই করিয়াছি জীবনের ধ্রুবতারা” (“You Alone Have I Made the Pole Star of My Life”). The event, organised to remember Dr. Raychaudhuri’s eventful life, medical ethics, human values, and genuine love for humanity, became a unique confluence of emotion, reverence, and compassion.

The **Dr. A. K. Raychaudhuri Lifetime Achievement Award** was presented to eminent geriatrician **Dr. Chinmoy Kumar Maiti**, the second Bengali to serve as the All-India President of the **Geriatric Society of India**. After obtaining his MRCP and FRCP qualifications from the United Kingdom, he worked there in the medical profession for several years. He subsequently returned to India and went on to benefit countless people in Bengal through his medical advice and dedicated service.

Dr. Maiti has worked tirelessly for many years towards the advancement and development of geriatric medicine. His contribution to providing better healthcare to senior citizens, expanding geriatric medical services, and further strengthening this specialised field of medicine is undeniable. In recognition of his outstanding contribution throughout his long professional career and his relentless efforts towards the advancement of geriatric medicine, he was conferred with this prestigious honour.



The **Dr. A. K. Raychaudhuri Best Young Geriatrician Award** was also presented to eminent geriatrician **Dr. Arijit Das**. The award recognised his exceptional, dedicated, and committed work in the treatment and care of elderly patients. His role in fostering greater interest in and commitment to geriatric medicine among the younger generation of doctors was also particularly appreciated.

One of the major highlights of the programme was a commemorative address titled **“Medical Ethics in an Era Driven by Technology — Preserving the Human Touch in Healthcare.”** The address was delivered by **Mr. Debashis Sen**, former Additional Chief Secretary of the Government of West Bengal and retired IAS officer. In his address, he highlighted the immense importance of advanced technology in modern medicine while emphasising the need for ethics, values, humanity, and empathy to coexist within healthcare.

His address made it clear that technology can make healthcare more advanced and effective, but there can be no substitute for the human touch, compassion, and ethical responsibility towards patients.

A short documentary was screened, presenting glimpses of significant chapters from Dr. Raychaudhuri’s remarkable professional and personal journey. As a tribute to his memory, a special musical presentation titled **“তোমাতেই করিয়াছি জীবনের ফুবতারা”** was performed. Based on Rabindra Sangeet, the presentation featured eight interconnected songs performed by eminent singer, physician, and Assistant Professor at Santiniketan Medical College, **Dr. Utsab Das**. The narration for the musical presentation was delivered by eminent geriatrician and Founder-Director of Banchbo Healing Touch Foundation, **Dr. Dhiresh Kumar Chowdhury**.



The programme was presided over by eminent educationist and former Vice-Chancellor of **Rabindra Bharati University, Professor Dr. Pabitra Sarkar**. Among those present were eminent gynaecologist **Dr. Shipra Raychaudhuri**, wife of Dr. A. K. Raychaudhuri; eminent physician **Dr. Sudipta Kumar Sen**; eminent geriatrician **Dr. Kaushik Majumdar**; eminent gynaecologist **Dr. Rama Guha**; and distinguished academic consultant **Mrs. Ina Bose**.

The event was also attended by many of Dr. Raychaudhuri's grateful patients and admirers, his fellow doctors and colleagues, numerous senior members of Banchbo Healing Touch Foundation, and several members of **Pranam Kolkata Police**. Their presence made the occasion even more emotional and meaningful.

A particularly touching moment of the programme came with a dance performance by the children of **Vikashita School in the Sundarbans**, run by Banchbo. The children presented the special performance as a tribute to their beloved "Dadu," Dr. Raychaudhuri.

Dr. Raychaudhuri shared a very deep and humane bond with the Sundarbans. In addition to the children of Vikashita School, he was regarded as a close and cherished figure by countless people living in the remote regions of the Sundarbans. On numerous occasions, he travelled to remote areas of the Sundarbans to provide free medical services at health camps.

Despite having returned from the United Kingdom and holding several advanced medical qualifications, he never hesitated to reach out to people in need. Countless residents of the Sundarbans benefited from his medical advice and care. To them, Dr. Raychaudhuri remains much more than a physician even today—he continues to live in their memories as one of their own, a source of support, and a compassionate doctor.

