

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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MUSICAL CONCERT

Members enjoyed an online musical concert in January organised by Shankar

Mahadevan Academy's 'Nirvana' team. Members of Dignity Foundation too were given the opportunity to sing songs along with trained singers from the academy.

LAUNCH OF MOBILE PHYSIOTHERAPY VAN

Dignity Foundation will be launching its first mobile physiotherapy van in Thane near Mumbai in February. This van will provide low-cost and high-quality physiotherapy services to the poor elderly living in slum and tribal communities in Thane. Private physiotherapy services are unaffordable for this population whereas

public healthcare facilities require long waiting hours which results in loss of the patient's daily wage - their sole source of income each day.

Therefore, the mobile physiotherapy van programme has been conceptualised in association with the Rotary Club of Thane. It will serve an estimated 5,000 people.



VIJAYANAGAR DAY CARE CENTRE

- New Year was celebrated at our centre on January 3. Pandemic-related protocols such as hand washing and temperature screening were strictly followed. Fun-filled indoor games were organised and members participated in them with energy and enthusiasm. This was followed by cake cutting

and distribution of snacks among the members.

- Art and craft sessions are conducted on a weekly basis on various themes. These activities provide a foundation for all other forms of wellness.
- A social activist, the principal of Model School presented a spiritual talk on what it is that prevents people from living to their full potential.

She also distributed cake and snacks to our members.

- A health talk was presented on good nutrition for the elderly. The anchor elaborated on eating a well-balanced diet and also shared information about various nutrient-rich foods which elders can consume. A nutritious health drink from beetroot and carrot was prepared for the members. This immunity booster drink was relished by all.
- Monthly check-up reduces the risk of elders falling ill and increases the chances for timely treatment and cure. Dr. Sushma Patil conducted the monthly check-up for



New Year celebration



Beetroot and carrot juice



Health talk

screening of blood pressure and diabetes. Multivitamins and iron supplements were also distributed.

- Yoga helps reduce anxiety, lowers blood pressure and aids in breathing. Regular yoga sessions at

our centre have benefitted our members greatly. Many have reported longer and sound sleep after practicing yoga.

- Mid-day meals were provided to the members at the centre.



Monthly health check-up



MULLIMA NAGAR DAY CARE CENTRE

- With the addition of two new members, the Mullima Nagar Day Care Centre now has 83 registered members.
- In January, 13 physical fitness programmes were organised to help our members stay fit and active.
- On January 7, as part of the regular art and craft sessions, our members were taught to make hand fans out of coloured paper. The participants were divided into four groups and handed

different coloured papers. Some members assisted their peers by sharing half of their papers to create colourful hand fans.

- Our centre hosted a monthly health check-up on January 11. Their health was assessed by a doctor who also carried out medication reconciliation for them. He provided multivitamin tablets, antibiotics and hypertension and diabetes medications to 70 of our members.
- Pongal celebrations were organised on January 13. It was an extraordinary



Health talk



Pongal celebration

day with the theme of a typical Pongal celebration in a village. The hall and the campus were adorned with floral arrangements and stacked sugarcane to grace the occasion. The day started off with a speech on Pongal. An earthen pot was placed on fire with traditional fanfare and sweet 'pongal' was made by the members. All our members gracefully danced on a 'Kummi Adi' song around the pongal pot. Various competitions and fun games were organised too.

- We celebrated the 73rd Republic Day with zeal on January 25. A slew of activities evoked a sense of unity, brotherhood and patriotism among the members. To commemorate the historic day, our members performed soulful songs and dances. The event came to a close with a rendition of the national anthem.
- A session on the importance of martial art training for senior citizens was held on January 12. V Kumar, a martial arts trainer, led

the class and informed the participants that martial arts can help greatly with age-related symptoms like memory loss and delayed reaction. He also informed our members about the various types of self-defence training available. Members were encouraged to learn basic self-defence techniques so as to protect themselves in the case of any untoward situation.

MUMBAI

JOGESHWARI DAY CARE CENTRE

- The sudden hike in Omicron cases prompted us to discontinue physical activities at the centre. Online yoga and meditation classes continued for the members.
- Mid-day meals and nutrition drinks were provided to members as takeaway.

Members were also provided with dry ration and sanitisation kits this month.

- A doctor's visit was conducted to check the health of members and free medicines were distributed to 45 members as per his advice.



