

### **Senior Citizen Rejuvenation Centre – DLF Phase-2**

The Senior Citizen Rejuvenation Centre which was inaugurated on 14<sup>th</sup> October, 2017, by Shri. V Umashankar the then Municipal Commissioner of Gurugram, is running successfully. Around 28 Senior Citizens are already active members of the centre. In the past 8 months we have had a good number of workshops. Some of these were on:-

- **Use of Technology by Elderly People by HIET University Gaziabad**



- **Nutrition and its importance in elderly life by Dr. Kritika Bhola**



- **Nature's Remedies for Healing by Dimpy Singh**



- **Composting & Waste Segregation and Acupressure by Shruti Vidyarthi**



Besides that we are engaging the members in social causes such as interacting with children of an NGO named Udayan Care, Gurugram which we organized last year on Children's Day in the month of November. The initiative was quite successful as the members not only interacted with the children, they also gifted them chocolates and stationery.



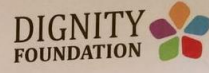
Another milestone achieved was the one day trip to Vrindavan in the month of April, 2018. The trip included food and transportation from Dignity Foundation. Members enjoyed the trip immensely. Now they are looking forward to many such trips.



By introducing Musical gala by MAC Foundation, Centre has further explored the innovative ways to keep Senior Citizens stay in high spirits.



In this way the past 8 months have added another feather to Dignity Foundation's cap in the form of Senior Citizen Rejuvenation Centre.



## Senior Citizen Rejuvenation Centre

