



Dignity Expressions

A BONDING WITH PEOPLE WHO CARE

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

Volume 4, Issue 10, August 2022



INSIDE THIS ISSUE

Dignity Freedom Fiesta	1
APF Initiatives	3
Dignity Helpline	5
Chapter Updates	
Bengaluru	6
Chennai	8
Delhi NCR	9
Kolkata	10
Mumbai	13
Pune	17
Loneliness Mitigation Centres	18
Dignity Lifestyle	21

DIGNITY FREEDOM FIESTA

Celebrating India's 75th Independence Day

- Dignity Foundation held a grand celebration and convention of its Chai Masti Centre members from across India at Dignity Lifestyle Retirement Township from August 13-16, 2022. In celebration of the 75th Independence Day of India, an all-India level residential programme was hosted wherein the members from our six DF Chapter cities made presentations of their achievements and presented cultural performances in celebration of 'Unity in Diversity'. It was a very successful event in collaboration with Dignity Lifestyle Retirement Township in Neral, near Mumbai.
- The members enjoyed the programme along with their accommodation, hospitality, travel and food arrangements. On August 15, a flag hoisting



ceremony was held in which a swarm of people united in the singing of the national anthem and other patriotic songs. A special address to the members was made by our Founder President Dr. Sheilu Sreenivasan. All the members returned on August 16 to their respective cities with amazing memories and new friendships. It was a coming together of new ideas, thoughts and positive energies from all those who participated wholeheartedly. The zeal and fervour were indeed amazing and so was the energy level.



DIGNITY HELPLINES

Bengaluru : 96322 44568, 97405 52261

Chennai : 044 26210363

Delhi NCR : 84483 1731

Kolkata : 92323 82936, 91635 09818

Mumbai : 022 61381111, 96138 61389

Pune : 88304 49043

All India Toll Free Helpline Number:

1800 267 8780





VIJAYANAGAR DAY CARE CENTRE – BENGALURU

- On July 1, Dr. Sushma Patil conducted regular health check-up for all the members including blood pressure and BMI. Multi vitamins and calcium supplements were distributed for all. Diabetic and hypertension medications were prescribed and distributed to the concerned members.



Dr Sushma Patil conducting health check

- International Plastic Bag Free Day and World Paper Bag Day were celebrated on July 4 and 12 at the centre. Craft activities, storytelling, recital of devotional songs and games were also regularly held.
- On July 26, a show of talents was organised at the centre. Members participated and showcased their talents by singing or dancing.
- Literacy activities along with regular yoga and physical exercises were conducted and daily nutritious drinks and mid-day meals were also served to the members.
- Home visits were conducted by the centre manager and all the members made a visit to a park to relax and unwind in the natural outdoor environment.



Plastic free day awareness



Making paper bags



Out door games



Indoor games

MULLIMA NAGAR DAY CARE CENTRE – CHENNAI

- In addition to the monthly health check-ups, we organised a master health check-up for 16 members as a preventive approach against serious diseases. We approached Lalithambigai Hospital to conduct the same. Following the doctor's examinations, members were administered blood tests, urine routines, X-rays, ultrasound scan and ECGs. Members had a consultation with specialised doctors based on the test findings. Upon the doctor's advice, six of our members were taken to Ramakrishna Mission for hearing scan and free hearing aids were provided to five members.
- Members were shown how to build 3D planet-shaped paper hangings out of coloured sheets.
- A member of Makkali Thedi Maruthuvam led a health and hygiene session on the topic of hepatitis on July 18. She educated the members about their types, symptoms, causes,



Members receive free hearing aid from Ramakrishna Mission



Monthly health check up

diagnosis and treatments. On July 26, a session on eye care was held. Members were educated on eye care and appropriate eye protection.

- Pallav Mondel, Manager, State Bank of India and Customer Service Provider S Senthil anchored a session on the right to receive a pension in old age on July 29. He talked on the essential paperwork to be supplied for the bank opening



Physiotherapy session



Master health checkup

procedure.

