



NEWSLETTER

National Institute of Social Defence
Ministry of Social Justice and Empowerment
Government of India

From the Director's Desk

Greetings to everyone. This is the second edition of the newsletter in 2021, and I am glad to say that the new year has started on a positive and energetic note for the National Institute of Social Defence. The organization's divisions – Senior Citizen, Social Defence, and National Centre for Drug Abuse Prevention (NCDAP) – have conducted several training programmes for the geriatric caregivers, the police functionaries and other stakeholders, touching upon many subjects that concern our society. The month of January saw a host of topics being discussed such as “Enhancing active and healthy ageing”, “Ensuring happy, content and graceful ageing”, “Successful and Productive Ageing”, “Rehabilitation: The role of families in the rehabilitation process”, “Prevention of Substance Use Disorders

The institution takes pride in the fact that it has contributed in turning around the lives of many for the better. It works tirelessly to ensure that all the welfare schemes by the Ministry of Social Justice and Empowerment are implemented efficiently and without the loss of time. With a modern, state-of-the-art building in Dwarka, NISD is also planning to conduct talk sessions with experts in various fields for our social media platforms, in order to reach maximum number of people. We are determined to make a difference in the lives of the elderly population, members of the transgender community, and those suffering from substance abuse. We are also working in tandem with the Ministry for beggary prevention.

A special mention to the heads of NISD's divisions, who were actively involved in bringing out the newsletter, and sharing updates related to their respective fields.

- Dr. Veerendra Mishra, IPS

Quotable Corner

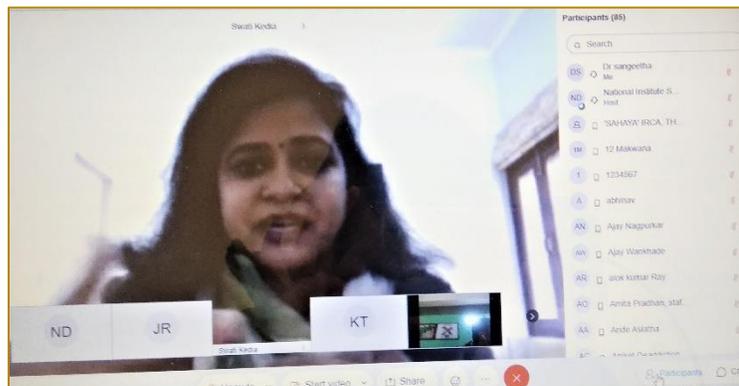
“The greatness of humanity is not in being human, but in being humane.”

■ Mahatma Gandhi

webinar was, "Brief intervention for substance use" and had Dr. Anubha Dhall from [#AIIMS](#) as the resource person.

Visit: <https://www.facebook.com/NISD.Ind/posts/257567632397301>

5. On **25th January, 2021**, NCDAP organized a webinar on the topic, "Brief intervention with non-dependence substance among children" with Dr. Rachna Bhargava from [#AIIMS](#). Two more sessions were organized on **27th** and **28th January** on "[#Opioid](#) dependence" and "Crisis intervention and tele-counselling". The former's resource person was Dr. Anju Dhawan, while the latter was taken by Dr. Swati Kedia, both from AIIMS.



Senior Citizen Division

The Senior Citizen division of NISD is determined to make a positive difference in the lives of the elderly population of the country. It propagates the idea of productive ageing, and encourages senior citizens to lead a healthy and active life. The month of January began with this motto, as the division organised several webinars for the functionaries of old age care homes and day care centres. The topics ranged from exercises to avoid arthritis care to keeping oneself open to social adjustment for better inter-generational bonding.



1. The Senior Citizen Division organised a webinar on "Exercises for Senior Citizens with [#Arthritis](#)" on **7th January**, with resource person Dr. Parul Chauhan, [#Physiotherapist](#), [#J.P.N.A. Trauma Center](#), AIIMS.
Visit: <https://www.facebook.com/NISD.Ind/posts/249603763193688>
2. The division addressed the topic of "Enhancing active and healthy ageing: Significance and strategies," through their webinar on **11th January**. The resource person for the session was Dr. Archana Kaushik from the Department of Social Work, [#University of Delhi](#). Also see: <https://www.facebook.com/NISD.Ind/posts/252015766285821>

3. Another informative webinar was held on the topic, “Ensuring happy, content and graceful ageing: Ways and means”, on **19th January**. The session was organised for the caretakers and functionaries of old age homes and day care centres, and had Dr. Archana Kaushik from the Department of Social Work, University of Delhi, as the resource person.

