



Dignity Expressions

A BONDING WITH PEOPLE WHO CARE

Monthly newsletter as member's creative output published by HO of Dignity Foundation, Mumbai

Volume 5, Issue 01, November 2022



INSIDE THIS ISSUE

Celebrating International Day of Older Persons	1
APF Initiatives	2
Chapter Updates	
Bengaluru	6
Chennai	8
Delhi NCR	10
Kolkata	15
Mumbai	19
Pune	23
Spotlight.....	25
Loneliness Mitigation Centres	26
Dignity Lifestyle	29

INTERNATIONAL DAY OF OLDER PERSONS

October 1: Culture and Cuisine: Celebrating International Day of Older Persons

• Every year, Dignity Foundation celebrates the International Day of Older Persons with a grand event. Owing to the pandemic in the past two years, we held the event online. This year, we wanted to bounce back to the old normal. Hence, the Mumbai head office along with all Mumbai Chai Masti Centres, integrated Day Care Centre and Loneliness Mitigation Centres organised a grand

display of food and cultures in an event titled 'Culture and Cuisine'. Our senior citizen members from each centre represented an Indian state or an international culture.

• They dressed in the attire of their theme and even prepared a variety of dishes from their cuisine. The event was held at Hindi Vidya Bhavan Global Academy at Marine Lines.



In all, there were eight stalls of Bhojpuri, Maharashtrian, African, Punjabi and Chinese foods, among others. The judge for the event was Sweta Vakil, Trustee, Dignity Foundation. She was meticulous in her analysis and observations. This gastronomic celebration doubled up as a fundraiser for Dignity

Foundation. Everyone enjoyed the variety of foods and purchased them for nominal prices.

- The event ended with the announcement of Dignity Foundation's Annual Awards for 2022 with Dr. Sheilu Sreenivasan doing the honours. The awards for the event were announced

by Mrs. Vakil. She declared the best cuisine as Bhojpuri (Vashi CMC), best decorated stall as Maharashtrian (Powai CMC), best costume as Chinese (Ananda Yaan) and highest fundraising stall as Punjab (Dadar CMC). The event was also broadcast on YouTube Premiere on our channel Dignity Performing Arts on October 29.



VIJAYANAGAR DAY CARE CENTRE – BENGALURU

- On October 6, members were taken for a day trip to a nearby temple, Cheluvaraya Melukote. Prayers were conducted at the temple. Lunch and refreshments were relished by all.
- Dr. Sushma Patil conducted monthly health check-up for all members on October 14. Members' blood pressure

and GRBS was checked. Iron and vitamin supplements were distributed too.

- Diwali rituals of Goddess Laxmi were conducted on October 24 at the centre. Colourful lamps and lanterns were lit and sweets were distributed.

- Members engaged in various craft activities in view of the Diwali festival such as wall hanging with craft paper, lamp painting, colourful paper lantern making and photo frames made of used CDs and cardboard.

- Members spent quality time indulging in activities like story time, games,



Diwali pooja



Dr Sushma checking members



Home visit

devotional songs, yoga and exercise and literacy activities such as newspaper reading, singing action songs, role play sessions and writing alphabets and numbers.

- On October 3, dry ration and sanitation kits were distributed to the members. Daily nutritious meals along

with healthy drink were provided 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.



Yoga



Trip

MULLIMA NAGAR DAY CARE CENTRE – CHENNAI

- Six yoga and meditation and 12 physical fitness sessions were conducted in the past month. Day care centre members were taught simple exercises, aerobics, Zumba, etc. by the fitness trainer.
- On October 10, a session on senior citizens' rights was held. The resource person shared her childhood experiences with elderly people, which helped members understand their rights as senior citizens. She also recited a poem about elders' rights, which was well-received by the audience.

- On October 3, a session on 'Healthy Eating on a Budget' was held during which members were taught about the importance of nutrition, its role in our daily lives and tips to eat healthy food at a low cost.



Art and craft

- On October 28, Jaya Malini, an acupressure specialist, led a healthy lifestyle session. She gave an uplifting speech about the four golden rules for living a healthy lifestyle: 1) Eat when you are hungry, 2) Drink when you are thirsty, 3) Get enough sleep and 4) Get enough rest.



