



Gilgal: Home for the lost [Irene Jayesh, Public Health, 2022]

SPICES

SUMMARY

I had the privilege over the summer to volunteer at a place called Gilgal Ashwasa Bhavan a non profit, Christian shelter in Kerala, India. They have many services including Alzheimer's center, a care center for physically disabled, an old age home and a mental care center. During my time here, I was able to visit all the different areas, spent time with patients and even help with basic care. I spent time listening to stories of different individuals while engaging in daily activities and seeing how medicine worked in this environment. During my time there I was also able to observe the many difficulties of running such a large organization and the amount of skillful and dedicated workers that were needed in order to make sure ever



SPICES

Service
I was able to help serve group of individuals that are often forgotten by the community

HERBS

Benevolent and resilient:
I worked with a non profit organization to help take care of patients. I was put in many tough situations with different patients.

LEARNING OUTCOMES

Communicating effectively: I learned how to communicate better with a diverse group of people

Team Learning: Worked together with a group of talented staff to make sure residents were well taken care of.

Adaptability & resilience: Learned how to handle setbacks with patients and how to handle difficult situations



IMPACT

My involvement with Gilgal made me question what I consider important in life. The problems that I go through are no where near as hard as the problems some of these patients have been through. Through spending time with the patients, I was able to bring happiness and a sense of comfort to them. I was also able to get a in depth understanding of medicine and how non profit organizations work.

ADVICE

This job was difficult at times but the reward is amazing. Just being able to spend time with these patients and seeing their smiles makes it all worth it.