



**Banchbo
Healing
Touch
Foundation**

A touch of healing...



October 2026

Issue 07

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
TII Magazine
(2009)

FEATURED IN

NDTV

आनंद

THE TIMES OF INDIA

**the
better
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



ADDRESS

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Garia, Kolkata - 700084,
West Bengal, India

CARE ♥ CONTRIBUTE ♥ SUPPORT

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EDITORIAL

A month of milestones, meaningful connections and renewed commitment.

Respected Readers,



September 2026 has been a remarkable month for **Banchbo Healing Touch Foundation**—a month that brought together growth, service, recognition and learning, while strengthening the bond we share with our members.

The addition of **new members to both our South Kolkata and Salt Lake units** reflects the growing faith in our model of comprehensive care. At the same time, our dedicated team continued to provide a broad spectrum of services—from **Preventive Care and Emergency Support to Care 360, Specialist Services and other essential interventions**—with commitment and compassion.

Our active participation in the recently concluded **GSICON 2026 – International Conference of Geriatrics and Gerontology** was another important milestone. The versatile role played by our CEO and the enthusiastic participation of our team in the conference and its workshops created valuable opportunities for learning, professional exchange and strengthening our commitment to community-based geriatric care.

The **unveiling of Sustho Bardhyaker Chabikathi** marked another memorable achievement, bringing accessible knowledge on healthy ageing and geriatric care to a wider audience.

The publication of our **medico-social study based on our members in The Times of India** was equally significant. It was not merely a moment of recognition, but an affirmation of the relevance and impact of the work we have been consistently pursuing.

And above all, there is something far more valuable than any award, event or media recognition—the **unwavering trust and confidence of our 600+ members**.

That trust is our greatest achievement and our greatest responsibility.

September has given us many reasons to celebrate—but even more reasons to serve better.

We move forward with gratitude for the trust, pride in our team, and an unwavering commitment to make care more accessible, responsive and compassionate.

**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 October, 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

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 SEPTEMBER 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.



ACHINTYA KUMAR SANYAL
01st SEPTEMBER



BIMALENDU DAS
02nd SEPTEMBER



SANDIPAN RAY
03rd SEPTEMBER



SUDIPTA MUNSHI
04th SEPTEMBER



KSHAMA SENGUPTA
04th SEPTEMBER



KEYA BOSE
05th SEPTEMBER



ARUNA DAS
07th SEPTEMBER



CHANDRA LAHIRI
09th SEPTEMBER



HIMANI CHAUDHURI
10th SEPTEMBER



MEMBER BIRTHDAY WISHES SEPTEMBER 2026

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NAYANA BARUA

11th SEPTEMBER



ANJALI ACHARJEE

12th SEPTEMBER



KHELA PAUL

15th SEPTEMBER



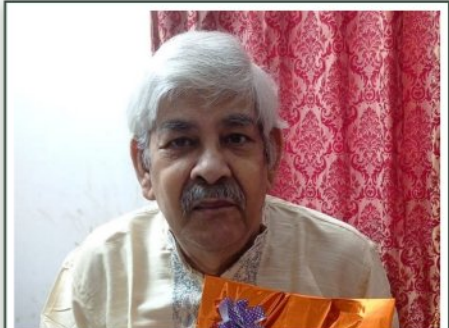
ANAND ROYCHOWDHURY

15th SEPTEMBER



UMA GHOSH

19th SEPTEMBER



TUSHAR JYOTI BANERJEE

19th SEPTEMBER



PRABIR KRISHNA GHOSH MOULICK

20th SEPTEMBER



PRAMATHES CHAKRABORTY

24th SEPTEMBER



INA BOSE

27th SEPTEMBER





MEMBER BIRTHDAY WISHES SEPTEMBER 2026

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NANDA BARUA

30th SEPTEMBER

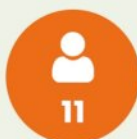


KRISHNA BHATTACHARYA

30th SEPTEMBER

SERVICE RECORD OF BHTF

(SEPTEMBER 2026)



11
Members
Enrolled



1440
Total
Hours



00
Empaneled
Doctors



268
Total
Visit



87
Blood
Test



16
Emergency
Call



14
Non Emergency
Call



4
Specialists
visit



24
ECG



27
Ambulance



159
Care 360
Service



20
Home Nurse
Service



28
Care
Giver

**DETAILS OF NEW MEMBERSHIP****NEW MEMBER ENROLMENT LIST SEPTEMBER 2026**

SL. NO.	NAME	AGE	MEMBERSHIP NO. & CATEGORY	DESIGNATION
01	DOLA GHOSAL	66	1855 - GOLDEN	HOMEMAKER
02	SUJATA BISWAS	74	1856 - GOLDEN	EX SCIENCE TEACHER - ANDHRA HIGH SCHOOL
03	SRABANI CHAKRABORTY	60	1857 - GOLDEN	MUSIC TEACHER
04	DEBASIS DATTA BANIK	64	1858 - DIAMOND	RETIRED CENTRAL GOVT. PENSION HOLDER
05	RANJANA MOOKERJEE	71	1859 - SHORT TERM	HOMEMAKER
06	MAITREYI MUKHERJEE	60	1860 - GOLDEN	RETIRED
07	SANJAY MUKHERJEE	61	1861 - GOLDEN	RETIRED
08	SANYUKTA CHAKRAVORTY	84	1862 - DIAMOND	HOMEMAKER
09	JHUMA GHOSH	66	1863 - GOLDEN	HOMEMAKER
10	DEEPA MEHROTRA	65	1864 - DIAMOND	HOMEMAKER
11	ARUN KUMAR SEN	84	1865 - DIAMOND	RETIRED (ADMINISTRATIVE OFFICER - ORIENTAL INSURANCE COMPANY)
12	GEETA SENGUPTA	78	SLT 033 BASIC	RETIRED HEADMISTRESS - KALNA HIGH SCHOOL

