

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 5, March 2022



INSIDE THIS ISSUE

Dignity Valentine	1
Launch of Mobile Physiotherapy Van.....	2
APF Initiatives	2

Chapter Updates

Bengaluru	6
Chennai	9
Delhi NCR	11
Kolkata.....	15
Mumbai.....	18
Pune.....	22
Loneliness Mitigation Centres	23
Ration Distribution	25
Dignity Lifestyle.....	26

DIGNITY VALENTINE

Dignity Foundation held an event to make Valentine's Day celebration all the more special with handmade gifts and tokens of love. The

event saw many participants sharing lovely handmade creations like paintings, food art, etc. It was a lovely event enjoyed by all participants and attendees.



Sushila Vuttha, Chembur



Jayanthi Monie, Pune Wana wadi



Prema kotian, Chembur



Abha Mittal, DLF phase 2 Gurgaon

LAUNCH OF MOBILE PHYSIOTHERAPY VAN

Dignity Foundation will be launching its first mobile physiotherapy van in Thane near Mumbai in March. This van will provide low-cost and high-quality physiotherapy services to the poor elderly living in slum and tribal

communities in Thane. Private physiotherapy services are unaffordable for this population whereas public healthcare facilities require long waiting hours which results in loss of the patient's daily wage -

their sole source of income each day. Therefore, the mobile physiotherapy van programme has been conceptualised in association with the Rotary Club of Thane Uptown. The van will serve an estimated 5,000 people.



VIJAYANAGAR DAY CARE CENTRE

- Zumba is known to be a low-impact exercise that can help seniors suffering from constant mobility issues, muscle aches and joint pain. Hence, Zumba sessions for our elder members were started on a weekly basis from this month.
- On February 4, which was World Cancer Day, a breast and cervical cancer

screening camp was conducted by Karnataka Cancer Society in association with Lions Club. Along with thermal mammography and screening, Pap smear tests were also done for those who had chronic UTI.

- Tailoring class was started for six elders to teach them a skill which can make them financially independent. Members learnt to stitch sari skirts and face masks.
- Dr. Sushma Patil conducted



Zumba session



Tailoring - Sticking face masks



Monthly check up



Craft - best out of waste



Literacy activity

a regular monthly check-up for all our members. Blood pressure and diabetic screening were done. Multivitamins and iron supplements were also distributed.

- Valentine's Day was celebrated with music, dance and various activities. Members were dressed in their best attire. Chocolates and gifts were exchanged to express their love. A cake was cut and delicious snacks were enjoyed by all.
- Geriatric group counselling on psychosocial issues was conducted by M Merlin. Common psychosocial issues like interpersonal relationships and anxiety were discussed.
- Members visited a temple which enhanced their

mental health and improved self-esteem.

- Best out of waste activities were conducted such as converting plastic bottles into beautiful plant hangings and creating flower vases out of paper cups.
- Games like tennicoit, musical chair, puzzles, finding the ball and passing the parcel were played to improve memory and enhance the cognitive skills of our members.
- Simple workouts, exercises, laughter therapy and yoga asanas were conducted. Members have witnessed tremendous improvements in their health.
- Regular literacy activities such as reading newspaper

columns, storytelling, reading and writing, action songs and role play sessions were conducted.

- Midday meals and nutritional drinks are served daily to the elders at our centre.
- On February 12, dry ration and sanitisation kits were distributed to the members.
- 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.
- Every Tuesday, movies or educative videos are screened to create awareness among the members.

CHENNAI

MULLIMA NAGAR
DAY CARE CENTRE

With the addition of two new members, our Mullima Nagar Day Care Centre now has 85 registered members. The centre conducted the following activities:

- Up to 12 physical fitness programs were organised to help our members to stay fit and active.
- On February 3, a session on body, face and dental hygiene was conducted. The need for basic cleanliness was emphasised.
- On February 23, members were made aware of the importance of keeping their surroundings clean and the need for segregating and hygienically disposing of rubbish.
- On February 11, a monthly health check-up was held in which 76 members were evaluated by a doctor and issued medications based on their health concerns.
- On February 17, members made wall hangings using old CDs as part of an art and craft session.
- On the February 18, a session on the significance and right to voting was held. Mary Dhivya, a social worker, educated and urged our members to utilise their right and not squander a vote due to laziness or carelessness.
- On February 25, a film was aired in our centre in response to a question from one of our members concerning the history of Kattabomman. Members were ecstatic to see the historic film and loved watching it as a group.
- On February 15, a Valentine's Day celebration was held for our members in the spirit of love. The occasion was presided over by Udhayam Ram, the general secretary of 'Uratha Sindhanai' magazine. The show included a ramp walk by epic couples like Ambikapathi

and Amaravathi, Shahjahan and Mumtaz and the film Titanic's Rose and Jack. Then the married couples of the centre enthralled the audience with their bubbling performances. A debate on the topic of whether love marriage or arrange marriage brings greater satisfaction in life was organised. P Pandiyammal from Polimer channel was the judge for the debate.



