



# MALABAR COLLEGE OF ADVANCED STUDIES, VENGARA (Aided by Govt. of Kerala & Affiliated to the University of Calicut)

## Department of Psychology

### CHIRAKU - Old Age Home Visit

Department of Psychology visited an old age home - HIMA heaven of intimacy and merciful atmosphere, kalikavu malappuram on the 1st of January 2022 to celebrate new year. The journey was under the guidance and supervision of faculty, Mohammed Arshad P and Adithya K Narayanan

We visited HIMA as a part of new year celebration that aims to spread love, support and strength. Also to make them aware that there are many beautiful souls to rely on and to take shelter from their sorrows and loneliness. Hence we named our journey as 'CHIRAKU' aka wings.

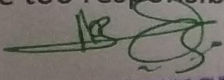
We reached HIMA at 11:30. The inmates were very hospitable and friendly. They welcomed us with drinks. The authorities greeted and appreciated our effort to make this visit. We gifted the residents some daily essentials as a token of love and we offered lunch to them. A total of 9000 ₹ was given as donation.

The old age home was surrounded by rubber plantation. The structure and the ambiance of the building was entirely different from what we expected. There were six homes which were named after six flowers. They have a mosque, beautiful garden etc. Overall, it was green and peaceful atmosphere.

We found two categories of people there: the one who were abandoned and deserted by their families and others who were physically disabled and mentally disturbed. Whatever the case maybe, the sufferers were the aged ones. Old age is called second childhood and is a time when one needs love and care of the near and dear.

Initially, it was quite difficult to digest the reality that we witnessed the elderly parent are not taken care of and being neglected and eliminated from their families, societies and communities as well. But spending some time with them made us think that how each one of us are too responsible for this in our society.



  
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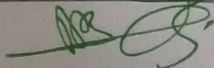
After chatting with them, we joined them for prayer and then later we all ate lunch together. Seeing them eating the biriyani we gave them made our heart happy and content.

To break the monotony of their lives, we presented few songs and dance. We also made them sing. Surprisingly, they sang more than us, that too in different languages. The people looked blissful in our company. Both us as well the residents were greatly overwhelmed as we shared stories and experiences. We shattered and saddened listening to their grieves and the demises of the older.

"Old age has it's pleasure, which though different, are not less than the pleasure of youth". This is something which we realised during this visit. Though we spent only a few hours with them, they made us realise the value of our parents and grandparents and the tenderness with which we need to take care of them.

The visit was life-changing experience as it was filled with many emotions and sentiments along with bunch of valuable life lessons. We believe that this was the best way to start this year. We are grateful to begin this year - 2022 with such an indelible memory.



  
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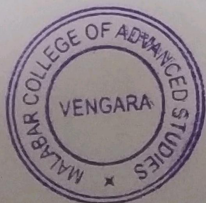
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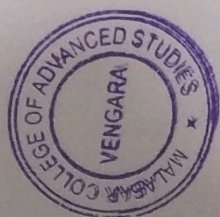
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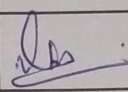
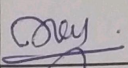
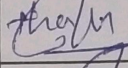
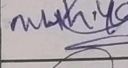
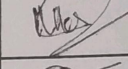
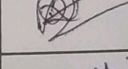
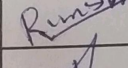
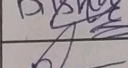
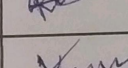
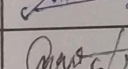
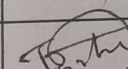
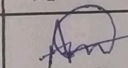
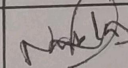
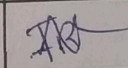
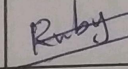
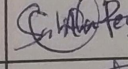
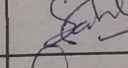
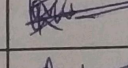
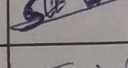
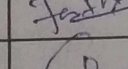
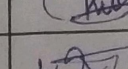
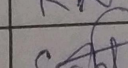
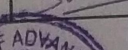
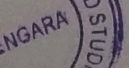
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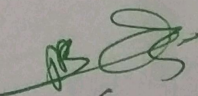


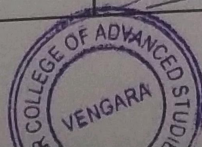
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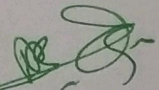
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3	Mohammed althaf	M	
4	Hamza illikkal	M	
5	Muhyadheen	M	
6	Muhammed faih	M	
7	Nihala	F	
8	Rinshida	F	 Rinshida 6/1/2022
9	Dilsha	F	
10	Rshina jasmi	F	
11	Vishnupriya	F	 Vishnu 2022
12	Safarunnisa	F	 Safa 6/1/2022
13	Farha	F	
14	Aishwarya rajith	F	
15	Nubla	F	
16	Fathima riya	F	
17	Ruby jahan	F	 Ruby *
18	Sahla peechi	F	
19	Sahla	F	
20	Raniya	F	
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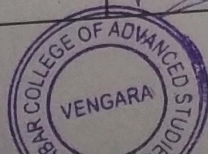
  
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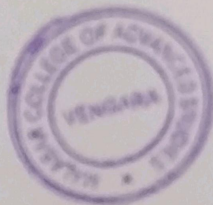
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32	Faheema Pkm	F	<u>Faheema</u>
33	Faheema Ak	F	<u>Faheema</u>
34	Mehnas marfy	F	<u>Mehnas</u>
35	Muhsina P	F	<u>Muhsina</u>
36	Shameela farhath	F	<u>Shameela</u>
37	Basila Banu	F	<u>Basila</u>
38	Nayana fathima	F	<u>Nayana</u>
39	Nihala Thasneem	F	<u>Nihala</u>
40	Harshana	F	<u>Harshana</u>
41	Ashitha ajith	F	<u>Ashitha</u>
42	Raneem	F	<u>Raneem</u>
43	Rifa Fathima Thari	F	<u>Rifa Fathima</u>
44	Fathima Sherin	F	<u>Fathima</u>
45	Hishana	F	<u>Hishana</u>
46	Shahna Thasni	F	<u>Shahna</u>
47	Fathima suhara	F	<u>Fathima</u>
48	Niha Fathima	F	<u>Niha Fathima</u>
49	Sahla jasmi	F	<u>Sahla</u>
50	Dilsha	F	<u>Dilsha</u>
51	Mubashira	F	<u>Mubashira</u>

  
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52	Huda nasreen	F	<i>[Signature]</i>
53	Lubna shahnas	F	<i>[Signature]</i>
54	Ajishna	F	<i>[Signature]</i>
55	Mahsha	F	<i>[Signature]</i>
56	Fathima Lulu	F	<i>[Signature]</i>
57	Noura	F	<i>[Signature]</i>



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