

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 7, May 2022



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MOBILE PHYSIOTHERAPY VAN AT THANE, MAHARASHTRA

From March 23 to April 30, our doorstep mobile physiotherapy van has successfully served 465 poor senior citizens –191 males and 274 females – in eight semi-rural and tribal communities. Our physiotherapist doctors attended to specially-abled patients i.e. those on wheelchairs or immobile at their homes. Many cases have been dealt with successfully by our physiotherapists such as the case of Hirabai Bhanushali who suffered from knee pain since the past year but was hesitant to visit a

doctor for fear of high costs of treatment. At our van, she received treatment at no cost, which has helped to decrease her knee pain substantially. She is also regularly doing the home exercises recommended to her. She refers to our pocket-sized exercise booklet while performing the exercises. She is grateful for the excellent service provided to her. We plan to organise a physiotherapy camp for the elderly employees of Thane Municipal Corporation who predominantly hold blue collar jobs like cleaners, security guards, etc.





**AZIM PREMJI
FOUNDATION
DAY CARE
CENTRES**

**VIJAYANAGAR DAY CARE
CENTRE – BENGALURU**

- The auspicious festival of Ugadi was celebrated on April 1. A special prayer meet was performed to welcome abundance, prosperity and happiness. Special lunch and sweets were relished by all.
- Dr. Sushma Patil conducted monthly health check-up of all members on April 5. Blood pressure and GRBS was checked. Iron and vitamin supplements were distributed too.



Ugadi Pooja

- Lions Club's President, Madhura Ashok Kumar donated an HP 4-in-1 printer to our centre.
- April 11 is observed as World Parkinson Day to raise awareness of the disease. Contributing to the awareness efforts, our team organised a programme at Fairfield Marriot. Dr. Prashanth (neurologist), Dr. Anand Jayaram (neurosurgeon), Dr. Kiran Kanapure (neurosurgeon), Dr. Sneha, Dr. Raghu and Dr. Rajesh from Manipal and NIMHANS hospitals conducted the campaign with a skit on Parkinson's disease. Coffee mugs with messages on Parkinson's disease were distributed to all participants. The members enjoyed a hearty lunch at the Marriott.



Health Check-up

- Ambedkar Jayanthi was observed on April 14. MLA Krishnappa was the chief guest. He interacted with our members and was happy to see the activities and the involvement of the elders at the centre.
- World Heritage Day was observed on April 19 with a visit to an ancient temple in Vijayanagar. Members learned about its history and importance. Additionally, pictures of the heritage monuments of Karnataka were shown to them.
- On April 21, World Creativity Day was observed to encourage creative and performing arts like dance, music and singing. The performances by some of the members were thoroughly enjoyable.



Printer donated by Lions Club



World Parkinson's Day



Ambedkar Jayanti



Yoga Exercise

- Members are engaged in revenue generation activities like tailoring and garland making. They have acquired elementary proficiency in these skills. After further training, they will be ready to produce items for sale.

- Members regularly engage in indoor and outdoor games, 'bhajan' or spiritual sessions as well as solo and group storytelling sessions. This aids their mental and emotional wellbeing as well as enhances their language and articulation skills.

- Members benefit from the yoga sessions conducted at the centre. They also get access to adequate nutrition through our wholesome midday meals and daily nutritional drinks distributed at the centre.

MULLIMA NAGAR DAY CARE CENTRE – CHENNAI

- On April 1, a session on summer safety tips for senior citizens was organised. Members were made aware of the ways to avoid falling ill as a result of the hot weather.
- On April 25, an awareness session on malaria was organised to educate

members on preventive measures. Members were advised to keep their surroundings clean, to wear clothing that covers their entire body, to use mosquito repellents and to maintain hygienic conditions to reduce malaria breeding and transmission in their residential areas.

- A monthly health check-up was held on April 4.



Physical Fitness Session



Yoga Session

The doctor examined 65 members and provided them with the required medications.

- On April 7, the birthdays of the five members were celebrated. Everyone had a great time and the birthday boys and girls were overjoyed, their eyes welling up with tears of happiness.
- On April 15, an arts and craft session on pot painting was organised. Members were divided into groups and were tasked with painting and

designing the pot. Members had a lot of fun ideating the designs and deciding the colour combinations for the pot paintings.

