

Dignity Expressions

A BONDING WITH PEOPLE WHO CARE

Monthly newsletter as member's creative output published by HO of Dignity Foundation, Mumbai

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HOLI CELEBRATION

Dignity Foundation showcased a YouTube premiere on March 31 to celebrate the festival of colours, titled 'Holi ke Rang, Dignity ke Sang' (Colourful Holi with Dignity). All programmes and centres of Dignity Foundation across India enthusiastically

participated in the event by sending videos of their celebrations. The entire event was colourful and lively with entertaining songs and dances to keep everyone glued to their screens. The live video was seen by more than 500 viewers!



Launch of Mobile Physiotherapy Van Thane, Maharashtra

Dignity Foundation with the kind support of Rotary Club of Thane Uptown inaugurated a state-of-the-art mobile physiotherapy van to service senior citizens in low-income communities of Thane district in Maharashtra. The launch event was held on March 22 at Devram Laxman Bhoir Degree College of Arts, Commerce and Science at Balkum, Thane. The inaugural event was widely covered in the Marathi news media. Many senior citizens got their first experience of professional physiotherapy session in a van.

Immediately following the launch, the van became operational in pre-selected semi-rural and tribal areas of Thane district to provide preventive and curative treatments to patients. The licensed male and female physiotherapists on the van also provide educational counselling to the patients along with take-away exercise booklets. The

programme has been very much appreciated by the local communities and authorities. Some of the advanced equipment on the mobile physiotherapy van is not even found in the private physiotherapy clinics that serve patients in the area.





VIJAYANAGAR DAY CARE CENTRE

- Mahashivratri festival was celebrated on March 1 with a prayer, followed by distribution of sweets.
- Women’s Day was celebrated on March 8 with songs, dance and a fancy dress programme at our centre along with Unnati Mahila Trust members. Members showcased the different roles undertaken by women such as auto-rickshaw drivers, postal delivery women, teachers, doctors, nurses and freedom fighters



Women’s Day Celebration

like Rani Laxmibai of Jhansi. Special lunch, sweets and gifts were distributed. The highlight was the opening of post office senior citizen accounts to commemorate Women’s Day.

- Dr. Sushma Patil conducted her regular monthly check-up of blood pressure, GRBS and weight for our members. Multi-vitamins and iron supplements were distributed to all. The monthly check-up limits the risk of complications by closely monitoring existing conditions among members.
- The festival of colours, Holi was celebrated with excitement on March 18. A potluck of delicious food and snacks was arranged. A game of musical chairs was played. Everyone danced to the



Dr. Sushma Patil – Checking our Members

music and applied colours to end the day with joy and fun.

- Geriatric group counselling on psychosocial issues was conducted by psychologist and programme manager Merlin Remedios. Some common issues like how to overcome depression and mood disorders were discussed.
- Our first batch of elders in tailoring class is learning how to stitch sari petticoats, ladies skirts and unisex shorts with great interest. Our craft activities for all the members



Craft Activity



Holi Celebration



Various activities at the centre



included best out of waste using glass and plastic bottles, newspapers and craft papers. Members made beautiful flower vases and baskets using waste items.

- On a regular basis, we conduct games, storytelling sessions, park visits, AV sessions and bhajan singing for our members to unwind and rejuvenate.

- In yoga, we practiced sit-ups, standing asanas, pranayama, chakra meditation and mind sound resonance meditation.

CHENNAI

MULLIMA NAGAR DAY CARE CENTRE

- As many as 13 physical fitness programmes were organised to help our members to stay fit and active.
- On March 3, a health and hygiene session was organised for members. The topic was 'Importance of Sleep'. The relationship between sleep and physical health as well as the ill-effects of sleep deprivation on the human body were discussed.

- On March 24, in observance of World Tuberculosis Day, M Joseph Soundararaj of REACH organisation gave a TB disease awareness talk and educated our members on TB prevention and treatment options.
- A monthly health check-up was held on March 4 during which 68 members were checked and given medications for hypertension and diabetes. The doctor recommended a sputum test to one of the members who displayed TB-like symptoms.
- On March 15, an art and

craft session was held during which members were divided into groups and instructed to make paper toys out of various coloured papers. The members were ecstatic to handcraft the toys and some of them took the toys home to give them to their grandchildren as a gift!

- In her presentation on March 17, Padma D, an advocate, focused on the rights of senior citizens and emphasised the significance of the Senior Citizen Maintenance Act. She also discussed the welfare programmes of seniors and provided in-

formation about free legal services available.

