



REPORT ON 'A VISIT TO OLD AGE HOME'

Date: 30 January 2024

Venue: NGO, Earth Saviour Foundation, Mandawar

Event Type: Visit

Mode of Activity: Offline

Target Group: NSS Volunteers

Coordinators: Dr Mina Kumari and Neeraj Kumari

Organized by: NSS, K R Mangalam University, Gurugram

Participants: 45 NSS volunteers and 30 plus residents of Earth Saviour Foundation

Introduction:

On 30th January 2024, a group of National Service Scheme (NSS) volunteers K. R. Mangalam University visited the Earth Saviour Foundation, an Old Age Home as part of their community service initiative. The Earth Saviour Foundation serves as a refuge for individuals with disabilities and elderly homeless individuals. Mr. Ravi Kalra, the NGO's founder, together with his committed volunteers, has relentlessly endeavored to bring happiness to the lives of those they have rescued thus far.

Objectives:

- To interact with and provide companionship to the elderly residents of Earth Saviour Foundation.
- To understand the needs and challenges faced by elderly people.
- To contribute positively to the emotional and mental well-being of the residents.

Content:

NSS volunteers were warmly welcomed by the staff of Earth Saviour Foundation. They introduced the foundation and people living there. Dr. Neeraj Kumari introduced themselves and shared the purpose of their visit. The volunteers engaged in interactive sessions with the elderly residents. These sessions included sharing stories and participating in various activities to create a lively and positive atmosphere. The NSS volunteers distributed essential items to the elderly residents. This gesture aimed to address some of their basic needs and improve their quality of life. The volunteers spent time talking to the elderly residents individually, offering emotional support and a listening ear. This personalized interaction helped create a strong bond between the volunteers. and the elderly people.

In the last, the staff of the foundation interacted with NSS volunteers and emphasized upon giving them importance can be of therapeutic value to reduce their loneliness. They advised the volunteers to love their old parents for the simple reason that they dedicated the prime time of their life to making our life better.

Conclusion:

The visit to the foundation by NSS volunteers proved to be a fulfilling and enriching experience for both the volunteers and the elderly residents. Dr. Neeraj Kumari and Dr. Mina Kumari expressed their gratitude toward the staff of the foundation for their continuous support and dedicated efforts in assisting the elderly individuals.

Event Outcome:

Engaging in such kind of activities and providing assistance likely contributed to the personal growth and development of the NSS volunteers. They may have gained valuable skills such as communication, empathy, teamwork, • and leadership, which are essential for their holistic development.



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