



Senior Citizen Ki Pathshala

AIM

BRIDGING GAPS IN The KNOWLEDGE Of Senior Citizen Health & Wellbeing

Senior Citizen ki Pathshala



Dr. Sharda Jain
Secretary General of DGF

Message from Secretary General of DGF

"Delhi Gynaecologist Forum's Senior Citizen ki Pathshala is a unique initiative by gynaecologists aged 60+ to address the special needs of senior citizens."

Chairman's Message

"Our monthly webinars on the 13th of every month provide valuable insights and support for senior citizens, addressing their specific concerns."



Dr. Renu Chawla
Chairman's
Senior Citizen Group

Co-Chairman's Note

"The recordings shared on our YouTube channel serve as a public awareness tool for gynaecologists, senior citizens, and their families."

Key Highlights

- 1. Empowering Senior Citizens:** Our initiative aims to empower senior citizens with knowledge and support.
- 2. Addressing Age-Related Issues:** We address age-related issues and provide guidance on healthy aging.
- 3. Expert Insights:** Our webinars feature expert discussions and sharing of experiences.
- 4. Public Awareness:** The YouTube channel recordings are a valuable resource for public awareness.
- 5. Supportive Community:** We're creating a supportive community for senior citizens and their families.
- 6. Inclusive Approach:** Our initiative is designed to benefit senior citizens from all walks of life.
- 7. Health and Well-being:** We focus on promoting health and well-being among senior citizens.
- 8. Family Support:** Our resources are also designed to support families caring for senior citizens.
- 9. Gynaecologists' Perspective:** As gynaecologists, we bring a unique perspective to addressing senior citizens' health issues.
- 10. Making a Difference:** Together, we're making a difference in the lives of senior citizens and their families.



Dr. Divya Singhal
Co-Chairman's
Senior Citizen Group

Road to Silver Jubilee

DGF Activities



Senior Citizen ki पाठशाला every 13th of the Month

Months	Topics		Click Here
Jan.	Mental & Social Health Issues of women after 60+	Dr Taru Chhaya	Lecture's Recording
	Skin Care for women 60+	Dr Aakriti Chawla	Lecture's Recording
Feb.	Diet Tips for Golden Age	Dr Dipika Kohli	Lecture's Recording
	Old People health Checkup	Dr Divya Singhal	Lecture's Recording
Mar.	Charcha on Concept of Complete Health in 65+ women	Dr Maninder Ahuja	Lecture's Recording

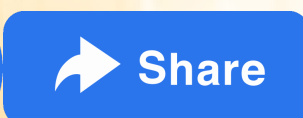
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Senior Citizen Ki Pathshala (DGF / NIGF)

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The KNOWLEDGE Of Senior Citizen Health &...

YouTube



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Months	Topics		Click Here
Apr.	Hard Hitting Points on the devastating effects of Loneliness	Dr Sharda Jain	Lecture's Recording
	Sleep and its importance	Dr Chitra	Lecture's Recording
May	Bone Health in Senior Citizens (60 & 70 years)	Dr Sharda Jain	Lecture's Recording
	Osteoporosis	Dr Taru chhaya	Lecture's Recording
	Meditation by Dr Sharda Jain & Dr Divya Singhal		Lecture's Recording
	Guided Meditation	Dr Shakuntla Kumar	Lecture's Recording

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Months	Topics		Click Here
June	GREAT BONE HEALTH KE LIYE KYA KHAYEN	DR RENU CHAWLA	Lecture's Recording
	GENITOURINARY SYNDROME OF SENIOR CITIZEN. Understanding, diagnosis and management oversimplified	DR SONAL BATLA	Lecture's Recording
	Hormone Therapy in female cancers : All controversies sorted out	Dr Sharda Jain	Lecture's Recording
Jul.	AGEING GRACEFULLY. MY PRACTICAL ADVICE FOR ORDINARY INDIAN WOMEN	DR AMBUJA	Lecture's Recording
	GARDENING AS HOBBY : MAN KE SUKUN KE LIYE	Dr. Meena Harisinghani	Lecture's Recording
	Chair Yoga for Senior Citizens	Dr Sharda Jain	Lecture's Recording

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