



# Dignity Expressions

A BONDING WITH PEOPLE WHO CARE

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

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## GRAND AWARD CEREMONY

### Dr. Sheilu Sreenivasan wins the Times Now Amazing Indians Award

- Founder President of Dignity Foundation and Dignity Lifestyle, Dr. Sheilu Sreenivasan was recently honoured with the prestigious accolade of 'Amazing Indian' for her service to underprivileged senior citizens since the past 26 years. In a grand award ceremony held at Taj Palace, New Delhi, Dr. Sreenivasan was bestowed the honour by Minister of Power Raj Kumar Singh and actress Sonali Bendre. Under the slum care category,

she was recognised as a pioneer for the upliftment of needy senior citizens through the integrated day care centres which provide no cost geriatric care and productive ageing services to the elderly in Mumbai, Bengaluru and Chennai. Dignity Foundation and Dignity Lifestyle are extremely proud of her achievement and truly inspired by her dedication to the cause. This award is another beautiful feather in her cap!





VIJAYANAGAR DAY CARE CENTRE – BENGALURU

- On August 2, Nemi Chandra, former General Manager, HAL and former Director, HAL Software Ltd., conducted an educative and inspirational session on happy ageing and living well.
- The Varamaha Lakshmi festival was celebrated at our centre on August 5 by all the members. A pooja was conducted and sweets were distributed to all.



Day with elders



Janmashtami pooja

Similarly, Raksha Bandhan was celebrated on August 11 and Janmashtami was celebrated on August 18.

- Dr. Sushma Patil conducted a regular health check-up for all the members. GBRs, blood pressure and weight were checked. Multi-vitamins and calcium supplements were distributed. Diabetic and hypertension medications were prescribed and distributed to the concerned members.
- Lion's Club Vijayanagar spent a day with elders at our centre on August 26. Cultural programmes like group dance, singing and games were organised. Lion's Club members participated in the games



Dr Sushma Patil checking members

along with our elders and enjoyed the event. Painted glass bottles and craft items were on sale at the event.

- Shrimati Chitra taught our members how to make Lord Ganesha idols from clay. Members also engaged in paper craft and glass bottle painting, creating works of art from waste.
- Our resource person conducts bhajan and music sessions every Friday which are enjoyed by our members. Members also do yoga regularly.
- Home visits, ration distribution and mid-day meal distribution were also regularly conducted at the centre.



Bottle painting art

MULLIMA NAGAR DAY  
CARE CENTRE – CHENNAI

- A monthly health check-up was held at the centre on August 2. As many as 65 members were examined and medications for high blood pressure, diabetes and pain were given along with vitamins.
- A presentation on health and hygiene related to Monkey Pox was held on August 3. Majority of the members had not even heard about it. We have informed the members of the disease, its symptoms and possible treatments.
- Various arts and crafts sessions were held, including friendship band-making, vegetable carving, fruit carving and artificial jewellery making.
- Taking the members back to their childhood, we organised a fun activity on National Water Balloon Day on August 5. Water balloons were placed on chairs and members played musical chairs. When they sat on the chairs, they would pop the water balloon. Members

enjoyed this activity a lot!

- Our members were taken to the Tamil Nadu Police Museum in Egmore on August 6. They enjoyed visiting the museum's exhibits, which included artefacts used by the Tamil Nadu Police Department, a Blue Plymouth Belvedere car, a Penny Farthing bicycle, a Royal Enfield bike, coastal security equipment, a model sub-jail and musical instruments from a police band troop. The members were also impressed by the artefacts seized from sandalwood smuggler K M Veerappan. Dr. Jayalalithaa's bulletproof jacket and ceremonial swords were some of the other exhibits. The department organised a special music band show for our members, which they thoroughly enjoyed.
- The State Bank of India opened bank accounts for five members on August 18 by sending a bank official to our centre to complete the formalities.
- Make-Up Day was observed on August 25. Those



Bank account opening at centre



Family get together



Family day



Vegetable carving

who were interested in participating came forward and make-up was applied to them. The members then acted out characters based on their make-ups, as for example, a king, queen, school girl or gypsy.

- The Government Medical Officer of Mylapore spoke on the topic of 'Importance of Immunisation' on August 26. She made people aware of the importance and effectiveness of

immunisations such as polio, tetanus and influenza, among others.

- A 'Gender Equality Session' was held on August 30. Participation, decision-making and financial involvement were emphasised, regardless of gender. Emphasis was made on eliminating harmful practises against women and girls such as sexual abuse, trafficking, femicide and violence.



