“There is nothing permanent except Change” is an oft quoted dictum. We are happy to announce a change. We are adding one more publication to our 24 years old magazine Dignity Dialogue. Dignity Expressions will be that new publication -- the special space created for publishing all news from Chapters and Head Office, from November 2018 onwards. This will be a free of cost publication printed in four colours on paper to be distributed among all members of Dignity Companionship, popularly known as Chai Masti Centre. Dignity Expressions will be a monthly publication of some 16 to 20 pages, covering two pages of monthly proceedings in each chapter. The Chapter Manager will be free to send us to Mumbai, text and photographs for publication. newsletter@dignityfoundation.com will be the new ID meant for submissions. If by 22nd of each month matter is not sent to the Newsletter Department in Mumbai Head Office, such matter will go into publication in the following month’s publication. Each Chapter may decide to continue their own four pager Newsletter, also called Dignity Expression, which they are now printing in black and white. If sponsorship can be managed for its printing and posting they are permitted to continue. If there is no sponsorship, it is wiser to discontinue chapter newsletter. Magazine Dignity Dialogue will no more carry any news or analysis of anything related to Dignity Foundation or Dignity Life-style Trust, except the Membership and Subscription Enrolment Forms, which are normally carried in all magazines. Our aim is also to make Dignity Dialogue an all-India news and information stand alone vehicle for senior citizens. May I at the end of this special message give total credit for this concept development to Mayura Sandeep, Chief Dreamer and Doer, Srika Marketing of Bengaluru. We had appointed her as Consultant for Dignity Dialogue magazine. After good amount of research and interactions with members, she came up with this concept which we have wholeheartedly embraced. It is our fond hope that members will now not feel ‘left out’ or ‘unattended in reportage’ of all the lovely things they are doing in each chapter. We are also consciously ridding the publication of Bombay-centeredness, if willy nilly such a consciousness got expressed by editors of Dignity Dialogue all these years.
Seminar on "Sleeping Disorder in Seniors"

The seminar was organized in association with Mega City Senior Citizens Federation and Kotak APC. The speaker of the seminar - Dr. Jayant Barad - a Psychologist, discussed how seniors face sleeping disorder and the solutions to overcome this problem. Dr. Rajul Shah - a Nuerologist also shared her inputs in the above subject.

Festival Celebrations

Janmasthami celebration by all dignity members at Paldi centre. Bhajans, Dandiya Raas, Janmasthami story, Pooja - etc all celebrated joyfully by all members followed by sweets and snacks.

Tour of Jindal Textiles

Dignity members visited Jindal Textiles - to see the whole process of yarn and cloth manufacturing. The factory staff were very cooperative to share the minutest details about the process from Cotton to Cloth (Fabric). Dyeing, Printing, Packaging etc.
International Day of Older Persons

Ahmedabad Chapter celebrated International Day of Older Persons on 1st October, 2018 at Ahmedabad Management Association. S Advocates J. P. Shah and Sudhir Nanavaty shared their views on Harmony in Relations. All Dignitarians dressed up in colourful costumes that showed different personalities like Jhansi ki Rani, Padmavati, Rajputani, Lawyer, Police Inspector, Doctor, Amma, Priest, Modern Family, Punjabi couple, Pathan, 2 sisters - professional rivals (Lata Mangeshkar & Asha Bhosle). This showed that though we live in the society with different cultures but we still have harmony in relations. The WED was also celebrated at Ahmedabad One Mall in Vasstrapur on 2nd October, 2018. Our promoter - Mr. Prashant Raval helped us in bringing the crowd together, conducted a drawing competition for kids and youth, many parents were attracted and they motivated their kids to participate in our contest. We had Dignity Medals for them and Ahmedabad One Mall sponsored gift vouchers. Suraksha Bandhan Bands were distributed and given to children. People were touched after listening about Dignity and the services for seniors.

Dandiya/Garba Celebrations in Rotary Community Hall

Ahmedabad Dignity members celebrated Dandiya / Garba on the occasion of Sharad Poonam. It was a grand celebration of Dandiya (Garba) by members and non members with their families and friends at Rotary Community Hall on 24th October, 2018. Many male and females dressed in traditional (Colourful) outfits to grace the occasion. Members and guests from age 50+ to 80+ participated in this program. Program started with Aarti (Pooja) followed by traditional garba and Raas. We organized a competition on this day – Best Dress (Costume), Best Dance (Choreography) and Best Energy – Categories – “Male” and “Female”. As this event was open for all – all participants were given token numbers. This helped the Judges to identify the candidates easily.
Ms. Brinda Ramesh writes about the Bangalore Chapter’s activities