- A dental awareness and screening camp was conducted on March 18 in collaboration with Sri Venkateswara Dental College at our centre. The team of dentists along with paramedical staff carried out a comprehensive dental check-up for our members. The camp included dental awareness talk, educating on common dental ailments and the measures to prevent them. Health hazard due to tobacco use and overall health improvement methods were explained. Referrals were made for those members who needed further treatment. Free treatment will be organised for them.
- Holi was celebrated with great zeal and enthusiasm on March 20. Members performed a skit about the significance of the festival. Our members were educated and encouraged to use herbal colours made from dried flowers, emphasising the importance

of precaution and safety. Members also reflected on waste of water during the Holi celebration and decided to play a dry Holi instead. With a dramatic dance performance by our members on a fun-filled Holi tunes, the programme closed on a high note of passion and energy.

- On March 22, we commemorated World Water Day by emphasising the significance of water. Members were educated on the consequences of water waste and the importance of conserving water. Our members took oaths to conserve water.
- On the request of one of our members, we screened the 1961 Tamil film 'Paalum Pazhamum.' Members had a good time watching the movie and sharing their old memories associated with it.
- Our members received their first order copies of the Indira Gandhi National Old Age and Widow Pension after regular follow-ups made by our staff members.



TB Awareness



Skill Training



11 Members with the Order Copy for Old Age Pension

MUMBAI

JOGESHWARI DAY CARE CENTRE

- A fun day out was organised for members to Dignity Lifestyle Retirement Township. Members enjoyed a bus ride to Neral, followed by a cultural programme, a tour of the facility in a buggy and sumptuous lunch in the dining hall. Members of both Dignity Foundation and Dignity Lifestyle were elated!



1800 267 8780

Pan-India Helpline Number for Senior Citizens

Coverage for Dignity Foundation's Delhi NCR Chapter helpline number was published by national daily Navbharat Times and The Sunday Standard Magazine (New Indian Express). We received numerous calls seeking counselling for loneliness, respite from elder abuse and legal matters in the span of a few days which were handled efficiently by our staff, volunteers and coordinators.



STEPPING UP FOR SENIORS

The Dignity Foundation has been steadfast in its pursuit to provide senior citizens with a life of care, convenience and safety. On the occasion of World NGO Day on February 27, it has re-launched its helpline assistance service in Delhi/NCR at 8448317316. This is particularly pertinent to report elder abuse, legal advice and redressals. Their Chai Masti Centres, an outlet for constructive social interaction, skill-building, and showcasing of talent, will go live (in person) from April. These are currently online and cover physical, cognitive, spiritual and social aspects. Another effort in the direction of productive ageing is launching a Dementia Day Care Centre for patients and caregivers alike in the near future.

बुजुर्गों को यकीन दिलाने की एक कोशिश, आप अकेले नहीं हैं...
 परेशान सीनियर सिटिजंस की मदद के लिए खास हेल्पलाइन

8448317316
 पर सोमवार से शुक्रवार सुबह 10 से शाम 6 बजे की बीच कॉल करके ले सकते हैं बुजुर्गों को भी मदद

उन्होंने प्रॉपर्टी अपने बेटों की नाम की है तो उनके साथ बहुत युवा व्यवहार करने लगे हैं। पुलिस में शिकायत करने पर भी कोई एक्शन नहीं हुआ। ऐसे में फाउंडेशन की टीम ने पुलिस को आला ऑफिसरों से बात करके दोनो को एक मीटिंग कराकर इस मामले को हल कराया। अर्चना बताती है कई मामलों में वहल रिजिकल एग्रीज तक पहुंच जाती है ऐसे में हमारे चॉरिटीस तुरंत एक्शन में आते हैं। इनमें वकील, काउंसलर और दूसरे प्रोफेशनल यूथ शामिल हैं। जहाँ जरूरत होता है वह बुजुर्गों को रेस्क्यू भी कराया जाता है और साथ ही उनको उनकी लार्ज के लिए लीगल सपोर्ट भी दी जाती है। हलकों अर्चना बताती है कि हेल्पलाइन पर बुजुर्ग किसी भी तरह की मदद या जानकारी के लिए कॉल कर सकते हैं। कई के बच्चे बाहर रह रहे हैं, वो अकेलामान महसूस करते हैं। ऐसे लोगों के लिए वह चाय-मस्ती सेंटर भी चल रहे हैं जिसमें बुजुर्गों साथ बैठकर हंसते बोलते हैं और कई तरह की फन एक्टिविटी और चेंज-कसरत भी कराई जाती है। इसके अलावा फाउंडेशन डिमेंशिया पर भी काफी काम कर रही है। डिमेंशिया की परेशान को बहुत ज्यादा केयर की जरूरत होती है जो आपसी पर धर में नहीं मिल पाता। इसके लिए डिमेंशिया फाउंडेशन दिल्ली-एनसीआर में भी एक डिमेंशिया केयर सेंटर खोलने की कोशिश कर रहा है। मुंबई और चैन्नै में पहले से ही हमारे दो सेंटर चल रहे हैं।



