

In collaboration with
The Department of Sociology and
the Department of Psychology
Utkal University
Date: 29. 9. 2022







Ms. Bratati Harichandan
Director of SSE/PD, Govt. of Odisha.

Dr. Bhanja

mark

INTERNATIONAL DAY OF OLDER PERSONS-2022

A panel discussion on
"Resilience and Contribution of Older Women"

In collaboration with
The Department of Sociology and
the Department of Psychology, Utkal University

29. 9. 2022 Venue: Gallery, the Dept. of Psychology, Vanivihar

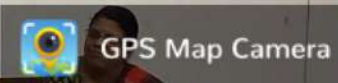
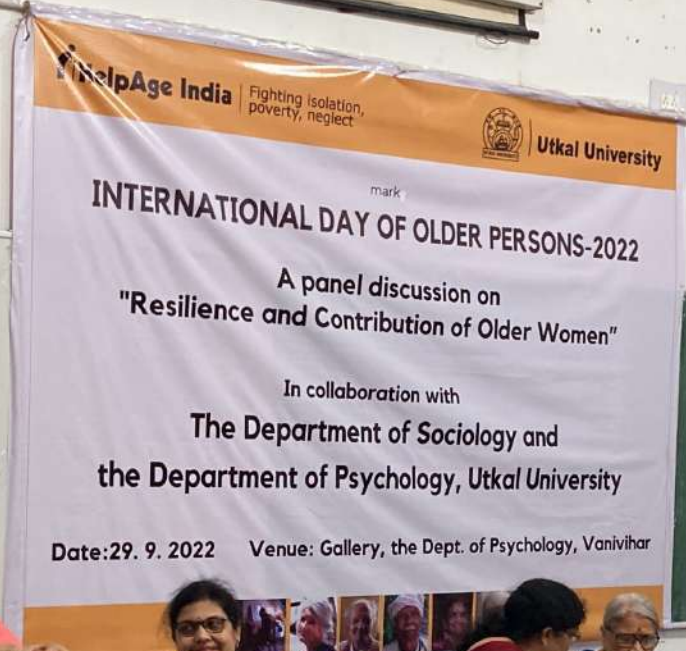
Bhubaneswar, OR, India
Vani Vihar, Bhubaneswar, 751004,
Lat 20.299278, Long 85.841479
09/29/2022 11:46 AM

Maharaja Sri
Krushnachandra
Gajapati
Auditorium

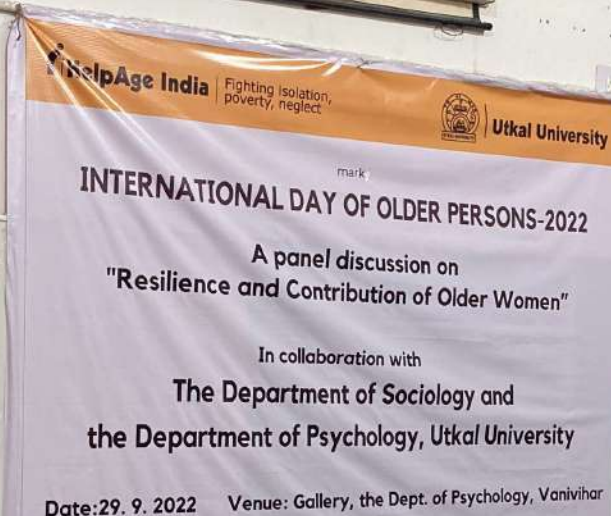
Apple Maps



GPS Map Camera



Bhubaneswar, OR, India
Vani Vihar, Bhubaneswar, 751004,
Lat 20.299345, Long 85.841486
09/29/2022 12:01 PM



GPS Map Camera



Bhubaneswar, OR, India
Vani Vihar, Bhubaneswar, 751004,
Lat 20.299259, Long 85.841456
09/29/2022 12:17 PM

the Department of Psychology, Utkal University

Date: 29. 9. 2022

Venue: Department of Psychology, the Dept. of Psychology



Isolation

Problems:-
→ High blood pressure
→ Heart disease
→ Anxiety
→ Depression

Common Status

74 per cent of those above
the age of 45 years live alone

Solution:-

→ Spend quality time with them
→ Encourage
→ Encourage opportunities for social interaction

PLZ
GIVE ME
your TIME



Just a
happy family
Miss you
all

Neglect

Problems
→ Mental instability
→ Loss of interaction
with the family

Common Status

→ Self-sufficient people

Solution

→ Spending time with them
→ Try to care of them

MISS MY
Family
I Need them



But I am
ALONE

LONELINESS

Common Status

Often 60-70% of the
population living alone

Problems

→ Anxiety
→ Depression
→ Cognitive disturbances

Solutions

→ Encourage social
interaction



INTERNATIONAL DAY OF OLDER WOMEN

A panel discussion on "Resilience and Contribution of Older Women"