Ration distribution



A doctor's visit

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





- Anand Kumar (name changed) called our helpline to report abuse of his mother-in-law at the hands of her sons. Mrs. V Satpute (identity concealed) gifted her elder son cash and gold as his share of her assets, whereas she gifted a flat owned by her to her younger son as his share. However, the younger son was given the flat on the terms that he would bear the costs of his mother's maintenance. The younger son had lost his wife, so he got remarried to a woman who harassed Mrs. Satpute and forced her to leave her own house. Mrs. Satpute had approached the police,

but no concrete action was taken.

After getting a report of her situation, our team filed a case on her behalf with the Senior Citizen Tribunal of Kalyan. After hearing all sides, the court passed an order that the younger son has to allow his mother to live in the flat which she gifted him. Also, both the sons need to pay monthly maintenance of Rs 5,000 each to their mother. If they do not honour the court's order, under the Maintenance and Welfare of Parents and Senior Citizens Act, 2007 (Section 14), further action will be taken against them.

- Kanhaiya Damodar (name changed) was harangued by his daughter-in-law who had unlawfully occupied his flat. He had made several unsuccessful requests to her to vacate his flat. Even the police was unable to help despite filing a house

break-in case against the daughter-in-law. As a last ray of hope, Damodar called our helpline number on June 19, 2021. After filing a case and regularly following up with the Senior Citizen Tribunal, on September 6, the Kalyan Senior Citizen Tribunal passed the order in favour of Damodar.

This was as per The Maintenance and Welfare of Parents and Senior Citizens Act, 2007 (Section 5). The order stated that the daughter-in-law should peacefully provide the custody of the flat to the complainant within 30 days of receiving the order and if the possession of the flat was not given within the stipulated time, then the office of the tribunal should ensure transferring the possession forcefully with the aid of the police. Finally, on November 11, the daughter-in-law handed over the flat to the complainant.

1800 267 8780

Dignity Foundation's pan-India helpline number for senior citizens



BENGALURU

JAYANAGAR CENTRE

- December 31, 2021 was celebrated as Thanksgiving Day in a unique way. Members were asked to thank any article which they had been using for a long time and to which they were attached. Eight members participated by sharing their feelings for their beloved items. B V Ramanna showed gratitude to his flute. While he has not undergone any training, he plays the flute just like a professional.
- Naveena C K, a computer engineer, is highly influenced by Swami Vivekananda's thoughts. He is currently the managing trustee of Swami Vivekananda Indian Revival Movement. He gave a brief introduction on Swami

Vivekananda's teachings and interacted with members, answering their queries on the life of this legend.

- Sridevi Casuba retired as the vice president of a bank in USA in 2004. She started learning the musical instrument veena during her visit to Bengaluru. S N Narayan Murthy has often accompanied her on the mridangam. For our members, she played popular 'kritis' composed by well-known scholars of Carnatic music. It was a very soothing recital.
- Arathi Harihar anchored a devotional songs programme, presenting a nice narration of short stories before each song. Vidya Ananth along with her daughter Nitya Ananth sang beautifully for our members.



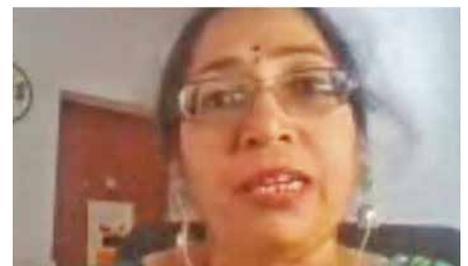
B V Ramanna



Naveena C K



Sridevi Casuba



Arathi Harihar

SANJAY NAGAR CENTRE

- The centre organised a fancy dress competition. Amazing talent was exhibited by our members. Jalaja Venkatesh dressed as Onake Obava, Urmila Jain as Queen Padmavat, Vijayalakshmi Kulkarni as Florence Nightingale and K N Bramarabha as Akkamahadevi.
- There was a cooking and decoration competition in which dishes were prepared with Christmas as the theme. Gita Rao, Vishwanath Rao, Lakshmi Venkatram, Dr. Susheela Devi, Hemaprabha Mehta and Prabha Vasanth were the participants.
- We had a greeting card making competition. Hemaprabha Mehta, Prabha Vasanth, B Koshala, Lakshmi Venkatram and Shashikala Kadam participated.
- S R Nagaraj spoke on the topic 'What is Happiness?' He also conducted a short story writing contest on the same topic.