Diwali

planned for October 20. The members were divided into groups, and each member was assigned a

task to complete in order to create the paper kitten. The members were fully engaged and thrilled with the outcome.

- On October 11, a monthly health check-up was organised wherein 65 members were examined and medicines were prescribed.
- On October 19, our centre

celebrated Diwali. The event was graced by two special guests - Lion K Mohan, the president of Kairali Schools and the head of the Malayalam Association as well as Dr. Monika Reddy (MBBS), physician at Mandaveli PHC. The members decorated the centre beautifully. Chief guests lit the 'kuthuvilaku'. This was followed by a prayer and two Diwali speeches.

Two lovely members performed a dance to an old song too. Prabhavathy, a member, then gave a spontaneous speech explaining the history of Diwali, followed by a peppy dance performance by three enthusiastic members to the movie song 'Thaikilavi'. We distributed sweet packets to all the members present on that day.

JOGESHWARI DAY CARE CENTRE – MUMBAI

- This month, we registered five new members to our centre. These members belong to very needy families and are really happy to become a part of

our centre.

- Members benefitted through an in-centre health check-up, World Mental Health Day awareness session, skill-building sessions, health sessions on physiotherapy, ration

distribution to needy members, yoga, Zumba, aerobics, home visits, singing programme and medicine distribution.

- Advocate Virshen Kajale took a session on rights and entitlements of senior



Singing programme



Health check-up camp

citizens on October 7 and 14. Members were made aware of the Maintenance and Welfare of Parents and Senior Citizens Act, 2007.

- Members also enjoyed infotainment videos in the centre such as 'Malgudi Days', 'De Dhakka' (Marathi), documentary on the life of British Queen Elizabeth II and 'Aarogya Sampada'.



Rights and entitlement session



Birthday celebration



Physiotherapy session



World senior citizens day

DIGNITY HELPLINES

Bengaluru : 96322 44568, 97405 52261
 Chennai : 044 26210363
 Delhi NCR : 84483 17316
 Kolkata : 92323 82936, 91635 09818
 Mumbai : 022 61381111, 96138 61389
 Pune : 88304 49043

All India Toll Free Helpline Number:

1800 267 8780





SANJAY NAGAR CENTRE

• Dussehra was celebrated at the centre with a lot of enthusiasm. Members had a fulfilling time chanting prayers and celebrating Dusshera by conducting various rituals. Members brought home-made foods and sweets which everyone relished together. The daughter of one of our

members invited everyone to her house to see the many traditional dolls adorning her house. These dolls are called Dussehra Gombe and represent the significant narrations of epics.

- Member Kokila Shyama's grandchildren Preet and Kulveer along with Balwant Singh and Balwinder Kaur's grandchildren Vaishnavitha, Chiveena and Durvasini came up with a wonderful entertainment programme for our members. They performed dances on a couple of songs and sang a few melodious songs. It was a wonderful programme enjoyed by all our members.



Bhajan recital



Doll arrangements



Dussehra pooja

JAYA NAGAR AND
UTTARAHALLI CENTRES

- Our member Anitha Shettar recited her self-composed poems in her melodious voice and her friend Jaya Bhat composed music to it. It was a musical feast for our members.
- A freelance consultant and trainer in the vast and critical domain of Human Resource Management

spoke about his own personal experiences and his personal inferences and views in general about the life after retirement as age advances unstoppably for everyone.

- N S Sridhara Murthy is a very famous press reporter and a writer. He gave a talk on 'Old Age is not a Burden' by narrating several anecdotes of various scholars in Karnataka.



Anitha Shettar



Speakers for HR Management and Old Age is not a Burden

VIJAYA NAGAR
CENTRE

- Navarathri celebrations were conducted for nine days at the centre, including weekends. Lalitha Shastra Naama programme was held every day too. Members arrived to the centre wearing

different coloured clothes each day.

- On October 17, members benefitted from a session on 'Urinary Incontinence', especially useful for all the ladies.
- Saraswati Pooja was held at

the homes of Kusuma and Shettigar. It was a very good and devotional experience for all the members.

- Hari Kathe session was conducted by Lalithamma. Members recited and prayed to the lord with utmost devotion.



