



# 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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## MOBILE PHYSIOTHERAPY VAN AT THANE, MAHARASHTRA

In the past month, the mobile physiotherapy van has covered six new locations that were identified by the team. As many as 287 senior citizens – 154 men and 177 women – were catered to with good quality physiotherapy and regular follow-ups. Our team did a special camp at J P Infrastructure's J P

North residential society at Mira Road for six days. We catered to over 100 new and needy senior citizens and made them realise the benefits of undergoing professional physiotherapy. On May 16, we held a one-day camp at Shivainagar in Thane (West) where we catered to 20 patients in a single day.



## MOBILE PHYSIOTHERAPY VAN – CASE HISTORY

**Personal Details:** Kailas Mishra (68) is a retired male who faced weakness in left side upper limb and lower limb and difficulty in walking due to paralysis in 2006.

**First Sitting:** The physiotherapist helped Mishra with patient education and exercises.

**Second Sitting:** The physiotherapists educated him the second time too about the variations to the prescribed exercises.

**Third Sitting:** Following the exercises, the upper limb tone reduced and wrist and gripping movement (fine motor skills) improved in the left hand.

**Feedback:** “After physiotherapy consultation from the van, I am now able to walk and move my hand much easily.”



VIJAYANAGAR DAY CARE CENTRE – BENGALURU

- On May 2, Dr. Sushma Patil conducted monthly health check-up of all our members, including blood pressure and glucose test. Iron and vitamin supplements were distributed to all. Later, a health talk on ways to control blood pressure was also conducted by her. She also presented a diet chart for those members suffering from hyper or hypo-tension.
- Mother’s Day was celebrated on May 9 at our centre. Cultural events like singing and dancing were organised. The special lunch was relished by all.



Mother’s Day

- Members learned advanced tailoring and garland making. They also participated in craft activities like making a pencil stand and re-using discarded phenyl bottles.
- Members enthusiastically participated in regular storytelling, game and prayer sessions. These activities keep them mentally and emotionally alert and active. Yoga and literacy sessions are also conducted on a regular basis.
- Mid-day meals and nutritional drink are served

daily for the elders at our centre.

- Regular home visits were conducted and necessary medicines were distributed to the members. Their physical and mental health was checked and they were motivated to stay safe and healthy.
- Cognitive and emotional problems among elders made for a topic of discussion in a geriatric counselling session conducted at the centre by the programme manager.

- We motivated our members and facilitated the process of getting their corona virus booster dose vaccination. The booster shot was taken by 10 of the eligible members.



Garland Making



Tailoring Unit



Agnihotra



Indoor Game



Action Songs



Colouring Activity



Member Taking Booster Dose

MULLIMA NAGAR DAY CARE CENTRE – CHENNAI

- On May 3, our centre hosted a monthly health check-up. As many as 78 members were examined and given medications.
- We had an art and craft workshop for our members on May 5. They were separated into groups and given different craft supplies. Our members were instructed on how to build a paper tortoise. They had a good time and learned a new craft in a fun and engaging way.
- On May 10, we celebrated the birthdays of 15 members whose birthdays fell within the month of May by singing the 'Happy Birthday' song and cutting the cake.
- On May 10, Padma D, an advocate, led a legal awareness session on the Senior Citizens Maintenance Act, emphasising its significance. She also spoke about various welfare programmes and where to go for free legal services.
- On the occasion of World Laughter Day, the 'Miles to Smiles' programme was held on May 11. Dr. Karthiga Kalimuthu, Chief Happiness Officer of Bewell Hospitals, led the session called 'Action for Happiness'. A Angeline, the founder of Candles NGO, led a session on positive wellbeing.
- On May 12, our centre telecast the Tamil film 'Jai Bhim', which tells the story of a brave lawyer who fights for justice of a poor tribal man who is falsely accused of robbery.
- In collaboration with Adayar Cancer Institute, we held a 'No Tobacco Day' awareness campaign at the Foreshore Estate traffic signal on May 31. Our members performed a demonstration on how cigarettes affect healthy lungs. Members raised awareness about quitting smoking by using sign boards. Members also distributed pamphlets to those who were waiting at the signal.



