

# DIGNITY EXPRESSIONS

A bonding with people who care!

Monthly Newsletter as Members' creative output published by HO of Dignity Foundation, Mumbai



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## EDITORIAL

### Protecting Yourself Means Serving the Nation

**At a time like this, it is important that you don't add to the already existing pressure on the healthcare system. Moreover, find innovative ways to beat the blues of loneliness, says Dr. Sheilu Sreenivasan.**

**T**he biggest service to the nation you can do at this point of time is to keep yourself protected by not adding to the already heavy burden there is on the health system. We are the elderly and the corona virus has caused a loneliness epidemic. Make no mistake: the rapid implementation of keeping indoors is necessary to flatten the pandemic's curve and prevent the current scenario from worsening. But just as the pandemic's fallout threatens to cause an economic recession, what I am concerned about is: it is beginning to cause what we might call a 'social recession': a collapse in social contact that is particularly hard on the populations most vulnerable to isolation and loneliness — older adults and people with disabilities or pre-existing health conditions.

At Dignity Foundation we need seriously to take both social distancing and the social recession it will cause. Actually what I think is that we have entered a new period

of social pain. What we see around is a level of social suffering related to isolation and the cost of social distancing that very few people are discussing yet at the national level in India. That being the case, we at the HO are seized of this painful period of loneliness for you all. Till we come up with more inviting ways to beat this loneliness through innovative methods of social contact, I would like to offer these constructive methods of keeping your health under check:

1. Climb up the stairs as much as you can; think of it as an opportunity to be active. Even if you do not leave your home, it is possible to climb stairs.
2. Use household chores as a way to be more physical active.
3. Join in an online exercise class or make up your own routine to music you enjoy that uses the major muscle groups and raises your heart rate.
4. Do some muscle-strengthening activities such as lifting weights or improvise using full bottles of water or simply use your own body weight and do sets of press-ups, sit-ups and squats.
5. Make time for fun, such as dancing to music.

May I invite suggestions from thinking individuals as to what DF may do in order to reduce the impact of loneliness? Please email me at [sheilu.sreenivasan@dignityfoundation.com](mailto:sheilu.sreenivasan@dignityfoundation.com).

• **Dr Sheilu Sreenivasan**

# 1800 267 8780

**Dignity Foundation's PAN INDIA Number  
for Senior Citizens (above 60 years) to:**

- **Report Elder Abuse**
- **Avail trustworthy information**
- **Get first-cut legal advice**
- **Request for counselling for reducing stress**
- **Join Loneliness Mitigation Centres (online)**
- **Plus, to avail many more services across 6 cities in India:  
Delhi-NCR, Mumbai, Bengaluru, Chennai,  
Kolkata & Pune.**



# AZIM PREMJI PHILANTHROPIC INITIATIVES (APPI)

## Mullima Nagar Day Care Centre – Chennai

The centre has successfully been organising its regular activities with 64 members. Due to the second wave of the pandemic, members are split into two shifts: morning and afternoon. Preventive steps are implemented on a daily basis. The highlights of some of the activities carried out in April 2021 are listed below:

- On April 8, the centre organised an art and craft session where they were taught basic techniques for making a pen stand out of a paper cup and a decoration piece out of ice-cream sticks. The pen stand is now being used at the centre.



*Pamphlets distribution*



*Literacy training*

- On April 13, the centre organised a vaccination awareness session. Dr. A Arenesto, a medical consultant from Help Age India, led the session. He gave a brief explanation of the precautions to take in the event of a corona virus infection and demanded that they be followed. He educated the members

on the benefits of vaccines, especially for senior citizens, and dispelled vaccine-related myths. The members were shown an awareness video for a better understanding. He distributed pamphlets to each member.

- On April 29, a puppet show related to corona virus safety measures and the importance of vaccination was organised. A team from the Madras School of Social Work put up a display for members, educating them on the advantages and procedures of vaccination.



