

Report: Extension Activity on Visit to Old Age Home Conducted by the Department of Physics on 27th September 2023

1 message

Communication Cell IUL <communications@iul.ac.in>
Bcc: pyfc@iul.ac.in

Wed, Oct 18, 2023 at 1



Dear All

On 27th September 2023, the Department of Physics, Integral University organized an extension activity, "A visit to Old Age Home". The event aimed to provide students with an opportunity to interact with elderly residents at the old age home and gain insights into their lives. The activity was conducted in collaboration with the NGO WORK (Lucknow Chapter, UP East) and NSS unit of Integral University, under the scheme "Under the Aegis of Uttar Pradesh Parents and Senior Citizen Feeding and Operation Old Age Homes". The venue is located at Sama Old Age Home in Adil Nagar, Vijay Kunj Colony, Kalyanpur (East), Lucknow, Uttar Pradesh. The dedicated Convener of this endeavor is Prof. Shamoon Ahmad Siddiqui, who serves as Head of the Department of Physics. Assisting in coordinating this initiative are Ms. Tahira Khatoon (Assistant Professor), the NSS Coordinator at Integral University, Mohd. Zubair K Head of the WORK NGO in UP East, Dr. Syed Salman Ahmad Warsi (Associate Professor), and Dr. Haroon (Assistant Professor) from the Department of Physics. This collaborative effort is to support and care for senior citizens residing in old age homes in Uttar Pradesh.

Participants

Students from various disciplines, including BSc PMS, PME, Life Science, MSc Physics, and B. Tech., actively participated in the event. The registration was received through the Google Form: - <https://forms.gle/YQktfadHtzMkgXd49> and the participants have also joined the WhatsApp group <https://chat.whatsapp.com/GaqIWuLTi16EHROFzUOUvx> for sharing information and coordination during the activity.

Activities Performed by Teachers

Interaction with Authorities: The teachers interacted with the authorities of Samarpan Old Age Home, appreciating their efforts in maintaining the residents' quality of life.

Feedback: Constructive feedback was provided to the authorities regarding the management and upkeep of the old age home.

Interaction with Residents: Teachers engaged with the elderly residents, discussing their lives, experiences, and daily routines.

Visits to Residents' Rooms: Teachers visited the rooms of elderly residents, allowing for more personal and in-depth interactions.

Activities Performed by Students

Interaction with Residents: Students had the opportunity to interact with the elderly residents, engaging in conversations and learning about their life experiences.

Room Visits: Students visited the rooms of elderly residents, providing companionship and discussing their lifestyles.

Fruit Distribution: Students distributed fruits to the elderly residents in their rooms, spreading kindness and care.

Group Discussion: All students and elderly residents gathered for a group discussion on their lifestyles and perspectives on life in an old age home.

Musical Performance: A student of Pharmacy, Najmuddin Ahmad, sang a song to entertain the elderly residents, adding a touch of joy to their day.

Assistance: Students assisted the elderly residents in sitting on chairs and helped them reach their rooms, ensuring their comfort and safety.

The feedback received from the students through Google form after visiting the Old Age Home: <https://forms.gle/kZ1z7W2oUJqfEFVcA> reflects a deep sense of appreciation and understanding:

Life Lessons: Many students expressed that they learned valuable life lessons, emphasizing the need for love and care for the elderly.

Humility: Students found the experience humbling, emphasizing the importance of companionship and care for the elderly.

Gratitude: The visit motivated students to be more attentive to the needs of their elderly family members.

Independence: Students learned the importance of self-sufficiency and independence in old age.

Privileged vs. Underprivileged: Some students expressed a desire to visit old age homes run by NGOs that support less privileged elderly individuals.

Respect: The visit reinforced the importance of respecting and caring for elderly family members.

Peaceful Interaction: Many students described their interactions with the elderly residents as peaceful and fulfilling.

Life Experiences: The elderly residents' life experiences were seen as valuable and enriching.

Impact: Overall, students reported that the visit had a positive impact on them, and they expressed a desire to visit old age homes again.

The visit to Samarpan Old Age Home proved to be a meaningful and enriching experience for both students and elderly residents. The event fostered empathy, understanding, and a deep appreciation for the elderly in society. It reinforced the importance of care, respect, and companionship in the lives of senior citizens. The activity was also published on social media by participating NGO accessible through the link https://m.facebook.com/story.php?story_fbid=pfbid0aPddYTEjyv5DNBF23nGMMa1Fbj7sX5sfkXHKtJkEweYXZsirPAoaLDxF6u8w4nnVl_100064061409480&sfnsn=wiwspmo&mibextid=RUBZ1f. Based on the overwhelmingly positive feedback, it is evident that such extension activities have a profound impact on participants and contribute to their personal growth and social awareness.

Glimpses of the Event





Regards
Professor Shamoan Ahmad Siddiqui
Head, Department of Physics
Integral University
Lucknow, U.P., India