The Bangalore Chapter - Dignity Foundation, in association with Columbia Asia Referral Hospitals, Yeshwanthpur and Amplifon, celebrated the “World Elder’s Day” on 6th Oct 2018 at Karnataka State Retired Police Officers Welfare Association, Bangalore. The Chief guests for the event were Sri Ravi D. Channannavar, DCP, Bangalore West and Dr. Prabhakar Shetty, Chief of Cardiology Department, Columbia Asia Hospitals. The distinguished guest, Dr. Prabhakar Shetty, Chief of Cardiology, Columbia Asia Hospitals, emphasized the concepts of Health, Happiness and Peace. He messaged the seniors to develop a scientific aptitude and discover the art of active and productive aging. He emphasized the need of meditation, proper diet and exercise and about the importance of preventive healthcare.

The guest of honor, Sri Pammaiah, President, Karnataka Retired Police Officer’s Welfare Association, started off the speech by saying that he couldn’t find any senior citizens in the hall! Since he was police, he mentioned that it is always easy and convenient to interact with elders and that he always felt it as a responsibility to attend these type of a senior citizens gathering.

Soon it was time for the fashion parade for the senior citizens. The Senior citizens dropped the coupons in the “Lucky Draw” drop box and gathered near the stage. Around 40 senior citizens dressed in their special attire presented themselves on the stage with a special fashion parade. 3 surprise secret Judges noted down the names of participants. The “Lucky Draw” box was opened on the stage and names of those first 3 participants were called by the judges and all the participants of the fashion parade also got the consolation prizes. Mrs Brinda Ramesh presented the annual report of activities of DF, Bangalore Chapter and listed the 10 events conducted during April 2017 to March 2018, and thanked the members participation in making those events successful.

JUST FOR LAUGHS

“THE DOCTOR IS RUNNING BEHIND - I WASN’T ENTITLED TO A SENIOR DISCOUNT WHEN I FIRST CAME IN.”
Mrs Brinda Ramesh presented the annual report of activities of DF, Bangalore Chapter and enlisted the 10 events conducted during April 2017 to March 2018, and thanked the members participation in making those events successful.

Bengaluru Chavadis
Celebrating International Day of Older Persons
World Alzheimer’s Day Celebration

To commemorate World Alzheimer’s Day, Dignity Foundation Chennai organized “Bus to Health for Alzheimer’s” on 21st September 2018. Members from the Chennai chapter went around the city in the bus which was fully covered with posters on World Alzheimer’s Day. The bus visited parts of Chennai frequented by elderly, like parks, and distributed pamphlets on the Dignity Dementia Day Care Centre. People were pinned a smiley which carried a message:

“Remember those who could not remember”.

It was widely covered by newspapers. This led to an increase in number of enquiry calls on Dementia Day Care Centre, and an increase in the number of patients in the day care centre. The campaign covered the bus and railway termini, malls, parks and popular spots (like beaches).

A dine out with the Tribal children

17 children from a tribal village were taken to a restaurant and our dignitarians shared table with them for lunch. That was the first visit for those children to enter into a restaurant. This dine with divine went on well bringing lot of excitement, happiness and new experience to these children from a tribal community. Dignitarians had a joy of feeding these deserving children. Having used to eat only one or two meals a day, when they were given variety of food to eat the children enjoyed each bite and some of our dignitarians had tears of joy in looking the way the children enjoyed the food.

Awareness Campaign on “Good Touch and Bad Touch”

To address the burning issue on child sexual harassments, dignitarians divided themselves as a team and gave awareness on Good Touch and Bad touch to the students of three corporation middle schools at Chennai. Dignitarians expressed that by having done this awareness program it helped them to come out of the helpless feeling they had towards the inhuman sexual harassment towards children.
Navarathri Pooja at Dignity Dementia Day Care Centre

Navarathripooja was celebrated at our dementia day care centre. It was a very colourful day at our centre where our members came with silk sarees and dhotis. The invitees were the family care givers and the dignity members. Some of the family members participated in the celebration and they shared sweets with all the members. Our Dignitarians as part of their contribution, they jointly distributed thamboolam for all the members and invitees. The oneness as a family was felt by all of us.

World Arthritis Day

In commemoration of World Arthritis Day Dignity foundation in collaboration with Soundrapandian Bone and Joint Hospital organised an awareness programme on Arthritis. Director of the Hospital Dr. S. Sivamurugan addressed members.

