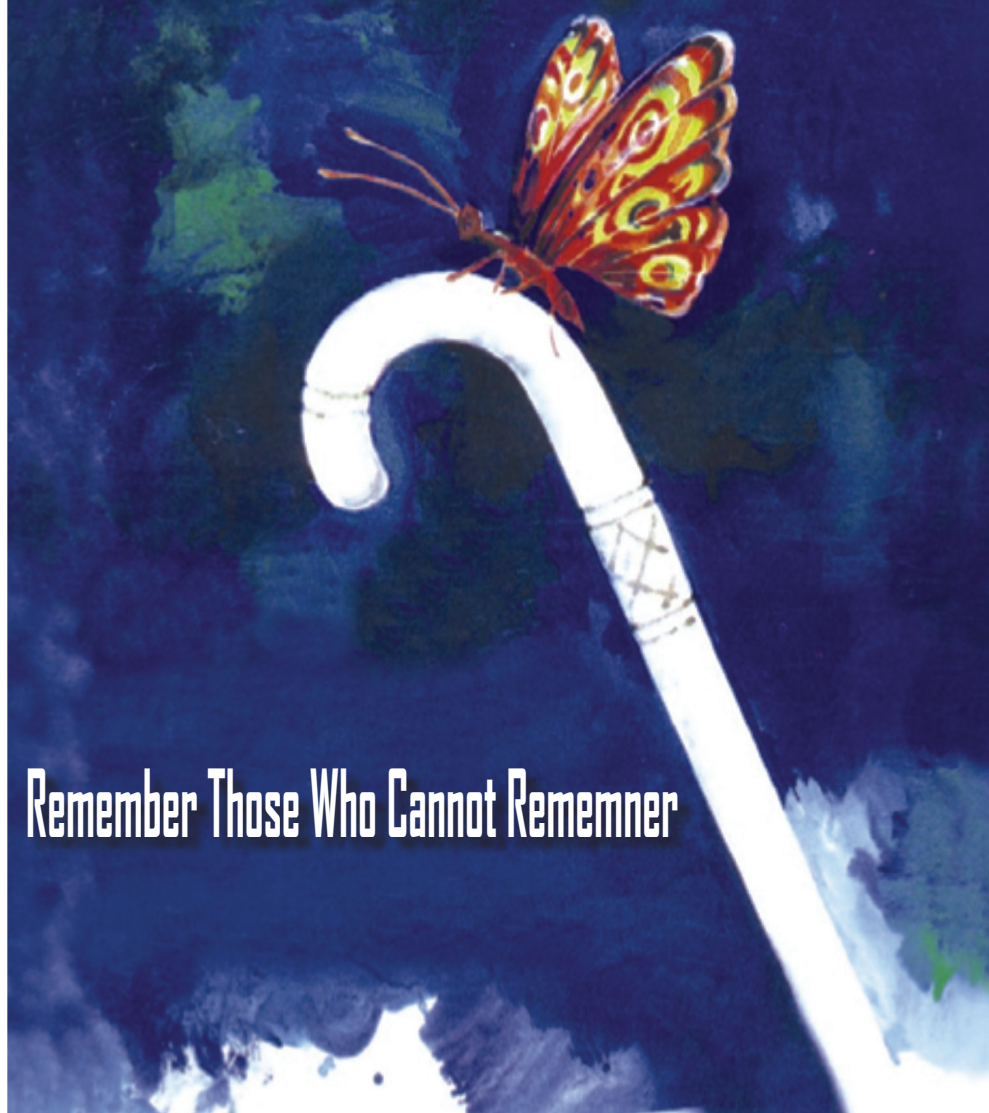


ARDSI Calcutta Chapter



Remember Those Who Cannot Remember

**ALZHEIMER'S AND RELATED
DISORDERS SOCIETY OF INDIA**

CALCUTTA CHAPTER

www.ardsikolkata.org

CARE & SUPPORT FOR DEMENTIA

ANNUAL REPORT 2023-2024



ABOUT US

ARDSI Calcutta Chapter is a registered society under West Bengal Societies Registration Act from year 1999. Our mission is to create widespread awareness and acceptance of Dementia throughout Eastern India via continued education, advocacy & services. Our vision is to see an enhanced quality of life for those living with Dementia and their caregivers.

Conceptualized by Smt. Shefali Choudhuri, in her mid- eighties then, in September 1999 on World Alzheimer's Day, she wanted the society to reach out to hundreds of families who had a loved one with dementia at home just like her. Her daughter, Deepika was affected with Alzheimer's in her mid-fifties.

The members of ARDSI Calcutta comprises of family caregivers of persons with Dementia, professional caregivers, specialized Dementia care experts, eminent doctors, including practicing neurologists, psychiatrists, neuro-psychologists and geriatricians, professionals from different fields, eminent personalities from various walks of the society, social workers and persons having compassion and passion for working for the elders and those inflicted by Dementia. ARDSI Calcutta, thus, is endowed with a rich multi-directional expertise and experience devoted to its mission.

For the last 25 years our society has actively catered to the community throughout the state of West Bengal in the following ways –

- Awareness Campaigns
- Memory Screening and Clinic
- Counseling Families
- Dementia Specific Training Workshops
- Daycare Center in Kolkata
- Home Companionship Services
- Caregiver Support Meets
- Outreach Programs
- Publications

The chapter has been adjudged the “Best Chapter” in India twice.

President's Desk

Dear Friends

It is going to be September again and the year gone by has been remarkable for all those who care for persons with Alzheimer's disease. For the first time, we now have two drugs that have clearly shown their ability to slow down the clinical progression of Alzheimer's disease. Lecanemab and Donanemab, as they are known, belong to the group of drugs called monoclonal antibodies. They act by binding and removing the disease-causing amyloid plaques from the brain. What is important, though, is that the good effects of these drugs have so far been demonstrated in early symptomatic Alzheimer's disease, which means those with mild cognitive impairment (MCI) and mild Alzheimer's disease. The drugs do not seem to be effective in the more advanced stages. We expect to have these drugs in India by the next one to two years. So, it is time to ready ourselves with early diagnosis. It is time we all get together to increase awareness.

As an organization, we have once again arranged many outreach programs, awareness sessions, as well as programs and visits to our Day Care Centre. Thanks to the unwavering commitment of our secretary, Nilanjana Maulik, and her many initiatives, we have been able to reach out to several parts of the state, from north to south and from east to west. We hope to do much more in the years to come and for this we welcome your collaboration.

It is now 25 years since ARDSI Calcutta Chapter was formed and we are planning a grand conference on World Alzheimer's Day on 21 September this year. The one-day interactive conference will be held at the Taj Vivanta hotel in Kolkata. A very exciting program has been planned with a keynote speech and four other sessions covering various aspects of dementia and caregiving, a very informative workshop, free paper presentations and poster presentations. In short, a feast of a program! Like every year, we are seeing a huge interest already, so please block the date in your diaries and get yourself registered for the conference as quickly as you can. I will be there to welcome you personally.

I wish you and your family another wonderful year ahead.

Warm regards



Amitabha Ghosh

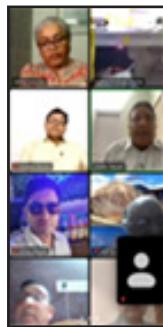
President, ARDSI Calcutta Chapter

HIGHLIGHTS FROM YEAR 2023-2024



Awareness Programs

37 awareness programs were conducted both through online platforms & In-person reaching around **1000+** people from clubs, schools, colleges, government offices, consulates, hospitals, and social organizations.





THE ASSOCIATION OF INNER WHEEL CLUBS IN INDIA PRESENTS
A NATIONAL WEBINAR ON ALZHEIMER'S DISEASE AND IT'S RELATED DISORDERS
INITIATED BY INNER WHEEL DIST- 324

TOPIC
Brain Health is Brain wealth

CHIEF GUEST
PREETI GUPTA
ASSOCIATION PRESIDENT
2023-24

GUEST OF HONOUR
RAGHUNANDAN
HR MEDIA MANAGER
2023-24

SPEAKER
NILAKANTA MOULIK, SECRETARY, AROSI
CALCUTTA CHAPTER

GEETA SARIN
DISTRICT CHAIRMAN-324

RITA BAJLA
DISTRICT ISO-324

SAVE THE DATE
21 November, 2023,
Tuesday at 3.30pm

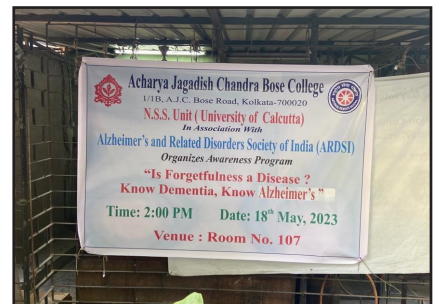
JOIN ZOOM MEETING
LINK:
<https://us04wrl208m.us/j/90988818647>
MEETING ID: 929 2888 1556



RANI BIRLA GIRLS' COLLEGE
DELHI
Physical & Mental Well Being Cell
In collaboration with
Intellect Quality Assurance Cell (IQAC)
A Dementia Awareness Programme
FORGETFULNESS!
Is it a Disease?