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

Jimmy Buffet





Echos of impact

BANCHBO HEALING TOUCH FOUNDATION: A CARING SUPPORT FOR MY PARENTS

As someone who works abroad in the UAE, one of my greatest concerns has always been the health and well-being of my parents, **Mr. Chandidas Ghosh and Mrs. Rita Ghosh**. Being away from home makes it difficult to be physically present whenever they need medical attention. In such circumstances, having a dependable healthcare support system close to them brings an immense sense of reassurance.

I am grateful that my parents receive healthcare support from **Banchbo Healing Touch Foundation**, a geriatric support centre that has been looking after their healthcare needs.

The centre provides regular monthly healthcare follow-ups for my parents, helping ensure that their health is monitored on an ongoing basis. More importantly, whenever an emergency health requirement has arisen and the healthcare team has been called upon, they have responded with care, attention and a strong sense of responsibility.

For me, this support means much more than just healthcare. When you live thousands of kilometres away from your parents, there is always a concern about what might happen if they suddenly need medical assistance. Knowing that there is a healthcare team that can attend to them when required gives me a valuable **peace of mind and a sense of satisfaction**.

I have personally appreciated the care and attention provided by the team whenever my parents have needed them, particularly during emergency situations. Their willingness to attend to my parents beyond the routine monthly follow-ups has made me feel that they are not alone when an unexpected health concern arises.

As a son working abroad, I cannot always be there physically for my parents. However, having a trusted healthcare team available to support them gives me confidence that their healthcare needs will receive timely attention when required.

I sincerely appreciate **Banchbo Healing Touch Foundation** for the care and support they have extended to my parents, Mr. Chandidas Ghosh and Mrs. Rita Ghosh. Their regular follow-up and responsiveness during emergency healthcare requirements have provided our family with something invaluable: the reassurance that my parents have caring support close to them when I cannot be there myself.

For me, **Banchbo Healing Touch Foundation** is not simply a healthcare service—it is a source of reassurance for a son living far away from his parents.

Rajsekhar Ghosh

Abu Dhabi, United Arab Emirates(UAE)



Beneficiary Story

Rehabilitation and Physiotherapy of a Chronic Kidney Disease Patient with Severe Physical Weakness Following Chest Infection and Haemodialysis

1. Situation

Since 2018 Mr. Jayanta Dasgupta aged 59 years is BHTF's member. Few months back he was infected with severe pneumonia that caused Type I respiratory failure. He has also been suffering from **Chronic Kidney Injury, Hypothyroidism, Anaemia, HTN, Left upper limb Cephalic Vein Thrombosis**. He requires dialysis thrice weekly.

Since he was with Chronic Kidney Disease was receiving regular maintenance hemodialysis. Following a severe chest infection, he developed significant physical and functional complications. Due to muscle wasting (sarcopenia), malnutrition, and impaired balance, he became completely bedridden and lost the ability to sit up independently or stand beside the bed.

2. Intervention

Alongside appropriate medical management and regular dialysis, comprehensive caregiving and a planned, structured, and continuous geriatric physiotherapy protocol were initiated under **Dr. Kalyan Dey** PT BPT (WBUHS) MPT PGD (GER). The rehabilitation programme included breathing exercises, joint mobility exercises, bed-sitting and balance training, strengthening of the quadriceps and pelvic muscles, and progressive training for standing and weight-bearing.

3. Impact / Outcome

Following eight weeks of regular and intensive physiotherapy combined with appropriate supportive care, Mr. Dasgupta demonstrated significant functional improvement. He gradually regained the ability to sit independently on the bed, stand, and eventually walk with the assistance of a supportive walking device.

In complex, bedridden, dialysis-dependent patients, an integrated approach involving appropriate medical management, caregiver support, nutritional and supportive care, and timely, structured physiotherapy can play a vital role in restoring mobility, functional independence, and quality of life.