- This month, the basket knitting team finished preparing 15 prayer baskets while the instant 'sambararni' team prepared 50 incense stick packages.
- Drives for senior citizen entitlements such as bank account opening, new Aadhar card application for three members and pension for three members were organised by the centre.

JOGESHWARI DAY CARE CENTRE – MUMBAI

- Major activities like yoga and Zumba were conducted regularly. The other activities included distribution of dry ration, home visits, hospital visits, midday meal, health check-up by doctors and medicine distribution for the needy.
- Booster dose of the vaccine Covishield was given to 13 eligible members of the centre with the help of a primary health care centre in Jogeshwari.
- Members learned how to prepare 'torans' (door hangings) for decorations during Indian festivals.
- Members were enthusiastic to begin their physiotherapy sessions using the new

equipment provided to the centre such as stretching band, etc.

- Dr. Rajesh Chouhan conducted the regular health check-up session and distributed vitamins, protein and calcium tablets as per the needs of the patients.
- Our mobile physiotherapy van team visited the centre and conducted screening and treatments for the needy patients. They also repeated this activity at the nearby Meghwadi Police Station which is very supportive of our centre's activities.



Mobile Physiotherapy Van service at Meghwadi Police Station



Celebrated International Yoga Day



Regular health check-up



Covid-19 Booster dose



JAYA NAGAR CENTRE

- A session on yoga was held by Dr. Shamanthakamani Narendran, MD (Paediatrics), Ph.D. (Yogic Science). She presented a talk on the theme of this year's Yoga Day and elaborated about the benefits of yoga, concepts



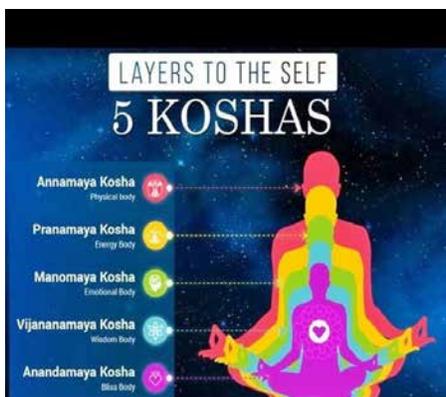
Prasanna Harihar



Chandana Pradeep

of yoga, pranayama and the five koshas. It was an enlightening session.

- Chandana Pradeep, founder of Tapas Health and Wellness Centre and a yoga and Reiki master presented a talk on Violet Flame Meditation. She explained why violet colour is chosen for this meditation and how this meditation helps. She also made the members do meditation for 35-40 minutes.
- Fun games were conducted by Ranjini Bharath. She made members play new and interesting games like



Dr Shamanthakamani Naendran

pulses, blow the candles and aim the ball.

- Prasanna Harihar took a very interesting session on 'mind matters'. He explained the common words in which we use the word 'mind' such as mind your language, great minds think alike, read my mind, etc.
- Latha Narasimha Rao, who likes to talk about various saints, anchored a session on a famous spiritual guru of Karnataka, Sri Jagannatha Dasaru. His compositions were melodiously sung by S R Anusha.



Latha Narasimha Rao & Anusha S



Fun games

SANJAY NAGAR CENTRE

- Sreelakshmi Bharadwaj, an engineer and trained Bharatanatyam dancer, contributed her time to teach the members to perform a few simple 'mudras' which promote good health.



Sreelakshmi Bharadwaj

VIDYARANYAPURAM CENTRE

- Apart from our usual programmes like quiz, Sugama Sangeetha, recitals and narrations of Vishnu Sahasranama and Bhagavad Gita as well as birthday celebrations, four diverse programmes were arranged. These included talks on environment and water conservation by Jagadish Bhat, guidelines for general health by Shri Wellness Centre, karaoke music by B S Prasad and B Padmaja as well as light music by Kumari Srishti Srinivas.

VIJAYA NAGAR CENTRE



Capt Jayaram

- Captain Jayaram conducted a valuable and informative session on Agnipath. It was very good and the members gained a lot of information from it. The narration was also excellent.



Dr Narayana

- An informative session on how to take care of our health using scientific ways was conducted by Sujatha Guru.



