



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 3, January 2022



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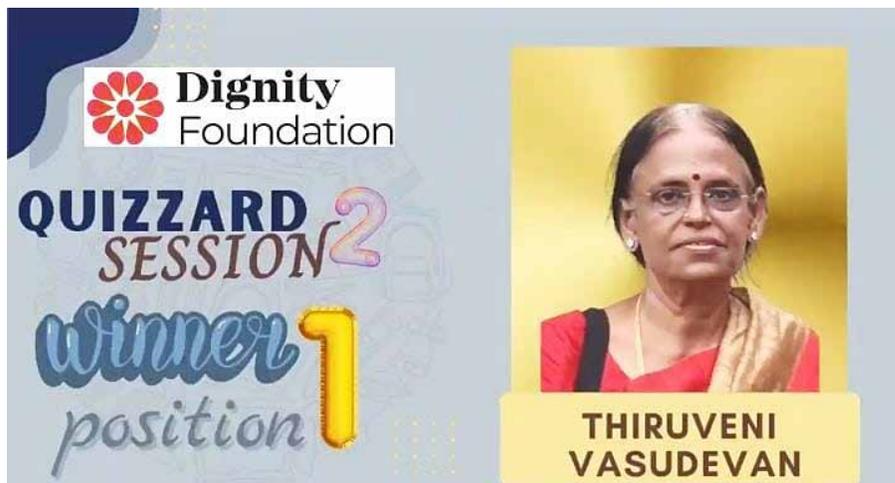
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QUIZZARD OF DIGNITY SEASON 2

The Dignity Foundation Head Office team organised 'Quizzards of Dignity Season 2' for all the CMC members across India. This event was a KBC-styled quiz contest based on six themes which were

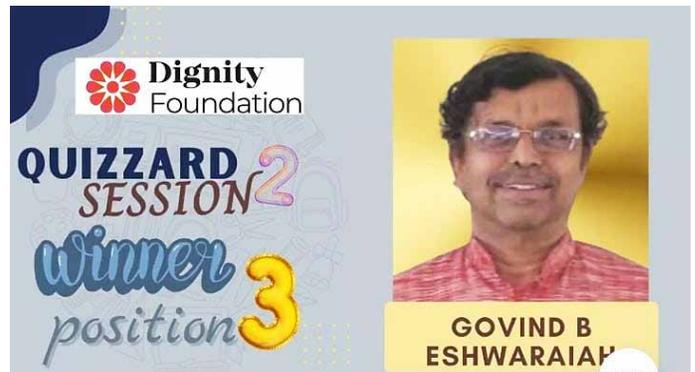
shared with the participants. In all, 22 elimination rounds were held in December, one round for each CMC. In case of fewer participants from one centre, two centres were combined. There were 22 finalists who competed for the grand finale round held on December 23 on Zoom. It was a live interactive quiz show and



we got winners for positions one to three on the day. The grand finale quiz along with an entertainment programme and the launch of Dignity Foundation's new logo and brand identity

were conducted via YouTube Premiere on December 29 and showcased to all. It was a lovely event at the end of which the names of the winners were announced:

- **1st Place:** Thiruvani Vasudevan, Chennai
- **2nd Place:** Sushma Srivastava and Anil Gupta, Delhi NCR
- **3rd Place:** Govind B E, Bengaluru



CORRECTION

In our December issue, in the coverage of Infinite Love and Light 2021, instead of printing the image of the winner Shashikala Kadam, it was the photograph of Kusuma Ramakanth that was published. Please see the correct image.



**AZIM PREMJI
FOUNDATION
DAY CARE
CENTRES**

BENGALURU

**VIJAYANAGAR DAY
CARE CENTRE**

- On World Pollution Day, an awareness talk on the risks and preventive methods to help reduce wood smoke and protect health was held. Smoke is not good for health. The biggest health threat from smoke is from fine particles which worsen asth-

ma symptoms and trigger asthma attacks. Fine particles also trigger heart attacks, stroke, irregular heart rhythms and heart failure.

