

## A VISIT TO ARYA samaaj MAHILA VRIDHASHRAM

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On 10<sup>TH</sup> September, 2015, 10 students of Kalindi College visited the 'Arya Samaaj Mahila Ashram' along with their teachers Ms. Indu Choudhary (Convener, Social Responsibility Cell), Dr. Rashmi Chaudhary (Event Co-ordinator) and Dr. Poonam Tyagi (Member, Economics Deptt.).

When the group of students reached the ashram, they found it very pleasant as it was totally surrounded by lush greenery. The ambience was so peaceful and substantive. The group was welcomed warmly by the head of the ashram. It had a big state of art hall where the elderly women follow a daily routine of having a 'havan' in the morning, followed by Bhagwat Gita paath and 'sandhya aarti' in the evening. There were about 70-80 ladies above the age of 50 years who were living in this ashram in their allotted one room set.

They had a general store within the ashram to fulfill their daily requirements. Then there was a mini-hospital where there were doctors from various fields to meet any emergency which is a justified step as medical care at such old age is as important as anything else. So all in all, it was a good picture, the atmosphere and lifestyle of the ashram, and the ladies too. The infrastructure of ashram was good and more construction work was in progress to provide the ladies with better surroundings and environment.

When we initiated talks with those ladies who lived there, about their feelings, problems, and their perceptions, we got to know about their routines and their lifestyle which was a different experience for us beyond usual textbook centered life. The chatting time was fixed for oldies so that everyone come in contact with each other on daily basis and share their feelings and thoughts. Proper three time meal is provided to them from the canteen according to their diet. All the ladies were of pleasing personality who asked for tea or coffee and offered chairs to sit and talk to them. Kalindians: Ayushi, Chanchal, Kimmi, Priyanka, Anshul, Harshika, Ankita, Shagun, Bhumika, Parul, performed.

As students performed there, it was great to watch all the ladies enjoying the moment. One of them was a very good singer, knew the exact tune and pitch of the song and joined the students. They poured their blessings and love which is precious and above all.

At the end, the Head of the ashram and the Convener, Social Responsibility Cell shared their thoughts and views with all. We spent a good time there and hopefully made their time special too.

Compiled by-

Dr. Rashmi Chaudhary

Event Coordinator

Old Age Home Visit

Social Responsibility Cell