Health talk



Birthday celebration



No Tobacco Day

**JOGESHWARI DAY CARE CENTRE – MUMBAI**

• In May, the Jogeshwari Day Care Centre conducted its regular activities like distributing nutritional drink and providing mid-day meals, conducting sessions of yoga and physical activities, organising doctor visits and need-based counselling sessions, etc. Along with this, a video screening was followed by a discussion on healthy diets in old age. This gave deep



Video screening on healthy diet

knowledge to the members about what diet they should follow according to their age to remain healthy and active. Members also learned the nutritional benefits that they get from various foods.



Home visit

• The centre manager also conducted home visits to interact personally with the members and learn about their needs. The centre remained productively engaged throughout the month.



**KOLKATA**

Subhash S H (name changed) is a 70-year-old man from Behala. He called our helpline number on May 11 and pleaded to help an aged woman who had been abandoned by her family. The poor old lady was living on a footpath as she had nowhere else to go. Our coordinator Maitreyee Mukherjee took immediate action and reached the old lady at the location given to her by the caller. Maitreyee negotiated with the old lady's family who had abandoned her and convinced them to care for her. The old lady was then safely taken back home.

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

**1800 267 8780**



JAYA NAGAR CENTRE

- To mark Mother's Day, members were asked to talk for a few minutes on their favourite motherly character either from mythology or the movies. Eight members participated in the session.

- Narayan Konandur, a natural healer, took a session on acupuncture, colour therapy (vegetables which contain vitamins) and alternate therapy for different ailments.
- May 17 was World Hypertension Day. On this occasion, Dr. Girija Aily took a session on hypertension and shared information on the causes and prevention of hypertension. He also gave tips on how to maintain optimum BP. Through a short session, she interacted and clarified members' doubts.



Mother's Day



Narayan Konandur

## Inauguration of Uttarahalli (R R Nagar) CMC

On May 2, the Bengaluru Chapter was thrilled to launch its 5th Chai Masti Centre (Coffee Chavadi). It was inaugurated by H B Sunitha, Principal of Aim Montessori, along with Brinda Ramesh, Dr. Shamantaka Mani Narendran and former SP Kumar Karning. Ten new members of the Uttarahalli centre and 25 members from Jayanagar CMC attended the inauguration event. Members of the new centre participated in fun activities throughout the month.



Uttarahalli Chavadi Inauguration

SANJAY NAGAR  
CENTRE

- Prabha Vasanth, an artist, conducted a drawing session for our members. Her pencil and charcoal sketches are amazing, capturing emotions in a wide range of ways. Members were very happy to attend her session where she taught them how to draw an elephant.



Prabha Vasanth

- Dr. Susheela Devi is certified in Bhagavad Gita and always shares her knowledge with Dignity Foundation members. This time she added to our existing knowledge of Arjuna and Lord Krishna, the mythological heroes. Members found her session very engaging and interesting.



Dr Susheela Devi

VIDYARANYAPURA  
CENTRE

Special sessions were conducted on various subjects through the month. These included:

- A talk on Sindhutai Sapkal, the 'Mother Theresa' of Maharashtra by Prema Kumari.
- A poetic and musical tribute to Jagadguru Shankaracharya by Triveni Murthy.
- A talk on 'vachana' period of Kannada literature with an elucidation of popular vachanas by Prema Kumari.
- Narration of true life stories by S R Nagaraj.
- World travel experiences by K S Balan and K S Mohan.

