

**An account of my experiences of
working for children with cancer
under Samiksha Foundation**

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I am Priyanka Minz from Jharkhand and right now pursuing my post graduation in mass communication from Christ University. As a part of our course we were guided to do an internship where I with one of my classmate name Melanie joined SAMIKSHA FOUNDATION on 6th April.

At first I was really confused and nervous, as I didn't know what I was suppose to do there and how to help an ngo. I was even wondering as to why college has sent us into an ngo but today after 1 month of internship I have got all answers to my questions. It was very good experience of being with children. Though they are suffering from cancer, they are full of enthusiasm of learning things whenever we taught and they never hesitated asking doubts.

It was good experience of teaching children in Kidwai Cancer Hospital. I was assisting two teachers, Vidyavathy ma'am and Parvathy ma'am with subjects like English, Maths, drawing etc.

With the motto " the pursuit of knowledge is key to our pursuit of happiness" SAMIKSHA foundation is very different from other organization as they try to bring creativity and visualization theme through which children can understand their own value in life and they will see and feel things differently, which is very important in contemporary world. This program involves creative visualization techniques and art therapy with yoga session that is taken by Swami Yogaratna. I, along with the teachers of Samiksha foundation tried my best to make them learn new things. This foundation provides educational, recreational and spiritual support.

Story telling sessions are very important for children after study period to refresh their mind and also it brings a sense of morality in children. I have seen how silently they sit and listen to the teacher who tells them stories and when she asks questions like who was bad or good in this story, they love to answer. They understand the concept and meaning too like they should never lie and should respect their parents etc. These morals have to be inculcated in children now itself. I felt very proud to be in such an ngo where such steps are taken to help kids.

I really want to thank Sandhya ma'am who permitted me to help these children. To make them study, as because of the treatment they are missing their school. Personally at first I was sad to see such small children with such a disease. They are in hospital leaving their home, school and friends for whom, at this age means a lot. But I am thankful to Samiksha Foundation who has created such a homely surrounding where they have no complaints of missing their friends or classes. I had a nice time teaching them and experiencing like a teacher as well as elder sister.

Yoga and mediation is another important activity held by this foundation. It's very helpful for children's body and for blood circulation too. Two Saturdays I with other teachers and my friend, we made them do all the exercises taught by Swami Yogaratna. Kids love to do yoga and I feel its very good and important step being taken by this foundation. Yoga should not be underestimated, as its

helpful for body and parents and children know this very well. After yoga children visualize their illness and express this through drawing. I love being with them and if given a chance I will definitely be ready to come back again and do something for these kids. I had good memories with them and I will really miss them. I had good experience working under Samiksha Foundation and I am thankful to Sandhya ma'am, Swami Yogaratna, Vidyavathy ma'am and Parvathy ma'am.