See: <https://www.facebook.com/NISD.Ind/posts/256439369176794>



4. On **28th January**, the senior citizen division hosted a webinar on the topic, “Successful and Productive Ageing: Challenges and Insights for Social Adjustment and Integration”. It was organized for the caretakers of old age homes and day care centres, with Dr. Archana Kaushik from the Delhi University as the resource person.

Also see: <https://www.facebook.com/NISD.Ind/posts/261505278670203>

The webinar held on 28th January included various topics explained through PPT presentations.

Social Defence

The Social Defence division dedicated its time in January in spreading awareness about transgender welfare, beggary prevention, and other social defence issues, among social work educators, prison functionaries and NGO workers. There were two-hour long training programmes on the Transgender Persons (Protection of Rights) Act, 2019, which were aimed at sensitising police functionaries towards the issues faced by the community. Here's a list:



1. The Division organized an online awareness programme on "Beggary Prevention: Reality, Intervention & the Role of Stakeholders" on **5th January**. The resource person for the webinar, which was held for the functionaries of Koshish NGO, was Mr. Mohd. Tarique, Assistant Professor, Tata Institute of Social Science (#TISS), Mumbai.

Also see: <https://www.facebook.com/NISD.Ind/posts/248365109984220>



2. A two-hour online awareness programme on “Social Defence Issues” was organized by the Division for the prison functionaries of the Institute of Correctional Administration (ICA), #Chandigarh, on **19th January**. The resource person of the session was Prof. A.N Singh, Department of Social Work, Banaras Hindu University (#BHU), Varanasi.

<< A session in progress on the 19th.

3. On **20th January**, the division hosted another online awareness programme on "Social Defence Issues", this time for the prison functionaries of the Academy of Prisons and Correctional Administration (#APCA), Vellore, Tamil Nadu. The resource person of the session was Prof. A.N Singh, Department of Social Work, Banaras Hindu University, Varanasi.

See: <https://www.facebook.com/NISD.Ind/posts/256994729121258>



4. Another training session was organized by the division on “Social Defence Issues” on **29th January** for the social work educators of Central University of South Bihar, Gaya. While Dr. Veerendra Mishra, Director, NISD, gave the inaugural address, Prof. A.N Singh, Department of Social Work, Banaras Hindu University, Varanasi, was the resource person for the session.

Also see: <https://www.facebook.com/NISD.Ind/posts/262076831946381>

Online training on 20th January for prison functionaries

Success Stories

1. Mr. Ramesh (name changed on request)

Mr. Ramesh is a 39-year-old resident of Rasulgarh, Bhubaneswar, Odisha. Around two years ago, Mr. Ramesh was admitted to the drug-deaddiction-cum counselling centre in the city. His family had brought him to the centre as he was struggling to quit substance use. What initially felt like a challenge, turned into reality when Mr. Ramesh was able to leave behind substance abuse and lead a healthy life on his own. During his stay in the centre, he underwent a lot of positive changes. He was able to discipline himself, and his attitude towards life changed for the better. Even after getting discharged, he regularly visited the centre for follow-ups. That's not all. After recovering from addiction, he started his own business with the Orissa State Cooperative Milk Producers' Federation Limited (OMFED).

Now, he earns over 20,000/- per month, and has completely immersed himself in his work. He has stopped taking alcohol and drugs, and lives a healthy life. He also attends meetings at the Bhubaneswar centre, and has been helping others overcome addiction. Stories like Mr. Ramesh's give hope to many others trying to fight substance abuse.

2. Ms. Mala (name changed on request)

NISD's Senior Citizen Division runs certificate courses on geriatric care and bedside assistance, which has helped many in getting employment in the field of old age care. One such story is of 23-year-old Ms. Mala. Her mother was a homemaker and a single parent, and her brother worked as a contractual employee. Ms. Mala always wanted to become a staff nurse and help patients recover from their illnesses. She applied to various nursing colleges to seek admission, but was disappointed as she couldn't pay the college fees. Her brother's income was not enough to help her get admission in a medical college. It was then that she came to know about NISD's three-month certificate course, and decided to apply for it.