- On April 20, a session was held to inform our members about the documents required to apply for an old age pension. Since most of our members lack proper documentation, we informed them and clarified their doubts about how to obtain those documents and update their information such as address, bank account details, etc.



Pot Painting

'What is college? We want to know.' This was the chorus of senior citizens of Mullima Nagar Day Care Centre. In response, we collaborated with Stella Maris College and provided them with experiential learning opportunity on April 30. It was an educational tour of the college campus, library and classrooms, followed by students' interaction with our members. Members visited the classrooms with bated breath and students took them on a campus tour with affection and care. Members were overjoyed to participate in their first college visit. As a gesture of thanks, our members entertained the students with several Tamil folk dances as well as a ramp walk, displaying various

world costumes. Students were enthralled by the elderly citizens' performances and made the auditorium resound with their applause.



Educative Visit at Stella Maris College

JOGESHWARI DAY CARE CENTRE – MUMBAI

- The centre has a total of 106 members – 33 male and 73 female members. Yoga and midday meal continue to remain the centre's major activities.
- This month, regular activities like dry ration distribution, home visits, hospital visits, daily midday meals, in-centre health check-up by a doctor and medicine distribution for the needy were conducted.



Health Check



Yoga

Delhi NCR

We received a call from a 77-year-old widower residing alone in Delhi. He had recently experienced trauma due to the fact that his 68-year-old friend had committed suicide. The latter had been dealing with familial issues and it appears he was not being supported by his son. Our caller was having negative thoughts and was feeling depressed. It was under these circumstances that he decided to seek help from Dignity Foundation. Our volunteer, Kiku Namita Paul, a trained expert in mental health, was apprised of the case to determine the damage done to the caller's psyche and if we needed to inform his family. She spent a considerable time counselling him over numerous sessions and was able to successfully counsel him.

Another volunteer, Ananya Sen, who is pursuing advanced psychology, was paired with him as his buddy. She called him regularly over a few days and shared some light moments as a grandchild would. In the interim, medical yoga practitioner and teacher Dr. Tanu Yoga ensured that he learned some breathing and relaxation techniques to release any negative thoughts. The outcome of the sustained efforts of the entire team was that the caller made an earnest effort to come out of his home and attend a physical session at the Chai Masti Centre (CMC) to make new friends, even though he resides at a considerable distance. He has shown interest in visiting again and is exploring the possibility of expanding his social network by joining Dignity Foundation as a CMC member in the near future.



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

1800 267 8780



JAYANAGAR CENTRE

- A programme of devotional and light music was presented by two very talented members, Shyamala Ramanna and Shamala Anandram, who sang with fervour and zeal.
- On World Health Day, Dr. Indira Prakash, a former professor and chairperson

of the Post Graduate Department of Psychology at Bangalore University, was invited to conduct a session on 'Keeping our Minds Healthy in Senior Years'. She focused on mental health and illness, the gravity of mental health problems, factors leading to poor mental health, dementia in old age, treatments and care strategies.

- A karaoke programme based on light music and entertainment industry's musical hits was hosted by Dr. A D Srinivasan who has served as a professor in the Department of Electrical and Electronics Engineering at

SJCE Mysore for more than 33 years. He has also been an AIR and Doordarshan vocal artist for the past three decades. He has released audio albums on devotional songs and is the founder of musical troupes called Bhavataranga and Vidhyulahari.

- Keerthi Vijay runs an institute called Chatur Champs and conducts classes for Abacus and Rubik's Cube along with classes for kids, calligraphy, doodles and handwriting. She takes online Rubik's Cube class for our members, which enhances their cognitive and problem-solving skills.



Shyamala Ramanna &
Shamala Anandram



Dr A D Srinivasan



Dr Indira Prakash



Keerthi Vijay

SANJAY NAGAR CENTRE

- Neha Vinod, a business enthusiast and a budding technologist, conducted an all-India level online session on 'Useful Mobile Apps for Seniors'. Neha has pursued her engineering in Computer Science and is currently working as an analyst with Schneider. Neha had curated a special presentation, introducing the benefits of using apps through smart phones to make routine chores easier.
- Dr. Malini M has worked as a lecturer in History with 20 years of experience in teaching students of pre-university college, undergraduate and post-graduate courses. She has published articles in national and international journals and newspapers on economic and political issues in Karnataka. In her session, she took our members on a virtual tour of many museums and foreign locations.
- Members enthusiastically went for a day outing to



Neha Vinod



Dr Malini M



Day Outing at Rustique Farm

an organic farm located outside Bengaluru city. After two years of being in home isolation, members spent time together at an outdoor location, which was a very refreshing experience. Rustique Farm has an antiquated aura and delicious flavours in its tasty food. Members enjoyed themselves a lot.