BENGALURU

JAYANAGAR CENTRE

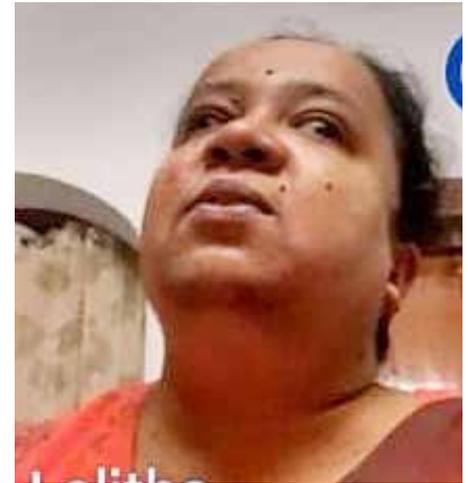
- Dr. G N Sangeetha (MA and Ph.D.) was invited as guest on Women's Day. She is the first visually challenged person to have received a doctorate in Karnataka. She is also the recipient of Governor's Republic Day Award and National Award (2008). She presented a session on leading one's life with dignity.
- To mark the occasion of Ramakrishna Paramahams Jayanthi, H V Vishwanath, who is closely associated with the Ramakrishna Ashram since childhood, sang bhajans in his soothing voice.
- Dr. Ramaswamy, a trained therapist in alternative therapy, taught exercises which help maintain good

vision. These included shoulder, neck, eyeball movement and cupping exercises, which would help to maintain eye health in advanced ages.

- Putta Raj is a music teacher since 30 years who provides home tutoring in playing the keyboard and guitar. He played some super hit movie songs composed in Kannada and Hindi. The programme was thoroughly enjoyed by the members.



Putta Raj



Dr G N Sangeetha



H V Vishwanath



Dr Ramaswamy

SANJAY NAGAR CENTRE

• Dr. Meenakshi Ravi is Sangeeta Vidhushi, a musician par excellence and the managing trustee of Manollasini Trust as well as the founder of Meera Centre for Music Therapy, Education and Research. Her vast experience in family counselling and music teaching has enabled her to explore the deeper dimensions of Indian music, especially Carnatic music. She has great



Dr Meenakshi Ravi

knowledge about music which she shared with our members. It was wonderful programme by her.

• Dr. Susheela Devi is a living encyclopaedia. She narrated

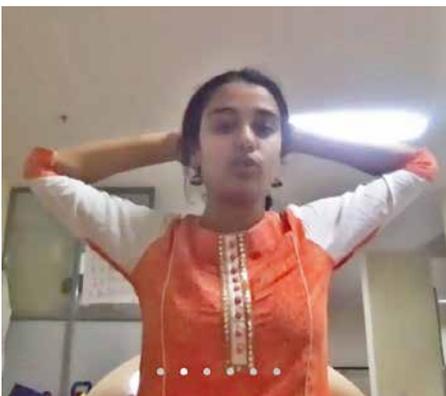


Dr Susheela Devi

the story of the Shivratri festival and explained the importance of the many Shiva temples. We learned more about our culture, art and architecture through her insightful session.

VIJAYANAGAR CENTRE

• Exercises and yoga for flexibility of the mind and body were demonstrated by



Yoga & Exercises

Ramaiah Hospital doctors. Members felt relaxed after doing the exercises.

• In a programme on alphabetic songs, members were asked to pick an alphabet and sing songs starting with that alphabet. This was an innovative and fun event where members listened to and sang songs.

• All the members were involved in a game of Housie and participated

in a 'one minute game' which helps to activate the cognitive memory of our brain.

• International Women's Day was observed with a talk on women's empowerment and how women are a crucial part in our society as well our personal lives. We also talked about women's education and rights. Various members shared their opinions and views.