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,
(PERSUING 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



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 Persuing



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. Kunal Kumar

Certified Geriatric Care
and Nursing Assistant
Care Manager



Mr. Haridas Naskar

Certified Geriatric Care
and Nursing Assistant
Care Manager



Mrs. Kajari Sen

Certified Geriatric Care
and Nursing Assistant
Care Manager



Malay Mitra

Care Manager (Provisional)
Certified Geriatric Care &
Nursing Assistance



Mr. Malay Dey

Pursuing Old Age Care Basic
Junior Care Executive



Ms. Anita Das

Care Assistance



Subrata Das

Care Assistance



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



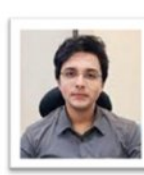
ORTHOPEDIC
DR. KARTICK NASIPURI
 MBBS, MS(Ortho)



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



KEY EVENTS AND HIGHLIGHTS

BHTF'S MULTIFACETED PARTICIPATION AT GSICON 2026



One Conference • Multiple Roles • Meaningful Impact

Banchbo Healing Touch Foundation (BHTF) had a significant and multifaceted presence at **GSICON 2026 – International Conference on Geriatrics & Gerontology**, held from **18–20 September 2026** at the **New Town Convention Centre, Kolkata**. The prestigious three-day conference brought together **7 International Speakers, 250+ National Speakers and 1,000+ delegates**, creating a vibrant platform for knowledge exchange and dialogue on ageing and geriatric care.

Our **CEO, Dr. Dhiren Kumar Chowdhury**, played multiple key roles at the conference. He served as **Community Geriatrics & Media Coordinator**, **Speaker** on “**Geriatric Home-based Care: The Next Frontier in Healthy Ageing**”, and **Moderator** of the panel discussion “**Who Will Care for Our Ageing Population: Reimagining Community Geriatrics in India.**”

The distinguished panel featured **Dr. Kaushik Ranjan Das**, Past President, Geriatric Society of India; **Smt. Alokanda Roy**, Eminent Dancer & Social Reformer; **Mr. Rupak Barua**, MD & CEO, Woodlands Hospital; and **Smt. Kakali Mukherjee**, Cluster Director, Manipal Hospitals.





Dr. Chowdhury also chaired the international session **“Ageing in Place: Lessons from Japan’s Community Care Model”**, featuring **Prof. Dr. Kiichi Hirayama, Japan**. He further served as **Master of the Inaugural Ceremony** and contributed to the **GSICON 2026 Souvenir**.

BHTF’s participation at GSICON 2026 reflects its growing contribution to the national dialogue on **community geriatrics, home-based care, healthy ageing and ageing in place**, bringing valuable grassroots experience to a distinguished national and international forum.



Panel Discussion on Community Geriatrics

A thought-provoking panel discussion on **"Who Will Care for Our Ageing Population? Reimagining Community Geriatrics in India"** was held as part of **GSICON 2026** at the **New Town Convention Centre, Kolkata**. The session brought together professionals from healthcare, social services and allied sectors to deliberate on the growing needs of India's ageing population.

Dr. Dhires Kumar Chowdhury highlighted the importance of developing a **community-oriented and integrated geriatric care system**, focusing not only on medical treatment but also on preventive care, emotional well-being, social support, functional independence and dignity of older persons.

The distinguished panel comprising **Ms. Alokanda Roy, Dr. Kaushik Ranjan Das, Mr. Rupak Barua and Ms. Kakali Mukherjee** shared diverse perspectives on the challenges of ageing and the need for greater collaboration among families, communities, healthcare professionals, caregivers, NGOs and service organisations.

The discussion emphasised the need to **reimagine community geriatrics through accessible, affordable and coordinated care models**, enabling older persons to age safely and meaningfully within their communities. The session provided valuable insights into the future of elder care in India and the collective responsibility required to respond to the country's rapidly changing demographic profile.

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

Walt Disney



Upskilling of BHTF Service Team – September 2026



Learning. Updating. Evolving. Serving Better.

At **Banchbo Healing Touch Foundation (BHTF)**, continuous upskilling of our **Nursing, Care Management and Management teams** remains an integral part of our commitment to quality eldercare.

As part of this endeavour, our team members participated in **scientific sessions and workshops at GSICON 2026 – International Conference on Geriatrics & Gerontology**, as well as a specialised **Dementia Care Workshop** organised at the **Geriatric Superspeciality Department, Medical College, Kolkata**, during **World Alzheimer's Month**, in collaboration with **ARDSI, Kolkata Chapter**.

These learning opportunities helped our team **update their knowledge, strengthen practical skills and broaden their understanding of geriatric and dementia care**—ultimately translating learning into **better, safer and more compassionate services for our members**.





BHTF Study on Elderly Health Featured in The Times of India

A study titled **"Emergency & Chronic Health Conditions of Kolkata's Elderly,"** conducted by **Dr. Dhires Kumar Chowdhury, Founder Director & CEO of Banchbo Healing Touch Foundation** and an **eminent Geriatric Care Specialist and Activist**, based on BHTF members, was featured in **The Times of India** on **25 September 2026**.

The study was presented at **GSICON 2026 - International Conference of Geriatrics and Gerontology** during the scientific session on **"Home Based Geriatric Care: The Next Frontier in Healthy Ageing."** Its findings highlighted important health vulnerabilities among Kolkata's elderly and reinforced the growing need for **accessible, continuous and compassionate home-based geriatric care**.



The coverage in **The Times of India** helped bring this important issue to a wider audience, strengthening the conversation around elderly healthcare, homecare and dignified ageing.

For BHTF, research that translates into awareness and better care is an important step towards building a healthier, safer and more supported ageing society.