- National Soil Day was observed on December 4 with an advocacy programme for the sustainable management of soil resources. Member Gowramma shared

information about good potting mix and compost. She mixed and prepared potting mix with mature compost, soil and sand. She also planted small saplings in the pots. Brahmi plant was given to all the members to grow at their houses.

- A monthly check-up reduces the risk of falling ill. Dr. Sushma Patil conducted the regular monthly check-up of all our members. Blood pressure and diabetic screening was done. Multivitamins and iron supple-

ments were distributed.

- December 10 is observed world over as Human Rights Day. We held a campaign with members holding placards in Kannada and creating awareness about basic human rights among the masses. On the same day, we also distributed dry ration and sanitation kits among our members at the centre.
- Art and craft sessions like 'Best out of Waste' and 'DIY Christmas Tree' are conducted on a



National Soil day



Dr. Sushma checking our members

weekly basis. Members learned to make foot mats and dusting cloth from used clothes. They also excitedly made Christmas trees with colour paper and decorations.

- Christmas was celebrated at our centre with various cultural events like singing, dancing and a fashion show. Members were dressed in their best attires. Participants were gifted goodies. Delicious snacks and a Christmas cake was distributed and relished. A special lunch was enjoyed by all.
- Simple yoga workouts, exercises, laughter therapy and yogasanas were taught to the members. Most members stated that they could witness tremendous changes in their health after practicing yoga regularly.
- Members are taken for park and temple visits which make them feel relaxed and rejuvenated.
- Memory games for elderly such as a jigsaw puzzle, musical chair, Ludo and carom were played regularly at the centre. Also, literacy activities like newspaper reading, storytelling, writing, action songs, role play, etc. were also conducted.
- Mid-day meals and nutritional drinks were served daily to the elders at our cen-



Yoga session



Temple visit



Literacy activity



Christmas celebration

tre. Ragi balls and eggs were included twice a week in the food menu. Members relish the delicious and healthy food served to them daily.

- Lions Club President Madhura sponsored a tai-

loring machine for the centre. Tailoring classes for our members as part of revenue generation activity will start from January 2022. We are very grateful for the generous donation from Lions Club.



Tailoring machine

CHENNAI

MULLIMA NAGAR DAY CARE CENTRE

- With the addition of five new members, Mullima Nagar Day Care Centre now has 83 registered members.
- Literacy is extremely important in everyday life. The majority of our day care centre's participants are illiterate – they

are unable to even write their names. As a result, we decided to launch a literacy programme for our members. Members demonstrated a strong desire to learn and actively participated in the lessons. Their unwavering dedication yielded an unbelievable result. Members are now proud and pleased that they can write their names instead of relying on thumb impressions while receiving their pen-



Christmas celebration



Graduation programme

sion. Members have even been taught how to read numbers on bus boards.

- To honour their accomplishments, we organised a Celebration Ceremony on November 11. As many as 20 members were dressed in convocation gowns and honoured with certificates and medals.
- On December 10, Dr. Sumathi Logesh

conducted a session on Maintenance and Welfare of Parents and Senior Citizens Legislation, 2007.

- On December 14, members were taught how to make Christmas cards as part of an art and craft session and a Christmas party was held on December 29. Jointly held with members of the Dementia Day Care Centre and Chai Masti Centres,

a play and a group dance were presented by our day care centre members. As a Christmas gift, our CMC member Jayanthi Sen gifted woolen hats.

- On December 30, members were taken on a visit to Karneeswarar Mandir in Saidapet, the Our Lady of Good Health shrine at Little Mount and St. Thomas Mount Church. Members

were particularly interested in visiting the St. Thomas cave and thanked the staff for making their long-held ambition of visiting those historical sites a reality.

- On Tuesdays, monthly health examinations were held during which members were examined by a doctor and given medications.



