Sports and Games Day for Promoting Active Ageing, Physical Fitness and Social Well-being among Senior Citizens	
Date: 12 February 2026	**Venue: Ground floor and ET Lab**
Time: 4:00 PM – 6:30 PM	**No. of Participants: 33 and student volunteers – 10**
Event Coordinator : Prof. Pooja R Takalkar	
Organised by	Centre for Wellbeing of Senior Citizens, RV Institute of Management

Introduction

The Centre for Wellbeing of Senior Citizens, RV Institute of Management, organized a **Sports and Games Day for Promoting Active Ageing, Physical Fitness and Social Well-being among Senior Citizens** on 12 February 2026. The programme was coordinated by **Prof. Pooja Ravindra Takalkar** with the objective of encouraging physical activity, mental alertness, social interaction, and emotional well-being among senior citizens.

The event provided a vibrant platform for participants to engage in recreational and team-based activities that fostered enthusiasm, healthy competition, and community bonding. The programme witnessed active participation from senior citizens, making it a joyful and memorable experience for all.

Objectives of the Programme

The programme was organized with the following objectives:

1. To promote active ageing and physical fitness among senior citizens.
2. To encourage social interaction and community engagement.
3. To improve concentration, coordination, and cognitive abilities.
4. To provide opportunities for recreation and stress reduction.
5. To foster teamwork, sportsmanship, and healthy competition.
6. To enhance the overall well-being and quality of life of senior citizens.

About the Resource Person

Prof. Pooja Ravindra Takalkar is a faculty member at RV Institute of Management with extensive experience in student engagement, event management, and community outreach activities. She has actively contributed to several wellness and developmental programmes aimed at fostering holistic growth and well-being among diverse participant groups.

Her enthusiastic coordination and participant-centric approach ensured the successful conduct of the Sports and Games Day.

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List of Senior Citizens, Student Volunteers and Technicians

S.No	Name	S.No	Name
1	A S Sathyanarayana	27	Ravishankar Setty H S
2	Ashok P Bhoopalam	28	S Aruna Bhat
3	B A Umesh	29	S L Keshava Murthy
4	B N Rathna Raj	30	S N Bharath Kumar
5	B R Nagaraj Guptha	31	S Narendra Kumar
6	B S Seetharam Guptha	32	Siva Prasad Yadalam
7	B Sabitha Venkat	33	Sridhar K S
8	B Venkata Ranga	34	
9	B Visweswara	35	
10	V Anuradha	36	
11	V RamaChandra Shetty	37	
12	Vani Muralidhar	38	
13	Venkatesh K	39	
14	Venkatesh Prasad K S	40	
15	V Anuradha	41	
16	H M Jagadeesha	42	
17	H Rekha Kini	43	
18	H S Kumar	44	
19	K A Madhusudhan	45	
20	K C Murali Krishna	46	
21	K M Shubha Devi	47	
22	K V Prasad	48	
23	Kanchepalli Seshadri		
24	Krishna Murthy	50	**Technicians**
25	Krishna Reddy	51	Mr.Ashok Kumar Reddy B
26	M Sudhakar	52	Mr.Manjunatha N
Student Volunteers			
1	Sneha M Teerth	6	Vikas T
2	Bhavana.M	7	Jasnie Leonie Dalmeida
3	Namana G N	8	Rakshitha kiran kanth
4	Pavan R	9	Kavya
5	Rahil M	10	Shilpa R Gowda

Games and Activities Conducted

A variety of engaging and age-appropriate games were organized to encourage active participation and enjoyment. The major activities included:

1. Balloon Balance Relay Race

Participants balanced balloons between their backs while walking in pairs. The activity promoted teamwork, coordination, communication, and physical movement.

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2. Lemon and Spoon Walking Race

Participants carried lemons on spoons while walking towards the finish line. This activity enhanced balance, concentration, and motor coordination.

3. Cup Arrangement Challenge

Participants competed in arranging and rearranging cups within a stipulated time. The game improved focus, memory, and hand-eye coordination.

4. Team Building Activities

Interactive group games encouraged cooperation, communication, and social bonding among participants.

5. Recreational Indoor Games

Fun-filled indoor activities provided opportunities for relaxation, enjoyment, and healthy competition.

6. Prize Distribution Ceremony

Winners and active participants were recognized and felicitated with prizes and trophies for their enthusiastic participation and sportsmanship.

Benefits to Participants

The programme offered several benefits to the senior citizens:

- Improved physical activity and mobility.
- Enhanced concentration and mental alertness.
- Strengthened social connections and friendships.
- Reduced stress and improved emotional well-being.
- Increased confidence and motivation.
- Encouraged active and healthy ageing.

Participant Feedback

The participants expressed immense satisfaction and enjoyment throughout the programme. They appreciated the innovative games, interactive environment, and opportunities for social engagement. Many participants expressed interest in attending similar recreational programmes in the future.

Outcomes Attained

The programme resulted in:

- Increased participation in physical and recreational activities.
- Enhanced social interaction among senior citizens.
- Improved cognitive engagement and concentration.
- Greater awareness regarding active ageing.
- Promotion of physical, mental, and emotional well-being.
- Strengthening of community spirit and social connectedness.