“Joy of Giving with Cancer affected Children”

Dignitarians visited the cancer ward at the Government Children hospital. There they spent some quality time with children and distributed toys and fruits to the children. Members reported that they were moved by the priceless smile from the children. Dignitarians thanked Dignity Foundation for providing an opportunity to engage in philanthropic activities.
Dr. Vartika Singh writes about the activities of Delhi NCR

Our Green Park Chai Masti Centre team and Senior Citizen members walked around the footpath on 8th Oct and handed over the handmade mats to the street vendors and fruit sellers sitting and selling their wares. Delhi NCR Chapter celebrated Daan Utsav in association with Delhi Metro at Metro Enclave Colony in Saket, Delhi on 6th Oct 2018. We received a good quantity of clothing including summer and winter wears; footwear and accessories- bed sheet, blankets, etc. Collection was further distributed among our Ration beneficiaries in Madanpur and Khadar Slum on 11th Oct.

Images of Delhi NCR Chapter celebrating Daan Utsav
Delhi NCR - World Elders Day celebration

Delhi NCR Chapter celebrated the International Day for Elderly by felicitating the Senior Citizens at Select CITYWALK mall in Delhi on 1st October 2018. We were able to reach out to nearly 60 senior citizens through it. Elderly women enjoyed being crowned and getting clicked with it while men were glad to get the smilies stuck to their wrist and shirt. We also shared our helpline number not only with the SZs but the youngsters too. All 7 of our Green Park Chai Masti Centre members not only came to encourage us with their presence but also joined the act of crowning, putting smilies, sharing helpline cards and talking about our work with the SZ visitors in the mall. Their presence attracted more visitors to our kiosk to learn more about our work.

“Elderly women enjoyed being crowned and getting pictures clicked with it”
Kolkata’s Ruma Chatterjee writes on the International Day of Older Persons

The Kolkata Chapter of Dignity Foundation wishes ‘SHUBHO BIJOYA’ to all. Like every year, Dignity Foundation celebrated the International Day for Older Persons; the function was organized at Rotary Sadan on 6th October 2018. Swami Bimuktananda Maharaj of Bharat Sevaram Sangha was the special guest at the function. Swamiji inaugurated the function and enlightened us all with his spiritual talk. His august presence illuminated the program.

The theme of presentation this year was World dance. The program started with songs by members of the Salt Lake Chapter. The next program, a beautifully choreographed Dance Drama, “Gauri Alo” by Ramdhenu Kalakunj enthralled the audience. This was followed by a dance of a group of ladies from Dhakuria chapter. They impressed the audience with their cheerful and lively Portuguese Dance. It was an all Lady performance by the Baguihati chapter. Their Japanese and Chinese dances mesmerized all. Their last number, “Come September” needs special mention because of the magnificent presentation. The program came to an end with a beautiful rendition of songs by members of Behala chapter.
Two days before Durga Puja I was asked if I was interested in visiting some of the old family pujas of Kolkata. Who would not accept such a grand and unexpected offer? My ancestors were among the earliest settlers in Kolkata, years before Job Charnock landed in this village and envisioned a planned city here. In those days Durga Puja was held only in aristocratic families and the concept of Durga Puja in public pandals had not yet evolved. In course of time the picture changed completely. Baroari (public) pujas not only dimmed the glamour of family celebrations but also outnumbered them. My ancestors also carried on with this tradition for several generations but long before I was born as their aristocracy faded out this pompous celebration also had to be stopped. However, I chanced to read a report published in the Calcutta Police Gazette which said that Lord Cornwallis used to attend the Durga Puja held in the house of Ramhari Thakur who was our great ancestor.

Our itinerary included Janbazar Rajbari, Sovabazar Rajbaris, Daw house and a few others. In the morning of Saptami, after a sumptuous breakfast, we started in a car for our exploration. Janbazar Rajbari is located on one of the busiest streets. Rani Rashmoni, daughter of a village fisherman was married to the zamindar of Janbazar. She was not only beautiful but a large-hearted woman who having no formal education yet competently managed the large estate of the family. A highly spirited lady, she is said to have given a tough fight against many dictates of the British rulers in the interest of her subjects.

When we entered the palace, puja formalities were going on. Barring the tourists, the drummers and the priests we could not spot the family. The puja seemed here only a customary celebration. I was quite surprised to notice on each of the pillars of wide verandah flawlessly carved faces of her majesty. What a contradiction! However, it was not the occasion to strain out history from myth. There are two Rajbaris in Sovabazar, another old locality. Pujas are held in both the premises adjacent to each other. Our next destination was Daw house. In all these families’ pujas the idols are carved in a single frame and are adorned with ornaments and weapons following scriptural instructions. The Daws originally belonged to the merchant class and the popular saying goes that Goddess Durga visits the Daws to be covered with gold ornaments just as the secret behind her attraction for Sovabazar is the majestic food offerings.