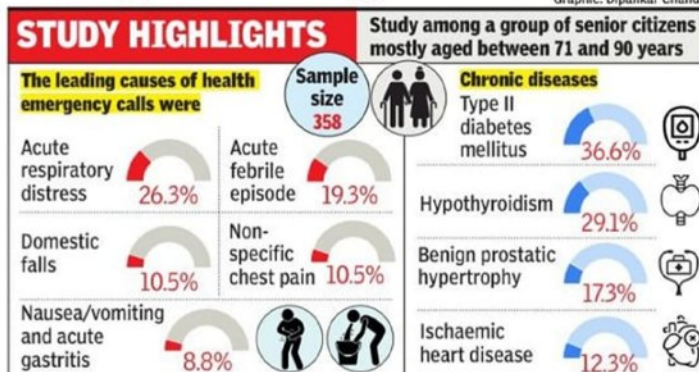
What ails sr citizens? Respiratory distress, fever & fall top emergencies, finds survey

Sumati Yengkhom & Subhojoy Roy | TNN

Kolkata: Acute respiratory distress, high fever, domestic fall and non-specific chest pain emerged as top reasons for health emergency calls by the elderly citizens living in Kolkata. A study among a section of senior citizens living in parts of south Kolkata, Salt Lake and New Town also revealed 20.7% of them live alone and 10.5% needed emergency hospitalisation.

Findings on various parameters of health and security issues faced by senior citizens were presented during a recently concluded conference on geriatrics care in the city. Banchbo Healing Touch Foundation (BHTF), an organisation dealing with elderly members, had included 358 elderly for the study. The study said 52% of them were found to live with their spouses and 27.4% lived with family.

"One of the most striking findings was that 86% of the members were partially dependent, while another 7% were fully dependent. Only 6.1% were classified as independent. This indicates that a large proportion of older adults may require varying degrees of



assistance with daily living, mobility, monitoring and continuing care," said Dhires Kumar Chowdhury, geriatric care specialist and activist and media coordinator for the three-day Geriatric Society of India event held in Kolkata.

Most of the BHTF members who were considered for the study were between the age of 71 and 90, placing the majority within an age-group where chronic disease, functional limitations, social vulnerability and the need for sustained care become increasing-

ly important.

Hypertension was the most prevalent condition, affecting 81.8% followed by diabetes, hypothyroidism, ischemic heart diseases. The cognitive health front condition, however, was found comparatively better with 79% showing no cognitive impairment, while the study recorded moderate impairment in 8.7%, subjective impairment in 6%, dementia in 4.2%, depression in 1.1% and Alzheimer's in 0.6%.

It also found that 15% of members

had a caregiver, highlighting the role of trained caregivers within the ageing-care ecosystem. "The health profile of the studied population demonstrated a substantial burden of chronic conditions which require continuous monitoring and preventive intervention particularly relevant to home-based care," added Chowdhury.

Doctors said elderly care must not be confined only within the four walls of the hospital, it is equally important within the community. "We are treating patients in a hospital when the illness is acute. Once patients go back home, it is important to continue the care. They could be patients of diabetes, heart failure, dementia or stroke. The quality of life will to a large extent depend on the care received after discharge from hospital," said Arunansu Talukdar, the head of geriatric medicine at Kolkata Medical College and Hospital.

With the advancement of technology, it is also possible to monitor a geriatric patient very closely. "Human touch in the care is also important. An advantage in India is the strong inter-generational bond we have within our families," he said.

Book Release of “Sustho Bardhaker Chabikathi”**Unveiling of Sustho Bardhyaker Chabikathi****A Landmark Bengali Book on Comprehensive Geriatric Care**

A landmark moment at **GSICON 2026** on **18 September 2026** at the **New Town Convention Centre, Kolkata**, witnessed the unveiling of **“Sustho Bardhyaker Chabikathi” (Key to Healthy Ageing)**, authored by **Dr. Dhires Kumar Chowdhury**.

This **first-of-its-kind Bengali book on comprehensive geriatric care** carries the **Holy Blessing and Foreword of His Holiness the Dalai Lama**. It brings together the expertise of eminent geriatric physicians of the Geriatric Society of India, West Bengal Branch, along with distinguished contributors including **Prof. Dr. Pabitra Sarkar**, eminent educationist; **Prof. Sourin Bhattacharjee**, eminent thinker and writer; and **Revered Swami Umapadananda Maharaj**, monk of the Ramakrishna Mission.

The book encompasses the **complete spectrum of geriatric well-being**—from **physical to psychological, social to spiritual, preventive to palliative care, assistance to advancement**, as well as **preparedness for emergency and crisis situations**.

Designed for **senior citizens, families, caregivers and professionals**, the book aims to make comprehensive geriatric knowledge accessible in Bengali and promote **healthy, active, independent and dignified ageing**.

A book rooted in experience, enriched by collective wisdom, and dedicated to making healthy ageing accessible to every Bengali-speaking family.



Meeting with the Hon'ble Minister on an Integrated Action Plan for Senior Citizens

A cordial and constructive meeting was held on 08.09.2026 at Bikash Bhavan, Salt Lake, between **Dr. Dhires Kumar Chowdhury** and **Smt. Malati Rava Roy, Hon'ble Minister of State (Independent Charge), Department of Women & Child Development and Social Welfare, Government of West Bengal.**

The meeting focused on developing an **integrated and comprehensive action plan for the overall well-being of senior citizens**, with particular emphasis on healthcare, caregiving, social security, mental well-being, safety, dignity and quality of life.