Conclusion

The **Sports and Games Day for Promoting Active Ageing, Physical Fitness and Social Well-being among Senior Citizens** was highly successful in creating an engaging and enjoyable environment for senior citizens. Through a variety of recreational and team-based

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activities, the programme promoted physical fitness, mental stimulation, social interaction, and emotional well-being.

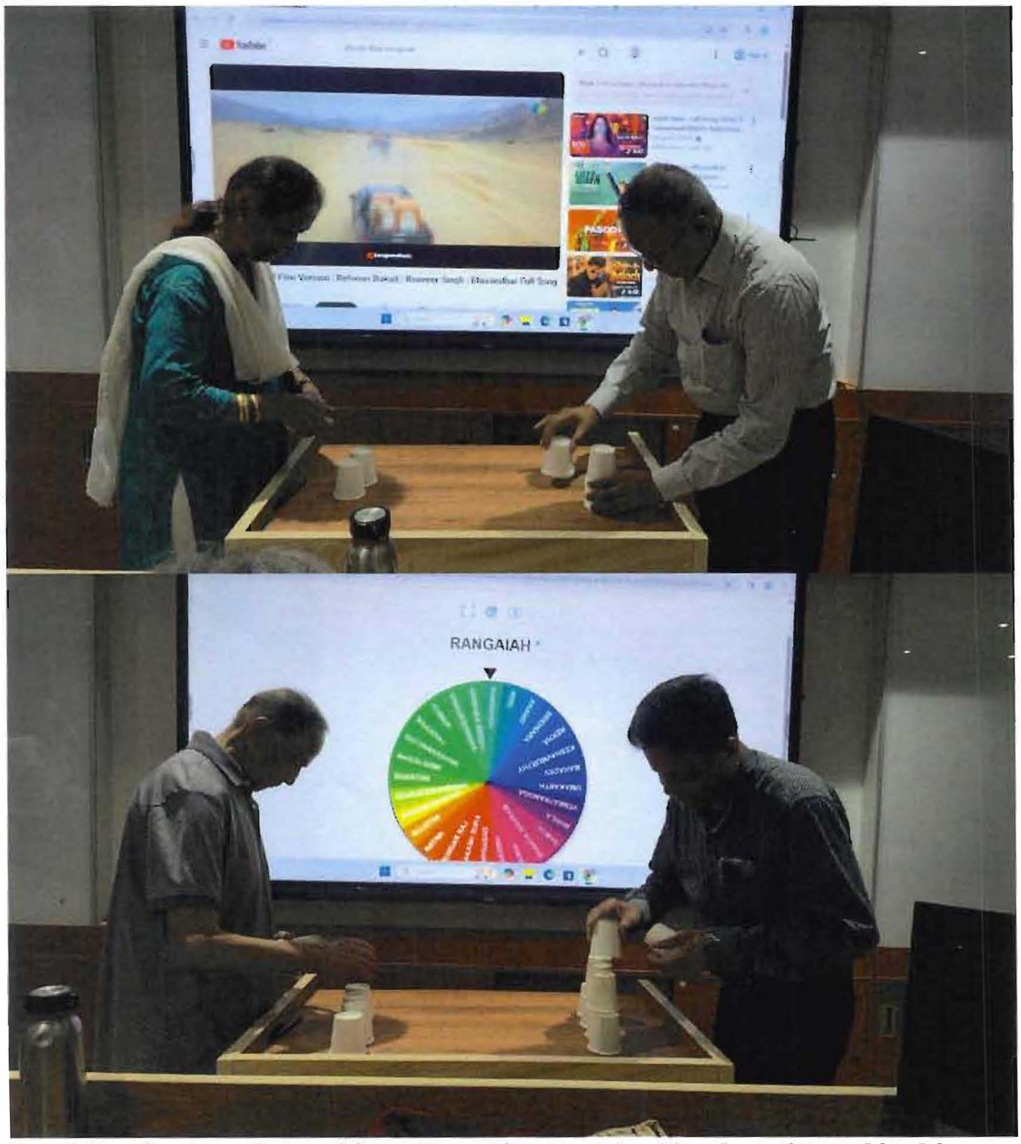
The enthusiastic participation of senior citizens and the effective coordination by **Prof. Pooja Ravindra Takalkar** significantly contributed to the success of the event. The programme reinforced RVIM's commitment to supporting healthy and active ageing through meaningful community engagement initiatives.

Photo Gallery



Participants showcased focus, coordination, and teamwork while balancing balloons in an engaging and enjoyable activity.

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Speed Cup Stacking Competition – Promoting mental agility, dexterity, and healthy competition.

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Senior participants enthusiastically took part in the lemon relay race, demonstrating concentration, determination, and active participation.

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Recognizing enthusiasm and participation as winners receive prizes and appreciation for their spirited involvement in the recreational activities.

Co-Ordinator
Prof. Pooja Ravindra Takalkar

Director

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