Graduation of literacy programme members

MUMBAI

JOGESHWARI DAY CARE CENTRE

- As health remains a priority, a doctor's visit to the centre is conducted every month. On December 9, Dr. Rajesh Chauhan visited the centre and conducted a regular health check-up of 66 members. During the check-up, the doctor also discussed the new variant of the corona virus called Omicron and shared information about the precautions that must be taken.
- On December 14 and 15, a second round of training on making imitation jewellery was organised. This training aims to start a livelihood source for senior citizens in favourable conditions to keep them productively engaged and support themselves to become financially independent.
- As low blood pressure is common in old age, an informative video screening was organised for the members to learn the causes, symptoms, and precautions of low blood pressure. A discussion on the same was held to reinforce their knowledge.
- 80 senior citizens were supported with ration donation this month.
- Our members celebrated Christmas with high spirits and enjoyment. Members played games, wore Christmas caps and cut a cake.
- Taking inspiration from a few members, more members have started reading the newspaper on a daily basis. Newspaper reading adds to their knowledge and keeps their interest in literacy alive.



Skill building



Christmas Celebration



JAYANAGAR CENTRE

- December 2 is World Computer Literacy Day. Eight members shared information about the how computer is helpful to them and how they learned to operate it.
- A unique talk on the

power of letter 'P' was presented by Prasanna Harihar, a business professional. He started with the words passion, pledge, perseverance, pragmatism, peace and 'param-atma'. He explained each word and also presented some interesting videos which

were connected to the words.

- Dr. Salman Khan and Dr. Amitha Muralidhar who run a dental and skin clinic gave a talk to our members. Dr. Khan, an orthodontist, presented few slides on dental care and diseases in the elderly. Dr. Muralidhar, a consultant cosmetologist, spoke on how and why the skin changes with age, preventing skin ageing and reversing the ageing clock.
- Students of

Samskruthi School of Arts presented a Bharatanatyam performance for our members. It was a treat to watch each of them dance beautifully.

- A programme is dedicated to celebrating the retro music of Hindi films. The team is 92 episodes old and is led by Sheshadri Mokshagondam who is a retired marketing professional and two other nightingales, Rekha Sathya Shankar and Sudha Venkatesh.



Malathi Iyengar & Anitha Shettar - World Computer Literacy Day



Prasanna Harihar



Students of Samskruthi Art School

VIDYARANYAPURA
CENTRE

- Among many activities, Rama Thyagaraj explained meanings of Vishnu Sahasranama. Nirmala Mohan explained the story of Gajendra Moksha. K Vasu conducted a fun-filled quiz and riddles programme whereas D M Rao engaged members in fun time.
- On the occasion of International Mathematicians' Day, Dr. R P Sahu explained the intricacies of Ramanujan's Magic Square.
- R R Sindhe conducted two episodes of Sugama Sangeetha. Lalitha Iyer presented about 10 film songs based on classical ragas.
- Raman Kutty discussed the modern social systems.
- Triveni Murthy gave some interesting details about the evolution of Chemistry since the Vedic ages.
- Cookery, a popular topic, was undertaken by Shashikala Guragol. She discussed the popularity and many applications of jowar, especially in north Karnataka. Premakumari Manjunath gave an insight into Hasya Brahma Bee Chi.
- S R Nagaraj recounted the contributions and achievements of Prof. C N R Rao.
- Triveni Murthy explained the selection of foods and their impact on digestion.



1800 267 8780

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

Ms. Namrata (40+) from Newtown, West Bengal called on our Kolkata helpline number on December 22 asking for help for her parents as they were abused by a neighbour. Our team immediately contacted the local police station and requested them to resolve the problem. The police have intervened and a resolution is underway.

SANJAY NAGAR CENTRE

- Dr. S R Nagaraj narrated a lovely story as a tribute to the Kannada movie star, late Puneeth Rajkumar. Sadly, Kannada industry lost this cine star. It was good to hear the story based on his memory.
- Kiran Raghunath, with 15 years of experience in the field of fitness and multiple certifications in physiology and physiotherapy, is an undeniable powerhouse of knowledge. He has taken up geriatric wellness as a project and he wants to treat joint problems with exercise instead of surgery. He gave a wonderful explanation of prevention of diseases using simple exercises.



