



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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LAUNCH OF DEMENTIA DAY CARE CENTRES

Dignity Foundation launches two new Dementia Day Care Centres, one each in Pune and New Delhi



Launch in Pune's Wanowrie on June 20, 2022



Launch in New Delhi's Greater Kailash-2 on June 27, 2022



VIJAYANAGAR DAY CARE CENTRE – BENGALURU



World Environment Day

- World Environment Day was observed on June 5 wherein members were encouraged to protect the environment. We also raised awareness on air pollution, plastic pollution and global warming. New saplings and plants were planted by our members in the nearby park.



Dr Sushma Patil Conducting Monthly Check up

- International Yoga Day was observed at our centre by teaching members how to perform hasya (laughter) yoga.
- Dr. Sushma Patil conducted a monthly health check-up of all our members. Blood pressure and GRBS were checked. Iron and vitamin supplements were distributed among all.
- We have weekly group or solo sharing of stories by

members. The friendships that develop from these sessions keep them happy, involved and engaged.

- Members often play games, engage in craft activities, do yoga or spend time outdoors to relax and rejuvenate.
- Bhajan and music sessions are organised every Friday, which is enjoyed by our members.
- Literacy activities such



Outdoor Games

as newspaper reading, alphabets and numbers, action songs, role play and learning colours are conducted at the centre.

- Mid-day meals and nutritional drinks are served daily for the elders at our centre.
- On April 1, dry ration and sanitation kits were distributed among the members.

MULLIMA NAGAR DAY CARE CENTRE – CHENNAI

- On June 6, a session on the topic 'Interesting Facts about Blood Groups' was held. Members were educated on the various facts about human blood, as well as the importance of blood donation to save lives. Members asked many questions and promised to spread the word about blood donation to their family members and relatives.



Yoga Day



Eye Camp



Instant Sambarani Making



Physical Fitness Session

- Dr. Mangala from Scarf India led a session on 'Ageing and Mental Health' for our members on June 22. She taught our members how to maintain their mental health and to love themselves. She also advised members to improve their communication skills, deal positively with loneliness and avoid negative feelings.
- A monthly health check-up was organised on June 7 which benefitted 75 members.
- On June 21, members observed International

Yoga Day. Guruji Lakshmi Rangunath gave a demonstration to the members, for which they were very grateful.

- We commemorated the birthdays of two members in June with cutting of the cake and singing of the birthday song.
- On June 2, as part of art and craft, Anandha Gracy taught our members to make pen stands out of coloured sheets. Five groups of members were formed, and each group received craft supplies. She demonstrated to the group members how to create

pen stands step by step.

- Members received training in various art forms such as dance, mime and acting. Following this, an intergenerational cultural programme was organised at Santhome Higher Secondary School to provide them with a platform to showcase their talents and to expose the younger generations to the talents of the senior citizens. 1,200 students attended the programme and enjoyed watching our members perform on stage. Our members were also entertained by the students' dance performances.

- We aired a video of deep-sea animals to commemorate World Ocean Day on June 27.
- In association with India Vision Institute, Dignity Foundation hosted a free

eye camp on June 30. 76 members were screened. In that group, 15 members received reading glasses, and 14 members had their readings taken in order to receive power glasses; they will receive their glasses

in 45 days. 31 members were referred for cataract surgery and 5 members were recommended to visit the hospital for further complications. 11 members' eye sight was reported as good.

JOGESHWARI DAY CARE CENTRE – MUMBAI

- In June, Jogeshwari Day Care Centre remained active with its regular activities. Nutritional drinks and mid-day meals got served to members. Yoga and physical activities, doctor visits and need-

based counselling sessions took place.

- Dr. Payal Ubale conducted physiotherapy sessions for members and taught easy but useful exercises to keep them healthy.
- Sangita Hule and Lata Nivankar taught plastic

flower making to members. A group of social work students from the Nirmala Niketan College of Social Work visited the centre and conducted interactive activities for the members.

