

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:

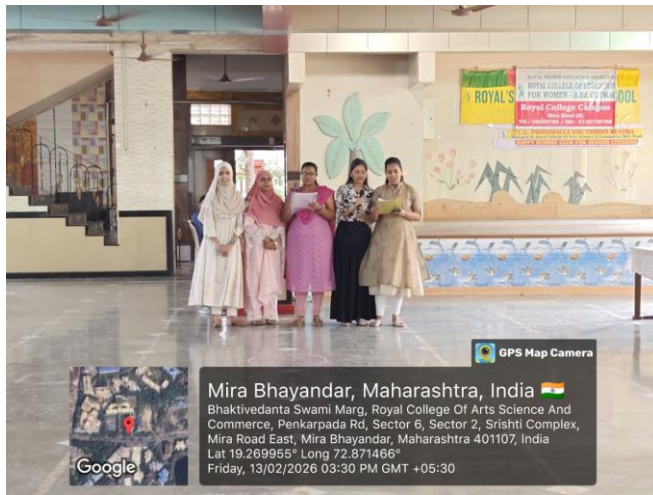
- Students understood the importance of respecting and valuing senior citizens.
- Participants experienced joy, engagement, and emotional expression through activities.
- Students developed organizational and interpersonal skills through event coordination.

- 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.



Since 2012
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!"

Royal College of Education and Research for Women Community Service Report

Date: 09/02/2026 -18/02/2026

Venue: MBMC School

Time: 6:30am – 12:50 pm

No. of Participants: 7

Objectives:

1. To develop social awareness and responsibility among student teachers.
2. To understand community problems and contribute towards their solution.
3. To promote values such as cooperation, empathy, and teamwork.
4. To bridge the gap between theoretical knowledge and practical experience.
5. To encourage active participation in nation-building activities.

Date : 10/02 /2026

Activity Name – Session on Mobile Addiction

We conducted a session on mobile addiction by first showing a short YouTube video to engage students. Then, we discussed its causes, why people use phones excessively, and the disadvantages of overuse. We also included a few simple activities to help students reflect on their mobile habits. This session helped students become more aware of their phone usage and encouraged them to develop healthier and more balanced habits.



Date – 16/02/2026

Activity Name - Session on Health and Hygiene

We conducted a session on health and hygiene where we discussed the importance of maintaining cleanliness, personal hygiene, and healthy daily habits. To make the session engaging, we included various activities that helped students understand proper hygiene practices in a fun and interactive way. This session helped students become more aware of healthy habits and encouraged them to follow good hygiene in their daily lives.



Date – 17/02/2026

Activity Name – Session on Moral Values

We conducted a session on moral values where we discussed the importance of honesty, respect, kindness, and responsibility in daily life. To make the session more engaging, we included activities related to moral values that encouraged students to think and express their ideas. This session helped students understand the importance of good behaviour and inspired them to practice these values in their everyday lives.



Learning Outcomes:

1. Improved communication skills and the ability to manage a classroom effectively.
2. Acquired hands-on experience in organising awareness sessions on social issues like mobile addiction and health and hygiene.
3. Developed skills in creating and using teaching aids to make learning more interactive and interesting.
4. Gained better insight into the needs of students from different socio-economic backgrounds.
5. Built stronger teamwork, leadership, and organisational abilities through participation in community activities.

Reflection:

The Royal College of Education and Research for Women carried out a community service programme at MBMC School from 9th February 2026 to 18th February 2026 with great commitment and enthusiasm as a part of curriculum. During this time, we organised awareness sessions on mobile addiction and health and hygiene to encourage responsible behaviour and promote students' well-being. We also created and used teaching aids to make lessons more interesting and effective.

Furthermore, we engaged in teaching students from different classes and supported regular classroom activities. This experience gave us a deeper understanding of learners from varied backgrounds and helped improve our teaching, communication, and classroom management skills. Overall, the programme was highly valuable and enriching, developing a strong sense of social responsibility and dedication towards the community.



**Royal College of Education and Research for Women
Community Service Report**

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No. of Participants: 7

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1. To develop social awareness and responsibility among student teachers.
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Activities Conducted

- Mobile addiction awareness session for students.
- Poster making activity on mobile addiction.
- Good manners awareness session.
- Health and hygiene awareness session.
- Preparation and use of teaching aids.
- Teaching and assisting teachers in classroom activities.

Reflection:

The Royal College of Education and Research for Women conducted community service at MBMC School from 9th February 2026 to 18th February 2026 with sincerity and dedication as a part of curriculum. During this period, we conducted awareness sessions on mobile addiction and health and hygiene to promote responsible behavior and well-being among students. We also prepared teaching aids to make learning more effective and engaging.

In addition, we actively taught students of different classes and assisted in classroom activities. The experience helped us understand the needs of learners from diverse backgrounds and strengthened our teaching, communication, and classroom management skills. Overall, the community service programme was meaningful and enriching, fostering a sense of responsibility and commitment towards society.

Learning outcomes:

1. Developed effective communication and classroom management skills.
2. Gained practical experience in conducting awareness sessions on social issues such as mobile addiction and health and hygiene.
3. Enhanced ability to prepare and use teaching aids to make lessons interactive and engaging.
4. Improved understanding of learners from diverse socio-economic backgrounds.
5. Strengthened teamwork, leadership, and organizational skills through community-based activities.

Feedback:

1. **Fatima:** Preparing teaching aids and engaging students made us more creative and resourceful as future educators. It helped us connect theory with real classroom situations.
2. **Sakshi:** The community service programme was a valuable learning experience that improved our teaching confidence and communication skills. It also helped us understand the social problems.

Photographs:

