



**SGT UNIVERSITY**  
SHREE GURU GOBIND SINGH TRICENTENARY UNIVERSITY  
(UGC & AICTE Approved) Gurugram, Delhi-NCR

## Awareness Program on

“Cognitive Enhancement Activities on the occasion of World  
Alzheimer’s Day”

**“Cognitive Enhancement Activities”  
On  
World Alzheimer’s Day**



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**1. Title of the activity:**

Cognitive Enhancement Activities on World Alzheimer's Day

**2. Date:** 21<sup>st</sup> September 2023

**3. Location of the activity:** Kriti Elder care, Gurugram

**4. Organizing Faculty/Department/Association:** Nightingale Association of Stress Management under the Department of Mental Health Nursing, Faculty of Nursing, SGT University

**5. Participating Team Members with Designation:**

1. Ms. Poonam Ahlawat (Assistant Professor), Faculty of Nursing
2. Ms. Jyoti (Assistant Professor), Faculty of Nursing
3. Ms. Nicky (PG Tutor), Faculty of Nursing
4. Ms. Parul (PG Tutor), Faculty of Nursing



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6. Banner:-



SGT UNIVERSITY  
Shree Guru Gobind Singh Tricentenary University



## FACULTY OF NURSING

Nightingale Association of Stress Management under  
Department of Mental Health Nursing  
is organizing

COGNITIVE ENHANCEMENT ACTIVITIES ON



# WORLD ALZHEIMER'S DAY

THEME:  
NEVER TOO EARLY, NEVER TOO LATE

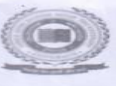
📅 21<sup>st</sup> September, 2023 | ⌚ 10:00 AM Onwards  
Venue: Kriti Elder Care, Gurugram, Haryana



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## 7. Approval letter from Registrar, SGT University

 **SGT UNIVERSITY** R-2747  
11/9/23  
SHREE GURU GOBIND SINGH TRICENTENARY UNIVERSITY  
(UGC Approved University) GURGAON, Delhi-NCR

**FACULTY OF NURSING**

Ref. No.: SGTU/FON/03/2023/ 589 Date: 09.09.2023

**Subject: Regarding approval for observing world Alzheimer's day on 21<sup>st</sup> September 2023**

The Nightingale Association of Stress Management under Department of Mental Health Nursing, Faculty of Nursing, SGT University, Gurugram is planning to organize "cognitive enhancement activities" on the occasion of world Alzheimer's Day 21<sup>st</sup> September 2023 from 10 a.m. onwards at "Kriti elder care, Sector 63A, Gurugram."

**Budget details:** *time - 10:00 am to 3:00 pm.*

S.No	Items	Quantity	Tentative Budget	Total Amount
1	Banner (6*4)	1	Rs. 400/-	Rs. 400/-
2	Sapling	1	Rs. 100/-per pc	Rs. 100/-
3	Certificate for the Organizers and participants	25	Rs.15/-per pc	Rs 375/-
4	Stationary: Charts Bold markers Color tapes Double sided tape	10 1 pkt 10 4	Rs. 5/- pc Rs. 150/-pkt Rs. 10/-pc Rs. 25/-pc	Rs. 50/- Rs. 150/- Rs. 100/- Rs. 100/-
5	Frooti (for residents)	100	10/-	Rs.1000/-
<b>Total</b>				<b>2,275/-</b>

In view of above, kindly provide transport facility on 21<sup>st</sup> September 2023 to Kriti elder care for 2 faculty members and 15 students. Permission for the event has been taken. (Copy enclosed).

Submitted for your kind perusal and approval.

*[Signature]* **Dean**  
Faculty of Nursing  
SGT University,  
Budhera, Gurugram

Registrar, SGT University

*may be considered to attend please*

*[Signature]* **Approved**  
*[Signature]* **11/9/23**

*[Signature]* **Dean Nursing**

*[Signature]* **Registrar**  
SGT University  
Budhera Gurugram

## 7. Objective of the Activity:

The objective of this programme was to focus on improving lifestyle choices apart from controlling the modifiable risk factors can minimize not only the risk for future dementia but also other chronic conditions.



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## **8. Brief Write-up on the event**

Nightingale Association of Stress Management under the Department of Mental Health Nursing, Faculty of Nursing, SGT University organized Cognitive Enhancement Activities on the occasion of World Alzheimer's Day under the theme of Never too Early, Never too Late on 21<sup>th</sup> September 2023 at Kriti Elder care, Gurugram, 10:00 am onwards.

The event was organized under the guidance and direction of Prof. (Dr.) Sunil Kumar Dular, Dean, Faculty of Nursing, SGT University & Ms. Poonam Ahlawat, H.O.D of Mental Health Nursing Department, Faculty of Nursing and was coordinated by Ms. Nicky Tyagi, PG Tutor, Faculty of Nursing. Total of 15 students from various nursing batches participated in the event.

World Alzheimer's Day is a global effort to raise awareness and challenge the stigma around Alzheimer's disease and other dementia. Various cognitive enhancement activities such as riddles, puzzles, song identification were organized to enhance their cognition process as well as educate them about Alzheimer's disease – definition, risk factors, warning signs and symptoms, early diagnosis, and appropriate treatment. The objective of this programme was to focus on improving lifestyle choices apart from controlling the modifiable risk factors can minimize not only the risk for future dementia but also other chronic conditions.



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## 9. Number & Description of Beneficiaries:

1. Elderly People ( 70)

## 10. Student's List

### Bsc nursing:

- 1) Manmohan
- 2) Naman
- 3) Afrooz
- 4) Ankit
- 5) Priyatosh
- 6) Anu
- 7) Varsha
- 8) Nisha
- 9) Muskan
- 10) Rahul
- 11) Monu
- 12) Madhuri

### *Msc 1<sup>st</sup> year :*

- 1) Neeraj

### *Msc 2<sup>nd</sup> year:*

- 1) Karen





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## 11. Outcome of the Activity & its relevance to Health Sciences:

The event was highly appreciated by the elderly people and they actively participated in all the activities and gained knowledge on improving their lifestyle choices.

## 12. Relevant Photographs with captions



*Session by Faculty on Improving Lifestyle choices that can minimize*



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Felicitation of Manager by Faculty Members



Group photo with students with Organizing Team members





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**11. Feedback from Beneficiaries/ Photo of Letter of Appreciation/ Testimonials**

**NA**