The purpose of the meeting was also to invite the Hon'ble Minister as a **Special Guest at the inaugural ceremony of the International Conference on Geriatrics & Gerontology – GSICON 2026**, scheduled to be held from **18–20 September 2026 at New Town Convention Centre, Kolkata.**

The Hon'ble Minister expressed her appreciation on learning about an international-level conference on geriatrics and gerontology being organised in Kolkata. She **assured her presence as a Special Guest at the inaugural ceremony of GSICON 2026**, conveyed her best wishes for the success of the conference, and highlighted the importance of international-level discussions and initiatives concerning the ageing population.

The proposed Bengali publication **“Sustho Bardhokyer Chabikathi” (Keys to Healthy Ageing)**, written by Dr Chowdhury focusing on senior citizens' health and holistic care, was also discussed. The Hon'ble Minister appreciated the initiative and recognised its social importance.

On behalf of Banchbo Healing Touch Foundation, the Hon'ble Minister was felicitated with a **bouquet and memento** on assuming responsibility for the important department, following her election as a representative from the marginalised communities of North Bengal.

It is hoped that this initial discussion will serve as a foundation for a meaningful **Government–Community Partnership**, leading to more coordinated, humane and effective services for senior citizens across West Bengal.



"STRONGER FOR LONGER" – Role of Physiotherapy in Geriatric Care

As part of the observance of **World Physiotherapy Day**, an enriching panel discussion on **"Stronger for Longer – Role of Physiotherapy in the Geriatric Age Group"** was organised at **Carring Minds International** on 13.09.2026.

The session featured eminent panellists **Dr. Satyen Bhattacharyya, Dr. Debjani Mondal, Dr. Taimul Ali, Dr. Dhires Kumar Chowdhury** and was moderated by **Dr. Buddhadev Nath**, under the chairmanship of **Dr. Sumit Kumar Mukherjee**. The discussion highlighted the importance of physiotherapy in **healthy ageing, prevention of frailty, functional independence and improvement of quality of life among senior citizens**.

A visit to the facility, arranged by **Dr. Kazi Arafat Basir**, Consultant Neuro-developmental Therapist and In-charge of the centre, provided an opportunity to observe its advanced rehabilitation infrastructure and specialised therapeutic equipment designed to address geriatric needs.

The interaction also opened up the possibility of a future **collaboration between Banchbo Healing Touch Foundation (BHTF) and Carring Minds International**, with the objective of facilitating access to advanced, geriatric-focused physiotherapy services for BHTF members.

A subsequent clinical session included **Dr. Kalyan Dey**, also a valued member of the BHTF Physiotherapy Team, as a panellist. The session addressed **Foot Drop following Tibial Fracture and dorsiflexion deficit**, emphasising the importance of timely assessment, structured rehabilitation and appropriate physiotherapy in achieving better functional outcomes.

The programme reinforced the significance of physiotherapy as an integral component of comprehensive geriatric care, complementing medical treatment and supporting greater mobility, independence and quality of life among older adults.





An Honour that Inspires Greater Commitment

Banchbo Healing Touch Foundation takes immense pride in sharing that **Dr. Dhires Kumar Chowdhury**, CEO, BHTF, received the Special Appreciation Award from the Geriatric Society of India (GSI) Headquarters during the valedictory session of **GSICON 2026** in Kolkata.

The honour acknowledges his continued commitment to the care and well-being of older adults and further strengthens his resolve to advance the cause of **geriatric care and healthy ageing**.



GSICON 2026 was also a remarkable collective achievement, reflecting the dedication and teamwork of the entire organising team. **BHTF proudly celebrates every member whose contribution made the conference a success.**

A special honour that inspires greater commitment, responsibility and service to the ageing community.



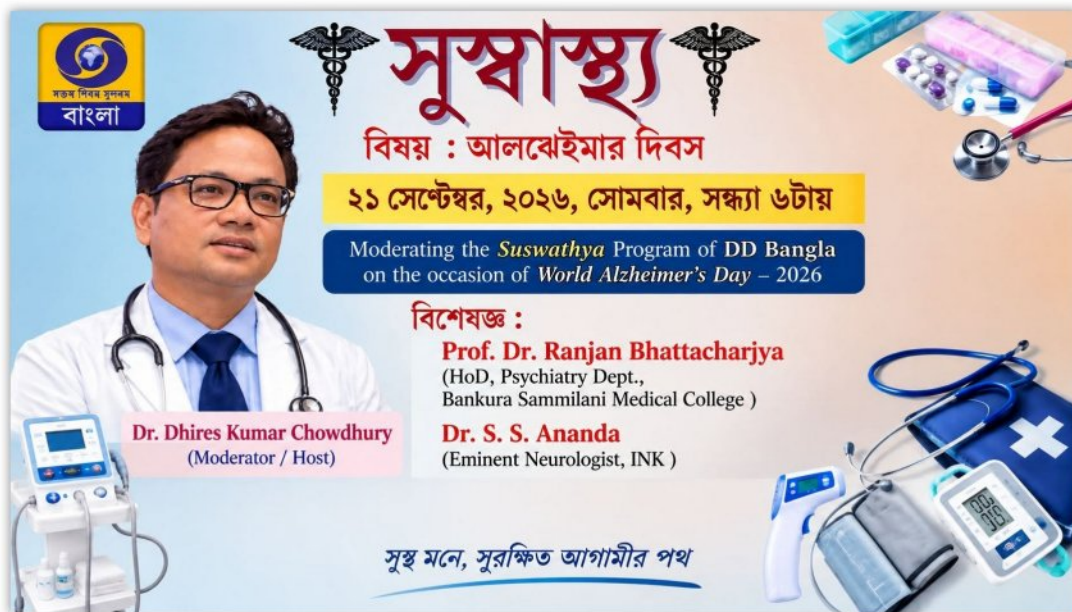
“Sushasthya” Programme on Alzheimer’s Day – Doordarshan Kendra Kolkata