S R Nagaraj



Kiran Raghunath

VIJAYANAGAR CENTRE

- Dr. Swetha Sasidharan along with MS Ramaiah Hospital doctors hosted a wellness programme where they instructed members to perform few simple exercises which were beneficial for physical and mental health.
- Members participated in many games and activities such as memory games, housie, antakshari, dumb charades and debates. It was exciting and fun to watch them play.
- Members along with Latha Kamath celebrated Hanuman Jayanthi by reciting prayers and devotional songs.



Dr Shwetha Sashidharan



Mrs Latha Kamath

CHENNAI

DEMENTIA DAY
CARE CENTRE

- Our Dementia Day Care Centre provides a host of services to care for people with dementia and support their families. The services include orientation therapy, physical exercises, social activities, cognitive rehabilitation and stimulation activities like memory games, reminiscence therapy, and sensory stimulation activities like pet or doll therapy, gardening, music and dance therapy.
- Going outside can assist people with dementia by improving their mood and reducing stress. Our members were taken on a one-day picnic to the Sea Shell Museum on December 27. Going out may help our members feel more self-assured, confident and happy. Members had a wonderful time on their trip and returned home satisfied.



Picnic to Sea Shell Museum



Christmas celebration

ALL CENTRES

• Margazhi, a Tamil month considered heavenly, is a time when believers say their prayers to the almighty through puja, music, events, bhajans and other forms of worship. With the pandemic still on the horizon, we decided to host the Margazhi Utsav festival online for a week, complete with music, spiritual discourse, bhajan and theatre. On the first day we held Margazhi Vaibhav in which members performed various programmes emphasising the significance of the month. The

second day featured Margazhi Bhajan by our member Ramani Raja, who conducted live puja from her home. The third day was dedicated to reciting of Thirupavai that belongs to the Paavai genre of songs. The final day was dedicated to Katha Kalashebam by our member Mohan Krishnan.

• Our members have set aside every Tuesday for singing and they are having a great time doing it. Similarly, all Thursdays are set aside for yoga and members are showing up in large numbers in their attempt to remain fit.



Margazhi Utsav

Ration Distribution

A total of 330 ration kits were delivered to poor elderly persons in the Thideer slum, Mullima Nagar slum and Kunrathoor tribal village.



DELHI
NCRSAFDARJUNG
CENTRE

- There was a palpable excitement in the air when our Safdarjung CMC members met at Deer Park for a picnic, replete with snacks, chatter and group songs! Members enjoyed many more sessions such as a musical session, a craft session on paper bags made out of used newspaper, a session of poetry by talented members Mukta, Premvarsha and Nirmala.
- In a word game session, members displayed their flair of the language by making 60-70 words out of the word 'presentation'. A unique snack display with biscuits and crackers was organised by coordinator Susmita Grover.
- Later in the month, Christmas was celebrated with nar-

ration of tales from the Bible and decoration of the Christmas trees by members. A happy farewell was given to the year 2021 with members holding up and releasing balloons in a virtual session.



Picnic



New year celebration

NATIONAL MEDIA CENTRE

- The centre had some engaging sessions on Kabir ke Dohe, laughter yoga, memory games and stories from the Panchatantra, all of which were well liked by the members.
- A unique session was organised by coordinator Prema Nair on rare synonyms of commonly used words.
- The highlight of the month was when members of both National Media Centre and DLF Phase II gathered for a physical meeting at National Media Centre. They were ecstatic to play games in the outdoors, bask in the sun and have lunch together, while observing pandemic-related safety protocols.



Get together at National Media Centre

DLF PHASE II CENTRE

- The centre witnessed some interesting sessions including celebrating the birthday of legendary Bollywood stars Dharmendra and Sharmila Tagore by singing popular songs from the films of these actors.
- International Mountain Day was observed by our members who narrated their fondest memories of visiting the mountains and growing up in the hills.
- A session on dumb charades was held in which members had a fun-filled time guessing the titles of movies.
- A musical quiz was organised where members were randomly given a string of lyrics from Hindi songs and

were asked to guess the songs. The session was thoroughly enjoyed by the members since songs were carefully selected from yesteryears.

