



# Two Days National Conference on ELDERLY POPULATION: CRITICAL ISSUES, CHALLENGES AND SOLUTIONS

March 17– 18, 2026

Organized By

COLLEGE OF COMMUNITY SCIENCE  
DR. RAJENDRA PRASAD CENTRAL AGRICULTURAL UNIVERSITY, PUSA  
IN COLLABORATION WITH  
THE NATIONAL INSTITUTE FOR SOCIAL DEFENCE, NEW DELHI



Venue :

**Vidyapati Sabhagar**

**Dr. Rajendra Prasad Central Agricultural University**

**Pusa, Samastipur, Bihar-848125**

## Dr. Rajendra Prasad Central Agricultural University

Dr. Rajendra Prasad Central Agricultural University (RPCAU), Pusa, established on 7 October 2016 (formerly Rajendra Agricultural University, founded in 1970), traces its origins to the Agricultural Research Institute and College, Pusa (1905). As the birthplace of agricultural education and research in India, RPCAU advances teaching, research and extension in agriculture and allied sciences, with a special focus on Bihar. Its campuses at Pusa, Dholi and Piprakothi spread over 2,063 acres. RPCAU offers 10 undergraduate, 28 postgraduate and 16 doctoral programmes, alongside certificate and diploma courses aligned with NEP-2020. The university has released multiple crop varieties, holds 11 patents and operates seven advanced research centers, four research stations and 16 Krishi Vigyan Kendra's (KVKs) to drive farmer-oriented innovations.



### College of Community Science:

College of Community Science, established in 1981, comprises of five departments Human Development and Family Studies, Apparel and Textile Sciences, Food Science & Nutrition, Resource Management and Consumer Science, Extension Education and Communication Management. Equipped with advanced labs, the department caters to the present-day needs of education in order to meet the rapidly changing demands of family life and the multiple roles that woman has to play in home as well as in professional life.



### National Institute of Social Defence:

The National Institute of Social Defence (NISD),

originally established in 1961 as the Central Bureau of Correctional Services under the Ministry of Home Affairs (transferred to the Department of Social Security in 1964 and attaining autonomy in 2002 under the Ministry of Social Justice and Empowerment), serves as India's nodal training and research institute for social defence and rehabilitation. It focuses on human resource development to address drug abuse prevention, welfare of senior citizens and transgender persons, beggary prevention, child protection and related societal vulnerabilities.

### About the Conference:

India is the second most populous nation in the world and is home to one in every ten senior citizens globally. Over the past five decades, the country's overall population has nearly tripled, while the elderly population has grown more than fourfold. Advancements in medical science, improved living standards, and sustained national development have significantly increased both the proportion of senior citizens and their life expectancy. According to the 2011 Census, the elderly population exceeded 100 million, accounting for 8% of the total population, and is projected to reach nearly 300 million by 2050.

With ageing, individuals experience a gradual decline in physical strength, flexibility and sensory abilities. They become more vulnerable to chronic diseases such as diabetes, arthritis and cardiovascular conditions, along with mobility challenges that affect independence and safety. Mental health issues, including dementia, anxiety, depression and cognitive decline, often remain undiagnosed, creating emotional and financial strain on families and healthcare systems. Financial dependence, changing social roles, retirement and urbanization may lead to isolation and neglect. Nevertheless, many seniors demonstrate resilience, wisdom and emotional maturity despite these challenges.

This conference aims to explore these connected challenges through discussions, sharing knowledge and working together to solve problems. By addressing the various needs of India's elderly population, the initiative seeks to create inclusive strategies that maintain dignity, improve well-being, and build stronger community support systems.

### Targeted Participants:

Elderly Rural & Urban citizens, Healthcare professionals, Students, Scientists, faculty, NGOs and social enterprises.

### Themes and Sub-Themes:

#### Theme I: Aging Population: Demographic Shifts and Challenges

- ❖ Global and Regional Aging Statistics, urban vs. Rural Aging Patterns
- ❖ Changing Family Structures and Elderly Support.

#### Theme II: Healthy Aging and Well being

- ❖ Physical and mental health: Geriatric care & health management.

- ❖ Chronic illnesses in older adults (e.g., diabetes, hypertension, arthritis).
- ❖ Palliative and promotive healthcare strategies.

### **Theme III: Maintenance and welfare of parents and senior citizen act 2007**

- ❖ Revocation of transfer of property by senior citizen
- ❖ Panel provision for abandonment of senior citizen
- ❖ Maintenance of senior citizens by children
- ❖ Medical facilities and security to life and property

### **Theme IV: Legal and Financial Security, policies and programme**

- ❖ Awareness of maintenance law, property rights and safety.
- ❖ Pension schemes, financial planning and safety measures.
- ❖ National Policies and Welfare Schemes: coverage, gaps and improvement.

