

ADDING LIFE TO YEARS – AGE WITH GRACE

Continuing Medical Education Programme

“Adding Life to Years – Age with Grace”

Organised by the Department of Physiology

Malabar Medical College Hospital and Research Centre, Ulliyeri

Date: 28th March 2026, Saturday

Venue: Sapphire Hall, Academic Block

The Department of Physiology, Malabar Medical College Hospital and Research Centre, successfully organized a **Continuing Medical Education (CME) programme** titled “**Adding Life to Years – Age with Grace**” on **28th March 2026 (Saturday)** at **Sapphire Hall, Academic Block**. The programme was conceptualized with the objective of exploring the **physiological basis of ageing**, its implications on health and disease, and the evolving strategies for promoting healthy ageing and graceful longevity.

The CME served as an important academic platform that brought together **clinicians, academicians, postgraduate students, and healthcare professionals** to engage in meaningful discussions on the multidimensional aspects of ageing. The event was marked by enthusiastic participation, insightful scientific sessions, and vibrant academic interaction throughout the day.

Theme and Significance

Ageing is an inevitable and universal biological process associated with progressive physiological changes that influence **functional capacity, susceptibility to disease, and quality of life**. In the context of the rising elderly population at both global and national levels, understanding the **physiology of ageing** has become increasingly relevant to medical education and clinical practice.

The CME “**Adding Life to Years – Age with Grace**” was designed to provide participants with a **comprehensive understanding of the physiological mechanisms underlying ageing**, while also highlighting their clinical relevance. The programme emphasized the importance of distinguishing **normal ageing from pathological ageing**, understanding age-related changes across organ systems, and adopting evidence-based, interdisciplinary approaches to promote healthy ageing.

Programme Proceedings

The day commenced with **registration from 8:00 AM to 9:00 AM**, during which delegates and participants assembled at the venue with great enthusiasm. The atmosphere was one of anticipation and academic curiosity, setting a positive tone for the day’s proceedings.

Session 1: “Ageing Unveiled” – Exploring the Physiology of Growing Old



The scientific programme began at **9:00 AM** with the first session by **Dr. Smruthi V., Professor and Head, Department of Physiology, Malabar Medical College Hospital and Research Centre.**

Dr. Smruthi delivered an engaging and thought-provoking lecture on the **basic physiological changes associated with ageing**, providing a strong conceptual foundation for the CME. She explained the biological underpinnings of ageing, age-related changes in organ systems, and the distinction between **healthy ageing and disease-associated decline**. Her presentation successfully set the stage for the subsequent sessions by contextualizing ageing as not merely a chronological process, but a dynamic physiological phenomenon.

Session 2: “Nourish, Move and Thrive” – Nutritional Longevity and Exercise



The second session, held from **9:30 AM to 10:30 AM**, was delivered by **Dr. Roy R. Chandran, Professor, Department of Physical Medicine and Rehabilitation, Government Medical College Kozhikode.**

This session highlighted the pivotal role of **nutrition and physical activity in healthy ageing.** Dr. Roy discussed how appropriate dietary practices, regular exercise, and lifestyle modifications can significantly influence functional independence and overall wellbeing in the elderly. His practical and evidence-based approach resonated strongly with the audience, reinforcing the message that ageing gracefully is closely linked to **proactive self-care and preventive health strategies.**

Session 3: “Boosting Defences” – Immunosenescence and Pharmacological Approach



Dr. Paul Mathai, Professor, Department of Pharmacology, Malabar Medical College Hospital and Research Centre.

Dr. Paul’s lecture focused on **immunosenescence**, the gradual decline in immune competence with advancing age, and its clinical implications. He elaborated on the increased vulnerability of the elderly to infections, inflammatory disorders, and chronic diseases. The talk also explored **pharmacological approaches and therapeutic considerations** in this population, making the session particularly valuable from both academic and clinical perspectives.

Inaugural Function

The **Inaugural Function** was held from **11:15 AM to 12:00 PM**. This formal segment of the CME added ceremonial significance to the event and celebrated the collaborative academic spirit behind the programme.

The dignitaries and invited guests addressed the gathering, emphasizing the growing importance of **geriatric health, physiology-based understanding of ageing, and interdisciplinary learning** in modern medicine. The inauguration reflected the institution’s continued commitment to academic excellence and socially relevant medical education.



Post-Inaugural Scientific Sessions

Session 4: “Glowing through the Years” – Delay Skin Ageing



Dr. Mamtha George, Professor, Department of Dermatology, Malabar Medical College Hospital and Research Centre.

Her session focused on the **physiology of skin ageing** and the various intrinsic and extrinsic factors contributing to age-related dermatological changes. She discussed practical strategies to **delay skin ageing**, emphasizing skin health, preventive care, and dermatological wellbeing. The session was highly informative and added a valuable dimension to the CME by linking visible ageing changes with underlying physiological mechanisms.

Session 5: “Hormonal Havoc” – The Hormone–Ageing Connection Uncovered



Dr. Niya Narayanan, Consultant in Endocrinology and Diabetology, IQRAA International Hospital and Research Centre.

Dr. Niya presented a compelling lecture on the **endocrine changes associated with ageing** and their impact on metabolism, energy balance, bone health, and systemic wellbeing. Her talk provided a deeper understanding of the **hormonal transitions that accompany ageing**, along with their clinical relevance in common age-related disorders. The session was particularly appreciated for its clarity, relevance, and practical applicability.

Postgraduate Paper Presentation

One of the highlights of the programme was the **Postgraduate Paper Presentation**, held from **2:00 PM to 3:15 PM**.



This segment provided postgraduate students with a valuable academic platform to present their scholarly work and research ideas. The presentations reflected **scientific curiosity, academic rigor, and active engagement with current physiological and clinical themes**. It also encouraged a spirit of research and scholarly dialogue among young medical professionals, thereby strengthening the institution's academic culture.

Valedictory Session

The programme concluded with the **Valedictory Session and Feedback** from **3:15 PM to 4:00 PM**.



Prize winners of PG Paper presentation

The valedictory function marked the formal conclusion of the CME and offered an opportunity to reflect on the day's scientific achievements. Feedback from participants was

overwhelmingly positive, with attendees appreciating the **well-curated theme, expert resource persons, relevance of topics, and smooth organization** of the event.

Participants expressed that the CME successfully enhanced their understanding of the **physiology of ageing** while also offering clinically relevant and practical insights into promoting healthy ageing. The sessions were noted for being **informative, engaging, interdisciplinary, and highly relevant to current healthcare needs**.

Outcome and Impact

The CME “**Adding Life to Years – Age with Grace**” was a resounding academic success. It fulfilled its objective of fostering a deeper appreciation of ageing as a physiological process and encouraging a more informed and compassionate approach to elderly care.

The programme effectively:

- Enhanced understanding of the **physiological basis of ageing**
- Bridged the gap between **basic physiology and clinical practice**
- Promoted awareness of **healthy ageing strategies**
- Encouraged **interdisciplinary thinking and evidence-based care**
- Provided a platform for **academic interaction and postgraduate participation**

The event reinforced the importance of not merely increasing lifespan, but truly **adding life to years** by promoting health, dignity, vitality, and grace in ageing.

“**Adding Life to Years – Age with Grace**” stood as a meaningful academic endeavour that beautifully combined **science, relevance, and compassion**, leaving participants with valuable knowledge and renewed motivation to contribute to the health and wellbeing of the ageing population.

