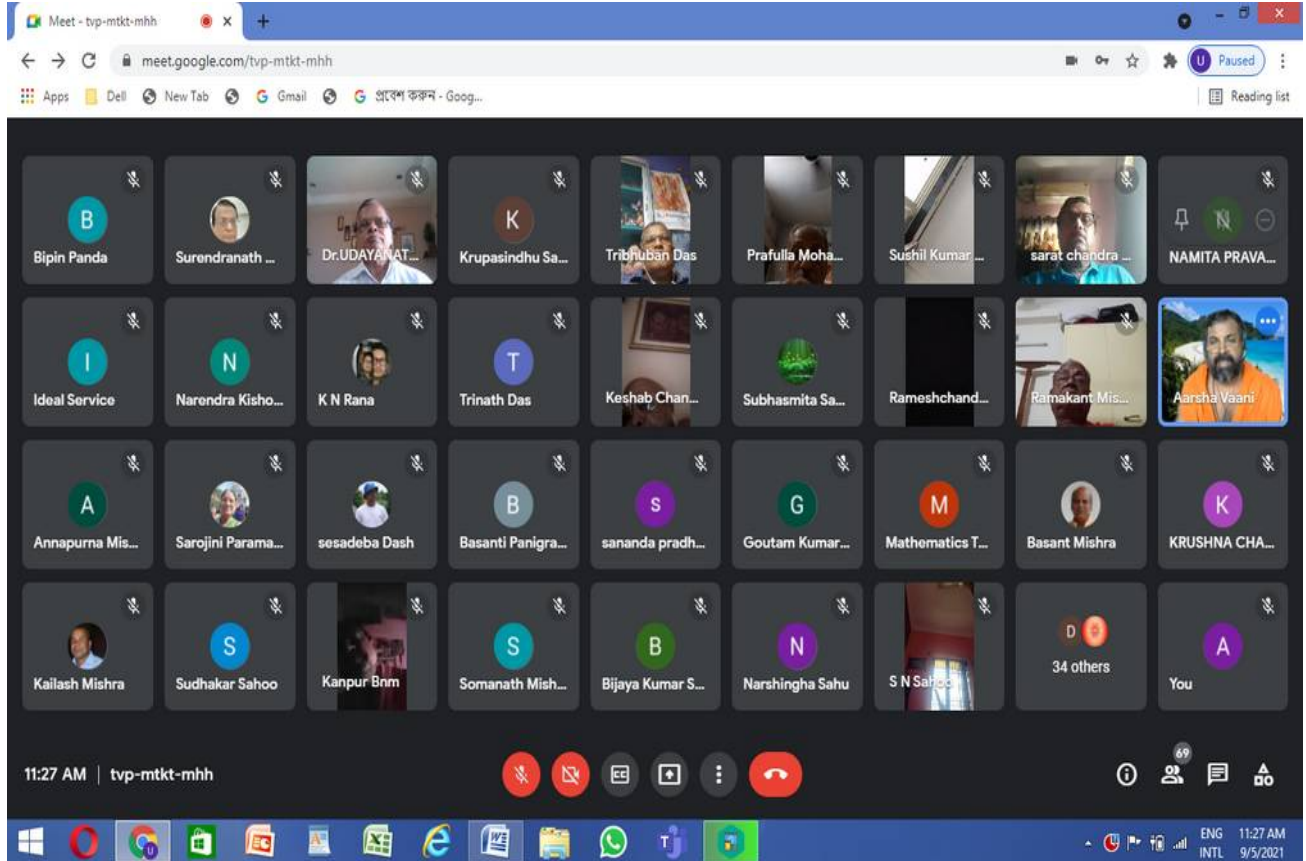


VIRTUAL CLUB

Topic of discussion w.e.f. May '21 to October '21



The present pandemic has changed our activity calendar i.e. Tours & Travel , Day care etc.. **Elder Recreation Activities-era** has partnered to provide a FREE access through this " Virtual Club " to stay connected with one another for reducing isolation and improve health outcomes during this crisis and also participants can be well acquainted with virtual event which is essentially required for healthy lifestyle of senior citizen. We've added some common topics with interaction related to senior citizens. Such discussion in this vertical club is going on every Sunday at 11am onwards

[23.05.2021](#) - Numerology by **Er.Basant Mishra**

[30.05.2021](#) - Demo - How to use different features during virtual meet.

[06.06.2021](#) - Lo Shu Grid a fun to calculate one's own life and personality prediction using his real date of birth by **Dr. U. N. Sahu.**

[07.06.2021](#) - Health strategies to combat surge of Covid crisis by **Dr.Sushant Pradhan (Cardiology)** of Utkal Hospital, Bhubaneswar.

[13.06.2021](#) - Topic of discussion on smartphone tricks by **Dr.U.N.Sahu**

[15.06.2021](#) - Campaigning awareness in virtual mode on World Elder Abuse Awareness Day - 2021 by different Speaker - **Sj.Anant Narayan Jena , Honourable MLA,BBSR-central ,Sj, Narendra Nath Mishra, Senior Advocate, Odisha High Court, ,Sj.Krupasindhu Sahoo, Founder President, FOSCAO & Chief Adviser ,ERA,** along with other Speakers.

[21.06.2021](#) - Webinar on **INTERNATIONAL DAY OF YOGO** to focuses on practising Yoga for physical and mental well-being during pandemic.