Picnic

JOGESHWARI DAY CARE CENTRE – MUMBAI

- This month, the centre witnessed special activities such as a karaoke session by Shri D'souza and celebrations like Raksha Bandhan, Independence Day and Janmashtami.
- Regular sessions on yoga, physical activities, doctor visits and need-based counselling also took place. Eligible members also received ration donation.



Karaoke session



JAYA NAGAR CENTRE

- Inauguration of the new Jayanagar centre took place on August 1 with 85 members in attendance. Our eldest members, Dr. Shamantakamani Narendran and Sheshadri M, inaugurated the centre at the new premises.
- India's 75th Independence Day was celebrated by the members by singing



Inauguration

patriotic songs and sharing their memories of Independence Day celebrations as students. Govind B E conducted a quiz on patriotism and all members wore tri-coloured dresses on the day.

- A group pictorial quiz was conducted by Shri Phaniraj and his wife. Three teams were made and one by one



Group quiz

images were projected and questions were asked based on the image. A total of five rounds were conducted. It was a fun activity for all the participants.

- Shanthi Anil, a professional games organiser, conducted entertaining group and individual games which were thoroughly enjoyed by the members.



Independence day



Games by Shanthi Anil

SANJAY NAGAR CENTRE

- On the occasion of Janmashtami, members had a great time decorating Lord Krishna's idol with flowers. Members offered prasad and conducted the rituals. Bhagavad Gita was placed next to the idol. Members sang many Krishna bhajans and had prasadam.



Janmashtami celebrations

VIJAYA NAGAR CENTRE

- A straw game was conducted by the coordinator wherein the members were asked to pick as many toothpicks as they could in one minute using a straw.
- Varamaha Lakshmi celebration took place at the centre. Latha Kamath sang many devotional songs of Goddess Lakshmi. This programme was held both



Independence day

online as well as offline.

- Keeping with the theme of 'Har Ghar Tiranga', Captain Jayaram gave all the members tips on how to celebrate Independence Day in our homes. He also explained the significance of the Indian flag. He also invited all the members to a restaurant for dinner on the occasion of Independence Day to celebrate the freedom of our country.



Har Ghar Tiranga

VIDYARANYAPURAM CENTRE

- Prema Kumari gave an exposure to the great literary works of Karnataka's first Rashtra Kavi whereas S R Nagaraj talked about the many prodigal daughters and sons of India on

Independence Day. Further, Triveni Murthy talked about the independence struggle, the national flag and anthem.

- Dr. R P Sahu gave a useful talk on vitamin B-12 deficiency and its

importance for senior citizens.

- Rama Thyagaraj gave an inspirational talk on her meeting with Padma Shri recipient and renowned environmentalist Saalumarada Thimmakka.

UTTARAHALLI CENTRE

- Members celebrated the 75th year of Independence Day with the screening of 'Vande Mataram' song. Later, an Independence Day quiz was conducted. All members wore tri-coloured clothes and the programme ended with the singing of the National Anthem.
- Photography Day was celebrated and members were asked to showcase photographs which were of importance to them. Members were highly delighted to share the memories of their loved

ones with all the other members.

- Fun games like Tambola, a game with toothpick, buttons and hooks as well as a game with straw and toothpick were played at the centre. Winners were also declared for each of the games.
- A presentation on 'Panchanga' was made by Narasimha Rao, who has learnt this art from Bhushya Padmanabhachar. Rao gave a detailed explanation on the importance of the movements of sun and moon, yoga, karna, rashi and nakshatra.



Independence day



One minute game



Narasimha Rao speaks on panchanga

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ALL CENTRES

- Our member K Viswakumar gave a talk on 'Life after 75'. Through a powerful PPT presentation, he educated the members on the do's and don'ts for 75-year-old senior citizens. He guided the discussion by using real-life examples.

Members clarified their doubts and embraced his recommendations on a variety of issues.

- Four sessions on 'Singing for Pleasure' were organised. Singers ranged from professional vocalists to bathroom singers, but they all participated with a

spirit of fun, while enjoying and learning from each other.

- On August 22, a Madras Day celebration was held to commemorate the 383rd birthday of Madras. Chithra Prabakar, one of our members, surprised the audience by performing a song about Madras that depicted the city's current situation. Chief Dignitarian Sundera Gopalan hosted a Madras quiz in which members actively participated. Our member Lakshmi Ragunath delivered a beautiful Tamil poem on the glory of Madras, followed by our member Chithra Shankar's talk on the history of old Madras, which prompted the other participants to share their knowledge of facts about Madras.