Fancy dress competition



Cooking decoration



Greeting card making

VIDYARANYAPURA CENTRE

- Rama Thyagaraj explained the meaning of 'Vishnu Sahasranama' whereas Nirmla Mohan explained Chapters 4 and 5 of Bhagwad Geeta.
- K Vasu conducted a fun-filled quiz and riddles programme. D M Rao engaged members in fun time.
- Dr. R P Sahu explained the history and discoveries on the subject of genes.
- R R Sindhe conducted two episodes of the regular Sugama Sangeetha.
- Thyagaraja Aradhana was celebrated over three days. B R Prabhakar spoke on the subject and R Rajeswari rendered five rare 'kirthanas'. Lalitha Iyer presented the five 'pancharatna kritis' with the participation of K S Balan, Kum Impana, Tiveni Murthy, Jaya Lakshmi and Kshma Girish.
- Ku Vem Pu's 'Ramamayana Darshanam' was explained by Sushma Vanahalli with special emphasis on female characters.

VIJAYANAGAR CENTRE

- ‘Flashbacks and Memories’ was a session in which important events from last year were recalled. Members were happy to relive all their cherished and joyous memories. They also set a few goals for 2022.
- A programme on yoga and food was conducted by Chandana Pradeep. She explained how yoga and food play an important role in our lives and how they make our life better.

- Various intricacies related to latest technology such as changing the background on Google Meet video conferencing tool, how to change profile photos on WA or how to book an Ola cab were taught to the members.
- A musical programme hosted by Dr. M Meenakshi gave important insights on how music is beneficial for our health and how different diseases can be treated with the help of different tunes and vibrations.



Flashbacks and Memories



Chandana Pradeep



Dr. M Meenakshi

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CHENNAI

DEMENTIA DAY
CARE CENTRE

- Swami Vivekananda was honoured on his birthday at our Dementia Day Care Centre. All the members paid their respects to him by lighting a candle in front of his picture. The enthralling role play performance by the members mesmerised the audience. A documentary on Swami Vivekananda's life was also screened.
- On January 13, members celebrated Pongal with zeal and merriment. They dressed in traditional clothes and exuded delight and pride as they filled the centre with a cultural aura. The audience enjoyed cultural performances by members such as Kolattam, Kumiaatam and Oyilaatam. The members liked Uri Adithal, a traditional game in which individuals are blindfolded and asked to knock a mud pot hanging from a rope with a stick.



Swami Vivekananda jayanti



Pongal celebration

ALL CENTRES

- Chithra Shankar led a session on 'Fun Games with Words' on January 5. Her meticulous handling of the session ensured that members had a great time.
- Mohan Krishnan hosted a participative storytelling session on January 10. Members were invited to share significant life experiences. Everyone had a great time and asked Krishnan to organise similar events on a regular basis.
- Yagna Ramanji held a 'Jolly Question and Answers' session on January 12. The discussion was interesting and filled with insightful questions. There was a lot of laughter during the session. Members said the session relieved their stress and made them feel happier.
- T C Ragupathy moderated a group discussion on 'Omicorn Awareness and Precautions' on January 13. Members shared a wealth of information about the virus and the precautions they should take to avoid infection. Members vowed to protect themselves from the virus.



Andal's Glory play performance by members

On January 20, members T C Ragupathy, Kasi Viswanathan, Jeya Ramanji, Mohan Krishnan, Nirmala Krishnaswamy and Yamuna Subramaniam decided to stage a play titled 'Andal's Glory', based on the skills they learned in Dignity Theatre. They enacted the play with perfection and left the audience spellbound

and surprised with joy.

Dr. S Abhirami Premnath gave a talk on the 'Role of Naturopathy in Healthy Ageing' on January 24. She educated the members on the benefits of naturopathy and how senior citizens can benefit from it. The session was extremely informative and members benefited

greatly from it.

An interesting session on 'Fun with Numbers' was organised by Punitha Sabapathy. She demonstrated various types of numerical calculations and members eagerly participated and enjoyed the session.

Ration Distribution

Following the pandemic and the subsequent impact of the lockdown on underprivileged families, ration kits were provided to needy senior citizens who had been most affected by the ongoing health and financial crisis.