- The Sanjay Nagar physical centre re-opened for regular offline activities with around 20 members present on the first day. Members conducted a 'puja' and ate lunch together. B Brinda Ramesh, Chapter Head, Bengaluru Centre, was present along with Bheem Rao and Mahantheshji from Vidyanarayapura Centre.

VIDYARANYAPURA CENTRE

- Activities in person were resumed from April 4 and the centre has been functioning twice a week in person and thrice a week online. Members met on the centre's reopening day over high tea and shared some reminiscences and experiences of the past two years. Brinda Ramesh, Chapter Head, also joined the programme.
- The centre presented a 50-minute online theatre skit titled 'Farewell Function'. It was directed by member Lalitha Iyer. It was an all-India level online event which received wide appreciation by the live audience as well as on YouTube.



Online Theatre - 'Farewell Function'



Inaugural Meet

VIJAYANAGAR CENTRE

- Exercises and yoga sessions were conducted for the members by Ramaiah Hospital doctors. The exercises tested the mind and body's flexibilities and members felt relaxed after doing those exercises.
- On the occasion of Sri Rama Navami, members celebrated by singing 'shlokas', devotional songs and reciting prayers to seek the lord's blessings.
- A day trip to Dhattrivana Resort was organised where

members felt very happy playing games and felt relaxed being surrounded by nature.



Day out to Dhathri

DEMENTIA DAY CARE CENTRE

- One way to give back to the nature that nourishes and sustains us is to make seed balls, which can be planted and cared for as they grow into plants. Members of our Dementia Day Care Centre were taught how to make seed balls. They quickly learned the skill and prepared seed balls themselves as a



Members Making Seed Balls

heartfelt gesture to spread as much green cover as possible in our city. The members gave a positive response and had a good time making the seed balls.

- Our caregiver staff underwent online training in association with Kauveri Hospital, Anna Nagar, Chennai. The training exposed them to the stresses of caregivers and how to effectively manage



Members Engage in Craft Activities

their temperaments while dealing with people living with dementia.

- Members celebrated the Tamil New Year with zeal, dressing in the traditional Tamil attire. Everyone greeted each other at our centre which was adorned with beautiful flowers and colourful 'rangolis'. Members performed puja with great devotion.



Tamil New Year

ALL CENTRES

- In collaboration with Be Well Hospital, a symposium on 'Happy and Healthy Ageing' was held for the members to commemorate World Health Day. The

symposium included an interactive discussion on 'Emergency Care and Common Issues Faced by Geriatric Population', conducted by Deputy Medical Superintendent Dr. Girish Devanadan. There also was a session



Health Day



Dance Day



Earth Day



Temple Visit

on 'Action for Happiness' by Chief Happiness Officer Dr. Karthika Kalimuth and a session on 'Mental Wellness and Health Policy' by General Manager (B2B) Praveena Valli. Members enthusiastically participated and expressed their satisfaction with the programme, describing it as "interesting, educational and fun".

- On the occasion of World Earth Day on April 22, a sapling plantation drive was organised at Thakkar Baba Vidyalaya campus. Our member K Sakunthala began the programme with a prayer song to invoke the gods. As many as 35 students and 35 Dignitarians conducted the plantations. Sundera Gopalan, our Chief Dignitarian, delivered an impassioned speech about the importance of planting and instructed the students on how to properly plant a sapling. N Pichammal, one of our members, performed an action song about the importance of trees in environmental protection and encouraged

the students to join in. S Rukmani, one of our members, shared a poem about the significance of trees on the planet. Each student and DF member made one pair and planted the saplings in the school compound together. A total of 50 saplings were planted, which will be cared for by the students in the future.

