

Refresher course for Elderly People

01. Name of the Organisation : Vivekananda Kendra - Nardep
02. Venue : Varma Research and Resource Center, Vivekanandapuram
03. Duration : One day
04. Date : 26th April 2025
05. Syllabus :
- Know Yourself
 - Old yet Young
 - Siddha system of medicines
 - Ice breaking activities
06. No. of Participants : 43
07. Resource persons :
- i. Shri.N.Krishnamoorti,
Senior worker,
Vivekananda Kendra,
 - ii. Shri.G.Vasudeo,
Secretary, VK-Nardep
 - iii. Shri.V.Ramakrishnan
Director
Vivekananda Kendra - Nardep





Shri.G.Vasudeo taking class on "Know yourself"



Shri.Krishnamoortiji, Senior worker talking class



Shri.V.Ramakrishnan interacting with the participants



Group discussion is on

