



# Sathya Educare Competency Trust

Sathya Educare Competency Trust, a non-profit organisation based in Karnataka, is on a noble mission to transform lives in rural areas. With a dual focus on empowering job seekers and enhancing the well-being of senior citizens, the Trust is making a profound impact across rural regions.

## Wellness Initiatives for Senior Citizens

Sathya Educare Competency Trust extends its reach to senior citizens through wellness activities tailored to rural communities. By organising wellness programs and activities, the Trust aims to promote physical health, mental well-being, and social inclusion among the elderly population. These initiatives not only enrich the lives of senior citizens but also strengthen community bonds and foster a culture of care and compassion.

### Senior Citizen Wellness Activities:

- 1. Physical Health Improvement:** Participation in wellness activities helps seniors maintain physical health, reducing the risk of chronic illnesses and enhancing overall vitality.
- 2. Social Engagement:** Our activities provide opportunities for seniors to socialise, fostering meaningful connections and combating loneliness and isolation.
- 3. Mental Well-being Enhancement:** Engaging in stimulating activities like puzzles and educational workshops supports cognitive health, reducing the risk of cognitive decline and depression.
- 4. Increased Independence:** Functional exercises and mobility programs help seniors maintain independence in daily activities, improving their quality of life.
- 5. Community Integration:** Engagement in wellness activities fosters a sense of belonging and community among seniors, promoting overall well-being and happiness.

### Partnership for Elder Wellness in Chamarajanagar

Sathya Educare Competency Trust is proud to announce our partnership with Karnataka Panchayat Raj, established through a Memorandum of Understanding signed on August. This three-year collaboration is focused on promoting the well-being of senior citizens in rural areas of Chamarajanagar District through our "**Joyful Aging**" program.

The initiative will officially launch in September 2024, followed by weekly activities across 10 Grama Panchayats. The program offers a holistic approach to elder wellness, including basic health assessments, mental wellness exercises, and opportunities for social engagement. Supported by medical professionals and volunteers, the activities aim to enhance physical health, encourage social connections, and promote cognitive vitality among seniors.

Through this partnership, we aspire to extend the benefits of "**Joyful Aging**" to more Panchayats across Karnataka, ensuring every elder can enjoy a dignified and fulfilling life.

**Our vision** is to extend this wellness program to all Panchayats across Karnataka, ensuring that every senior citizen experiences the benefits of Joyful Aging.