

SWAMI RAMA HIMALAYAN UNIVERSITY

Swami Ram Nagar, Jolly Grant,
Uttarakhand 248016

GERIATRIC MEDICINE CLUB (Special Interest & Specialty Clubs)

Club Constitution

1. Introduction

The **Geriatric Medicine Club** at SRHU is a student-led initiative focused on promoting awareness, empathy, and clinical competence in caring for the elderly. Open to students of **Medicine, Nursing, and Allied Health Sciences**, the club emphasizes holistic geriatric care, healthy aging, chronic disease management, and interprofessional collaboration to improve the quality of life for older adults.

2. Objectives

The objectives of the Club are:

- Promote awareness of aging-related health issues and elderly care.
- Enhance clinical skills in assessing and managing geriatric patients.
- Foster empathy and communication with older adults and their families.
- Encourage interdisciplinary collaboration in geriatric care planning.
- Support healthy aging initiatives through education and outreach.

3. Club Committee

The Club shall be governed by a committee comprising the following members:

Composition	Roles
Prof. Rajeev Mohan Kaushik, HIMS	Chairperson
Dr. Shubhanshu Chawla, HIMS	Treasurer
Dr. Shekhar Kushwaha, HIMS	Member Secretary
Agrima Yadav, MBBS, HIMS	Member (Student Coordinator)

Students' details

Serial No.	Student Name	Reg. No	Enroll. No.	Batch	Programme Name
1	Ashika Kashyap	DD22114301031	SRHU22000556	2022	MBBS
2	Vandana Thapa	DD22114301143	SRHU22000668	2022	MBBS
3	Agrima Yadav	DD2114301009	SRHU21000621	2021	MBBS
4	Ananya Aggarwal	DD2114301015	SRHU21000627	2021	MBBS
5	Ankit Rawat	DD2114301022	SRHU21000634	2021	MBBS

6	Bhumika Pathak	DD2114301038	SRHU21000650	2021	MBBS
7	Eshana Kaul	DD2114301046	SRHU21000658	2021	MBBS
8	Ishan Pokharia	DD2114301054	SRHU21000666	2021	MBBS
9	Kavya Gautam	DD2114301061	SRHU21000673	2021	MBBS
10	Manish Rawat	DD2114301069	SRHU21000681	2021	MBBS
11	Nidhi Anand	DD2114301083	SRHU21000695	2021	MBBS
12	Raghav Gupta	DD2114301099	SRHU21000711	2021	MBBS
13	Shruti Sharma	DD2114301123	SRHU21000735	2021	MBBS
14	Sumit Gupta	DD2114301131	SRHU21000743	2021	MBBS
15	Nidhi Vishwakarma	DD2014301095	SRHU20000336	2020	MBBS
16	Shivangi Swarup	DD1814301082	SRHU18000153	2018	MBBS

4. Terms and Conditions

Sr. No.	Clause	Details
1.	Quorum	50% of the total members
2.	Tenure of the Club	Perpetual
3.	Tenure of the Chairperson	3 years
4.	Tenure of the Members	2-3 years
5.	Frequency of Meetings	<i>Preferably once per quarter.</i>
6.	Meeting Notice and Agenda	The member secretary with prior approval of Chairperson shall circulate the Meeting Notice and Agenda to all the members at least seven (7) working days prior to date of the meeting.
7.	Minutes of the Meeting	The Secretary records the minutes, which are signed by the Chairperson and Secretary. A signed copy is forwarded to members within three (3) working days of the meeting.
8.	Duties and function	(a) Planning and helping manage events at the University level in accordance with the spirit and ethos of the institute. (b) Promoting and arranging club activities to bring out the talents of students in the performing the activities. (c) To plan and organize competitions at the University, Regional and State Level.
9.	Funding and Resources	a. Institutional budget allocation b. Donations and sponsorships
10.	Amendments	Any amendment to this club must be proposed in writing and approved by a two-thirds majority of the Club Committee.
11.	Dissolution	In the event of dissolution, the assets and liabilities of the Club shall be transferred to the Swami Rama Himalayan University.