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**Magazine****Chai Masti Centers****Donation**

**VIJAYANAGAR CENTRE**

- Re-opening of the Vijayanagar centre took place in the presence of Chapter Head Brinda Ramesh. The event was conducted by U M Shettigar. An invocation song was sung by Kusuma Shettigar, Sujatha Guru and Geetha Rajesh. Food arrangements were made by Nandini Kamath and Ram Chandra supplied refreshing beverages. Pankaja Ramachandra presented the vote of thanks.
- ‘Pranayama’ was conducted by Chandana Pradeep both online as well as offline. It was a very informative and healthy session.



Centre Re-opening



Pranayama session



Lunch get-together



Games and fun activities

- N Nandini, a member at the centre, invited everyone for a get-together lunch at Nalakapa Restaurant in Rajajinagar. Everyone experienced a whole new level of culinary experiences.

- Kusuma Shettigar and Pankaja Ramachandra organised a plethora of games such as recalling childhood memories, identifying colours, dumb charades and one-minute interactions, etc. Everyone enjoyed a lot.

**Ration Distribution**

In the first week of May, ration kits were distributed to regular monthly beneficiaries.



DEMENTIA DAY CARE CENTRE

- Dance and movement therapy is a daily activity at our centre. Dance therapy has clearly been shown to stimulate social interaction, improve mood, reduce anxiety and increase self-awareness and self-expression. As a high point, we enthusiastically celebrated World Dance Day on May 5 at our centre. Members had a great time during rehearsals and were excited for the big day. On the day of the celebration, everyone dressed up in bright colours. Our members enjoyed dancing and felt honoured to be recognised and applauded by the audience.
- We took our members for a ride on the Chennai Metro

train from Anna Nagar Tower to Chennai Airport to commemorate the National Train Day. Our members arrived with tremendous anticipation and had a terrific time travelling by train as a group. We took pictures of our wonderful travel moments.

- For mothers living with Alzheimer's, Mother's Day is as much about the present moment as it is about their memories with their children. To honour our female members, we organised various games, exchanged gifts and a presented a variety of entertaining activities. Members started singing the songs that their mothers used to sing to them, as well as the lullaby songs that they used to sing to their children. It was a nostalgic and beautiful celebration all together.



National Train Day



Dance Day



Mother's Day

ALL CENTRES

- On May 31, the Dignity Foundation, Chennai Chapter, in collaboration with Cancer Institute Adyar, organised an anti-tobacco campaign to commemorate 'World No Tobacco Day.' Members from our Chai Mast Centre and Mullima Nagar Day Care Centre took part in the event. Our Chai Masti Centre members explained to commuters the importance of quitting smoking to protect their health as well as the environment through a small role play. Passers-by and police officers both praised our members' initiative to educate the public about the dangers of tobacco use.



No Tobacco Day

- On the occasion of International Museum Day on May 18, we organised a visit to the Railway Museum for our members. Members enthusiastically participated in the trip and enjoyed learning about the Indian Railways' history and diversity, as well as its many accomplishments and advances over time. Our

members enjoyed watching the massive engines and they were especially drawn to the toy train, in which they rode around the museum.

- Chithra Shankar led a session on 'Iconic Mahabharata Moments that Resonate with all of Us' on May 5. She handled the session in an intriguing and poetic manner.
- On May 16, we held a Family Day Celebration in which family members of our Dignitarians were invited to showcase their talent for two minutes while also sharing their thoughts on Dignity Foundation. The programme was well-received by all members and we saw active participation from family members.



Railway Museum



Family Day

SAFDARJUNG  
CENTRE

- Komal Mishra and Aman Choudhary, clinical psychologists from Kaleidoscope, conducted an interactive session at the Safdarjung Centre titled Joyful Companionship. This session helped members to influence their mood through creative art, meditation and a group activity. They learnt how mood affects their daily schedule, energy level, happiness and emotional engagement.
- Music is an integral part of our lives. In a musical evening, trained and accomplished singer Abhilasha Ojha rendered semi-classical melodies from a bygone era interspersed



with interesting tidbits of musicology.