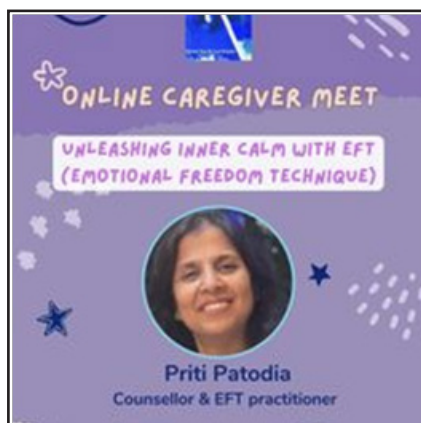
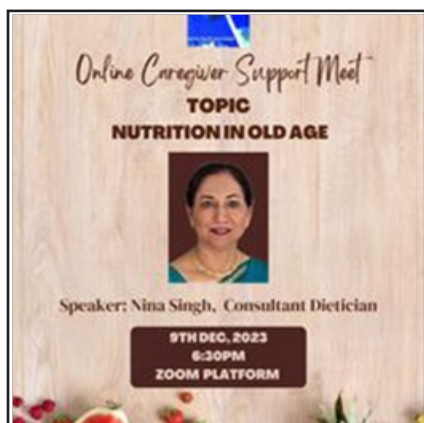
College Auditorium
13th October, 2023
Tuesday
12:30 AM onwards

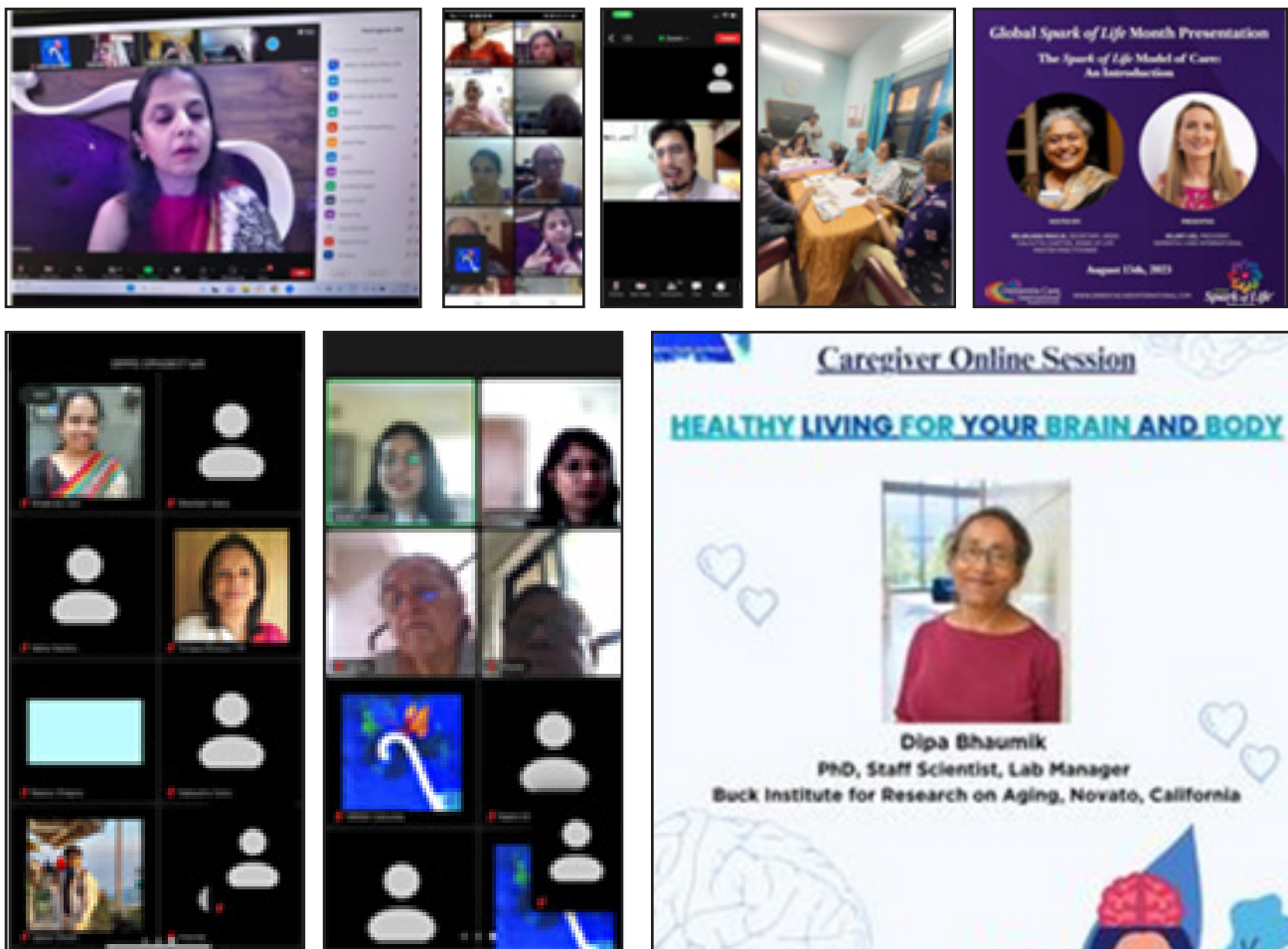
RESOURCE PERSON
Dr. Anurag K. Singh
Dr. Anurag K. Singh is the Director General of the Department of Health and Family Welfare, Government of India, New Delhi. He is a Senior Consultant in the Department of Health and Family Welfare, Government of India, New Delhi. He is a Senior Consultant in the Department of Health and Family Welfare, Government of India, New Delhi. He is a Senior Consultant in the Department of Health and Family Welfare, Government of India, New Delhi.





11 Family Caregiver Support online meets were conducted presenting a range of caregiver issues and attended by over **350+** participants.





Counselling Sessions- Via Office / Home Visits / Online

- **63** Home Visits & **28** Office Visits were conducted to deliver appropriate careplans
- **2** Home Trainings were conducted for family & professional caregivers
- **12** Online Assessments were conducted to support families outside Kolkata

Training

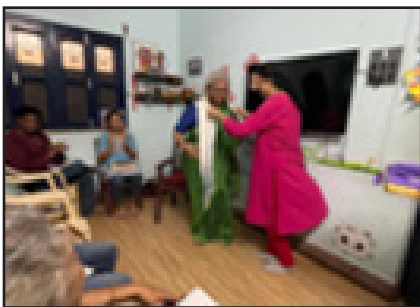
9 Training programs are conducted that targeted around a total of **300** family caregivers, professional caregivers, paid help at home, members from various organizations, faculties & students of schools & colleges of Bankura, Kolkata, Siliguri. Trainings were for 1 day, 3 days & 6 days.





Workshops

A workshop on Soft Skills for ARDSI Calcutta team was conducted by Ms. Sharbari Saha - Adjunct Faculty - IBS Business School, Kolkata on "Effective Intra & Inter-Personal Communication to Bring Out the Best in Ourselves."



