

REPORT ON THE
COMMUNITY BASE PROGRAMME ON “GERIATRIC HEALTH AND NUTRITION
ORGANIZED ON THE 22nd OF SEPTEMBER, 2017

The Department Of Clinical Nutrition And Dietetics organized a community based programmed and health education outreach programmed on the 22nd of Sept 2017 with the theme “**Nutrition, Exercise and Old Age**”, held at Mercy Home ,Demthring, Shillong.

The programme started with a welcome speech by Ms. L.Pariat (H.O.D) Clinical Nutrition and Dietetics, related to the theme.

The BSc 5th semester students elaborate on the importance of food and nutrients, eating habits, and exercise during old age in two languages i.e. Khasi, and Hindi. With the help of the teaching aids like charts the students were able to deliver the message regarding the importance of nutrients, diet related disorders, certain eating habits to be avoided and exercises during old age. This was followed by a group dance performed by the Bsc 1st Semester students which some of the elderly also joined them and showed good response. Then a group song was presented by the BSc 1st Sem students in two different languages ie khasi and hindi. The song was very much enjoyable and created a very interesting environment. It was then followed by simple physical exercise like Breathing and Stretching exercises taught to them by Ms L.Pariat and step by step the elderly were following them with the help of the other teachers and students.

Finally, the program concluded by a Thank You speech which was given by Miss P. Kharbyngar.

The residents at the Home were very excited for the visit and added that the students should visit more often and sing and dance with them. They also advised both the students and teachers to love and respect their parents and not to abandon them later in their old age.





EXERCISE AND OLD AGE

Exercise can reduce the risk of
fractures, improve mobility, and
help to reduce body pain.
It increases bone density,
improves digestion & absorption of food,
reduces chronic diseases and improves
overall health and quality of life.
It also helps you to stay active and
independent.

Old age is not a time of
inactivity. It is a time of
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PHYSICAL ACTIVITY IN OLD AGE

PHYSICAL ACTIVITY HELPS -

- MAINTAIN BALANCE & PREVENT FALLS
- MANAGEMENT OF CHOLESTEROL
- WALKING, JOGGING, REDUCES RISK OF DEVELOPING
OSTEOPOROSIS AND OSTEOPOROSIS
- LIKE GARDENING, FARMING INCREASES
BONE DENSITY
- REGULAR EXERCISE LIVE LONGER
- REDUCES THE RISK OF HEART ATTACK