One of the most important aspects of his philosophy of medicine was his belief that a patient should never be viewed merely as a disease or as a subject of medical treatment, but as a complete human being. Alongside excellence in medical science, he regarded empathy, respect, and love for humanity as indispensable components of healthcare. His life and work therefore continue to serve as a unique source of inspiration for the medical fraternity and future generations of doctors.

The programme organised in memory of **Dr. A. K. Raychaudhuri** was therefore much more than a memorial gathering. It was a unique celebration of his ideals, medical ethics, humanity, and philosophy of standing beside people in times of need. At the same time, the event carried a powerful message about the advancement of geriatric medicine, society's responsibility towards senior citizens, and the importance of preserving the human character of healthcare in an increasingly technology-driven age.





Dr. ARIJIT DAS

(MBBS, MD Pharmacology, PGDGM)

HEALTH TALK



Reclaiming Strength: Understanding Age-Related Muscle Loss

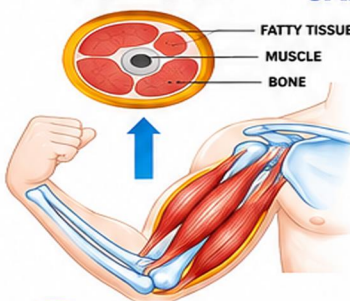


As we age, staying active and independent depends largely on one important factor: muscle strength. However, **starting around age 40**, our bodies begin to lose muscle mass and strength. This condition is known as **sarcopenia**.

WHAT IS SARCOPENIA?

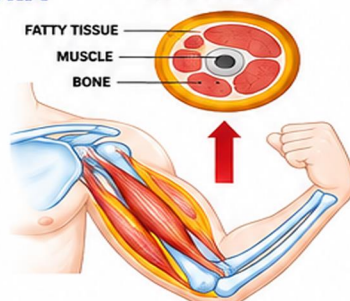
Sarcopenia is the gradual loss of muscle size and function that comes with age. It often appears as:

HEALTHY MUSCLE MASS



SARCOPENIA

MUSCLE LOSS IN SARCOPENIA



- Difficulty getting out of a chair



- Slower walking speed or unsteady balance



- Trouble carrying groceries or climbing stairs



If left unmanaged, this loss of strength raises the risk of falls, injuries, and losing personal independence.

SARCOPENIA OFTEN APPEARS AS:



Difficulty getting out of a chair



Slower walking speed or unsteady balance



Trouble carrying groceries



Difficulty climbing stairs



If left unmanaged, this loss of strength raises the risk of falls, injuries, and losing personal independence.

THE POWER OF TARGETED NUTRITION

1 Protein (The Building Blocks):



Older adults usually need more protein than younger people to keep muscle mass. Meals should include lean meats, fish, eggs, dairy, beans, or protein shakes to support muscle repair throughout the day.

2 Vitamin D and Calcium (Bone and Muscle Partners):



Vitamin D helps muscles take up energy and contract well. When paired with calcium, it keeps bones strong and reduces the risk of fractures if a fall happens.

3 Essential Fatty Acids:



Healthy fats, like Omega-3s found in fish oil, help lower inflammation throughout the body. This makes it easier for muscles to absorb nutrients and stay strong.

THE WINNING COMBINATION



Supplements work best alongside gentle resistance exercises, like using light weights or elastic bands.

With early guidance from a doctor, proper nutrition helps older adults remain active, confident, and independent for many years.

STAY ACTIVE • STAY STRONG • STAY INDEPENDENT



Important Health Note & Disclaimer: The nutritional information provided above is for general educational purposes. Individuals with underlying health conditions—especially kidney impairment, heart conditions, or severe diabetes—must consult a physician or clinical dietitian before starting high-protein diets or taking new supplements. Unmonitored protein and mineral intake can put extra stress on impaired kidneys. Always seek personalized medical advice to tailor nutrition safely to your specific health needs.