Memory Screening Camps

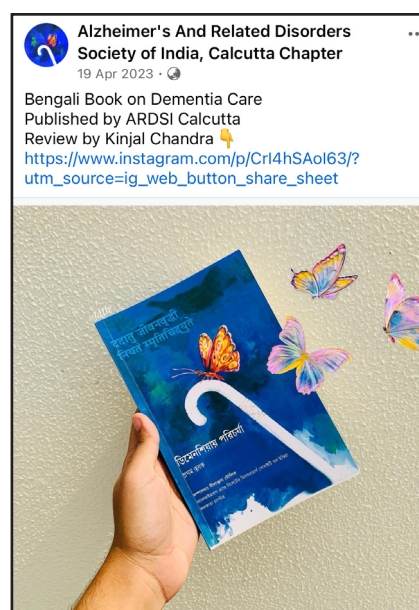
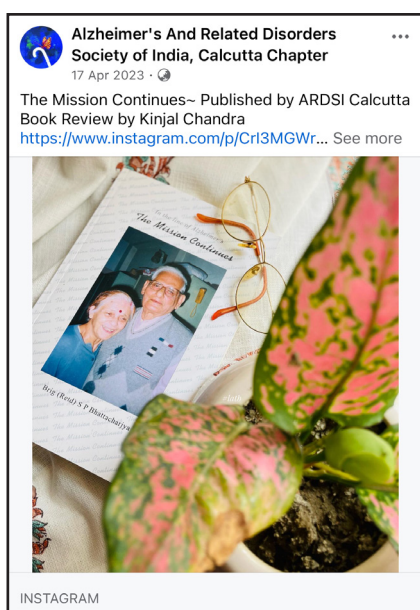
6 Memory Screening Camps were conducted by ARDSI Calcutta for over **250+** people in different places of West Bengal like Kolkata Sikh Nari Manch, Asutosh College, Coffee House, Behala Utsab Foundation, Pranam Members at Behala, Udita Elder's Association, Bengal Ambuja Complex.





Special Events

“The Mission Continues” Book by Brig. S.P. Bhattacharya & “Dementia Paricharya” Bengali Book on Dementia Care and Published by ARDSI Calcutta both were reviewed by Kinjal Chandra, an intern from La Materniere for Boys.



Paramita Roy a volunteer & her mother visited ARDSI Daycare centre and donated chocolates & activity items.



Students & Faculty from IIT Kharagpur visited our Daycare center to explore brain games on people living with dementia.



A Seminar on World Elder Abuse Awareness Day on 15th June 2023 at EZCC Aikatan was organized and well attended by over 150 guests. Invitees included Sri Anindya Banerjee, Dr. Amitava Ghosh, Dr. Debanjan Banerjee, Dr. Nishi Pulugurtha & Sri Sandhi Mukherjee.



University of Engineering & Management, West Bengal honoured some of the female personalities who have contributed a lot for the wellness of the society in their respective fields. One of them was the Secretary of ARDSI Calcutta Chapter, Mrs. Nilanjana Maulik.



Dr. Sinjan Ghosh, Cognitive & Behavioral Neurologist visited our Daycare to spend sometime with our clients.



Participants from Caregiver Training Program conducted by National Institute of Social Defence and organized by Calcutta Metropolitan Institute of Gerontology visited Sriti Sudhay Dementia Daycare centre as part of their field visit.



Members of NGO Mukto-Mon Research Foundation visited our Daycare to conduct a Therapy Session with clients and their family members.



Nursing students of Govt. College of Nursing Burdwan visited Sriti Sudhay Dementia Daycare Centre and spend time with clients of Daycare.



Geriatric Animators from Calcutta Metropolitan Institute of Gerontology on a Field Visit to Sriti Sudhay Dementia Daycare.



Members of Deestha Foundation visited ARDSI Dementia Daycare Centre and conducted a Music Therapy session for clients.



Members from Calcutta Social Project Choir visited ARDSI Calcutta Chapter and presented a beautiful morning for the clients.



A Staff Retreat took place in the holy city of Benaras.



BLS (Basic Life Skills) Training was attended by staff at R.N. Tagore Hospital.



MSc. Nursing students of Medical College & Hospital visited our centre for Practical Training. Duration of their visit was for 8 days.



Nilanjana Maulik Secretary, ARDSI Calcutta represented at an Online seminar on Brain Health organized by the Commonwealth Association under British Council.

Nilanjana Maulik Secretary, ARDSI Calcutta attended a Seminar as a speaker on Elderly Issues organised by NISD in collaboration with CMIG.



Two Day Regional Level Seminar on Elderly Issues

Organised By
National Institute of Social Defence
Ministry of Social Justice and Empowerment
Govt. of India

In Collaboration with
Calcutta Metropolitan Institute of Gerontology: RRTC on Ageing (Kolkata)

Venue – Swami Vivekananda Auditorium, State Youth Centre
142/3, A.J.C Bose Road, Moulali, Kolkata-700014



WORLD ALZHEIMER'S MONTH

With the theme, ' Brain Health Is Brain Wealth" ARDSI Calcutta observed WORLD ALZHEIMER'S MONTH in September with 22 events that targeted schools, colleges, organizations, clubs, police stations, army barracks, restaurants, cafes , print & electronic media within & outside Kolkata. Glimpses of our program given below:-



Rotary **CREATE HOPE in the WORLD**

Join us at Maclyn Lounge, Calcutta Rowing Club
on 6th Sep, 7.30 pm
as

Rotary Club of Calcutta Jadavpur
Club No. 16175 (RID 3291)

organises a talk on
'Dementia – The Greatest Health Challenge of the Century'
followed by
The 3rd Nation Builder Award Ceremony
wherein RCCJ will felicitate an eminent teacher of our state
for her immense contribution in academia.

Speaker Ms. Nilanjana Maulik Secretary ARDSI, Calcutta	Awardee of 3rd Nation Builder Award Dr. Chaitali Mukherjee Teacher, Santoshpur Rishi Aurobindo Balika Vidyapeeth	Rtn. Paromita D Dutta President, Rotary Club of Calcutta Jadavpur

The talk and award ceremony will be preceded by the regular club

World Alzheimer's Month

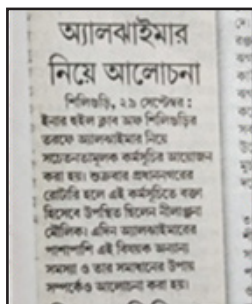
Topic
DEMENTIA THE GREATEST HEALTH CHALLENGE OF THE CENTURY

**5TH SEPT.(TUES)2023
5PM**

Dignity Foundation
Spearheading Eldercare Since 1976

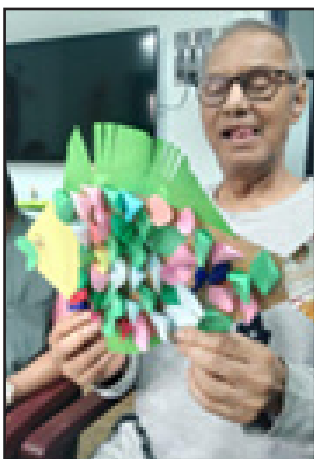
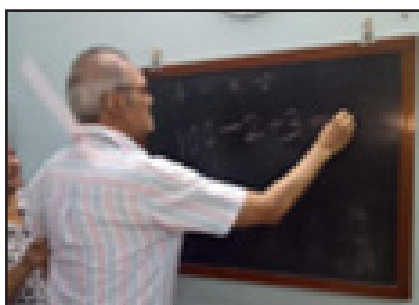
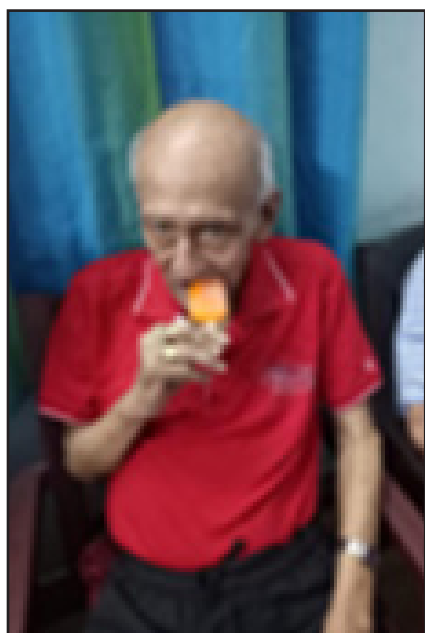
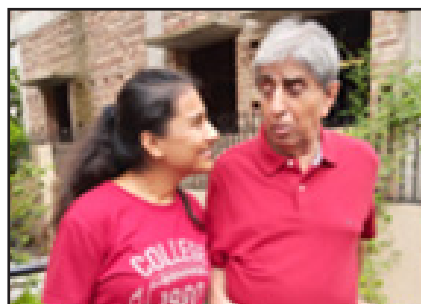
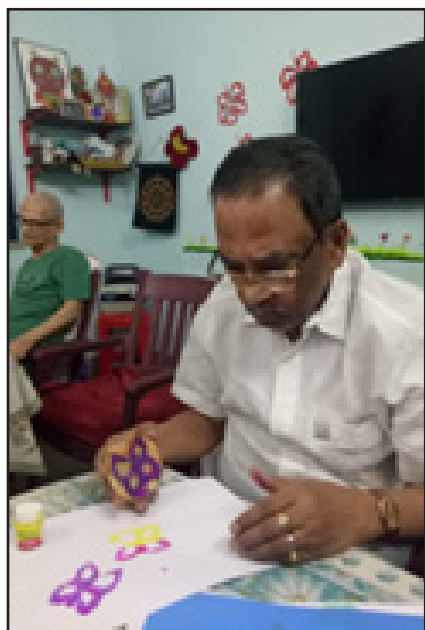
NILANJANA MAULIK 18C DHAKURIA STATION LANE,
SECRETARY OF ARDSI CALCUTTA KOLKATA 31