NISD runs a three-month certificate course on Geriatric Care for Bedside Assistance

After successfully completing the course on Geriatric Care for Bedside Assistance/Caregivers, she got a job at a reputed nursing home in Delhi. Her family members are elated as the job helped them improve their financial condition.

From the divisions: Highlight of the month

Geriatric caregivers and their importance in the life of the elderly

In India, the demographic shift over the last half century has observed a steady change in fertility and life expectancy, which involved almost the tripling of the elderly population (i.e., aged 60 years and more) (Government of India, 2011). The Total Fertility Rate (TFR) of India is decreasing from 5.8 during the 1950s to 2.7 in the latter half of the 2000s (Haque et al., 2019). Life expectancy at birth is increasing rapidly. It increased from 49.7 to 63.5 between 1970-75 and 2002-06. The life expectancy at age 60 increased from 13.8 to 17.9 years and at age 70, it increased by less than



3 years during the same period (Government of India, 2011). One of the major concerns of population aging is disability, which limits the functioning in activities of daily living of the elderly population, and hence increasing the care-giving burden. In India, according to the 2011 census, the disability rate was 51.8 per 1,000 for the elderly, 9% elderly women and 6% elderly men needing assistance with at least one activity in India (ORGI 2011). This highlighted that India, world's second most populous country, should prepare to meet the growing challenge of caring for its elderly population.

A geriatric caregiver is the term that describes people who is paid or unpaid to look after the elderly with one or more impairment with his/her daily activities or bedridden by visiting them frequently and staying when needed, but who does not live in. The typical duties of caregivers might include attending to all the needs

of the elderly, helping them in daily life activities such as eating, bathing, dressing, using the toilet, getting in and out of chair or bed, managing medications or talking to the doctors and nurses on someone's behalf, taking care of household chores, meals, or bills for someone who cannot do these things alone. They can engage the elderly in activities that they enjoy such as reading or playing board games.

The Senior Citizen Division of the National Institute of Social Defence, Ministry of Social Justice and Empowerment, Govt. Of India runs a three-month certificate course on geriatric care bedside assistance/caretakers (2-month theory/practical and 1-month internship) every year. This course is also conducted by the several collaborating institutes of NISD. The candidates who apply for the course should be at least 10th pass and should not be less than 18 years and more than 30 years of age.

In the past two years (2018-19 and 2019-2020), 111 candidates (39 men and 63 women) benefited by this course. The candidates were successfully placed in reputed health care facilities as geriatric caregivers. In the past two years, over 73 candidates from NISD got placed in multi-specialty hospitals, old age homes and NGOs working for senior citizens.

It is now common knowledge that the spectrum of the burden that is faced by the elderly cannot be solved by the family alone. An expert hand, someone who is skilled in dealing with geriatric complications, is required to take care of our elderly. NISD's courses effectively provide a comprehensive and scientific knowledge base on various aspects related to geriatric care, and continues to develop a cadre of professionals for the care and welfare of older persons.

■ Dr. HCSC Reddy
Deputy Director
Senior Citizen Division

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2. United Nations. (2013). World population prospects: The 2012 Revision. Department of Economic and Social Affairs, Population Division, New York
3. Haque, I., Das, D., & Patel, P. P. (2019). Reading the geography of India's district-level fertility differentials: a spatial econometric approach. *Journal of biosocial science*, 51(5), 745-774.
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Upcoming events

- 1) Another training session on the topic, “Life Skill Intervention” to be organized on **9th February** for stakeholders.
- 2) Webinar on the topic, “Best Practices in Geriatric Health Care” on **12th February**, with resource person Dr. Archana Yadav.
- 3) Online session on “Exercises to prevent osteoporosis and fractures in the Elderly” to be conducted on **16th February** with Dr. Parul from AIIMS.
- 4) Webinar on “Social Defence Issues” to be held on **19th February** for the Prison Functionaries, Government of Andhra Pradesh.
- 5) Training session on “Stroke: Prevention & management in older adults” to be conducted on **23rd February** with Ms. Shruti, Nursing Tutor, [#PGI Chandigarh](#).
- 6) On **26th February**, a webinar on the “Transgender Persons (Protection of Rights) Act, 2019,” will be organized for the Punjab Police Academy.

Feedback

If there's anything we can add or change in the newsletter, do share your thoughts with us on feedback-nisd@gov.in . Help us improve and serve you better.