CHAI MASTI CENTRES

- On October 15, the centre presented a session on 'Understanding and Managing Arthritis'. Viji Balaji and Sunandha S led the session. Members learned about the causes, symptoms and treatments for arthritis. They held a demonstration on exercises for arthritis prevention in which all members actively participated.
- This year's Daan Utsav or Joy of Giving Week was celebrated with great zeal. Ten members of our Chai Masti Centres participated in a theatre workshop led by Sumit Lai Roy in order to prepare a theatre play as a fundraiser for dementia care. The workshop was conducted both virtually and physically. Donor passes were printed in denominations of Rs 250, Rs 500 and Rs 1,000. The entire crew made a commitment to undertake intensive fundraising while also rehearsing for the play.
- On October 30 at 4 pm, the



Dignity theatre

dementia awareness play titled 'Thala Thalaiku Yennai Aachu?' was performed at Bharatiya Vidya Bhavan Auditorium. The event drew about 250 people. Sundara Gopalan, Chief Dignitarian, delivered the inaugural address and led the curtain-raising. The members' performance enthralled the audience and the hall was filled with positive

and energetic vibes. The audience was pleasantly surprised with the outstanding performance. The play was followed by a mime show performed by Ramachandra Medical College students. All were presented with mementos and the programme concluded with an official vote of thanks.

DEMENTIA DAY CARE CENTRE

- On October 20, a Green Day celebration was organised. All our members and staff dressed up in various shades of green and the centre came alive with the beautiful green backgrounds. Members were assigned to identify and recognise green vegetables, leaves, trees and other green objects. In the centre, a 'show and tell' activity was held in which our members were encouraged to display green objects and speak

a few lines about them. Balloon printing was done as a sensory experience for our members to explore this colour. Members participated enthusiastically in green-themed craft activities such as button art and candy creation.

- Our Day Care Centre celebrated Traditional Day on October 7. It was observed to commemorate India's diverse culture. Our members walked the ramp in traditional attire and filled the centre with the vibrant energies of happiness and

joy. Members displayed their culture through dance and songs.

- On October 21, our centre hosted a Diwali celebration. The centre was adorned with lamps, rangoli designs and flowers. The cultural programme began with a beautiful classical dance, which was followed by folk dance. The final dance was a grand event in which all members and staff participated and performed various Indian dance forms. The entire show brought joy to every member's heart.



Diwali



Green day



Traditional day



SHELTER HOME PROGRAMME



Diwali

- Residents in the shelter participate in festivals but we held a new programme for them on the occasion of International Day of Older Persons. We encouraged the residents to create craft items and art for elders. Members also cut a cake together and shared it among themselves. The elders were made to create a tree drawing out of their hand prints and were explained how a tree grows stronger when it becomes older. They were also asked to write a line of advice in a chart for the younger generation. The residents came up with different one-line advisories such as 'be patient and be honest'.
- A day was observed at the shelter to promote kindness and be nice. The residents were made aware of the importance of being nice to oneself, each other and to the world. Members came forward and shared the fact that with kindness one can overcome the divides of race, religion, politics, gender and so much more. Members prepared hand-made smile emojis and hearts and exchanged them with each other to express their feelings of love and gratitude.
- World Homeless Day is observed on October 10 every year to create awareness among the public on the miseries of the homeless. Residents shared their experience of living at the shelter and how they have been coping with the change in their lives. The residents shared how the shelter has contributed towards their development. Later on, to cheer up the residents, the team organised a ramp walk along with a singing and dancing programme. While the members were shy to participate early on, later they came forward and had a gala time.
- Some other events like World Eggs Day and World Apples Day were also celebrated with the members.



Celebrations

• We gathered at the shelter on the occasion of Diwali to bring the sparkle of joy to 130 residents. We celebrated the occasion specially to provide them with the much-needed feeling of togetherness and

bonding of a family, which made Diwali special to them this year. We conducted diya painting competition in all the three shelters and witnessed a lot of beautiful designs and creativity. The shelters were decorated

with flower hangings, lights, lamps and rangoli patterns. The participants were distributed gifts which made them feel extra loved. The directors and shelter coordinators also joined us for the celebration.

