



KERALA CHAPTER



WHO Global Network  
for Age-friendly Cities  
and Communities



IMA HQs, New Delhi



COCHIN CITY BRANCH



# GSICON 2024

37<sup>th</sup> National Annual Conference of Geriatric Society of India

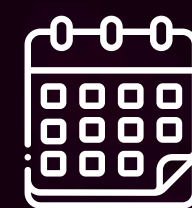
Dept. of Geriatric Medicine  
Amrita Institute of Medical Sciences, Kochi



## Join us at

# GSICON 2024

## 37th National Annual Conference of Geriatric Society of India



**December 13, 14 & 15, 2024**



**IMA House, Kochi, Kerala, India**



**500+ Attendees**

### Organized By:

**Geriatric Society of India, Kerala Branch**

## GSI Kerala Branch Welcomes You

**DR. ANITA NAMBIAR**  
ORGANISING CHAIRPERSON

**DR. SAJESH ASOKAN**  
ORGANISING SECRETARY

**REGISTER NOW**



[www.gsicon2024.in](http://www.gsicon2024.in)





# Theme

## “Decade of Healthy Aging: Paradigms and Innovations”

This year’s conference centers around innovative paradigms for achieving healthy aging. It aims to provide a platform for exchanging knowledge, best practices, and breakthroughs that will shape the future of elder care.

## GSI Kerala Chapter Empowering Elders

Under the auspices of GSI-National, GSI Kerala Chapter is a registered society under the Travancore-Cochin Literary, Scientific and Charitable Societies Registration Act, 1955 (Registration No. EKM/TC/247/2024). We are dedicated to promoting the well-being, independence, and quality of life of older adults in Kerala. Our mission is to advocate for the rights and needs of the elderly, provide education and training to healthcare professionals, and foster a supportive community for older adults and their caregivers. We take pride in being the only professional organization that integrates Geriatric Medicine and Gerontology, ensuring a holistic approach to elder care.

### FOCUS AREAS

- ✓ Healthy Aging
- ✓ Managing Co-Morbidities in Elderly
- ✓ Geriatric Mental Health
- ✓ Empowering Elderly Caregivers
- ✓ Geriatric Care in the Era of Pandemics
- ✓ Multidisciplinary Approaches to Age Related Disorders
- ✓ Geriatric Syndromes
- ✓ Geriatric Education and Research
- ✓ Geriatric Dentistry
- ✓ Multidisciplinary Approaches to Age Friendly Healthcare
- ✓ Aging with Dignity



# MESSAGE FROM OUR PATRON



**Prof. Dr. K.P. Paulose**  
Patron, Geriatric Society of India,  
Kerala Branch

## *Welcome to the Queen of Arabian Sea – Kochi*

As the Patron of the 37th Annual Conference of the Geriatric society of India (GSICON 2024) in Kochi, I am happy to welcome all the delegates to this city of Cochin (the name now changed to Kochi) – the capital city of the erstwhile Cochin state. This city is also known as the 'Queen of Arabian Sea' because of its proximity to the Cochin Harbour, one of the finest natural harbours in the world.

Cochin state, a princely state previously ruled by the Kings ceased to exist as a separate state when it merged with the adjoining princely state of Travancore in 1949 July, the new state was known as the Travancore Cochin state. When state reorganization was implemented on linguistic basis, Travancore – Cochin state integrated with the Malayalam speaking Malabar Province of Madras Presidency to become the Kerala State in Nov 1956. Kochi is the head quarters of Ernakulam District, one of the 14 districts of Kerala.

Kochi was an important spice trading centre in the 14th Century and traders from all over the Middle East including Arabs, Persians, Jews and Turks used to come here for spices like cinnamon, black pepper and cardamom. The first foreign occupation of the city was by the Portuguese in 1503, followed by the Dutch, and subsequently by the English. Vasco-de-Gama a Portuguese Naval captain landed in Fort Cochin (6 km West of the Town) in 1498 and his body was buried in the famous church in Fort Cochin built by the Portuguese – St. Francis Church. Other places of historical importance are the Jewish Synagogue at Mattanchery, a nearby town and St. Thomas Church in Kodungallor (built in the memory of St. Thomas who came to India in AD 52).