VIDYARANYAPURA CENTRE

- The centre organised a dinner on a full moon night. It was all the more special with prize distributions, entertainment, birthday celebrations and honouring those who had completed 50 years of their wedding.
- Talks on the subjects of National Science Day and Raman Effect were conducted by Dr. R P Sahu. He also spoke on the topic 'The Prison We Are In: Discussing the Impact of the Environment on our Mental Development, Thinking and Deep-Rooted Beliefs'.



Holi Celebrations

- 'History of Chemistry: Developments and Discover in 20th Century' was a talk presented by Triveni Murthy.
- 'Mundige: The Poetic Riddles from Medieval Kannada Literature' was a session conducted by S M Nagarathna.
- A talk titled 'Documentation of Documents: The Need and Methods of Documents' Preservation' was presented by S R Nagaraj.

Scan the QR codes below with any QR scanner app, or your phone's camera, and join Dignity Foundation today.

Magazine



Chai Masti Centers



Donation





DEMENTIA DAY CARE CENTRE

• An outdoor picnic was organised for members at the Railway Museum on March 23. Members visited the museum with great excitement. They had fun riding the train around

the campus and returned home with new experiences and renewed happiness.

• On the occasion of International Women’s Day on March 8, we decorated our centre with balloons to honour the women staff and members. We planned a variety of enjoyable events to make the ladies feel special. Our female members also enacted the roles of some successful

women of the society.

• On March 18, members of our Dementia Day Care Centre were very excited to celebrate the Holi festival by performing dances. The programme started with a speech on Holi by S Sharadha. All the members along with interns from D G Vaishnava College danced to a Bollywood song. Their performance was incredibly entertaining.



Picnic to Railway Museum

Holi Celebration

Women’s Day Celebration

Occupational Therapy

ALL CENTRES

- Mohan Krishnan led a participatory story session on the topic 'What If' on March 14. He managed the session well and members actively and enthusiastically participated.
- On March 20, members of the Anna Nagar CMC paid a visit to the Serene Kshethra Retirement Home to have an interactive session with the residents and inform them about Dignity Foundation's programmes. Our members also performed dance and group singing to keep the residents of the retirement village entertained.

World Tuberculosis Day on March 24, M Joseph Soundararaj from REACH (Resource Group for Education and Advocacy for Community Health) led a TB awareness session. He gave a presentation on the fundamentals of tuberculosis, including the modes of transmission, the organs that are and are not affected by the TB Bacterium and so on. He also discussed TB diagnosis and prognosis methods as well as information on how to prevent tuberculosis.



- On the occasion of Visit to Retirement Home

International Women's Day Celebrations

On March 8, we celebrated International Women's Day. The celebration featured performances by female members, accompanied by two male members, T C Ragupathy and M Jeyaraman. After a welcome message and prayer song, our Chief Dignitatrian's inaugural speech on the significance of Women's Day was well



received by the crowd. Members P Chithra, Jaya Dass, Neelam Jyothi and S Yamuna performed individual singing performances that mesmerised the audience and put them in a joyful mood. The magic show by our members Lakshmi Raghukumar and S Padmini was a super hit.

Following that, the presentation of poems on women’s empowerment by our members Chithra Shankar and C Kanchana made the audience aware of the hidden talents of the senior citizens. S Punitha and V Thiruvani then performed a wonderful one-act play. Added to this, our members S Rukmani, P Kalavathi, S Mythali, G Sharadha, K Nirmala, and V Krishnaveni performed a skit based on the life journey of M P Nirmala (IAS). The team



performed so well that the entire audience was captivated. Chief Guest Advocate Sumathy Lokesh appreciated the efforts of the women members. Her speech also highlighted the salient aspects of the competency of women and their intellectual capacity.



SAFDARJUNG CENTRE

- An invigorating movement and stretching session helped members to create a physical fitness routine that best suits their lifestyle. The outdoor-loving members were recommended to walk from heel-to-toe to improve their balance, whereas the ones who prefer exercising

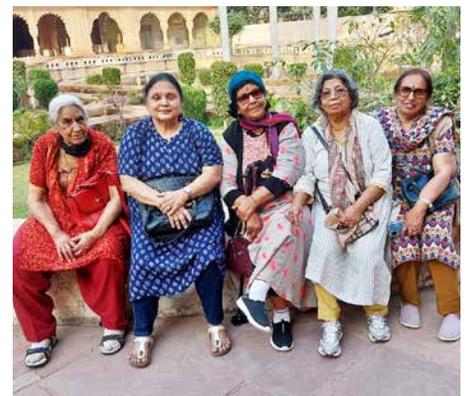
indoors were encouraged to practice chair yoga to maintain an upright posture.