- Chanting of 'shlokas' and meditation for inner peace along with 'Bhajan Sandhya' were amongst this month's spiritual sessions.
- Several members had travelled to Uttarakhand the month before and a travelogue session was organised for them early this month to share their experiences and observations about the lifestyle and culture of the local population. They also shared beautiful photographs and personal anecdotes of what made the trip memorable for each one.
- In the 'Sher-o-Shayari' session, our talented



members awakened their inner poets and presented their thoughts and feelings in the form of beautiful poems.

- Word making, acting out the given theme, recognising the tune, singing songs and storytelling were other sessions that our members thoroughly enjoyed.
- No month is complete without 'tambola' and musical chairs – games that bring out the competitive spirit in our members.
- Art and craft sessions saw members making special birthday greeting cards for those born in May and later members celebrated their birthdays with a delectable spread and much fun and laughter.



DLF PHASE II CENTRE

- Members enjoyed a variety of sessions such as laughter yoga, tambola, skit rehearsals, musical chairs, antakshari, art and craft, dumb charades, treasure hunt, word games, music and dance, etc.
- Birthday celebration saw a lot of happy discussions around the love for good food and friends.



Celebrations and activities

NATIONAL MEDIA CENTRE

- We had a series of sessions with gentle stretching and praying, followed by the other planned activities of the day.
- Members enjoyed activities such as passing the parcel, word games and a quiz based on a topical theme.
- Members' love for music was evident during such sessions as mantra chanting, antakshari, soulful devotional songs as well as songs of the yesteryears from Hindi films. They also had the opportunity to discuss their opinions about the generation gap in a session titled 'Mann ki Baat'.
- In an art and craft session, members learnt the art of making paper crafts. Instead of buying materials for this craft, the centre coordinator motivated members to reduce their carbon footprint by up-cycling materials found at their homes.



Celebrations and activities

- Storytelling has steadily become a great way to engage the members since it helps with mental stimulation, improves memory and creates positive social connections. 'Raja Rani ki Kahaniya' brought out several stories that inspired group discussions.
- Our members always look forward to celebrating birthdays of the month with music, dancing and delicious snacks. This month saw a good gathering of members and their excitement was evident from the greetings and bonhomie witnessed in the session.
- The month ended with a dance class and this will soon be conducted as a regular activity at the centre since our members are very keen to learn freestyle dance.

COMBINED  
SESSIONS

- A demonstration for making paper flowers was given by resource person Shalini Chandra in an online session. Members were encouraged to try their hand at replicating these paper flowers to beautify their homes.
- Chairyogais another popular session amongst our fitness enthusiasts. In this session, members performed flexible yogic postures while seated on chairs to boost their metabolism. Resource person Tanu Gupta shared that lack of sleep, lack of protein, lack of physical activity and unhealthy eating habits affect the body's metabolism and hence the energy levels. Our members learnt that practicing yoga is better than popping pills or supplements.
- An all-India session on 'Preservation of Mother Earth' was hosted by the Delhi NCR Chapter. In this session, resource person Radhika Anand shared traditional ways of protecting our planet through performing small and simple tasks at home, mainly involving recycling and reusing. Her mantra of 'Waste to Wealth: Trash to Treasure' was the best takeaway. Members learnt to make plastic and wooden boxes from discarded packaging, planters from broken vases and dishes, homemade face packs from fruit peels, etc. The event of the month was 'Master Chef'. Summer special was thoroughly enjoyed even by those members who thought they did not have culinary skills! In this event, six of our participants made videos of delicious food and drinks fit for the hot summer season.



Paper flower making



Chair yoga

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DHAKURIA CENTRE

- Birthday celebration was hosted for members born in the months of March and April. Executives from Hindustan Composites Ltd. also joined the event. One of them brought tasty fish chops for all, made at home. Members cut the birthday cake and enjoyed the tasty snacks. Everyone sang, danced and shared their experiences. It was great fun.
- Members celebrated Rabindra Jayanti on the May 16. The programme started

with an interesting story about Rabindranath Tagore told by Chapter Head Ruma Chatterjee. It was followed by wonderful songs sung by the members. Some other members recited poems that impressed all. Lively dances by some members marvelled the audience. Another impressive presentation was about Tagore's poems and dramas related to Buddhism. May 16 happened to mark Buddha Jayanti. It was a delightful evening.

