



BORDER SECURITY FORCE

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PRESS RELEASE

LECTURE ON “SUCCESSFUL AGING” AT BSF HQ, NEW DELHI

Today, on 6th December 2016, Border Security Force conducted a lecture on “Successful Aging” at Force Headquarters premises. This lecture is in the series of life style management sessions. Speaker for today’s session was Dr. Rekha Bhandari, MBBS, MD, Chief of Geriatrics, Kings brook Jewish Medical Centre, New York. Her audience were the serving and retired BSF men and their wives.

Welcoming Dr. Rekha Bhandari to the forum, Shri K K Sharma, DG BSF said that as the Chief of the Force, he is concerned about the health of his men and their family. Mr. Sharma told that it is a reality that nearly half of the 2.5 lac strong force is above the age of 40 years. Life style diseases and stress related problems are common in this force. DG BSF said that Dr. Rekha Bhandari who has worked for more than 20 years in the field of Internal Medicine, Geriatrics and Palliative care, is right person to educate on the topic of “Successful Aging” to cope up mentioned problems. Sh K K Sharma, DG BSF conveyed to the audience that Dr. Rekha Bhandari is recipients to many awards such as Ellis Island Medal of Honour, Excellence in Medicine and best teaching award. Dr. Bhandari was also a panellist speaker on “Aging and Best Practices” at the UN side event hosted by the Czech Republic as well as an invited guest on Medical talk shows.

In an hour long interactive session, Dr. Rekha Bhandari gave a detailed account on aging successfully and gracefully. She elucidated the main components of successful aging as low probability of disease and disease related disability, high cognitive and physical functional capacity and active engagement in life. Dr. Bhandari stressed on the understanding for working simultaneously on the subjects of physical as well as mental health of individual. In the specialist's view, improvement of cognitive aspects is more important. Dr. Bhandari spoke for physical, emotional and mental aspects of aging life. Speaker was of firm view that mental and emotional health of a person with proper nutrition supplements if needed with especially vegetarian diets, eases aging.

The interactive session concluded with an interested audience asking her a lot of Questions. The talk was appreciated by the audience as it has given an insight to fathom out the abyss of today's life style management problems. The solutions provided by the guest speaker have been well taken by all age groups. BSF will be circulating the session to all of its formations for best of the results.

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