



Extension activity on “Exercises for sedentary elderly adults”

An awareness program on “Exercises for sedentary elderly adults” was organized at Inba illam old age home by the Department of Physiology, Velammal Medical College Hospital and Research Institute, Madurai, in association with Rotary club- Madurai Meenakshi , Madurai, Tamil Nadu on 18.02.25.



Following students accompanied the faculty of the department (Dr. Ajit Kumar, Dr. Noel Naveen Johnson and dept attender Mr. Kumaresan)



S.no	Name	Roll no	S.no	Name	Roll no
1	ARUNDHATHI KAMALAKANNAN	14	10	ABIMANYU A	2
2	BLESSY SANTINA J	18	11	HARISH KANNAN B	44
3	AKILA P	8	12	HARI PRASATH S	41
4	AATHIFA RAHAMATHULLA	1	13	HARIHARASUDHAN K K	43
5	DHARSHINI K	31	14	EASHWAR NAGARAJAN S	35
6	DHARSHITA V R	32	15	AMALA AGNEL BIJU G	9
7	HAJAANA BANU S	38	16	BALAJI J	16
8	DHANU SHREE V M	27	17	GIRIDHAR A L	36
9	AKASHKUMAR V	7	18	GIRIRAJA K M	38

The audience were the Elderly adults of inba illam old age home, Madurai, Tamilnadu.

The program began with the welcome address by Rtn.Dass Kumar, President, Rotary club Madurai Meenakshi, Madurai. Around 32 adults participated in the program. The welcome address followed by a acknowledgement talk on the topic “Exercise for the sedentary elderly adults” by Dr. Noel Naveen Johnson. The session was simultaneously paired with an in-house demonstration of the exercises and postures to be practiced by the First year MBBS students in sets of two short musical drama portrayals. The drama, ventured into an interactive



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model with the students teaching the elders about the simple exercises they can do on their own to increase their physical health.





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This was followed by a distribution of essential items and sweet for the inhouse elders. Following the brief interactive sessions, the elderly adults of the old age home, benefited from the tips and ideas on portrayal.

The program concluded by the Vote of thanks delivered by Dr.Ajit Kumar.