DELHI
NCRSAFDARJUNG
CENTRE

- Members put their best foot forward to begin the New Year with stretching exercises to rejuvenate the body and mind. This was followed by a DIY session where members displayed their creativity and resourcefulness in making soft toys from old socks.
- A handwriting session was conducted to test whether the members' writing was legible or shaky. Fortunately,
- A poetry session gave the opportunity to our in-house poets to share their self-composed poems on the theme of friendship.
- An interactive session on the life and achievements of the well-known Indian statesman Lal Bahadur Shastri revealed that our members are great history buffs!
- There was an interesting

session of tea and winter snacks in which members described the different ways they usually brew their tea.

- A spiritual session saw members singing songs that contained the word 'Ishwar' in them. Another spiritual session centred on Sant Kabir's 'dohas'.
- A DIY craft session was conducted in which members used bottles and decorative material for preparing indoor plant pots, admirably displaying their artistic flair.



Soft toys from old socks



Soft toys from old socks



DIY bottle decoration

DLF PHASE II CENTRE

- The centre started the year with a session titled 'Mann ki Baat – Sardiyon ki Khatti Meethi Yaadein' in which the spirit of the winter season was celebrated with the exchange of sweet and nostalgic memories by the members. Some shared rare food items and recipes which are no longer used in today's age, whereas others expressed how simple food items were enjoyed by their family members during winters.
- A session was organised on puzzles and riddles where members were expected to solve word puzzles. They enjoyed the exercise so much that they wanted more puzzles to be attempted independently. Another creative session was organised by the coordinator where members were taught the art of making use of old newspapers to create innovative paper bags and envelopes. Upon completing their bags, a sense of achievement prevailed



among the members and everyone posed with their completed handbags and envelopes.

- A musical session titled 'Celebrating Birthdays of Javed Akhtar and Kavita Krishnamoorthy' was organised wherein the members sang songs of these legends. An interesting session followed: 'Guess the Songs through Humming'.
- A knowledge-based session titled 'Quiz on the Foods of Kolkata' was organised where members discovered the food and culture of the city.
- Members were asked to participate in storytelling in two consecutive sessions of 'Suno Kahaniyaan'. They were free to pick up any story and share it with others, without any time restriction!

NATIONAL MEDIA CENTRE

- National Media Centre started the New Year with laughter yoga. Members of Pune centres joined us for this session as well.
- In a session on alternate therapies for various diseases, member Madhu Thakur explained how 'mudras' heal the body.
- A patriotic session on the life and sacrifice of Shaheed Bhagat Singh was organised, followed by mantra chanting for peace and harmony.

COMBINED SESSIONS

- The tambola session was a great hit with the members.
- Lohri was celebrated with a musical evening in which guest singers Suman Chawla, Pooja Bose and Ritu Chhabra entertained the members.
- On the occasion of the 73rd Republic Day, Delhi NCR Chapter members dressed in shades of the tricolour, sang patriotic songs and read poems.
- An origami session was undertaken by Mona Bhadarwaj to make leaves and flowers with coloured paper.
- A book reading session on his autobiography 'Open Past, Open Future' by octogenarian author S P Rawal proved to be very engaging. The session was moderated by Major General Saighal (Retd.). Our members were enthralled to learn how the turmoil during the partition impacted the author's growing years and how he dedicated his post-retirement life to impacting young students.
- Senior citizens from our CMCs learnt art the Japanese way. In an all-India virtual session in which more than 100 senior citizens gathered to learn 'Zen Gardening and Art of Creating Dry Leaf Wall Art (Oshibana)' in a matter of just one hour.
- The centre also celebrated the birthdays of members born in this month.



Lohri celebration



Republic Day



Origami session

Ration Distribution

Dignity Foundation Delhi NCR Chapter distributed ration and sanitation kits to more than 150 senior citizens in four slum communities. We are deeply grateful to individual donors who stepped forward to support this programme.