- At the end of the month, birthdays of people born in June month were celebrated.



Physiotherapy session



Flower making



Nirmala Niketan College Students Visit



Avni A. Sonavne (name changed) is a 72-year-old resident of Kalyan, near Mumbai. She has been living with her daughter and son-in-law since months ever since her son abandoned her and occupied the house which she gifted him on the condition that he would care for her till she was alive. Through her son-in-law who learned about Dignity Helpline service through the Dignity Foundation website, she approached our social worker in Mumbai office and explained her problem. The social worker guided her step-by-step and suggested her to file a complaint in the senior citizen tribunal of Kalyan. The social worker also accompanied Avni Sonavne during some of her case hearings in the tribunal. Ultimately, the result of the efforts was borne when the tribunal favoured the senior citizen and passed a judgement in favour of her. Now, Avni is living in her own home and is being cared for by her son.

Dignity Foundation's Pan-India Helpline Number for Senior Citizens

1800 267 8780

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





JAYA NAGAR CENTRE



BMS Law students



Yoga Day



Veena recital



Dr. Shruti Pranav

- BMS Law College students conducted fun programmes for two days as part of their internship. Activities included pictiory, hangman, antakshari and debate. Jayanagar members participated in these activities online.
- International Yoga Day was led by Chetan K., a yoga teacher at Nirakara Yoga Shala. Chair yoga and pranayama were practiced during the session.
- A soothing veena recital was performed by Anupama S. Nagaraj and Anitha Shettar. They both have participated in various veena programmes held in different places in Karnataka, including one dedicated to Indian soldiers.
- A health talk by Dr. Shruti B. Pranav, a consultant in paediatrics and paediatric gastroenterologist in Sparsh Hospital at R R Nagar was organised. Mainly she concentrated on the digestive system related issues and food habits. It was a thoroughly informative session and a brisk presentation.

SANJAY NAGAR CENTRE

- Bhumika and other students of BMS Law College planned an entertaining session with our members. One day they sang songs and made members talk on their life experiences. Another day they had organised a competition - 'No Stove, Cooking'. Members had come up with amazing recipes which required no cooking over fire. We appreciate the volunteers' enthusiasm and innovation.
- International Day of Yoga (IDY) celebration was led by Jalaja Venkatesh. Jalaja is a trained yoga teacher who conducts sessions for our members regularly. All the members appreciated the session very much.



BMS Law students

VIDYARANYAPURA CENTRE

- Special sessions were conducted on various subjects through the month. These included quiz, sugama sangeetha, Vishnu Sahasranama Bhagavad Gita and birthday celebrations.
- Three days of storytelling and some fun-filled programmes were coordinated by the Bengaluru Chapter.
- International Yoga Day conducted with few suitable postures for senior citizens by Dr. G Raghu Murthy.
- This apart, a dental awareness talk as well as a dental camp was held.

VIJAYA NAGAR CENTRE

- Fun events by BMS Law College students such as singing, games and dancing were coordinated by Brinda Prabhu, our Chapter Head who also sponsored snacks for the members.
- Chandana Pradeep conducted yoga and meditation sessions which helped bring flexibility in their body and muscles and they felt relaxed.



BMS Law students with members

- Games such as passing the ball and mime show were held Nandini Kamath, which were enjoyed all.
- International Yoga Day was celebrated online where all the members did various asanas. Also, a talk session was conducted where we threw light on child labour in India and the different ways to exterminate and eradicate it such as educating children and adopting them from various poverty-stricken places.



Fun games by Nandini Kamath

Ration Distribution

We distributed 100 ration kits in sponsorship with Addvara India Pvt. Ltd., an organisation that has been supporting us for four years. Distribution was held at Laggare slum location where more than 500 needy seniors stay. Five volunteers from the Addvara India team and three members from Dignity Foundation were present on site. The Addvara India team also distributed snacks to the beneficiaries, which were appreciated by them.