### **Theme V: Socio-Emotional Well-being**

- ❖ Social Isolation, Loneliness and depression in Aging Populations.
- ❖ Combatting social isolation and ageism
- ❖ Elder abuse and Neglect
- ❖ Intergenerational gaps and bonding

### **Theme VI: Geriatric Nutrition and Diet Management**

- ❖ Physiological and metabolism changes affecting nutrition in Elderly.
- ❖ Nutrient requirements in old age (calories, protein, vitamins, minerals) and Meal planning for seniors with chronic conditions (diabetes, hypertension, osteoporosis).
- ❖ Community-based nutrition programs for senior citizen

### **Theme VII: Role of Ayurveda: A Traditional Practices, Meditation and Mindfulness**

- ❖ Ayurveda in Preventive Healthcare.
- ❖ Role of Ayurveda in Managing Lifestyle Disorders (e.g., diabetes, hypertension).
- ❖ Yoga for Stress Management and Emotional Well-being

### **Theme VIII: Role of Spirituality**

- ❖ Spirituality and healthy ageing

### **Registration Fee:**

No registration fee, however registration is mandatory for each participants/ delegate. Only registered participants/delegates shall be provided with conference kit, working lunch and certificates.

Registration link: <https://forms.gle/XRnzvEshfARQMBhA8>

### **Abstract Submission Guidelines:**

**Deadline: 6th March, 2026.**

Send abstracts (max 300 words) to [epconference2026@gmail.com](mailto:epconference2026@gmail.com) in MS Word format, Times New Roman, 12 pt. Include author name(s), affiliation and email. Clearly state objectives, methods and key findings relevant to the conference themes.

Acceptance notifications by 7th March 2026.

### **Important Dates:**

Abstract Submission : 6th March 2026  
 Intimation of Paper Acceptance : 7th March 2026  
 Last Date for Paper submission : 10th March 2026  
 Registration : 10th March 2026

### **Presentation Guidelines:**

- ❖ Contributory papers for oral presentation and poster presentations for students and scientists are invited on the above themes and subthemes.
- ❖ The paper/poster presentations will be through MS Power Point using Google meet. Presentation time allocated for each paper presenter is 5 minutes, followed by Question/ Answer round.

### **Certificates**

- ❖ All participants who register for the event will get Participation Certificate. All those authors who register and present their papers in the event will be given Paper Presentation Certificate.

### **Additional Guidelines:**

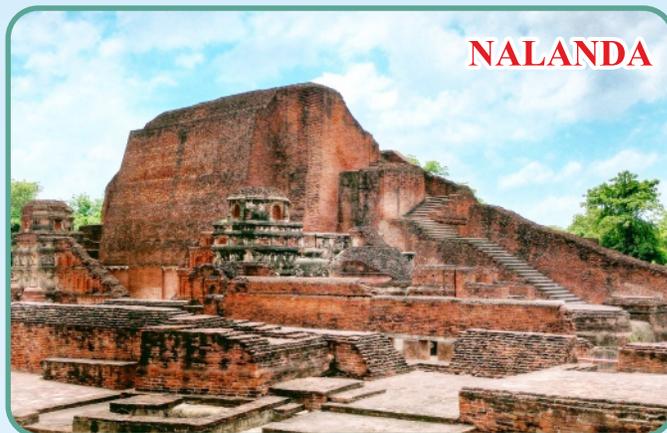
- ❖ Paper should be original, unpublished and plagiarism free (less than 10%).
- ❖ The Abstract and full paper should have the Author Name and affiliation along with E-Mail ID and Mobile Number.
- ❖ Only one co-author has been allowed with each paper.
- ❖ The abstract/ full paper must be submitted through e-mail only at [epconference2026@gmail.com](mailto:epconference2026@gmail.com).
- ❖ One Best Paper Certificate Award shall be given during each session of the conference.