KOLKATA

DHAKURIA CENTRE

- Due to the rise in the Omicron variant cases, the Dhakuria centre had to stop physical meetings and instead arranged online sessions from January 5. Members felt happy to at least meet and engage in various activities online.
- The birth anniversary of Swami Vivekananda was celebrated on January 12. Members of Behala, Baguiati and Dhakuria centres celebrated the occasion with great reverence. A senior member spoke about the saint, followed by soulful songs sung by a member. Many members paid their tribute by speaking about his religious and social contributions. A couple of members recited poems in his memory. Other members sang 'bhajans' and religious songs to pay homage to him.
- Kolkata Chapter organised a booster dose vaccination visit for members on January 21 at MRI Hospital in Dhakuria. Up to 30 members benefitted from this visit.
- Members celebrated a heart-warming online programme for Republic Day on January 27. Members of Dhakuria and Behala centres participated. A member explained the significance of Republic Day and why the date January 26 was chosen. The senior-most member of the group shared a memorable experience of his childhood in British India. Few other members also shared their thoughts and experiences celebrating Republic Day. Patriotic songs were sung by members and poems were recited by some members.



Birth anniversary of Swami Vivekanand



Booster dose



Republic Day celebration

SALT LAKE CENTRE

- On January 4, the centre organised a virtual New Year celebration. members discussed about memorable tours undertaken by them.
- On January 6, members discussed about their favourite actors and actresses.
- On January 8, members discussed about their favourite actors and actresses.
- On January 13, Kabita Path programme was enjoyed by our members.
- On January 18 and 27,

we had a yoga session by trainer Arun Sen. He discussed about 'mudra' yoga and its benefits.

- On January 29, Dr. Kausik Majumder conducted a session on fitness.



Online fitness session

BEHALA CENTRE

- The Behala centre celebrated the 125th birth anniversary of Netaji Subhash Chandra Bose, one of the most loved leaders of Bengal. Some members, whose parents had seen Netaji in person, narrated his incidents and anecdotes which they had learned from their parents. Apart from this, some members sang patriotic songs to pay their homage to the great leader.



Birth anniversary of Netaji Subhash Chandra Bose

Ration Distribution

This month, Dignity Foundation Kolkata Chapter distributed monthly ration to 30 underprivileged senior citizens at Purbalok Day Care Centre on January 24. All the distribution was done by maintaining pandemic-related safety and security measures.



MUMBAI

POWAI CENTRE

- A meet and greet event for New Year was planned this month but with the Omicron variant striking, it had to be cancelled. Plans for physical get together at the centre too got postponed. Nevertheless, the spirit was

high with the new Dignity Foundation logo launch and various activities. Members enjoyed the session on gardening tips and New Year resolutions.

- Members attended all the routine activities online along with a joint session on will making, singing and yoga with other CMCs. Powai also had new members'

enrolment. The month ended with a joint session with Thane CMC on patriotic songs on the occasion of Republic Day.

- Members celebrated the 73rd Republic Day online in view of the Omicron variant. Dressed in the tricolour and holding the national flag, members had a good time singing patriotic songs.

THANE CENTRE

- On January 6, Jagannath Kargudri took a Zoom session on the importance of positive attitude. He emphasised that our attitude should be positive to achieve success in any field. He also sang a song on positive and negative attitude at the end of the session which the members appreciated a lot.

Malgi took a session on memories of the legendary singer and actor K L Saigal on the occasion of his death anniversary. He was born in Jalandhar, where his mother Kesharbai used to perform 'bhajan' and 'kirtan' in the temple. As a child, Saigal used to accompany her and got inspired to sing. In his professional career, he sang 142 film songs and performed as a hero in 29 Hindi, seven Bengali and one Tamil film.

Kargudri took a session on the Urdu playback singer Shamshad Begum who had a distinctive voice and was a versatile artist. She sang more than 6,000 songs in many Indian languages.



K L Saigal

- On January 18, Pradeep
- On January 25, Jagannath

DADAR CENTRE

- On January 5, Mani Ji, one of the members, conducted a session on laughter yoga. Due to constraints of the virus, the session was organised virtually. Mani Ji started the session with warm-up exercises and then conducted laughter exercises. The session helped members to de-stress and it energised them thoroughly.
 - On January 3, all Dadar centre members having a keen interest in old songs and 'shayaris' conducted a session of Sher-o-Shayari. The topic was 'Dil and Aankhen' (heart and eyes).
- Members came prepared and recited the poems of poet Sampooran Singh Kalra (famously known as Gulzar) on the given topic. This session created a warm environment and was enjoyed by all.
- On January 18, the centre conducted a game of Housie for all its members with the aim of boosting members' alertness and cognitive skills.
 - On January 25, on the occasion of Republic Day, all members came dressed in white and carried small national flags with them. Members sang patriotic songs and expressed their gratitude towards the nation.