- Another session on 'Best Advice from My Life' was organised where members shared some pearls of wisdom and lessons learnt in their lifetime. Coordinator Ritu Kharayat organised a thematic session on National Farmer's Day, also celebrated as Kisan Diwas to mark

the birth anniversary of former Prime Minister and farmer leader Chaudhary Charan Singh. Members talked about the plight of farmers in India and shared interesting stories and poems, along with the measures needed to improve the plight of farmers. The month ended with 'Wrapping up 2021: Lessons Learned in 2021' where members shared their experiences during the year, with mixed feelings.



COMBINED SESSIONS

- Coordinators organised a combined virtual tambola session which was well-attended and thoroughly enjoyed by our members.
- Resource person Rita Malhotra was invited to share helpful 'memory techniques' in an interactive session, in which members expressed their challenges and sought her guidance on improving memory.
- Our members learned how to make a few dishes from the Chinese cuisine in a session conducted by Chef Praveen Johri, former Executive Chef, Indian Hotel Company.
- In a wonderful and creative ses-

sion, Mona Bhardwaj taught the art of origami to the members. It was in continuation of the first session held

last month. This month, members were taught how to create a Christmas tree, Santa Claus and candies.

- We also celebrated birthdays of members born during the month of December.



Chinese cooking



Birthday celebration

Ration Distribution

Dignity Foundation's Delhi NCR Chapter distributed ration and sanitation kits to senior citizens in four slum communities. We also distributed blankets to protect them from the cold wave in the northern parts of the country.



KOLKATA

DHAKURIA CENTRE

- The centre presented a wonderful programme on December 8 with child artists Adrita Ghosh who plays the violin and Tapasya Dey, a singer. The members were impressed with their performances. Both the girls performed very confidently and with passion. The children made the musical evening very pleasant.
- The members of Behala, Baguiti and Dhakuria enjoyed a gala picnic after a long time at the Eco Urban Village on December 22. The day started with a lip-smacking breakfast, followed by chatting with friends. Mid-day snacks were served. Exciting events like games, songs and dances

took place. Sumptuous lunch was served which the members relished very much. Prizes for the winners of the games were distributed after lunch. Finally at 4 pm it was time to disburse. Members returned home happy and contented.

- The centre celebrated the festive season of Christmas and New Year on December 27. The premises were decorated

wonderfully for the occasion. A member presented a lovely decorated Christmas tree made by her. The event started with soulful songs by members. A couple of poems were recited by a member. A magnificent dance by a senior member amazed the audience. Other members sang melodious songs. Tea and snacks were served at the end of the event.



Gala picnic



Christmas celebration

BAGUIATI CENTRE



Christmas celebration



Gala picnic

- The centre held different programmes like antakshari, storytelling, singing competitions, one-act plays, recitation, birthday celebrations, etc.

- On December 14, a cultural programme was conducted by 46 members.

- Christmas celebration was held on

December 28 and it was a very colourful programme. Christmas carols were sung by the members. All the members dressed beautifully, wearing caps.

- Birthday celebration was held on the last day of the month, complete with cakes and gifts.

BEHALA CENTRE

- The centre enjoyed an indoor picnic at the club premises on December 11. Some members took the lead to prepare dinner for all the members. The participation was much more than expected.

- A beautiful musical programme was held online on December 18. The singer was Arya Chakraborty, a young but prominent personality in the field of music. She has learnt her music from the eminent singer Late

Jatileswar Mukherjee and has performed for different Bengali music channels. The programme was appreciated by all the members present for the show.



Indoor picnic

SALT LAKE CENTRE

- On December 2, members had a relaxing evening with coffee as they shared their travel experiences.
- On December 4, there was a yoga session by trainer Arun Sen. He also discussed about insomnia, its causes, effects and remedies. On December 18, he discussed the subject of dementia with our members.
- On December 9, we had a nice evening of 'Gane O Kobitay' (songs and poems) in which beautiful songs and recitations were made by our members.
- On December 11, our members discussed about their gardening experiences.
- On December 14, we had a virtual discussion on consciousness.
- On December 21, spiritual discussions were conducted by our members Manidipa Mitra and Chandrima Gupta.
- On December 25, members celebrated Christmas.