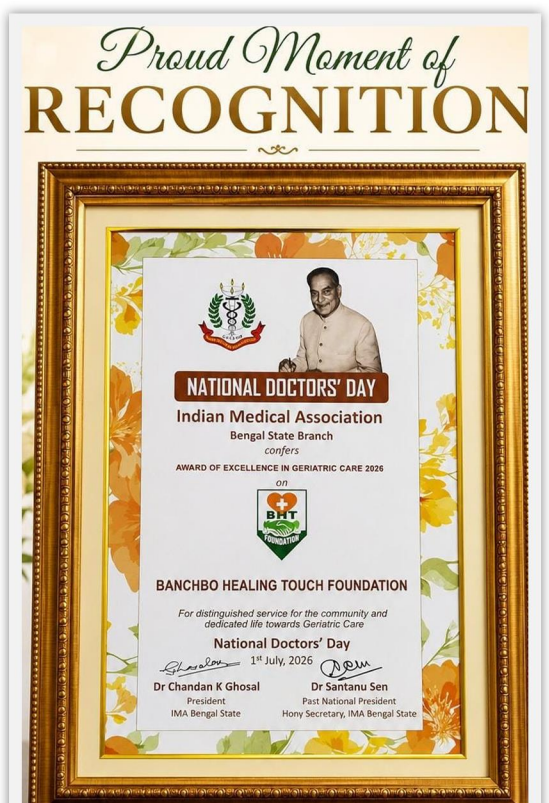
AWARD OF EXCELLENCE IN GERIATRIC CARE – 2026



On the auspicious occasion of **Doctors' Day** commemorating the birth and death anniversary of **Dr. Bidhan Chandra Roy** celebrated on **1st July 2026**, **Banchbo Healing Touch Foundation (BHTF)** was conferred the prestigious "**Award of Excellence in Geriatric Care – 2026**" by the **Indian Medical Association (IMA), Bengal State Branch**.

The award was presented in recognition of BHTF's unwavering commitment to the health, dignity, and well-being of senior citizens through its dedicated services, compassionate approach, and innovative geriatric care initiatives across West Bengal. Over the years, the Foundation has consistently worked to improve the quality of life of the elderly by providing accessible healthcare, community-based interventions, awareness programmes, and holistic support.

This prestigious honour stands as a testament to the relentless efforts of the entire BHTF team, healthcare professionals, volunteers, and well-wishers who have contributed to the Foundation's mission of promoting healthy and dignified ageing. The recognition further inspires BHTF to strengthen its commitment to advancing quality geriatric care and expanding its outreach to serve more elderly citizens in the years ahead.





NOTABLE PERSON VISIT



Strengthening Knowledge, Collaboration and the Future of Geriatric Care

We were honoured to welcome **Dr. Anurupa Kundu, Assistant Professor, Department of Psychology, St. Xavier's University, Kolkata, and Project Director** of a ICSSR-funded research project, to the Central Office of Banchbo Healing Touch Foundation.

Dr. Kundu visited our office with a proposal for support and collaboration in the research project titled: "Intergenerational Relationship Quality and Elderly Well-being: A Mixed-Method Study in West Bengal in the Context of Out-Migration."

The study is being undertaken by the Department of Psychology, St. Xavier's University, Kolkata, under her supervision as the Project Director.

The project seeks to explore how changing family structures and the migration of younger family members are influencing the psychological well-being, emotional security and overall quality of life of older adults in West Bengal.

For us at Banchbo Healing Touch Foundation, this initiative represents far more than an academic collaboration. It is a meaningful recognition of our more than two decades of experience and commitment to the field of Geriatrics in West Bengal. We believe that the knowledge and experience gained through years of grassroots engagement with older adults and their families can meaningfully contribute to research that seeks to understand the changing realities of ageing in our society.

We are confident that this important study will generate valuable evidence and deeper insights into the social and psychological dimensions of ageing—insights that can help shape the future of geriatric care, strengthen family- and community-based support systems, and contribute to more informed, inclusive and evidence-based policymaking for older adults.

When experience from the field meets the strength of academic research, it creates the possibility of meaningful change. We look forward to a fruitful collaboration with St. Xavier's University, Kolkata, and to contribute, in our own humble way, to building a more informed, compassionate and age-friendly society.



NOTABLE PERSON VISIT

Banchbo Healing Touch Foundation is exploring the possibility of establishing a dedicated **Hospice Care Centre** to provide compassionate, dignified, and holistic care to patients suffering from life-limiting or terminal illnesses. The proposed initiative aims to create a safe and supportive environment where patients can receive appropriate medical, nursing, psychological, social, and emotional care, while also extending support to their families and caregivers.

The proposed hospice will focus on improving the quality of life of patients by providing **patient-centred palliative and end-of-life care**. Key objectives may include:

- Providing compassionate and dignified care to patients with terminal or life-limiting illnesses.
- Offering pain and symptom management through appropriate healthcare services.
- Providing emotional, psychological, and social support to patients and their families.
- Creating a peaceful and comfortable environment for end-of-life care.
- Developing trained manpower and care-giving capabilities in the field of hospice and palliative care.
- Promoting awareness about hospice and palliative care within the community.

