

## **“Age is not a calculation, it is an attitude” A Comprehensive Workshop for Elderly**

**Date of Workshop:** 16th December, 2019

**Venue:**

Samhita Rainbow MTB, Silver Springs Layout, Bangalore East.

The department of Human Development conducted a workshop for the elderly living in Samhita Rainbow MTB apartment on 16<sup>th</sup> December, 2019. Around 15 to 20 elderly living in the apartment participated in the workshop. The workshop aimed at addressing the needs of the elderly. It included activities to foster physical, cognitive and mental wellbeing of the elderly. The workshop also included recreational activities for the elderly. The workshop went on for about two hours. Most of the participants actively took part in the workshop and some of them even shared their experience about their past life.