- The centre identified and prioritised some of the members who require mobility aids such as walking sticks to maintain their balance and stability while performing daily activities. It was decided to help the members by donating walking sticks to enable them to maintain near normalcy in morbidity. A non-profit organisation was contacted for support and the centre was able to donate walking sticks on April 15 to seven members who were in desperate need of them.
- On April 16, Tamil New Year was ushered in with festivities. In a bid to welcome positive vibes and blessings into the centre, the day was started with making colourful 'rangoli' patterns at the doorstep of the centre. Members sang devotional songs and performed special rituals. It was a joy to see members having fun in traditional attire.

- On April 20, the monthly health check-up session was organised. The visiting doctor examined all the participants and distributed medications for diabetes, hypertension, and knee pain and vitamin deficiency.



- On April 23, Bhavani Shankar enriched the members about the guidelines received from National Human Rights Commission on the rights of the elderly in the context of the pandemic. She briefed members about access to medical services, disbursement of pension, access to food and ration, access to assistive devices and easy access to transportation services.



Tamil new year celebration

Session on elder's rights



## Jogeshwari Day Care Centre – Mumbai

As the second wave of the pandemic hit India, in the interest of safety and security the centre halted all its physical activities. However, some activities continued. Centre Manager Vikas Suryavanshi made regular calls to members and even carried out home visits to assist those requiring support. He educated and encouraged members for taking care during the renewed spread of the virus. Meanwhile, the awareness sessions related to vaccination flagged off in March were continued in April too. At present 73 members of the JDC have taken the first dose of vaccination and others will take it soon. They have understood the

importance of vaccination and motivated others too. During this critical period when the elderly have to face the second wave of the corona virus, the importance of using sanitizers has come to the fore again. Thanks to Alkem Foundation which donated sanitizers, 101 members have so far received free sanitizers.



## Jaya Nagar

- With World Health Day on April 7, the centre's member



*Dr B Sridhar Rao*

Dr. B. Sridhar made a presentation on the topic 'Health Inequities: World Health Day 2021's Attempt to Set Them Right'. In his presentation he mentioned the theme stated by World Health Organization from 2009 till 2021, which is to build a fairer and healthier world. He also presented complete statistics related to different diseases in India, which included recovery rates as well as death rates.

- Nikhita and Nischith, the grandchildren of Nagaraj and Vasundhara Nagaraj presented a live programme of Carnatic music from the



*Nischith & Nikita Srikanth*

US for the members. Nikhita is in her 11th grade while Nischith is in the 6th grade. They both are learning Carnatic music from S Parvathi and light music and devotional songs from Bhavana Umesh through online classes. In their presentation they covered all forms of music such as folk songs, film songs, and devotional and light songs.

- On April 12, Dr. Sunil M u r a l i conducted an online session to explain to



*Dr Sunil K S*

- members how a properly planned routine from morning to night can help keep our body and mind healthy. Dr. Murali studied Sanskrit for 16 years from the Poorna Prajna Vidyapeeta under the guidance Sri Sri Parama Poojya Vishvesha Theertha. He secured 2nd rank in Dwaita Vedanta, a subject in which he did his doctorate.
- K R Shanta Ram, who has conducted a variety of quiz programmes, anchored a picture quiz in April where he presented one picture



*Vasundhara Nagaraj  
(First Winner)*



*Govind Eshwaraiah  
(Second Winner)*



*Kusuma Rao  
(Third Winner)*



*K R Shanta Ram*

along with four options for members to choose the right answer. He displayed a total of 60 pictures and each correct answer was awarded 10 points. The winners were Vasundhara Nagaraj with 500 points, Govind Eshwaraiah with 400 points and Kusuma Rao with 370 points.

- Sibling's Day was celebrated on April 10 with members sharing photographs of their siblings. These were later made into a collage of four photos by mixing different members' siblings' photographs. As many as 17 members forwarded their siblings' photos. They



were then asked to match the photographs with the number of siblings.

- As part of the regular short story narration session held every alternate month, Guru Murthy selected a book authored by famous music scholar Mysore Vasudevacharya with the title 'Artist Whom I Have Seen'. It is written in Kannada and the original name is 'Naa Kanda



Guru Murthy

Kalavidaru'. It was first published in 1955. It was written mainly to introduce musicians who performed in Mysore Palace, Tanjore Palace and many other princely states of South India. Some of the musicians whose musical journey has been covered in the book include Veene Sheshanna, Veene Subbanna, Bidaram Krishnappa and violinist Krishna Iyer.