Valentine's day



Debate

MUMBAI

JOGESHWARI DAY CARE CENTRE

- As part of the regular doctor's visit, this month too Dr. Rajesh Chauhan visited the centre to check all members' blood pressure and oxygen level. He also distributed calcium and vitamin tablets to the needy members.

- Advocate Allwin Dave conducted a session on how to prepare a will and its benefits for a person and his or her family.
- In association with the Trauma Government Hospital at Jogeshwari, nine members were given their booster vaccine dose in the first batch. More members will be vaccinated in the following batches.

- The centre celebrated the birthdays of seven members in February. All the members were happy.
- Up to 80 families got dry ration and a medical kit was provided to them.
- Informative videos on health-related issues such as causes of difficulty in breathing and a musical entertainment programme for senior citizens by V G Abraham and team were also conducted.



Health check for members



Visiting sick members at home



Birthday Celebration



Health check for members



Booster Dose



Musical programme by VG Abraham



JAYANAGAR CENTRE

- A talk was conducted by Vani Nagaraj, founder of Aarohan, a centre for special education. As a parent of a child with autism, Vani shared how she worked towards integrating her son throughout school and college and how he has overcome all difficulties.
- Sundararaj Setty is an ex-sports person who has worked at Vijaya Bank and won 13 national medals and



Mohan Srigriripura

nine international medals in athletics. He is also a recipient of Rajyothsava Award conferred by the Government of Karnataka. He shared with our members the advantages of sports.

- A memorable musical evening was hosted by P B S Madhura Gaana team, led by Mohan Srigriripura. Old Kannada classics of yesteryears by renowned playback singer P B Srinivas were sung along with a few 'bhavageete' written by Kannada poets. It was a treat to all who love old classics.



Vani Nagaraj

VIDYARANYAPURA CENTRE

- Rama Thyagaraj explained the meaning of Vishnu Sahasranama whereas Nirmala Mohan explained Chapters 6 and 7 of Bhagavad Geetha.
- K Vasu conducted a fun-filled quiz and riddles programme in two episodes.
- Purandara Vaibhava was conducted by Triveni Murthy in which members took the opportunity to sing well-known 'kritis'. Lalitha Iyer presented the 'navaratna kritis'; and some rare compositions of Bhadrachala Ramadasu.
- R R Sindhe conducted two episodes as part of SugamaSangeetha. Kshama Girish, an external patron, rendered some Kannada bhavageete.
- The character portrayal of Mandodari and Urmila of Ramayana were done

by Sushma Vanahalli and Shashikala Guragol.

- The art and skill involved in handling Rubik's cube was demonstrated by Kaarthick Jagadish, whereas Eshant Kudari gave an impressive recital on the tabla.
- S R Nagaraj spoke on the subject of online safety guidelines for seniors with an emphasis on cybercrimes.
- Yesteryear film actress Sharat Lata, who became popular as Kalpana, was remembered by Arya Mala through some of her popular songs.

SANJAY NAGAR CENTRE

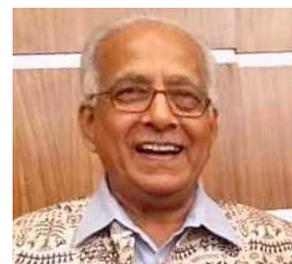
- Neha Vinod, an analyst in a software company and a BE graduate, is passionate about many things. She came up with quiz session on epics like 'Ramayana' and 'Mahabharata'. Members had a nice time answering and recalling answers from the scriptures.
- Geriatric wellness is a very interesting topic. Kiran Raghunath, our resource person for this session, started his career as an IT professional with a passion for fitness. He started 'Fitlab' (now called 'Reshape') which focuses on rehabilitation and sports performance. He has taken up geriatric wellness as a project wherein he wants to relieve joint pain with exercise instead of surgery.
- Sri Ramgopal is certified in ERP: Enterprise Resource Planning. He is also a laughter ambassador and a certified laughter yoga teacher. Post retirement, he is reaching out to seniors and dialysis patients with laughter yoga exercises.