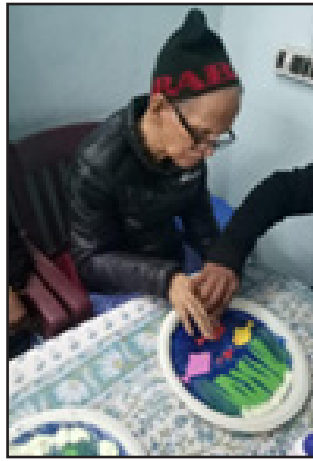
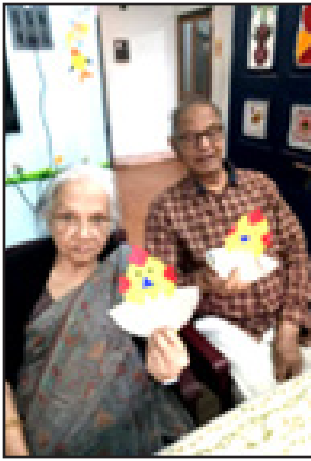




Daycare

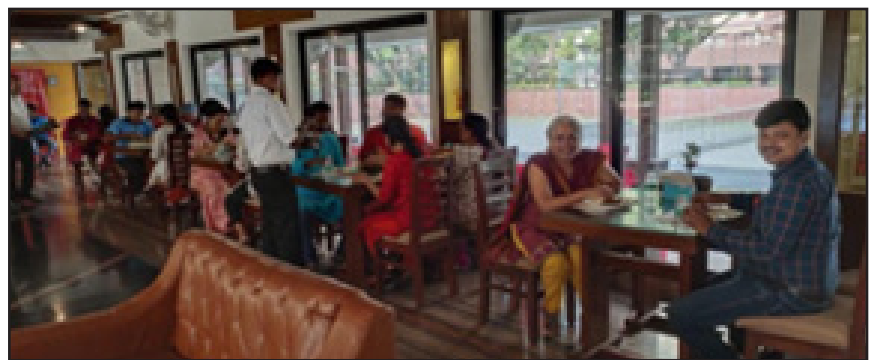
Daycare was attended on an average by **19** clients per month. Total Daycare days delivered was **294** days.

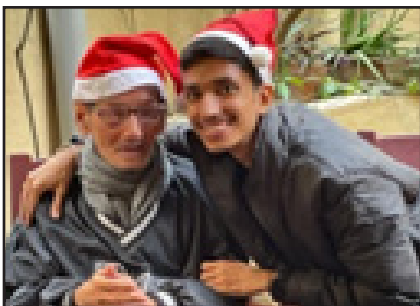
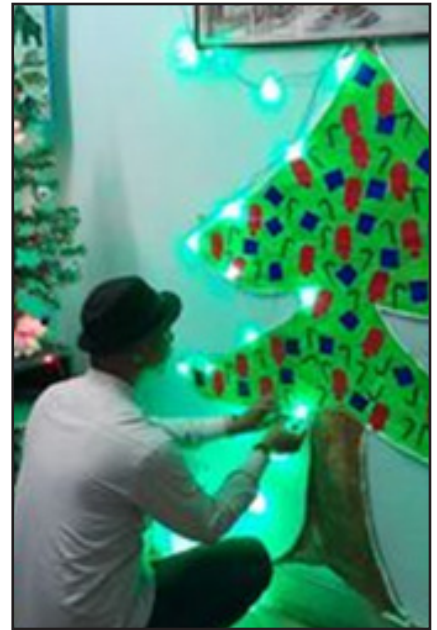




Special Day Celebrations at Daycare

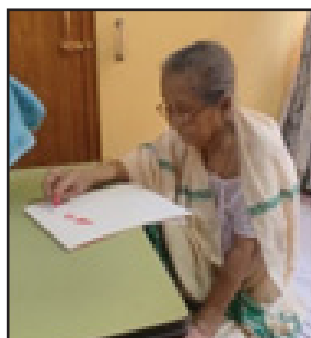
Daycare Center celebrated special days throughout the year from Poilla Baishakh, Rabindra Jayanti, Ratha Yatra, Independence Day, Bijoya Dashami, Christmas, New Year, Saraswat Puja & Holi with clients, staff & volunteers.





Home Companionship Service

365 days Home Companionship service was delivered at the home setting to **38** clients.



রাখতে হবে।

পারেন তিনি।

সিবিআইয়ের বিশেষ আদালতের হদিস মিলেছে।

স্মৃতিভ্রংশ রোগীদের জন্য ‘অভিনব’ পল্লি

পুলকেশ ঘোষ

কলকাতা, ৩০ জুন : বয়সের সঙ্গে সঙ্গে ইন্দ্রিয় অনেককেই চোখে ধরছে ডিমেনশিয়া। অর্থাৎ স্মৃতিভ্রংশের সমস্যা। কেউ ভাবছেন তাঁর বয়স এখন ১৬ বছর। এখনও তিনি ছাত্র। সময়ে পড়তে না বসলে বাবা প্রচণ্ড বকুনি দেন। কারও ধারণা এখনও তিনি ব্যাংকার। তিনি গোলমাল হলেই চৌচিরে ওঠেন একটা ব্যাংকে এত হুঁচকি হলে কাজ করা যায় না।

৮৫ বছরের এক বৃদ্ধ বল হাতে মাঠে যেতে চান। কারণ, তাড়াতাড়ি খেলা সেরে ফিরে তাকে পড়তে বসতে হবে। কেউ খোঁজ করছেন পোস্ট অফিসের। তাঁর ধারণা, তিনি এখন হস্টেলে রয়েছেন। নিয়মিত বাড়িতে চিঠি না লিখলে বকুনি খায়ওর সম্ভাবনা।

এই সমস্যা ঘুচ করে বেড়ে চলছে ভারতবর্ষে। দিল্লির এইমস ও সাউথ ক্যালিফোর্নিয়া বিশ্ববিদ্যালয়ের যৌথ সমীক্ষা বলছে, এদেশে ৮০ লক্ষেরও বেশি মানুষ ডিমেনশিয়ায় আক্রান্ত। ওই সমীক্ষা অনুযায়ী এরা জোরের পরিস্থিতিও যথেষ্ট উদ্বেগের। রাজ্যের মোট জনসংখ্যার ১.৭ শতাংশই

ডিমেনশিয়ায় আক্রান্ত। সাধারণভাবে ডিমেনশিয়া আক্রান্তদের পরিবারের লোকেরা বাড়ির বাইরে বেরোতে দিতে চান না। কারণ, অধিকাংশ ক্ষেত্রেই বাড়ির বাইরে গেলে এরা পথ চিনে ফিরে আসতে পারেন না। সে ক্ষেত্রে তাদের নিরাপত্তার ব্যবস্থা করতে গিয়ে

“

এই ধরনের পল্লি অনেকের কাছেই অত্যন্ত সহায়ক হবে। বাড়িতে এই ধরনের প্রবীণদের চোখে চোখে রাখার মতো কেউ থাকেন না। তাদের জন্য এটা অত্যন্ত দরকারি জায়গা হবে।

— দেবব্রত মজুমদার
বিশিষ্ট মনোরোগ বিশেষজ্ঞ

মানুষটিকে কার্যত ঘরবন্দি করেই রাখতে হয়।

এই পরিস্থিতি থেকে ডিমেনশিয়া রোগীদের মুক্তি দিতে ডিমেনশিয়াপল্লি তৈরির চিন্তাভাবনা করেছেন অ্যালবাইমার্স অ্যান্ড রিসার্চেড

ডিজঅর্ডার সোসাইটি অফ ইন্ডিয়ায় কলকাতা শাখা। জোকা ছাড়াই সামান্য এগিয়ে গ্রামা শাস্ত্র পরিবেশে এই পল্লি তৈরির জন্য কাটা দশক জমিও কিনে ফেলেছে তারা। শুরু হয়েছে এই পল্লি তৈরির আয়োজন। সংস্থার সম্পাদক নীলাঞ্জনা মৌলিক জানিয়েছেন, এই পল্লিতে স্বাধীনভাবে ঘুরে বেড়াতে পারবেন ডিমেনশিয়া আক্রান্তরা। বন্দি জীবনের বাইরে এসে তাঁরা নিজেরাই পার্কে ঘুরে বেড়াবেন, পোস্ট অফিসে যাবেন, সেলুনে গিয়ে চুল কাটাবেন— এককথায় আগে যেভাবে স্বল্পমুদ্রা ঘুরেফিরে বেড়াবেন, সেই স্বাধীনতা ফিরে পাবেন তাঁরা।