- Our members were excited about an outing in the

summer of 2020. However, all plans were laid to rest due to the pandemic. As soon as the situation improved, coordinator Susmita Grover planned a trip of



Safdarjung Trip to Bharatpur



three nights and four days to the Bharatpur Wildlife Sanctuary and Vrindavan. As many as 14 members went for this much-needed outing after being cooped up at home for nearly two years! Not only did they rejoice in each other's company, but they also connected with nature and indulged in wildlife photography.

- Other activities included a mimicry session which

left members in splits of laughter, a DIY craft session to create flowers out of waste plastic bags, and

pranayama and laughter therapy sessions by member Premvarsha Sethi.



NATIONAL MEDIA CENTRE

- Homage was paid to female heroic characters from Indian history in a session titled 'Bharat ki Viranganaye'. One by one, members shared stories of the characters that they idolised. The session proved that our members are good at storytelling and their ability to recall.
- In the spirit of the festival of colours, recipes of special delicacies were shared in a session titled 'What's on Your Plate on Holi?' Many mouth-



Physical meet-up of members

watering suggestions for extraordinary flavours and toppings for staple dishes were generously shared by members.

- Coordinator Prema Nair organised a lyrical evening titled 'Bhajan Sandhya' to

express love for the divine.

- Physical meet-up was organised towards the end of the month at the centre and while tea and snacks were served, we were treated to a dance performance by three of our members.

DLF PHASE II
CENTRE

- The month began with a session on 'Himalaya Darshan' conducted by our member G D Bhardwaj where he shared the vivid beauty of the Himalayas. Members were not only spellbound with the information he shared but also discovered unknown facts about the Himalayan flora and fauna.
- A knowledge - building session titled 'Quiz on Punjabi Food' was organised. The enthusiastic and food-loving members proved that they are well-versed with the Punjabi cuisine. Some members also discussed about age-old traditional recipes for cooking mouth-watering delicacies.
- Marking International Women's Day on March 8, members shared their views about women empowerment, modern women and their contributions to society. Some members, including coordinator Prema Nair, shared stories of inspiration and about the essence of a woman. Relevant issues around gender equality were also discussed.
- Another interesting session was 'Mann ki Baat - Alternate Profession' where members shared about the professions that they would have likely pursued if given a chance to follow their passions.
- Members practiced for a skit titled 'Bholaram Ka Jeev', showcasing great confidence about the dialogue delivery and flow of the skit.
- Holi was celebrated in a session titled 'Rang Barse', welcoming the spring and colours of joy into our lives by singing most-loved Holi songs.
- The centre celebrated World Poetry Day where members recited their favourite poems and also talked about the history and relevance of poems.
- In another interesting session, members were made to listen to the dialogues of famous personalities and identify the person through their voice.



Chef Bharat Khemani



Holi ke Rang Sangeet ke sang



Holi Celebrations

COMBINED SESSIONS

- Delhi NCR Chapter organised a combined Tambola session, which was attended and appreciated by all members.
- Mona Bhardwaj conducted a session on origami on the theme of spring season where she taught members to create sunflowers. Although the making of the flower was a bit complicated, she gave tips to the members and they were determined to attempt them in her follow-up session.
- Dr. Kunal Bahrani, Director of Neurology Department at Fortis Escorts Hospital at Faridabad, shared a brilliant online presentation on 'Stroke Prevention'. Members learned about the risk factors, types of strokes and ways of lowering their incidence.

Members also shared their personal experiences and cleared their doubts.

- With four of his documentary films having been screened at Cannes Film Festival, TedX speaker Professor Vikram Dutt was well-equipped to share 'Fun and Curious Aspects of our History' in a unique narrative of his findings during filmmaking. Many incidents and historical findings were related to his projects for National Geographic. So informative and interesting was his style of narration, that our members invited him to lead a heritage walk.
- Delhi NCR organised two all-India sessions: 'Holi ke Rang, Sangeet ke Sang' by Music Lovers Club. Singers Vinod Khanna, Suman Chawla, Ritu Chhabra and Pooja Bose received much appreciation for their scintillating songs. 'Kuch

Khatta Kuch Meetha' was another interesting session of cooking demonstration by Chef Bharat Khemani. He showed more than 100 senior citizens how to make iced green tea, stuffed mushroom cups and ice-cream cake.