DEMENTIA DAY CARE CENTRE

- On June 22, International Selfie Day was observed at our day care centre to engage the members in an enjoyable and amusing activity. Our members enjoyed taking selfies in the selfie booth that had been set up for the occasion. The day was filled with laughter and good times.

- Father's Day was celebrated at our centre on June 17 to honour the male members of our day care centre. Male members wore formal attire for the occasion. They were greeted warmly with aarati. The women at the centre presented them with flowers and read a poem about the joys of fatherhood. Special songs and dances were performed, which was followed by lunch.



Fathers' Day



Street theatre team

ALL CENTRES

- Our member V Subbaroyan organised a mega quiz programme for our members on June 1. The members thoroughly enjoyed and appreciated the session.

- In association with The Environmentalists Foundation of India, members participated in a beach clean-up at Astalakhsmi Temple Beach on June 5 on the occasion of World Environment Day. 25 members from Dignity Foundation actively took

part in collecting the garbage using the gloves and sacks provided to them.

- On the eve of World Elder Abuse Awareness Day on June 15, we organised a signature campaign near Anna Nagar Tower Park to raise the visibility on



Beach clean up drive



Signature campaign on elder abuse



Visit to a flower show



Fun activity



Yoga day



Yoga team

elder abuse and to urge the younger generations to respect and love elders. Our members carried placards through the busy streets, whereas youngsters passing by the park actively participated in the signature campaign and interacted with our members.

- Ten days of street theatre training were undertaken

by 15 members of Chennai Chapter. It was followed with a show performed on June 17 in Kunrathoor Village, with the goal of raising public awareness against elder abuse. 150 villagers in the area saw the presentation and benefited from it. The village applauded our members' outstanding performance.

- Our members enthusiastically

celebrated International Yoga Day on June 21. Gurujji V Rajappangave a brief introduction to Yoga Day and explained that regular yoga practise will help senior citizens improve their mental and physical health. He then demonstrated some yoga asanas. The members enthusiastically performed a few warm-up and simple asanas.

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Magazine



Chai Masti Centers



Donation



SAFDARJUNG CENTRE

- The month started out with a specially designed two-day workshop on stroke awareness by Shreyan Mittal, a student of Doon School as a part of his social project CareTrain (awareness about health risks that can affect older individuals). He shared that face drooping, arm weakness and speech and movement difficulties are the first few symptoms to spot a stroke attack.
- Resource person Resham Ratna was invited for an art and craft session. Members were introduced to decorating and preserving beautiful flowers at home using the dry method.
- Bakul Sharma, who is trained in classical yoga, introduced members to the classical ways of yoga, how to meditate and the benefits of such yoga in their life. He also encouraged members to perform various yogic postures that are good for improving the body's flexibility.

- Aaj ki Tazaa Khabar was an event in which members shared news items and their individual perspectives on global current affairs whereas Adventures of my Life brought forth some of the thrilling experiences of our members.
- Childhood dream versus real life was a session in which members shared their childhood dream and real life profession with each other. In My Life Lessons, members shared the things life taught them while coping with challenging situations.
- Recounting my favourite movie, bhajan sandhya, geet gata chal, chair yoga and sher-o-shayari were some other engaging events held at the centre.



Birthday celebration



Art session



Yoga by Bakul



Physical meet-up

NATIONAL MEDIA CENTRE

- At National Media Centre CMC, the month started with 'A Journey Inwards - Pranayam and Meditation' by a multi-talented member Renu Saxena. She conducted another engaging session on International Yoga Day.
- A workshop on karaoke singing was offered by Vinod Khanna from Music Lovers Group. Zumba class was presented by Harish from Lakshay Dance Institute.
- Birthday celebration was organised with a number of members participating enthusiastically at the centre.