- We celebrated International Dance Day on April 29 at Ashiana Retirement Home, pulling in 60 residents as audience. Members performed dance styles from all over our country, displaying the diversity of India's culture and art. The Ashiana Retirement Home residents were astounded by our members' performances and expressed their gratitude. Following the dance, our members Chithra S and V T M Prakasam put on a comedy act for the audience, which made them laugh out loud. Our colleagues T C Ragupathy, G Padmanaban and Joseph Nehru then performed the 'Veerapandiya Kattaboman' drama.

SAFDARJUNG
CENTRE

- The month started on a high note with a physical meet-up at the centre. Members thoroughly enjoyed the evening replete with live music and refreshments, courtesy Pankaj Aggarwal, a social worker.
- Coordinator Susmita Grover introduced the concept of snack-exercise and explained how members could grab a few minutes anytime through the day to treat the body to exercise, just like how we occasionally have a snack!
- Members were requested to select some pictures which captured their special memories and create a collage. Some members who are technology savvy used computer applications to create their collages. All members' handiwork was then displayed in a session where members elaborated the anecdotes in relation to their collages.
- A programme of bhajans and meditation was planned on the occasion of Navaratri and members chanted for peace and harmony.
- During the reopening of the physical centre on April 11, our members reconnected over laughter, camaraderie, eats, music and poetry. We even inducted a new member and hosted a prospective member. All in all, it was an evening well spent.
- The birthdays of two members were celebrated with lot of fanfare, cake, sweets, food, music, jokes and wonderful décor.
- 'MankiBaat' was organised as a tête-a-tête with members. In another session, members loved singing the songs of Lata Mangeshkar and Mohammed Rafi.
- There was tremendous excitement with the members playing Tambola face to face after ages. Members Premvarsha, Urmila, Kushal and Sushma were the winners. Reverse counting and Pictionary were the highlights of another physical session which was an extremely entertaining session at the centre.



Birthday Celebration at the Centre



Photo Collages Made by Members



- ‘Travelogues of Kerala’ was a session that was facilitated by members Urmila and Shashi who shared their travel stories of Kerala and left everyone mesmerised.
- A trip to Nagthat, Uttarakhand was coordinated by Susmita Grover which turned out to be a soul-satisfying treat for 12 of our adventure-loving members who felt liberated to enjoy a few days amidst unspoilt nature. It is a lesser known and scenic place in Uttarakhand, also known as ‘Dev Bhoomi’, the valley of gods. With full zeal, members trekked the mountainous paths to reach

Tiger Falls at Chakrata and visited the 5,000-year-old Lakha Mandal where the Kauravas tried to burn the Pandava brothers as per

the epic ‘Mahabharata’. A holy dip in the river Ganges at Haridwar completed the four-day memorable journey.



Photo Collages Made by Members

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Magazine



Chai Masti Centers



Donation



NATIONAL MEDIA CENTRE

- During all the nine days of Navratri, National Media Centre organised daily 'kirtan' sessions on Zoom.
- On April 11, the physical centre reopened after two years. Members dressed up for the occasion and a spirit of camaraderie was evident. Smiling faces were captured in photographs as members posed together.
- A wonderful art and craft session was facilitated by Shalini Chandra, who



In-centre Meeting



Best out of Waste - Newspaper Bags



was invited to teach our members to make paper bags using waste newspapers. Members also learned how to make newspaper envelopes.

- Birthday celebration of the month saw enthusiastic participation. Tambola was played in yet another physical session on popular demand.

COMBINED SESSIONS



Dr Tanu Gupta

- Members of all Delhi and NCR centres celebrated Baisakhi with regional folk songs that made the evening delightful.
- A session on ghazals and sher-o-shayari had members happily crooning away and reciting poetry.
- A dietician from Gurugram's Narayana Hospital was invited to give an online talk on healthy diet for seniors.
- All the centres had a combined physical session with Dr. Tanu Gupta who taught new yoga techniques for managing hypertension and insomnia.
- A virtual storytelling session titled 'Zindagi ki Gullak' was hosted by Pushpa Singh. It turned out to be an interactive session and members shared anecdotes that resonated with the theme.