On the occasion of **World Alzheimer’s Day**, a special episode of the health awareness programme **“Sushasthya”**, aired on **Doordarshan Kendra Kolkata**, focused on the important and increasingly relevant subject of **Alzheimer’s disease and dementia in old age**.

The programme aimed to create greater public awareness about Alzheimer’s disease, its early signs and symptoms, the importance of timely diagnosis, treatment options, and the role of family members and caregivers in supporting older persons living with cognitive impairment.

The discussion featured two eminent specialists from the respective fields. **Dr. Ranjan Bhattacharya, Psychiatrist**, shared valuable insights into the psychological and behavioural aspects associated with Alzheimer’s disease, while **Dr. S. S. Anand, Neurologist**, discussed the neurological aspects, diagnosis, progression and management of the condition.

The programme was **hosted by Dr. Dhires Kumar Chowdhury, Geriatric Specialist**, who guided the discussion from a geriatric-care perspective and highlighted the importance of comprehensive, compassionate and multidisciplinary care for senior citizens.



সুস্বাস্থ্য
বিষয় : আলঝেইমার দিবস
২১ সেপ্টেম্বর, ২০২৬, সোমবার, সন্ধ্যা ৬টায়
Moderating the *Suswathya* Program of DD Bangla
on the occasion of World Alzheimer's Day – 2026
বিশেষজ্ঞ :
Prof. Dr. Ranjan Bhattacharjya
(HoD, Psychiatry Dept., Bankura Sammilani Medical College)
Dr. S. S. Ananda
(Eminent Neurologist, INK)
Dr. Dhires Kumar Chowdhury
(Moderator / Host)
সুস্থ মনে, সুরক্ষিত আগামীর পথ





MONTHLY WELLNESS BULLETIN

Don't let a FALL hold you back

What every older adult and their family needs to know

Banchbo Healing Touch Foundation

Dr. Anindya Karmakar | MD, DM (Clinical Pharmacology)

Every year, one in three adults over 65 experiences a fall — and many of those falls lead to injuries, hospital visits, or a loss of independence. But here's the good news: most falls are preventable. With a few simple changes at home and in daily habits, you can stay on your feet and stay in charge of your life.



1 in 3

Older adults fall at least once a year



80%

Of falls happen inside or just outside the home

Why do falls happen? The main reasons

Falls rarely happen for just one reason. Most are caused by a combination of factors — some within the body, some in the environment around us.



Muscle weakness (Sarcopenia)

Ageing reduces muscle mass, making it harder to stay steady while walking or standing.



Balance problems

The inner ear and nerves that control balance (vestibular system) become less reliable with age.



Poor vision

Reduced depth perception and difficulty seeing in dim light makes obstacles harder to spot in time.



Medications

Blood pressure tablets, sedatives, and diuretics can cause dizziness, drowsiness, or sudden drops in blood pressure.



Health conditions

Parkinson's disease, diabetes, arthritis, and stroke can affect movement, sensation, and coordination.



Home hazards

Loose rugs, poor lighting, slippery floors, and lack of grab rails are common environmental triggers.



Unsafe footwear

Loose slippers, high heels, or worn-out soles drastically reduce grip and foot support.



Fear and inactivity

Fear of falling leads to reduced movement, which weakens muscles further — creating a dangerous cycle.



IF A FALL HAPPENS — DON'T PANIC

A fall can feel frightening, but staying calm is the first and most important step. If you fall, take a breath and lie still for a moment. Check if you feel any pain before trying to move. If you can, roll gently to your side, push up slowly, and use a nearby chair or wall for support. Never rush to get up. If you are unable to get up or feel sharp pain, call for help immediately or use your emergency alarm. Remember — falling once does not mean it will keep happening. Help is available, and things can get better.



DID YOU KNOW?

Certain common medicines — including blood pressure tablets, sleeping pills, and antihistamines — can cause dizziness or affect balance. Always ask your doctor if your medications may be increasing your fall risk.

*Stay Aware
Stay Safe*



Key points to remember

- ✓ Weak muscles and poor balance are the top reasons older adults fall — and both can be improved with regular, gentle exercise.
- ✓ Vision changes with age affect depth perception. An annual eye check can slow a real difference.
- ✓ Low blood pressure on standing up (orthostatic hypotension) can cause sudden dizziness — rise slowly from chairs and beds.
- ✓ Footwear matters more than you think. Loose slippers and thick-soled shoes are among the most common culprits.
- ✓ Fear of falling itself becomes a risk — it leads to less movement, which weakens muscles further. Stay active, stay confident.