Neha Vinod



Kiran Raghunath



Ramgopal Cancherla

VIJAYANAGAR CENTRE

- ‘Speaking with an Open Mind’ was a programme conducted by D Yashoda where all members spoke about many things that they were holding in. They felt relieved after sharing their thoughts.
- Members had to complete proverbs and a quiz was also conducted to test their general knowledge.
- Dr. Murali Subramanian of NIMHANS hosted an online webinar on the occasion of World Cancer Day and spoke about how cancer affects in unimaginable ways.
- Dr. Saraswati N of NIMHANS spoke about how a post-stroke period affects a person psychologically and physically. She also spoke on how to take care of a person if he or she is affected by stroke.



D Yashoda



Dr Murali Subramanian

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



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 stimulation activities like memory games or reminiscence therapy and sensory stimulation activities like pet therapy, gardening, music and dance therapy. The centre organised a Colour's Day celebration with the colour 'blue' serving as the theme for February. The centre was decorated in blue and members came dressed in blue as well. Several activities centred on the colour blue were enjoyed by the members throughout the day.



ALL CENTRES

- A S Padmavathy led a workshop on 'Resilience Talent' on February 17. She educated our members on the seven essential and interconnected components that constitute resilience: competence, confidence, connection, character, contribution, coping and control. Each of the seven Cs was briefly discussed.

- Rukmani Somasundaram led a class on 'Life Skills' on February 9. She trained our members on WHO's 10 key life skills, which help individuals to adapt and deal well with life's demands and obstacles. She shared anecdotes, held icebreaker sessions and made the presentation very entertaining.
- An online acupressure session for senior citizens was organised on February 10. Acupressure Expert Dr.

S Ravichandran was invited to conduct the live session about the technique, uses and benefits of acupressure for senior citizens. He also spoke at length about the various pressure points located on our hands.

- Members practice singing every Tuesday and have started singing in pairs. Regular sessions on humour and yoga were organised on all Mondays and Thursdays.



Debate



S Ravichandran

Ration Distribution

Following the pandemic and the subsequent impact of lockdown on underprivileged families, 330 ration kits were donated to needy people who had been most affected by the ongoing health and financial crisis.



SAFDARJUNG CENTRE

- The month started with a physical fitness routine, followed by a session on healthy food for winters.
- A quiz session on eminent personalities of the world was conducted by coordinator Susmita Grover and our members relished this opportunity to test their memory and general knowledge.
- 'Ode to the Nightingale' was the title of an evening dedicated to Late Lata

Mangeshkar following her sad demise. Our members recalled and recited several melodies from the treasure trove of her magnificent songs.

- On Valentine's Day, a physical session and potluck was hosted at a fellow member's residence. As a goodwill gesture, gentlemen offered roses to the ladies, while the ladies gifted chocolates to the gentlemen!
- The session on seasonal fruits was a hit with the lady members who used their creativity to create colourful fruit platters.



Colourful fruit platters by member



Safdurjung get together

NATIONAL MEDIA CENTRE

- Coordinator Prema Nair conducted a session titled 'Coffee to Tomatoes - Kitchen Ingredients for Self-Care'. Some well-researched, tried and tested skin and hair beauty tips were shared by her. Members appreciated the emphasis on the use of low-cost ingredients.
- A physical session received good response from our members who happily prepared a group song as a video greeting for Founder President Dr. Sheilu Sreenivasan. Love songs of Late Lata Mangeshkar were sung as a tribute to the legendary singer.
- Our member Madhu Chauhan demonstrated chair yoga poses that could be comfortably done by seniors while seated.



National Media Centre Members' Day out

CALL IF ISSUE NOT RECEIVED

Subscribers who have not received the hard copy of **DIGNITY DIALOGUE** may please call 915 201 7120 And immediately get a replacement.