Coffee with adda



Christmas celebration



Yoga therapy

Ration Distribution

This month, Dignity Foundation Kolkata Chapter distributed monthly ration to 30 underprivileged senior citizens at Purbalok Day Care Centre on December 21. All the distribution was done by maintaining pandemic-related safety and security measures.



MUMBAI

POWAI CENTRE

- Members had a Christmas party on December 10 at a local club named Matoshri. About 40 members participated in the event. All members came dressed in red and donned Christmas caps. They played tambola and various games, enjoyed the face-to-face bonding and the de-

licious snacks, lunch and cake. The event was covered in 'Powai Planet' newspaper.

- December birthdays were celebrated by cutting the cake. From the head office, Dr. Sujay Joshi and Kusum Gupta joined the celebration and encouraged the members. Dr. Kankaria (95) enthralled all by playing songs on his flute.



Christmas celebration

GRANT ROAD CENTRE

- The centre organised various activities including singing and playing sessions. Members enjoyed playing an-takshari, memory

game and treasure hunt.

- Along with the entertaining sessions, members also had a session on the ad-vantages and disad-

vantages of the new variant called Omi-cron, in which everyone shared their thoughts and points of view.

DADAR CENTRE

- A session on laughter was hosted by Naresh Shah on December 15 who gave a brief introduction to laughing yoga. He said that typical laughing yoga includes breathing exercises and chanting. It helps one to relax and relieve one from stress. He started his session with gentle warm-up techniques. He also explained the benefits of laughter. He said laughter decreases stress and increases immune cells in our body. He asked everyone to follow him with a smile, giggle and laugh slowly, then gradually increase the tempo and volume of laughter. After that, he suggested clapping, walking on toes and greeting everyone in the centre. He also explained different types of laughter and asked members to do them along with him. Members learned lion laughter, humming laughter, silent laughter and heart-to-heart laughter. Members enjoyed and benefited a lot through this session.
- On December 21, Christmas celebration was organised with members coming dressed for the occasion and greeting each other. It was a time of fun, togetherness, singing carols and exchanging gifts. Members played games like housie, dart and passed the Christmas Eve box that had surprise gifts in it. One of the members dressed up as Santa Claus and gave gifts and blessings to all.



Christmas Celebration



Dadar Session on Laughter by Naresh Shah

THANE CENTRE

- On December 3, Swarsadhana Musical Group of Thane conducted an all-India session. Pushkalaji gave a brief history of the group and the contribution of Subhashji Phadke. After that, the musical session started with high energy. The singers of the group sang melodious songs that entertained the members a lot. The session ended with a vote of thanks by Narendra Joshi, coordinator of Thane CMC.
- On December 6, on the occasion of the death anniversary of late Dr. Babasaheb Ambedkar, Pradeep Malgi took a session on this visionary leader's background of caste and class struggle. He also touched upon other prominent personalities who fought against discrimination and injustice. He narrated the life history and contributions of Dr. Ambedkar in nation-building. Members appreciated the session with positive comments.
- On December 9, Jagannath Kargudri took a session on playback singer Mukesh. He said

Mukesh started his career with the song 'Dil Jalta Hai toh Jalne De' for the film 'Pehli Nazar' under the music direction of Anil Biswas. He sang under several stalwarts such as Naushad, Madan Mohan, Shankar Jaikishan and others. Almost all songs pictured on Raj Kapoor and sung by Mukesh became hits. So Mukesh became the voice of Raj Kapoor. The speciality of Mukesh's voice was the pain that was hidden in it. Mukesh, as an individual, was very kind-hearted towards poor people.



Pradeep Malgi



Jagannath Kargudri

CALL IF ISSUE NOT RECEIVED

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It was very sad that he died of a heart attack in USA while performing on stage in 1976.

- On December 15, Pradeep Malgi took a session on shadow singers, male and female. He took the audience down the memories lane and recounted those shadow male and female singers who

made an impact with their melodious songs but could not get deserved success. It was a wonderful experience for all to recollect the names of those lesser-known singers and learn of their contributions in the field of Hindi cinema.