Sher-o-Shayari



Republic Day

CHEMBUR CENTRE

- Chembur centre held Tai Chi, yoga and physiotherapy sessions every week. Members have learned many physiotherapy techniques by now. They are benefitting from all the three activities.

VASHI CENTRE

- Vashi centre organised a special session on 'All about Will' by Advocate Archana Joglekar. The session covered important points such as what is a will and who can make it. What is a mutual will or joint will as well as registration of the will, beneficiary of the will and who can become a witness to the will. The session was attended by close to 70 members from all centres of Mumbai.
- Members assembled on December 27 at the centre. It was almost after 21 months



Physical meeting

that a physical session was organised. The session was aimed to build the confidence of members and get an estimate of members' interest in participating in physical activities in accordance with all protocols and government guidelines. As many as 14 members participated on that day.

- Dr. C Cheryl was invited to join our members to cut the cake in appreciation of her efforts during online sessions to keep each one physically active in challenging times. She conducted a few physiotherapy stretches on that day.

GRANT ROAD CENTRE

- Nandini Jambekar and Asha Sawant organised a New Year party on December 30. Madhav Namjoshi organised games and other activities. After a long time, members met in person at S K Patil Garden for the

celebration. Many games were played and gifts were distributed. Members sang songs and danced too.

- On January 12, a musical programme was conducted by Sushil Lal, Madhav

Namjoshi and other centre members. Everyone enjoyed the programme thoroughly.

- On January 18, on the death anniversary of K L Saigal, the centre members paid

tribute to him with a musical programme. Everyone shared noteworthy facts about Saigal and sang his songs.

- On the occasion of Republic Day, members sang

patriotic songs and prayed for the prosperity of the nation.

- On January 27, the centre organised a unique game called 'Alphabetical Housie'. As opposed to

the traditional Housie that is a game of numbers, members played it with a calling out of alphabets. Prizes were sponsored by Madhav Namjoshi. Members enjoyed the game and appreciated the prizes.

PUNE

WANAWADI
CENTRE

- On January 3, the centre organised online dance sessions led by Riya Chakravarty. All participants enjoyed the session.
- On January 11, the Pune DF Chapter organised solo singing performances in which members from all three centres of Pune took part. Members sang songs of legendary playback singers like Kishore Kumar and Mohammad Rafi. It

was an interesting musical evening.

- The centre has been organising online music classes every Wednesday. Music teacher Maya Rana conducted these sessions.
- On January 6, the centre hosted a very energetic yoga session led by Ramandeep Kour. It was a very rejuvenating session for seniors to overcome their physical ailments. Ramandeep shared some important tips for seniors to follow for their wellbeing.



Ramandeep Kour



Indra Pasricha



Jayanthi Monie

KALYANI NAGAR CENTRE

- On December 10, the centre invited Vidya Yedavalli, a spiritual speaker. She is the author of three books and runs a foundation

which helps people find the right direction in life. Vidya shared her experiences and spoke about balancing three important aspects – physical and material, emotional and socially acceptable.

- On January 24, the centre

invited Sonal Shailendra. She loves reading, travelling and public speaking. Her topic was ‘Miracle Morning’. She invited each and every participant to talk about their morning routine and advised them how to make it more productive.

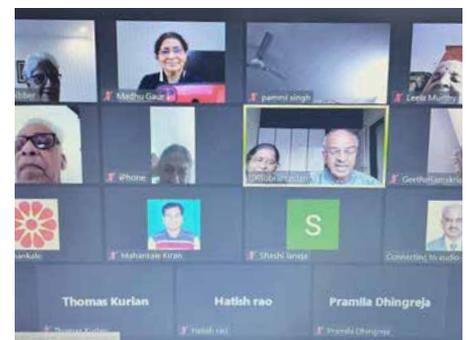
MAGARPATTA CENTRE

- The centre held a combined session on January 13 on Zoom. Soulful songs were sung by the members. It proved to be a memorable session. A few members like Leela Murty sang for

the first time. They received a lot of appreciation and encouragement from the other members.

- On January 20, the centre hosted a talk on the scientific,

psychological and spiritual benefits of happiness. The guest speaker, Dr. Rekha Rani, PhD in Psychology, explained the reasons and benefits of happiness in individuals.