Sujatha Guru

- Chandana Pradeep held a virtual session which involved various kinds of face exercises.



Guruvandana

- On Guru Purnima, we honoured Dr. Narayana Pradeep and Chandana Pradeep for their valuable contributions through their teachings to our members.

- A skit choreographed by Prema Kumari and a talk by Triveni Murthy on the significance of 'pranayama' were the other highlights of the month.



BS Prasad and B Padmaja

ALL CENTRES



Birthday celebration



Pot Luck



Adyar CMC

- On July 16, Adyar CMC reopened its physical centre. To commemorate the occasion, a welcome party with potluck lunch was organised. As many as 30 members took part, bringing 30 exotic dishes.
- Counsellor and energy healer Renu Mira held a story telling session on the topic 'Jayakandhanin Kadhaigal' on July 18. Her

captivating delivery of the story was appreciated by all members.

- On July 22, our members Chithra Prabakar and Kanchana Chandrasekar jointly led a session with the title 'Kadhambam', which means a combination of many flavours. They offered knowledge on various pleasant elements of life for people to appreciate.

The members thoroughly liked the session and everyone praised them for their creativity.

- Sachi S, a student from D G Vaishnav College and an intern, held a mind games session on July 8. She organised a variety of fun games for our members to make them feel special and active.

**DEMENTIA DAY
CARE CENTRE**

- One month after the launch of the Dementia Day Care Centre at Greater Kailash, the centre has confirmed two registrations of persons living with dementia. The centre's team is serving them with utmost love, affection and care.



Memory boosting activities at the centre

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**

ALL CENTRES

- On July 22, AMRI Dhakuria Hospital observed World Brain Day in association with Dignity Foundation by organising an awareness camp. Eminent consultant neurologist Dr. Kaushik Datta conducted a very important and interactive session. He made the audience aware of the symptoms to identify any neurological problems. He also told us the measures one should take to prevent neurological problems. Dr. Datta answered all the queries of the audience. It was a very informative session.



World Brain Day celebration at AMRI Hospital

SALT LAKE CENTRE



Birthday celebration

- On July 9, members attended a virtual session organised by their own selves. Similarly, on July 16 and 23, a virtual storytelling session was held.
- On July 11 and 22, members participated in a yoga session led by instructor Arun Sen.
- On July 15, we celebrated the birthday of our member Manjusree Bose at the centre.
- On July 18, our members presented nice poems by different poets, which was very entertaining for all.
- On July 25, a singing programme was conducted by resource person Rupa Singh Dev.



Story telling session



Singing programme by Rupa Singh Dev

- An experiential workshop for senior citizens on holistic health using expressive arts therapy (art therapy, drama therapy, music therapy and creative movement) was held.

BAGUIATI CENTRE

- Members met four days in a week while the coordinator visited a sick person every week for companionship.
- Our regular programmes

included storytelling, yoga, meditation, spiritual discussions, housie, carrom, individual performances, antakshari, one-act plays, and many more.

- Birthday celebration, ration distribution and a visit to

an old age home on July 22 were some of the other activities conducted during the month.

- A Shanti Niketan trip was held for three days with 53 members on July 29.



Old-age home visit



Story telling session



Ration distribution



Yoga session

DHAKURIA CENTRE

- On July 11, members celebrated the success of the humorous play 'Dhanda' presented as a part of the Dignity Drama Festival at Rotary Sadan. Those who acted in the play were warmly applauded by all. The director of the play, Gautam Bhaduri, was felicitated and presented a book on plays for his contribution in the event. The programme ended with tasty snacks served to everyone.
- On July 18, the centre organised a legal session on 'Maintenance and Welfare of Parents and Senior Citizens Act 2007'. Pratyank Chakraborti explained in detail all the points of the above law. Pratyank is a law graduate and now a student of IIM, Rohtak.
- Every Tuesday and Thursday is observed as a day for yoga and for a game of housie, respectively, at the centre. Members love to join the yoga class and appreciate the teachings of the yoga teacher Paramjit Kaur Bhattacharya. Housie is another very popular game among the members.