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



CHAI MASTI CENTRES

- Combined sessions were hosted by the National Media Centre and DLF Phase 2 Chai Masti Centre. A Delhi NCR Chapter meet was organised with lots of fun, food and celebration at the National Media Centre.



NATIONAL MEDIA CENTRE

- Captivating visuals of happy people playing garba and dandiya come to the mind when one thinks of the celebration of Sharad Navratri at the NMC Centre. October 1, which is International Day of Older Persons, was celebrated through a choreographed dandiya dance, thus showcasing the 'shakti' (power) that the elderly possess! Kirtan and sandhya were performed on the subsequent Navratri evenings.
- Amongst various engaging activities, some prominent sessions were word search and word games, on the spot acting, laughter yoga and storytelling. On special days such as National Postal Day and Gandhi Jayanti, quiz contests were conducted which were very much appreciated by the members.
- The festival of lights was ushered in with a diya painting session by the talented member Renu Saxena and a traditional ceremony was performed by Madhu Chauhan. Members had a lot of fun singing Bollywood songs on the theme, especially those songs containing the words 'diya', 'deep', 'jyoti', etc. Birthday celebration was a way for members to indulge in sumptuous sweets and indulge in dancing!



Dandiya session



Group ready for dandiya



Diwali

DLF PHASE II CENTRE

- Along with exercise and prayers, some of the key sessions held at the centre included motivational quotes and speech sharing with an open platform to interpret the meaning by members, diya painting



Diwali celebration

activity for Diwali, gift distribution to members, birthday celebration, fundraising for Daan Utsav



World Elderly Day

and narration of stories on Navratri.

SAFDARJUNG ENCLAVE CENTRE

- To observe World Older Person's Day, on October 1 and 2 our members participated in various activities in collaboration with a local social community to give back to the community.
- Other interesting sessions and celebrations included bhajan sandhya, World Environment Day, Navami puja, memory games, National Postal Day and yoga. Members celebrated National Postal Day by writing letters to their loved ones.

- Members especially enjoy sessions like Man Ki Baat, tambola, arts and craft, sher-o-shayari, etc.
- A session was held to discuss and share the various traditions followed in our members' homes to celebrate Karwa Chauth.
- National Unity Day was observed through discussions on what the word unity means to the members and how peace and unity can be maintained in this society with some really simple changes in our approach towards life and each other.



Dressed for festivities



Diwali



World Elderly Day

DEMENTIA DAY CARE CENTRE



Diwali



Joyful moments at the DDC

- The centre was spruced up by our dedicated team of caregivers in preparation of the ensuing festivities. The idea behind this was to create a vibrant and cheerful ambience for our members. Members had great fun making Rangoli patterns and diya cut-outs, participating in a Diwali puja and many group activities that included music, dance, pop-up quiz and a high tea party.
- To reinforce the importance of cleaning hands properly, a demonstration was held and members were asked to repeat what they had learned. Animated films were also shown using the projector at the centre.
- World Mental Health Day was observed by conducting counselling sessions.
- We had a wonderful opportunity to showcase our offerings to MSW students from Madras University during their educational trip to our centre. The students were shown various videos and were taken through our organisation's presentation.
- Art and craft is a favourite activity at our centre thanks to resource person Shalini Chandra who most patiently helped our members to create effigies of Ravan on Dussehra.

Ration Distribution

- Thanks to our benevolent CMC members, coordinators and some individuals who contributed to our Daan Utsav fundraiser, it was possible for the Delhi NCR team to procure and distribute more than a hundred ration kits and reach out to 150+ beneficiaries in the slums of Delhi and Gurugram. area.



CHAI MASTI CENTRES

- With the start of Devi Paksha there was a feeling of happiness and vibrance in the air. Members of Kolkata Chapter went for 'puja parikrama' at Newtown and Salt Lake. They saw lovely decorated pandals and breath-taking idols at Newtown. Then, the members proceeded to see

pandals in different blocks of Salt Lake. At A-E block, Baguiati members enacted a short play to alert onlookers about Alzheimer's disease. At the F-D block, members of Dhakuria danced on the lively rhythm of dhak. The chapter head and a senior member from Behala spoke in short about the growing prevalence of Alzheimer's disease. All the members enjoyed the parikrama.



