

## **Sukritham Vayojana Swandhana Saayanam**

**Organized By:** MES Asmabi College, P. Vemballur (NSS Units 53 & 95)

**Programme Title:** Sukritham Vayojana Swandhana Saayanam

**Date and Time:** December 23, 2024, at 3:00 PM

**Venue:** Seethi Sahib Memorial High School, Azhikode

### **Participants:**

- **Senior Citizens:** 25
- **NSS Volunteers:** 72

### **Objective of the Programme**

The primary goal of *Sukritham Vayojana Swandhana Saayanam* was to provide a holistic and supportive environment for elderly care. The program focused on promoting healthy aging through a combination of **physical activities**, **social interactions**, and **health check-ups**. It aimed to:

- Combat loneliness and social isolation.
- Improve physical fitness.
- Foster mental stimulation and well-being among senior citizens.

### **Outcome and Feedback**

- The program, held on **23rd December 2024 at 3:00 PM**, was highly appreciated by the participants for its thoughtful design and impactful execution. It provided a meaningful platform for the elderly to rejuvenate physically, socially, and mentally.
- The intergenerational interactions between senior citizens and NSS volunteers fostered a sense of solidarity and mutual understanding. Both groups expressed gratitude and noted the significant value of such collaborative initiatives.



**MES ASMABI COLLEGE**  
**NSS UNIT 53 & 95**



# സുകൂതം

വയ്യോഴിന സാമ്പ്രദാന സാഹിത്യം

23-12-2024

03:00 pm

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