- On May 23, the centre arranged a magnificent programme of Baak.

Each artiste of the group performed wonderfully, impressing the members. Their recitations and readings from articles marvelled the audience. Their perfect and splendid audio play touched the hearts of those present. All the members were overjoyed with the beautiful performances.

- Members decided to visit Belur Math on May 30, paying their respects at all the temples. Then they went down the steps to the river Ganges. Tasty snacks were distributed to all on the way home.



Birthday celebration



Yoga session



Rabindra Jayanti celebration



Baker programme

Belur Math visit

SALT LAKE CENTRE

- On May 6 and May 20, sessions on soga were conducted by Arun Sen, our yoga trainer.
- On May 13, members participated in the rehearsal for Rabindra Jayanti celebration which was organised on May 17. Our centre members sang nice songs and presented recitations of poems.

- On May 23, a spiritual talk was conducted by member Chhaya Roychowdhury.
- On May 28, all our members visited the city centre and cafeteria and had snacks, coffee and tea.



Yoga session



One day outing



Rabindra Jayanti celebration

BEHALA CENTRE

- The members of Behala centre set out on a good cause this month. A 13-year-old visually impaired girl resided near our centre premises with her widowed mother. It was a distressed family and no one was there by their side. The matter came to the attention of the coordinator of Behala centre and she presented it to the senior citizen members for a solution. All the members agreed to help the family. Efforts

were made to find an NGO that would help this family. Finally, the mother and her blind daughter were taken to a trustworthy NGO. The girl was immediately admitted to the NGO's inclusive school and is now being taught by special educators. The mother is also staying in the NGO's home to look after other specially-abled children of the NGO. We are indebted to the governing body of this NGO for sheltering the distressed mother and daughter.



Social work by members

BAGUIATI CENTRE



Dance programme



Musical evening



Digha tour

- The centre is now fully operational for five days a week and conducts regular activities for its members who participate in popular programmes like antakshari, singing competitions, dancing, mimicry, poetry, drama, jokes, laughing therapy, yoga, meditation,

and storytelling and turning recipes into yummy food.

- Birthday celebration was also organised for members who had their birthdays in the past month. They felt great when they received birthday wishes and a small gift.

- Along with the in-house activities, we also visited temples, picnic places, cinemas, parks and many more places for recreation.
- Recently 42 members went to Digha, a coastal place where they enjoyed on the beach.

**Ration Distribution**

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



DADAR CENTRE

- On May 2, Dadar Centre members celebrated Akshay Tritiya and Haldi Kumkum. Khorshed Mistry, Gayatri Honavar and Chandan Lalan delivered performances and entertained the members. Sushil Lal and Sujata J sang beautiful songs that everyone enjoyed.
- Members celebrated Anil Desai's 51st marriage anniversary and the birthdays of Shernaz Randela and Prabhu J. All

members were very happy to celebrate the anniversary and birthday. Everyone enjoyed snacks and played indoor games.

- After one week we also celebrated Rohini Honap's birthday. Members played games conducted by Kanta Somani. Rohini had also arranged a yummy chaat corner for the whole centre. Her grandson made a surprise visit and sang poems for his grandmother. Everyone had a joyful and happy time through these celebrations.