Dr Bahrani - Stroke Awareness



Vikram Dutt

CALL IF ISSUE NOT RECEIVED

Subscribers who have not received the hard copy of **DIGNITY DIALOGUE** may please call 915 201 7120 And immediately get a replacement.

Ration Distribution

The Delhi NCR Chapter distributed ration and sanitation kits to more than 150 senior citizens in four slum communities in the region.



SALT LAKE CENTRE

- On March 9, the centre organised a talk about women’s liberty against the backdrop of International Women’s Day.
- On March 15, members discussed about how to start offline centre activities soon. The next day, members met in-person after a long time and attended a session of chair yoga by trainer Arun Sen. We also had a pre-Holi celebration with snacks and tea.

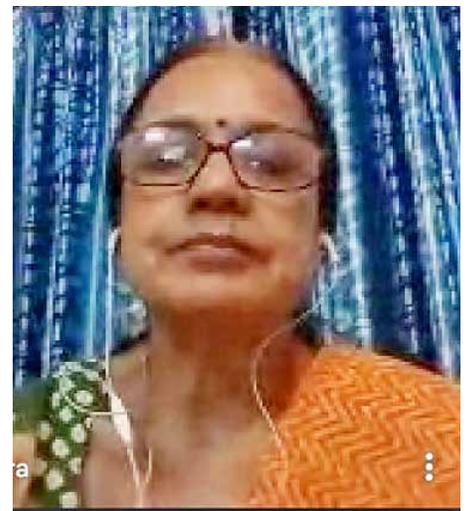
- On March 19, a virtual programme called ‘Golpe-o-Kabitay’ was held by our members.
- On March 25, an in-person yoga session was organised for the members.



Yoga Performed by Members



Recitation Programme



Talk on Women’s Liberty

DHAKURIA CENTRE

- Members celebrated International Women’s Day on March 8. It was a special day in the presence of Dr. Manobi Bandopadhyay who shared her inspiring life story and the difficulties she had to face on the path to get established. She is the first transgender person to become the principal of a college. She is a multi-talented person, a speaker, social activist, writer and editor.
- On March 15, our member Bandana Shome suddenly passed away. All members of the centre were extremely saddened and observed a memorial meeting on March 21. It was unanimously decided to cancel the programme for Holi as a mark of respect to Bandana. On March 23, with the support of CURI Hospital and The Speciality Clinic, Kolkata, we

held a useful online session on common urological problems among the elderly. Dr. Manoj T, consultant urologist of CURI Hospital, spoke on several urological problems such as kidney stones, renal failure, prostate cancer, bladder diseases, etc. He clearly explained the symptoms and preventive techniques for each of the disorders.

- With the support of Rotary Club of South City, the centre organised a programme on drug abuse prevention on March 25. The president of Rotary Club spoke about drug abuse and requested the members to take it up as a project to make everyone alert and aware about the harm of using drugs. Senior member Dr. Gautam Bhaduri said there is a common tendency among many senior citizens to consume strong medicines without the advice of a doctor, which is compara-

ble to drugs abuse. This tendency needs to be controlled.



Dr. Manobi Bandopadhyay felicitated by Dr. Gautam Bhaduri



Felicitation to Rotary Club of Calcutta South City



International Women’s Day Celebration



Drug Abuse Prevention

BEHALA CENTRE

- On March 17, members organised Basanta Utsav, an annual function of Bengali rituals. Our most senior member, C R Nag, inaugurated the function by delivering his opening speech. Members presented colourful performances through songs, recitations and speeches. Two renowned guest artists sang and danced to Holi songs, which was the main attraction of the programme.
- Members also celebrated Dol Utsab on March 17 with all the members bearing the 'tilak' on their foreheads and 'abir gual' covering their attires.
- Kabita Utsab was organised on March 24. Pramatha Das Gupta recited poems of Bhabani Prasad Majumdar while Bani Mukherjee recited poems of Joy Goswamy. Ratna Mukherjee and Samar Sadhan Mukherjee recited their own creations.

BAGUIATI CENTRE

- A member hosted a prayer ceremony and a reception party at their house on March 1 and 7.
- Members made an outdoor visit to Princep Ghat on March 3.
- On March 25, members visited the oldest Jagannath Mandir and the 150-year-old Ma Durga Mandir that is made of gold.
- There were other sessions held during the month such as storytelling on March 8, one-act plays on March 15, Holi celebration on March 20, World Poetry Day on March 22 and a singing competition along with birthday celebration for members on March 26.