## Sanjay Nagar

- A quiz session on sports was conducted by Shilpa Suraj, a very enthusiastic person who is keen about sporting events. The quiz provided an



Shilpa Suraj

opportunity to learn many facts related to sports.

- Ram Navami was celebrated with religious songs related to Lord Rama and narration of rare stories about the Ramayana. Susheela Devi, Basanta Bai and Neelkant Rao narrated several such tales.



Neelkant Rao

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## Vidyaranyapura

- Nirmala Mohan recalled the mythological story of Usha Anirudha Parinaya.
- A novel quiz for an observational mind was presented by K Vasu.
- A fun game that incites the most popular conclusion was presented by D Sujatha Rao.
- A 'Bhava Geethe' singing session was coordinated by Arya Mala. R R Sindhe, as part of the regular Sugama Sangeetha sessions, conducted two episodes.
- Muthuswami Dikshitar was remembered by Triveni Murthy and other members through the rendition of his classical compositions.
- On the occasion of International Earth Day, Triveni Murthy presented a session titled 'Dharithri' which focused on the need to protect our planet.
- A philosophical subject related to belief, faith and ritual was the focus of Dr. R P Sahu talks.
- A discussion on the concept of money, mathematics and god was organised.
- Life sketches of Samarth Ramadas and Vidyaranya Teertha were shared by Rama Tyagaraj.
- Premakumari Manjunath presented a talk on a literary theme on the origin and spread of the 'vachana' culture in Kannada.
- A story-telling session under the topic 'Mixed Bag' was presented by Lalitha Iyer.
- A talk was presented by Suvarnamma Heralgi on the topic 'My Brother Police'.

## Vijaya Nagar

- A quiz about India's independence movement, our flag and current affairs was conducted by Panduranga Reddy and all the members actively participated in it with enthusiasm.
- Ugadi was celebrated along with the birth anniversary of Dr. B R Ambedkar. A talk



*Panduranga Reddy*

was presented on the contributions of Dr. Ambedkar to the framing of the country's constitution.

- To celebrate Rama Navami, members recited prayers and devotional songs to seek blessings.



*Jayalakshmi*



*Sharadamani*

- A team of doctors from the Ramaiah Hospital presented a programme of exercises and yoga to help members stay fit and healthy as also strengthen their immunity during the course of the second wave of the pandemic.



*Dr from M S Ramaiah Hospital teaching simple exercises*

## All Centres

- The centre invited Dr. K Sukumari to anchor a session on mantras



Dr. Sukumari

and chanting effect on mind and body. She highlighted the scientifically proven health benefits of chanting which reduces fear, anxiety and anger, lowers blood pressure, creates a better mood and ends depression, slows down the ageing process, lowers stress hormones, helps the digestive system and leads to better sleep. She also led a group chanting session in which all of the participants had a very optimistic and lively experience.

- An entertainment programme titled 'Paatu Connect' was organised for the members with everyone participating in a game of bingo and antakshari. Everybody enjoyed singing the songs. The session was light-hearted with participants laughing their hearts out and releasing their tension. They also mentioned that these sessions helped them

forget about the current crisis and instilled a sense of positivity and unity among the members.

- A talk on characters and stories from the Ramayana was led by Mohan



Mohan Krishnan

Krishnan, storyteller and happiness coach. His poetic way of rendition was very much enjoyed by the members. The characters he discussed included Ram as a person with clarity of vision, depth of sense of right and wrong

and uncompromising commitment to truth and Sita as a strong silent lady who kept Ravan in check by her calm strength of will. He also spoke about Ravan as a man of scholarship who fell to disaster because of misplaced priorities.