COMBINED
SESSIONS

- Three new speakers held interesting sessions: Rekha Raheja introduced members to the goodness of millets, Mangat Singh Thakur offered tips for bonsai gardening and Retired Major General Saighal conducted a session titled 'Rab di Mehar' (god's benevolence) wherein he shared how he survived some of the worst circumstances during his career and remained unscathed.
- Two popular speakers, Mona Bharadwaj and Hasnain Waris, conducted sessions on Valentine's Day special and Sufi philosophy. Mona Bharadwaj taught members to make various types of hearts and envelopes with colourful origami sheets. Hasnain Waris talked about Sufi philosophy while referring to extracts from the book that he has authored 'S for Sufi'. Members had an enriching discussion in the form of questions and reflections from their lives. Some even got emotional while describing their connection with god.
- Basant Panchami was celebrated with bhajans and songs.
- Birthday celebrations for the month were full of fun and laughter as a special activity was planned and conducted by the coordinators in unison.
- An all-India level session was hosted by NCR Chapter, titled 'Shake the World with Poetry'. This programme had nine members unleashing their talent either through recitation of their self-written poems or those of eminent poets. The audience greatly appreciated the originality of the theme, delivery style and the choice of poems.



Major General Saighal



Rekha Raheja



All-India Session - Shake the World with Poetry

DLF PHASE II CENTRE

- At DLF Phase II, the month began with 'Chai Adda' (gathering over tea), a session to have an informal chat with fellow members.
- A skit session was conducted by coordinator Ritu Kharayat in which members planned and executed the skit from scratch.
- For Saraswati Puja members sang songs and mantras to evoke the goddess of knowledge and music.
- A quiz on the foods of Maharashtra was organised. Members admitted that they learned a lot about Maharashtrian cuisine through the quiz.
- Homage was paid to the legendary Lata Mangeshkar. Members talked about the void created by her passing away. Members who had hitherto never sang songs could not stop themselves from humming her magical tunes along with others.
- On Valentine's Day, members got candid about their first love and shared stories about love and heartbreaks. The joy and nostalgia were quite evident on members' faces.
- Members shared information about their favourite political leaders from Sardar Patel to Narendra Modi.
- Members celebrated International Mother Tongue Day where they traced the history of their mother tongue and spoke about the first language which they learned from their family. When prompted about speaking in the language, some succeeded and some confessed to having forgotten it due to migration and other historically significant events. The session also discussed the need to hold on to such languages and pass it on to the generations to come.



Foods of Maharashtra

Ration Distribution

The Delhi NCR Chapter distributed ration and sanitation kits to more than 150 senior citizens in four slum communities in the region.



KOLKATA

DHAKURIA CENTRE

- On February 5, members performed Saraswati Puja with great enthusiasm. Everyone present was very conscious of the corona virus situation and maintained the necessary protocols. Members took interest in buying the items needed for the rituals. The hall was decorated beautifully and members joined the prayers. Our long-time member Dr. Gautam Bhaduri along with other active members like Sheela Bhaduri took responsibility of the prayers and cooked the 'bhog'.
- AMRI Dhakuria organised an awareness programme on February 8 for the members on the occasion of World Cancer Day. Dr. P P Bishnu, a neurologist and specialist of spine and brain, was the first speaker. He spoke on brain and spinal cancer and explained the symptoms we should observe to detect

the disease and advised to visit a doctor at the earliest. The second speaker was gynaecologist and member of Dignity Foundation, Dr. Jayashree Dhar. She enlightened the members with the information that cervical cancer is the only cancer that can be prevented by a vaccine.

- Members celebrated Valentine's Day on February 14 by singing popular songs of the Nightingale of India Lata Mangeshkar. Members paid their tribute to the great singer by observing one minute silence. Lovely Bengali love songs too were sung solo and in groups. Singer Panchali Chakraborty mesmerised the audience with Hindi and Bengali songs of Lata Mangeshkar. The celebration ended with chocolates and a box of snacks for all.
- On February 19, the centre arranged an online programme to pay homage on the passing away of the two legends of music – Sandhya Mukherjee and Bappi Lahiri. Members spoke about their important

contributions in the field of music.

- International Mother Tongue Day was celebrated with great respect by the members of Dignity Foundation, Dhakuria on February 21. The members sang, recited and spoke about the revolutionaries who fought for their language.