Session on life after 75

**Ration Distribution**

Up to 85 ration kits were distributed to the needy senior citizens of Mulima Nagar slum area.

DHAKURIA CENTRE

- Members enjoyed the celebration of Barsha Mangal on August 1. Members organised the event wonderfully, enjoying the rains and singing lovely poems as well as solo and group songs. Some songs were accompanied by mesmerising dances.
- The centre organised Baishe Shraban, the death anniversary of Nobel Laureate Rabindranath

Tagore on August 8. Members participated with much reverence for Tagore. The programme comprised soulful chorus songs, reading of a marvellous passage about Tagore and reciting his poems.

- A grand 75th Independence Day event was conducted by the members. They celebrated the day with enthusiasm, singing lovely patriotic songs. Many members spoke about the freedom movement while a member spoke about the achievements of India during

these 75 years.

- Like every year, Raksha Bandhan was celebrated at the centre on August 18. Members tied rakhi on each other's wrists after the regular Housie session at the centre.
- Janmashtami was held with much pomp and show. The idol of Lord Krishna was beautifully decorated by the members. The event entailed song, dance and fun games. The programme ended with sweets and savouries served to the members.



Barsha Mangol



Baishe Shraban



Independence day celebration



Janmashtami celebration

SALT LAKE CENTRE



Yoga session



Raksha bandhan



Janmastami celebration

- On August 1, members participated in an event called Stotra Paath.
- On August 5, a yoga session was organised at the centre, led by trainer Arun Sen.
- On August 8, World Senior Citizens Day and Baishe Srabon, the death anniversary of Rabindranath Tagore, were observed at the centre.
- Other events included celebration of Raksha Bandhan on August 12 and Janmashtami on August 22.

BEHALA CENTRE

- On August 10, members of the centre received an invitation from the state government to perform

Rabindra Sangeet on the occasion of Baishe Shrabon at Rabindra Sadan, a very renowned auditorium of Kolkata. It was an incredible opportunity to share the

stage with various other renowned singers.

- On August 23, we celebrated Barsha Mangal at Usha Bhawan Centre.



Baishe Shraban

BAGUIATI CENTRE

- As many as 52 members enjoyed an outing to Shanti Niketan.
- Barsha Mongol or 'Welcome Rain' programme was organised at the centre on August 6. Many members participated in this programme with dance, recitation, songs and much more.
- We had an Independence Day celebration on August 15 and Raksha Bandhan was celebrated on August 18.
- One of the interesting programmes was of

mythology anchored by member Sonali Chakraborty. She sang songs praising Lord Krishna.

- Many fun activities like Housie, carrom, antakshari, storytelling, debate, etc. were organised.
- Namita Pal had fractured her leg and could not get out from her bed and so a couple of members went to visit her with some necessities and gave her company.
- Swapan Sarkar was also unable to leave his house. Therefore, a home visit was arranged to give him company.



Rakshabandhan celebration



Shantiniketan tour



Yoga session

Ration Distribution



Kolkata Chapter distributed monthly ration among 50 underprivileged senior citizens. On August 23, 30 ration kits were donated to Purbalok Day Care Centre. On August 27, 10 ration kits were provided to the needy

members in Baguiati area, whereas on August 28, 10 ration kits were donated to needy senior citizens in Behala Parnashree area. kits were donated to the needy senior citizens in Behala Parnashree area.

CHEMBUR

- A session on yoga was conducted by Ritu Agarwal on August 17. Another session was conducted by our member Sita Shivram on August 24. The sessions also included various asanas, breathing exercises and meditation.
- Zumba was held by Shri Mahesh on August 4, 11 and 18. The members, especially those interested in dancing, actively participated in these sessions.
- Sessions on Tai Chi were held by Ajay Solanki and Shri Prashant on August 2, 9 and 23. Emphasis was laid

on improving body balance among senior citizens who are at risk of losing their balance and falling.

- Destinoglobal Holidays made a presentation at our centre on August 3. The speaker, Shri Deboo, gave the audience a lot of information about Kerala. A quiz competition was also held in which the members participated wholeheartedly. In the end, the participants were informed about their proposed tour to Kerala in September.
- Training in Contract Bridge commenced at our centre on August 17 for members who want to learn the game. The

training is being imparted by one of our members during the time reserved for games.