5. Services Offered

- **Geriatric Health Camps** – Conduct screenings and awareness programs in elderly communities.
- **Fall & Functional Assessments** – Practice tools like MMSE, ADL, and fall risk assessment through hands-on drills.
- **Medication Safety Workshops** – Address polypharmacy and safe medication practices in older adults.
- **Ethics & End-of-Life Discussions** – Explore palliative care, advance directives, and ethical dilemmas in geriatric care.
- **Healthy Aging Talks** – Host expert sessions on nutrition, mobility, and mental well-being.
- **Elder Engagement Sessions** – Interact with older adults through storytelling and empathy-building activities.



**Sign. of Chairperson
Dr. Rajeep Mohan Kaushik
Professor**

Chairperson
Geriatric Medicine Club
Swami Rama Himalayan University



**Sign. of Treasurer
Dr. Shekhar Kushwaha
Assistant Professor**



**Sign. of Member Secretary
Dr. Shubhanshu Chawla
Assistant Professor**

SWAMI RAMA HIMALAYAN UNIVERSITY

Swami Ram Nagar, Jolly Grant,
Uttarakhand 248016

NOTICE

GERIATRIC MEDICINE CLUB (Special Interest & Specialty Clubs)

SRHU/SISC/GMC/2024/01

15th September 2024

This is to inform all students of the **Himalayan College of Nursing (HCN)** that a **Geriatric Medicine Awareness & Skill Development Session** will be organized on **03rd October 2024**. The session aims to enhance knowledge of elderly care, promote evidence-based practices, and strengthen clinical skills in managing age-related health conditions.

Details of the Event:

- **Event** : Geriatric Medicine Awareness & Skill Development Session
- **Organized by** : Geriatric Medicine Club, Swami Rama Himalayan University
- **Date** : 03rd October 2024
- **Venue** : HIMS, Swami Rama Himalayan University
- **Time** : 02:30 PM - 04:30 PM
- **Eligibility**: All undergraduate and postgraduate students interested in geriatric care, specialty medicine, and patient-centered practice

Interested students are requested to register their names with the **Club Coordinator** or **Class Representative** by **25th September 2024**. All students are encouraged to participate actively in the session to strengthen their clinical competencies, empathy, and professional skills in caring for elderly patients. Attendance of registered club members is **mandatory**.

For further details and workshop schedules, please contact the **Club Coordinator – HIMS**.

Care with Compassion, Respect, and Expertise for the Elderly!



Chairperson

Chairperson
Geriatric Medicine Club
Swami Rama Himalayan University

Copy to:-

Hon'ble President

Hon'ble Vice Chancellor

Director General (Academic Development)

Pro-Vice Chancellor

Registrar

Deans/Heads of the Constituent Academic Departments

Finance Officer

Members of the club-For necessary arrangements and action

} for kind information please

SWAMI RAMA HIMALAYAN UNIVERSITY

Swami Ram Nagar, Jolly Grant,
Uttarakhand 248016

REPORT

Organized by : Geriatric Medicine Club, Swami Rama Himalayan University
Date : 03rd October 2024
Venue : Himalayan Institute of Medical Sciences, Swami Rama Himalayan University
Time : 02:30PM - 04:30PM

