

VISIT TO OLD AGE HOME AS A VOLUNTEER

1. Social Visit to old age home “ Jeevan Sandhaya, Ahmedabad as a social volunteer from Udgam School for children Grade 10th Secondary Section on 23/09/2022 (certificate enclosed)

Purpose: The main aim was to connect and bond with senior citizens via various activities

Experience:

- We as a group of students were accompanied by our teachers with the aim to bring cheers and smile on the face of all respected Baas and Dadas residing there .
- We planned various interactive activities , games, bhajans etc for this social Visit.
- On behalf of school we distributed hand towels to the residents there.
- We initiated conversations and sought blessings from the elders and received abundant love in return.
- They spend quality time with us and we help them to learn Napkin soft toy, Yoga asanas that would help them keep healthy, also played fun filled games, including their old time favorite Movie dialogues to identify the films.

Pictures captures the moments:

A group picture with teachers and other volunteers from school



Interacting with Dada and listening stories about life experiences



A group picture at the end with all BAA and DADA



Playing games with them

last moment



UDGAM SCHOOL FOR CHILDREN
AFFILIATED TO CBSE

Certificate of Participation

Awarded to Asmi Sehra
of Std. 8 G for his/her participation in
Social visit to 'Teeran Bandhya', old age home, Ahmedabad.



23 Sept 2022

Date



J. Vijayalakshmi
Principal

2. Visit to old age home “**VISAMO FOUNDATION**” under “**Shree Charitable Trust**” at Vejalpur, Ahmedabad on 1st & 10th August 2023 **as a volunteer of Being women an NGO based on Ahmedabad.**

Purpose: During my earlier visit through school in 2022, I realized the happiness I felt being with them bring calmness in me. In order to continue the same, I googled many old age homes available in Ahmedabad and I found this one as it's a unique old age home .

Experience:

- Its unique old age home that takes care of childless and the destitute for free of charge, not even a single rupee is charged to look after the elderly medically ill people who are really in need for home and are not in healthy condition.
- Here the elderly who suffer physical pain get a home-like feeling and warmth. Here, the physically handicapped elderly are served under self-workers who are constantly trying to help them by supporting both physically mentally and look after their overall wellbeing by giving them food and medicines from time to time.
- Every old age home take care of /old people & elderly where they are roaming around and in decent health to take care of themselves. But when the same old people are not able to do their work on their own, their children or relatives are informed that the health of your old father or grandfather is very bad. You take them away.
- But the Visamo Foundation never says this to the relatives of the elderly. The Visamo Foundation performs all the activities to the childless and destitute elderly till they die. Even sometimes when the relatives do not come forward to perform their last rites these are also performed by the foundation due to their attachment with the

elderly people and to serve the society as a whole with a noble cause so they don't feel that there is no one for them.

- As a volunteer it was a matter of pride for me to be associated with an old age home like this, which serves only the elderly without any greed.
- During my association we visited the old age home many times as volunteer and tried to understand , how this organizations functions . with the help of other volunteers , I also got the opportunity to interact the elderly people, about their health issues, their craving to interact with us .
- In order to help them I raised funds from my family and school teachers to buy various food articles, pulses, rice, wheat flour, tea , medicines, diapers, bedsheet, blankets , radio , sugar bathing soap.
- This visit gave me a great feeling of contentment that giving happiness to others along with possessing education help me in shaping a future responsible citizens who believe in all round development as a child both in terms of mind, body and spirit.
- The smile that we saw on their face when we did little for them made my day as it make me believe once again that little good we do in our life can make a big difference in someone else life .
- Few pictures to share my feeling of joy with them and I wish to continue my association with them in future as during my few visit I experience a very unique bond of selfless love with them.

Pictures that capture the moments:





Everyone liked being feeling loved



It breaks my heart to see how helpless these people are and how can their own blood /family



These elderly people were completely dependent on others for their day to day work.



Baa was very happy seeing us ☺



VIDEO-2023-09-11-17-16-45_12.mp4



VIDEO-2023-09-11-17-16-48.mp4

Items we gifted during our visit



Outcome :

- As a volunteer these social visits to old age homes help me in realizing that both ethical and moral values are of utmost importance as , mankind main aim is to serve humanity with kindness and empathy and there is no better place to learn all this except meeting the elderly people who are having lot of experience and wisdom.
- As a volunteer / kid , it was painful to see people at old age home, hopefully our visit bring smile on their face and I, would like to continue my association with them in future.
- Few things/ food articles we distributed to them are shown in these videos and the smile it bring on their face, everyone wants to be loved. It's appreciable that its Old age home "Visamo Foundation" where people are admitted without any fees, through our fund raising activity we tried to contribute a little bit.
- It was overall a very enriching experience not just for us as a human being , it made me realize that in today's world how busy we become that we forget that those who raised us and needs us in their old age. ***Life is a circle .***