Kerala was declared as the first totally literate state in India in Feb 1990. Kerala is in a privileged position as the top most state in Health Care and a shining example for the rest of India having the lowest infant mortality (below 10), highest life span (75), literacy rate (97.5) and low maternal mortality rate (0.8). This is the only state in India where women exceed the men (1084:1000), Kerala's various dance and art rituals are famous like Mohiniyattom, Kathakali, Theyyam, Ottam Thullal and Margam Kali etc.

Recent survey in Kerala reveals the prevalence of senior citizens is about 16.5% of the population (5.6 million), while the national prevalence is only 10% (150 million). Nineteen lakhs (19 L) of Keralites work in Gulf region and about Rs 2.3 lakh crores is being sent to Kerala per year by them. Many senior citizen couples live alone unattended, and the G.S.I registered in 1979 March is doing immense service for the health care of senior citizens by education, awareness programmes, special courses for doctors for the last 45 years.

The previous annual meeting of GSI held in Kochi was in 2003 November and midterm conference in 1989. The Organising Secretary of both the conferences was Dr N.N. Asokan (who expired on December 2012), father of the present GSI National President and Organising Secretary for GSICON 2024 Dr. Sajesh Asokan, a rare coincidence.

We are proud to host GSICON 2024 in this picturesque and serene city of Kochi. The theme of the conference is based on the United Nation's theme, 'Decade of Healthy Aging- Paradigms and Innovations'.

I am sure that the deliberations during this meeting will be beneficial and thought provoking to all delegates and hope that you will have a sumptuous, delicious scientific feast, cultural programmes.

Dr K P Poulos

**Dr K P Poulos, MD, FACP, FRCP**  
**Principal Consultant in Medicine**  
**S U T Hospital, Pattom, Trivandrum**



# GSICON 2024 WORKSHOPS

Through workshops, presentations, and discussions, participants will be trained and equipped to address the unique challenges of aging, enhancing the quality of care for the elderly.



## REGISTER NOW FOR WORKSHOPS & CONFERENCES

<https://www.gsicon2024.in/>  
[gsiconkochi2024@gmail.com](mailto:gsiconkochi2024@gmail.com)

Dr Aswin Surjit      Soumya TS  
94464 71672      90800 78447

Last Date to Register  
15th November

**SCAN  
HERE**



- Doctors Rs 2000
- Non Doctors Rs 1500
- Postgraduates registered for the conference have complimentary access, but registration is mandatory.

**COMPREHENSIVE  
GERIATRIC  
ASSESSMENT**

**01**

**FALLS & FALL  
PREVENTION**

**02**

**GERIATRIC  
EMERGENCIES**

**03**

**GERIATRIC  
CRITICAL CARE**

**04**

**SLEEP & SLEEP  
DISORDERS**

**05**

**NURSES AND  
ALLIED HEALTH  
PROFESSIONALS'  
WORKSHOP**

**06**

**Workshop Date : 13th December 2024**

**REGISTER NOW**





# GSICON 2024

## AREAS COVERED

## IN THE CONFERENCE



- Anti-ageing Medicine
- Home Care and Community Resources
- Advance Care Planning and End-of-life Care
- Age-friendly Healthcare Environments
- Telemedicine and Digital Health for Elderly Care
- Diabetic Care in the Elderly
- Elder Abuse
- Geriatric Clinics in Rural Settings
- Geriatric Oncology
- Cognitive Impairment in Older Adults
- Managing Disability in Aging
- Multi-specialty Approach to Geriatric Care
- Vaccination in Geriatrics
- Redefining Elder Care with Quality Life
- Withdrawal of Life Support in Terminally Ill Patients
- Nutrition in the Elderly
- Geriatric Dentistry
- Integrating Palliative Medicine in Geriatric Care
- Pre and Post-operative Measures in Elderly
- Spirituality in Elderly Care
- Artificial Intelligence in Geriatric Care
- Geriatric Psychiatry
- Community Geriatrics
- Research in Geriatrics and Gerontology





## FOR MORE DETAILS

### Conference Secretariat

XXII 308 Aswathy, Shanthinikethan Gardens, Kavumpady Road,  
Muvattupuzha, Ernakulam District, Kerala. PIN 686661

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### Registration Queries

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### Event Manager & PR

Reach out for sponsorship & collaboration

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HEALTHCARE COMMUNITY  
ENABLER