২০০৯ সালে নোদারল্যান্ডসে প্রথম এই ধরনের ডিমেনশিয়াপল্লি তৈরি হয়। পরবর্তীকালে বহু দেশেই তা ছড়িয়ে পড়ে। তার কারণ, এখন অধিকাংশ বাড়িতেই কমবয়সিরা চাকরি বা পড়াশোনার জন্য বাইরে থাকেন। প্রবীণদের সেখানো করার কেউ বাড়িতে থাকেন না। তার পাশাপাশি প্রবীণদের কেউ ডিমেনশিয়ায় আক্রান্ত হলে তাকে অত্যন্ত কড়া নজরে রাখতে হয়। কারণ, এভাবে বহু মানুষই বাড়ি থেকে বেরিয়ে জনারোগ্যে হারিয়ে যান। নীলাঞ্জনা বলেন, ‘সার্ভে পার্কে

আমাদের ডে কোয়ার সেন্টার রয়েছে। সেখানে বসার ঘর থেকে শুরু করে রান্নাঘর সবই রয়েছে। সেখানে এসে কেউ ভাবেন, এটি তাঁর গুরুদেবের আশ্রম, কেউ আবার ভাবেন এটা সেই ব্যাংক যেখানে তিনি বহু বছর ধরে চাকরি করেছেন। এখানে আমাদের কোয়ারিভারেরা তাদের ব্যক্তিগতভাবে যত্ন করেন।’ এই অভিজ্ঞতা থেকেই তাদের সংস্থা এই ধরনের পল্লি গড়ার স্বপ্ন দেখেছে। চুল কাটার সেলুন থেকে পোস্ট অফিস সবকিছুই আসলে বকলমে চালানো কোয়ারিভাররাই। কিন্তু তাঁরা পল্লিতে কেউ হবেন মুদি, কেউ বা পোস্টমাস্টার।

খানিকটা বৃদ্ধাশ্রমের মতো হলেও ডিমেনশিয়াগ্রস্তদের এই পল্লি হবে একদম আলাদা ধরনের। আপাতত এখানে ৪৫ থেকে ৫০ জনের থাকার ব্যবস্থা করা হবে। নীলাঞ্জনা বলেন, ‘সম্পূর্ণ পরিবারের কাছ থেকে অবশ্যই টাকা নেওয়া হবে। কিন্তু তার মানে এই নয় যে, টাকা না থাকলে কেউ তাঁর বাবা-মাকে এখানে রাখতে পারবেন না।’ প্রাথমিকভাবে ছোট করে চালু করলেও রাজ্যের বিভিন্ন জায়গায় এই ধারণা ছড়িয়ে দিতে চান তাঁরা।

Village for people with dementia to come up near Joka

ANASUYABASU

Calcutta: What does someone who has a fading memory do if he wants a day out in the sun? What if he cannot find his way back to his room? Does he then stay within the confines of the bedroom for the rest of his life?

People living with dementia should have a space which will help them lead a normal life as far as possible, say dementia specialists.

Such people typically wander off and are not able to find their way back, have comorbidities, lose a sense of time, lack understanding of social mores and are unable to lead a life in a community. They are forced to lead a solitary life under the watch of their caregivers.

To enable them to have a normal life as far as possible, special spaces termed dementia villages are being created. Such villages typically have

a make-believe grocery, a hair-cutting salon, a movie theatre, a bank and if possible a club too.

The Calcutta chapter of Alzheimer's and Related Disorders Society of India (ARDSI) plans to have a dementia village for people living with the disease near Joka.

The concept of dementia village has caught on in Europe. The Netherlands was the first to have such a village in 2008.

The Hogeweyk, located in the Netherlands, is a care facility and home to people living with dementia.

The care concept practised here was developed in 1983 after exploring the question: How do you want to live if you are diagnosed with dementia?

The answer was that the traditional nursing homes were not what they preferred. ‘Dementia village’ is a place



The Hogeweyk in the Netherlands is the world's first neighbourhood or community space designed for dementia patients. The Calcutta project draws inspiration from this institute

where residents live a normal life, where they have the freedom to be outside, socialise with other residents or just enjoy what's going on in the neighbourhood. Residents are

free to roam around, visit the supermarket or the restaurant, get their hair done or be active in one of the 25 clubs available at The Hogeweyk. The concept has now caught on in Germany and other European countries.

However, Janette Spiering, the founder of The Hogeweyk, denounces the term dementia village. She would prefer to call it a neighbourhood or a community or just The Hogeweyk.

ARDSI, Calcutta chapter plans to start a similar village with the 10 cottages of land that it bought early this year.

The Hogeweyk is huge, the size of ten football fields. Here we are starting small. We have to plan the space very carefully so that people living with dementia can roam about without getting lost. The space will have everything that they would need to lead a normal life. Like they should be able to visit a

temple, a grocery store, have a haircut, go to a bank, watch a movie, go for a walk, and interact in a community. All this, of course, will be make-believe with caregivers with suitable attire running these facilities to give them a sense of familiarity and freedom,” said Nilanjana Maulik, secretary of the Calcutta chapter of ARDSI that runs a daycare centre for such people in the city.

“It's a beautiful concept. I don't know if we will be able to see it during our lifetime but would really love to live in such a facility with my husband,”

said Jyoti Sethi, spouse and caregiver to Amarjit Singh Sethi, a 76-year-old dementia patient.

Work on the village will start soon with fundraising beginning in September.

“We will be in our 25th year next year and we would like to start work on it then. We need architects who are sensitised to the disease and its consequent effects on persons living with

dementia to design the village. There should be garden paths that will help the persons living with dementia take a walk but will keep them away from the exits. Rooms should be open and should not have any locks or bolts as they can lock themselves in and may not be able to come out on their own. There should be living spaces for them and the caregivers,”

said Maulik.

Besides, Maulik plans to make the village accessible to all persons living with dementia irrespective of their socio-economic status.

“Those who can afford it can have a room to themselves, those who can't, can share living spaces. Nobody will be turned away for lack of money,” said Maulik.

STORES E-PROCUREMENT

Tender Notice No. 16/2022, dated 27-05-2023. E-Tender are invited by the undersigned for the following work: 16-07-2023. Note - For full details of Tender Notice and Tender Documents

Tender may log on to the website (www.imps.gov.in) prospective bidders who intend to participate in bid tenders are required to log in themselves with the above website and submit their offer electronically. If they are already registered with IREPS. In case they are not registered with IREPS, they are advised

WESTERN RAILWAY - RATLAM DIVISION

ENGINEERING DEPARTMENT
E-TENDERING NOTICE
No.: WNR3201/UNIT Date: 23.06.2023

The Divisional Railway Manager (WR) RATLAM for and on behalf of the President of India invites ‘Open Tender’ through e-tender on website www.imps.gov.in the details are as under:

Sr. No., E-Tender No. & Name of work Approx. Value Earnest Money

1. WNR3202-24-02 E-4849,24,01-5-46 ₹ 21,74,000.00

GDA NAO Station - Providing and erecting Metal beam mesh barrier along the track for a length of 100 Kms under the jurisdiction of Sr. DEN (West)RTM.