Do's — simple steps that save lives

- ✓ Exercise regularly — even 20 minutes of gentle walking or balance exercises daily helps.
- ✓ Install grab bars in the bathroom and handrails on all staircases.
- ✓ Keep your home well-lit, especially hallways and staircases at night.
- ✓ Wear well-fitting, non-slip footwear with a low heel — indoors and outdoors.
- ✓ Have your vision and hearing checked at least once a year.
- ✓ Talk to your doctor for a formal fall-risk assessment if you've fallen before.
- ✓ Use your walking aid — cane or walker — consistently, if prescribed.



Don'ts — what to avoid

- ✗ Don't ignore loose rugs, electric cords, or clutter on the floor — clear them out.
- ✗ Don't rush to get up after lying down or sitting for a long time.
- ✗ Don't take new medications without asking your doctor how they may affect balance.
- ✗ Don't skip meals — low blood sugar can cause dizziness and weakness.
- ✗ Don't stay inactive out of fear. Rest when needed, but keep moving every day.
- ✗ Don't assume a fall "just happens." Report it to your doctor — every fall has a cause.



A note from our care team at Banchbo Healing Touch Foundation

If you or a loved one has had a fall recently — even if there was no serious injury — please speak to your doctor. A proper assessment can identify the cause and help prevent future falls. Our team is here to support you with guidance, resources, and personalised care for a safer, healthier and more independent life.



BHTF Social Responsibility & Support

GERIATRIC HEALTH CAMP AT VIKASHITA SCHOOL, PATHARPRATIMA, SUNDARBAN



A **Geriatric Health Camp** was conducted at **Vikashita School, Panchamer Bazar, Patharpratima, Sundarban**, on **27 September 2026**, as part of the ongoing healthcare initiatives for senior citizens in the Sundarban region supported by BHTF.

The camp focused on providing **accessible preventive and geriatric healthcare services** to elderly residents of the surrounding communities. Senior citizens were assessed through general health check-ups, including monitoring of vital parameters and identification of age-related health concerns conducted by Dr Kamal Kanti Guha and Dr. Subhra Guha. Appropriate medical advice, counselling and guidance on medication, nutrition, lifestyle and regular health monitoring were also provided. Free essential medicines for one month were provided to attended beneficiaries.

The initiative aimed to promote **healthy ageing, early detection of health problems and continuity of care** among the elderly population, particularly those living in underserved rural areas. The programme also reinforced the commitment of the **Banchbo Healing Touch Foundation (BHTF)** towards extending comprehensive geriatric healthcare support to the Sundarban community.

Beyond the Classroom: Bringing the Joy of Odissi to the Children of Sundarban





At Banchbo, we firmly believe that **education extends far beyond the boundaries of textbooks and classrooms**. True education is about discovering, nurturing and bringing out the abilities, creativity and confidence that already exist within every child.

For children growing up in the remote and underserved areas of the Sundarban, however, opportunities for exposure to art, culture and performing arts often remain beyond their imagination. Banchbo **Vikashita School is committed to changing that reality—turning imagination into opportunity and dreams into experience**.

As part of this endeavour, Banchbo recently organised a **two-day Odissi Dance Workshop on 28th and 29th September** exclusively for the children of Banchbo Vikashita School. The workshop introduced the young learners to one of India's most distinguished classical dance traditions—**Odissi**.

The workshop was conducted by renowned Odissi dancer and Guru **Smt. Shyamita Dasgupta**, a direct disciple of the legendary **Guru Kelucharan Mahapatra**, with assistance from **Ms. Adrika Chatterjee**. The children were given preliminary training in the fundamental movements, expressions and artistic spirit of Odissi, creating for them a first-hand encounter with India's rich classical heritage.

For the children, it was much more than a dance class. **It was an experience of discovery, self-expression, confidence and cultural connection**. Their enthusiasm, joy and overwhelming participation reflected how deeply they valued this rare opportunity.

The initiative also generated considerable excitement within the local community. Being **one of the first initiatives of its kind in the Sundarban**, the workshop attracted widespread appreciation and demonstrated how meaningful exposure to art and culture can broaden the horizons of children who otherwise have limited access to such opportunities.

Banchbo Healing Touch Foundation (BHTF) takes immense pride in supporting the **Banchbo Vikashita School Project as part of its Social Responsibility initiatives**. We sincerely appreciate and commend the **Principal and the entire team of Vikashita School** for their vision, commitment and remarkable efforts in creating opportunities that go beyond conventional education.

Because every child deserves not only the right to learn, but also the opportunity to discover what they can become.

Through initiatives like this, Banchbo continues to believe that **education should not merely fill a child's mind—it should open their world**.