Puja parikrama



Drama on alzheimers awareness

DHAKURIA CENTRE

- October 1 is the day when Goddess Durga comes to earth to meet her devotees with the ceremony of Bodhan. Some members were eager to join the special occasion of Astami and have bhog. Our member Anita coordinated the entire

event. The Lake Gardens East Association arranged an Astami bhog for members of the centre. It was a happy and enjoyable occasion for the members.

- Bijoya Sammilani was held at the centre on October 17. Like every year, many members joined the occasion with great enthusiasm

and eagerness. It was a wonderful evening where renowned elocutionists Debjani Basu Kumar and Soma Ghose presented rejuvenating skits and recitations. Three amazing short plays of different flavour by both Debjani and Soma made the evening awesome. The members enjoyed the programme



Astami bhog with members



Bijoya sammilani



Bhai phota



Diwali celebration

very much. The finale was songs by Dignitarian Prasanta Bhaumik. He sang popular Hindi and Bengali songs that made the evening enthralling.

- Like every year, Diwali was hosted and celebrated with enjoyment. The members participated in

the celebration eagerly and dressed colourfully, each one looking gorgeous. The members drew beautiful rangolis of flowers and leaves. Lip-smacking snacks were served at the end of the programme.

- Traditionally, after Kali Puja and Diwali, Bhai Phota or Bhai

Duj is celebrated in India. The centre too celebrates Bhai Phota every year when the sisters pray for the wellbeing of their brothers. The ladies put 'tilak' on the forehead of their brothers of Dignity Foundation and wished well for them. Everyone was served sweets and savouries.

SALT LAKE CENTRE

- On October 12, Dignitarians of Salt Lake Centre assembled in the evening after Durga Puja to share their experiences.
- On October 14, a session on yoga was conducted by Arun Sen.

- On October 21, Bijoya celebration and Deepawali

celebration entertained all our members.



Bijoya & Deepawali celebration

BEHALA CENTRE

• In October, the centre organised a few social welfare programs for the poorest as well as entertainment programmes for the members. On the eve of Durga Puja, members came forward to donate 40 new sarees and dress materials which they personally handed over to 40 poor and aged ladies. Our well-wisher, Shri Alam, donated

10 sarees on this occasion.

- We felicitated three of our senior members who crossed the age of 80 years. They were very delighted with the surprise.
- On October 16, a medical camp was arranged in association with Dr. Goutam Das, a cardiologist. Members, by consent, availed of the blood tests and ECG facilities. Our members and nearby poor patients took the advantage

of this free medical check-up with a free consultation from a specialist doctor.

- Since Behala area is affected with dengue, especially in slums areas, we located 10 such dengue-affected poor families and arranged a mosquito net distribution on October 26. This new mosquito nets were generously donated by Neeta Dasgupta, who will also enrol as our centre member shortly.



Daan Utsav



Agomani



Health check-up

BAGUIATI CENTRE

- As it was the month of the Bengali festival season, Durga Puja, pandal hopping and Bijaya Sammilani were the main events of the month.
- Members celebrated Bijaya Sammilani on October 15 with dance, song, speech and lots of sweets and savouries.



Bijaya Sammilani



Alzheimers Awareness Program

- Diwali celebration was held on October 22. Members brought diyas, lit candles, burst a few crackers and enjoyed delicious snacks and sweets.
- There were other interesting events like yoga, meditation, storytelling, quiz, etc. which the members enjoyed.

Ration Distribution

- Kolkata Chapter distributed monthly ration among 50 underprivileged senior citizens. On October 31, 30 ration kits were donated to the Purbalok Day Care Centre. On October 28, five ration kits were provided to the needy members in Baguiati area, whereas on October 29, five ration kits were donated to the needy senior citizens in Behala Parnashree area.



CHEMBUR CENTRE



- Bridge and carrom were played by enthusiasts daily. Training in contract bridge was held daily by our member Gopal Menon during the time reserved for games.
- Sessions on yoga were conducted on October 12 and October 19. These sessions taught members various yogasanas, breathing exercises and meditation. In view of the benefits of such activities for good health, there was enthusiastic participation by the members.
- Zumba session was held by Mahesh on October 6, 13 and 20. The members, especially those interested in dancing, actively participated in these sessions.
- Sessions on Tai Chi were held by Ajay Solanki and Prashant

on October 11 and 18.