Approx. Quantity / As per tender schedule. Completion period: 08 Months, Similar

13-08-2024

<https://epaper.telegraphindia.com/>

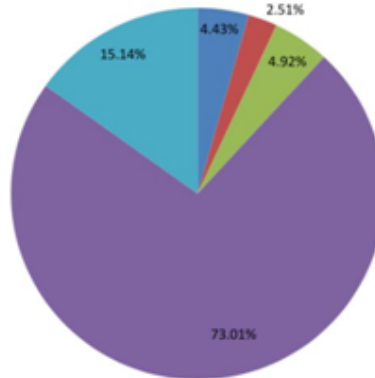
The Telegraph



FINANCIAL STORY

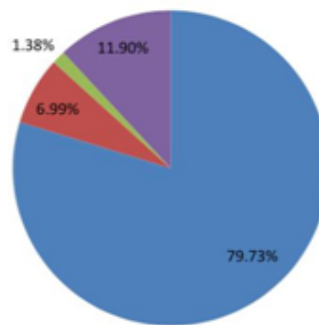
Income 2023-24

- Individual Donation
- Trust Donation
- Corporate Donation
- Other Income
- Corpus Donation (Treated Separately in BS)



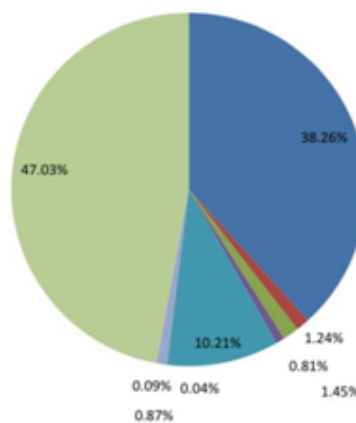
Expenses 2023-24

- Program
- Admin
- Depreciation
- Surplus/(Deficit)



Program Exp. 2023-24

- Day Care Expenses
- Chandannagar Project Expenses
- Awareness Program Expenses
- Outstation Awareness Program Exp.
- World Alzheimer's Month Expenses
- Dementia Care Training Expenses
- Training Program Expenses
- Workshop Expenses
- Other Activity Expenses



TESTIMONIALS

Testimonials are powerful unbiased voices of real people that are powerful to prove our worth and credibility. They speak about the work we do as an organization and the impact of it on the community. Here are some of them that have come from families who use our services, and from donors who trust our work

Family Members Availing Daycare & Home Companionship Service

I started my journey with ARDSI Calcutta early last year. Since then, it has been a very pleasant journey with them. Initially, I was surprised to see their abilities to handle so many patients with different levels of dementia. Each person was different, even then how tactfully they managed! It is worth mentioning that ARDSI Calcutta has very well-balanced team. Each one has their unique capability to handle these unfortunate persons so gently, carefully and lovingly. I always see the team smiling and eager to answer all my queries.

Even after so many days, I am amazed to see their variety of activities, programs, indoor games, hand and eye coordination, meditation, exercise, music therapy, dance therapy etc. I feel so happy that my husband can stay six hours for six days in a week. I must mention that he has improved a lot and never hesitate to go to the center. Long live ARDSI Calcutta.

Chitra Mandal

Ardsi Calcutta is very appropriate club for dementia , Alzheimer's patients. Every caregiver is so friendly , caring and they are always trying to give mental support. My mother Mrs. Alpana Das specially is very much feeling enjoyable to do all these activities. Everyday my mother gets ready in the morning to come to the centre. She says that everyone in the centre loves her very much. My mother is now much much better than before. Really I and my father are very much grateful to every Madam , Sir and all caregiver people of Ardsi Calcutta. Thanks to Nilanjana Madam and all of you that you all are doing a great job.

Shampa Ghosh

I am deeply grateful to ARDSI for transforming my mom's life to an extent I never anticipated. In fact, I had lost hope altogether. Dr. Debanjan Banerjee's medicines and therapy have worked wonders, but, visiting ARDSI weekly has given her a sense of purpose, of remaining relevant and augmented her self-esteem. She was utterly depressed before this, and had worrying issues when it came to thinking logically. Both are considerably reduced, and, at home, she is much more active now. She has returned to the kitchen and helps me with household chores, started taking care of finances to a small extent and has been reading a lot, apart from listening to music and doing some easy movement exercises on her own. I don't have to push her into doing anything. She does everything on her own, including climbing up the stairs without much help. It is

not easy for her though. But she tries with increased confidence. Also, she has regained the cognitive capacity of remembering when to take her medicines and have not made any mistakes in the last one month. I have observed this closely.

My stress levels have reduced to a remarkable extent. My sleep cycle has improved. I have more meaningful conversations with mom again, which were but rare in the last two years. Interestingly, her sense of humour has returned and as a result of that our exchanges have become more delightful.

Thank you, Nilanjana di, Srijani and everyone else at ARDSI

Kaustav Bakshi

First of all many congratulations to everyone in your organisation on completing 25 years. I have been availing your caregiving service for my father, and I will be forever grateful for the positive impact it has left on him. In the initial days he was very curt and cold towards the care giving counsellor(Jayanti). But the care and love he received not only shifted his attitude, now he actually looks forward to the sessions. Even when he is otherwise depressed on that day the sessions completely rejuvenates his mood. Last couple of years, there has been some instances that he was so much in a state of confusion and disorientation that he needed hospitalisation. But this year he was far more calm. And I am thankful to you for that.

I myself have attended some of your conferences that have made me better equipped to handle the situation back home. Overall my sincere best wishes to you and everyone with you for the wonderful work you are doing, and hope you continue to touch the lives of people and make a difference.

Arpan Ghatak

“Knowing someone like Srijani has been such a blessing for my father. She comes by twice a week and really dives into activities with him—board games, stories, puzzles—you name it. And her personality? It’s like having sunshine in the room, always warm and cheerful. Since she started, my father’s mood has taken a turn for the better. He actually looks forward to her visits now, and honestly, so do I! She’s a ray of positivity in our lives. We couldn’t be more grateful to have her with us.”and once again I sincerely thank you for everything.

Kasturi Chakraborti

Pranab has been a great asset, and has played a vital part in helping my father (Amal Kumar Mukherjee) recover from his illness of severe dementia. He is well mannered and well tempered , and my father enjoys his time spent with Pranab. Together they sing Rabindra Sangeet songs, and seem to enjoy each other’s company. His weekly presence has not only helped my father recuperate, my father actually finds friendship in his interactions with Pranab. Wish Pranab well for his future, and I hope he continues to visit my father.

Atreyo Mukherjee

তথ্যসমৃদ্ধ লেখা। আমার নিকটতম জনের অনেকটা উন্নতি হয়েছে ARDSI কেন্দ্রের সহায়তায়। খোঁজ রাখুন।

কেয়ারগিভারদের এই মানুষদের সঙ্গে পথচলা একটা কঠিন কাজ। সেটা অনেকটা সহজ হয়ে যায় এই কেন্দ্রের সহায়তায়। একটা সখ্যতা গড়ে ওঠে পরিচালকদের সঙ্গে। আমি আমার ক্ষেত্রে এইভাবে সাহায্য পেয়েছি। আমার আপনজন পুরোপুরি সুস্থ হয়ে উঠেছেন বলতে পারব না কিন্তু নিশ্চয়ই বলতে পারব অনেক ভাল হয়ে উঠেছেন। এরজন্য প্রসিদ্ধ চিকিৎসকের অবদান পরামর্শ তো আছেই। ধন্যবাদ তো তাঁর প্রাপ্যই।

সবাইকে ধন্যবাদ আর ভালবাসা জানাই।

Priti Sanyal

My experience in the last year as a caregiver for my husband Mr. Pradeep Paul has been an extremely mixed bag feeling as I am still trying hard to maneuver through the rough terrains of the disease called Fronto Temporal Dementia...it has exhausted me, it has been overwhelming and some days very frustrating....ARDSI has played an important part in giving me support by taking care of my husband through their various programmes....Srijani is a regular in interacting with Pradeep, she is very patient, friendly and compassionate also....with her help Pradeep has somewhat found a direction and I am too slowly and gradually coming to terms with this huge change in our lifestyles....I want to take this opportunity to thank Nilanjana, Dr. Debanjan Banerjee, Srijani, Bappa and all other members of ARDSI...need your continuous support...more power to you all...best wishes and lots of love

Arunima Paul

I am very happy with ARDSI input for my Grandmother. Abhik the caregiver is excellent in his manner and approach. He has significantly improved the quality of life for my grandmother. Abhik is really an asset and has a sensitive soul. I think choosing the right people with the right temperament for dementia care is very important. Which ARDSI has done brilliantly.

Sangbarta Roy

I am writing to extend my heartfelt gratitude for the invaluable work you do in providing day care services for Dementia and Alzheimer's patients in Kolkata. Your dedication and compassion significantly enhance the quality of life for those affected and offer much-needed support to their families. My wife actually enjoys their company and really looks forward to the routines they arrange.

Thank you for your patience and listening to the feedback from the family members and the primary caregivers. Sending best wishes to the team.

Asit Baran Karmakar

We have been availing the home companionship services from ARDSI for the last one year now. Needless to say this has been the best decision taken for our father who is a dementia patient. Over time he has been able to adjust with Snigdha and engage effectively, showing remarkable improvement.