DLF PHASE II CENTRE

- DLF Phase II organised several sessions around interesting themes – meditation and exercise for a calm mind, 'Bholaram ka Jeev' which was a skit replete with dialogues and the screening of a short animation film on spirituality called 'Samay ke Raaz'.
- On the occasion of Navratri, a session on bhajans was organised where members evoked the goodness of Goddess Durga through songs, hymns while sharing information about the significance of the pious nine days.
- In another interesting session, members played Scavenger Hunt, putting to test members' quick thinking and dexterity. They enjoyed the game thoroughly.
- On April 12, the centre was reopened after a long gap due to the pandemic. Members were very enthusiastic and happy to meet each other.
- A session was conducted by Dr. Amit Arora on homeopathy

on the occasion of World Homeopathy Day where he familiarised members with homeopathy and busted a lot of myths regarding it. He also shared information regarding dispensaries in Delhi and NCR region.

- Throughout the month, members played interactive games like Chinese Whisper, discussed current affairs and participated in a quiz on Sachin Tendulkar and Jaya Bachchan. The month ended with a birthday celebration of April born members with cake-cutting and bonhomie.



Birthday Celebration at the Centre

Ration Distribution

The Delhi NCR Chapter distributed ration and sanitation kits to nearly 150 senior citizens in the four slum communities of Govindpuri, Begumpur, Madanpur Khadar and Palam Vihar.



DHAKURIA CENTRE

- An experiential session on 'Expressive Arts Therapy' was held on April 4 for the members by Taroon Bose of Dignity Foundation. The programme began with warm-up exercises like breathing rhythm and light movement followed by body balance enhancing movements, gross motor and fine motor skill activities. Arts therapy such as art therapy, music therapy, drama and creative movement were explained in brief. The session concluded with 'Guided Imagery'.
- On April 12, members celebrated Borsho Boron. The programme started with veteran members sharing their experiences. Members sang soulful and melodious songs. Some sang rhythmic lively folk songs and 'Puratani' songs. Many recited lovely poems that touched the hearts of the audience. Some of the members danced wonderfully on Rabindra

Sangeet. The concluding dance performance by a member mesmerised the audience.

- Yoga classes were renewed from April 20. Trainers Joydeb Roy and Paramjit Kaur Bhattacharya from Patanjali Yoga Institute conducted the session for our eager members.
- Members had an exciting outing on a river cruise on April 26. We are grateful to Raghu Mody for his kind sponsorship of the much awaited event. Up to 85 members from Baguiati, Behala and Dhakuria centres reached the river ghat in their respective buses. The cruise party started with a tasty 'aam panna' welcome drink followed by snacks like pakoras, potato wafers and tea. As the launch sailed from one ghat to another, our senior members Dr. Gautam Bhaduri, Jayati Ray Chaudhuri and Biswajyoti Bagchi introduced the others to the important ghats, telling their history as they passed the ghats.

Everyone enjoyed the scenic beauty of the river. The sunset on the Ganges was a splendid view. The members sang and danced to Bengali and Hindi songs and also rhythmic folk songs. Hot and delicious packed dinner was served to all at the end of the cruise.



Borsho Baron



Expressive Art Therapy



Yoga Session

SALT LAKE CENTRE

- On April 4, a programme on storytelling was organised by our members.
- On April 6, members talked about their favourite city.
- On April 8, we celebrated Basanta Utsav at the centre with members' performances such as poems, songs and dances.
- On April 11, a spiritual talk was conducted by our respected member Chhaya Roychoudhury.



Story Telling Session



Barsho Baron



Basanto Utsav



Yoga Session

- On April 18 and 25, physical sessions on yoga were conducted by Arun Sen.

- On April 22, we had a rehearsal for our programme Barsha Baron.

BAGUIATI CENTRE

- We had many interesting programmes held four days a week i.e. on Mondays, Tuesdays, Thursdays and Saturdays. Programmes such as storytelling, antakshari, fun games, yoga and meditation, recitation, etc. kept the members entertained.
- One such memorable event was BasantaUtsav held on April 5. As many as 47 members took part in it with colourful dresses.
- One act plays and drama competitions were held.
- Another remarkable programme was the celebration of Bengali New Year on April 19.
- Ration distribution was held on April 27.
- One of our important events is the monthly birthday celebration held on the last day of the month.

