


TRAINING AND ORIENTATION PROGRAM FOR OLD PEOPLE

A Training and Orientation Program for elderly individuals were conducted in association with ICDS and Puzhakkattiri grama panchayat. It aims to provide comprehensive support and guidance to seniors as they navigate various aspects of their lives. Recognizing the unique challenges faced by the elderly, this program is designed to enhance their overall well-being, promote social engagement, and empower them with the necessary skills to maintain a fulfilling and independent lifestyle.

The primary purpose of the training and orientation program is to address the specific needs of the elderly population. One significant component of the program involves health and wellness workshops. These sessions cover topics such as nutrition, exercise, and preventive healthcare. Participants learn about age-appropriate physical activities, dietary guidelines, and strategies to manage common health issues, empowering them to take proactive steps towards maintaining good


The Training and Orientation Program for elderly individuals is a holistic initiative aimed at enhancing the lives of seniors by addressing their unique needs. By focusing on health, social engagement, technological literacy, and financial and legal literacy, the program seeks to empower elderly individuals, enabling them to lead fulfilling, independent, and dignified lives in their later years. This initiative reflects our commitment to fostering a supportive and inclusive community for seniors.





Dr. NAVEEN MOHAN
PRINCIPAL
GEMS ARTS AND SCIENCE COLLEGE
KADUNGAPURAM (PO), RAMAPURAM
MALAPPURAM DT., KERALA-679 321

Photographs




Dr. NAVEEN MOHAN
PRINCIPAL
GEMS ARTS AND SCIENCE COLLEGE
KADUNGAPURAM (PO), RAMAPURAM
MALAPPURAM DT., KERALA-679 321




Dr. NAVEEN MOHAN
PRINCIPAL
GEMS ARTS AND SCIENCE COLLEGE
KADUNGAPURAM (PO), RAMAPURAM
MALAPPURAM DT., KERALA-679 321