

# Bharati Vidyapeeth (Deemed to Be University) College of Nursing Pune 43

## Report on Health Promotion Activity For Elderly.

DATE:- 13/03/2025

TIME:-10.00AM TO 12.00 PM

VENUE:SHANTIBAN OLD AGE HOME,WARJE,PUNE

ORGANISING TEAM:MEDICAL SURGICAL NURSING DEPARTMENT

Health Promotion Activity conducted for the elderly people ,in Shantiban Old Age Home by Students of Medical Surgical Nursing Speciality of B.V(DU)College of Nursing. The objective of this health promotion activity was to promote healthy aging among the elderly residents of Shantiban, focusing on exercise, personal hygiene, diet, and overall well-being.

### # Activities Conducted

- 1. Exercise Session:** Students conducted an exercise session, tailored to the needs and abilities of the elderly participants. The session included gentle stretches, breathing exercises, and mobility exercises to improve flexibility and balance.
- 2. Health Talk:** A health talk was delivered by the students, covering essential topics such as:- Personal hygiene practices, Balanced diet and nutrition, Importance of regular exercise and Stress management techniques.
- 3. Interactive Sessions:** Interactive sessions were conducted to encourage participation and engagement among the elderly residents. These sessions included quizzes, games, and group discussions on health-related topics.

### # Conclusion

The health promotion activity conducted by the Medical and Surgical Department. The session concluded with the outcome of improved knowledge on healthy aging practices including exercises and personal hygiene and diet. There was an interactive session with positive feedback

### GALLERY



for *Smriti Kulkarni*

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