- Sessions on aerobics were held on October 14 and 28 by Poonam Hiranandani.
- On October 7, there was a garba and dandiya competition at the centre. Prizes were given for the best costume, best player and best pair. The judge was Poonam Hiranandani.
- A common birthday celebration for all the members born in the month of October was held at the centre on October 21. As usual, there was a large gathering of members on this day. We also played a novel game called Bollywood Housie. Subsequently, there was cake-cutting by the birthday boys and girls followed by high tea.

DADAR CENTRE

- Members enjoyed sessions like yoga, laughter yoga, chair aerobics, karaoke, antakashri, dumb charades,

sharing of childhood memories and bhajans.

- Members celebrated Navratri festival by wearing clothes of given colours on each of the nine days.



Members also played garba and dandiya.

- On October 20, we had Diya decoration competition, where members showed their creativity and decorated diyas in a very unique way. Prizes were distributed to three winners. All the members who had

participated were also given cash prizes for motivation and encouragement.

- On October 21, a Diwali party was held at the centre. We organised cultural programmes like dancing and singing. Also, members enjoyed a game of Housie, jokes and snacks and sweets.



GRANT ROAD CENTRE

- The Navratri festival was celebrated with lovely colours and puja on all the days.



- Members enjoyed the Blue Colour Day at the centre. Men were dressed in blue shirts and the ladies in blue salwar suits and sarees. Members also had snacks.

- Our physical centre was inaugurated at Aryan Education Society, Girgaon. Initially, sessions will be held twice a week.



MIRA ROAD CENTRE

- Starting with just two members in May 2022, the CMC's strength is now of 80+ members in a span of six months.
- Members participate in various planned daily activities like yoga, Zumba, arts, Aqua Zumba, etc. These daily activities have really transformed the lives of members.



- Members also actively participate in special events which are regularly conducted at the centre.
- The International Day for Older Person was celebrated with great fanfare at J P

Infra. Members prepared, presented and performed in various acts like a skit, dance and singing. Senior managers Meher Mungi and Rushikesh Gandhare from J P Infra attended the event as chief guests.

POWAI CENTRE



- Diwali was celebrated with much fanfare. The members came dressed in traditional attires. Tea was served and was followed by the cutting of a cake for members whose birthday fell in October. The programme began with a beautiful flute recital in the inimitable style of Dr. Kankaria. There were dances by the dance teacher Deepti Chaudhary and by Usha Khandelwal. The icing on the cake was a group dance by our female

members on the popular old number 'Kajra Mohabbat Wala'. Pocket diaries were given as a Diwali gift to all the members. The function concluded with the distribution of Diwali sweets.

- Other activities at the centre included garba dance, singing, Ludo, pranayam, sher-o-shayari, cancer awareness session, meditation, different ways to drape a saree, etc.

VASHI CENTRE

- Members participated in Navi Mumbai Bengali Association's Durga Puja event on October 2. Like every year, they invited the Vashi CMC members to perform on Saptami in their Durga Pujo event. The event was held at the enormous CIDCO exhibition centre. Almost every member from the CMC participated in the well-organised group or solo cultural performances. Some of the notable group performances were the Swagatam (welcome) song and dance, Krishna Sudama skit, lezim dance, garba, mesh-up songs, etc. In a later event held on October 14, all the participants were felicitated for their stupendous efforts by the Utsav Samiti.



Krishna Sudama dance drama

- On October 17, the October Sujhav Samiti members Sandra Kamerkar, Nirmala Subramanian, Ramesh Modi and S Ramani Iyer suggested and organised innovative events. An internal games session was organised, which brought thrill and excitement to all. The highlight of the event was the mannequin dress contest which left the viewers in splits.
- On October 21, a traditional fashion fiesta was held. All participants wore unique traditional dresses representing various Indian states. Each of them carried immense confidence and their presentation was commendable. Vimi Kochar, Founder of an NGO called The Awakening and Bhavna Bhatia, Founder President of Suhini Sindhi Sanstha were invited to judge the



NMBA Durga Puja

event. Among the winners were Monica Pathak, KV Krishnakumar, Savitri Aiyer, Mallika Krishnakumar and Madhu Pahwa. The colourful fashion fiesta was the most memorable and vibrant event that the Sujhav Samiti conducted.

