



**Dr. V.S. Natarajan**

DR. Vallalarpuram Sennimalai Natarajan is a renowned Geriatric Physician, Educationist, Author and a Social Worker. He is recognized as the Father of Geriatric Medicine in India as he introduced and popularized this discipline in the country. "Life is beautiful, again" this book attempts to help elders from typical age related ailments such as dementia, Parkinson's disease, stroke, osteoporosis, falls, imbalance and cancer are negative results of longevity. And also the book gives information on exercises, suitable diet, immunizations and mental health. The author feels the elders can avoid aging and continue to lead healthy live.

*Presented to Library  
Stella Maris College, Chennai*

Padmashri Dr. V.S. Natarajan  
MD, FRCP (Edin), D.Sc.(Hon)  
Senior Geriatrician

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*About Father of Geriatrics*  
Padmashri  
**Dr. V.S. Natarajan**  
MD, FRCP (Edin), D.Sc.(Hon)

- ▶ First Physician of Geriatric Medicine in India.
- ▶ The most celebrated award of the Indian Government, the **Padmashri** was bestowed upon him for being the father of Geriatric Medicine in India.
- ▶ Recipient of **Dr. B.C. Roy Award**.
- ▶ The British Geriatric Society's **50<sup>th</sup> Anniversary Medal** was awarded at London in recognition of his exceptional services rendered in Geriatric Medicine.
- ▶ For his selfless services to the aged, the Nehru Sidhant Kender Trust, Ludhiana, in 1999 presented him with "**Sat Paul Mittal National Award**".
- ▶ Honoured with seven "**Life time Achievement Awards**" from Central, State Governments, Medical University and Social Organizations.
- ▶ A "**Memory Clinic**" that nurtures the mental health of elders and a "**Geriatric House call Project**", where elders are treated at their own residences, were his brain waves.
- ▶ He has ventured into preventive geriatrics, by starting a "**Geriatric Immunization Centre**".
- ▶ Authored more than 30 books related to elder's health and 5 books regarding social issues.
- ▶ Curator of **Elders Fest & Expo** – first of it's kind in India.
- ▶ An ardent devotee of Adhiparasakthi, he takes care of the rural aged through his services at the **Melmaruvathur Adhiparasakthi Institute of Medical Sciences and Research**.

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**VANATHI PATHIPPAKAM**