

**DATE OF EXECUTION :** 01<sup>st</sup> February, 2020

**PLACE OF VISIT :** Shri Krishna Old Age Home

**PURPOSE:** Interaction with the elderly and spending some quality time with them.

**EXPERIENCE:** Home is where love resides, memories are created, friends and family belong, and laughter never ends. Keeping this thought in mind, the volunteers of NSS SCE Project Aashayein, in collaboration with Project Vikaas paid a visit to Shri Krishna Old age home. On the 1<sup>st</sup> of February, all the NSS SCE volunteers met at the boarding point, boarded the bus and headed to the old age home located in Old Town, Bhubaneswar. The bus reached the destination by 10 am. We greeted the residents by touching their feet and seeking blessings. The ashram's reticent atmosphere was soon transformed to the hustle and bustle of conversation, as the volunteers interacted with the elderly residents. The interaction session was followed by a short presentation to create awareness about the bird flu crisis currently prevailing in Odisha. The volunteers also discussed about the symptoms of diabetes and hypertension, and the relevant precautions that need to be taken.

Card tricks were performed in front of a captivated audience, followed by a mesmerizing dance and singing act. These performances touched the soul of all those who were witness to it. Last but not the least; all the volunteers got together to perform a medley of old Bollywood songs, apart from singing Odia and Nepali songs as well. By this time we had understood that that even strangers with generation gaps and language barriers can find solace spending time with each other. "The secret of genius is to carry the spirit of the child into old age" - this lesson was well learned by all the volunteers present. We also understood the need of showing thankfulness for what we have, and taking good care of our relationships with family and friends. Living up to the true spirit of Aashayein of sharing happiness, we shared their pain and laughed in their joy. They blessed each one of us and NSS SCE and wished us all the best for our future work!

Memories:

