

Internship- Chetana Counselling Centre

From 21st March to 30th March, Arusha Pratap and Vidushi Agarwal from class XII, attended our 2-week internship with Chetana Counselling Centre run by Dr Yajyoti Singh, the School Counsellor. Under the "Dost" initiative, our students were tasked with conversing with the elderly to engage their minds and hearts.

Their goal was to enrich their golden years, to make them feel more included and less lonely. In these sessions, they built rapport with them, gained their trust, and in return, got the opportunity to learn from their experiences.

In these meetings, they lent their hearts to their joys, grievances, hardships-anything that they desired to speak about. These ladies spoke about a multitude of topics- their childhood, family, marriage, the news, school life, culture, past vacations, and their friends. Day by day, they felt more comfortable around us, and opened up more about certain hobbies such as reading, cooking, and solving sudokus, and even took interest in our life and pastimes.

It was quite interesting to hear how people much wiser and more experienced than us looked at the world. The wisdom we received from them is priceless. We felt humbled by how much we have yet to discover and learn and felt it necessary to keep in mind the valuable bits of advice given to us by them.

Another thing that surprised us was the positive outlook that both these ladies had on life. While we complain about small annoyances every day, they simply took them as a challenge and focused on finding the most tangible path to a solution without even a hint of complaining.

We feel extremely grateful to Dr. Yajyoti Singh for giving us the opportunity to be a part of this initiative, as it has changed our perspective on life and reminded us once again, that we can overcome any hurdles that come our way.

VIDUSHI AGARWAL
12-A (ARTS)

