

## **Outreach Report: Visit to Little Sisters of the Poor Old Age Home, Bangalore**

Date: February 23, 2024

Location: Little Sisters of the Poor Old Age Home, Bangalore

Faculty Accompanied: Dr. Nimitha V. C, Dr. Vidya J,

Students Accompanied: 15 MSc Microbiology III Sem

### **Purpose of Visit:**

A group of volunteers comprising faculty members Dr Nimita Venugopal C, Dr Vidya J, and 15 MSc Microbiology students from MS Ramaiah College of Arts, Science and Commerce, visited the Little Sisters of the Poor Old Age Home in Bangalore. The primary aim of our visit was to provide companionship, engage with the elderly residents, and support their well-being.

### **Activities Undertaken:**

During our visit, we met Sister Noyla, who welcomed us with her broad smile and introduced us to the elderly women and men in the home. She told us the home occupied 50 elderly residents comprising women living on the ground floor and men on the first floor. Sister Noyla was very kind enough to take us around the home and show us their dining room, kitchen, garden and individual rooms allotted to elderly women. We met 50 to 70-year-old women who were excited to meet all of us. To support the residents' basic needs, essential items such as toiletries, clothing, and fruits donated by teaching staff and students of the Microbiology Department of our institution were distributed.

Students enjoyed spending time with them and enquiring about their health and well-being there. The elderly people shared their experience of staying at the old age home and they felt comfortable and the care given at the home. They spoke about their daily routine like their breakfast, lunch and dinner time, their afternoon nap time and also about the treatments that were given to those in need. They also have a common room where all of them would gather during the evening to watch television and spend time with each other. Making sure that these essential needs are accessible enhances the overall quality of life and comfort for the residents. The best part of the visit was all the elderly residents expressed their happiness on meeting us and assured the students that they would hold a special prayer for them to score well in their exams. We were touched by their kindness and humble nature. It was indeed a blessing that we could meet and spend time with elderly people.

## A few Glimpses of The Visit



**Conclusion:**

The visit to the Little Sisters of the Poor Old Age Home provided an opportunity for meaningful engagement and support for the elderly residents. It was heartwarming to see their happiness and gratitude upon meeting us. Overall, it was a humbling and blessed experience to meet and spend time with the elderly residents. Through our interactions and assistance, we aimed to enhance their well-being and alleviate feelings of isolation. We remain committed to exploring further avenues to contribute positively to the lives of the residents in the future.

Signature of HOD

Signature of Faculty Co-Ordinator

Dr Nimita Venugopal C

Dr Vidya Jagadeeshan