Birthday and marriage anniversary



Celebration of Akshay Tritiya

MIRA ROAD CENTRE

**Inauguration of New CMC**

- Dignity Foundation launched a new Chai Masti Centre in Mumbai's Mira Road area

within the premises of J P Infrastructure's J P North residential complex. This is the first-of-its-kind centre which is in association with a residential complex partner. We held an inauguration

event on May 6 where members from all Mumbai's CMCs displayed their talents in front of the audience at J P North. All were mesmerised by their beautiful dances, melodious songs and humorous acts. It was a very entertaining and successful evening. Dr. Sheilu Sreenivasan, President of Dignity Foundation, graced the event and delivered a wonderful speech to welcome the new members to the Dignity Foundation



Visit to Mira Road



family. Unlike our other centres which operate for 2-3 hours, this centre is operational for the full day - morning shift and evening shift. In its first month itself the centre witnessed a phenomenal response. New activities like aqua zumba are being conducted along with regular activities like yoga, zumba, fashion show, etc.

THANE CENTRE



Pradeep Malgi

- On May 12, Pradeep Malgi conducted a session on legends of Maharashtra Part 3. He gave detailed information about the contributions of eminent personalities like industrialists Abasaheb Garware, S L Kirloskar, Raghunathrao Chitale, etc. The session was attended by Powai and Vashi Dignitarians too.

VASHI CENTRE

- On May 23, the centre lost its beloved coordinator Nandkumar Patil. He was a positive, energetic and very helpful person, loved by all. The members of Vashi Centre and other CMCs held a remembrance meeting in his memory.



Nandakumar Patil

POWAI CENTRE

- The centre is still operating via the online module. On May 11, members participated in a session by Dr. Neeraj Tulara from Hiranandani Hospital on 'Preparedness for Monsoon Diseases'. Many centres joined this session and absorbed important information.
- Besides this, Powai also had regular sessions on singing, pranayam, chair yoga and antakshari.

DEMENTIA DAY CARE CENTRE MAHIM, MUMBAI

- We have a total of 12 members at our centre with two new admissions this month. We conduct weekly physiotherapy sessions for our patients' physical wellbeing. On a daily basis, we organise games like word puzzles, musical chairs and newspaper reading. We also enjoyed a snacks party at our centre.

WANOWRIE CENTRE



Activities at the centre

- On May 2, the centre organised a 'bridge' game for members who are experts in playing cards. Bridge is a very engaging activity which helps to enhance the memory of the seniors.
- On May 4, the centre organised weekly music class for members. Members came forward and sang Hindi film songs as per their choice.
- On May 5, Prof. Iyer and team hosted a musical evening and also sang various songs. Jayanthi Monie, the senior-most member, planned this event and Chitralkha Lavangu anchored, involving all the members.
- On May 6, we conducted a western dance session. Members enthusiastically participated and enjoyed the evening. Dance activity keeps all members very active and healthy and helps to maintain their physical and mental wellbeing in old age.
- Handling the mobile phone carefully is very essential nowadays. If we tap on unwanted links, our bank account or cell phone could be hacked. So everyone needs to update themselves in term of such knowledge. To that end, the centre organised a training session on being mobile savvy led by Bal Gurjal.

KALYANI NAGAR CENTRE

- On May 12, we invited Sonal Shailendra for a session on 'Procrastination: The Act or Habit of Putting Off'. A lot of people have the habit of putting off what they are supposed to do immediately.
- Himani Girder took a yoga session in which she gently demonstrated 'asanas' for the elders. She demonstrated exercises to take care of our body parts right from the neck to the feet.



Sonal Shailendra

MAGARPATTA CENTRE

- The month started with an online session and the topic was 'Happiness versus Happiness' by life coach Shweta Pandey. All through her talk the members couldn't stop smiling and laughing.
- On May 11, we held a games evening conducted by Neela Khandelwal, a special invitee. Members played a variation of musical chairs and colour recognition. After this, a quiz on film songs was held and we distributed

prizes for each game.

- On May 23, we held Bhajan Sandhya and invited Kalyani Gurumurthy and her troupe Gurukrupa Mandali who are very famous in the Magarapatta area. One hour of soulful devotional songs by 12 disciples was attended by members. The songs were enjoyed by all as they were in Hindi, Marathi and Tamil.
- On May 28, we held birthday celebrations of three members. It was a grand celebration of happiness and togetherness.