Physical meet-up



Chair yoga session

DLF PHASE II CENTRE

- At DLF Phase II, the month began with a session on oral hygiene conducted by Dr. Vinita Anand. We realised the importance of something only once it is gone. This adage is apt for our teeth mentioned Dr. Anand.
- Resource person Harish from Lakshay Dance Institute conducted a zumba class designed to meet the physiological and psychological needs of seniors.
- A health awareness session was hosted by an organisation called 'Expert Care for the Elderly'.
- Among the fun-filled activities at the centre, there were birthday celebrations, spiritual interpretation of Ramayana and Mahabharata, memory game, passing the parcel, antakshari, brain teasers, debates and a group outing to a music concert, 'Rahen Ya Na Rahen Hum'.



Oral hygiene by Dr. Vinita Anand



Birthday celebration



Health awareness session



Attending a music concert 'Rahen Na Rahen Hum'

COMBINED SESSIONS

- ‘Singing Challenge’ saw enthusiastic participation from members. As someone remarked funnily, “Our

members continue singing even if they lose track of the original melody!”

- Chair Yoga by Tanu Gupta, a medical yoga specialist,

was much appreciated by the members. Her energetic vibes reached out to our members even through an online session which was replete with practical tips.

DEMENTIA DAY CARE CENTRE – NEW DELHI

- With the launch of the Dementia Day Care Centre in New Delhi on June 27, Dignity Foundation’s Delhi NCR Chapter has compassionately taken up the responsibility of bringing solace to persons with

dementia as well as provide relief to their caregivers (mostly family) who usually experience care burnout. At the newly launched centre, our trained attendants will focus on the unmet needs of senior citizens living with dementia: discomfort, loneliness, boredom,

tiredness, sadness or depression. Dr. Vinod Kumar, President Emeritus - Alzheimer’s and Related Disorders Society of India, inaugurated the facility in the presence of an august gathering of dignitaries, advisory council members, CMC members and staff.



ALL CENTRES

- Our chief patron Raghu Nandan Mody advised us to meet Nick Low, British Deputy High Commissioner on June 16 for a discussion about senior citizens of India. Three members along with Chapter Head Ruma Chatterjee met Nick Low and Arpita Bhattacharya of Rasoi Group. He spent an hour with us and discussed the role of Dignity Foundation over a cup of tea.
- Kolkata Chapter arranged a much-awaited drama function at Rotary Sadan Auditorium on June 22. The chief guest was Sri Barun



World Senior Citizens Abuse Awareness Day programme meet by members



Dignity Foundation members meet with The British Deputy High Commissioner

Chanda, eminent actor and author. It was a splendid evening where the actors performed marvellously. The occasion was also graced by Arpita Bhattacharya, representative of the Rasoi Group and well-wishers of Dignity Foundation. More than 200 people attended this programme. The audience enjoyed the excellent cultural programme to their fullest.



Dignity Drama Festival



National anthem

SALT LAKE CENTRE

- On June 3, we held a rehearsal for the Dignity Drama programme planned on June 22.
- On June 6, we had a short storytelling session conducted by our members.

- On June 13, our Salt Lake Dignitarians did yoga under the supervision of yoga trainer Arun Sen.
- A healthcare education programme for the elderly was held on June 17.
- On June 20, we had a session on posture yoga on the eve of World Yoga Day.



Talk session



Health talk session

DHAKURIA CENTRE

- World Music Day was celebrated on June 20. Upcoming sister duo Arpita Mondal and Praneeta Mondal presented the fabulous musical evening. Both the sisters sang beautiful melodious songs winning the hearts of the audience.
- Dignity Foundation in collaboration with WWF - India celebrated the World Environment Day at Rabindra Sarobar Lake on the morning of June 22. Dignitarians gathered at the lake and spoke about keeping the environment pollution free. A senior member recited a self-written poem for this occasion. Members were made alert about the necessity of planting trees and keeping the neighbourhood clean. Members also distributed plants to the morning walkers, many of whom keenly interacted with the members.