In collaboration with

The Department

the Department

Date: 29.10.2022

Older women and:-

- 1. Health
- 2. Physical Security
- 3. Emotional Security
- 4. Livelihood Opportunity
- 5. Social Life / Social Participation
- 6. Entertainment
- 7. Government Policies
- 8. Isolation
- 9. Neglect & Discrimination
- 10. Participation in decision-making

Causes of Isolation and Loneliness

- Financial trouble
- Psychological problems
- Physical problems
- Denial of medical attention
- Work overload & depression
- Loneliness

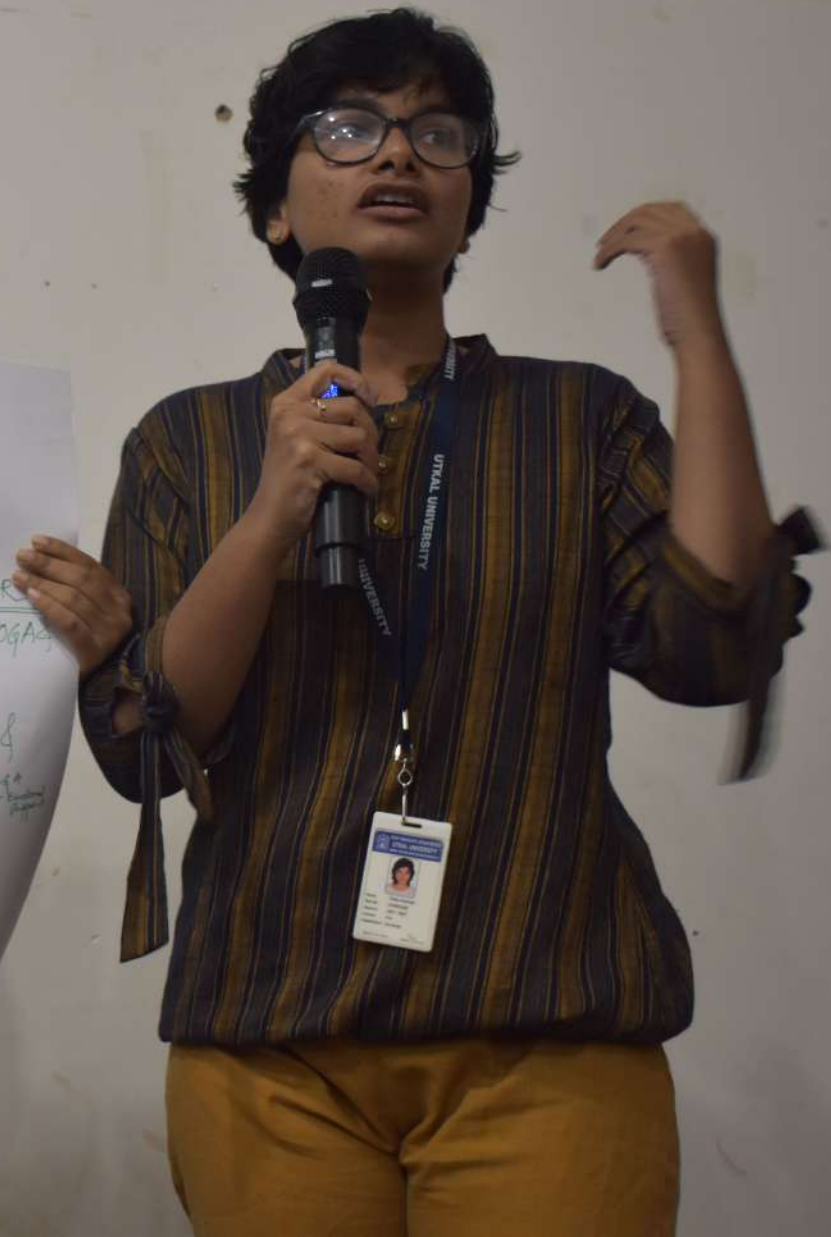
Solutions:-

- ★ Social participation reduces loneliness.
- ★ It reduces stress and depression.
- ★ Improves self-care process.
- ★ Communication with family members and friends leads to life satisfaction.

General Solution

- Go to help of social participation
- The women are forced to lead a life of isolation.
- Impact of isolation on health and other factors.
- They don't express any kind of self-expression.
- When families make one emergency

4 in the family
2 precipitation
1 & Condensation making



PROBLEMS

1. HEALTH ISSUES — Cardio Pulmonary Diseases, Heat stress, Vector Borne diseases
2. SOCIO CULTURAL — Hunger, Malnutrition
3. NATURAL DISASTERS — Cyclone, Extreme Heat/Rain/Cold
4. FOOD SECURITY — Drought, Crop failure
5. ECONOMIC & FINANCIAL ISSUES
6. PSYCHOSOCIAL ISSUES