**VAISHALI**



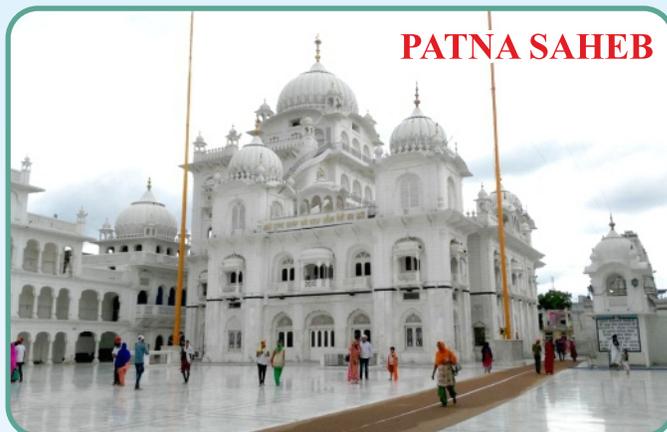
**NALANDA**



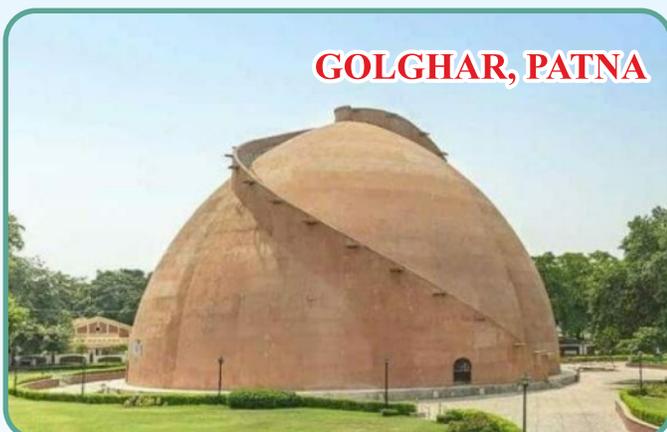
**BODHGAYA**



**PATNA SAHEB**



**GOLGHAR, PATNA**



**GLASS FLOOR BRIDGE RAJGIR**



Jayprakash Narayan International Airport, Patna 95 km distance which will take 2.5 hr via NH 3 Darbhanga airport, Darbhanga 50 km away which will take 1 hr 10 min by road via NH 27.



The nearest railway stations are Samastipur Jn (SPJ) 16 km away and Muzaffarpur Jn (MFP) 35 km away, where all major trains stop.



The Pusa campus can be reached by road through National Highway No. 28 and NH 27, NH 322 by hiring taxi or by buses.



**Chief Patron**

**Dr. P. S. Pandey**

Honorable Vice Chancellor  
RPCAU, Pusa, Bihar



**Patron**

**Dr. Tanya Sengupta**

Research Officer, NISD, Ministry of  
Social Justice and Empowerment, GOI, New Delhi



**Convenor**

**Dr. Usha Singh**

Dean, Community Science

## Advisory Committee

**Dr. Usha Singh**, Dean, CCS, RPCAU, Pusa, Samastipur, Convenor and Chairman

**Dr. U. K. Behera**, Director of Education, RPCAU, Pusa, Samastipur

**Dr. A. K. Singh**, Director of Research, RPCAU, Pusa, Samastipur

**Dr. R. K. Jha**, Director of Extension Education, RPCAU, Pusa, Samastipur

**Dr. Mayank Rai**, Dean PGCA, RPCAU, Pusa, Samastipur

**Dr. Raman Trivedi**, Director of Students' Welfare RPCAU, Pusa, Samastipur

**Dr. P. P. Srivastava**, Dean, College of Fisheries, Dholi (RPCAU)

**Dr. Amresh Chandra**, Dean, CBS&H, RPCAU, Pusa, Samastipur

**Dr. P. P. Singh**, Dean, TCA, Dholi

**Dr. Kundan Kishor**, Dean, PDUCH&F, Piprakothi

**Dr. R. Subbaiah**, Dean, CAE&T, RPCAU, Pusa, Samastipur

**Dr. Devendra Singh**, Director, SRI, RPCAU, Pusa, Samastipur

**Dr. Ram Datt**, Director, SAB&RM, RPCAU, Pusa, Samastipur

**Dr. Rakesh Mani Sharma**, University Librarian, RPCAU, Pusa, Samastipur

**Dr. Arti Sinha**, Head, Dept. of EECM, RPCAU, Pusa, Samastipur

**Dr. Sangeeta Deo**, Head, Dept. of ATS, RPCAU, Pusa, Samastipur

**Dr. Shishir Kala**, Head, Dept. of RMCS, RPCAU, Pusa, Samastipur

**Dr. Veena Shahi**, Head, Dept. of HDFS, RPCAU, Pusa, Samastipur

**Dr. Savita Kumari**, Head, Dept. of FSN, RPCAU, Pusa, Samastipur

## Organizing Committee

### Convenor

**Dr. Usha Singh**, Dean, College of Community Science, RPCAU, Pusa Mob.: +91-9431897515,

E-mail: usha.singh@rpcau.ac.in

### Organizing Secretary

**Dr. Veena Shahi**, Professor & Head, Human Development and Family Studies, College of Community Science,

RPCAU, Pusa, Mob.: +91-8709197387, E-mail: veena.shahi@rpcau.ac.in

**Dr. Savita Kumari**, Associate Professor, Head, FSN, CCS, RPCAU, Pusa, Samastipur. Mob.: +91-7543041369,

E-mail: savita.kumari@rpcau.ac.in

### Joint-Organizing Secretaries

**Dr. Gitanjali Chaudhary**, Associate Professor, FSN, CCS, RPCAU, Pusa, Samastipur. Mob: +919801011596,

Email: gitanjali@rpcau.ac.in

**Dr. Neelam Kumari**, Assistant Professor, FSN, CCS, RPCAU, Pusa, Samastipur Mob: +917352312682,

Email: neelam.kumari@rpcau.ac.in

