

# Today's Youth for Yesteryear's Youth!



**Calling Higher  
Education  
Institutions and  
Students!**

**Start Meeting the Elderly  
in your Campus and  
Neighbourhood!**

**Promoting students' involvement in caring for the elderly within their educational institution school, family, neighbourhood, and community entails cultivating a culture that values empathy, participation, and social responsibility!**



***Let Us Harness the Wisdom of Elders for Fostering Community Engagement !***

## **College**

- Accreditation
- Alumni engagement
- Cultural exchange
- Educational value
- Holistic student development
- Positive public relations
- Progressive image

## **Faculty**

- Enhanced teaching experience
- Innovative teaching methods
- Leadership skills
- Networking and collaboration
- Professional development

## **Students**

- Bridging the generation gap
- Building student's portfolio
- Communication and interpersonal skills
- Inter generational study
- Real-world situations.
- Well-being of both groups.



**National Community Engagement Academic Network**

F No147, D Block Majestic Mansions, Shamlal, Begumpet, Hyderabad  
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## Sample Activities

### Meeting the Elderly

Dress in a manner that is respectful and comfortable.

- Meet the elderly in the neighbourhood or at home.
- Express genuine interest to talk in a very open and honest way.
- Share updates about your own life, experiences.
- Inquire about their day or week. Encourage the elderly person to share their memories or experiences.
- Also; If possible, Tune with Nature:
- Learn gardening activity where both youth and elderly participants can work together.
- Also, if possible, celebrate the festival with the elderly.

### Feed with Care and Affection

- Take into account any dietary restrictions or health conditions the elderly person may have. Consult with healthcare professionals if necessary.
- Set up a pleasant and comfortable dining area.
- Modify the texture of the food if needed, especially if the person has difficulty chewing or swallowing. This might involve pureeing or softening certain foods.
- Be mindful of portion sizes, taking into account the individual's appetite and nutritional requirements. Avoid overwhelming them with large portions.

### Memory Lane Activity

- Encourage residents, especially the elderly, to share their stories, photographs
- Collect with your smart phone photographs, documents, artifacts, and any other historical materials
- Conduct interviews. Use audio or video recording equipment.
- Arrange storytelling sessions  
Host community *Rangoli* sessions to involve residents in the creative process.

### Fitness and Wellness

- Identify the fitness and wellness needs of the community by surveying residents or conducting discussions.
- Find a suitable venue that accommodates the planned activities, considering factors like space, flooring, and accessibility.
- Collaborate with certified fitness instructors or wellness experts to lead a fitness or wellness classes or workshops. Ensure they have experience working gently with diverse age groups.
- Ensure safety standards are met during all activities. This includes proper supervision, first aid readiness, and adherence to any relevant health guide-

### Tech Buddy

- Identify the specific technology-related needs of the elderly participants. This could include using smart phones, tablets, computers, or specific applications.
- Pair each tech-savvy youth with an elderly individual
- Conduct an orientation session for both tech-savvy youth and elderly participants.
- Start with basics like navigating the device, understanding icons, and gradually progress to more advanced tasks.

### Visiting an Old-age Home

- Research local old-age homes or senior day care facilities.
- You can do this through online searches, recommendations, or by contacting community organizations. Reach out to the chosen day care facility in advance.
- Ask the staff about any specific rules or guidelines for visitors.
- Plan what you would like to do during your visit.
- Smile, introduce yourself, and be open to engaging in conversations with the residents.
- If there are group activities or events happening, consider participating.
- Be a good listener.

# Community Engagement and Service Learning- Students-the elderly community-- Today's Youth for Yesteryear's Youth

The National Community Engagement Academic Network promotes the theme "Today's Youth for Yesteryear's Youth"

Our academic network is dedicated to promoting knowledge sharing, capacity building, and student engagement among academic institutions. We advocate for community engagement and inclusivity, fostering connections that enhance over-

all well-being. Community Engagement involves active participation, collaboration, and interaction in decision-making, problem-solving, and collective action. We believe that **caring for the elderly is crucial, as their wisdom and experiences contribute significantly to the community.**

We propose that **students and educational institutions** engage in various activities, such as **community service, inter-generational programs, health promotion, and technology assistance** commemorating National Youth Day and Parakram Diwas. These activities foster social responsibility, empathy, and inter-generational connection, **benefiting both students and the elderly population.**

To assist in this endeavor, **we recommend utilizing our brochure and step by**

**step guide.**

We **request your kind support in implementing these activities** in your esteemed Higher Education Institution through community engagement initiatives. Our regional representatives will be available to address queries and provide guidance. **Cell: 9100703831 Certificates will be provided on report submission.**

The activities are:

1. Meeting the Elderly
2. Memory Lane
3. Tech Buddy
4. Fitness and Wellness
5. Feed with Care and Affection
6. Visiting an Old-age Home

**REPORT FORMAT** Submit report to: [convenorncan@gmail.com](mailto:convenorncan@gmail.com)

Sl. No	Reporting items	Details
1	Name of the University/ Institute/ HEI (Higher Educational Institution)	
2	HEI Address	
3	Name and contact details of the Principal/Head of the Institution	
4	Objective(s) of the programme	<p>To Get the College Youth involved in Community Engagement with Senior Citizens.</p> <p>To build inter generational family bond through engagement of College Students</p> <p>To acknowledge and owe our present to the contribution made by past generations .</p>
5	Number of participants (please enclose the List of Participants of the attendance sheet)	
6	Details of the Resource persons/ key speakers (please enclose the details)	<p>Name: Designation: Organization: Contact No.: Email ID:</p>
7	Key take-aways from the workshop	<ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> <li>4.</li> <li>5.</li> </ol>
8	Course of action/ follow up action	
9	Photographs of the workshop	



## Colleges Participating ..... Students with the Elderly .....



## COMMUNITY ENGAGEMENT WITH ELDERLY

- At Home
- In the Community
- In the Old-age homes

National Youth Day  
12th January  
to  
Parakram Divas  
23rd January



## NATIONAL COMMUNITY ENGAGEMENT ACADEMIC NETWORK



- At Home
- In the Community
- In the Old-age homes

## COMMUNITY ENGAGEMENT WITH ELDERLY

National Youth Day 12th January  
to  
Parakram Divas 23rd January



*In Indian culture, the youth's obligation for the old is seen not only as a moral obligation but also as a pathway to spiritual and personal development. The intergenerational relationship is seen as a revered alliance, and fostering emotional well-being is deemed crucial for the general equilibrium of both the family and society.*



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