World Music Day



Birthday celebration



World Environment Day



Drama Festival

BAGUIATI CENTRE

- We held many interesting programmes at the centre like antakshari, singing competition, dancing, mimicry, poetry, drama, jokes, laughter therapy, yoga, meditation, storytelling, recipe making, etc.
- Birthday celebration of members who had their birthdays in June was held. Members felt great when we wished them and gave them a simple gift as a memento.
- 45 members went to Digha coastal beach and enjoyed a lot.



Birthday Celebration – Kazi Nazrul Islam



Visit to Digha beach

BEHALA CENTRE



Group of members at Belur Math



Kazi Nazrul birthday celebration

- Members arranged a visit to the Belur Math in the first week of June. Belur Math was founded by Swami Vivekananda and is a sacred place for every Indian. We attended the evening puja and aarti inside the temple. The members enjoyed the tour.
- Members observed the birth anniversary of the great poet and lyricist Kaji Najrul Islam on June 9. Kaji Najrul was proclaimed as the national poet of Bangladesh, post partition from India. During the celebration of the poet's birth anniversary, members recited the poet's poems and sang his songs known as Najrulgiti.
- A marriage anniversary party was thrown by one of our elderly couples at Behala centre. A full house gathering and delicious food livened up the event.

Ration Distribution

This month, in addition to distributing monthly ration among 30 underprivileged senior citizens at Purbalok Day Care Centre on June 24, 10 ration kits each were distributed near Baguiti and Behala Parnashree among the needy senior citizens.



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CHEMBUR CENTRE

- Various activities were conducted for physical and mental well-being of members. On June 1 and 8, chair yoga was conducted by member Roopa Chaukulkar. She used stretch bands to incorporate muscle strengthening exercises. She ended the session with pranayam and meditation.
- Zumba sessions are taken by Shri Mahesh every Thursday and it is a big hit with the members. Members love to dance to all the latest peppy numbers. There is never a

dull moment during these sessions.

- Tai Chi sessions were conducted every Tuesday by Carlton, Ajay Solanki or Prashant, based on availability. Tai Chi enables members to find the right balance of mind and body.
- On June 15, Shrimati Sita conducted yoga. She is a renowned yoga teacher. Her disciplined way of teaching added a fresh insight into how one should go about doing yoga and meditation.
- Tata Institute of Social Sciences (TISS) interns conducted various activities

for the physical, mental, and spiritual well-being of our members, such as impromptu storytelling, skits, Bollywood quiz, art for a cause, session on cyber security and cyber crimes as well as a session on how to detect fake messages on the social media. All the sessions were found to be very interesting and informative.

- A glorious fun fair was held on June 16. Many different stalls were put up by some members providing eatables, artificial jewellery, plastic items and potted plants. A special game was also held for testing the



Fun Fair at the Centre

observational capabilities of the members.

- On the day of their birthday celebration, Sanjay, Roopa Shobha Parab and Daksyani entertained the gathering

with their singing and dancing to several old Hindi and Marathi songs.

- For the benefit of our enthusiastic bridge players, a special class was held by

Anbazhagan, a well-known bridge player from BARC. After this, he has been taking classes outside the centre for members who are interested in improving their game.

DADAR CENTRE

- Dadar CMC celebrated two members' birthdays in June - Hansraj Talreja and Anand Bhide. They arranged snacks, cakes and games for all the members as a treat. Shernaz Randelia, Chandan Lalan and Jeanne Mathias facilitated games like housie, memory quiz and songs. Gayatri Honavar and Khorshed Mestry danced and entertained the members.

- On International Yoga Day, members were present in huge numbers. Yoga Guru Vidya Shenoy facilitated the session. Vidya showed mudra, asanas and other practices and also explained their importance and benefits.

- On June 27, members arranged a one-day picnic to Karjat at Madhuban Resort, which was enjoyed by all. They danced and played in the swimming pool. Kanta Soman conducted amazing games and everyone enjoyed it.



