

Event Report: Health and fitness talk for the Senior Citizens Association

Date: 19th January, 2020

Venue: Senior Citizens Association Santacruz West

Introduction: On 19th January, 2020, Department of physiotherapy, NMIMS along with Nanavati Max Super Speciality Hospital, in collaboration with the Senior Citizens Association, Santacruz West. This event was organized to promote the health and well-being of senior citizens, assess their fitness levels, and offer guidance on maintaining a healthy lifestyle.

Event Overview:

The "Health and Fitness Talk for the Senior Citizens Association" aimed to address the specific health and fitness needs of senior citizens in the community. The event provided an opportunity for elderly individuals to undergo health assessments, receive expert advice, and engage in activities that support their overall well-being. Our student Ms Gunjan Gupta addressed the geriatric issues related to health and fitness and provided tips to sustain a healthy lifestyle.

Key Highlights of the Event:

1. Welcome and Introduction:

The event began with a warm welcome and an introduction to the importance of health and fitness for senior citizens. Attendees were encouraged to actively participate in the talk and make informed decisions about their well-being.

2. Health and Fitness Talk:

A qualified healthcare professional, specializing in geriatrics, delivered a talk on various health and fitness topics relevant to senior citizens. The talk covered areas such as the importance of regular check-ups, managing chronic conditions, and staying active as one ages.

3. Nutrition and Dietary Guidance:

A registered dietitian delivered a presentation on nutrition and dietary requirements for older adults. Attendees received information on maintaining a balanced diet, managing dietary restrictions, and making healthy food choices.

4. Physical Activity and Exercise Demonstrations:

A certified fitness instructor demonstrated safe and effective exercises that are suitable for older adults. The demonstration focused on exercises that improve strength, flexibility, and mobility.

5. Mental Health and Emotional Well-being:

A mental health expert spoke about the significance of mental health and stress management for senior citizens. Attendees learned about techniques to reduce stress and maintain emotional well-being.

Question and Answer Session:

The event concluded with a question-and-answer session, during which participants could seek clarification on health, nutrition, and fitness-related concerns and receive personalized advice.

Audience Feedback:

The event was well-received by the senior citizens in attendance, who expressed their appreciation for the valuable information and guidance provided. They found the event informative and relevant to their specific needs, and many expressed their interest in similar talks and workshops in the future.

Conclusion:

The "Health and Fitness Talk for the Senior Citizens Association" was a successful initiative in promoting the health and well-being of senior citizens. The event provided expert guidance on health, nutrition, and physical fitness, addressing the specific needs of older adults in the community.

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Geriatric audience at the health and fitness talk



Our student Gunjan Gupta addressing the audience



Our student delivering the lecture



Our student at the Senior Citizens association, Santacruz