The project is proposed to be developed under the guidance of **Mr. Swarup Goswami, Regional Coordinator – Eastern Region, Healthcare Sector Skill Council (HSSC)** who visited BHTF office to meet with Founder Director **Dr Dhiresh Kumar Chowdhury** and other board of directors. His professional experience and understanding of the healthcare and skill-development ecosystem can provide valuable direction in developing appropriate standards, manpower requirements, training frameworks, and operational systems for the proposed hospice.



NOTABLE PERSON VISIT

The initiative is also envisaged with the support of **Mr. Rajib Chatterjee**, friend and prospective investor, whose participation may provide important financial and strategic support for establishing and developing the proposed facility.

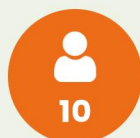
The hospice may include dedicated patient accommodation, nursing and care facilities, pain-management and palliative-care services, counselling and family-support areas, basic medical facilities, trained caregivers, and spaces designed to provide a calm and dignified environment.

The project may also explore collaboration with hospitals, healthcare professionals, training institutions, charitable organisations, and other stakeholders to create a sustainable and professionally managed hospice-care model.



SERVICE RECORD OF BHTF

(July 2026)



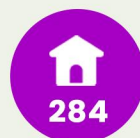
Members
Enrolled



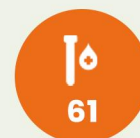
Total
Hours



Empaneled
Doctors



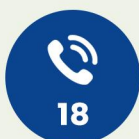
Total
Visit



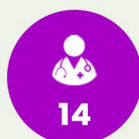
Blood
Test



Emergency
Call



Non Emergency
Call



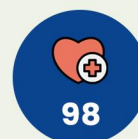
Specialists
visit



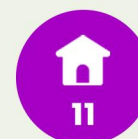
ECG



Ambulance



Care 360
Service



Home Nurse
Service



Care
Giver





Echos of impact



For the past six years, Banchbo Healing Touch has provided exceptional care and support for both my parents and my In-laws. Throughout that time, the team has consistently demonstrated genuine compassion and dedication.

Every carer who has been involved has treated them with patience, warmth, and dignity, always taking the time to understand their needs and making them feel safe, comfortable, and valued. It has given us enormous peace of mind knowing our loved ones are being cared for by people who genuinely care about their wellbeing.

Thank you to everyone at Banchbo Healing Touch for your unwavering care, kindness, and support over the years. I am deeply appreciative of everything you do and would recommend your services to any family looking for compassionate, trustworthy, and quality aged care.

Sukanya Banerjee, Melbourne

Daughter of Srimoyee Sarkar (Membership no: 1236)

Daughter in law of Jyoti Banerjee (Membership no: 1267)



HONOURED INVITATION

1. ASIAN YOGA RESEARCH INSTITUTE & VTC



On the auspicious occasion of **Rath Yatra on 16.07.2026**, Dr.Dhires Kumar Chowdhury had the privilege of attending the Jagannath Puja organized by the **Asian Yoga Research Institute & VTC** at the invitation of renowned yoga expert **Mr. Ujjal Ghosh**. The event also featured a certificate distribution ceremony for yoga trainers who had successfully completed the Yoga Judge Training Programme.

Mr. Ujjal Ghosh has is one of the esteemed members of the expert panel of **Banchbo Healing Touch Foundation (BHTF)**. For more than three decades, he and his wife have devoted themselves to the promotion, training, and advancement of yoga. He is widely recognized as a respected author and speaker, regularly contributing to leading newspapers, magazines, and electronic media.



A special highlight of the occasion was receiving beautifully crafted commemorative mementoes of **Lord Jagannath, Lord Balabhadra, and Goddess Subhadra** as a token of blessing and remembrance, making the experience even more meaningful and joyful.

"Wrinkles will only go where the smiles have been."

Jimmy Buffet

2. NEW ALIPORE COLLEGE AND GLOBAL BUDDHIST FORUM

Dr. Dhires Kumar Chowdhury participated as a **panel speaker** in an academic discussion forum jointly organized by **New Alipore College** and the **Global Buddhist Forum** on 03.07.2026, alongside distinguished scholars and experts from the fields of education and other disciplines.