Birthday celebration



Chair aerobics

- Chair aerobics at Dadar CMC were conducted by Shweta Desai. Shweta started with a warm-up exercise and then physical exercise from low to high intensity levels, considering senior citizens' speed and stamina.



International yoga



Outing

GRANT ROAD CENTRE

- Members from Grant Road CMC are enjoying the online sessions. They like the yoga and the physiotherapy sessions. Every day they are doing these exercises at their homes too. Members like zumba sessions as they learn new moves to keep their bodies active.
- This month on the June 18, DF Founder President Dr. Sheilu Sreenivasan provided free passes for a musical concert. Seven members from Grant Road CMC attended the lovely musical concert held at Nehru Science Centre, Worli. After a long time, members met each other and they had a great time.

MIRA ROAD CENTRE

- J P Infra CMC members are a happy lot. From yoga to aerobics, zumba and aqua zumba to fashion show and many more activities, the lives of the senior citizen residents have transformed for the better. Now the children of the senior citizen residents are forcing their parents to join the centre and benefit from it. Starting with just one member, now almost 50 members are a part of the CMC.
- Recently, Performing Arts Festival was an event organised by J P Infra residential complex. Our CMC members participated in it and performed a fabulous fashion show



Eat-all-you-can Lunch

- and ramp walk. This was a wonderful experience for the members as well as the audience as they had not expected such a wonderful performance by the elderly residents.
- An all-you-can-eat party was organised for all the members at a nearby food joint. The party was also attended by the senior managers of Dignity Foundation, where members interacted casually with the managers of Dignity Foundation and had an enjoyable evening.

Ration Distribution

Ration and safety kits for 80 beneficiaries at Jogeshwari Day Care Centre were distributed on June 10 along with 50 ration and safety kits for monthly regular beneficiaries that were distributed on June 8.



MOBILE PHYSIOTHERAPY VAN AT THANE, MAHARASHTRA

In June, the mobile physiotherapy van achieved a milestone of serving 1,200 needy senior citizens with quality doorstep physiotherapy in slums and low-income communities. This month, the mobile van served a total of 399 elderly patients – 178 males and 221 females. While many elderly members visit the van, some members who are in severe pain or are paralysed are served at their residence.

Case History

Savitaben Raval, a resident of Kisan Nagar in Thane (W), is a 64-year-old housewife with knee pain.

Diagnosis: Knee pain scale was 8 in both the legs.

Treatment: Heel side, static quads and HAMS, TENS, among others.

Result: After three recommended sittings and home exercises, her knee pain reduced by 90%. She is now comfortable with performing daily activities such as walking, sitting, standing, bending, etc.



WANOWRIE CENTRE

- Members who are born in the month of June celebrated their birthday at the centre. Afterwards, all members took part in quiz and games and enjoyed their time. At the end of the session, we cut the cake and distributed sweets among all the members.
- On June 6, Prof. Iyer

delivered his talk on revival of joint families. Members put forth their thoughts on the topic. It was an excellent and affirmative session. Prof. Iyer highlighted how joint families help to preserve the value of humanity and nurture responsible citizens of the nation.

- Western dancer Elizabeth Joseph conducted her dance session on June 9,

which provided a boost to our members to keep themselves active.

- On June 14, the centre hosted a musical evening. Members played tunes of various Bollywood songs with the mouth organ. Mridula Deshpande served snacks and sweets to all the participants. Some Rotarians also participated in the event and enjoyed the musical evening.



DEMENTIA DAY CARE CENTRE – PUNE

On June 20, Pune Chapter launched a Dementia Day Care Centre in the presence of chief guest Dr. Ichaporia, neurologist at Sahyadri Hospital, Pune as well as Dr. Rohit Bhagawat from Axis Bank. The chief guest

addressed the audience and shared essential tips to take care of dementia patients. The launch event was also well attended by members of Pune’s chai masti centres, members of advisory council of Pune Chapter and senior managers from Dignity Foundation’s head office in Mumbai.