BEHALA CENTRE

- On April 15, members celebrated the Bengali New Year 1429 at Usha Bhagwan campus. It was a public celebration which witnessed a huge audience ranging from ages eight to eighties. The programme was kicked off by our member Biswajyoti Bagchi. The opening songs were performed by our

female members under the guidance of Indrani Sengupta. Thereafter, a speech on welcoming the New Year was delivered by Bibek Jyoti Roy. We had invited some primary school children to perform dances and to entertain to our seniors and spectators. We had also invited the notable and famous singer Sudhajit Chakraborty to present a few songs from

his own popular records. He sang some popular Bengali songs, which entertained all. He was honoured by our senior member C R Nag offering 'Uttio'- a token and memento on behalf of our organisation. The school children were also presented with useful gifts for their school use. The cultural show ended with closing songs performed by the Prayas group of singers.



Bengali New Year Celebration



Ration Distribution

This month, the Kolkata Chapter distributed monthly ration among 30 underprivileged senior citizens at Purbalok Day Care Centre on April 15.



DADAR CENTRE

- On April 4, activities in person started with laughter yoga conducted by Mani Kannurpatti Krishnaswami. The exercise started with clapping hands and emulating the laughter sounds to stimulate acupressure points and increase energy. The group also performed deep breathing exercises.
- Vidya Shenoy conducted a yoga session for the back and she also made our members practice chair yoga.
- On April 7, a karaoke session was conducted by Sushil Lal. All members came prepared with their songs and performed very well.
- On April 8, Mehernosh Deboo from Destino Global Holidays visited the centre and conducted travel-based quizzes which the members enjoyed a lot.
- On April 12, Janahvi Karalkar celebrated her birthday with the theme of 'retro' at the centre. All members dressed as per the theme and Chandan Lalan bagged the prize for the best dress. Rashmi Wadha got a prize for best hairstyle and Asha Nayak for beautiful makeup.
- On April 18, 'Mann Ki Baat' programme was organised for the members to ideate and express their wishes for future events at the centre. Programme Manager Kusum Gupta also visited the centre and had an interaction with the members. Our member Hansraj Talreja sponsored snacks for everyone and distributed chocolates.
- On April 19, Jeanette Saldanaha arranged an Easter party. She distributed Easter eggs and snacks. Everyone enjoyed the treat!



Man Ki Baat



Easter Party



Birthday Celebration



Quiz



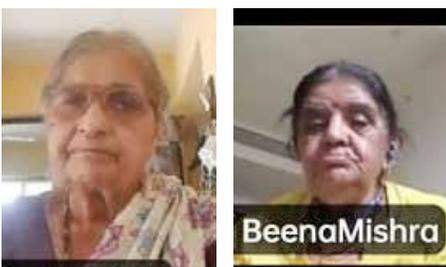
Quiz



Yoga Session

THANE CENTRE

- On April 7, Pradeep Malgi took a session on 'Legends of Maharashtra' for members of Thane and Vashi centres. In context of the forthcoming Maharashtra Day, Malgi spoke elaborately about legends such as Sant Dyaneshwar, Tukaram Maharaj, Ramdas Swami, Gajanan Maharaj and their



contributions to religious and societal upliftment. He also highlighted the contributions of Chatrapati Shivaji Maharaj and social reformers like Tatyasaheb Tope, Jyotiba Phule and others.

- On April 21, the second part of the same session was conducted by Pradeep Malgi. He described the contributions of Master Shirish Kumar, a young schoolboy who gave his life to our country, Baba Amte and his family's contributions to leprosy eradication and wildlife protection, Dr. Popatrao Powar's efforts for rural development and Sindhutai Sapkal for her social work. He also made a special mention of Dr. Sheilu Sreenivasan, DF Founder President, who has greatly contributed to provide a dignified life to senior citizens.

DEMENTIA DAY CARE CENTRE

- There are a total of 10 members at the centre. Weekly physiotherapy sessions are organised. These sessions are very beneficial to our members. Games like word puzzles and musical chair are enjoyed by the members. Daily newspaper reading is also done by them. A snacks party and a birthday celebration of our caregiver were organised this month to cheer up our members and staff.



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WANOWRIE CENTRE

- Music classes were organised every Wednesday. Members come together and practice solo songs with the music teacher. While some enjoy singing and practicing their songs, others enjoy listening to the music and their peers' singing.
- Western dance is one of the popular sessions led by dance instructor Lizabeth John. It's conducted every Friday. Members enthusiastically participate in these sessions.
- On April 14, the centre hosted a potluck lunch.