- On October 28, kavya sandhya and birthday celebrations were organised by Sujhav Samiti where all participating members presented melodious poems, songs and ghazals. The evening became even more beautiful when the birthdays of October birthday boys and girls were celebrated after the event.
- All other routine activities like a Zumba dance therapy session by Bhavika Karia were also carried out regularly during the month.



Diwali Fashion Fiesta

CHAI MASTI CENTRES

- On October 1, Pune Chapter celebrated World Elder's Day at Mahatma Phule Auditorium. It was a memorable event for the participants and audience from the three Chai Masti Centres.
- Members participated and performed beautifully on the stage. The Chief Guest, Dr.

Deelip Mane, inaugurated the function and highlighted senior citizens' concerns. Chief Dignitarian Gopal Asthana welcomed all guests and the chapter head briefed about all the projects and initiatives of Dignity Foundation.

- Pune Chapter has been celebrating the International Day of Older Persons for many years. This year, we raised Rs 1.2 lakhs through



donors and corporate sponsorships. There were 250+ members present for the event. Dance, music, skits, solo performances, acts and mouth organ recital were showcased by Dignitarians and professionals.

WANOWRIE CENTRE

- A session on anxiety and its management was led by Com. K Chaturvedi on October 11. It was a very affirmative and inspirational talk for seniors.
- On October 15, Pune Chapter organised a picnic for all CMC members at Sejal World Resort, Narayanpur, Pune. It's a hilly area lush with greenery and a river flowing nearby. Members thoroughly enjoyed the day at the resort, swimming in water, playing indoor games, etc.

- Diwali celebration was organised on October 20. A majority of the members were present along with goodies for distribution. Everyone was in festive spirit, wishing and greeting each other.
- The centre hosted a grand birthday party after Diwali and wished those members who had their birthday in the month of October. Moreover, volunteers made this party very enjoyable and interesting by singing songs and dancing.



KALYANI NAGAR CENTRE

- Members celebrated Diwali at Aji Care Centre, where there were two dementia patients and three other elderly members. We were invited to perform some activities for them. Our members performed a group dance and Pasha Jayapalan performed a solo



dance. We played a game and sang a group song. Our

CMC members felt very happy entertaining them.

MAGARPATTA CENTRE

- On October 22, the centre celebrated Diwali by organising tambola. Members from a nearby society participated and contributed for the game.
- Other prominent activities included a quiz competition, karaoke singing and Zumba.



DEMENTIA DAY CARE CENTRE

- During Diwali, the centre hosted a celebration party for the members. It was a very enjoyable experience for them.
- Since our members are kept active both physically and mentally throughout the daytime, they are reporting improved sleep at night.



This is good as it keeps them cheerful and healthy.

- We are noticing significant changes among our members such as they are starting to recognise the faces of the staff, are responding to answers and expressing themselves, and listening to the instructions.



CORPORATE VOLUNTEERING

- Dignity Foundation has been hosting different types of corporate volunteering events at its Mumbai centres. After successfully hosting 35 volunteers of Tata Communications Ltd. for their volunteering week at the Jogeshwari Day Care Centre, volunteers of DBS Bank spent quality time with senior citizens of Byculla Ananda Yaan. This event was held on October 14 with eight volunteers playing a memory game with close to 80 elderly members. They also participated in a group antakshari session. Later on, our members thanked them by performing a short and humorous skit for them on the theme of 'Post-Pandemic Kids in Schools'. The skit was thoroughly enjoyed by the volunteers. The event ended with everybody dancing to the tunes of groovy Marathi music. As part of an online in-kind donation activity by employees of Crompton Greaves, 12 members of the Jogeshwari Day Care Centre received new clothes (nine sarees and three lungis) to usher in Diwali.