- A talk on balance and fall prevention was given by occupational therapist Dr. Meeta Gupta on July 13. Members also went for a monsoon picnic in an open bus on July 22. The bus went around Mumbai, starting from Chembur.
- A common birthday celebration for all the members born in the month of July was held at the centre on July 28 and for all the members born in the month of August on August 28. There was cake-cutting by the birthday boys and girls followed by high tea.



Yoga



Visit to the centre by COO Dr. Sujay Joshi

DADAR CENTRE

- This month, members enjoyed sessions like yoga, laughteryoga, chairaerobics, karaoke, antakashri and dumb charades.
- On August 18, the centre celebrated Janmasthami. Dr. Sujay Joshi also visited the centre and interacted with members and participated in games. The centre organised a Dahi Handi programme. Members came dressed in the attire of Krishna, Radha, Sudama and others. Members sang bhajans and



prizes were distributed by Dr. Joshi.

- Birthdays of Sunetra Borkar and Sujata Deshpande were celebrated at the centre. Kanta Somani organised interesting games. Members enjoyed delicious snacks.



Janmasthami celebration

VASHI CENTRE

- The month of August was full of festivities. Hariyali Teej was celebrated in the month of Shravan to symbolise prosperity, happiness and growth. In a way, Hariyali Teej is the celebration of nature itself. Members came dressed in green festive attires. A well-planned event started with



Hariyali Teej



Raksha bandhan



Geography quiz

Shiv Vandana, followed by beautiful shravan songs and bhajans. Members also danced to rejoice and this celebration set the tone for festivities that followed in the month ahead.

- Yoga expert Dr. Arun Kamble took sessions on chair yoga for members. Chair yoga improves strength, flexibility and proprioception for senior citizens. This means that elderly people will be better able to continue with hobbies and daily activities independently for many more years. Under the guidance of Dr. Kamble, members were able to do different kinds of pranayama and yoga poses. To our surprise, a lot of members above the age of 75 were able to hold themselves for

more than 30 seconds in the tree pose. Members felt that the yoga sessions with Dr. Kamble help them to reduce stress and anxiety, increase balance and boost their overall health and confidence.

- A fantastic geography quiz was conducted by Mehermoh Deboo from Destinoglobal Holidays. The activity required team effort and the members had to rack their brains to get the correct answers. It was both fun-filled as well as a brain-boosting exercise. Hence, it was an exercise that involved a combination of logic, memory, intelligence and presence of mind. At the end of the session, two winning teams were awarded. The

other two teams were given consolation prizes. Later, members also tied rakhis to each other to mark the Raksha Bandhan festivities.

- Members celebrated the 75th year of independence in a unique way. The centre is proud to have a few veteran scientists of Bhabha Atomic Research Centre as its members. Ramesh Modi is one such scientist and an active member. He shared the journey of India becoming a nuclear power with facts and data. He conducted the session so beautifully that all the attendees got tears of joy in their eyes. Samir Chaki is another veteran scientist who also added numerous facts to the discussion. This was followed by patriotic



Azadi ka Amritutsav

songs, remembering our soldiers.

- Members have made a few internal committees on a rotational basis for enhancing participation and creativity. Our four-member advisory committee under the initiative of our member Swati Bhagwat conducted this activity. The participants

were divided into teams. They were blindfolded and were made to taste more than two dozen food items. The team which was able to identify and give maximum correct answers was declared the winner. All members loved the game thoroughly.

- Members presented a beautiful 'lezim' dance in the

All India Dignity Freedom Fiesta. Lezim is a folk dance of Maharashtra where the dancers carry a small musical instrument with jingling cymbals called the lezim. It was a nine-member team led by our feisty member Shrimati Savitri. The group chose a beautiful patriotic song and presented a well-synchronised dance.

POWAI CENTRE

- The centre re-started its physical activities in July. Manju Sharma, who is the owner of the place provided to the CMC, organised a reopening

party. Usha Khandelwal conducted games and then the members presented their performances. All members enjoyed the event and showed great enthusiasm for the physical centre's reopening. They also spent

some time remembering two members whom they lost in the last two years.

- A session on learning bridge by national champion Anil Padhye and a session on cancer awareness also got conducted in July.

**GRANT ROAD CENTRE**

- Members put together a very beautiful skit based on lockdown-affected children

in schools. Laughter was the key element and the skit was beautifully conducted by Mani Mulla. This was followed by an emotional poem recitation

by Nafisa Modi. It was a poem for the soldiers who have given their lives at the border. This poem brought tears to the eyes of one and all.

