

St. John's National Academy of Health Sciences Bangalore – 560034, India



St. John's
National Academy of
Health Sciences

St. John's Geriatric Centre – A Ray of Hope



Post Graduate Diploma in Geriatrics (PGDG)

Prospectus 2026



The EMBLEM of St Johns National Academy of Health Sciences portrays a man lying with sickness being helped to rise, and given renewed life by Christ, who is signified by the Cross, on which He died, and which is a symbol of love. The motto on the emblem, HE SHALL LIVE BECAUSE OF ME, links this Institution with the XXXVIII International Eucharistic Congress held in Bombay in December 1964, of which it is the Chief Memorial.

The motto is a constant reminder to our Staff and Students that they are God's collaborators in their care of human lives.

Postgraduate Diploma in Geriatrics (PGDG)

IMPORTANT INFORMATION

The PGDG course is certified by St Johns Medical College and Hospital and is designed for medical practitioners who want to build on their knowledge and expertise in the healthcare of older people in community, primary and acute care settings. It is not equivalent to any postgraduate residential course in Geriatrics, including MD or DNB. The course is not affiliated with any university and is currently not recognized by the NMC.

INTRODUCTION

India's aging population is rising steadily due to increased longevity and declining fertility rates. By 2050, nearly one in five Indians will be over the age of 60. In a society that is living longer than ever, a healthcare system that supports elderly care, and a workforce with a strong knowledge and understanding of geriatric medicine is the need of the hour.

The mission of St. John's Medical College Hospital is to educate and empower healthcare personnel who are committed to serving, especially the underserved, with integrity, compassion, and the spirit of Christ. Guided by this mission, the institution has a longstanding tradition of training doctors to meet the health needs of communities with limited access to medical services, promoting social justice in healthcare while upholding a spirit of excellence.

The Postgraduate Diploma in Geriatrics (PGDG) has been developed as a one-year hybrid course to enhance the clinical knowledge, skills and confidence of medical practitioners in dealing with the complex health and social needs of the ageing population. Combining online modules with face-to-face sessions, the program provides a flexible yet comprehensive approach to learning. It has been designed to support not only graduates of St. John's Medical College engaged in rural service but also allopathic medical graduates from across India. Upon successful completion of the 12-month course, participants will receive a certificate awarded by St. John's Medical College.

GOAL

This course aims to equip practicing doctors with the knowledge and skills to systematically and critically appraise issues in the care of older people, supporting the delivery of evidence-based care.

OBJECTIVES

- To develop a comprehensive understanding of the biological, psychological, and social aspects of aging and their impact on health and disease.
- To acquire skills in the comprehensive geriatric assessment of older adults, including functional, cognitive, nutritional, and psychosocial evaluation.
- To critically appraise current evidence and clinical guidelines relevant to geriatric medicine and apply them to patient-centred care.
- To enhance clinical decision-making skills in the management of common geriatric syndromes such as frailty, falls, delirium, dementia, and polypharmacy.
- To strengthen competencies in the safe and effective use of medications in older people, with particular attention to deprescribing and medication optimisation.
- To develop an understanding of ethical, legal, and cultural issues in the care of older adults, including capacity assessment, end-of-life care, and advance care planning.
- To improve interdisciplinary collaboration and communication skills within healthcare teams involved in the care of older people.
- To apply principles of health promotion, disease prevention, and rehabilitation in the ageing population.
- To utilise digital learning tools and evidence-based resources to support lifelong learning and continuous professional development in geriatric medicine.
- To translate acquired knowledge and skills into improved clinical practice and healthcare outcomes for older adults.

ELIGIBILITY

1. All candidates must possess a valid MBBS degree certificate and a valid NMC /State Medical Council registration.
2. Candidates possessing higher degrees, diplomas or Fellowships can apply

Weightage in selection will be given to those:

- ✓ in practice for over 2 years
- ✓ in Mission hospitals, rural practice, St John's bond centres,
- ✓ St Johns Medical College Alumni
- ✓ with a passion for setting up a Geriatric practice at their workplace

There is no Entrance Test.