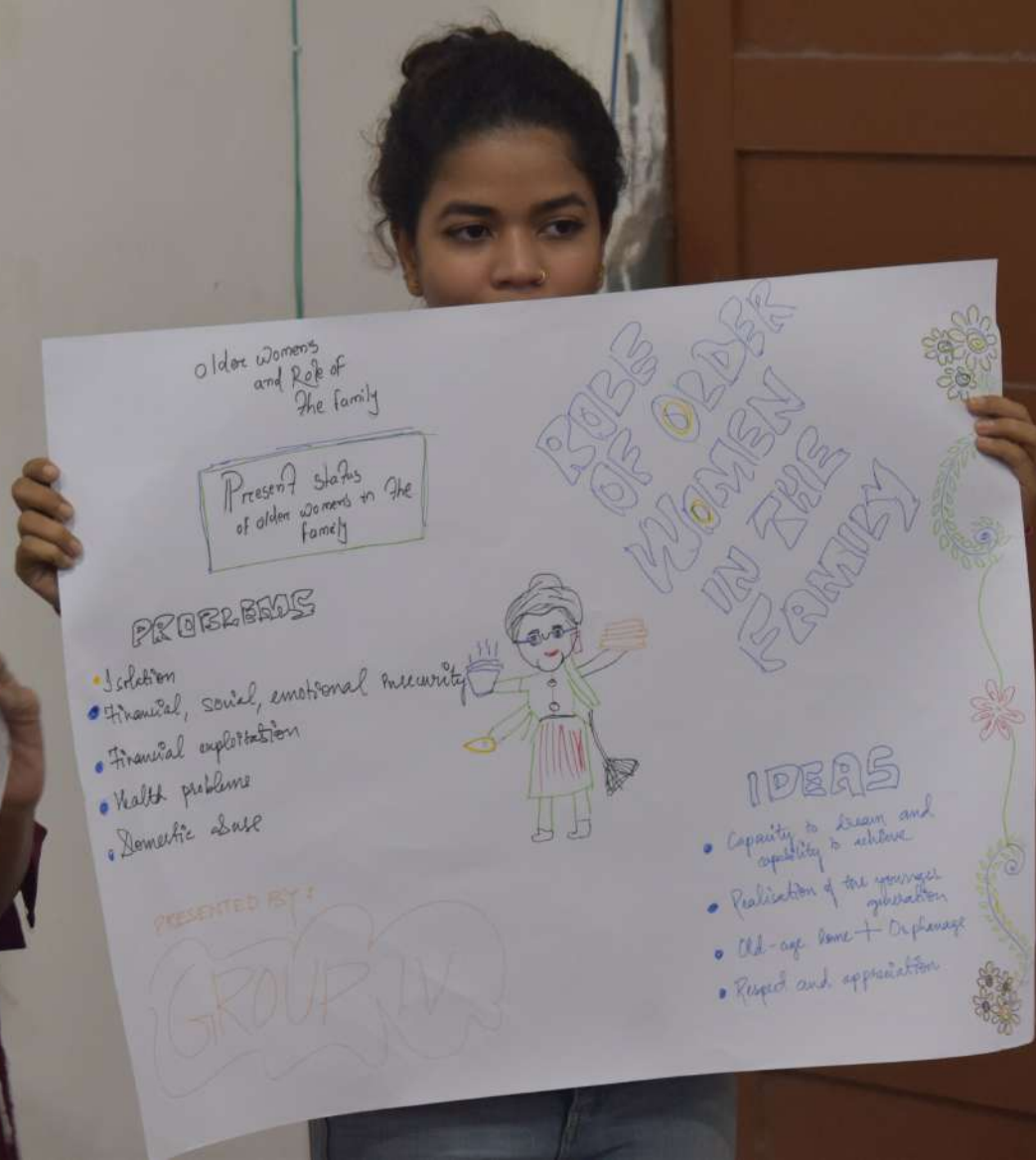
DRIVERS

1. DEFORESTATION
2. POLLUTION
3. EMISSIONS
4. PRECIPITATION EXTREMES
5. INCREASED TEMPERATURE

WAY FORWARD

1. Motivate Them To DO YOGA & EXERCISE
2. POLICY AWARENESS
3. FINANCIAL SECURITY & AWARENESS
4. PSYCHOSOCIAL SUPPORT
5. RELIEF SUPPORT

'Don't Fuel Climate Change,
Support System Change'



① neglect & condition
decision-making



HelpAge India

Fighting isolation,
poverty, neglect



Utkal University

mark

INTERNATIONAL DAY OF OLDER PERSONS-2022

A panel discussion on
"Resilience and Contribution of Older Women"

In collaboration with

The Department of Sociology and
the Department of Psychology, Utkal University

Venue: Gallery, 1st Floor, Utkal University, Bhubaneswar

Older women and :—
Dr Health
Dr Physical Security
Dr Financial Security
Dr Livelihood opportunities
Dr Social Role
Dr Government
Dr Not Police
Dr Role in the family
Dr Climate change