Participation as a Speaker at an Academic Discussion Forum

On this occasion, he delivered a presentation on the topic: **"Geriatric Care in the Light of Indian Buddhist Philosophy: An Integrated Perspective on Ancient Wisdom and Modern Ageing Care."**

The presentation explored how the timeless principles of Indian Buddhist philosophy—including compassion, mindfulness, dignity, non-attachment, and holistic well-being—can enrich contemporary geriatric care practices. It highlighted the relevance of integrating ancient philosophical insights with modern approaches to healthy ageing, emphasizing person-centered, compassionate, and dignified care for older adults.

The programme provided an enriching platform for interdisciplinary dialogue and intellectual exchange, fostering meaningful discussions on the intersection of philosophy, healthcare, and social responsibility. It was a valuable opportunity to share perspectives on promoting holistic elder care while drawing inspiration from India's rich philosophical heritage.

3. SIDDHARTHA UNITED SOCIAL WELFARE MISSION

On **22 July 2026**, on the noble occasion of the **125th birth anniversary of Bharat Kesari Dr. Syama Prasad Mukherjee** was commemorated at the head office of **Siddhartha United Social Welfare Mission (SUSWM)** in Kolkata. The programme was jointly organised by **Siddhartha United Social Welfare Mission (SUSWM)** and **Khowai Sahitya Gosthi of Santiniketan**.



Representing SUSWM, the programme was attended by its founding member, **Hon'ble Buddhipriya Mahathero**, along with other respected Buddhist monks. Representing Khowai Sahitya Gosthi was its guiding figure, **Mr. Kishore Bhattacharya**.



On this auspicious occasion on behalf of the State Government, **Dr. Dhires Kumar Chowdhury** was invited as a distinguished guest that also included **Dr. Tamal Laha** and **Dr. Palash Bandyopadhyay**. **Hon'ble Cabinet Minister Smt. Agnimitra Pal** and **Mr. Dudh Kumar Mondal** also graced the event honouring **Dr. Chowdhury** with **"Susham Biswa Shanti Award"** for social contributions, responsibilities in the field of Geriatric Medicine as well as literary works.



Beneficiary Story

A Journey from Neglect to Recovery

Mrs. Nivedita Niyogi, 76 years is an elderly member (M No: 1802) of **Banchbo Healing Touch Foundation (BHTF)** since 01.04.2026. She has medical record of HTN, Behaviour Disorder,. She was living alone and facing a difficult period in her life. She had reportedly gone without proper food and medicines for nearly three days. She was also experiencing behavioural difficulties and symptoms associated with dementia, along with a urinary tract infection and other health concerns.

BHTF promptly intervened and provided compassionate support. **Ms. Soma Nath, Dementia Care Specialist**, counselled and assisted Mrs. Niyogi, helping her regain confidence and gradually resume eating with assistance. Two sisters were subsequently engaged to support her daily care and medication management.



After two days, **Dr. Dhires Kumar Chowdhury** visited her, advised necessary blood investigations and prescribed appropriate treatment. A urine culture confirmed a urinary infection, and her condition was monitored closely. Follow-up visits on **7 July and 20 July 2026** showed encouraging improvement. With continued medical treatment, personal care, emotional support and supervision, she gradually became more alert, stable and normal in her routine. Mr. Ashim Kumar Chowdhury (Brother - in Law) of Mrs. Niyogi highly appreciated BHTF's effort and service as rendered upon her.

The intervention not only addressed her immediate health needs but also helped restore dignity, safety and hope to an elderly woman living alone.

Impact: BHTF's coordinated medical and dementia-care support helped Mrs. Niyogi resume food and medicines, receive timely treatment, improve her overall condition, and regain greater stability and dignity in daily life.



BHTF Medical & Care Service Team

OUR VISITING MEDICAL BOARD (PREVENTIVE & ON CALL)



Dr. Arijit Das

MBBS, MD, DM(PGT), PGDGM, CCGM, FGS



Dr. Arka Das

MBBS, MD, DM, (PERSUING CLINICAL PHARMACOLOGY)



Dr. Anindya Karmakar

MBBS, MD, DM, PHARMACOLOGY



Dr. B. Roy

MBBS



Dr. Dhires Kumar Chowdhury

MBBS, PGDGM, CCGM, FGS



Dr. G. C. Mondal

MBBS, F. Med



Dr. Pritam Roy

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



Dr. Partha Mondal

MBBS, MD(GERIATRICS, PGT)



