



St. TERESA CLUB

Policy

St. Teresa Club is dedicated to engaging students in extension activities at old age homes, aimed at providing assistance, companionship, and support to the elderly residents.

Practices

- The club recruits volunteers from among the student body who are willing to dedicate their time and efforts to serving the elderly residents of old age homes.
- The club plans a range of activities to engage with the residents of old age homes, including cleaning sessions, assistance with daily tasks, provision of food items and essential supplies, recreational activities, and opportunities for social interaction.
- Volunteers visit old age homes on a regular basis to ensure continuity of support and companionship for the elderly residents.
- Volunteers spend quality time with the elderly residents, engaging in meaningful conversations, listening to their stories and experiences, and providing emotional support and companionship.
- The club mobilizes resources, including donations from students, faculty, and external stakeholders, to provide necessary provisions, medical supplies, and recreational materials for the benefit of the elderly residents.

Outcomes

- St. Teresa Club contributes to the overall well-being of elderly residents by providing them with physical assistance, emotional support, and opportunities for social engagement.
- The club's efforts result in cleaner and more comfortable living environments for elderly residents, fostering a sense of dignity and respect in their living spaces.



St. Joseph's College of Arts and Science for Women

(Affiliated to Periyar University, Salem)

An ISO 9001:2015 Certified Institution

Recognised U/s 2(f) and 12(B) of the UGC Act

Mookandapalli, SIPCOT, Hosur - 635 126

- Regular visits and interactions with volunteers help to reduce feelings of loneliness and isolation among elderly residents, promoting mental and emotional well-being.
- Engagement in meaningful activities and interactions with volunteers instill a sense of purpose and belonging among the elderly residents, enhancing their quality of life.
- St. Teresa Club provides students with valuable opportunities for personal growth, empathy development, and the cultivation of values such as compassion, respect, and social responsibility.