

# Dignity Foundation Services

## **FOR SENIORS KEEN ON READING, KNOWING AND LEARNING**

### **Dignity Dialogue**

The monthly magazine in English for Productive Ageing. Exclusive publishing space for Senior Citizens to write and publish.

BY SUBSCRIPTION ONLY -- ALL-INDIA

## **FOR SENIORS IN ALL CITIES**

### **Voice of Dignity – monthly newspaper**

Lobby and Advocacy newspaper for senior citizens all over the country. Each month discusses a new topic with voices of seniors.

## **FOR SENIORS WHO WANT TO WORK AFTER RETIREMENT**

### **Dignity Second Careers**

Job counselling and placement for retirees.

See [www.dignitysecondcareers.org](http://www.dignitysecondcareers.org)

MUMBAI, JAMSHEDPUR

## **FOR SENIORS WHO ARE LONELY AND DEPRESSED**

### **Dignity Companionship**

Volunteers visit homes of the lonely, enhance existing human resources & networking of seniors with their family and friends towards independence and self-sufficiency.

MUMBAI, CHENNAI, KOLKATA

## **FOR SINGLE SENIORS AND COUPLES LIVING ALONE KEEN ON DISCOVERING & NETWORKING WITH ONE ANOTHER**

### **Dignity Discovery**

Sujan-Dignity and Rotary-Dignity projects for loneliness mitigation to single elderly and couples living alone -- fortnightly bus trips to scenic sites away from Mumbai. Food Court and talent shows every month to cement bonds developed during bus trips. Discovering each other and scenic sites are the twin goals.

## **FOR SENIORS WANTING TO BE INTEGRATED WITH THE INFOCOM REVOLUTION**

### **Dignity Computer Skills**

Basic computer literacy at nominal charges. In Mumbai, teachers go home or tuitions offered at nearest cyber café through Dignity faculty.

MUMBAI; JAMSHEDPUR; KOLKATA

## **FOR SENIORS WITH A KEEN CIVIC SENSE & RESPONSIBILITY**

### **Dignity Civic Service**

Collaboration with Municipal Corporation. Members are engaged in locality management, improving its cleanliness, and promote awareness for segregating dry and wet garbage and insitu composting.

MUMBAI

## **FOR SENIORS IN DIFFICULT CIRCUMSTANCES**

### **Dignity HELPLINE**

Social support system for abused elders through counselling, police help, legal help and other problem solving techniques.

CHENNAI 26463165; JAMSHEDPUR 2474

1314; KOLKATA: 24638664 MUMBAI

23898078

## **FOR SENIORS UNDER THREAT OF PHYSICAL SECURITY**

### **Security with Dignity**

A network of protection with Police assistance for Elders living alone.

MUMBAI and JAMSHEDPUR

## **GOVT.AUTHENTICATED MULTI-PURPOSE ID CARDS FOR SENIORS**

### **Senior Citizens ID card**

Govt. of Maharashtra ID cards are given at 11 Dignity centres in Mumbai and 15 other cities in Maharashtra.

MUMBAI; JAMSHEDPUR

## **FOR SENIORS KEEN ON BUILDING COMMUNITY TIES AND TOGETHERNESS**

### **Monthly Get-Togethers**

Cultural programmes including talks are held.

KOLKATA, JAMSHEDPUR

## **FOR SENIORS SEEKING PROFESSIONAL ADVICE/COUNSELLING**

### **Dignity-Rotary Club of Bombay Pier Seniors Citizens Counselling Centre**

The last stop for all assistance – legal, financial, tax, consumer grievances, investments, insurance problems, medical references etc.

MUMBAI

## **FOR SENIORS WHO BELIEVE IN DISCOURSE**

### **Dignity Dialogues**

Monthly interactive forum for discussing issues based on the magazine. Celebrities, Writers, and commentators meet subscribers and members to articulate issues of relevance to Senior Citizens.

