

# Nova Palm Foundation

Our foundation has initiated a program at the old age home to provide regular care for the residents, including a two-hour activity using PISTA headphones. One hour is dedicated to playing ping pong, promoting physical activity and focus. The second hour involves music singing and sharing, where residents enjoy personalized music and engage in lively conversations, fostering a sense of community and emotional well-being.



During the first hour, the residents engage in a friendly game of ping pong. It not only promotes physical activity but also helps improve coordination and concentration. The PISTA headphones are used to help promote focus, concentration, and relaxation, enhancing the residents' overall experience and performance in the game.



In the second hour, when the residents gather for music singing and sharing, the PISTA headphones with binaural beats create a serene and tranquil atmosphere. The beats can induce a state of relaxation, reducing stress and promoting a sense of calmness among the residents. This can enhance their enjoyment of the music, singing, and sharing activities.