- Dr. G S Rajadurai hosted a session titled 'Food is thy Medicine'. He discussed the fundamentals of good nutrition and bust mainstream myths that have contributed to the epidemic of modern illness and degenerative disease. He educated members on how to reduce the mismatch we experience every single day between our ancient DNA and our dietary choices. His talk enlightened our members on how the food we eat influences our health, wellness and disease.
- Members also participated in monthly singing and yoga classes in addition to the above sessions.

### Ration Distribution



## Dementia Day Care Centre

The centre prioritises patient-centred treatment and the wellbeing of dementia patients. Persons with dementia are first tested at the day care centre and then care plans are created based on the findings. Orientation therapy, physical exercises,

social activities, cognitive rehabilitation and stimulation activities like memory games, reminiscence therapy and sensory stimulation activities like gardening, music and dance are all part of an ideal day at the centre.



## DELHI NCR

### All Centres

There are various benefits of staying physically active. However, maintaining an active social life is equally important as one ages. The benefits of being socially active includes better cognitive health, reduced risk of developing depression, reduced stress and lower blood pressure. Therefore, having positive relationships enriches our daily lives by keeping us healthier and happier. Dignity Foundation's interactive and engaging

sessions have gained even more importance amidst the current crisis as they fulfil the senior citizen's need of social connectedness, positivity and hope.

- The centre began the month of April with a musical session. A discussion amongst the members related to Indian musical instruments made everyone share their stories related to music. The session turned out to be a great stress-buster!

- Dr. Major Prachi Garg, an exceptional medical consultant and medico-legal social activist was invited to discuss common abdominal problems in older adults. She revealed how physiological changes in the elderly lead to various abdominal problems which can be prevented and even cured by consuming a healthy diet that includes raw vegetables, fruits and whole grains.
- Ever since the pandemic

began, senior citizens have had to embrace and rely more on technology in order to do any monetary transactions. While there are several advantages, there has been a growth in cyber crime. Dignity Foundation NCR Chapter invited senior officials from the Cyber Trust and Safety Working Group of Broadband India Forum (BIF) for a session on 'Cyber Safety of Senior Citizens'. They shared examples of cyber crimes, tips to be safe online, how to report a cyber crime and more. The session laid emphasis on reporting cyber crime and being extremely cautious while sharing personal information on the internet.

- Dr. Tanu Gupta facilitated a medical yoga session wherein



Dr. Tanu Gupta

she laid emphasis on 'pranayam' techniques for building lung capacity. She demonstrated simple exercises to improve blood circulation, enhance oxygen levels and immunity. Members joined her virtually in doing those exercises

and later shared feedback that the session was extremely refreshing and relaxing.



Hasnain Waris

- The centre's members revelled in the humorous short stories of Mulla Nasruddin, as shared by Sufi spiritual coach Hasnain Waris in a delightful session. He highlighted the satire in the stories that, with a strong sense of humour, comment about various themes, including human values.
- Members celebrated the auspicious day of Ram Navami by narrating stories of Lord Ram and chanting beautiful 'bhajans'. This helped in spreading positivity since a lot of the members have been feeling disturbed and restless due to movement restrictions on account of the pandemic.
- A wonderful session at an all-India level was organised by inviting renowned healthcare counsellor, Dimpri Singh, to give a talk on the silent disease of inflammation. Most of the time, inflammation is a lifesaver, allowing the

body to heal an injury and fight infections. However, if inflammation becomes chronic, it can turn into a silent killer. Dimpri Singh shared about the root cause of inflammation and the role of certain foods in preventing and curing the disease. She also shared several naturopathy solutions that the members found really useful. The session turned out to be extremely informative and more than 200 senior citizens were in attendance!

- The centre decided to do things differently in the birthday celebrations of April by organising virtual dumb charades. The quirky Bollywood movie titles, lame guesses and great acting skills of the members made the session a huge success. The fun-filled activity turned out to be a breath of fresh air in these troubling times.
- Members of NCR Chapter are always up for participating in the monthly HO events. This month was no different, with Dignity Flashback. Members recorded videos sharing their best moments from the year 2020. The event was a gentle nudge for everyone to focus on the positive and be grateful for it.