The Geriatric Medicine Club organized an educational session on “Blood Pressure and Older Adults” with the objective of raising awareness about the importance of blood pressure monitoring, age-related variations, and management strategies in the elderly population. The session began with a welcome address by Dr. Shubhanshu Chawla, who highlighted the growing burden of hypertension among older adults and the need for age-sensitive healthcare approaches. Prof. R. M. Kaushik delivered an insightful talk in which he discussed normal blood pressure changes associated with aging, major hypertension-related risks such as stroke, kidney failure, and cardiovascular diseases, and specific geriatric concerns including orthostatic hypotension and isolated systolic hypertension. He further emphasized the importance of individualized treatment plans guided by JNC 8 and ISH recommendations, and stressed the role of non-pharmacological interventions such as dietary modifications, physical activity, stress reduction, and regular monitoring. The session also included an interactive discussion during which participants raised questions on home BP monitoring, medication side effects, and appropriate lifestyle adjustments for elderly patients. The event resulted in increased awareness among students regarding geriatric hypertension, enhanced their clinical skills through hands-on BP monitoring practice, and reinforced the idea that careful and personalized management is essential to prevent complications like falls or hypotension in older adults. Participants appreciated the session for its engaging and practical approach, and expressed interest in future programs focusing on other common geriatric issues such as diabetes, falls, dementia, and polypharmacy. Overall, the session successfully fulfilled its aim of sensitizing future healthcare professionals to the complexities of blood pressure management in the elderly, strengthening the Geriatric Medicine Club’s commitment to promoting age-friendly healthcare education.



Dr. Rajeev Mohan Kaushik
Chairperson

Chairperson
Geriatric Medicine Club
Swami Rama Himalayan University

SWAMI RAMA HIMALAYAN UNIVERSITY

Swami Ram Nagar, Jolly Grant,
Uttarakhand 248016

EVENT HIGHLIGHT



Participants participating in the discussion during the Session

R. Kaushik

Dr. Rajeev Mohan Kaushik

Chairperson

Chairperson

Geriatric Medicine Club

Swami Rama Himalayan University

SWAMI RAMA HIMALAYAN UNIVERSITY

Swami Ram Nagar, Jolly Grant,
Uttarakhand 248016

REPORT

Organized by : Geriatric Medicine Club, Swami Rama Himalayan University
Date : 03rd October 2024
Venue : Himalayan Institute of Medical Sciences, Swami Rama Himalayan University
Time : 02:30PM - 04:30PM

The Geriatric Medicine Club organized an educational session on “Blood Pressure and Older Adults” with the objective of raising awareness about the importance of blood pressure monitoring, age-related variations, and management strategies in the elderly population. The session began with a welcome address by Dr. Shubhanshu Chawla, who highlighted the growing burden of hypertension among older adults and the need for age-sensitive healthcare approaches. Prof. R. M. Kaushik delivered an insightful talk in which he discussed normal blood pressure changes associated with aging, major hypertension-related risks such as stroke, kidney failure, and cardiovascular diseases, and specific geriatric concerns including orthostatic hypotension and isolated systolic hypertension. He further emphasized the importance of individualized treatment plans guided by JNC 8 and ISH recommendations, and stressed the role of non-pharmacological interventions such as dietary modifications, physical activity, stress reduction, and regular monitoring. The session also included an interactive discussion during which participants raised questions on home BP monitoring, medication side effects, and appropriate lifestyle adjustments for elderly patients. The event resulted in increased awareness among students regarding geriatric hypertension, enhanced their clinical skills through hands-on BP monitoring practice, and reinforced the idea that careful and personalized management is essential to prevent complications like falls or hypotension in older adults. Participants appreciated the session for its engaging and practical approach, and expressed interest in future programs focusing on other common geriatric issues such as diabetes, falls, dementia, and polypharmacy. Overall, the session successfully fulfilled its aim of sensitizing future healthcare professionals to the complexities of blood pressure management in the elderly, strengthening the Geriatric Medicine Club’s commitment to promoting age-friendly healthcare education.



Dr. Rajeev Mohan Kaushik
Chairperson

Chairperson
Geriatric Medicine Club
Swami Rama Himalayan University

SWAMI RAMA HIMALAYAN UNIVERSITY

Swami Ram Nagar, Jolly Grant,
Uttarakhand 248016

EVENT HIGHLIGHT



Participants participating in the discussion during the Session

R. Kaushik

Dr. Rajeev Mohan Kaushik
Chairperson

Chairperson
Geriatric Medicine Club
Swami Rama Himalayan University