Chandrima & Malasree

আমার মা অনেক কিছুই ভুলে যায়। দুপুরে কী খেয়েছে মনে থাকে না। কোন মাস, কোন তারিখ, কখনও কখনও সেটাও খেয়াল থাকে না। কিন্তু একটা বিষয় কখনওই ভোলে না। যে দিন এআরডিএসআই থেকে সৃজনী যায় মাকে সঙ্গে দিতে, সে দিন মার অন্যরকম চনমনে মেজাজ। সৃজনী বাড়ি থেকে বেরনো মাত্র আমার কাছে মায়ের ফোন আসে, ‘জানিস, সৃজনী এসেছিল! আমরা লুডো খেললাম। গল্প করলাম।’ কোনও কোনও দিন আবার আনন্দ-উত্তেজনায় ভরপুর গলা, ‘আজ সৃজনী চুরমুর খাওয়ালা জানিস তো! কত বছর পর খেললাম!’ সপ্তাহে একদিন এই “হোম কম্পানিয়নশিপ প্রোগ্রাম”—এ সৃজনী মায়ের কাছে যায়। ওই দিনটা আমার হাসিখুশি ঝলমলে মাকে যেন আবার ফিরে পাই। সম্প্রতি সৃজনীর ব্যক্তিগত জীবনে একটা বিপর্যয় ঘটেছে। মা সাম্প্রতিক সময়ের অনেক কিছু ভুলে গেলেও সেটা ভোলে না। কষ্ট পায়। ‘মেয়েটাকে খুব ভালবেসে ফেলেছি।’—এই কথাটা কত বার যে শুনেছি মায়ের মুখে। এআরডিএসআই, নীলাঞ্জনা বা সৃজনী সম্পর্কে কোনও ধন্যবাদ, কোনও কৃতজ্ঞতাই যথেষ্ট নয় আমাদের কাছে।

সোমা মুখোপাধ্যায়

As a indirect caregiver of Mrs Sumedha Mitra, I am much relieved these days to see an improvement in her daily life after one year of regular attending ARDSI day care centre. I feel very happy to see the activity reports for every month sent on time by ARDSI. I find that Sumedha Di is actively taking part in all daily mental and physical activities willingly and happily. She lives alone with two attendants at home for the last 5 years with whom she can't spend quality time but now at ARDSI, she enjoys her sojourn of 6 hours for 6 days a week, that makes her happy and gradually she has improved her speaking habit using meaningful words and emotions. Hopefully this will enhance her quality of daily life. I am really amazed to see her dancing and singing with others which she never did at least in the last 30 years. She enjoys doing word puzzles, drawing and crafts, reading books and watching television only at your Day care centre. I am much indebted to ARDSI to make much improvement in Mrs Mitra's daily life that led her to lead a bit more dignified and meaningful life as a Person living with dementia. Your way of taking daily care of the patient, making arrangements for betterment of their both mental and physical health, timely intimation and intervention for problems that occur gives me a relief from daily anxiety. I convey my best wishes and like to greet ARDSI, Kolkata and all their staff members for their sincere effort, love, care and noble service to tackle this grave problem of the society for the last 25 years.

Sutapa Sinha

When I learned that my husband has dementia, I was in complete shock. I knew nothing about the illness or where to go for resources for support. I tried my hardest to soothe him, but it was incredibly hard without the right support. With all of their devotion, ARDSI, Calcutta Chapter stepped in to provide a high-quality life to all of these patients. For several years now, my husband has been seeing them five days a week, and I know he is receiving excellent care and is in capable hands. According to my doctor, because of his daily exercises and routine work performed there, the disease's course has slowed down.

My heartfelt appreciation to Nilanjana Maulik and the ARDSI Calcutta Team for their unwavering care and support of these patients, which has greatly benefited our community.

Mrs. Gopa Goswami

I am deeply grateful to ARDSI for transforming my father's life to an extent I never anticipated. In fact, we had lost hope altogether. Dr. Nilanjana Paul's medicines and therapy have worked wonders, but visiting ARDSI weekly has given him a sense of purpose. He was utterly depressed before this, and had worrying issues when it came to thinking logically. Both are considerably reduced. It is not easy for him though. But he tries with increased confidence. Also, he has regained the cognitive capacity of remembering names, recognising persons, when to take food and was not agitated for the last one month. I have observed this closely.

My mom's stress levels have reduced to a remarkable extent. My sleep cycle has improved.

Thank you, Nilanjana di, Srijani, and especially Abhik at ARDSI.

Debapriya Chakraborty

Service Partner Organisation

It has been really helpful to all our subscribers who are continuing with your services. It's evident from their continuation. We are really thankful for our strategic partnership.

We hope more people give mental health the due importance that it needs.

Looking forward to a long continued enriching partnership in the coming times.

Regards

Swarnaditya

For

Dependablez®

Donors

I had the pleasure of visiting ARDSI's Day Care Centre in Kolkata, courtesy my good friend, Rotarian Dr. Chitra Mondal who took me along. It gave me an exposure to what a remarkable service they have been rendering to unfortunate victims of Alzheimer. Not only victims themselves, but also their immediate family who face enormous challenges to look after those victims. Particularly, I admire the trained care-givers from ARDSI Calcutta and their endless patience while serving the victims.

I shall be happy to support in any way I can, the herculean task being pursued with all dedication by ARDSI Secretary, Ms. Nilanjana Maulik.

Rtn. Samiredu Dutta

I am really honoured to be a small part of the organization.

Thank you

Ruby Biswas

Having made the mobiles and the computers an essential part of our daily life, we all understand the importance of the words like memory, data, its creation, storage and retrieval, etc and we constantly worry about their limitations, use and safety.

But unfortunately, we do not give much thought and importance to the inbuilt memories of our own brains, gifted by the creator or nature until we see the sufferings of our near and dear ones affected by loss of memory due to the diseases like Dementia and Alzheimer.

Thanks to ARDSI, Kolkata Chapter we are not only sensitized to the needs of the unfortunate victims but also get wonderful support to the victims and their families through their services like Day Care Center, Caregivers Training and Awareness Programmes, etc

Extremely happy and proud to be associated with ARDSI.

Wishing ARDSI a great success in its noble endeavors.

G.Jayanth

Staff

I joined ARDSI in 2022. Although I had undergone training in the field of Geriatrics, I never had any direct experience of working with Dementia. So I was a bit worried in the initial days. However those worries went away soon. I learnt a lot from Nilanjana Madam, and also gathered a lot of experience by listening to my coworkers. And of course, I learnt the most from all those who come here at ARDSI for to avail the care facility.

Gradually the scope of my work here expanded. I am the Activity Coordinator of the centre. It is primarily my responsibility to plan and execute all the activities that takes place here . Also, I work with lot of other persons with dementia through the home companionship programme. I try to keep their thought process active through various activities, so that they can lead their regular life as much as possible. I have never thought of these people as patients or outsiders. They are like my grand parents or other elderly relatives. I have shared all kinds of emotions with them — happy and sad. When I have been able to put a smile on their face after working with them, I have felt my work here is worth all the effort.

I am proud to be associated with an organization like ARDSI, I wish to go on contributing here.

Regards,

Jayanti



Volunteers

I joined Sriti Sudhay, the dementia daycare run by the Alzheimer and Related Disorders Society of India (ARDSI), the Kolkata chapter, as a volunteer after my initial orientation & training. The exposure to theoretical knowledge of dementia during the training session helped me decide to get a practical understanding of the joys and challenges of living with the experience of dementia at the daycare where members visit every day of the week.

Since a lot was going on when I first started volunteering there, I'll admit that I was a little scared. Although I was new to caring for people with dementia, I saw that those who have dementia, though unpredictable, seemed happy and willing to participate in a range of meaningful activities.

My many shortcomings have been exposed to me while volunteering. My hearing impairment prevented me from communicating effectively initially. I had no idea how to go after their feelings and make them feel connected. However, despite my limited abilities, I have done my best to engage with them and was eventually able to reach and touch their lives.

Being a volunteer at a daycare for those living with dementia is a challenging but incredibly fulfilling experience. It gives insightful information about the complexities of dementia and presents a chance to make a significant difference in the lives of those who are impacted by the illness. I've also discovered that the best people to teach me patience, empathy, and adaptability are those who are living with dementia, since every person has different requirements and preferences. During my volunteer work, I discovered that

- better communication skills are essential for volunteers dealing with individuals who have cognitive disabilities.
- increased knowledge of the psychological and emotional difficulties that families of dementia members encounter.
- developing creative methods to interact with dementia persons and manage difficult behaviors.

The experience was profoundly impactful on a personal level. It reinforced the importance of patience, resilience, and the value of providing compassionate care.