Jagannath Temple Vist



Story Telling Session



Singing Competition



World Poetry Day Celebration



Holi Utsav

Ration Distribution

This month, the Kolkata Chapter distributed monthly ration among 30 underprivileged senior citizens at Purbalok Day Care Centre on March 24.



woman of our CMC. They felicitated them with roses, flowers and chocolates.

- Sushil Lal conducted a karaoke sessions for members. A member's birthday was celebrated and this was followed by Holi celebrations.
- On March 22, member Rashmi Wadhwa celebrated her birthday. Members played games like Housie, quiz, etc. Rashmi arranged snacks for this wonderful evening.



Yoga



Karaoke by Sushil Lal ji

- The month was filled with fun activities like singing, general knowledge session, passing the parcel, musical chair and antaksahri, among others.
- Yoga sessions were conducted by instructors Vidya Shenoy, Manji Krishnaswami and Uma Paralkar.
- On March 8, the centre celebrated International Women's Day. Our centre's male members arranged snacks and gifts for each



Fun Activities by Volunteer



Birthday Celebration

POWAI CENTRE

- A Holi party was organised for 30+ members who joined in their colourful best. The event was graced by Founder President Dr. Sheilu Sreenivasan and Trustee Gopal Srinivasan. Dr. Kankaria of the centre regaled all with Holi songs on the flute. Members enjoyed peppy songs and danced as well. This was followed by sumptuous lunch and a group photograph.
- Birthdays of members in March were celebrated

with the cutting of the cake in the presence of Dr. Sheilu Sreenivasan.

- Members also engaged in routine yoga and aerobics sessions. Powai members joined the Thane centre for a joint singing session on the theme of Holi.



Holi Party



Holi Party

THANE CENTRE

- The occasion being International Women’s Day, member Pradeep Malgi hosted a session on the role of women in politics on March 10. He elaborated on the contribution of various female chief ministers, central and state ministers, MPs, MLAs, MLCs, etc. Members of the Powai, Chembur and Thane centres were present and they all appreciated the session.
- On March 3, he took a Zoom session on late Lata Mangeshkar.



Women’s Role in Politics

VASHI CENTRE

• Members met in-person on March 9 exactly after two long years. The evening started with a prayer in praise of Lord Ganesha. All women were welcomed with a flower

to mark International Women’s Day. Bhavika Karia, a popular Zumba instructor, was invited for a dance session. A birthday celebration was also held with snacks for all.



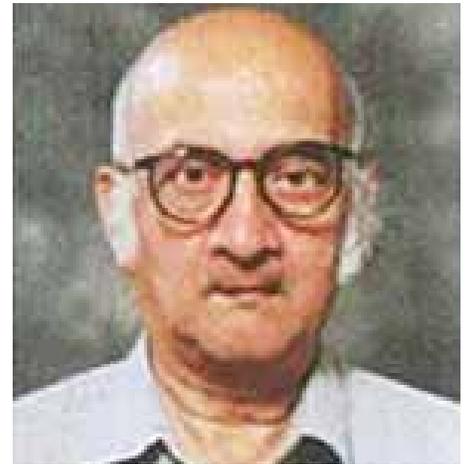
DEMENTIA DAY CARE CENTRE

- There are a total of 10 members at the centre. Weekly physiotherapy sessions are organised. These sessions are very beneficial to our members.
- Games like word puzzles and musical chair are enjoyed by the members. Daily newspaper reading is also done by them.
- We have started meetings with the family members on a weekly basis to get their feedback and observations about members’ behaviour at home.
- A noteworthy mention must be made of Roshan Shah, who was earlier aloof and distant. Now, she enjoys visiting the centre and is ready for her home pick-up before time. She likes to dance and interact with the other members. She has adjusted very well to her new routine at our Dementia Day Care Centre.

VERSOVA CENTRE

- Members attended activities online on Zoom. The fun-filled activities included singing, games, talks on interesting subjects, puzzle-solving, storytelling and so on. Every Monday, theme-based singing sessions were held.
- Fortnightly theatre workshops were held by expert Manasi Joshi who guided members on acting and on how to prepare a skit.

- R G Prabhu held a session on Union Budget 2022-23. He presented an analysis of the budget. Thereafter, members had a wide range of discussions on the subject.
- Members have a keen interest in tourism. As such, Shobha Mathur gave a lecture on Khajuraho temples – a UNESCO world heritage site – followed by a video. She also presented a virtual tour of Tibet.
- Our member C Chandrika has visited and returned



R G Prabhu

from Australia. She conducted a session on the places visited by her with the help of photographs and beautiful slides.