Saraswati Puja



Dr. Jayashree Dhar



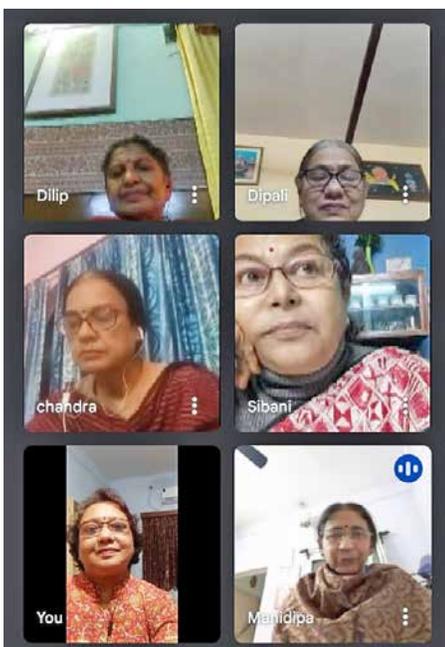
Mother Language Day Celebration

SALT LAKE CENTRE

- On February 3, a spiritual talk was organised and our member Manideepa Mitra conducted 'Ramkrishna Katha'.
- On February 10, a programme was held in honour of legendary singer Lata Mangeshkar with recitation, songs and her life story.
- On February 12, a yoga session by our yoga trainer Arun Sen was organised. He also discussed about

abdominal problems and its remedy through yoga.

- On February 15, members celebrated Valentine's Day through different stories, songs and poetry recitations.
- On February 17, members remembered the renowned singers Sandhya Mukherjee and Bappi Lahiri with melodious songs and discussions about them.
- On February 22, we observed Amar Bhasha Amar Ahankar (International Day of Mother Tongue) through stories and songs in Bengali.



Lata Mangeshkar programme



International Mother Language Day

BEHALA CENTRE

- After all the members of Behala centre took their booster dose of the corona virus vaccine, they started meeting in person from February 22.
- On February 21, members observed International Mother Language Day and remembered the sacrifice of five youths to establish their mother language in East Pakistan, now Bangladesh.
- On the same day, ration was distributed to some of the needy senior ladies. Also, books and writing materials were presented to poor students.



Ration Distribution

BAGUIATI CENTRE

- After the pandemic situation eased, we got a chance to reopen our centre and meet with fellow members. We had some online programmes and some interesting events this month. We reopened our centre on February 8. On February 11, members gathered in a temple to distribute rations to old, handicapped and needy persons.
- On February 13, members visited an ashram in Bardhaman district and were overwhelmed seeing how orphan children fight for their existence.
- Valentine's Day was celebrated on February 15 with dance, song and different cultural activities. It was an interesting programme.
- On February 22, we had a programme on the people who fought and gave their lives for the mother language Bengali.
- We enjoyed a one-act play, a visit to a Dignitarian's house, birthday celebration, etc. throughout the month.



Visit to Mandir

Ration Distribution

This month, the Kolkata Chapter distributed monthly ration among 30 underprivileged senior citizens at Purbalok Day Care Centre on February 10.



MUMBAI

DADAR CENTRE

- On February 1, the centre started its offline activities and members were very excited to be back at the premises. Uma Parulkar started with simple warm-up yoga to bring the members back into the habit of doing physical activities together.
- On February 3, member Manisha Joardar celebrated her birthday with her fellow Dadar centre members. She expressed that it is due to Dignity Foundation that she has made many friends.
- On February 7, all members participated in a yoga activity conducted by Uma Parulkar and then all members celebrated Makar Sankranti festival. Everyone distributed til laddoo and jaggery. They also enjoyed the snacks.
- As February is the month of love, all celebrated Chocolate Day on February 9. They all dressed in white colour to mark the occasion. Then they played Housie. On February 10, members exchanged flowers with one another and then started with laughter yoga.
- On February 14, members participated in an energetic aerobic session. Then members celebrated Valentine's Day. Members came dressed in red colour and were asked to say a few sentences on the significance of this occasion. The centre was decorated with red and white balloons.
- On February 18, Ranjan Awate shared her birthday with Founder President and CEO Dr. Sheilu Sreenivasan. We celebrated her birthday by playing games. Then everyone enjoyed snacks.



Yoga by Uma Parulkar



Birthday celebration



Valentine's Day



Laughter yoga session



Birthday celebration



Karaoke Activity

- On February 22, Mani Kannurpatti Krishnaswamy conducted a laughter yoga session and also sang bhajans.
- On February 23, three members celebrated

their birthdays together. Jeanette S conducted games and Sushil Pokale sang melodious songs to which members joyfully danced. They had arranged snacks for all members too.

- On February 25, a Karaoke session was conducted on the theme of 'Songs of Manna De'. Every member performed beautifully. There were snacks for all the members.

