

हंसराज महाविद्यालय

दिल्ली विश्वविद्यालय

महात्मा हंसराज मार्ग,

मलकागंज, दिल्ली - 110007

दूरभाष : 011-27667458, 27667747

ई-मेल : principal_hrc@yahoo.com

वेबसाइट : www.hansrajcollege.ac.in



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UNIVERSITY OF DELHI

Mahatma Hansraj Marg

Malkaganj, Delhi – 110007

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NAAC ACCREDITED 'A++ GRADE COLLEGE

2023-2024

Name of the Event: Social Drive to Ankur Vihar Old Age Home

Organised by: Enactus Hansraj

Date of the Event: 26th November, 2023

Duration/Event Timing: 2.5 Hours

Venue of the Event: Ankur Vihar Old Age Home

Name of Coordinator(s): Shatakshi Singh, Prayag Sao

Name of Convener: Ms. Alka Kacker

Event Description:

On 26th November 2023, Enactus Hansraj conducted an outreach program at Ankur Vihar Old Age Home, focusing on the importance of nutrition and maintaining a balanced diet for the elderly. The aim was to highlight how thoughtful dietary choices can promote better health and enhance the quality of life in old age.

The session began with a general explanation of how nutrition directly impacts health, emphasizing the importance of making simple, positive changes in one's diet. The team discussed how regular, organized eating habits could improve overall body function, promoting better digestion and energy levels. This was followed by a detailed conversation on the consequences of both overeating and undereating, with a special note on the dangers of excessive reliance on medicines to manage health issues.

Another key topic discussed was the need for skepticism regarding food-related information from television and advertisements, encouraging the elderly to make informed decisions based on accurate health advice.

To lighten the mood, the team organized a fun game of "Passing the Pillow," which was followed by an enjoyable session of songs and dance, bringing joy and energy to the gathering. The event concluded with the distribution of fresh fruits to all the residents, reinforcing the day's message of nutrition and balanced diet.

The drive was successful in creating a lively and educational experience for the elderly residents, fostering a sense of community and well-being while imparting valuable health knowledge.

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Pictures:



Attendees

Prayag Sao, Manya Singhal, Nikunj Arora, Harshwardhan Aggarwal, Aayaan Mukherjee, Aarjav Jain