Dr. Ujjwal Mukherjee

MBBS, Specially trained in Elder Care

OUR CARE MANAGER TEAM



Mr. Haridas Naskar

Certified Geriatric Care and Nursing Assistant



Mr. Kunal Kumar

Certified Geriatric Care and Nursing Assistant



Mr. Malay Dey

Old Age Care Basic Pursuing

OUR NURSING TEAM



Nursing In-Charge

Mrs. Saheli Chowdhury

B.Sc Nursing



Ms. Arati Chowdhury

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. Madhurima Karmakar

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



Ms. Sneha Bhowmick

Certified Nursing Assistant



Ms. Soma Sikder

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



Doorstep Multidisciplinary Specialist Consultancy

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



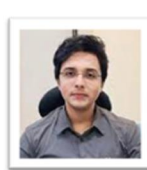
ORTHOPEDIC
DR. KARTICK NASIPURI
MBBS, MS(Ortho)



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



Actual Photo



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☎ +91 82405 74605

Helpdesk:

☎ 9903388556



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YOU STAY WHERE
YOU'RE COMFORTABLE.



YOGATARANGA

Renew, Restore, Rejuvenate
Your Silver Innings

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 "Yogatara" 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

Yogatara 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

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grow and flourish
together.*

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COMPASSION BEYOND CARE



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Kolkata
& Salt Lake

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medical care for your loved
ones, in the comfort of home.

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Support



BOOK A SERVICE TODAY
Because your loved ones
deserve the best care.



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Kolkata
& Salt Lake

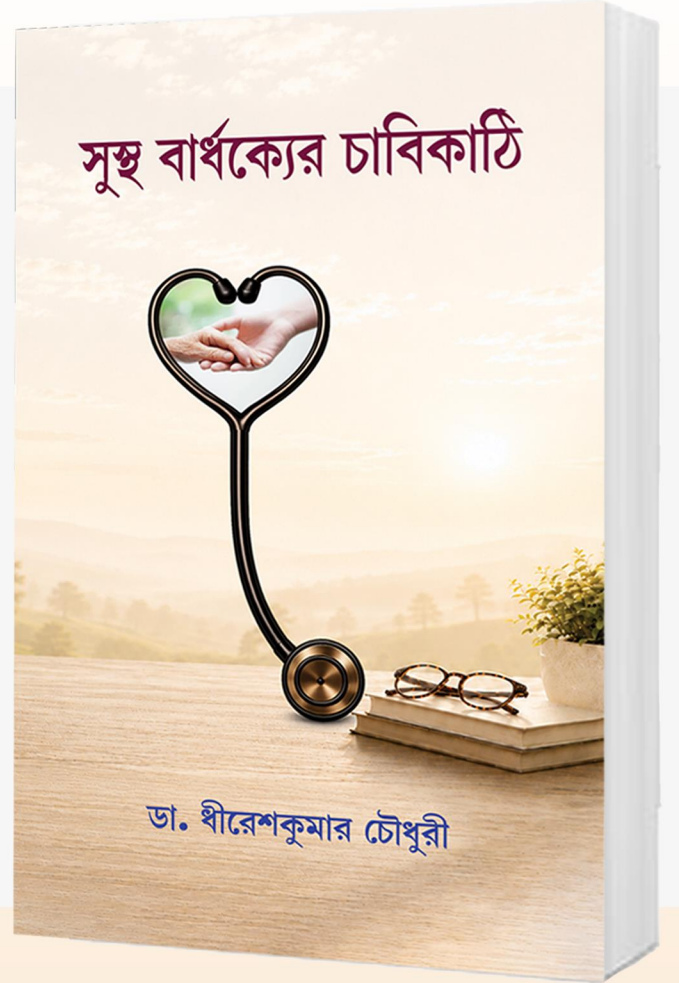




মন্দাক্রান্তা প্রকাশনী

বরেণ্য গুণীজন ও বিশেষজ্ঞ
চিকিৎসকদের অমূল্য সংযোজনে
সমৃদ্ধ প্রবীণদের পরিচর্যার
পূর্ণাঙ্গ সহায়িকা