Activities at the centre



MEGHWADI CENTRE – MUMBAI

- In May, the Meghwadi Centre held activities like yoga, zumba, doctor visits and birthday celebrations with daily nutrition drink provision. Since it was the summer season, members faced heat stroke due to the extremely warm weather in Mumbai. Hence, a discussion was conducted on how to keep the body cool and maintain optimum body temperature. Members also underwent regular health

check-ups by Dr. Rajesh Chauhan and received consultations as per their needs.



Health Check-up

### ANANDA YAAN – BYCULLA AND E-MOSES CENTRES MUMBAI

- One of the common diseases in old age is diabetes. Many elders come to know about their diabetes at a later stage or when they face some physical disorders related to their sugar levels. At Ananda Yaan, senior citizens' health is a top priority and so a camp for checking diabetes was organised in May 2022 with the help of N M Medical Centre. A professional team visited both Byculla and E-Moses Road centres and conducted blood tests for all members. Afterwards, a doctor visited both the centres and consulted each member according to the result of their reports. Along with individual consultations, the doctor

also facilitated a discussion on diet and the importance of exercise. Members appreciated all the effort and services that were provided to them for their health benefit.

- A continued session on mental health got conducted for both the centres on May 6. Resource person Pradnya Ganla recapped the previous session and facilitated meditation for members. To continue the mental health topic, she explained how our minds work and discussed how humans can use their minds optimally. She shared stories on the power of the mind with many examples. She explained the reasons for instability and its consequences on life. Members cleared their doubts, shared their



Diabetes Health Camp



Mental Health Session

concerns and discussed their thoughts. In the end, she taught them calming down techniques and sound meditation. Pradnya responded to each question and shared professional advice.

### 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.
- We are seeing an upward trend of memberships and participation by existing members at our centre.



RATION DISTRIBUTION – MUMBAI

- Ration and safety kits for 80 beneficiaries at Jogeshwari Day Care Centre were distributed on May 9. Up to 50 ration and safety kits for monthly regular beneficiaries were distributed on May 11.



RATION DISTRIBUTION – PUNE

- In this month, Pune Chapter distributed ration kits to 65 underprivileged families of Leprosy village, Bhim Nagar and Siddharth Nagar.



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.



**Nandakumar Patil**  
(64 years),  
Coordinator of Vashi CMC,  
Mumbai.

# Health, Music and Birthdays

- Birthday celebration of the residents of the Assisted Living Facility was held in May. A total of four residents had their birthdays during this month. A cake was cut, followed by tea and snacks. Residents and staff participated happily in the celebration.
- An eye check-up camp was organised successfully on May 10. As many as 37 people including independent living and assisted living residents and staff got their eyes checked.
- A music session for all the residents was organised in the auditorium on May 18. It was an enjoyable evening.

## Dignity Freedom Fiesta – A Grand Pan-India Members Meet

We are delighted to announce that we received a phenomenal response from our members to register for the **Dignity Freedom Fiesta event** from **August 13 - August 16, 2022**. We have received over 200 registrations from 6 Chapters.

All members will be accommodated at **Dignity Lifestyle Retirement Township** at Neral, near Mumbai. In addition to food

and accommodation (on sharing basis in non-AC rooms), there will be a line up of exciting programmes and a key musical event by **'Yaadon Ki Geetmala'** musical band led by **Mr. Deepak Kapadia**.

It will truly be a cultural melting pot and a befitting tribute to our Mother India on the occasion of **India's 75th Independence Day**.

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**Dignity Foundation**

B 206, Byculla Service Industries Premises,  
Dadoji Konddeo Marg, Byculla - East, Mumbai - 400 027  
Tel: +91-22-6138 1100 | Email: [dignityexpressions@dignityfoundation.com](mailto:dignityexpressions@dignityfoundation.com)

