



MEDIA RELEASE

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FOR IMMEDIATE RELEASE

Penal Supercentenarian - Dharmie Deo celebrates 110

Ms. Dharmie Deo, a Moruga native who now resides in Penal, has reached the impressive age of 110. Born on April 27, 1914, she now holds the esteemed title of supercentenarian, designated to those 110 years old and older. Her father, according to relatives, was an Indentured Labourer who came to Trinidad from India on the Fatel Razack thus laying the foundation for her lineage.

Ms Deo is the mother of seven. However, six of her children have passed. Her husband also passed sixty-nine (69) years ago. She is also the grandmother of approximately forty (40), great-grandmother of twenty-three (23) and great-great-grandmother of approximately twenty (20) great-great-grandchildren.

The quite petite supercentenarian has no secret to longevity simply maintaining a routine of eating twice per day. Her diet consists of modest portions of chicken, crix, and a quarter of roti. In her youth, she delighted in “spreading the pal” and singing at weddings and attending cultural celebrations such as the Divali Nagar and festivities for Indian Arrival Day. However, due to age-related issues, she now participates less frequently in these events.

To mark the occasion, her family hosted a celebration at her Penal home. Joining the celebration was Ms Crystal Felix, Inspector II of the Division of Ageing, who presented Ms. Deo with her Certificate of Honour and Achievement. Ms Deo also received a food hamper courtesy of the Minister of Social Development and Family Services, Senator the Honourable Donna Cox, and a birthday cake from the Kiss Baking Company.

The Ministry of Social Development and Family Services was proud to honour Ms. Deo and encourage persons to register for the National Centenarian Programme (NCP). The NCP honours persons 100 years and older for their contributions to the development of Trinidad and Tobago. To register, please visit the Ministry’s website at www.social.gov.tt to complete the online form. For more information, persons may contact the Division of Ageing at 623 – 2608; Ext 2001 to 2009, or 800-OPIC (6742).

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Dharmie Deo I - Dharmie Deo celebrates her 110th birthday on April 27, 2024 at her home in Penal.



Dharmie Deo II - Loved ones join for a photo as Ms. Dharmie Deo, age 110, displays her Certificate of Honour and Achievement.