VERSOVA CENTRE

- Theatre workshops by Manasi Joshi, an expert in this field, are held every fortnight. The workshop has become popular amongst members because it teaches them how to act and express better.
- Shobha Mathur showed virtual tour films every fortnight. Films on 'Ramayana Path' and the world's biggest Vishnu

Mandir in Cambodia were very interesting.

- Every Monday, theme-based singing sessions are held. The members sang patriotic songs on the occasion of Republic Day.
- Some of the other interesting events were storytelling and quizzes.
- A member held a session on how to grow plants and maintain a kitchen garden.

GRANT ROAD CENTRE

- On February 2, the centre had a session on spiritual songs. This was a wonderful programme. Members participated actively. There was a recitation of Marathi spiritual songs too.
- On February 6, we had a session on songs of Lata Mangeshkar. It was a mesmerising event.

CHEMBUR CENTRE

- The centre continued to enjoy online programmes and members were elated to learn that the physical centre will reopen in March.
- On February 2, Rupa Chaukulkar conducted chair yoga exercises using stretch bands. She believes there is no need to go to the gym since all her exercises can be done at home using water bottles and stretch bands as substitutes for dumbbells. Her favourite exercise is the Surya Namaskar, which she practiced with the members using a chair.
- On February 9, Ritu Agarwal conducted neuromuscular exercises which help in improving mind and body coordination along with improving memory.
- On February 23, Ritu Agarwal conducted a facial yoga and meditation session for anti-ageing benefit.
- Every Tuesday, the centre holds Tai Chi sessions for its members. Ajay Solanki and C Carlton started their session with the eight jewels of Tai Chi and taught advanced exercises too. Carlton also presented a pep talk to members to encourage them and help them to keep an optimistic approach in life.
- On February 10, Dr. Cheryl Lawrence taught physiotherapy exercises for spondylitis and back pain. She also conducted weight training exercises using water bottles. She always ends the session with Kegel exercises. She believes that these exercises are a must for senior citizens to prevent urinary incontinence.
- On February 14, some members went out for lunch to a restaurant to celebrate Valentine's Day. They also celebrated Rose Day by gifting a rose to each other.



Facial Yoga by Ritu Agarwal



Physiotherapy for back pain

THANE CENTRE

- On February 14, Juhi Darwani conducted a session on hearing loss in the elderly. Juhi began the interactive session by informing the members that hearing loss (HL) is becoming a common problem. Approximately one in three people between the ages of 65 to 75 may have hearing loss. After 75 years of age, this is even

more widespread. Juhi explained that age-related HL is gradual and is caused by changes in the inner ear and auditory nerve. Three members facing HL shared their experiences too.

- On February 22, Nikita Nagarkar took a session on basic fundamental movement on Zoom. She elaborated on the movements for keeping our bodies fit.



Juhi Darwani

VASHI CENTRE

- On February 21, a droplet photography session was organised by Dr. Sushma Lehari at the all-India level. There are more than 50 types of photographic styles ranging from still portrait photography to high-speed sports photography. Dr. Lehari had chosen the theme droplet photography for her presentation. Earlier, she had given a presentation on nature and landscape photography on the same platform.



Nature and Landscape Photography

DEMENTIA DAY CARE CENTRE

- A new member, Lilly Moraes joined our centre. Her initial days were difficult as she used to cry most of the time. But within one month she has made some friends and has started to enjoy her activities at the centre. We now have a total of 11 members at the centre.
- We have weekly physiotherapy sessions for each of our patients. We have also started playing games like word puzzles and allotted time for newspaper reading from this month.
- We have also started meeting the patients' family members on a weekly basis to get feedback about their behaviour at home.

PUNE

WANAWADI
CENTRE

- On February 1, the centre organised solo signing performances in which members from three centres participated and sang songs. Solo singing is very popular at this centre. Members share suggestions after each performance.
- On February 7, the centre conducted yoga session led by Ramandeep Kour. She drew members' attention

to various postures of yoga, conducted a demo and explained the root cause of the physical and psychosomatic problems.

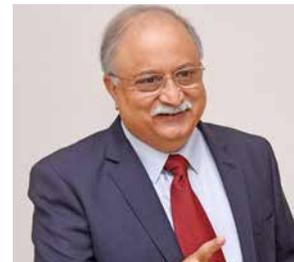
- On February 14, the centre held a session on happiness led by Sukhdeepak Malvai. It was a fascinating session wherein he disclosed all tips of happiness such as living in a positive state of mind. He stated that while there are many reasons to be unhappy, one should consciously be happy in all the easy and trying times of the life.