- On December 22, Jagannath Kargudri

took a session on Zoom on the importance of books. He said that books are our friends. They help us in many ways, they enhance our knowledge on various matters and sometimes they help us in finding a solution to a problem. Books have revolutionised the thinking of people all over the world on

social economic and political issues. He also informed about the most expensive books – Birds of America, big-sized Atlas and a book of 233 pages without verbs. He also highlighted national and international authors and their contributions to the society.

DEMENTIA DAY CARE CENTRE

- We have 10 members since we started and a couple of others are expressing their interest in enrolling. We recently enrolled an 84-year-old lady from Bandra who was very aggressive at home and behaved like a child. She took a trial and their family confirmed the

admission. Only a week into the programme, she has started showing positive behaviour as she now smiles at home and her aggression is reduced considerably.

- Our member M Iyer has dementia. His wife has heart disorders and his mother-in-law is

100 years of age. Before the admission, the family visited our centre and took a two-day trial. During the trial, Iyer started interacting with other members and became very participative in the activities conducted at the centre. Now he is one of our enrolled members. Having con-



Cognitive activities at the centre



Picnic to Veermata Jijabai Bhonsale Udyan, Byculla

versation with other members gives him a great amount of satisfaction. He is now also sleeping well at home.

- One member, Edmund, recently took a short break and visited Goa. In our conversation with him, we jokingly

asked him get cashew nuts for the members from Goa. Upon his return, he had remembered to get cashew nuts for the members and centre staff. The observation to be made is that dementia patients tend to forget but he remembered our

conversation and acted on it.

- We organised special events like snacks party and Christmas party at our centre. We also held a one-day picnic to the Mumbai Zoo, which was well-managed and enjoyed by all.

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



PUNE

WANAWADI
CENTRE

- On December 3, the centre organised a session by Manoj Moses titled 'A New Key of Beginning'. During the session he emphasised habits that make a person either productive or inactive.
- Every Wednesday, the centre conducts music classes led by Maya Rana. Members individually practice with the teacher and conduct rehearsals wherein members sing in groups or solo.
- On December 13, the centre organised a Bollywood dance session. At the age of 80+, our members danced effortlessly.



Bollywood dance session

KALYANI NAGAR
CENTRE

- On December 9, the centre invited Anindita Gargrave for a session on 'Fitness with Ease'. Anindita is a counsellor, mentor and coach. She elaborated on the importance of good diet, regular exercise, adequate sleep, emotional and mental health, etc.



Ms Anindita Gargrave

MAGARPATTA CENTRE

- The centre continues to have online and physical sessions. On December 6, we held an informative session on ageing eyes and cataract prevention and treatment by Dr. Col. V K Madan. There are, contrary to general belief, many reasons for cataracts besides age. Trauma, diabetes, steroids, use of diuretics, smoking, pollution and radiation can also cause cataract. Surgery is the only treatment for cataract and it should not be delayed.
- On December 9, we felicitated our member Rekha Rani for publication of her books. We are

proud of her literary achievements.

- On December 13, our 24 members met at Kamal Dutta's house. It was a grand celebration of friendship.
- On December 16, we held a Zoom webinar on 'Winter Travel' by travel enthusiast Sandeepa. We were guided by her to select destinations for winter travel and things to carry for enjoying such trips.
- On December 13, we held our pre-Christmas meet. It was thrilling to see everyone dressed in red. We celebrated with a cake and merrymaking.



Christmas celebration



Get together at member's residence



Felicitation of member for book launch



MUMBAI

MEGHWADI
CENTRE

In December, the Meghwadi centre executed several activities and events to enrich the lives of senior citizens. Along with regular yoga and zumba, pillow-making was taught for the skill-building of members. Three visits were made by Dr. Rajesh Chauhan to keep members' health in good control whereas two counselling sessions by Pradnya Ganala were held

to build members' emotional and mental health. A birthday celebration was conducted too. Rohan Wagh donated lunch on the occasion of his grandmother's birthday. Members enjoyed and remained productively engaged throughout the month with various activities and events. 63 senior citizens and their families were provided with dry ration.