UPCOMING EVENTS

FREE HEALTH CHECK UP & AWARENESS CAMP

For a Healthier Tomorrow

JOINTLY ORGANISED BY



BANCHBO

Healing Touch Foundation



Punjab National Bank
(BC Block)



Date

12-10-2026



Time

10:30 am
to 1:00 pm



Venue

Punjab National Bank
(BC Block)



ECG



CBG Blood
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Vitals
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ENT
Doctor



Geriatric
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8777565221 / 8240574605



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সুস্বাস্থ্য



বিষয়: বার্ধক্যে দীর্ঘমেয়াদি পরিচর্যা

১৪ই অক্টোবর, সন্ধ্যা ৬টায় দূরদর্শন বাংলা

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সঞ্চালনা:
শ্রীমতি জয়শ্রী মুখার্জি

সুস্থ মনে, সুরক্ষিত আগামীর পথ





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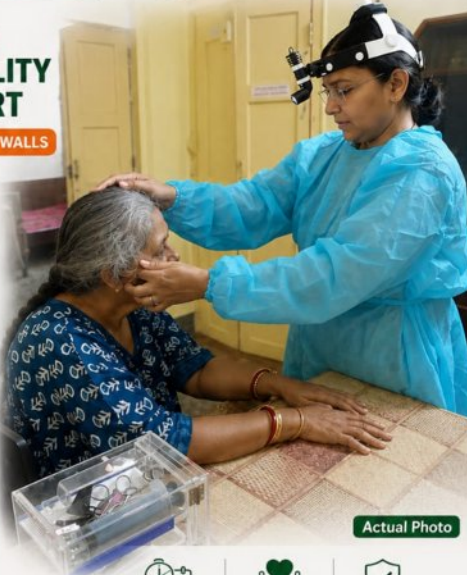
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Dr. Ujjwal Ghosh
Head of Asian Yoga Research Institute
VIT Centre & Council Member
West Bengal Naturopathy & Yoga Council
Govt. of West Bengal

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DAY
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TIME
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Mrs. Kajari Sen
82405 74605



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আমাদের উৎসবের সবচেয়ে বড় প্রাপ্তি।

শুভ শারদীয়া ❤️

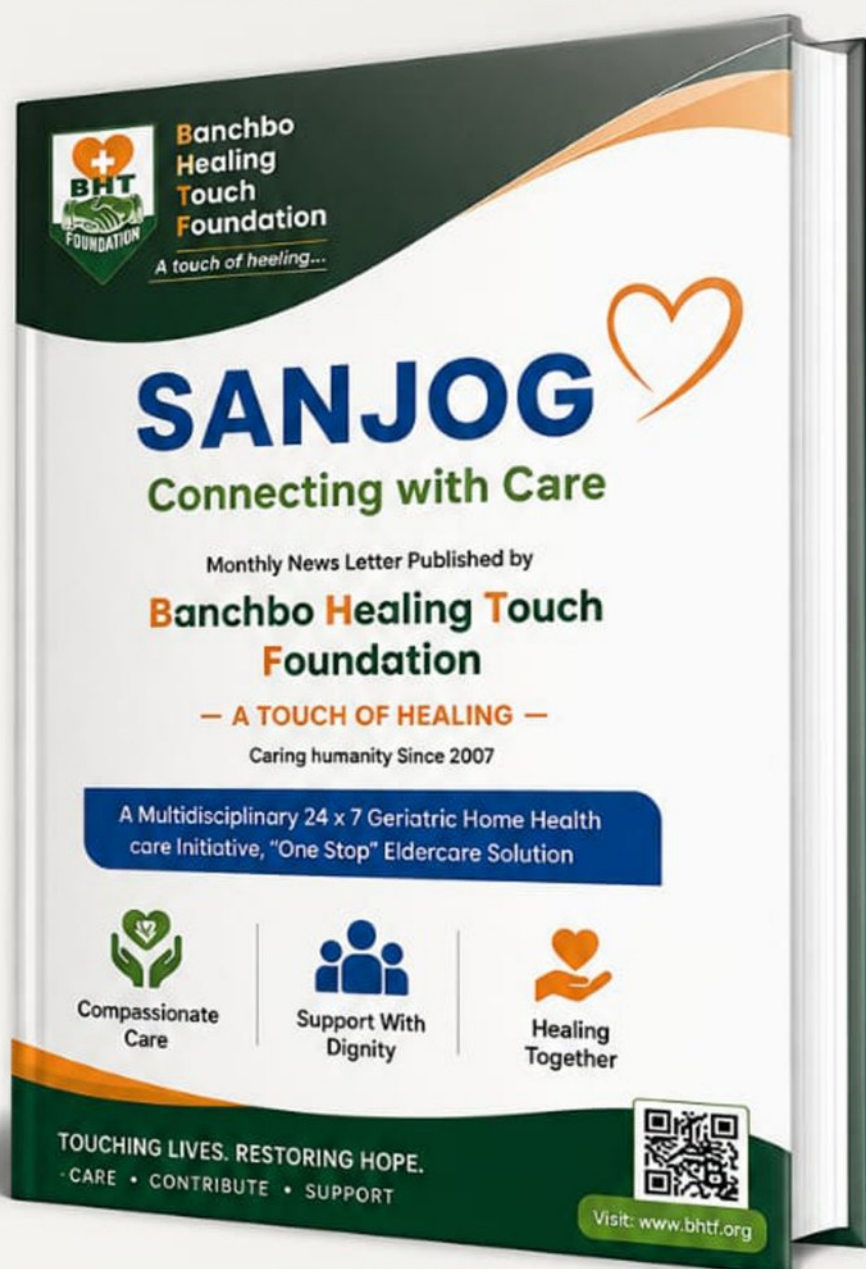
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