Solo Singing by Sundaram V.



Ramandeep Kour



Sukhdeepak Malvai

KALYANI NAGAR
CENTRE

- On February 7, we invited Manoj Moses for our session. His topic was 'The last of Human Freedom'. He explained that unlike our freedom fighters who fought and spent time in the jail, we are free to choose whatever we desire.



Manoj Moses

MARCH 2022

MAGARPATTA CENTRE

- The centre held a joint session for the Pune Chapter on February 10.



Rama Swamy Ji

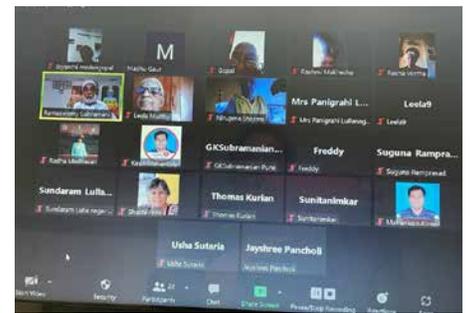
Rama Swamy, an alternative medicine practitioner, spoke on the topic of improving vision in old age. How certain yoga practices at a particular time can benefit vision was extensively explained. Live



Session on improving vision in old age

demonstrations via Zoom were also given.

- On February 17, a very popular session of singing yesteryear songs was held.



MEGHWADI CENTRE

- Corporator Bala Nar visited the centre and interacted with all the members. He also distributed heating pads to all the members as a goodwill gesture.

- Valentine's Day was celebrated at the centre in an interesting fashion. Members arrived at the centre dressed in fancy attires such as clown, pencil, etc. They took many pictures with each other and had a gala celebration.



Valentine's Day Celebration

ANANDA YAAN –
BYCULLA AND
E-MOSES CENTRES

• Ananda Yaan celebrated Haldi Kumkum ritual on February 8. Haldi Kumkum is a tradition that is observed during Makar Sankranti. While this ritual is traditionally observed by married women, at our centres we decided to

celebrate it in an inclusive way by keeping participation open to all – male or female. Snacks and sweets were provided to all. Members played traditional games, sang folk songs, danced and had a good time.



Haldi Kumkum

PUNE

In the month of February, the Pune Chapter served ration to 65 beneficiaries at Bhim Nagar, Siddharth Nagar and Leprosy Village. Most of the seniors felt lonely and anxious due to pandemic-related restrictions which have impacted physical meetings at the centre.





RATION FOR ELDERLY POOR

- Ration and safety kits were donated to 100 beneficiaries in Thane on February 3 with the help of local volunteer Mandar Ghanekar and his team.
- Ration and safety kits for 63 beneficiaries were distributed in Meghwadi centre on February 4.
- Up to 108 beneficiaries at E-Moses Ananda Yaan and 50 beneficiaries at Byculla
- Ananda Yaan received ration and safety kits on February 8.
- Ration and safety kits for 80 monthly regular beneficiaries at Jogeshwari Day Care Centre were distributed on February 11.
- Up to 40 ration and safety kits for monthly regular beneficiaries were distributed on February 14.



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. Pushpa Namjoshi, wife of Madhav Namjoshi, passed away on February 16. A member of the Grant Road Centre, she was an active and helpful member. She was soft-spoken and respected by all. She will be dearly missed by all members of the centre.

Time for Celebrations

- Republic Day was celebrated at the Dignity Lifestyle Retirement Township, bringing together people of different backgrounds to celebrate the occasion with great fervour and enthusiasm. The ceremony was complete with a salute, singing of the national anthem and hoisting of the national flag. Suraiya Begum did the flag hoisting and shared her views on

the unity of the nation. The Assisted Living Centre staff sang patriotic songs. Dr. Usha Mantri was the host of the programme, which concluded with the distribution of sweets to all staff and residents.

- The township hosted the 75th birthday celebration of Dr. Sheilu Sreenivasan, the founder of Dignity Lifestyle and Dignity Foundation.

The trustees and staff of both the trusts along with residents of Dignity Lifestyle put together an entertaining surprise programme for Dr. Sreenivasan on her birthday on February 18. Everyone enjoyed a delicious lunch after the event and participated in a cake-cutting ceremony. It was a truly enjoyable day!



Dr. Sheilu Sreenivasan's 75th Birthday Celebration