## Ration Distribution

The marginalised section of the society has been impacted by the pandemic in an unimaginable manner. With a number of elderly losing even their smallest source of income, they are either starving or becoming totally dependent on their caregivers for food. During the corona virus-induced lockdown, the centre still managed to distribute rations to indigent senior citizens in the slum community of Gurugram. Along with the basic food items, members distributed sanitation kits to the elderly.

## Helpline

These times of isolation, doubt and disconnection have been hard for the elderly. Those who can't lift the burdens placed on them alone need help. The NCR Chapter helpline for senior citizens has been receiving distress calls from relatives of the elderly people staying alone in Delhi and members have been doing their best to counsel, intervene and share authentic information of medical services available at this time.

## KOLKATA

### Baguiati

- On April 2, members enjoyed an outdoor meet in a group of 25 persons with a lot of fun and snacks.
- On April 9, a group of 32 members planned a visit to the Gorokkhobasi Mandir, while maintaining all the guidelines for safety and health.
- On April 6, an in-house session was organised that included singing and dancing. Some of the members shared their experiences about the lockdown period.



- Given the emergence of the second wave of the pandemic, members' birthdays were once again celebrated online on April 27 with individual

performances.

- Bengali New Year was celebrated on April 20.

### Closure of Centre at Kankurgachi

With regret we announce the closure of this centre. Kankurgachi is a suburb of North-East Kolkata, in Kolkata district. With a cosmopolitan crowd and several commercial buildings and restaurants, Kankurgachi is considered as one of the upmarket and elite places in Kolkata. But neither were we able to obtain a good place nor able to mobilise members. Hence the Centre stands closed.

## Behala

- The Bengali New Year starts in the middle of April. It is called 'Naba Barsha'. This auspicious day was celebrated by the members on April 24 with a cultural programme comprising singing and poetry recitations. It was moderated by Bani Mukherjee and Madhumita Majumdar.



## Dhakuria

- April 5 was a long-awaited day by the members since the centre was re-opened with all the pandemic-related safeguards in place. Members sang, danced and exchanged pleasantries while also sharing their experiences of the pandemic and lockdowns. For those who could not attend, the coordinator of the centre organised a virtual session.
- The centre organised 'Barsha Boron' to welcome the Bengali New Year on April 14. Members from all the chapters of Kolkata joined the occasion, making it a lively and rejuvenating evening. Everyone sang songs, danced and recited poems. Though the



programme was online, members appeared online dressed in their very best. A graceful dance by a senior member of Dhakuria needs special mention. A member from Behala recited a self-composed poem that was appreciated by all.

- On April 12, the centre hosted an awareness session about the corona virus vaccine, which was presented by Dr. Gautam Bhaduri, a long-time member of Dignity Foundation. He is a postgraduate in tropical

medicine and a Fellow of Royal School of Tropical Medicine, England.



Dr. Gautam Bhaduri

He is now a consultant in pathology and tropical medicine. His varied interests also include photography and technology. He has also participated in many stage dramas both as protagonist and director. Dr. Bhaduri explained in very simple language and in detail what should be done to avoid the virus, when to check whether one is infected and the importance of taking the vaccine.

## Salt Lake Centre

- The centre held a yoga session on April 1 by trainer Arun Sen, who



Arun Sen

explained problems related to sprain and inflammation of joints. He recommended yoga poses to take care of such ailments. The yoga

session was repeated on April 10.

- The centre celebrated World Health Day on April 7 with members sharing their daily health routine and diet.
- On April 3, the centre hosted a short storytelling and simple gossip session in which members narrated interesting stories about their life and experiences.

- On April 22, the centre held a spiritual discussion by Chayya Roychowdhury and Manidipa Mitra.
- On April 20, the Bengali New Year was ushered in with celebrations. The centre invited artist Ila Roy as the chief guest.
- On April 13, Chandra Ghosh shared his experiences of international travel.

## Ration Distribution

DignityFoundationKolkataChapterdistributed monthly ration to 30 underprivileged senior citizens at the Purbalok day Centre on April 23. All the distribution work was carried out

by adhering to all the safety and securities instructions as per the guidelines of the World Health Organization.