Birthday celebration



Lunch donation

ANANDA YAAN –
BYCULLA AND
E-MOSES CENTRES

- To make members feel rejuvenated, Dignity Foundation organised a musical event for Ananda Yaan centres. On November 26, V G Abraham and Minakshi Adsule, volunteers from Entertainment for Senior Citizens, conducted live musical performances for E-Moses and Byculla centres. As members are very fond of music, they enjoyed the event thoroughly. Since it was a live event, members asked the singers to sing their favourite songs. Members also took the opportunity to sing along with the singers with music and chorus. Members shared that they felt like artists and enjoyed performing live on the stage. Members felt nostalgic while

old songs of Kishor Kumar, Kumar Sanu, Asha Bhosale and Lata Mangeshkar got performed. Everyone sang their hearts out and enjoyed the event to the fullest.

- They say if happiness is shared, it grows more. On the occasion of his birthday, Rotarian Ramesh Narayan shared his happiness with senior citizens of Dignity Foundation's Ananda Yaan projects. To

make senior citizens happy, a picnic at Maanas resort, Arnala was organised. Coordinator Dilip Chauhan accompanied 50 senior citizens and managed to care for them. Members reached the resort in the morning and enjoyed staying there till the evening. They played games, enjoyed water sports, took rides, danced, etc.. Members shared that they relived their childhood and enjoyed it more



Musical session



Christmas celebration

than they would have ever enjoyed. All senior citizens shared their gratitude and blessing on this special day.

- Like other celebrations, Ananda Yaan members celebrated Christmas also with full enthusiasm. Members came dressed up, played games, sung songs, had snacks and enjoyed to the fullest.



Picnic

PUNE

The loneliness mitigation centres of Pune Chapter operated at full capacity and we got a positive response from the residents of the slum. Fun games, yoga, storytelling and pranayama as well as quiz, puzzles, health talks and many more

sessions were held. In the month of December, we provided ration kits to 21 new beneficiaries, and in all we distributed 61 ration kits at three locations namely Bhim Nagar, Siddharth Nagar and the leprosy village.



Fun activity



RATION FOR ELDERLY POOR

- Ration and safety kits for 80 regular monthly beneficiaries of the Jogeshwari Day Care Centre were distributed on December 3.
- Ration and safety kits for 35 regular monthly beneficiaries of the Jogeshwari Day Care Centre were distributed on December 3.
- Ration and safety kits for 108 beneficiaries of Dr. E-Moses Anand Yaan were distributed on December 6.
- Ration and safety kits for 90 beneficiaries of the Bycula Anand Yaanwere distributed on December 6.

- Ration and safety kits for 35 beneficiaries of the Meghwadi Centre were distributed on December 3.
- Ration and safety kits for 100 beneficiaries at Lalbaug, Mumbai were distributed on December 11 with the help of local volunteer Sanjay Surve and his team.
- Ration and safety kits for 150 beneficiaries at Rahul Nagar-1 and Chuna Bhatti were distributed on December 16 with the help of local volunteer Sunil Waghmare and his team.
- Ration and safety kits for 100 beneficiaries at Vile Parle



West were distributed on December 26 with the help of local volunteer Prakash Kharvi and his team.

- Ration and safety kits for 100 beneficiaries at Kisan Nagar-1, Thane were distributed on December 29 with the help of Helping Hand Group led by Nitish Chheda.



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 one of our members. To the family of the deceased member, we convey our deepest sympathies.



Amayamma (69)

Azim Premji Foundation
Day Care Centre,
Bengaluru

Music, Bonding and Much More

- On December 13, a music session was organised for the residents. They sang songs and enjoyed a lot.
- The staff of Dignity Lifestyle also participated with the residents for a game of housie.
- Music therapy helps to relieve pain and reduce stress and anxiety for the patient, resulting in physiological changes. So, a western music programme was held on December 21. Lester, Pamela, Alister and Alden Almeida, a family of four people from Thane, performed for all the residents. Trustees, staff and residents danced as well.
- A candle light dinner was organised by Dignity Lifestyle on December 30. 32 residents attended it. Continental food was served and everyone enjoyed the dinner with lights and music.



Candle light dinner



Western music programme