

AN ACCOUNT OF MY EXPERIENCES OF CARING
FOR CHILDREN WITH CANCER UNDER THE
AUSPICES OF SAMIKSHA FOUNDATION



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Samiksha Foundation is an exclusive learning and activity centre for children with cancer. This foundation takes care of children with various types of cancers such as blood cancer, bone cancer, children suffering from tumours, lymph node enlargement etc. As an intern from Christ University, I was part of the foundation for a period of one month.



These children affected with cancer are bubbly and so full of life. Their innocence captivated me right from the start, and it was the smiles on their faces that would draw me towards them. It was a pleasure being with those kids who were so active and eager to learn things. These children could also draw so well and enjoyed just being there - to learn, draw, listen to stories or practice yoga.



Their joy knew no bounds whenever new things were taught to them. They would take pains to read and write and their tiny hands were always ready to do anything that was to bring them joy - be it reading, writing, drawing etc.

Creative visualization techniques, art therapy and yoga sessions are also implemented to bring about self healing and happiness. All this, makes Samiksha foundation unique and one can proudly proclaim that this foundation is truly committed



to the cause of caring for children with cancer.

Tasks like assisting the teachers Ms. Vidyavathy and Ms. Parvathi in checking the homework of the kids, teaching them English, math and kannada, binding books for the children, conducting yoga sessions, assisting the Yoga teacher and consultant Swami Yogaratna in her research, updating the database of people attending yoga sessions conducted by her were the tasks assigned to me as an intern at Samiksha foundation.

Thus, working for children was an enjoyable experience and I have great memories to take home with me. If given a chance, or if time permits, it would definitely be my pleasure to come back and work for these children.

My heartfelt thanks to Ms.Sandhya Sharad for giving me an opportunity to work as an intern at Samiksha foundation. My gratitude also goes out to Swami Yogaratna, Ms.Vidyavathy and Ms.Parvathy for all the support and co-operation extended during my short stint here at Samiksha foundation.