

Royal College of Education and Research for Women

Event on “Memories in Motion” (Senior Citizens Programme community service)

Date: 21.01.2026

Venue: Multipurpose Hall

Time: 10:00 a.m. to 12:30 p.m.

No. of Participants: ___

Objectives:

- To provide a joyful and engaging platform for senior citizens to express themselves.
- To create opportunities for social interaction, bonding, and emotional well-being.
- To share the life experiences, memories and contributions of elderly individuals.
- To promote values of respect, care, and inclusivity among students towards senior citizens.

Reflection:

The Royal College of Education and Research for Women, under the initiative of the Happy Sunday Club, organized a special event titled “Memories in Motion” for senior citizens. The programme aimed to honour elderly individuals and provide them with a platform to relive and share their cherished memories in a joyful environment.

Several engaging activities were conducted, including a Fashion Show, where participants confidently walked the ramp, showcasing grace and enthusiasm. Fun games such as Passing the Ball, Antakshari, Fire on the Mountain, and Musical Chair encouraged active participation and enjoyment. A special highlight of the event was the Memory Game, where participants shared their personal experiences and meaningful memories, adding an emotional touch to the programme. The Mimicry Session and Mingle Game further brought laughter, interaction, and bonding among the participants.

Overall, the event was lively, interactive, and emotionally enriching. It successfully created a space where senior citizens felt valued, respected, and connected.

Learning Outcomes:

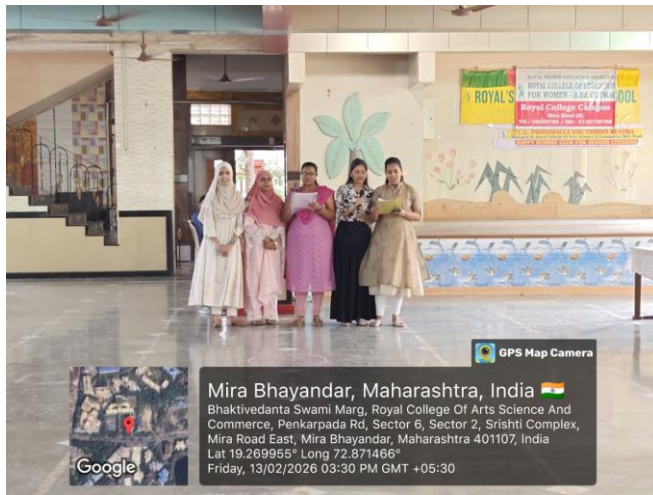
- Students understood the importance of respecting and valuing senior citizens.
- Participants experienced joy, engagement, and emotional expression through activities.
- Students developed organizational and interpersonal skills through event coordination.

- The programme promoted social bonding and emotional well-being among participants.

Feedback:

Fatima: The event was enjoyable and brought back many beautiful memories. I felt very happy and valued.

Rafat: All the activities were fun and engaging. It was a wonderful experience to be part of this programme.



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ROYAL COLLEGE OF EDUCATION & RESEARCH FOR WOMEN
 NAAC Accredited 'B++'
 Devoted to Serve
Happy Sunday Club
 presents
MEMORIES IN MOTION
 Grab the moment to go down the memory lane and relive the golden moments
 Date : 13th February, 2026
 Friday
 Time: 3:00 pm onwards
 "Wrinkles are just smile marks from years of happiness!"