## Chembur

- Apart from the usual yoga and health-related sessions, the centre also organised other kinds of programmes including a workshop on coffee painting, a session on Neuro-Linguistic Programming (NLP), two-minute yoga quickie by Col. Sewa Singh, and a programme of music based on the songs of Shankar Mahadevan.
- A talent contest was hosted with 11 members and the clips were uploaded on DF's YouTube channel.
- A special tutorial on the subject of physiotherapy was anchored by Dr. Cheryl Lawrence.
- Some of the other session included a programme on clock-precise yoga, chair yoga and Kavi Kapil's moral lectures in chaste Hindi poetic forms.

## Grant Road

- A music programme was hosted by Sushil Lal.
- On April 4, Pastor Ernest hosted a programme titled 'The Word of God'.
- A session highlighting the importance of Gudi Padwa was held on April 14
- The centre also held games' sessions, including tongue-twisters and two truths-one lie conducted by the students of National Service Scheme of Usha Pravin Gandhi College on April 21.
- Arts and crafts sessions were also held during April.
- A general knowledge quiz session was anchored by N Namjoshi on April 29.
- A premier of Dignity Flashback Event was held with the participation of Habil Basrai.

## Thane

- Ration kits for 25 beneficiaries were distributed in the first week of March. Further, ration and safety kits for regular 20 beneficiaries at the Jogeshwari Day Care Centre were distributed on March 22.



## Byculla

- With the number of corona virus cases rising day by day and since prevention is better than cure, Ananda Yaan thought to emphasise on the aspect of the health of its members by organising a session on immunity-boosting diet and habits. Nutritionist Preeti Kale conducted the session. She presented an introduction of what it means to strengthen immunity with the example of the army. In simplified language, she explained to members that immunity plays a very important role in our body as it fights with any harm-causing element that our body consumes. She then discussed the importance of good diet and suggested that members should have curd, milk, vegetables and millets to increase immunity. She suggested cutting down on sugar, carbohydrates and products that are made from refined flour. She also discussed the various aspects of fasting and suggested staying away from fried food, sago and potatoes. Fasting helps to detoxify the body and also adds to boosting the immunity. She also suggested Vitamin C, E and D tablets for members.
- On April 22, the Byculla CMC used the online channel for an exhibition of photographs. Dr. Sushma Lehri exhibited her world tour photographs and narrated stories after each photograph. Dr. Lehri is the former director of the Institute of Engineering and Technology (IET), a residential institute of BRA University, Agra. She loves to travel and take photographs. After retirement, she not only travelled across India but also visited London, Sydney, etc. where she clicked amazing photographs.
- On April 23, the centre organised a session



on emotional wellbeing. Emotional health is as important as physical health. Our body, mind, and soul are interconnected and have an impact on each other. The session was hosted by Jayashree Patwari of the Samaritans Mumbai, which is known as one of the best helplines in the field mental and emotional health. Chairman of Rotary Club of Bombay, Madhusudan Daga, also graced the session with his presence. Jayashree explained to members that emotions are just energy in motion with relevant examples said that uncontrolled emotions create hurdles in living happily.

## Ration Distribution

Monthly ration kits for 25 beneficiaries at the Jogeshwari Day Care Centre were distributed on April 16.

## Meghwadi

- An awareness session related to vaccination was carried out in March and its follow-up was continued in April too. At present 25 members of Meghwadi have taken the first dose of vaccination and others will take it soon. Members have understood the importance of vaccination and have also motivated each other and the people around them for the same.
- Sanitizers were distributed to members, courtesy Alkem Foundation. Till now 42 members from Meghwadi have received free sanitizers.



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Chai Masti  
Centers



**DIGNITY  
FOUNDATION** 

## Lulla Nagar

On April 1, the centre organised a talk titled 'Seize the Moment' by Manoj Moses who suggested the following for living a harmonious and healthy life:

- Enjoy every moment of your life.
- Be present in the moment.
- Keep learning something new such as new language, new skill, new hobby, etc.
- Take good care of yourself with exercises, proper diet



Manoj Moses



Ramaprasad



and grooming.