Ritobrata Sen

My motivation to wake up early on a weekend
Is to see the smiles of the soulful(s);
A wish that this Saturday journey never end;
With the warmth of their touch, my heart is full;
A kiss over my cheeks, I found a friend;
Their hand over my hand is as warm as wool;

I want them to remember me, I can't pretend;
But asking them to remember me makes me a fool.
I live my time with them;
They taught me change is the only constant;
The beauty I behold with bon hommes and femmes;
Things I learn being silent and dormant.
I feel like a wildflower in the activity room;
A witness to all their laughs and distress;
A bud like me aiming to bloom;
With our shared experiences while they transgress;
I learnt life is between the journey from womb to tomb;
This is a poem to confess my love which I couldn't express.

Sahil Mishra

Public Via Google Review

It was an incredible experience to work with ARDSI, Kolkata chapter. Wish to serve the centre in future correspondence.

Sreemoyee Banerjee

A very sensible and caring organisation.

Uma Dasgupta

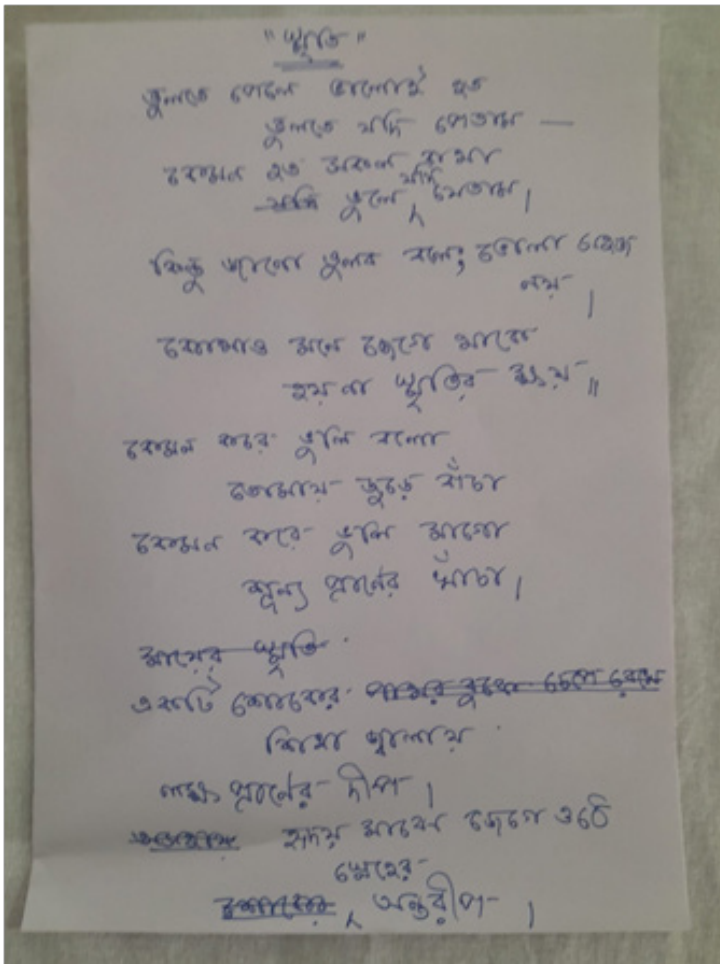
The best personal and practical care given by ARDSI is commendable. The day care facilities are superb and wishing ARDSI and its daycare has many more branches not only in Kolkata but in major cities of India, to help families struggling with dementia and Alzheimer's. Thank you to ARDSI for providing all the support, guidance and care we needed to take care of my mother who had Alzheimer's.

Usha Banerjee

It is a fun, relaxing and comforting place for dementia patients. There are so many social & individual activities, including but not limited to music, dance & art sessions. The caregivers at the center take the time to attend to each patient's needs & more....

Uma Malhotra





Anonymous

Life Members

During the Twilight Years, they bring the gift of a new dawn.

They light up the lives of people who hold on to dwindling memories and fading moments.

They light up the night sky with bright constellations of hope and endow lives with meaning and purpose.

I always had a deep respect and appreciation for Nilanjana Madam and her team at ARDSI, Kolkata. It is indeed an honor and a wonderful opportunity to work with the ARDSI team as a Life Member & an executive board member starting in 2024. Their Dementia Day Care center, Smriti Sudhay, is working relentlessly for decades and transforming lives of families living with dementia. I wish them the very best for completing 25 years of exemplary service this year. May all their future endeavors be fruitful and life- changing.

With heartfelt gratitude and respect

Dr. Sinjan Ghosh

It has indeed been an eventful year of being associated with ARDSI, Calcutta Chapter and their work in dementia care. I resonate with this care at two levels - as a professional service provider being a geriatric psychiatrist as well as a family caregiver, since my father is living with Parkinson's disease and dementia. It is complex, and at times a tough experience but yet a personally and professionally enriching journey being associated with ARDSI on both sides - while availing their services as a caregiver and helping them care better for individuals living with dementia. The staff at their daycare, the individuals living with dementia and their caregivers, Dr. Amitabha Ghosh and our beloved Nilanjana di - have been a constant source of hope in my journey as a caregiver and a source of learning and insight sharing as I render by services as a professional in this area.

We have also successfully conducted several public awareness programs together, the most notable of which were the Elder Abuse Awareness Day meet on June 15th, 2023 and a "Conversation on dementia in cinema" on 19th April 2024. The latter was attended by several eminent movie directors and actors - all of whom shared their experiences and insights about conceptualizing and executing characters and movies related to dementia and caregiving. A housefull enthusiastic audience, rich insightful discussion and valuable exchange within our caregivers marked both these events.

As this year draws to a close, I expect a longer and more mutually fruitful association with ARDSI, Calcutta Chapter both as a Life Member and as an Executive Board Member; while congratulating them for instilling hopes, warmth and health in thousands of individuals living with dementia and their families.

Dr. Debanjan Banerjee

Anne Frank, the young Jewish girl who wrote a diary while hiding during WWII, said, "I don't think of all the misery, but of the beauty that remains." Her words, born from the depths of human suffering, carry a profound wisdom that can be applied to many of life's challenges, including the difficult journey of Alzheimer's disease.

As someone who has cared for a loved one with dementia, I've seen firsthand how this condition affects individuals and their families. My grandmother-in-law battled dementia, and I served as her primary caregiver alongside a paid assistant. This experience opened my eyes to both the challenges and unexpected moments of grace in the Alzheimer's journey.

My personal journey with Alzheimer's didn't stop with caring for my grandmother-in-law. This year, I've become a member of ARDSI Calcutta Chapter, and determined to work as a volunteer. The dedication of people like Nilanjana to this cause is truly inspiring. It reminds me that even in the face of such a challenging condition, there are people working tirelessly to make a difference.

From the depths of my heart, I pray for the happiness and health of all beings. As we grow older, we face new challenges, but we also gain new perspectives. Who knows what tomorrow might bring? We might find ourselves in unexpected places, facing unforeseen challenges. But like Anne Frank, we can choose to see the beauty that remains, even in the most difficult circumstances.

Reeta Bhattacharya

Secretary's Desk

Dear Members and Supporters,

As we celebrate the 25th anniversary of ARDSI Calcutta Chapter, I am filled with immense gratitude and pride for what we have achieved together over the past quarter-century. This milestone is not just a testament to the longevity of our organization but also to the unwavering commitment and support of our members, volunteers, and partners.

Reflecting on our journey, we have made significant strides in raising awareness about Alzheimer's disease and other forms of dementia. Our educational programs have reached countless families, providing them with the knowledge and tools to better understand and cope with the challenges of these conditions. Our efforts have led to ensuring better care and support for those affected by dementia.

On a personal note, being part of this journey from the very beginning has been an incredibly enriching and humbling experience. I have witnessed firsthand the profound impact our work has had on countless lives. The stories of hope, resilience, and compassion shared by families and individuals have been a constant source of inspiration and motivation.

This past year has been particularly noteworthy as we launched several new initiatives aimed at enhancing the quality of life for people living with dementia and their caregivers.

As we look to the future, we remain steadfast in our mission to support and empower those affected by dementia. The journey ahead may still be challenging, but with your continued dedication and generosity, we are confident that we can make even greater strides in the fight against Alzheimer's.

Thank you for being part of our community and for your ongoing support. Together, we will continue to make a difference.

Warm regards,



Nilanjana Maulik
Secretary General
ARDSI Calcutta Chapter



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Learn more about ARDSI Calcutta at www.ardsikolkata.org

Follow us on Facebook <https://www.facebook.com/ardsical>

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