

Press Note
1 June 2020

**Announcing: A five-part Interactive Learning Series on Dementia and Senior Care
organised by Unmukt – The Senior Hub**

Unmukt – The Senior Hub, a leading platform that brings stakeholders in senior-care together under one umbrella, is running a five-part series on coping with dementia among seniors during a pandemic. As COVID-19 progresses and brings with it anxiety and loneliness, it is our endeavour to help seniors cope with the new world order. In this attempt, we have put together a five-part weekly interactive series, run in partnership with Nightingales Medical Trust along with Rotary District 3190. These talks focus on the various facets of dementia for both seniors and caregivers.

“The global pandemic has affected the mental health of seniors in a major way. Because of the pandemic, people are more fragile and stressed out. Many people are struggling with dementia and mental health, and yet, no one talks about it because of the stigma attached to it. Also, under the lockdown, caregivers, often a female family member, multitask to manage the needs of the elderly, children, as well as, their household. These sessions will feature experts from various fields to talk to our seniors and caregivers. This is to help them stay updated and cope better,” says Monimita Sarkar, Founder, Unmukt – The Senior Hub.

These webinars, which started on May 26, will run every Tuesday till June 23, 2020. The topics to be discussed include Factors Impacting Mental Health of Senior Citizens, The Role of Technology in Senior Care, Caregiver Stress and How to Prevent Burnout, The Importance of Physical Health and Stories from the Frontline. If you or anyone you know has a loved one with dementia or you are just interested to learn more, join these webinars. For more details and registration visit our website [Unmukt- The Senior Hub](https://www.unmukt.in)

About Unmukt

Established in 2018, Unmukt – The Senior Hub, is a comprehensive platform brings together, both the B2B, as well as, the B2C audience in senior care. Unmukt aims to create awareness, in addition to, deliberating and discussing issues relating to seniors that encompass health, technology, caregiving, lifestyle & recreation, independent & assisted living and financial management.

In the pre-COVID world we held events, exhibitions and seminars in an effort to create an ecosystem of support and empowerment to the senior segment. Currently through our four online formats -- Unmukt Bytes, Unmukt Cares, Unmukt Blogs and Unmukt Knowledge Series – we address a wide range of issues related to different aspects of senior life. We aim to know our seniors better through our interviews (Unmukt Bytes), webinars (Unmukt Cares), panel discussions (Unmukt Knowledge Series) and informative articles (Unmukt Blogs). Explore to know more, or follow us on Facebook to be automatically notified of new updates. Visit us at [Unmukt- The Senior Hub](https://www.unmukt.in)

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