Ration Distribution

- Ration and safety kits for 63 beneficiaries were distributed at the Meghwadi Centre on March 31.
- Ration and safety kits for 80 beneficiaries were distributed at Jogeshwari Day Care Centre on March 2.
- Ration and safety kits for 45 regular beneficiaries were distributed on March 14.



PUNE

WANOWRIE CENTRE

- On March 14, members flagged off the month with class on music. They came together and sang Hindi film songs. The session was conducted by M Maya who played the harmonium while our members sang songs, led by Gurdas Wasvani, Geetha Ramkrishnan, Chitralekha Lawangu and Jayanthi Monie.

- On March 3, the centre hosted a yoga session led by Himani Girdhar. She delivered a talk on reversing pain and other health issues through yoga. She demonstrated important yogasanas through which seniors can get some relief from high blood pressure and diabetes.
- On March 25, the centre organised a programme of western dance for seniors to keep them healthy physically and mentally. Members enthusiastically participated in the activity, which was led by Elizabeth John.



Music Class



Yoga



Dance

KALYANI NAGAR CENTRE

- On March 14, we invited Manor Moses for a talk on 'One Time, One Lifetime - Ichigo Ichie'. This is a Japanese term which refers to the cherry blossoms during the month of March and April.
- International Women's Day was celebrated by members along with their house helps and their children. They all

dressed in beautiful attire, danced and sang songs with our members. Holi

was also celebrated on the same day.



International Women's Day

MAGARPATTA CENTRE

- The centre resumed physical sessions from March. All members are fully vaccinated and have also got their booster doses taken. Many events were celebrated such as International Women’s Day on March 8, Holi celebration and an annual picnic.
- Multiple games like dumb charades, blindfolded race, treasure hunt and ramp walk for both men and women were organised.

- Holi celebration was packed with songs and dances. Delicious snacks and sweets were prepared by some of our members that won the hearts of all.
- A picnic was organised on March 25 for 21 members of the centre. The picnic was held at Shantivan Resort near Panshet, situated near the backwaters of Khadakwasla Dam. Members relived their youth by participating in activities like crossing the Burma Bridge, swinging on ‘jhoolas’ and getting drenched in a ‘rain dance’.



Holi Celebration



Women’s Day Celebration



Picnic to Shantivan Resort



MEGHWADI CENTRE

- In March, the Meghwadi Centre held several activities and events to enrich the lives of senior citizens. Along with regular yoga and Zumba, activities like woollen showpiece making and celebration of International Women’s Day as well as Holi were conducted. Members’ birthdays were also celebrated.
- To focus on the health and wellness of members,



Counseling Session

doctors’ visits were organised and free medicines were provided to 31 members.

- Two counselling sessions were arranged to enable members to share their concerns and problems and find relief from them.
- As many as 63 members were provided with dry ration and hygiene kits to meet their monthly requirement of nutritional foods.



Birthday Celebration



Doctor Visit and Medicine Distribution

ANANDA YAAN – BYCULLA AND E-MOSES CENTRES MUMBAI

- A generous anonymous donor enabled Ananda Yaan members to enjoy a one-day picnic at Maanas Resort, Karjat on March 28. Members had a memorable time enjoying water rides, relishing the food, visiting gardens and chit-chatting without a worry in the world.



Picnic



- Physical activities began this month at the centres of Bhim Nagar and Siddharth Nagar. The coordinator conducted fun games, quiz, yoga sessions and other activities for the members. Many of these activities were held within the slum communities to enrich the lives of more and more senior citizens.
- On March 18, the centres celebrated Holi and all members participated by applying colours to each other and enjoying sweetmeats.

Snapshots of the Month



Bottle craft



Holi ke rang Dignity ke sang



Holi Celebration



Post office saving account opened



Reopened Salt Lake Centre

OBITUARY



It is with a very heavy heart that Dignity Foundation introduced this column in April 2021. In this issue, we mourn the passing away of our members. To the family of the deceased member, we convey our deepest sympathies. On March 15, Bandana Shome, member of Dhakuria CMC, Kolkata, passed away suddenly.

Celebrating the Festival of Colours

- On the occasion of Holi, members participated in Bhajan Sandhya in the temple on the premises. Additionally, Holika Dahan was performed. The festival of colours was later enthusiastically celebrated by our members along with ALC residents.