MUMBAI

MEGHWADI CENTRE

The centre had to stop physical activities for a month due to rising cases of Omicron in the area. Activities that continued with adequate precaution included ration donation,

doctors' visits and medicine distribution. As many as 63 members received ration kits that lasts for a month, 29 members received doctor-prescribed medicines for free and three doctors' visits were organised to keep a check on senior citizens' health.

Members got advice from the doctor on precautions to be taken during the ongoing pandemic and a discussion was held on myths and facts regarding the booster dose. At the end of the month when the virus cases reduced and the situation was favourable to meet, members came together on January 31 to celebrate members' birthdays during the month.

ANANDA YAAN – BYCULLA AND E-MOSES CENTRES

- Both centres of Ananda Yaan received dry ration and hygiene kits that can last an average family for an entire month. Members shared their gratitude and appreciation towards Dignity Foundation for helping them in critical times of the corona virus when most of the families have lost their livelihoods.

- From September, E-Moses Centre has been organising three doctor visits a month whereas the Byculla centre has been organising two doctor visits a month. During the doctor's visits he checks the members and provides free consultations and medicines to them. Members fear visiting hospitals and clinics due

to financial constraints and the pandemic but now they are at ease as they regularly receive access to health check-ups, doctors' consultations and free medicines too.

- Our programme caters to the health of senior citizens with sessions on yoga, nutritional demonstrations, physiotherapy and more. It is a fact that physical health is connected to mental health, hence catering to the

mental health of members is imperative. On January 12, Pradnya Ganla conducted a session on mental health for the Ananda Yaan members. She shared research studies to convey that mental health and willpower are stronger than anything else. She also discussed the connection between physical health and behavioural patterns linked to our mental health.

- On January 26, Jayesh Dixit, a member of ISCKON and a priest at Hare Rama Hare

Krishna temple of Juhu, delivered a session on the teachings of the Bhagwad Geeta. He focused on the importance of spirituality, the meaning of birth and discussed about the soul and body. He said that just as food is important to our body, spirituality is important for our soul. Members gained knowledge and understood the importance of spirituality.

- Five senior citizen women were taken to Bombay City

Eye Institute and Research Centre for their eye check-up on January 26. Mamta Shetya (61), Pratibha Kadge (60), Laleeta Tharuk (60), Kusum Gaikwad (62) and Anita Chavan (55) availed the benefits of this visit. Two of them were further advised to undergo operation in the coming days. Dignity Foundation's Ananda Yaan supported by the Rotary Club of Bombay will help them with the cost of their operations.



PUNE

Due to increasing cases of Omicron, most members could not participate in the centre's activities. In the month of January, 21 ration and sanitisation kits were distributed to 21 members of the LMC and 61 kits were distributed at three locations, namely, Bhim Nagar, Siddhartha Nagar and Leprosy Village.



RATION FOR ELDERLY POOR

- Ration and safety kits were distributed to 63 beneficiaries in Meghwadi Loneliness Mitigation Centre January 7.
- Ration and safety kits were distributed to 108 beneficiaries at Dr. E-Moses Ananda Yaan and 50 beneficiaries at Byculla Ananda Yaan on January 10.
- Ration and safety kits for regular 65 beneficiaries were distributed on January 17.
- Ration and safety kits for 150 beneficiaries of Rahul Nagar-1 area in Chuna Bhatti were distributed on January 20 with the help of local volunteer Sunil Waghmare and his team.
- Ration and safety kits for 64 beneficiaries in Lalbaug area were distributed on January 28 with the help of local volunteer Sanjay Surve and his team.



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 members, we convey our deepest sympathies.



Swami Sadhanananda, formerly Samir Mohan Chakraborty (93), Dhakuria Centre, Kolkata.



Durgadas Banerjee (76), Baguiati Centre, Kolkata.



Maki Daruwala (90), Kalyani Nagar, Pune.



Urmila Lal (79), Wanawadi Centre, Pune.

Celebrating Republic Day

On January 26, Republic Day was celebrated at Dignity Lifestyle Retirement Township. Suraiya Begum hoisted the flag and shared her views on the unity of our nation. At this event, the Assisted Living Centre staff sang patriotic songs. Dr. Usha Mantri, a resident for over 20 years, was the host of the programme. The programme concluded on a good note with the distribution of sweets to the staff and residents of the township.