CHENNAI

## **FOR SENIORS' RELAXATION AND ENTERTAINMENT**

### **Dignity Evenings**

Dignitarians spend time together pursuing matters of mutual interest -- playing cards, carom, chess spelcraft etc. or simply chatting with each other in mutual company.

CHENNAI

## **FOR SENIORS TO CULTIVATE COPING SKILLS WITH LIFE PROBLEMS**

### Psychological Counseling

Professionally trained counselors are made available for purposes of increasing the coping skills of Senior Citizens in dealing with their every day lives.

MUMBAI, CHENNAI, JAMSHEDPUR

### FOR SENIORS WHO WANT TO LIVE A CARE FREE LIFE IN COMFORT, SECURITY AND SERVICE TO COMMUNITY

#### Dignity Lifestyle Township

Township of independent cottages for 500 Senior Citizens in Neral, near Mumbai.

MUMBAI

### FOR SENIORS HEALTH UPKEEP

**Dignity Health Check-Up** for members at discounted prices at The Tin Plate Hospital, Golmuri. Selected medical centres in Kolkata also extend discounts.

JAMSHEDPUR

### FOR SENIORS WHO NEED PROFESSIONAL LEGAL COUNSEL

**Dignity Legal** - Legal Professionals give advice, counsel and help to all senior citizens at affordable fees.

CHENNAI; JAMSHEDPUR; KOLKATA; MUMBAI

### FOR SENIORS TO EXPRESS TALENT & SHARE CULTURAL COMMONALITIES

#### Dignity Cultural

Programmes every alternate month for the entertainment and enhancement of knowledge.

JAMSHEDPUR

### FOR SENIORS TO SERVE AS PRODUCTIVE CIVIC CITIZENS

#### Dignity Companion of Police

Help Police control Traffic and other tasks conveyed by time by the Supdt. of Police or the Dy. Commissioner, East Singhbhum.

JAMSHEDPUR

### FOR SENIORS WHO WANT TO PRACTICE SOUL STIRRING EXERCISES

#### Dignity Meditation Centre

Every Thursday evening practice sessions at Salt Lake attended by devotional songs and bhajans.

KOLKATA

### FOR SENIORS AFFECTED BY DEMENTIA

#### Dignity Dementia Care

A Day Care Centre, Respite care at homes of dementia affected, regular awareness building about Dementia and Memory Gym are offered at Head Office of Dignity Foundation, Mumbai, Kolkata, Delhi

### FOR SENIORS TO VOICE THEIR VIEWS

#### Voice of Dignity

Voice of Dignity is a forum for senior citizens of all classes and cities to share their views about various rights, facilities and conveniences they expect to receive from society. In an organized fashion meetings take place in decentralized settings in Mumbai to be emulated in other cities.

MUMBAI

### FOR REACHING OUT TO SENIORS IN LOWER INCOME LOCALITIES

#### Dignity on Wheels

A large bus is equipped with every service that the Foundation delivers. The bus reaches out to lower-income locality.

MUMBAI

#### Dignity Induction

A rousing welcome to every senior citizen knocking at the doors of Dignity Foundation.

MUMBAI

**HEAD OFFICE:** Dignity Foundation, BMC School bldg, Topiwala Lane, Mumbai 400007  
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<http://www.dignityfoundation.com> ;

<http://dignitylifestyle.org>

**CHENNAI CHAPTER:** "Swarna" C Wing C 6, New 18 (Old 70), Halls Road, Kilpauk, Chennai 600010. Tel: 26473165 Email:

**KOLKATA CHAPTER:** 57b Ballygunge Circular Road, Kolkata 700019, Tel. 24741314

**JAMSHEDPUR CHAPTER,** 17 Nildih Enclave, Golmuri, Jamshedpur 831003, Tel 0657-2268307

#### VISAKHAPATNAM CHAPTER

14-25-15, RUBY HOUSE  
(Opposite to Zilla Parishad Gate)

MAHARANIPETA

VISAKHAPATNAM 530 002

#### BANGALORE NETWORK

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#### AHEMDABAD NETWORK

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