When we entered the Natmandir (place of worship) the elderly women were busy arranging offerings. The damp walls, the murky floors, the dark nooks and corners, the stuffy smell combined to recreate the antique flavor. I completely forgot to notice the gold for which I came. It was Jorasanko area, the birthplace of Rabindranath. Our ancestral house was also located nearby. I felt nostalgic. Old order changeth yielding place to the new—so believed Lord Tennyson, the poet. Public pujas in Kolkata are now grand exhibitions of art-work. The rapid metamorphoses are unbelievable but the grace and charm of antiquity still exist.
The entire Mumbai Dignity family also celebrated Daan Utsav - Joy of Giving week. All our centres planned their programmes and worked towards making the entire experience worthwhile and meaningful. Some of the activities they did were: Visiting Baba Amte's Ashram "Anandvan", Smit old age home, Ashadaan, and several other institutions, cleaning the dadar beach etc. Apart from distributing groceries, chocolates, toiletries etc, our members also entertained the inmates of these institutions and spent quality time interacting with them.

A week well spent!
Dignity Foundation Mumbai held the Contest ‘Dignity Icon’

Dignity Icon, a singing and dancing talent show for seniors above 55 years was recently organised in Mumbai. Senior citizens across the city of Mumbai along with our members participated in this competition and showcased amazing talent, confidence and enthusiasm. The performances by our seniors reiterated the fact that age is just a number!

78 year old Mani Mulla wins dance prize at Dignity Icon

Chandra Subramaniam, first runner up
Ragini Bhatia, first runner up (dancing)

Suhas Kulkarni wins singing prize at Dignity Icon

Kishore Kulkarni Second runner up (singing)
Chembur Chai Masti Center 2nd runner up (dancing)
The World Elders Day function was conducted by Dignity Foundation’s Pune Chapter on 25\textsuperscript{th} October 2018 at Mahatma Phule Auditorium, Wanawadi Pune. The program started with the Dignity Anthem and was inaugurated by our senior most members Mr. Ramaprasad, Mr. Asthana, Dr. Usha Sutaria, Mr. Kewal Kapoor and Ms. Sunita Nimkar. Mr. Thomakurian welcomed the gathered audience and read out President Sheilu Sreenivasan’s message on the occasion of International World Elders’ Day. The program was anchored by Ms. Saguna Ramaprasad from Wanowrie and Ms. Swati Sangupta from Kalyani Nagar centre. After that the music participants performed various melodious songs with our music teacher Ms. Maya Rana, accompanied by Mr. Vinod Sonawane on the tabla. Pune’s senior most Dignitarians, Mr. Sundaram Iyyer, Mr. Harish Rao and Mr. Bhupendra Kumar Kempraj also participated. Little children from Kumar Palms stole our hearts by their scintillating dances and by tying the Surakha Bandhan as symbol of gratitude and love for elders. Thereafter Professor P.P.N. Iyyer and his team performed orchestral versions of various mesmerising songs. At the end of the function, there were several skits on women empowerment by Ms. Aprana Chakraborty and her team. I can attest to the fact that the skits were nice and was received very well by the audience. At the end of the function I gave a vote of thanks, and I once again thank the 35 non members and 120 members who attended this event.
Dignity Foundation is a not for profit organisation that has been working for senior citizens since the year 1995. Dignity Foundation offers an enriching set of opportunities to lead a more dignified, secure, joyful and fulfilling life. Dignity Foundation deals with the psycho-social challenges of senior citizens in India irrespective of their caste, creed and economic strata. We help senior citizens deal with their insecurities (emotional, financial, health and safety) and loneliness and bring joy to their lives.

Headquartered in Mumbai, Dignity has Chapters spread across six other cities – Ahmedabad, Bengaluru, Chennai, Delhi NCR, Kolkata and Pune.

Our Vision:
To create an enlightened society in which the 50+ feel secure, confident and valued; and can live with dignity.

Our Mission:
We are a non-profit organization that is committed to changing the way people look at ageing in India. We enable senior citizens to lead active lives through easy access to trusted information, opportunities for productive ageing and social support services.

Values:
- Equality - We believe in serving all our members equally without any discrimination based on caste, creed, religion, and socio-economic status.
- Simplicity - We strive to make everything as simple as possible for those we serve.
- Positive Thinking - We are guided by our optimistic view of the world and the power of positive thinking. Anything is possible because we believe it so.
- Self-belief - We have an unshaken confidence in our own abilities to overcome all challenges.
- Perseverance - We will never give-up because it is the easy thing to do. We are relentless and tireless in our pursuits.

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