Ration Distribution

Kolkata Chapter distributed monthly ration among 50 underprivileged senior citizens. On July 25, 30 ration kits were donated

to Purbalok Day Care Centre. On July 27, 10 ration kits were provided to the needy members in Baguiati area whereas on July 28, 10 ration

kits were donated to the needy senior citizens in Behala Parnashree area.



DADAR CENTRE

- Members enjoyed sessions like yoga, laughter yoga, chair aerobics, karaoke, antakshari, dumb charades, etc.
- Birthdays of members were also celebrated during the month with interesting games conducted by
- On July 3, the centre completed its 13th year and celebrated the annual day on July 15. We held a lot of programmes like skit, dance, poetic couplets, jokes, etc. performed by our members. The programme started with our Dignity Anthem followed by a brief introduction

given by R K Prabhu. The programme was hosted by Chandan Lalan. As a part of the celebration, cake cutting was done by the senior members of the centre. Prizes were also presented to members for the games played on July 14. Asha Nayak had arranged yummy snacks and Anjali Dalvi distributed hot 'masala' milk to all the members.



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.

CHEMBUR CENTRE

- To get fresh air and experience adventure, 64 members went for an open bus trip to Nariman Point and Marine Drive. Members had an amazing time and enjoyed the trip with snacks.



VERSOVA CENTRE

- Ishrat Kumar who served with Dignity Foundation for 13 years received a warm farewell on July 25 by the centre. Members brought to the fore their individual talents in the

form of song and dance and shared their messages of love with Ishrat. Dr. Sheilu Sreenivasan sent a special message appreciating all the efforts taken by Ishrat for the centre. Members also presented beautiful gifts and wished her the best for the future.



VASHI CENTRE

- Ashadhi Ekadashi is celebrated extensively every year in the state of Maharashtra. We celebrated the event on July 11. However, due to the sad demise of ex-coordinator Nandkumar Patil who used to be the main flag-bearer for this event, members did not perform any dance. Almost a dozen members sang devotional songs in various languages like Marathi, Hindi, Gujarati, Bengali and English. Members also enjoyed some tasty refreshments.

POWAI CENTRE

- The centre restarted its physical activities in July. Manju Sharma, who is the owner of the place provided to the CMC, organised a re-opening party. Usha Khandelwal conducted games and then the members presented their performances.



All members enjoyed the event and showed great enthusiasm for the reopening. They also spent some time remembering two members whom they lost in the last two years.

- A session on learning bridge by national champion Anil Padhye and a session on cancer awareness also got conducted in July.



DEMENTIA DAY CARE CENTRE

- We have a total of 16 registered members at the centre, of which 4 are out of station for a holiday.
- We hold weekly physiotherapy and daily chair Yoga for our members. We play games like word puzzle, musical chairs, etc.
- We introduced playing of a musical instrument as an activity from this month.
- Celine Pareira, one of our members, celebrated her birthday this month at the centre.



MOBILE PHYSIOTHERAPY VAN AT THANE, MAHARASHTRA

This month, the van reached out to 246 senior citizens – 118 males and 128 females in various locations of Thane like Shivai Nagar, Dharanvir Nagar, etc. New services were added to the van by purchasing instruments like an X-ray pad, manual blood pressure monitor and Kinesiology Tape therapy. For patients with severe aches and pains, our

team conducted three to four sittings to provide relief to the patient.

Case History

Name: Anandibai Kavthankar

Age: 65 years

Occupation: Housewife

Complaint: Anandibai was facing persistent lower back pain for five years. Aggravating factors were lifting and

carrying heavy weights.

Treatment: Electrotherapy (TENS) lasting for 10 minutes for lower back pain. Lower back exercises such as statics, strengthening of back extensors, hip abductors and stretching of hamstrings, TFL, etc. were given.

Follow Up: 30% pain relief in lower lumbar region.



