

I vividly remember the miserable sight of the abandoned elderly peoples, those painful narratives cursing the ageing process and the inevitable repercussions of it when I visited some senior citizens in an old-age home “Pashupati Bridhhashram” as per the curriculum requirement of Geriatric Nursing Practicum during my 2nd year of Bachelor of Science in Nursing. The layers of wrinkle in their faces had stories of a century; sufferings, longings; betrayals and so on motivated me to pursue a higher degree and career in Gerontology.

Being the eldest child to my parents always gave me the sense of responsibility to care for everyone in family. I was lucky to be raised between grandparents and parents of my grandfather. So I was attached to the elderly people since my childhood with grandparents and their friends always around. Whatever I aspired to become then, I always knew that it would involve elderly people. When my grand grandparents were in their final days of life and admitted to hospital, I saw how conveniently nurses took care of them. I remember my grand grandfather saying, 'if it weren't this sweet children, I would have died by now, they made me live a little more.' It then occurred to me that I would someday want to be like them. This inspiration made me choose my Bachelor of Science in Nursing.

Joining Bachelor of Science in nursing gave me a good platform but it definitely was not where I could stick forever. Nursing gave me a chance to interact with elderly people and study about ageism but I needed more than a brief knowledge. I specifically want to care for elderly people as they are the ones much deprived of. With this background and an aim to care for elderly, no other subject is what I look for but gerontology. A one day visit program per curriculum introduced me to the much care needed elderly people, thanks to nursing there. But one day did nothing much but gave a bitter memory of the suffered senior citizens residing there. I needed a platform to reach them more often so I joined Rotaract club of swoyambhu. Being a member of that club, I proposed, coordinated and participated in different events organized for the elderly people residing in different geriatric homes in Kathmandu. This gave me an opportunity to know them better and made me want to study Ageism in detail more than ever.

Ageism, in Nepal is not considered a serious issue. Had it been so then there would have been some major changes in the health and status of the elderly people residing in different geriatric homes. I have gone through various researches based on geriatric care in Nepal. Most of the study shows that majority of residents were suffering from at least one chronic disease and study highlighted the need to establish fundamental criteria and standards that will enable the government and operating agencies to provide improved health care services to older people. With this conditions present and no resources, it still might get ages for improvement. Not only physical health but study related to mental and social health of residents is also lacking. So Studying gerontology will certainly help me get a closer look towards ageism. If given the opportunity to study gerontology, I would like to return to my country after completion and utilize my knowledge and capacities to provide the best I can for the elderly people.

My undergraduate years have proven to me that my education is far from complete. A premier seat of knowledge and information derived from the cream of intelligentsia coupled with excellent

infrastructure is where I would get ample opportunities to apply my knowledge and develop fully. I found the program at your prestigious university challenging, enriching and ideally well suited to my requirements. I feel that graduate study at Eastern Illinois University will be a major step towards achieving my objectives. I learned that the Gerontology program has received the "first choice" graduate program status at the university and this has further encouraged me to join this program particularly at your university.

Having gone through the university website, I found that research focus of Dr. Jacquelyn B Frank on Alzheimer's disease and aging in prison to my area of interest. To work alongside the professors would be a great opportunity. I also read the student testimonial and found them very interesting.

I believe I possess the ability to race along in the track of achievers, turning all the stumbling blocks into progressive opportunities for the future, which I view as successful I am confident that I can meet the high academic standards of your institution. I am also sure that I can contribute positively towards your institution with my hard work and dedication. Studying Gerontology at your institution will help me move a step closer towards my goal because I believe not only in dreaming but also in striving to achieve the dream. Given, the opportunity I would sincerely work with dedication and give my best to make substantial contribution to my field of work and live up to high standards of your graduate program. I would be grateful to you if I am accorded the opportunity to pursue my graduate studies with possible financial assistance at your institution. I look forward to the discovery and challenge of my chosen career and a mutually beneficial association.