- Make a bucket list of things you have always wanted to do such as travelling to certain places, etc.
- Change your routine regularly to bring freshness in your life.
- Engage in volunteering to use your experience and wisdom for the benefit of others.
- Spend time outdoors to feel physically active.

## Kalyani Nagar



Sukhdeepak Malvai

On April 19, the centre invited Sukhdeep Malvai Mallaig to conduct a session on 'living life fully and living a life you love'. Sukhdeep is a successful trainer and author and has experienced myriad events in his life. He shared some of these experiences and how they changed him. "We should learn to enjoy the gift of life given to us and not ignore it. We should be happy with whatever we have and not ask god for more and more," he said.

## Humour

Humour is an essential coping tool for surviving tough times. Shared laughter gives us strength in adversity and can help us feel a bit more in control when the future looks uncertain.

And laughter literally makes us stronger. Recent studies have found that a good laugh can boost our dopamine levels and even shore up our immune systems. So while funny jokes — even coronavirus and quarantine jokes — might feel gratuitous in the face of today's world, they can actually do a lot of good.

■ Two grandmothers were bragging about their precious darlings. One of them says to the other, "Mine are so good at social distancing, they won't even call me."

■ If I keep stress-eating at this level, the buttons on my shirt will start socially distancing from each other.



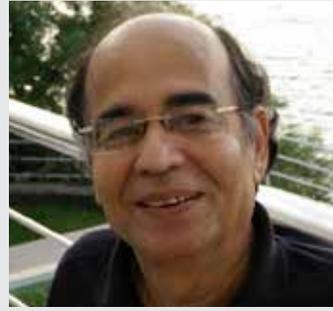
# OBITUARY

It is with a very heavy heart that we introduce this Column for the first time in 25 years. The severe toll taken by Corona virus on our members' lives and their livewire presence each online meet on a daily basis is matter of great sadness.

Not all members were lost due to Corona but a good many amongst members listed here on this page died of Corona infection. To the family of the deceased member, concerned Chapter Head, his or her Coordinator and fellow members, we convey our deep sympathies. We pray for the atma of the departed souls to attain satgati.



**Anjan Ghosh**  
21.04.2021  
Dhakuria, Kolkata



**Uttam Devjiram Gianani**  
03.02.2021  
Chembur, Mumbai



**Govind Thakkar**  
21.03.2021  
Grant Road, Mumbai



**Manas Audhya**  
25.04.2021  
Dhakuria, Kolkata



**Vutha Ravikumar**  
17.06.2020  
Chembur, Mumbai



**Rajnikant Bhavsar**  
14.04.2021  
Grant Road, Mumbai



**N Balasubramanyam**  
26.03.2021  
Bengaluru



**Anil Ramachandra Rane**  
14.08.2020  
Chembur, Mumbai



**Asha Jain**  
11.07.2020  
Grant Road, Mumbai



**Sushma Ashok Gunaji**  
29.04.2021  
Thane, Mumbai



**Meera Shyam Sundar**  
13.04.2021  
Bengaluru



**Kanta Pillai**  
06.02.2020  
Chembur, Mumbai



**Chunilal Panchal**  
28.03.2021  
Bengaluru



**Rupkatha Raghavan**  
30.01.2021  
Vashi, Mumbai

# Being Socially Aware

- With the help of a donation from Inner Wheel Club of Mumbai, Dignity Lifestyle Trust is developing a project of rainwater harvesting in the existing pond on the campus. Rainwater harvesting is collecting the run-off from a structure or other impervious surface in order to store it for later use. Traditionally, this involves harvesting the rain from a roof. The rain will collect in gutters that channel the water into downspouts. Rainwater harvesting is a sustainable process that helps in preserving water for future needs. Water scarcity is a major concern in today's scenario. The process of rainwater harvesting is a good way to conserve water. The water stored in the pond will be useful for gardening. This project is now in process and would be completed next month.
- A total of 70 residents completed their first dose of the corona virus vaccine at Dignity Lifestyle.
- Some residents were advised against vaccination due to severity of other ailments.

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