

# CENTRAL INSTITUTE OF HIGHER TIBETAN STUDIES (DEEMED TO BE UNIVERSITY)

## Community Outreach at Kashi Kushta Seva Sangh: A Heartfelt Visit to the Elderly

10 January 2026

### Centre for Teacher Education (CTE), CIHTS

On 10 January 2026, the students of B.Ed 2nd Year and B.A. B.Ed 4th Year from the Centre for Teacher Education (CTE), Central Institute of Higher Tibetan Studies (CIHTS), Sarnath, undertook a deeply meaningful community outreach visit to *Kashi Kushta Seva Sangh*. The visit was organized as part of their community work curriculum, reinforcing the institute's emphasis on experiential learning and social responsibility in teacher education.

The outreach programme was not merely a formal visit but a heartfelt interaction with the elderly residents of the Old Age Home. The students spent quality time engaging in conversations, listening to personal stories, and understanding the lived experiences of the residents. The day unfolded with warmth, empathy, and genuine human connection — values central to the ethos of teacher formation.

As a gesture of care during the winter season, the students distributed woollen shawls to the elderly residents, ensuring comfort and warmth. The offering of shawls was symbolic — not only a material contribution but also an expression of respect and affection. The programme continued with the sharing of tea and refreshments, creating an informal and intimate atmosphere where students and residents could interact freely. Laughter, smiles, and shared memories filled the space, transforming the visit into a memorable experience for all present.

One of the most vibrant highlights of the day was a cultural dance performance presented by the students, reflecting the rich and colourful traditions of Tibet. The performance brought energy and liveliness to the gathering. What made the moment truly special was the enthusiastic participation of the elderly residents themselves. They were not merely observers but active participants, joining in the dance and celebrating together with the students. The hall resonated with joy, rhythm, and a beautiful intergenerational exchange that transcended age and circumstance.

The community outreach programme was meticulously planned under the guidance of Dr. Sunita Chandra, Registrar, Central Institute of Higher Tibetan Studies, Sarnath. The initiative was further shaped and mentored by Prof. U. C. Singh, Chief Coordinator, Centre for Teacher Education, along with Dr. Jampa Thupten, Academic Coordinator, and Dr. Bhavana Behal, Administrative Coordinator. The dedicated faculty members of CTE also extended their support in organizing and facilitating the visit, ensuring that the programme was conducted with sensitivity and respect. The visit served as a powerful pedagogical experience for the students. Community engagement is an essential component of teacher education, enabling future educators to develop emotional intelligence, social awareness, and compassion. By interacting closely with the elderly, the students gained a deeper understanding of empathy, patience, and the importance of attentive listening — qualities indispensable for effective teaching.

Beyond the structured activities, the true impact of the visit lay in the intangible exchange of affection and understanding. Students discovered that service is not limited to material assistance; it is equally about presence, conversation, and shared humanity. The elderly residents, in turn, expressed gratitude for the companionship and cultural celebration that brightened their day. The programme reaffirmed the commitment of CIHTS and the Centre for Teacher Education to holistic education — education that shapes not only intellectual growth but also ethical and emotional development. It emphasized the importance of respecting elders, acknowledging their life experiences, and fostering intergenerational harmony within society.









Such initiatives continue to nurture a culture of compassion, collective responsibility, and community bonding. The outreach at Kashi Kushta Seva Sangh stood as a reminder that small acts of kindness create profound impact. It strengthened the students' understanding that education is not confined to classrooms but extends into society through meaningful engagement and service.

The visit concluded with hearts full of gratitude and a renewed commitment to community service — reinforcing the spirit of empathy, care, and shared humanity that defines the Centre for Teacher Education at CIHTS.

(This report is prepared by Dr Dipti Agrawal, Assistant professor of English, CTE, CIHTS)

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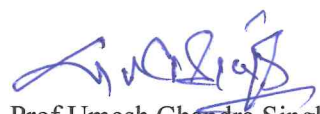
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