সুস্থ বার্ধক্যের চাবিকাঠি



ডাঃ ধীরেশ কুমার চৌধুরী

FGSI, PGDGM, CCGGM

জেরিয়াট্রিশিয়ান ও প্রবীণ স্বাস্থ্য বিশেষজ্ঞ

শীঘ্রই প্রকাশিত হতে চলেছে

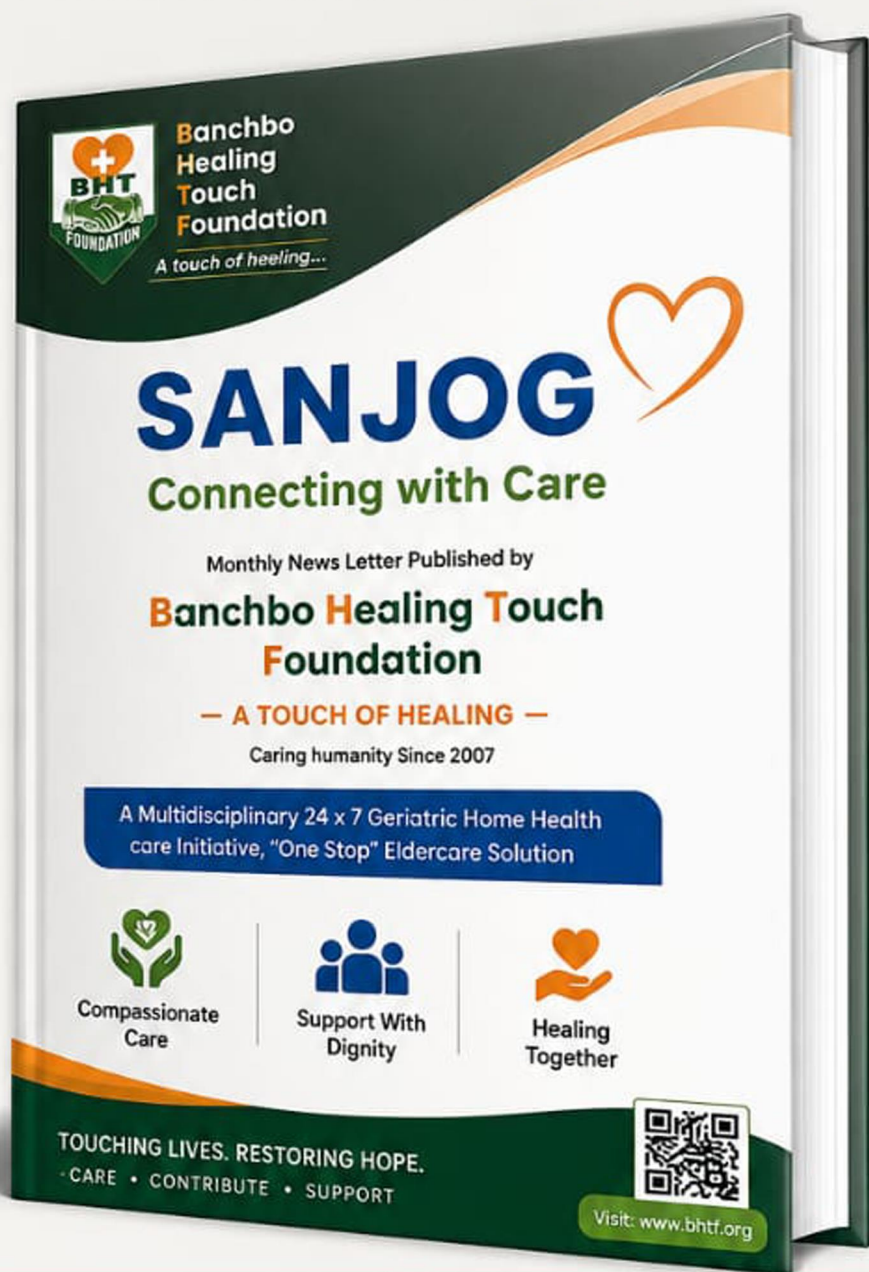
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Reach Elite Silver
Citizens comprising of
distinguished elder
population of many fields



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Eminent Physicians



Reach Globally
across all continents



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Most Trusted
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Contents of the
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Affordable Price
Comparing to
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REACH**



**STRONG
CREDIBILITY**



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ENGAGEMENT**



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FOR PARTNERSHIP & BRANDING QUERIES, CONTACT:



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kajari.sen@bhtf.org



VISIT US:

www.bhtf.org

LET'S SHAPE A BETTER TOMORROW FOR OUR ELDERS – **TOGETHER WITH BHTF.**