Candidates will be chosen based on the eligibility criteria, as per the discretion of the Selection Committee for this course. The decision of the committee is final.

The maximum number of course participants is 30. A 50% concession for St. John's graduates in rural service (Limited seats) will be offered at discretion of the selection committee.

DURATION OF THE COURSE

PGDG is a one-year hybrid course.

Candidates must complete the course within 3 years from the date of enrolment.

COURSE DESIGN AND CURRICULUM

Clinical skills:

General skills:

- ✓ Management of common health conditions and emergencies using a problem-based, protocol-driven approach, with emphasis on rational prescribing and investigations
- ✓ Chronic disease management and follow-up care.
- ✓ Disease prevention and health promotion skills.
- ✓ Team management and leadership skills
- ✓ Communication and counseling skills.

Core geriatric skills:

- ✓ Recognize changes with ageing
- ✓ Recognize geriatric giants (falls/ incontinence/ reduced cognition/ polypharmacy, and others) and learn to manage them effectively
- ✓ Learn the role of a multidisciplinary team to coordinate care
- ✓ Appreciate and be able to integrate essential support services like rehabilitation and palliative medicine in the care of the older person
- ✓ Be able to assess the medication needs of older persons and prescribe rationally
- ✓ Learn to be a lifelong learner and an ethical medical professional

Course components:

1. Self-learning online modules with regular submission of assignments
2. Synchronous online teaching sessions
3. Two Contact sessions at St. John's Medical College Hospital for a total of 10 days
4. Project work

Self-learning online modules with assignments:

- ✓ Good internet connectivity is a must to maximize learning in this course.
- ✓ The online modules covering various aspects of geriatric medicine will be released every 10 days on the learning management software.
- ✓ The reading material for the online modules will be attached in a pdf format or as a prerecorded lecture.
- ✓ Each of the online modules will have an assignment which could include case vignettes, multiple choice questions or short essays The goal is to move from simple recall of knowledge to problem solving / practical decision making.
- ✓ Participants will have to upload their assignments as a scanned pdf within 10 days of release of the module to be eligible for marking. The window for submission of assignments for the online module will be strictly closed within 10 days of its issue.
- ✓ The participant has to complete the online submission of the assignment for the current module before proceeding to the next one.
- ✓ The estimated time commitment from the student is about 4 hours a week.
- ✓ Answer keys will be provided after the assignment has been submitted as a reference/guide for the participants
- ✓ The online assignments submitted through the year will be marked by designated faculty

The online modules will comprise of the following topics:

Physiology of Aging	Dementia
Demographic and epidemiological aspects of aging, healthy aging	Approach to stroke
Hypertension	Approach to peripheral neuropathy
Diabetes Mellitus	Insomnia in the elderly
Disorders of vision, hearing	Depression and anxiety in the elderly
Renal & Urological disorders	Substance use disorders in the elderly
Approach to polyarthritis	Nutrition in the elderly
Frailty and sarcopenia	Disorders of acid base and electrolytes
Falls	Respiratory disorders in the elderly
Osteoarthritis	Anemia in the elderly
Osteoporosis	Prescribing in the elderly
Parkinson's disease	Essentials of palliative care
Approach to delirium and coma	Role of preventive medicine in elderly care
Metabolic syndrome and obesity	Government schemes for the elderly

Synchronous online teaching sessions:

The program will include live, synchronous online teaching sessions that will enable real-time interaction between faculty and participants. These sessions will focus on case-based discussions, concept clarification, and active engagement.

Following topics will be covered:

- Movement disorders
- Heart failure
- Substance use disorders in elderly
- Metabolic syndrome and Obesity
- Renal replacement therapy in elderly

Contact sessions:

The 10-day contact sessions are an essential component of the course.

Participants are required to attend two compulsory contact programs during the course duration. These programs will be conducted at St. John's Hospital and St John's Geriatric Centre, Bengaluru. The cost of attending the contact sessions, including travel, boarding, and lodging, is not included in the course fees and must be borne by the participants. Lunch and high tea will be provided.