**DEMENTIA DAY CARE CENTRE MAHIM, MUMBAI**

- There are 15 members registered at the centre. We conduct daily physical exercises for each of our patients but we also connect them with a physician at least once in a week. At the centre, we play games like word puzzles, musical chairs and newspaper reading. We had a snacks party and a birthday celebration for our patient Shrimati Pushpa.



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WANOWRIE CENTRE

- On August 4, the centre had an engaging session with the entire group where they shared their fears, especially those related to the pandemic. Some shared the main triggers whereas some simply vented and discussed ways to combat these feelings by talking

and sharing.

- On August 9, the centre organised a talk on 'Inner Child Healing' led by Aswinidar Gupta. It was an affirmative and motivational talk.
- The centre organised zumba sessions in which maximum members participated. Nirmal Singh,

a zumba teacher who has more than 20 years of experience, led the session. The teacher demonstrated simple steps to all the members and motivated them to follow them to perform this activity.

- On August 23, the Pune Chapter had a potluck lunch for all members of the centre.



Sharing of thoughts and feelings



KALYANI NAGAR CENTRE

- From this month, a fixed schedule of events for the week was followed. Every

Tuesday, members enjoyed a dance class conducted by Nirmal Singh. On Thursdays, Neela Aggarwal conducted kriya yoga. This involves mudras, different

stretches, mantra chanting and pranayam. Every Saturday, Shri Satish from Delhi sings beautifully for the entertainment of the members.



Physical activities at the new centre



DEMENTIA DAY CARE CENTRE – PUNE

- The centre provides high-quality service to dementia patients including daily pick-up and drop, welcome drink, delicious lunch and other services like physiotherapy, occupational therapy and cognitive activities, brain-boosting games, meditation and yoga.



ANANDA YAAN: BYCULLA AND E-MOSES CENTRES MUMBAI

- Ananda Yaan centres remained active with regular activities like yoga, zumba, meditation, daily nutrition drinks, chit-chat, celebrations like Janmashtami, Independence Day and birthdays.
- In addition to regular activities, members also received a donation of medical kits consisting of ointments, paracetamol, hot water bags and bandages.



Health kit donation

LONELINESS MITIGATION CENTRE – MUMBAI

- Regular activities of Meghwadi Loneliness Mitigation Centre got conducted throughout the month. Yoga, zumba, games, doctor visits, musical sessions and art and craft sessions got conducted.
- Members' health was monitored through doctor visits and boosted by providing healthy nutritious drinks every day. Counselling sessions were organised to boost the emotional and mental health of members. Raksha Bandhan was celebrated by the sisters of Brahma Kumaris which enlightened the spirituality quotient of members.
- Birthdays, Independence Day and Janmashtami also got celebrated with a lot of vigour and fiesta.



Celebrations



Raksha Bandhan



Health check-up

LONELINESS MITIGATION CENTRE – PUNE

- Members celebrated spiritual days and Raksha Bandan at both the LMC centres of Siddharth Nagar and Bhim Nagar.
- Members get an opportunity to spend quality time with their peers like singing Marathi songs, playing Tambola, participating in quizzes and sharing stories about their experiences.
- Volunteer Sagar Kamble came forward and conducted games and singing at the centre.
- Coordinators led music chair and music yoga sessions which keep seniors very proactive at their age.



Members participating in centre activities

OBITUARY

It is with a heavy heart that we announced the demise of Shrimati Tungabhadramma at the APF Day Care Centre in Bengaluru. She was 62 years old.



Shrimati Tungabhadramma

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# Independence Day Celebrations

- Dignity Lifestyle Retirement Township (DL) hosted the Dignity Freedom Fiesta, an all-India level Chai Masti Centre members' meet. This event was held in celebration of the 75th Indian Independence Day on August 14 and 15. The premises of DL were completely occupied and despite potential challenges, the event took place smoothly and all members returned to their homes pleased.
- On August 19, Krishna Janmashtami was

celebrated. Shri Krishna pooja was conducted and a Dahi Handi ceremony was also held. All staff including doctors and administration team members enjoyed the dance. Bhajans were presented and the day ended with aarti and prasad distribution.

- To celebrate Ganeshotsav, Lord Ganesh idol installation and pooja and aarati were carried out. Various activities including games were planned for the 10 days of the festival.



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