KALYANI NAGAR CENTRE

- On June 14, we inaugurated our new centre premises in 'Café Happiness'. At the inauguration, we invited members and staff from Wanowrie and Magarpatta. There were about 40 to 45 people. We had organised a musical performance by our member Prof. Iyer. Sheila Iyer sang a devotional song on Lord Ganesha, whereas Bhupendra Kempraj played the mouth organ. We ended

with tea and snacks made by the owner of the cafe.

- On June 21, we celebrated the birth anniversary of Saint Ganeshwandana, also called Vithala, a 13th century Indian Marathi saint, poet, philosopher and yogi. He was a child prodigy and a great scholar. During this month the pilgrims go on a pilgrimage to Pandharpur. We had a session of devotional songs. Prof. Iyer played on the tabla. Everyone enjoyed the bhajans.



Launch of new centre premises



MEGHWADI CENTRE – MUMBAI

- Regular activities of Meghwadi Loneliness Mitigation Centre were conducted throughout the month. Yoga, zumba,

games, doctor visits, musical sessions and art and craft sessions got conducted.

- Members' health was monitored through doctor visits and was boosted with the healthy nutritious drinks given to them every day.

- Members celebrated International Yoga Day on June 21 and they also learned to make beautiful paper envelopes.



Yoga Day



Doctor visit

ANANDA YAAN: BYCULLA AND E-MOSES CENTRES MUMBAI

• There is a saying, 'The family that eats together stays together'. When we eat together, we get the opportunity to share, build and develop a bond with each other and create happy memories. To create such a bond between our Ananda Yaan members and Rotary Club of Bombay members, we arrange an annual lunch. This year's annual lunch got organised at the Byculla and E-Moses centres with the support of Rotarian

Aditi Thakker. Members organised performances such as skits to showcase their talents. Shernaz Vakil, the President of Rotary Club of Bombay, Madhusudan Daga and Ekta Shah from the Rotary Club of Bombay along with Dr. Sujay Joshi and Kusum Gupta from Dignity Foundation attended this programme and had lunch with the members. Members showed their gratitude towards Dignity Foundation and Rotary Club of Bombay with special thanks to Aditi Thakker for arranging the delicious lunch.



Yoga Day



Dance classes

- On International Yoga Day, all members came dressed in white to show their love and gratitude towards yoga. Our yoga teacher shared the significance of yoga and gave information on International Yoga Day followed by yoga practice. Members shared their views and experiences related to yoga.
- In Ananda Yaan, dance classes started in June. Asthaji, a dance teacher, started teaching dance to the members. She started with the very popular folk dance

of Maharashtra 'lavani'. Members came dressed in a traditional attire -navvari saree, nath (nose pin) and jewellery. They learned the lavani steps as instructed.



Lunch

LONELINESS MITIGATION CENTRE – PUNE

- The centre coordinator conducted fun games, yoga, an interesting quiz, a session titled 'Chai Pe Charcha' and storytelling at Bhim Nagar and Siddharth Nagar loneliness mitigation centres.
- Many interesting such as sharing of life experiences, storytelling and fun games, yoga, antakshari, etc. were held.

OBITUARY

This month, we lost two of our beloved residents of Assisted Living Facility at the Dignity Lifestyle Retirement Township, Rajani Ajwani on June 1 and R C Ayyar on June 5. We pray for peace to their souls and strength to their families.



Fun and Games

- A birthday celebration of the Assisted Living Facility residents having birthdates in May and June were celebrated. A total of 16 residents celebrated their birthdays with cake cutting. Tea and biscuits were served. A game of houseie was played. Also, one round of passing the parcel was played. The winner was felicitated with a small gift.
- A music session was organised for all the residents in the auditorium on June 16.

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