Dignity Foundation Fellows



Asha Nayak,
Dadar CMC



Ashok G. Puranik,
Dadar CMC



Jyotsna Gokhale,
Dadar CMC

Member Get Member

Mumbai

- Sandra Kamerkar, Vashi CMC
- Anjali Deobhakt, Vashi CMC
- Shaila Subhash Bagwe, Vashi CMC
- Usha Khandelwal, Powai CMC

Pune

- Sheela Iyer, Kalyani Nagar CMC
- Jayanti Monie, Wanowrie CMC



ANANDA YAAN CENTRES, MUMBAI

- New Ananda Yaan Centre launched at Tadwadi, Mazgaon. On October 10, Dignity Foundation in collaboration with the Rotary Club of Bombay, inaugurated its third Ananda Yaan Centre for Senior Citizens in Mazgaon, Mumbai. Ananda Yaan (A Mission to Happiness) is a centre for underprivileged senior citizens where they meet every day from Monday to Friday and



Mazgaon centre launch

spend their time being productively engaged. The launch of Mazgaon Ananda Yaan centre got an amazing response and many Rotarians and the Dignity Foundation team attended the launch.

- The special guest for the event was actress Mansi Salvi and Yashvan Jadhav, former chairman of the BMC Standing Committee, Maharashtra. The launch had many performances like skits and Zumba by existing Ananda Yaan members and a special performance by Varoon Kapoor, an anchor, singer and entertainer, who has performed in over 7,500 shows. The launch ended with high tea for all and special gifts for senior

citizens from the Rotary Club of Bombay.

- On October 6, Ananda Yaan Byculla members attended a session on organ donation organised by Asha Sawant from the Lions Club of Ballard Estate. The chief guest was District Governor Sanjay Chury and the Guests of Honour were Jagannathrao Hegde and Viraf Mistri. The speakers for the session were Dr. Sandeep Bhurke, Dr. Sidharth Lakhani and Dr. Geeta Sheth. It is considered that organ donation is one of the best donations. The doctors the need and process of donation and also presented the spiritual perspective to it. Members received the session with





Organ donation session

sincerity, asked their doubts and shared their gratitude towards all speakers and guests.

- Diwali celebration was organised in all three centres i.e. E-Moses, Byculla and Mazgaon with competitions and programmes like



Diwali celebration

rangoli making, singing, dancing, etc. Members came beautifully dressed and the centres were also decorated wonderfully. Members performed in competitions and participated in programmes with great energy levels. They were provided with snacks and



gifts. The celebration was supported by The Rotary Club of Bombay and by a special contribution from Rotarian Kaushal. Javed Sheikh from the head office team graced the celebration as a judge for the competitions.

LONELINESS MITIGATION CENTRE, MUMBAI

- Regular activities like yoga, Zumba, games, doctor visits, musical sessions and art and craft sessions were conducted, and members learned to make 'toran' (wall



hangings) and diyas for Diwali.

- Competitions on rangoli making were organised to keep members productively engaged and happy.
- Members' health was



monitored through doctor visits and boosted by providing healthy nutritious drinks every day. Counselling sessions were organised to boost the emotional and mental health of members.

- Dussehra and Diwali



festivals were celebrated with high energy. Special guests for these occasions were the trustees of Dignity

Foundation, Pranay Vakil and Sweta Vakil, along with COO Dr. Sujay Joshi and Javed Sheikh from the head

office team. A special Diwali lunch was organised for all by Founder President Dr. Sheilu Sreenivasan.

LONELINESS MITIGATION CENTRE – PUNE

- Pune Chapter distributed ration kits during Diwali at locations among LMC members, which cheered them up.
- Apart from regular sessions, volunteers also came forward and conducted games and singing activity at the centres.
- The coordinator led musical chair and music yoga sessions which kept the seniors proactively engaged.



RATION DISTRIBUTION – MUMBAI

- 60 ration and safety kits were distributed to our

regular list of beneficiaries on October 7.

- Ration and safety kits for 100 beneficiaries of Jogeshwari Day Care Centre were distributed on October 10.
- Ration and safety kits for 50 beneficiaries in Kisan Nagar, Thane were distributed on October 29 with the cooperation of Helping Hand Group led by Nitish Chheda.



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.

Making Merry with Music

- In celebration of Diwali, Dignity Lifestyle organised a programme of 'Old and New Hindi Songs' by Sur Sanskaar Academy of Music. The melodious programme was enjoyed by the residents and staff. It was followed by a special Diwali dinner. Members were very happy to celebrate Diwali in company of their beloved friends.



Published by

Dignity 
FoundationSM

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