The contact sessions will cover the following topics:

1. Geriatric giants
2. Approach to patient with stroke and bedside neurological examination
3. Assessment of balance and strength and gait
4. Physiotherapy - role of PT in elderly, initial assessments and treatment modalities, right use of mobility aid
5. Examination of ENT and ophthalmologic evaluation in skills lab
6. In - situ training with skills lab trainer for clinical scenarios
7. Comprehensive geriatric assessment
8. Spirometry - basics
9. Hematological disorders in elderly
10. Examination of musculoskeletal system and approach to patient with low back ache and shoulder pain
11. Cancer screening/staging/role of functional and frailty assessment in cancer patients
12. Pain - assessment and management in elderly
13. Essentials of good communication/breaking bad news
14. Thyroid disorders in elderly
15. Bedside clinics and outpatient clinics

Project work:

As part of the course requirements, participants will be required to complete a project, which will include submission of a written assignment in the prescribed format during the second contact session. The project will involve the documentation of ten case sheets, along with the design and implementation of a health education program. Further details and guidelines will be provided at the commencement of the course.

ASSESSMENTS

Formative Assessment:

- Online Assignments: End-of-module assignments carrying 20 marks each.
- Project Work: Submission of a 100 marks written assignment in the prescribed format during the second contact session.

Summative Assessment:

- Theory (Exit) Examination: 100 marks, comprising long and short essay questions.
- MCQ Test: 50 marks, timed synchronous examination.
- OSCE/OSPE: 50-marks.

Assessment methods	Marks allotted
End of module assignments (25 modules)	500
Theory exam	100
MCQ	50
OSCE/OSPE	50
Project work	100
<i>Total marks awarded</i>	<i>800</i>

CRITERIA FOR AWARDING OF THE DEGREE

- ✓ Submission of 20 out of 25 of online modules assignments and a pass mark of 60 % in each assignment.
- ✓ 100% attendance in two contact sessions.
- ✓ Participation in at-least 4 out of the 5 of the synchronous online teaching sessions
- ✓ At least 50 % marks in summative assessment and project work.

A “Student of the Year” award will be conferred annually based on performance in formative and summative assessments, as well as the impact of the student’s work in geriatrics at their place of practice.

The convocation ceremony is planned to be held as an offline event at the St. John’s Geriatric Centre – A Ray of Hope at the conclusion of the course (event and dates will be finalized and intimated in advance).

COURSE FEE

The total course fee is ₹70,000 (incl 18% GST) per participant, payable in one instalment at the time of admission, and is non-refundable. The fee must be paid online through the GEMS portal; access to the portal will be provided to shortlisted candidates.

A limited number of seats are reserved for medical graduates of St. John’s Medical College who are currently serving in rural centres as part of their two-year post-MBBS social obligation service activity. These candidates will be eligible for a 50% concession on the course fee.

Convocation Fee: A convocation fee of Rs 1500 (including GST) per participant shall be payable upon the successful completion of all course components for the issuance of the course certificate.

ADMISSION PROCEDURE

An Expression of Interest (EOI) link will be made available along with the course brochure for interested candidates to apply. Following submission of the EOI and processing, applicants will receive an email acknowledging receipt of their EOI.

A list of shortlisted candidates and candidates will be notified by email and will be required to complete a detailed online application within the stipulated deadline and upload the following supporting documents:

- ✓ MBBS degree certificate or provisional degree certificate
- ✓ Internship completion certificate
- ✓ State Medical Council registration certificate

The entire course fee must be paid online through the designated portal.

Please Note: Selection will be based on eligibility criteria and at the discretion of the Selection Committee for the course. The decision of the Selection Committee shall be final and binding.

Mode of Payment:

Online Payment: Payments may be made using credit/debit cards, net banking, or UPI. In the event that a credit/debit card transaction is unsuccessful, but the amount has been debited, candidates are advised to wait for two working days, as the transaction may be completed within this period. If the transaction remains incomplete after this time, candidates may contact us for assistance.

FOR ANY CLARIFICATION, PLEASE CONTACT:

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Course Coordinators

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