WANOWRIE CENTRE

- On July 14, we organised Bhajan Sandhya on the occasion of Ashadi Ekadashi, an auspicious day in Marathi culture. Members came together and sang various spiritual songs which



mesmerised the audience. Prof. P N N Iyer anchored the session and played the tabla.

- On July 21, we hosted a birthday celebration for the members that included Sundaram J, Jyoti Subaih, Soonnu Marker and Rashmi



Makheja. On this occasion, members sang Bollywood songs and played fun games.

- Elizabeth Joseph conducted a western dance session on June 9 which stimulated and boosted the seniors to keep active.



KALYANI NAGAR CENTRE

- On July 27, Godwin Alphonso, a full-time pranik healer, spoke on 'energy healing and how energies affect us.' He explained how one can maintain good psychological



and emotional health by harnessing the powers of positive energy.

- On July 21, COO Dr. Sujay Joshi and Strategic Partnerships Manager Javed Sheikh visited our new centre premises. There was



good interaction between the members and the staff. One of the members, Bhupendra Kempraj, played the mouth organ. Fresh lime juice, cupcakes and wafers were served to all the participants.

DEMENTIA DAY CARE CENTRE – PUNE

Since the launch of the new DDC in Pune, four members have enrolled with the centre and are benefitting from the high-quality facilities offered to them.



ANANDA YAAN: BYCULLA AND E-MOSES CENTRES MUMBAI

- On July 14 and 15, live mythological theatre was enjoyed by members of Ananda Yaan. They watched 'Mahabharat' in theatre form at Nehru Centre in Mumbai with the help of a



donation from the Rotary Club of Bombay. Snacks got provided during the travel to the venue. They also received a donation of umbrellas. Members of both the centres shared their gratitude to the Rotary Club of Bombay.

- Dance classes were started in June. Astha J, our dance teacher, started with the very popular folk dance of Maharashtra, 'lavani'. Members came dressed according to the dance theme such as Navratari, etc. Every one of them enjoyed it a lot and danced their hearts out.

LONELINESS MITIGATION CENTRE – PUNE

- The coordinator conducted interested sessions like 'garba', recitation of poems and Urdu couplets, sharing of life experiences along with fun games and yoga, interesting quizzes, and discussions over tea and storytelling at the Bhim Nagar and Siddharth Nagar LMCs.
- The number of members attending these sessions is



progressively increasing. Some positive changes are being seen in their thinking,

behaviour, punctuality and sensitivity to the needs of others.



RATION DISTRIBUTION – MUMBAI

- Ration and safety kits for our 50 regular monthly beneficiaries were distributed on July 10.
- Ration and safety kits for 80 beneficiaries at Jogeshwari

Day Care Centre were distributed on July 12.

- Ration and safety kits for 44 senior citizen TB patients at Byculla were distributed on July 16 with the cooperation of the Byculla TB Department led by Aniket Pujari.



OBITUARY



Srinivas S
Bengaluru APF Centre
expired on July 24, 2022



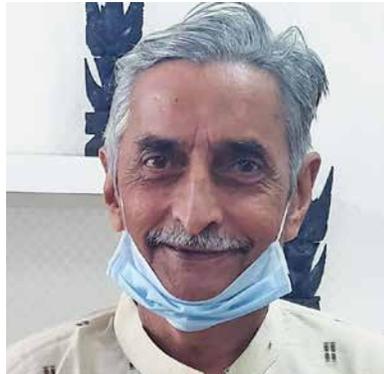
Prema Nayak
DL member expired on
July 31, 2022



Surjit Choudhary
DI member expired on
July 8, 2022



RC Iyer
DDC Mumbai



Bhushan Katvi
DDC Mumbai

Design and Dance

- A henna programme was organised and enjoyed by 12 residents and staff.
- A musical programme to welcome and celebrate the monsoon season was arranged for all the residents on July 16 with the participation of 60 members.



Published by

Dignity 
Foundation SM

Dignity Foundation

B 206, Byculla Service Industries Premises,
Dadoji Konddeo Marg, Byculla - East, Mumbai - 400 027

Tel: +91-22-6138 1100 | Email: dignityexpressions@dignityfoundation.com