[27.06.2021](#) - EECP-(Enhanced External Counter Pulsation) - A cost-effective procedures for blockage in the blood vessels to avoid bypass surgery , Angiography & Angioplasty - by **Dr.Debasis Samantroy ,** Kalinga Cardiac Rehabilitation Center, Bhubaneswar.

[04.07.2021](#) - Focus on different provisions under Maintenance & Welfare of Parents & Senior Citizens Act 2007 along with Orissa Maintenance of Parents and Senior Citizens Rules, 2009 by **Sj. Narendra Mishra , senior Advocate , Odisha High Court and Sj. Krupasindhu Sahoo Founder President FOSCAO & Chief Adviser-ERA** discussed his experience on implementation of this Rules in Orissa

[11.07.2021](#) - Siddha application (chikischa) for health, peace and healing with rectification & balancing of energy by **Sj.Nilamani Mohapatra,** Director for Eastern India of Swami Hardas Foundation.

[18.07.2021](#) - Discussion on Income tax & investment opportunities for senior citizens by **Sj.Kanishka Rath ,** Senior Advocate of Odisha High Court practicing income tax .

[25.07.2021](#) - Discussion on Mental Health during COVID by **Dr. Tophan Pati ,** Renowned Psychiatric

01.08.2021-Long Covid **Dr.Sampat Dash ,**Pulmonologist,Director, Aditya Aswin Hospital, BBSR.

08.08.2021- *Ease of banking with wealth management for senior citizens"* by **Sj. Dilip Kumar Jali,** Team Lead, SBI Wealth, BBSR. Circle.

22.08.2021- *Cyber Crime Awareness* by **Sj.Narendra Mahunta ,** Cyber Inspector, Odisha Police Crime branch.

29.08.2021-Emergence & Development of Lord SriJaganath (ଶ୍ରୀଜଗନ୍ନାଥଙ୍କ ଉଦ୍ଭବ ଓ ବିକାଶ) by **Prof. Surendranath Das**

05.09.2021-Life Style by **Swami Bhagavatananda**

Saraswati ,Chairman, Vedanta Science Gurukulam , BBSR. 26.09.2021

12.09.2021- ***Healthy Aging through Cycle of Life*** " by **Dr Aparajit**

Ballabh Dey, Prof of Geriatric AIIMS, Delhi

19.09.2021- Vedas & Upanishads in human civilization by President's Award,Pandit **Dr. Antaryami Mishra**

26.09.2021 – Diet & Nutrition by **Ms.Arya Panigrahi**,

Retd.Principal, Institute of Hotel management catering technology , Bhubaneswar.

03.10.2021 – How to Heal Yourself by Nature by

Bijaya Kumar Pusti ,State Coordinator, National Institute of

Naturopathy (NIN),Govt.of India ,Ministry of AYUSH &

Editor,Niramaya

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Om is not just a sound, it's a wave of the Universe. Om is a powerful sound that lies within us. As we exhale the A-U-M, its vibration links us to the original source of the creation. Chanting Om or Aum is a sacred practice that helps our mind and body to energize. **Speech by Yogi Pramod Kumar Sahoo, Director of "Institute of HariOM Yogo Bidya", Rishikesh . 02.01.2022 to 04.01.2022 (Three days) Bhaja Govindam – SPEAKER Swami**

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09.01.2022 , 16.01.2022 , 23.01.2022 ,& 30.01.2022 ( Every
Sunday )
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Science and Spirituality are two ends and you have to keep yourself at the middle. Science tells the way to live life better, while, Spirituality & Science with Meditation can explore the mystery of life in a better way.

13.02.2022 – SPEAKER **Dr. Debadarshi Rat** , a very well known Urologist of Odisha , **Urological problems** are common in elderly people. Major geriatric urological

diseases include Recurrent Infection and hospital visit with plenty of antibiotics use , voiding difficulty due to obstruction in urinary tract because of stricture or prostate ,stone. Urinary incontinence (leaking urine due to loss of bladder control), Over Active Bladder-OAB (frequent and sudden urge to urinate that may be difficult to control which is very common in women . Urological cancers of male & female urinary tract & male reproductive organs and bladder outlet obstruction (blockage at the base of the bladder) do fall in his domain along with male and female sexual dysfunction.

20.02.2022 - Impact of financial management on golden life.

SPEAKER - *Sj.Rajib Sekhar Saho* , very well known leading Chartered Accountant , heading Directorships in various financial institutions in national level . Financial Independence is Key to Happy Life. In view of increasing longevity of retirement period , rising of cost of household expenses beyond imaginations due to inflationary trend , unpredictable medical contingencies beyond reach, **there is inadequate social security for elderly people** . In the above context, every elderly person needs to plan for himself / herself and his / her spouse to financially sustain for a period of around 25 to 30 years of elderly life

27.02.2022 - " **Naturopathy for healthy lifestyle** " **SPEAKER Dr.Milind Parashar** , Chief Medical Officer , JKYNHRC, Cuttack. Highlight the application of Naturopathy with Sattvic Diet for a disease-free healthy life .

06.03.2022 - Peaceful uses of nuclear energy in health care

SPEAKER - *Dr.Tattwamasi Bharadwaj*, Consultant ,Nuclear Medicine , Utkal Hospital, Bhubaneswar. Nuclear medicine is a specialized area in which doctors harness the power of radioactivity in low levels to diagnose, evaluate, and treat various diseases for function and structure of organs. It also helps to detect and treat diseases find disease in its earliest stages .It is pinpointing molecular activity, which enables doctors to judge the severity of a condition. Identifying molecular activity can also show how well a patient is responding to therapeutic interventions.