Western Dance



Music Classes



Potluck Lunch



Members gave an overwhelming response for this activity. Members brought adequate cooked food for lunch which was shared among all. Everyone enjoyed themselves a lot.

- On April 21, yoga teacher Ramandeep Kour conducted a yoga session in which she demonstrated various yoga practices by which a person can overcome their physical weaknesses.

MAGARPATTA CENTRE

- Upon the opening of the physical centre, the ritual of monthly pot luck too was reinstated. The first potluck after the pandemic was held on April 13 and

was attended by all the members. Sumptuous dishes were cooked by the members. Funny and unforgettable moments in each other's lives were shared over lunch.

- On April 18, a quiz session



Group Photograph

was held on Indian national history and the freedom struggle.

- On April 21, we invited Dr. Mane, an ayurvedic practitioner, to deliver a lecture on 'Ayurveda and our Body'. The use of cow's colostrum (the cow's first milk after the birth of a calf) is being used scientifically by him for finding cures for various physical ailments.
- On April 25, songs belonging to the black and white era of Indian cinema were sung by members.



Ayurveda and our Body



Singing Session



MEGHWADI CENTRE

- In April, the Meghwadi centre executed several activities and events to enrich the lives of senior citizens. Along with regular yoga and zumba, activities like crochet training, celebration of birthdays and festivals like Gudi Padwa were conducted.
- To keep the focus on the health of members, doctors' visits were arranged and free medicines were provided in collaboration with Niramaya Foundation.
- An anonymous donor donated midday meals to all the members, whereas Rohan Wagh donated towards daily nutrition drink for a month.



Gudi Padwa



Health Check-up by Niramay Foundation



Meal Donation

ANANDA YAAN – BYCULLA AND E-MOSES CENTRES MUMBAI



- Our senior citizens got the opportunity to watch a movie in the theatre after a long time with the help of Shruti Jatia, who sponsored a movie screening and snacks for both our centres. Members went to the theatre together and had fun watching the movie. Kalavati Kurunkar (76) shared that she went to a movie theatre after more than 25 years. She was amazed to see how theatres have evolved with multiple screens, food outlets and other entertainment activities within the theatre premises. Namdev Bhoine (83) was very excited to watch a movie after 30 years. He said, "I never imagined that at this age I will go to the theatre. But I am happy that I showed confidence in myself and I enjoyed a lovely film with my Ananda Yaan family."

- Similarly, with the help of Rtn. Ajit Lalwani, members watched another movie in a theatre. Members were taken to watch an action movie and they were thrilled and pumped up to the fullest.

LONELINESS MITIGATION CENTRE – PUNE

- Our coordinator conducted fun games, yoga, an interesting quiz, 'Chai Pe Charcha' and storytelling sessions 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.
- Members showcase their talents through storytelling and skits. Earlier they felt shy to face an audience and perform, but now they have the confidence to speak on any given subject while facing an audience. This is a commendable achievement by our members.





RATION DISTRIBUTION

- Ration and safety kits for 150 beneficiaries were distributed in Rahul Nagar I community at Chuna Bhatti on April 13 with the help of a local volunteer Sunil Waghmare and his team.



- Ration and safety kits for 80 beneficiaries at Jogeshwari Day Care Centre were distributed on April 8.

- 45 ration and safety kits for monthly regular beneficiaries were distributed on April 11.

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.



Ratish Bhattacharya
(96 years),
Member of Salt Lake CMC,
Kolkata.

Foundation Day Celebration

• On April 4, the 16th Foundation Day of the Dignity Lifestyle Trust (DLT) was celebrated in the auditorium of the Dignity Lifestyle Retirement Township, Neral. The programme started with the Dignity Anthem. Founder Trustee Dr. Sheilu Shrinivasan presented the report of the activities undertaken in the past year at DLT. Best performing employees were honoured by the 'Employee of The Year Award'. An entertainment programme was arranged, which was very colourful and replete with songs, dances and storytelling. The 'powada' on Chatrapati Shivaji Maharaj sung by our staff received

a lot of appreciation. Other highlights included a Bharatnatyam dance by Shashi Ramesh and her disciples and narration of

various incidences from Lord Krishna's life. The programme concluded with delicious food served in the dining hall.



Published by

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Dignity Foundation

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